

HAMILTON WENHAM RECREATION

WINTER 2018 PROGRAM BROCHURE



REGISTRATION BEGINS ON DECEMBER 1st

Hamilton Wenham Recreation Department
16 Union St, Hamilton, MA 01982
Office Lines: 978-468-2178 or 978-468-5590

Like and Follow us on Facebook
<https://www.facebook.com/hamiltonwenham.recreation/>

Website and to Register
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-4:30pm
Tuesday	8am-6:30pm
Wednesday	8am-4:30pm
Thursday	8am-4:30pm
Friday	8am-12:30pm*

*Please call ahead for
Appointments on Fridays

JOINT RECREATION BOARD MEMBERS

John Cusolito	Wenham
Len Dolan	Wenham
Denis Curran	Wenham
Steve Ozahowski, Chair	Hamilton
Brad Tilley	Hamilton
Reggie Maidment	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.

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

978.468.2178



"Like" us on Facebook
Search:

Hamilton-Wenham
Recreation

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 a \$10 administrative fee if you notify the Recreation Department at least five (5) business days before the start of a program.
3. No Refund if you cancel less than 5 business days before the start of a 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 website 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 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!**

TEXT ALERTS!!

If you wish to receive text alerts regarding cancelled activities please opt in for mobile notification on your account.

2018 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.

2018 SUMMER PARK PROGRAM SESSIONS

Session 1:	June 25 - June 29
Session 2:	July 2 - July 6 (no class 7/4)
Session 3:	July 9- July 13
Session 4:	July 16 - July 20
Session 5:	July 23- July 27
Session 6:	July 30 - August 3
Session 7:	August 6 - August 10
Session 8:	August 13 - August 17

2018 SUMMER PARK PROGRAM GROUPS

Little Generals:	Ages 5-6
Young Explorers:	Ages 7-8
Jr. All Stars:	Ages 9-10
All Stars:	Ages 11-12
C.I.T.	Ages 13-15

NEW FOR 2018 AT THE VETERANS MEMORIAL POOL AT PATTON PARK

Special Events for Summer 2018 may include:

- Float Fridays
- Family Nights
- Pirate Day
- Princess Day
- And others!

Join us this summer!

For more information please contact Sean Timmons at stimmons@hamiltonma.gov.



IMAGINATION STATION

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!

AGES: Infant through 5 years with adult
DATES: Fridays, Jan. 5th- Mar. 30th*
TIME: 10:15am - 12:00pm
COST: \$5 per family
LOCATION: Recreation Center Gym



* No program on 2/23

LITTLE DRAGONS KARATE

This class teaches proper stance, breathing, stretching, discipline, confidence and practical self defense. All uniforms and belts are included in the class.

AGES: 3-4
DATES: Thursdays, Jan. 25th - Mar. 29th*
TIME: 4:00pm - 4:30pm
DURATION: 8 weeks
COST: \$160
LOCATION: Recreation Center Gym



Instructor: Steve Nugent & Staff

*No Class 2/22

MICRO BASKETBALL

This clinic focuses on the basic fundamentals 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. Sneakers are required.

AGES: 2-4
DATES: Sundays, Feb. 25th - Apr. 1st
TIME: 10:30am - 11:30am
DURATION: 6 weeks
COST: \$70
LOCATION: Recreation Center Gym



Instructor: Knucklebones

VIKINGS MULTI SPORTS

Our Multi-Sports programs focus on fun sports and games. Participants will play a variety of sport and gym games. Most importantly, these programs are about constant playing! If you seek a program that offers a mix of traditional instruction and skill development multi sports is for you! Vikings coaches will use simple 1 and 2 step directions to explain games.

