



**Hamilton-Wenham
Recreation Department**

**Fall Brochure
2015**

**16 Union Street
S. Hamilton, MA 01982
978.468.2178**

www.hwrecreation.com

HAMILTON-WENHAM RECREATION DEPARTMENT MISSION STATEMENT

The Hamilton-Wenham Recreation Department provides a wide variety of programs designed to improve the quality of life for residents by meeting physical and recreational needs. We promote life long lessons through play, education and community wide events.

Hamilton-Wenham Recreation Department
16 Union St
Hamilton, MA 01982
978-468-2178
www.hwrecreation.com

Office Business Hours:

Monday 8am-7:00pm

Tuesday 8am-4:30pm

Wednesday 8am-4:30pm

Thursday 8am-4:30pm

Friday 8am-1:00pm*

***Please call ahead for
appointments on Fridays**



**"Like" our NEW
Facebook Page!**

Search for:
Hamilton-Wenham
Recreation

JOINT RECREATION BOARD MEMBERS

John Cusolito	Wenham
Mary Buntin	Wenham
Denis Curran	Wenham
Steve Ozahowski, Chair	Hamilton
Brad Tilley	Hamilton
Phil Tocci	Hamilton

The Joint Recreation Board is made up of six members, three residents of Hamilton and three residents of Wenham. The Board meets once a month to discuss various recreation issues.

**The Hamilton-
Wenham Recreation
Department welcomes
your program ideas.
Please contact the
office with any
programming ideas
and suggestions.**

978.468.2178

Don't Miss Out....Mark Your Calendars
FREE demo days/seminars

Gentle Nia (Ages: Adult)

* More information on page 16

Zumba Gold® (Ages: Adult)

* More information on page 17

You Can Afford College If....

* More information on page 17

POLICIES/INDEX

978-468-2178

www.hwrecreation.com

COURSE CANCELLATION

Classes that do not attain the minimum enrollment will be cancelled 48 hours prior to the scheduled start date. If cancelled you will receive a full refund. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise, plan on attending.

COURSE CONFIRMATION

We DO NOT provide confirmations for program registrations. You will be called if a class is filled and you will be placed on the waiting list. Otherwise, plan on attending.

MAKE UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants inability to attend.

INCLEMENT WEATHER

All classes (day and evening) will be cancelled when Hamilton-Wenham Regional Schools are closed. In the event that we need to cancel evening, weekend or summer program/events it will be posted on the voicemail at 978-468-2178 and on our website at www.hamiltonma.gov.

FILLED CLASSES

You are urged to register as soon as possible. Classes are filled on a first come first served basis. We do not "hold" spots. If your class is filled, you will be placed on a waiting list.

PARTICIPANT PHOTOGRAPH POLICY

Periodically, the Recreation Department photographs/videotapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purposes.

NON-RESIDENT FEE

The program fees listed in the brochure are for Hamilton and Wenham Residents. For the Non-Resident rate please add \$5 on top of the program fee unless otherwise stated.

REFUND POLICY

1. FULL REFUND FOR A CANCELLED CLASS.

2. YOU WILL RECEIVE A REFUND MINUS \$10 ADMINISTRATIVE FEE IF YOU NOTIFY THE RECREATION DEPARTMENT AT LEAST 5 DAYS BEFORE THE START OF THE PROGRAM

3. NO REFUND IF YOU CANCEL LESS THAN 5 BUSINESS DAYS BEFORE THE START OF THE PROGRAM

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WWW.HWRECREATION.COM

Please visit our site to browse activities, register for classes and view any new announcements

HOW TO REGISTER

Step 1: visit www.hwrecreation.com and create a user name and password

Step 2: Search and Select Activities and add them to your on-line cart

Step 3: Pay on-line with credit card (as soon as it becomes available) or mail in your registration form with payment

If you do not wish to register on-line*, we have two other options for registration

Walk-In:

**Recreation Center
16 Union St, Hamilton MA
Hours on page 2**

Mail to:

**HW Recreation Department
16 Union Street
Hamilton, MA 01982**

REGISTER EARLY!!

**Nothing ends a program faster than waiting for the last minute to register!
Please make every effort to register early!**



PUMPKIN FEST 2015

Sponsored by

The Hamilton-Wenham Recreation Department

The Hamilton Fire Department

The Hamilton Police Department

Hamilton Department of Public Works

The Community House

October 24

Begins 12:30 pm

At the Public Safety Building

Organized by the
Pumpkin Fest Committee

More Information To Come at:

www.hwrecreation.com



YOUTH PROGRAMS

978-468-2178

www.hwrecreation.com

Imagination Station (Ages babies to 5 with adult)

Enjoy an organized playgroup that gives children an opportunity to run around the gym, participate in a simple craft, enjoy puzzles, use legos, read books, play dress up and just plain ol' have fun! Imagination station is a time for both parents and children to socialize and engage in some playtime. You pay \$5 per day. Non-residents are welcome. Come on down and check it out!!

