

CHARLES POWELL CENTER
810 WESTERN PARK
ACTIVITY AND PROGRAMS
2006 - 2007

Homework Assistance

This program is provided for children who need help with their homework to improve grades and study skills. This is a twelve (12) week session.

Day: Monday through Thursday

Time: 3:30 – 4:30pm

Session: Fall/Winter/Spring

Tumbling

This is a class on basic movements, coordination and flexibility. Students will use mats with movements such as handstands and cartwheels. This is a twelve (12) week session.

Day: Thursday

Time: 5:30-6:30pm

Session: Fall/Winter

Instructor: Jean Guy

Cook and Eat

This class will teach students some of the basic ways to prepare simple meals that are light and healthy. Being safe while preparing the food is a top priority. Supplies will be provided. This is a twelve (12) week session.

Day: Monday

Time: 5:00 – 6:00 pm

Session: Fall/Winter

Rhythm and Blues Music

This class will help our youth understand and explore where Rhythm and Blues originated from and allow them to write songs of their own. This is a twelve (12) week session.

Day: Wednesday

Time: 5:00-6:00 pm

Session: Fall/Winter

Instructor: Jean Guy

Ceramics

If you would like to make beautiful items for yourself or for a gift for someone else, then join us in our ceramics class. Students will be taught how to pore, clean molds, clean green wear, glaze and fire.

This class is for students 10 to 18 years of age. Supplies will be provided. This is a twelve (12) week session.

Day: Tuesday

Time: 5:00-6:00pm

Session: Fall/Winter

Dance

This class is offered to males and females up to 18 years of age. They will be taught dance skills in hip-hop, jazz and street. They will be taught social skills, flexibility, mental coordination and rhythm. This is a twelve (12) week session

Day: Friday

Time: 6:00 – 7:00 pm

Session: Fall/Winter

Instructor: Jean Guy

Cheerleading

This class teaches the fundamentals of cheerleading: cheers, chants, jumps, stunts and routines. Above all, students will be taught good sportsmanship. Pom poms will be provided. This is a twelve (12) week session

Day: Thursday

Time: 5:00 –6:00 pm

Session: Fall/Winter

Instructor: Jean Guy

Health and Wellness

This class will teach students about the general condition of the body, hopefully keeping them free of disease and pain. This is a twelve (12) week session

Day: Monday

Time: 6:30 – 7:30 pm

Session: Fall/Winter

Aerobics (Low Impact)

This class will improve and maintain cardio-respiratory performance by performing aerobic movements. Participants will strengthen upper and lower parts of the body. They will also learning different techniques and increase endurance. This is a twelve (12) week session.

Day: Monday

Time:5:00 – 6:00 pm

Session: Fall/Winter

Instructor: Jean Guy

Fabric Painting

In this class, participants will design and create t-shirts, sweatshirts, pillows and other items. We will use pictures, stencils and our imagination to create usable items. Some supplies will be provided and some will need to be purchased by students. This is a twelve (12) week session.

Day: Friday

Time: 6:30 – 7:30 pm

Session: Fall

Arts and Crafts

In this class students will use their creative skills to make projects using basic craft supplies: glue, Popsicle sticks, felt, paint and craft kits. This is a twelve (12) week session.

Day: Wednesday

Time: 4:00 – 5:00 pm

Session: Fall

Instructor: Jean Guy

Growth and Development.

This class is designed to help young men and ladies take care of themselves, by teaching them the basics about health and hygiene. We will also help them deal with everyday peer pressures.

Day: Wednesday/Thursday

Time: 4:00 – 5:00 pm

Session: Fall/Winter

Instructor: TBA - Wednesday (Boys) |

Jean Guy – Thursday (Girls)

Free Play

The Community Center is opened to the public for all activities including the gym from 1:00 – 9:00 pm Monday through Friday and from 9:00am – 2:00 pm on Saturdays. The gym will be closed for special activities and team practices.

Children and Youth Sports

Flag Football Theory/Practice

This sport is for children 12 years of age and under. They will learn the basic of this game: field position, running, passing and kicking. This also teaches the participants about team work and accomplishments as a group. League play will start in September, dates and times to be announced later.

Day: Monday

Time: 4:00 –5:30

Sessions: Fall

Basketball

This sport is for boys and girls 6 to 18 years of age. Participants will learn the basic fundamentals of the game, based on their ages, such as dribbling, shooting, passing and rebounding. They will be taught how to work as a team to accomplish their goal, which is to win the game, and above all, that good sportsmanship should be used at all times.

Dates: We will start signing up players in September and October.

League play will start in November, dates and time to be announced later.

Session: Winter

Co-Ed Volleyball

The participants will learn the fundamentals of playing this sport: Floor position, serving, set-ups, hitting, spiking, and scoring. This sport is for male and females 12 years of age and under.

Dates: We will start signing players and practicing in March. League play will start in April. Dates and times to be announced later.

Co-Ed Softball

Participants will learn the proper method of playing the sport, they will be taught how to pitch, throw, catch, fielding and base running. All equipment will be provided but participants will need to bring their own gloves.

Dates: We will start signing players and practicing April. League play will start in May, dates and times to be announced later.

Session: Spring/Summer

Social Skills Programs

CPCC/ (Mentoring Program)

This is a program that assists teenagers in having a successful journey in life. Mentors provide participants with the skills and knowledge to make healthy, positive choices, and the skills to avoid those choices that will hinder them in being their best on their journey in life. This program is for males and females ages 12 to 18. This is a grant funded program through Christ Community Outreach Services. Year round Program.

Day: Tuesday -girls ages 15-18

Time: 4:00 – 6:00 pm

Instructor: CPCC STAFF

Day: Wednesday- girls ages 12 -14

Time: 3:00 – 5:00 pm

Instructor: CPCC Staff

Day: Wednesday-boys ages 12-14

Time: 3:00 – 5:00 pm

Instructor: CPCC Staff