

## THE REC CENTER COURSE LIST

CATEGORY	COURSE NAME	DESCRIPTION
CREATIVE ARTS	ARTSTARS	UNLEASH YOUR CREATIVITY AND TALENT THROUGH A VARIETY OF AGE APPROPRIATE
EDUCATION	ASL	LEARN AMERICAN SIGN LANGUAGE WITHIN ONE OF THREE FOCUSES, MOMMY & ME, TEACHING OR HEALTH CARE.
EDUCATION	BABYSITTER TRAINING	PREPARE YOUNG ADULTS FOR THEIR ROLE AS A BABYSITTER. PROVIDE INFORMATION AND SKILL PRACTICE TO HELP THEM CARE FOR CHILDREN, BE SAFE, PROBLEM SOLVING AND DECISION MAKING, BEING A ROLE MODEL AND DEVELOPING A BABYSITTING BUSINESS.
RECREATION	BASKETBALL CLINIC	GET READY FOR THE UPCOMING BASKETBALL SEASON. OUR MINICAMP IS A ONE DAY CAMP AND TOURNAMENT.
EDUCATION	BOOK CLUBS	AMERICAN GIRLS – SHARE YOUR LOVE OF BOOKS WITH FRIENDS. THIS 6 WEEK PROGRAM WILL FOCUS ON AN AMERICAN GIRL BOOK INCLUDING READING, CRAFTS AND ACTIVITIES IN THEME WITH THE BOOK
RECREATION	BOOT CAMP	FOCUSING ON OVERALL HEALTH AND NUTRITION. THIS CLASS WILL CHALLENGE YOU TO REACH YOUR FULL FITNESS POTENTIAL THROUGH SPORTS, CONDITIONING AND TRAINING.
CREATIVE ARTS	BOWTIQUE	LEARN THE TECHNIQUE TO MAKE 2 DIFFERENT STYLE BOWS!
RECREATION	CAMP	OUR CAMPS FOCUS ON OUR CORE AREAS OF RECREATION, EDUCATION & CREATIVE ARTS, IN A FUN POSITIVE ENVIRONMENT.
EDUCATION	CHILD & ME	LEARN & PLAY TOGETHER THROUGH CLASSIC SONGS, STORIES AND PROJECTS. 18 MONTHS – 4 YEARS WITH ADULT.
EDUCATION	CLASSICAL READING	LEARN THROUGH CLASSICAL LITERATURE; FULLY INTEGRATING OUR CORE AREAS OF RECREATION, EDUCATION & CREATIVE ARTS.
CREATIVE ARTS	CLAY	NEW PROJECT EVERY CLASS, USING A VARIETY OF TECHNIQUES SUCH AS COIL, PINCH AND SLAB.
EDUCATION	COOKING	LEARN TO MAKE CLASSIC RECIPES, WHILE LEARNING FOOD SAFETY AND KITCHEN TECHNIQUES.
CREATIVE ARTS	CROCHET	LEARN THE 6 BASIC STITCHES, ALONG WITH HOW TO RECOGNIZE EACH STITCH. LEARN HOW TO PICK WHAT HOOK TO USE WITH WHICH SIZE YARN.
CREATIVE ARTS	DANCE	INTRO TO DANCE WITH A FOCUS ON JAZZ. PLEASE WEAR APPROPRIATE DANCE/EXERCISE ATTIRE.
CREATIVE ARTS	DJ ACADEMY	LEARN TO DJ! THE DJ ACADEMY OFFERS INSTRUCTION AND APPLICATION IN MIXING, SCRATCHING AND MUSIC PRODUCTION TO ALL EXPERIENCE LEVELS. EACH STUDENT WILL LEARN ALONGSIDE AN EXPERIENCED VIDEO AUDIO DJ AND WILL PRODUCE YOUR OWN MIXED TRACKS AND HAVE THE OPPORTUNITY TO DJ AN EVENT! FLASH DRIVE REQUIRED.
EDUCATION	ESL	DEVELOP PROFICIENCY IN LISTENING, READING, WRITING, SPEAKING, CULTURAL AND LIFE SKILLS IN ENGLISH. A COMBINATION OF IN CLASS AND AT HOME ACTIVITIES.
EDUCATION	FUN WITH PHONICS & SIGHT WORDS	THIS COURSE FEATURES A BALANCE OF BOTH SIGHT WORDS AND PHONICS. HELPING YOUNG READERS GET EXCITING ABOUT READING AND WRITING.
EDUCATION	GARDENING	LEARN THE BASICS OF BOTANY, WHILE DESIGNING AND DEVELOPING YOUR OWN GARDEN. APPLY YOUR IN CLASS LESSONS TO CARE FOR AND HARVEST ON SITE.
