



PLYMOUTH RECREATION



2018 FALL PROGRAM GUIDE

REGISTER & PAY ONLINE AT
WWW.PLYMOUTHREC.COM
OR CALL 508-747-1620 X10137



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

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

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

HOUSEHOLD INFORMATION

Last Name: _____ Home Phone #: _____

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

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

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

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

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

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

Allergies/Medical Info/Limits?: _____

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

Program/Class Name	Session or Age Group	Day	Time	Fee

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

Allergies/Medical Info/Limits?: _____

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

Program/Class Name	Session or Age Group	Day	Time	Fee

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

Allergies/Medical Info/Limits?: _____

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

Program/Class Name	Session or Age Group	Day	Time	Fee

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

Signature of Parent/Guardian/ Adult Participant:	Date:
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ABOUT THE RECREATION DEPARTMENT

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

**RESIDENT REGISTRATION STARTS
AUGUST 13th (ONLINE, MAIL-IN & IN OFFICE)**
**NON RESIDENT REGISTRATION STARTS
AUGUST 20th**

HOW TO REGISTER:

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

NON-RESIDENT SURCHARGE

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

WHO IS A RESIDENT?

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

AFTER YOU HAVE REGISTERED

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

REFUND POLICY

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

FINANCIAL ASSISTANCE

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

WEATHER CANCELLATIONS

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

FACEBOOK PAGE

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

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

PROOF OF AGE REQUIREMENT

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

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

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

Have a new, fun, innovative idea for a class we should offer? Please contact Aimee Howell with your program idea.

RECREATION DEPARTMENT INFORMATION

DIRECTOR OF COMMUNITY RESOURCES

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

RECREATION DIRECTOR

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

PROGRAM SUPERVISOR

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

OFFICE MANAGER / PROGRAM ADMIN

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

DIRECTOR OF MEMORIAL HALL & SPECIAL EVENTS

KARA OLSON
508-830-4087 • kolson@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 Baseball & Girls Softball
www.plymouthybs.org

Plymouth Babe Ruth Baseball
www.plymouthbaberuth.com

Plymouth Youth Wrestling Club
pshspe@aol.com

Plymouth Youth Hockey
www.plymouthyouthhockey.net

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

Plymouth Senior Little League
www.psll.com

South Plymouth Cub Scout Pack 1620
pack1620plymouth@gmail.com

Cub Scout Pack #51
www.manometpack51.org

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

Girl Scouts of Eastern Mass
www.girlscoutseasternmass.org

Plymouth Family Network
www.facebook.com/pfnpta

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

FALL PRESCHOOL PROGRAMS

FREE PLAY FRIDAY'S

AGES 12 MONTHS-4

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

Dates: Fridays September 28th - December 14th

(No program 11/23)

Time: 9:30a-11:30a

Location: Manomet Youth Center (659 State Rd)

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

TOT SMART SOCCER

AGES 2&3 WITH PARENT

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

Session 1: Thursdays September 20th - October 25th

Session 2: Thursdays November 8th - December 20th

Location: Manomet Youth Center (659 State Rd)

Time: 2:00p-2:30p Fee: \$50 per child (6 classes, No class 11/22)

LITTLE SPORTS STARS

AGES 2&3 WITH PARENT

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

Session 1: Tuesdays September 18th - October 23rd

Session 2: Tuesdays November 6th - December 11th

Location: Memorial Hall-Auditorium (83 Court St)

Enter through back ticket door only

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

PRESCHOOL COOKING

AGES 4-6

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

Session 1: Tuesdays October 2nd - October 23rd

Session 2: Tuesdays November 13th-December 4th

Location: Memorial Hall Blue Room (83 Court St)

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

ARTSY TOTS

AGES 2-4 WITH PARENT

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

Session 1: Tuesdays October 2nd- October 23rd

Session 2: Tuesdays November 13th - December 4th

Location: Memorial Hall Blue Room (83 Court St)

Time: 11:00a-11:45a

Fee: \$40 per child (4 classes)



TUMBLE WITH ME

AGES 2&3 WITH PARENT

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

Instructors: Coach Aimee & Coach Holly

Session 1: Wednesdays September 19th - October 24th

Session 2: Wednesdays November 7th - December 19th

Fee: \$50 per child (6 classes-No class 11/21)

