



Hamilton-Wenham Recreation Department Spring-Summer 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**

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.



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Search:

Hamilton-Wenham
Recreation

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

978.468.2178

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.hwrecreation.com

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.

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.

4. ALL REFUNDS WILL BE ISSUED IN THE FORM OF A CHECK. CREDIT CARD SERVICE FEES WILL BE REFUNDED BACK TO THE CREDIT CARD.

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WWW.HWRECREATION.COM

Please visit our new 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* or print and mail form to the Rec. Dept.

***All Refunds will be issued in the form of a check. Service fees will be refunded back to the credit card in full.**

If you do not wish to register on-line, we accept walk in registrations during Recreation Office Hours. (Pg. 2)

REGISTER EARLY

Nothing ends a program faster than waiting for the last minute to register!

Please make every effort to register early!

2015 SUMMER PARK PROGRAM

The Hamilton-Wenham Recreation Department Summer Park Program will be undergoing some changes for the upcoming summer. Most notably is the switch to weekly sessions and the creation of the Jr. All Stars for participants ages 9-10. If anyone has any questions about the new format please feel free to contact our office at 978.468.2178

2015 SUMMER PARK PROGRAM SESSIONS

Session 1:	June 29 - July 2 (no class 7/3)
Session 2:	July 6 - July 10
Session 3:	July 13 - July 17
Session 4:	July 20 - July 24
Session 5:	July 27 - July 31
Session 6:	August 3 - August 7
Session 7:	August 10 - August 14

We are...

Rain or Shine!!!

**In the Event of Rain the Program will be held in the
Recreation Center Gymnasium and Activity Room.**

PARK REFUND POLICY

Cancel 5 days 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
-You will receive a 50% refund.

Cancel after the start of the program .
-There is NO REFUND.

PARK PROGRAM

978-468-2178

www.hwrecreation.com

Little Generals

(Ages 5-6)

Instructor(s): Park Program Staff

The Little Generals program provides supervised, safe and fun programming for children. It is our goal for each child to create great park memories by providing an active outlet for both physical and social needs. Participants will engage in activities such as arts & crafts, tennis, sports, and weekly special events and themes. Participants should bring a snack, lunch, and plenty of water.

Location: Recreation Center

7 sessions

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$70 Session 1
	\$88 Sessions 2-7

\$550 for all 7 Sessions

Young Explorers

(Ages 6-8)

Instructor(s): Park Program Staff

Let kids be kids! Our playground program is back and promises even more fun! This program incorporates sports & games, arts & crafts, playground play, water games, tennis and MORE into a morning of laughing, friends and memories. Perfect for the kid who just can't sit still and wants to explore everything!

Location: Recreation Center

7 sessions

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$70 Session 1
	\$88 Sessions 2-7

*\$550 for all 7 sessions

Early Mornings

(Ages 5-10)

Instructors: Patton Park Staff

Staff will be available to supervise your 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	\$20 Session 1
	\$25 Sessions 2-7

www.hwrecreation.com

Jr. All Stars

(Ages 9-10)

Instructor(s): Park Program Staff



The Jr. All -Stars is a brand new program for the summer of 2015. This program incorporates all the fun of the park program of the past but also adds age appropriate **field trips** and activities each week. Children receive a Summer Park Program T-Shirt.

Location: Recreation Center

7 sessions

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$93 Session 1
	\$112 Sessions 2-7

*\$703 for all 7 sessions

All Stars

(Ages 11-12)

Instructor(s): Park Program Staff

Getting too old for Patton Park? Try the Patton Park ALL-STAR 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 Summer Park Program T-Shirt. Activities will be geared toward to the older ages of the children to make the park day more interesting!

Location: Recreation Center

7 sessions

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$93 Session 1
	\$112 Sessions 2-7

*\$703 for all 7 sessions

Park Program Staff

(Ages 16+)

All 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. Applications are due by the end of March. Applications are available on the towns website at

www.hamiltonma.gov

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PARK PROGRAM

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www.hwrecreation.com

C.I.T 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 serve. You must be present all four weeks of the CIT session you register for.**

Max: 30

<u>Times</u>	<u>Price per session</u>
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8:45 am - 1:15 pm

Session One (3 week session) June 29 - July 17 (No 7/4)	\$75
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Session Two (4 week session) July 20 - August 14	\$100
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PM Parksters!

(Ages 5 - 12)

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. 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 Park Program

Max: 40

<u>Times</u>	<u>Price per session</u>
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1 pm - 3:30 pm	\$ 50
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Monday - Thursday for one week sessions.

*If you register for all 7 sessions the price is \$300

Themes By the Week...

