

HAMILTON—WENHAM RECREATION

Est. 1995

2014 WINTER PROGRAM BROCHURE



**16 UNION STREET
S. HAMILTON, MA 01982
978-468-2178
WWW.HAMILTONMA.GOV**



RECREATION DEPARTMENT INFORMATION

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

**HAMILTON-WENHAM
RECREATION DEPARTMENT
MISSION STATEMENT**

The Hamilton-Wenham Recreation Department provides a wide variety of programs designed to improve the quality of life for residents by meeting physical and recreational needs. We promote life long lessons through play, education and community wide events.

**JOINT RECREATION BOARD
MEMBERS**

| | |
|----------------------------|----------|
| John Cusolito, Chairperson | Wenham |
| Mary Buntin | Wenham |
| Steve Ozahowski | Hamilton |
| Denis Curran | Wenham |
| 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.

IMPORTANT CONTACT INFORMATION

SPORTS CONTACTS

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



RECREATION DEPARTMENT POLICIES

REGISTRATION INFORMATION

Please register for members of your immediate family only.

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

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

NON-RESIDENT REGISTRATION & FEES

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

PAYMENT

We accept CHECKS ONLY.

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

AGE POLICY

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

OFFICE HOURS

Monday 8am-7pm
Tuesday-Thursday 8am-4:30pm
Friday 8am-1pm*

*Please call ahead for appointments on Friday

REFUND POLICY

- 1. FULL REFUND FOR A CANCELLED CLASS.**
- 2. YOU WILL RECEIVE A REFUND MINUS \$10 ADMINISTRATIVE FEE IF YOU NOTIFY THE RECREATION DEPARTMENT AT LEAST 5 DAYS BEFORE THE START OF THE PROGRAM**
- 3. NO REFUND IF YOU CANCEL LESS THAN 5 BUSINESS DAYS BEFORE THE START OF THE PROGRAM**

COURSE CANCELLATION

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

COURSE CONFIRMATION

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

MAKE UP CLASSES

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

INCLEMENT WEATHER

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

FILLED CLASSES

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

PARTICIPANT PHOTOGRAPH POLICY

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





Social Media



Search: Hamilton-Wenham Recreation



Search: @HWRecreation

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

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dreamstime.com



TODDLER/PROGRAMS

Imagination Station

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

Enjoy an organized playgroup that gives children an opportunity to run around the gym, participate in a simple craft, enjoy puzzles, use legos, read books, play dress up and just plain ol' have fun! Imagination station is a time for both parents and children to socialize and engage in some playtime. It is \$5 per day per family.

STARTS JANUARY 2nd

PROGRAM INFORMATION

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

Please note that this program will not run on the following dates due to school vacation:

February 18 & 20
April 22 & 24

PLAYGROUP

LEGOS

DRESS UP

GYM TIME

CRAFTS

BOOKS

PUZZLES

FRIENDS

&

FUN





TODDLER PROGRAMS

Wiggle and Giggles

(Ages 18 months - 3 years)

Instructor(s): Joyce Speicher

Wiggles and Giggles is a parent and tot music and movement program specifically designed for toddlers and emerging preschoolers. Wiggles and Giggles incorporates a number of themes and activities through songs, puppets, finger play and movement games that develop both fine and gross motor skills. Materials such as bean bags, hula hoops, parachute and lots more are used to keep the children engaged while moving to the music. They have fun while they learn and play. With the focus on having fun, Wiggles and Giggles is the kind of high-energy entertainment that the children and parents love.



Location: Recreation Center

6 weeks

| Day | Time | Date | Price |
|-----|--------------|-----------------|-------|
| Mon | 11:15 - 12pm | Jan 27 - Mar 10 | \$65 |

Movement and Athletics

(Ages 2-4)

Instructor(s): Knucklebones

Creative Movement & Athletics Program combines movement through dance and music while using unique equipment. Each week your coach will create a class filled with stretches, music (both live and recorded), games and activities. From scarves, ribbons, parachute and musical instruments to balancing stones, hula hoops, inflatable tubes and much more, This class encourages self-expression, movement, gross motor development and fun!

