

What is Rec Lab?

Great Lakes Recreation Leaders Lab (for short: Rec Lab or GLRLL), is a workshop where people come together for five days to grow, learn, play and recreate. The workshop provides a setting for leadership development, professional improvements, personal growth, fellowship and, most importantly, FUN! The skills learned at Rec Lab are easily applied to the life of any attendee.

Who attends Rec Lab?

Anyone 16 years of age or older! Whether you are a student, recreation enthusiast, recreational leader, a volunteer leader, an activity director, a youth, a 4-H member or volunteer, elder, mental health worker, a teacher or just a person who likes to have fun—Rec Lab is for you.

Featuring General Session

with **Martha Ballou!**

At GLRLL, each morning begins with General Session which building on skills and themes throughout the week. Martha Ballou has a strong history in Rec Lab-as a participant, board member and supporter.

Transforming Talk!, a series of sessions exploring the ways in which we communicate with each other. These sessions will provide tools for talking, discussion of our communication styles and methods to transform our interactions with others. Special guests, activities and humor all join the mix! It's an experience you won't want to miss!



Our Mission:

To encourage discovery through opportunities to learn, lead, play and recreate.

Our Purpose:

Great Lakes Recreation Leaders Lab, Inc. is organized exclusively for educational purposes. The organization encourages, fosters, and promotes constructive recreation. A recreation laboratory is held annually where members are given a chance to study, practice, exchange ideas and generally share an experience in living recreation.

Questions?

Please use any of the following options to get in touch with a GLRLL member who can answer your questions about Lab or provide another Lab brochure to share with a friend:

website:
www.greatlakesreclab.com

email:
info@greatlakesreclab.com

phone (U.S.):
Beverly Larsen, 517-436-3001

phone (Canada):
Marianne, 519-341-0848

**We look forward to sharing
GLRLL 2010 with you!**

*Great Lakes Recreation Leaders Lab
invites you to experience...*



Transformation
through
Recreation

May 14-19, 2010

**Lions Bear Lake Camp
Lapeer, MI**



Class Information

Registration

GLRLL offers a variety of hands-on indoor/outdoor, musical, creative and challenging classes, many of which can be applied on your first day back in the “real world”. You select the classes you would like to attend. Please note, classes may change from the listing below due to unavoidable circumstances.

The cost associated with Rec Lab includes all meals, resource materials, classes and housing in heated, accessible cabins. Please note that some sessions may require a minimal additional fee for materials.

Fun with Reed, Carl Bruse

Weave your way through this class to learn tips to working with reed including the right and wrong side of the reed. You’ll even get to make a project (a basket for example) to show off to all of your friends!

Quilling Designs, Carl Bruse

Roll yourself up in this new hobby—quilling. You will use rolled up paper strips to make all types of designs to decorate items or even make a picture.

Low Ropes Initiatives, Bear Lake Staff

Examine your strengths or take a risk during this session where you’ll learn and explore initiatives using low ropes.

Songs In Action, Barb Collins

Learn and share a variety of fun songs for all ages and stages from preschool to senior groups. Create and adapt movement to fit the needs and abilities of your group.

Divine Tie Designs, Marianne Fallis

So many styles and techniques of tie-dyeing to try so bring your “canvas” and creative flair to this class. Fun-filled, hands-on experience guaranteed!

Design On Glass, Carl Bruse

Be prepared to create your own masterpiece using any clear glass jar, plate or recycled clear glass jar as you try glass etching—cut your own design and use etching cream.

Paper Bag Cards, Carl Bruse

They’re not just for lunches anymore! During this class learn how to make a card out of a brown or colored bag that can be used for anyone or any occasion.

SELF-Transformation 101, BJ Morrison

Are you feeling stuck, stressed, caught in a cycle? Discover how you can take your well-being into your own hands—learn simple and fun techniques that will transform your mental, emotional and physical health.

Songs of the People, Barb Collins

Folk Music tells the stories of ordinary people and has been passed down from generation to generation. Revisit old favorites and learn other folk songs and the stories behind them.

Basic Beats, Nick Ballou

This class will examine basic rhythmic concepts through a little bit of listening and mostly playing. All are welcome, no musical experience necessary.

Full Session:

Full session runs from Friday May 14th to Wednesday May 19th, 2010.

- Early bird (postmarked by April 1, 2010): \$295
- Regular (after April 1, 2010): \$325

Weekend Session:

The weekend session runs from Friday May 14th to Sunday May 16th, 2010

- Early bird (postmarked by April 1, 2010): \$195
- Regular (after April 1, 2010): \$225

For additional registration forms please visit our website at www.greatlakesreclab.com

Scholarships

Scholarships, designed for first time participants, are available to help with the cost of lab. Please visit the GLRLL website (www.greatlakesreclab.com) to download a scholarship form or email info@greatlakesreclab.com.

And there is still more!

GLRLL has more classes, early morning activities, evening programs, night-owl activities and endless fun and fellowship. The fun begins on Friday evening and it doesn’t end until mid-morning on Wednesday.

Visit us online at
www.greatlakesreclab.com