

HAMILTON WENHAM RECREATION

WINTER 2019 PROGRAM BROCHURE



REGISTRATION BEGINS ON DECEMBER 3rd

**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

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 the 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.



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 will run unless you are otherwise notified. In the event that we need to cancel programming/event 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

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978-468-2178

www.hwrecreation.com

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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.

2019 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.

2019 SUMMER PARK PROGRAM SESSIONS

Session 1:	June 24 - June 28
Session 2:	July 1 - July 5 (no class 7/4)
Session 3:	July 8- July 12
Session 4:	July 15 - July 19
Session 5:	July 22- July 26
Session 6:	July 29 - August 2
Session 7:	August 5 - August 9
Session 8:	August 12 - August 16

2019 SUMMER PARK PROGRAM GROUPS

Tiny Tanks:	Age 4
Little Generals:	Ages 5-6
Frog Catchers:	Ages 6-7
Young Explorers:	Ages 7-8
Jr. All Stars:	Ages 9-10
All Stars:	Ages 11-12
C.I.T.	Ages 13-15

NEW FOR 2019 AT THE VETERANS MEMORIAL POOL AT PATTON PARK

New for Summer 2019 Wibit Fun!!!! We will have designated times the Wibit pieces are in the pool! Slide for younger children and climber/larger slide for older children! See photos below!! We can't wait to slide into summer! All detailed information for the Veterans Memorial Pool will be available in the Spring/Summer Brochure.



PRESCHOOL WINTER

978-468-2178

www.hwrecreation.com

IMAGINATION STATION

Enjoy an organized playgroup that gives children an opportunity to run around the gym, participate in a simple craft, bounce in our bounce house, 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! Organized craft activity to occur once per week.

AGES: Infant through 5 years with adult
DATES: Tuesdays & Fridays, Jan. 4th - Mar. 29th*
TIME: Tuesdays: 10am - 12:00pm
Fridays 10:20am - 12:00pm
COST: 5 Punch Card \$20
10 Punch Card \$40
LOCATION: Recreation Center Gym



* No program on 2/19 & 2/22

KEEP AN EYE OUT FOR OUR ALL NEW OUTDOOR IMAGINATION STATION COMING APRIL 2019! MANY NEW EXCITING ACTIVITIES TO BE DONE OUTSIDE!

CAPE ANN SKATING CLUB: ICE SKATING LESSONS

Lessons for boys and girls of all ages and levels. Beginners starting at age 3 will learn to fall down and get up, march, glide, stop, and turn. Advanced skaters will learn one foot glides, crossovers and advanced back skating. Toys and games will make learning to skate fun for the little ones. Helmets are required. Any type of helmet is fine. No skate rentals are available. **Please bring your own skates.** Hockey or Figure skates acceptable. Some crates are used but not encouraged. Children will learn to skate on their own!

AGES: 3+
DATES: Wednesdays, Jan. 23rd - Mar. 13th*
TIME: 1:10pm - 2:00pm
DURATION: 7 weeks
COST: \$167
LOCATION: Pingree School Ice Rink



*No class on 2/20

Instructor: Cape Ann Skating Club

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.

Program now running on new 12 week session

AGES: 3-4
DATES: Thursdays, Jan. 10th - Apr. 4th*
TIME: 4:15pm - 4:45pm
DURATION: 12 weeks
COST: \$222
LOCATION: Recreation Center Gym

Instructor: Steve Nugent & Staff



*No Class 2/21

KNUCKLEBONES 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, Mar. 3rd - Apr. 7th
TIME: 10:30am - 11:20am
DURATION: 6 weeks
COST: \$78
LOCATION: Recreation Center Gym

Instructor: Knucklebones

KNUCKLEBONES LIL' NINJAS

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: Thursdays, Jan. 10th - Feb. 14th
TIME: 10:00am - 10:50am
DURATION: 6 Weeks
COST: \$78
LOCATION: Recreation Center Gym

Program Fills Quickly!

Instructor: Knucklebones

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 1

AGES: 2-4
DATES: Saturdays, Jan. 5th - Feb. 9th
TIME: Ages 2-3, 10:10am - 10:50am
Ages 3-4, 10:55am - 11:40am
DURATION: 6 weeks
COST: \$126
LOCATION: Recreation Center Gym

Instructor: Super Soccer Stars

WINTER 2

AGES: 2-5
DATES: Saturdays Mar. 2nd - Apr. 6th
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: \$126
LOCATION: Recreation Center Gym

Instructor: Super Soccer Stars

Program Fills Quickly!



SPORTSZONE 101 INTRO TO GOLF-PUTTING & CHIPPING

Golf is a lifelong sport. The smell of the fresh-cut grass, the crisp morning air, the feeling of the perfect tee shot – it's hard not to love a few hours on the greens. But what makes golf even better is playing with friends and loved ones. We can't promise that we will produce the next pro golfer in our program, but we can guarantee that your children will have lots of fun, be introduced to traditional golf grips and hitting stances, and get a little practice with putting and chipping. Using the U.S. Kids Golf Early Start program, each class will consist of short lessons followed by small group activities. Our goal is to introduce the children to the game of golf in a fun and interactive way so they can join you on the greens one day! Yes, we play it indoors with our mobile mini golf greens!

AGES: 3-5
DATES: Sundays, Jan. 6th - Feb. 10th*
TIME: 10:45am - 11:45am
DURATION: 5 weeks
COST: \$81
LOCATION: Recreation Center Gym

*No Class 1/20

Instructor: Sportszone 101



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: Saturdays Mar. 2nd-Apr. 6th
TIME: 11:30am-12:30pm
DURATION: 6 Weeks
COST: \$91
LOCATION: Recreation Center Gym

Instructor: New England Athletics Academy

MAD SCIENCE: PRESCHOOL WORKSHOPS

Mad Science Preschool Programs are engaging hands-on learning experiences for children. Each workshop is an interactive, age-appropriate exploration of a specific science topic. From air, our animal friends to water, weather and bugs, each themed program is designed to captivate the curious nature of young children. Children enjoy engaging demonstrations, perform simple experiments and will discover how science can help us better understand the world around us!

