
Hamilton-Wenham Recreation Department

Spring 2013

Social Media



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

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RECREATION DEPARTMENT INFORMATION

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
Phil Tocci	Hamilton
Denis Curran	Wenham
John Cusolito, Chairman	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.**

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
Girls Kickball	www.hamiltonma.gov
Girls Softball	www.hamiltonma.gov
Ice Hockey	www.agawamhockey.com
Lacrosse	www.hwlax.org
Soccer	www.hwysa.org

OTHER CONTACTS

Hamilton-Wenham Mothers Club	Jennifer Daniels	hwmothersclub@hotmail.com
	Jeannine Ryan	

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

Non-Residents may register for programs beginning on the "Non-Resident Registration Date."

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**

See Page 6 For Patton Park Refund Policy

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 its promotional purposes.



PATTON PARK
Summer Program
2013

Sign Up Soon!

Please Register Early Don't get shut out!

Register Early!!!

Register In Two Week Sessions

AFTERNOON OPTIONS AVAILABLE WITH PM PARKSTERS!

Summer 2013 Park Sessions	
Session 1	June 24 - July 5
Session 2	July 8 - July 19
Session 3	July 22 - August 2
Session 4	August 5 - August 16

WE NOW ACCEPT DEPOSITS!

\$25 deposit per session per program
Balances due May 10, 2013

Get Ready For Summer!



Summer 2013 Park Programs

-PATTON PARK EARLY MORNING

8:00 am - 8:45 am
(Ages 5-12)

- PATTON PARK

8:45 am - 1: 15 pm
(Ages 5-10)

- PM PARKSTERS

1:00 - 3:30 pm
(Ages 5-10)

- PATTON PARK ALL-STARs

8:45 am - 1: 15 pm
(Ages 11-12)

- CIT PROGRAM

8:45 am - 1: 15 pm
(Ages 13-15)

- PATTON PARK STAFF

(Ages 16+)

Patton Park STAFF (Ages 16+)

All Patton Park Counselors are 16 years of age and older. Each staff member participates in two days of staff training, in which they learn child development, rules and procedures, proper supervision, how to be the best counselor they can be and much more. The Hamilton-Wenham Recreation Department promotes safety first at the summer Park Programs.

SUMMER PATTON PARK PROGRAMS

Patton Park Program

(Ages 5 - 10)

Instructors: Patton Park Summer Staff

The Patton Park Program provides supervised, safe and fun programming for children. Each staff member completes a thorough staff training and background check. It is our goal for each child to create great park memories by providing an active outlet for both physical and social needs. Every participant will have experience swimming, playing tennis, playing sports and creating arts & crafts. Ages 5 & 6 will receive swimming lessons. Ages 7 - 10 will have open swim with no swimming lessons. There will also be theme days and event days. Join us for a summer of FUN.

Max: 160

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$125* Session 1 \$140* Sessions 2-4

*If you register for all 4 session the price is \$520

**Registration Information
on Page 6**

Patton Park CIT Program

(Ages 13-15)

Instructors: Patton Park Summer Staff

You must apply to be a CIT. Please write a one page essay stating why you want to be a CIT. Attach with your essay two written references, from non-family members, that can speak to your personality and ability to work with peers and children. Send your essay and references along with a completed registration form and payment to the Hamilton-Wenham Recreation Department. Once we receive your application it will be reviewed and a letter will be mailed informing you if you have been accepted into our program. Checks will be held until the letter of acceptance is mailed. Returning CIT's do not need to write an essay or submit references. They need only to register and submit payment, however, **space is first come first served. You must be present all four weeks of the CIT session you register for.**

Max: 30

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	
Session One (4 week session) June 24 - July 19 (No 7/4)	\$100
Session Two (4 week session) July 22 - August 16	\$100

*If you register for all both sessions the price is \$175

Patton Park ALL - STARS!!

(Ages 11-12)

Instructors: Patton Park Summer Staff

Getting too old for Patton Park? Try the new Patton Park ALL-STARS program. We will be going on one field trip each session to someplace where the older kids can really have a great time! Each child gets their own Patton Park ALL-STARS tee shirt. Each day you will have open swim at the pool as well as sports and tennis. Activities will be geared toward to the older ages of the children to make the park day more interesting!

Max: 30

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$135* Session 1 \$150* Sessions 2-4

*If you register for all 4 session the price is \$560

Patton Park Early Morning

(Ages 5-10)

Instructors: Patton Park Staff

New this year! Staff will be available to supervise children beginning at 8 a.m. Typically there will be one planned activity per morning, leading up until the start of the Park Program.

