## **HAMILTON-WENHAM RECREATION**

# Fall 2020 Brochure

16 Union St. S. Hamilton, MA 01982 (978) 468-2178

**Registration Opens September 1st** 

www.hwrecreation.com

**ALL PROGRAMS HELD OUTDOORS FOR FALL 2020** 



# 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

#### **Office Business Hours:**

www.hwrecreation.com

Monday	8:00am - 4:30pm
Tuesday	8:00am - 6:30pm
Wednesday	8:00am - 4:30pm
Thursday	8:00am - 4:30pm
Friday	8:00am - 12:30pm

#### **Joint Recreation Committee Members**

Wenham
Wenham
Wenham
Hamilton
Hamilton
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.

#### **RECREATION DEPARTMENT STAFF**

#### **Director**

Sean Timmons stimmons@hamiltonma.gov

#### **Recreation Assistant**

Danielle Kiely dkiely@hamiltonma.gov





## "Like" us on Facebook Search:

Hamilton-Wenham Recreation

#### **COURSE CANCELLATION**

Classes that do not attain the minimum enrollment will be cancelled 48 hours prior to the scheduled start date. If cancelled you will receive a full refund. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise, plan on attending.

#### **COURSE CONFIRMATION**

We DO NOT provide confirmations for program registrations. You will be called if a class is filled and you will be placed on the waiting list. Otherwise, plan on attending.

#### **MAKE UP CLASSES**

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants inability to attend.

#### **INCLEMENT WEATHER**

All classes 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 use photographs/videotapes for their promotional purposes.

#### **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.

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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. \*PLEASE NOTE WE ONLY ACCEPT CREDIT CARDS OR CHECKS. NO CASH.

\*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!!

Registration for MOST programs will close 1 week prior to the first class.

Please register early to ensure your spot!

## **TEXT ALERTS!!**

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

## Registrations

## Q: When does Registration open

A: Registration will open on Tuesday, September 1st

#### Q: Are non-residents allowed to register

A: Non-Residents will be added to a waiting list. If spots are available in a program non-residents will be removed from the waiting list and be able to participate. Please add your child to the waitlist in the event we are able to open up a program.

# Q: Will you be adding more programming as the fall goes on?

A: Current fall programming runs through October. Our Department will reassess programming options throughout the fall and offer additional programming if it is safe to do so.

## Q: What is the cancellation policy

A: our cancellation policy will not change, if a program is cancelled due to low enrollment participants will receive a full refund.

## Screening, Isolation and Discharge

# Q: What type of screening will participants go through each day

A: Participants will be required to turn in a daily health screen form each day before the start of a program. This form will be distributed by our department prior to the start of a class, the form can also be found on our website. PARENTS ARE ASKED TO TAKE THEIR CHILD'S TEMPERATURE AT HOME AND RECORD IT ON THE FORM PRIOR TO COM-

ING. Staff will also monitor participants throughout the programs for symptoms of any kind.

# Q: What happens if there is a COVID-19 exposure at a participant's home?

A: All participants are required to complete a prescreening form prior to attendance each day. If a participant or family members has come into contact with someone who has been infected with COVID-19 you must contact our department. Our department will notify our health officials and will work with them on determining next steps.

# Q: What happens if a staff member or participant starts to show signs of sickness during the program.

A: If someone appears symptomatic, they will be removed from the program and brought to a designated isolation area. Parents/Guardians will be notified for pick up.

# Q: What happens if there is a COVID-19 exposure at a program

A: Our department will contact our local health officials and work with them on determining the best way to proceed.

## **Personal Protective Equipment**

# Q: Are masks required for participants during program?

A: Masks are required for participants when social distancing can not be maintained. We have restructured our programming so that social distancing can be maintained but participants are still required to bring a mask with them each day.

# Q: Will Staff be wearing masks and/or gloves during the day

A: Yes, staff will be required to wear a mask in situations where social distancing cannot be maintained.

# Q: What PPE should my child come to the program with each day?

A: Participants must have a mask or face covering and personal sized hand sanitizer.

# Q: What if my child forgets to bring his/her mask to a program

A: Our department has purchased extra masks and will happily make them available to any participant who forgets his/her own.

