# PLYMOUTH RECREATION WINTER 2020











Register & Pay Online www.plymouthrec.com 508-747-1620 x 10137

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

For Office Use

Cash \$ \_\_\_\_

Check #\_\_\_\_

Amount \$\_\_\_

- 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.

<ul> <li>There is a \$25 charge for any reti</li> <li>There is a \$10 non-resident fee for</li> </ul>				Date
ONLY E-MAIL CONFIRMATION:	. •	EASE KEEP A RECO	RD OF ALL PF	ROGRAM INFORMATION.
HOUSEHOLD INFORMATION				
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Mailing/Residential Address: (Street Address		(Cit	**	( State) (Zip)
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Parent:	DOB: <u>/ / </u> Wor	rk #:	Cell #:	
E-mail Address:	nis address will only be used by the Recreation	n Department for Registration and Pro	gram Updates.)	
PROGRAM REGISTRATION -				1
Participant's Name:		Age: DOB:	Grad	de: Sex:
Allergies/Medical Info/Limits?:				
Check Shirt Size: YXS (2-4)				
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I, the (parent/guardian of the child named above) or insurance for persons injured while taking part in Red				
employees and related parties harmless from any injureatment to an authorized person from the Recreation	ury I or my child may incur during said p on Department and the doctor/clinic/hos	participation. Further, I am delegate pital to exercise their best judgment.	ating authority in adva	ance of any specific diagnosis or nedical/surgical treatment for me or my
child in the event I cannot be reached. I agree to hol treating me or my child for failure to obtain my conse				
Signature of Parent/Guardian/			Deter	
Adult Participant:			Date:	

## ABOUT THE RECREATION DEPARTMENT

The Recreation Department hours are: Monday, Wednesday, Thursday- 7:30a-4:00p Tuesday- 7:30a-6:30p & Friday- 7:30a-12:00p

REGISTRATION OPENS:
NOVEMBER 25<sup>TH</sup> FOR RESIDENTS
DECEMBER 2<sup>ND</sup> FOR NON-RESIDENTS

#### **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.

#### **SCHEDULES**

The recreation department reserves the right to change a programs dates or locations due to weather, emergencies, or availability without a refund.

#### **REFUND POLICY**

Unless otherwise stated, refunds/credits will only be available up to 5 business days prior to the start date of a program or activity. A \$10 administrative fee will be charged for processing the refund. If a program is cancelled 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!

## \*\*\*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. All participants must be the minimum age required on the first scheduled day of that program. No exceptions will be made.

## RECREATION DEPARTMENT INFORMATION

#### **DIRECTOR OF COMMUNITY RESOURCES**

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

#### **PROGRAM SUPERVISOR**

MAT MILLS 508-747-1620 Ext. 10203 mmills@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

#### **RECREATION OFFICE MANAGER**

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

#### MANOMET YOUTH CENTER DIRECTOR

SARA LOPES 508-830-4114 slopes@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

Plymouth Girls Basketball www.plymouthgirlsbasketball.org

North Plymouth Basketball Assoc. www.pnhoops.com

Plymouth Little League www.plymouthlittleleague.com

Plymouth Babe Ruth Baseball www.plymouthbaberuth.com

Plymouth Youth Wrestling Club pshspe@aol.com

Plymouth Youth Hockey www.plymouthyouthhockey.net

Plymouth Rock Lacrosse (Boys) www.plymouthrocklacrosse.com

Plymouth Rock Lacrosse (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

Plymouth Youth Baseball & Softball www.plymouthybs.org

# **LOOKING FOR A JOB THIS SUMMER?!**

Want a job making at least \$14.75 an hour?

Then join us on Friday December 27th from 12:30p-1:30p at Village Racquet and Fitness for a swim test to see if you have what it takes to be a lifeguard.

The swim test is free, but pre-registration is required to attend. Call the Recreation Office to register for the test. 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 a 10 minute time requirement for this skill. Participants must be able to tread water for 2 minutes using only the legs. Must be at least 16 years of age to work for the Town of Plymouth.

# 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: Friday January 10<sup>th</sup> - May 8<sup>th</sup> (No program 2/21, 4/10, 4/24)

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 3: Wednesday January 8th - February 12th

Session 4: Wednesday March 4<sup>th</sup> - April 8<sup>th</sup> Time for Session 3 & 4: 9:30a-10:00a

Session 5: Thursday January 9th - February 13th

Session 6: Thursday March 5<sup>th</sup> - April 9<sup>th</sup>

Fee per Session 3-6: \$50 per child (6 classes)

Session 7: Saturday January 4<sup>th</sup> - February 8<sup>th</sup> Session 8: Saturday February 22<sup>nd</sup>-March 21<sup>st</sup>

Fee per Session 7 & 8: \$42 per child (5 classes - no class 1/18)

Time for Session 5-8: 2:00p-2:30p

Location: Manomet Youth Center (659 State Rd)

#### 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). Please note ingredients used are premade and we cannot control the contents. If your child has a food allergy please call for more details.

