

HAMILTON WENHAM RECREATION

FALL 2019 PROGRAM BROCHURE



REGISTRATION BEGINS ON AUGUST 21st

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

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<https://www.facebook.com/hamiltonwenham.recreation/>

Website and to Register
www.HWRECREATION.com

HAMILTON-WENHAM RECREATION DEPARTMENT MISSION STATEMENT

The Hamilton-Wenham Recreation Department provides a wide variety of programs designed to improve the quality of life for residents by meeting physical and recreational needs. We promote life long lessons through play, education and community wide events.

Hamilton-Wenham Recreation Department
16 Union St.
Hamilton, MA 01982
978-468-2178
www.hwrecreation.com

Office Business Hours:

Monday	8am - 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.

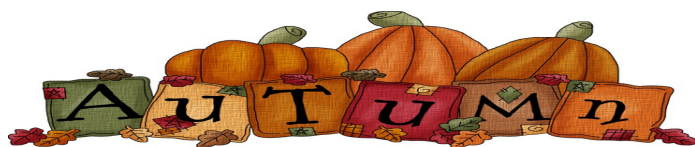
PARTICIPANT PHOTOGRAPH POLICY

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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978-468-2178

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. 6th - Dec. 20th*
TIME: 10:45am - 12:00pm
COST: 5 Punch Card \$20
10 Punch Card \$35
LOCATION: Recreation Center Gym

Punch Cards are transferable to subsequent sessions

*No Play Group on 10/11, & 11/29

F.A.S.T. ATHLETICS PRE-K MINI SPORTS

This program is a combination of warm-up games and sports such as soccer, kickball, and tball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class F.A.S.T. Athletics will have new and exciting games planned for the students.

AGES: 3-5
DATES: Tuesdays, Nov. 5th - Dec. 10th
TIME: 10:00am - 10:45am
DURATION: 6 weeks
COST: \$73
LOCATION: Recreation Center

Instructor: F.A.S.T. Athletics

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, Sept. 19th - Dec. 12th*
TIME: 4:15pm - 4:45pm
DURATION: 12 weeks
COST: \$222
LOCATION: Recreation Center Gym

*No class on 11/28

Instructor: Steve Nugent & Staff

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. 15th - Oct. 27th*
TIME: 10:30am - 11:30am
DURATION: 6 Weeks
COST: \$101
LOCATION: Patton Park Tennis Courts

* No class 10/13

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. 15th - Nov. 10th*
TIME: Ages 2-3, 9:00am - 9:40am
Ages 3-4, 9:45am - 10:35am
Ages 4-5 10:40am - 11:25am
Ages 3-4, 11:30am - 12:15pm
DURATION: 8 Weeks
COST: \$155
LOCATION: Fairhaven Field
* No Class 10/13

Program Fills Quickly!



Instructor: Super Soccer Stars Staff

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 require

AGES: 2-4
DATES: Fridays, Sept. 20th - Nov. 1st*
TIME: 9:30am - 10:20am
DURATION: 6 Weeks
COST: \$78
LOCATION: Recreation Center Gym

*No Class 10/11

Instructor: Knucklebones

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: Sundays, Oct. 20th - Dec. 8th*
TIME: 10:30am - 11:20am
DURATION: 6 Weeks
COST: \$78
LOCATION: Recreation Center Gym

* No Class 11/10 & 12/1

Instructor: Knucklebones

APPLETON FARMS: MEET THE COWS

Explore the rhythms of Appleton Farms with your preschooler. We'll meet the cows, taste test the vegetable fields, collect chicken eggs and dig into life on the farm. Preschool Farm Explorers experience it all through age-appropriate sensory activities, stories, and crafts. During this program participants will visit the cows, explore various dairy tools and make butter! Parents are required to stay at the class with their child.

AGES: 3-5
DATES: Tuesday, September 24th
TIME: 9:30am - 10:30am
DURATION: 1 class
COST: \$18
LOCATION: Appleton Farms Ipswich, MA



PRESCHOOL YOGA & MINDFULNESS

This program helps teach children to find ways to relax naturally while having fun at the same time! Kids learn basic yoga poses that increase strength, flexibility and focus. We will practice meditation techniques and mindfulness through creative games, breath work and visualization. Yoga mats, water and peanut free snack included.

AGES: 3-5
DATES: Thursdays, Sept. 26th - Oct. 31st
TIME: 10:00am - 10:45am
DURATION: 6 weeks
COST: \$108
LOCATION: Recreation Center



Instructor: Sheena Muse

LITTLE SCHOLARS: ART SAFARI

We are going to take a safari around the world! Visit a new country each week and learn about animals native to the country with a sprinkle of literature, dabble of games, and a whole lot of art. Grab your passport and discover the thrill of the hunt without leaving school!