Location: Recreation Center

6 weeks

| Session | Day | Time | Date | Price |
|---------|-----|----------|-------------------|-------|
| 1 | Wed | 9 - 10am | Jan 8 - Feb 12 | \$65 |
| 2 | Mon | 9 - 10am | Mar 10 - April 14 | \$65 |

Bricks 4 Kidz - Preschool Class

(Ages 4-5)

Instructor(s): Bricks4Kidz

6 weeks

Min: 8/Max: 15



Location: Recreation Center

Hands-on class that will teach preschoolers to build animals, alphabet, numbers and more using DUPLO® and LEGO® bricks. Over 100 models available.

| Day | Time | Date | Price |
|-----|-----------|----------------|-------|
| Mon | 10am-11am | Jan 6 - Feb 24 | \$85 |

***No Class 1/20, 2/17

Micro Wheels

(Ages 2-4)

Instructor(s): Knucklebones

Micro Wheels teaches the fundamentals of learning to ride a bicycle without training wheels! Each class your Knucklebones Coach will bring in a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. Class will begin with a brief stretch and activity to get participants up and moving. From there we will introduce a new activity involving wheeled vehicles such as scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. As well, we will include an array of diverse games and activities such as balance beams, balancing stones, street signs, an obstacle course and more to help these determined drivers develop the skills needed to ride safely, successfully and have FUN! Proper sneakers and long pants are required.



Location - Recreation Center Gymnasium

6 weeks



| Day | Time | Date | Price |
|-----|--------|----------------|-------|
| Wed | 9-10am | Mar 12- Apr 16 | \$65 |

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

6 weeks

| Day | Time | Date | Price |
|-----|--------|-----------------|-------|
| Fri | 9-10am | Apr 30 - June 4 | \$65 |



TODDLER/YOUTH PROGRAMS

Little Dragons Karate

(Ages 3-4)

Instructor(s): Steve Nugent & Staff

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

Location: Recreation Center

10 weeks

| Day | Times | Date | Price |
|-------|------------------|---------------|-------|
| Thurs | 4:15pm - 4:45 pm | Jan 9- Mar 20 | \$200 |

**No Class 2/20

Girls and Boys Tumbling Tots

(Ages: 3-4)

Instructor(s): Iron Rail Gymnastics Staff

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

Location: Iron Rail Gymnastics
91 Grapevine Rd, Wenham

8 weeks

Min: 4/Max: 12

| Session | Day | Times | Date | Price |
|---------|------|--------------|----------------|-------|
| 1 | Tues | 10:15 - 11am | Jan 14 - Mar 4 | \$110 |
| 2 | Tues | 10:15 - 11am | Apr 8 - May 27 | \$110 |

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 25 - Apr 1 | \$45 |

**No Class March 11



Karate

(Ages 5-14)

Instructor(s): Steve Nugent & Staff

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

Location: Recreation Center

10 weeks

| Day | Age | Times | Date | Price |
|-------|------|----------------|---------------|-------|
| Thurs | 5-8 | 4:45 - 5:30 pm | Jan 9- Mar 20 | \$205 |
| Thurs | 9-14 | 5:30 - 6:15pm | Jan 9- Mar 20 | \$205 |



**No class 2/20

Spring Basketball Skills Clinic

(Grades 1-4)

Instructor(s): Premier Hoops

Enroll your daughter or son into the finest basketball skill development league on the North Shore run by Premier Hoops in partnership with the Hamilton-Wenham Recreation Department! This league is for beginner players and the overall goal is to have a lot of fun, learn new skills, and learn the rules of basketball through team-play! Through top level Premier Hoops coaching (no parent-coaching) players will learn new skills such as lay-up making, shooting, passing, defense, and dribbling moves! After the first 45 minutes of fun skill development, athletes will be split into teams and play in refereed games! Each player will receive a "league" jersey upon registration! The new skills league is limited to 30 athletes so sign up soon!

Register at: <https://premierhoopsters.com/spring-beginner-premier-league-north-shore>

Location: Recreation Center Gym

9 weeks

| Day | Times | Date | Price |
|------|----------|-----------------|-------|
| Tues | 3:30-5pm | Apr 8 - June 10 | \$145 |

Interested in teaching a class?