Session 2: Tuesday January 7th - January 28th

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

Location: Memorial Hall - Kitchen Area (83 Court St)

#### **SPORTS STARS**

**AGES 3-6** 

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 progression in their catching, throwing, kicking, and basic coordination abilities. (If age is 3, must have taken Little Sports Stars)

Session 4: Tuesday January 7th - February 11th
Session 4: Tuesday March 10th - April 14th

Time: 1:45p-2:30p

Session 5: Wednesday January 8th-February 12th

Session 6: Wednesday March 4th - April 8th

Time: 11:00a-11:45a

Fee: \$55 per child (6 classes)

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.

Instructor: Coach Holly

Session 3: Sunday January 5<sup>th</sup> - February 9<sup>th</sup> Session 4: Sunday February 23<sup>rd</sup>-March 22<sup>nd</sup> Fee: \$42 per child (5 classes - no class 1/19)

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.

Instructor: Coach Holly

Session 3: Sunday January 5<sup>th</sup> - February 9<sup>th</sup> Session 4: Sunday February 23<sup>rd</sup>-March 22<sup>nd</sup> Fee: \$42 per child (5 classes - no class 1/19)

Time: 10:45a-11:15a

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 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 required.

Session 3: Tuesday January 7th - February 11th

Session 4: Tuesday March 3rd - April 7th

Time: 10:00a-10:30a Fee: \$50 per child (6 classes) Session 3&4 Location: Memorial Hall-Auditorium (83 Court St)

\*Enter through back ticket door only\* Session 5: Wednesday January 8<sup>th</sup> - February 12<sup>th</sup> Session 6: Wednesday March 4<sup>th</sup> - April 8<sup>th</sup>

Time 10:15a-10:45a Fee: \$50 per child (6 classes) Session 5&6 Location: Manomet Youth Center (659 State Rd)

#### INTRO TO WRESTLING

AGES 4-6

The Recreation Department is starting an Intro to Wrestling program for children 4-6. This program is designed to teach the kids the basics of wrestling, participate in fun games, and meet new friends. This program will help them get ready for youth wrestling.

Session 1: Saturday January 4th - March 7th

Location: Manomet Youth Center (659 State Road)

Time: 7:45a-8:45a Fee: \$75 per child

(8 classes - no class 1/18 or 2/15)



# PRESCHOOL PROGRAMS

#### **INDOORT-BALL**

The Recreation Department will be bringing back another year of indoor winter T-ball. The program is designed to prepare your young athlete for the youth baseball leagues in town. Fee includes instruction and t-shirt.

Dates: Thursday March 19th - April 16th

Time: 5:15p-6:00p

Fee: \$60 per child (5 classes)

Location: South Middle School (488 Long Pond Rd)



Does your toddler like to dance around the house and bop 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 3: Thursday January 9th - February 13th

Session 4: Thursday March 5th - April 9th

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 do a performance on stage!

Instructor: Nicole Purtell

Session 3: Thursday January 9<sup>th</sup> - March 5<sup>th</sup> Fee: \$75 per child (8 classes - no class 2/20) Session 4: Thursday March 19<sup>th</sup> - April 9<sup>th</sup> Fee: \$45 per child (4 classes, no performance) Location: Memorial Hall - Blue Room (83 Court St)

Time: 10:05a-10:50a

#### 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.

Session 3: Tuesday January 7<sup>th</sup> -January 28<sup>th</sup> Session 4: Tuesday March 10<sup>th</sup> - March 31<sup>st</sup>

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

Time: 11:00a-11:45a

Instructor: Coach Holly

Fee: \$40 per child (4 classes)



#### AGES 4-6 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: Sunday April 26th- June 7th

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

Session A: 3 year olds Time: 9:00a-9:30a Fee: \$55 per child (6 classes - no class 5/24) Session B: 4-6 year olds Time: 9:45a-10:30a Fee: \$75 per child (6 classes - no class 5/24)

#### 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 & belt

Instructor: Sensei Mike Murphy

Session 3: Monday January 6<sup>th</sup> - February 24<sup>th</sup> Session 4: Monday March 9<sup>th</sup> - April 13<sup>th</sup>