AGES: 3-5
DATES: Tuesdays, Jan 2nd-Feb. 6th
TIME: 9:00am-9:30am
DURATION: 6 weeks
COST: \$40
LOCATION: Recreation Center Gym



Instructor: Viking Sports

VIKING SPORTS OPEN PLAY

This drop in and play time is a great way for kids to burn off all of that endless energy. Use our equipment (balls, tunnels, mats, inflatable bounce houses etc.), and have a great time. Open Play is for kids aged 6 months to 6 years old. It is designed to be a free-form and unstructured setting that allows the kids and parents to play together with other families. All kids must be accompanied by an adult.

AGES: Infant through 6 years with adult
DATES: Tuesdays, Jan. 2nd- Mar. 27th
TIME: 10:00am-11:00am
COST: \$10 per family per day
LOCATION: Recreation Center Gym



Instructor: Viking Sports

SUPER SOCCER STARS

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 and develop self confidence and to develop teamwork in every class. Our specially designed curriculum uses 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!

WINTER 1A

AGES: 1-4
DATES: Thursdays, Jan. 4th- Feb. 8th
TIME: Ages 1-2, 9:00am - 9:40am
Ages 3-4, 9:45am - 10:30am
Ages 2-3, 10:35am - 11:15am
DURATION: 6 weeks
COST: \$108
LOCATION: Recreation Center Gym

Instructor: Super Soccer Stars

WINTER 1B

AGES: 2-4
DATES: Saturdays, Jan. 6th-Feb. 10th
TIME: Ages 2-3, 10:10am-10:50am
Ages 3-4, 9:55am-11:40am
DURATION: 6 weeks
COST: \$108
LOCATION: Recreation Center Gym

Instructor: Super Soccer Stars

WINTER 2

AGES: 2-5
DATES: Saturdays, Feb. 17th - Mar. 24th
TIME: Ages 2-3, 9:00am - 9:40am
Ages 4-5, 9:45am - 10:35am
Ages 3-4, 10:40am - 11:25am
DURATION: 6 weeks
COST: \$108
LOCATION: Recreation Center Gym

Instructor: Super Soccer Stars



A STEP TOWARDS SPORTS

Come join the Sports Zone 101 coaches as we teach the basic fundamentals of a few of our favorite sports and get some exercise. We will introduce sports to help develop your child's sensory and gross motor skills in our exciting 3-5 year old tot program

AGES: 3-5
DATES: Thursdays, Mar. 1st- Apr. 5th
TIME: 10:00am-11:00am
DURATION: 6 Weeks
COST: \$72
LOCATION: Recreation Center

Instructor: Sports Zone 101

GYMNASTICS

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

AGES: 5+
DATES: Wednesdays, Jan. 17th- Mar. 7th
TIME: 1:30pm - 2:30pm
DURATION: 8 weeks
COST: \$125
LOCATION: Iron Rail Gymnastics

Instructor: Iron Rail Gymnastics Staff

KARATE

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

AGES: 5-14
DATES: Thursdays, Jan. 25th - Mar. 29th*
TIME: Ages 5-8: 4:30pm - 5:15pm
Ages 9-14: 5:15pm - 6:00pm
DURATION: 8 weeks
COST: \$165
LOCATION: Recreation Center Gym



*No Class 2/22

Instructor: Steve Nugent & Staff

WICKED GROSS SCIENCE

Gross science is not for the easily queasy! The gross but fascinating things in life hide many science secrets, like what is hidden in a diaper. Classify creepy crawlies and neutralize smelly smells. Make some model mucus, create alien slime and dissect owl puke. Guaranteed to be grossly amusing!

GRADES: 2-5
DATES: Tuesdays, Jan. 23rd - Mar. 6th*
TIME: 3:45pm - 4:45pm
DURATION: 6 weeks
COST: \$115
LOCATION: Recreation Center

*NO Class on 2/20



Instructor: Wicked Cool for Kids

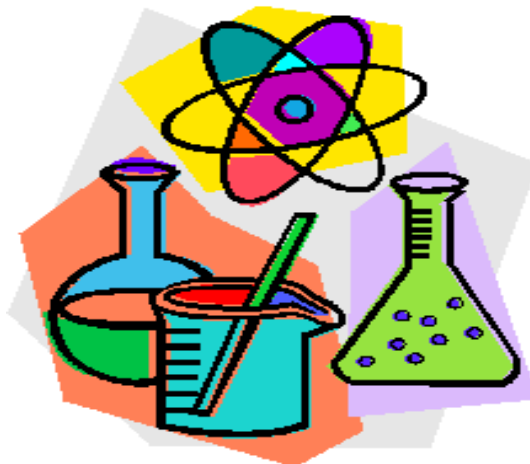
BABYSITTING CLASS

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. Please pack lunch or snack.

