

HAMILTON WENHAM RECREATION

SPRING/SUMMER 2017 PROGRAM BROCHURE



Hamilton Wenham Recreation Department

16 Union St, Hamilton, MA 01982

Office Lines: 978-468-2178 or 978-468-5590

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<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-7:00pm
Tuesday 8am-4:30pm
Wednesday 8am-4:30pm
Thursday 8am-4:30pm
Friday 8am-1:00pm*

*Please call ahead for
Appointments on Fridays

JOINT RECREATION BOARD MEMBERS

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



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Search:

Hamilton-Wenham
Recreation

POLICIES/INDEX

978-468-2178

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.

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

978-468-2178

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!**

Important Pool Information

CONTACT INFORMATION

Recreation Office: (978) 468-2178 (prior to pool opening)

Pool Office: (978) 626-5280

MEMBERSHIP REGISTRATION

Memberships are ONLY available to residents of Hamilton or Wenham. Registration will open starting on Monday, March 6th. Memberships may be made online, in person, or over the phone. If the membership is not purchased in person, arrangements must be made with the Recreation Department to receive your passes.

PAYMENT

Memberships can be purchased via check or credit card at the recreation office. Drop in fees can be paid at the pool by cash or check.

NON-RESIDENTS

Non-Residents may not enter the pool unless they have a guest pass. Information on how to obtain a guest pass is below in the membership page

WEATHER CLOSURES

The Pool will immediately close at the first sign of lightning, thunder or severe weather and remain closed for at least 30 minutes. The pool will not re-open until 30 minutes have passed without any additional sign of lightning, thunder or severe weather. During this time patrons will not be allowed to remain within the pool enclosure.

HEALTH AND SAFETY CLOSURES

In the event the pool water chemistry fails to comply with state regulations the pool will be closed to bathers until the water chemistry is brought back into compliance. Please make sure to take a cleansing shower before entering the pool.

EMERGENCY PROCEDURES

In the event of an injury or missing person, please notify the Pool Office immediately.

REFUND POLICY MEMBERSHIPS

In order to receive a refund on a membership participants must cancel at least 2 weeks prior to the opening of the pool

Open Swim Hours of Operation

June 10th - June 23rd (Pre-Season)

Monday - Friday	2pm - 8pm
Saturday	11am - 8pm
Sunday	11am - 6:30pm

June 24th - August 20th (Regular Season)

Monday - Friday	12:30pm - 8pm
Saturday	11am - 8pm
Sunday	11am - 7pm

August 21st - August 27th (Post Season)

Daily	11am - 7pm
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VETERANS MEMORIAL POOL AT PATTON PARK FEES

MEMBERSHIPS RESTRICTED TO HAMILTON WENHAM RESIDENTS ONLY

MEMBERSHIP TYPES	PRICE
FAMILY MEMBERSHIP <i>Membership includes 2 adults (over age 21) and 2 children (under age 18). Each additional child is \$20.</i>	\$180
INDIVIDUAL ADULT MEMBERSHIP <i>Membership includes 1 person over the age 18 or older</i>	\$85
INDIVIDUAL YOUTH MEMBERSHIP <i>Membership includes 1 person between the ages of 3-17</i>	\$70
INDIVIDUAL SENIOR MEMBERSHIP <i>Membership includes 1 person over the age of 60</i>	\$55
GUEST PASS <i>A Guest Pass can ONLY be purchased by residents who have a pool membership. Guests can only attend the pool with someone in your membership. Guest passes are sold as either a one time visit or a pack of three. Non-Residents may be admitted to the pool with a guest pass. Maximum 3 guests per visit.</i>	\$10/1 \$25/3

VETERANS MEMORIAL POOL DAILY FEES (FAMILY CAP \$25)

TYPES	PRICE
AGES 2 AND UNDER	FREE
AGES 3 -17	\$5
AGES 18 - 59	\$7
SENIORS (60+)	\$5
5 AFTER 5	\$5 AFTER 5:00PM

DAILY FEES ARE RESTRICTED TO HAMILTON WENHAM RESIDENTS ONLY

PARENT/CHILD SWIM LESSONS

For children age 6 mos-2 years who want to explore the water with a parent or guardian. The focus of this class is water exploration. Children will explore splashing, kicking and blowing bubbles with the use of toys, games and songs.

AGES: 6 mos.-2 years
DATES: Monday-Thursday*
 Session 1: June 26th - July 7th*
 Session 2: July 10th - July 20th
 Session 3: July 24th - August 3rd
 Session 4: August 7th - August 17th
TIME: 9:15am-9:45am
COST: \$75
LOCATION: Veterans Memorial Pool

*NO Class 7/4
 *Friday is a rain make up day

PRESCHOOL BEGINNER SWIM LESSONS

For children age 3-5 who have little to no experience in the water who require flotation to swim. Instructors will work on basic swimming skills such as paddling, kicking and blowing bubbles.

