

HAMILTON WENHAM RECREATION

SPRING 2021 PROGRAM BROCHURE



REGISTRATION BEGINS ON March 1st

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	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

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



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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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***REGISTRATION IS CURRENTLY OPEN**

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: Resident registration will open on March 1st
Non-Resident registration will open on March 8th

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.

Mask Policy

Q: Will participants be required to wear a mask?

A: Participants will be required to wear a mask while participating in the class. Frequent mask breaks will be given through duration of the program.

Spectator Policy

Q: Do I need to wear a mask while watching from the sidelines

A: Yes, anybody who wishes to stay and watch must wear a mask at all times.

Q: Is there a limit on the number of spectators

A: Yes, for the Pre-School programs being held indoors we kindly ask that you limit the amount of spectators to 1 per participant. For our Youth and Adult programs we ask that no spectators enter the gymnasium and/or hallway.

For outdoor programs we kindly ask that spectators maintain their distance from one another while watching the programs.

Screening, Isolation and Discharge

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 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. **The form can also be submitted electronically.** Link to these will be sent out prior to the start of program.

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

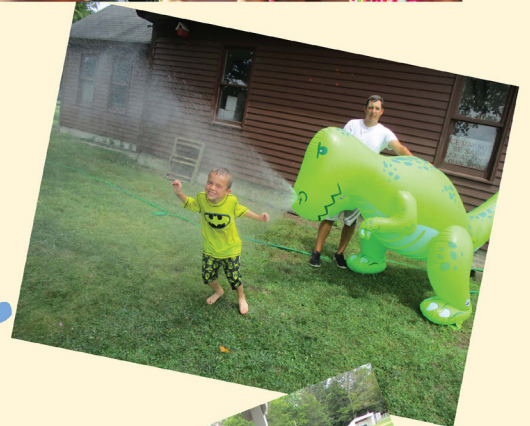
A: All participants are required to complete a pre-screening form prior to attendance each day. If a participant or family members has come into contact with someone who has been infected with COVID-19 you must contact our department. Our department will notify our health officials and will work with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

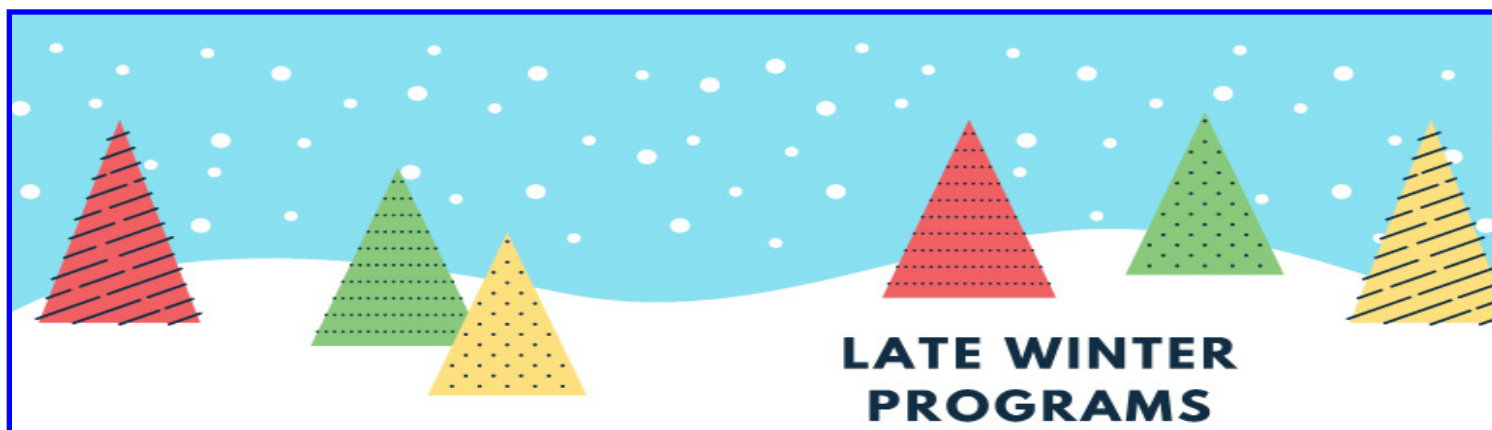
Q: What happens if there is a COVID-19 exposure at a program

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

Patton Park Summer Park Program and Veterans Memorial Pool

Information to be released at a later date.





