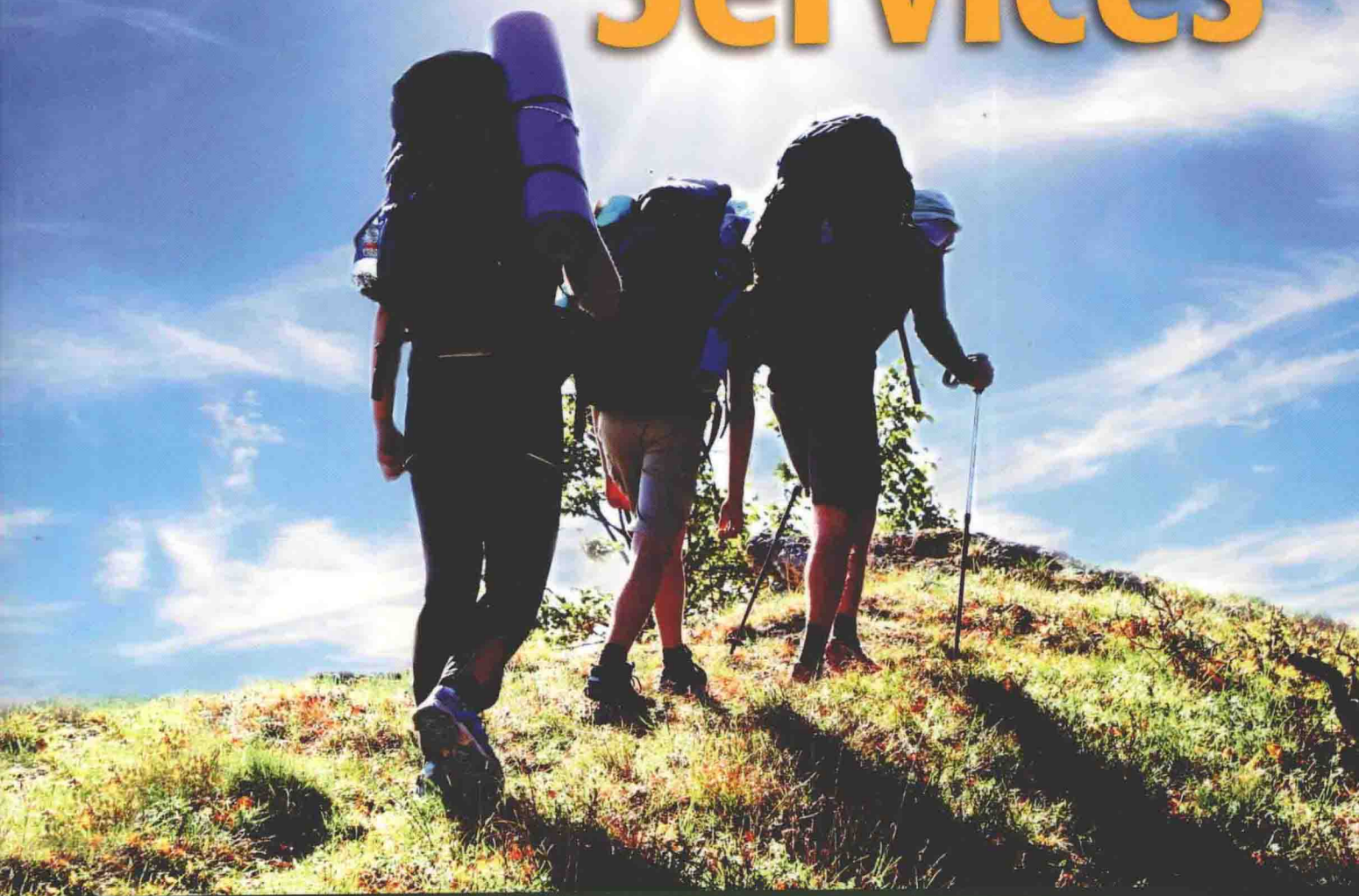


PROGRAMMING **Recreational Services**



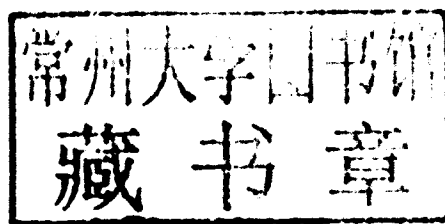
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Programming Recreational Services

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Dedication

This book is dedicated to Ellen Joyce (Joy) Shivers, who has brought me joy. By her compatibility, affability, creativity, sense of humor, willingness to explore other places and cultures, and tolerance of my foibles, Joy has lifted many burdens from me and has contributed to the remarkable sense of well-being and happiness that I now possess. We have experienced a relationship and an experience that makes life worth living.

