



Rock Climbing Team

Wednesdays Jan 18 - Feb 22 (Darkhorse Climbing Competition February 4)

Introducing the first ever New Heights/Seacoast Climbing Team. We will travel each Wednesday to an indoor climbing gym, learn and practice climbing techniques, fitness, safety, and most importantly have a great time. Our season will include a voluntary competition on February 4th to test new skills and meet the local climbing community.



LEGO Robotics Middle School

Mondays February 6 - March 26

Love LEGOs? Love Robots? Participants will use the LEGO NXT robot system to figure out different chassis styles, gears, and testing sensors. We will build and program an autonomous robot from start to finish. This program is a great introduction for those interested in participating in our FIRST LEGO League teams. Teams begin preparing now to compete at UNH in fall of 2012.



Rockets and Kites

Rockets: Tuesdays March 6 - April 10

Kites: Tuesdays April 17th - May 29th

Explore the exciting world of flight! In Rockets: Participants will learn about aeronautics while building and testing their own custom designed rockets. In Kites: building and testing many different kinds of kites and learn flying techniques. We will take trips to local parks in order to test and figure out what flies best as well as show off our designs.



Cooking Around the World

Wednesdays March 7 - May 2

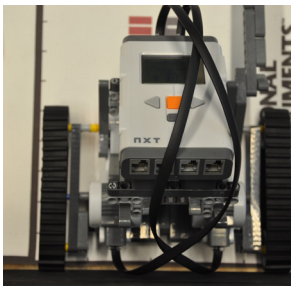
During Cooking Around the World, participants will investigate foods and traditions from countries rich with exotic flavors and choose recipes. The burgeoning chefs will prepare their cultural creations in the newly renovated Community Campus Teaching Kitchen. As a group, they will design and publish a Cooking Around the World cookbook to share with family and friends.



Stilting & Circus Arts

Thursdays March 22 - May 10 (Full Day April 26)

Walk tall as we learn to tie-in to two-foot tall performance stilts, walk independently and introduce moves into a group designed choreography. We have an expert in slacklining who will join us for one day. We will also make performance hula hoops from irrigation tubing, poi from recycled tennis balls, a set of juggling balls and learn some basic tricks for each. We will select a theme, create and embellish costumes, add new found tricks to our stilting choreography, and finish with a public performance.



High School Robotics

High School Only - Mondays April 2 - May 14 (Full Day Sat Mar 10)

Ever wonder how the Mars Rover works? Come learn the ins and outs of building and programming robots. FIRST Tech Challenge participants will engineer and program LEGO NXT robots. We will travel to and watch an FTC competition to see what it's all about in preparation to compete next year. New Heights is looking for members to start a FIRST Tech Challenge team in 2012.



Indie Game Design

Fridays April 13 - June 8

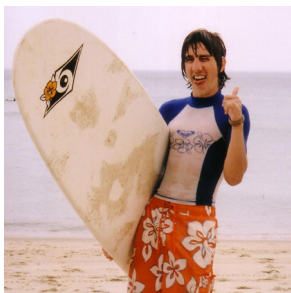
Ever wonder what it takes to produce a board game or a card game? Here's a chance to be a part of creating a professionally printed board or card game. We will explore different types of games, decide what makes them fun, and then create our own. We will move through the process of designing a game, hear from experts, developing the rules, testing it, and then get printed product to play with family and friends!



USTA Tennis

Tuesdays and Thursdays May 1 - Jun 7

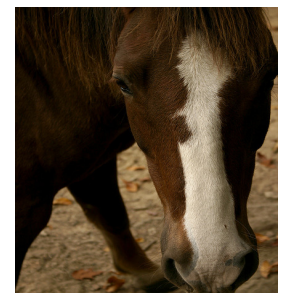
The New Heights USTA Tennis Program is designed to provide fundamental tennis skills in a supportive, engaging, and fun way. The Quick Start method is an innovative format that provides students with necessary tools and confidence to play the game as early as their first practice session! Participants will receive a custom sized racket, professional tennis shoes, and a New Heights team t-shirt.



Surfboard Refurbishing

Fridays May 4 - June 1

Cinnamon Rainbows will help us spruce up old surfboards by fixing any dings, cracks, holes and then help us with creating individual designs for the finishing touches. We will take a trip to Cinnamon Rainbows for supplies and add-ons before we put them back in the water. Price includes a surfboard if needed, repair materials, and transportation.



Horses of Course

Wednesdays May 9 - June 6

Staff and participants will travel to UNH and learn what horses are like, how horses respond to humans and our communication. Participants will brush, lead and free-lunge horses in an enclosed area, always with at least 2 adult supervisors present. This is a unique way for participants to understand communication styles and build confidence all while having great fun.



Kayak the Coast

Wednesdays May 23 & 30 & June 6

Experience and enjoy the ocean and Seacoast inlets with us BY KAYAK! Participants will learn the basics of kayaking including safety skills. In collaboration with Portsmouth Kayak Adventures, we will explore our amazing local waterways. No experience necessary and experienced kayakers are welcome as well.