REGISTRATION IS CURRENTLY OPEN FOR ALL “LATE WINTER” PROGRAMS AT WWW.HWRECREATION.COM

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.



6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
3-4	Tuesdays, March 9th - April 13th	9:00am - 9:45am	Recreation Center	\$120
4-5	Tuesdays, March 9th - April 13th	10:00am - 10:50am	Recreation Center	\$120

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:
2-4	Tuesdays, March 9th - April 13th	3:30pm - 4:15pm	Recreation Center	\$111

**REGISTRATION IS CURRENTLY OPEN FOR ALL "LATE WINTER" PROGRAMS AT
WWW.HWRECREATION.COM**



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- MINI	Saturdays, March 6th - April 24th	8:30am - 9:00am	Recreation Center	\$131
3- CLASSIC	Saturdays, March 6th - April 24th	9:10am - 9:45am	Recreation Center	\$131
4-5- PREMIER	Saturdays, March 6th - April 24th	9:55am - 10:35am	Recreation Center	\$131
3- CLASSIC	Saturdays, March 6th - April 24th	10:45am - 11:20am	Recreation Center	\$131

SOCCER SHOTS: PREMIER SOCCER

Soccer Shots Premier focuses on individual skill, fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction.

8 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-8	Saturdays, March 6th - April 24th	11:30am - 12:20pm	Recreation Center	\$131

LITTLE SCHOLARS: HEAD, SHOULDERS, KNEES & TOES

Get your body moving with active songs, process art, learning games, and creative play all designed to strengthen the core muscles and motor planning skills used for fine motor skills. Children will learn correct letter and number formation, pencil grip and scissor skills as we use our Head, Shoulders, Knees and Toes! We will explore fun hands-on techniques to help your child grip the pencil correctly and control fine motor muscles effectively through a variety of multi sensory activities.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
3-5	Thursdays, March 4th - April 8th	10:45am - 11:45am	Recreation Center	\$105

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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

Instructor: Bob Waitt



Ages:	Dates:	Time:	Location:	Fee:
10+	Wednesdays, February 24th - March 24th	2:30pm - 3:30pm	Recreation Center	\$99
10+	Wednesdays, February 24th - March 24th	3:45pm - 4:45pm	Recreation Center	\$99

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 power point 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

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
7-11	Tuesdays, March 2nd - April 6th	3:30pm - 4:30pm	Recreation Center	\$99

**REGISTRATION IS CURRENTLY OPEN FOR ALL "LATE WINTER" PROGRAMS AT
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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, February 22nd - March 29th	3:30pm - 4:30pm	Recreation Center	\$90
9-12	Mondays, February 22nd - March 29th	4:45pm - 5:45pm	Recreation Center	\$90

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.



6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Tuesdays, March 9th - April 13th	4:30pm - 5:30pm	Recreation Center	\$111

SPORTSZONE 101 BASEBALL CLINIC

Tune up those skills before the spring season starts! 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.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Sundays, March 7th - April 11th	12:00pm - 1:00pm	Recreation Center	\$125

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WICKED COOL FOR KIDS: WICKED GROSS SCIENCE



Perfect for families who have chosen to home school! Get 6 weeks of science lessons for your home schooler! Gross Science is not for the easily queasy! The gross yet fascinating things in life hide many science secrets like what's hidden in a diaper. Classify some creepy crawlies and neutralize smelly smells. Make some model mucus, create alien slime, have fun with other grossly amusing science adventures.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Fridays, February 26th - April 2nd	10:30am - 11:30am	Recreation Center	\$141