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

Time: 4:15p-4:45p

Fee: \$80 per child (6 classes - no class 1/20 & 2/17)

#### 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 3: Thursday January 9<sup>th</sup> - February 13<sup>th</sup> Session 4: Thursday March 12<sup>th</sup> - April 16<sup>th</sup> Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$95 per child (6 classes)

#### **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 2: Saturday January 4<sup>th</sup> - February 8<sup>th</sup>

Session 3: Saturday February 22<sup>nd</sup> - March 21<sup>st</sup>

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

B: 4&5 Time: 10:05a-11:05a - Session 2B is FULL

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

Location: Manomet Youth Center (659 State Road)

Fee: \$60 per child (5 classes - no class 1/18)

# PRESCHOOL / YOUTH PROGRAMS

#### **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.)

#### Valentine's Day

Valentine's Day is a great excuse for a crafty session with the kids. After all there is nothing better than getting a little something made by someone you love! Join us for a Valentine's Day themed children's story followed by a variety of crafts to bring home! Date: Wednesday February 12<sup>th</sup>



#### St. Patrick's Day

Celebrate St. Patrick's Day with our collection of St. Patrick's Day crafts for kids! We will read a short story followed by crafts involving leprechauns, pots of gold, rainbows and shamrocks, all the traditional St. Patrick's Day symbols!

Date: Wednesday March 11th



#### **Easter**

With springtime comes Easter, a celebration of baby chicks and fluffy bunnies! This is a wonderful time for a short story and to do some crafts with your kids! Make Easter more fun than ever with these wonderful spring-themed projects!

Date: Wednesday April 8th



#### **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 3: Tuesday January 7<sup>th</sup>-February 11<sup>th</sup>

Session 4: Tuesday March 10<sup>th</sup>-April 14<sup>th</sup> Location: Village Racquet and Fitness (30 Golf Dr, Pine Hills)

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

#### 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 3: Tuesday January 7<sup>th</sup> - January 28<sup>th</sup>

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

Time: 5:30p-6:30p

Fee: \$60 per child (4 classes)

\*\*\*ANY PARTICIPANT IN A PROGRAM MUST BE THE MINIMUM AGE REQUIRED FOR THE PROGRAM BY THE FIRST

SCHEDULED DAY OF THE PROGRAM. NO EXCEPTIONS WILL BE GIVEN\*\*\*

# FEBRUARY & APRIL VACATION YOUTH PROGRAMS

#### LITTLE SPORTS CLINIC

AGES 2-6

If your looking to get your little one moving during the break, we are offering 3 days of action! We will be offering a different sport each morning and you can sign up for 1 or all 3. Our ages 2&3 class is parent participation, while our ages 4-6 class will be the without parents. This is a great way to test out our classes if you've never taken one with us before as we offer full sessions of all our sports we are offering. Space is limited so register early!

Instructor: Coach Mat

Location: Memorial Hall - Auditorium (83 Court St)

Dates: Tuesday February 18<sup>th</sup> - Soccer Wednesday February 19<sup>th</sup> - T-Ball Thursday February 20<sup>th</sup> - Hockey

Ages 2&3 Time: 1:30p-2:00p

Ages 4-6 Time: 2:15p-3:00p

Fee: \$8 per child per class or \$20 per child for all 3 classes

Fee: \$10 per child per class or \$25 per child for all 3 classes

#### FEBRUARY VACATION TENNIS CLINIC

**AGES 8-14** 

Come join us over winter break to work on your tennis skills before the spring season hits! We will work on stroke development for groundstrokes, volleys, and serves. We will also learn game development for positioning, scoring, and movement. All Pros are USTA and USPTR certified. Racquets will be provided if needed free of charge.

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

Please check our website for Dates and Times.

# **FEBRUARY & APRIL VACATION YOUTH PROGRAMS**

#### APRIL VACATION OUTDOOR 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) Dates: Monday April 20<sup>th</sup> - Thursday April 23<sup>rd</sup> Time: 10:00a-11:15a Fee: \$99 per child (4 classes)



#### APRIL VACATION BASEBALL CLINIC

**AGES 7-10** 

This is a great way to get a jumpstart 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: Coach Walter Fust

Please check our website for Date, Times and Location.

#### APRIL VACATION SOCCER CLINIC

**AGES 4-12** 

We have partnered with Global Premier Soccer to offer this fun and exciting clinic. It provides 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.