Max:20

<u>Times</u>	<u>Price per session</u>
8:00 am - 8:45 am	\$45 Session 1 \$50 Sessions 2-4



PM Parksters! (Ages 5 - 10)

Instructors: PM Parkster Staff

Looking for something to do between 1:00 and 3:30 pm this summer? Come join P.M. Parksters! Each afternoon will be divided into two activity periods and one games period. Each P.M. Parkster will be provided a snack each day. Please send your child in clothes that can get dirty and bring with you a bathing suit and towel since on some days we will walk over to the Patton Pool to go swimming! If your child is registered in the Patton Park Program the Patton staff will walk the children over to the program each afternoon. The program allows families to have activities planned for their children from 9 am - 3:30 pm Monday thru Thursday. We welcome all children even if they are not registered in the Patton Park Program

Max: 40

<u>Times</u>	<u>Price per session</u>
1 pm - 3:30 pm	\$99 Sessions 1-4
<u>Monday - Thursday</u> for two week sessions.	

*If you register for all 4 session the price is \$350

SUMMER PATTON PARK PROGRAMS

PATTON PARK

Summer Program 2013



PAYMENT SYSTEM FOR SUMMER PATTON PARK PROGRAMS

When you register for your program you are required to pay at least the deposit to hold your spot. **All balances will be due to the Recreation Office by May 10, 2013.**

If your balance has not been paid by May 10, 2013 your spot will be given to the next person on the wait list.

PATTON PARK SUMMER PROGRAM INFORMATION

Session	Dates		Patton Park	All-Stars	CIT'S	PM Parksters
Session 1	June 24 - July 5 (No Park 7/4)		\$125	\$135	\$100	\$87
Session 2	July 8 - July 19		\$140	\$150	included	\$99
Session 3	July 22 - August 2		\$140	\$150	\$100	\$99
Session 4	August 5 - August 16		\$140	\$150	included	\$99
No Single Week Rates and No splitting Sessions						

HOW TO REGISTER

Step 1: Complete the Park Registration Form and return it to the Recreation Office with a \$25 deposit for each session or full payment to reserve your spot in the program.

Step 2: Pay full balances by May 10, 2013.

Step 3: Complete the Health Form, Authorization to Administer Medication Form (if applicable) and return them with a current copy of Immunization Record to the Recreation Office by May 10, 2013.

Step 4: Read and understand the Code of Conduct Contract and have both the parent and child sign and return it to the Recreation Department by June 7, 2013.

All forms can be downloaded from our website www.hamiltonma.gov

PARK REFUND POLICY

Cancel 5 days or more before the start of the program
-You will receive a refund minus the \$25 deposit.

Cancel less than 5 days before the start of the program
-There is NO REFUND

SUMMER PATTON PARK PROGRAMS

WHAT TO BRING: A bagged lunch, plenty of beverages and a snack. For the Pool each child needs a bathing suit, towel and **must have a swim cap for anyone that has hair below his/her ears.** Goggles are optional. For sports/tennis please bring a tennis racquet and each child must wear sneakers to participate. Make sure that your child is wearing comfortable clothing that can get dirty and messy!

WHAT NOT TO BRING: Please do not send your child with any valuable electronics or trading items. We are not responsible for lost items.

PICK-UP POLICY: If someone other than a parent or guardian is picking up a park participant the parent/guardian must inform the Park Director in writing, in advance. NO telephone requests.

CODE OF CONDUCT CONTRACT: Each participant and parent must read and sign the Code of Conduct Contract before the start of Park. This allows each parent time to sit down with the children and discuss proper behavior at the summer park programs. You can download this form from our website at www.hamiltonma.gov.

DAILY SCHEDULE: Each day every child will be given the opportunity to participate in tennis, sports, arts & crafts and swimming.

Tennis: Each Patton Park participant is provided tennis lessons in a fun and creative way.

Sports: The Sports Specialist, will engage the children with daily sports activities such as soccer, basketball, dodge ball, field games, four square and many more that have been created by the children of years past!

Arts & Crafts: The Arts & Crafts Specialist, will provide an interactive activity each day that will allow for creativity and fun!

Pool Program: Our pool staff will provide swimming opportunities to all Park children. Swim lessons will be provided for ages 5 & 6. Children ages 7-13 will have open swim only. (All lifeguards are Red Cross Certified)



Daily Activity Calendar
Coming in Summer Brochure
Due out in May



IMPORTANT TIMES!

