

## **New Bern Parks and Recreation Recreation Program Objectives: 2018-2021**

The following program objectives have been developed to assist staff in implementing programs and activities that Parks and Recreation offers. These objectives are updated on an annual basis and adjusted based on the needs and interests of the community served.

### **Aquatics**

**Goal:** Promote Aquatic opportunities offered at the New Bern aquatic Center and promote the Splash Pad as a free amenity for the public to enjoy.

- Aquatic programming opportunities, (swim lessons, water exercise, water safety).
- The swim lesson program is designed to provide youth and adults the opportunity to develop specific water safety and swimming skills, independence, and skill development.
- Aquatic educational opportunities promote water safety around pools and open bodies of water.

The following classes/services are offered to support these objectives:

- Youth/Adult Swim lessons
- Summer Camp Free Swim time slots
- Pool Parties

### **Athletics**

**Goal:** Provide quality leagues and tournaments for a variety of sports programs.

#### **Objectives:**

1. Encourage a healthy lifestyle, good sportsmanship, teamwork, and make playing sports/exercise a part of daily life.
2. Provide opportunity for physical activity.
3. Provide opportunities for participants to develop specific skills and gain a sense of accomplishment and teamwork.

The following are examples of classes, programs, and services that support these objectives:

- Youth Football
- Youth Basketball
- Baseball and Softball Leagues
- CoEd Volleyball
- Lacrosse

### **Health and Fitness Objectives**

**Goal:** Provide a variety of programs and recreational opportunities which encourage healthy living and an active lifestyle that meet the needs and interests of the community.

#### **Objectives:**

## 6.2 – Program Objectives

1. Reduce obesity, combat health conditions and diseases, and promote healthy habits through activity.
2. Provide group exercise classes and fitness centers for residents and guests.
3. Offer a variety of fitness classes that promote quality of life by increasing self-esteem, mental health, positive self-image, stress reduction, and energy levels.

The following are examples of classes and programs that support these objectives:

- Low Impact Aerobics
- Yoga in the Park
- Youth Yoga Class
- Senior Fitness Class
- Line Dancing
- Self Defense Exercise Class

### **Youth Recreation Objectives**

**Goal:** Provide structured, enriching activities for youth that meet departmental, local, and state standards, promote the development of leisure and social skills, and meet family childcare needs.

**Objectives:**

1. Provide children with physical development through hands-on exploration and play.
2. Provide cognitive development through experimentation, education, and new experiences.
3. Build social skills through interactions with new people and by modeling appropriate social manners.
4. Promote healthy lifestyle choices through character development, nutrition, fitness, and environmental education.
5. Provide safe, quality, and affordable childcare during the school year, school holiday closures, and summer break – using the summer day camp scholarship to assist some families.
6. Provide fun, recreational activities including diverse field trips, partner programs, and guest speakers.

The following are examples of classes and programs that support these objectives:

- Mommy & Me
- B.E.A.R Afterschool Program
- Boy & Girl Scouts
- 4-H
- Youth Yoga
- Hook-A-Kid on Golf
- Field Trips
- Day Camps: Cooking Camp and ColorSplash Art Camp
- Dapper Dudes
- Kidsville Club Days
- Playgrounds

## 6.2 – Program Objectives

### **Recreation Facilities and Special Events Objectives:**

**Goal:** Provide a wide variety of events and community services which facilitate community unity, engagement, and cultural participation.

#### **Objectives:**

1. Increase personal and family enjoyment.
2. Provide information on community resources and services.
3. Increase social, recreational, and developmental growth.
4. Enhance quality of life through community participation and group interaction.
5. Provide quality rental space:
  - a. Provide clean, well-kept facilities. Addressing facility maintenance and housekeeping needs in a timely manner.
  - b. Coordinate with lessee to ensure needs are met access to facility and equipment, understanding policies, procedures, and rental contracts.
  - c. Provide trained, competent, polite staff to assist with lessee needs during rental and oversee compliance of rental guidelines.
6. Provide youth and adult activities and classes that have high interest.
7. Coordinate events that offer affordable and unique experiences in a safe and nurturing environment.
8. Partner with local groups to provide enriching programs and services.

The following are examples of classes and programs that support these objectives:

- Community Meetings (host location)
- Fishing Derby
- Playgrounds
- Recreation Center Programs
- Dog Park
- Golden Age Club
- Facility/Room Rentals
- Festival of Fun
- Fourth of July
- Movies in the Park
- Drive in Movies
- Concerts in the Park

### **Outdoor Recreation and Outdoor Education Objectives:**

**Goal:** Provide professional, natural, and environmental resource management services, nature interpretation, nature education, outdoor recreational opportunities, team building and life skill training, and a variety of parks and facilities for all people to enjoy at their leisure.

#### **Objectives:**

## 6.2 – Program Objectives

1. Provide and expand overall adventure/outdoor/nature-based program offerings by providing a variety of programs and events for those with similar interests and schedules.
2. Partner with local groups to provide enriching programs and services.
3. Provide a deeper appreciation and awareness of nature, the environment, and the benefits of conservation and environmental stewardship.
4. Encourage individuals to incorporate outdoor recreational activities into daily life.

The following are examples of classes and programs that support these objectives:

- Boating Docks
- Disc Golf Courses
- Fishing Piers
- Walking Trails
- Kids in Canoes Program

### **Senior (50+) Program Objectives**

Goals: Provide programs to the 50+ population at a reasonable cost that meets the needs and interests of a diverse population.

Objectives:

1. Increase knowledge and awareness of local and regional places of interest.
2. Develop friendships and increase social interactions.
3. Provide travel in a safe, positive, and friendly environment.
4. To provide a better quality of life and aging in place strategies for adults aged 50+ through recreation, socialization, education, support, and information.
5. Provide information on community resources and services.

The following are examples of classes and programs that support these objectives:

- Golden Age Club
- Day Trips
- Volunteer opportunities
- Art classes
- Neuse River Senior Games

### **Therapeutic Recreation:**

Goals: Facilitate, volunteer, and provide recreational opportunities for individuals with disabilities that promote an optimal leisure lifestyle.

Objectives:

1. Partner with local groups to provide inclusive programs and services.
2. Improve physical abilities, social skills, and overall health.
3. Increase social interactions, independence, self-awareness, and emotional well-being.
4. Enrich quality of life through increased community involvement.

## 6.2 – Program Objectives

5. Enhanced development of knowledge, skills, and abilities in leisure activities.
6. Decrease social isolation.

The following are examples of classes and programs that support these objectives:

- VIP Fishing Tournament
- Special Olympics
- Aquatic Camp Reservations
- Swimming Lessons

### **Evaluation Methods for Recreation programs:**

Staff reviews program evaluations throughout the year. In addition, staff interacts with parents, participants, and colleagues to have conversations about what participants are enjoying most about the programs, what changes they would like to see, and how the programs, classes, events can be modified for future offerings.

Approved – December 29, 2019



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