

PLYMOUTH RECREATION

REGISTER & PAY ONLINE WWW.PLYMOUTHREC.COM OR CALL 508-747-1620 x.10137



SPRING & SUMMER 2019 PROGRAM GUIDE

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

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

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: _____
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DON'T LET A GOOD PROGRAM DIE!!!

Nothing kills a program quicker than waiting until the last minute to register!

Any program under-enrolled one week prior to the start date will be canceled. Calls and registration received after the registration deadline cannot reactivate a canceled program.

PLEASE REGISTER EARLY!!

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ABOUT THE RECREATION DEPARTMENT

The Recreation Department hours are:

7:30a - 4:00p Mon, Wed, Thurs 7:30a-6:30p Tues 7:30a-12:00p Fri

RESIDENT REGISTRATION STARTS

MARCH 18th (ONLINE, MAIL-IN & IN OFFICE)

NON RESIDENT REGISTRATION STARTS MARCH 25th

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 for most of our Programs.

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 scheduled 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. We do not issue refunds for weather cancellations make-up classes or location changes.

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. There will be a limited number of partial scholarships available for our half day playground program only.

WEATHER CANCELLATIONS

Please note: We cannot call everyone for weather cancellations. If you would like to know if a program is canceled, 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 for up to date information about programs, events and more!

****Due to the recent increase in minimum wage we unfortunately had to increase a number of our program fees to cover the additional staff expense.****

AGE REQUIREMENTS FOR RECREATION PROGRAMS

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.

*****Children must meet the minimum age for a program within the first day of the scheduled program start date.*****

SUMMER EMPLOYMENT OPPORTUNITIES

HALF-DAY SUMMER PROGRAM STAFF

We are currently looking to hire: arts and crafts, tennis, baseball, soccer, street hockey, playground basketball, and preschool instructors. Must have extensive knowledge of the area in which you are applying, experience working with children and must be at least 16 years old; coaching or teaching experience preferred. Hours: Monday-Friday 8:30a-12:15p.

BEACH/POND STAFF

We are currently seeking certified lifeguards and swim instructors. Applicants must be able to work 40 hours a week including weekends. Hours are 9:00a-5:00p daily.

If you are interested in one of our summer employment opportunities please fill out an application found at www.plymouth-ma.gov under Forms & Documents - Human Resources - Employment Application or by visiting the Human Resources office located on the 4th floor at Town Hall.

Do not come to the Recreation Department for an application.

RECREATION DEPARTMENT INFORMATION

COMMUNITY RESOURCES DIRECTOR

BARRY DEBLASIO
508-830-4230 x.111
bdeblasio@townhall.plymouth.ma.us

PROGRAM SUPERVISOR

AIMEE HOWELL
508-747-1620 Ext. 10203
ahowell@townhall.plymouth.ma.us

DIRECTOR OF MEMORIAL HALL/SPECIAL EVENTS

KARA OLSON
508-830-4087 / kolson@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/BEACH DIRECTOR

FRANK LIVERA
508-830-4114 / flivera@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 Basesball & 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

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

SPRING PRESCHOOL PROGRAMS

TOT SMART SOCCER

AGES 2-3 & PARENT

We will provide your child with a non-competitive, FUN and engaging soccer experience that will help support self-confidence and teamwork. Our coach will use specially designed activities to help build basic soccer skills in a fun and social environment. This class will use the same curriculum as the Saturday Smart Soccer groups, but will require parent participation. Space is VERY limited.

Instructor: Coach Frank

Session A: Thursday, April 25th-May 30th Time: 2:00p-2:30p

Fee: \$52 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

SPORTS STARS

AGES 3-5

Every week children will be introduced to a new sport. 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 basic coordination abilities. *3 year olds must have taken at least 1 Little Sports Stars class.

Session A: Tuesday, April 23rd-May 28th

Location: Manomet Youth Center (659 State Rd)

Time: 2:00p-2:30p

Fee: \$52 per child (6 classes)

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 and belt.

Instructor: Sensei Mike Murphy

Session A: Monday, April 29th-June 10th (no class 5/27)

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

Time: 4:15p-4:45p

Fee: \$80 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 A: Thursday, April 25th-June 13th

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

Time: 10:05a-10:50a

Fee: \$75 per child (8 classes)



PARENT & TOT DANCE AGES 18 MO.-3 & 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!

Instructor: Nicole Purtell

Session A: Thursday, April 25th-May 30th

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

Time: 9:30a-10:00a

Fee: \$50 per child (6 classes)

INTRO TO MERYL'S MUSIC CLASS AGES 1-5 & 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 A: Thursday, April 25th-May 30th (6 classes)

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$95 per child

ARTSY TOTS

AGES 2-4 & 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.

Instructor: Coach Aimee & Coach Holly

Session A: Tuesday, April 30th-May 21st

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

Time: 11:00a-11:45a

Fee: \$40 per child (4 classes)

PRESCHOOL COOKING

AGES 4-6

Children will enjoy the assembling and measuring tasks that require their deepest concentration. They like projects that have a beginning (preparation), a middle (messy fun), and an end (happy treats around the table). There are no stoves involved, so this class is safe for everyone! 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.

Instructor: Coach Aimee & Coach Holly

Session A: Tuesday, April 30th- May 21st

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

Time: 4:30p-5:15p

Fee: \$52 per child (4 classes)

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: Friday's until May 17th

Time: 9:30a-11:30a

Location: Manomet Youth Center (659 State Rd)

Fee: \$5 per day, or a 5 pack for \$20 (no class 4/19)

SPRING PRESCHOOL PROGRAMS

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 Aimee & Coach Holly

Session A: Wednesday, April 24th-May 29th Time: 10:45a-11:15a

Fee: \$52 per child (6 classes)

Session B: Sunday April 7th- May 12th Time: 10:45a-11:15a

Fee: \$44 per child (5 classes) (no class 4/21)

Location: Manomet Youth Center (659 State Rd)

TUMBLE WITH ME AGES 2-3 & 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 Aimee & Coach Holly

Session A: Wednesday, April 24th-May 29th

Time 1: 9:15a-9:45a or Time 2: 10:00a-10:30a

Fee: \$52 per child (6 classes)

Session B: Sunday April 7th- May 12th

Time 1: 9:15a-9:45a or Time 2: 10:00a-10:30a

Fee: \$44 per child (5 classes) (no class 4/21)

Location: Manomet Youth Center (659 State Rd)

LITTLE SPORTS STARS AGES 2-3 & PARENT

Looking for something to do with your child that will wear them out & 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.

Instructor: Coach Aimee

Session A: Tuesday, April 23rd-May 28th

Time: 10:00a-10:30a

Location: Memorial Hall-Auditorium (83 Court St)

Fee: \$52 per child (6 classes)

SPRING T-BALL AGES 3-6

One of our most popular programs! This program is designed to prepare your young athlete for the youth baseball leagues in town. Fee includes instruction and t-shirt.

Dates: Wednesday, May 8th-June 12th

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

Session A: 3 year olds Time: 4:00p-4:30p

Fee: \$55 per child (6 classes)

Session B: 4-6 year olds Time: 4:45p-5:30p

Fee: \$70 per child (6 classes)

QUICK START TENNIS AGES 5-6

Students will work with foam balls and smaller nets and will work up to red dot balls. This is an entry 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 A: Tuesdays April 30th-June 4th

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

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



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: Saturday, April 6th-May 18th (6 classes-no class 4/20, could be used as a make-up)

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

Age: 3 Fee: \$48

Ages: 4-5 Fee: \$78

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

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

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

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

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

Registration is open
and ends when full
or 4/5

SMART SOCCER - DEVELOPMENTAL LEAGUE

For those children not ready for highly competitive play. The first two weeks will be practice and the next 4 weeks will consist of games versus the other Developmental League teams. Includes a team shirt.

Ages: 6-7

Dates: Saturday, April 6th-May 18th Time: 12:50p-1:50p

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

Fee: \$83 per child (fee includes 6 classes & team shirt - no class 4/20, could be used as make-up)

Registration is open
and ends when full
or 4/5



SPRING YOUTH PROGRAMS

APRIL VACATION GOLF LESSONS

AGES 8-13

Skills and correct forms are taught in putting, chipping, pitching, bunkers, and full swing. A playing ability test is included, along with sections on rules and etiquette. Incentive pins are earned, and progress can be measured. Once each level is completed, the young golfers move on to the next level. Kids, their parents, and their golf instructor all work from the same point of reference. Instructor David L. Moore is the 2014 CCNEPGA Professional of the Year, 2012 US Kids Top 50 Master Kid Teacher, and authorized instructor for the Golfing Machine.

Location: Squirrel Run Golf Club (32 Elderberry Dr) Session 1: Monday, April 15th-Thursday April 18th
Time 10:00a-11:15a Fee: \$99 per child (4 classes)

APRIL VACATION SOCCER CLINIC

AGES 4-11

The Plymouth Recreation Department partners with LFC International MA to provide a great soccer experience, creating a dynamic and fun-filled environment, designed to stimulate ALL players regardless of age or ability. Players will embrace their fun-filled week building soccer skills, friendships and a love of the sport. (4 classes)

Dates: Tuesday, April 16th - Friday April 19th Location: Forges Soccer Field 1 (3 Jordan Rd)

Little Kickers

Ages: 4-6 year olds

Time: 9:00a-10:00a Fee: \$45 per child

Soccer Juniors

Ages: 7-11 year olds

Time: 10:00a-12:00p Fee: \$70 per child

APRIL VACATION PARKOUR CLINIC

AGES 7-10

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 assistance 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 Location: Memorial Hall (83 Court St.)