Dates: Tuesday April 21st-Friday April 24th Location: Forges Soccer #1 (83 Jordan Rd)

Little Kickers

**Soccer Juniors** 

Ages: 4-5 year olds

Ages: 6-12 year olds

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

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





# POWDER HORN PRESS, INC.

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# YOUTH PROGRAMS

CARDIO KIDS AGES 7-12

Cardio Kids is a fun way to get your kids moving. The program integrates interval training techniques with sports-related movements in a high energy and inspiring group exercise environment. Kids and adults of all ages love this exercise.

Parents can join as well at no additional cost. Instructor: 1620 Athletics Fitness Staff

Session 2: Thursday January 9<sup>th</sup> - February 13<sup>th</sup> Location: 1620 Athletics (10 Cedarhill Park Dr.)

Time: 5:00p-5:45p Fee: \$60 per child (6 classes)

#### **HIP-HOP DANCE**

AGES 6-9

This is a high energy class that teaches the popular moves of today. You will learn combinations and dance routines that will get your body moving, and have you closer to looking like a dancer in your favorite music video.

Instructor: Nicole Purtell

Location: Open Space Studio (19R Court St) Dates: Saturday January 4<sup>th</sup>- February 8<sup>th</sup>

Time: 9:00a-9:45a

Fee: \$60 per child (6 classes)

#### WINTER INDOOR ARCHERY

AGES 8-12

Join us and find out what a fun and exciting sport archery can be. Dee Sacchetti, a USA Archery Certified Instructor will teach students about safety, shooting fundamentals and proper form. While it is not only fun to challenge yourself to hitting the target, it's also physically beneficial, increases body strength, focus, and attention skills. Give it a shot! All equipment is provided!

Dates: Monday January 6<sup>th</sup> - February 3<sup>rd</sup> Instructor: Dee Sacchetti, USA Archery Certified Location: Manomet Youth Center (659 State Rd)

Time: 6:00p-7:00p

Fee: \$140 per child (4 classes - no class 1/20)

# INTRO TO THEATER & MUSICAL THEATER

AGES 9-13

In this exciting and interesting class taught by the Co-Founder and Directors of Break a Leg Theater Works, students will explore a few different ways that we can perform on stage. The class will tackle improvisation, where students will be assigned different characters and scenarios within a "theater games" format. This is a fun, fast moving class that is ideal for students interested in theater, music, comedy or drama. Showcase will be held after the last class on February 25<sup>th</sup>.

Session 1: Tuesday January 7th-February 25th

Time: 4:30p-6:30p

Fee: \$150 per child (7 classes - no class 2/18) Location: Memorial Hall- Blue Room (83 Court St.)



#### 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.

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

Location: Armstrong Arena (103 Long Pond Rd) Session 3: Wednesday January 8<sup>th</sup> - February 19<sup>th</sup> Session 4: Wednesday February 26<sup>th</sup> - April 15<sup>th</sup>

Session 3-4 Time: 4:55p-5:20p

Session 5: Sunday January 12th - February 23rd

Session 6: Sunday March 1st - April 19th

Session 5-6 Time: 2:00p-2:25p

\*\*Special Events are part of the skating classes. Please go to our websites for designated dates and times.\*\*

Fee: \$139 per session

Registration for session 3&5 will end on Monday December 30th, 2019

Registration for session 4&6 will end on Monday February 18th, 2020





#### **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.

Instructor: Sensei Mike Murphy

Session 3: Monday January 6<sup>th</sup> - February 24<sup>th</sup> Session 4: Monday March 9<sup>th</sup> - April 13<sup>th</sup>

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

Time: 6:00p-6:45p

Fee: \$80 per child (6 classes - no class 1/20, 2/17)



**PLYMOUTH RECREATION** 

# WINTER BASH!

# A FUN FAMILY EVENT!

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

AGES 2 + REQUIRES A TICKET

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

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

Refreshments include: Hot Chocolate Bar, Water, Lemonade, and Popcorn!

(other items available for purchase)



## MANOMET YOUTH CENTER BIRTHDAY PARTIES

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) Activities include: basketball,

#### 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 or rentals please contact:

Holly Coots hcoots@townhall.plymouth.ma.us



# SPORTS BIRTHDAY PARTIES:

Ages: 3-13 years old

Activities include: basketball, dodgeball, soccer, scooters, parachutes, pillo hockey, home run derby, and other various activities.

Fee: \$160 (Includes up to 15 children. Add \$5 per child up to 20 children)

#### **GAGA BIRTHDAY PARTIES**

Ages: 6-13 years old

New this year, you can use our inflatable gaga pit for birthday parties at the youth center. Our staff will run gaga for the party including set up and take down of the inflatable.

