

**PROGRAM DESCRIPTION**  
**FALL 2016 TO SUMMER 2017**

*Program Descriptions are in order of age category.  
Some age categories are combined.  
For program dates, times, locations, & age please click  
on PROGRAM CHART.*

**PRE-SCHOOL**

**Parent & Me Soccer**



*With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills, and encourage social interaction. It provides the opportunity for child and parent to play together while in a fun group setting. Discount for Blairstown residents - please see code listed on Program Chart. Registration is through US Sports Institute at 866-346-BALL. or [www.USsportsinstitute.com](http://www.USsportsinstitute.com)*

**Soccer Squirts**



*Participants will learn the fundamental skills of soccer, including dribbling, passing, shooting, and defending. Players will be taught through structured activities, fun games, and scrimmages.*

*Discount for Blairstown residents - please see code list.  
Registration is through US Sports Institute at  
866-346-BALL. or [www.US Sportsinstitute.com](http://www.USSportsinstitute.com)*



## **Golf Squirts**

*Golf Squirts is specifically designed for ages 4 & 5. Using the SNAG (Starting New At Golf) system, participants use oversized, lightweight clubs to encourage the correct grip and swing technique. In a safe and controlled environment this program makes learning simple, progressive, and most of all - FUN!*

*Discount for Blairstown residents - please see code list.*

*Registration is through US Sports Institute at 866-346-BALL. or [www.US Sports institute.com](http://www.US Sports institute.com)*



## **Golf - Senior Squirts**

*Using the SNAG (Starting New At Golf) system the modified golf clubs will encourage players to develop the correct chipping, putting, and driving techniques. This is for children ages 5 to 8, that want to learn the sport of golf in a fun and easy way.*

*Discount for Blairstown residents - please see code list.*

*Registration is through US Sports Institute at 866-346-BALL. or [www.US Sports institute.com](http://www.US Sports institute.com)*



## **Pre-School Summer Day Camp**

*We are very pleased to offer our popular Summer Day Camp to 4 & 5 year old children. We have specifically designed activities, games, and arts & crafts for our little ones. They will have fun with our crazy contests, and lucky ticket drawings. Everyone is a winner! Our Camp will provide a happy and memorable experience for all. Our Little Campers will have the opportunity to socialize*

*with their friends in addition to making new friendships that can carry over into the school year.*

*Children must have turned age 4 by October 1, 2016. Register Early - on or before May 11<sup>th</sup> at a discount rate for residents of \$85.00 per child. After May 11<sup>th</sup> the fee is \$100.00 per child.*

## **PRE-SCHOOL & UP**

### ***Santa Claus Is Phoning Our Town!***



*The Department of Recreation is happy to report that again we will be arranging special personal phone calls from Santa to any resident child who wishes to speak with Santa. In order to receive a phone call from Santa a postcard must be sent to: Recreation Department, 106 Route 94, Blairstown, NJ. The postcard must have the child's name, age, address, & telephone number. Please note information such as; siblings, pets, and special hobbies that may be of interest to Santa. The North Pole will be connecting Santa's phone calls to Blairstown on Sunday, December 11<sup>th</sup> from 6:00-7:30 pm. Make sure you are available. Santa does not leave messages.*

*Deadline for postcards is December 8<sup>th</sup>.*



### ***Santa Letters***

*Any resident child can write to Santa Claus c/o Recreation Department, 106 Route 94, Blairstown, NJ. Santa will answer all letters so make sure the return address is listed along with the child's name & age. Letters must be received by December 10<sup>th</sup>.*



## **Egg Decorating Contest**

*Age Categories are 3 to 5 and 6 to 8.*

*Decorated eggs should be brought to the Recreation Office by April 4<sup>th</sup>. Eggs should be submitted in an open container, labeled with the child's name, address & telephone number. Winners will be notified by April 11<sup>th</sup>. Sorry eggs cannot be returned. All participants will receive a Certificate of Participation.*

## **KINDERGARTEN & GRADE SCHOOL**



### **Kindergarten Art**

*This is a class specifically designed for our Kindergarten kids that love art and love the mess! Now we are giving them more of what they love - Kindergarten Art! Our little artists will be creating cool plastic sun catchers, a Socktopus and a tin foil relief.*

*Come and enjoy this program - where only Kindergarten artists are allowed!*



### **Clay Animals**



*If you love creating clay objects in Art Class - why not continue the fun after school? Participants will be sculpting beautiful dragons using Polymer Clay and glass beads. Next, they will create an Octopus in a real sea shell! The final creation will be a ceramic owl using clay and colorful glazes.*



### **Kid Show Cupcakes**

*Cupcakes are cool! Our Pre-K through 4<sup>th</sup> grade kids will have a blast as they will be theming up their cupcakes*

after some awesomely cool kid shows. Each little chef will use fondant, pastry bags, and other fun treats to complete the look on 3 cupcakes each to bring home and show! Plus, enjoy a little light snack in class too! The hit shows they will be creating are "Finding Dori", "The Secret Life of Pets" "Shopkinz" and more fun filled hits!