AGES: 3-5
DATES: Monday-Thursday*
 Session 1: June 26th - July 7th*
 Session 2: July 10th - July 20th
 Session 3: July 24th - August 3rd
 Session 4: August 7th - August 17th
TIME: 9:15am-9:45am
COST: \$75
LOCATION: Veterans Memorial Pool

*NO Class 7/4
 *Friday is a rain make up day

PRESCHOOL ADVANCED SWIM LESSONS

For children age 3-5 who can comfortably swim without flotation for a least 5-10 yards. Children will work on basic stroke development such as front crawl, backstroke & rhythmic breathing.

AGES: 3-5
DATES: Monday-Thursday*
 Session 1: June 26th - July 7th*
 Session 2: July 10th - July 20th
 Session 3: July 24th - August 3rd
 Session 4: August 7th - August 17th
TIME: 9:15am-9:45am
COST: \$75
LOCATION: Veterans Memorial Pool

*NO Class 7/4
 *Friday is a rain make up day

PARENT/CHILD SATURDAY SWIM LESSONS

For children age 6 mos-2 years who want to explore the water with a parent or guardian. The focus of this class is water exploration. Children will explore splashing, kicking and blowing bubbles with the use of toys, games and songs.

AGES: 6 mos.-2 years
DATES: Saturdays July 1st- Aug. 19th
TIME: 10:30am-11:00am
COST: \$75
LOCATION: Veterans Memorial Pool

PRESCHOOL SATURDAY SWIM LESSONS

For children age 3-5 who have little to no experience in the water who require flotation to swim. Instructors will work on basic swimming skills such as paddling, kicking and blowing bubbles. Also, for children 3-5 who are advanced swimmers. Groups will be broken up to accommodate both beginner and advanced levels

AGES: 3-5
DATES: Saturdays July 1st- Aug. 19th
TIME: 10:30am-11:00am
COST: \$75
LOCATION: Veterans Memorial Pool



YOUTH BEGINNER SWIM LESSONS

For children age 6-12 who have little to no experience in the water who require flotation to swim. Instructors will work on basic swimming skills such as paddling, kicking and blowing bubbles.

AGES: 6-12
DATES: Monday-Thursday*
Session 1: June 26th - July 7th*
Session 2: July 10th - July 20th
Session 3: July 24th - August 3rd
Session 4: August 7th - August 17th
TIME: 12:45pm-1:30pm
COST: \$75
LOCATION: Veterans Memorial Pool

*NO Class 7/4

*Friday is a rain make up day

YOUTH ADVANCED SWIM LESSONS

For children age 6-12 who can comfortably swim without flotation for a least one length of the pool. Children will work on stroke development for front crawl, backstroke, breaststroke as well as rotary breathing.

AGES: 6-12
DATES: Monday-Thursday*
Session 1: June 26th - July 7th*
Session 2: July 10th - July 20th
Session 3: July 24th - August 3rd
Session 4: August 7th - August 17th
TIME: 12:45pm-1:30pm
COST: \$75
LOCATION: Veterans Memorial Pool

*NO Class 7/4

*Friday is a rain make up day

YOUTH SATURDAY SWIM LESSONS

For children age 6-12 who have little to no experience in the water who require flotation to swim. Instructors will work on basic swimming skills such as paddling, kicking and blowing bubbles. For the advanced level swimmers the focus will be stroke development for front crawl, backstroke, breaststroke and rotary breathing. Swimmers will be divided based on ability.

AGES: 6-12
DATES: Saturdays July 1st- Aug. 19th
TIME: 9:30am-10:15am
COST: \$75
LOCATION: Veterans Memorial Pool

HURRICANES SWIM TEAM

The Hurricanes offer swimmers of all levels a chance to compete in a fun atmosphere as well as the opportunity to strengthen their swimming skills. Participants must be able to swim at least one length of the pool without stopping while demonstrating proficient front crawl stroke. Please see age requirements in information section for more information on participants eligibility as well as information regarding practices prior to first meet on June 28th.

AGES: 6-16
DATES: Monday - Friday, June 26th - August 2nd
TIME: Ages 11 - 16, 7:30am - 8:15am
Ages 6-10, 8:15am - 9:00am
COST: Pool Members: \$130 per child
Non-Pool Members: \$160 per child
Family Cap \$320* please contact rec department for this option.
LOCATION: Veterans Memorial Pool



HAMILTON-WENHAM HURRICANES SWIM TEAM INFORMATION

HURRICANE SWIM TEAM AGE REQUIRMENTS

Children between the ages of 6 and 16 are eligible to participate in the swim team. A child must turn 6 years old on or before July 1, 2017. 16 year olds may not turn 17 prior to July 1, 2017.

