

Be Screen Smart

Schedule of Events

Screen Free Week 2010

If you have chosen to go an entire week without TV, videos, or computer games, you will have a BLAST this week! Just fill out the Pledge Form available in this Chronicle insert on page 7, and get ready to enjoy many of the following alternative activities! If you can talk your friends into doing without TV, bring them along too!

Make a reminder sign to hang over your TV screen during the week or use the TV cover on pages 12 & 13 of this insert. Color the cover and use the "SMTWTFSS" buttons as check boxes for the days your family goes with no TV.

WEEKLONG EVENT:

10:00 am-5:00 pm – "Celebrate Games" at the Children's Museum of Bozeman
All week long we'll be creating mancala and tic-tac-toe boards using wood scraps, paint and marbles. Take your games and instructions home to play with your family! \$5 admission to CMB / free with membership

MONDAY, APRIL 19:

2:00-3:00 pm – "MOR SIGN"

Learn to speak with your hands! Join guest educator Trish Smith, an ASL Sign2Me certified instructor, and the Museum of the Rockies for an exciting series of signing classes. Explore a different exhibit during each program with your baby or toddler as you learn simple, easy-to-do signs to describe your museum experience. Young learners aged 6 months to 4 years. Join us for just one class or the whole series. Each program is \$5 per family for members and \$8 per family for non-members. For more information call 406.994.6618.

3:30-4:30 pm "Read to Trout-the-Dog"

Bring your favorite book, or even make one on site and enjoy reading to an attentive audience "Trout", a real live loveable pooch who loves to listen! Join the Bozeman Recreation Department at the Beall Park Recreation Center at 415 N. Bozeman Avenue. Fee \$5. Children Kindergarten through 5th grade are welcome.

3:30-5:00 pm – "Lego Club" at the Bozeman Public Library - Every Monday

Come join other kids at the large meeting room, grades Kindergarten and older, who love building with LEGOs. Materials provided. FREE

4:30-6:00 pm "TKD instead of TV" in Belgrade

Try out the traditional Korean Martial Art of Taekwondo (TKD) and Hapkido. Children ages five and older. Free! Classes hosted at r' Quam Martial Arts Academy in Belgrade, contact Randy Quam for more information 406-388-1476.

6:00-7:00 pm GAS Intrinsic "Unplug and Pedal" Ride

Enjoy a bike ride for children age 7 and older led by members of the GAS/Intrinsic Cycling Team. Start at Bozeman library and return approximately one hour later. Parents are welcome to join and helmets are required. If you would like for your

child to participate and cannot afford to purchase a helmet, please contact Lisa at 406-587-7786.

TUESDAY, APRIL 20:

All Day "Free Child Admission" at the Museum of the Rockies

Bring a parent and receive free admission to the Museum of the Rockies! Mention you are participating in Screen Free Week at the front desk and get in free! One free child per paying adult. Children 5 years and under are free every day. For more information contact angela.hewitt@montana.edu or 994-6618

3:00-6:00pm "Family Game Night: Dealing up Family Fun"

Bring your family and enjoy an evening full of cards and board games. Learn how to shuffle, deal, and play new card games or try your hand at some of our favorite board games. All ages welcome! Come to the Community Room of Bozeman Public Library. This event is hosted by the Gallatin County Screen Smart Committee.

3:30-4:30pm "Green Builders – Build Off"

Join the Bozeman Recreation Department and use your creative side to build sculptures out of recycled card-board, newspapers, and more. We'll see who can build the tallest, craziest, or most colorful sculpture! Come to the Beall Park Recreation Center at 415 N. Bozeman Avenue. Fee \$5. Children Kindergarten and older are welcome.

6:30pm "Cats for Beginners" Heart of the Valley Animal Shelter

Getting your first cat or kitten can be a huge step for a "Cat Newbie." This seminar will help you in making that all-important decision of committing to a lifetime relationship. Kids 3rd Grade and older are welcome to attend this event with their parents, at the Heart of the Valley Animal Shelter community room. Event is free, but donations are welcome. Contact Kari Chiocchi at 388-9399 with any questions.

6:30-8:00 pm "Science Night"

Families are invited to help construct and launch paper rockets with a Pop! Rocket Launching outside if weather permits. For more information, please call the Bozeman Public Library's Children's Desk at 582-2404.

WEDNESDAY, APRIL 21:

10:00-11:00am "Sensational Babies" at MOR

Come to the Museum of the Rockies to read, talk, sing and play with your baby through sensory awareness activities and explorations designed specifically for newborns to two-year-olds. Each weekly program varies in content and is free for members and \$5 per child for non-members. Pre-registration is not required; maximum number of children per class is 25. For more information call 406.994.6618.

3:30-4:30pm "Rocket Power – Have A Blast"

Come and build a stomp-rocket with the Bozeman Recreation Department! Kids kindergarten and older are invited to join in the fun. Please come to Beall Recreation Center at 415 N. Bozeman Avenue. Fee \$5.

