

40 Adult Recreation Programs to Add to Your Offerings

Parks and Recreation



Introduction

Recreation departments are constantly innovating their programming to keep up with new trends, increase revenue, connect with new demographics, and improve offerings. While the sports leagues, workout classes and aquatic programs will remain your bread and butter, it's important to spice up your offerings with new and unique classes.

Whether they are on the ice or at the beach, on a screen or a canvas, the following 40 ideas will help you diversify your program guide for the upcoming season.

1. Sports

Broomball

Rather than skates, you wear shoes, and instead of hockey sticks, players have brooms. Broomball is typically played on ice and is similar to hockey and is lots of fun. This has been a cold climate sport for a long time, but could also be played on other surfaces.

Inner Tube Water Polo

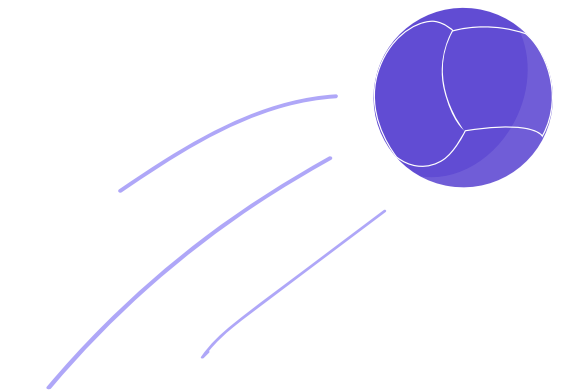
Water polo is a fun sport, but also extremely exhausting. But with inner tubes, practically anyone can play and have fun. Without having to tread water and less contact, this sport could be a good fit for any P&R agency that manages a pool.

Pickleball

Pickleball is a popular game in recreation these days. It is played on a badminton court and the net is lowered to the height of a tennis net. The ball is plastic (like a wiffle ball) and the paddles are made of wood or composite.

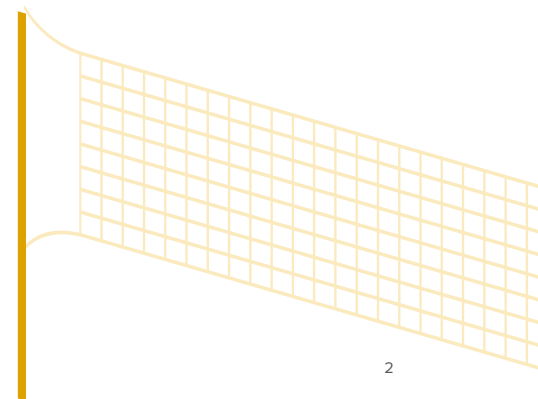
Trangleball

Trangleball is a team sport that can accommodate up to 36 players and is suggested for ages 8 and up. With multiple types of games based on the number of players, the ball is thrown onto a 3-sided pyramid structure and bounced back. Players quickly learn to develop creative approaches and strategies.



Wallyball (rebound volleyball)

Wallyball has been around since 1979 but is not often played. Wallyball is played in a racquetball court and can have between two and four players on each side. A net is hung across the middle and the ball is made of rubber. Simply put, Wallyball is like volleyball but you can play it off the wall.



2. Exercise

Beach Workouts

Not every P&R department has access to a beach, but for those that do, beach workouts are a great way for people to have fun and get a good workout. You can combine a lot of different exercises into one from swimming to running and strength training.

Beyond Zumba

Many recreation departments offer Zumba classes, but did you know there are Zumba for Kids classes and Zumba Gold for seniors? There is even Zumba Gold chair routines for seniors with limited mobility. Find an instructor and offer a variety of Zumba classes.



CrossFit

CrossFit, Inc. is a fitness company that provides unique exercise programs that are typically short in duration and include sprinting, weightlifting, bodyweight exercises and more.

Dance Buffet

Have you ever thought about taking dance classes but weren't sure if you wanted to learn Salsa, Swing or Hip Hop? Offer your residents a smorgasbord of dance instruction. Each class bring in a different dance instructor so that participants can try out all the different dances they want.