SESSION 1: June 29-July 2 (NO camp July 3rd) Patriotic Week

SESSION 2: July 6-July 10 Crazy Mix-up Week

SESSION 3: July 13-17 Sports Week

SESSION 4: July 20-24 Animal Week

SESSION 5: July 27-31 Hamilton-Wenham Pride Week

SESSION 6: August 3-7 Summer School

SESSION 7: August 10-14 Water Week

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Park Program Weekly Field Trips

(Included in park program registration fee)

All Trips Subject to Change

Jr. All Stars & All Stars

(Majority of trips will arrive back at the park later than 1pm)

Session 1: Thursday, July 2nd

Kimball Farms - www.kimballfarm.com (Westford, MA)

Session 2: Thursday, July 9th

Jay Gees - www.jaygees.com (Methuen, MA)

Session 3: Thursday, July 16th

Canobie Lake Park - www.canobie.com (Salem, NH)

Session 4: Thursday, July 23rd

Franklin Park Zoo - www.zoonewengland.org (Boston, MA)

Session 5: Thursday, July 30th

Lazer Craze - www.lazercraze.us (Woburn, MA)

Session 6: Thursday, August 6th

Museum of Science - www.mos.org (Boston, MA)

Session 7: Thursday, August 13th

Water Country - www.watercountry.com (Portsmouth, NH)

Club Adventure

Trips for children ages 13-15, any participant who is already registered as a C.I.T. may attend the trips. All busses depart and arrive from the Recreation Center

Wednesday, July 8th

Six Flags New England - www.sixflags.com/newengland (Agawam, MA)

Bus Departs: 8:45 Bus Arrives: 5:30pm Cost: \$60pp

(Participant should bring a bagged lunch, a picnic area will be made available to us)

Thursday, July 16th

Canobie Lake Park - www.canobie.com (Salem, NH)

Bus Departs: 10am Bus Arrives: 3:30pm Cost: \$45pp

(Participant should bring a bagged lunch, a picnic area will be made available to us)

Wednesday, July 29th

Take Flight Adventure Course - www.takeflightadv.com (Kittery, ME)

Bus Departs at 10:45am Bus Arrives: 4pm Cost: \$55pp

(Participant should bring a bagged lunch, a picnic area will be made available to us)

Thursday, August 6th

Water Country - www.watercountry.com (Portsmouth, NH)

Bus Departs 9:15am Bus Arrives: 3pm Cost: \$45pp

www.hwrecreation.com



Museum of Science®



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SPRING YOUTH

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Imagination Station

(Ages babies to 5 with adult)

Instructor(s): Recreation Staff

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!!

Location: Recreation Department Gym and Classroom
12 weeks

Day	Times	Date	Price
Tue & Fri	10:15 - 12 noon	Jan 6 - May 29	\$5 Drop-in
(No class Feb 17 and Feb 20)			

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 Gym
10 weeks

Day	Times	Date	Price
Wed	4:00 - 4:30 pm	Apr 1- June 10*	\$205
*No class April 20			

Pre-K T-Ball

(Ages 2-5)

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

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction into t-ball where learning and skill development are our priorities.

Location: Fairhaven Field/Recreation Center
6 weeks

Day	Time	Date	Price
Thurs	11 - 11:45am	May 7 - June 11	\$70

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. You don't want to miss out on the fun!

Weekly Themes: Visit www.hwrecreation.com

Location: Recreation Center

Day	Times	Date	Price
Mon	10am-11am	Jan 6- Apr 6	\$5 Drop-in rates

Micro Athletics

(Ages 2-4)

Instructor(s): Knucklebones

Each class your Knucklebones' Coach will explore the fundamentals of athletics: from basketball, football, gymnastics and hockey, to soccer, t-ball and tennis. The entire program will be supported using a plethora of unique equipment by the most admired manufacturers and through a variety of contemporary, cultural, nature-based and traditional games. All activities focus on fundamentals, motor development, physical fitness, & fun! Sneakers are required

Location: Fairhaven Field
6 weeks/5 days

Day	Time	Date	Price
Mon	10 - 10:50am	May 4 - June 22*	\$70
*No Class May 25th, Memorial Day			

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

Location: Fairhaven Field/Recreation Center
6 weeks

Day	Time	Date	Price
Thurs	10 - 10:45am	May 7 - June 11	\$70



Super Soccer Stars

Instructor(s): Super Soccer Stars Staff

Ages (2-4)

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.

Location: Recreation Center/Fairhaven field

8 or 6 weeks

Session	Day	Age	Times	Date	Price
3	Sat	3-4	9am - 9:45am	Feb 28 - Apr 4*	\$96
3A	Sat	2-3	10am - 10:40am	Feb 28 - Apr 4*	\$96
3B	Sat	3-4	10:45am - 11:30am	Feb 28 - Apr 4*	\$96
*6 Week Session					
4	Thurs	2-3	11am - 11:40am	Mar 5 - Apr 9*	\$96
4A	Thurs	3-4	11:45am - 12:30pm	Mar 5 - Apr 9*	\$96
*6 Week Session					
SPR1	Wed	2-3	10am - 10:40am	Apr 29 - Jun 17	\$128
SPR1A	Wed	3-4	10:45am - 11:30am	Apr 29 - Jun 17	\$128



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!