Contact us at
978-468-2178 or
stimmons@hamiltonma.gov



YOUTH PROGRAMS

Iron Rail Gymnastics

(Ages 5+)

Instructor(s): Iron Rail Gymnastics Staff

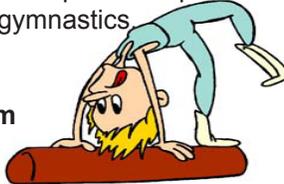
Children receive gymnastics instruction on all Olympic events and trampoline. Classes emphasize the learning of basic skills, developing strength and flexibility and self-confidence. This program is designed for students who wish to participate in the sport of gymnastics on a recreational level. Children 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

| Session | Day | Time | Date | Price |
|---------|-----|---------------|----------------|-------|
| 1 | Wed | 2:30 - 3:30pm | Jan 15 - Mar 5 | \$120 |
| 2 | Wed | 2:30 - 3:30pm | Apr 9 - May 28 | \$120 |



Bricks 4 Kidz Lab

(Grades K-5 or ages 5+)

Instructor(s): Bricks 4 Kidz



Explore Science, Technology, Engineering and Math concepts using LEGO® bricks. Each week children will build a model based on themes like Space Exploration, Laws of Motion, Sport and Animals. The instructors structure the class to promote collaboration, reinforce problem solving and stimulate the mind.

Location: Recreation Center

6 week session

Min: 8/Max: 15



| Day | Times | Date | Price |
|------|-------------|----------------|-------|
| Weds | 3:30-4:30pm | Jan 8 - Feb 12 | \$105 |

Wicked Art Bar for Kids

(Ages - 8+)

Instructor: Wicked Art Bar Staff

No painting experience necessary. This workshop will allow children to paint their own masterpiece based on step by step instruction. All supplies and instruction provided by the Wicked Art Bar staff. Don't miss out on the fun!

Location: American Legion Building
10 School Street, Wenham

Min 10, Max 30

| Day(s) | Times | Dates | Price |
|----------|----------|--------|-------|
| Saturday | 10am-1pm | Jan 11 | \$55 |



Computer Explorers

Introduction to 3D Visualization

(Grades K-3)

Instructor(s): Computer Explorers

No amount of "huffing and puffing" will blow our buildings down! Understanding and visualizing dimension is the cornerstone of engineering, architecture, and building. Students learn principles of construction and use math skills as they experiment with scale and size, symmetry and reflections, staggering vs. stacking. In a hands-on class using LEGO® materials, we'll build houses with removable roofs, castles with turrets, and towers of strength.

Location: Recreation Center

8 weeks

| Day | Times | Date | Price |
|-----|--------|-----------------|-------|
| Mon | 4 -5pm | Jan 27 - Mar 24 | \$125 |

**No class on 2/17

Archery

(Ages 8-Adult)

Instructor(s): Archery USA

5 weeks

During this five week program participants will learn to shoot bow and arrow with Archery USA in this Olympic archery development program. Classes are taught by a certified

archery instructor. All equipment is provided. Students will progress at their own pace.

Location: Recreation Center

| Day | Age | Times | Date | Price |
|-----|---------|--------------|----------------|-------|
| Sa | 8-Adult | 10am-11:30am | Mar 1 - Mar 29 | \$100 |

Zumba For Kids

(Ages 4-12)

Instructor(s): Cheryl Cabral

6 weeks

What's it all about? ZumbAtomic® is a fitness program designed for kids ages 4-11. Children will learn fun dances, play fitness games, and learn new rhythms. No previous dance experience is needed.

Location: Recreation Center

7 weeks

| Day | Age | Times | Date | Price |
|-----|------|----------------|------------------|-------|
| Fri | 4-7 | 3:00 - 3:30 pm | *Feb 28 - Apr 11 | \$45 |
| Fri | 8-12 | 3:30 - 4:15 pm | *Feb 28 - Apr 11 | \$55 |

Free Demo on February 28th



YOUTH/TEEN PROGRAMS

Bricks 4 Kidz- Winter Brick Week (Ages 7-12)

Instructor(s): Bricks 4 Kidz

LEGO® building that features a different theme every day. Sign up for 1,2,3 or all days of the week. Participants who enroll for all the sessions will go home with a custom mini figure!

Monday- Mission 2 Space, Tuesday-Construction Craze, Wednesday- Amazing Animals, Thursday- Cars, Trucks & Trains and Friday Sports Spectacular.