Dates: Tues & Fri November 5 - December 29*

Time: 10am - 12am

Fee: \$5 per family, per day

Location: Recreation Center Gym

NEW DATES!

No Imagination Station on the following Dates:

11/3, 11/10, 11/17, 11/27, 12/24

Lil' Rockers (Ages 2-5)

Instructor(s): Knucklebones



Knucklebones' Lil' Rockers will get your child moving through dance, music making and unique props. Each week your coach will create a class filled with stretches, music (both live and recorded), games and activities. From scarves, ribbons, parachutes and all types of musical instruments, to balancing stones, hula hoops and much more, this class encourages self-expression, movement, gross motor development and fun!

Dates: Tuesdays, October 13 - November 17

Time: 10am - 11am

Fee: \$65

Location: Recreation Center

Little Dragons Karate (Ages 3-4)

Instructor(s): Steve Nugent & Staff

One of the best karate programs in the country taught by four-time world champion Steve Nugent and his staff. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self defense. All uniforms and belts are included in this class

Dates: Wednesday, September 23 - November 18*

Time: 4:00 - 4:30pm

Fee: \$170

Location: Recreation Center Gymnasium

*No class November 11



www.hwrecreation.com

Ooey, Goopy Arts and Crafts (Ages 2-4)



Instructor(s): Susie Lord

Join Susie Lord for a fun morning session of crafting. Participants will glue, paint and more! Great class to boost your child's socialization skills while making age appropriate, seasonal crafts. Parent or guardian must be present.

Location: Recreation Center



Weekly Themes Planned:

9/14- Play Sand; 9/21- Sunflowers; 9/28- Leaf Art; 10/5- Apples; 10/19- Floam; 10/26- Slime; 11/2- Spin Art; 11/9- Erupting Paint; 11/16- Popcorn Art; 11/23- Fun with Food; 11/30- Candyland; 12/7- Snowglobe Snowmen; 12/14- Salt Dough Ornaments

Dates: Mondays, September 14- December 14

Time: 10:00am- 11:00am

Fee: \$5

Location: Hamilton Wenham Recreation Center

*no class 10/11

Micro Athletics (Ages 2-5)

Instructor(s): Knucklebones

Using unique and age appropriate equipment, Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Each class your child will play a myriad of different, skill enhancing athletic activities and games. From learning to kick using RhinoSkin balls to practicing throwing playing Messy Backyard and much more, we make sure your child is active and having fun while developing a passion for play that will stay with them! The entire program is supported using a plethora of unique equipment by the most admired manufacturers and through a variety of contemporary, cultural, nature-based and traditional games.

Session 1

Dates: Thursdays, September 24th - October 29th

Time: 10am - 11am

Fee: \$65 per participant

Location: Recreation Center - Fairhaven Field

Session 2

Dates: Mondays, November 9 - December 14

Time: 2pm - 3pm

Fee: \$65

Location: Recreation Center Gym

978-468-2178

Pre-K Mini Sports

(Ages 2-5)

Instructor(s): F.A.S.T. Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and basketball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class F.A.S.T. Athletics will have new and exciting games planned for the students

Dates: Fridays, September 25 - October 30

Time: 9am - 10am

Fee: \$70

Location: Recreation Center/Fairhaven Field



Micro-Wheels

(Ages 2-5)

Instructor(s): Knucklebones

Micro Wheels teaches the fundamentals of learning to ride a bicycle without training wheels! Each class your Knucklebones Coach will bring in a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. Class will begin with a brief stretch and activity to get participants up and moving. From there we will introduce a new activity involving wheeled vehicles such as scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. As well, we will include an array of diverse games and activities such as balance beams, balancing stones, street signs, an obstacle course and more to help these determined drivers develop the skills needed to ride safely, successfully and have FUN! Proper sneakers and long pants are required.

Dates: Wednesdays, September 23 - October 28

Time: 10am - 11am

Fee: \$65

Location: Recreation Center Gymnasium



Kick and Play

Ages (12-24 months)

Instructor(s): Super Soccer Stars Staff

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play – all while having a blast!

Dates: Tuesdays, September 22- November 3

Time: 9am - 9:40pm

Fee: \$96

Location: Fairhaven Field



Creative Movement

(Ages 3-4)

Instructor(s): Samia DeSimone

Fun filled introduction to dance for boys and girls, with an emphasis on developing each child's imagination, musicality, rhythmic and movement skills



Date: Wednesday & Saturdays, Sept 30 - Nov 21

Time: Weds 12:30pm-1:15pm & Sat 9am-9:45am

Fee: Weds & Sat \$195, Only Weds \$112, Only Sat \$128

Location: Hamilton-Wenham Recreation Center

* No class Oct 14

Pre-K Mini Basketball

(Ages 2-5)

Instructor(s): F.A.S.T. Athletics

Minihoops, miniballs and a ton of fun! This class is created for 2-5 year olds and will work on having fun while learning some fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children!

