



PLYMOUTH RECREATION FALL 2019

REGISTER & PAY ONLINE AT

WWW.PLYMOUTHREC.COM

508-747-1620 X 10137

- Make Check Payable to: **Plymouth Recreation Department**
26 Court St / Plymouth, MA 02360 / 508-747-1620 Ext. 10137

<u>For Office Use</u>	
Cash \$	_____
Check #	_____
Amount \$	_____
Date	_____

- **WE ACCEPT CASH, CHECKS, VISA, MASTERCARD, DISCOVER**
- Refund requests must be submitted no later than 5 business days before the start of any program.
- There will be a \$10 processing fee for all refunds requested.
- Credit card purchases are refunded by check.
- There is a \$25 charge for any returned checks.
- There is a \$10 non-resident fee for all programs.
- **ONLY E-MAIL CONFIRMATIONS WILL BE SENT OUT! PLEASE KEEP A RECORD OF ALL PROGRAM INFORMATION.**

HOUSEHOLD INFORMATION

Last Name: _____ Home Phone #: _____

Mailing/Residential Address: _____
(Street Address and/or PO Box) (City) (State) (Zip)

Parent: _____ DOB: ___/___/___ Work #: _____ Cell #: _____

Parent: _____ DOB: ___/___/___ Work #: _____ Cell #: _____

E-mail Address: _____
(This address will only be used by the Recreation Department for Registration and Program Updates.)

PROGRAM REGISTRATION – You may register up to 3 participants on this form

Participant's Name: _____ Age: _____ DOB: _____ Grade: _____ Sex: M F

Allergies/Medical Info/Limits?: _____

Check Shirt Size: YXS (2-4) YS (6-8) YM (10-12) YL (14-16) YXL (18-20) AS AM AL AXL Other

Program/Class Name	Session or Age Group	Day	Time	Fee

Participant's Name: _____ Age: _____ DOB: _____ Grade: _____ Sex: M F

Allergies/Medical Info/Limits?: _____

Check Shirt Size: YXS (2-4) YS (6-8) YM (10-12) YL (14-16) YXL (18-20) AS AM AL AXL Other

Program/Class Name	Session or Age Group	Day	Time	Fee

Participant's Name: _____ Age: _____ DOB: _____ Grade: _____ Sex: M F

Allergies/Medical Info/Limits?: _____

Check Shirt Size: YXS (2-4) YS (6-8) YM (10-12) YL (14-16) YXL (18-20) AS AM AL AXL Other

Program/Class Name	Session or Age Group	Day	Time	Fee

I, the (parent/guardian of the child named above) or (adult participant), have been made aware that the Town of Plymouth, the Recreation Dept. and its related parties, are not covered by insurance for persons injured while taking part in Recreation Department programs. In consideration of my or my child's upcoming participation, I hereby hold the Town, its servants and employees and related parties harmless from any injury I or my child may incur during said participation. Further, I am delegating authority in advance of any specific diagnosis or treatment to an authorized person from the Recreation Department and the doctor/clinic/hospital to exercise their best judgment as to necessary medical/surgical treatment for me or my child in the event I cannot be reached. I agree to hold harmless the Town of Plymouth, the Recreation Dept., its servants and employees, its related parties and the doctor/clinic/hospital treating me or my child for failure to obtain my consent. I further grant authorizations for any pictures taken of me or my child to be used for publicity and promotional purposes.

Signature of Parent/Guardian/ Adult Participant:	Date:
---	--------------

ABOUT THE RECREATION DEPARTMENT

The Recreation Department hours are:
7:30am - 4:00pm Mon, Wed, Thurs
7:30am-6:30pm Tues & Fri 7:30am-12:00pm

Registration for the fall is currently open

HOW TO REGISTER:

Register online or to register in person or by mail complete the form on page 1 and submit it with your payment by mail or in person at the Recreation office, 26 Court St, Plymouth, MA 02360. **WE ACCEPT CASH, CHECKS AND CREDIT CARDS (VISA, Mastercard & Discover).**

NON-RESIDENT SURCHARGE

There is a \$10 per participant per program surcharge for non-Plymouth residents.

WHO IS A RESIDENT?

Resident rates for Recreation programs apply to those residing or owning a residence within the Town of Plymouth limits at the time registration is submitted.

AFTER YOU HAVE REGISTERED

If you provide us with a valid email address you will be emailed a receipt of all the programs you have registered for. If the class is full, you will be notified and placed on a waiting list.

REFUND POLICY

Unless otherwise stated, refunds/credits will only be available up to 5 business days prior to the first day of a program or activity. A \$10 administrative fee will be charged for processing the refund. If a program is canceled by the Recreation Dept, a full refund will be issued and no fee will be charged. There are no refunds for activities that require a uniform or jersey after it is ordered.

FINANCIAL ASSISTANCE

All of our programs are self-supporting. If you have financial issues prohibiting your child from participating in our programs, please give us a call; we will **try** and do everything to make sure they participate in our programs.

WEATHER CANCELLATIONS

Please note: We cannot call everyone for weather cancellations. If you would like to know if a program is cancelled, please check our website www.plymouthrec.com or call our weather hotline 508-747-1620 Ext. 10321, 30 minutes prior to the start of your program.

FACEBOOK PAGE

Join us on Facebook....at www.facebook.com/PlymouthRecreationDepartment, /Manomet-Youth-Center, /PlymouthMemorial for up to date information about programs, events and more!

WE STRONGLY URGE EVERYONE TO REGISTER ON-LINE FOR THE FASTEST, EASIEST AND MOST EFFICIENT REGISTRATION PROCESS.

*****PROOF OF AGE REQUIREMENT*****

Proof of age must be provided when registering your child for any Recreation Department program. Proof of age can be in the form of a birth certificate, passport, physical, or any other official document showing date of birth. We only need to verify the child's age once! For mail-in registrations, please include a copy of your proof of age which will be destroyed upon verification. Your child will not be allowed to start a program without their age being verified.

*****Your child must be the minimum age allowed for a program by the first day of the program.*****

Fall Registration is currently open. We would like to thank you for taking interest in the many programs the Plymouth Recreation Department offers. Our main goal is to offer individuals and families quality programs at an affordable price. At the Recreation Department you can expect friendly service and prompt attention to your concerns. If you have any questions or comments about any of our programs, please do not hesitate to contact us. We have provided our information below for your convenience.

Have a new, fun, innovative idea for a class we should offer? Please contact us with your program idea!

