



# **Hamilton-Wenham Recreation Department Spring-Summer Brochure 2016**

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

**[WWW.HWRECREATION.COM](http://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](http://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
Len Dolan	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.



**"Like" us on Facebook**  
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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

## 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](http://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](http://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!**

## 2016 SUMMER PARK PROGRAM

### \*\* Important Park Program Information \*\*

Due to the uncertainty of the opening date of the Veterans Memorial Swimming Pool, the park program will be located at the Recreation Center until the pool is officially open for us. Once the pool is open the summer Park Program will shift its operations to Patton Park where swimming will be part of the daily activities.

Session 1:	June 27 - July 1
Session 2:	July 5 - July 8 (no class 7/4)
Session 3:	July 11 - July 15
Session 4:	July 18 - July 22
Session 5:	July 25 - July 29
Session 6:	August 1 - August 5
Session 7:	August 8 - August 12
Session 8:	August 15- August 19

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](http://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**

**8 sessions**

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$90 Session 1, 3-8 \$72 Session 2

\*\$630 for all 8 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**

**8 sessions**

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$90 Session 1, 3-8 \$72 Session 2

\*\$630 for all 8 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	\$25 Session 1,3-8 \$20 Session 2

## 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**

**8 sessions**

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$114 Session 1,3-8 \$95 Sessions 2

\*\$800 for all 8 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**

**8 sessions**

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$114 Session 1,3-8 \$95 Sessions 2

\*\$800 for all 8 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](http://www.hamiltonma.gov)

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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 (4 week session) \$100

June 27 - July 22 (No 7/4)

Session Two (4 week session) \$100

July 25 - August 19

## 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>
1 pm - 3:30 pm	\$50 Sessions 1,3-8
	\$38 Session 2

Monday - Thursday for one week sessions.

\*If you register for all 8 sessions the price is \$350

## Themes By the Week...

Session 1:	Hamilton Wenham Pride Week
Session 2:	Patriotic Week
Session 3:	Animal Week
Session 4:	Character Week
Session 5:	Summer School
Session 6:	Water Week
Session 7:	Sports Week
Session 8:	Crazy Mix-Up Week

# PARK PROGRAM

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[www.hwrecreation.com](http://www.hwrecreation.com)

## 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: Wednesday, June 29th

TBD

#### Session 2: Wednesday, July 6th

Kimball Farms - [www.kimballfarm.com](http://www.kimballfarm.com) (Westford, MA)



#### Session 3: Wednesday, July 13th

Franklin Park Zoo - [www.zoonewengland.org](http://www.zoonewengland.org) (Boston, MA)

#### Session 4: Wednesday, July 20th

Canobie Lake Park - [www.canobie.com](http://www.canobie.com) (Salem, NH)



Museum of Science®

#### Session 5: Wednesday, July 27th

Museum of Science - [www.mos.org](http://www.mos.org) (Boston, MA)



#### Session 6: Wednesday, August 3rd

Water Country - [www.watercountry.com](http://www.watercountry.com) (Portsmouth, NH)

#### Session 7: Wednesday, August 10th

Lazer Craze - [www.lazercraze.us](http://www.lazercraze.us) (Woburn, MA)

#### Session 8: Thursday, August 17th

TBD



# SPRING YOUTH

978-468-2178 [www.hwrecreation.com](http://www.hwrecreation.com)

## **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.

**Dates:** Tues & Fri March 8th - April 29th  
**Time:** 10:15am - 12:00pm  
**Fee:** \$5 per family, per day  
**Location:** Recreation Center Gym

No Imagination Station on the following Dates:  
4/19 & 4/22

## **Little Dragons Karate** (Ages 3-4) Instructor(s): Steve Nugent & Staff

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

**Dates:** Thursdays, April 7th - June 3th  
**Time:** 4:00pm - 4:30pm  
**Fee:** \$160 per participant  
**Location:** Recreation Center Gymnasium  
\*No class 4/21

## **Pre-K T-Ball** (Ages 2-4) 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.

**Dates:** Thursdays, May 5th - June 9th  
**Time:** 9:00am - 10:00am  
**Fee:** \$70  
**Location:** Recreation Center/Fairhaven Field

[www.hwrecreation.com](http://www.hwrecreation.com)

## **Ooey Goey 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](http://www.hwrecreation.com)

**Dates:** Mondays, April 13th - June 13th  
**Time:** 10:00am - 11:00pm  
**Fee:** \$5 Drop in  
**Location:** Recreation Center