Dates: Fridays, September 25 - October 30

Time: 10am - 11am

Fee: \$70

Location: Recreation Center Gymnasium



YOUTH PROGRAMS

978-468-2178

www.hwrecreation.com

Intro to Tennis

(Ages 5-8)

Instructor(s): Shannon Petersen

Introduction to tennis through games and movement-based activities. Focus on learning basic groundstrokes on 36' courts. Small enrollment ensures your child will get some personal attention.

Dates: Saturdays, September 19- November 7*

Time: Session 1, 9am - 10am

Session 2, 10am - 11am

Fee: \$50

Location: Patton Park Tennis Courts

*No class September 26

Co-Ed Gymnastics

(Ages 5+)

Instructor(s): Iron Rail Gymnastics Staff

Children receive gymnastics instruction on all Olympic events and trampoline. Classes emphasize the learning of basic skills, developing strength and flexibility and self-confidence. This program is designed for students who wish to participate in the sport of gymnastics on a recreational level. Children are placed into groups according to age, ability and friendship with other class mates. The emphasis is placed on fun and learning the basic skills in gymnastics.

Dates: Wednesdays, September 23 - November 11

Time: 2:30pm - 3:30pm

Fee: \$125

Location: Iron Rail Gymnastics Center



Girls Cheer Tumbling

(Ages 8+)

Instructor(s): Iron Rail Gymnastics Staff

This class is designed for girls who wish to learn skills such as cartwheels, round offs, back handsprings and back saltos. Classes utilize a wide variety of spotting harnesses and lead up drills to insure safety. All ages and abilities are accepted.

Dates: Wednesdays, September 23 - November 11

Time: 2:30pm - 3:30pm

Fee: \$125

Location: Iron Rail Gymnastics Center

www.hwrecreation.com



Intermediate Tennis

(Ages 9-11)

Instructor(s): Shannon Petersen

Take your child's tennis skills to the next level with the orange ball. Children will learn more advanced tennis strokes on a larger court (60' court). Movement-based activities will be emphasized along with technical and tactical teachings. Your child must be able to demonstrate the basic groundstrokes (forehand and backhand). Must have appropriate-sized racquet!

Dates: Saturdays, September 19- November 7*

Time: 11am - 12pm

Fee: \$50

Location: Patton Park Tennis Courts

*No class September 26

Youth Baseball Clinic

(Ages 7-12)

Instructor(s): Jason Larocque

Join Wenham resident and former Red Sox Major League Bullpen Catcher, college baseball coach (Georgetown U, Amherst College), and Harvard University baseball captain Jason Larocque for a fall youth baseball clinic for players age 7-12. The clinic will stress the fundamentals of healthy throwing, athletic fielding, consistent hitting, and position specific skills. The clinic is open to players of all skill levels, and equipment will be provided. Players are encouraged to wear cleats, bring sneakers, glove and bat.



Dates: Sundays, September 20- October 25'

Time: 5:15pm - 6:30pm

Fee: \$90

Location: Hamilton Wenham Recreation Center

*no class October 11

Super Sports

(Grades K-2, 3-5)

Instructor(s): F.A.S.T. Athletics

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day

Dates: Tuesdays, October 13 - November 10

Time: 3:45pm - 4:45pm

Fee: \$60

Location: Pingree Park



YOUTH PROGRAMS

978-468-2178

www.hwrecreation.com

Super Soccer Stars

Ages (2-5)

Instructor(s): Super Soccer Stars Staff

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

Fall Session 1

Dates: Tuesdays, September 22 - November 3

Time: Ages 3-4, 10 - 10:45am

Fee: \$112

Location: Fairhaven Field

Fall Session 1A

Dates: Sundays, September 27 - November 1

Time: Ages 3-4, 9am - 9:45am

Ages 2-3, 9:55am - 10:35am

Ages 4-5, 10:45am - 11:35am

Fee: \$96

Location: Fairhaven Field



Floor Hockey

(Grades 3-6)

Instructor(s): Recreation Department Staff

Join the Recreation Department Staff for a fun and exciting floor hockey program. This 5 week program will allow participants to play in fun, fast paced games during the after school hours. Participants must bring their own stick. Shin guards and eye protection are recommended.

Dates: Thursdays, October 8 - November 5

Time: 3:30pm-4:30pm

Fee: \$45

Location: Hamilton-Wenham Recreation Center



Youth Running Program

(Ages 6-12)

Instructor(s): Stacey Labell and Eileen Tran

Want to learn to run, improve your running, or just stay active this fall? Would you like to train for a fall race? Join us for a FUN running program that will focus on proper warm-up, running technique, cool down, and stretches. We will utilize many games and age appropriate running activities to make you an all-around better athlete. Bring a water bottle and appropriate sneakers for running. The Youth Running Program is for boys and girls. T-Shirt included. Parent volunteers are welcome to join us. Sponsored by the EAAT Foundation.