RECREATION DEPARTMENT INFORMATION

DIRECTOR OF COMMUNITY RESOURCES

BARRY DEBLASIO
508-830-4250 Ext. 230
bdeblasio@townhall.plymouth.ma.us

RECREATION DIRECTOR

ANNE SLUSSER
508-747-1620 Ext. 10136
aslusser@townhall.plymouth.ma.us

OFFICE MANAGER / PROGRAM ADMIN

HOLLY COOTS
508-747-1620 Ext. 10137
hcoots@townhall.plymouth.ma.us

MYC DIRECTOR/ PROGRAM ASSISTANT

SARA LOPES
508-830-4114 (MYC) / 508-747-1620 x10196
slopes@townhall.plymouth.ma.us

DIRECTOR OF MEMORIAL HALL & SPECIAL EVENTS

KARA OLSON
508-830-4087 • kolson@townhall.plymouth.ma.us

LOCAL COMMUNITY ORGANIZATIONS

Plymouth Youth **Soccer**
www.plymouthyouthsoccer.com

Plymouth Vikings **Football**
www.plymouthvikings.com

Plymouth Vikings **Cheerleading**
www.plymouthvikings.com

South Plymouth **Football** (Jaguars)
www.psyf.net

South Plymouth **Cheerleading** (Jaguars)
www.psyf.net

Recreation Dept. **NFL Flag Football** League
www.plymouthrec.com

Recreation Dept. **Basketball** League
www.plymouthrec.com

South Plymouth **Basketball**
www.southplymouthyouthbasketball.com

West Plymouth **Basketball**
www.westplymouthbasketball.com

Plymouth Girls **Basketball**
www.plymouthgirlsbasketball.org

North Plymouth **Basketball** Assoc.
www.pnhoops.com

Plymouth Little League
www.plymouthlittleleague.org

Plymouth **Youth Baseball & Girls Softball**
www.plymouthybs.org

Plymouth **Babe Ruth Baseball**
www.plymouthbaberuth.com

Plymouth Youth **Wrestling** Club
pshspe@aol.com

Plymouth Youth **Hockey**
www.plymouthyouthhockey.net

Plymouth Rock **Lacrosse** (Boys+ Girls)
www.plymouthrocklacrosse.com

Plymouth Senior Little League
www.psl.com

South Plymouth **Cub Scout** Pack 1620
pack1620plymouth@gmail.com

Cub Scout Pack #51
www.manometpack51.org

West Plymouth **Cub Scout** Pack #40
mikewmac@verizon.net

Girl Scouts of Eastern Mass
www.girlscoutseasternmass.org

Plymouth Family Network
www.facebook.com/pfnpta

Cub Scout Pack #47
www.pack47plymouth.scoutlander.com

FALL PRESCHOOL PROGRAMS

FREE PLAY FRIDAY'S AGES 12 MONTHS-4

Free Play is a parent supervised session for infants-preschool aged children. Children are free to explore our wonderful gymnastics area and use all the traditional gymnastics equipment such as balance beams, trampolines, and wedge mats. We also have an awesome range of special climbing equipment through soft shapes and play huts.

Dates: Fridays September 27th - December 13th

(No program 11/29)

Time: 9:30a-11:30a

Location: Manomet Youth Center (659 State Rd)

Fee: \$5 per individual day, or a 5 pack for \$20

TOT SMART SOCCER AGES 2&3 WITH PARENT

Do you really want your child to participate in the Smart Soccer program but they are too young? This class will use the same curriculum as the Saturday Smart Soccer groups, but will require parent participation. Space is VERY limited.

Session 1: Thursdays September 19th - October 24th

Session 2: Thursdays November 7th - December 19th

Location: Manomet Youth Center (659 State Rd)

Time: 2:00p-2:30p Fee: \$50 per child (6 classes, No class 11/28)

LITTLE SPORTS STARS AGES 2&3 WITH PARENT

Looking for something to do with your child that will wear them out and teach them about sports? Then this class is for you!! Children will learn about various sports each week from soccer to t-ball. Parent participation is a must.

Session 1: Tuesdays September 17th - October 22nd

Session 2: Tuesdays November 5th - December 10th

Location: Memorial Hall-Auditorium (83 Court St)

Enter through back ticket door only

Time: 10:00a-10:30a Fee: \$50 per child (6 classes)



PRESCHOOL COOKING AGES 4-6

Children will enjoy the assembling and measuring tasks that require their deepest concentration. The projects have a beginning (preparation), a middle (messy fun), and an end (happy treats around the table). Please note ingredients used are pre-made and we cannot control the contents. If your child has a food allergy please call for more details. Includes all supplies.

Dates: Tuesdays November 19th - December 10th

Location: Memorial Hall Kitchenette (83 Court St)

Time: 4:30p-5:15p Fee: \$50 per child (4 classes)

ARTSY TOTS AGES 2-4 WITH PARENT

Enjoy creative self-expression with your toddler. A variety of projects will encourage toddlers to create art while exploring paint, glue and more. There will be a focus on fun while developing hand-eye coordination and small motor skills. Each week will feature a story followed by crafts relating to the book.

Session 1: Tuesdays October 1st - October 22nd

Session 2: Tuesdays November 12th - December 3rd

Location: Memorial Hall Blue Room (83 Court St)

Time: 11:00a-11:45a

Fee: \$40 per child (4 classes)



TUMBLE WITH ME AGES 2&3 WITH PARENT

A coach will guide the parents and children through various circuits that will begin to develop the basics for gymnastics. Parents are actively involved with their children while they explore the equipment. We will help your child develop strength, perceptual and gross motor development, directionality, following sequences & directions, body awareness and coordination skills. This class will help children become more independent and prepare them for the Advanced Tumble with Me class.

Instructors: Coach Holly

Session 1: Wednesdays September 18th - October 23rd

Session 2: Wednesdays November 6th - December 18th

Fee: \$50 per child (6 classes-No class 11/27)

Location: Manomet Youth Center (659 State Rd)

ADVANCED TUMBLE WITH ME AGES 3-4

This class is designed for children that feel confident following direction and participating in a group environment type of class without their parents presence. 3 year olds must have taken at least 1 Tumble with Me class. We will help your child develop strength, perceptual and gross motor development, directionality, following sequences & directions, body awareness and coordination skills.