TEAM BATHING SUITS & CAPS

The Hurricanes Swim Team will have a team suit and cap. Each participant will receive a swim cap as part of their registration fee. The bathing suits will need to be ordered prior to the season. The cost of the bathing suits is \$50. Each child will need to be properly fitted for the team suit. Fitting times are listed below. Please stop into the rec office at one of the below times with your child to be fitted. If you can't make one of the two times please contact the recreation office to schedule a time for your child to be fitted.

SWIM TEAM SUIT FITTING AND ORDER TIMES:

Saturday May 20th 10:00am-12:00pm

Thursday May 25th 6:30pm-8:00pm

HURRICANE SWIM TEAM PRE-SEASON PRACTICES

Practice times above are scheduled to begin once school is out for the summer. With the first meet being on June 28th we will want to get the kids in the pool to practice at least a week prior and therefore those practice times will be released at a later date.

HURRICANE SWIM TEAM MEET DATES

Swim meets typically take place on Wednesday afternoons at 1:00pm however times are subject to change. Warm-ups are one half hour before the meet starts. Meets are scheduled for the following dates with more detailed information to come out later on.

June 28th, July 5th, July 12th, July 19th & July 26th. The all star meet is scheduled for August 2nd.

VETERANS MEMORIAL POOL 2017 RULES AND REGULATIONS

1. Swimming is only allowed when a lifeguard is on duty
2. All persons are required to take a cleansing shower before entering the pool
3. No person with a communicable disease is allowed in the water
4. No person with an open cut is allowed in the water.
5. A bathing suit is required of all swimmers. Non-toilet trained children must wear swim diapers.
6. Swimmers age 16 and under are asked to take a swim test upon entering the pool, bathers choosing not to take the swim test are considered non-swimmers. Swimmers must pass the test every summer in order to swim outside the designated swim area. Upon completion of the swim test, swimmers will be marked with a wrist band which they must wear in the pool.
7. The test consists of swimmers beginning in the deep end, treading water for 20 seconds and then swimming 25 yards on their front with head above the water without stopping to the satisfaction of the lifeguard or supervisor on duty.
8. Swimmers may be tested on the spot by pool staff if their ability is in doubt
9. Children must be eleven (11) years old and pass the swim test to be left alone at the pool. Otherwise children must be with a responsible person at least sixteen (16) years of age.
10. Children eight (8) years and under must be supervised at all times by a parent or guardian.
11. Children under the age of eight (8) who do not pass the swim test must be within an arm's reach of an adult in the water.
12. After 5:30pm the pool is reserved for families and adult swimming. All children under the age of 16 must be accompanied by an adult over the age of 21.
13. Fins, Snorkels, inflatable flotation devices, and toys are not allowed. Acceptable forms of flotation include: Coast Guard approved life jackets, puddle jumpers and foam bubbles.
14. Diving is prohibited; jumping is allowed in five (5) feet or deeper
15. No running, pushing, or horseplay allowed at any time.
16. Food and Beverages are not allowed on the concrete pool deck or in the bathhouse. No glass or ceramic containers are allowed in the gated area.
17. Smoking is not allowed in the pool area.
18. Patrons who fail to obey these rules may be asked to leave and may have their membership privileges revoked for the summer or in extreme cases, permanently.
19. Photography and Videography are PROHIBITED at the Veteran's Memorial Pool.

Important Park Program Information

LOCATION

After a few years at the Recreation Center we are excited to have our Summer Program back at Patton Park. We will be utilizing the tennis courts, ball fields, playground, gazebo, and of course the NEW POOL.

INCLEMENT WEATHER POLICY

If heavy rain and/or severe weather is forecasted participants will be notified in the morning and the park program will be held at the Recreation Center. In the instance that sever weather strikes while the program is at Patton Park, children will be escorted across the street to the Winthrop School for shelter.

SWIMMING POOL ACCESS

Each group will have a minimum of 30 minutes of swim time each day. Swim time could increase based upon weather or specially planned activities. As part of the park registration fee the Little Generals group will receive swim lessons during their scheduled period. Young explorers will receive a combination of instruction and open swim. If your child does not wish to swim they must stay with their group, staff will plan activities accordingly during the period. In order to swim in the deep end participants must pass a swim test administered by a lifeguard. Anyone who fails the swim test or chooses not to take it must swim in the shallow end or kiddie area.

PARENT MANUAL

All Parents/Guardians will receive a parent manual prior to the start of the program. The manual will provide parent with contact information, drop off and pick up locations, daily schedules, and all other pertinent information regarding the program.

FIELD TRIPS

The All stars and Jr. All stars will be going on weekly field trips, permission slips will be passed out at the start of the week and be due before the field trip is set to leave. PLEASE NOTE, the field trips will extend the day beyond 1:15. Some field trips have the potential to return as late as 4:30-5pm. All Field Trips are on the Wednesday of each week.

WHAT TO BRING

Participants should bring a lunch, snack, bathing suit, tennis racket, sun tan lotion and plenty of water.

