Hamilton-Wenham Recreation Department 2012-2013 Winter Brochure

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

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.

JOINT RECREATION BOARD MEMBERS

Dan Ahearn	Wenham
Mary Buntin	Wenham
Jay Butler	Hamilton
Denis Curran	Wenham
John Cusolito, Chairman	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.

IMPORTANT CONTACT INFORMATION

SPORTS CONTACTS

Baseball	www.hwll.org
Basketball	www.hwybb.org
Cheerleading	www.generalsyouthfootball.com
Ice Skating	www.cafsc.org
Football	www.generalsyouthfootball.com
Ice Hockey	www.agawamhockey.com
Lacrosse	www.hwlax.org
Soccer	www.hwysa.org

RECREATION DEPARTMENT POLICIES

REGISTRATION INFORMATION

Please register for members of your immediate family only.

Registrations can be sent to:
Hamilton-Wenham Recreation Department
16 Union Street
Hamilton, MA 01982

Registrations can be dropped off:
16 Union Street
Hamilton, MA 01982

NON-RESIDENT REGISTRATION & FEES

There is a Non-Resident fee of $5 per program unless otherwise noted. We do not accept Non-Residents for our Summer Patton Park Program.

PAYMENT

We accept CHECKS ONLY.
Please make checks payable to the "Town of Hamilton"
There will be a $25 additional fee for checks returned by the bank.

AGE POLICY

Children must be the advertised age on the FIRST DAY of class.

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

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.

Social Media

Hamilton-Wenham Recreation on the Social Network

Search: Hamilton-Wenham Recreation

Search: @HWRecreation

Be sure to find us on Facebook and on Twitter for the latest information regarding the Hamilton-Wenham Recreation Department

Imagination Station

16 Union Street - Hamilton - 01982 - (978) 948-2178 - www.hamiltonma.gov

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. It is $5 per day per family.

STARTS JANUARY 3rd

PROGRAM INFORMATION

Age: Babies to age 5 with parent
Day: Tues. & Thurs.
Time: 10:00 am - 12:00 pm
Price: $5 per family
Location: 16 Union Street Hamilton, MA

Please note that this program will not run on the following dates due to school vacation:
February 19 & 21
April 16 & 18

PLAYGROUP

LEGOS

DRESS UP

GYM TIME

CRAFTS

BOOKS

PUZZLES

FRIENDS

&

FUN

First Steps in Music

(Ages 18 months +)

Instructor: Sue Savarese Shepard

First Steps in Music is a research-based curriculum that includes traditional and folk music and rhymes. This research is related to the development of music intelligence, singing skill, sensitivity to the beat, expressive movement, musical memory, preference and neurological connections. The goal of the curriculum is to foster a love of singing and dancing and to help children develop accurate rhythmic and singing skills as well as develop sensitivity to the expressive qualities in music. Parents / Caregivers are active participants in these classes which allows them to learn the activities and then share them with their children at home.

Location: Recreation Center Gymnasium
8 weeks
Min: 8/Max: 10

Day	Class	Times	Date	Price
Mon	1	11:00 - 11:30am	Jan 7 - Mar 4 (No class 2/18)	$52
Mon	2	3:00 -3:30pm	Feb 25 - Apr 22	$52

(No Class Apr 15)

Engineering FUNdamentals

(Grades 3-5)

Instructor(s): Play-Well TEKnologies

Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of LEGO™ material. From race cars to Battletracks, this is a hands-on and minds-on adventure suitable for LEGO novices to "maniacs." Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension, all while having fun.

Location: Recreation Center
Min: 10/Max: 14

Day	Times	Date	Price
Mon	4-5:30pm	Dec 3 - Jan 14	$ 95

****No Class 12/24 or 12/31**

Zumbatonic

(Ages 4-12)

Instructor(s): Cheryl Cabral 6 weeks

What's it all about? ZumbAtomic® is a fitness program designed for kids ages 4-12. A typical class may include this entire age group or be broken down into two smaller groups: Lil Starz (4-7) and Big Starz (8-12). Children will learn fun dances, play fitness games, and learn new rhythms. ZumbAtomic® music is unique and is based on modern Latin music suitable for children. Samples of the types of music we use can be found at zumbatomic.com, which includes merengue, cumbia, salsa, and reggaeton. No previous dance experience is needed.

Location - Recreation Center Gymnasium

Day	Age	Times	Date	Price
Fri	4-7	3:00 - 3:30pm	Mar 1- Apr 5	$45
Fri	9-14	3:30 - 4:15pm	Mar 1- Apr 5	$55

Archery

(Ages 8-Adult)

Instructor(s): Archery USA

5 weeks

During this five week program participants will learn to shoot abow 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. Family friendly class!!

