

# New Games Resource Card



## Opportunities to learn more and play:

Keene YMCA  
200 Summit Rd.  
(603)352-6002

- **Rockwall Climbing**

Monday: 6:30-8:30 pm  
Tues. & Wed.: 6:00-8:00 pm  
Thurs. & Friday: 6:00-7:30 pm  
Saturday: 10:00-1:00 pm & 4:00-6:30 pm  
Sunday: 10:00-2:00 pm



- **Martial Arts: YMCA Leaders Corps Grades 8-12**

Thursdays: 5:00-6:00 pm

“The YMCA Leaders Corps program is designed to empower youth with the skills necessary to be our future leaders. Using the YMCA’s core values of Respect, Responsibility, Caring and Honesty as the foundation the program provides opportunities to develop self confidence, self esteem, appreciation and understanding of the value of friendship and networking and being involved in the community in which they live”.

- **Adult Judo Age 13+**

“Falling, throwing, and grappling with a focus on the development of body concepts, balance, discipline, sportsmanship, self-esteem building and fun!”

## Additional Information:

- “Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities”  
By: Karl Rohnke
- “Quicksilver: Adventure Games, Initiative Problems, Trust Activities and a Guide to Effective Leadership”  
By: Karl Rohnke

## Unit Goals:

- Develop positive sporting behavior by sharing equipment and space, abiding by class rules, and playing fairly without argument.
- Develop cooperation by working in a responsible manner with small groups, peers, and the whole class.

## Equipment Used In Lessons:

- Kickball – Dick’s Sporting Goods \$12.99
- Hula-Hoop – Walmart \$2.00

***“Be Safe, Be Kind, Be Active”***