Date: Tuesday, April 16th-Friday April 19th

Time: 1:00p-4:00p Fee: \$160 per child (4 classes)

APRIL VACATION BASEBALL CLINIC

AGES 7-10

This is a great way to get a jump start on the season. This camp is designed to teach the fundamentals of the game. Through group instruction and drill work, the camp will aid each participant in developing their baseball skills in the areas of hitting, throwing, fielding, base running and basics of their chosen position.

Instructor: Paul Coffin Location: Forges Junior Baseball Field 1 (83 Jordan Rd)

Date: Monday, April 15th-Thursday April 18th

Time: 9:00a-11:00a Fee: \$50 per child (4 classes)



LITTLE HOT SHOTS TENNIS

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 A: Tuesdays, April 30th-June 4th

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

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

HOT SHOTS

AGES 10-12

Students will train with real tennis balls and on a full court. Students will learn the 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 A: Tuesdays, April 30th-June 4th

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

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



MIDDLE/HIGH SCHOOL LEVEL 1 TENNIS 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 A: Thursdays, May 2nd- June 6th

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

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

MIDDLE/HIGH SCHOOL LEVEL 2 TENNIS 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 A: Thursdays, May 2nd- June 6th

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

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

SPRING YOUTH PROGRAMS

ROOKIE RUGBY

AGES 9-12

Rookie Rugby is the introductory game for rugby in America. Kids learn and compete in a simplified version of rugby played with flag belts. The rules and programs of Rookie Rugby tie together child development, healthy activity, fair play, fun and safety. Rookie (flag) Rugby is used in PE classrooms and after-school programs throughout the USA. Rookie (flag) Rugby is an easy to play game for all ages! The rules are simple, and minimal equipment is required. For 6 weeks we will learn enough skills to play flag rugby while having fun!

Location: Forges Football Game Field (83 Jordan Rd)

Session A: Wednesday, May 1st-June 5th

Time: 5:00p-6:00p Fee: \$65 per child (6 classes)

VOLLEYBALL SKILLS AND DEVELOPMENT CLINIC

AGES 13-17

Come join us for 5 weeks of training! In this clinic students will learn drills, skills, new techniques and small sided play! The clinic is geared for both boys and girls who range from beginner to advanced skills. Students will be broken up into groups based on skills. Clinic is coached by Kevin Yee, who has played the sport for many years and was an assistant volleyball coach at Sacred Heart College. Darin Yee has played his entire life and has had several Assistant and Head Coaching positions in Boston. Eric Yee has been playing the sport since the early 90s.

Dates: Mondays April 22nd- June 3rd (no class 5/20, 5/27)

Time: 6:00p-7:30p Fee: \$75 per child (5 classes)

Location: Memorial Hall- Auditorium (83 Court St.)

AFTER-SCHOOL COOKING

AGES 7-9

Back by popular demand, we have expanded our afterschool 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!

Session A: Tuesday April 30th- May 21st

Time: 5:30p-6:30p Fee: \$60 per child (4 classes)

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



BABYSITTER SAFETY TRAINING

AGES 11.5 & UP

A child care safety education course for new and seasoned babysitters. Teaches child development, practical child care skills, basic first-aid, how to handle emergencies, and the characteristics and responsibilities of a successful babysitter. 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 June 15th Instructor: Bette Antonellis

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p Fee: \$50 per child

LEARN TO ICE SKATE

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. Ice skates are available on a first come first serve basis, free of charge.

PREREQUISITES: Skaters must be at least 3 years old and potty-trained. A helmet, such as a bike helmet or HECC helmet is required.

Location: Armstrong Arena (103 Long Pond Rd)

Session A: Wednesday, May 1st-June 19th

Time: 4:55p-5:20p Fee: \$139 per child (8 classes)

Registration for Learn To Skate will end on April 22nd

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 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 A: Monday, April 29th-June 10th (no class 5/27)

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

Time: 6:00p-6:45p Fee: \$80 per child (6 classes)

TENNIS LESSONS

AGES 6-13

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. Players must bring their own racket.

Instructor: Scott Froman

Location: Plymouth North High School (41 Obery St.)

Fee: \$70 per child (4 classes)

Date: Tuesday, May 28th-June 18th

Ages: 10-13 years old

Time: 4:15p-5:45p

Date: Wednesday, May 29th- June 19th

Ages: 6-9 years old

Time: 4:15p-5:45p

DEVELOPMENTAL BASKETBALL

AGES 6-8

In this program children will spend time practicing, playing scrimmages with coaches, and eventually instructional 3 vs 3 games. Games will be played by instruction, with no score kept.

Instructor: Recreation Staff

Session A: Tuesdays, April 23rd-May 21st

Time: 6:00p-6:45p

Location: Manomet Youth Center (659 State Road)

Fee: \$60 per child (5 classes)

SPRING ONE-HIT WONDERS



POND SKIMMING AT HEDGES

AGES 3-5 W/ Parent

Come down to hedges for a fun hour of learning about the ponds ecosystem! The Natural Resources Department will be joining us for a fun filled hour at the pond where we will learn about tad poles, frogs, stick bugs, dragonfly larvae, fish, turtles, and more! Skim the surface of the water, or dig deeper to see what you can find hidden in the reeds! We will end with a small craft for the kids to bring home. Please make sure wear your rain boots!

Date: Thursday May 16th (Rain Date May 23rd)

Location: Hedges Pond (158 Hedges Pond Rd.)

Time: 10:00a-11:00a Fee: \$10 per child (1 class)

HERRING RUN EXPLORATION!

AGES 8-12

The Recreation Department has teamed up with the Natural Resources Department for a 1 hour hands on learning session at the Herring Run in Plymouth. Participants will learn about the protected River Herring fish population! They will start with learning about how to conduct a fish count and pit tag, then they will walk the town brook to see how the fish migrate and will end with a closer look at the fish ladder! They will also be able to open up a eel trap to see if there are any glass eels inside. Participants will meet at the Jenny Grist Mill for drop off and pick up. Please make sure to wear rain boots and dress according to the weather!

Date: Wednesday April 17th (Rain Date April 18th)

Location: Jenny Grist Mill (6 Spring Lane)

Time: 10:00a-11:00a Fee: \$10 per child (1 class)



JOHN P. MCKENNA YOUTH FISHING DERBY

The John P. McKenna Youth Fishing Derby has been established with hopes of sharing John's passions for fishing with other members of the community by offering a free day of fun for kids and their families by hosting an annual fishing derby. All proceeds raised will fund the John P. McKenna Youth Fishing Derby, to be held this year on May 11th, 2019 at Morton Park. The fishing derby is free and open to all children ages 3-17 from Plymouth and surrounding communities. Children participating in the derby are provided with fishing instruction, a goody bag and prizes. Please make sure you bring your own bait & tackle, and fishing rod. Registration is at 8:00a, with the event running from 9:00a-12:30p. Age groups are 3-7, 8-10, 11-14 and 15-17. There will be lots of tackle and rod/reel combos to given as prizes along with trophies in each age category including a grand prize for the biggest fish.

*The rain date will be on Sunday May 12th



SPRING TEEN / ADULT PROGRAMS

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.

Session A: Saturdays, May 4th-25th Time A: 10:00a-11:00a

Session B: Thursdays, May 9th-30th Time B: 5:30p-6:30p

Session C: Saturdays, June 8th-29th Time C: 10:00a-11:00a

Session D: Thursdays, June 6th-27th Time D: 5:30p-6:30p

Location: Squirrel Run Golf Club (32 Elderberry Dr)

Fee: \$99 per person (4 lessons)

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: Wednesday nights until May 22nd (no class 4/17) Location: Memorial Hall - Auditorium (83 Court St) Time: 7:00p-8:30p Fee: \$5 per person per night or \$25 prepaid for 7 nights

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. Classes include group instruction and free time and encourage skaters to learn at their own pace. Skaters will be grouped by age and/or ability as needed. Ice skates are available on a first come first serve basis, free of charge. PREREQUISITE: Skaters must be at least 16 years of age. A helmet, such as a bike helmet or HECC helmet is required.

Instructor & Location: Armstrong Arena (103 Long Pond Rd)

Session A: Wednesdays, May 1st-June 19th

Time: 4:30p-5:20p Fee: \$159 per person (8 classes)

Registration will end on April 22nd

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.

Participants will need a yoga mat.

Instructor: Jenn Caron - RockStarFit.org

Session A: Mondays, April 22nd-June 3rd

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

Fee: \$50 per person or \$10 drop in fee per class

Time: 6:00p-7:00p (6 classes)



INDOOR TENNIS ADULT LEVEL 1

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 A: Tuesdays, April 30th-June 4th

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

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 A: Thursdays, April 25th-May 30th

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

Time: 6:30p-7:45p Fee: \$60 per person (6 classes)

POUND FITNESS

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 A: Wednesdays, April 24th - May 29th

Location: Memorial Hall Auditorium (83 Court St.)

Time: 5:30p-6:30p Fee: \$50 (6 classes)

INDOOR TENNIS ADULT LEVEL 2

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 A: Thursdays, May 2nd-June 6th

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

MENS PICK-UP BASKETBALL

AGES 18+

Come join our popular 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 18 per night so pre-registration is encouraged to secure your spot! This ensures that everyone gets plenty of time to play.

