

Free On-Line Recreation Classes

During this challenging time, Rochelle Park Township Recreation is glad to offer a virtual sample of some of our regularly offered classes presented by instructors and companies that we use. We can't wait until we are all together again and can offer these classes in person, but, until then, enjoy and stay safe!

- USA Sports Institute: https://unitedsocceracademy.com/club-soccer-services/footworx-videos.html?fbclid=IwAR2YQppgC6_gLZEHyxx4LIP0Ydw78dAEEMHZM23QCEPQnMyv4ENliJwipRc
- Chef It Up: https://www.youtube.com/channel/UChuYO8bRRb9a4iZSJT_Fc2A?view_as=subscriber
- Young Rembrandts: https://www.youtube.com/playlist?list=PLiBAqfaWU6ISJLOyVxLNqYV1zN5B2vRJ7&fbclid=IwAR3He_D1M1le0ftHjmAsr4dj5sWDhT6Xnfk5QH5BCkOKBFICs2W2Edzze90

Educational

Want to keep your kids engaged and challenged with learning, check out some of these helpful sites!

Kids:

- Tips for Homeschooling during Covid-19
 - 101 Resources from Today
- <https://www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020>
- From CHOP
 - <https://www.chop.edu/news/health-tip/tips-homeschooling-during-covid-19>
- From DeVry University
 - <https://www.devry.edu/blog/tips-for-homeschooling.html>
- From South Shore Health
 - <https://www.southshorehealth.org/wellness/blog/homeschooling-tips-parents-during-covid-19>
- Khan Academy - Boost Student Learning: <https://www.khanacademy.org/>
- Learn to Code
 - <https://code.org/minecraft>
 - <https://code.org/athletes>
 - <https://code.org/starwars>
 - <https://studio.code.org/s/frozen/stage/1/puzzle/1>
- Learn a Foreign Language: <https://www.duolingo.com/>

- 64 Easy Science Experiments: https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff?fbclid=IwAR3R1_YU-R0w8ipB7Jyv4e-mfsIVpy58LtuKB137F6GWIALVXMIH5Q3m78
- STEM & Computer-Building Ideas - Recommended by Austin & Lane: <https://dragonfiretools.com/junior-handymans-toolkit-classroom-projects-essentials-and-checklists/>

DIY

Stuck at home, not sure what to do, check out some of these great ideas for crafts, cooking and more!!

Adults:

- Wood Pallet Vertical Garden: https://www.youtube.com/watch?v=n_axUw8MqWE
- How to Build a Fire Pit: <https://www.lowes.com/n/how-to/build-a-fire-pit>
- How to Make Your Own Ladder Ball Game: <https://www.youtube.com/watch?v=uLFmTARt7eY>
- Make Your Own Cornhole Game: <https://www.youtube.com/watch?v=BMqWdTBg3Go>
- Don't forget to check out ideas from Pinterest: <https://www.pinterest.com/>
- Cool concepts at Instructables: <https://www.instructables.com/>

Kids:

- Junior Handyman's Toolkit - Recommended by Austin & Lane: <https://dragonfiretools.com/junior-handymans-toolkit-classroom-projects-essentials-and-checklists/>
- Make Your Own Slime: <https://www.youtube.com/watch?v=-3kUc9lowmM>
- Make Your Own Tie-Dye T-Shirt: <https://www.youtube.com/watch?v=abjpy72Sf6U>
- How to Make Your Own Friendship Bracelets: <https://www.youtube.com/watch?v=GNZ3mPL9Cyk>
- Learning to Draw: <https://www.youtube.com/watch?v=GNZ3mPL9Cyk>
- Fun Crafts: <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>
- Cool Projects: <https://www.buzzfeed.com/mallorymcinnis/we-oughta-give-it-a-try>
- Teepees & Play Tents: <https://porch.com/advice/15-diy-teepees-and-play-tents-your-kids-will-spend-all-summer-in>
- Project Kid: <https://projectkid.com/>

Travel Remotely

Let's get away and visit different places. Go on virtual field trips and watch live streams!

- Hit the Beach with live webcams from all over: <https://www.livebeaches.com/>
 - Personal Favorite Spot: <http://www.playalinda.com/webcams/>

- Check out a Museums, Zoos or even Amusement Parks:
<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
 - Can watch for hours: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- Go on a field trip to these cool places: <https://freedomhomeschooling.com/virtual-field-trips/?fbclid=IwAR39vSw8OVGy73y2foGS8GEFqCm1FY3KW7y7muXFYyvZFHNuYrc36Ngs9Tw>
- African Safari: <https://www.africam.com/>
- Blast off to space: https://www.nasa.gov/multimedia/nasatv/iss_ustream.html

Stay Active

Being stuck at home can be hard, but fitness and physical activity is important for all!

Meditation: <https://www.headspace.com/covid-19>

Seniors:

- Sample Exercise Plan: <https://www.healthline.com/health/everyday-fitness/senior-workouts>
- Types of Exercise: <https://www.silversneakers.com/blog/best-exercise-older-adults/>
- 5-Minute Simple Exercises: <https://www.youtube.com/watch?v=iJUTvAHKYMY>
- 15-Minute Workout: <https://www.youtube.com/watch?v=Ev6yE55kYGw>
- 10-Minute Yoga Workout: <https://www.youtube.com/watch?v=NDLad2vOHkU>
- 30-Minute Yoga Workout: <https://www.youtube.com/watch?v=kFhG-ZzLNN4>

Adults:

- Sample Exercise Plan: <https://www.verywellfit.com/sample-workout-schedule-1230758>
- 5-4-3-2-1 Home workout: [54321 workout.jpg](https://www.54321workout.com/54321-workout.jpg)
- Spell Your Name Workout: <https://popculture.com/lifestyle/news/spell-your-name-do-the-workout/>
- 30-Minute Workout for Beginners:
https://www.youtube.com/watch?v=gC_L9qAHVJ8
- 30-Minute Hip-Hop Workout: <https://www.youtube.com/watch?v=kwkXyHjgoDM>
- Fitness Blender: <https://www.fitnessblender.com/videos>

Kids:

- Full-Body Conditioning: <https://www.activekids.com/fitness/articles/full-body-conditioning-exercises-for-kids>
- Strength Training Exercises:
<https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/>
- Fitness Blender: <https://www.fitnessblender.com/videos/fitness-blender-kids-workout-25-minute-fun-workout-for-kids-at-home>

- Super Mario 15-Minute Workout:
<https://www.youtube.com/watch?v=j363GqSeAho>
- Fun Exercises for Younger Kids: <https://www.youtube.com/watch?v=YG5QraJ2URY>
- 34-Minute Kidz Bop Dance Along Cardio:
https://www.youtube.com/watch?v=sHd2s_saYsQ&fbclid=IwAR3afAKOZr9dtlgcfecnYzLaQgPY4H7wUS5mc7bUff59cdHEkAizFqmdTvk