



Hamilton-Wenham Recreation Department

Winter Brochure 2014-2015

**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 Ozohowski, 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
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

COURSE CANCELLATION

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

COURSE CONFIRMATION

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

MAKE UP CLASSES

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

INCLEMENT WEATHER

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

FILLED CLASSES

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

PARTICIPANT PHOTOGRAPH POLICY

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

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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WE HAVE A NEW WEBSITE!!!

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 PREVIEW

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

(Now Weekly)

Session 1:	June 22 - June 26
Session 2:	June 29 - July 2 (no class 7/3)
Session 3:	July 6 - July 10
Session 4:	July 13 - July 17
Session 5:	July 20 - July 24
Session 6:	July 27 - July 31
Session 7:	August 3 - August 7
Session 8:	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 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

8 sessions

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

*\$605 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	\$70 Session 1 \$88 Sessions 2-8

*\$605 for all 8 sessions

Patton Park Early Morning

(Ages 5-10)

Instructors: Patton Park Staff

New this year! 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 2-8

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

8 sessions

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$90 Session 1 \$112 Sessions 2-8

*\$770 for all 8 sessions

All-Stars

(Ages 11-12)

Instructor(s): Park Program Staff

Getting too old for Patton Park? Try the new Patton Park ALL-STARS program. We will be going on one field trip each session to someplace where the older kids can really have a great time! Each child gets their own 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	\$90 Session 1 \$112 Sessions 2-8

*\$770 for all 8 sessions

Specific Summer Program information, including weekly themes, activities, field trip locations, etc.. will be available in our Spring/Summer Brochure which will be released in February. Updates will also be available by checking our website at www.hwrecreation.com

PARK PROGRAM

978-468-2178

www.hwrecreation.com

Patton Park CIT Program

(Ages 13-15)

Instructors: Patton Park Summer Staff

You must apply to be a CIT. Please write a one page essay stating why you want to be a CIT. Attach with your essay two written references, from non-family members, that can speak to your personality and ability to work with peers and children. Send your essay and references along with a completed registration form and payment to the Hamilton-Wenham Recreation Department. Once we receive your application it will be reviewed and a letter will be mailed informing you if you have been accepted into our program. Checks will be held until the letter of acceptance is mailed. Returning CIT's do not need to write an essay or submit references. They need only to register and submit payment, however, **space is first come first 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 22 - July 17 (No 7/4)

Session Two (4 week session) \$100
July 20 - August 14

Summer Teen Field Trips

(Ages 13-15)

Instructor(s): HW Recreation Staff



One Weekly Field Trip offered throughout the Summer. Children who are enrolled in the C.I.T. program are eligible for each field trip.

Field Trip information including dates, times, location, and price will be available in our Spring/Summer Brochure which will be released in February. Updates will also be on our website www.hwrecreation.com.

Location: Recreation Center

8 sessions

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$85 Session 1
	\$100 Sessions 2-8

*\$570 for all 8 sessions

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 Patton Park Program

Max: 40

<u>Times</u>	<u>Price per session</u>
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1 pm - 3:30 pm \$ 50

Monday - Thursday for one week sessions.

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

YOUTH PROGRAMS

978-468-2178

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.

Come on down and check it out!!

Location: Recreation Department Gym and Classroom
12 weeks

Day	Times	Date	Price
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Tue & Fri	10:15 - 12 noon	Jan 6 - Apr 3	\$5 Drop-in*
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(No class Feb 17 and Feb 20)

**Eight (8) Class Pass available \$40

Micro Athletics

(Ages 2-4)

Instructor(s): Knucklebones

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

Sneakers are required.

Location: Fairhaven Field/Recreation Center
6 weeks

Day	Time	Date	Price
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Tues	9 - 9:50 am	Jan 6- Feb 10	\$70
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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
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Mon	10am-11am	Jan 6- Apr 6	\$5 Drop-in rates*
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*Five (5) class pass available for \$25 per student

Micro Basketball

(Ages 2-4)

Instructor(s): Knucklebones

Beginning with dribbling, shooting, passing and catching as well as defense. Using age appropriate equipment the class will enable your child to learn at their own pace while having a blast! Each class will be structured with stretching, learning a skill, rule of the day, skill game and finally a fun filled game for all to enjoy.