LITTLE SCHOLARS: TASTES AROUND THE WORLD



Explore the tastes of the world by visiting Italy to make tiramisu, sailing to Mexico to create salsa, and cruising to France to bake crepes. Pack your bags because this is an adventure that you do not want to miss! Our chefs will mix, chop and craft the classes away! Fee includes supplies necessary for this program.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Thursdays, March 4th - April 8th	12:00pm - 1:00pm	Recreation Center	\$135

KIDS TEST KITCHEN

Kids' Test Kitchen is on a mission to get young eaters preparing, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time! Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. During this late winter session we'll celebrate ingredients that will warm your bones on a cold day and offer ideas for quick and healthy dishes for the family to enjoy together. 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! Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is always optional. 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.

Each child will have their own work station that is socially distant from others in the class.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Mondays, March 1st - April 5th	2:00pm - 3:00pm	Recreation Center	\$109

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YOUTH PICKLEBALL LESSONS



This youth pickleball program will provide the basics of this life-long activity. Sessions will be designed with fun filled activities for youth ages 10-14 as they learn to play pickleball and gain some of the fundamental skills of the sport, including forehand and backhand, volley and serve. We will use a clinic recipe aimed at fun engagement. Pickleball is enjoyed by all ages, genders and members of the family.

Instructor: Sue Carnevale

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
10-15	Wednesdays, February 24th - March 31st	5:15pm - 6:15pm	Recreation Center	\$69

SPORTSZONE 101: TOURNAMENT OF CHAMPIONS

Tired of watching the pros play your favorite sports? In our fan-favorite program in Hamilton-Wenham, students ARE the pros. Join us for friendly competition in their favorite games; dodgeball, battleship, football, whiffle ball, soccer, street hockey, pickle, four corners, and others. Each day we will start with a short discussion of current sports news and end with your child receiving a pack of sports cards. We will also reinforce basic principles needed to excel in different sports. Sports cards will be used to reinforce basic principles in math, geography, history and reading. We will adhere to proper social distancing in all our games. Kids should bring a water bottle, mask, and wear comfortable shoes!

This program is open to both boys and girls. Come and play like a champion!

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Wednesdays, March 3rd - April 7th	1:00pm - 2:00pm	Recreation Center	\$90

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.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
7-14	Sundays, March 7th - April 11th	1:15pm - 2:15pm	Recreation Center	\$125

LITTLE SCHOLARS: A-HA KITS

Adventures at Sea: Do you hear the ocean calling your name? Dive into the deep blue sea and create a coral reef, learn about the mysterious squid and of course a playful visit with a shark.

Animal Art Adventures: We are going on a safari around the world! Meet a sloth from the rainforest, roar with the Africa lion, and bundle up to visit the penguins in Antarctica. Grab your passport and binoculars and don't delay!

Biology in a Box: It's alive! Explore the human body, the life cycle of a frog and the growth of bacteria with activities big and small.

Builders in Training: Calling designers, builders and architects, Little Scholars needs you! As a builder in training you will design a fun space for animals to play, whip up a miniature tree house and create your very own totem pole!

Crazy for Chemistry: Discover the properties of slime, make your own bouncy balls and more in this messy but FUN kit. These experiments are sure to engage and excite any young scientist.

Dino Detective: Discover the world of dinosaurs as we dig deep into fossils, build a dinosaur replica, and have an archeological dig just like a real paleontologist.

Globetrotter Club: Pack your bags we are taking a trip around the world. Hop the pond to learn about the Northern Lights, cruise over Greece to swoon over the Greek Pyramids, and toss around a boomerang through Australia...that's not all so don't miss out!

Nature Makers: Ignite your passion for nature and wildlife as you learn about the magnificent planet that we call home! Build, discover and explore with these science experiments and hands on activities.