Session 3: Sundays November 4th-December 9th

Fee: \$42 per child (5 classes- No class 11/11)

Time A: 9:15a-9:45a or Time B: 10:00a-10:30a

Location: Manomet Youth Center (659 State Rd)

ADVANCED TUMBLE WITH ME

AGES 3-4

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

Instructors: Coach Aimee & Coach Holly

Session 1: Wednesdays September 19th- October 24th

Session 2: Wednesdays November 7th - December 19th

Fee: \$50 per child (6 classes- No class 11/21)

Session 3: Sundays November 4th-December 9th

Fee: \$42 per child (5 classes- No class 11/11)

Time: 10:45a-11:15a

Location: Manomet Youth Center (659 State Rd)



SPORTS STARS

AGES 3-5

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

Session 1: Tuesdays September 18th - October 23rd

Session 2: Tuesdays November 6th - December 11th

Location: Manomet Youth Center (659 State Rd)

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

FALL PRESCHOOL PROGRAMS

FALL T-BALL

AGES 3-6

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

Dates: Thursdays September 13th - October 18th

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

Session 1: 3 years olds

Time: 4:00p-4:30p Fee: \$55 per child (6 classes)

Session 2: 4-6 years old

Time: 4:45p-5:30p Fee: \$70 per child (6 classes)



PARENT & TOT DANCE

AGES 18 Months-3
WITH PARENT

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

Session 1: Thursdays September 20th - October 25th

Session 2: Thursdays November 1st - December 13th
(No class 11/22)

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

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

PRESCHOOL DANCE

AGES 3-6

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

Instructor: Nicole Purtell

Session 1: Thursdays September 20th - November 8th

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

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

Session 2: Thursdays November 15th - December 13th

Time: 10:05a-10:50a

Fee: \$35 per child (4 classes/ no performance, no class 11/22)



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 1: Tuesdays September 18th-October 23rd

Session 2: Tuesdays November 6th-December 11th

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

Time: 4:30p-5:00p Fee: \$95 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, belt & school patch.

Instructor: Sensei Mike Murphy

Session 1: Mondays September 17th - October 29th

Session 2: Mondays November 5th - December 17th

Location: Smilin' Mike's Dojo of Champions (739 State Rd)

Time: 4:15p-4:45p

Fee: \$80 per child (6 classes, no class 10/8,11/12)

BIDDY BASKETBALL

AGES 4-7

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

Session 1: Thursdays November 1st-December 6th

Ages 4&5 Time: 1:00p-1:45p (No class 11/22)

Session 2: Saturdays January 5th - February 9th (No class 1/19)

Session 3: Saturdays February 23rd- March 23rd

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

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

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

Location: Manomet Youth Center
(659 State Road)

Fee: \$60 per child (5 classes)



INTRO TO MERYL'S MUSIC CLASS

AGES 1-5 WITH PARENT

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

Instructor: Meryl from Meryl's Music

Session 1: Thursdays September 20th- October 25th

Session 2: Thursdays November 1st - December 13th

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$95 per child (6 classes, No class 11/22)

ONE-HIT WONDERS

THE GREAT PUMPKIN HUNT & HALLOWEEN EXTRAVAGANZA

Join us on this hunt for the "Great Pumpkin". We've revamped our event to offer even more Halloween fun and excitement. We will have 2&3 year olds with parents, 4&5 year olds, and 6&7 hunt for their eggs in different waves to ensure fairness. One lucky child from each age group will find the egg with the "GREAT" Pumpkin Coin and win our "GREAT" Pumpkin prize. This year we will be painting pumpkins, have tattoos, coloring stations, game stations like pin the nose on the jack o'lantern, ball toss, and more! Children are encouraged to dress in their costume!

Children must report to the field between 1:00p-1:20p to receive their bracelets.