PATTON PARK SESSIONS

Session 1:	June 26 - June 30
Session 2:	July 3 - July 7 (no class 7/4)
Session 3:	July 10 - July 14
Session 4:	July 17 - July 21
Session 5:	July 25 - July 29
Session 6:	July 31 - August 4
Session 7:	August 7 - August 11
Session 8:	August 14- August 18

PARK WEEKLY THEMES

Session 1:	Hamilton Wenham Pride Week
Session 2:	Character Week
Session 3:	Animal Week
Session 4:	Challenge Week
Session 5:	Sports Week
Session 6:	Water Week
Session 7:	Music Week
Session 8:	Decades/Future Week

ALL STAR AND JR ALL STAR FIELD TRIPS

Session 1:	Kimball Farms
Session 2:	Lazer Craze
Session 3:	TBA
Session 4:	Canobie Lake Park
Session 5:	Fenway Park Tour
Session 6:	Water Country
Session 7:	Merrimack Valley Pavilion
Session 8:	TBA

PARK WEEKLY ENTERTAINMENT

Session 1:	Public Safety Day
Session 2:	Museum of Science Show
Session 3:	Curious Creatures
Session 4:	Inflatable Obstacle Course
Session 5:	Inflatable Water Slide
Session 6:	Hawaiian Pool Party
Session 7:	Park Talent Show
Session 8:	Make Your Own Sundaes

LITTLE GENERALS

The Little Generals program provides supervised, safe and fun programming for children. It is our goal for each child to create great park memories by providing an active outlet for both physical and social needs. Participants will engage in activities such as arts & crafts, swimming, tennis, sports, and weekly special events and themes. Little General participants receive swim lessons as part of their park day. Free swim time will be available dependent on the days schedule. Participants should bring a snack, lunch, tennis racket, bathing suit and plenty of water.

AGES: 5-6
TIME: 8:45am - 1:15pm
DURATION: 8 weekly sessions
COST: \$90 for Session 1, 3-8
\$72 for Session 2

\$630 All 8 Sessions

YOUNG EXPLORERS

Let kids be kids! This program incorporates sports & games, arts & crafts, playground play, swimming, tennis and more into a day of laughing, friends and memories. Swimming will include instructional and open swim. Flotation devices will be made available at the pool. Participants should bring a snack, lunch, tennis racket, bathing suit and plenty of water.

AGES: 7-8
TIME: 8:45am - 1:15pm
DURATION: 8 weekly sessions
COST: \$90 for Session 1, 3-8
\$72 for Session 2

\$630 All 8 Sessions

Hamilton-Wenham



Recreation
Est. 1905

JR ALL STARS

The Jr. All -Stars is a program that incorporates all the fun of the park program but also adds age appropriate field trips and activities each week. Participants will get at least 30 minutes of free swim time each day; all participants must pass a swim test to swim in the deep end. Participants should bring a snack, lunch, tennis racket, bathing suit and plenty of water.

Children receive a Summer Park Program T-Shirt.

AGES: 9-10
TIME: 8:45am - 1:15pm
DURATION: 8 weekly sessions
COST: \$114 Session 1, 3-8
\$95 Session 2

\$800 All 8 Sessions

ALL STARS

Getting too old for Patton Park? Try the Patton Park ALL-STARS program. We will be going on one field trip each session to someplace where the older kids can really have a great time! Each child gets their own Summer Park Program T-Shirt. Participants will get at least 30 minutes of free swim time each day; all participants must pass a swim test to swim in the deep end. Participants should bring a snack, lunch, tennis racket, bathing suit and plenty of water.

AGES: 11-12
TIME: 8:45am - 1:15pm
DURATION: 8 weekly sessions
COST: \$114 Session 1, 3-8
\$95 Session 2

\$800 All 8 Sessions

EARLY MORNING DROP OFF

Staff will be available to supervise your children starting at 8am. Typically there will be one organized activity per morning leading up to the activity.

AGES: 5-12
TIME: 8:00am - 8:45am
DURATION: 8 weekly sessions
COST: \$25 for sessions 1, 3-8
\$20 for Session 2
LOCATION: Patton Park



PM PARKSTERS

Looking for something to do between 1:00 and 3:30 pm this summer? Come join P.M. Parksters! Each afternoon will be divided into two activity periods and one games period. Each P.M. Parkster will be provided a snack each day. The program allows families to have activities planned for their children from 9:00am - 3:30 pm Monday thru Friday. We welcome all children even if they are not registered in the Park Program.

AGES: 5-12
TIME: 1:00pm - 3:30pm
DURATION: 8 weekly sessions*
COST: \$60 Session 1, 3-8
\$48 Session 2
\$400 for all 8 sessions

LOCATION: Patton Park

CIT PROGRAM

You must apply to be a NEW CIT. Please write a one page essay stating why you would like to become a CIT. Attach with your essay two written references, from non-family members, that can speak to your personality and ability to work with peers and children. Send your essay along with completed registration form to the Hamilton Wenham Recreation Department. Once applications are reviewed we will contact you informing you if you have been accepted into the program. Returning CIT's just need to register and do not need to send in an essay or references.