Location: Recreation Center

Day	Age	Times	Date	Price
Sat	8-Adult	9am-10:30am	Feb 2 - Mar 2	$100

Karate

(Ages 5-14)

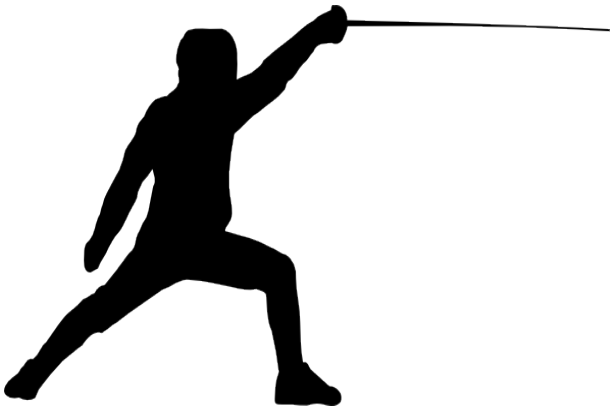
Instructor(s): Steve Nugent & Staff

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

Location: Recreation Center
10 weeks

Day	Age	Times	Date	Price
Thurs	5-8	4:45 - 5:30 pm	Dec 13- Feb 28	$205
Thurs	9-14	5:30 - 6:15pm	Dec 13- Feb 28	$205

**No class 12/27 or 2/21



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

Location: Recreation Center
10 weeks

Day	Times	Date	Price
Thurs	4:15pm - 4:45 pm	Dec 13- Feb 28	$200

**No Class 12/27 or 2/21

Fencing 101

(Grades 3-8)

Instructor(s): Jack Mullarkey

Learn the basics of fencing in this introductory class with instructor Jack Mullarkey, currently the Gordon College Head Fencing Coach, who brings with him over 48 years of experience. During this session, you will be introduced to basic level fencing &equipment. Equipment is provided. Please wear loose fitting pants (sweats are preferred) & a light top as the equipment tends to make them warm. No open shoes, clogs or sandals please. Bring a glove to cover sword hand.

Location: Recreation Center
8 week session
Min: 6/Max: 20

Day	Times	Date	Price
Tues	7:00 - 8:00 pm	Jan 8 - Mar 5	$150

No Class 2/19

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.

Location: Recreation Center Gym
5 weeks
Min: 10/Max: 14

Day	Times	Date	Price
Tues	3:30 - 4:30 pm	Feb 26 - Mar 26	$45

Mom & Me Creative Movement at Iron Rail

NEW

(Ages: Walking - 3 w/adult)

Instructor(s): Iron Rail Gymnastics Staff

Toddlers and their mothers run through a series of activities designed to stimulate, educate, and improve socialization. This informal class uses music, child-sized equipment, and finger plays to help the children develop physical, verbal, and social skills.

Location: Iron Rail Gymnastics
91 Grapevine Rd, Wenham
8 weeks
Min: 4/Max: 12

Day	Times	Date	Price
Fri	9:15 - 10 am	Jan 11 - Mar 1	$70

Iron Rail Gymnastics

(Ages 6+)

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.

Location: Iron Rail Gymnastics
91 Grapevine Rd, Wenham
8 weeks
Min: 4/Max: 16

Day	Times	Date	Price
Wed	2:30 - 3:30 pm	Jan 9 - Feb 27	$110

Iron Rail Cheer Tumbling

(Age 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.

Location: Iron Rail Gymnastics
8 weeks
Min: 4/Max: 16

Day	Times	Date	Price
Wed	2:30 - 3:30 pm	Jan 9 - Feb 27	$110

Patton Park

Summer is only 8 months away!!

All information, emergency forms and registration forms will be made available in January.

Ninja Lego Workshop

(Ages 5-10)
Instructor(s): Diane Benson & Beth Miditz
Event Full!, LLC

Explore the world of Ninjago! Join the team from Event-FULL!, LLC (www.event-full.net) and create a LEGO world of defending the good! Create your own Ninjago story and battle the toughest LEGO warriors to help make the world a better place. The LEGOs stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjago creation.
Program is limited to 20 Participants.
Please send your child with a nut free snack and drink.
If participants register for LEGO Ninjago and LEGO Avengers, adult supervision will be provided during the 30 minute break for lunch.