Drop Off
Park Activities
Pick Up

8:45 am - 9:00 am
9:00 am - 1:00 pm
1:00 pm - 1:15 pm

This new system allows some parents to pick up and drop off earlier and later. By having a fifteen minute window of time to drop off and pick up, the traffic in the parking lot should flow better. We ask that all children are dropped off by 9 am so that we can start our day on time.

MORNING ANDAFTERNOON OPTIONS
AVAILABLE WITH
EARLY MORNING & PM PARKSTERS!

Inclement Weather Policy

Important Information for Parents/Guardians

Due to maintenance to the roof at the Winthrop School this summer, the Patton Park Summer Program will have a new Inclement Weather Policy. The Hamilton-Wenham Recreation Center, which is located behind the Library will act as our rain day location. Our Department will monitor the weather closely each morning before the park program begins and if rain is forecasted, we will send out an e-mail notification alerting everyone that the Park Program will be held at the Recreation Center. . It is our goal to alert everyone no later than 8 am, if you do not receive any notification from our department the Program will be held at Patton Park as usual. If you do not have access to email you may call the Recreation Department at 978-468-2178 for updates. If the situation should arise where the program is taking place at Patton Park, and there is severe weather headed our way, we will be moving all the children into the Council on Aging building across the street until the weather clears.

We understand that the weather in New England can be unpredictable at times, and we apologize in advance if we move the program to the Recreation Center and it does not rain. The safety of your children is our main concern, and we will try to use our best judgement in deciding whether or not to move the Program to the Recreation Center.

If anyone has any questions regarding the new Inclement Weather Policy for this summer, please feel free to call the Recreation Department and we will be happy to address them.

PRE-SCHOOL

Mom & Me Creative Movement at Iron Rail

(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	Apr 8 - June 10	\$75

Paint, Scribble and Giggle

(Ages 18 months - 2.9 years)

Instructor: Let's Gogh Art

It's never too early or too late to introduce kids to great masters of art. Learn about and see beautiful works of art by Picasso, Monet, Van Gogh, and Matisse. Students will be inspired by these kid-friendly works of art to create their own masterpieces (Picasso faces, Van Gogh digital art, Monet crayon resist, Matisse designs). Children will become art masters themselves! Classical music included

Location: Recreation Center

4 weeks

Min: 10/Max: 20

Day	Times	Date	Price
Wed	10:00 - 11:00am	Mar 27 - Apr 15	\$55

Munchkins and Masterpieces

(Ages 3-5)

Instructor: Let's Gogh Art

It's never too early or too late to introduce kids to great masters of art. Learn about and see beautiful works of art by Picasso, Monet, Van Gogh, and Matisse. Students will be inspired by these kid-friendly works of art to create their own masterpieces (Picasso faces, Van Gogh digital art, Monet crayon resist, Matisse designs). Children will become art masters themselves! Classical music included

Location: Recreation Center

4 weeks

Min: 10/Max: 20

Day	Times	Date	Price
Wed	11:00 - 12:00pm	Mar 27 - Apr 15	\$55

FIRST STEPS IN MUSIC

(Ages 18-30 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. Expectations are that Parents / Caregivers are active participants in these classes which allows them to learn the activities and then share them with their children at home. **Maximum participation will be strictly enforced.**

Please sign up early!

Location: Recreation Center

Meeting Room

8 weeks

Max 8

Session	Day	Times	Date	Price
1	Mon	3:00-3:30pm	Feb 25 - Apr 22*	\$ 52
2	Mon	11:00 - 11:30 am	Mar 18 - May 13*	\$52
3	Mon	1:00- 1:30 pm	Mar 18 - May 13*	\$52

* No Class Apr 15th

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.

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

Imagination Station

COUPON ONE FREE DAY

Join us for one free day to check out this wonderful program. This coupon entitles you to one free day for your family. One coupon per family.
MUST BRING THIS COUPON WITH YOU TO REDEEM
One time use. Expires 5/2/2013



PRE-SCHOOL/YOUTH PROGRAMS

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	4pm - 4:30 pm	Mar 21- Jun 13	\$211

* No Class 4/18

Karate

(Ages 5-12)

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

12 weeks

Day	Age	Times	Date	Price
Thurs	5-8	4:30 - 5:15 pm	Mar 21- Jun 13	\$216
Thurs	9-14	5:15 - 6pm	Mar 21- Jun 13	\$216

*No Class 4/18

Fencing 101

(Ages 8-13)