## Cleaning, Disinfecting, and Sanitizing

## Q: Will there be extra cleaning of surfaces?

A: Yes, staff will be using CDC recommended cleaning materials to clean and disinfect all materials and surfaces prior to and after each program.

# Q: How often will frequently touched or common surfaces be cleaned

A: Frequently touched or common surfaces will be cleaned regularly during the day.

#### Miscellaneous

## Q: What happens if it rains?

A: If heavy rain is expected programs will be cancelled. All participants will be notified by email the evening before or morning of. Friday's could be potential make-up days for programming.

PRESCHOOL FAMILIES PLEASE NOTE THAT DUE TO CURRENT COVID-19 RESTRICTIONS AND PROTOCOLS ALL PARENTS ARE ASKED TO REMAIN AT THE PROGRAM TO HELP THEIR CHILD WITH SOCIAL DISTANCING AND ANY NECESSARY MASK WEARING THAT MAY OCCUR DURING THE CLASS.

#### **KNUCKLEBONES: MICRO ATHLETICS**

Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Each class your child will play a myriad of different, skill enhancing athletic activities and games. From learning to kick using RhinoSkin balls to practicing throwing, playing Messy Backyard and much more, we make sure your child is active and having fun while developing a passion for play that will stay with them! The entire program is supported using a plethora of unique and age appropriate equipment. Sneakers are required.

#### 6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
2-5	Tuesdays, September 22nd - October 27th	3:15pm - 4:00pm	Patton Park	\$117

#### **SOCCER SHOTS: MINI SOCCER**

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active. Our 4 and 5 year old participants utilize creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting.

#### 8 Weeks

Ages:	Dates:	Time:	Location:	Fee:
2	Sundays, September 13th - November 1st	9:00am - 9:30am	Fairhaven Field	\$131
3	Sundays, September 13th - November 1st	9:45am - 10:20am	Fairhaven Field	\$131
4-5	Sundays, September 13th - November 1st	10:35am - 11:15am	Fairhaven Field	\$131

#### **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! No Equipment required. Many of the older children will wear cleats.

#### 6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
3-4	Mondays, September 14th - October 26th*  * No Class 10/12	9:00am - 9:45am	Fairhaven Field	\$120
4-5	Mondays, September 14th - October 26th*  * No Class 10/12	10:00am - 10:50am	Fairhaven Field	\$120

#### **MINI TENNIS**

Our Mini Tennis programs for ages 3 - 5 is 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 although players are welcome to bring their own racket if they would like!

#### 6 Weeks

#### Instructor: Jeff Rucker

Ages:	Dates:	Time:	Location:	Fee:
3-5	Mondays, September 21st - October 26th	2:30pm - 3:15pm	Patton Park Tennis Courts	\$90

#### **MINI MOVERS: STORY MOVEMENT**

Encouraging the love of reading and dance! Each month a new story is selected and read to students. Children then learn creative movement that correlates to the story. Moving as characters and dancing to music inspired by the book, children will love bringing books to life!

#### 6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
3-5	Wednesdays, September 23rd - October 28th	9:00am - 9:45am	Fairhaven Field	\$89

#### **MINI MOVERS: BALLET**

Time to Plie and Jete! Young dancers will learn ballet technique and terminology in an encouraging environment. Children will be introduced to the world of ballet through movement and reinforcement materials, such as coloring pages and books. Catch you at the barre!

#### 6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
3-5	Wednesdays, September 23rd - October 28th	10:00 - 10:45am	Fairhaven Field	\$89

#### **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.

#### 6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
3-5	Fridays, September 25th - October 30th	10:00 - 10:45am	Fairhaven Field	\$80

#### **WICKED COOL FOR KIDS: BIG DIG**



Paleontologist? Geologist? Archeologist? You'll dig our most

dino-centric class yet. Unearth the secrets of ancient Egypt to see how Pharaohs were buried and then make your own mini mummies. Create colossal fossils and learn about your favorite dinosaurs as we travel back in time. Dig up a cool crystal collection to take home as you excavate Earth's buried treasures.