AGES: 3-6
DATES: Thursdays, Nov. 7th - Dec. 19th*
TIME: 10:00am - 11:00am
DURATION: 6 weeks
COST: \$102
LOCATION: Recreation Center



* No Class 11/28

Instructor: Little Scholars Staff

THE LITTLE GYM OF DANVERS: GYMNASTICS

BEASTS / SUPER BEASTS GYMNASTICS

This 45 minute parent/class is for children ages 18 months up to 2 years 11 months. Each class is a blend of gymnastics, movement and group activities all set to fun music created by The Little Gym International. Children are encouraged to participate in instructor guided group activities and gymnastics skills with their caregivers while also having the option to safely explore during class.

AGES: 18 mos. - 2 years
DATES: Mondays, Sept. 16th - Dec. 2nd*
TIME: 9:15am - 10:00am
DURATION: 10 weeks
COST: \$231
LOCATION: The Little Gym of Danvers



* No Class 10/14 & 11/11

FUNNY BUGS / GIGGLE WORMS GYMNASTICS

This non-competitive 1 hour long gymnastics class is for children 3 to 5 years old. Children attend this class independently. Each week they learn new tumbling, bar and balance beam skills. Classes are taught in a fun and nurturing environment with exciting and interactive music created by The Little Gym International. Activities in class foster growth with strength and coordination along with opportunities to work on team work, listening skills and math and language development.

AGES: 3-5
DATES: Mondays, Sept. 16th - Dec. 2nd*
TIME: 1:00pm - 2:00pm
DURATION: 10 weeks
COST: \$231
LOCATION: The Little Gym of Danvers



* No Class 10/14 & 11/11

Instructor: The Little Gym Staff

WICKED COOL FOR KIDS SCIENCE & DESIGN STUDIO

Imagine what you can do with science and engineering! Create new formulas for useful science concoctions like designer sticky paste, cultivate colorful crystals, and grow glowing polymer cubes. Formulate three types of slime with customized labels. Construct creatures that can move with magnets, build an all weather shelter for a critter and upcycle a clothespin into a catapult.

AGES: 7-11
DATES: Tuesdays, Sept. 24th - Nov. 12th
TIME: 3:45pm - 4:45pm
DURATION: 8 weeks
COST: \$166
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: Wednesday, Sept. 25th - Nov. 13th
TIME: 1:30pm - 2:30pm
DURATION: 8 weeks
COST: \$145
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. 19th - Oct. 24th
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. 5th
TIME: 9:00am - 1:00pm
DURATION: 1 class
COST: \$35
LOCATION: Recreation Center

Instructor: Debbi Laflamme

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. 15th - Oct. 27th*
TIME: 11:30am - 12:30pm
DURATION: 6 weeks
COST: \$105
LOCATION: Patton Park Tennis Courts

*No Class 10/13

Masters Tennis

New England Athletic Academy's Masters 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, 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. 15th - Oct. 27th*
TIME: 12:30pm - 1:30pm
DURATION: 6 weeks
COST: \$105
LOCATION: Patton Park Tennis Courts

*No Class 10/13



Instructor: New England Athletics Academy

SPORTSZONE 101 BATTLEGROUND'S 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, Oct. 2nd - Nov. 6th
TIME: 3:15pm - 4:15pm
DURATION: 6 weeks
COST: \$98
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, Sept. 19th - Dec. 12th*
TIME: Ages 5-8: 4:45pm - 5:30pm
 Ages 9-14: 5:30pm - 6:15pm
DURATION: 12 weeks
COST: \$222
LOCATION: Recreation Center Gym

Instructor: Steve Nugent & Staff

*No Class on 11/28

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: 4-8
DATES: Tuesdays, Sept. 24th- Nov. 12th
TIME: Slot 1: 5:30pm - 6:30pm
 Slot 2: 6:30pm - 7:30pm
DURATION: 8 Weeks
COST: \$175
LOCATION: Recreation Center

Instructor: Patti McCullough

APPLETON FARMS: 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: Wednesday, October 2nd
 Class 2: Wednesday, October 9th
TIME: 1:30pm - 3:00pm
DURATION: 1 class
COST: \$18 per class
LOCATION: Appleton Farms, Ipswich, MA

Instructor: Appleton Farms Staff

APPLETON FARMS: 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: Session 1: Wednesdays, Oct. 23rd & 30th
 Session 2: Wednesdays, Dec. 4th & 11th
TIME: 1:30pm - 3:00pm
DURATION: 2 classes
COST: \$36 per session
LOCATION: Appleton Farms, Ipswich, MA

Instructor: Appleton Farms Staff

NORTH SHORE GLASS SCHOOL: FUSED GLASS

Make your very own fused glass projects!