When: Thursdays April 4th - June 13th (10 weeks)

(no class 4/18)

Location: Manomet Youth Center Time: 7:00p-9:00p

Fee: \$35 for all 10 nights or \$5 for one night drop in

SPRING TEEN / ADULT PROGRAMS

OPEN SPACE COMMUNITY HIKE - BEAVER DAM CONSERVATION AREA

To help promote the many open space resources available to the citizens of Plymouth, the Plymouth Open Space Committee (OSC) is sponsoring a community Hike at the Beaver Dam Conservation Area. Entrance to the Beaver Dam Conservation Area is at 219 Beaver Dam Road, Plymouth, MA on the south side of the road. Come explore another of the many open spaces Plymouth has to offer by joining us on Sunday, May 5, 2019 at 1:00 p.m. Participants of all ages are invited at no charge to this relatively easy hike 2 mile hike. The Beaver Dam Conservation Area is approximately 783 acres in area and provides stunning views of Little Island Pond and Great Island Pond. Both ponds provide numerous recreational opportunities with excellent habitat for freshwater fishing and bird watching. The Conservation Area also provides unique nature walks as it is composed of upland pine barrens - a rare New England ecosystem primarily found in southeastern Massachusetts and Cape Cod.



The event will be lead by members of the OSC. Time to complete the hike is about 1 ½ hours. Bring insect spray, 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. A trail map and more information can be found at: <https://www.plymouth-ma.gov/sites/plymouthma/files/uploads/beaverdamtrailmap.pdf>.

AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

Interested in a great summer job or a challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

Prerequisites: Must be **at least 16 years old** and pass the required swimming & skills test which include:

1. Prospective participants must show that they can swim 300 yards continuously using breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but, swimming on the back or side is not allowed. Swim goggles may be used. NOTE: There is no time requirement for this skill.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Start in the water, swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with object and exit the water without using a ladder or steps, within 1 minute 40 seconds. (NOTE: When returning to the starting point, the candidate must hold the 10lb. object with both hands and must keep his or her face above the water. This can be achieved by swimming on their back using a whip (breaststroke kick on their back) or a rotary (eggbeater) kick).

Date: Monday June 17th-Friday June 21st **Time:** Mon 2:00p-4:00p, Tues-Fri 8:30a-3:30p

Location: Mon- Kingsbury Club (186 Summer St., Kingston) Tues-Fri - Hedges Pond (158 Hedges Pond Rd)

Cost: \$225 or **FREE** if you qualify to work the summer for the Recreation Department*

For more information on the free class please contact the Recreation Office





TOWN OF PLYMOUTH BEACHES AND PONDS

Summer 2019

The Plymouth Recreation Department is responsible for operating five waterfront areas including two ocean beaches and three ponds. Plymouth Beach & Morton Park are open, and staffed with lifeguards, weekends starting Memorial Day weekend. All five beaches open daily starting Saturday, June 22nd. The Recreation Department does not supervise Plymouth Long Beach or the Cross Over. For more information on those areas please contact the Environmental Management Dept. at 508-747-1620 x10201

Resident Beach Parking Stickers and 4X4 Stickers can be purchased at the Collector's Office in Town Hall

- Resident Beach Parking Sticker: \$35 (\$10 senior/handicap)
- 4X4 Sticker: \$55 (\$27 senior/handicap)

For questions regarding stickers, please call 508-747-1620 ext. 10291

Parking Fees: ALL vehicles without a resident beach parking sticker

must pay the following parking fees:

- Plymouth Beach/Fresh Pond/Hedges Pond: \$15 every day
- Morton Park: \$15 weekdays; \$25 weekends & holidays

Motor Homes pay \$30 per day

Buses are \$40 per day but must be scheduled through the Recreation office

PLYMOUTH BEACH: 130 Warren Avenue

Ocean beach, very popular with both locals and tourists.

Hours: 9AM-5PM

Restrooms: Yes

Concession Stand: Yes

WHITE HORSE BEACH: Taylor Avenue

A beautiful open-ocean crescent beach, of which about 560 feet is supervised by the Recreation Department. There are four buoys located off the guarded beach area which helps keep boats and jet skis out of the area.

Hours: 9AM-5PM

Restrooms: Portable Toilets on Taylor Ave.

Concession Stand: No

Other: Very limited parking at the Taylor Ave Lot, must have a resident beach sticker to park in the lot

MORTON PARK: end of Morton Park Road

A freshwater pond with beach, this scenic recreation area attracts people from all over Massachusetts

Hours: 9AM-5PM

- Only propane grills will be allowed

Restrooms: Yes

- The park has a maximum vehicle capacity of 100 vehicles

Concession Stand: No

- Vehicles without a resident sticker will need to park in the main beach parking lot

Other: Swim lessons are held here during the week; there is a boat launch for small non-motorized boats

FRESH POND: 220 Bartlett Road

This is a quaint little neighborhood freshwater pond with beach.

Hours: 9AM-5PM

Restrooms: Yes

Concession Stand: No

Other: There is a boat launch for small boats

HEDGES POND: 158 Hedges Pond Road

This is our newest park and beach on a freshwater pond.

Hours: Monday-Friday 12:30PM-5PM, Saturday & Sunday 9AM-5PM

Restrooms: Yes

Concession Stand: No

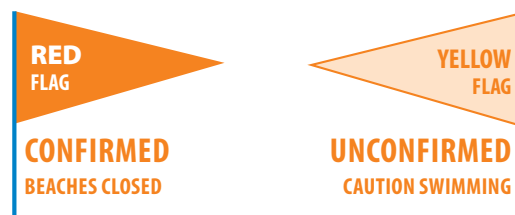
Other: There is a playground, sports field, tennis courts, basketball court, beach volleyball court & horseshoe pit

Beach Policies & By Laws



































































































- No alcohol on any beaches
- No glass containers
- No loud music
- Dogs must be leashed and under control at all times
- No open fires
- No boats within 150 ft of a swimmer
- No jet skis on Morton, Fresh or Hedges Ponds
- No fishing in designated swimming areas during hours of operation.
- All personal flotation devices must meet Coast Guard approval
- Lifeguards have final say in rule enforcement
- Drones are not allowed on beaches Memorial Day through Labor Day

No Charcoal grills are allowed at any beach

SHARK FLAG



PLYMOUTH RECREATION FACILITIES AND PARKS

Allerton Street Playground Corner of Allerton & Sevier Streets (0.95 acres)		Manomet Recreation Area 1197 State Road (7 acres)	 
Bates Park Corner of Allerton & Vernon Streets (0.75 acres)		Manomet Youth Center/Bartlett Hall 659 State Road * 508-830-4114	Membership/Drop-in: basketball, dodgeball, game room, birthday party rentals
Beaver Dam Road Conservation Area 260 Beaver Dam Road (119 acres)	 	Memorial Hall 83 Court Street * 508-830-4087	Special event hall, available for rent, www.memorialhall.com
Billington Street Park 20 Billington Street (4+ acres)	 	Morton Park 35 Summer Street (209 acres)	       
Brewster Gardens 30 Water Street (2.9 acres)		Nelson Memorial Playground & Splash Pad 255 Water Street (3.9 acres) Oceanfront	      
Briggs Playground 838 State Road (4 acres)	 	Plymouth Beach/Long Beach 130 Warren Ave (83+ acres)	      
Brook Road Playground 13 Brook Road (5.6 acres)	 	Russell & Sawmill Ponds Conservation Ar Bourne Street off Standish (64 acres)	 
Burton Park 25 Whiting Street (1.1 acres)	 	Siever Field 112 Standish Avenue (3.5 acres)	 
Cleft Rock Park 290 State Road (8.7 acres)		Sirrico Memorial Playground Opposite 71 South Street (1.2 acres)	 
Center Hill Preserve Center Hill Road (78 acres)		Stephens Field 132R Sandwich Street (7.4 acres) Oceanfront	      
Depot Park 9 North Park Avenue (0.5 acres)	    	Town Brook Nature Trail S of Town Brook - Newfield to Billington St (0.55 acres)	
Elmer Raymond Park 1138 Long Pond Road (17 acres)	    	Town Forest Long Pond Road before State Forest (255 acres)	
Emerson Park 48 White Horse Road (5.5 acres)		Training Green 65 Sandwich Street (1.4 acres)	
Forges Field Recreation Facility 83 Jordan Road (30+ acres)	      	Veterans Memorial Playground 219 Standish Avenue (2.1 acres)	  street hockey rink
Fresh Pond Park 220 Bartlett Road (13 acres)	    	West Plymouth Recreation Facility 154 South Meadow Road (8 acres)	  
Haskell Field & Avery Memorial Playground 43 Nook Road (3.2 acres)	 	White Horse Beach Taylor Avenue (12+ acres)	 very limited parking
Hathaway Property/Russell Mill Pond Conservation Area Long Pond Rd-byt Boot Pond & Gunners Exch (130 acres)			
Hedges Pond Recreation Area 158 Hedges Pond Road (128 acres)	   		
Holmes Playground Corner of Summer & Newfield Streets (2.3 acres)	 		
Huntley Playground 97 Lake Drive (0.5 acres)			
Jackson Park End of Newfield Street (1 acre)			
Jenny Pond Park 17 Spring Lane - off Summer Street (3.8 acres)	 		
Mabbett Park 115 Water Street (0.75 acres)	 ocean waterfront/scenic views		

LEGEND

-  BASEBALL/SOFTBALL
-  SOCCER
-  BASKETBALL
-  TENNIS
-  SKATEBOARD PARK
-  CONCESSIONS (seasonal)
-  RESTROOMS (seasonal)
-  PARKING FEES (seasonal)