CREATIVE ARTS	GARNISHING	LEARN FOOD CARVING TECHNIQUES TO ADD BEAUTIFUL GARNISHES TO ANY DISH. INCLUDES FOOD & TOOLS TO TAKE HOME! ADULTS.
CREATIVE ARTS	GRAPHIC DESIGN & SCREEN PRINTING	USE TECHNOLOGY TO CREATE YOUR OWN LOGOS AND DESIGNS. THEN WATCH AS YOU APPLY YOUR DESIGN TO A VARIETY OF PROJECTS THROUGH THE SCREEN PRINTING PROCESS.
CREATIVE ARTS	GUITAR	BEGINNING MUSIC THEORY & EAR TRAINING WITH AN EMPHASIS ON GUITAR TECHNIQUE. DIFFERENT GENRES OF MUSIC FROM CLASSICAL GUITAR, TO ROCK, INDIE, BLUES, ETC. WILL BE TAUGHT TO INCORPORATE GUITAR TECHNIQUES, MUSIC THEORY AND EAR TRAINING. GUITAR AND SHEET PAPER NOTEBOOK REQUIRED.
EDUCATION	HOMEWORK CLINIC	HOMEWORK HELP IS HERE! WHETHER YOU ARE WORKING ON SPELLING WORDS OR A SCIENCE PROJECT, STAY ON TRACK WITH OUR HOMEWORK CLINIC.

EDUCATION	INTERMEDIATE EXCEL	ALREADY KNOW THE BASICS? LEARN NEW SKILLS SURE TO IMPRESS. LAPTOP WITH MICROSOFT WORD & EXCEL® REQUIRED. AGES 13-ADULT
EDUCATION	INTERMEDIATE WORD	ALREADY KNOW THE BASICS? LEARN NEW SKILLS SURE TO IMPRESS. LAPTOP WITH MICROSOFT WORD & EXCEL® REQUIRED. AGES 13-ADULT
EDUCATION	INTRO TO COMPUTER	LEARN ABOUT COMPUTERS, WHAT THEY ARE AND HOW TO USE THEM.
EDUCATION	INTRO TO EXCEL	LEARN THE BASICS OF SPREADSHEETS. LAPTOP WITH MICROSOFT EXCEL® REQUIRED. AGES 13-ADULT.
EDUCATION	INTRO TO WORD	LEARN THE BASICS OF WORD PROCESSING. LAPTOP WITH MICROSOFT WORD® REQUIRED. AGES 13-ADULT.
EDUCATION	KINDERGARTEN PREP	IS YOUR CHILD READY FOR KINDERGARTEN? OUR KINDERGARTEN PREPARATION PROGRAM IS UNIQUELY MODELED TO CORRESPOND WITH THE CURRICULUM AND ACTIVITIES OF KINDERGARTEN CLASSES IN THE LOCAL SCHOOL DISTRICTS, PREPARING CHILDREN ACADEMICALLY AND SOCIALLY FOR THE TRANSITION INTO KINDERGARTEN. AGES 4-6
EDUCATION	LEARNING THROUGH LITERATURE	DESIGNED FOR EARLY EDUCATION THROUGH LITERATURE; FULLY INTEGRATING OUR CORE AREAS OF RECREATION, EDUCATION & CREATIVE ARTS.
EDUCATION	LIL' BUILDERS	THIS CLASS IS FOR KIDS WHO LOVE TO BUILD AND EXPLORE WITH LEGOS®. CHILDREN WILL WORK INDIVIDUALLY AND IN GROUPS TO DESIGN A VARIETY OF PROJECTS AND COMPETE IN ENGINEERING CHALLENGES.
EDUCATION	LITTLESTARS PRESCHOOL	OUR PRESCHOOL PROGRAM IS DESIGNED FOR AGES 3, 4 AND 5 YEAR OLDS. HELPING PREPARE CHILDREN FOR SCHOOL THROUGH SOCIALIZATION, RECREATIONAL ACTIVITIES, MUSIC AND MOVEMENT, MANIPULATIVE SKILLS, BLOCKS, AND ART.
CREATIVE ARTS	MINI MONET	INSPIRE YOUR CHILD'S IMAGINATION AND SELF-EXPRESSION THROUGH A VARIETY OF HANDS-ON ART ACTIVITIES DESIGNED FOR LITTLE ONES.
CREATIVE ARTS	NAIL DESIGN	IMPRESS YOUR FRIENDS WITH UNIQUE NAIL DESIGNS! NO ARTISTIC SKILL NEEDED.
