

## Speed Agility Quickness Training

(ages 7-12)

House of Champs Speed Agility Quickness class is a comprehensive group class for children to improve and enhance movement efficiency and athletic development while having fun in the process! They will work on their strength, balance, coordination, agility, and quickness through functional movements (body weight squats, pushups, lunges, etc.), ladder and cone drills, and fun individual and team games. Held rain or shine. Min 10/Max 25

Activity #SAQ  
Days: Saturday  
Dates: July 2-30\*  
Times: 1:30-2:30 pm  
Location: Schutte Park  
Activity Fee: \$35

\*no class 7/4

## Spring Break Camp

(ages 6-13)

We have your child's spring break covered with a fun and affordable week of camp. Games, sports, craft activities and more are planned for our Spring Break Camp being held at the John W. Pitts Recreation Center. If weather is good, campers may play outside.

Campers will need to bring their lunch and drinks each day. Min 15/Max 25

Activity #SBC  
Days: Monday-Friday  
Dates: April 22-26  
Times: 8:30 am-4:30 pm  
Location: Pitts Center Gym  
Activity Fee: \$85

## Food, Fitness & Fun

(ages 8-14)

Campers learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun. Campers engage hands-on cooking/food and fitness activities and prepare delicious recipes from all food groups (grains, fruits, vegetables, dairy, and meat) to develop a healthy lifestyle of eating and exercise. Min 10/Max 20

Activity #FFF01  
Days: Monday-Friday  
Dates: June 17-21  
Times: 9:00 am-12:00 pm  
Location: Pitts Center MP Rm  
Activity Fee: \$50

Activity #FFF02  
Days: Monday-Friday  
Dates: July 8-12  
Times: 9:00 am-12:00 pm  
Location: Pitts Center MP Rm  
Activity Fee: \$50

Activity #FFF03  
Days: Monday-Friday  
Dates: July 22-26  
Times: 9:00 am-12:00 pm  
Location: Pitts Center MP Rm  
Activity Fee: \$50

All classes require a paid activity fee prior to participation. All classes have minimum and maximum enrollment requirements. Register early to avoid a cancelled class!



City of Dover Recreation

Visit Us On The Web at:

[www.cityofdover.com/Parks-Recs-Home/](http://www.cityofdover.com/Parks-Recs-Home/)

## 2019 Philadelphia Flower Show Flower Power

The Pennsylvania Horticultural Society has revealed the theme for next year's Flower Show: Flower Power.

Guests can expect a tie-in to the 50th anniversary of Woodstock, and you can surmise there'll be a fair amount of peace signs to be found.

But there's an even more exciting announcement regarding the 2019 show. It'll be hosting the Florists Transworld Delivery World Cup, a floral design competition. Each competitor, one representing a different country, will make four different floral designs. Each of these designs will be on display at the Flower Show itself.

The winner of the World Cup will be announced on March 3 at a special Philadelphia Flower Show gala event.

Minimum of 35, Maximum of 45. Activity Fee includes bus transportation and admission ticket.

Activity #PHL03  
Day: Wednesday  
Date: March 6  
Departure Time: 8:00 am  
Depart: John W. Pitts Recreation Center  
Depart from Philly Time: 4:00 pm  
Activity Fee: \$50



*2019 Spring & Summer*

# *ENRICHMENT CLASSES & ACTIVITIES*



*John W. Pitts Recreation Center*

*10 Electric Avenue*

*Dover, DE 19904*

*(302) 674-7541*

*[www.cityofidover.com/Parks-Recs-Home/](http://www.cityofidover.com/Parks-Recs-Home/)*