DIGGING FOR DINOSAURS

Children become Paleontologists and learn about excavating and recovering fossils! We uncover facts about Dinosaurs — what they were, what they ate, and theories on where they went. Children examine real fossil casts and explore the differences in the teeth of plant-eating and meat-eating dinosaurs. They also participate in a mini dinosaur excavation and make a cast of a dinosaur tooth to take home.

AGES: 3-5
DATES: Thursday, Mar. 7th
TIME: 10:00am - 10:45am
DURATION: 1 Session
COST: \$30
LOCATION: Recreation Center Meeting Room

MAD MIXTURES

Children get to mix things up and observe the fascinating world of chemical reactions! Bubbling beakers, colorful chemicals, and liquids that float on top of each other will introduce children to the properties of various substances. Children get to put their knowledge to use as they mix up a tasty, fizzy treat, and get to whip up their very own Mad Science Dough, to go!

AGES: 3-5
DATES: Thursday, Mar. 28th
TIME: 10:00am - 10:45am
DURATION: 1 Session
COST: \$30
LOCATION: Recreation Center Meeting Room

HUMAN BODY

Children discover the intricacies of the human body! They learn that bodies are made up of bones called skeletons. They also discover that muscles help people move, and that the heart pumps blood through the body bringing food and oxygen. Children continue the learning at home with their own skeletal puzzle friend "Mr. Bones."

AGES: 3-5
DATES: Thursday, Mar. 14th
TIME: 10:00am - 10:45am
DURATION: 1 Session
COST: \$30
LOCATION: Recreation Center Meeting Room

WEATHER WONDER

Today's forecast: a chance of curiosity with a downpour of fun! Children have fun with this interactive and hands on introduction to weather. They try some experiments to see how wind, water, and heat help to make weather. Finally, children get to make their very own windsock to take home and cherish as it blows in the breeze.

AGES: 3-5
DATES: Thursday, Apr. 4th
TIME: 10:00am - 10:45am
DURATION: 1 Session
COST: \$30
LOCATION: Recreation Center Meeting Room

ANIMAL FRIENDS

Children will learn about animal babies and parents. They also explore the different sounds and noises animals make, and the different types of coverings animals have, such as fur, scales and feathers. Children take home their own animal masks they decorated using what they learned about animals.

AGES: 3-5
DATES: Thursday, Mar. 21st
TIME: 10:00am - 10:45am
DURATION: 1 Session
COST: \$30
LOCATION: Recreation Center Meeting Room

SLIPPERY SCIENCE

Goop, ooze, and slime are three words sure to put a smile on any child's face! They get to touch, observe, and talk about what makes up a polymer. Best of all, each child will make their own batch of colorful, ooey-gooley goop to take home.

AGES: 3-5
DATES: Thursday, Apr. 11th
TIME: 10:00am - 10:45am
DURATION: 1 Session
COST: \$30
LOCATION: Recreation Center Meeting Room

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. 16th - Mar. 6th
TIME: 1:30pm - 2:30pm
DURATION: 8 weeks
COST: \$140
LOCATION: Iron Rail Gymnastics

Instructor: Iron Rail Gymnastics Staff

TAEKWONDO

Through Taekwondo children build self-confidence and body awareness while gaining strength, focus and discipline. Grand Master Kim will help them experience the thrill of teamwork and the give and take of leadership and support. This class is held in collaboration with the U.S. Taekwondo Center of Beverly. Select a one day a week or two day a week schedule based on what fits your needs best. Uniforms must be purchased at the center, cost is \$60. Registration will close one week prior to first class so that center can order uniforms.

AGES: 6-14
DATES: Wednesdays & Fridays, Jan. 7th - Mar. 22nd
TIME: 4:20pm - 5:05pm
DURATION: 10 weeks
COST: 1 Day per Week: \$106
 2 Days per Week \$156
LOCATION: U.S. TaeKwonDo Center
 317 Cabot Street Beverly, MA

*No Classes 2/20 & 2/22

Instructor: U.S. TaeKwonDo Center 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.

Program now running on new 12 week session

AGES: 5-14
DATES: Thursdays Jan. 10th - Apr. 4th*
TIME: Ages 5-8: 4:45pm - 5:30pm
 Ages 9-14: 5:45pm - 6:15pm
DURATION: 12 weeks
COST: \$222
LOCATION: Recreation Center Gym



*No Class 2/21

Instructor: Steve Nugent & Staff

WICKED COOL FOR KIDS DISCOVERY LAB

Six of our favorite science lessons wrapped up into my program! Explore the Earth by making mesozoic volcanoes and delve deep into the ocean to the coral reefs. Get electrified creating simple light up circuits and be a chemist to make rainbow slime. Each week we will get into fun science and engineering challenges- all tried and true favorite.

GRADES: 2-5
DATES: Tuesdays, Jan. 15th-Feb. 26th*
TIME: 3:45pm - 4:45pm
DURATION: 6 weeks
COST: \$115
LOCATION: Recreation Center

*NO Class on 2/19

Instructor: Wicked Cool for Kids

KNUCKLEBONES ATHLETICS

We play games like Gaga, Poison, Splat Ball, etc. Knucklebones Athletics is not your average class! Incorporating classroom favorites as well as outside the box games – this class is filled with physical activity, game play and fun. Ever tried to score points using a 4' inflatable ball on a 6' inflatable tube? welcome to Powerball! Everyone will be challenged, learn new skills and have a blast!