Kettlebell for Women/Men

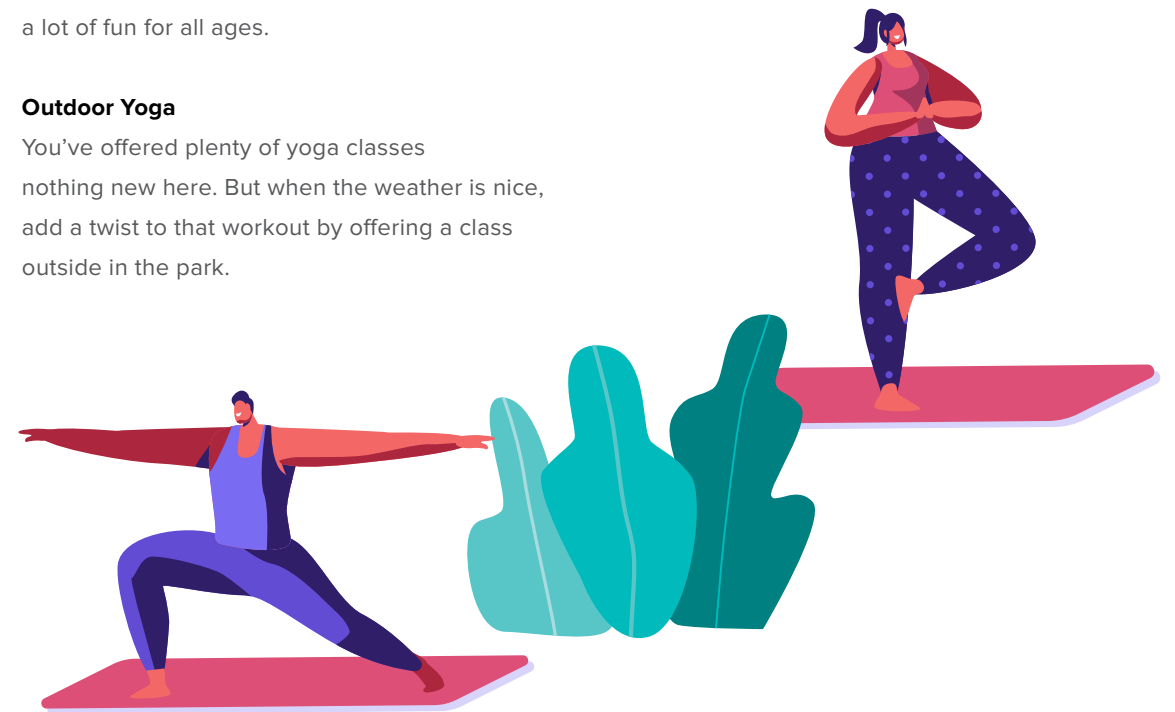
A kettlebell is a cast-iron weight that is used for strength and flexibility training. Kettlebell workouts have gotten more and more popular recently for their ability to incorporate full-body movements.

Mob™ Races

Mob™ races are really popular these days. Mud runs, obstacle courses, adventure runs, and costume races are all considered Mob™ events. These events are usually team based and are a lot of fun for all ages.

Outdoor Yoga

You've offered plenty of yoga classes nothing new here. But when the weather is nice, add a twist to that workout by offering a class outside in the park.





3. Technology

Beginner's Guide to the iPad

Maybe you offer computer classes, but tablets are on the rise. Capitalize on the trend (and purchases of iPads) and offer some coaching by taking tablet owners through the basics of the device.

Digital Photography

Lots of people have digital camera or smartphones with really great cameras but may not know how to use any or all of the settings. The instructor can teach basic photography principles and about settings on digital DSLR cameras or a smartphone.

Facebook Made Easy

Teach adults and seniors how to use Facebook to connect with friends and family, view and post pictures and videos and more.

Filmmaking Using Your Smartphone

With the right editing you can create an entertaining short movie with just your smartphone's video recorder. There are tools and apps that can help.

How to Create Smartphone Apps

People don't have to know C++ or any other coding language. There are many ways to get your smartphone app developed. Find an instructor who can assist your residents in fleshing out their ideas and offer ways to develop the apps.