## **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

**Dates:** Mondays, April 25th - June 6th\*  
**Time:** 10:00am - 10:50am  
**Fee:** \$70  
**Location:** Recreation Center Gym  
\*No Class 5/29

## **Pre-K Mini-Sports** (Ages 2-4) Instructor(s): F.A.S.T. Athletics

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

**Dates:** Fridays, May 6th - June 10th  
**Time:** 9:00am - 10:00am  
**Fee:** \$70  
**Location:** Recreation Center/Fairhaven Field

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# SPRING YOUTH

978-468-2178 [www.hwrecreation.com](http://www.hwrecreation.com)

## Creative Movement and Reading

(Ages 8 months - 4 years)

Instructor(s): Knucklebones

Knucklebones creative movement and reading program is a one hour program that consists of three parts: reading aloud an athletically inspired picture book, creating an athletic activity that coincides with the book's theme and free play filled with a diverse mix of athletically inspired products by the most admired manufacturers. Each week the Knucklebones instructor will read 1-2 preselected books that have been chosen for their movement content / overall theme and have children act out parts of the book using a diverse array of equipment.

Dates: Thursdays, May 5th - June 9th

Time: 10:00am-10:50am

Fee: \$70

Location: Recreation Center

## Gymnastics

(Ages 5+)

Instructor(s): Iron Rail Gymnastics Staff

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

Dates: Wednesdays, March 30th - May 18th

Time: 2:30pm - 3:30pm

Fee: \$125

Location: Iron Rail Gymnastics

## Karate

(Ages 5-14)

Instructor(s): Steve Nugent & Staff

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

Dates: Thursday, April 7th - June 9th

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

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

Fee: \$170 per participant

Location: Recreation Center Gymnasium

\*No class 4/21

[www.hwrecreation.com](http://www.hwrecreation.com)

## Parents and Tots Gymnastics

(Ages 3 and under)

Instructor(s): Iron Rail Gymnastics Staff

This program meets one time per week for 45 minutes. Toddlers and their Mothers/guardians run through a series of activities designed to stimulate, educate, and improve socialization. This informal class uses music, games, open play, and child-sized equipment to help the children develop physical, verbal, and social skills.

Dates: Tuesdays, March 29th - May 17th

Time: 9:15am-10:00am

Fee: \$80

Location: Iron Rail Gymnastics

## Creative Movement

(Ages 3-4)

Instructor(s): Samia DeSimone

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

Date: Wednesdays, April 27th - June 1st

Time: 12:15pm - 1:00pm

Fee: \$112 per participant

Location: Hamilton-Wenham Recreation Center

## Golf Lessons

(Ages 7-12)

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.

Dates: Mondays, April 25th - May 23rd

Time: 4:00pm - 5:00pm

Fee: \$82

Location: Wenham Country Club

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# SPRING YOUTH

978-468-2178 [www.hwrecreation.com](http://www.hwrecreation.com)

## 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.

Dates: Wednesdays, April 27th - June 1st

Time: 1:15pm - 2:15pm

Fee: \$20

Location: Patton Park

## 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.

Dates: Sunday, June 5th

Time: 9:00am - 1:00pm

Fee: \$35

Location: Recreation Center

## Wicked Cool Discovery Lab

(Grades K-5)

Instructor(s): Wicked Cool For Kids

Six of our Favorite science lesson wrapped up into one fun-filled program. Explore the Earth by making mesozoic volcanoes and delve deep into the ocean to the coral reefs. Get electrified creating simple circuits and become a chemist to make rainbow slime. Each week we'll get into fun science and engineering challenges

Dates: Mondays, March 28th - May 9th\*

Time: 1:30pm - 4:30pm

Fee: \$95

Location: Recreation Center

\*No Class 4/18

[www.hwrecreation.com](http://www.hwrecreation.com)

## Co-Ed Rec Youth Volleyball

(Grades 5-10)

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

Join H-W Varsity Volleyball Coach Jen Flynn for 6 weeks of volleyball skill, drills and fun. Each week we will focus on a particular skill (hitting, passing, setting, rotation, serving and sprawling) and we will also scrimmage. All levels are encouraged to attend. Each group will be divided up by skill level.

