

Pine Hill Community Center
Fall Schedule
2007

TUESDAY

12:00 – 4:00	Gymnasium Activities
12:00 – 4:00	Game-room Activities
2:30 – 4:00	Homework Assistance
4:00 – 5:00	Health and Wellness
5:00 – 6:00	Youth Arts & Crafts
5:00 – 7:00	Game-room Activities
5:00 – 7:00	Majorette / Drummers
5:30 – 7:45	Gymnasium Activities

WEDNESDAY

12:00 – 4:00	Gymnasium Activities
12:00 – 4:00	Game-room Activities
2:30 – 4:00	Homework Assistance
4:00 – 5:30	Football Theory / Practice
5:00 – 7:00	Game-room Activities
5:00 – 7:00	Majorette / Drummers
5:30 -7:45	Gymnasium Activities

THURSDAY

12:00 – 4:00	Gymnasium Activities
12:00 – 2:30	Game-room Activities
2:30 – 4:00	Homework Assistance
4:30 – 5:30	Swimming
6:00 – 7:30	Game-room Activities
6:00 – 7:45	Gymnasium Activities

FRIDAY

12:00 – 4:00	Gymnasium Activities
12:00 – 3:30	Game-room Activities
4:00 – 5:00	Personal Hygiene
4:30 – 6:00	Cook and Eat
6:00 – 7:45	Family Night Activities

SATURDAY

9:00 - 1:00	Gymnasium Activities
10:00- 4:00	Game-room Activities
12:00 -1:00	Physical Fitness
1:00 - 3:00	Co-ed Volleyball
3:00 - 4:45	Gymnasium Activities

****Note:** Once Basketball Season Starts in October, Basketball Theory will replace the Football Theory Class on Wednesdays. Basketball Practice will be on Tuesday, Wednesday and Saturday.

GYMNASIUM ACTIVITIES

The public will be allowed to use the gymnasium to participate in various activities such as: Adults and Youth Free Play, a game of 21, Around The World, Chase, 1-on-1, 2-on-2, 3-on-3, 4-on-4 5-on-5 and a game of Horse.

DAYS: Tuesday – Friday: 12pm – 4pm and 6pm - 7:45pm

Saturdays: 9am – 1pm AND 3pm - 4:45pm

GAME ROOM ACTIVITIES

The public will be allowed to participate in various activities such as: Table Tennis, Table Pool, and board games such as Uno, Spades, Checkers, Connect Four, Scrabble and Word for Word.

DAYS: Tuesday – Friday: 12pm - 3:30pm and 5pm – 7pm

Saturdays 10am – 4pm

HOMEWORK ASSISTANCE

There will be volunteer tutors to help children ages 5-18 years old in various subjects. Tutors will also be available to help with class projects as needed.

DAYS: Tuesday - Thursday

TIME: 2:30pm – 4pm

SPECIAL EVENTS AND SPECIAL ACTIVITIES

Various activities throughout the city and the community center.

- Senior Citizen Games,
- Halloween Party,
- Thanksgiving Baskets or Dinner,
- Black History Month Programs,
- Mother and Daughter Dinner, and
- Easter Egg Hunt

HEALTH AND WELLNESS

This class is designed for children to offer general information about your personal health and well being. Participants are taught to take care of their bodies.

DAY: Tuesday

TIME: 4pm – 5pm

YOUTH ARTS AND CRAFTS

This class encourages the creativity of our children. Participants use their imagination to create projects using supplies and things found around their homes and the center.

DAY: Tuesday

TIME 5pm – 6pm

COMPUTER TRAINING

This class teaches the basics of computers in a fun way.

DAY: Wednesday

TIME: 3pm – 4pm

FOOTBALL THEORY

This class will teach the fundamentals of flag football including positions on the field, throwing and catching the ball, and teamwork.

DAY: Wednesday

TIME: 4pm -5:30pm

SWIMMING

This class teaches the basics of beginning swimming such as: holding your breathe under water, floating, gliding and a simple stroke.

DAY: Thursday

TIME: 4:30pm - 5:30pm

PHYSICAL FITNESS

This is a fitness class involving walking for heart health.

DAY: Thursday

TIME: 5pm-6pm

PERSONAL HYGIENE

This class will teach youth about cleanliness and the importance of good hygiene and being a clean person.

DAY: Friday

TIME: 4pm -5pm

BASKETBALL THEORY

This class will consist of teaching basketball fundamentals as well as the game of basketball.

Days and times will be announced later.

COOK AND EAT

This class is designed to help children learn to prepare different types of foods and proper table etiquette.

DAY: Friday

TIME: 4:30-6pm

CO-ED VOLLEYBALL

This class is designed to teach the fundamentals of volleyball including different ways of serving and setting the ball, positions on the court and teamwork.

DAY: Saturday

TIME: 1pm-3pm

FAMILY NIGHT ACTIVITIES

These activities are designed for churches in the community to participate in various activities such as: volleyball, basketball, table tennis, table pool, and board games such as: Uno, Spades, Checkers, Connect Four, Scrabble and Word for Word. The family night activities are also designed for the churches to interact with the youth and show them better things to do than being in the streets or getting in to trouble.

DAY: Fridays

TIME: 6pm - 7:45pm