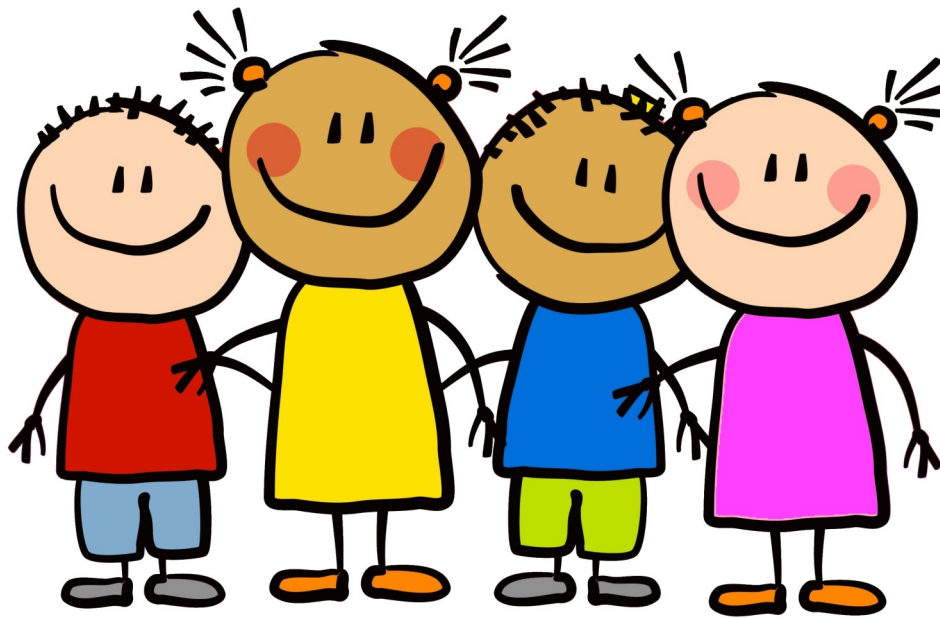


CCPR Beginner Recreation "Buddy"



Ages 3-7



This book belongs to:

Columbus County Parks & Recreation
Welcomes you to the Beginner Recreation "Buddy"
Youth Program!

What is a CCPR: Beginner Recreation "Buddy"?

Is a young individual that is committed to caring for CCPR Parks. A "Buddy" is dedicated to their community, displays good sportsmanship towards others and is a good steward. Illustrating those actions will help you learn more about all the parks in Columbus County, how to help take care of the parks and pass your knowledge onto others. By helping take care of something that belongs to everyone shows great character. A "Buddy" help prolong the beauty of our parks for year to come!

How do I become a CCPR Beginner Recreation "Buddy"?

- 1: Complete the Activity Booklet.
- 2: Fill out the Information Page (pg. 9)
- 3: Have an adult drop it off at CCPR Office

M-F from 9:00—4:00 (Drop Off Box)

Or mail it to CCPR Office at: 606 N. Thompson St.

Whiteville, NC 28472

Once your Booklet is received you will get a Certificate & Prize!

&

Jr. Parks & Recreation "Buddy" will receive email newsletters, upcoming events and program information.

Columbus County Parks & Recreation Parks

Bogue Community Park-Location 780 Red Bug Rd, Hallsboro, NC 28442

Bolton Park-Location 175 Old 211 St, Bolton, NC 28423

Buckhead Community Park-Location 7275 Old Lake Rd, Bolton, NC 28423

Carver Community Park-Location 213 Carver Circle, Fair Bluff, NC 28439

Cerro Gordo Athletic Fields-Location 404 Railroad St E, Cerro Gordo 28430

Civitan Park-Location 100 Orange St. Tabor City, NC 28463

Chadbourn Depot Museum-Location 201 W 1st St. E, Chadbourn, NC 28431

Council Field-Location 154 Pecan Lane, Lake Waccamaw, NC 28450

Edgewood Park-Location 317 E Calhoun St, Whiteville, NC 28472

Elizabeth Brinkley Park-Location 100 Columbia Ave. Lake Waccamaw, NC 28472

Elra Gertrude Spaulding Community Park-Location 819 Farmers Union Rd. Clarkton, NC 28433

Fair Bluff Riverwalk Park-Location 146 Riverside Dr. Fair Bluff, NC 28439

Fitness Park - Whiteville-Location 131 Government Complex Rd. Whiteville, NC 28472