Location: Recreation Center Gymnasium
6 weeks

Day	Time	Date	Price
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Tues	9 - 9:50am	Feb 24 - Mar 31	\$70
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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
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Wed	4:15- 4:45 pm	Jan 7- Mar 18	\$175
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YOUTH PROGRAMS

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www.hwrecreation.com



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 Gymnasium

8 or 6 weeks

Session	Day	Age	Times	Date	Price
1	Sat	3-4	9:00 am - 9:45 am	Nov 29 - Jan 24*	\$128
1A	Sat	2-3	10:00 am - 10:40 am	Nov 29 - Jan 24*	\$128
*8 Week Session - No class Dec 27					
2	Thurs	2-3	11:00 am - 11:40 am	Dec 4 - Feb 5*	\$128
2A	Thurs	3-4	11:45 am - 12:30 pm	Dec 4 - Feb 5*	\$128
* 8 week Session - No class Dec 25 & Jan 1					
3	Sat	3-4	9:00 am - 9:45 am	Feb 28 - Apr 4*	\$96
3A	Sat	2-3	10:00 am - 10:40 am	Feb 28 - Apr 4*	\$96
3B	Sat	3-4	10:45 am - 11:30 am	Feb 28 - Apr 4*	\$96
*6 Week Session					
4	Thurs	2-3	11:00 am - 11:40 am	Mar 5 - Apr 9*	\$96
4A	Thurs	3-4	11:45 am - 12:30 pm	Mar 5 - Apr 9*	\$96



Kick & 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
1	Thurs	1-2	10:10 am - 10:55 am	Dec 4 - Feb 5*	\$128
* 8 weeks - No class Dec 25 & Jan 1					
2	Thurs	1-2	10:10 am - 10:55 am	Mar 5 - Apr 9	\$96

www.hwrecreation.com

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First Works

(Ages 4-5)

Instructor(s): Artcie Studio - 60 Railroad Ave, Hamilton

First Works gives students the opportunity to explore and create! Each session, students will be introduced to the works of a famous artist and will learn different techniques in both 2D and 3D art! It's a mixed media class with plenty of opportunity to do our favorite thing...GET CREATIVE!

Location: Artcie Studio

Session	Day	Times	Date	Price
1	Mon	9:30 - 10:15am	Dec 1 - Feb 9	\$150
1A	Mon	2:30 - 3:15pm	Dec 1 - Feb 9	\$150
2	Tues	9:30 - 10:15am	Dec 2 - Feb 10	\$150
2A	Tues	2:30 - 3:15pm	Dec 2 - Feb 10	\$150
3	Wed	9:30 - 10:15am	Dec 3 - Feb 11	\$150
3A	Wed	3:30 - 3:15pm	Dec 3 - Feb 11	\$150
4	Thurs	9:30 - 10:15am	Dec 4 - Feb 12	\$150
4A	Thurs	2:30 - 3:15pm	Dec 4 - Feb 12	\$150

*The studio will be closed December 22nd - January 2nd

Portfolio Art

(Grades 6-8)

Instructor: Artcie Studio - 60 Railroad Ave

Work in 2D and 3D continues, but with more student control over individual projects and mediums. While the instructor chooses half of the work, the student is free to choose the other projects depending on interest with the aim of creating a "portfolio" of work by class end.

Location: Artcie Studio

Session	Day	Time	Date	Price
1	Mon	6:30 - 8pm	Dec 1 - Feb 9	\$225
2	Wed	4:45 - 6:15pm	Dec 3 - Feb 11	\$225

*The studio will be closed December 22nd-January 2nd

Portfolio Art

(Grades 9-12)

Instructor: Artcie Studio - 60 Railroad Ave

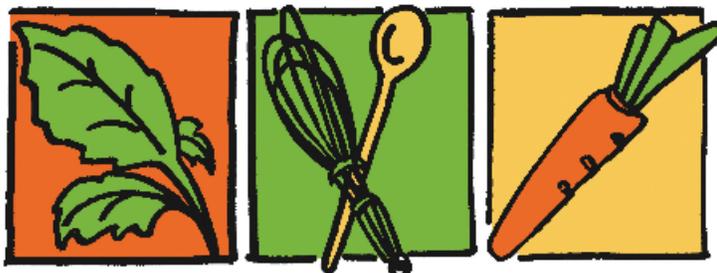
Work in 2D and 3D continues, but with more student control over individual projects and mediums. While the instructor chooses half of the work, the student is free to choose the other projects depending on interest with the aim of creating a "portfolio" of work by class end.