Dates: Wednesdays, September 23 - October 28

Time: 1:15pm - 2:15pm

Fee: \$20

Location: Patton Park



Archery

(Ages 8-Adult)

Instructor(s): On Site Archery

During this five week program participants will learn to shoot a bow and arrow with Archery USA in this Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace.

Date: Saturdays, September 26- October 24

Time: 9am - 10am

Fee: \$90

Location: Hamilton-Wenham Recreation Center

Karate

(Ages 5-14)

Instructor(s): Steve Nugent & Staff

This program provides introductory karate skills, teaches proper stances, breathing, stretching, self-discipline, coordination and practical self defense. All uniforms and belts are included.

Dates: Wednesday, September 23 - November 18*

Time: Ages 5-8, 4:30pm - 5:15pm

Ages 9-14, 5:15pm-6:00pm

Fee: \$170 per participant

Location: Recreation Center Gymnasium

*No class November 11



YOUTH PROGRAMS

978-468-2178

www.hwrecreation.com

Pre-Ballet: Level One

(Ages 5-6)

Instructor(s): Samia DeSimone



This is an introduction to the fundamentals of classical Ballet for boys and girls. The Children will be guided and encouraged to explore and achieve their own unique potential and personal expression in positive learning environment. The program will meet the levels of individual need and aspire to increase self-confidence, creativity and knowledge of how arts and dance can positively influence a young child's life.

Date: Wednesday & Saturdays, Sept 30 - Nov 21*

Time: Weds 1:15pm-2pm & Sat 9:45am-10:30am

Fee: Weds & Sat \$195, Only Weds \$112, Only Sat \$128

Location: Hamilton-Wenham Recreation Center



Pre-Ballet: Level Two

(Ages 7-8)

Instructor(s): Samia DeSimone



This is an introduction to the fundamentals of classical Ballet for boys and girls. The Children will be guided and encouraged to explore and achieve their own unique potential and personal expression in positive learning environment. The program will meet the levels of individual need and aspire to increase self-confidence, creativity and knowledge of how arts and dance can positively influence a young child's life.

Date: Wednesday & Saturdays, Sept 30 - Nov 21*

Time: Weds 2pm-3pm & Sat 10:30am-11:30am

Fee: Weds & Sat \$195, Only Weds \$112, Only Sat \$128

Location: Hamilton-Wenham Recreation Center

Babysitting Training

(Ages 11+)

Instructor(s): Debbie LaFlamme

The one day workshop will cover how to have a safe babysitting experience. Some of the topics include: Basic First Aid, infant and toddler care, creative activities for young children and much more. Please pack lunch or snack.

Dates: Saturday, October 3

Time: 9am - 1pm

Fee: \$35

Location: Recreation Center

Wicked Cool Frozen Science

(Ages 7-11)

Instructor(s): Wicked Cool Kids



Love all things Frozen? Go on a Frozen Science expedition! We'll make "frozen" slime, create six-pointed snowflakes, and make our own magical indoor snow. Grow cold crystals and make a spectacular density-based snow globe. Finally, warm up by making your own homemade hand warmers!

Dates: Monday, November 16-December 14

Time: 4pm-5pm

Fee: \$95

Location: Hamilton-Wenham Recreation Center

Wicked Cool LEGO Engineering Concepts

(Ages 7-12)

Instructor(s): Wicked Cool Kids



Love all things Frozen? Go on a Frozen Science expedition! We'll make "frozen" slime, create six-pointed snowflakes, and make our own magical indoor snow. Grow cold crystals and make a spectacular density-based snow globe. Finally, warm up by making your own homemade hand warmers!

Dates: Monday, September 28-November 9*

Time: 4pm-5pm

Fee: \$95

Location: Hamilton-Wenham Recreation Center

*No class October 12

YOUTH PROGRAMS

978-468-2178

www.hwrecreation.com

Kids Cooking Green



Bee-Licious

(Grades K-2)

Instructor(s): Kids Cooking Green Staff

Learn about the role of bees in our food and then cook with local honey! Kids will make and eat homemade granola (nut free), and then make their own yogurt-granola parfait. Delicious and nutritious!

Date: Wednesday, September 30

Time: 1:15pm-2:15pm

Fee: \$36

Location: Recreation Center



Too Many Pumpkins?

(Grades K-2)

Instructor(s): Kids Cooking Green Staff

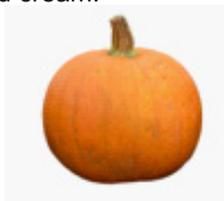
Actually you can never have too many pumpkins! We will start with a local sugar pumpkin, then roast it and its seeds. We use the pumpkin to mix up our secret waffle recipe and eat it with fruit compote and whipped cream.