Location: Fairhaven Field/Recreation Center

6 or 8 weeks

Session	Day	Age	Times	Date	Price
2	Thurs	1-2	10:10 am - 10:55 am	Mar 5 - Apr 9	\$96
SPR1	Wed	1-2	9:00am - 9:45am	Apr 29 - Jun 17	\$128

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www.hwrecreation.com

Ruling the Red Court: Intro to Youth Tennis

(Ages 5-8)

Instructor(s): Lanell Beckles

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.

Must have appropriate-sized racquet!

6 weeks

Location: Patton Park Tennis Courts

Max: 4

Day	Time	Date	Price
Mon	3pm -3:45pm	May 4 - Jun 15*	\$55
Mon	4pm-4:45pm	May 4 - Jun 15*	\$55

*No Class May 25



Intermediate Youth Tennis: The Orange Ball

(Ages 8-11)

Instructor(s): Lanell Beckles

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!

Location: Patton Park Tennis Courts

Max: 6

Day	Time	Date	Price
Mon	5pm-6pm	May 4 - Jun 15*	\$60

*No Class May 25

Youth Running Program

Ages 6-12

Instructors: Stacey Labell and Eileen Tran

Want to learn to run, improve your running, or just stay active this spring? Would you like to train for a spring 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 both boys and girls. T-shirt included. Parent volunteers are welcome to join us. Sponsored by the EAAT Foundation.



Location: Patton Park Field

6 Weeks

Day	Times	Date	Price
Wed	1:15-2:15pm	Apr 29 - Jun 3	\$20

Private Tennis Lessons

Ages: 7+

Instructor(s): Lanell Beckles

Are you looking to improve your tennis skills?! Our United States Professional Tennis Association (USPTA) Level 2 Tennis Professional, Lanell Beckles, can help you get back on track. Whether you want to take lessons by yourself or in a group with friends we have you covered.

Instructor Biography

Lanell Beckles is a USPTA Level 2 Certified Tennis Professional and an avid tennis player who coaches the Newbury College Men's and Women's Tennis Team in Brookline, MA. In addition to his coaching duties, he also works with a myriad of tennis players and enthusiasts from regionally ranked juniors to budding tennis adolescents. He also works with adults at Harvard University. Lanell believes tennis is first and foremost, FUN! So he structures his lessons and practices around not only gradual improvement in your technique and tennis knowledge, but plans fun and challenging games to bring your game to the next level.

Lesson Scheduling Procedure

Lessons will run on Sunday, Monday, Thursday or Friday at the Patton Park Tennis Courts (Available until June 19)

Location: Patton Park Tennis Courts

Individual: \$50 hr

Semi-Private (2 people): \$80hr

Group Lesson (3 people): \$90hr

Group Lesson (4 people): 100 hr

Youth Badminton

(Grades 4-6)

Instructor(s): Recreation Department Staff

Join the Recreation Department Staff for a fun and exciting youth badminton program. This 5 week program will allow participants to play in fun, fast paced games during the after school hours.

Location: Recreation Center Gym

5 weeks

Min: 10/Max: 14

Day	Times	Date	Price
Thurs	3:30 - 4:30 pm	Feb 26 - Apr 2	\$40

**No Class March 12

Archery

(Ages 10+)

Instructor(s): On Site Archery

On Site Archery is coming to Hamilton this spring! The program is lead by a USA Archery certified coach. You will learn the fundamentals of target archery, including proper shooting form, range safety, range procedures, scoring and much more. No equipment – No problem! OSA provides everything that is needed for you to participate. Come and join On Site Archery for lots of shooting time, camaraderie and fun!

Location: Recreation Center Gym

5 weeks

Min: 10/Max: 14

Day	Times	Date	Price
Thurs	3:30 - 4:30 pm	Feb 26 - Apr 2	\$40

**No Class March 12

Babysitting Training

(Ages 11+)

Instructor(s): Debbie LaFlamme

Just in time for the summertime babysitting job opportunities! 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.

Location: Recreation Center

1 Day Workshop

Day	Times	Date	Price
Sun	9:00am - 1 pm	June 7	\$35

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.

SPRING YOUTH

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www.hwrecreation.com

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.

Location: Iron Rail Gymnastics
91 Grapevine Rd, Wenham

8 weeks
Min: 4/Max: 16



Day	Times	Date	Price
Wed	2:30 - 3:30 pm	Apr 8 - May 27	\$118

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 Gym
10 weeks

Day	Age	Times	Date	Price
Wed	5-8	4:30 - 5:15pm	Apr 1 - Jun 10	\$205
Wed	9-14	5:15 - 6pm	Apr 1 - Jun 10	\$205

*No Class April 20

Golf Lessons

(Grades 3-6)

Instructor(s): Wenham Country Club

These lessons will introduce beginning or novice golfers to the fundamentals of the golf swing, including balance, tempo, and timing. All aspects of the game will be covered, such as, driving, iron play, chipping, and putting. Participants need to bring their own clubs.

Location: Wenham Country Club
4 weeks

Day	Times	Date	Price
Mon	3:45-4:45	April 27 - May 25*	\$60

*No class May 16

www.hwrecreation.com

Dodgeball

(Ages 7-12)

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

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class.