Location: Artcie Studio

Session	Day	Time	Date	Price
1	Wed	6:30 - 8pm	Dec 3 - Feb 11	\$225
Advanced	Thurs	6:30 - 8pm	Dec 4 - Feb 12	\$225

*The studio will be closed December 22nd-January 2nd

Kids Cooking Green



Fruit Smoothies Competition

(Grades 3-5)

Instructor(s): Kids Cooking Green Staff

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

Location: Recreation Center
Min: 12 Max: 16



Day	Times	Date	Price
Wed	1:15pm-3:15pm	Nov 12	\$30

Crepe Making

(Grades 3-5)

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

Pasta Making

(Grades 3-5)

Instructor(s): Kids Cooking Green Staff

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

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



Day	Time	Date	Price
Wed	1:15pm-2:45pm	Feb 4	\$30

Breakfast for Dinner

(Grades 3-5)

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

YOUTH PROGRAMS

978-468-2178

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	Jan 14 - Mar 4	\$118

Floor Hockey

(Grades 3-6)

Instructor(s): Recreation Department Staff

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

Location: Recreation Center Gym

5 weeks
Min: 10/Max: 14

Day	Times	Date	Price
Tues	3:30 - 4:30 pm	Feb 24 - Mar 31	\$45

**No Class March 10

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	4:45 - 5:30 pm	Jan 7-Mar 18	\$175
Wed	9-14	5:30 - 6:15 pm	Jan 7-Mar 18	\$175

*No Class Feb 18

www.hwrecreation.com

Home Alone Safety Plus Caring for Siblings

(Ages 11+)

Instructor(s): Debbie LaFlamme

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

Location: Recreation Center

1 Day Workshop



Day	Times	Date	Price
Sat	9:00am - 1 pm	Jan 10	\$35

Babysitting Training

(Ages 11+)

Instructor(s): Debbie LaFlamme

Just in time for the Valentine's Day 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
Sat	9:00am - 1 pm	Feb 7	\$35

Youth Baseball Clinic

(Ages 7-12)

Instructor(s): Jason Larocque

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



Location: Recreation Center Gym

Day	Times	Date	Price
Sun	5:15-6:30pm	Feb 21 - Mar 21	\$90

978-468-2178

YOUTH PROGRAMS

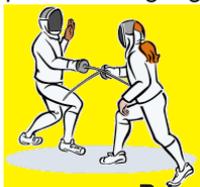
978-468-2178 www.hwrecreation.com

Fencing 101

(Grades 3-8)

Instructor(s): Jack Mullarkey

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



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

Day	Times	Date	Price
Wed	2:30 - 3:30 pm	Jan 14 - Mar 11	\$150

* No Class Feb 18

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

Co-Ed Rec Volleyball

(Grades 4-8)

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

Join H-W Varsity Volleyball Coach Jen Flynn and members of her High School volleyball team 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.

Location: Recreation Center Gym
6 Weeks

Grade	Day	Time	Date	Price
4-6	Sun	5:15-6:30pm	Jan 11 - Feb 15	\$75
7-8	Sun	6:30-7:45pm	Jan 11 - Feb 15	\$75

*No Class Feb 18

www.hwrecreation.com

Girls Soar Series

(Grades 3-5)

Instructor(s): Susan Guest

The Girls Soar Series is designed to bring out the best in each girl by teaching her how to have a healthy relationship with herself (body, mind, emotions and spirit), and the world around her. It's the ultimate girl empowerment group! Girls Soar is a place where girls can embody their strengths, make great friends, discover new ways to move through the martial arts, dance, and yoga, and have fun! Each week will have a different focus, as well as fostering a positive self-image, and making connections with other girls. Some highlights are:

- * Positive Sharing Circle
- * Artistic Connections, Journal writing, drawing, acting, dancing
- * Nia® Dancing- A combination of eastern and western movement styles, we will learn about the sensations of health, strength, flexibility, agility, stability, and mobility, add some cool moves, and invite our spirits to dance.

Please bring a yoga mat, water bottle and journal.

