

**Bethel LaBelle Community Center**  
**Activities & Class Descriptions**

**Arts & Crafts for Youth**

This class will introduce youth to basic arts & crafts projects with basic supplies such as glue, construction paper, crayons, tissue paper, and popsicle sticks. Other craft kits will be utilized once the basic skills have been taught.

**Days/Time:** Tuesday-5PM-6PM & Wednesday-4PM-5PM

**Instructor:** Cortez Stewart

**Baton Twirling**

This class is designed for children ages 17 & under, and will introduce the participants to the parts of the baton; proper warm-up techniques; various hand, arm, leg, and foot positions, as well as basic dance techniques. The participants will learn four basic twirls: horizontal, figure eight, cartwheel, and two-hand. This class is designed for beginners, and will encourage the participants to advance to the next level of baton twirling.

**Days/ Time:** Tuesday-Thursday-6PM-7:30PM

**Instructor:** Tonja Hughes

**Cook & Eat**

This class is designed for youth ages 17 & under, and will introduce them to the basic kitchen appliances and utensils, safety rules and precautions, as well as measuring tools utilized for basic recipes. The participants will prepare basic recipes designed from a children's cookbook, as well as a four ingredient cookbook. The participants will study the food pyramid and evaluate the nutritional values of various food products.

**Days/Time:** Tuesday & Friday- 4PM-5PM

**Dance**

This class will offer basic dance techniques to help develop rhythm and performance skills through dance movement. A combination of jazz, ballet, liturgical, and hip-hop will be taught during this session. This class is designed for ages 12 & under.

**Days/Time:** Tuesday 5:30PM-7PM & Saturday -1PM-3PM

**Instructor:** Candace Graham

**Drama**

This class will provide youth ages 8-15 with an introduction to the theatre and performing arts, and will include music and dance to enhance the performance levels. This class will teach the participants projection, enunciation, clarity of movement, set design, creative character development, and the organization of theatrical pieces. This class will also allow the students to view various theatrical/ movies productions, and will allow the youth to share in the writing process of an original production to be showcased at the end of the session.

**Days/Time:** Saturday 10AM-11AM

**Instructor:** Staff

### **Gameroom Tournaments**

This class is designed for children ages 12 & under, and will introduce various gameroom activities such as card games, video games, pool, and bingo. This class will encourage the participants to learn the basic fundamentals of each game and encourage confidence and friendly competitive skills.

**Days/Time:** Tuesday- Friday-6PM-8PM

**Instructor:** Cortez Stewart

### **Health & Fitness**

This class is designed for youth ages 17 & under, and will include walking, aerobics, cardio respiratory fitness, and Taebo exercises. Participants will increase abdominal strength and upper body endurance. This class will also include nutritional assessments and meal planning for healthy living.

**Days/Time:** Wednesday -5:30PM-6:30PM

### **Just Girls**

This class is designed for girls ages 14 & under. This class will introduce basic social skills, personal hygiene, etiquette, fashion, and self-esteem/peer pressure issues designed for girls. This class will include various mentors/ groups to partner with the participants and will include at least 2 field trips.

**Days/ Time:** Saturday-1PM-3PM

**Instructor:** Debra Tate

### **Playground Games**

This class is designed for children ages 5- 12. This class will introduce various playground games for individuals and teams. This class will encourage good sportsmanship and friendly competition among the participants. Games will include Guard the Gate, Dodge ball, Kickball, Hopscotch, Whoops Tommy, Red light-green light-blue light, as well as other games.

**Days/Time:** Saturday-12PM-1PM

**Instructor:** Debra Tate

### **Volleyball Fundamentals**

This class is designed for youth ages 10-17, and will teach the fundamentals of volleyball. Participants will be taught how to serve the ball, spiking, set-ups, hitting, scoring, and various positions on the court.

**Days/Time:** Wednesday-5PM-7:30PM

**Instructor:** Cortez Stewart

## Sports

### **Basketball**

This class will introduce the fundamentals of basketball and various skills and techniques used in the sport. The skills will consist of dribbling, passing, rebounding, shooting, and various defensive plays. This sport will promote teamwork and sportsmanship. This sport is for youth ages 17 & under.

**Days/Time:** TBA

**Instructor:** Cortez Stewart

## Special Activities & Events

### **Family Night Activities**

This event is designed to promote family time in the community center. Various activities will be offered to promote teamwork, competition, and sportsmanship among the family members. This event is open to Churches and Community groups as well.

**Days/ Time:** 1<sup>st</sup> Friday of each month @ 7PM

**Coordinator(s):** Cortez Stewart & Debra Tate

### **Fall Festival**

This event will feature games, food, music, and prizes for youth ages 14 & under. Halloween candy bags will be distributed and various community groups will participate as well. This event serves as an alternative to trick or treating and provides a safe and fun-filled environment for the participants.

**Days/ Time:** TBA

**Coordinator(s):** Cortez Stewart & Debra Tate

### **Breakfast with Santa**

This event is designed for children ages 12& under and will feature food, music, presentations from various performing groups, and a special visit from Santa. Participants also receive small gifts donated from various organizations.

**Days/Time:** TBA

**Coordinator:** Staff