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

Date: Sunday October 21st (Rain Date Sunday October 28th)

Ages: 2-7 Fee: \$5 per child

Time: 1:00p-3:00p

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

Ages 4&5 egg hunt wave will start at 1:50p (no parents or siblings allowed)

Ages 6&7 egg hunt wave will start at 2:10p (no parents or siblings allowed)

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



ONE-HIT WORKSHOPS

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

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

Halloween

Join us for a fun filled hour of pumpkin crafts, mask making, themed story, and more! Dress in your costume for a special treat at the end!
Date: Thursday October 25th

Thanksgiving

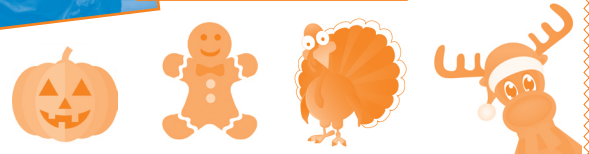
Join us for a fun filled hour of Turkeys, the mayflower, and pilgrims.
Date: Monday November 19th

Gingerbread Mania

We will be making our own gingerbread houses from graham crackers, frosting, and of course sweet treats!
Date: Monday December 3rd

Holiday Ornament

We will be making ornaments to adorn your trees with!
Date: Monday December 17th



THE 4TH ANNUAL BREAKFAST WITH SANTA PRESENTED BY POWDER HORN PRESS

Join us for our 4th Annual Breakfast with Santa! This year we will be entering the land of whoville and the grinch!
Enjoy a morning of games, arts & crafts, raffle, hot breakfast, and of course the Big Man in Red!
Saturday December 15th, 2018 Registration opens November 1st.

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

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

Time: 8:30a-10:30a Fee: \$10 Adults and Children 11+, \$5 Children 2-10

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



FALL YOUTH PROGRAMS

FALL SMART SOCCER

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

Dates: Saturdays September 8th-October 20th (6 classes-no class 10/6)

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: \$45

Age: 4-5

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

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

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

Fee: \$75



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: Saturdays September 8th - October 20th Time: 12:50p-1:50p

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

Fee: \$80 per child (fee includes 6 classes & team shirt - no class 10/6)



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FALL YOUTH PROGRAMS

ARCHERY

AGES 8-12

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

Dates: Mondays October 1st- October 29th (no class 10/8)

Instructor: Dee Sachetti

Location: Manomet Youth Center (659 State Rd)

Time: 6:30p-7:30p Fee: \$135 per child (4 classes)

AFTER-SCHOOL ART

AGES 7-12

Come explore through art. We will draw, paint, collage, and construct 3D art. This is a fun class to let creativity shine and learn new art skills.

Teacher: Paula Turley

Dates: Tuesdays November 13th - December 4th

Location: Manomet Youth Center (659 State Rd)

Time: 4:30p-5:30p

Fee: \$45 per child (4 classes)

HOME ALONE & STAYING SAFE

GRADES 4 & 5

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

Date: Saturday November 3rd

Instructor: Bette Antonellis & Denise Laiosa

Location: Manomet Youth Center (659 State Rd)

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

BABYSITTER SAFETY TRAINING

AGES 11.5 & UP

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

Date: Saturday October 13th

Instructor: Bette Antonellis

Location: Manomet Youth Center (659 State Rd)

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

HOLIDAY AFTERSCHOOL COOKING

AGES 7-9

We will be offering three 1 hour cooking classes this season to help celebrate the holidays! Each class will focus on the specific holiday and 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 1: Tuesday October 23rd

Session 2: Tuesday November 13th

Session 3: Tuesday December 18th

Times: 5:30p-6:30p Fee: \$15 per session or \$40 for all 3

Location: Memorial Hall (83 Court St.)

LEARN TO ICE SKATE YOUTH 1

AGES 3-16

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

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

Location: Armstrong Arena (103 Long Pond Rd)

Dates: Wednesdays November 7th - December 26th

Time: 4:55p-5:20p

Fee: \$139 per child (8 classes)

Registration for Learn To Skate will end on October 29th

INTRO TO KARATE

AGES 7-12

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

Instructor: Sensei Mike Murphy

Session 1: Mondays September 17th - October 29th

Session 2: Mondays November 5th - December 17th

Location: Smilin' Mike's Dojo of Champions (739 State Rd)

Time: 6:00p-6:45p

Fee: \$80 per child (6 classes, no class 10/8, 11/12)

