

# HAMILTON WENHAM RECREATION

FALL 2018 PROGRAM BROCHURE



**REGISTRATION BEGINS ON AUGUST 25TH**

**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](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

### Office Business Hours:

Monday	8am - 4:30pm
Tuesday	8am - 6:30pm
Wednesday	8am - 4:30pm
Thursday	8am - 4:30pm
Friday	8am - 12:30pm

## 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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Hamilton-Wenham  
Recreation

## REFUND POLICY

1. Full refund for a cancelled class
2. You will receive a full refund if you cancel more than 5 business days before the start of a program.
3. You will receive a refund minus a \$10 administrative fee 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.

# POLICIES/INDEX

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## 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 notified if your class is cancelled, otherwise, plan on attending.

## COURSE CONFIRMATION

We DO NOT provide confirmations for program registrations. You will be notified 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 will run as scheduled unless you are otherwise notified. In the event that we need to cancel programming/events an email and a text alert will be sent to class participants. It will also be posted on our website at www.hwrecreation.com.

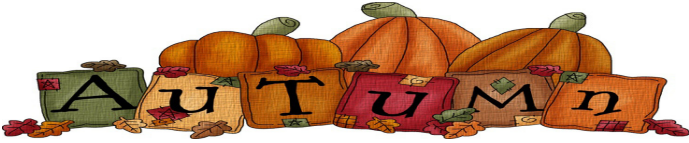
## FILLED CLASSES

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.

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### IMAGINATION STATION

Enjoy a 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. Non-residents are welcome.

Come on down and check it out!

**AGES:** Infant through 5 years with adult  
**DATES:** Fridays, Sept. 14th - Dec. 21st\*  
**TIME:** 10:20am - 12:00pm  
**COST:** 5 Punch Card \$20  
10 Punch Card \$40  
**LOCATION:** Recreation Center Gym  
\* No Program on 10/5 & 11/23

### 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, Oct. 4th - Dec. 13th\*  
**TIME:** 4:15pm - 4:45pm  
**DURATION:** 10 weeks  
**COST:** \$185  
**LOCATION:** Recreation Center Gym

\*No Class 11/22

Instructor: Steve Nugent & Staff

### KNUCKLEBONES 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, Sept. 25th - Oct. 30th  
**TIME:** 9:30am - 10:20am  
**DURATION:** 6 weeks  
**COST:** \$78  
**LOCATION:** Recreation Center Gym

Instructor: Knucklebones

### CREATIVE MOVEMENT

A fun filled introduction to dance, with an emphasis on developing each child's creativity, musicality, rhythmic and movement skills.

**AGES:** 3-4  
**DATES:** Fridays, Sept. 21st - Oct. 26th  
**TIME:** 2:30pm - 3:15pm  
**DURATION:** 6 Weeks  
**COST:** \$112  
**LOCATION:** Recreation Center Gym

Instructor: Samia DeSimone

### MINI TENNIS

New England Athletic Academy's Tennis programs for ages 3 - 5 are conducted on a smaller court, using a red, low compression ball, which is slower and lower bouncing than a traditional Tennis ball. This adaptation allows players to develop their game in a safe and successful way, whilst ensuring fun for all! This program will teach the basic shot mechanics along with developing children's coordination and fundamentals of movement. All lessons are conducted using a variety of high energy, fast paced, fun games, designed to capture the attention of children this age ensuring maximum fun for your budding Tennis champ! All equipment is provided by NEAA although players are welcome to bring their own racket if they would like!

**AGES:** 3-5  
**DATES:** Sundays, Sept. 16th - Oct. 28th\*  
**TIME:** 9:00am - 10:00am  
**DURATION:** 6 Weeks  
**COST:** \$91  
**LOCATION:** Patton Park Tennis Courts

\*No Class 10/7

Instructor: New England Athletics Academy





**SUPER SOCCER STARS- SUNDAYS**

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, Sept. 16th - Nov. 18th\*  
**TIME:** Ages 2-3, 9:00am - 9:40am  
 Ages 4-5, 9:45am - 10:35am  
 Ages 3-4, 10:40am - 11:25am  
**DURATION:** 8 Weeks  
**COST:** \$155  
**LOCATION:** Fairhaven Field

*Program Fills Quickly!*



\*NO CLASS 10/7 & 11/11

Instructor: Super Soccer Stars Staff

**SUPER SOCCER STARS- THURSDAYS**

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:** 1-4  
**DATES:** Thursdays Oct. 25th - Dec. 20th\*  
**TIME:** Ages 1-2, 9:00am - 9:40am  
 Ages 3-4, 9:45am - 10:30am  
 Ages 2-3, 10:35am - 11:15am  
**DURATION:** 8 Weeks  
**COST:** \$155  
**LOCATION:** Fairhaven Field



\* No Class 11/22

Instructor: Super Soccer Stars Staff

**KNUCKLEBONES LIL' NINJA**

Knucklebones newest class! A mixture of movement and gross motor (similar to micro athletics but a lot of running, jumping, obstacle courses, etc.). Each week will be something different, imitating a mini American Ninja Warrior course.