AGES: 7-11
DATES: Tuesdays, Mar. 5th - Apr. 9th
TIME: 3:45pm - 4:45pm
DURATION: 6 Weeks
COST: \$78
LOCATION: Recreation Center Gymnasium

KIDS TEST KITCHEN

Each week, we'll work together to prepare fun snacks, entrées, and side dishes whose key ingredients are known to be really good for us! At the end of class your aspiring chef will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they've learned! Each session arrives with fresh new recipes and ideas to inspire your healthy eater! Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe. ***Please clearly disclose all food allergies and/or dietary restrictions upon registration.**

AGES: 6-11
DATES: Fridays, Feb. 1st - Mar. 15th*
TIME: 3:45pm - 4:45pm
DURATION: 6 weeks
COST: \$106
LOCATION: Recreation Center



*No Class 2/22

Instructor: Kids Test Kitchen Staff



CAPE ANN SKATING CLUB: ICE SKATING LESSONS

Lessons for boys and girls of all ages and levels. Beginners starting at age 3 will learn to fall down and get up, march, glide, stop, backwards and turn. Advanced skaters will learn one foot glides, crossovers and advanced back skating. Toys and games will make learning to skate fun for the little ones. Helmets are required. Any type of helmet is fine. No skate rentals are available. Please bring your own skates. Hockey or Figure skates acceptable. Some crates are used but not encouraged. Children will learn to skate on their own!

AGES: 3+
DATES: Wednesdays Jan. 23rd - Mar. 13th*
TIME: 1:10pm - 2:00pm
DURATION: 7 weeks
COST: \$167
LOCATION: Pingree School Ice Rink



*No class on 2/20

Instructor: Cape Ann Skating Club

EVENT FULL: LEGO MASTER BUILDERS STAR WARS VS. SUPERHEROES

This 3-hour program will be centered around everything LEGO!! Join the team from Event-FULL! and use your imagination to build your very own 3-D LEGO story! You can then place on Star Wars and Super Hero Character Mini figures and go on adventures in the LEGO World that YOU created!

The LEGOs stay with us but the memory lasts a lifetime. Each participant will go home with a framed photo of themselves taken holding their LEGO creation to show friends and family! Please send your child with a peanut-free snack and drink.

AGES: 5-11
DATES: Saturday, March 30th
TIME: 9:00am - 12:00pm
DURATION: 1 class
COST: \$46
LOCATION: Recreation Center



Instructor: Event Full LLC.

ARCHERY

During this 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: Saturdays, Dec. 8th - Dec. 29th.
TIME: 8:00am - 9:00am
DURATION: 4 weeks
COST: \$85
LOCATION: Recreation Center Gym

Instructor: On Site Archery

EVENT FULL: AMERICAN GIRL DOLL CREATE & PLAY LEMONADE STAND

Join the team from Event-FULL! and bring your special friend (does not have to be an American Girl Doll - feel free to bring a favorite stuffed animal if you choose) to this workshop for several hours you will both enjoy! Participants will make a American Girl Doll-Sized Lemonade Stand and several other things to start up their very own sidewalk small business! What you make and take home will lead to several hours of continued play and enjoyment at home!

Please send your child with a nut-free snack and drink

AGES: 5-11
DATES: Saturday, March 30th
TIME: 1:00pm - 4:00pm
DURATION: 1 class
COST: \$51
LOCATION: Recreation Center



Instructor: Event Full LLC.



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. 3rd - Apr. 7th
TIME: 12:00pm - 1:00pm
DURATION: 6 weeks
COST: \$90
LOCATION: Recreation Center Gym

Instructor: Sportszone 101

SPORTSZONE 101 SOFTBALL CLINIC

Players, in grades 2 through 8 will have intensive instruction in proper softball 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.

GRADES: 2-8
DATES: Sundays, Mar. 3rd - Apr. 7th
TIME: 1:15pm - 2:15pm
DURATION: 6 weeks
COST: \$90
LOCATION: Recreation Center Gym

Instructor: Sportszone 101

SPORTSZONE 101 BATTLEGROUND NERF EDITION

Come join the Sports Zone Lieutenants as we test our individual and team effectiveness in battle! This awesome program puts a fresh spin on traditional games like capture the flag, while also allowing children to get great exercise, learn some strategic planning skills, and make new friends. Each week will feature different games with individual and team-based challenges, so the students always have something new to strive for. We will also have all sorts of obstacles for the students to interact with, so they never know what to expect! There will be no shortage of fun in this program, and we provide all the necessary nerf gun supplies, so join the excitement today!

GRADES: K-5
DATES: Wednesdays, Feb. 27th - Mar. 27th
TIME: 3:15pm - 4:15pm
DURATION: 5 weeks
COST: \$81
LOCATION: Recreation Center Gym



Instructor: Sportszone 101



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: Tuesdays Jan. 29th - Mar. 12th*
TIME: 6:00pm - 7:15pm
DURATION: 6 Weeks
COST: \$150
LOCATION: Recreation Center

*No Class 2/19

Instructor: Patti McCullough

LA VIDA ROCK GYM: ROCK CLIMBING

Take advantage of Gordon College's wonderful Bennett Center! This program will provide children with a chance to learn about rock climbing and to participate in rock climbing under the direction of trained staff. Who will make it to the top of the wall? Come find out in this awesome rock climbing adventure.

AGES: 5+
DATES: Mondays, Jan. 14th - Feb. 25th*
TIME: 3:45pm - 4:45pm
DURATION: 6 Weeks
COST: \$126
LOCATION: La Vida Rock Gym
 Bennett Center Gordon College



*No Class 2/18

Instructor: Bennett Center Rock Gym Staff

MAGIC BRUSH POTTERY: CANVAS PAINTING

A picture will be selected and students will be brought through a step by step process from the instructor as they navigate painting the picture on their own canvas. Each participant will take home their 12x16 painted canvas!