Location: Recreation Center
1 Day Workshop
Min: 10/Max: 30

Day	Times	Date	Price
Mon	9:00 - 12:00 pm	Feb 18	$45

Lego Avengers Workshop

(Grades 5-10)
Instructor(s): Diane Benson & Beth Miditz
Event Full!, LLC

The LEGO Avengers are coming to town! Join the team from Event-FULL!, LLC (www.event-full.net) and check out the new cool Super Hero Minifigures. Iron Man, The Hulk, and Captain America, combined with your imagination will set the stage for an action-packed super hero adventure!! The LEGOs stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Avenger creation.
Please send your child with a nut-free snack.
Program is limited to 20 participants.

If participants register for LEGO Ninjago and LEGO Avengers adult supervision will be provided during the 30 minute break for lunch.

Location: Recreation Center
1 Day workshop
Min: 10/Max: 30

Day	Times	Date	Price
Mon	12:30 - 3:30 pm	Feb 18	$45

007 Secrest Agent Robotics

(Grades 2-6)
Instructor(s): Computer Explorers

Become a secret agent with some very unique robots, a computer, and a programmable remote controller. Complete daring missions using state-of-the-art software and communication systems to bring your creations to life!

Location: Wenham Council on Aging Building
10 weeks
Min: 8/Max 18

Day	Times	Date	Price
Wed	4:15 - 5:15 pm	Jan 9 - Apr 3	$145

Growing Gourment Culinary Workshops

(Grades 1-4)
Instructor(s): Lisa Serrano

Holiday Cakes: A Creative Decorating Workshop

Celebrate the holidays with an exciting workshop all about the art of cake decorating. Young bakers will have fun cracking eggs, measuring and stirring up ingredients. Kids will decorate their own cake using basic piping techniques, fondant cut-outs, sprinkles, add-ons and more! The Cake Pop trend will also be explored as we dip and decorate to create festive snowmen cake pops. Our young bakers will bring home their decorated holiday cake and cake pops in a personalized pastry box. All supplies are included. Parents of enrolled students will receive more information, including a release from liability specific to the course, via e-mail before the workshop. Instruction by The Growing Gourmet staff.
Note About Nut/Food Allergies: Due to the multi-use nature of the classroom, the cooking environment, recipes and equipment are NOT nut-free or allergy-free. Please contact info@growgourmets.com with any questions.

Day	Time	Date	Price
Wed	2-5 pm	Dec 5	$50

HAMILTON - WENHAM RECREATION DEPARTMENT

First Steps in Music

16 Union Street - Hamilton - 01982 - (978) 468-2178 - www.hamiltonma.gov

First Steps in Music is a research-based curriculum that includes traditional and folk music and ryhmes. This research is related to the development of music intelligence, singing skill, senisitivity to the beat, expressive movement, and musical memory The goal of the cirriculum is to foster a love of singing and dancing and to help children develop accurate rythmic skills as well as develop sensitivity to the expressive qualities in music. Parents/Caregivers are active participants in these classes which allows them to learn the activities, and then share them with their children at home.

Program Information
Instructor: Sue Savarese Shepard

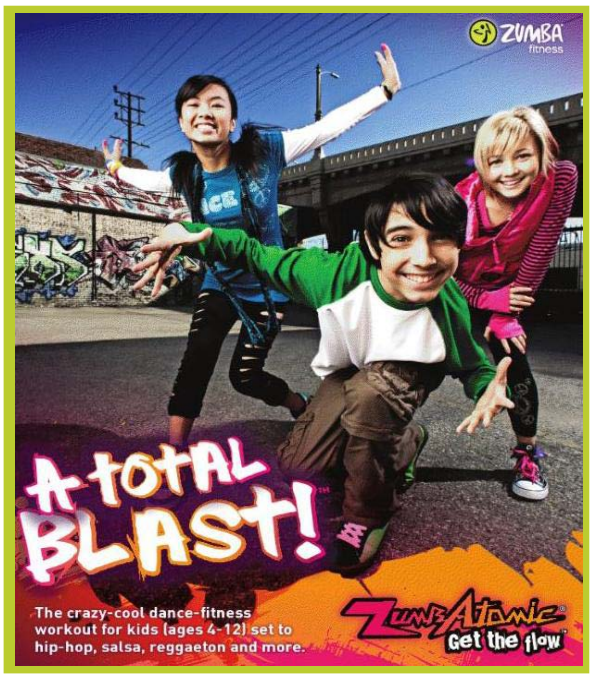
Class 1 Ages 18 -30 months

Date: Monday, Jan 7 - Mar 3 (No Class 2/18)
Time: 11:00-11:30am
Location:Recreation Center Gymnasium
Price: $52

Class 2 Ages 30 months and up

Date: Monday, Feb 25 - April 22 (No Class 4/15)
Time: 3:00-3:30pm
Location: Recreation Center Gymnasium
Price: $52

Let's Dance!