Location: Recreation Center

Min 8, Max 10

| Times | Date | Price |
|----------|-----------------|---------------------|
| 2pm -5pm | Feb 17 - Feb 21 | \$55 day/\$210 week |

Lego Stop Motion Animation (Grades 6+)

Instructor(s): Bricks4Kidz

Location: Recreation Center

6 weeks

Min: 8/Max: 15



Lights, cameras, LEGO® action! Use LEGO® bricks to tell YOUR story complete with music, special effects and all your favorite LEGO® mini-figure characters! Students will plan, script, stage, shoot and produce their own mini-movie using Stop Motion Animation. A screening party will be held on the last day of class for all the completed movies.

| Day | Time | Date | Price |
|-------|-------------|---------------|-------|
| Thurs | 4:30-5:30pm | Jan 9 - Feb 6 | \$135 |



Teen Training and Exercise (Age 11-15)

Instructor(s): Moira Riccio

Gear up for the Spring Sports Season with local trainer Moira Riccio. Get fit, get strong: improve CORE strength, increase cardio endurance, practice power and plyometric exercise moves....but most of all, have fun! Participants need to bring a MAT and light 3 lb. weights. Mondays & Wednesdays, 4-5pm in the gym. February 24, through April 4, 2014

Location: Recreation Center

| Days | Time | Date | Price |
|-----------|--------|----------------|-------|
| Mon & Wed | 4 -5pm | Feb 24 - Apr 4 | \$125 |

Babysitter Training (Ages 11+)

Instructor(s): Debbie LaFlamme

Just in time for the upcoming Valentine's Day babysitting jobs. 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 8 | \$35 |

Home Alone Safety plus Caring for Siblings (Ages 11+)

Instructor(s): Debbie LaFlamme

This course teaches young adults the various responsibilities associated with being home alone. During this three hour workshop participants will learn when and how to get help, door safety and strangers, emergency action. In addition to basic Home Alone Safety young adults will also learn how to provide proper toddler care, Basic First Aid, creative activities for young children and much more.

Location: Recreation Center

1 Day Workshop

| Day | Times | Date | Price |
|-----|--------------|--------|-------|
| Sat | 9:00am -noon | Mar 29 | \$35 |

CPR/AED Class For Teens (Ages 12-17)

Instructor(s): Jane Bugler

This course will train an individual how to respond quickly in a cardiac arrest emergency for infants, child and adults. The individual will learn American Heart Association CPR/AED techniques for adults and children. Certification cards will be included and they are valid for two years.

Location: Wenham Council on Aging Building

| Day | Times | Date | Price |
|-----|---------|-------|-------|
| Sun | 4 - 8pm | Feb 2 | \$45 |



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 by contacting the Recreation Department.

| Ticket Type | Discounted Rate | Weekday/Weekend Savings |
|--|-----------------|-------------------------|
| 1 Day Adult (19+) | \$55 | \$8/15 |
| 1 Day Young Adult (13-18) | \$39 | \$9/16 |
| 1 Day Junior(6-12) & 1 Day Senior(65+) | \$33 | \$6/17 |
| Adult Midweek, Non-Holiday Ticket | \$39 | \$24 |

Adult Midweek Ticket is not Valid on Saturday, Sunday, or holiday Dates. (12/16-12/31; 1/18-1/20; 2/15-2/23)

February Vacation Field Trips

Interested in being a chaperone?? Contact the Recreation Department

Tuesday, February 18th
Kings Bowling Alley
Lynnfield, MA
(Ages 8-14)

Bus Departs Rec Center: 10:45am
 Bus Arrives back at Rec Center: 2:45

All participants are given 1 hour of bowling time followed by pizza, cake and refreshments.

Price \$60pp

Thursday, February 20th
Sky Zone Indoor Trampoline Park
Everett, MA
(Ages 8-14)

Bus Departs Rec Center: 2:20pm
 Bus Arrives Back at Rec Center: 7:00pm

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 \$40pp

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



SNOWSHOE CLASSES

SNOWSHOES AND POLES WILL BE PROVIDED BY REI

(Classes will be held weather permitting)



Discover the joy of winter and the freedom of snowshoeing! During this field outing, you'll learn snowshoeing techniques, ascending and descending hills, snow hazard awareness, and winter preparedness. Don't have snowshoes? REI provides snowshoes, snowshoe poles and professional instruction on proper use of equipment, to make every trip a success.

LEARN TO SNOWSHOE:

Date: Saturday, February 8, 2014, **Time:** 9AM - NOON, **Cost:** \$60

INTRO TO SNOWSHOE:

Date: Saturday, March 1, 2014, **Time:** 9AM - 3PM, **Cost:** REI Members: \$70. Nonmembers: \$90.