AGES: 8+
DATES: Wednesday, March 13th
TIME: 3:30pm - 5:00pm
DURATION: 1 class
COST: \$30
LOCATION: Recreation Center Meeting Room



Instructor: Magic Brush Pottery Staff

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, March 23rd
TIME: 9:00am - 1:00pm
DURATION: 1 class
COST: \$35
LOCATION: Recreation Center

Instructor: Debbi Laflamme

MAD SCIENCE: ACADEMY OF THE FUTURE SPACE EXPLORER

Explore the Earth, Moon, Mars... and beyond! Mad Science brings you the excitement and wonder of space in the Academy of Future Space Explorers After-School Program, featuring exciting student activities from the NASA Langley Center for Distance Learning. With unique hands-on activities, amazing demonstrations and fun educational take-homes, this is one experience that is truly out of this world!

GRADES: K-5
DATES: Tuesdays, March 12th - April 23rd*
TIME: 4:00pm - 5:00pm
DURATION: 6 weeks
COST: \$100
LOCATION: Recreation Center

*No Class on 4/16



Instructor: Mad Science

ZUMBA® KIDS JR.

Perfect for our younger Zumba® fans! Kids 4-7 years old get the chance to socialize with friends and jam out to their favorite music. Zumba® Kids, Jr classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance, cultural awareness.

AGES: 4-7
DATES: Fridays Mar. 1st - Apr. 5th
TIME: 3:30pm - 4:00pm
DURATION: 6 weeks
COST: \$41
LOCATION: Recreation Center Gym



Instructor: Cheryl Cabral

ZUMBA® KIDS

Perfect for our younger Zumba® fans! Kids 8-12 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

AGES: 8-12
DATES: Fridays Mar. 1st - Apr. 5th
TIME: 4:00pm - 4:45pm
DURATION: 6 weeks
COST: \$56
LOCATION: Recreation Center Gym



Instructor: Cheryl Cabral

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!

Program Fills Quickly!

AGES: 6-8
DATES: Session 1: Saturdays Jan. 12th-Feb. 16th
 Session 2: Saturdays Mar. 2nd-Apr. 6th
TIME: Session 1: 5:30pm-6:30pm
 Session 2: 12:30pm-1:30pm
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!

Program Fills Quickly!

AGES: 9-11
DATES: Session 1: Saturdays Jan. 12th-Feb. 16th
 Session 2: Saturdays Mar. 2nd-Apr. 6th
TIME: Session 1: 6:30pm-7:30pm
 Session 2: 1:30pm-2:30pm
DURATION: 6 weeks
COST: \$89
LOCATION: Recreation Center Gym

Instructor: New England Athletics Academy



BEVERLY ATHLETIC CLUB

We are happy to announce that Beverly Athletic Club will be working with our department this winter to offer swim lessons to families looking to get a jump start on the summer swim season!

Beverly Athletic Club offers lessons for preschool, youth and pre-competitive swimmers. Preschool swim lessons have three different levels, while youth lessons are offered at five different levels. Swimmers will be divided into classes based on their age and ability on the first day of class. Please sign your child up for the class that best fits your view of their swimming ability and the instructors will evaluate on the first day of lessons to make sure they are in appropriate level.

SPACE IS LIMITED TO 4 CHILDREN PER CLASS AND 8 CHILDREN FOR PRE-TEAM SO REGISTER EARLY!

PRESCHOOL BEGINNER SWIM LESSONS

Designed for the beginner swimmer, this class emphasizes increasing your child's confidence and ease while in the water. Starting out with the aid of a flotation device, children will work on kicking and the beginner techniques of swimming. This is a great class for children who are not timid in the water but use flotation.

AGES: 3-5
DATES: Tuesdays, Mar. 5th - Apr. 23rd
TIME: 4:30pm - 5:00pm
DURATION: 8 weeks
COST: \$111
LOCATION: Beverly Athletic Club
7 Reservoir Rd. Beverly, MA



PRESCHOOL ADVANCED SWIM LESSONS

This class emphasizes increasing your swimmers endurance and confidence in the water. Starting out with some use of flotation devices, instructors will gradually help swimmers gain the ability to swim without aid. Participants will also learn breathing techniques, fully submerging, and floating independently on their front and back. Small class sizes ensure your swimmer gets off to a great start!

AGES: 3-5
DATES: Tuesdays, Mar. 5th - Apr. 23rd
TIME: 4:30pm-5:00pm
DURATION: 8 weeks
COST: \$111
LOCATION: Beverly Athletic Club
7 Reservoir Rd. Beverly, MA



YOUTH BEGINNER SWIM LESSONS

Designed for the beginner swimmer, this class emphasizes increasing your child's confidence and ease while in the water. Starting out with the aid of a flotation device, children will work on kicking and the beginner techniques of swimming. This is a great class for children who are not timid in the water but use flotation.

AGES: 6-12
DATES: Tuesdays, Mar. 5th - Apr. 23rd
TIME: 5:00pm - 5:30pm
DURATION: 8 weeks
COST: \$111
LOCATION: Beverly Athletic Club
7 Reservoir Rd. Beverly, MA



YOUTH ADVANCED SWIM LESSONS

This class emphasizes increasing your swimmers endurance and confidence in the water. Starting out with some use of flotation devices, instructors will gradually help swimmers gain the ability to swim without aid. Participants will also learn breathing techniques, fully submerging, and floating independently on their front and back. Small class sizes ensure your swimmer gets off to a great start!

