



# **Hamilton-Wenham Recreation Department**

## **Winter Brochure 2015-2016**

**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

<b>John Cusolito</b>	<b>Wenham</b>
<b>Mary Buntin</b>	<b>Wenham</b>
<b>Denis Curran</b>	<b>Wenham</b>
<b>Steve Ozahowski, Chair</b>	<b>Hamilton</b>
<b>Brad Tilley</b>	<b>Hamilton</b>
<b>Phil Tocci</b>	<b>Hamilton</b>

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



"Like" us on Facebook  
**Search:**

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Hamilton-Wenham  
Recreation

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

**978.468.2178**

# POLICIES/INDEX

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

## COURSE CANCELLATION

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

## COURSE CONFIRMATION

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

## MAKE UP CLASSES

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

## INCLEMENT WEATHER

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

**If you do not wish to register on-line\*, we have two other options for registration**

**Walk-In:**

**Recreation Center  
16 Union St, Hamilton MA  
Hours on page 2**

**Mail to:**

**HW Recreation Department  
16 Union Street  
Hamilton, MA 01982**

**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 PREVIEW**

All detailed information for the Hamilton Wenham Recreation Department Summer Park Program will be available in our Spring/Summer Brochure. Below you will find the session dates as well as the different age groups that will be offered. The Spring/Summer Brochure will have information such as times, pricing, daily activities, and field trips for the all of the various groups. Please Feel free to contact our offices with any questions you may have about the upcoming Summer Park Program.

## **2016 SUMMER PARK PROGRAM SESSIONS**

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

## **2016 SUMMER PARK PROGRAM GROUPS**

<b>Little Generals:</b>	<b>Ages 5-6</b>
<b>Young Explorers:</b>	<b>Ages 6-8</b>
<b>Jr. All Stars:</b>	<b>Ages 9-10</b>
<b>All Stars:</b>	<b>Ages 11-12</b>
<b>C.I.T.</b>	<b>Ages 13-15</b>

# YOUTH PROGRAMS

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. Come on down and check it out!!

Dates: Tues & Fri January 5 - March 4\*  
Time: 10:15am - 12:00pm  
Fee: \$5 per family, per day  
Location: Recreation Center Gym

No Imagination Station on the following Dates:  
2/16 & 2/18

## **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.

Dates: Tuesdays, January 19th - March 1st\*  
Time: 9:00am - 10:00am  
Fee: \$70 per participant  
Location: Recreation Center Gymnasium  
\*No Class 2/16



## **Ooey, Gooey Arts and Crafts** (Ages 2-5 ) 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.

Location: Recreation Center



Dates: Mondays, January 4th - March 7th\*  
Time: 10:00am - 11:00am  
Fee: \$5  
Location: Hamilton Wenham Recreation Center  
\*no class 2/15

## **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: Wednesday, February 9 - March 16\*  
Time: 4:15 - 4:30pm  
Fee: \$170 per participant  
Location: Recreation Center Gymnasium  
\*No class 2/17



## **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.

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

# YOUTH PROGRAMS

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

## 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.

### Fall Session 1

Dates: Saturdays, January 9th - February 13th

Time: Ages 2-3, 10:30am - 11:00am

Ages 3-5, 11:00am - 11:45am

Fee: \$84/\$96

Location: Recreation Center Gymnasium



### Fall Session 2

Dates: Saturdays, February 20th - March 26th

Time: Ages 2-3, 10:30am - 11:10am

Ages 3-4, 11:20am - 12:05pm

Ages 4-5, 12:15pm - 1:05pm

Fee: \$96

Location: Recreation Center



## 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.

Dates: Tuesdays, March 8th - April 12th

Time: 9:00am - 10:00am

Fee: \$70 per participant

Location: Recreation Center Gymnasium



## Explorations

Ages (2-4)

Instructor(s): Knucklebones

Knucklebones' Explorations engages both child and guardian in exploring a vast array of creative movement and gross motor activities. Each week your Knucklebones' coach will bring a plethora of activities creating a circuit of open play that will include soft climbers, hoppers, ball pit, climbing structure, push/pull toys, tents, tunnels, balancing equipment, scooters, balls (various textures and sizes), gymnastics shapes and much more. Your coach will also lead a group activity to encourage participants to work together and provide social interaction. Explorations will enhance gross motor and fine motor skills, hand/foot/eye coordination, balancing & walking, physical activity, and provide a whole lot of fun!