AGES: 11+
DATES: Sunday, Apr. 15th
TIME: 9:00am - 1:00pm
DURATION: 1 class
COST: \$35
LOCATION: Recreation Center



Instructor: Debbi Laflamme



SURVIVOR AMAZING RACE CHALLENGE

With a combined over 40 seasons and countless variations in other countries, Survivor and Amazing Race have created some of the greatest challenges known to man. Replicating scores of these challenges participants will engage in mental, physical and creative tasks. From a giant puzzle to a rolling boulder, and knot tying to being bound together while working to get through a maze, participants will be presented with their very own season.

AGES: 8-12
DATES: Mondays, Feb. 26th - Apr. 2nd
TIME: 3:45pm - 4:45pm
DURATION: 6 weeks
COST: \$76
LOCATION: Recreation Center Gym

Instructor: Knucklebones

SUPER SPORTS

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Mat Ball, Basketball, Dodgeball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day.

GRADES: K-2
DATES: Wednesdays, Feb. 28th - Apr. 4th
TIME: 2:00pm - 3:00pm
DURATION: 6 weeks
COST: \$70
LOCATION: Recreation Center Gym



Instructor: F.A.S.T. Athletics

ARCHERY TAG

Archery Tag is played similar to dodgeball with our bows and patented foam-tipped arrows. This exciting, action-packed game offers the ultimate family-friendly experience that engages everyone. Don't miss out on Tag... The game you never outgrow!

AGES: 10+
DATES: Fridays, Mar. 2nd-Apr. 6th
TIME: 5:00pm-6:00pm
DURATION: 7 weeks
COST: \$130
LOCATION: Recreation Center Gym



Instructor: New England Bubble Soccer



BUBBLE SOCCER

Back by popular demand! Bubble soccer was originally invented by Norwegian friends in 2011. Never could they have imagined that their joke would develop into the popular and exciting sport it is today. The popularity of bubble soccer has increased exponentially after video clips of the sport surfaced on different social media sites like Facebook and Instagram. The game sees players encased in a zorb-like inflatable bubbles and then encouraged to bounce into each other as they fight for possession of the ball.

AGES: 7-14
DATES: Session 1: Sundays, Jan. 7th-Feb. 11th
Session 2: Fridays, Mar. 2nd-Apr. 6th
TIME: Sundays: 10:30am-11:30am
Fridays: 3:45pm-4:45pm
DURATION: 6 weeks
COST: \$140
LOCATION: Recreation Center Gym



Instructor: New England Bubble Ball Soccer

TENNIS LESSONS

Challenger Tennis

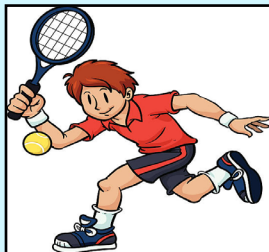
We are bringing the tennis fun indoors for the winter! New England Athletic Academy's Challenger Tennis program are conducted on a smaller court, using the recommended equipment for this age range. This program will teach the basic shot mechanics along with an introduction to match play and the rules of Tennis! All lessons are conducted using a variety of high energy games and drills, designed to improve the game of your future Tennis star! All equipment is provided by NEAA although players are welcome to bring their own racket if they would like!