Storied Engineering: Once upon a time our favorite story book characters found themselves in sticky situations! Through STEAM and physics principals and best practices we will save the world from problems and create their very own enchanted ending.

Whiz Kids: Grab your goggles as we venture into the world of science. With a dash of chemistry, pinch of physics and a swirl of imagination you have a box full of whiz kids fun!

World of Wizards: Get spell bound as you enter the world of wizards with wand making, potion concocting, and cape design. The wizard world is awaiting...YOU!

Kits are available by grade. Please see the chart below for information on kits available in each grade. Please Register as soon as possible so kits can be ordered. Once they arrive they can be picked up at the Rec Center.

Grade Range	A-HA Kit	Location:	Fee:
Pre-K	Animal Art Adventures & Dino Detectives	At Home	\$117 per kit
Pre-K- 5th	Adventures at Sea, Whiz Kids & World of Wizards	At Home	\$117 per kit
K - 5th	Biology in a Box, Builders in Training, Crazy Chemistry, Globetrotter Club, Nature Makers & Storied Engineering	At Home	\$117 per kit



SOCCER SHOTS: PRESCHOOL 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- MINI	Sundays, May 2nd - June 27th* *No Class 5/30	9:00am - 9:30am	Fairhaven Field	\$131
3- CLASSIC	Sundays, May 2nd - June 27th* *No Class 5/30	9:40am - 10:15am	Fairhaven Field	\$131
4-5- PREMIER	Sundays, May 2nd - June 27th* *No Class 5/30	10:35am - 11:05am	Fairhaven Field	\$131
3- CLASSIC	Sundays, May 2nd - June 27th* *No Class 5/30	11:15am - 11:50am	Fairhaven Field	\$131

KNUCKLEBONES: MICRO T-BALL



Knucklebones' Micro T-Ball engages both children and parent/guardian in learning to play like a Pro. Starting with tees, and progressing to underhand pitching, we'll focus on basic rules, batting technique, running the bases and fielding, all while using outside the box equipment and activities to practice. Participants will gain the essence of the game and have fun while playing. The last day will be the most fun as the children will take on the parents/ guardians in a game for bragging rights!

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
2-4	Wednesdays, May 5th - June 9th	3:45pm - 4:45pm	Fairhaven Field	\$111

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	Tuesdays, May 4th - June 8th	10:00am - 10:45am	Fairhaven Field	\$80

SKYHAWKS: HOOPSTERTOTS & SOCCERTOTS

Introduce your little superstar to sports in our most popular program! This SoccerTots & HoopsterTots class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sports skills, and child development.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
3-4	Thursdays, May 6th - June 10th	10:00am - 10:45am	Fairhaven Field	\$69
4-5	Thursdays, May 6th - June 10th	11:00am - 11:45am	Fairhaven Field	\$69

STEVE NUGENT'S KARATE INSTITUTE: 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.

10 Weeks

Ages:	Dates:	Time:	Location:	Fee:
3-4	Thursdays, March 25th - June 3rd* * No Class 4/22	4:00pm - 4:30pm	Recreation Center/ Fairhaven Field	\$188

LITTLE SCHOLARS: MINI MED SCHOOL

Is there a doctor in the school? Join us as we bring Mini Med School to your school! Our little doctors will use stuffed animal patients to take blood pressure readings, give “stitches”, put on a cast, and make their own first aid kit, all while learning lots about what doctors, dentists, EMTs, and other medical professionals do on a daily basis.

6 Weeks



Ages:	Dates:	Time:	Location:	Fee:
3-5	Mondays, May 3rd - June 14th* * No Class 5/31	10:00am - 11:00am	Fairhaven Field	\$137

PRE-K KIDS TEST KITCHEN

This cooking program is especially designed for our Pre-K friends! 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 disclose any food allergies at registration time.