Location: Recreation Center Gym

Day	Times	Date	Price
Wed	2:30-3:30pm	May 6- Jun 10	\$72

Horseback Riding Lessons

(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 to set-up class times.

Location: Castle Neck Farm, 106 Choate Street, Essex
978-768-7998

4 week sessions

Min: 1/Max: 2

**Program is \$199



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SPRING YOUTH

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www.hwrecreation.com

Pasta Making

(Grades 2-6)

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.

Location: Recreation Center
One Day Workshop
Min 10, Max 16



Day	Time	Date	Price
Wed	1:15pm-2:45pm	March 25	\$30

Crepe Making

(Grades 2-6)

Instructor(s): Kids Cooking Green Staff

Learn to make one of France's most delicious exports. Students will prepare a local fruit compote and hand whip the cream.

Location: Recreation Center
One Day Workshop
Min 10, Max 16



Day	Time	Date	Price
Wed	1:15pm-2:45pm	April 8th	\$30

Breakfast for Dinner

(Grades 2-6)

Instructor(s): Kids Cooking Green Staff

Make and eat corn wheat pancakes with hand- churned butter from scratch. Add a dab of local maple syrup or strawberry jam and enjoy!

Location: Recreation Center
One Day Workshop
Min 10, Max 16



Day	Time	Date	Price
Wed	1:15pm-2:45pm	April 29th	\$30



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!

Location: Recreation Center
6 Weeks
Min 7, Max 10

Day	Time	Date	Price
Wed	1:15pm-2:15pm	May 6-June 10	\$85

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!

Location: Recreation Center
6 Weeks
Min 8, Max 12

Day	Time	Date	Price
Wed	2:30pm-3:30pm	May 6-June 10	\$85

SPRING FAMILY

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Creative Family Crafts

(Ages - ALL)

Instructor: Pat Weisenbach

Looking to create unique and personalized hostess gift(s) for that upcoming family party or would you like to discover a new way to display those precious family moments? Come join Pat Weisenbach as she provides a number of sample projects to choose from: Card kits, 24 page album, banner, cube photo frame, quick-pic album, board book, journal or mini album. This crafting session is the perfect family activity. No previous crafting or scrapbooking experience necessary. Come join us for a fun afternoon! Participants may bring up to 20 photographs to personalize their crafts. All other materials provided. Parents/guardians must stay with children throughout the classes. Examples shown below.

Location: Recreation Center- Meeting Room

Min 4, Max 10 (one project per family)

Day	Times	Date	Price
Thurs	3:30pm-5pm	March 12	\$25 per family



Jewelry Making: Wearable Art!

(Ages - ALL)

Instructor: Pat Weisenbach

Time to get creative! No previous jewelry making experience necessary. Come join us for a fun afternoon making individual jewelry pieces as well as complete sets. All materials provided: resin flowers, acrylic flowers, glitter gems, cotton fabric, adhesive backed stickers for base & bling glass cover etc. Piece options: necklaces, bracelets, hair clips, pendants with charms, rings, cuffs & fabric hair bands. Finishes include: faux antique gold and faux antique silver.

Location: Recreation Center- Meeting Room

Min 4, Max 10 (one jewelry set per family)

Day	Times	Date	Price
Thurs	3:30pm-5pm	March 26	\$25 per family



Garden to Table Planting Program for Families

Instructor: Massachusetts Horticultural Society Plantmobile

Join Hamilton-Wenham Rec. Dept and the Massachusetts Horticultural Society's Plantmobile as we start a spring garden. This hands on workshop will help you to start and maintain a vegetable garden. We will review plant needs, plant choice, planting techniques, garden maintenance and harvesting. Families will start their own vegetable garden that can be grown in a container or moved to a garden plot. Mass Hort will provide kid friendly plants that will encourage your kids to spend time in the garden and eat what they grow. All materials will be provided including, pots, soil, seeds, and a handout on maintaining your garden. Participants should bring gardening gloves if you prefer to use them.

Location: Recreation Center Gymnasium

Min. 5 Families, Max. 20 Families (5 members per family)

Day	Time	Date	Price
Saturday	10am-noon	April 18th	\$15



www.hwrecreation.com

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April Vacation Field Trips

Interested in being a chaperone?? Contact the Recreation Department



Tuesday, April 21st **LaserCraze** **Woburn, MA** **(Ages 8-14)**

Bus Departs Rec Center: 10am
Bus Arrives back at Rec Center: 2 pm
Price \$55pp

****Each participant must have a signed waiver form from a parent/guardian. Waiver forms are available at the Recreation office.****

State-Of-The-Art Entertainment Center! Get ready for the most advanced laser tag system in the world played in the most state-of-the-art multi-level arena in New England and an awesome arcade with fantastic prizes. Price includes TWO sessions of laser tag, 2 slices of pizza, unlimited drinks and 20 tokens for the arcade.