-  PLAYGROUND EQUIPMENT
-  SWIMMING (seasonal lifeguards)
-  SMALL BOAT LAUNCH
-  FISHING
-  PICNIC AREA
-  SCENIC TRAIL
-  BIKE PATH



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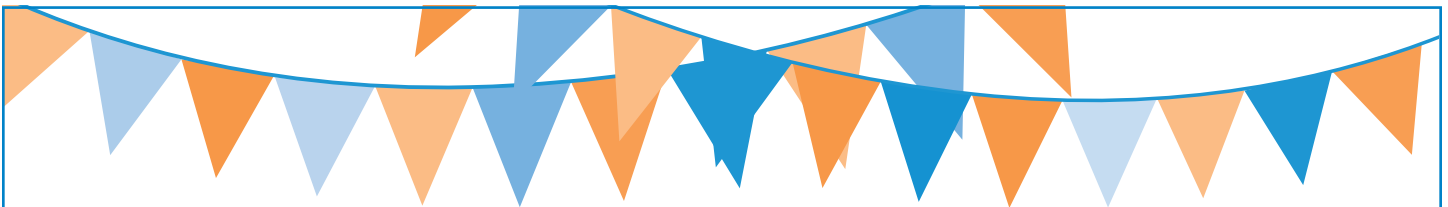
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MANOMET YOUTH CENTER BIRTHDAY PARTIES

Join us this summer in our air conditioned building for your child's birthday party!

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.

To book parties please contact:

Aimee Howell

ahowell@townhall.plymouth.ma.us

SPORTS

BIRTHDAY PARTIES:

Ages: 3-15 years old

Activities include:

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

Fee: \$160 Includes up to 15 children

WANT TO RENT THE SPACE??

\$90 for 2 hour minimum then an additional \$40 per hour after that.

Use for birthday parties, family parties and more. Staff not responsible for running activities.



RED CROSS SWIM LESSONS 2019

NON-RESIDENTS NOW WELCOME!!

REGISTRATION IS OPEN

Times will be provided before the start of lessons. Times for 1st session and 2nd session may vary.

PRIVATE LESSONS Session 1: July 15th-19th Session 2: August 12th-16th

In addition to our Group Swim Lesson program, we will also offer private & semi private swim lessons during the break between the 1st and 2nd sessions. In order to participate, children must be at least 3 years of age. To schedule lessons you must call or email the Recreation Department to check availability.

Private / Semi-Private Swim Lessons (PRIVATE/SEMI) - \$20 residents/\$30 non-residents per child per half hour

\$30 resident/\$40 non-resident (up to 2 children) Scheduled on the 1/2 hour between 9:00am and 3:55pm at Morton Park ONLY!

GROUP SWIM LESSONS

Levels 1 to 6 - Minimum age: 4 by start of program / \$45 resident / \$65 non-residents

NEW FORMAT: Classes meet Tuesday-Thursday for 30 minutes per day

Please choose AM (9:00a-11:50a) or PM (12:20p-3:55p) at Morton Park

SESSION 1: June 25th-July 11th (no class July 4th, class will be held Monday July 1st) SESSION 2: July 23rd-August 8th

LEVEL 1 – WATER EXPLORATION

The main focus of Level 1 is an introduction to water. If your child cannot fully submerge without holding their nose, this class is for them. Skills required to pass this level include: front and back float with supports, front and back glide with support, basic combined stroke.

LEVEL 2 – PRIMARY SKILLS

The main focus of this level is to strengthen front and back floating skills and work on basic front and back crawl (beginner stroke) skills. In order to pass this level the child must be comfortable underwater, roll from front to back float, tread water for 15 seconds, and swim for 5 body lengths using a combined stroke or beginner stroke.

LEVEL 3 – STROKE DEVELOPMENT

The main focus of this level is strengthening front and back swimming skills in deep water. The skills associated with the elementary backstroke and sidestroke kick will be introduced. In order to pass this level the child must be able to tread in deep water for 30 seconds, swim the front crawl for 15 yards using rotary breathing and demonstrate knowledge of both the elementary backstroke and scissor kick in deep water. They will need to be comfortable swimming underwater.

LEVEL 4 – STROKE IMPROVEMENT

The main focus of this level is to build swimming endurance and improve stroke technique. In order to be in this level your child needs to have passed level 3 and be able to swim crawl and elementary backstrokes with good technique for 15 yards. Sidestroke skills will be improved on and complicated breaststroke and butterfly stroke skills will be taught. In order to pass this level the child must be able to swim Front Crawl and elementary back strokes for 25 yards, sidestroke for 15 yards and show knowledge of breaststroke and butterfly for 15 yards. At this level your child needs to be very comfortable in deep water and be able to swim underwater for 3-5 body lengths.

LEVEL 5 – STROKE REFINEMENT

The main focus of this level is to refine the technique for all of the strokes and continue to build endurance. To be in this level your child needs to have passed level 4 and have a great crawl stroke with rotary breathing, strong elementary backstroke and sidestroke. In addition they should know how to do the breaststroke and butterfly. They should be able to dive into a pool, swim 25 yards and surface dive down to 8 feet. In order to pass this level the child must be able to show proper technique in all of the strokes that have been learned. They should be able to swim 50 yards comfortably using both the front crawl and elementary backstrokes.

LEVEL 6 – SKILL PROFICIENCY

The main focus of this level is to improve stroke technique and build endurance. There are three separate sections of instruction in this level. They are: Personal Water Safety, Fitness Swimmer and Fundamentals of Diving. Because this program is taught in a pond with no diving facilities available, only the first two sections will be covered in this class. To be in this level, your child must have proof of having passed level 5.

**If you are still unclear as to which class level your child should be in, don't guess!!
Call the Recreation Dept. at 508-747-1620 Ext. 10137 & we will be happy to help you.**



SUMMER 2019 - RED CROSS SWIM LESSONS

1. Beach or 4x4 stickers are **required** for all vehicles entering Morton Park.
2. Non-Residents and non-stickered cars will receive a special pass that is **ONLY** good during swim lesson times.
3. A parent or guardian **must accompany** the child for the duration of their stay at the pond.
4. Classes are held unless weather conditions threaten the safety of the students or staff. Classes are canceled on a class by class basis. Please call **508-747-1620 Ext. 10321** ½ hour before your scheduled start time for the status of the class. Classes will not be made up because of cancellations due to weather or other unforeseen circumstances.
5. When you complete the application, you must **CHOOSE: a.)** a class level (see class descriptions on the previous page), b.) either a morning or afternoon time slot and **sign the bottom** of the application.
6. We will email you with the assigned class time. **WE CANNOT GRANT SPECIFIC TIME REQUESTS!**

HOUSEHOLD INFORMATION

Last Name: _____ Parent: _____ DOB: _____ Work #: _____ Cell #: _____

Home #: _____ Parent: _____ DOB: _____ Work #: _____ Cell #: _____

Address: _____
(Street or PO Box) (City) (State) (Zip)

Email Address: _____

(This address will only be used by the Recreation Dept to notify you of registration start dates and program updates)

QUESTIONNAIRE:

Please fill out this quick (but required) questionnaire regarding your child's swim history:

1. Has your child ever taken swim lessons before? Yes No
 a. If yes, where? _____
2. Are they comfortable in the water? Yes No
3. Can they submerge underwater without assistance? Yes No
4. Can they perform any standard swim strokes (ie: front stroke, back stroke, breast stroke)? Yes No
 a. If yes, which ones: _____

****STOP****
Before filling out the application, please take a moment to read page 15 which contains important swim lesson information.

Mail your application with payment to: 26 Court St Plymouth MA 02360 / Refund requests must be made 5 business days before the start of the program. There is a \$10 administrative fee for all refunds. If the time assigned to you is not acceptable, we will waive the \$10 administrative fee **IF you contact us within 1 WEEK** of the emailed date on your class time notification.

SWIM REGISTRATION ***ALL INFORMATION BELOW IS REQUIRED***

*****CASH, CREDIT CARD OR CHECK MADE OUT TO: "PLYMOUTH REC DEPT"*****

CIRCLE AM OR PM

PARTICIPANT'S NAME	BIRTH DATE	CLASS LEVEL 1-6	COST RES/NON	MORTON PARK	ALLERGIES / LIMITATIONS	FOR OFFICE USE / NOTES
			\$45/\$65	AM / PM		
			\$45/\$65	AM / PM		
			\$45/\$65	AM / PM		
		PRIVATE	\$20/\$30 class	AM / PM		
		SEMI	\$30/\$40 class	AM / PM		
		SEMI	2nd child N/C	AM / PM		

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: _____

SUMMER YOUTH PROGRAMS

SUMMERT-BALL

AGES 3-6

Back by popular demand the Recreation Dept. will be hosting our Summer 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.

Dates: Wednesday, July 10th-August 14th

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

Session C: Age 3 years old

Time: 2:15p-2:45p Fee: \$55 (6 classes)

Session D: Age 4-6 years old

Time: 3:00p-3:45p Fee: \$70 (6 classes)



PRESCHOOL DANCE

AGES 3-6

The Preschool class teaches the basic fundamentals of Ballet, Tap, and Jazz while continuing to focus on rhythm, body position, and counting. 3 year olds must have taken Parent and Tot dance before they can take Preschool Dance.