Instructors: Coach Holly

Session 1: Wednesdays September 18th - October 23rd

Session 2: Wednesdays November 6th - December 18th

Fee: \$50 per child (6 classes- No class 11/27)

Time: 10:45a-11:15a

Location: Manomet Youth Center (659 State Rd)



SPORTS STARS AGES 3-5

Every week children will be introduced to a new sport including basketball, baseball, soccer, and floor hockey. Each class will incorporate age-appropriate skills, within a structured coaching environment, to help develop coordination, agility and instill a love of team play in each child. With the children playing a number of different sports, you will see a progression in their catching, throwing, kicking and basic coordination abilities. (Ages 3 must have taken Little Sports Stars class)

Session 1: Tuesdays September 17th - October 22nd

Session 2: Tuesdays November 5th - December 10th

Location: Manomet Youth Center (659 State Rd)

Time: 2:00p-2:30p Fee: \$50 per child (6 classes)

FALL PRESCHOOL PROGRAMS

FALL T-BALL

AGES 3-6

The Recreation Department will be hosting our NEW Fall T-ball program. The program is designed to prepare your young athlete for the youth baseball leagues in town. Fee includes instruction and t-shirt. (make-ups are subject to be held on different days)

Dates: Sundays September 8th - October 6th

Session 1: 3 years olds

Time: 9:00a-9:30a Fee: \$45 per child (5 classes)

Session 2: 4-6 years old

Time: 9:45a-10:30a Fee: \$60 per child (5 classes)

Location: Forges Jr. Baseball Field 1&2 (83 Jordan Rd)



PARENT & TOT DANCE

AGES 18 Months-3 WITH PARENT

Does your toddler like to dance around the house and bob their head when they listen to music? Our Parent and Tot Dance class will introduce you and your child to the basics of dance through song, circle time, and what else but DANCING!

Session 1: Thursdays September 19th - October 24th

Session 2: Thursdays November 7st - December 19th
(No class 11/28)

Location: Memorial Hall-Blue Room (83 Court Street)

Time: 9:30a-10:00a Fee: \$50 per child (6 classes)

PRESCHOOL DANCE

AGES 3-6

The Preschool class is a combination of Ballet, Tap, and Jazz. This class teaches rhythm, body position, counting, and song and dance while developing an interest in dance. At the end of the 8 weeks your child will get to dress up and do a performance on stage! 3 year olds must have taken Parent and Tot dance before they can take Preschool Dance.

Instructor: Nicole Purtell

Session 1: Thursdays September 19th - November 7th

Time: 10:05a-10:50a Fee: \$75 per child (8 classes)

Location: Memorial Hall - Blue Room (83 Court St)

Session 2: Thursdays November 21st - December 19th

Time: 10:05a-10:50a

Fee: \$45 per child (4 classes, no performance, no class 11/28)

PRESCHOOL KARATE

AGES 4-6

Our classes will help your child develop balance, coordination, focus, listening skills and much more. Each class combines fun cardiovascular exercises with martial arts training drills that will challenge and help build self-esteem through positive reinforcement. No matter what the situation, your child will develop an "I CAN" attitude to achieve any goal. If you work hard enough you will achieve it! Our classes will show your child that physical fitness is fun and rewarding. Fee includes uniform, belt & school patch.

Instructor: Sensei Mike Murphy

Session 1: Mondays September 16th - October 28th

Session 2: Mondays November 4th - December 16th

Location: Smilin' Mike's Dojo of Champions (96 Long Pond Rd)

Time: 4:15p-4:45p

Fee: \$80 per child (6 classes, no class 10/14,11/11)

INTRO TO MERYL'S MUSIC CLASS

AGES 1-5 WITH PARENT

Meryl's Music class is 45 minutes of singing, dancing, instrument play and chants. This is a mixed age's class from 1 to 5 years so families can all attend together without having to get childcare for one of the kids. Research has shown that music learning supports all areas of learning and informal, developmentally appropriate music activities are the best way for children under 6 to gain basic music competence! Includes a full length CD of all the music we will be experiencing during the class. *Infant siblings (under 11 months) come for free with a paid child*

Instructor: Meryl from Meryl's Music

Session 1: Thursdays September 19th - October 24th

Session 2: Thursdays November 7st - December 19th

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$95 per child (6 classes, No class 11/28)



QUICK START TENNIS @ PINEHILLS

AGES 5-6

Students will work with foam balls and smaller nets and will work up to red dot balls. This is an entree level to learn tennis skills with fun games! All Pros are USTA and USPTR certified. Racquets will be provided if needed free of charge.

Session 1: Tuesdays September 17th - October 22nd

Session 2: Tuesdays November 5th - December 10th

Location: Village Racquet and Fitness (30 Golf Dr, Pine Hills)

Time: 4:30p-5:00p Fee: \$95 per child (6 classes)

SMART SOCCER- WEEKNIGHTS

AGES 3-6

This is a fun and exciting introduction to soccer for children. With a dynamic and active approach, this program focuses on learning through games and small-field play. Players experience our "Smart Soccer" philosophy of promoting fundamental skills and sportsmanship.

Dates: Tuesdays September 17th - October 22nd

Location: Forges Field- Adult Softball Field (83 Jordan Rd)

Ages 3:

Session 7: 4:30p-5:00p

Fee: \$48 per child (6 classes)

Ages 4-5:

Session 8: 5:05p-6:05p

Fee: \$78 per child (6 classes)



NEW WEEKNIGHT OPTION ADDED



**DON'T LET A GOOD PROGRAM END!
MAKE SURE TO REGISTER IN ADVANCE!**

ONE-HIT WONDERS

THE GREAT PUMPKIN HUNT & HALLOWEEN EXTRAVAGANZA PRESENTED BY POWDER HORN PRESS!

Join us on this hunt for the "Great Pumpkin". We've revamped our event to offer even more Halloween fun and excitement. We will have 2&3 year olds with parents, and 4-6 year olds for their eggs in different waves to ensure fairness. One lucky child from each age group will find the egg with the "GREAT" Pumpkin Coin and win our "GREAT" Pumpkin prize. This year we will be painting pumpkins, have tattoos, coloring stations, game stations like pin the nose on the jack o'lantern, ball toss, witch pitch, photos stations and more! Children are encouraged to dress in their costume! Children must report to the field between 1:00p-1:20p to receive their bracelets.

Only Pre-Registered children will be able to participate in the event.

Date: Sunday October 27th (Rain Date Sunday November 3rd)

Ages: 2-6 Fee: \$5 per child

Time: 1:00p-3:00p

Ages 2&3 with Parent egg hunt wave will start at 1:30p

Ages 4-6 egg hunt wave will start at 2:00p (no parents or siblings allowed)

LOCATION: FORGES FIELD ADULT SOFTBALL FIELD (83 Jordan Rd)



ONE-HIT WORKSHOPS

Come join us while we read, craft, and decorate our way through the holidays! Grab your little ones and head our way for an hour of family bonding while creating memories and mementos that will last forever!