Thursday, April 23rd **Take Flight High Ropes Course** **Kittery, ME** **(Ages 8-14)**

Bus Departs Rec Center: 11am
Bus Arrives Back at Rec Center: 4pm

Price \$55pp

****Each participant must have a signed waiver form from a parent/guardian. Waiver forms are available at the Recreation office.****

Take Flight is the leading Aerial Adventure Course in Maine. The Aerial Adventure Course has sixty elements of varying degree of difficulty spanning three levels to a height of 36' above the ground. Guests traverse the elements taking on a new challenge with every step. After the pre-flight instruction participants may climb as much or as little as they like throughout the course. A lunch area will be set-up outside the course so participants may snack at their leisure and watch the group on the course. **Participants must be at least 48 inches tall and between 45-250 pounds.**

SPRING ADULT

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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!

Location: Recreation Center Gymnasium

7 Weeks

Day	Times	Date	Price
Thurs	9:00-10:00 am	Mar 5-Apr 16	\$35*

*\$7 drop-in

Adult Pickleball

(Ages - Adults)

Similar to ping pong, badminton, and tennis, it's a fun, active game that can be mastered by anyone, from youth to senior citizens. Pickleball was created during the summer of 1965 and is currently the fastest growing sport in the United States. It is played on a badminton court with the net lowered to 34 inches, and uses a perforated plastic ball (similar to a wiffle ball) and wood or composite paddles.

Location: Recreation Center

Day(s)	Times	Dates	Price
Mon & Wed	10am - 12pm	Mar 2- Apr 29	\$3 drop-in
Fri	12:30pm-2:30pm	Mar 2 -Apr 29	\$3 drop-in



Nia®

(Ages - Adults)

Instructor: Susan Guest



Stop exercising and start moving! Nia® pulls from dance arts, martial arts and yoga, to incorporate a range of movement styles. This fusion of movement forms gives you a full body workout and helps you move more consciously through life. Each student is encouraged to modify their movement, speed and range of motion so all fitness levels can guide their Nia® practice to meet their needs. Come experience a class today! For more info, call 978-290-9703 or go to www.nianow.com

Location: Recreation Center Gymnasium

Day	Time	Date	Price
Tues	6:30pm- 7:30pm	Mar 3-Apr 7	\$48*

*\$10 drop-in

Gentle Nia®

(Ages - Adults & Seniors)

Instructor: Susan Guest

Join us for a fun and engaging non-impact movement practice that gets you feeling good about being in your body.

A moving meditation, incorporating the Joy of Movement. This safe, easy 55 minute movement practice uses 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 safe for all levels and will leave you feeling rejuvenated and relaxed. Give it a try!" For more info, call 978-290-9703 or go to www.nianow.com

Location: Recreation Center Gymnasium

Day	Time	Date	Price
Mon	9am-10am	March 23- May 4	\$56*

*\$10 drop-in rate

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www.hwrecreation.com

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! Each workout is challenging and never the same, leaving the participant with a fitness ego boost!

Compared to other Mommy & Me classes, all our instructors are Certified Personal Trainers and CPR certified so you can work out in a safe and educated environment. Come join Meghan Malloy at the Hamilton Wenham Recreation Center. Please bring a yoga mat or towel, water and a stroller if your bringing your little ones.



Location: Recreation Center/Fairhaven Field

Session	Days	Times	Date	Price
Winter	W & F	9:15am - 10:00am	Feb & Mar	\$50*
Spring	M, W & F	9:30am - 10:30am	Apr-Jun	\$60*

*\$9 Drop in Rate

Photography 101: Break Free from the Automatic Setting

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.

Location: Hamilton COA, 299 Bay Road, S. Hamilton
Min 5, Max 10

Day	Times	Dates	Price
Weds	6:30pm - 8pm	March 11, 18, 25***	\$80

*** Class Field Trip, March 21st, 10am-noon

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.

SPRING ADULT

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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

Location: Recreation Center
FREE 1 Day Seminar



Day	Times	Date	Price
Wed	7-9pm	Apr 8	FREE

Real Estate 101

(Ages: Adults)

Instructor(s): Beth Dailey, Victoria Davis, Nancy Scalfani

This lecture style course is taught by a team of three North Shore residents: a Realtor, Mortgage Loan Officer and Real Estate Attorney. You will learn about all aspects of home purchasing and home financing through an interactive approach to the process that benefits both experienced and first time homebuyers. Bring your questions and ask away!

Please bring note taking materials.

Location: Recreation Center
FREE 2 Day Seminar

Day	Times	Dates	Price
Tues & Weds	7-9pm	April 14 & 15	FREE



www.hwrecreation.com

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

Day	Times	Date	Price
M,W & F	6-7am	Apr 27 - Jun 5	\$115/ 2x week \$150/ 3x week

I'm Not a Runner...to 5K

(Ages: Adults)

Instructor(s): BnS Fitness



Whether you run now or not, it is NEVER too late to start. Today is the day to turn your life around! One step at a time!

Our beginners running program will give you the guidance, motivation and structure to get off your couch, get outside with your running sneakers, and creating that new life and body that you never thought imaginable!