**AGES:** 2-4  
**DATES:** Tuesdays, Nov. 13th - Dec. 18th  
**TIME:** 9:30am - 10:20am  
**DURATION:** 6 Weeks  
**COST:** \$78  
**LOCATION:** Recreation Center Gym

**NEW!**

Instructor: Knucklebones

**PRESCHOOL YOGA**

A playful introduction to yoga for children, approximate ages 3-5. Classes will indulge the natural curiosity of children and delight the senses by incorporating music, movement, special props, narrative, and imagination. Students will be encouraged to focus on breath work, mindfulness, balance, and flexibility. This class will encourage positive self-care habits of body, mind, and spirit – both on and off the mat.

**AGES:** 3-5  
**DATES:** Thursdays Sept. 6th - Oct. 25th  
**TIME:** 11:00am - 11:45am  
**DURATION:** 8 Weeks  
**COST:** \$184  
**LOCATION:** The Village Oasis, 174 Cabot Street, Beverly MA 01982

**NEW!**

Instructor: Village Oasis Staff

## WICKED COOL FOR KIDS SUPERHERO SCIENCE

What makes a superhero super? Physics! Conduct gravity experiments to learn what it would take for Superman to leap over tall buildings in single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. Investigate how Spiderman (and real spiders) can walk up walls. Examine Batman's super gadgets and morph into the world of Superheroes using the science that could make Superheroes a reality.

**AGES:** 7-12  
**DATES:** Tuesdays, Sept. 18th - Oct. 23rd  
**TIME:** 3:45pm - 4:45pm  
**DURATION:** 6 weeks  
**COST:** \$115  
**LOCATION:** Recreation Center



Instructor: Wicked Cool Kids

## 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, Sept. 26th - Nov. 14th  
**TIME:** 1:30pm - 2:30pm  
**DURATION:** 8 weeks  
**COST:** \$140  
**LOCATION:** Iron Rail Gymnastics

Instructor: Iron Rail Gymnastics Staff

## 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.

**AGES:** 6-12  
**DATES:** Thursdays, Sept. 20th - Oct. 25th  
**TIME:** 3:30pm - 4:30pm  
**DURATION:** 6 weeks  
**COST:** \$20  
**LOCATION:** Patton Park



Instructor: Eileen Tran & Stacey Labell

**PROGRAM FILLS QUICKLY!  
REGISTER EARLY!**

## 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:** Saturday, Oct. 13th  
**TIME:** 9:00am - 1:00pm  
**DURATION:** 1 class  
**COST:** \$35  
**LOCATION:** Recreation Center

Instructor: Debbi Laflamme

## SPORTSZONE 101 BUBBLE BALL & MORE!

Have you ever wondered what it would be like to mix sports and bumper cars? Well we finally know! Come join us for Bubble Ball! Our participants will be strapped into concussion proof inflatable bubbles. The game is very simple. You run into reach other and try to get the soccer ball in your opponents net. This game is very fun and completely different from anything you have done before. We can guarantee it. The game also enables kids with spacial reasoning and critical thinking. Do you think you have what it takes to maneuver your way through a field of obstacles to score? Come find out! We will also play some other sports games with our bubbles too including dodgeball, football, kickball and other fun styles incorporated with our bubbles!

**AGES:** 7-12  
**DATES:** Mondays, Sept. 17th - Oct. 22nd  
**TIME:** 3:45pm - 4:45pm  
**DURATION:** 6 weeks  
**COST:** \$105  
**LOCATION:** Pingree Park



Instructor: SportsZone 101

## TENNIS LESSONS

### Challenger Tennis

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:** Sundays, Sept. 16th - Oct. 28th\*  
**TIME:** 10:00am - 11:00am  
**DURATION:** 6 weeks  
**COST:** \$95  
**LOCATION:** Patton Park Tennis Courts

\*No Class 10/7



Instructor: New England Athletics Academy

### Masters Tennis

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:** Sundays, Sept. 16th - Oct. 28th\*  
**TIME:** 11:00am - 12:00pm  
**DURATION:** 6 weeks  
**COST:** \$95  
**LOCATION:** Patton Park Tennis Courts