Location: Recreation Center

Max: 20

Seven (7) weeks

Day	Time	Dates	Price
Weds	1:15-2:15pm	Dec 3-Jan 28*	\$70

*no class Dec 24, Dec 31

Lego Minecraft and Engineering

(Grades 1-6)

Instructor(s): Seacoast Technologies

We have combined two of our most popular workshops into one action-packed LEGO Workshop! Participants will have the opportunity to explore the amazing world of Minecraft with LEGO(r). Create your very own Minecraft Village complete with houses and crops. All new LEGO(r) Minecraft projects will available including the Farm, Cave, and Ender Dragon! We will also explore the amazing world of LEGO Engineering as we learn about motors, gears, and pulleys as we construct motorized vehicles, amusement park rides, and more. Note: Participants do not take projects home.

Location: Recreation Center

3 Days

Min: 10/Max: 14

Day	Times	Date	Price
Tue-Thurs	9am - 12pm	Feb 17-19	\$75

978-468-2178

FAMILY PROGRAMS

978-468-2178

www.hwrecreation.com

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

(Ages- All)

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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Discounted Daily Ski Passes

The Hamilton-Wenham Recreation Department is partnering with Wildcat Mountain and Attitash Mountain Resort to offer discounted ski tickets! Terms and prices can be found in the table below. Tickets will be available when all trails are available for use (normally near the end of December). Make sure to check our facebook page for updates! Interested Participants can pre-register on our website: www.hwrecreation.com.

<u>Ticket Type</u>	<u>Discounted Rate</u>	<u>Savings</u>
1 Day Adult (19-64)	\$58	\$17
1 Day Young Adult (13-18)	\$45	\$15
1 Day Junior(6-12) & 1 Day Senior(65+)	\$35	\$15
Adult Midweek, Non-Holiday Ticket	\$45	\$30

Adult Midweek Ticket is not Valid on Saturday, Sunday, or holiday Dates. (12/26-1/1; 1/17-1/19; 2/14-2/22)

February Vacation Field Trips

Interested in being a chaperone?? Contact the Recreation Department

Wednesday, February 18th
Coco Keys Water Resort
Danvers, MA
(Ages 8-14)

Bus Departs Rec Center: 10:15am
 Bus Arrives back at Rec Center: 3:30pm

All participants have 4 hours of free play in the waterpark as well as a food voucher for pizza, chips and a drink.

Price \$60pp

Thursday, February 19th
Sky Zone Indoor Trampoline Park
Danvers, MA
(Ages 8-14)

Bus Departs Rec Center: 2:50pm
 Bus Arrives Back at Rec Center: 6:30pm

All Participants are given 1 hour of bounce time in SkyZone's all trampoline, walled playing court as well as access to the foam pit and dodgeball court. Participants will then be treated to pizza and refreshments in the party room.

Price \$45pp

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

NUTRITION PROGRAM: Rev It UP (RIU)

Rev It Up (RIU) is an 8-week group program designed to give participants the skills they need to make lasting lifestyle changes. A class setting allows for group interaction, live questions and answers, and additional instruction to support their progress. Focusing on four principles: Food, Fluid, Fitness and Foundation, RIU offers simple, practical steps for men and women of all ages looking to make improvements to their health.

8-week program includes:

- Weekly, hour long group sessions lead by fitness and nutrition expert, Ryann Collins, RD, LDN
- 275 pg. Instruction manual
- Maintenance Logs
- Goal setting and guidance focusing on food and fitness

Mission: To provide a healthy lifestyle roadmap that puts you in the driver's seat with a plan for healthy living to keep your body well-tuned for life.

Overall Health Benefits:

- 90% have improved energy levels
- 85% experience less to NO physical cravings for food and report greater awareness of emotional triggers.
- 95% are drinking at least 64 ounces of water daily

Since the program's inception in 2001, hundreds of people have learned to live the RevItUP! lifestyle in 27 states, and counting, across the United States. Based on data from classes taught between 2001 – 2005, the typical RevItUP! clients are:

- 81% female, 19% male
- 53% between 35-49 years of age (19% <35, 27% >50)
- #1 occupation: homemaker, #2: business professional



Day:	Tuesday
Dates:	January 6th - February 24th
Time:	6:30pm-7:30pm
Location:	Recreation Center Meeting Room (16 Union St)
Cost:	\$180 (Includes Instruction Manual and Maintenance Logs)

Ryann Collins RD, LDN

As founder and owner of NourishRx, Ryann is passionate about eating well, living well and helping others do the same. Ryann's philosophy revolves around not getting caught up in the number on the scale, rather becoming more in tune to your body, being able to enjoy foods of all kinds and empowering yourself to make balanced eating a priority in your life. Ryann helps her clients find balance between the foods they eat and their busy lives. Her approach treats the whole person - family, work, activity - delivering a total body approach to achieving optimal nutritional health.