Location: HWRHS Running Track
8 Weeks

Session	Day	Times	Date	Price
1	Tues	6:30-7:30pm	Apr 28 - June 16	\$85
2	Wed	6am - 7am	Apr 29 - June 17	\$85

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SPRING ADULT

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Co-Ed Adult Kickball

(Ages- Adults)

Round up your family and friends and come play the game that everyone looked forward to back before we all grew up and took on so many responsibilities! Games will be played at the Cutler field on Sunday afternoons. All registrations are done on a individual basis, if you would like to be placed on a specific team please email Sean Timmons at stimmons@hamiltonma.gov, with team information. Players who do not designate which team they wish to play on will be "Free Agents" and placed on teams before the start of the season. Rosters, Schedules, and Rules will be posted as the season draws closer. Players will be given Team T-Shirts.

Location: Cutler School Field

6 Weeks

Day	Times	Date	Price
Sun	2-7pm	May 17 - June 28*	\$25*

No Games May 31

**KEEP
CALM
AND
PLAY
KICKBALL**

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 Pass

Instructor(s): No Instructor

Ages: 18+

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 found www.gordon.edu/bennett/schedule. (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)

Water Exercise

Instructor(s): Gordon College Staff

Ages 18+

Feeling sore when you wake up in the morning or in the evening after work? 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 workout without causing undue pain to your body. Enjoy a morning or an evening 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

Day(s)	Times	Dates	Price
Tue & Thu	7:30-8:30pm	Feb 24- Apr 9**	\$36
Tue & Thu	10 - 11am	Mar 24 - Apr 30	\$36

**No Class Mar 10 & 12

Walking Pass

Instructor(s): No Instructor

Ages: 18+

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	<u>FREE*</u>

*You must have a pass to participate.



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SUMMER YOUTH

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Hands on Science

(Grades K-5)

Instructor(s): Top Secret Science

Come join this very cool and fun summer program! Over the past 18 years, Top Secret Science (www.TopSecret-Science.com) has worked hands-on with over 1,000,000 local children. Each day the kids will explore up to 20 weird and wacky hands-on science experiments and will make and **TAKE HOME at least 10 different projects**. The scientists are fast paced and funny and your kids will be thoroughly entertained (they'll even learn some interesting things too). We will explore weird motions and flying things, air and water pressure; crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more. Be prepared for lots of fun stuff. It is a wonderful 6 hours of science each day.

Location: Recreation Center
4 days
Min: 15



Day	Time	Date	Price
Mon-Thurs	9-3pm	Aug 31- Sept 3	\$130

Ooey Gooey 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. You don't want to miss out on the fun!

Weekly Themes: Visit www.hwrecreation.com

Location: Recreation Center

Day	Times	Dates	Price
Mon	10am-11am	Apr 13- June 22*	\$5 Drop-in rates

*No Class 4/20 or 5/25

Micro Athletics

(Ages 2-4)

Instructor(s): Knucklebones

Each class your Knucklebones' Coach will explore the fundamentals of athletics: from basketball, football, gymnastics and hockey, to soccer, t-ball and tennis. The entire program will be supported using a plethora of unique equipment by the most admired manufacturers and through a variety of contemporary, cultural, nature-based and traditional games. All activities focus on fundamentals, motor development, physical fitness, & fun! Sneakers are required

Location: Pingree Park
4 days

Session	Day	Time	Date	Price
1	Mon-Thurs*	10 - 10:50am	July 6-9	\$55
2	Mon-Thurs*	10 -10:50am	Aug 3-6	\$55

*Friday will be used as a rain day if needed

Challenger Sports - British Soccer Camp

Instructor: Challenger Sports Team

(Ages 3-14)

Challenger Sports' British Soccer Camp is the most popular soccer camp in the country. Hundreds of Challenger coaches each year have helped the company develop one of the most innovative approaches to coaching youth soccer in the US. Our experienced staff study the game at all levels and we have identified the key techniques and skills that your players need to work on and master to reach their true potential. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament.

Location: Recreation Center
5 days

Program	Day	Age	Times	Date	Price
Mini Soccer	Mon-Fri	3-5	9am-10:30 am	Aug 24-28	\$ 97
Mini Soccer	Mon-Fri	3-5	10:30am-12pm	Aug 24-28	\$ 97
Half Day	Mon-Fri	6-14	9am-12pm	Aug 24-28	\$146
Full Day	Mon-Fri	8-14	9am-3pm	Aug 24-28	\$200

All Participants will receive a FREE T-Shirt

Participants who register **BEFORE** July 6th will receive a **FREE** soccer jersey

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SUMMER YOUTH

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Flag Football

(Ages 8-12)

Instructor(s): Fast Athletics

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams!