Learn how to make beautiful handmade glass earrings, pendants, bowls, platters, clocks, picture frames and more! In this class, students will learn how to cut, arrange and secure the glass in custom patterns and designs. Their creations will be fused in our kiln and returned the following week. On average students make 12- 14 projects during the program. North Shore Glass School brings their mobile classroom to us!

AGES: 8-12
DATES: Fridays, Sept. 27th - Nov. 15th
TIME: 3:45pm - 4:45pm
DURATION: 8 weeks
COST: \$166
LOCATION: Recreation Center



Instructor: North Shore Glass School Staff

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: Wednesdays, Oct. 2nd - Nov. 6th
TIME: 4:00 - 5:30pm
DURATION: 6 Weeks
COST: \$186
LOCATION: Clay Dreaming, 186 Cabot Street Beverly, MA

Instructor: Clay Dreaming Staff

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. Must be single blade. Hockey or Figure skates acceptable. Some crates are used but not encouraged.

AGES: 3+
DATES: Wednesdays, Nov. 6th - Dec. 18th
TIME: 1:10pm - 2:00pm
DURATION: 7 weeks
COST: \$167
LOCATION: Pingree School Ice Rink

Instructor: Cape Ann Skating Club

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: Mondays, Sept. 23rd - Nov. 4th*
TIME: 3:45pm - 4:45pm
DURATION: 6 weeks
COST: \$106
LOCATION: Recreation Center

*No Class 10/14

Instructor: Kids Test Kitchen Staff

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, September 28th - November 2nd*
TIME: 8:00am - 9:00am
DURATION: 5 weeks
COST: \$85
LOCATION: Recreation Center Gym

*No Class on 10/19

Instructor: On Site Archery

LITTLE SCHOLARS: DESIGN RUNWAY

Design your very own fashion line with us! Budding designers will create a fashion portfolio, create a one of a kind piece with recyclable goods and end the week with a Runway Show to stop Fashion Week! We will participate in several design challenges too. Come design the runway with us!

GRADES: 2-5
DATES: Mondays, Oct. 21st - Dec. 19th*
TIME: 5:15pm - 6:15pm
DURATION: 8 weeks
COST: \$174
LOCATION: Recreation Center



* No Class 11/11

Instructor: Little Scholars Staff

F.A.S.T. ATHLETICS: DODGEBALL

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class.

GRADE: 2-5
DATES: Fridays, Oct. 4th - Nov. 8th
TIME: 3:30pm - 4:30pm
DURATION: 6 Weeks
COST: \$73
LOCATION: Recreation Center Gymnasium

Instructor: F.A.S.T. Athletics

ARTCIE: DRAWING & PAINTING CLASS

2D Art keeps the momentum going, building on many of the principles already learned, or incorporating the information for first time Artcie students. This class is designed to introduce or deepen techniques and skills in 2D art. Students will learn about a range of different prolific artists and create a body of work in various mediums like pencil, charcoal, pastel, watercolor and acrylic paint. While each project will focus on a new lesson, students are encouraged to create artwork that truly reflects their own personal style and creative voice!

GRADES: 4 & 5
DATES: Wednesday, Sept. 11th - Nov. 27th
TIME: 3:45pm - 5:15pm
DURATION: 11 weeks
COST: \$263
LOCATION: Artcie Studio Railroad Ave. Hamilton, MA



Instructor: Artcie Staff

KIDS YOGA & MINDFULNESS

This program helps teach children to find ways to relax naturally while having fun at the same time! Kids learn basic yoga poses that increase strength, flexibility and focus. We will practice meditation techniques and mindfulness through creative games, breath work and visualization. Yoga mats, water and peanut free snack included.

AGES: 6-12
DATES: Tuesdays, Oct. 8th - Nov. 12th
TIME: 4:00pm - 5:00pm
DURATION: 6 weeks
COST: \$108
LOCATION: Recreation Center



Instructor: Sheena Muse



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, Oct. 18th - Nov. 22nd
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, Oct. 18th - Nov. 22nd
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



SPORTSZONE 101 WEDNESDAY HALF DAY TOURNAMENT OF CHAMPIONS PROGRAM

Looking for an active after school program for your child? Check our Sportszone 101's 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. 4th - Dec. 18th
TIME: 1:00pm - 3:00pm
DURATION: 16 weeks
COST: Full 16 weeks: \$326
4 week sessions \$106
LOCATION: Recreation Center

Bus number 10 stops at the library building and a Rec staff member meets the bus each Wednesday. The bus originates at Buker school. Bus spots are limited so please register early if you plan to send your child on the bus.