Chef it Up is peanut & nut free!



### **Eye Spy**

This new Program will allow kids to become a secret agent and take on each week's "Mission Impossible". This is a fun class that challenges kids to create, innovate, build, and problem solve. Our detectives will strengthen science, engineering and math skills, while they play with puzzles, craft crazy contraptions, and solve lighthearted mysteries. All challenges are open ended and student led, so they're easily adapted for multiple ages and interests.

### **Cool Candy Chemistry**

The kitchen meets the lab in this exciting program that encourages kids to learn the science behind the food. The participants will perform exciting experiments with candy, look at sugars, and more through a microscope, and use chemistry to create delicious treats. Every week participants will take home recipes and activities so they can continue the exploration at home. Based on programs offered at MIT and the Exploratorium Museum!

### **Awesome Ornaments**

Using cutting edge technology, awesome chemistry, and cool electronics our participants will make awesome ornaments, cards, and more to celebrate their favorite

winter holidays. Make one-of-a-kind creations using the power of science and your own amazing imagination.



## *Gingerbread Mini Houses*

*This is a very special fun workshop class. Boys & girls ages 4 through 6 will assemble and decorate an adorable mini holiday wonderland that even Hansel & Gretal would love. Delicious Holiday Fun!*

*Boys & girls ages 6 through 12 will meet from 5:30 - 7:00 pm. These awesome mini houses will be complete with an edible landscape that is sure to be a blast, and each Jr. Chef can bring home and proudly show it off, before it is all gobbled up!*



*It's back! Just as the name says.... This art class is **AWESOME** in every way! Our artists will be creating beautiful sharpie marker abstract canvases. Then cool light bugs from recycled bottles that really light up! Finally, our artists will make a beautiful tree using model magic buttons. Calling all Awesome Artists!*



## *What's The Real Deal??*

*“As see on TV! “New and improved!” “You won’t believe your eyes!” Every day we see and hear all kinds of advertising claims, outrageous urban myths, and more. This program will put those claims to the test! Our junior scientists will sort out the fact from fiction using the scientific method - and have a blast doing it. Get ready to investigate and figure out, “What’s the Real Deal?”*



## *Sew You Think You Can Sew?*

*This program is growing in popularity. Sewing! The participants will learn the basics of sewing, beginner skills, such as hemming, zippers, sewing on a button, how to pin a pattern to fabric and the operation of a sewing machine. They will complete a project of their very own—sure to impress! Look out Michael Kors & Vera Wang!*

*Class size is very limited.*



## *Once Upon A Book*

*Once Upon a Book is an exciting after school program for our first & second grade children. The children will enjoy listening to an outstanding piece of literature and then they will have the opportunity to engage in fun activities that make the books come to life. Activities will vary each session from arts & crafts, foods, games, and more!*



## *Wacky Wednesdays*

*Wacky Wednesdays are filled with exercise, laughs, and socialization. It is designed for our children in grades K through 3<sup>rd</sup>. We invite them to come and work off steam from a hard day at school. Active games and activities are offered for their playing pleasure.*

*Children must wear sneakers.*



## *So You Think You Are An Engineer?*

*Put your building skills to the test, and be ready to conquer each weekly challenge! Participants will learn to generate ideas, draft their designs, use tools and materials and work with a team as they get hands-on in this engineering program. Learn about mechanical, civil,*

*environmental and electrical engineering as you take skills from one week's challenge into the next. So you better be ready to be creative, build bigger, & better!*



### ***Now You Know You Can Sew!***

*This program is for anyone who can operate a sewing machine. Our participants will make fun items utilizing a more challenging pattern. New skills will add to their sewing level and their level of fun!*

*Look out Project Runway!*



### ***Battle of the Week!***

*Kids Cook to compete! New battles and new fun with Chef it Up on the Go! Each week will be a different themed battle where the kids can pair up on teams, then brainstorm and have a blast competing and completing what needs to be done! There are new battles to be fought this year like EMOJI CUPCAKE BATTLE, EDIBLE BOARD GAME BATTLE, CREATIVE DOUGH BATTLE, AND APPETIZER BATTLE. FUN-FUN-FUN!*



### ***Keeping Current With Electronics***



*Here is the opportunity to understand electronics. This is a hands-on program where participants learn the basics of how electricity works, build a battery, make real circuits using a variety of electrical components and learn to solder. Participants will have some great projects to take home and the skills to “Charge” on to bigger projects.*



## *Spring Fun Foods*

*Let's go totally Bananas! In this fun-filled Spring Food Program chefs will be dealing with all healthy food options and learning about veggies and produce. It will be a blast! On the menu our little and jr. chefs will jar their own pickles, make homemade salsa, make veggie people, stuff cucumbers, stuff strawberries, and fresh pesto too! They will be starting their very own little garden at home. No more picky eaters.*