Dates: Sundays, May 1st - Jun 12th\*

Time: Grades 5-7, 5:00 - 6:30pm

Grades 8-10, 6:30 - 7:00pm

Fee: \$75

Location: Recreation Center

\*No class May 29th

## 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



978-468-2178

## Tournament of Champions

(Ages 8-12)

Instructor(s): SportsZone 101

In this action packed program, children will participate in a variety of games, such as street hockey, soccer, football, dodgeball, basketball, basketball, and many others. In addition to learning the fundamentals of these sports, we will have exciting discussions about current events in sports, good sportsmanship and understanding the cool statistics on sports cards. Each participant will receive a daily pack of cards and a special prize will be awarded. These prizes help emphasize value and a fun way to enhance learning!

Dates: Thursdays, May 5th - June 9th

Time: 4:00pm - 5:00pm

Fee: \$80

Location: Recreation Center/Fairhaven Field

## Yes! You Can! Mental Training Techniques for Peak Performance!

(High School)

Instructors: Cynthia Adams Harrison

This introductory mental training skills workshop is offered to H. S. Student Athletes who want to perform at their very best on the playing field and in the classroom. Division 1, Olympic and professional athletes get access to cutting edge mental training techniques and now these same techniques are being offered to high school student-athletes.

This workshop will introduce:

- Getting into "Flow"athletically and academically
- The power of positive self-talk/mind management
- How to self-regulate your body physiology to decrease anxiety and get into your own flow state
- Mental imagery and its application in school and sport
- The importance of deliberate practice goals, mental, technical and physical to achieve your desired success.
- How to create the most effective pre-game/meet routine to get into flow

Day of Registration also Available.

Location: Hamilton Wenham Recreation Center

\$35 Per Person

Single Day Workshop Offered:

March 19th 10-12:30, April 2nd 9-12pm,  
or August 27th 9-12pm

## Hands on Science

### April Vacation

(Grades K-5)

Instructor(s): Top Secret Science

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.

Dates: Tuesday - Friday, April 19 - 22

Time: 9:00am - 3:00pm

Fee: \$130

Location: Recreation Center

## Garden to Table Planting Program for Families

Instructor: Massachusetts Horticultural Society Plantmobile

Bring the family to start your garden! Massachusetts Horticultural Society's Plantmobile will be back again this spring to help get you growing. Learn how plants grow, and what you can do to keep them healthy. Each family will plant a potted herb garden and create seed tape for an outdoor veggie garden. Participants should bring gardening gloves if you prefer to use them. Up to 20 Families.

### Plant and Herb Garden

Dates: Saturday, April 9th

Time: 10:00am - 11:30am

Fee: \$15

Location: Recreation Center

### Pollinators and Plants

Dates: Saturday, July 19th

Time: 10:00am - 11:30am

Fee: \$15

Location: Recreation Center

## Intro to Tennis

(Ages 5-8)

Instructor(s): Shannon Petersen

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

### Session 1

Dates: Mondays, March 28th - May 2nd\*

Time: 4:30pm - 5:30pm

Fee: \$60

Location: Patton Park

\*No Class April 18

### Session 2

Dates: Tuesday, March 29th - May 3rd\*

Time: 4:30pm - 5:30pm

Fee: \$60

Location: Patton Park

### Session 3 (April Vacation)

Dates: Monday - Thursday, April 18th - 21st

Time: 9:00am - 10:00am

Fee: \$45

Location: Patton Park

## Intermediate Tennis

(Ages 9-11)

Instructor(s): Shannon Petersen

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

Must have appropriate-sized racquet!

### Session 1

Dates: Mondays, March 28th - May 2nd\*

Time: 5:30pm - 7:00pm

Fee: \$70

Location: Patton Park Tennis Courts

\*No class April 18

### Session 2 (April Vacation)

Dates: Monday - Thursday, April 18th - 21st

Time: 10:00am - 11:00am

Fee: \$45

Location: Patton Park

## Super Soccer Stars

Ages (2-5)

Instructor(s): Super Soccer Stars Staff

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

### Session 1

Dates: Wednesdays, April 27th - June 8th

Time: Ages 2-3, 9:00am - 9:40am

Ages 3-5, 9:50am - 10:35am

Fee: \$98

### Session 2

Dates: Sundays, May 1st - June 19th\*

Time: Ages 2-3, 9:00am - 9:40am

Ages 3-4, 9:50am - 10:35am

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

Fee: \$98

\*No class 5/29

## April Vacation Field Trips

Interested in being a chaperone?? Contact the Recreation Department



### **Tuesday, April 19th** **LaserQuest** **Danvers, 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.



### **Thursday, April 21st** **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.**

# SUMMER YOUTH

978-468-2178

www.hwrecreation.com

## Hamilton Youth Police Academy

(Ages 10-12)