Ages: 2-5 with Parent Participation Fee: \$10 per workshop Time: 10:00a-11:00a Location: Memorial Hall (83 Court St)

Halloween

Join us for a fun filled hour of pumpkin, witch and other holiday themed crafts! Dress in your costume for a special treat at the end!

Date: Thursday October 24th

Thanksgiving

Join us for a fun filled hour of Turkeys, the mayflower, and pilgrims.

Date: Monday November 18th

Gingerbread Mania

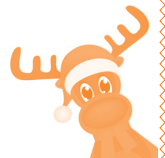
We will be making our own gingerbread houses from graham crackers, frosting, and of course sweet treats!

Date: Monday December 2nd

Holiday Ornament

We will be making ornaments to adorn your trees with!

Date: Monday December 16th



THE 5TH ANNUAL BREAKFAST WITH SANTA PRESENTED BY POWDER HORN PRESS

Join us for our 5th Annual Breakfast with Santa! This year we will be jumping aboard the Polar Express!

Enjoy a morning of games, arts & crafts, raffle, hot breakfast, and of course the Big Man in Red!

Saturday December 21st Registration opens November 1st.

SPACE IS LIMITED. Everyone attending the event must be pre-registered including all parents and adults!

You can register at www.plymouthrec.com or call the rec office at 508-747-1620 x.10137

Time: 8:30a-10:30a Fee: \$10 Adults and Children 11+, \$5 Children 1-10

We are seeking donations and sponsors for Breakfast with Santa! If you are interested, contact Kara Olson at 508-830-4087 or email at kolson@townhall.plymouth.ma.us

Thank you to our breakfast sponsors - Chefs Table, Panera Bread Shops at 5 and Cabby Shack!



Weather Hotline: 508-747-1620 Ext. 10321 or www.plymouthrec.com | Office: 508-747-1620 Ext. 10137
Fall 2019 | Plymouth Recreation Department Program Guide

FALL YOUTH PROGRAMS

FALL SMART SOCCER

This is a fun and exciting introduction to soccer for children. With a dynamic and active approach, this program focuses on learning through games and small-field play. Players experience our "Smart Soccer" philosophy of promoting fundamental skills and sportsmanship.

Dates: Saturdays September 7th-October 19th (6 classes-no class 10/12)

Location: Forges Soccer Field #1 (83 Jordan Rd)

Age: 3

Group 1: 9:00a-9:30a FULL

Group 5: 11:45a-12:15p FULL

Group 6: 12:15p-12:45p

Fee: \$48

Age: 4-5

Group 2: 9:35a-10:35a FULL

Group 3: 10:40a-11:40a

Group 4: 11:45a-12:45p

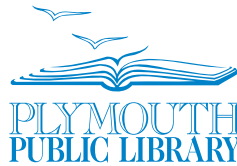
Fee: \$78



**Don't forget to check out the
Plymouth Public Library's
Youth Services Department.**

**Updated monthly with a new
Children's calendar and events.**

www.plymouthpubliclibrary.org/youth-services/



POWDER HORN PRESS, INC.

Print, Design & Sign

SERVING THE COMMUNITY SINCE 1975

508.746.8777

301 COURT STREET, PLYMOUTH, MA 02360

WWW.POWDERHORNPRESS.COM

FALL YOUTH PROGRAMS

ARCHERY

AGES 8-12

Students have fun while learning Archery using the USAA method. Beginner and Intermediate level archers develop their skills during warm ups, practice drills, scoring, and speed shooting matches. Includes all equipment.

Dates: Tuesdays October 8th- October 29th

Instructor: Dee Sachetti

Location: Manomet Youth Center (659 State Rd)

Time: 6:00p-7:00p Fee: \$135 per child (4 classes)

CARDIO KIDS

AGES 7-12

Cardio Kids is a fun way to get your kids moving. The program integrates interval training techniques with sports-related movements in a high energy and inspiring group exercise environment. Kids and adults of all ages love this exercise. Parents can join as well at no additional cost.

Instructor: 1620 Athletics Fitness Staff

Dates: Thursdays September 19th- October 24th

Location: 1620 Athletics (10 Cedarhill Park Dr.)

Time: 5:00p-5:45p

Fee: \$60 per child (6 classes)



HOME ALONE & STAYING SAFE

GRADES 4 & 5

A course for fourth & fifth graders to learn about safety to and from school, phone and food safety, first aid and choking, as well as emergency prevention. Instruction includes basic self-defense.

Date: Saturday November 2nd

Instructor: Bette Antonellis & Denise Laiosa

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p Fee: \$60 per child

BABYSITTER SAFETY TRAINING

AGES 11.5 & UP

A child care safety education course for new and seasoned baby-sitters. Teaches child development, practical child care skills, basic first-aid, how to handle emergencies, and the characteristics and responsibilities of a successful baby-sitter. Please bring: a lunch, a doll or stuffed animal to practice diapering and choke-saving techniques, and a "Babysitter's Magic Bag" filled with interesting and safe items that kids would like.

Date: Saturday October 12th

Instructor: Bette Antonellis

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p Fee: \$55 per child

AFTER SCHOOL COOKING

AGES 7-9

Back by popular demand, we have expanded our after school cooking. Each class we will cook a snack, main course, and of course we can't forget dessert! From smashing, to rolling, to cutting and stirring, your child is sure to have a great time, especially in the end when they get to taste all their hard work!

Dates: Tuesdays November 9th- December 10th

Location: Memorial Hall - Kitchenette (83 Court St)

Time: 5:30-6:30p

Fee: \$60 (4 classes)

LEARN TO ICE SKATE- YOUTH 1

AGES 3-16

For ages 3 -16 with little or no formal skating instruction, our group classes teach skating basics in a fun and comfortable environment. Classes include 25 minutes of group instruction. Skaters will be grouped by age and/or ability as needed.