## *Lego Chemistry*

*There is no better way to make chemistry fun than by combining it with something every kid loves: LEGOS! Based on the award winning MIT curriculum, participants will be introduced to molecules, atoms, chemical notation, and chemical compounds through an engaging hands-on labs and models of atoms made with LEGO bricks. They will explore color-changing, heat producing, fantastically fizzing chemical reactions first, then move onto topics like combustion, explosions, and air pollution. Making chemistry fun!*

## *Summer Day Camp*



*Our Summer Day Camp offers weeks of socialization, entertainment, and fun! The program is jammed packed with special events, crazy contests, arts & crafts, games, water activities, and so much more! Campers go home with special projects, surprises, with smiles on their faces, and as winners! Our campers make good friends and*

*great memories. Please note under our Pre-School Section we have extended this Day Camp to our Pre-schoolers!*

*Please mark your calendar.*

*Register Early - on or before May 11<sup>th</sup> at a discount rate for residents of \$85.00 per child.*

*After May 11<sup>th</sup> the fee is \$100.00 per child.*

*Register early - and save!*

**PLAY  
WORK  
BUILD**

### ***Maker Camp***

*Kids love to create, build, and innovate. This is the perfect Summer Camp for kids that love science, technology, and engineering. Maker Camp will provide them with the opportunity to develop their skills, learn new things, and share interests with others. Maker Camp gives kids the chance to design a new world of creativity that merges the traditional and technological in their own unique and independent way.*

### ***Band-Tastic Camp***



*Band-Tastic Camp is available to boys and girls in grades 5, 6, & 7 as of September 2017. This is not a beginners camp and previous experience is necessary.*

*Participants will improve their instrument playing skills while learning fun music! Individual attention will be provided to each student. They will participate in both large and small ensemble rehearsals. Our musicians will demonstrate what they have accomplished in camp at a special performance on the last day. Participants must have their own instruments.*



## *Camp Sew What?*

*This 4 day camp is sure to offer something OLD! The projects will involve recycling old fabrics and items that will be transformed into new. So Sew What? Anything.*

## *TEENS AND ADULTS AND WORKOUTS*

*Please continue to scroll down*



## *Social Connections*

*This is a program that offers events for teens and young adults with developmental disabilities. Social activities will be offered on a monthly basis, such as Bowling, Karaoke Night, Swimming, Dining Out and other social gatherings that promote friendship and fun!*

*And... Whatever floats your fitness boat...*



## *Adult Tennis Instruction*

*Thanks to the generosity of Blair Academy the Recreation Department in cooperation with US Sports Institute will offer Adult Tennis Instruction. There are two classes offered, Beginners and Intermediate. Players will work on refining their technique or learning the basics behind the sport. Classes will be filled with coaching points and will be structured to emphasize a new weekly stroke. Learn the game from certified tennis coaches with technique, point play and scoring. This is a great lifelong sport! Limited enrollment.*

*Registration is through US Sports Institute at 866-346-BALL or [www.USsportsinstitute.com](http://www.USsportsinstitute.com)*



*In this Yoga program, students enhance their body strength and awareness to support health and wellness. Yoga can help with pain, improve posture, and enhance performance through a unique blend of corrective postures, Yoga postures, and breathing exercises. Techniques to build strength, flexibility, and encourage relaxation will be shared in this class. These yoga classes systematically teach how to engage in a safe and meaningful yoga practice and apply it to everyday movement. By helping bring awareness to different areas of the body that are most overused, underused, or misused, patterns to help you live happily in your body. All adult ages, body types, and fitness levels welcome. Mat or towel, and a water bottle are recommended. New Comers welcome to try a class free of charge.*



*Zumba combines high energy and motivating music with unique moves and combinations that provide a fun and effective dance workout. Now there is more spice to the workout. At times Toning Sticks may be an option for some to help focus on specific muscle groups so you stay engaged! The use of the Sticks is optional, sticks will be available for participant use if you wish for the first half of the class or just do our regular Zumba. Whatever Floats your Fitness Boat! New Comers are welcome to try a class free of charge.*



## *Pilates*

*This fast growing exercise offers a fresh and sensational workout for all ages and all fitness abilities, Pilates! Pilates significantly transforms the way your body looks, feels, and performs. The class will build strength, creating a powerful, well balanced toned body. This popular form of exercise sculpts long, lean muscles and focuses on strengthening the core. Modifications to the exercise allow for a range of difficulty to accommodate everyone from beginners to elite athletes. Pilates is safe and invigorating form of exercise that will have you looking and feeling your very best. Come and enjoy participating in a stimulating work out that will have you coming back for more.*

*New Comers are welcome to try a class free of charge.*



## *Walk-In-and-Work-Out*

*Blairstown Recreation offers the opportunity for you to participate in any of our workout programs whenever you want. Zumba, Yoga, and Pilates, are available on a walk-in basis for \$10.00 per class.*



*If you have any questions please contact Patricia M. Sagan, Director at 908-362-6663 ext. 232*

