

WELLBEING

Our health and wellness programs develop young

people's capacity to engage in positive behaviors and uses healthy habits and skills to promote physical fitness, reduced stress and a positive use of leisure time that will enable youth to grow into self-sufficient adults.

PROGRAMS



CORE

PROGRAMS

SPORTS AND RECREATION

programs encourage active healthy living. The intention of these programs is to develop responsible, disciplined active community members. Programs will focus on various traditional and non-traditional sports, assisting youth to develop a long lasting love for sports and recreation. Our goal is to encourage, engage and empower youth to live an active life through sports and recreation, while becoming positive and effective leaders.

BASKETBALL TRAINING AND SKILL DEVELOPMENT

is a co-ed program open to youth 12 and up. It is designed to improve total fitness, basketball comprehension, and overall confidence. This program also features a mentorship component where we help guide any student athlete through the process of their athletic development and life.

MOBILE RECREATION

is a program that provides free drop in recreational sports and activities as well as special events where children and youth can enjoy being outside. The program allows children ages 6 to 17 to have fun while providing a safe environment to enjoy outdoor games, physical activities, and arts & crafts projects.