Fee: \$185 (Includes up to 15 children. Add \$5 per child up to 20 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.



# YOUTH PROGRAMS

#### **FUNDAMENTALLY FUN TENNIS**

**AGES 7-12** 

Your child will learn the fundamentals of tennis using low pressure balls and age/size appropriate equipment that will get

them rallying in no time!

Session 1: Sunday January 5<sup>th</sup> - February 9<sup>th</sup> Session 2: Sunday February 23<sup>rd</sup> - March 29<sup>th</sup>

Instructor: Kingsbury Club Staff

Location: Kingsbury Club (186 Summer St, Kingston)

Time: 11:00a-12:00p

Fee: \$120 per child (6 classes)

#### CSI-CRIMINAL SCENE INVESTIGATION AGES 7-12

Come and join the Mind in Motion Crime Team! Learn all about forensics, searching for evidence, and gathering clues. Working in groups, you will conduct many science experiments in our crime

labs to solve the mysteries at hand!

**Instructor: Mindful Minds** 

Dates: Tuesday January 7th - February 4th

Location: Manomet Youth Center (659 State Road)

Times: 4:30p - 6:00p Fee: \$130 per child (5 classes)

#### VIDEO GAME CLUB

**AGES 7-12** 

Video Game Club is a program that will provide students a safe, fun, and competitive club, where they can play video games with their friends. The games that will be offered are Super Smash Brothers, Mario Kart and Madden. The games will all be played on a Nintendo Switch.

Dates: Thursday February 27th- April 2nd

Location: Manomet Youth Center (659 State Rd)

Time: 5:30p-7:00p

Fee: \$25 per child (6 classes)



#### FORKLIFT ROBOT WORKSHOP

AGES 7-9

Build and take home your very own Forklift Robot! Using the wired controller, you can command the robot to move forward, backward, turn, grip, lift and lower up to 100 grams in weight. Take this 3 in 1 robot apart to create the other two modules, the rover and the gripper!

Instructor: Mindful Minds

Dates: Tuesday February 25th- April 14th

Times: 4:30p - 6:00p

Location: Manomet Youth Center (659 State Road)

Fee: \$160 per child (7 classes - no class 3/3)

#### **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

Session 1: Tuesday March 10<sup>th</sup>- April 7<sup>th</sup> Location: Memorial Hall (83 Court Street)

Times: 4:30p-5:30p Fee: \$65 per child (5 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 March 28th

Instructor: Bette Antonellis & Denise Laiosa Location: Memorial Hall- Blue Room (83 Court St)

Time: 9:00a-12:00p Fee: \$60 per child (1 class)

#### **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 March 21<sup>st</sup> Instructor: Bette Antonellis Location: Memorial Hall - Blue Room (83 Court St)

Time: 9:00a-12:00p Fee: \$55 per child (1 class)

#### 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. Games will be stopped when fouls or violations are committed, followed by instruction on how to prevent these things from happening.

Instructor: Recreation Staff

Session 1: Saturday January 4th - February 8th (no class

1/19)

Session 2: Saturday February 22<sup>nd</sup>- March 21<sup>st</sup>

Times: 12:45p-1:45p

Location: Manomet Youth Center (659 State Road) Fee: \$65 per child includes team jersey (5 classes)

#### INDOOR FLAG FOOTBALL CLINIC AGES

The Plymouth Recreation flag football league is an extremely competitive and successful league. Participants will be put through various drills and activities during the clinic, which will help them develop their skills and gain a better understanding of the game.

Instructor: Coach Mat

Dates: Tuesday January 7th- February 11th

Times: 4:45p-5:45p

Location: Memorial Hall - Auditorium

Fee: \$40 per child (6 classes)



# 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, or join us in the gymnasium for a large game of dodgeball, doctor dodgeball and more!

Times: Monday-Thursday 3:00p-6:00p & Friday's 3:00p-7:00p
\*hours are subject to change due to programing schedule
Fee: \$75 from January 2<sup>nd</sup>- June 12<sup>th</sup> or \$3 for daily drop-in

#### HALF DAYS at the MYC AGES 7-14

Offered every Wednesday half-day during the school year, this new program provides a safe, fun, 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: 12/4, 12/11, 1/15, 2/12, 3/11, 3/25, 4/8 & 5/13

Times: 12:30p-6:00p

#### EARLY DROP OFF FOR NON-SCHOOL DAYS @ the MYC AGES 7-14

For early drop off, you can pre-register your child to be dropped off at the youth center between 7:00a-11:00a for \$5 for members and \$10 for non-members. If children come after 11:00a, there is no fee for members and the regular \$3 for non-members. Space is limited to 40 children for early drop off and parents must pre-register their child. If your child plans on being at the youth center for the day lunch is required.