Date: Wednesdays, February 24th - March 20th

Time: 9:00am - 10:00am

Fee: \$70 per participant

Location: Hamilton-Wenham Recreation Center

## Pre-K Gymnastics

Ages (3-4)

Instructor(s): Iron Rail Gymnastics

The children participate in activities that develop strength, flexibility, coordination and listening skills. The use of games, music, balls, hoops and small obstacle courses, in addition to preliminary skills taught on the gymnastics equipment, creates a unique atmosphere for learning.

Dates: Tuesdays, January 19th - March 8th

Time: 10:15am - 11:00am

Fee: \$125 per participant

Location: Iron Rail Gymnastics

91 Grapevine Rd., Wenham MA



# YOUTH PROGRAMS

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

## Pre-K Basketball

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, January 30th - March 12th\*

Time: 9:00am - 10:00am

Fee: \$70 per participant

Location: Recreation Center Gymnasium

\*No Class 2/20



## Babysitting Training

(Ages 11+)

Instructor(s): Debbie LaFlamme

The one day workshop will cover how to have a safe baby-sitting experience. Some of the topics include: Basic First Aid, infant and toddler care, creative activities for young children and much more.

Dates: Saturday, February 6th

Time: 10:00am - 2:00pm

Fee: \$35

Location: Hamilton-Wenham Recreation Center



## 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

### Session 1

Dates: Wednesdays, January 6th - February 10th

Time: 9:00am - 10:00am

Fee: \$70

Location: Recreation Center Gymnasium

### Session 2

Dates: Thursdays, February 25th - March 31st

Time: 10:00am - 11:00am

Fee: \$70

Location: Recreation Center Gymnasium

## Pre Ballet

(Ages 5-6)

Instructor(s): Samia DeSimone

This is an introduction to the fundamentals of classical Ballet for boys and girls. The Children will be guided and encouraged to explore and achieve their own unique potential and personal expression in positive learning environment. The program will meet the levels of individual need and aspire to increase self-confidence, creativity and knowledge of how arts and dance can positively influence a young child's life.

Date: Wednesdays, January 13th - March 2th

Time: 2:00pm - 2:45pm

Fee: \$112 per participant

Location: Hamilton-Wenham Recreation Center

\* No class 2/17

## 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, January 13th - March 2th

Time: 1:15pm - 2:00pm

Fee: \$112 per participant

Location: Hamilton-Wenham Recreation Center

\* No class 2/17



# YOUTH PROGRAMS

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

**Dates:** Wednesdays, January 20th - March 9th

**Time:** 2:30pm - 3:30pm

**Fee:** \$125 per participant

**Location:** Iron Rail Gymnastics  
91 Grapevine Rd, Wenham, MA

## 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:** Wednesday, February 9 - March 16\*

**Time:** Ages 5-8, 4:45pm - 5:30pm

Ages 9-14, 5:30pm-6:15pm

**Fee:** \$170 per participant

**Location:** Recreation Center Gymnasium

\*No class 2/17

## Futsal

Ages (5-7)

**Instructor(s): Super Soccer Stars Staff**

A modified form of soccer played with five players per side on a smaller, typically indoor play area. Futsal uses a smaller weighted futsal ball. Futsal is a fast paced game which allows the players to get more touches on the ball which accelerates player development.

**Dates:** Saturdays, February 20 - March 26

**Time:** 1:10pm - 2:00pm

**Fee:** \$96

**Location:** Recreation Center

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

## Archery

(Ages 8-14)

**Instructor(s): On Site Archery**

During this five week program participants will learn to shoot a bow and arrow 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.

### Session 1

**Date:** Saturdays, January 9- February 13

**Time:** 9:00am - 10:00am

**Fee:** \$95

**Location:** Hamilton-Wenham Recreation Center

### Session 2

**Date:** Saturdays, February 27- March 26

**Time:** 9:00am - 10:00am

**Fee:** \$80

**Location:** Hamilton-Wenham Recreation Center

## 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.

**Dates:** Thursdays, February 25 - March 24

**Time:** 3:30pm-4:30pm

**Fee:** \$45

**Location:** Hamilton-Wenham Recreation Center

## Wicked Cool Discovery Lab

Grades (1-5)

**Instructor(s): Wicked Cool for Kids**

Our favorite science lessons 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 — all tried and true favorites!