Session B: Saturday, June 22nd - July 27th Instructor: Miss Nicole

Location: Open Space Dance Studio (19R Court St)

Time: 9:30a-10:15a

Fee: \$55 per child (6 classes)

PARENT & TOT DANCE

AGES 18 MO.-3 & 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 B: Saturday, June 22nd-July 27th Instructor: Miss Nicole

Location: Open Space Dance Studio (19R Court St)

Time: 9:00a-9:30a

Fee: \$50 per child (6 classes)

PRESCHOOL KARATE

AGES 4-5

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 and belt.

Instructor: Sensei Mike Murphy

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

Session B: Monday, July 8th-August 19th Time: 4:15p-4:45p

Fee: \$80 per child (6 classes, no class 7/22)

SOCCER CLINIC

AGES 4-12

This is a great opportunity for fun and soccer development through the Plymouth Recreation Department and Liverpool FC. Their experienced coaching staff will lead a developmental clinic with the emphasis on skill instruction in a fun environment. Don't miss this affordable and exciting soccer clinic this summer!

Date: Monday, July 22nd-Thursday July 25th

Location: Forges Soccer 1 (83 Jordan Rd)

Little Kickers

Ages: 4-5 year olds Time: 9:00a-10:15a Fee: \$65 per child

Soccer Juniors

Ages: 6-12 year olds Time: 9:00a-12:30p Fee: \$95 per child

ALL-STAR ATHLETES

AGES 4-6

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.

Session A: Tuesday, July 9th-August 6th (no class 7/30)

Location: Manomet Youth Center (659 State Rd)

Time: 2:45p-3:30p

Fee: \$42 per child (4 classes)

LITTLE SPORTS STARS

AGES 2-3 & PARENT

Looking for something to do with your child that will wear them out & 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 B: Tuesday, July 9th-August 6th (no class 7/30)

Location: Manomet Youth Center (659 State Rd)

Time: 2:00p-2:30p

Fee: \$37 per child (4 classes)

ICE SKATING CLINIC

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. Rental skates are available on a first come first serve basis. Please dress warm!

PREREQUISITES: Skaters must be at least 3 years old and potty-trained. A helmet, such as a bike helmet or HECC helmet is required.

Session B: Wednesday, June 26th-August 14th

Location: Armstrong Ice Arena (103 Long Pond Rd)

Time: 4:55p-5:20p

Fee: \$139 per child (8 classes)

*Registration ends on June 10th

BASKETBALL CLINIC

AGES 8-13

Participants will learn the fundamental skills required to play basketball by participating in drills that they can continue to work on at home once camp is over. Each day, players will be taught the individual skills of rebounding, ball handling, shooting, and will finish up the most important skill a child can learn and that's team work. The clinic is taught by long-time Plymouth basketball coach and Physical Education teacher Paul Coffin.

Dates: Monday, July 15th-Thursday, July 18th

Location: Plymouth South Middle School

(488 Long Pond Rd)

Time: 9:00a-12:30p

Fee: \$80 per child

YOUTH OUTDOOR ADVENTURE SKILLS AGES 11-14

Join Tidmarsh Wildlife Sanctuary staff for this four week series focused on outdoor adventure skills! From Leave No Trace principles in action, to fire building and creating shelters, this program will focus on skill building that can be used in any outdoor scenario. Please bring a water bottle, snack, insect repellent and dress for the weather as this program takes place entirely outdoors.

Dates: Fridays, July 12th-August 2nd

Location: Tidmarsh Wildlife Sanctuary

(60 Beaver Dam Road)

Time: 10:00a-12:00p

Fee: \$80 per child (4 classes)



SUMMER YOUTH PROGRAMS

FLAG FOOTBALL CLINIC

AGES 7-13

It is designed as an introduction to flag football, teaching the skills of passing, receiving, running with the ball, and defense. The camp will stress skill development and game competition.

Date: Monday, August 5th-Thursday, August 8th

Location: Forges Football Game Field (83 Jordan Rd)

Instructor: Paul Coffin Time: 9:00a-11:15a Fee: \$65 per child

TENNIS CLINIC

AGES 8-14

This program is intended for boys and girls of all skill levels. Children will learn correct form on all strokes as well as learn the basics of singles and doubles strategies. Clinic taught by former girl's varsity tennis coach Scott Froman.

Session A: Monday, June 24th-Thursday June 27th

Session B: Monday, July 8th-Thursday July 11th

Session C: Monday, July 22nd-Thursday July 25th

Location: Plymouth North High School (41 Obery St.)

Time: 8:30a-12:00p Fee: \$80 per child



TRACK & FIELD CLINIC

AGES 7-12

Track & Field is a sport for everyone. Events include running, jumping, throwing, hurdles, and relays. Children will learn basic skills of Track and Field. There is an event for everyone! Athletes will be instructed by high school and college level coaches and athletes. Each day you will learn and participate in the following events: High Jump, Long Jump, Sprints, Hurdles, Middle Distance Running, Cross Country Running, Discus Throw, and Turbo Javelin. There will be a track and field meet at the end of the week! Instructor: Plymouth

Area High School Coach Sean Clifford

Dates: Monday, July 8th- Thursday, July 11th

Location: Plymouth South High School Track (490 Long Pond Rd)

Time: 8:30a-12:00p Fee: \$80 per child



JUNIOR GOLF CLINIC

AGES 6-12

Junior golfers will learn the basics of the game of golf including grip, stance, swing, discipline, and etiquette through fun games and challenges. Clubs will be provided for students to use if they do not own golf clubs. Our goal with junior lessons is to get students engaged and to learn to love the game of golf.

Head Instructor: Pat Jordan

Date: Wednesdays, June 26th-July 17th

Time A: 8:00a-9:00a Time B: 9:30a-10:30a

Location: Atlantic Country Club (450 Little Sandy Pond Rd)

Fee: \$89 per child (4 classes)

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 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 and belt.

Instructor: Sensei Mike Murphy

Session B: Monday July 8th-August 19th

Location: Smilin Mikes Dojo of Champions (96 Long Pond Rd)

Time: 6:00p-6:45p Fee: \$80 per child (6 classes, no class 7/22)

CIRCUIT LAB WORKSHOPS

HANDS-ON ELECTRONICS

AGES 8-11

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors.

Dates: Monday, August 12th-Friday, August 16th

Instructor: Circuit Lab Instructors

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p Fee: \$162 per child

APP INVENTORS

AGES 8-11

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. Participants will learn both the programming and design aspects of creating great apps, and have the opportunity to build apps of their own design with the support of Circuit Lab instructors!

Date: Monday, August 12th-Friday August 16th

Location: Manomet Youth Center (659 State Rd)

Time: 1:00p-4:00p Fee: \$162 per child

FULL DAY OPTION

You can choose to take both the morning and afternoon class. Each student MUST bring their own lunch and the kids will have an hour of supervised lunch time.

Dates: Monday, August 12th-Friday August 16th

Time: 9:00a-4:00p Fee: \$300 per child

PARKOUR CLINIC

AGES 7-10

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 Staff

Dates: Monday July 29th- Friday August 2nd

Location: Manomet Youth Center (659 State Rd)

Time: 1:00p-4:00p Fee: \$160 per child

LITTLE EXPLORERS

AGES 4-6

Come explore the wonders of Mother Nature! Catch falling leaves, call out to birds and search for insects! This 4 week program is designed to be a hands on nature exploration with active play and creativity!

Session A: Thursdays, July 11th-August 1st

Location: Hedges Pond (158 Hedges Pond Rd)

Time: 3:00p-3:45p Fee: \$52 per child (4 classes)

SUMMER YOUTH PROGRAMS

ARCHERY CLINIC

AGES 8-14

Students will learn the athleticism, mental focus, and self discipline it takes to excel in this individual sport. Advancement awards will be presented to demonstrate the student's progress through the different levels of achievement. Includes all equipment.

Instructor: Dee Sacchetti, USA Archery Certified

SESSION A Dates: Monday, July 8th-Thursday, July 11th
Time: 9:00a-11:00a

SESSION B Dates: Monday, August 12th-Thursday, August 15th
Time: 9:00a-11:00a

Location: Forges Adult Softball Field (83 Jordan Rd)

Fee: \$150 per child (4 classes)

TEEN OPEN VOLLEYBALL

AGES 13-17

Join us this summer in the air conditioned Memorial Hall for our Teen OPEN Volleyball. The games are open to both mature boys and girls, who enjoy the competition of volleyball. Players can be beginners, but must have some knowledge of the game of volleyball. Please note misbehaving will not be tolerated and will result in being kicked out of the program indefinitely.

Dates: Wednesdays, June 19th- August 14th Time: 6:00p-7:30p

Location: Memorial Hall - Auditorium (83 Court St)

Fee: \$5 per person per night (no program 7/3, 7/24) or \$35 prepaid for 7 nights

UNDERWATER ROBOTS STEM WORKSHOP

AGES 8-16

Come explore the world of underwater robotics in this STEM workshop. Students come together as a team to build a fully-functional, underwater robot and take over the controls to explore the underwater environment around our docks. Their objective will be to construct a SEA PERCH underwater robot kit and use it to complete a number of exciting underwater challenges while learning about the science principles associated with underwater robotics including buoyancy, waterproofing, propulsion, and control.