AGES: 6-12
DATES: Tuesdays, Mar. 5th - Apr. 23rd
TIME: 5:00pm - 5:30pm
DURATION: 8 weeks
COST: \$111
LOCATION: Beverly Athletic Club
7 Reservoir Rd. Beverly, MA

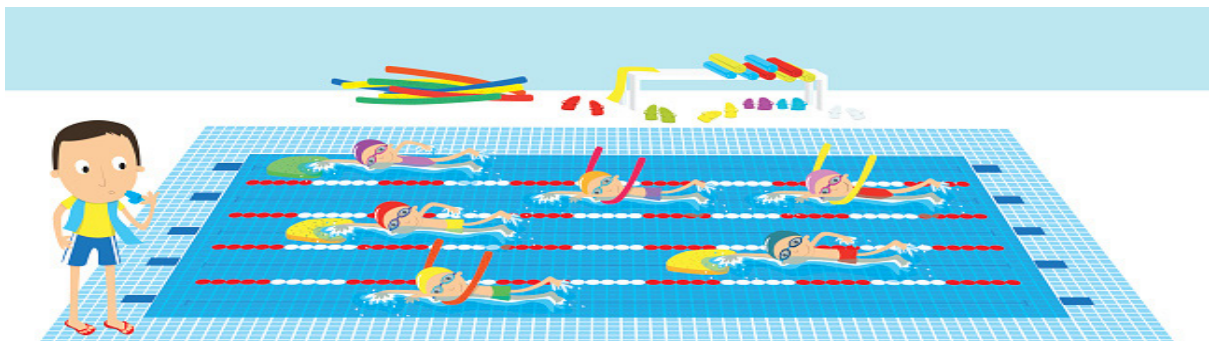


PRE-TEAM

This program is designed for swimmers who love swimming and want to learn more in the pool. Pre swim team will focus on improving stroke technique, work on endurance and mastering the four competitive strokes. During practices the swimmers will work on drills, different endurance activities, learn how swim relays work and get introduced to starts and turns.

(THIS PROGRAM IS IDEAL FOR OUR SUMMER SWIM TEAM KIDS WHO WANT TO GET STARTED EARLY FOR THE SUMMER)

AGES: 5-14
DATES: Mondays, Mar. 4th - Apr. 22nd
TIME: 4:30pm - 5:15pm
DURATION: 8 weeks
COST: \$126
LOCATION: Beverly Athletic Club
7 Reservoir Rd. Beverly, MA





INTRO TO GYMJA

These age appropriate classes are designed to build upper body and core strength as well as balance and coordination through challenging students on a variety of obstacles. Students will be coached in physical and mental techniques that aid them in attaining their goals and promoting successful habits. Members are progressed through basic ninja warrior skills and techniques that form the building blocks to promote efficient movement by engaging in creative drills and games in a fun, safe environment. We make sure our students are staying highly active in these classes to promote physical fitness, but give a variety of progressions for all movements that are taught to accommodate and challenge all skill levels from first timers to experts!

AGES: 6-15
DATES: Fridays, Jan. 11th - Feb. 15th
TIME: 6:00pm - 7:00pm
DURATION: 6 weeks
COST: \$158
LOCATION: Gymja Danvers
 150 Andover St, Danvers, MA
 (Inside Danvers Sports Complex)



Instructor: Gymja Staff

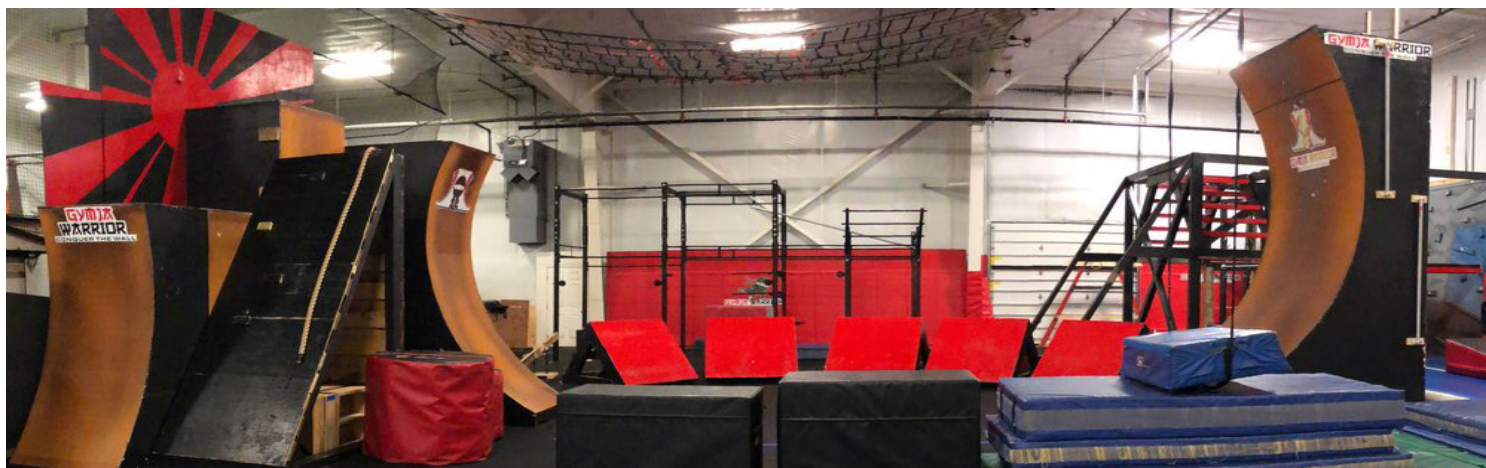
ADULT BEGINNER OCR

"Obstacle Course Racing (OCR) has grown into one of the most popular weekend activities as it combines community, fitness, and an incredible sense of accomplishment all in a couple hours! Gymja Warrior's "Beginner OCR Training" 6 week course is designed to increase your upper body strength, balance, and coordination through various body weight exercises. Throughout the course you will learn various climbing techniques for ropes, walls, and other "ninja warrior" like obstacles from certified professionals!"