**Dates:** Mondays, March 28 - May 5th\*

**Time:** 4:00pm - 5:00pm

**Fee:** \$95

**Location:** Recreation Center

\*No class 4/18

978-468-2178

# YOUTH PROGRAMS

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

## **Paws, Jaws, and Claws** (Grades 1-5)

**Instructor(s): Wicked Cool for Kids**

Take a look at some of your favorite wild animals and determine if they are predators or prey. Learn to identify track patterns of canines and felines (dogs and cats) and compare animals in the wild to our domesticated pets. Creep with big cats and lope like coyotes. Be sly like a fox as you learn about local predators and what they eat. Each week you'll focus on a specific species to become a wildlife expert.

**Dates: Mondays, January 15th - February 29th\***

**Time: 4:00pm - 5:00pm**

**Fee: \$95**

**Location: Recreation Center**

**\*No class 2/15**

## **Co-Ed Rec Volleyball** (Grades 5-12)

**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 , February 21st- March 27th**

**Time: Grades 5-8, 5:30 - 7:00pm**

**Grades, 9-12, 7:00 - 8:30pm**

**Fee:\$75**

**Location: Recreation Center**

## **Gordon College Kids Indoor Rock Climbing** (Ages 4 & up)

**Instructor(s): GC Bennett Center Staff**

Join us for a 4 Week Indoor Rock Climbing Program for Kids Ages 4 and Up at Gordon College's La Vida Rock Gym. Gordon's instructors lead students from start to finish on how to properly climb. Students learn safety comes first through proper equipment use and belay techniques, The mission of the La Vida Rock Gym is to provide a safe, fun, and encouraging environment for kids as they learn and practice climbing and belaying skills.

**Dates: Tuesdays February 16- March 8, 2016**

**Time: 3:00-4:00pm**

**Fee: \$44 per participant, including shoe rental.**

**Location: Gordon College La Vida Rock Gym.**





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

Ticket Type	Discounted Rate	Savings
1 Day Adult (19-64)	\$59	\$20
1 Day Young Adult (13-18)	\$45	\$19
1 Day Junior(6-12) & 1 Day Senior(65+)	\$35	\$19
Adult Midweek, Non-Holiday Ticket*	\$45	\$30

\*Adult Midweek Ticket is not Valid on Saturday, Sunday, or holiday Dates. (12/26-1/2; 1/16-1/18; 2/13-2/21)



## Disney On Ice - 100 Years of Magic TD Garden - Boston, MA

Grab your family and your Mickey Ears and get ready for the ultimate Disney Experience at Disney on Ice celebrates "100 Years of Magic." Be charmed by a cast of over 50, with Mouse-ter of Ceremonies Mickey Mouse, sweetheart Minnie Mouse, Donald Duck, Goofy and Disney Princesses including Cinderella, Rapunzel, Ariel, Snow White and Tiana. Relive the magic of Disney's Frozen with Anna, Elsa and the hilarious Olaf as they discover that true love is the greatest magic of all!

Dates: Thursday, February 18th  
 Time: 3:00pm start time  
 Fee: \$40/per Ticket - Loge 12 Rows 7 - 9  
 Location: TD Garden, Boston, MA

Registration required by January 17, 2016  
 Must provide your own transportation  
 Tickets available in the Recreation Office

# FEB/APRIL VACATION

978-468-2178

www.hwrecreation.com

## 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 be 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.

Dates: February Vacation  
Time: Days and Time TBD  
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, April 19 - 22  
Time: 9:00am - 3:00pm  
Fee: \$130  
Location: Recreation Center

## February Vacation Field Trips

Interested in being a chaperone?? Contact the Recreation Department

### Tuesday, February 16th

**Laser Craze  
Woburn, MA  
(Ages 8-14)**

Bus Departs Rec Center: 10:10am  
Bus Arrives back at Rec Center: 2:00pm

All Participants receive 1 session of Lazer Tag, 2 slices of pizza, unlimited drink, and 12 game tokens for the arcade.

Price \$45pp

\*\*Each participant must have a signed waiver form from a parent/guardian. Waiver forms are available at the Recreation office, or at [www.hwrecreation.com](http://www.hwrecreation.com)\*\*

**Wednesday, February 17th  
Sky Zone Indoor Trampoline Park  
Danvers, MA  
(Ages 8-14)**

Bus Departs Rec Center: 9:00am  
Bus Arrives Back at Rec Center: 12:00pm

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.