Location: Fairhaven Field

Day	Times	Date	Price
Mon-Thurs*	9am-12pm	Aug 17- 21	\$80

*Friday will be used as a rain date

Fun in the Sun Soccer

(Ages 3-5)

Instructor(s): Super Soccer Stars

Our Fun in the Sun Program is a fantastic way for your young soccer star to enjoy active fun in the fresh air all summer long! For Ages 3-5, enjoy one hour of outdoor soccer fun through skill-building games and activities.

Location: Patton Park

Day	Times	Date	Price
Mon-Thurs*	9am-10am	Jul 20- 23	\$64

*Friday will be used as a rain day

Kick It! Soccer Clinic

(Ages 5-10)

Instructor(s): Super Soccer Stars

Our Kick It Program is 2-3 hours of soccer skills development, individual and team activities, small-sided games and more, for Ages 5-7 and 8-10!

Location: Patton Park

Age	Day	Times	Date	Price
5-7	Mon-Thurs*	9am-11am	Jul 27- 30	\$128
8-10	Mon-Thurs*	9am-12pm	Jul 27- 30	\$192

*Friday will be used as a rain day

Wicked Cool Nature Explorers

(Grades K-5)

Instructor(s): Wicked Cool For Kids

Wicked Cool for Kids is excited to introduce Nature Explorers. We'll learn to appreciate the natural world around us by investigating outside and doing experiments in the classroom. We'll learn about melting glaciers, climate change, and how to protect our planet's natural resources. Get your hands dirty learning about plants so you can grow your own fruits and vegetables. Experiment with lenses and prisms, build binoculars, and become an expert birdwatcher. Nature Explorers will go wild learning about local fur, fangs and feathers. It's Wicked Cool to go green!

Location: Recreation Center

5 Days

Min: 10/Max: 14

Day	Times	Date	Price
Mon-Fri	1pm - 4pm	July 13-17	\$175

Wicked Cool Vet School

(Grades K-5)

Instructor(s): Wicked Cool For Kids

Do you dream of becoming a veterinarian? Grab your lab coat, animal lovers, as we learn about our favorite furry, flying and fishy friends! Make amazing animal models, build big bones and investigate animal intestines from our favorite vertebrates: birds, mammals, reptiles, amphibians and fish. Dissect an owl pellet to discover a predator's diet. Try your hand at catching some invertebrates as we study insect exoskeletons and get into tiny worlds to look at animal cells and parasites. End the week with a featured live animal visit with tips for animal care and keeping pets healthy!

Location: Recreation Center

5 Days

Min: 10/Max: 14

Day	Times	Date	Price
Mon-Fri	9am - 4pm	Aug 17-21	\$280

Youth Running Program

Ages 6-12

Instructors: Stacey Labell and Eileen Tran

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. T-shirt included. Parent volunteers are welcome to join us. Sponsored by the EAAT Foundation.

Location: HWRHS Track

6 Weeks

Day	Times	Dates	Price
Thurs	5:30pm-7pm	July 9 - Aug 13	\$20

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SUMMER YOUTH

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HS Volleyball Mini Clinics

(Grades 9-12)

Instructor(s): Jen Flynn (HWRHS, Varsity Girls Coach)

Need to prepare for the upcoming High School Volleyball Season? Join H-W Varsity Volleyball Coach Jen Flynn for two mini-clinics geared toward getting HS players ready for the Fall Season.

Location: Recreation Center Gym

3 days

Grade	Day	Time	Date	Price
9-12	Tues-Thurs	1:30-4:00pm	July 21-23	\$100
9-12	Tues-Thurs	1:30-4:00pm	Aug 18-20	\$100

2015 HW Rec Jr. Golf League at the Wenham Country Club

(Ages 11-16)

Instructor(s): Jason Greene

Learn the etiquette of playing on a golf course and have fun doing it! Each participant will complete a 9 hole round with instruction from the Golf Professional Jason Greene. Participants must be able to independently navigate a golf course.

Program will run on 6 Monday's in the Summer. Participants may register for specific dates throughout the summer or register for all 6 at a discounted rate! Prizes in the golf shop included each week!



Location: Wenham Country Club

Day	Time	Date	Price
Mondays	11am-2pm	July 27-August 31	\$75*

*Register for separate weekly sessions at \$14 each

STEM Goes STEAM

(Grades 1-3)

Instructor(s): STEM Beginnings



Join the STEM Beginnings staff for a five (5) day program, 3 hours each morning. They will be integrating Arts into STEM (Science, Technology, Engineering and Math). It will be a fun summer camp that aims to develop creativity, problem solving, critical thinking, communications, self-direction, initiative, and collaboration.

Location: HW Recreation Department

Day	Time	Date	Price
Mon-Fri	9am-12pm	Aug 24-28	\$150

www.hwrecreation.com

Field Hockey Clinic: Middle School and Beginner Session

(Grades 5-8)

Instructor(s): Melissa Larocque

The clinic is open to beginners or players with experience entering grades 5-8. Clinic will focus on: proper basic skills, safety when playing, rules of the game and basic strategy. Players should bring: stick, mouth guard, goggles, shin pads and water. (Some extra equipment will be made available)

Location: Pingree Park Field

Day	Time	Date	Price
Mon-Thurs	9am-noon	Aug 3-6	\$160



Field Hockey Clinic: High School

(Grades 9-12)

Instructor(s): Melissa Larocque

A great way for high school players to build their game skills and start working with a stick and ball before pre-season begins! Open to girls entering grades 9-12. Sessions work start with skill development (30 mins) and move quickly to 6v6 (or a variant depending on enrollment numbers) round-robin play. Players should bring their own stick, mouthguard, goggles, shin guards and water.