Instructor: SportsZone 101

WICKED COOL FOR KIDS KITCHEN CHEMISTS

Begin by brewing a bubbling potion as we learn about acids and bases using kitchen chemistry. Test solutions that will magically change color before your eyes as you determine acid, base or neutral. Next we'll use the power of pH to determine the best cleaner for dirty pennies. Write a secret message using an acid and base formula

AGES: 6-11
DATES: Friday, Oct. 11th
TIME: 9:00am - 11:30am
DURATION: 1 class
COST: \$46
LOCATION: Recreation Center



Instructor: Wicked Cool Kids

KNUCKLEBONES: COLOR WARS

One of the best camp traditions is now a breakout tradition all its own. Whether consecutive days weekly or once a month, participants will compete in traditional and not so traditional sports and physical activities. Participants are divided into teams, each of which is assigned a color. Teams will choose different commanders each day and compete against each other in challenges and events to earn points. Team challenges include, for example, Castle Ball, Omnikin Poison, Torch Ball, Survivor™ Games, Amazing Race™ Challenges, Geocaching, etc. It will conclude with one event that can propel any team forward to claim the crown! Color War will be the most talked about event of the year as each participant recounts his or her wildly vivid experience

GRADES: K-5
DATES: Friday, October 11th
TIME: 9:00am - 12:00pm
DURATION: 1 Class
COST: \$36
LOCATION: Recreation Center Gym



Instructor: Knucklebones

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 Sept. 24th - Nov. 12th
TIME: 7:30pm - 8:30pm
DURATION: 8 Weeks
COST: \$175
LOCATION: Recreation Center

Instructor: Patti McCullough

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. 17th - December 12th*
TIME: 10:00am - 11:00am
COST: \$45
LOCATION: Gordon College Bennett Center

*No Class on 11/28

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.

AGES: Adults
DATE: Monday, October 28th
TIME: 6:30pm - 8:30pm
COST: Free
LOCATION: Recreation Center

Instructor: College Funding Advisors

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 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. 15th- Oct. 27th*
TIME: 1:30pm - 2:30pm
DURATION: 6 weeks
COST: \$105
LOCATION: Patton Park Tennis Courts

*No Class 10/13

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 Bennett 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

ADULT PROGRAMS

978-468-2178

www.hwrecreation.com

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: Session 1, Fridays, Sept. 20th - Oct. 25th
Session 2, Fridays, Nov. 1st - Dec. 13th
TIME: 8:30am - 9:25pm
DURATION: 6 weeks
COST: \$78
LOCATION: Recreation Center Gym

*No Class 11/29

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. 24th- Apr. 2nd*
TIME: 7:30pm-9:00pm
COST: \$65
LOCATION: Pingree School Athletics Center

* No Play available on 11/28, 12/9 & 3/19

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. 1st - Dec. 26th
TIME: 12:00pm - 2:30pm
COST: 20 Punch Card: \$50
10 Punch Card: \$30
LOCATION: Recreation Center Gym

Advanced Indoors

AGES: Adults
DATES: Mon. & Wed. Oct. 2nd - Dec. 30th
TIME: Mondays: 9:00am - 12:00pm
Wednesdays: 10:30am - 12:30pm
COST: 20 Punch Card: \$50
10 Punch Card: \$30
LOCATION: Recreation Center Gym

Skills and Drills

AGES: Adults
DATES: Wednesdays, Oct. 2nd - Dec. 18th
TIME: 9:00am - 10:30am
LOCATION: Recreation Center Gym

Open Play

AGES: Adults
DATES: Fridays Oct. 4th- Dec. 27th
TIME: 12:30pm - 2:30pm
COST: 20 Punch Card: \$50
10 Punch Card: \$30
LOCATION: Recreation Center Gym

No Play on: 10/14, 11/11, 11/28, 11/29, 12/24, 12/25



PUMPKIN FEST

Oct. 26, 2019

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

1:00 pm

At the Public Safety Building

Organized by the
Pumpkin Fest Committee

More Information To Come at:

www.hwrecreation.com



Recreation Registration Form

HAMILTON-WENHAM RECREATION DEPARTMENT

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

For Office Use Only

Date _____
Amt _____
CK# _____
Health Form _____

Please fill out one registration form for each person.

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

HAMILTON – WENHAM RECREATION DEPARTMENT CONSENT & RELEASE FORM

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

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

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

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

Signature of Parent/Guardian or ADULT Participant

Date



Hamilton-Wenham Recreation Department

16 Union Street Hamilton, MA 01982

(978) 468-2178

OFFICE HOURS

Monday

8:00 AM - 4:30 PM

Tuesday

8:00 AM - 6:30 PM

Wed - Thurs

8:00 AM - 4:30 PM

Friday

8:00AM - 12:30PM