PARKOUR

AGES 6-13

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

Instructor: Parkour Generations

Session 1: Saturday October 6th

Session 2: Saturday November 3rd

Session 3: December 1st

Time: Ages 6-9: 10:00a-11:15a

Ages 10-13: 11:30a-12:45p

Location: Manomet Youth Center (659 State Rd)

Fee: \$25 per session



FALL YOUTH PROGRAMS

FALL TENNIS LESSONS

AGES 6-13

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

Instructor: Scott Froman

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

Fee: \$70 per child (4 classes)

Date: Wednesdays September 12th- October 3rd

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

Date: Thursdays September 13th - October 4th

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

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 1: Thursdays September 20th- October 25th

Session 2: Thursdays November 1st-December 13th

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

Time: 5:00p-6:00p Fee: \$135 per child
(6 classes, no class 11/22)

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 1: Thursdays September 20th- October 25th

Session 2: Thursdays November 1st-December 13th

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

Fee: \$135 per child (6 classes, no class 11/22)

Time: 6:00p-7:00p

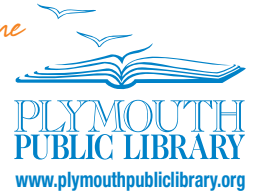
Calling all Tweens and Teens!

WE WANT YOU!

Opening this fall a space designed and furnished just for you. The space will include access to the latest technology and comfy furniture for lounging or a quiet space for homework.

Bring a friend or make a new one

Clip this ad and bring it to the
Library in exchange for a
FREE BOOK from our bookstore!



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 1: Tuesdays September 18th- October 23rd

Session 2: Tuesdays November 6th-December 11th

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

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

HOT SHOTS TENNIS

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 1: Tuesdays September 18th- October 23rd

Session 2: Tuesdays November 6th-December 11th

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

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

Plymouth Recreation Department

Fall Fling

JOIN US FOR OUR 1ST ANNUAL FAMILY DANCE AT
MEMORIAL HALL!

COME DRESSED UP AND ENJOY A NIGHT OF DANCING AND
TAKE A PICTURE IN OUR PHOTOBOOTH AREA

November 2, 2018 | 83 Court Street
6:00pm-8:00pm

\$5 per person or \$15 for a family of 4
Ages 2 & Up need a ticket

Snacks and Drinks will be available for purchase

YOUTH GOLF LESSONS

AGES 8-13

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

Dates: Saturdays September 8th-29th

Time: 2:00p-3:15p

Location: Squirrel Run Golf Club
(32 Elderberry Dr)

Fee: \$99 per child
(4 lessons)



FALL YOUTH PROGRAMS

JUNKYARD SCIENCE

AGES 8-12

The "Junk Yard Science" program aims to teach students about science, engineering, math and technology through hands-on activities utilizing recyclable materials. In each session, students will work in teams to complete a design challenge in which they will build, test, and analyze their creation. Each session will focus on a unique STEM topic including: Structures, forces, flight, heat transfer and then environment. What some consider trash, we consider a treasure trove for learning!

Instructor: Dave Aruda

Dates: Mondays September 17th – October 29th

Times: 5:00p-6:00p Fee: \$80 (6 classes, no class 10/8)

Location: Manomet Youth Center (659 State Rd)

LEGO EXPLORERS

AGES 8-12

The LEGO Explorers program provides students with an opportunity to get together and use their imagination to create with LEGO bricks. Each session will focus on a new adventure as students work together to overcome challenges, solve puzzles, and create their masterpiece. This program is a great opportunity for students to develop their STEM skills including teamwork, creativity, perseverance, and problem solving.