AGES: 5-8
DATES: Tuesdays, Feb. 27th-Apr. 3rd
TIME: 3:30pm-4:30pm
DURATION: 6 weeks
COST: \$89
LOCATION: Recreation Center Gym

Masters Tennis

We are bringing the tennis fun indoors for the winter! New England Athletic Academy's Masters Tennis programs are conducted on a smaller court, using the recommended equipment for this age range. This program will teach the basic shot mechanics along with an introduction to match play, strategy and the rules of Tennis! All lessons are conducted using a variety of high energy games and drills, designed to improve the game of your future Tennis star! All equipment is provided by NEAA although players are welcome to bring their own racket if they would like!

AGES: 8-12
DATES: Tuesdays, Feb. 27th-Apr. 3rd
TIME: 4:30pm-5:30pm
DURATION: 6 weeks
COST: \$89
LOCATION: Recreation Center Gym



Instructor: New England Athletics Academy

ULTIMATE DODGEBALL

This program will introduce children to the nearly endless different styles of dodgeball. We will be teaching Dr. Dodgeball, prize ball, elimination, army, ring of fire and many more. Each week will be a new adventure of team, individual or tournament dodgeball. Sports cards will be given out at the end of each program with the opportunity for special prizes for play and behavior. Time to find the next Ultimate Dodgeball Player!

GRADES: 3-6
DATES: Wednesdays, Feb. 28th-Apr. 4th
TIME: 3:45pm-4:45pm
DURATION: 6 weeks
COST: \$80
LOCATION: Recreation Center Gym

Instructor: Sportszone 101

FLOOR HOCKEY

The school gym, field, or outdoor court will feel just like the Boston Garden during our Street Hockey Showdown program. Participants will receive weekly lessons in the fundamentals of hockey, including passing, spacing, communication and technique, followed by a time of team play.

GRADES: 3-6
DATES: Wednesdays, Feb. 28th-Apr. 4th
TIME: 5:00pm-6:00pm
DURATION: 6 weeks
COST: \$80
LOCATION: Recreation Center Gym

Instructor: Sportszone 101

BASEBALL CLINIC

Players, ages 6 to 12 will have intensive instruction in proper baseball mechanics and techniques. Kids will be split up by age. The clinic includes comprehensive instruction in the proper fundamentals of hitting, throwing, fielding, pitching, bunting, infield play, and outfield play. Players will improve specific skills through drills, demonstrations, and scrimmages.

AGES: 6-12
DATES: Sundays, Mar. 4th-Apr. 8th
TIME: 12:00pm-1:00pm
DURATION: 6 weeks
COST: \$90
LOCATION: Recreation Center Gym

Instructor: Sportszone 101

FLAG FOOTBALL

Back by popular demand! We will be playing flag football together in a fun and safe environment. All kids will rotate through all positions to help build skills and confidence on the field. All kids will learn the proper technique of playing this game. All kids will be given a mouthpiece and flags will be provided for games.

GRADES: K-6
DATES: Sundays, Mar. 4th-Apr. 8th
TIME: 1:15pm-2:15pm
DURATION: 6 weeks
COST: \$87
LOCATION: Recreation Center Gym

Instructor: Sportszone 101





MLK DAY MULTI SPORTS CLINIC

Viking Multi-Sports Camps include a fun variety of sports including soccer, basketball, baseball, flag football, dodgeball, kickball, capture the flag, floor hockey, team handball, watermelon, reindeer tails, and many other sports, gym games, and camp activities

- GRADES:** K-5
- DATES:** Monday, Jan. 15th
- TIME:** 9:00am - 12:00pm or 9:00am - 3:00pm
- COST:** Half Day: \$35 per child Full Day: \$60 per child
- LOCATION:** Recreation Center Gym



Instructor: Viking Sports

FEBRUARY VACATION MULTI SPORTS CLINIC

Viking Multi-Sports School Vacation Camps include a fun variety of sports including soccer, basketball, baseball, flag football, dodgeball, kickball, capture the flag, floor hockey, team handball, watermelon, reindeer tails, and many other sports, gym games, and camp activities

- GRADES:** K-5
- DATES:** Tues - Fri, Feb. 20th- Feb. 23rd
- TIME:** 9:00am-12:00pm
- COST:** \$90 per child
- LOCATION:** Recreation Center Gym



Instructor: Viking Sports

APRIL VACATION SPORTS CLINIC

VIKINGS SOFTBALL CLINIC

At our half day Softball Camps, we teach campers the important techniques used in all aspects of the game. Our coaches will teach campers the fundamentals of batting, fielding, throwing, pitching, and base-running. New and experienced players welcome!