Dates: 12/27, 12/30, 1/2, 1/3, 2/18-2/21, 3/3, 4/10, 4/21-4/24



# KID'S NIGHT OUT

**Ages 7-13** 

The Manomet Youth Center will be hosting three Saturday night "Parties". They are open to all everyone 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 pingpong, pool and air hockey!

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

## VIDEO GAME NIGHT

The evening will include video game tournaments all night. Mario Kart, Smash Brothers & Just Dance will be played all night. We will have prizes for the top winners!

When: Saturday January 11th



#### **GAGA NIGHT**

Come join us as we set up our inflatable 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 February 8th



#### **DODGEBALL NIGHT**

Dive, Dodge, Duck, Dodge! We will be having our annual Dodgeball Kids Night Out. We will play mini tournaments all night. Prizes will be awarded to our winners!

When: Saturday March 7th



# INDOOR TENNIS @ VILLAGE RACQUET AND FITNESS

#### 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. Rackets will be provided if needed free of charge.

Session 3: Tuesday January 7<sup>th</sup>- February 11<sup>th</sup> Session 4: Tuesday March 10<sup>th</sup>-April 14<sup>th</sup>

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. Rackets will be provided if needed free of charge.

Session 3:Tuesday January 7<sup>th</sup>- February 11<sup>th</sup> Session 4: Tuesday March 10<sup>th</sup>-April 14<sup>th</sup>

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 3:Thursday January 9<sup>th</sup>- February 13<sup>th</sup> Session 4: Thursday March 12<sup>th</sup>-April 16<sup>th</sup>

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 3:Thursday January 9<sup>th</sup>- February 13<sup>th</sup> Session 4: Thursday March 12<sup>th</sup>-April 16<sup>th</sup>

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

Time: 6:00p-7:00p

Fee: \$135 per child (6 classes)

# TEEN / ADULT PROGRAMS

**AGES 18+** 

#### KRIPALU YOGA

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 3: Thursday January 9th - February 20th

Session 4: Thursday March 5th- April 9th

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

Time: 6:30p-7:45p

Fee: \$60 per person (6 classes- no class 2/6)

#### INTRO TO SWING DANCE AGES 18+

If you like Big Band, Blues, County & Western, Rock & Roll, or today's Pop music, then Swing is the dance for you. You can call it Jitterbug, Jive, or Lindy. It doesn't matter, you will be learning the basic turns & spins that make it one of the most fun & versatile dances there is. A true American, timeless, classic that you can use anywhere! Instructor: Paul Wybieracki

Dates: Monday March 9<sup>th</sup> - April 13<sup>th</sup>

Location: Memorial Hall - Auditorium (83 Court St)
Time: 7:15p-815p Fee: \$60 per person (6 classes)
\*Casual dress & comfortable shoes are all you need.
No sneakers or rubber soled shoes please. Partners are

encouraged.

#### MENS PICK-UP BASKETBALL AGES 18+

We are offering 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 per night so preregistration is encouraged to secure your spot! This ensures that everyone gets plenty of time to play.

When: Thursday January 9th - March 19th

Location: Manomet Youth Center (659 State Rd)

Time: 7:15p-9:15p

Fee: \$40 (no program 2/20) for all 10 nights or \$5 for one night

drop-in

#### COUNTRY WESTERN LINE DANCING AGES 18+

Country line dancing – you will be learning some of the latest and greatest Line Dances, so get your boots on! Instructor: Paul Wybieracki

Dates: Monday January 6th - February 24th

Location: Memorial Hall - Auditorium (83 Court St)

Time: 7:15p-815p

Fee: \$60 per person (6 classes - no class 1/20 or 2/17)

\*Casual dress & comfortable shoes are all you need. No sneakers or rubber soled shoes please. Partner not required..



# TEEN / ADULT PROGRAMS

**PILATES** AGES 18+

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

Instructor: Paul Wybieracki

Session 2: Monday January 6th-February 24th

Session 3: Monday March 9th-April 13th

Time: 6:00p-7:00p

Location: Memorial Hall - Auditorium (83 Court St) Fee: \$50 per person (6 classes - no class 1/20 or 2/17)

#### POWER PARENTS- STROLLER FITNESS **AGES 18+**

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

strength, and core for a total body workout. Great music will be played and fun games incorporating the kids with the workout as well.