Location: Pingree Park Field

Day	Time	Date	Price
Mon, Wed, Fri	7am-9am	Aug 10, 12, 14	\$85

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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.

Location: Patton Park, Meet at tennis courts

Min 3, Max 12

Day	Times	Dates	Price
Tues	6:30pm-8pm	July 14	\$20
Sat	12pm-1:30pm	August 1	\$20

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.

Location: HW Recreation Department

Min 3 Max 12

Day	Times	Dates	Price
Tues	6:30pm-8pm	July 21	\$55

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.

Location: HW Recreation Department

Min 3 Max 12

Day	Times	Dates	Price
Wed	6:30pm-8pm	August 12	\$55

978-468-2178

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.

Location: Patton Park, Meet at tennis courts

Min 3, Max 12

Day	Times	Dates	Price
Thurs	6:30pm-8pm	June 11	\$45
Sat	12pm-1:30pm	August 1	\$20

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.

Location: HW Recreation Department

Min 3 Max 12

Day	Times	Dates	Price
Thurs	6:30pm-8pm	June 25	\$45

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SUMMER ADULT

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One Day Workshop: How to Shoot with a Photographer's Eye!

Instructor: Cheryl Crotty

Come join our instructor, Cheryl Crotty, for a walk through the gardens at Long Hill and learn to see it with a Photographer's Eye. This one day workshop will focus on how to capture the best landscape shots and how to use your macro lenses. You will learn what settings work best to capture all the details. What to bring to class: note taking material and if you have them: macro lense, zoom lenses and polarizing filter. The class will meet at The Long Hill and Sedgwick Garden at 572 Essex Street in Beverly, MA.

Weather Policy

The workshop will meet drizzle or shine. If pouring rain is forecasted a reschedule date will be determined.

Location: 572 Essex Street in Beverly, MA

Min 4, Max 8

<u>Day</u>	<u>Times</u>	<u>Dates</u>	<u>Price</u>
Sat	9:30am-11am	June 13	\$25

Gentle Nia®

(Ages - Adults & Seniors)

Instructor: Susan Guest

Join us for a fun and engaging non-impact movement practice that gets you feeling good about being in your body.

A moving meditation, incorporating the Joy of Movement. This safe, easy 55 minute movement practice uses 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 safe for all levels and will leave you feeling rejuvenated and relaxed. Give it a try!" For more info, call 978-290-9703 or go to www.nianow.com

Location: Hamilton COA Building, 299 Bay Road

<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Price</u>
Mon	9am-10am	June 28-August 31**	\$56*

*\$10 drop-in rate

** No Class July 27, August 3 or August 10

Private Tennis Lessons

Ages: 7+

Instructor(s): Lanell Beckles

Are you looking to improve your tennis skills?! Our United States Professional Tennis Association (USPTA) Level 2 Tennis Professional, Lanell Beckles, can help you get back on track. Whether you want to take lessons by yourself or in a group with friends we have you covered.

Instructor Biography

Lanell Beckles is a USPTA Level 2 Certified Tennis Professional and an avid tennis player who coaches the Newbury College Men's and Women's Tennis Team in Brookline, MA. In addition to his coaching duties, he also works with a myriad of tennis players and enthusiasts from regionally ranked juniors to budding tennis adolescents. He also works with adults at Harvard University. Lanell believes tennis is first and foremost, FUN! So he structures his lessons and practices around not only gradual improvement in your technique and tennis knowledge, but plans fun and challenging games to bring your game to the next level.

Lesson Scheduling Procedure

Lessons will run on Sunday, Monday, Thursday or Friday at the Patton Park Tennis Courts (Available until June 19)

Location: Patton Park Tennis Courts

Individual: \$50 hr

Semi-Private (2 people): \$80hr

Group Lesson (3 people): \$90hr

Group Lesson (4 people): 100 hr

SUMMER ADULT

978-468-2178 www.hwrecreation.com

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! Each workout is challenging and never the same, leaving the participant with a fitness ego boost!

Compared to other Mommy & Me classes, all our instructors are Certified Personal Trainers and CPR certified so you can work out in a safe and educated environment. Come join Meghan Malloy at the Hamilton Wenham Recreation Center. Please bring a yoga mat or towel, water and a stroller if your bringing your little ones.

Location: Recreation Center/Fairhaven Field

Session	Days	Times	Date	Price
Summer	M, W & F	9:30am - 10:30am	June & July**	\$60*

*\$9 Drop in Rate

**No Class June 12, July 3, July 27, July 29 or July 31

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.

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.

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/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
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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.