- GRADES:** 2-8
- DATES:** Tues - Fri, Apr. 17th-Apr. 20th
- TIME:** 9:00am-12:00pm
- COST:** \$90
- LOCATION:** Cheeseman Field



Instructor: Viking Sports

APRIL VACATION SPORTS CLINIC

VIKINGS BASEBALL CLINIC

At our half day Baseball camp, we teach campers the important techniques used in all aspects of the game. Our coaches will teach campers the fundamentals of batting, fielding, throwing, pitching, and base-running. Baseball Camps also include many games like the Home Run Derby, Pickle, Spud, and Fenway Baseball. Viking's Baseball Camps always conclude with the Viking World Series!

- GRADES:** K-6
- DATES:** Tues - Fri, Apr. 17th-Apr. 20th
- TIME:** 12:30pm-3:30pm
- COST:** \$90
- LOCATION:** Cheeseman Field



Instructor: Viking Sports

FEBRUARY VACATION FIELD TRIPS

NEW ENGLAND AQUARIUM

Join the recreation center staff on a trip to the New England Aquarium. Trip will include a self guided tour of the aquarium with access to two touch tank exhibits: small sharks & stingrays as well as one with tidepools. The group will also attend a 3D IMAX film titled "Galapagos 3D: Natures Wonderland". **Please pack your child a nut free lunch.**

- AGES:** 8-14
- DATES:** Tuesday, Feb. 20th
- TIME:** Bus Departs: 10am Bus Returns: 4pm
- COST:** \$40 per person
- LOCATION:** New England Aquarium Boston, MA



New England Aquarium

Chaperones are welcome please contact the recreation department .

DAVE N' BUSTERS

Join the Recreation Staff for some fun at Dave n' Busters. Participants will have access to party room with food buffet and each child will get a \$20 Power Card to play in the arcade!

- AGES:** 8-14
- DATES:** Thursday, Feb. 22nd
- TIME:** Bus Departs: 10am Bus Returns: 3pm
- COST:** \$40 per child
- LOCATION:** Dave n' Busters Woburn, MA



Chaperones are welcome please contact the recreation department .

APRIL VACATION FIELD TRIPS

PATRIOT PLACE

Join the recreation staff on a trip to Patriot Place. Agenda for the day to be determined but a trip to the hall of fame will be included as well as a chance to shop and/or eat in Patriot place. More details to come soon! Please send your child with money for activities and food within patriot place.

- AGES:** 8-14
- DATES:** Tuesday, April 17th
- TIME:** Bus Departs: 9am Bus Returns: 4pm
- COST:** \$25 per child
- LOCATION:** Patriot Place Foxborough, MA



Chaperones are welcome please contact the recreation department .

LASER CRAZE

Join the Recreation staff at Lazer Craze. Each child will receive 1 session of Lazer Tag, 1 slice of pizza, unlimited drink, and 12 game token for the arcade.

- AGES:** 8-14
- DATES:** Thursday, April 19th
- TIME:** Bus Departs: 10am Bus Returns: 3pm
- COST:** \$30 per child
- LOCATION:** Laser Craze North Andover, MA



Chaperones are welcome please contact the recreation department .

LAP SWIM

Join us at 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 shower facilities are available.