Instructor: Dave Aruda

Dates: Mondays November 5th – December 17th

Times: 5:00p-6:00p Fee: \$80 (6 classes, no class 11/12)

Location: Manomet Youth Center (659 State Rd)

DEVELOPMENTAL BASKETBALL LEAGUE

AGES 7-9

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

Session 1: Saturdays January 5th - February 9th

Session 2: Saturdays February 23rd - March 23rd

Times: Games will be scheduled at either 12:45p or 1:50p

Location: Manomet Youth Center (659 State Road)

Fee: \$65 per child includes team jersey
(5 classes - no class 1/19)

ROCKET SCIENCE

AGES 8-12

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

Instructor: Dave Aruda Date: Tuesday October 9th

Time: 4:30p-6:00p Fee: \$25 per child

Location: Manomet Youth Center (659 State Rd)

SWIM LESSONS AT VILLAGE RACQUET AND FITNESS

We will be teaming up with VRF @ the Pine Hills to offer swim lessons this fall! All swim lessons will be taught by certified Instructors!

Space is limited in all classes to ensure high quality lessons!

Ages: 4-10 Location: Village Racquet and Fitness (30 Golf Dr, Pine Hills) Fee: \$130 (6 classes)

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.

Session 1: Tuesdays September 18th – October 23rd

Session 2: Tuesdays November 6th-December 11th

Session 3: Thursdays September 20th-October 25th

Session 4: Thursdays November 1st-December 13th (no class 11/22)

Time A: 9:30a-10:00a Time B: 4:00p-4:30p

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.

Session 1: Tuesdays September 18th – October 23rd

Session 2: Tuesdays November 6th-December 11th

Session 3: Thursdays September 20th-October 25th

Session 4: Thursdays November 1st-December 13th (no class 11/22)

Time: A: 10:00a-10:30a Time B: 4:30p-5:00p

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

Session 1: Wednesdays September 19th – October 24th

Session 2: Wednesdays November 7th- December 12th

Session 1 & 2 Time: 4:00p-4:30p

Session 3: Saturdays September 22nd- October 27th

Session 4: Saturdays November 3rd- December 8th

Session 3 & 4 Time: 9:30a-10:00a



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

Session 1: Wednesdays September 19th – October 24th

Session 2: Wednesdays November 7th- December 12th

Session 1 & 2 Time: 4:30p-5:00p

Session 3: Saturdays September 22nd- October 27th

Session 4: Saturdays November 3rd- December 8th

Session 3 & 4 Time: 10:00a-10:30a



MANOMET YOUTH CENTER

AFTER SCHOOL at the MYC

Ages 7-14

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

Times: Monday-Thursday 3:00p-6:00p & Friday's 3:00p-8:00p

*hours are subject to change due to programing schedule

Fee: \$75 early registration before August 26th

\$120 after August 26th

or \$3 for daily drop-in

HALF DAYS at the MYC

Ages 7-14

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

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

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

Dates: 9/19, 10/17, 12/5, 12/12, 12/21, 1/23, 2/13, 3/6, 3/20, 4/10, 5/15

Times: 12:30p-6:00p (Mon-Thurs) or 12:30p-8:00p (Fri)



MANOMET YOUTH CENTER BASKETBALL

GRADES 1-8

A fun instructional/competitive league for children. This league is based on learning the game, improving skills, knowing the right way to be competitive and most important: having fun!!! Includes practices, games, t-shirts, and playoffs! Registration deadline is Friday November 2nd.

Director: Frank Livera

Fee: \$85 per child

Practices start week of November 26th, Games start week of December 10th

Divisions:

Mites - Grades 1-2:

Games: Tuesday or Thursday Nights @ 6p at MYC

Junior - Grades 3-5:

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

Senior - Grades 6-8:

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

All game times and nights are subject to change

HIGH SCHOOL

GRADES 9-12

This is a fun, yet competitive, 4vs4 basketball league. It's a great opportunity to continue playing the sport you love! Games, refs, t-shirts, and playoffs all included! Registration deadline is Friday December 7th or when full. Coaches are required for each team!!

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

Director: Frank Livera

Dates: Monday & Wednesday night starting January 7th

Location: Manomet Youth Center (659 State Road)

Fee: \$70 per child

Time: 7:30p or 8:30p



VACATION DAYS AT THE YOUTH CENTER

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

Director: Frank Livera

Location: Manomet Youth Center (659 State Rd)

Time: 7:00am-6:00pm

Ages: 7-13

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

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

Dates: 9/4, 11/6, 11/21, 11/23, 12/26, 12/27, 12/28, 2/19, 2/20, 2/21, 2/22, 4/16, 4/17, 4/18, 4/19



KID'S NIGHT OUT

Ages 7-13

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

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

Fee: \$10 per child per night Time: 5:00p-9:00p

GAGA NIGHT

Come join us as we set up our inflatable gaga gaga pit in the gym and play all night! Gaga is a fast paced dodge-ball like sport played in an octagonal pit!

