

Simon/Boyd (Magnolia) Community Center
Fall/Winter Programs
2006-2007

Aerobics (Youth)

By utilizing popular fitness videos and tapes, participants will learn fitness techniques from the professionals. These exercises will increase abdominal strength and upper body endurance. For girls ages 18 & under.

Days: Tuesday & Thursday

Time: 5:00-6:00 p.m.

Session: Fall/Winter

Instructor: Lakeeva Mims

Arts & Crafts

This class will help improve children's creativity. We will use pencils, crayons, markers, paint and paper for various projects. These pieces of art will be displayed throughout the Community Center.

Days: Tuesday & Thursday 3:00-4:00 p.m. & Saturday 11:00 a.m.-Noon

Session: Fall/Winter

Instructors: Lakeeva Mims

Basketball - Free Play (All Ages)

This is the designated time during the day when anyone can participate in basketball. Individuals can choose teams to compete or just shoot on any basketball goal available. This activity involves running and jumping. It also helps improve a persons overall health. This time period is supervised by staff.

Days: Tuesday-Friday 1:00-2:30 p.m. (Adults Only)

Tuesday-Friday 6:00-8:00 p.m. (All Ages)

*Times may change due to (Special Events/League Play)

Session: Fall/Winter

Instructor: Staff

Baton

This class will help the participants improve their hand and eye coordination. They will learn to twirl, toss and catch the baton while listening to music.

Days: Wednesday 3:00-4:00 & Saturday 10:00-11:00 a.m.

Session: Fall/Winter

Instructor: Lakeeva Mims

Cheerleading

This class will teach various cheering formations and steps. It will help improve an individuals overall fitness and conditioning, in addition to providing great exercise. For girls ages 6-18.

Days: Tuesday & Thursday

Time: 3:00-4:00 p.m.

Session: Fall/Winter

Homework Assistance

This program is designed to help area children with their homework. Our main focus will be Reading, Spelling, Math, English and Science. Our goal is to provide an environment in which children can start and hopefully complete their homework assignments before having fun. We will also play educational games.

Days: Tuesday – Thursday

Time: 2:30-4:00 p.m.

Session: Fall/Winter

Instructor: Johnny Granderson/Lakeeva Mims

Tumbling

This class will introduce boys and girls to different types of flips and stunts. Students will learn headstands, handstands and cartwheels. Our main focus will be safety and fun.

Days: Wednesday & Friday

Time: 4:00-5:00 p.m.

Session: Fall/Winter

Instructor: Marlon Lane