Instructor(s): Hamilton Police Dept

The Youth Police Academy is designed to familiarize Youth with the Hamilton Police Department, Communications Center and Fire Department. Classes will cover various topics such as K9, Motor Vehicle Enforcement, Finger Printing, Communications and Fire Suppression techniques. Courses will be taught by a Hamilton Police Officers, Police Supervisors, Hamilton Fire-Fighters and Emergency Dispatcher.

### Session 1

Dates: Monday, Tuesday & Thursday, July 11,12 & 14

Time: 1:30pm - 3:15pm

Fee: \$20

Location: Public Safety Building

### Session 2

Dates: Monday, Tuesday & Thursday, July 25,26 & 28

Time: 1:30pm - 3:15pm

Fee: \$20

Location: Public Safety Building

### Session 3

Dates: Monday, Tuesday & Thursday, August 8,9 & 11

Time: 1:30pm - 3:15pm

Fee: \$20

Location: Public Safety Building

\*Participants enrolled in the Park Program will be escorted to the Public Safety building.

## 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

### Session 1

Dates: Monday - Thursday, July 25th - 28th

Time: 10:00am - 10:50am

Fee: \$50

Location: Pingree Park

### Session 2

Dates: Monday - Thursday, August 8th - 11th

Time: 10:00am - 10:50am

Fee: \$50

Location: Pingree Park

## 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 22-26	\$100
Mini Soccer	Mon-Fri	3-5	10:30am-12pm	Aug 22-26	\$100
Half Day	Mon-Fri	6-14	9am-12pm	Aug 22-26	\$150
Full Day	Mon-Fri	8-14	9am-3pm	Aug 22-26	\$206

All Participants will receive a FREE T-Shirt

www.hwrecreation.com

978-468-2178

# SUMMER YOUTH

978-468-2178 [www.hwrecreation.com](http://www.hwrecreation.com)

## Flag Football

(Ages 8-12)

Instructor(s): SportsZone 101

During this program, we will be playing flag football together in a fun and safe environment. All kids will rotate through all positions to help build skills and confidence on the field. All kids will learn the proper technique of playing this game. All kids will be given a mouthpiece and flags will be provided for games.

Dates: Monday - Thursday, August 15th - 18th

Time: 9:00am - 12:00pm

Fee: \$115

Location: Pingree Park

## Super Hero Physics

(Grades K-5)

Instructor(s): Wicked Cool For Kids

What makes a super hero super? Physics! Conduct gravity experiments to learn what it would take for superman to leap over tall buildings in a single bound. Create optical illusion to understand how Wonder Woman's jet can disappear. We'll investigate how Spiderman (and real spiders) can walk up walls and examine Batman's super gadgets that help him fight crime. Morph into the world of superheroes using the science that could make superheros a reality

Dates: Monday - Friday August 8th - 12th

Time: 1:30pm - 4:30pm

Fee: \$185

Location: Recreation Center

## 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.

Dates: Monday - Thursday, July 18th - 21st

Time: 9:00am - 11:00am

Fee: \$100

Location: Patton Park

## Wicked Cool Rocket Science

(Grades K-5)

Instructor(s): Wicked Cool For Kids

Rocket Science is a blast for any junior rocketeer! Rocket Scientists will learn about propulsion by building compressed air rockets, water rockets and rockets that blast off via chemical reaction. As aerospace engineers, we will travel to infinity and beyond while learning the laws of aerodynamics and flight. For a fantastic finish, we will launch our own customized Estes Rocket on Friday.