AGES: 13-15
DATES: Session 1: June 26th - July 21st
Session 2: July 24th - August 18th
TIME: 8:45am - 1:15pm
DURATION: Two, 4 week sessions
COST: \$50 per session
LOCATION: Patton Park

MICRO WHEELS

Micro Wheels teaches the fundamentals of riding 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. New activities each week will be introduced with wheeled vehicles. Other activities will include balancing stones, street signs and obstacle courses! Proper sneakers and long pants required.

AGES: 2-4
DATES: Tuesdays, May 2nd - June 6th
TIME: 10:00am-11:00am
DURATION: 6 weeks
COST: \$70
LOCATION: Recreation Center Gym



Instructor: Knucklebones

PRE BALLET

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.

AGES: 5-6
DATES: Wednesdays May 3rd - June 7th
TIME: 1:15pm-2:00pm
DURATION: 6 weeks
COST: \$84
LOCATION: Recreation Center Gym



Instructor: Samia DeSimone

MICRO T-BALL

Knucklebones' Micro T-Ball will engage both parent/guardian and their toddler(s) in learning how to play like the big leaguers. From understanding basic rules and batting techniques to knowing when to run and how to "play the field", children will gain the essence of the game and have fun while playing in mock games. Comfortable clothing and sneakers are required.

AGES: 2-4
DATES: Thursdays, April 27th - June 1st
TIME: 10:00am-11:00am
DURATION: 6 weeks
COST: \$70
LOCATION: Recreation Center/Fairhaven Field



Instructor: Knucklebones

LITTLE DRAGONS KARATE

One of the best karate programs in the country taught by four time world champion Steve Nugent & his staff. 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, April 6th - June 8th
TIME: 4:00pm-4:30pm
DURATION: 9 weeks
COST: \$180
LOCATION: Recreation Center Gym
 *No Class on 4/20



Instructor: Steve Nugent & Staff

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!

AGES: 2-5
DATES: Sundays Apr. 30th - June 18th
TIME: Ages 2-3 9:00am-9:40am
 Ages 4-5 9:45am-10:35am
 Ages 3-4 10:30am-11:25am
DURATION: 7 Weeks
COST: \$126
LOCATION: Recreation Center *NO CLASS 5/28



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, March 29th - May 17th
TIME: 1:30pm-2:30pm
DURATION: 8 weeks
COST: \$125
LOCATION: Iron Rail Gymnastics

Instructor: Iron Rail Gymnastics Staff

FITNESS TRAINING PROGRAM

Knucklebones Fitness will work to show children their body's abilities and provide motivation for the upcoming Track & Field season. Our program will include dynamic cross training activities that will improve participant's fitness, agility, stamina, and muscle conditioning. Each class will include stretching, game play, track & field and evaluate participants' ability in various areas of fitness. Proper athletic attire and sneakers are required

AGES: 6-10
DATES: Tuesdays Apr. 25th - May 30th
TIME: 3:30pm-4:30pm
DURATION: 6 weeks
COST: \$76
LOCATION: Recreation Center



Instructor: Knucklebones

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: Session 1: Sunday, April 8th
Session 2: Saturday, June 24th
TIME: 9:00am-1:00pm
DURATION: 1 class
COST: \$35
LOCATION: Recreation Center



Instructor: Debbi Laflamme

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 March 19th - Apr. 9th
TIME: 12:00pm-1:00pm
DURATION: 4 weeks
COST: \$120
LOCATION: Recreation Center Gym

Instructor: SportsZone101

YOU'RE THE MAYOR

Join staff from Right Brain Curriculum in an exciting new opportunity to become the Mayor of your city! Congratulations, you've just been elected mayor of your city...Now it's time to get to work! In this civics, writing and research program, students serve as mayor of a fictional city that they create. They must win re-election by pleasing their constituents, managing the city budget, writing a fair and just city constitution, responding to citizen concerns, delivering speeches and writing op-eds. In their re-election campaign, they create campaign platforms, bumper stickers and buttons that tout their own accomplishments as mayor and take positions on a set of city issues.

GRADES: 3-8
DATES: Wednesdays, April 26th -June 14th
TIME: 2:00pm-3:30pm
DURATION: 8 Weeks
COST: \$150
LOCATION: Recreation Center

Instructor: Right Brain Curriculum



YOUTH RUNNING CLUB

Want to learn to run, improve your running, or just stay active this fall? Would you like to train for a fall race? Join us for a FUN running program that will focus on proper warm-up, running technique, cool down, and stretches. We will utilize many games and age appropriate running activities to make you an all-around better athlete. Bring a water bottle and appropriate sneakers for running. The Youth Running Program is for boys and girls. T-Shirt included. Parent volunteers are welcome to join us. Sponsored by the EAAT Foundation.