Be Screen Smart

4:00-5:00pm “Artistic Woodworking”

Join the Boys and Girls Club of Southwest Montana in a special skill-building event. Parents must accompany children aged kindergarten through 8th Grade. Open Gym is also available at this time. The Boys and Girls Club is located at 600 Bridger Drive. Contact Jean Bucher at 587-8442 for more information. FREE

4:30-5:15pm “Free Dance Class”

The Dance Center will be offering a free dance class for children ages 3 ½ - 6 at the Bozeman Public Library Community Room. Contact Debrah Yarrington with questions 920-1247.

5:30-6:00 pm “Yellowstone Suite” Ballet Performance

Come enjoy an original story ballet performance by the Dance Center’s performing Ensemble at the Bozeman Public Library Community Room.

6:00-6:30 pm – “Family Yoga”

Montana Kids Yoga, on behalf of the Face the Facts Foundation, will be providing FREE family yoga, which is designed to help the whole family enjoy the benefits of yoga. Donations to the Foundation are welcome and children should be accompanied by an adult. This activity will be in the Bozeman Public Library Community room.

THURSDAY, APRIL 22:

10:00am and 1:00pm “Bozeman Books & Babies”

Come enjoy a relaxed time for infants 0-2 and parent or caregiver. Rhymes and play in the large Community Room at the Bozeman Public Library. Siblings welcome.

11:15-11:45am “Belgrade Babies And Books” at the Belgrade Public Library

Bring your little one, ages birth to 36 months. Program includes songs, rhymes, finger plays and stories.

11:00am-1:00pm and 6:00-8:00pm “Play To Learn, Learn To Play” (0-5 years)

University of Montana-Western students in the Early Childhood Education program will be hosting an event at the Bozeman Public Library for children aged birth to five years. Families are invited to come and explore learning centers focusing on blocks/ dramatic play, art, sensory/tray activities, and outdoor games. Lots of handouts and resources available . . . bring friends!

4:30-6:00pm “TKD Instead of TV” for FREE

Try out the traditional Korean Martial Art of Taekwondo (TKD) and Hapkido. Children ages five and older. Classes are hosted at r’Quam Martial Arts Academy in Belgrade, contact Randy Quam for more information 406-388-1476.

6:00-8:00pm “Bike Maintenance Night”

Stop by the Bike Kitchen to get your spring tune-up done by a volunteer mechanic. The bike kitchen is located at 425 E Aspen St. and a \$10 donation is appreciated. Contact them at info@bozemanbikekitchen.org for more information.

FRIDAY, APRIL 23:

11:05- 11:35am “Story Time with Miss Susie” at the Belgrade Public Library

Join us for stories, songs and guest story tellers. Children ages 3-6 and their parents are welcome.

3:00-5:00pm “Earth Week Celebration” at the Bozeman Public Library

Montana Outdoor Science School (MOSS) is hosting an afternoon filled with arts and crafts, singing songs, planting seeds, and more at the Bozeman Public Library. This event is free and all ages are welcome.

5:00-8:00pm “ Free Family Game Night” at Children’s Museum of Bozeman

Elementary aged children and younger can enjoy games with family and friends. There will be board games for the whole family and pizza from MacKenzie River for \$1/slice. Event FREE!

6:00-8:30pm “Free Swim” at the Bozeman Swim Center

Free recreation and lap swimming. Must be 12 years old or accompanied by an adult. Free for all who choose to go screen-free for the day! Contact the Swim Center with any questions 587-4724.

SATURDAY, APRIL 24:

8:30am - 1:30pm “Gallatin Earth Celebration” Clean Up & Sustainability Fair

Join your neighbors for a community clean-up of parks, trails, and other public spaces in Bozeman, Belgrade and Gallatin County, ending with celebration at Bogert Park featuring FREE FOOD and LIVE MUSIC and a sustainability fair showcasing local businesses and organizations. See page 17 for more details.

9:00am - 5:00pm “Free Day” At the Museum of the Rockies

Highlighting Astronomy Day with children’s activities from 1:00-4:00 pm

9:30-11:00am MSDA “5-A-Day 5K and Kids Fun Run”

Kids Fun Run begins at 10:15 am. Free for kids 12 and under! Registration fees apply for older students and adults. Check in at MSU Campus Intramural Field at the corner of Lincoln Road between 11th and 19th. Email race organizers at msda.msu@gmail.com with any questions.

11:30am -1:30pm “Family Swim” at Lone Mountain Gymnastics & Swim Center

“Family swim” activity! Limited to the first 45 swimmers. Adult supervision required. \$4 per participant, please contact Lone Mountain Gymnastics with any questions 587-1180.

12:00pm-1:00pm “Strength and Conditioning Class”

Kids ages 12 and older are welcome to turn off the tube and come to Gold’s Gym. Go through a strength and endurance class using body bars, dumbbells, body weight for balance, stability and core strength. Cost \$5.

SUNDAY, APRIL 25:

12:00pm-6:00pm “Free Family Swim” at the Bozeman Swim Center

Free family swimming. Must be 12 years old or accompanied by an adult. Free for all who choose to go screen-free for the day! Contact the Swim Center with any questions 587-4724.

1:00-2:30pm “Family Climb-Time” at Spire Climbing Center

Spire staff will teach you the basics to get off the ground! \$5/participant includes gear and instruction. Kids under 14 years old must be accompanied by an adult. Call Spire to sign up at 586-0706. *All climbers under 18 years must have a waiver signed by a parent or legal guardian.