4. Entertainment

Improv Basics

Do you have some aspiring actors in your community? How about people that love to speak off the cuff? Improvisation is a theatrical technique in which the actors have a situation and come up with lines on the spot.

Intro to Fortune Telling

Most people know their astrological sign but do they know numerology, how to read tea leaves or runes, or have had their Tarot read? Bring in an instructor who can teach the basics of charting and reading the various fortune-telling mediums.

Karaoke

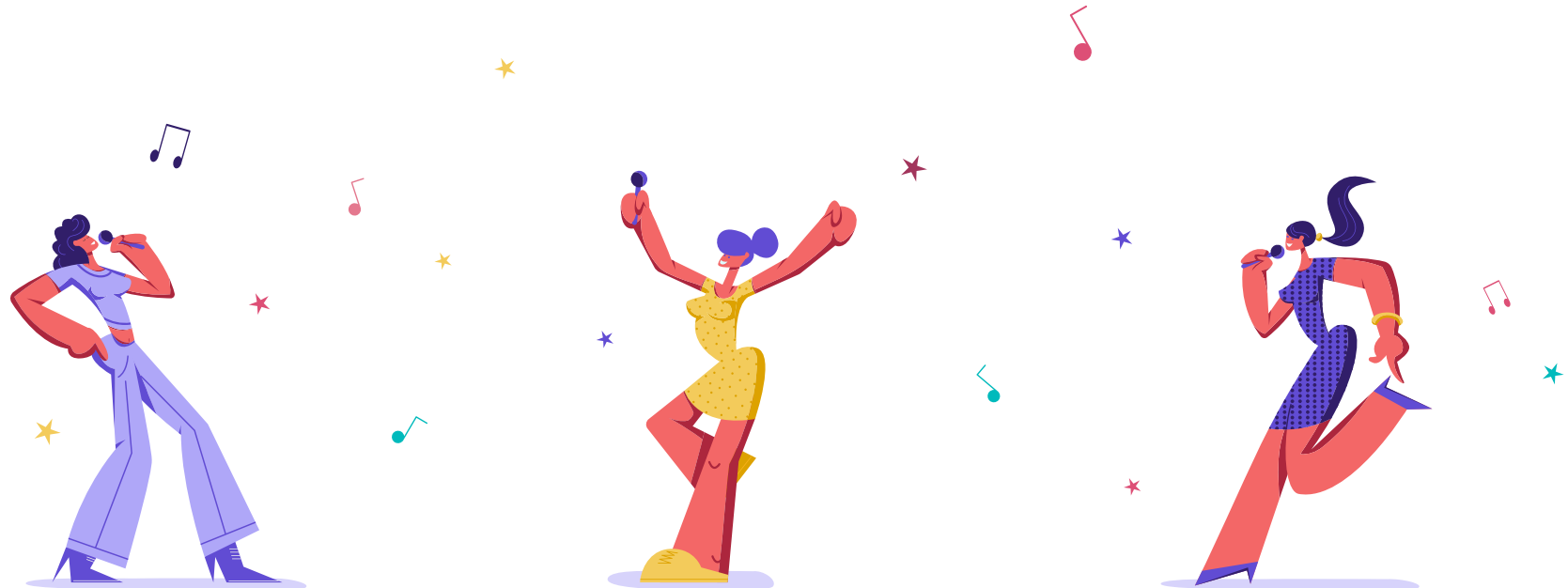
Is karaoke popular around your community? Consider offering a program for adults who like to sing, enjoy watching others sing, or just want to have fun belting it out. You can tailor it for different age groups, skill levels, and even genres based on interest levels.

Murder Mystery Dinner

This type of dinner requires a kit that includes a story of a murder as well as costume instructions, background information, and clues for each person. Consider putting on this type of dinner/event and see how it plays out! It's a fun night out.

Speed Dating

This is more of an event than a program, but speed dating is making a comeback. Recently the San Francisco library began offering speed dating events. The first one they offered sold out immediately. They knew at that time they had something.



5. Art

Cooking Classes

If you have access to the right facilities, cooking classes could be popular. Also, consider doing themed culinary classes from Vietnamese food to Mexican, desserts or holiday treats.