Lake Tabor Recreational Park-Location 102 Lynwood Norris St. Tabor City, NC 28463

Old Dock Community Park-Location 12844 New Britton Hwy E. Whiteville, NC 28472

Progressive Women's Park-Location 135 Rogers St. Fair Bluff, NC 28439

Ransom Community Park-Location 2694 General Howe Hwy. Riegelwood, NC 28456

Riegelwood Community Park-Location 142 Waccamaw Road Riegelwood, NC 28456

Sandyfield Park-Location 1811 Woodyard Rd, Riegelwood, NC 28456

St. James Community Park-Location 1000 Carver Moore Rd. Lake Waccamaw, NC 28450

Tabor City Recreation Complex-Location 229 Complex St. Tabor City, NC 28463

Activity #1: " Lets Get Moving"

Go to any county park with an adult or the whole family and have FUN!!!

Park: _____

1: Crab Race with the Whole Family.

1st: _____

2nd: _____

3rd: _____

2: Try to "Jump Rope" for 30 seconds without Stopping.

Attempt 1: _____ sec. _____ min.

Attempt 2: _____ sec. _____ min.

Attempt 3: _____ sec. _____ min.

3: Walk 1 Mile.

_____ min. _____ sec.

4: How long can you Hula Hoop?

Attempt 1: _____ sec. _____ min.

Attempt 2: _____ sec. _____ min.

Attempt 3: _____ sec. _____ min.

5: Count how many times everyone catches the Frisbee before it touches the ground.

Attempt 1: _____

Attempt 2: _____

Attempt 3: _____

Activity #2: "Eye Spy"

With an adult go to any county park and see what you can discover!

Park: _____

1: Identify 5 Different kinds of Plants

1: _____ 2: _____

3: _____ 4: _____

5: _____

2: Scavenger Hunt (Option: Take a picture of your finds) Check Off your Finds

1: Acorn _____

2: Stump _____

3: Feather _____

4: Clover _____

5: Pine Cone _____

3: Identify 5 Different kinds of Birds

1: _____ 2: _____

3: _____ 4: _____

5: _____

Activity #3: "RELAX"

Park : _____

With an adult go to any county park and find a beautiful relaxing spot and read your Book. Would love to know what book you chose to read: _____.



Activity #4: " Spell It"

Park: _____

With an adult go to any county park and see how fun you can have spelling your name with the exercises below that matches the letters of your name.

(Spelling Exercises Activity page 7)

"Spell It"

- A: jump up & down 10 times
- B: spin around in a circle 5 times
- C: hop on one foot 5 times
- D: run to the nearest door & back
- E: walk like a bear for a count of 5
- F: do 3 cartwheels
- G: do 10 jumping jacks
- H: hop like a frog 8 times
- I: balance on your left foot for a count of 10
- J: balance on your right foot for a count of 10
- K: march like a toy soldier for a count of 12
- L: pretend to jump rope for a count of 20
- M: do 3 somersaults
- N: pick up a ball with using your hands
- O: walk backwards for 25 steps & skip back
- P: walk sideways 20 steps & hop back
- Q: crawl like a crab for a count of 10
- R: walk like a bear for a count of 5
- S: bend down & Touch your toes 15 times
- T: pretend to pedal a bike with your hands for a could of 20
- U: roll a ball using only your head
- V: flap your arms like a bird 20 times
- W: pretend to ride a horse for a count of 15
- X: try & touch the clouds for a count of 10
- Y: walk on your knees for a count of 20
- Z: do 10 push—ups

Activity #5: "Picture Perfect"

Draw a picture of your Favorite Park Memory Below.



Congratulations You Have Completed the
CCPR: Beginner Recreation "Buddy" Booklet!!!!

Fill out the Information Below and take to the Columbus County Parks & Recreation
Office or by Mail:

606 N. Thompson St.

Whiteville, NC 28472

Phone: 910-640-6624

Hours: Monday—Friday 8:30am-12:00pm & 1:00pm—4:00pm

CCPR: Beginner Recreation "Buddy" Information:

Child's Name: _____ Birthday: _____

Parent/Guardian Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Parent/Guardian Email: _____

Beginner Recreation "Buddy" will receive:
email newsletters, upcoming events and program information.

Thank You for Being Part of Columbus County Parks & Recreation
Buddy Program

