

Whitehaven Community Center

Fall/Winter Programs

2006-2007

Free Play Gymnasium Schedule

Tuesday-Friday

Noon-2pm (adults only)

2:30pm-5pm (youth and teens)

5pm-6pm (everyone)

Saturday

9am-5pm (all ages)

Class Schedules and Activities

2006 - 2007

Kids At Work (Homework Help and Tutoring)

Tuesday through Thursday 2:30pm to 5:00pm.

This program is provided for children grades: K through 12 to help in all areas of education including the Gateway study program.

Aerobics

Wednesday 3pm to 4pm & Saturday 9am to 10am.

This activity will help improve and maintain cardio-respiratory performance, aerobic movement and strengthen physical endurance of the total body.

Dance

Tuesday, Thursday & Friday 6pm to 8pm.

This activity will provide exposure to a variety of movements and styles for unique and modern dancing.

Instructor: Kim Easom

Arts and Craft

Friday 3pm to 4pm.

Participants will use their creative skills to make projects using basic craft supplies: glue, felt, paint craft kit, etc.

A). Fabric Painting

B). Tie Dye, Basic

C). Ceramics

Instructor : Staff

Kids in the Kitchen

Friday 4pm to 5pm.

Children learn basic, age appropriate cooking skills.

Music

Friday 1pm to 2pm.

Learn how to play the piano.

Instructor : TBA

Family Night

Wednesday 6pm to 8pm

Family group activities, such as basketball, pool, table tennis and air hockey.

Lift Fit Training

Tuesday & Thursday 12 noon to 1pm (All ages welcomed from 10 and up)

Learn age appropriate light aerobic exercises and fitness skills, including how to use light hand weights, in order to improve the quality of daily activities.

Tumbling

Wednesday 4:00pm to 5:00pm (for ages 7 to 18)

Students may participate at their own ability. They will learn basic skills which will improve coordination and flexibility.

Special Event (once a month)

Friday 5pm to 8pm and Saturday 12noon to 2pm

A special night with snacks provided. Exciting field trips are planned and suggestions, as well as offers to provide age appropriate experiences, are welcome. Approval required prior to event

Day Watcher

To be announced

While parents shop, services will be provided for the children, such as making special occasions greeting cards.

Civic Group Schedule

Tuesday thru Friday 12 noon to 8pm

Saturday from 9am to 5pm

Check with the center for more details. Events subject to change