- Arrive 15-20 minutes prior to the class start time
- A helmet, such as a bike helmet or HECC helmet is required
- Warm, comfortable layers that allow for movement, long sleeves & pants, gloves or mittens are recommended; little ones should wear waterproof items
- Rental skates are available on a first-come, first-served basis and included in the class fee
- You are welcome to bring your own skates although double blade skates are not permitted

Location: Armstrong Arena (103 Long Pond Rd)

Session 1: Wednesdays September 11th- October 30th

Session 2: Wednesdays November 6th- December 18th

Time: 4:55p-5:20p

Fee: \$139 per child (8 classes)

Registration for Learn To Skate will end on 8/31 and 10/28

INTRO TO KARATE

AGES 7-12

Our classes help your child develop balance, coordination, focus, listening skills, and more. Each class combines fun cardiovascular exercises with martial arts training that will challenge and help build self-esteem through positive reinforcement. No matter what the situation, your child will develop an "I CAN" attitude to achieve any goal. If you work hard enough you will achieve it! Our classes will show your child that physical fitness is fun and rewarding. Fee includes uniform, belt & School Patch.

Instructor: Sensei Mike Murphy

Session 1: Mondays September 16th- October 28th

Session 2: Mondays November 4th- December 16th

Location: Smilin' Mike's Dojo of Champions (96 Long Pond Rd)

Time: 6:00p-6:45p

Fee: \$80 per child (6 classes, no class 10/14, or 11/11)

PARKOUR

AGES 6-12

Parkour is a training discipline using movement that developed from military obstacle course training. Participants aim to get from one point to another in a complex environment, without assistive equipment and in the fastest and most efficient way possible. Parkour includes running, climbing, swinging, vaulting, jumping, rolling, quadrupedal movement, and other movements. Come learn this exciting sport in a safe environment with trained professionals!

Instructor: Parkour Generations

Session 1: Saturday October 5th

Session 2: Saturday November 9th

Session 3: December 7th

Time A: 10:00a-11:15a (beginners)

Time B: 11:30a-12:45p (intermediates)

Location: Manomet Youth Center (659 State Rd)

Fee: \$35 per session



FALL YOUTH PROGRAMS

FALL TENNIS LESSONS

AGES 6-13

Coach Scott Froman is bringing his summer clinic to the fall! The curriculum will teach the basics of the game and how to have fun on the tennis court. Emphasis will be placed on stroke production and quickly developing players for match play. They will learn strategy, court positioning, conditioning and drills for match play.

Instructor: Scott Froman

Location: Plymouth North HS Tennis Courts (41 Obery St.)

Fee: \$72 per child (4 classes, no class 9/18 or 9/19)

Date: Wednesdays September 11th- October 9th

Ages: 6-9 years old Time: 4:15p-5:45p

Date: Thursdays September 12th - October 10th

Ages: 10-13 years old Time: 4:15p-5:45p

YOUTH GOLF LESSONS

AGES 8-13

This clinic is designed to teach everything you'll need to play golf in just a few lessons. You will be shown that there are lots of ways to play by combining fun, friends and fitness. Your classes will be taught by David L. Moore PGA his highlights as an instructor include: 2014 CCNEPGA Professional of the Year, 2012 US Kids Top 50 Master Kid Teacher, and Authorized Instructor for The Golfing Machine.

Dates: Saturdays September 7th-28th

Time: 2:00p-3:15p

Location: Squirrel Run Golf Club
(32 Elderberry Dr)

Fee: \$99 per child (4 lessons)



MIDDLE/HIGH SCHOOL LEVEL 1 TENNIS @ THE PINE HILLS AGES 13-16

Students will enhance their skills to get prepared to have match play. Students will work on footwork and positioning. All Pros are USTA and USPTR certified. Racquets will be provided if needed free of charge.

Session 1: Thursdays September 19th- October 24th

Session 2: Thursdays November 7th-December 19th

Location: Village Racquet and Fitness (30 Golf Drive, Pine Hills)

Time: 5:00p-6:00p Fee: \$135 per child
(6 classes, no class 11/28)

MIDDLE/HIGH SCHOOL LEVEL 2 TENNIS @ THE PINE HILLS AGES 13-17

This program is designed to improve students skills so they can advance to a higher level. Students will learn spins and placement of the ball. All Pros are USTA and USPTR certified. Students should have their own racquet.

Session 1: Thursdays September 19th- October 24th

Session 2: Thursdays November 7th-December 19th

Location: Village Racquet and Fitness
(30 Golf Drive, Pine Hills)

Fee: \$135 per child (6 classes, no class 11/28)

Time: 6:00p-7:00p

BIDDY BASKETBALL

AGES 4-7

This program teaches kids the basics of basketball in an exciting environment. Kids will be taught fundamental basketball skills as well as participate in fun games using previously learned skills. This is a great program for any child to get started in basketball.

Session 1: Thursdays November 7th-December 19th

Ages 4&5 Time: 1:00p-1:45p (No class 11/28)

Session 2: Saturdays January 4th - February 8th (No class 1/18)

Session 3: Saturdays February 22nd- March 21st

A: 4&5 Time: 9:00a-10:00a

B: 4&5 Time: 10:05a-11:05a

C: 6&7 Time: 11:10a-12:10p

Location: Manomet Youth Center (659 State Road)

Fee: \$60 per child (5 classes)

INTRO TO ACTING WITH BREAK A LEG THEATER WORKS GRADES 4-8

Join the Co-Directors of Break a Leg Theater Works, as they offer a fun and insightful course for new and experienced students interested in the performing arts. Using games, scripts, and music, students will have a chance to explore a range of emotions through the different characters and improvisational situations, and song/scene work that they are introduced in each class session. No prior experienced is required, just an interest in acting and curiosity and willingness to try something new. The curriculum is varied and will include team building games and exercises, script analysis, and song and movement. Break a Leg develops a somewhat individualized approach geared to the interests of enrolled students. This promises to be an invigorating class full of adventure, confidence building and knowledge.

Instructor: Break a Leg Theater Works

Dates: Tuesdays October 8th - November 5th

Time: 4:00p-5:45p

Location: Memorial Hall- Auditorium (83 Court St)

Fee: \$180 per child (5 weeks)



LITTLE HOT SHOTS TENNIS @ THE PINE HILLS AGES 7-9

Students will work with red dot balls and transition to real tennis balls. Students will learn the fundamentals of all strokes. All Pros are USTA and USPTR certified. Racquets will be provided if needed free of charge.

Session 1: Tuesdays September 17th- October 22nd

Session 2: Tuesdays November 5th-December 10th

Location: Village Racquet and Fitness (30 Golf Drive, Pine Hills)

Time: 5:00p-6:00p Fee: \$135 per child (6 classes)

HOT SHOTS @ THE PINE HILLS AGES 10-12

Students will train with real tennis balls and on a full court. Students will learn the fundamentals of all strokes and will start work on match play. All Pros are USTA and USPTR certified. Racquets will be provided if needed free of charge.