#### 6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
7-11	Tuesdays, September 22nd - October 27th	3:30pm - 4:30pm	Fairhaven Field Tent	\$141
7-11	Thursdays, September 24th - October 29th	3:30pm - 4:30pm	Fairhaven Field Tent	\$141

#### **SPORTSZONE 101: TOURNAMENT OF CHAMPIONS**

In this action packed program, children will participate in a variety of games, such as street hockey, soccer, football, dodgeball, basketball, 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. All equipment used will be cleaned and sanitized throughout the program. Activities that involve less equipment will be used more often than those requiring equipment. New games such as cornhole and capture the flag will be added as those allow for the children to be more spaced out.

Ages:	Dates:	Time:	Location:	Fee:
6-11	Mondays & Tuesdays, September 21st - October 27th	3:30pm - 4:30pm	Pingree Park	\$134
6-11	Wednesdays & Thursdays, September 23rd - October 29th	3:30pm - 4:30pm	Pingree Park	\$134

#### **PARKOUR**



Movement classes that are designed to jump start your child's day off with a healthy dose of movement, exploration, and fun! These classes are a great way to learn the basics, build on techniques, or master certain movements in a small-group instruction context. All sessions are capped at 8-10 participants (per local guidance) and are led by two of our experienced coaches. This class is for children of all ability and fitness levels, and will include instruction in the basic movements and techniques of parkour, as well as exercises designed to improve general fitness and ensure the long-term practice of parkour. Classes will focus on exploring and moving within one's environment and will include a number of games, exercises, and drills to improve balance, coordination, strength, spatial awareness, and flexibility while having fun. All classes are taught by ADAPT certified coaches. PARKOUR REQUIRES MASKS TO BE WORN DURING THIS PROGRAM.

Ages:	Dates:	Time:	Location:	Fee:
8-11	Wednesdays, September 23rd - October 14th	1:30pm - 2:30pm	Pingree Park	\$93
8-11	Wednesdays, September 23rd - October 14th	2:45pm - 3:45pm	Pingree Park	\$93

## **KNUCKLEBONES: TRACK & FIELD**



Knucklebones Presidential Fitness, Track and Field Program measures aerobic capacity, body composition, muscular strength, endurance and flexibility. With the objective of showing children their body's abilities and providing motivation to adopt a healthy lifestyle, our program will evaluate their progress through such activities as sprints, relays, long jump, pull-ups and an inspiring athletic decathlon. Each class will include stretching, game play, track & field, evaluating participants' ability in various areas of fitness, and conclude with a discussion on healthy habits. Upon completion of the six-week program each participant will receive a certificate and emblem from The Presidential Youth Fitness Program. Proper athletic attire and sneakers are required. Knucklebone's policy is that school age children will be required to wear a mask during programming.

#### 6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Tuesdays, September 22nd - October 27th	4:15pm - 5:15pm	Patton Park	\$117
6-11	Thursdays, September 24th - October 29th	4:15pm - 5:15pm	Patton Park	\$117

#### YOUTH TENNIS LESSONS

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 although players are welcome to bring their own racket if they would like!

#### 6 Weeks

#### Instructor: Jeff Rucker

Ages:	Dates:	Time:	Location:	Fee:
6-8	Mondays, September 21st - October 26th	3:30pm - 4:30pm	Patton Park Tennis Courts	\$90
9-12	Mondays, September 21st - October 26th	4:45pm - 5:45pm	Patton Park Tennis Courts	\$90

#### **LET GO YOUR MIND: ENGINEERING WITH LEGO**



Each week students will build different motorized LEGO brick creations using axles, gears, battery packs and motors. Students will have IPad powerpoint instructions to guide them along as they create their builds each week. Once their build is complete students will have time to modify their motorized LEGO brick creation any way they would like! Students will have their own sanitized LEGO brick kits and adhere to social distancing

Ages:	Dates:	Time:	Location:	Fee:
7-11	Wednesdays, September 23rd - October 28th	1:00pm - 2:00pm	Fairhaven Field Tent	\$99
7-11	Wednesdays, September 23rd - October 28th	2:15pm - 3:15pm	Fairhaven Field Tent	\$99

#### **DEBBIE LAFLAMME: BABYSITTING COURSE**

The one day workshop will cover how to have a safe babysitting experience. Some of the topics include: Basic First Aid, infant and tod-dler care, creative activities for young children and much more. Due to concerns surrounding covid-19 this class will take place outside under a tent with socially distant seating in place. Children should bring a mask in the event that social distancing can't be maintained throughout the class but they will only be required to wear it when they can't maintain a 6 ft distance.