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	Apr 2 - May 22	\$150

Zumbatonic

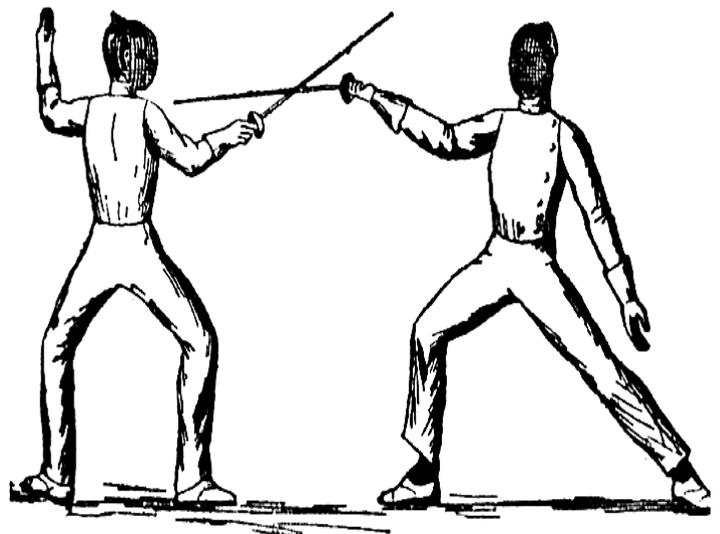
(Ages 4-12)

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



YOUTH PROGRAMS

Horseback Riding Lessons (Ages 6 - 10)

Instructors: Castle Neck Farm Staff

Established in 1994, Castle Neck Farm is owned and run by Michael Keough, whose family has been a part of Hamilton's Equestrian legacy for several generations.

Castle Neck Farm has one of Essex county's largest indoor riding arenas, as well as an outdoor riding ring for lessons. The indoor facility is directly attached to the barn for easy transition in the event of inclement weather. The dependable school horses and ponies are ready for another season of helping young riders get acquainted with the world of horses!

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).

Location: Castle Neck Farm, 106 Choate Street, Essex
4 week sessions
Min: 1/Max: 2

Classes will run on starting in April. Please contact Castleneck Farms or the Recreation Department for available times.

****Program is \$199**

Home Alone Safety plus Caring for Siblings

(Ages 11 & Up)

Instructor(s): Debbie LaFlamme

Home Alone Safety focuses on personal safety. The course prepares young adults for the responsibilities that come with being at home alone as well as caring for siblings over the age of one.

Location: Recreation Center

1 Day

<u>Day</u>	<u>Times</u>	<u>Date</u>	<u>Price</u>
Sat.	9:00am -12:00pm	March 30	\$30

Iron Rail Gymnastics

(Grades 1 - 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

<u>Day</u>	<u>Times</u>	<u>Date</u>	<u>Price</u>
Wed	2:30 - 3:30 pm	Apr 24- June 12	\$103

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

<u>Day</u>	<u>Times</u>	<u>Date</u>	<u>Price</u>
Wed	2:30 - 3:30 pm	Apr 24 - June 12	\$110

Tiny Tots Tennis

(Ages 4-5)

Instructor(s): AG Tennis Staff

This group is designed to introduce younger children to the game of Tennis. Games will be designed to promote fundamentals and interest on the court. Children will begin to develop movement skills, hand-eye coordination, and basic stroke production. This is a great age for children to learn these skills which can help in all aspects of sports play.

Location: WWIS Tennis Courts

2 sessions

Session	Day	Time	Date	Price
1	Mon & Wed	3-3:30 pm	May 6-May 22	\$45
2	Mon & Wed	3-3:00 pm	Jun 3 - June 19	\$45

Tennis Stars

(Ages 8 -14)

Instructor(s): AG Tennis Staff

For children who are ready to learn and develop basic fundamentals of forehands, backhands, serve and volleys, for practice drills and skill games. Players at the higher level will be developing skill in rallying, control, and point play. Children will be split up into smaller groups based on age and skill level.

Location: WWIS Tennis Courts

2 sessions

Session	Day	Time	Date	Price
1a	Mon & Wed	3:30-4:25 pm	May 6-May 22	\$88
1b	Mon & Wed	4:30-5:25 pm	May 6-May 22	\$88
2a	Mon & Wed	3:30-4:25 pm	Jun 3 - June 19	\$88
2b	Mon & Wed	4:30-5:25 pm	Jun 3 - June 19	\$88



Zumba

ADULT PROGRAMS

Instructor(s): Cheryl Cabral

When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. Cheryl Cabral is a licensed Zumba Fitness instructor and possesses both an AFAA Group Fitness certification and CPR certification. She has been teaching Zumba Fitness classes in the area for over 2 years and thoroughly enjoys sharing her passion for international music/dance with her participants. You will be amazed at how great it is for both body and mind!