Ages:	Dates:	Time:	Location:	Fee:
3-5	Tuesdays May 4th- June 8th	3:30pm - 4:30pm	Recreation Center	\$109

BLOCKSCAD: 3D DESIGN



BlocksCAD is a programmatic, cloud-based, 3D Design tool that teaches Coding, 3D Design, Math & Computational Thinking. Kids have a blast in our 3D Design Class & Learn 21st Century Skills that Include: Blocks based coding fundamentals such as loops, variables, sequencing, debugging Math practice utilizing Cartesian coordinates, number sense, spatial reasoning, metrics and geometry. 3D Design & 3D printing.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
8-12	Thursdays, April 29th - June 3rd	3:45PM - 4:45PM	Recreation Center/Fairhaven Field	\$154

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.

10 Weeks



Ages:	Dates:	Time:	Location:	Fee:
5-8	Thursdays, March 25th - June 3rd* * No Class 4/22	4:40pm - 5:25pm	Fairhaven Field	\$188
9-14	Thursdays, March 25th - June 3rd* * No Class 4/22	5:35pm - 6:10pm	Fairhaven Field	\$188

KNUCKLEBONES: NINJA WARRIOR

Knucklebones Ninja is a blend of strength, skill, flexibility, fitness and fun. Throughout class participants will engage in various games, drills, elements and obstacle courses. From scaling up cargo nets on a truss to walking across balance beams, climbing over the A-frame to hanging on monkey bars, this class allows participants to have fun while progressing through the basics of ninja warrior elements.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
5-8	Wednesdays, May 5th - June 9th	1:15pm - 2:15pm	Fairhaven Field	\$111

KNUCKLEBONES: TRACK & FIELD

Knucklebones Presidential Fitness, Track and Field Program measures aerobic capacity, body composition, muscular strength, endurance and flexibility. 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. **6 Weeks**

Ages:	Dates:	Time:	Location:	Fee:
6-11	Wednesdays, May 5th - June 9th	2:30pm - 3:30pm	Fairhaven Field	\$111

WENHAM COUNTRY CLUB: GOLF LESSONS

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

Participants need to bring their own clubs.

5 Weeks



Ages:	Dates:	Time:	Location:	Fee:
5-8	Tuesdays, May 4th - June 1st	3:30pm - 4:30pm	Wenham Country Club	\$109
9-12	Tuesdays, May 4th - June 1st	4:40pm - 5:40pm	Wenham Country Club	\$109



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.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
9-14	Wednesdays, May 5th - June 9th	2:45pm - 3:45pm	Fairhaven Field	\$120
9-14	Wednesdays, May 5th - June 9th	4:00pm - 5:00pm	Fairhaven Field	\$120

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!

6 Weeks

Instructor: Jeff Rucker

Ages:	Dates:	Time:	Location:	Fee:
6-8	Sundays May 2nd- June 13th* * No Class 5/30	10:00am - 11:00am	Patton Park Tennis Courts	\$90
9-12	Sundays May 2nd- June 13th* * No Class 5/30	11:10am - 12:10pm	Patton Park Tennis Courts	\$90

SPORTSZONE 101: FLAG FOOTBALL

During this program offered through Hamilton Wenham Rec, we will be playing flag football together in a fun and safe "Super Bowl" environment. Participants will rotate through different flag football games each week, playing different positions to help build skills and confidence on the field. All kids will learn the proper technique of playing and will also be given flags and flag belt for games.

Most games will take on in a 3 vs 3 and 5 vs 5 style game each week based on enrollment.

Kids should wear comfortable running shoes!

This program is open to both boys and girls.

Ages:	Dates:	Time:	Location:	Fee:
6-11	Mondays, May 3rd - June 14th* *No Class 5/31	3:30pm - 4:30pm	Fairhaven Field	\$99



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.

REGISTER EARLY SPACE LIMITED DUE TO COVID. Due to limited space availability Running Club is a Resident only program!