Session A: Thursday July 18th

Session B: Thursday August 8th

Location: Billington Sea Kayak (41 Branch Point Road)

Time: 2:00p-4:30p Fee: \$60 per child (1 class)



ISLAND SCIENCE STEM WORKSHOP

AGES 8-16

Did you know that Plymouth has over 360 ponds within its borders including Billington Sea; one of the largest and most unique of the bunch! Come learn more about our pond and its unique ecosystem in this afternoon workshop. Students will take a kayak trip out to Seamore's Island where they will explore the flora and fauna by taking part in a number of experiments. Some experiments include looking at water samples under a microscope, searching for bugs in the island soil, learning about the various trees on the island, and discovering underwater life with our fish camera!

Session A: Thursday July 25th

Session B: Thursday August 15th

Location: Billington Sea Kayak (41 Branch Point Road)

Time: 2:00p-4:30p Fee: \$60 per child (1 class)



STAND UP PADDLEBOARDING

AGES 8-16

The three-session youth SUP camp at Billington Sea Kayak is a great summer activity for active children interested in trying something new! Participants will learn the fundamentals of Stand-up Paddleboarding including safety, board handling, and various stroke techniques while taking part in various on-the-water games and challenges. The quiet waters of Billington Sea offer the ideal location for participants to safely enjoy their first SUP experience with our ACA-trained staff! We require that all participants be comfortable with water and be dressed appropriately for class with closed-toe water shoes. Price includes instruction and gear rental (board, paddle, PFD).

Session A: Monday July 22nd-Wednesday July 24th

Session B: Monday July 29th-Wednesday July 31st

Location: Billington Sea Kayak (41 Branch Point Road)

Time: 8:00a-9:30a Fee: \$105 per child (3 classes)

YOUTH KAYAK ADVENTURE CAMP

AGES 8-16

The Kayak Adventure Clinic engages students in the development of their paddling and navigational skills while inspiring a sense of adventure and discovery. Students will spend the first of three classes learning the basics of kayaking and kayak safety with ACA trained instructors. The remaining sessions will be spent exploring the shores and islands of Billington Sea for hidden treasures. Students will be introduced to navigational techniques using map & compass and use these new skills to locate a series of hidden geocaches on the way to discovering the ultimate treasure! **No prior kayaking experience required. BSK requires that all participants be dressed appropriately for the weather and wear closed-toe water shoes. Price includes: PFD, kayak & paddle.

Session A: Monday July 15th-Wednesday July 17th

Session B: Monday July 22nd-Wednesday July 24th

Session C: Monday August 5th-Wednesday August 7th

Location: Billington Sea Kayak (41 Branch Point Road)

Time: 10:00a-11:30a Fee: \$105 per child (3 classes)

BUILD A DUCT TAPE

STEM KAYAK WORKSHOP

AGES 8-16

The "Build a Duct Tape Kayak" STEM camp challenges students to turn a few rolls of ordinary duct tape into an extraordinary kayaking experience! Participants come together as a team to construct a duct tape kayak during the first half of the camp under the guidance of our staff "Duct Tape Masters." Then they'll get the chance to take their creation to the water where they will participate in a variety of on-the-water challenges while paddling the kayak that they just built. This is an empowering experience for students who enjoy building and playing outside! Includes all materials, kayak, paddle & PFD.

Session A: Thursday July 11th

Session B: Thursday August 1st

Location: Billington Sea Kayak (41 Branch Point Road)

Time: 2:00p-4:30p Fee: \$60 per child (1 class)

SUMMER YOUTH PROGRAMS

BASEBALL CLINIC

AGES 6-10

Join us in a program designed for youngsters just starting out in baseball as well as for those who have baseball experience. Skills, game and activities will include throwing, fielding, hitting, and situational baseball. Players will be placed in separate age and skill levels. Clinic taught by long time Plymouth varsity and Babe Ruth baseball coach and Physical Education teacher Paul Coffin.

Date: Monday, June 24th-Thursday, June 27th

Location: Forges Jr. Baseball Fields (83 Jordan Rd)

Time: 9:00a-12:30p Fee: \$80 per child

TOP SECRET SCIENCE & MATH

AGES 5-10

Come join the very cool and fun elementary school summer science program!! Each day the kids will explore up to 20 weird and wacky hands-on science experiments and will make and take home at least 10 different projects. The scientists are fast paced and funny and your kids will be thoroughly entertained (they'll even learn some interesting things too!) We will explore weird motions, flying things, air and water pressure, crazy chemistry, light and sound, science magic, magnets, and more! Each child receives a Free Scientist Trading Cards Boxed Set and T-shirt!

Instructor: Top Secret Science staff

Dates: Monday, July 22nd- Friday, July 26th

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-3:00p Fee: \$180 per child

BASEBALL HITTING CLINIC

AGES 6-10

The goal of our baseball hitting clinic is to teach the players the basic fundamentals of hitting a baseball by breaking down the swing, step by step. This clinic will cover every part of the swing and how to use the body; the feet, legs, hips, hands, and eyes. Each player's swing will be broken down and corrected or improved. Clinic taught by long time Plymouth varsity and Babe Ruth baseball coach and Physical Education teacher Paul Coffin.

Date: Tuesday, July 9th

Location: Forges Field (83 Jordan Rd)

Time: 5:00p-7:00p Fee: \$25 per child (one class)

BASKETBALL SHOOTING CLINIC

AGES 9-12

The goal of our basketball shooting clinic is to teach the players the basic fundamentals of shooting a basketball. Players will practice stance and balance, shot pocket, grip, release points, jumping and landing, and following through. Most kids' favorite part of basketball is shooting, so kids will love this all shooting clinic! Clinic taught by long time Plymouth varsity and Babe Ruth baseball coach and Physical Education teacher Paul Coffin.

Date: Tuesday, July 30th

Location: Manomet Youth Center (659 State Rd)

Time: 5:00p-7:00p Fee: \$25 per child (one class)

SUMMER NFL FLAG FOOTBALL LEAGUE

AGES 7-13

We are bringing our most popular league to the summer! Join us for a shortened competitive flag football league that teaches fundamentals, competitiveness and most importantly...good sportsmanship. Teams typically practice at least once a week and play one game a week. Volunteer coaches are needed!

Date: Tuesdays, July 16th - August 13th

(4 games & 1 week of playoffs, make-up games will be scheduled Thursdays of the same week)

Location: Forges Football Practice Field (83 Jordan Rd)

Fee: \$75 per child (includes NFL flag football jersey)

Ages 7-9 game time: 5:30p Ages 10-13 game time: 6:30p

EXTREMELY LIMITED SPACE. ONLY 4 TEAMS PER AGE DIVISION

SUMMER BASKETBALL REC LEAGUE

If your child loves basketball and is looking to play this summer, this is the league for them! It will be a relaxed environment, coached and refereed by our own staff. We will spend 15 minutes doing drills and the last 45 minutes playing a live game. We will make different teams every week and it will be a fun, competitive time for all. T-shirt included.

Dates: Thursday, July 11th-August 15th

Location: Manomet Youth Center (659 State Rd)

Grade and Time:

Grades 1-2: 5:00p-6:00p

Grades 3-5: 6:05p-7:05p

Grades 6-8: 7:10p-8:10p

Fee: \$65 per child (6 classes)

SQUIRREL RUN GOLF

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. You must bring your own clubs.

Session A: Monday-Thursday, July 8th-11th

Session B: Monday-Thursday, July 22nd-25th

Session C: Monday-Thursday, August 5th-8th

Location: Squirrel Run Golf Club (32 Elderberry Dr)

Time: 10:00a-11:15a Fee: \$99 per child (4 classes)

QUICK START TENNIS

AGES 5-6

Students will work with foam balls and smaller nets and will work up to red dot balls. This is an entry 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 B: Thursdays, July 11th-August 15th

Location: Village Racquet and Fitness

(30 Golf Dr, Pine Hills)

Time: 3:30p-4:00p Fee: \$95 per child (6 classes)

LITTLE HOT SHOTS TENNIS

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 B: Thursdays, July 11th-August 15th

Location: Village Racquet and Fitness

(30 Golf Drive, Pine Hills)

Time: 4:00p-5:00p Fee: \$135 per child (6 classes)

HOT SHOTS

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 B: Thursdays, July 11th-August 15th

Location: Village Racquet and Fitness

(30 Golf Drive, Pine Hills)

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

SUMMER YOUTH PROGRAMS

YOUNG CHOREOGRAPHERS

AGES 9-17

During this workshop aspiring young choreographers will explore various methods of creating choreography and developing their own choreographic voice. Instruction is given in many forms throughout this class and participants have opportunities to create work on one another and to be a part of each other's work. Time is spent learning to critique both one's own work as well as the work of others. A showcase of the week's work will be offered on the final day.

Date: Monday, August 19th-Thursday August 22nd

Location: Open Space Dance Studio (19R Court St.)

Time: 9:00a-1:00p Fee: \$125 per child (4 classes)

HIGH SCHOOL MUSICAL

AGES 5-12

Students will work in groups to build a repertoire of musical theatre numbers, using song and dance. This summer program will end with a show on the last day.

Dates: Monday, August 12th-Thursday August 15th

Location: Open Space Dance Studio (19R Court St.)

Time: 9:00a-1:00p Fee: \$125 per child (4 classes)

UNDER THE BIG TOP

AGES 5-12

Come out and develop your Acro skills. This workshop offers gym-based strengthening and stretching that will keep you in shape all summer! Learn new tricks and improve old ones in this intense week of training. This camp is not just for acrobats – all dancers are encouraged to come out to improve their flexibility and strengthen their bodies. This workshop will help students with most other types of dance, and will take classes in Lyrical, Jazz and Musical theatre as well.

Dates: Monday, July 29th-Thursday August 1st

Location: Open Space Dance Studio (19R Court St.)