AGES: 6-12
DATES: Thursdays, April 27th - June 1st
TIME: 3:30pm-4:30pm
DURATION: 6 weeks
COST: \$20
LOCATION: Patton Park

Instructor: Eileen Tran & Stacey Labell

EXPLORE THE GUITAR!

Learn basic chords, chord progressions, switching exercises, strumming patterns and easy popular songs by Tom Petty and the Beatles! Class includes sheet music. Bring your acoustic or electric guitar.

AGES: 8-15
DATES: Wednesdays May 3rd - May 24th
TIME: 5:00pm-6:00pm
DURATION: 4 weeks
COST: \$90
LOCATION: Recreation Center



Instructor: Chris Carter

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, April 6th - June 8th
TIME: Ages 5-8, 4:30pm-5:15pm
Ages 9-14, 4:45pm-5:15pm
DURATION: 9 weeks
COST: \$180
LOCATION: Recreation Center Gym



Instructor: Steve Nugent & Staff

SURVIVOR AMAZING RACE CHALLENGE

Back by popular demand!! 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. Sign up early as space is limited!

AGES: 8-12
DATES: Mondays Apr. 24th - June 5th*
TIME: 3:30pm-4:30pm
DURATION: 6 weeks
COST: \$76
LOCATION: Recreation Center Gym

*No Class on 5/29

Instructor: Knucklebones

SOFTBALL PRE-SEASON CLINIC

F.A.S.T. Athletics will be working with top prospect instructors, creating a pre-season instructional clinic for girls in grades 2-8. This particular program will break down the fundamentals of all aspects of the game to help prepare the girls for the upcoming spring season. This is a great opportunity to get out on the field before the real season begins! Players will be divided based on grade level similar to the grade break down of the HW softball program. New and experienced players welcome!

GRADES: 2-8
DATES: Mon. Apr. 17th - Thursday April 20th
TIME: 1:00pm-4:00pm
DURATION: 4 day clinic
COST: \$100
LOCATION: Cutler School Softball Field



Instructor: F.A.S.T Athletics

GOLF CLINIC

These lessons will introduce beginning or novice golfers to the fundamentals of the golf swing, including balance, tempo, and timing. All aspects of the game will be covered, such as, driving, iron play, chipping, and putting. Participants need to bring their own clubs.

AGES: 7-12
DATES: Mondays, April 24th - May 8th
TIME: 4:00pm-5:00pm
DURATION: 3 weeks
COST: \$59

Instructor: Wenham Country Club Staff



CO-ED VOLLEYBALL

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

GRADES: 5-8
DATES: Sundays, March 26th - April 30th
TIME: Grades 5-6: 5:30pm-7:00pm
Grades 7-8: 7:00pm-8:30pm
DURATION: 6 weeks
COST: \$75
LOCATION: Recreation Center Gym

Instructor: Jen Flynn



APRIL VACATION FIELD TRIPS

CEDARLAND

Join us at Cedarland activity center for a day full of fun. The day will include one hour of swimming and 18 holes of mini golf. Please pack a nut free lunch for your child.

AGES: 8-12
DATES: Tuesday April 18th
TIME: Bus Departs: 10am Bus Returns: 3pm
COST: \$40 per person
LOCATION: Cedarland, Haverhill, MA

<http://www.cedarland.net>

Chaperones Welcome! Please contact the rec department if you are interested in chaperoning.

Please pack a nut free lunch



TAKE FLIGHT ADVENTURE PARK

Take Flight is the leading Aerial Adventure Course in Maine. The Aerial Adventure Course has sixty elements of varying degree of difficulty spanning three levels to a height of 36' above the ground. Guests traverse the elements taking on a new challenge with every step. After the pre-flight instruction participants may climb as much or as little as they like throughout the course. A lunch area will be set-up outside the course so participants may snack at their leisure and watch the group on the course. **Participants must be at least 48 inches tall and between 45-250 pounds.**

AGES: 8-14
DATES: Thursday, April 20th
TIME: Departs: 10:30am / Returns: 2:30pm*
COST: \$45 per person
LOCATION: Take Flight Adventure Park, Kittery, ME

<http://www.takeflightadv.com/>

Chaperones Welcome! Please contact the rec department if you are interested in chaperoning.

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

YOGA IN THE PARK

Enjoy a calm and soothing yoga class in historic Patton Park on a warm summer morning! No knowledge of yoga necessary. The instructor will teach basic poses and make sure you leave feeling great! Please bring your own yoga mat.

AGES: Adults
DATES: Tuesday/Thursday July 11th - Aug. 31st
TIME: 10:00am-11:00am
DURATION: 8 weeks/16 classes
COST: 16 classes \$108
8 classes \$72
Drop in \$12
LOCATION: Pingree Park

Instructor: Heather Davis

EXPLORE THE GUITAR!