COST: \$65 Residents \$80 Non-Residents
VISITS: 20 Visit Punch Card
LOCATION: Gordon College Bennett Center Pool

WALKING PASS

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

AGES: Adults
DAYS: Mondays, Wednesdays & Fridays
TIME: 9:30am - 11:30am
COST: FREE
LOCATION: Gordon College Bennet Center

LETS MOVE, A DANCE AND MOVEMENT CLASS

Join us for a fun and engaging new dance class. Learn easy choreography to snappy tunes. This program is designed especially for people who want to keep moving gracefully through life. This safe, easy movement practice works to improve strength, balance and agility. Easy to learn moves with a variety of music. This class infuses the love of dance with some Tai Chi and gentle stretches.

AGES: Adults
DATES: Session 1: Tuesdays Jan. 9th-Feb. 13th
Session 2: Tuesdays Feb. 27th-Apr. 3rd
TIME: 11:15am - 12:00pm
COST: \$25 or \$5 drop in Fee
LOCATION: Recreation Center Gym

Instructor: Susan Guest

NIA

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.

AGES: Adults
DAYS: Session 1: Mondays, Jan. 8th - Feb. 19th*
Session 2: Mondays, Feb. 26th - Apr. 2nd
TIME: 9:00am - 10:00am
COST: \$40 or \$8 drop in fee
LOCATION: Recreation Center Gym

* No Class on MLK Day 1/15

Instructor: Susan Guest

TAI-CHI

Tai Chi, a sequence of slow, flowing, dance-like movements based on Chinese Martial Arts, supports memory, concentration, coordination, balance, flexibility, circulation, and much more. Tai Chi is meditation in movement and facilitates the integration of body, mind and spirit. This practice facilitates deep breathing, calming the mind and the heart, which in turn lowers the levels of stress and anxiety.

AGES: Adults
DAYS: Fridays Jan. 5th-Feb. 9th
TIME: 8:00am-9:00am
COST: \$40 or \$8 drop in fee
LOCATION: Recreation Center Gym

Instructor: Jorgelina Zeoli

ADULT PICKLEBALL

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

Beginner

AGES: Adults
DATES: Tuesdays, Thursdays & Fridays
Feb. 1st - Apr. 27th
TIME: 12:30pm - 2:30pm
COST: \$5 Drop in Fee
LOCATION: Recreation Center Gym

Advanced

AGES: Adults
DATES: Mondays, Wednesdays, & Saturdays
Feb. 3rd - Apr. 28th
TIME: Mon. 10:00am - 1:00pm
Wed., 9:00am - 12:00pm
Saturdays. 5:30pm - 7:30pm
COST: \$5 Drop in Fee
LOCATION: Recreation Center Gym

February School Vacation Week (2/20-2/25) Gym Available Only 12:30pm - 2:30pm
NO PICKLEBALL ON MONDAY JANUARY 15TH

WATER EXERCISE

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 shower facilities are available.

SESSION 1

AGES: Adults
DATES: Tues & Thurs. TBD
TIME: 10:00am - 11:00am
COST: \$40
LOCATION: Gordon College Bennet Center

SESSION 2

AGES: Adults
DATES: Tues & Thurs. TBD
TIME: 10:00am - 11:00am
COST: \$33
LOCATION: Gordon College Bennet Center

CPR/AED CERTIFICATION

This extremely flexible program will help prepare people to respond to a cardiac arrest and choking. This program conforms to the 2015 AHA Guidelines Update for CPR and ECC. Class is approximately 2.5hrs long. Online learning will be sent out one week prior to class and must be completed before attending class. This will facilitate class time better. For this reason registration will close one week prior to the class so please register early!

- AGES:** 10+
- DATE:** Wednesday, February 28th
Wednesday, April 25th
- TIME:** 6:30pm - 9:00pm
- COST:** \$50
- LOCATION:** Recreation Center

Instructor: Dorothy Calandra

BASIC FIRST AID CERTIFICATION

ASHI Basic First Aid was created to help students develop basic first aid knowledge, skills, and the confidence to respond. The program is an excellent choice for both the community and workplace setting, and conforms to the 2015 AHA and ARC Guidelines Update for First Aid. Classes are approximately 3 hours long. Online learning will be sent out one week prior to class and must be completed before attending class. This helps to facilitate class time better. For this reason registration will close one week prior to class so please register early.

