

A background image of two young boys playing soccer on a grassy field. One boy is in the foreground, wearing a white t-shirt and dark shorts, running towards the left. The other boy is slightly behind him, wearing a grey t-shirt and khaki shorts, about to kick a red and black soccer ball. The background is a soft-focus view of green trees under a bright sky.

# **PLYMOUTH RECREATION DEPARTMENT**

## **FALL PROGRAM GUIDE 2022**

**REGISTER AND PAY ONLINE AT:  
[WWW.PLYMOUTHREC.COM](http://WWW.PLYMOUTHREC.COM)  
OR CALL 508-747-1620 X 10137**

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

- Make Check Payable to: **Plymouth Recreation Department**  
26 Court St / Plymouth, MA 02360 / 508-747-1620 Ext. 10137
- **WE ACCEPT CASH, CHECKS, VISA, MASTERCARD, DISCOVER**
- Refund requests must be submitted no later than 5 business days before the start of any program.
- There will be a \$10 processing fee for all refunds requested.
- Credit card purchases are refunded by check.
- There is a \$25 charge for any returned checks.
- There is a \$10 non-resident fee for all programs.

**For Office Use**

Cash \$ \_\_\_\_\_

Check # \_\_\_\_\_

Amount \$ \_\_\_\_\_

Date \_\_\_\_\_

- **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.

<b>Signature of Parent/Guardian/ Adult Participant:</b>		<b>Date:</b>	
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# TABLE OF CONTENTS

## INFORMATION

REGISTRATION FORM .....	p 1
ABOUT THE RECREATION DEPT .....	p 3
INSTRUCTIONS ON REGISTERING .....	p 3
PROOF OF AGE REQUIREMENTS .....	p 3
WEATHER CANCELLATION INFO.....	p 3
CONTACT INFORMATION FOR LOCAL GROUPS .....	p 4

## PRE-SCHOOL PROGRAMS .....p 5&6

Artsy Tots	Preschool Acrobatics
Biddy Basketball	Preschool Dance
Free Play Friday's	Preschool Karate
Lil Ninja Warrior	Preschool Ooey Gooy
Little Sports Stars	Quick Start Tennis
Learn to Ice Skate - Tot	Sports Stars
Meryl's Music Class	Tot Smart Soccer
Parent & Tot Dance	

## YOUTH PROGRAMS ..... p 6-9

Agent 992 Robot	Little Hot Shots Tennis
Babysitter Safety Training	Middle/High School Tennis
CAST - Broadway Bound Acting	Ninja Warrior
Fall Field Hockey Clinic	Tennis Lessons
Hip Hop Dance	Video Game Club
Home Alone and Staying Safe	Winter Wonderland Ice Skating
Hot Shots Tennis	Youth Basketball
Intro to Karate	Youth Yoga
Learn to Ice Skate - Youth	

## SPECIAL EVENTS.....p 9-10

Family Bingo	One-Hit Wonders
Open Space Community	Great Pumpkin Hunt
Hike - Center Hill Preserve	

## MANOMET YOUTH CENTER INFORMATION.....p 11-12

After-School Program	MYC Birthday Parties
Half Days @ The MYC	MYC Kid's Night Out
Vacation Days @ The MYC	MYC Basketball Leagues

## ADULT PROGRAMS.....p 13-14

Beginner Pickleball Lessons	Ladies Tennis
Indoor Pickleball	Mens Pick-Up Basketball
Indoor Tennis Lessons	Pickleball - Forges
Intro to Knitting	Pickleball Tips & Techniques
Intro to Hustle - Couples	Pilates
Intro to Country 2 Step - Couples	Pound
Kripalu Yoga	Salsa Fit
	Vinyasa Yoga Fusion

**DID YOU KNOW THE RECREATION DEPARTMENT OFFERS SCHOLARSHIPS FOR PLYMOUTH FAMILIES FOR OUR RECREATION CLASSES?**





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PLYMOUTH, MA 02360  
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# ABOUT THE RECREATION DEPARTMENT

## The Recreation Department hours are:

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



## HOW TO REGISTER:

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

## NON-RESIDENT SURCHARGE

There is a \$10 per participant per program surcharge for non-Plymouth residents for most of our programs. The \$10 non-resident surcharge is non-refundable.

## WHO IS A RESIDENT?

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

## AFTER YOU HAVE REGISTERED

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

## REFUND POLICY

Unless otherwise stated, refunds/credits will only be available up to 5 business days prior to the first scheduled day of a program or activity. A \$10 administrative fee will be charged for processing the refund. If a program is canceled by the Recreation Dept, a full refund will be issued and no fee will be charged. There are no refunds for activities that require a uniform or jersey after it is ordered. We do not issue refunds for weather cancellations, make-up classes or location changes. The \$10 non-resident surcharge is also non-refundable.

