

NEWS RELEASE

FOR IMMEDIATE RELEASE

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EAST SUFFOLK RECREATION CENTER YOUTH ACTIVITIES

SUFFOLK, VA (September 26, 2017) The Suffolk Parks & Recreation East Suffolk Recreation Center offers a wide variety of activities for children and families alike. East Suffolk Recreation Center is located at 138 South 6th Street.

“PRESCHOOL “KID N PLAY” at East Suffolk Recreation Center”

Preschoolers need LOTS of physical activity. This program is designed for children 2 to 6 years of age to explore our recreation facility with a recreational leader and other children. Each program will be filled with meaningful experiences such as circle time, parachute games, arts/crafts, music, and great exercise. This hour of fun will allow your child/ren the opportunity to further develop social skills with other students as well as cooperative and listening skills. Our program also supports the development of a social network for care givers & parents; helping them to get out and about to meet others and their children. Parents with fitness memberships are also able to partake in our fitness center or access our computer lab while your child participates in our program.

This program lasts 7 weeks. It will occur on Mondays from 10 a.m. to 11 a.m. The dates are: October 2nd, 9th, 16th, 23rd, and 30th. Weekly Themes include: Health and Nutrition, Peanut Fest, Campfire, Farm Animals, World Space, Favorite Foods, and Happy Halloween.

This program is open to the public at no cost. Registration is available online at www.suffolkva.us/parks/ or stop by East Suffolk Recreation Center located at 138 South 6th Street. Call 757-514-4515 or email nbridgers@suffolkva.us for more information.

**“ALL-STAR WEEKEND” BASKETBALL COMPETITION at East Suffolk
Recreation Center”**

If you love the game of basketball, then All-Star Weekend is the event for you! Bring your team and sign-up for the “Skills Challenge” and “3-point contest.” There is a 7 player maximum to each team and 5 player minimum. Each game will consist of two twelve minute halves and a five minute half time. Sign-ups for the skills challenge and 3-point contest is on a first come first served basis. This event is for boys and girls between the ages of 8 to 17 years old. There is a \$5 registration fee per person for this event scheduled for Friday October 6th, Saturday October 7th, and Sunday October 8th at East Suffolk Recreation Center. There will be prizes for the winners. See you there! Registration is available online at www.suffolkva.us/parks/ or stop by East Suffolk Recreation Center located at 138 South 6th Street. Please call 757-514-4515 or email nbridgers@suffolkva.us for more information.

“MYSTERY MENU DINNER ACTIVITY at East Suffolk Recreation Center”

Come join in for a little bit of insanity at East Suffolk Recreation Center. We will serve a kid friendly mystery meal, only thing is, it will be written in code! We will provide a menu with food and drinks all given in code names. The code names will provide hints to what the food is. Each coded meal will have a great surprise for everyone at the table. Join us and see if you can decipher the code!

This program is located at East Suffolk Recreation Center on 138 South 6th Street. It will occur on Friday, October 20, 2017 from 5:30p.m. – 7:30 p.m.

This program is open to the public. There is a \$7.00 registration fee. Registration is available online at www.suffolkva.us/parks/ or stop by East Suffolk Recreation Center located at 138 South 6th Street. Call 757-514-4500 or 757-514-4515 or email nbridgers@suffolkva.us for more information.

“FAMILY FUN NIGHT at East Suffolk Recreation Center”

Visit the East Suffolk Recreation Center Gymnasium on October 31st at 6 p.m. for plenty of crafts, fun games, and music! Bring your family and friends to take part in a worthy cause and raise food for the Southeastern Food bank of VA. This is a free event, however, canned good donations are accepted. Costumes are encouraged (no masks please). Canned goods are being accepted now until October 31st. Contact 757.514.4500 for more information or email Nakiesha Bridgers at nbridgers@suffolkva.us. Registration is available online at www.suffolkva.us/parks/ or stop by East Suffolk Recreation Center located at 138 South 6th Street.

“DROP IN CARE at East Suffolk Recreation Center”

The East Suffolk Recreation Center is offering a supervised child care program for parents who wish to work out or join a fitness class. The program will be offered Monday-Friday, 9 a.m. to 7 p.m. The parent must remain in the building during the time of service. Space is available on a first come, first served basis at no additional charge. For more information, contact Nakiesha Bridgers at 757-514-4500, 757-514-4515, or email nbridgers@suffolkva.us.

Registrations for all programs are available at East Suffolk Recreation Center or online

www.suffolkva.us/parks/. For more information regarding preschool, youth, and teen programs, contact Nakiesha Bridgers at nbridgers@suffolkva.us or (757) 514-4500.

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