\*No Class 10/7

## SPORTSZONE 101 FANTASY FOOTBALL LEAGUE

Create your own Fantasy Sports Team with SportzZone 101! The world of fantasy sports continues to grow, and while it is no exact science, there is much to learn from an in-depth look at fantasy sports. This program will give children the opportunity to own and operate their own fantasy sports team in the Sports Zone Fantasy Sports League, while also reinforcing in-class learning like mathematics, geography, critical thinking, and more. Each week we will take our students through a focused discussion of current events in sports, walk them through potential moves they may want to make in their teams, and teach the basic operations of professional sports teams. This program is classroom based and requires the use of student, or school supplied technology. We will award weekly and season prizes to the student with the most points for week, making the playoffs, most improved team, best trade, and other special options too! Students can bring their ipads or iphones for this program!

**GRADES:** 4-8  
**DATES:** Thursdays, Sept. 13th - Oct. 18th  
**TIME:** 3:45pm - 4:45pm  
**DURATION:** 6 weeks  
**COST:** \$105  
**LOCATION:** HW Public Library History Room



Instructor: SportsZone 101

## SPORTSZONE 101 FALL DODGEBALL TOURNAMENT

Come join the Sports Zone 101 coaches as we endeavor on a 6-week tournament journey to crown the Sports Zone 101: Dodgeball Champions for the fall of 2018. Our students will go head to head in multiple styles of dodgeball for a chance at the Ultimate Dodgeball Award. Each week we will feature a new team or individual dodgeball challenge, and every win will earn points towards each team's tournament score. But, it's not all about winning at Sports Zone 101. Special sports rewards may be rewarded too, based on performance, knowledge, sportsmanship, integrity, and much more...! Don't miss out on this exciting chance to get to know other students and friends, compete for awesome prizes, and learn what it means to be a true Sports Zone 101 Champion!

**GRADES:** K-5  
**DATES:** Mondays, Nov. 19th - Dec. 17th  
**TIME:** 5:00pm - 6:00pm  
**DURATION:** 5 weeks  
**COST:** \$80  
**LOCATION:** Recreation Center Gym

Instructor: SportsZone 101

## 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, Oct. 4th - Dec. 13th  
**TIME:** Ages 5-8: 4:45pm - 5:30pm  
 Ages 9-14 5:30pm - 6:15pm  
**DURATION:** 10 weeks  
**COST:** \$185  
**LOCATION:** Recreation Center Gym

Instructor: Steve Nugent & Staff

## INTRODUCTION TO SEWING

Learn all of the basic skills necessary to use a sewing machine and make a variety of hand-sewn treasures. Projects range from tote bags to pillows to pajama shorts. Enjoy a social and creative atmosphere. All sewing levels are welcome!

**GRADES:** 3-8  
**DATES:** Mondays, Sept. 10th - Oct. 15th  
**TIME:** Grades 3-5, 4:15pm - 5:30pm  
 Grades 6-8, 5:30pm - 6:45pm  
**DURATION:** 6 Weeks  
**COST:** \$150  
**LOCATION:** Recreation Center



Instructor: Patti McCullough



## KNUCKLEBONES SURVIVOR

With over 250 seasons from both the US & aboard, Survivor has created some of the greatest challenges on television. Manipulating various challenges, participants will work to outwit, outplay and outlast through mental, physical and creative tasks. Working in groups, pairs and individuals, participants will be presented with their very own season of Survivor.

**GRADES:** K-5  
**DATES:** Fridays, Nov. 9th - Dec. 14th\*  
**TIME:** 5:00pm - 6:00pm  
**DURATION:** 5 weeks  
**COST:** \$66  
**LOCATION:** Recreation Center

\*No Class 11/23

Instructor: Knucklebones

## WIKCED COOL FOR KIDS LEGO LEARN TO LEARN STEM

This program builds on LEGO Learn to Learn curriculum and focuses on STEM based activities, critical thinking, and problem solving. Make your own math game, build symmetrical designs, and learn about simple machines by building a lever. Design structures, animals and communities in collaborative and educational challenges.

**AGES:** 5-8  
**DATES:** Tuesdays, Oct. 30th - Dec. 4th  
**TIME:** 3:45pm - 4:45pm  
**DURATION:** 6 weeks  
**COST:** \$115  
**LOCATION:** Recreation Center



Instructor: Wicked Cool Kids

## KIDS CLAY

Give your child a great introduction to the wonderful world of Clay! Each week, we offer students a new theme to work with, while learning new skills in clay formation including handbuilding, sculpture and wheel throwing. Students glaze their work during the final week, and bring home both functional and sculptural pieces to enjoy for years to come. Materials included.

