

# Shell Rock's Rockin' Recreation

## ADULT Fall Session

September 1, 2008 through November 30, 2008

### Adult Activities:

#### Activity: Calligraphy

Instructor: Cheryl Willson

Age: 9<sup>th</sup> grade and up

Class Limit: Min. 3 Max. 15

Date: Monday, November 17, 2008.

Time: 6:30-8:00pm

Location: Shell Rock Elementary School Commons

Class Description: Intro to beautiful handwriting. Basic strokes introduced with suggestions for continued study.

Materials Needed: Calligraphy marker or pen and plain typing paper. (About 20 sheets)

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee.

#### Activity: Slow Pitch Co-Ed Softball

Age: 18 years and up

Class Limit: 60 players, we will draw names for teams.

Date: Sundays, August 24, September 7, 14, 21 & 28, 2008.

Time: 5:00pm, 6:00pm & 7:00pm

Location: Harms Field, Shell Rock Ball Diamonds, McCague Park

Class Description: Play a non-competitive softball game

Materials Needed: A glove and if you have a bat or ball, bring it with you.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee.

#### Activity: Easy Artisan Breads

Instructor: Elizabeth Bingham

Age: Any age, but children 10 and under must be accompanied by an adult.

Class Limit: 10

Date: Saturday, Nov. 1, 2008

Time: 2:00-4:00pm

Location: Faith Lutheran Church, 422 North Prairie Street, Shell Rock.

Class Description: Learn to make hearty, ethnic-style breads with minimal time and effort. Sure-fire quick-and-easy method for delicious results. Taste 3 varieties, then prepare and take home dough for 4 small loaves or 2 large loaves.

Materials Needed: Bring a large bowl and heavy duty- spoon for preparing dough, transporting, and storing it.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee, plus \$5.00 payable to class instructor for materials.

#### Activity: Golf Lessons

Instructor: Tricia Peterson

Age: 9 years and up

Class Limit: Min. 10, No Max.

Date: Saturdays, September 13 & 27, 2008. Rain date of October 11, 2008.

Time: 9:00-11:00am

Location: The Card, Clarksville

Class Description: Learn the fundamentals of golf and golf etiquette.

Materials Needed: Golf clubs. They will be provided if you don't have any. Clubs are limited

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation, plus \$5.00 payable to class instructor.

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### **Activity: Tie Dying**

Instructor: Samantha Nichols

Age: 8 years and up

Class Limit: Min. 3, No Max.

Date: Wednesday, September 17, 2008

Time: 5:00-6:00pm

Location: Shell Rock Elementary School Commons

Class Description: Learn how to tie-dye and design your own shirt.

Materials Needed: Bring a white t-shirt to tie-dye.

Registration Required: Activity covered by the one-time \$15.00 Fall Session Recreation Fee.

### **Activity: Fossil Digging**

Age: 4<sup>th</sup> grade and up in the current 2008-9 school year.

Class Limit: 10

Date: Tuesday, September 2<sup>nd</sup>, 2008.

Time: 3:30-6:00pm

Location: Will meet at the Shell Rock Elementary School.

Class Description: Will go to the Rockford Fossil & Prairie Park, Rockford, Iowa

Materials Needed: Sturdy shoes.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee.

### **Activity: Art Explorations**

Instructor: Laura Beery, Elementary School Art Teacher

Age: 3<sup>rd</sup> grade and up in the current 2008-9 school year.

Class Limit: No Limit.

Date: Tuesday, September 16<sup>th</sup>, 2008.

Time: 4:00-5:30pm

Location: Shell Rock Elementary School Art Room.

Class Description: Explore drawing or painting. We have watercolors and tempera.

Materials Needed: Bring photographs, magazine, or comic books of things you want to try. Bring your own paint if you want pointers with oil or acrylic.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee.

### **Activity: Stepping Stones**

Instructor: Joelle Brumley

Age: 8 years and up

Class Limit: No Limit

Date: Saturday, October 4, 2008

Time: 10:00-11:30am

Location: Shell Rock Elementary School Commons

Materials Needed: Empty ice cream bucket.

Class Description: Learn how to make a stepping stone.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee, plus \$3.00 additional fee payable to the class instructor.

# Shell Rock's Rockin' Recreation

## ADULT Fall Session

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### **Activity: Wreath Decorating**

Instructor: Pam Hart

Age: 16 years and up

Class Limit: Min. 3 and Max. 12

Date: Tuesday, November 11, 2008

Time: 6:30-7:30pm

Location: Benny Gambaiani Public Library, Shell Rock

Class Description: Get tips and ideas on decorating wreaths. Bring your own supplies, including wreath, hot glue gun, decorating supplies. Which could include ribbon, dried or artificial flowers, filler, etc. Not sure where to start, just come for ideas!

Materials Needed: Wreath, hot glue gun, and supplies.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee.

### **Activity: Hobby Time**

Age: 5th grade and up

Class Limit: No Limit

Date: Wednesdays & Saturdays. October 15, 18, November 15 & 19, 2008.

Time: Wednesdays 5:00-9:00pm and Saturdays 9:00-3:00pm

Location: Shell Rock Benny Gambaiani Public Library.