Price \$40pp

\*\*Each participant must have a signed waiver form from a parent/guardian. Waiver forms are available at the Recreation office or at [www.hwrecreation.com](http://www.hwrecreation.com)

## **What is Health? Nutrition Lecture & Reset Program Information Session**

**(Ages- Adults and Seniors)**

**Instructor(s): Allison Coughlin and Marnie Lawler**

### **What is Health? Introductory Lecture**

Our presentations are all based on the latest research as well as on our clinical experience in working with clients. We make the scientific evidence engaging and easy to grasp, and our wisdom and wealth of knowledge will have your audience remembering your event long after it is over. Topics that we cover include basic nutrition, stress management, strength training, and many more.

### **The Reset**

A 21 day program, led by professional nutritional therapists, that will safely reset your body as you launch into a healthier, balanced, more energized lifestyle. This program will guide you to learn the dangers of following the typical "American diet," by removing sugar and processed foods and replace it with real food that will nourish your body. Not only will it help you focus on a diet and lifestyle change, but we will teach you how to make changes that you will embrace for the rest of your life.

### **What Makes Us Different**

This is NOT a narrow focused cleanse or fast; we emphasize nourishing- not starving your body with real food. We address more than just your diet by emphasizing other important components such as sleep, stress, and exercise. Cooking healthy meals does not mean hours in the kitchen. The Reset includes nourishing recipes that take less time than ordering takeout. We teach you how to prepare nutrient-dense meals so you are not overwhelmed. You can rely on regular group support during The Reset and beyond.

**Date: January 2, 2016**

**Time: 9:00- 11:00AM**

**Fee: Introductory Lecture is FREE**

**21 Day Reset Program \$319**

**Location: HW Recreation gym**



# ADULT PROGRAMS

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

## Tai Chi

(Ages- Adults)

Instructor(s): Susan Guest

Wellness, Balance, Relaxation. Tai Chi is a graceful form of exercise. This program is offered to aging bodies and works to improve strength and balance, to reduce the risk of falling, stress reduction and joint mobility. We will learn a simplified version consisting of 8 movements performed in a slow, focused manner, increasing your ability to sense your body as you move. Susan will include a seated version and warm up exercises. A group of research subjects who practiced Tai Chi improved more than 30 percent in lower-body strength and 25 percent in arm strength. Tai Chi hopes to play a key role in finding new ways to keep adults healthy, mobile, and active longer and in the safest possible way.

Dates: Fridays, January 8th - February 19th

Time: 9:00am-10:00am

Fee: \$2 Drop In

Location: Recreation Center

## 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.

Register online:

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

Stop by our office:

16 Union Street, S. Hamilton, MA

Monday 8am-7pm

Tuesday-Thursday 8am-4:30pm

Friday 8am-1pm

Call our office:

978.468.2178

## Gentle 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](http://www.nianow.com)

Dates: Mondays, January 4th - February 15th

Time: 9:00am-10:00am

Fee: \$40 or \$8 Drop in per person

Location: Recreation Center

## 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



# ADULT PROGRAMS

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

## North Shore Adventure Fitness Winter Conditioning

(Ages: Adults 18+)

Instructor(s): Marette Boyle

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

Our Winter Condition Bootcamp is a total-body program designed to improve your strength, cardiovascular endurance, flexibility, balance and coordination. Not only will our Bootcamp give you challenging workouts, but we will also help build confidence to get you through those tough winter months. At North Shore Adventure Fitness, we believe fitness should be fun, not tedious, and we have the tools to get you there.

- Calisthenics
- Flexibility
- Kettlebells
- TRX/Resistance Training
- Dumbbells
- Foam Rollers
- & More.



Location: Recreation Center Gymnasium Multi-Purpose Room

Dates: Tuesdays & Thursdays, Starting January 5th.

Time: 4:45-5:45pm

Fee: \$160 Resident, \$170 Non-Resident

Location: Recreation Center Gymnasium

\*Max Participants -12

\*Early Registration Discount (Before Christmas) \$5



## North Shore Adventure Fitness Flexibility Clinic

Ages: Adults 18+

Instructor(s): Marette Boyle

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

Flexibility is one of the most underrated key components to preventing injury, increasing strength and achieving your fitness goals. Join the North Shore Adventure Fitness team for a working clinic where we will take you through several postures, stretches both dynamically for warming up and static for recovery, to teach you new ways to stretch, as well as relax. Also by using Foam Rollers, Lacrosse Balls, and other flexibility tools; self-myofascial release breaks up knots and acts just like a deep-tissue massage, for a fraction of the cost. Several of the implementations will also be available for purchase through NSAF

Dates: Saturday January 9, 2016

Saturday February 13, 2016

Time: 9-10am

Fee: \$20 Early Registration

Location: Recreation Center Gymnasium, Multi-Purpose Room

Day of Registration also available \$25

Max Participants: 16



# ADULT

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

## Zumba®

(Ages- Adults)

Instructor(s): **Betsy Buccafusca**  
**Bonnie Rynkowski**

Zumba® classes take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This 45-minute, total workout features Latin and World rhythms and combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, providing you with the benefits of boosted energy and a serious dose of awesome each time you leave class. We even add in some moves from the Zumba® Burst program, incorporating calorie-burning cardio burst.