Dates: Monday - Friday, July 11th - 15th

Time: 1:30pm - 4:30pm

Fee: \$185

Location: Recreation Center

## Kick It! Soccer Clinic

(Ages 6-12)

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. Participants should bring snack/lunch and drink

Dates: Monday - Thursday, July 25th - 28th

Time: 9:00am - 1:00pm

Fee: \$150

Location: Patton Park

## Pre-K Mini-Sports

(Ages 2-5)

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

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

Dates: Monday - Thursday, August 1st - August 4th

Time: 10:00am - 11:00am

Fee: \$70

Location: Pingree Park

# SUMMER YOUTH

978-468-2178 [www.hwrecreation.com](http://www.hwrecreation.com)

## 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.

### Session 1

**Dates:** Monday - Thursday, July 11th - 14th

**Time:** 1:30pm - 2:45pm

**Fee:** \$90

**Location:** Recreation Center

### Session 2

**Dates:** Monday - Thursday, August 1st - 4th

**Time:** 1:30pm - 2:45pm

**Fee:** \$90

**Location:** Recreation Center

## Hands on Science (Grades K-5)

**Instructor(s): Top Secret Science**

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.

**Dates:** Tuesday - Friday, July 5th - 8th

**Time:** 1:30pm - 4:30pm

**Fee:** \$88

**Location:** Recreation Center

## 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)

**Dates:** Monday - Thursday, July 11th - 14th

**Time:** 9:00am - 12:00pm

**Fee:** \$175

**Location:** Pingree Park

## 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.

**Dates:** Monday, Wednesday, Friday, July 18, 20 & 22

**Time:** 9am - 11am

**Fee:** \$90

**Location:** Recreation Center

## Ultimate Sports (Ages 7-12)

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

If you are getting tired of playing the same old sports everyday, this is definitely the program for you. The non-traditional style of games/competitions will keep all participants on their toes learning new games as they get further into this program. Have you ever heard of Fort Knox? Or Ultimate Frisbee? What about Army Dodgeball? Get together with F.A.S.T. Athletics and see what all the hype is about!!! This unique program will also put emphasis on physical fitness, proper stretching techniques and team work.

**Dates:** Monday - Thursday, August 1st - 4th

**Time:** 9:00am - 12:00pm

**Fee:** \$80

**Location:** Recreation Center/Fairhaven Field



## **Making Infused Herbal Oils for Healthy Skincare and Products**

**Instructor: Iris Weaver**

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

**Dates:** Thursday, June 23rd  
**Time:** 7:00pm - 8:30pm  
**Fee:** \$35  
**Location:** Recreation Center

## **Clean Your Home the Green Way: Make Your Own Products**

**Instructor: Iris Weaver**

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

**Dates:** Wednesday, August 17th  
**Time:** 7:00pm - 8:30pm  
**Fee:** \$55  
**Location:** Recreation Center

## **Herbal Toiletries for Green Body Care**

**Instructor: Iris Weaver**

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

**Dates:** Tuesday, July 19th  
**Time:** 7:00pm - 8:30pm  
**Fee:** \$55  
**Location:** Recreation Center

## **Edible and Medicinal Plants of Patton Park: Foraging Walk**

**Instructor: Iris Weaver**

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

**Location:** Patton Park, Meet at tennis courts  
**\$20 per person**  
**Saturday, June 11-- 12-1:30pm**  
**Saturday August 27-- 12-1:30pm**

## Zumba®

(Ages- Adults and Seniors)  
Instructor(s): Betsy Buccafusca

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.

Betsy is a licensed Zumba® Fitness Instructor and a member of the Zumba® Instructor Network (ZIN™). With a background and minor in dance, Betsy has been teaching Zumba® classes since 2013 and is licensed to teach Zumba® classes, Zumba® Kids classes, Zumba® Kids Jr. classes, Aqua Zumba®, Zumbini™, and Plate by Zumba™. She is also an ACE® Certified Personal Trainer and is CPR / AED Certified. Visit her at [betsyb.zumba.com](http://betsyb.zumba.com).

### Session 1

Dates: Tuesdays, March 22nd - May 10th  
Time: 6:00pm - 7:00pm  
Fee: \$50 or \$10 drop in  
Location: Recreation Center

### Session 2

Dates: Tuesdays, May 17th - June 28th  
Time: 6:00pm - 7:00pm  
Fee: \$50 or \$10 drop in  
Location: Recreation Center



## 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 whiffle ball) and wood or composite paddles.

### Spring Session

Dates: March 19 - May 31  
Time: Monday & Wednesday 10:00am-12:00pm  
Friday 12:30-2:30pm  
Saturday 5:30pm - 7:30pm  
Fee: \$3 drop-in  
Location: Recreation Center Gymnasium

### Summer Session

Dates: June 1- August 31  
Time: Monday & Wednesday, Friday 10am-12pm  
Fee: Free