AGES: Adult
DATES: Fridays, Jan. 11th - Feb. 15th
TIME: 6:00pm - 7:00pm
DURATION: 6 weeks
COST: \$133
LOCATION: Gymja Danvers
 150 Andover St, Danvers, MA
 (Inside Danvers Sports Complex)



Instructor: Gymja Staff



FARM TO TABLE COOKING

Get cooking at Appleton Farms, America's oldest working farm.

Each week kids will explore a different aspect of farm to table cooking, from the cheese kitchen to the fresh veggies, and learn about where our food comes from! Kids will practice their cooking skills by using local ingredients to create delicious recipes each week. Who knew learning could be so delicious!

AGES: 6+
DATES: Tuesdays Jan. 15th - Feb. 12th*
TIME: 3:30pm - 4:30pm
DURATION: 4 classes
COST: \$54
LOCATION: Appleton Farms Ipswich, MA



*No class on 1/29

Instructor: Appleton Farms Staff

ANIMAL CARE

Living in and around the Carriage Barn at Appleton Farms are many animals who call the farm home. There are goats, sheep, chickens and rabbits who live at the farm year round. Just like you and me these animals love to eat, drink, and play. It is the farmers job to help the animals get all of these things. So put on your farmer hat and help the farm for a day taking care of the animals. You will get to feed them, get them fresh water, and spend some time playing around with them up close. The animals will love getting to meet you!

AGES: 6+
DATES: Class 1: Tuesday April 9th
 Class 2: Tuesday April 23rd
TIME: 3:30pm - 4:30pm
DURATION: 1 class
COST: \$20
LOCATION: Appleton Farms Ipswich, MA



MAPLE SUGARING

Every year at the end of winter when the days warm up and the evenings are cold, sap starts flowing through sugar maple trees. That sap is collected and through a long process turned into delicious maple syrup. Come help Appleton Farms collect this sap and turn it into delicious liquid goodness. Together we will learn a little about how the process works by visiting the sap buckets and sugar shack. To finish it off we will get the reward of a hard day's work, tasting some of the farm made maple syrup. So come on down and join us in the sugar shack for an afternoon of fun!

AGES: 6+
DATES: Class 1: Tuesday Feb. 26th
 Class 2: Tuesday, March 5th
TIME: 3:30pm - 4:30pm
DURATION: 1 class
COST: \$20
LOCATION: Appleton Farms Ipswich, MA



Instructor: Appleton Farms Staff



IMPORTANT INFORMATION

Appleton Farms has been gracious enough to offer programming for us however, they ask that any parents/guardians who are able to stay to assist their child please do so. The Recreation Department will also be sending along a staff member to help assist with the program.

We thank you for supporting our new programs with Appleton Farms!

EARLY RELEASE & NO SCHOOL DAYS

978-468-2178

www.hwrecreation.com

SPORTSZONE 101 WEDNESDAY HALF DAY TOURNAMENT OF CHAMPIONS PROGRAM

Looking for an active after school program for your child? Check our Sportszone 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. For families looking for a slightly longer afternoon please check out our new Nerf class on page 10!

5 Week options are set dates and missed days may not be made up. Class will not run on any snow days that school is closed for.

GRADES: K-5

DATES: Wednesdays, Jan. 2nd - Apr. 24th*

TIME: 1:00pm - 3:00pm

DURATION: 15 weeks

COST: Full 15 weeks: \$306

5 Weeks: \$131 **Option A:** Jan. 2nd - Jan. 30th **Option B:** Feb. 6th - Mar. 13th* **Option C:** Mar. 20th - Apr. 24th*

LOCATION: Recreation Center

* No Class 2/20 & 4/17

*Program limited to 20 participants so register early! Please let us know if your child will be riding the bus to our program if they have not previously attended the program. Program will continue after April 24th as part of our Spring programs.

WICKED COOL FOR KIDS SLIME TIME 2

Create six new formulas of slime! Keep your slime skills sharp as we make creepy bug slime, fluffy slime, and sweet smelling goop. Finish off with sparkle slime and a few mystery formulas sure to be a hit!

AGES: 6-11

DATES: Monday March 11th

TIME: 9:30am - 12:00pm

DURATION: 1 class

COST: \$46

LOCATION: Recreation Center

Instructor: Wicked Cool Kids

WICKED COOL FOR KIDS GRAND PRIX DERBY

Design a balloon powered car and an air powered car for the big race! Create a fold away race track you can take home for supreme racing fun. Test your balloon car design against your air powered car to see if it can go as fast as some toy cars designed for speed!

AGES: 6-11

DATES: Monday March 11th

TIME: 12:30pm - 3:00pm

DURATION: 1 class

COST: \$46

LOCATION: Recreation Center

Instructor: Wicked Cool Kids

MLK DAY: F.A.S.T ATHLETICS SPORTS MANIA DAY

Join us for this fun filled day of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, dodgeball, and kick ball, but the fun continues with hand ball and pillo polo. The day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured after lunch time! Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) and be sure to register early!

GRADES: K-5

DATES: Monday January 21st

TIME: 9:00am - 12:00pm or 9:00am - 3:00pm

DURATION: 1 class

COST: Full Day: \$65 Half Day: \$41

LOCATION: Recreation Center

Instructor: F.A.S.T. Athletics

www.hwrecreation.com

978-468-2178

FEBRUARY VACATION WEEK

Join us for our February School Vacation week camp! Specially designed to accommodate all children who enjoy sports and non sporting activities. Some programs will be sports based and others will be hands on activities. One day will include pizza and a movie! See full list of days and activities below! Register for select days or the whole week! **If you wish to register for both sessions of entire week please contact our office.** The cost for this will be \$240 per child. See below for details on each day's activities!!