RECREATION	PARENTS' NIGHT OUT	NEED A BREAK? IT MAY SAY PARENT'S NIGHT OUT BUT LET'S BE HONEST; IT'S REALLY FOR THE KIDS! ACTIVITIES, GAMES, FOOD AND FUN WHILE YOU ENJOYS SOME QUIET TIME!
CREATIVE ARTS	PIANO	WANT TO LEARN HOW TO PLAY THE PIANO? DUST OFF THE KEYBOARD AND LEARN PIANO TECHNIQUES, MUSIC THEORY AND EAR TRAINING. KEYBOARD REQUIRED.
CREATIVE ARTS	SANTA'S WORKSHOP	A WEEK FOCUSED ON VARIOUS CLASSES AND PROGRAMS FOR HOMEMADE GIFTS.
EDUCATION	SCIENCE LAB	EXPLORE A VARIETY OF SCIENCES THROUGH HANDS ON ACTIVITIES, EXPERIMENTS AND PROJECTS. EACH STUDENT WILL BE REQUIRED TO COMPLETE AN INDEPENDENT SCIENCE EXPERIMENT, UTILIZING THE SCIENTIFIC METHOD.
CREATIVE ARTS	SEWING	CLASSES FOR ALL AGES AND LEVELS. VARIOUS PROJECTS TO LEARN PATTERNS, SEWING MACHINE USAGE, STITCHES AND MORE.
EDUCATION	SPANISH	DEVELOP PROFICIENCY IN LISTENING, READING, WRITING AND SPEAKING IN SPANISH. A COMBINATION OF IN CLASS AND AT HOME ACTIVITIES.
RECREATION	SPIRIT TEAM	SPIRIT DRILL TEAMS FOCUSING ON TIMING, FORMATION AND MOVEMENT AS A GROUP.
RECREATION	SPORTSTARS	LEARN THE BASICS OF A VARIETY OF SPORTS. FOCUSING ON SPORTSMANSHIP, FUNDAMENTALS AND OVERALL FITNESS.
RECREATION	TAE KWON DO	MAKING YOURSELF LESS OF A TARGET AND LEARN BASIC STREET SMARTS AND SELF DEFENSE TECHNIQUES.
CREATIVE ARTS	TAG - TEEN ART GROUP	UNLEASH YOUR INNER ARTIST. EACH CLASS IS DESIGNED TO PROVIDE A HANDS-ON EXPERIENCE TO ALLOW TEENS TO EXPRESS THEMSELVES THROUGH ART. AGES 11-17.
EDUCATION	TEEN ADVISORY BOARD	JOIN OUR TEEN ADVISORY BOARD TO HELP MAKE A DIFFERENCE IN YOUR COMMUNITY. FOCUSES INCLUDE COMMUNITY SERVICE, LEADERSHIP, CREATIVE ARTS AND COLLEGE PREP.
RECREATION	TENNIS	CLASSES FOR ALL AGES AND LEVELS. LEARN STROKES, SCORING, SERVES, SHOTS AND MORE.

EDUCATION	THE TRUTH ABOUT DRUGS®	FACTUAL AND CONCISE OVERVIEW OF EXACTLY WHAT DRUGS ARE, HOW THEY WORK AND WHAT THEY DO. IT GIVES THE STREET NAMES AS WELL AS THE LONG- AND SHORT-TERM SIDE EFFECTS OF THE MOST COMMON SUBSTANCES.
CREATIVE ARTS	THEATRE	THIS COURSE WILL TEACH AN APPRECIATION TO THE ART AND HISTORY OF THEATRE AS WELL AS THE DEVELOPMENT OF BEGINNING THEATRICAL SKILLS.
EDUCATION	TYPING	GUIDED LESSONS TO TEACH PROPER TYPING TECHNIQUES TO IMPROVE SPEED AND ACCURACY.
CREATIVE ARTS	VOCALS	LOVE TO SING?! IMPROVE YOUR VOICE THROUGH VOCAL TRAINING. TRAIN YOUR EARS AND VOICE THROUGH VOICE EXERCISES, TIPS AND TECHNIQUES DESIGNED STRENGTHEN YOUR VOICE AND CONFIDENCE.
EDUCATION	WRITERS WORKSHOP	EXPRESS YOURSELF THROUGH CREATIVE WRITING. EXPLORE A VARIETY OF STYLES SUCH AS POETRY, FICTION AND SHORT STORIES.
RECREATION	YOGA	YOGA, THE COMPLETE AND HARMONIOUS DEVELOPMENT OF BODY, MIND, HEART AND SOUL. YOGA BRINGS AWARENESS TO THE SELF BY MAINTAINING BALANCED LIVING, CORRECT POSTURE, AND ALIGNMENT, LIFE FORCE (ENERGY CONTROL), CONCENTRATION AND MEDITATION.