Learn basic chords, chord progressions, switching exercises, strumming patterns and easy popular songs by Tom Petty and the Beatles! Class includes sheet music. Bring your acoustic or electric guitar.

AGES: 16+
DATES: Wednesdays May 3rd - May 24th
TIME: 6:30pm-7:30pm
DURATION: 4 weeks
COST: \$90
LOCATION: Recreation Center

Instructor: Chris Carter



YOGA

Start your morning off on the right foot with a calm and soothing yoga class. No knowledge of yoga necessary. The instructor will teach basic poses and make sure you leave feeling great! Please bring your own yoga mat.

AGES: Adults
DATES: Tuesdays & Thursdays
Session 1: March 21st - May 4th
Session 2: May 9th - June 22nd
TIME: 8:30am-9:30am
DURATION: 7 weeks/14 classes
COST: 14 classes \$94
7 classes \$63
Drop in \$12
LOCATION: Recreation Center Gym

Instructor: Heather Davis

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

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.

AGES: Adults
DATES: Tues & Thurs, March 21st - April 27th
TIME: 10:00am - 11:00am
COST: \$33
LOCATION: Gordon College Bennet Center

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 Indoors

AGES: Adults
DATES: Tuesdays, Thursdays & Fridays
April 1st - May 31st
TIME: 12:30pm - 2:30pm
COST: \$3 Drop in Fee
LOCATION: Recreation Center Gym

Advanced Indoors

AGES: Adults
DATES: Mondays, Wednesdays, & Saturdays
April 1st - May 31st
TIME: Mon. & Wed., 10:00am - 12:00pm
Saturdays. 5:30pm - 7:30pm
COST: \$3 Drop in Fee
LOCATION: Recreation Center Gym

Open Play Outdoors

AGES: Adults
DATES: Mondays, Wednesdays, Fridays & Saturdays
June 1st - August 31st
TIME: Mon, Wed, & Fri, 2:00pm - 4:00pm
Saturdays, 10am-12pm
COST: \$10 per participant for season*
LOCATION: Patton Park Courts

*Pre registration is required

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
DATES: Session 1, Mondays, March 6th - April 24th*
Session 2, Mondays, May 1st - June 19th**
TIME: 9:00am-10:00am
COST: \$40 or \$8 drop in fee
LOCATION: Recreation Center Gym

*No Class 4.17

**No Class 5/29

Instructor: Susan Guest

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!

SUMMER 1

AGES: 2-5
DATES: Sundays July 9th - July 30th
TIME: Ages 2-3 9:00am-9:40am
Ages 4-5 9:45am-10:35am
Ages 3-4 10:40am-11:35am

DURATION: 4 Weeks
COST: \$72
LOCATION: Recreation Center

Instructor: Super Soccer Stars

SUMMER 2

AGES: 2-5
DATES: Sundays Aug. 6th - Aug. 27th
TIME: Ages 2-3 9:00am-9:40am
Ages 4-5 9:45am-10:35am
Ages 3-4 10:40am-11:35am

DURATION: 4 Weeks
COST: \$72
LOCATION: Recreation Center

Instructor: Super Soccer Stars



FUN IN THE SUN

Our Fun in the Sun Program is a fantastic way for your young soccer star to enjoy active fun in the fresh air all summer long! For Ages 3-5, enjoy outdoor soccer fun through skill-building games and activities.

AGES: 3-5
DATES: July 17th - July 20th
TIME: 9:15am-11:15am
DURATION: 1 week
COST: \$100
LOCATION: Recreation Center

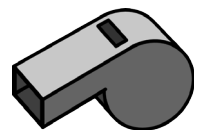
Instructor: Super Soccer Stars

MICRO ATHLETICS

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 variety of skill enhancing games and activities. From learning to kick to practicing throwing we make sure your child is active and having fun! Sneakers are required!

AGES: 2-4
DATES: Monday - Thursday, July 24th - 27th
Monday - Thursday, August 14th - 17th
TIME: 10:00am- 11:00am
DURATION: 4 Days (Rain Day Friday)
COST: \$55
LOCATION: Pingree Park

Instructor: Knucklebones



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: Session 1: July 17th - July 20th
Session 2: August 21st - August 24th
TIME: 9:00am-11:00am
DURATION: 1 week
COST: \$115
LOCATION: Pingree Park

Instructor: SportsZone 101

TOURNAMENT OF CHAMPIONS

In this action packed program, children will participate in a variety of games, such as street hockey, soccer, football, dodgeball, basketball, whiffle ball, and many others! In addition to learning the fundamentals of these sports, we will have exciting discussions about current events in sports, learn the importance of maintaining a healthy active lifestyle, and reinforce in-class learning using sports cards and prizes. Each participant will receive a daily sports prize.