**AGES:** 7-12  
**DATES:** Fridays, Oct. 26th - Dec. 7th\*  
**TIME:** 4:00pm - 5:30pm  
**DURATION:** 6 Weeks  
**COST:** \$186  
**LOCATION:** Clay Dreaming 186 Cabot Street Beverly, MA

\* No Class 11/23

Instructor: Clay Dreaming Staff

## INTRODUCTION TO SEWING

Learn all of the basic skills necessary to use a sewing machine and make a variety of hand-sewn treasures. Projects range from tote bags to pillows to pajama shorts. Enjoy a social and creative atmosphere. All sewing levels are welcome!

**GRADES:** 3-8  
**DATES:** Mondays, Oct. 22nd - Dec. 3rd\*  
**TIME:** Grades 3-5, 4:15pm - 5:30pm  
Grades 6-8, 5:30pm - 6:45pm  
**DURATION:** 6 Weeks  
**COST:** \$150  
**LOCATION:** Recreation Center



\*No Class on 11/5

Instructor: Patti McCullough

# EARLY RELEASE & NO SCHOOL DAYS

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## SPORTSZONE 101 WEDNESDAY HALF DAY TOURNAMENT OF CHAMPIONS PROGRAM

Looking for an active after school program for your child? Check our Sportzone 101's new half day program! In this action packed program, children will participate in a variety of games, such as street hockey, soccer, football, dodgeball, basketball, wiffleball, 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-5  
**DATES:** Wednesdays, Sept. 12th - Dec. 19th\*  
**TIME:** 1:00pm - 3:00pm  
**DURATION:** 15 weeks  
**COST:** Full 15 weeks: \$306  
1 Month (4 Wednesdays) \$106  
**LOCATION:** Recreation Center



\*IF ENOUGH INTEREST POTENTIAL FOR PROGRAM TO CONTINUE RUNNING AFTER WINTER BREAK FOR REMAINDER OF SCHOOL YEAR. RE-REGISTRATION WOULD BE REQUIRED AT THAT TIME.

Bus number 10 stops at the corner of the library building and would be easy access to our program. The bus originates at Buker school.

Instructor: SportsZone 101

## WICKED COOL FOR KIDS AEROSPACE ENGINEERING

Join Wicked Cool for Kids staff on your early release day to: Build a space shuttle that uses air for its power source using the engineering and design process. Take a trip light years away to map out an alien solar system and discover what comets are made up of along the way.

**AGES:** 6-11  
**DATES:** Thursday, October 18th  
**TIME:** 12:00pm - 2:30pm  
**DURATION:** 1 class  
**COST:** \$46  
**LOCATION:** Recreation Center



## VIKINGS MULTI SPORTS CLINIC

Hamilton-Wenham Schools are off on October 5th come join Viking Sports for an action packed day of fun! Vikings 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. Please pack a snack for your child and if they are staying for the full day a lunch as well.

**GRADES:** K-5  
**DATES:** Friday, October 5th  
**TIME:** 9:00am - 12:00pm or 9:00am - 3:00pm  
**COST:** Half Day: \$41 Full Day: \$66  
**LOCATION:** Recreation Center Gym

Instructor: Viking Sports

## MUSEUM OF SCIENCE PRESENTS: ROCKETS THERE AND BACK AGAIN

In this workshop, audiences create an air rocket that launches across the room, and engineer a way for a payload to return safely to Earth. This hands-on workshop explores the science behind rockets and space exploration. Use your imagination to plan, build, and test your own design.

**AGES:** All Ages  
**DATES:** Thursday, Dec. 27th  
**TIME:** Session 1: 12:00pm - 12:50pm  
Session 2: 1:00pm - 1:50pm  
**COST:** \$5 per child- please only register your child/children  
**LOCATION:** Recreation Center Gym

www.hwrecreation.com

978-468-2178

## ADULT RECREATIONAL VOLLEYBALL

Join us for some adult pick up volleyball. You must register for the entire season. This is a great way to exercise and have fun! Information for this program is TBA...please check our website www.hwrecreation.com for updates as they become available..

- AGES:** Adults
- DATES:** Thursdays, Oct. 18th - Apr. 4th
- TIME:** 7:30pm - 9:00pm
- COST:** \$65
- LOCATION:** Pingree School Athletics Center

\*No Class 11/22, 12/20, 12/27, 1/3, 3/14, & 3/21

## 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. Sept. 18th - Dec. 6th
- TIME:** 10:00am - 11:00am
- COST:** \$45
- LOCATION:** Gordon College Bennet Center

## ADULT CLAY

This class is for students experiencing clay for the first time, or for those who desire a refresher course. Students will gain basic foundations in both wheelthrowing and handbuilding skills. Wheelthrowing topics include wedging, centering, shaping, and trimming. Handbuilding topics teach use of studio equipment--slab roller, extruder, tools and textures--pinch, and coil. Students are also presented with aesthetic considerations, simple glazing techniques, and studio safety. All Materials are included.