Date: Wednesday, October 21

Time: 1:15pm-2:15pm

Fee: \$36

Location: Recreation Center



Horseback Riding

(Ages 6 - 12)

Instructors: Castle Neck Farm Staff

Castle Neck Farm offers high quality instruction in English hunt seat riding. The program provides a strong emphasis on knowledge, preparation, and safety. A proper foundation of the fundamentals is the best way to begin your riding experience. Each child will learn basic handling and grooming skills as well as focus on learning riding fundamentals. Several of Castle Neck's students have achieved success in competition from the local level all the way to National Championships. Let Castle Neck help your children get started in the exciting sport of horseback riding. Castle Neck will provide helmets but please wear hard sole shoes with a heel (no sneakers) and full length pants (no shorts).

Please contact Castleneck Farms or the Recreation Department to set-up class times.

Date: 4 week sessions

Time: TBD, Schedule times at 978-768-7998

Fee: \$199

Location: Castle Neck Farm, 106 Choate Street, Essex





MORE PROGRAMS

Please make sure to routinely check our website “www.hwrecreation.com” and facebook page “Hamilton-Wenham Recreation” as we will be adding more sessions, programs and activities to our offerings. In most instances our department needs to make a decision on whether or not a program will run at least a week in advance. If possible, we ask that folks try to register early for our classes and programs.

Register online:
www.hwrecreation.com

Stop by our office:
16 Union Street, S. Hamilton, MA
Monday 8am-7pm
Tuesday-Thursday 8am-4:30pm
Friday 8am-1pm

Call our office:
978.468.2178

STEM is Fun for Tots

(Grades Pre-K to K)

Instructor(s): STEM Beginnings

It's never too early to spark our little children's interest in the fields of Science, Technology, Engineering, and Math. It is during the early years that children start to wonder, ask, think, explore and discover things around them. With each STEM for Tots class, the children will learn STEM concepts through hands-on activities, engaging stories, music and movement, challenges and even simple experiments ideal for little hands. Each day will be a fun, learning experience for your little ones!

Date: Tuesday, October 6-November 10

Time: 2pm-3pm

Fee: \$85

Location: Recreation Center

STEM is Fun for Kids

(Grades K-2)

Instructor(s): STEM Beginnings

“STEM is FUN!” That's what we want to hear from our students. Through hands-on activities and STEM challenges, children will think, construct, experiment, discover, and develop the desire to learn more. The children will explore the use of different learning tools - from Lego bricks, Kapla blocks, K'nex education sets, Smart Circuits, and other STEM toys to doing experiments using the simplest everyday materials. Every class, we learn something new and experience a different kind of fun. After all, learning is BEST when kids are having FUN!

Date: Tuesday, October 6- November 10

Time: 3:15pm-4:15pm

Fee: \$85

Location: Recreation Center

Kids Cooking Green



Fruit Smoothie Competition

(Grades 3-5)

Instructor(s): Kids Cooking Green Staff

Students learn about healthy eating with a registered dietician and then compete in teams to create the best tasting fresh fruit smoothie using local fruits, yogurt and 100% juices. Ready, set...buzz the blender!

Date: Wednesday, November 4

Time: 1:15pm-2:45pm

Fee: \$36

Location: Recreation Center



Homemade Broccoli Mac and Cheese

(Grades 3-5)

Instructor(s): Kids Cooking Green Staff

Nothing is better than our own version of a healthy homemade pasta and cheese with local broccoli. Learn how to make our own and you will be amazed at how easy it is.

Date: Wednesday, December 2

Time: 1:15pm-2:45pm

Fee: \$36

Location: Recreation Center



Pasta Party

(Grades 3-5)

Instructor(s): Kids Cooking Green Staff

Ever wondered how the professionals make handmade pasta and cheese-filled ravioli? Come learn how they get that great filling inside a ravioli. Have you ever heard of lemon pasta, or black pepper noodles? We will knead and roll out our own pasta, and make homemade butternut squash ravioli with a brown butter sage sauce.

Date: Wednesday, November 18

Time: 1:15pm-2:45pm

Fee: \$36

Location: Recreation Center



Energy Balls, Chocolate Truffles, and Fresh Fruit Salad Kebobs!

(Grades 3-5)

Instructor(s): Kids Cooking Green Staff

Everyone loves a good snack and something sweet as a treat. As you know, sugar might taste good and give you a sudden bolt of energy, but isn't the best for you! Come learn to make some delicious and healthful treats that will satisfy your sweet tooth and make you feel great!