- **Gear to bring to class: (Required)**
- Synthetic / wool layers - Clothing that will stay warm when wet.
- Warm Hat
- Warm Socks - Wool or Synthetic.
- Warm Gloves
- Warm Jacket - Down or Synthetic.
- Daypack - Day pack large enough to carry water, food and layers.
- Energy Snacks
- Personal Camera-(Optional)
- Sun Protection - Lip balm, sunscreen, wide-brim hats, etc. (Optional)

Instructor: REI STAFF, Outdoor Programs and Outreach—New England

Location: Appleton Farms, REI Outdoor School Outings

City/Town: Ipswich

Please contact REI for registration information

Phone: 781.944.5103

Website: <http://www.rei.com/stores/reading.html>





ADULT PROGRAMS

Classes Held At Gordon College

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

Lap Swimming Passes

Instructor(s): No Instructor

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

Location: Gordon College Pool at the Bennett Center
LAP Swim times can vary. Below is a general guide of Lap Swim times.

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

Resident Price: \$65 (20 visit pass)

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

Walking Club

Instructor(s): No Instructor

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

Location: Gordon College Bennett Center

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

*You must have a pass to participate.

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

| <u>Session</u> | <u>Day(s)</u> | <u>Times</u> | <u>Dates</u> | <u>Price</u> |
|----------------|---------------|--------------|-----------------|--------------|
| A | Tue & Thur | 10 - 11am | Jan 21 - Feb 27 | \$36 |
| B | Tue & Thur | 10 - 11am | Mar 25 - May 1 | \$36 |

CPR/AED Class For Adults

(Ages 18+)

Instructor(s): Jane Bugler

This course will train an individual how to respond quickly in a cardiac arrest emergency for infants, child and adults. The individual will learn American Heart Association CPR/AED techniques for adults and children. Certification cards will be included and they are valid for two years.

Location: Wenham Council on Aging Building

| <u>Day</u> | <u>Times</u> | <u>Date</u> | <u>Price</u> |
|------------|--------------|-------------|--------------|
| Tues | 5 - 9pm | Feb 11 | \$45 |



ADULT PROGRAMS

Nia

(Ages - Adults)

Instructor: Susan Guest



Nia class is a mind-body-spirit fitness practice that will make you stronger, more mobile, increase your stability and athleticism, all while letting you move in your own body's way. 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. The hour-long choreographed classes use a variety of dynamic music that guarantees you will not be bored! If you love to move to music, you will love Nia! Each student is encouraged to modify their movement, speed and range of motion so all fitness levels can guide their Nia practice to meet their needs. Come experience a class today! For more info, call 978-290-9703 or go to www.nianow.com

Location: Recreation Center

***FREE DEMO- March 15th from 8am-9am. Please RSVP by March 14th by calling the Recreation Office at 978.468.2178

| Session | Day | Time | Date | Price |
|---------|-----|---------------|-----------------|-------|
| 1 | Tue | 6:30 - 7:30pm | Mar 18 - Apr 29 | \$56 |
| 2 | Tue | 6:30 - 7:30pm | May 6 - Jun 24 | \$64 |

Drop in Pickleball

(Ages - Adults & Seniors)

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.

Pickleball will run every Monday and Wednesday morning throughout the winter on two courts in our well lit gymnasium. A \$3 drop-in fee is required to play.

Location: Recreation Center-

| Day(s) | Times | Dates | Price |
|-----------|-----------|----------------|-------------|
| Mon & Wed | 10 - 12pm | Nov 4 - Feb 12 | \$3 drop in |

Wicked Art Bar Comes to Town

(Ages - Adults & Seniors)

Instructor: Wicked Art Bar Staff

No painting experience necessary. This workshop will allow you to paint your own masterpiece based on step by step instruction. All supplies and instruction provided by the Wicked Art Bar staff. Light refreshments will be provided.

Location: Council on Aging Building
299 Bay Road, So. Hamilton

Min 10, Max 30

| Day(s) | Times | Dates | Price |
|----------|----------|--------|-------|
| Saturday | 7pm-10pm | Jan 18 | \$55 |



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 you – think again, it is for everyone.

Location: Recreation Center/Fairhaven Field
6 weeks

| Day | Times |
|----------|---------|
| Mon-Thur | 6am-7am |

**Healthcare Provider
Recertification CPR/AED**

(Ages 18+)

Instructor(s): Jane Bugler

Are you a professional healthcare provider? Is it time to become recertified and your employer does not offer this service? This class is specially designed for the nurse, medical assistant, hygienists etc that need to become recertified. At the end of the class a written test will be administered. After the class is successfully completed and the necessary exam is passed you will receive your recertification.

Location: Wenham Council on Aging Building

| Day | Times | Date | Price |
|-----|---------|----------|-------|
| Sat | 8 -12pm | Jan 18th | \$45 |