When: Saturday September 29th



HALLOWEEN PARTY

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

When: Saturday October 20th



VIDEO GAME NIGHT

We will have video game tournaments all night! Smash Brothers, Mario Kart, and Just dance. Prizes awarded to the top finishers!

When: Saturday November 17th



HOLIDAY PARTY

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

When: Saturday December 8th



MANOMET YOUTH CENTER BIRTHDAY PARTIES

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

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

For availability contact the Recreation Dept

1 & 1/2 hours of Birthday Fun

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

Location: Manomet Youth Center (659 State Road)

Parents are responsible for:

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

Party Directors:

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

Ages: 3-15 years old

Activities include:

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

Fee: \$145 Includes up to 15 children

To book parties please contact:

Aimee Howell

ahowell@townhall.plymouth.ma.us



FALL 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 1: Thursdays September 20th - October 25th

Session 2: Thursdays November 1st - December 13th

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

Time: 6:30p - 7:45p Fee: \$60 per person (6 classes, No class 11/22)

LEARN TO ICE SKATE TEEN/ADULT SEMI-PRIVATE

AGES 16+

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



Location: Armstrong Arena (103 Long Pond Rd)

Dates: Sundays November 11th - December 30th

Time: 2:25p-2:50p

Fee: \$139 per person (8 classes)

Registration will end on Monday October 29th

MENS PICK-UP BASKETBALL

AGES 18+

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

Location: Manomet Youth Center (659 State Rd)

Dates: Thursdays September 20th-November 8th

Time: 7:00p-9:00p

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

PICK-UP VOLLEYBALL

AGES 18+

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

Dates: Wednesdays September 19th - December 12th
(No volleyball 10/3, 10/31, 11/21, 12/5)

Location: Memorial Hall - Auditorium (83 Court St)

Time: 7:00p-8:30p

Fee: \$5 per person per night

INTRO TO SALSA

AGES 18+

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

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

Dates: Mondays September 17th - October 29th

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

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

(6 classes, no class 10/8)

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

PILATES

AGES 18+

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

Instructor: Paul Wybieracki

Dates: Mondays September 17th - October 29th

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

Time: 6:00p-7:00p

Fee: \$50 per person (6 classes, No class 10/8)

OPEN SPACE COMMUNITY HIKE - PLYMOUTH TOWN FOREST



- 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 Town of Plymouth's Town Forest. Entrance to the Town Forest is just South of Plymouth Community Intermediate School at the intersection of Long Pond Road and Drew Road. Come explore another of the many open spaces Plymouth has to offer by joining us on Sunday, September 23, 2018 at 1:00 p.m. Participants of all ages are invited at no charge to this relatively easy hike. The Town Forest is approximately 317 acres in area, located between Rocky Pond Road, Drew Road, and Long Pond Road. The Forest holds several miles of trails and abuts four ponds: Little South Pond, Great South Pond, Cook's Pond, and South Triangle Pond.

- The event will be lead by members of the OSC. Time to complete the hike is about 1 ½ to 2 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/townforesttrailmap.pdf>.

YOU MUST PRE-REGISTER FOR THIS HIKE AT WWW.PLYMOUTHREC.COM

FALL TEEN / ADULT PROGRAMS



AGES 18+

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

Instructor: Jenna Ball

Session 1: Wednesdays September 19th – October 24th

Session 2: Wednesdays November 7th - December 12th

Location: Memorial Hall Auditorium (83 Court St.)

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

Session 3: Tuesdays September 18th-October 23rd

Session 4: Tuesdays November 6th-December 11th

Time: 6:00a-7:00a Fee: \$50 per person (6 classes)

Location: Manomet Youth Center (659 State Rd)

New morning class added!