Date: Wednesday, December 9

Time: 1:15pm-2:45pm

Fee: \$36

Location: Recreation Center



Edible and Medicinal Plants of Patton Park: Foraging Walk

Instructor: Iris Weaver

An amazing number of the plants in Patton Park are edible, medicinal, or otherwise useful. Come take a walk around the park and learn about some of these plants, including the humble dandelion and a wonderful hawthorn tree. We will discuss plant identification, safety, use, and preparation. A handout is included as part of the walk. Bring a camera and/or notebook to keep track of all you will learn.

Date: Saturday, October 3

Time: 12pm-1:30pm

Fee: \$20

Location: Patton Park, Meet at tennis courts

Making Infused Herbal Oils for Healthy Skincare and Products

Instructor: Iris Weaver

Do you want to be able to make your own moisturizing lotions, bath oils, and skin-healing balms? The basis for all of these is infused herbal oils (different from essential oils) and you can make your own easily and inexpensively. In this class you will learn how to make infused oils, what oils to use, and what herbs are best for your skin. You will go home with a small bottle of infused oil and instructions for making your own.

Date: Wednesday, October 7

Time: 6:30pm-8pm

Fee: \$45

Location: HW Recreation Center

Clean Your Home the Green Way: Make Your Own Products

Instructor: Iris Weaver

You can have a clean home without health-compromising synthetic chemicals at an affordable price! Green cleaning of your home including bathroom, kitchen, and laundry is simple and inexpensive, using ingredients you already have in your home. You will learn what to use, and make a cleaning spray and laundry powder. Go home with samples, recipes, and resources for boosting your green cleaning! Materials included in class fee.

Date: Wednesday, October 28

Time: 6:30pm-8pm

Fee: \$55

Location: HW Recreation Center

www.hwrecreation.com

Making Herbal Balms, Salves, and Moisturizing Lotions for Healthy Skincare.

Instructor: Iris Weaver

You can pamper your skin with marvelous lotions and healthy skin-healing balms you make yourself while avoiding unhealthy synthetic chemicals! In this follow-up class to Making Infused Herbal Oils for Healthy Skincare and Products you will learn how to make a lip balm, healing salve, and moisturizing lotion with a few simple ingredients. You will go home with samples of each that you have scented yourself with your choice of essential oils and recipes for making them. This class is especially helpful for those with sensitive skin.

Date: Thursday, November 12

Time: 6:30pm-8pm

Fee: \$45

Location: HW Recreation Center

Herbal Toiletries for Green Body Care

Instructor: Iris Weaver

You can take care of your body without unnecessary chemicals and high costs. Learn how to make your own body and facial scrub, deodorant, tooth powder and more in this hands-on, educational class. We will make a facial/body scrub, tooth powder, and deodorant. You will go home with samples and recipes for these products and more. After this you'll always be able have your own green body care! Materials included in class fee.

Date: Wednesday, November 18

Time: 6:30pm-8pm

Fee: \$55

Location: HW Recreation Center



Awesome Autumn

(Ages-ALL)

Instructor(s): Mass Horticulture Society



Leaves are changing color, birds are heading south and the air is getting cooler. There's lots to see in Fall, Massachusetts Horticultural Society's Plantmobile will bring hands-on activities like a leaf investigation, making a bird feeder and planting a fall crop, to help kids and families discover the science and beauty of Fall.

Date: Saturday, September 26

Time: 10am-noon

Fee: \$15 per family (up to five members per family)

Location: Recreation Center Gym



MORE PROGRAMS

Please make sure to routinely check our website “www.hwrecreation.com” and facebook page “Hamilton-Wenham Recreation” as we will be adding more sessions, programs and activities to our offerings. In most instances our department needs to make a decision on whether or not a program will run at least a week in advance. If possible, we ask that folks try to register early for our classes and programs.

ADULT PROGRAMS

978-468-2178 www.hwrecreation.com

Tai Chi for Healthy Aging

(Ages - Adults)

Instructor: Susan Guest



Wellness, Balance, Relaxation. Tai Chi is a graceful form of exercise. This program is offered to aging bodies and works to improve strength and balance, to reduce the risk of falling, stress reduction and joint mobility. We will learn a simplified version consisting of 8 movements performed in a slow, focused manner, increasing your ability to sense your body as you move. Susan will include a seated version and warm up exercises.

Relief from the symptoms of arthritis and fibromyalgia
Improved blood pressure, Strengthened immune system,
Shorter recovery time from strokes and Better quality of sleep.

Date: Friday, Sept 11-Nov 20*

Time: 9am-10am

Fee: \$2 drop-in

Location: Recreation Center Gym

*No class Oct 2 or Nov 6

Mothers Heart Fitness

(Ages: Adults)

Instructor(s): Meghan Malloy

Mothers Heart Fitness is a 45-min class specifically designed for moms, with their children in tow. The Mothers Heart Fitness Program is based on our 5 Core Concepts; Strength, Endurance, Flexibility, Nutrition and Connectivity. By joining Mothers Heart Fitness you are achieving physical and mental strength, to become the woman and power mom you are!