GRADES: K-6
DATES: Session 1: July 17th - July 20th
Session 2: August 21st - August 24th
TIME: 12:30pm-2:30pm
DURATION: 1 week
COST: \$99
LOCATION: Pingree Park

Instructor: SportsZone 101

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.

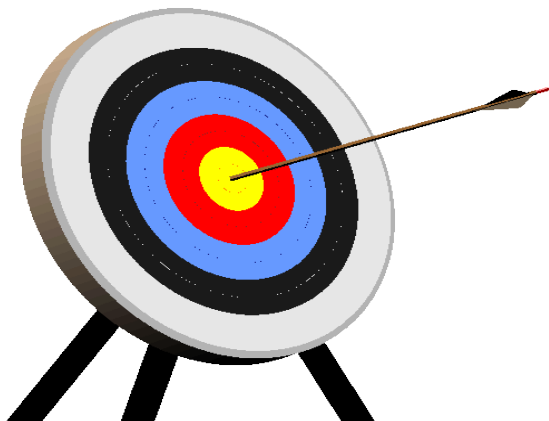
AGES: 10+
DATES: Monday - Thursday, July 17th - 20th
Monday - Thursday, August 14th - 17th
TIME: 12:00pm- 1:00pm
DURATION: 4 classes
COST: \$88
LOCATION: Recreation Center

Instructor: On Site Archery

CO-ED CONDITIONING PROGRAM

This 6 week summer program will lead group sessions in a safe and effective cross training production targeting all areas of the body. The program is for participants entering grades 6 and up. Workouts will be tailored to each participant, all levels are welcome. Program being taught by former All American Softball player and current HWRHS physical education teacher Tawny Palmeri. Participants may choose which session to attend.

GRADES: 6+
DATES: Tues & Thurs, June 27th - August 3rd*
TIME: Session 1: 7:45am-8:45am
Session 2: 9:00am - 10am
DURATION: 6 week/12 classes
COST: 12 class pack: \$99
10 class pack: \$85
6 class pack: \$55
LOCATION: Hamilton Wenham Regional High School Track



NORTH SHORE SOFTBALL CLINIC

Players of various skill levels entering grades 5 – 9 have a chance to work and improve on their softball game. This 4-day clinic will consist of pitching, catching, defensive, and offensive skill and drill work. Tawny Palmieri will be assisted by fellow college softball teammates/players of the DI and DII levels who will work with small groups on all areas of the game. This will give players the direction and instruction on how to become a more recruitable student athlete in every aspect, ranging from their mental approach and strategies to staying in the best physical condition to ensure you are reaching your highest potential athletically. Please sign up for a chance to improve your game and vision of what softball is all about at a higher level!

GRADES: 5-9
DATES: Monday June 26th - Thursday June 29th
TIME: 5:30pm-7:30pm
DURATION: 4 day clinic
COST: \$99
LOCATION: Miles River Middle School Field

Instructor: Tawny Palmieri

GIRLS FIELD HOCKEY

Come and try field hockey for the first time or come sharpen your skills! This class is open to beginners or players with experience entering grades 3-8. Clinic will focus on: proper basic skills, safety when playing, rules of the game and basic strategy. Players should bring: stick (if they have their own**), mouth guard, goggles, shin pads and water.

(**Some extra equipment will be made available)

GRADES: 3-8
DATES: Sundays June 4th -June 25th
TIME: 4:00pm-5:30pm
DURATION: weeks
COST: \$85
LOCATION: Cutler School



Instructor: Melissa Larocque

GIRLS LACROSSE CLINIC

Viking's Girls Lacrosse Clinic develops important skills needed to succeed on the field. Through a series of drills, reinforcing games, and scrimmages Viking's Lacrosse Clinic is the perfect mix of fun and instruction. Led by Viking's experience staff, this week long camp will be a blast. All players receive a Viking T-Shirt

GRADES: 2-8
DATES: Monday July 10th- Thursday July 14th
TIME: 9:00am-12:00pm
DURATION: 4 day camp
COST: \$100
LOCATION: Donovan Field



Instructor: Vikings Sports

CHALLENGER BRITISH SOCCER CAMP

Challenger Sports' British Soccer Camp is the most popular soccer camp in the country. Hundreds of Challenger coaches each year have helped the company develop one of the most innovative approaches to coaching youth soccer in the US. Our experienced staff study the game at all levels and we have identified the key techniques and skills that your players need to work on and master to reach their true potential. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament.

Program	Day	Age	Times	Date	Price
Mini Soccer	Mon-Fri	3-5	9am-10:30 am	Aug 21-25	\$103
Mini Soccer	Mon-Fri	3-5	10:30am-12pm	Aug 21-25	\$103
Half Day	Mon-Fri	6-14	9am-12pm	Aug 21-25	\$154
Full Day	Mon-Fri	8-14	9am-3pm	Aug 21-25	\$212
Early Drop Off	Mon-Fri	6-14	8:15am-9am	Aug 21-25	\$25

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.**