Drawing and Painting

Be clear about the level of the class and type of drawing or painting you are offering so that all participants are on the same page.

Glass Fusing

Also depending on your access to facilities and materials, glass fusing is fun and provides a self-created take home product. A lab fee on top of the class cost may be necessary to provide this program.

Jewelry Making

If there is enough interest in this, make beginner and intermediate classes so that participants can stay on the same page. Be sure to write a clear description of what will be created and how.

Mixed Media Arts

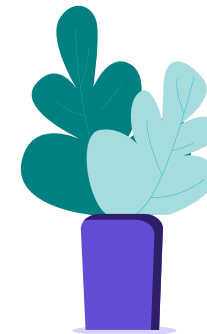
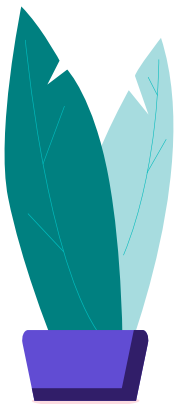
Glass painting, printmaking, clay, tile mosaic, collage, and ordinary objects can all be used to create unique works of art. If you cannot offer those classes individually, consider a mixed media arts class.

Pottery Classes

People in your community may have interest in working with clay. On top of that, participants can take home some of their own work at the end of the session.

Quilting

An instructor can teach participants how to create a quilt over a number of classes. Quilting may cater to a specific audience that you could potentially be neglecting.



6. Professional

Crowdfunding

Many people have ideas they want to pursue but aren't sure how to get the funding for their dream project. Crowdfunding through sites like Kickstarter is a great way to raise funds and test your idea while avoiding loans and debt. Go to a crowdfunding site and search for local projects. One of those people won't mind teaching your class.

English as a Second Language

What are the demographics of your city or county? There may be an opportunity to reach non-English speakers with an ESL course.

Estate Planning

Estate planning is important for everyone who has any amount of assets. This course could help people learn the basics of estate planning so that adults have a plan for their beneficiaries.

Self-Publishing from Blogs to Books

Everyone has something to say or has a story to tell. In today's world starting a blog is incredibly easy. Publishing a print book or ebook is almost as easy especially through Amazon. It shouldn't be too difficult to find an instructor in your area to lead a class like this.



7. Other

101 Things Every Adult Should Know

Create a series of classes teaching adults a variety of things. There are so many things we should know but don't (how to pair wine with food, how to BBQ better, how to sew, how to mix a proper drink, how to properly clean a vacuum, how to get stains out of a carpet, proper dinging etiquette, basic ballroom dancing, how to tell a captivating story, how to build a campfire, how to remember names, how to negotiate, etc.).

Brain Fitness

Brain fitness is to your brainlike physical fitness is to your body. Learn different exercises, games, computer programs to create your own brain fitness activities every day.

Intro to Astrology

Astrology encompasses a number of beliefs including horoscopes to explain aspects of a personality and predict future events in their lives. Depending on interest, you could track these classes from beginner to advanced.

Raising Backyard Chickens

Apparently this is gaining in popularity. People like the idea of raising chickens and having fresh eggs to cook with. Of course, not all cities are zoned for this but many are allowing a homeowner with any size backyard to raise chickens.

Read Bedtime Stories Like a Pro

Voice over acting is a profession that you may not think about until you watch car commercials or cartoons. But acting with our voices is something most of us do daily. By using inflection, accents, different tones and pitches we tell stories and jokes to our peers. Find a voice acting coach to teach parents how to put some pizzazz into reading bedtime stories.

Writing Your Memoir

You may already offer writing classes of some kind. This one is unique, though, because it allows each participant to write their own story. Teach literary tips, conduct writing exercises, and set aside time for each attendee to outline and write their own memoirs.

About ACTIVENet

ACTIVENet helps parks and recreation agencies, campus recreation departments, YMCAs, and other community organizations get more participants, manage their operations better, and build stronger customer relationships. Thousands of organizations rely on ACTIVENet's tools to provide online program registration, facility reservation, point of sale, email marketing, and more.

Contact us to learn more about how you could benefit from online registration.

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