Please bring a yoga mat or towel, water and a stroller if your bringing your little ones.

Date: Wednesday/Thursday, Sept 2-30

Time: Weds 10am-11am, Thurs 11:15am-12:15pm

Fee: \$45 for unlimited monthly or \$9 drop-in

Location: Recreation Center

Coed Adult Volleyball

(Ages: Adults)

Join us for some adult pick up volleyball. You must register for the entire season. This is a great way to exercise and have fun!

Information for this program is TBA...please check our website www.hwrecreation.com for updates as they become available.

www.hwrecreation.com

Gentle Nia®

(Ages - Adults)

Instructor: Susan Guest

MOVE your body! Use dance and the martial arts to achieve better health. Join us for a safe and energizing non-impact movement practice.

Nia incorporates the Joy of Movement. Have fun while getting stronger! This 55 minute movement practice uses basic moves and infuses dance, martial arts, and yoga to provide movement variety. We work on improving strength, agility, mobility and balance. We will lubricate the joints, tone and stretch the muscles and get your heart rate up. This class is done at your level and will leave you feeling rejuvenated and relaxed. Give it a try! Go to Nianow.com for more information.

Date: Mondays, Sept 21-Oct 26* (no class Oct 12)

Time: 9am-10am

Fee: \$42 for 7 weeks or \$8 drop-in

Location: Recreation Center Gym

*FREE Demo Class Sept 14th

North Shore Adventure Fitness

(Ages - Adults)

Instructor: Marette Boyle

Challenging but perfect for All-Levels, Bootcamp-Style Training Class. Conditioning, Strength, Core, Flexibility and Balance. Using mainly body weight, kettlebells, some resistance training & more!

Morning Sessions

Date: Tues and Thurs, September 17th - October 29th

Time: 7:30am - 8:30am & 9am-10am

Fee: \$145*

Location: Fairhaven Field/Recreation Center

Evening Session

Date: Tues and Thurs, September 17th - October 29th

Time: 5pm - 6pm

Fee: \$145*

*Drop in rate \$12

978-468-2178

ADULT PROGRAMS

978-468-2178

www.hwrecreation.com

Zumba Gold®

(Ages- Adults and Seniors)
Instructor(s): Kerrin Fletcher

Zumba Gold® targets the largest growing segment of the population: baby boomers. It takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba® Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold® is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun!

Date: Thursday, Sept 17-Oct 29*

Time: 9am-10am

Fee: \$35 for 7 weeks or \$7 drop-in

Location: Recreation Center Gym

* FREE Demo Class Sept 10th



North Shore Boot Camp Co.

Instructor(s): B & S Fitness

www.bnsfitness.com

978-204-8588

Boot Camp is designed for every level and will improve the current level of fitness of everyone that participates. All aspects of fitness (cardio, strength, flexibility and nutrition) are covered which will give you the kick start you need to get on the road to optimum health. We evaluate your current fitness level on the first day and last day to track your progress and improvements. This program is designed to keep you motivated, disciplined and structured so you will not only see great results you will also have a great experience. All levels will greatly benefit from this program – if you think it is not for – think again, it is for everyone.

Boot camp is a combination of a Cardio and Core Training Class (Tues & Thurs) and a Full Body Strength and Conditioning Class (Mon & Wed). These classes can also be registered for individually. All Registration is through B & S Fitness

Please contact B&S Fitness for registration information

Location: Recreation Center/Fairhaven Field

Mon-Thurs 6am-7am

www.hwrecreation.com

Photography 101: Break Free from the Automatic Setting

(Ages - Adults)

Instructor: Cheryl Crotty



Participants will be given an overview on when and how to use the specific settings on the DSLR camera.

Over the course of the class the discussion topics will include a more in-depth look into aperture, shutter-speed, exposure, focus, composition, ISO, depth of field and how to use macro settings. ***No computers or iPhones. Point and shoot cameras welcome but with less emphasis on how those camera functions work.

Date: Wednesday, Oct 7,14, 21 and Saturday, Oct 24

Time: 6:30pm-8pm (10-noon, Sat 10/24)

Fee:\$80

Location: Hamilton COA, 299 Bay Road, S. Hamilton

You Can Afford College If...

(Ages: Adults)

Instructor(s): Don Anderson - College funding Advisors

You PLAN in advance; you UNDERSTAND the financial aid process; you ACT early enough to be successful.

Financial Aid goes to the families who plan in advance - ideally before December 31st of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the years before college. **REMEMBER:** Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information please visit our website at www.collegefundingadvisors.com

Date:Wednesday, November 4

Time: 7pm-9pm

Fee:FREE

Location: Recreation Center Gym



978-468-2178

Adult Pickleball (Ages - Adults)

Try out the fastest growing sport around! Similar to ping pong, badminton, and tennis, it is a fun, active game that can be mastered by anyone and is currently the fastest growing sport in the United States. Equipment will be provided and all levels of experience are welcomed.