Time: 9:00a-1:00p Fee: \$150 per child (4 classes)

NEW!

VOLLEYBALL SKILLS AND DEVELOPMENT CLINIC

AGES 13-17

Come join us for 5 weeks of training! In this clinic students will learn drills, skills, new techniques and small sided play! The clinic is geared for both boys and girls who range from beginner to advanced skills. Students will be broken up into groups based on skills. Clinic is coached by Kevin Yee, who has played the sport for many years and was an assistant volleyball coach at Sacred Heart College. Darin Yee has played his entire life and has had several Assistant and Head Coaching positions in Boston. Eric Yee has been playing the sport since the early 90s.

Dates: Tuesdays, July 9th- August 6th

Time: 6:00p-7:30p Fee: \$75 per child (5 classes)

Location: Plymouth North High School (41 Obery St.)

MARY POPPINS

AGES 5-12

This musical theatre camp will allow students ages 5-12 to develop their dance and theater skills. They will also hone their performance abilities in Ballet, Jazz, Tap and singing as they work together to perform a show the last day.

Date: Monday, July 8th-Thursday July 11th

Location: Open Space Dance Studio (19R Court St.)

Time: 9:00a-1:00p Fee: \$125 per child (4 classes)

FAIRY TALE ADVENTURES

AGES 3-6

Our magical dance experience becomes a week-long adventure. Imaginary realms are explored by dancing, acting and singing in musical theater scenes. Crafts made in our art room help to bring the experience home. Final performance at the end of the week. Dancers must be potty trained.

Session A: Monday, June 24th-Thursday June 27th

Session B: Monday August 5th- Thursday August 8th

Location: Open Space Dance Studio (19R Court St.)

Time: 9:00a-1:00p Fee: \$125 per child (4 classes)

PLYMOUTH YACHT CLUB SAILING PROGRAMS

FIRST MATE

AGES 5-7

It's never too early to get out on the water! This beginner program introduces younger children to the fundamentals of boating. Our sailors will learn the basics of rigging, bailing and steering a Pram dinghy on land, then sail with instructors on our 14-foot RS Quests exploring Plymouth Harbor. During these group sails, students will practice steering and trimming sails, and learning to watch the wind, tide and currents. Sailors then pair up in Prams accompanied by instructors for some exciting hands-on practice sailing together. Four 2-week sessions will be offered this season. Once they are competent, a 7-year old First Mate student may be given recommendation to move up to our Mate 1 class.

ADVENTURE SAILING

AGES 11-16

Adventure awaits for beginner teens & tweens, sailing to destinations around Plymouth Harbor. In teams of 3 or 4 per boat, these sailors learn to harness the wind aboard our exciting 14-foot RS Quests as they sail to their chosen destination. Each sailor is responsible for part of the boat's operation, tuning and handling. They will also learn boat rigging, righting and how to maximize performance both upwind and downwind. This class is offered 3 x week, in 2, 4 and 8-week sessions.

LEARN TO SAIL

AGES 8-10

This program for older beginner sailors serves up the fundamentals of sailing with a boatload of adventure and fun! Classes begin onshore with boating safety and sailing concepts: steering, bailing and sail trim. Then students sail on 14-foot RS Quests with instructors to practice their new skills while exploring Plymouth Harbor. They discover how wind, tide and current affect their course. Finally, sailors pair up in Prams accompanied by instructors for some exciting hands-on practice sailing together. Four 2-week Learn to Sail sessions will be offered this season. Upon completion of this course, Learn to Sail students may be recommended for our Opti Intro class.



FOR INFORMATION ON DATES, TIMES, PRICES, PLEASE GO TO OUR WEBSITE

HALF-DAY PLAYGROUND PROGRAMS

WEST ELEMENTARY SCHOOL

Our half-day playground program is one of the most popular programs our department offers. You can count on our Playground program to be there for your child every morning this summer, **weather permitting**. Children will have the opportunity to participate in a variety of different activities including baseball, basketball, tennis, soccer, street hockey, flag football, dodgeball, kickball, playground and arts & crafts. The half-day program consists of three 45 minute sessions. In every session children can choose a new activity.

Date: Monday-Friday June 24th-August 9th (no class 7/4)

Location: West Elementary School (170 Plympton Rd)

Ages: 6-12

Time: 9:00a -12:00p

Fee: \$230 per child

HEDGES POND

This state of the art facility has adjustable basketball nets, a soccer field, an arts and crafts area and much more! You can count on our playground program to be there for your child every morning this summer, weather permitting. Children will have the opportunity to participate in a variety of different activities including baseball, basketball, tennis, soccer, street hockey, Gaga Pit and arts & crafts. The half-day program consists of three 45 minute sessions. In every session children choose a new activity.

Date: Monday-Friday June 24th-August 9th (no class 7/4)

Location: Hedges Pond Recreation Area (158 Hedges Pond Rd)

Ages: 4-12

Time: 9:00a -12:00p

Fee: \$230 per child

WE'VE ADDED AGES 4&5 TO OUR HEDGES POND HALF DAY PROGRAM / 4&5 YEAR OLDS WILL BE IN THEIR OWN GROUP

COUNSELOR IN TRAINING (CIT) PROGRAM

This program is for individuals too old for our half-day program, but too young to have a job yet. Through this program individuals will be given the opportunity to work closely with our staff learning the ropes of the program. This program is perfect for individuals who will be looking for a job working with children or working at another camp when they are old enough. The CIT will rotate through each of our different activities so they get a feel for what each counselor does with their groups. The program is very limited. Each person applying to be a CIT must obtain 2 letters of recommendation from a coach, neighbor, etc. stating why he/she would be a good fit for the program. CIT's must be available 4 weeks at one our half-day locations.

Date: Monday-Friday June 24th-August 9th (no class 7/4) **Time:** 8:45a-12:15p **Ages:** 13-15

Location: West Elementary School or Hedges Pond **Fee:** \$170 per person

Contact the Recreation Dept. for more information: 508-747-1620 Ext. 10137

PRESCHOOL PLAYGROUND PROGRAM

Our preschool playground program is returning this summer! It is a two week program created and designed for having fun, being active and meeting new friends! Activities include painting and making paper crafts. They will build gross motor skills through sports, creative movement, and outdoor play. This fills quickly and is on a first-come first-serve basis. This program runs rain or shine. If it rains, the group will move inside to the gym for the day.

Session A: Monday, July 8th-Friday, July 19th

Session B: Monday, July 22nd-Friday, August 2nd

Session C: Monday, August 5th-Friday, August 16th

Location: Nathaniel Morton (6 Lincoln St)

Time: 9:00a-12:00p

Payment Options (Per Session)

10 days (M-F): \$110 per child per session

6 days (Mon, Wed, Fri)- \$85 per child per session

4 days (Tues, Thurs)- \$70 per child per session

Ages: 4-5



SUMMER TEEN/ADULT PROGRAMS

MENS PICK-UP BASKETBALL

AGES 18+

Come join our popular pick-up basketball at the Manomet Youth Center. Come on down for a night of hoops with friends in a relaxed setting. MAX OF 18 PEOPLE ALLOWED so PRE-REGISTRATION is encouraged! This ensures that everyone gets plenty of time to play.

Dates: Wednesdays, June 26th - August 21st (8 weeks) (no class 7/4)

Location: Manomet Youth Center Time: 7:00p-9:00p

Fee: \$30 for all 8 nights or \$5 for one night drop in

BEGINNER ADULT GOLF LESSONS

AGES 18+

Learn the game of golf with other adults. Small group lessons provide individual differentiated instruction based on skill level and cover the basic aspects of the game including grip, stance, and swing. Clubs will be provided for students to use if they do not own golf clubs. Our goal with adult lessons is for beginners to learn basic skills and get a taste for the game.

Head Instructor: Pat Jordan

Date: Wednesdays, June 26th-July 17th

Time: 6:00p-7:00p

Location: Atlantic Country Club (450 Little Sandy Pond Rd)

Fee: \$99 per person (4 classes)



NINE & DINE GOLF LEAGUE

AGES 21+

A non-competitive league for adults 21 and over. Play will take place after 5:30 and a light dinner in the lounge will be served following match-play format. All players can call and sign up weekly for a tee time in the league.

Date: Thursdays, June 20th-August 1st (no league play 7/4)

Time: Sign up weekly for Tee Time

Location: Atlantic Country Club (450 Little Sandy Pond Rd)

Fee: One-time \$15 Registration fee required for all league players. \$35/\$45 (walking/cart) a night includes golf and dinner at the grill.

LADIES TENNIS

AGES 18+

Join a tennis program while getting comprehensive instruction for players of all ability levels. This program runs for 8 sessions and is designed to give participants a competitive and fun learning experience. Participants must bring their own rackets. It's taught by Scott Froman.

Location: Plymouth North High School (41 Obery St.)

Fee: \$70 per person (8 classes)

SESSION A: Tuesday & Wednesday, May 28th-June 19th

Time: 6:00p-8:00p

SESSION B: Tuesday & Thursday, July 9th-August 1st

Time: 6:00p-8:00p

LEARN TO ICE SKATE

AGES 16+

TEEN/ADULT SEMI-PRIVATE

Ages 16 and older are invited to learn to skate or enhance skating skills in a fun and comfortable learning environment. Classes include group instruction and free time and encourage skaters to learn at their own pace. Skaters will be grouped by age and/or ability as needed. Ice skates are available on a first come first serve basis, free of charge. PREREQUISITES: Skaters must be 16 years old. A helmet, such as a bike helmet or HECC helmet is required.