Session 1: Tuesdays September 17th- October 22nd

Session 2: Tuesdays November 5th-December 12th

Location: Village Racquet and Fitness (30 Golf Drive, Pine Hills)

Time: 6:00p-7:00p Fee: \$135 per child (6 classes)

FALL YOUTH PROGRAMS

ROCKET SCIENCE

AGES 8-12

Calling all aspiring Rocket Scientists! This will introduce students to the exciting world of rocketry. Students will work to design, create, and launch their very own soda bottle rockets. This is a great opportunity for students to develop their STEM skills including teamwork, creativity, iterative design, perseverance, and problem solving. NOTE: This camp will not involve the use of Estes Rockets or pyrotechnic devices.

Instructor: Dave Aruda

Session 1: Tuesday September 17th

Session 2: Thursday October 17th

Time: 4:30p-6:00p

Fee: \$25 per child

Location: Manomet Youth Center (659 State Rd)



DEVELOPMENTAL BASKETBALL LEAGUE

AGES 7-9

Has your child already gone through biddy basketball but is not quite ready for competitive basketball play? In this program children will spend time practicing, playing scrimmages with coaches, and eventually instructional games. Games will be played by instruction, with no score kept. Game play will be stopped during games when fouls or violations are committed, followed by instruction on how to prevent those fouls or violations.

Session 1: Saturdays January 4th - February 8th

Session 2: Saturdays February 22nd - March 21st

Times: 12:45p - 1:45pm

Location: Manomet Youth Center (659 State Road)

Fee: \$68 per child includes team jersey
(5 classes - no class 1/18)

YOUTH BASEBALL CLINICS

AGES 6-10

Session 1: Fielding and Throwing Fundamentals- This will include basic instruction on proper fielding and throwing mechanics that are emphasized for all levels of baseball. Instruction will vary based on age/skill, but all players will be put through drills and exercises that are essential for developing proper fielding and throwing technique.

Date: September 21st

Session 2: Hitting Fundamentals - This will include basic instruction on proper hitting mechanics that are emphasized for all levels of baseball. Instruction will vary based on age/skill level, but all players will be put through drills and exercises that include tee work, soft toss and live batting practice, all of which are essential for developing proper hitting form and technique.

Date: October 12th

Instructor: Walter Fust

Location: Forges Jr. Baseball Field #1 (83 Jordan Rd)

Time: 1:30pm-3:30pm

Fee: \$25 per person

INTRO TO KNITTING FOR YOUTH

AGES 8-14

Learn the basic knit stitch, cast on and cast off while making your uniquely designed stuffed bunny. The purl stitch, needle and yarn options will be discussed.

This class takes place at Plymouth Harbor Knits in Village Landing at 170 Water St. Please park in the free parking lot in the Village Landing complex. Plymouth Harbor Knits entrance is across from Salt.

Session 1: Tuesday September 17th-October 8th

Times: 4:30pm - 5:30pm

Location: Plymouth Harbor Knits (Village Landing Marketplace, 170 Water St, by Salt)

Fee: \$60 per child includes all materials (4 classes)



PLYMOUTH RECREATION

WINTER BASH!

A FUN FAMILY EVENT!

SATURDAY FEBRUARY 8, 2020 * 6:00 PM - 8:00 PM

\$15 FAMILY OF 4 * \$5 ADDITIONAL PERSON

AGES 2 + REQUIRES A TICKET

Come dance the night away for an all out Family FUN time!

If a night of Dancing wasn't enough we will have games, photo-booth, featured movie room, craft station and more to complete this night out!

Refreshments include: Hot Chocolate Bar, Water, Lemonade, and Popcorn!
(other items available for purchase)

MANOMET YOUTH CENTER

AFTER SCHOOL at the MYC

Ages 7-14

During the school year the Manomet Youth Center located at 659 State Road will be available for youth to drop-in. The MYC is operated by the Plymouth Recreation Department, and is a fun place for children to stay active after school. The youth center has a game room, TV room, and a gymnasium!! Children can challenge each other in bumper pool, air hockey, ping pong, or join us in the gymnasium for a large game of dodgeball, doctor dodgeball and more! The MYC will officially open on Thursday August 30th.

Times: Monday-Thursday 3:00p-6:00p & Friday's 3:00p-7:00p

*hours are subject to change due to programming schedule

Fee: \$75 early registration before August 25th

\$120 after August 25th

or \$3 for daily drop-in

HALF DAYS at the MYC

Ages 7-14

Offered every half-day during the school year, this program provides a fun and exciting environment for your child. Our professionally trained staff will run organized games in our gym, arts & crafts, and have access to our game room with ping pong, air hockey, pool, and more.

Parents can pre-register with a credit card by calling 508-747-1620 Ext. 10137

Fee: \$3 for members, \$8 for non-members

Dates: 9/18, 10/9, 12/4, 12/11, 1/15, 2/12, 3/11, 3/25, 4/8, 5/13

Times: 12:30p-6:00p (Mon-Thurs) or 12:30p-7:00p (Fri)



MANOMET YOUTH CENTER BASKETBALL

GRADES 1-8

A fun instructional/competitive league for children. This league is based on learning the game, improving skills, knowing the right way to be competitive and most important: having fun!!! Includes practices, games, t-shirts, and playoffs! Registration deadline is Friday November 1st.

Director: Sara Lopes

Fee: \$85 per child

Practices start week of November 25th, Games start week of December 9th

Divisions:

Mites - Grades 1-2:

Games: Tuesday or Thursday Nights @ 6p at MYC

Junior - Grades 3-5:

Games: Tuesday & Thursday Nights at Manomet Elementary from 5:30p, 6:30p, 7:30p

Senior - Grades 6-8:

Games: Monday & Wednesday Nights at Indian Brook from 5:30p, 6:30p, 7:30p

All game times and nights are subject to change

HIGH SCHOOL

GRADES 9-12

This is a fun, yet competitive, 4vs4 basketball league. It's a great opportunity to continue playing the sport you love! Games, refs, t-shirts, and playoffs all included!

Registration deadline is Friday December 6th or when full.

Coaches are required for each team!!

Please contact the Manomet Youth Center at 508-830-4114 for information.

Director: Sara Lopes

Dates: Monday & Wednesday night starting January 8th

Location: Manomet Youth Center (659 State Road)

Fee: \$70 per child

Time: 7:30p or 8:30p



MANOMET YOUTH CENTER

VACATION DAYS AT THE YOUTH CENTER

This new program provides a fun and exciting environment for your child. They can come and spend their days during school vacations while you are at work or just need a break! Our professionally trained staff will run organized games in our gym, arts & crafts, and have access to our game room with ping pong, air hockey, pool, and more.