What's it all about? ZumbAtomic® is a fitness program designed for kids ages 4-12. A typical class may include this entire age group or be broken down into two smaller groups: Lil Starz (4-7) and Big Starz (8-12). Children will learn fun dances, play fitness games, and learn new rhythms. ZumbAtomic® music is unique and is based on modern Latin music suitable for children. Samples of the types of music we use can be found at zumbatomic.com, which includes merengue, cumbia, salsa, and reggaeton. No previous dance experience is needed.

What are the benefits? The goal of ZumbAtomic® is to develop a healthy lifestyle by incorporating fitness as a natural part of children's lives. By participating in a regular exercise class, children will be on their way to living a healthy life and are less likely to suffer from obesity and other health-related issues as an adult. They will make new friends, grow confident and improve their balance, coordination, discipline, memory, and creativity. The classes also teach teamwork, listening skills, respect, and leadership- all while having fun!

Your children will also learn some fun facts about the countries of origin of the music they are dancing to.

Fridays: March 1 – April 5 6 Weeks

Lil Starz (Ages 4-7) 3:00 – 3:30pm - $45
Big Starz (Ages 8-12) 3:30 – 4:15pm - $55

****All Drop ins are $10/class (payment by check only)**

ZumbAtomic

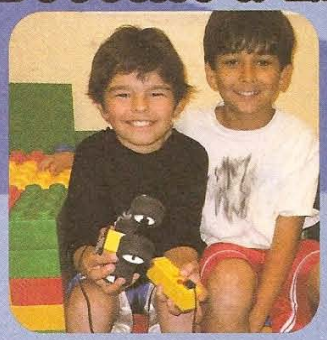
Instructor: Cheryl Cabral
Email: cherryl@hotmail.com

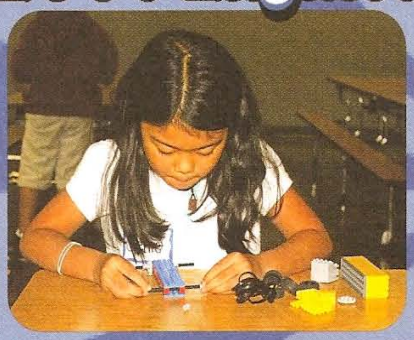
About Cheryl: Cheryl is a licensed Zumba and ZumbAtomic instructor, with ten years of latin dance training. My class is a positive, safe environment where all fitness levels are welcome & every child is a star!

If you have any questions about the Zumbatomic program, please email me at cherryl@hotmail.com. Thank-you & I look forward to dancing with your kids! ☺

Play-Well Programs

Become a LEGO® Engineer





Power up your engineering skills this summer with Play-Well TEKnologies & over 100,000 pieces of LEGO!

Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack!

5 Week Program

Monday's

December 3 – January 14

***No Class 12/24 or 12/31**

Details:

From 4:00 PM to 5:30 PM

Location Recreation Center

Cost $90

For More information contact the Hamilton-Wenham Recreation Department at

978-468-2178

Play-Well TEKnologies

www.play-well.org

These programs are not affiliated with the LEGO® Group

Other questions about Play-Well programs? Contact Jake Weisberg, Massachusetts Area Manager, at 617-543-3397 or jacob@play-well.org

HW BOYS AND GIRLS YOUTH LACROSSE

REGISTRATION IS OPEN!!!
REGISTER AT WWW.HWLAX.COM

Boys Lacrosse Grades 1-8

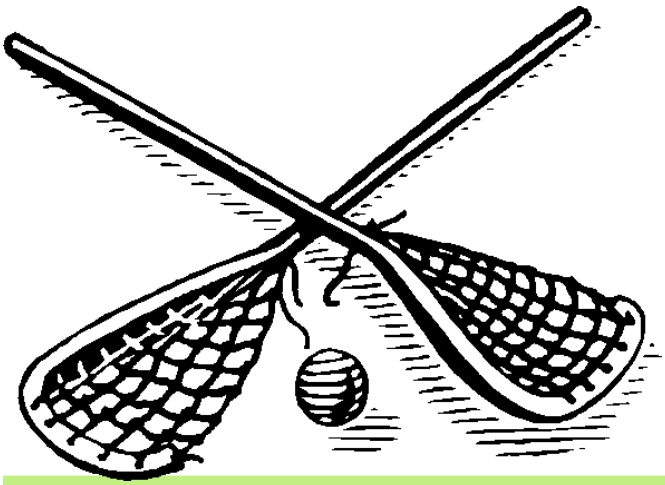
Programs offered for boys:

U9 Developmental - Grades 1 & 2 - Younger boys are invited to play on a case by case, space available basis. E-mail Peter Gourdeau at pgourdeau@gourdeau.com

U11 - Grades 3 & 4
U13 - Grades 5 & 6

U15 - Grades 7 & 8

ALL PLAYERS must register by November 30, 2012 after the deadline of December 1 players may be waitlisted based on space availability and team assignments.