6 Weeks

Instructors Eileen Tran & Stacey Labell



Ages:	Dates:	Time:	Location:	Fee:
6-12	Thursdays, April 29th - June 3rd	3:30pm - 4:30pm	Fairhaven Field	\$20



VIKINGS SPORTS: SNAG GOLF

Viking adopted the SNAG (Starting New At Golf) program to teach new golfers how to play this enjoyable lifelong sport. Our coaches understand the importance of fundamentals of form in teaching swinging, putting, and body positioning. The SNAG system uses modified equipment to implement the curriculum developed by PGA professionals. Viking provides all the equipment for this very popular program.

All players receive a Viking Sports T-shirt.

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Thursdays, May 6th - June 10th	3:30pm - 4:30pm	Pingree Park	\$91

SPORTS ZONE 101: OUTDOOR NERF WARS

Come test your individual and team effectiveness as a participant in our Nerf RIVAL Battlegrounds! The RIVAL series is designed with Nerfers ages ten and up in mind, as it features high-performance, high-speed Nerf blasters that are perfect for competitive, team-based play. If you have ever wanted to try out Paintball, this is a great, safe alternative! The RIVAL blasters use squishy Nerf pellets, which is perfect for competitive gaming because players can feel when they get hit, but the pellets don't hurt like Paintball or Airsoft. This awesome program puts a fresh spin on traditional games like Capture the Flag, King of the Hill, and Zone Wars, while also allowing participants to get great exercise, learn strategic planning skills, and make new battle-tested friends. Participants will play different games throughout the day, with individual and team-based challenges, so there is always something new and exciting 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 supplies, so join the excitement today!

NERF BATTLEFIELD COURSE: Kids will enjoy our man-made, blow up obstacle course structures which help to protect and hide behind in your games to make the setting epic!! All Nerf Equipment and obstacles are sanitized before and after use. Kids can bring their own equipment so long as it's labeled properly!

Kids Should Bring: Water, Comfortable Shoes!



6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Fridays, May 7th - June 11th	3:30pm - 4:30pm	Fairhaven Field	\$109

WICKED COOL FOR KIDS: DIY SCIENCE LAB

Create your own do-it-yourself science toys. Each week we'll explore and build fun toys and gadgets that you make - and learn the science behind them. Make a mini catapult to launch a pom pom as you learn about energy and motion. Study how magnets work and make a moving magnet car. Sooth your mind with a silly sensory bag and celestial swirling bottle. Make a marble maze and design a house for an action figure. Creative engineering fun!

6 Weeks



Ages:	Dates:	Time:	Location:	Fee:
6-11	Wednesdays, March 31st - May 12th	4:00pm - 5:00pm	Fairhaven Field	\$141



KIDS TEST KITCHEN

Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. This winter we'll celebrate ingredients that will warm your bones on a cold day and offer ideas for quick and healthy dishes for the family to enjoy together. 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! 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

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
6-11	Tuesdays, May 4th - June 8th	5:00pm - 6:00pm	Recreation Center	\$109



YOUTH PICKLEBALL LESSONS

This youth pickleball program will provide the basics of this life-long activity. Sessions will be designed with fun filled activities for youth ages 10-14 as they learn to play pickleball and gain some of the fundamental skills of the sport, including forehand and backhand, volley and serve. We will use a clinic recipe aimed at fun engagement. Pickleball is enjoyed by all ages, genders and members of the family.

Instructor: Sue Carnevale

6 Weeks

Ages:	Dates:	Time:	Location:	Fee:
10-15	Mondays, May 3rd - June 14th* * No Class 5/31	3:30pm - 4:30pm	Patton Park Tennis Courts	\$69

VIKINGS SPORTS: MULTI SPORTS



Viking’s Multi-Sports School Vacation Camps are a fun variety of sports including soccer, basketball, baseball, flag football, dodgeball, kickball, capture the flag, floor hockey, team handball, watermelon, reindeer tails, and many other sports, gym games, and camp activities. Our goal for every camper is to make sure they have the most fun ever in a safe environment. No screens. Just lots of sports, games, running around, and tons of fun! At all of our Multi-Sport Camps, the week concludes with Tournament Day! All Viking campers will receive a Viking T-shirt and trophy!