- AGES:** 18+
- DATES:** Sundays, Oct. 28th - Dec. 7th
- TIME:** 10:00am - 11:30am
- DURATION:** 6 Weeks
- COST:** \$241
- LOCATION:** Clay Dreaming 186 Cabot Street Beverly, MA

Instructor: Clay Dreaming Staff

## ADULT TENNIS LESSONS

New England Athletic Academy's Tennis program now being offered to adults! 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 drills, designed to improve the your tennis game. All equipment is provided by NEAA although players are welcome to bring their own racket if they would like!

- AGES:** 18+
- DATES:** Sundays, Sept. 16th - Oct. 28th\*
- TIME:** 12:00pm - 1:00pm
- DURATION:** 6 weeks
- COST:** \$95
- LOCATION:** Patton Park Tennis Courts

\*No Class 10/7



Instructor: New England Athletic Academy

## 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

## 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

## ZUMBA GOLD®

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. How it works: The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all aspects of fitness including cardiovascular, muscular conditioning, flexibility and balance.

**AGES:** Adults  
**DATES:** Fridays, Oct. 12th - Nov. 30th\*  
**TIME:** 9:00am - 10:00am  
**DURATION:** 8 classes  
**COST:** \$55  
**LOCATION:** Recreation Center Gym  
\*No Class on 11/23



## 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:** Tues./Thurs. Oct. 2nd - Nov. 1st  
Tues., Thurs. & Fri., Nov. 2nd - Jan. 31st  
**TIME:** 12:30pm - 2:30pm  
**COST:** 20 Punch Card: \$60  
10 Punch Card: \$30  
**LOCATION:** Recreation Center Gym

### Advanced Indoors

**AGES:** Adults  
**DATES:** Mondays & Wednesdays, Nov. 5th - Feb. 1st  
**TIME:** 9:00am - 12:00pm  
**COST:** 20 Punch Card: \$60  
10 Punch Card: \$30  
**LOCATION:** Recreation Center Gym

\*PLEASE NOTE THAT THERE WILL BE NO PICKLEBALL ON 10/5 DUE TO A NO SCHOOL DAY PROGRAM and 11/5, 11/6 & 11/7 DUE TO ELECTIONS



## CPR/AED CERTIFICATION

ASHI CPR and AED is designed specifically for laypeople and is an excellent choice for both the community and workplace setting. This extremely flexible program will help prepare people to respond to a cardiac arrest and choking. Program covers adults, children and infants. 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 prior to class and much be completed before attending class. This will facilitate class time better. **REGISTRATION CLOSSES WEDNESDAY PRIOR TO CLASS**

**AGES:** 10+  
**DATE:** Session 1: Wednesday, Sept. 26th  
Session 2: Wednesday, Nov. 28th  
**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 prior to class and must be completed before attending class. This helps to facilitate class time better. **REGISTRATION CLOSSES WEDNESDAY PRIOR TO CLASS**

**AGES:** 16+  
**DATE:** Session 1: Wednesday Oct. 24th  
Session 2: Wednesday Dec. 19th  
**TIME:** 6:30pm - 9:00pm  
**COST:** \$50  
**LOCATION:** Recreation Center

Instructor: Dorothy Calandra



## YOU CAN AFFORD COLLEGE IF...

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)

**AGES:** Adults  
**DATE:** Wednesday, Oct. 3rd  
**TIME:** 6:30pm - 8:30pm  
**COST:** Free  
**LOCATION:** Recreation Center

Instructor: College Funding Advisors



# PUMPKIN FEST

## Oct. 27, 2018

Sponsored by

*The Hamilton-Wenham Recreation Department*

*The Hamilton Fire Department*

*The Hamilton Police Department*

*Hamilton Department of Public Works*

*Hamilton Wenham Mothers Club*

*Early Childhood Partners/CFCE of Hamilton and Wenham*

*The Community House*

### 12:30 pm

At the Public Safety Building

Organized by the  
Pumpkin Fest Committee

More Information To Come at:

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

<b>Monday</b>	<b>8:00 AM - 4:30 PM</b>
<b>Tuesday</b>	<b>8:00 AM - 6:30 PM</b>
<b>Wed - Thurs</b>	<b>8:00 AM - 4:30 PM</b>
<b>Friday</b>	<b>8:00AM - 12:30PM</b>