**Dates:** Starting January 5th

Tuesdays 7:30-8:30 with Betsy

Thursdays 8:30-9:30 with Bonnie

**Fee:** \$50 Full Session, \$10 Drop-In.

**Location:** Recreation Center Gymnasium



## 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.

**Dates:** December 1 - March 18th

**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

\*No class 2/16, 2/18, 2/10

## 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

**Dates:** Tuesday & Thursday, Starting January 19th

**Time:** 10-11am or 8-9pm

**Fee:** \$66 resident / \$71 non-resident

\*Closed March 7-11

### 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

**Dates:** Monday, Wednesday Friday

**Time:** 9:30-11:30

**Fee:** FREE -

\*\*Please register and pick up your pass at the Recreation Department

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



978-468-2178

# ADULT PROGRAMS

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

## **The Artist Bar Paint and Sip Night** Instructor: Jennifer Clement Ages: Adult

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.

For more information, and artwork samples please feel free to visit. [www.theartistbar.com](http://www.theartistbar.com)

**Dates:** Wednesday, February 10th, 2016  
**Time:** 6:30pm - 8:00pm  
**Fee:** \$50 per session  
**Location:** 15 Walnut, 15 Walnut St, Hamilton, MA 01982  
**Max Participants :** 16

\*All painting materials provided. Food and Drinks available from 15 Walnut at your own expense

## **The Savage Kitchen DIY Coconut 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.

**Dates:** Saturday January 09, 2016,  
Saturday February 13, 2016  
**Time:** 10:30am-12:00pm  
**Fee:** \$25 Early Registration, \$30 Day-Of Registration  
**Location:** Recreation Center Gymnasium, Multi-Purpose Room

\*Please let us know if you have any known allergies before registering for class. Nuts and other allergens may be present.



- south portland

# ADULT PROGRAMS

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

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

**Instructor(s): Iris Weaver**

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

1 ½ hours

2 oz. infused oil

**Dates: Thursday, March 24, 2016**

**Time: 7:00pm-8:30pm**

**Fee: \$30 Early Registration, \$35 Day-Of Registration**

**Location: Recreation Center Gymnasium, Multi-Purpose Room**

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

**Instructor(s): 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 recipes and resources for boosting your green cleaning! Materials included in class fee. (\$10.00 materials fee)

1 1/2 hrs.

4 oz. cleaning spray, 1 cup laundry powder

**Dates: Thursday January 28, 2016**

**Time: 7:00pm-8:30pm**

**Fee: \$45 Early Registration, \$40 Day-Of Registration**

**Location: Recreation Center Gymnasium, Multi-Purpose Room**

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

**Instructor(s): 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. (\$20.00 materials fee)

1 ½ hrs.

2 oz. scrub, 1 oz. toothpowder, ½ oz. deodorant

**Dates: Monday February 22, 2016**

**Time: 7:00pm-8:30pm**

**Fee: \$55 Early Registration, \$60 Day-Of Registration**

**Location: Recreation Center Gymnasium, Multi-Purpose Room**

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

**Instructor(s): Iris Weaver**

Early Spring Edible and Medicinal Plants of Patton Park: Foraging Walk Even in early spring, there are a surprising number of plants that are already out and available for food and medicine. Come take a walk around the park and learn about some of these plants, including the humble dandelion and the sprightly spruce 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.

**Dates: Saturday, April 23, 2016**

**Time: 12:00pm-1:30pm**

**Fee: \$30 Early Registration, \$35 Day-Of Registration**

**Location: Recreation Center Gymnasium, Multi-Purpose Room**

# Recreation Registration Form

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

**FOR OFFICE  
 USE ONLY**

Date \_\_\_\_\_  
 AMT \_\_\_\_\_  
 CK# \_\_\_\_\_  
 Health Form \_\_\_\_\_

Please fill out one registration form for each person. If you are a **NON-RESIDENT** please add a \$5 fee per program.

Last Name (participant)	First Name (participant)	Date of Birth & Grade
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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



# 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.**