TUESDAY, FEBRUARY 19TH

SPORTSZONE 101 TOURNAMENT OF CHAMPIONS (9:00am - 12:00pm) or (9:00am - 3:00pm)

Join the staff from SportsZone 101 in action packed day of your favorite sports and gym games. Children will participate in a variety of games, such as street hockey, soccer, football, dodgeball, basketball, wiffleball, and many others! Don't miss out on the fun!

Cost per child

Half Day (9am - 12pm): \$31

Full Day (9am - 3pm): \$51

THURSDAY, FEBRUARY 21ST

IPSWICH YMCA SWIM & GYM (9:00am - 12:00pm) MULTI SPORT WITH KNUCKLEBONES (1:00pm - 3:00pm)

Recreation Department Staff will take the group to the Ipswich YMCA. Participants will have 1 hour of swim time, as well as a period of open gym play at drop off time between 9 and 10am.

Each child who swim's is required to take a swim test. Those who wish not to take a swim test or who do not pass their test will be required to wear a life jacket provided by the YMCA. The bus will depart from and return to the Recreation Center.

In the afternoon participants will be able to run off all that energy with sports and games facilitated by the wonderful staff from Knucklebones!

Half Day (9am - 12:30pm) \$25

Full Day (9am - 3pm) \$45

LUNCH

If you are attending both sessions please send your child with a nut free lunch (Wednesday excluded). Recreation Department Staff will supervise lunch until the start of the afternoon activity.



WEDNESDAY, FEBRUARY 20TH

RIGHT BRAIN CURRICULUM: THE LEGO CIVICS PROJECT (9:00am - 12:00pm) PIZZA & MOVIE (12:00pm - 3:00pm)

Children will build a LEGO city and then learn the different aspects of running a city. They work on committees to design their official city flag, design their city's currency and create a constitution of laws. Students have the opportunity to run for mayor, open their own business, debate city issues and design city buildings. Social studies, history and civics have never been so fun!

Children will then enjoy pizza at the Recreation Center and a movie at the Library to round out the day! Please notify the recreation Department if your child can not eat pizza.

There is no additional cost for the afternoon session. Participants may be picked up after the morning session finishes at 12:00pm.

Cost: \$65 per child

FRIDAY, FEBRUARY 22ND

EVENT FULL: LEGO MASTER BUILDERS: NINJAGO & POKE-MON (9:00am - 12:00pm)

Use your imagination to build a world where the Masters of Spinjitzu meet those from Pokemon. Build anything you imagine in your mind and make it happen with the thousands of LEGO bricks, blocks, bases and mini figures provided to you!! Each participant will go home with a framed photo of themselves taken holding their LEGO creation as a great memory from the day. Please send your child with a peanut free snack and drink.

STAR WARS JEDI TRAINING (1:00pm - 4:00pm)

Are you a Youngling who is interested in becoming a JEDI Student in Training? and enjoy a number of different activities including making AND taking home your own Recycled Droid, taking part in a Lightsaber Training Session and learning what it takes to be a JEDI Knight in training! Each child will also go home with a framed picture of themselves taken with R2D2 as a great memory from the day!

Lego Master Builders: \$46

Jedi Training: \$51

WICKED COOL FOR KIDS: APRIL VACATION WEEK

Join Wicked Cool for Kids on their week long adventure through physics and Earth! Children can register for one program as a half day option or both programs as a full day option. Both programs will meet Tuesday through Friday of April School Vacation Week.

Please pack a peanut-free lunch if you are participating in both sessions,

WICKED PHAB PHYSICS LAB

Join Wicked Cool For Kids for a fun exploration of physics! Build zooming cars that can keep a passenger safe in case of a crash! Send a marble spinning down a shoot. Create a crazy cannon to fling a ping pong ball and build a rolling racer as we learn about Newton's laws of motion and how things move in our universe.

GRADES: 1-5
DATES: Tuesday - Friday, Apr. 16th - 19th
TIME: 9:00am - 12:00pm
DURATION: 4 Days
COST: Half Day: \$171
Full Day: \$266
LOCATION: Recreation Center

EXTREME EARTH

Junior geologists and elementary engineers: harness Earth's extremes as we investigate its awesome powers in the form of wind, water, weather, and sunlight. Build a working anemometer to gauge wind speed. Experiment with magnetic rocks and solve mysteries of what's buried below the surface. Dig deep into earth science when we build a better volcano and classify some real fossils to take home.

GRADES: 1-5
DATES: Tuesday-Friday, Apr. 16th - 19th
TIME: 1:00pm - 4:00pm
DURATION: 4 Days
COST: Half Day: \$171
Full Day: \$266
LOCATION: Recreation Center

F.A.S.T. ATHLETICS: APRIL SCHOOL VACATION SPORTS MANIA

Join us for this fun filled vacation of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, and flag football. The day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured after lunch time! Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day and be sure to register early!

GRADES: K-5
DATES: Tuesday - Friday, Apr. 16th - Apr. 19th
TIME: 9:00am - 12:00pm or 9:00am - 3:00pm
DURATION: 4 days
COST: Full Day: \$116 Half Day:\$86
LOCATION: Recreation Center Gym

LUNCH

If you are attending both sessions please send your child with a nut free lunch. Recreation Department Staff will supervise lunch until the start of the afternoon activity.



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

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., Jan. 22nd - Mar. 7th
TIME: 10:00am - 11:00am
COST: \$45
LOCATION: Gordon College Bennet Center

SESSION 2

AGES: Adults
DATES: Tues. & Thurs., Mar. 19th - Apr. 25th
TIME: 10:00am - 11:00am
COST: \$33
LOCATION: Gordon College Bennet Center

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!