Ages: Date	tes:	Time:	Location:	Fee:
11+ Satu	urday, September 26th	9:00am - 1:00pm	Fairhaven Field Tent	\$45



#### **ON SITE ARCHERY: 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.

5 Weeks

Ages:	Dates:	Time:	Location:	Fee:
10+	Monday, September 21st - Monday, October 19th	3:45 - 4:45	Pingree Park	\$118

#### STEVE NUGENT'S KARATE INSTITUTE: 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.

#### 7 Weeks

Ag	ges:	Dates:	Time:	Location:	Fee:
5-8	8	Thursdays September 17th- October 29th	3:45pm-4:30pm	Fairhaven Field	\$135
9-1	14	Thursdays Septemeber 17th-October 29th	4:40pm-5:25pm	Fairhaven Field	\$135

#### **KNUCKLEBONES: COLOR WARS**

One of the best camp traditions is now a breakout tradition of its own. Dividing into teams, each assigned a color, they must compete in various group and team activities. From traditional, Kickball and Dizzy Bat to relay races to Gaga; every class will be different and 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 their wildly vivid experience.

Ages:	Dates:	Time:	Location:	Fee:
6-11	Friday, October 9th	9:00am - 12:00pm	Fairhaven Field	\$49

#### **GORDON COLLEGE: 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!

Ages:	Dates:	Time:	Location:	Fee:
18+	Tuesdays & Thursdays September 15th- November 19th	10:00am-11:00am	Bennett Center Pool	\$45

#### **GORDON COLLEGE: 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) 20 VISIT PUNCH CARD WITH NO EXPIRATION DATE!

Ages:	Dates:	Time:	Location:	Fee:
18+	Reservations Required in Advance: Please Call the Bennett Center to Reserve your time	See Website		Resident: \$65 Non- Resident: \$80

#### **ZUMBA®**

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

#### 6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
18+	Wednesdays, September 16th - October 21st	5:30pm - 6:15pm	TBD	\$69

#### **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.

#### 6 Weeks

Instructor: Kim Crowley

Ages: D	Dates:	Time:	Location:	Fee:
18+ F	Fridays, September 25th - October 30th	8:30am - 9:30am	Fairhaven Field	\$81

## **SENIOR MUSCLE CONDITIONING**



Senior Muscle Conditioning: A full body strength workout, sensitive to special needs and adaptations for seniors. Class is led by ACE-certified trainer and AFFA-certified group exercise instructor Kim Crowley, who is also a Parkinson's Disease exercise specialist. Class fee includes resistance band for each participant.

#### 6 Weeks

Instructor: Kim Crowley

Ages:	Dates:	Time:	Location:	Fee:
55+	Fridays, September 25th - October 30th	9:45am - 10:45am	Fairhaven Field	\$91

# Pumpkins in the Park

We encourage you to carve your pumpkins at home this year and bring them to Patton Park and place them around the pond. The Recreation Staff will light the pumpkins for our annual pumpkins in the park event on Saturday October 24th

# Saturday October 24th After Dark: Around 6pm

Please note if you plan to come out to view the pumpkins in the park you must wear a face covering and maintain physical distance from others who do not live in your household.



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# **Recreation Registration Form**

## HAMILTON-WENHAM RECREATION DEPARTMENT

16 UNION STREET HAMILTON, MA 01982 978-468-2178

#### For Office Use Only

Date Amt\_ CK# Health Form\_\_\_\_

	WWW.HAMILTONMA.GOV	
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 <b>H</b> The undersigned, do hereby cons	CONS	Location  NHAM RECREAT SENT & RELEASE		Start Date	Fee	
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(978) 468-2178

#### **OFFICE HOURS**

Monday	8:00 AM - 4:30 PM
Tuesday	8:00 AM - 6:30 PM
Wednesday	8:00 AM - 4:30 PM
Thursday	8:00 AM - 4:30 PM
Friday	8:00 AM - 12:30 PM