Director: Sara Lopes

Location: Manomet Youth Center (659 State Rd)

Time: 7:00am-6:00pm

Ages: 7-13

Fee: Before 11am MYC Members-\$5 Non-MYC Members-\$10

After 11am MYC Members- FREE Non-MYC Members- \$3

Dates: 8/30, 11/5, 11/27, 12/27, 12/30, 1/2, 1/3, 2/18, 2/19, 2/20, 2/21, 3/3, 4/21, 4/22, 4/23, 4/24

The Youth Center is closed: 9/2, 10/14, 11/11, 11/29, 12/23, 12/24, 12/25, 12/26, 12/31, 1/1, 1/20, 2/17, 4/20, 5/25



KID'S NIGHT OUT

Ages 7-13

The Manomet Youth Center will be hosting two Saturday night "Parties". They are open to all Plymouth Youth Residents and membership is NOT required. In addition to the specialized activities at each of the parties, kids will also have the opportunity to hang out in the common room, play sports in the gym, and challenge each other to matches of ping-pong, pool and air hockey!

Children must be registered at least one week before the event to attend.

Fee: \$12 per child per night Time: 5:00p-9:00p



HALLOWEEN PARTY

The evening will include: Pizza, drinks, treats and Halloween themed games in the gym. Make sure you dress your best for this event, we will be giving out costume prizes all evening!

When: Saturday October 26th



VIDEO GAME NIGHT

We will have video game tournaments all night!

Smash Brothers, Mario Kart, and Just dance.

Prizes awarded to the top finishers!

When: Saturday November 16th



HOLIDAY PARTY

The evening will include: Pizza, drinks, treats, cookie decorating, holiday movies, holiday arts and crafts, and holiday games in the gym.

When: Saturday December 7th



MANOMET YOUTH CENTER BIRTHDAY PARTIES

We offer fun, exciting, and affordable birthday parties for your children at the Manomet Youth Center.

We are great way to celebrate your child's birthday without all the mess!

For availability contact the Recreation Dept

1 & 1/2 hours of Birthday Fun

(1 hour of Activity and 1/2 Hour Cake/Presents)

Location: Manomet Youth Center (659 State Road)

Parents are responsible for:

Cake/Food, drinks, plates, flatware, decorations, etc.

Party Directors:

Set up party, lead activities chosen by parent & cleans up after the party.

Ages: 3-15 years old

Activities include:

Basketball, dodgeball, soccer, scooters, parachutes, pillo hockey, home run derby, and other various activities.

Fee: \$160 Includes up to 15 children

To book parties please contact:

recadmin@townhall.plymouth.ma.us



FALL TEEN / ADULT PROGRAMS

PILATES

AGES 18+

Pilates is a holistic system of exercises for improving muscular strength, endurance, and flexibility to achieve muscular balance; all with attention to conscious breath and mindfulness of the movements. In essence, it is a system designed to treat the "Whole Body, Mind, Body, & Spirit". Please bring a Yoga mat to class each week.

Instructor: Paul Wybieracki

Session 1: Mondays September 16th - October 28th

Session 2: Mondays November 4th - December 16th

Location: Memorial Hall - Auditorium (83 Court St)

Time: 6:00p-7:00p

Fee: \$50 per person (6 classes, No class 10/14, or 11/11)

LEARN TO ICE SKATE TEEN/ADULT SEMI-PRIVATE

AGES 16+

Ages 16 and older are invited to learn to skate or enhance skating skills in a fun and comfortable learning environment. Skaters will be grouped by age and/or ability as needed. **PREREQUISITE:** Skaters must be at least 16 years of age. A helmet, such as a bike helmet or HECC helmet is required.

Location: Armstrong Arena (103 Long Pond Rd)

Session 1: Wednesdays September 11th - October 30th

Session 2: Wednesdays November 6th - December 18th

Time: 4:30p-5:20p

Fee: \$159 per person (8 classes)

Registration will end on on 8/31 and 10/28



MENS PICK-UP BASKETBALL

AGES 18+

Pick-up basketball at the Manomet Youth Center. Come on down for a night of hoops with friends in a relaxed setting. Space is limited to 20 people per night so pre-registration is encouraged to secure your spot! This ensures everyone gets plenty of time to play.

Location: Manomet Youth Center (659 State Rd)

Dates: Thursdays September 19th-November 14th

Time: 7:00p-9:00p (no drop in 10/31)

Fee: \$30 for 8 nights or \$5 drop-in per night

OPEN SPACE COMMUNITY HIKE- BLACK CAT PRESERVE

Citizens of Plymouth, the Plymouth Open Space Committee (OSC) is sponsoring a community Hike at the Town of Plymouth's Black Cat Preserve. We will walk / hike in the woods, on marked trails, guided by one of the Natural Resource Wardens. You will also be accompanied by some of the OSC members. This family fun hike is open to the public! Time to complete the hike is about 1 1/2 to 2 hours. Insect spray is always recommended in wooded areas for ticks, and for those who decide to linger, bring water and a snack. Pets are not allowed for this hike. There is a dedicated lot for parking as well as street parking. There is no rain date for this hike. Address to the location is 164 Black Cat Road.

Date: Sunday October 6th

Time: 1:00-3:00p

Fee: Free, but you must pre-register



PICK-UP VOLLEYBALL

AGES 18+

Do you love to play, but are not necessarily looking for a formal league? We will run informal games of pick-up volleyball on Wednesday nights for beginner to semi-competitive players. The idea is to stay active and have fun.

Dates: Wednesdays September 18th - December 4th
12 weeks (No volleyball 11/27)

Location: Memorial Hall - Auditorium (83 Court St)

Time: 7:00p-8:30p

Fee: \$5 per person per night or \$45 for 12 weeks

KRIPALU YOGA

AGES 18+

Looking for yoga experiences that will make you feel fabulous? Under the guidance of our certified instructor Jayne Sutton you will explore stretches and postures designed to open up your entire body. Simple breathing techniques will be introduced to help calm the mind and energize your body. Participants must be able to get up and down from the floor without assistance (chair). Participants must supply their own exercise mat.