Ages:	Dates:	Time:	Location:	Fee:
6-11	Tuesday - Friday, April 20th - 23rd	9:00am - 12:00pm	Recreation Center/Fairhaven Field	\$114





HEALTH & SAFETY INSTITUTE
(ASHI)

Babysitting Certification Course

The new Child and Babysitting Safety (CABS) program from ASHI gives teenagers and young adults everything they need to know for safe and successful babysitting. From getting started with their business, to dealing with parents and children, to key safety, caregiving, and first aid tips, the magazine-format CABS guide and vlogger-style video make learning fun. PLEASE NOTE THE PROGRAM MAY END EARLIER THAN SCHEDULED TIME DEPENDING ON NUMBER OF PARTICIPANTS ETC.



MONDAY MARCH 15TH
9:00-12:00PM OR 1:00PM-4:00PM
TUESDAY APRIL 20TH 3:00PM-6:00PM
FRIDAY APRIL 23RD 9:00AM-12:00PM
AGES: 10-16
\$45 PER PARTICIPANT

Register at www.hwrecreation.com
Classes fill quickly so register early!

E-SPORTS LEAGUES

PS4, Xbox & Nintendo Switch Consoles

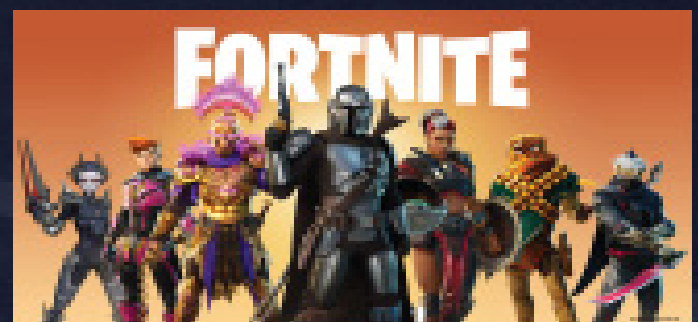


**MADDEN 21
FORTNITE
NHL21
SUPER SMASH BROS.
ROCKET LEAGUE**



Tournaments Begin March 6th (Saturdays)
Leagues Begin April 12th (Weeknights)
Leagues for Grades 3-5 and 6-12
\$20 per person for Tournament Play
\$30 per person for League Play

Register at www.hwrecreation.com
Once register you will receive further
communication on how to get started!
If you have further questions please
contact the recreation department.



ADULT TENNIS LESSONS

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

6 Weeks**Instructor: Jeff Rucker**

Ages:	Dates:	Time:	Location:	Fee:
18+	Sundays, May 2nd - June 13th* * No Class 5/30	12:20pm - 1:20pm	Patton Park Tennis Courts	\$90

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 room and shower facilities are available. 20 VISIT PUNCH CARD WITH NO EXPIRATION DATE!

Ages:	Dates:	Time:	Location:	Fee:
18+	Pool Schedule Available on College Website	See Website	Bennett Center Pool Gordon College	Resident: \$65 Non- Resident: \$80

ADULT PICKLEBALL LESSONS

Beginner/Advanced Beginner Clinic (2.0 to 2.5 Levels): Class for Players new to the Game or only playing a short time who would like to learn to achieve better fundamental techniques in their game. strokes & shots that will be taught are: volley, dink shots, serve & return, & forehand/backhand drive shots. Students will also learn the rules of match play & how to score while learning the basics in a fun-filled manner!

Instructor: Sue Carnevale**6 Weeks**

Ages:	Dates:	Time:	Location:	Fee:
18+	Mondays May 3rd- June 14th* * No Class 5/31	2:15pm - 3:15pm	Patton Park Tennis Courts	\$69

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