GOLF READY

AGES 18+

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

Dates: Saturdays September 8th-29th

Time: 10:00a-11:15a

Location: Squirrel Run Golf Club (32 Elderberry Dr)

Fee: \$99 per person (4 lessons)

ADULT PICKLEBALL

Come join us for the fastest growing sport in America! A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast paced, competitive game for experienced players. It's a fun sport that combines many elements of tennis, badminton and ping pong. We will provide all the equipment and 2-3 courts depending on the venue. You are more than welcome to bring your own paddles and balls. Beginners and experienced players are welcome, we will have multiple courts to play. Space is limited! YOU MUST REGISTER TO PLAY!

No instruction provided Ages: 18+

Session 1: Mondays & Wednesdays

September 10th-October 17th (no pickleball 10/8)

Time: 8:30a-10:30a Fee: \$20 (6 weeks)

Location: Stephens Field (132 R Sandwich St)

Session 2: Wednesday & Thursdays

October 31st- December 13th (no class 11/22)

Fee: \$20 (13 classes) SPACE IS LIMITED to 20 per time slot

Time A: 9:00a-10:30a Time B: 10:30a-12:00p

Location: Memorial Hall (83 Court St.)

Session 3: Thursdays October 4th- November 15th

Fee: \$25 Space is LIMITED to 20

(6 classes, no class 10/25)

Time: 6:00p-8:00p

Location: Memorial Hall (83 Court St.)

TENNIS @ THE PINEHILLS LEVEL 1 ADULT AGES 18+

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

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

Session 1: Tuesdays September 18th-October 23rd

Session 2: Tuesdays November 6th - December 11th

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



TENNIS @ THE PINEHILLS LEVEL 2 ADULT AGES 18+

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

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

Session 1: Thursdays September 20th-October 25th

Session 2: Thursdays November 1st - December 13th

Time: 7:00p-8:00p Fee: \$135 per person

(6 classes, no class 11/22)

BELLY FIT FOR WOMEN

AGES 18+

BELLYFIT is a holistic fitness program for woman providing cardio, strength, and stretch set to a seamless ethno-electro soundtrack unlike any other fitness class! "Unleash your inner goddess" with cool cardio based on Indian, African, and Belly Dance, pilates-inspired core work, and yoga stretch and meditation, all with the unique needs of a woman in mind. Bring water and a yoga mat. Comfy clothes and sneakers recommended, bare feet optional. Instructor: Wendy Weisner

Session 1: Tuesdays September 18th-October 23rd

Session 2: Tuesdays November 6th-December 11th

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

Time: 5:15p-6:15p Fee: \$50 per person (6 classes)

BARRE HIP-HOP

AGES 18+

With a non-stop, motivating play list, we move through a high intensity but low impact workout combining elements of hip hop dance with barre and strength exercises to keep your heart rate up, booty shaking, muscles quaking, and a smile on your face! Utilizing light dumbbells, a small Pilates ball, and a chair as your barre (all provided at Memorial Hall). Please bring your own yoga mat and water. This workout is best without shoes. Instructor: Wendy Weisner

Session 1: Tuesdays September 18th-October 23rd

Session 2: Tuesdays November 6th-December 11th

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

Time: 6:30p-7:30p Fee: \$50 per person (6 classes)

CLUB CALIENTE

AGES 18+

Music Pumping. Heart Pounding. Booty Shaking. If you like Zumba(tm), you'll also enjoy this unique and challenging yet EASY TO FOLLOW dance party with a hip hop-based playlist and extra spicy, supercharged moves. More plyometrics and toning help you maximize your workout, with modifications for ALL LEVELS. Let's turn up the music for dance fitness meets HIIT... in the club!

Instructor: Wendy Weisner

Session 1: Thursdays September 20th-October 25th

Session 2: Thursdays November 1st-December 13th

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

Time: 5:15p-6:15p Fee: \$50 per person (6 classes, no class 11/22)

RESIDENTIAL CUSTOMER

Plymouth Memorial Hall

A complete list of events and ticket sales available at memorialhall.com

Josh Turner



SEPT. 16

Plymouth Philharmonic



SEPT. 29

Dwight Yoakam



OCT. 3

Arlo Guthrie



OCT. 14

America



OCT 25

Vienna Boys Choir



DEC. 01