Instructor: Jayne Sutton

Session 1: Thursdays September 19th - October 24th

Session 2: Thursdays November 7th - December 19th

Location: Memorial Hall-Blue Room (83 Court Street)

Time: 6:30p - 7:45p Fee: \$60 per person (6 classes, No class 11/28)



BALLROOM DANCING

AGES 18+

Whether you are going to a wedding, function, or out on the town, this class will help you join in on the fun. Learn the proper footwork, lead & follow, & styling so you can gain the confidence to get out of your chair and on to the dance floor.

Intro to Waltz: One of the oldest and most popular ballroom dances of all time. Considered "the mother of all dances", it is a must for weddings and social functions.

Intro to Salsa - The hottest Latin dance & a must if you are going to a Latin Club. It could be called the "Latin Swing"

Intro to Waltz: Mondays September 16th - October 28th

Intro to Salsa: Mondays November 4th - December 16th

Location: Memorial Hall - Auditorium(83 Court St)

Time: 7:15p-8:15p Fee: \$60 per person

(6 classes, no class 10/14 or 11/11)

*Casual dress & comfortable shoes are all you need. No sneakers or rubber soled shoes please.

TONE IT OUT!

AGES 18+

(HIIT) A total body workout designed to be choreographed to music, rather than counted with reps, to keep the workout fun and the mind distracted. There are intense cardio busts followed by recovery of high repetition with light weights to help tone the entire body. The class offers multiple options of intensity allowing all levels of fitness to participate. Every workout is designed to be fun! Participants will burn between 400-600 calories depending of fitness levels.

Location: Memorial Hall - Blue Room(83 Court St)

Session 1: Mondays September 16th - October 28th

Session 2: Mondays November 18th - December 23rd

Time: 6:00p - 7:00p

Fee: \$50 per person (6 classes, no class 10/14)

FALL TEEN / ADULT PROGRAMS

POUND ROCKOUT. WORKOUT.

AGES 18+

Pound is a high energy, drumming and Pilates-inspired workout. It is a mood-boosting, stress-releasing cardio interval fitness format that will leave you feeling strong and energized! Please bring a yoga mat or towel to the class.

Instructor: Jenna Ball

Session 1: Wednesdays September 18th – October 23rd

Session 2: Wednesdays November 6th - December 11th

Location: Memorial Hall Auditorium (83 Court St.)

Times: 5:30p-6:30p Fee: \$50 per person (6 classes)

GOLF READY

AGES 18+

Golf Ready is designed to teach you everything you'll need to play golf in just a few lessons. You will be shown that there are lots of ways to play by combining fun, friends and fitness. You must bring your own clubs.

Dates: Saturdays September 7th-28th

Time: 10:00a-11:15a

Location: Squirrel Run Golf Club (32 Elderberry Dr)

Fee: \$99 per person (4 lessons)

INTRO TO KNITTING

AGES 18+

Learn the basic knit and purl stitch as well as the cast off and an easy cast on technique. Learn about the many options and characteristics of yarn and needles available. Additionally, participants will begin to learn how to read a pattern. Participants will have the option to select and begin their own first knit project at the end of the class.

This class takes place at Plymouth Harbor Knits in Village Landing at 170 Water St. Please park in the free parking lot in the Village Landing complex. Plymouth Harbor Knits entrance is across from the Salt Bar

Instructor: Plymouth Harbor Knits - Jenn Bernard

Dates: Tuesdays September 17th - October 8th

Time: 5:45pm-6:45pm

Location: Plymouth Harbor Knits (Village Landing Marketplace, 170 Water St, by Salt)

Fee: \$60 per person includes all materials (4 classes)



TENNIS @ THE PINEHILLS LEVEL 1 ADULT AGES 18+

This program is designed for the player who wants to improve their technique. A review of all strokes, players will work on understandings positioning for match play. All Pros are USTA and USPTR certified. Racquets available to use free of charge.

Location: Village Racquet and Fitness (30 Golf Dr, Pine Hills)

Session 1: Tuesdays September 17th-October 22nd

Session 2: Tuesdays November 5th - December 10th

Time: 7:00p-8:00p Fee: \$135 per person (6 classes)



TENNIS @ THE PINEHILLS LEVEL 2 ADULT AGES 18+

This program is to improve strokes and strategy. Players will learn spin and advance their knowledge of a higher level game. All Pros are USTA and USPTR certified. Racquets available to use free of charge.

Location: Village Racquet and Fitness (30 Golf Dr, Pine Hills)

Session 1: Thursdays September 19th-October 24th

Session 2: Thursdays November 7th - December 19th

Time: 7:00p-8:00p Fee: \$135 per person (6 classes, no class 11/28)

POWER PARENTS- STROLLER FITNESS AGES 18+

My Stroller fitness classes cater to moms and dads of all fitness levels: pregnant moms, new moms, and moms with one or more stroller-aged children. You DO NOT need to have a child with you to participate. Kids who are not in strollers are welcome to join in on the workout, but can not be left unattended by parent or guardian during class.

This is an interval-based classes that incorporates cardio, strength, and core for a total body workout. Great music will be played and fun games incorporating the kids with the workout as well.

Instructor: Jennifer Caron

Dates: Thursdays September 19th - October 24th

Time: 9:30a-10:30a

Location: Forges Field Pavillion (83 Jordan Rd)

(Rain location Manomet Youth Center- 659 State Rd)

Fee: \$50 per person (6 weeks)



CARDIO SPORT

AGES 13+

If you love playing sports, or are a fan of sports, THIS is the exercise program for you! This high energy, music driven, 1 hour class is never the same thing twice, making you feel like you are back in the game, while getting you into the best shape of your life! Participating in Cardio Sport classes will significantly improve your cardiovascular, strength and agility, making your body a comprehensively trained, efficient unit that looks and feels amazing! Join the team that gets results and train with Cardio Sport.

Instructor: 1620 Athletics Fitness Staff

Dates: Monday September 16th - Friday October 25th

(meets 3x a week, M, W, F)

Location: 1620 Athletics (10 Cedarhill Park Dr.)

Time: 5:00p-6:00p

Fee: \$150 per person (6 classes)



Town of Plymouth
Recreation Department
26 Court Street
Plymouth, MA 02360

PreSorted Standard
US Postage
PAID
Plymouth, MA
Permit No 179

RESIDENTIAL CUSTOMER

IMAGINATION MOVERS

SEPTEMBER 14 2019

FAMILY



PLYMOUTH

MEMORIAL HALL

AWAWARENESS



FOREIGNERS

JOURNEY

OCTOBER 5 2019

MAGIC

PIFF THE MAGIC DRAGON

NOVEMBER 1 2019



VISIT MEMORIALHALL.COM
FOR A COMPLETE LIST AND TICKETS