Registered Dietitian Ryann Collins is a graduate of Simmons College in Boston with a degree in Nutrition & Dietetics. She has previously served as the PHP/IOP dietitian at Walden Behavioral Care, LLC, a Boston area eating disorder treatment center. Currently, Ryann provides nutrition counseling and treatment to infants and children as the Pediatric and Adolescent outpatient dietitian at North Shore Medical Center and MassGeneral Hospital for Children at NSMC. She lives in Essex, Massachusetts with her family.

ADULT PROGRAMS

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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

Session	Day	Times	Date	Price
1	Thurs	9:00-10:00 am	Jan 8-Feb 19	\$35*
2	Thurs	9:00-10:00 am	Feb 26-Apr 10	\$35*

*\$7 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

Please contact B&S Fitness for registration information at www.bnsfitness.com or call 978.204.8588

Location: Recreation Center/Fairhaven Field

Mon-Thurs 6am-7am

www.hwrecreation.com

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: Hamilton Council on Aging, 299 Bay Road

Day	Time	Date	Price
Tues	6:30pm- 7:30pm	Jan 6-Feb 17	\$56*

*\$10 drop-in

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

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ADULT PROGRAMS

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www.hwrecreation.com



BeachFit Moms

(Ages: Adults)

Instructor(s): Meghan Malloy

BeachFit Moms is a 45-min class specifically designed for moms, with their children in tow. The BeachFit Moms Program is based on our 5 Core Concepts; Strength, Endurance, Flexibility, Nutrition and Connectivity. By joining BeachFit Moms 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, BeachFit Mom Instructors and CPR certified so you can work out in a safe and educated environment. Come join Meghan Malloy at the Hamilton Wenham Recreation Gym on Monday, Wednesday and Friday at 9:15! Please bring a yoga mat or towel, water and a stroller if your bringing your little ones.

Location: Recreation Center Gymnasium

Days: Monday, Wednesday, and Friday

Cost: \$60 per month*

\$9 Drop in

*Prorated prices are available to those who register in the middle of a monthly session. Register at www.hwrecreation.com or contact the department at 978-468-2178.

www.hwrecreation.com

Photography 101: Break Free from the Automatic Setting

(Ages - Adults)

Instructor: Cheryl Crotty



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

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

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

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.

Location: Recreation Center

Day(s)	Times	Dates	Price
Mon & Wed	10am - 12pm	Dec 1 - Feb 26	\$3 drop-in
Fri	12:30pm-2:30pm	Dec 1 - Feb 26	\$3 drop-in

*No Class 2/16 and 2/18

Co-Ed Adult Volleyball

Instructor(s): No Instructor

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

Location: Pingree School - Weld Gymnasium

Day(s)	Times	Dates	Price
Thur	7:00 - 9:00 pm	Dec 4 - Apr 9*	\$50

*No Class 12/18, 12/25, 1/1, 1/8, 3/19, 3/26

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ADULT PROGRAMS

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www.hwrecreation.com

Co-Ed Adult Kickball League

(Ages- Adults and Seniors)

Instructor(s): Kerrin Fletcher

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
Thurs	2-7pm	May 10 - June 21*	\$25*
No Games May 31			



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

Join us at the Gordon College Bennett Center for open lap swimming. You must register with the Recreation Department to get your swimming pass. This pass allows you to lap swim during the days and times shown below. However, times may change due to the college's activity schedule. Please check with the Bennett Center for exact days and times. (Bennett Center 978-867-3737) Locker rooms and showers facilities are available.

Location: Gordon College Pool at the Bennett Center

Resident Price: \$65 (20 visit pass)

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

Water Exercise

Instructor(s): Gordon College Staff

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

Location: Gordon College Pool at the Bennett Center

Min: 4/Max: 15

Session	Day(s)	Times	Dates	Price
A	Tue & Thur	10 - 11am	Jan 20 - Feb 26	\$36
B	Tue & Thur	10 - 11am	Mar 24 - Apr 30	\$36

Walking Pass

Instructor(s): No Instructor

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

Location: Gordon College Bennett Center

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

*You must have a pass to participate.



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.