Preface

Recreational activities, particularly those consisting of socialization, creativity, educational enrichment, and aesthetic pursuits, offer stimulating and emotionally satisfying activities beneficial to an individual's self-perception. The comprehensive recreational program includes group, individual, passive, active, cultural, physical, cognitive, social, and artistic engagement. The vast range of possible activities enables an individual to select one in which he or she is most capable. By working from known to unknown activities, an individual's interest horizons are broadened so that he or she can have a deeper and more significant experience.

Recreational activity is valuable for all who participate in any way, at any age. Such activity is not obligatory or a social necessity. The greatest satisfaction does not rely only upon the individual's interests, knowledge, and abilities, but on how he or she occupies his or her leisure. It offers the opportunity to choose whatever motivates or stimulates appreciation and satisfaction.

Enjoyment is a singular characteristic of recreational experience. The expectation of pleasure in participation motivates people to engage in recreational activity. However the individual wishes to use his or her free time, whether by intense involvement as a participant or as a spectator and appreciator, he or she expects a satisfying and enjoyable experience. This aspect of recreational activity, the emotional reward, is its essential motivation.

The material presented in *Programming Recreational Services* is the distillation of almost 60 years of active involvement in a variety of recreational activities, observation of both facilities and recreational experiences throughout the world, assessment of recreational participation, and an understanding of the organization, operation, and management of the vast enterprise called recreational service. It is an intensely practical and self-evident discussion of the costs, leadership, equipment, places, timeliness, and programmatic techniques necessary for the provision of recreational services to those who will become active participants in organized and self-directed recreational activities. This text is a handbook designed to enable recreationists (professional practitioners) and others to call upon the incredible treasury of recreational activities for the benefit of those who are engaged in the pursuit of happiness.

This user-friendly text has been organized into two distinct sections. The first is concerned with elemental concepts of what programming is, how and why constituency populations are to be analyzed for eventual reception of recreational services, and the places where recreational activities occur. The second section deals with the twelve categories of a comprehensive and balanced recreational program, including suggested activities, methods of promoting them, how to instruct them, and the leadership necessary to guide them.

Illustrations and photos are provided throughout the text to emphasize program ideas and basic steps in understanding and performing recreational activities. Additionally, a selected reference section offers greater exploration

into the recreational activities typically programmed and the organizations that have a fundamental role in giving assistance to those interested.

The teaching resources that accompany this text include an online instructor's manual, which details chapter overviews, key words, learning objectives, essential review questions, summaries, and resources.

Recreational service consists of all those arranged activities, planned spaces and facilities, and spontaneous and scheduled incidents that are basic to providing a comprehensive series of varied recreational experiences attractive to potential clientele. To develop and elaborate any specific program requires an elemental grounding in the organization, operation, and management of the personnel, materials, and financial resources of which such service is comprised.

This text offers the foundation from, and on which, a program of recreational service can be delivered, and provides programming ideas that are easily assimilated by recreationists and laypeople alike. The purpose of *Programming Recreational Services* is to ensure that the diverse recreational needs of all people are met. The concepts generated by assembling a full range of recreational examples may stimulate innovation and responses on the part of practitioners and lead to more effective and satisfying recreational experiences.

Those who act as volunteers will also benefit from the material in this text. Volunteers provide critical services that extend and augment that which is performed by professional providers. Volunteers perform their essential function by offering their time, talent, and effort in a service category that is no less satisfying and enjoyable than any other recreational activity.

Special emphasis has been offered in terms of activity technique, cost factors, facilities needed, supplies, and equipment, as well as leadership involved in the promotion of a comprehensive, balanced, and organized recreational program. The practical information in this text will assist in making the task and professional obligation of the recreationist of higher quality. To this end, *Programming Recreational Services* clearly presents the methods and materials necessary for the planning, organization, and operation of recreational services to all.

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Otia sapienter uti laetitiam et acquanimitatem parit.

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