Instructor: Jennifer Caron

Session 3: Thursday January 9th-February 13th

Session 4: Thursday March 12th-April 16th

Time: 9:30a-10:30a

Location: Manomet Youth Center (659 State Rd)

Fee: \$50 per person (6 classes)



# INDOOR PICKLEBALL @ VILLAGE RACQUET

Plymouth Recreation is now offering another opportunity to play the popular sport of pickleball. Sign up with Plymouth Recreation to play at Village Racquet and Fitness.

Session 1: Monday January 6<sup>th</sup>–February 24<sup>th</sup> Session 2: Monday March 9<sup>th</sup>–April 13<sup>th</sup>

Session 3: Tuesday January 7<sup>th</sup>–February 11<sup>th</sup> Session 4: Tuesday March 10<sup>th</sup>–April 14<sup>th</sup>

Location: Village Racquet and Fitness (30 Golf Dr, Pine Hills) Time: 11:30a-1:30p

Fee \$60 per person (6 classes - no class 1/20 or 2/17)

It is a pick up program a max of 25 people per session. Must be registered through Plymouth Rec to play, no drop in's.

#### TONE IT OUT!

(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 weighs 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 on fitness levels.

Session 1: Monday January 6th-February 24th

Session 2: Monday March 9th-April 13th

Time: 6:00p-7:00p

Location: Memorial Hall - Blue Room (83 Court St) Fee: \$50 per person (6 classes - no class 1/20 or 2/17)

#### ADULT COED SOFTBALL LEAGUE

Join our fun and competitive coed adult softball league! Teams play one game per week. We will start accepting team registrations Monday February 3<sup>rd</sup>. 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 April 3<sup>rd</sup>, 2020. 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 Mat Mills at mmills@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.

Date: Monday-Thursday April 27th - July 23rd (make-up games on Fridays)

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)

#### INDOOR PICKLEBALL @ MEMORIAL HALL

Come join us indoors at Memorial Hall 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 courts. (you are more than welcome to bring your own paddles). Space is limited!! YOU MUST REGISTER TO PLAY.

Location: Memorial Hall - Auditorium (83 Court Street)

Session 4: Tuesday January 7th - February 11th

Session 5: Tuesday March 10th-April 14th

Time: 6:00p-8:00p Fee: \$30 per person (6 classes)

Session 6: Wednesday & Thursday January 8th- February 19th

Session 7: Wednesday & Thursday March 11th-April 16th

Time A: 9:00a-10:30a Time B: 10:45a-12:15p Fee: \$25 per person (12 classes - no class 2/6)

PLEASE NOTE, DUE TO POPULARITY, YOU ARE ONLY

PERMITTED TO SIGN UP FOR ONE TIME SLOT PER SESSION

#### LEARN TO ICE SKATE TEEN/ADULT SEMI-PRIVATE

AGES 16+

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

Location: Armstrong Arena (103 Long Pond Rd)

Session 3: Wednesday January 8th- February 19th

Session 4: Wednesday February 26th - April 15th

Session 3-4 Time: 4:30p - 5:20p

Session 5: Sunday January 12th - February 23rd

Session 6: Sunday March 1st - April 19th

Session 5-6 Time: 2:00p-2:50p

Fee: \$139 per session

Registration for session 3&5 will end on Monday December 30th, 2019 Registration for session 4&6 will end on Monday February 18th, 2020



## **TEEN / ADULT PROGRAMS**

#### 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. Rackets available to use free of charge.

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

Session 1: Tuesday January 7<sup>th</sup>-February 11<sup>th</sup> Session 2: Tuesday March 10<sup>th</sup> - April 14<sup>th</sup>

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. Rackets available to use free of charge.

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

Session 1: Thursday January 9th-February 13th

Session 2: Thursday March 12<sup>th</sup> - April 16<sup>th</sup>

Time: 7:00p-8:00p

Fee: \$135 per person (6 classes)



#### POUND 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!

Instructor: Jenna Ball

Session 3: Wednesday January 8<sup>th</sup>-February 12<sup>th</sup> Session 4: Wednesday March 11<sup>th</sup>-April 15<sup>th</sup>

Location: Memorial Hall - Auditorium (83 Court St)

Times: 5:30p-6:30p

Fee: \$50 per person (6 classes)

#### 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 semicompetitive players. The idea is to stay active and have fun.