Class Description: Bring your favorite hobby to work on while enjoying others' company.

Materials Needed: Your favorite project/craft to work on.

Registration Required: Activity covered by one time \$15.00 Fall Session Recreation.

### **Activity: Hand Built Pottery (Make it With Mud)**

Instructor: Terri Thomsen, Art Teacher

Age: All ages welcome!

Date: Saturdays, November 8 & 15, 2008.

Time: 9:00-10:00am

Class Description: Beginner to Intermediate. Push up your sleeves and make something with clay while learning the basics of hand building and glazing.

Location: Faith Lutheran Church, 422 North Prairie Street, Shell Rock.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee, plus \$7.00 payable to class instructor for materials.

### **Activity: Holiday Card Making**

Instructor: Julie Holiday

Age: 12 years and up

Date: Thursday, November 20, 2008.

Time: 6:30-7:30pm

Location: Shell Rock Elementary School Commons.

Class Description: Making a Christmas Card, and misc. items.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee, plus \$3.00 payable to the class instructor for materials.

# Shell Rock's Rockin' Recreation

## ADULT Fall Session

September 1, 2008 through November 30, 2008

### **Activity: Creative Writing for Pleasure or Profit**

Age: 18 years and up

Class Limit: Min. 3, Max. 15

Date: Thursdays, September 11, 18, 25, October 2, 9 & 16, 2008.

Time: 6:00-8:00pm

Location: Shell Rock Benny Gambaiani Public Library

Class Description: Writing fiction for pleasure or profit. The basics, how to hook the editor and reader, through to searching for calls for submission.

Registration Required: Activity covered by one-time 15.00 Fall Session Recreation Fee.

### **Activity: Sand Volley Ball**

Instructor: Self-Officiated

Class Limit: No Limit

Age: 15 years and up

Date: Tuesdays, September 9, 16, 23, 30, October 7 & 14, 2008.

Time: 6:30-8:00am

Class Description: This recreational co-ed volleyball game will be self-officiated.

Location: Sand volleyball court at McCague Park

Materials Needed: Wear comfortable clothing and tennis shoes.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee.

### **Activity: Basketball**

Instructor: Self-Officiated

Age: 15 years and up

Date: Mondays, September 8, 15, 22, 29, October 6 & 13, 2008.

Time: 6:30-8:30pm

Location: Basketball court at McCague Park.

Materials Needed: Wear comfortable clothing and tennis shoes. Bring a light and a dark shirt to determine teams.

Class Description: Play an informal pick-up basketball game. Learn the fundamentals of basketball.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee.

### **Activity: Nature's Cement Bird Baths**

Instructor: Joelle Brumley

Age: 12 years and up

Class Limit: Min. 3, Max. 7

Dates: Saturday, September 13, 2008

Time: 10:00-noon

Location: Will be announced later.

Materials Needed: Bring a rhubarb leaf or a hosta leaf if you have one, otherwise one will be provided.

Class Description: Make a cement birdbath out of leaves found in your own yard.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee, plus \$15.00 for supplies payable to class instructor.

# Shell Rock's Rockin' Recreation

## ADULT Fall Session

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### **Activity: Jewelry Making**

Instructor: Terri Thomsen, Art Teacher

Age: Any Age welcome!

Class Limit: No Limit

Date: Tuesdays, September 9, 23, October 7, 21, November 4 & 18, 2008.

Time: 6:30-8:00pm

Location: Faith Lutheran Church, 422 North Prairie Street.

Class Description: Beginner to Intermediate. Learn the basics of beading, wire bending and metalwork to create your own jewelry/wearable art.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee, plus \$10.00 for the first class for materials, payable to class instructor. Buy your own supplies as needed after the first class.

### **Activity: Belly Dancing**

Instructor: Group Led

Age: 18 years and up

Class Limit: 8

Date: Tuesdays, September 2, 9, 16, 23, 30, October 7, 14, 21, 28, November 4, 11, 18 & 25, 2008.

Time: 7:00-8:00pm

Location: Faith Lutheran Church Basement, 422 North Prairie Street, Shell Rock

Class Description: Learn the art of belly dancing in a low-key private class following an instructional video. Belly dancing is an ancient art that provides a terrific workout of core muscles, legs, and arms, while developing grace, flexibility, and posture. Group led.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee.

### **Activity: Co-Ed Basketball**

Instructors: Tom Cuvelier & Chad DeBoer

Age: 18 years and up

Class Limit: No Limit

Date: Thursday nights starting November 6, 2008, through March 26, 2009.

Time: 6:30-8:30pm

Location: Shell Rock Elementary School Gym

Class Description: Play an informal pick-up basketball game.

Materials Needed: Bring a light shirt, dark shirt and tennis shoes.

Registration Required: Activity covered by one-time \$15.00 Fall Session Recreation Fee.

### **Fall Session (September-October-November)**

Registration forms are located at City Hall or on the city's website.

<http://www.shellrockiowa.org/parks/RockinRecreationProgram.htm>

Payment must be dropped off at City Hall or mailed prior to August 29, 2008.

**Questions? Email [recreation@shellrockiowa.org](mailto:recreation@shellrockiowa.org)**