## 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.

### Session 1

Dates: Mondays, February 22nd - April 18th  
Time: 9:00am - 10:00am  
Fee: \$72 or \$10 Drop in  
Location: Recreation Center

### Session 2

Dates: Mondays, April 25th - June 27th\*  
Time: 9:00am - 10:00am  
Fee: \$72 or \$10 Drop in  
Location: Recreation Center

\* No Class May 30th

## Baby Bootcamp - STROLLFIT

(Ages: Adults)

Instructor(s): Samm Burnhamm, Lindsey Colotti, and Emily Brown

Baby Boot Camp is an innovative stroller fitness program designed to balance the fitness needs of new moms while spending time with their children. Delivered by nationally certified fitness professionals throughout the United States, Baby Boot Camp stroller-fitness classes include STROLLFIT, STROLLGA, 5K Training Program, and Nutrition Solutions. Created in 2001 by Kristen Horler, Baby Boot Camp strives to help moms regain or enhance their pre-pregnancy fitness levels and meet the physical challenges of parenting by emphasizing strength training in a supportive environment.

STROLL FIT with the Hamilton Wenham Recreation Department can be purchased as a multi-class pack, or as a drop in class. First Class Free with Registration.

Location: Recreation Center/Fairhaven Field

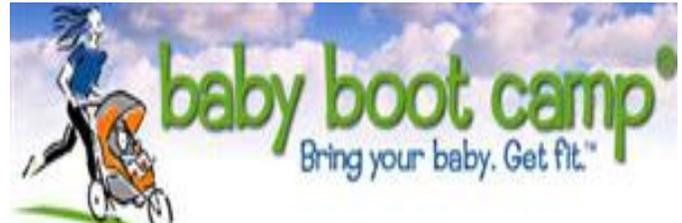
Program Starts May 2nd, 2016

Monday & Wednesday 9:30-10:30AM

\*\* One Time \$59 Registration Fee Includes All Equipment

5 Class Pack - \$45, 10 Class Pack - \$90, 20 Class Pack \$175

\*10 Drop-In



## 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\*\*

Contact BnS Fitness for class schedule and registration information

I am a mom.  
I am a wife.  
I am a friend.  
I am a daughter.  
I am a professional.  
I am a runner.  
I am a cook.  
I am a caregiver.  
I am a cheer squad.  
I am a weight lifter.  
I am a tear-dryer.  
I am a hugger.

# I AM MOM STRONG



# ADULT

978-468-2178 [www.hwrecreation.com](http://www.hwrecreation.com)

## 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](http://www.collegefundingadvisors.com)

**Date:** Wednesday, April 6th

**Time:** 7:00pm-9:00pm

**Fee:** FREE

**Location:** Recreation Center Gym



## Real Estate 101

(Ages: Adults)

**Instructor(s): Beth Dailey, Neil Hoffman, 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.

**Date:** Thursday, April 28th

**Time:** 7:00pm-9:00pm

**Fee:** \$20

**Location:** Recreation Center



[www.hwrecreation.com](http://www.hwrecreation.com)

## North Shore Adventure Fitness

**Instructor(s): Murette Boyle, Jennifer Fisher and Danielle Margeson**

[www.northshoreadventurefitness.com](http://www.northshoreadventurefitness.com)

North Shore Adventure Fitness offers custom fitness training programs- 100% custom tailored to suit the needs/ desires of each individual and/or group inquiring. Each session includes a free Consultation/evaluation, to determine the right path for you to reach your maximum potential and optimal health. All Levels, Age 14+ with Parental Consent.

Murette Boyle, Owner - CrossFit L-2, USAW Sports Performance Coach, NASM CPT, PES, CES

Jennifer Fisher, Trainer - CrossFit L-1, NASM CPT\*

Danielle Margeson, Trainer - CrossFit L-1 USAW Sports Performance Coach

Purchase your training, and schedule directly with our trainers.

**Location - Hamilton Wenham Recreation Department**

**Individual Session \$55/\$60 Non-Resident**

**5 Pack of Training \$250/\$275 Non-Resident**

## Introduction to Photography

**Instructor: Kelly Mintz, See Shore Photography**

Kelly Mintz has been teaching, for over 15 years, at her business SEE Shore Photography in Newburyport, as well as has her Master's in Education. She also brings her experience as a professional wedding and portrait photographer. Intro to Photography - In this 2-day fun photography class for beginner adults, Kelly Mintz will teach you more about your camera's settings and how to take better photographs. She will teach you the benefits of getting out of the Automatic modes so you can control the outcome and capture more striking photos.