Instructor & Location:

Armstrong Arena (103 Long Pond Rd)

Session B: Wednesdays, June 26th-August 14th

Time: 4:30p-5:20p

Fee: \$159 per person (8 classes)

Registration will end on June 17th

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.

Instructor: David Moore

Session E: Saturdays, August 10th- 31st

Time E: 10:00a-11:00a

Location: Squirrel Run Golf Club (32 Elderberry Dr)

Fee: \$99 per person (4 lessons)

STAND UP PADDLEBOARDING

AGES 16+

The adult Learn-to-SUP class is perfect for those adventurous spirits who are interested in seeing the water from a new perspective! This clinic will provide you with the knowledge and experience that you need for a pleasant and safe start! Our instructors will cover the fundamentals of SUP safety, various paddle strokes, and board handling techniques all on the quiet waters of Billington Sea. No prior SUP experience necessary. We require that all participants be comfortable with water and be dressed appropriately for class with closed-toe water shoes.

Location: Billington Sea Kayak (41 Branch Point Road)

Session A: Sunday, July 7th

Session B: Sunday, July 21st

Session C: Sunday, August 4th

Time: 9:00a-10:30a

Fee: \$50 per person (includes all equipment)

INDOOR TENNIS ADULT LEVEL 1

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 B: Thursdays, July 11th-August 15th

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

*****DON'T LET A GOOD PROGRAM DIE. IF WE DO NOT REACH OUR MINIMUM NUMBER TO RUN A PROGRAM 1 WEEK PRIOR TO THE START OF A PROGRAM, IT WILL BE CANCELED. REGISTER EARLY!*****

SUMMER TEEN/ADULT PROGRAMS

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 B: Thursday, June 13th-July 11th (no class 7/4)

Session C: Thursday, August 1st-August 22nd

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

Time: 6:30p - 7:45p

Fee: \$40 per person (4 classes)



ADULT LEARN TO KAYAK

AGES 16+

The Adult Learn-to-Kayak class provides participants with everything that they need to know to jumpstart their kayaking adventures! This introductory class focuses on the fundamentals of kayaking safety, various paddle strokes, and kayak handling techniques all on the quiet waters of Billington Sea. Our experienced instructors are passionate about kayaking and have lots of great tips and local knowledge to share. This is a great opportunity for groups and families to learn something new together.

Session A: Sunday, July 14th Session B: Sunday, July 28th

Session C: Sunday, August 11th

Location: Billington Sea Kayak (41 Branch Point Road)

Time: 9:00a-10:30a Fee: \$50 per person (1 class)

BEGINNER PICKLEBALL LESSONS

AGES 18+

Come learn the latest racquet sport craze! All the basics will be taught; handling and use of racquet, court positioning, game strategy, scoring, and more scoring. This is an introductory instruction session.

Paddle racquets provided by Village Racquet

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

Session B: Thursdays, July 11th- August 15th

Time A: 7:00p-8:00p Time B: 9:00a-10:00a

Fee: \$105 per person (6 classes)



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.

Participants will need a yoga mat.

Instructor: Jenn Caron - RockStarFit.org

Session B: Mondays, June 10th-July 1st

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

Time: 6:00p - 7:00p Fee: \$35 per person (4 classes)

FALL 2019

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: Saturday, 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

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

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

Fee: \$48

Age: 4-5

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

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

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

Fee: \$78

SMART SOCCER - DEVELOPMENTAL LEAGUE

For those children not ready for highly competitive play. The first two weeks will be practice and the next four weeks will consist of games versus the other Developmental League teams. Includes a team shirt.

Ages: 6-7

Dates: Saturday, September 7th-October 19th **Time:** 12:50p-1:50p

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

Fee: \$83 per child (fee includes 6 classes & team shirt - no class 10/12)



NFL FLAG FOOTBALL LEAGUE

This extremely successful and competitive flag football league teaches fundamentals, competitiveness and most importantly... good sportsmanship. Teams typically practice at least once a week and play one game a week. We do not take any special requests for player placement; all teams are done in a draft format. Players must attend at least 1 practice a week to be eligible for game play. **Volunteer coaches are needed!**

Date: Saturday, September 7th-November 2nd (6 games per league - no games 10/12 & includes NFL Jersey)

Location: Forges Adult Softball & Football Practice Field (83 Jordan Rd)

Fee: \$100 per child

Ages 7-9* Game Times: 12:00p, 1:00p, 2:00p, 3:00p

Ages 10-13* Game Times: 3:00p, 4:00p, 5:00p, 6:00p

***Evaluations are required for ALL PLAYERS; with the exception of the 5-6 year olds. You will be advised of evaluation times 1 week before your evaluation date.**

The 5-6 year old league is structured a little different than our older leagues. Our emphasis for the younger age group is to really focus on your child learning the game of football, so when they do move on to the older league they are prepared for the competition. They will only practice/play on Saturday's; there will be no other practice requirements. We do not take special requests for team placement.

Ages: 5-6 Game Time: 11:00a or 12:00p

ALL GAME TIMES ARE SUBJECT TO CHANGE

REGISTRATION FOR FALL SMART SOCCER AND FLAG FOOTBALL FOR RESIDENTS
BEGINS MONDAY JUNE 24TH AND FOR NON-RESIDENTS JULY 1ST.
FLAG FOOTBALL REGISTRATION ENDS WHEN FULL OR JULY 25TH.

DON'T KNOW
YOUR LOG-IN
INFORMATION?
GIVE US A CALL!

FALL ADULT LEAGUES

FALL ADULT COED SOFTBALL LEAGUE

AGES 18+

Join our fun and competitive coed adult softball league! Teams play one game per week. We will start **accepting team registrations Monday June 17th**. Team registration forms plus a nonrefundable deposit of \$150 is due upon registration. Teams will be taken on a first come first serve basis with the deposit. **All remaining fees must be paid prior to July 29th**. Failure to do so will result in forfeiting participation in the league and the team's registration deposit. Team applications are available online or in the Recreation office. If you need more information, email Aimee Howell at ahowell@townhall.plymouth.ma.us. There is a **MANDATORY** ASA bat testing done prior to the start of the season. Only bats tested and approved will be allowed to be used in our league. Make-up games may be scheduled for Friday's.

Date: Monday-Thursday August 12th-November 15th **Location:** Forges Adult Softball Field (83 Jordan Rd)

Time: 7:00p or 8:30p **Fee:** \$700 per team (10 game season plus top 8 teams make the playoffs)

MYC KIDS NIGHT OUT SUMMER SERIES

Come join us at the Youth Center for our summer event series!! Every Friday night we will have a new theme. You **MUST** pre-register for the event! Pizza, drinks, and snacks included!!

AGES 7-13

5pm-9pm

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



\$15
PER NIGHT

GAGA NIGHT

FRIDAY, JULY 12th



We will be setting up our inflatable Gaga Pit and running games all night in the gym!! Gaga is a fast paced dodgeball like sport played in an octagonal pit!



FRIDAY, JULY 19th

CRAFT NIGHT

A NIGHT OF CRAFTS AND COLOR!! WE WILL HAVE BEACH THEMED CRAFTS FOR THE KIDS TO HAVE FUN WITH ALL NIGHT. KIDS CAN PLAY IN THE GYM AND GAME ROOM IF THEY GET TIRED OF CRAFTS!!



VIDEO GAME NIGHT

FRIDAY, JULY 26th

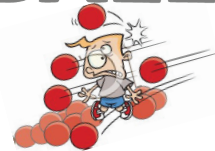
VIDEO GAME TOURNAMENTS ALL NIGHT. SMASH BROTHERS, MARIO KART, AND JUST DANCE....PRIZES ALL NIGHT!



FRIDAY, AUGUST 2nd

DODGEBALL

DODGEBALL ALL NIGHT, MINI TOURNAMENT. PRIZES, AND EVERY TYPE OF DODGEBALL IN BETWEEN!!!



SUNDAE PARTY

FRIDAY, AUGUST 9th



COME JOIN US FOR OUR LAST EVENT OF THE SUMMER. YOU WILL MAKE YOUR OWN SUNDAES, PLAY GAMES IN THE GYM & GAMEROOM, AND MORE!!



RESIDENTIAL CUSTOMER

ROCKIN' RECREATION NIGHT

JOIN US FOR OUR 3rd ANNUAL
ROCKIN' RECREATION NIGHT
PRESENTED BY BEST! ALL
PROCEEDS FROM THIS EVENT
WILL SUPPORT OUR
SCHOLARSHIP FUND!

THIS YEAR WE WILL BE DOING
CHRISTMAS IN JULY!!!

LOCATION:
FORGES FIELD COMPLEX
(83 JORDAN RD.)

COST:
\$10 PER PERSON
UNTIL JULY 5TH

\$15 PER PERSON
JULY 6TH-RACE DAY
(SHIRTS ARE NOT
GUARANTEED)



PRESENTED BY:

BEST



- THE NIGHT WILL INCLUDE:
- INFLATABLES
 - FAMILY 1.5 MILE FUN WALK
 - KIDS 1.5 MILE RACE (AGES 5-14)
 - CONCESSIONS
 - ENDING WITH THE MOVIE ON THE GREEN!



ILLUMINATION PRESENTS

The Dr. Seuss' GRINCH

TIME:

ACTIVITIES START
AT 6PM

RACE/WALK
STARTS AT 6:45PM

MOVIE AT DUSK