Fall Session (Outdoors)

Dates: Tuesdays and Thursdays

September 8th - October 29th

Time: 10am-12pm

Fee: FREE*

Location: Patton Park Tennis Courts

*PLAYERS MUST PRE-REGISTER BEFORE PLAYING

Beginner Sessions (Outdoors)

Dates: Tuesday September 15 - Oct 27

Time: 10am-noon

Fee: FREE*

Location: Patton Park Tennis Courts

*PLAYERS MUST PRE-REGISTER BEFORE PLAYING



Fall Session (Indoors)

Dates: Mondays, Wednesdays, & Fridays

November 2nd - December 30th

Time: 10am-12pm, 12:30- 2:30 Fridays

Fee: \$3 drop in rate

Location: Hamilton Wenham Recreation Center Gym



Classes Held At Gordon College

*You must have a pass to participate in all activities at the college.
(Lost or misplaced passes will not be replaced)*

Lap Swimming Passes

Instructor(s): No Instructor

Join us at the Gordon College Bennett Center for open lap swimming. You must register with the Recreation Department to get your swimming pass. This pass allows you to lap swim during the days and times shown below. However, times may change due to the college's activity schedule.

Please check with the Bennett Center for exact days and times. (Bennett Center 978-867-3737) Locker rooms and showers facilities are available.

Location: Gordon College Pool at the Bennett Center

Resident Price: \$65 (20 visit pass)

Non - Resident Price: \$80 (20 visit pass)



www.hwrecreation.com

Walking Pass

Instructor(s): No Instructor

Enjoy the Bennett Center walking track for free. Come take advantage of this great opportunity for indoor walking space. Please register at the Recreation Department to receive your FREE pass.

Date: Monday, Wednesday and Friday

Time: 9:30am-11:30am

Fee: FREE

Location: Gordon College Bennett Center

Water Exercise

Instructor(s): Gordon College Staff

Feeling sore when you wake up in the morning? Need a low impact way to work out? Join our water exercise class at Gordon College. This class is a great way to relieve stress and work out without causing undue pain to your body. Enjoy a morning in the pool getting back into shape!

Date: September 15- December 10*

Time: 10am-11am OR 8pm-9pm

Fee: \$66 for AM Session, \$66 for PM Session

Location: Gordon College Pool at the Bennett Center

*No Class Nov 26

978-468-2178

Recreation Registration Form

978-468-2178 www.hwrecreation.com

HAMILTON-WENHAM RECREATION DEPARTMENT

16 UNION STREET
HAMILTON, MA 01982
978-468-2178
WWW.HAMILTONMA.GOV

Please fill out one registration form for each person.

Last Name (participant)	First Name (participant)	Date of Birth & Grade as of 9/08
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Street Number	Town/Zip	Parents Name
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Home Phone	Work Phone	Cell Phone
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Email	Emergency Contact	Phone #
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Activity Name	Day	Location	Class Time	Start Date	Fee
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Activity Name	Day	Location	Class Time	Start Date	Fee
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Activity Name	Day	Location	Class Time	Start Date	Fee
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HAMILTON – WENHAM RECREATION DEPARTMENT CONSENT & RELEASE FORM

*I, the undersigned, do hereby consent to the participation of _____
(Name of Participant)*

in voluntary athletic or recreational programs of the Hamilton/Wenham Recreation Department. I understand that the Hamilton/Wenham Recreation Department recommends that the participant undergo a complete physical before beginning participation. Any limitations on participation are listed below. I agree to forever release, acquit, discharge and covenant to hold harmless the Hamilton/Wenham Recreation Department and its employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreational programs of the Hamilton/Wenham Recreation Department (collectively the "Releasees") from any and all claims, rights of action and causes of action on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have in my individual capacity or, if the participant is my minor child or ward, as parent or guardian of said minor. I also agree to forever release, acquit, discharge and covenant to hold harmless the Releasees from any and all claims, rights of action and causes of action on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which said minor has or hereafter may acquire, either before or after he/she has reached his/her majority, resulting from his/her participation in a program of the Hamilton/Wenham Recreation Department.

I understand that my or the minor's participation in these programs is voluntary and that the minor or I are free to choose not to participate in said programs. I have read this Consent and Release Form and I understand the contents of this form.

Periodically, the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purpose.



Hamilton-Wenham Recreation Department

16 Union Street Hamilton, MA 01982

(978) 468-2178

OFFICE HOURS

Monday	8:00 AM - 7:00 PM
Tuesday - Thursday	8:00 AM - 4:30 PM
Friday	8:00 AM - 1:00 PM

Due to limited staff there may be times that the office is closed to attend department business.