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, flash and shooting time.

**Dates:** Wednesdays, May 18th & 25th

**Time:** 6:00pm - 8:00pm

**Fee:** \$150

**Location:** Recreation Center

978-468-2178

## The Savage Kitchen DIY Coconut Oil Lotion

Instructor: Danielle Margeson

Certified Fitness Trainer and Wellness Guru Danielle Margeson will lead you through how to make your very own moisturizing Coconut Butter Lotion. See from start to finish how to use this miracle product in creating your very own skincare treats. Create different scents, flavors and recipes for your own custom future indulgences. All materials included, with fun take home samples! Materials included in class fee.

Location: HW Recreation Department  
Sundays

April 3, May 8, June 5, July 10, August 7th  
Each Class - \$25 Per Resident/ \$30 Non-Resident  
10:30am-12pm

## 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](http://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)

## MORE PROGRAMS

Please make sure to routinely check our website “[www.hwrecreation.com](http://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.

## 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.

## What is Health? 21 Day Nutritional Reset Program

(Adults)

Instructors: Allison Hall and Marnie Lawler

The RESET is a 21 day program, that will get you off to a great start in 2016. We address more than diet by emphasizing other important components such as digestion, nutrition, sleep, stress, and exercise. This program will help you adjust your lifestyle for a healthier, happier you! You can participate in this program via phone and Facebook.

Location: Hamilton Wenham Recreation Department  
Single Day Workshops

FREE INFORMATIONAL MEETING May 3, 2016 - 7pm.

Paid Program Start Date: May 4th-May 24th

Program Cost: \$319 (Includes The Reset book which contains over 100 recipes, shopping and kitchen prep guidelines, meal planning help, email support as well as a closed Facebook group. The program also includes supplements to aid in digestion, reduce inflammation, and help detoxify the liver. \$149 (Includes everything above except for the supplements)

## **Paint in the Park with the Artist Bar!**

(Adults and Children over 10 with guardian welcome)

As seen on Massachusetts TV's Chronicle, The Artist Bar is New England's premier Paint and Sip Party. Owned and operated by professional Artist, and Art Educator – Jennifer Clement is a working artist who has paintings in major galleries all around New England. The mission is to make Art accessible to all people while helping to explore the inner artist. Join us for a relaxing night, where we create a sophisticated piece of artwork, in a relaxing fun atmosphere.

"Plein Air" painting class. We will meet at the Hamilton Wenham Recreation Center (Behind the Library) .Supplies provided. You can paint on your own or bring the whole family. , we will have an adult blanket section and a family blanket section. For all levels. No experience required beginners welcome. Bring your own picnic basket and blanket, we will be painting picnic style.

**Location: Meet at Hamilton Wenham Recreation Department**

**Single Day Workshops**

**June 2, July 7th, August 4th**

**12:00-2:30pm**

**\$50 per person**

## **Open Art Studio**

(Adults)

A 3 hour block of time where artists can get together and paint or draw. Class will have no instructor. The artists themselves will be the instructors in a collaborative atmosphere where constructive input is given at the end of the session by using open critiques. Participants must supply own materials Program runs for 4 week for \$40. Wednesday 6pm to 9pm

### **Session 1**

**Dates: Wednesdays, March 16th - April 6th**

**Time: 6:00pm - 9:00pm**

**Fee: \$40**

**Location: Recreation Center**

### **Session 2**

**Dates: Wednesday, April 13th - May 4th**

**Time: 6:00pm - 9:00pm**

**Fee: \$40**

# 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 & Grad
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Street Number	Town/Zip	Parents Name
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Home Phone	Work Phone	Cell Phone
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Email	Emergency Contact	Phone #
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Activity Name	Day	Location	Class Time	Start Date	Fee
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Activity Name	Day	Location	Class Time	Start Date	Fee
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Activity Name	Day	Location	Class Time	Start Date	Fee
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## HAMILTON – WENHAM RECREATION DEPARTMENT CONSENT & RELEASE FORM

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

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

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

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

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**

<b>Monday</b>	<b>8:00 AM - 7:00 PM</b>
<b>Tuesday - Thursday</b>	<b>8:00 AM - 4:30 PM</b>
<b>Friday</b>	<b>8:00 AM - 1:00 PM</b>

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