Girls Lacrosse Grades 3-8

Girls Lacrosse programs: The girls program plays in the Mass Bay Girls Lacrosse League (MBGLL) and includes a developmental program for third graders (U11 third grade) and travel teams for grades 4-8. The travel teams are as follows: U11 4th grade, U13, and U15.

U11 - Grade 3

U11 - Grade 4

U13 - Grades 5 & 6

U15 - Grades 7 & 8

All players must be registered by December 1, 2012. A late fee of $25 will be assessed for registrations after the deadline and if space permits. Registration may also be closed if player numbers exceed coaching availability. New out of town players will be placed on a wait list until the registration process is complete. Only then can they be considered as space permits.

Jenny Frain (Director) jfrain_mom@yahoo.com

Classes Held At Gordon College

You must have a passes to participate in all activities at the college.

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
LAP Swim times can vary. Below is a general guide of Lap Swim times.

Day(s)	Times	Price
Mon - Fri	6 - 8 am	See Below
Mon - Fri	11:30 am - 2 pm	
Mon - Fri	7 - 9 pm	

Resident Price: $65 (20 visit pass)

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

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! Locker rooms and showers facilities are available.

Location: Gordon College Pool at the Bennett Center
Min: 4/Max: 15

Session	Day(s)	Times	Dates	Price
A	Tue & Thur	10 - 11am	Jan 22 - Feb 28	$36
B	Tue & Thur	10 - 11am	Mar 26 - May 2	$36

Walking Club

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.

Location: Gordon College Bennett Center

Day(s)	Times	Price
Mon, Wed, Fri	9:30 - 11:30 am	FREE*

***You must have a pass to participate.**

Fitness Works Level 1

Instructor: Barbara Thompson

This all-inclusive exercise program covers warm-up, low impact aerobics, strength training, and stretching. The class is designed to be a good basic exercise program for all ages: for those with some physical limitations, or those who may be new to exercising, or for experienced exercisers who want a safe program that covers all fitness components. Emphasis is placed on proper form and technique, with no intimidation - everyone is encouraged to work at their level

Location: Recreation Center
Starting Sept. 5

Day(s)	Times
Mon, Wed, Fri	9:35 - 10:30 am

To register please call Barbara Thompson at (978) 887-9192 or show up at the Rec. Center on day of class.

$7/class, paid up front for the full month
$9 class, paid up front for less than a full month
$10/class, walk in
****First class may be tried for free. New participants starting after the beginning of the month will be prorated**

Fitness Works - Level 2

Instructor: Barbara Thompson

This all-inclusive exercise program cover all fitness components: warm-up, low impact aerobics or step, strength training for core muscles in both upper and lower body, and stretching. Emphasis is placed on proper form and technique. The aerobics portion varies from low impact moves to basic step moves. The class is designed for all participants to work and progress at their own fitness level. The level Two program is at a higher level than the level once program.

Location: Recreation Center
Starting Sept. 5

Day(s)	Times
Mon, Wed, Fri	8:30 - 9:25 am

To register please call Barbara Thompson at (978) 887-9192 or show up at the Rec. Center on day of class.

$7/class, paid up front for the full month
$9 class, paid up front for less than a full month
$10/class, walk in
****First class may be tried for free. New participants starting after the beginning of the month will be prorated**

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

Location: Recreation Center/Fairhaven Field
6 weeks

Day	Times
Mon-Thur	6am-7am

Please contact B&S Fitness for registration information.

Recreation Registration Form

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.

For Office Use Only

Date_____
Amt_____
CK#_____
Health Form_____

Last Name (participant)	First Name (participant)	Date of Birth & Grade
Street Number	Town/Zip	Parents Name
Home Phone	Work Phone	Cell Phone
Email	Emergency Contact	Phone #

Activity Name	Day	Location	Class Time	Start Date	Fee
Activity Name	Day	Location	Class Time	Start Date	Fee
Activity Name	Day	Location	Class Time	Start Date	Fee

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/Wenahm 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.

_____ _____
Signature of Parent/Guardian or ADULT Participant Date