Location: Recreation Center Gymnasium

8 weeks

2 sessions

<u>Day</u>	<u>Times</u>	<u>Date</u>	<u>Price</u>
Wed	6:30 - 7:30 pm	Mar 13- May 1	\$60
Wed	6:30 - 7:30pm	May 8 - June 26	\$60

Zumba Gold

Instructor(s): Cheryl Cabral

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.

Location: Recreation Center Gymnasium

8 weeks

<u>Day</u>	<u>Times</u>	<u>Date</u>	<u>Price</u>
Fri	9:30 am - 10:20 am	Mar 1- Apr 19	\$45

Ladies Beginner and Intermediate/Advanced Tennis Lessons

Instructor(s): AG Tennis Staff

If you are interested in participating in this class please contact the Recreation Department for information regarding price and scheduling.

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

<u>Day</u>	<u>Times</u>
Mon-Thur	6am-7am

Please contact B&S Fitness for registration and pricing information

ADULT PROGRAMS

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
These are the days & times that lap swimming is available.

<u>Day(s)</u>	<u>Times</u>	<u>Price</u>
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!

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

<u>Day(s)</u>	<u>Times</u>	<u>Dates</u>	<u>Price</u>
Tue & Thur	10 - 11am	Mar 27 - May 3	\$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. For Hamilton and Wenham residents only.

Location: Gordon College Bennett Center

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

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

Recreation Registration Form

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

For Office Use Only

Date _____
 Amt _____
 CK# _____
 Health Form _____

Please fill out one registration form for each person.

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

HAMILTON – WENHAM RECREATION DEPARTMENT CONSENT & RELEASE FORM

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

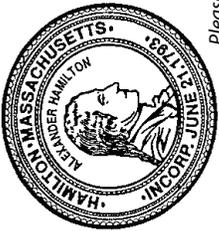
in voluntary athletic or recreational programs of the Hamilton/Wenham Recreation Department. I understand that the Hamilton/Wenham Recreation Department recommends that the participant undergo a complete physical before beginning participation. Any limitations on participation are listed below. I agree 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.

Signature of Parent/Guardian or ADULT Participant

Date



HAMILTON - WENHAM RECREATION DEPARTMENT

SUMMER PARK PROGRAM

REGISTRATION FORM

One Child Per Registration Form

Please print when completing form

FOR OFFICE USE ONLY

Date _____ AMT _____ CK# _____ Health Form _____
AMT _____ CK# _____

Last Name First Name DOB Age
Parents Name(s) Grade As Of September 2013
Address City Zip Code
Phone Number Cell Number EMAIL

PLEASE CHECK ALL THE SESSIONS YOU WOULD LIKE TO REGISTER FOR

- Patton Park (Ages 5-10)** **Patton All-Stars (Age 11-12)** **Morning Park (Ages 5-10)** **PM Parksters (Ages 5-10)**
- Session 1 June 24 - July 5 \$125 Session 1 June 25- July 5 \$135 Session 1 June 24 - July 5 \$45 Session 1 June 24 - July 5 \$87
- Session 2 July 8 - July 19 \$140 Session 2 July 8 - July 19 \$150 Session 2 July 8 - July 19 \$50 Session 2 July 8 - July 19 \$99
- Session 3 July 22 - August 2 \$140 Session 3 July 22 - August 2 \$150 Session 3 July 22 - August 2 \$50 Session 3 July 22 - August 2 \$99
- Session 4 August 5 - August 16 \$140 Session 4 August 5 - August 16 \$150 Session 4 August 5 - August 16 \$50 Session 4 August 5 - August 16 \$99
- ALL SESSIONS (Discount) \$520 ALL SESSIONS (Discount) \$560 ALL SESSIONS (Discount) \$350

CIT Program (Ages 13-15)

Session 1 June 24 - July 19 \$100 Total Deposit Due Total Amount Due
 Session 2 July 22 - August 16 \$100 Total Deposit Due Deposit Paid
 1st Year CIT Returning CIT Balance Due 5/10/13

*There is no discount for registering for both CIT sessions

I, the undersigned, do hereby consent to the participation of _____ in voluntary athletic or recreational programs of the _____ (Name of Participant)

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.

Signature of Parent/Guardian or ADULT Participant _____

Date _____