Dates: Wednesday January 8<sup>th</sup>-April 15<sup>th</sup> (no volleyball 2/19, 2/26 or 3/4)

Location: Memorial Hall - Auditorium (83 Court St)

Time: 7:00p-8:30p

Fee: \$5 per person per night or 12 nights for \$45 pre-paid

\*\*\*GIVE THE GIFT OF A RECREATION CLASS FOR THE HOLIDAYSI THE RECREATION DEPARTMENT OFFERS GIFT CERTIFICATES IN ANY DENOMINATION!\*\*\*

#### **INTRO TO KNITTING**

AGES 18+

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

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

Instructor: Plymouth Harbor Knits - Jenn Bernard

Dates: Tuesday January 7th - February 4th

Location: Plymouth Harbor Knits (170 Water St)

Time: 5:45p-6:45p

Fee: \$65 per person includes all materials

(4 classes - no class 1/21)

# it)

## PLYMOUTH REC CORNHOLE TOURNAMENT

Break those winter blues and join us for our 6<sup>th</sup> annual Cornhole Tournament! Come challenge your friends and coworkers to a game of corn hole! Teams of 2 can register online at www.plymouthrec.com or fill out the form below and mail it to the Recreation Office. Make sure to register early, last year we filled! Beer, wine and snacks will be available for purchase.

**Date:** Saturday March 14<sup>th</sup>, 2020 **Time:** Registration & Warm-up 4:30-5:00pm - Bags Fly @ 5:00pm

**Location:** Memorial Hall 83 Court St., Plymouth, MA 02360 **Fee:** \$40 per team (Teams of 2) Must be 18+ to play

\*All equipment is provided. Players cannot bring their own bags or boards.

PRIZES!! \$100 for 1st, \$60 for 2nd, \$40 for 3rd for competitive Bracket & Gift Certificates will be awarded for the social bracket

**REGISTRATION FORM** 

COMPETITIVE SOCIAL

TEAM NAME:			(please circle one)
CONTACT EMAIL:			
PLAYER 1:		PHONE:	
PLAYER 1 ADDRESS:_	STREET ADDRESS	CITY, STATE, ZIP CODE	
DI AVER 2.		PHONE	

Drop off or mail registration forms at Plymouth Recreation Department, 26 Court St, Plymouth, MA 02360 Or Register by phone: 508-747-1620 x 10137 or online www.plymouthrec.com **Town of Plymouth Recreation Department 26 Court Street** Plymouth, MA 02360

**PreSorted Standard US Postage PAID** Plymouth, MA Permit No 179

#### **RESIDENTIAL CUSTOMER**

## **SPRING 2020 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. This Spring we have a new partnership with Global **Premier Soccer!** 

Dates: Saturday April 4th - May 16th (no class 4/18, could be used as a

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

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

Age: 3

**Group 2:** 9:35a-10:35a **Group 5:** 11:45a-12:15p **Group 3:** 10:40a-11:40a **Group 6:** 12:15p-12:45p **Group 4:** 11:45a-12:45p Fee: \$48 per child Fee: \$78 per child

Age: 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 4<sup>th</sup> - May 16<sup>th</sup> (no class 4/18 could be used as a make-up) **Time:** 12:50-1:50p **Location:** Forges Soccer Field #1 (83 Jordan Rd)

**Fee:** \$83 per child (fee includes 6 classes & team shirt)

## SPRING 2020 NFL FLAG FOOTBALL LEAGUE

#### 5-6 YEAR OLD LEAGUE

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 Thursdays; there will be no other practice requirements. We do not take special requests for team placement.

**Dates:** Thursday April 9<sup>th</sup> - May 21<sup>st</sup> (no flag 4/23) **Time:** 5:30p-6:30p **Location:** Forges Adult Softball Field & Practice Football Field (83 Jordan Rd)

Fee: \$100 per child (includes NFL Jersey & end of the season award)

REGISTRATION OPENS: JANUARY 6TH FOR RESIDENTS JANUARY 13TH FOR NON RESIDENTS

REGISTRATION CLOSES: FEBRUARY 25<sup>TH</sup> OR WHEN FULL



#### 7-9 & 10-13 YEAR OLD LEAGUES

This extremely successful and competitive flag football league teaches fundamentals as well as 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. \*\*\*Game nights are subject to change due to weather and make-ups.

**7-9 & 10-13 League Dates:** Friday nights April 10<sup>th</sup>- June 12<sup>th</sup> (no flag 4/24, 6 games)

**Time:** 5:30p, 6:30p, 7:30p or 8:30p

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

**Fee:** \$100 per child (includes NFL Jersey)

\*Evaluations: Evaluations are required for ALL PLAYERS

You will be advised of evaluation times 1 week before your evaluation date.