AGES: Adults
DATES: Tuesdays, Jan. 29th - Mar. 12th*
TIME: 7:30pm - 8:45pm
DURATION: 6 Weeks
COST: \$150
LOCATION: Recreation Center



*No Class 2/19

Instructor: Patti McCullough

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: Saturdays Mar. 2nd-Apr. 6th
TIME: 2:30pm-3:30pm
DURATION: 6 weeks
COST: \$95
LOCATION: Recreation Center Gym

Instructor: New England Athletic Academy

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.

SESSION 1

AGES: Adults
DATES: Fridays Jan. 11th- Feb. 15th
TIME: 9:00am - 10:00am
COST: \$42
DURATION: 6 weeks
LOCATION: Recreation Center Gym

SESSION 2

AGES: Adults
DATES: Fridays Mar. 1st - Apr. 5th
TIME: 10:00am - 11:00am
COST: \$42
DURATION: 6 weeks
LOCATION: Recreation Center Gym

Instructor: Cheryl Cabral

CAPE ANN SKATING CLUB: ICE SKATING LESSONS

Lessons all ages and levels. Beginners will learn to fall down and get up, march, glide, stop, backwards and turn. Advanced skaters will learn one foot glides, crossovers and advanced back skating. Helmets are required. Any type of helmet is fine. No skate rentals are available. Please bring your own skates. Hockey or Figure skates acceptable. Some crates are used but not encouraged.

AGES: Adults
DATES: Wednesdays Jan. 23rd - Mar. 13th*
TIME: 1:10pm - 2:00pm
DURATION: 7 weeks
COST: \$167
LOCATION: Pingree School Ice Rink



*No class on 2/20

Instructor: Cape Ann Skating Club

MAGIC BRUSH POTTERY: CANVAS PAINTING

Enjoy a morning with your family as Magic Brush Pottery staff take you through a step by step process to paint a selected photo onto your very own canvas. Each participant will take home their 12x16 painted canvas!

AGES: Families
DATES: Saturday, January 26th
TIME: 11:00am - 12:30pm
DURATION: 1 class
COST: \$30 per person
LOCATION: Recreation Center Meeting Room



Instructor: Magic Brush Pottery Staff

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: 5+
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

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. 30th
TIME: 12:30pm - 2:30pm
COST: 20 Punch Card: \$60
10 Punch Card: \$30
LOCATION: Recreation Center Gym

Advanced

AGES: Adults
DATES: Mondays & Wednesdays
Feb. 4th - Apr. 29th
TIME: Mon. 9:00am - 12:00pm
Wed., 9:00am - 10:00am (Instruction)
Wed., 10:00am - 12:00pm (Play)
COST: 20 Punch Card: \$60
10 Punch Card: \$30
LOCATION: Recreation Center Gym

BLACKOUT DATES

Due to holidays and other programs running in the gym

Wednesday November 21st
Tuesday December 25th
Thursday December 27th
Monday January 21st
Tuesday February 19th - Friday February 22nd
Tuesday April 16th- Friday April 19th

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 must be completed before attending class. This will facilitate class time better. **REGISTRATION CLOSING WEDNESDAY PRIOR TO CLASS**

AGES: 16+
DATE: Wednesday, January 30th
 Wednesday, March 27th
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 CLOSING WEDNESDAY PRIOR TO CLASS**

AGES: 16+
DATE: Wednesday February 27th
 Wednesday April 24th
TIME: 6:30pm - 9:00pm
COST: \$50
LOCATION: Recreation Center

Instructor: Dorothy Calandra

YMCA LIFEGUARD CERTIFICATION COURSE-FEBRUARY VACATION WEEK

Whether you are looking for a great summer job or career as a professional lifeguard, the YMCA Lifeguard training program is the place to begin! You'll learn the skills you need to become certified as a lifeguard through classroom activities, group discussion and hands-on practice. Our comprehensive Lifeguard Training course includes accident prevention, lifeguarding techniques, emergency systems, and rescue skills. Course will also include CPR for the professional Rescuer with AED, Oxygen Administration and First Aid. Participants must be 16 years old by the end of the class. Attendance, full participation, and successful completion of written tests and performance of all water skills are required for certification. Participants must be able to: Tread water for at least 2 minutes Swim 300 yards of front crawl Swim 50 yards each of: front crawl with head up, sidestroke, breaststroke, breaststroke with head up, inverted breaststroke kick with hands on stomach Perform a feet first surface dive in 8 to 10 feet of water and then swim underwater for 15 feet Perform a series of tasks given by the instructor to demonstrate listening and scanning ability as well as stamina and endurance. **Participants of this class who apply for summer lifeguard positions at Patton Park will be given priority in the interviews for summer employment. Open to Hamilton & Wenham residents only!** Non-Residents who wish to take the course should contact the recreation department for further information.

AGES: 16+*
DATE: Mon - Fri. February, 18th - 22nd
TIME: 9:00am - 4:00pm (end time may be earlier)
COST: Residents Only: \$175
LOCATION: Danvers Community YMCA, Pickering Street, Danvers, MA



Discounted Rate. Regular class offered by YMCA \$300.

*Limited to 5 participants so register early!

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)	\$61	Savings \$28
Saturdays and Holidays*		

ADULT (18-64)	\$50	Savings \$29
Sunday-Friday Non-Holidays*		

YOUTH/SENIORS (7-17 & 65+)	\$46
Saturdays and Holidays	Savings \$18

YOUTH/SENIORS (7-17 & 65+)	\$37
Sunday-Friday Non-Holidays*	Savings \$22

**HOLIDAY DATES: December 26, 2018 - January 1, 2019; January 19 - 21; February 16 - 24*

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.**