- AGES:** 16+*
- DATE:** Wednesday, January 31st
Wednesday, March 28th
- TIME:** 6:30pm - 9:00pm
- COST:** \$50
- LOCATION:** Recreation Center

*age is negotiable, but due to graphic detail of material strongly advise the course for older teens and adults

Instructor: Dorothy Calandra



DISCOUNTED SKI TICKETS

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.



ADULT (18-64) Saturdays and Holidays*	\$65 Savings \$20
ADULT (18-64) Sunday-Friday Non-Holidays*	\$ 45 Savings \$34

YOUTH/SENIORS (7-17 & 65+) Saturdays and Holidays	\$50 Savings \$14
YOUTH/SENIORS (7-17 & 65+) Sunday-Friday Non-Holidays*	\$40 Savings \$19

***HOLIDAY DATES: Dec. 26, 2017 - Jan. 1, 2018, January 13th - 15th 2018, Feb. 17th - 25th 2018**

DISNEY ON ICE: DARE TO DREAM

Celebrate what's possible as the adventures of five daring Disney heroines spark the courage inside us all at Disney On Ice presents Dare To Dream! In her Disney On Ice debut, see how far Moana will go when she embarks on an action-packed voyage with mighty demigod Maui in a quest to save her island, become a wayfinder, and find her own identity. Anna's devotion to her estranged sister Elsa sets her on a perilous journey to mend their bond, and stop an eternal winter. Rapunzel breaks out of her tower and teams up with an unlikely companion, Flynn Rider, as she goes to great lengths to realize her dream. Armed only with courage, Belle befriends the enchanted castle staff and learns to look beyond the Beast's rough exterior. With help from her friends and a little magic, Cinderella is determined to make the wish in her heart come true. Hosted by Mickey and Minnie, discover why no dream is too big when we find the strength to shape our own destiny at Disney On Ice presents Dare To Dream!

AGES: Families or Individuals
DATES: More information to come at later date

TD Garden, Boston, MA

www.hwrecreation.com

MUSEUM OF SCIENCE PRESENTS: NIGHT SKY

This presentation helps audiences discover which stars, planets, and other astronomical wonders are visible this evening. Using our portable planetarium, we take you on a tour of the solar system and beyond, and provide useful tips on how you can navigate the night sky from your own backyard.

AGES: Families or Individuals
DATES: Thursday, Dec. 28th
TIME: Session 1: 12:00PM - 12:45PM
Session 2: 1:00PM - 1:45PM
COST: FREE*
LOCATION: Recreation Center Gym

*Pre-Registration is required at www.hwrecreation.com

Instructor: Museum of Science

978-468-2178



Save the Date!

Join us for a night of fun at the Recreation Center! Make your own Ice Cream Sundaes courtesy of Cherry Farm Creamery followed by a family movie! Kids can dress in pjs and bring blankets/sleeping bags! Movie being shown will be announced at a later date! Raffle to be held! Your \$5 registration fee earns you a raffle entry for a free family pool membership for summer 2018!

**Friday March 23rd
6:30pm-9:00pm
\$5 per family
Recreation Center Gym**

Please register your family by March 9th for final ice cream counts. Register on our website www.hwrecreation.com

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.

Last Name (participant)		First Name (participant)		Date of Birth & Grade	
Street Number		Town/Zip		Parents Name	
Home Phone		Work Phone		Cell Phone	
Email		Emergency Contact		Phone #	
Activity Name	Day	Location	Class Time	Start Date	Fee
Activity Name	Day	Location	Class Time	Start Date	Fee
Activity Name	Day	Location	Class Time	Start Date	Fee

HAMILTON – WENHAM RECREATION DEPARTMENT CONSENT & RELEASE FORM

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

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

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

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

Signature of Parent/Guardian or ADULT Participant

Date



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.**