## 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. Scholarships are available to Plymouth Residents only.

## 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](http://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](http://www.facebook.com/PlymouthRecreationDepartment) for up to date information about programs, events and more!

## \*\*\*AGE REQUIREMENTS FOR RECREATION PROGRAMS\*\*\*

**Proof of age must be provided when registering your child for any Recreation Department program. Proof of age can be in the form of a birth certificate, passport, physical, or any other official document showing date of birth. We only need to verify the child's age once! For mail-in registrations, please include a copy of your proof of age which will be destroyed upon verification.**

**Your child will not be allowed to start a program without their age being verified.**

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



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

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

## RECREATION DEPARTMENT INFORMATION

### COMMUNITY RESOURCES DIRECTOR

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

### PROGRAM SUPERVISOR

SAM BOTELHO  
508-747-1620 Ext. 10196  
sbotelho@plymouth-ma.gov

### MYC DIRECTOR/REC ASSISTANT

CATHERINE CALABRO  
508-830-4114 (MYC)  
ccalabro@plymouth-ma.gov

### RECREATION DIRECTOR

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

### OFFICE MANAGER / PROGRAM ADMIN

508-747-1620 Ext. 10137

### MEMORIAL HALL DIRECTOR

JOSEPH GOLDBERG  
508-747-1620 Ext. 21100  
jgoldberg@plymouth-ma.gov

## LOCAL COMMUNITY ORGANIZATIONS

Plymouth Youth Soccer  
[www.plymouthyouthsoccer.com](http://www.plymouthyouthsoccer.com)

Plymouth Vikings Football & Cheer  
[www.plymouthvikings.org/](http://www.plymouthvikings.org/)

South Plymouth Football & Cheer (Jaguars)  
[www.psyf.net](http://www.psyf.net)

Recreation Dept. NFL Flag Football League  
[www.plymouthrec.com](http://www.plymouthrec.com)

Recreation Dept. Basketball League  
[www.plymouthrec.com](http://www.plymouthrec.com)

South Plymouth Basketball  
[www.southbball.com](http://www.southbball.com)

Plymouth Girls Basketball  
[www.plymouthgirlsbasketball.org](http://www.plymouthgirlsbasketball.org)

North Plymouth Basketball Assoc.  
[www.pnhoops.com](http://www.pnhoops.com)

Plymouth Little League  
[www.plymouthlittleleague.com](http://www.plymouthlittleleague.com)

Plymouth Babe Ruth Baseball  
[www.plymouthbaberuth.com](http://www.plymouthbaberuth.com)

Plymouth Youth Baseball & Softball  
[www.plymouthybs.org](http://www.plymouthybs.org)

Plymouth Youth Wrestling Club  
[pshspe@aol.com](mailto:pshspe@aol.com)

Plymouth Youth Hockey  
[www.plymouthyouthhockey.net](http://www.plymouthyouthhockey.net)

Plymouth Rock Lacrosse (Boys+Girls)  
[www.plymouthrocklacrosse.com](http://www.plymouthrocklacrosse.com)

South Plymouth Cub Scout Pack 1620  
[cubscoutpack1620@gmail.com](mailto:cubscoutpack1620@gmail.com)

Cub Scout Pack #51  
[newmember.cubscoutpack51@gmail.com](mailto:newmember.cubscoutpack51@gmail.com)

Cub Scout Pack #47  
[www.pack47plymouth.scoutlander.com](http://www.pack47plymouth.scoutlander.com)

Girl Scouts of Eastern Mass  
[www.girlscoutseasternmass.org](http://www.girlscoutseasternmass.org)

Plymouth Family Network  
[www.facebook.com/pfnpta](http://www.facebook.com/pfnpta)

Reach out to these great  
local organizations for  
more information!

# FALL PRESCHOOL PROGRAMS

## 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: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Session 2: Thursday November 3<sup>rd</sup>-December 15<sup>th</sup>

Time: 10:00a-10:30a

Fee: \$50 per child (6 classes - no class 11/24)

Location: Memorial Hall-Auditorium (83 Court St)

\*Enter through back ticket door only\*

## 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 1: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Session 2: Tuesday November 1<sup>st</sup>-December 6<sup>th</sup>

Time: 10:00a-10:30a

Fee: \$50 per child (6 classes)

Location: Memorial Hall-Auditorium (83 Court St)

\*Enter through back ticket door only\*

## QUICK START TENNIS

AGES 4-6

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: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Session 2: Tuesday November 1<sup>st</sup>-December 6<sup>th</sup>

Location: Village Sports Club (30 Golf Drive)

Time: 5:30p-6:00p

Fee: \$95 per child (6 classes)

## PARENT & TOT DANCE

AGES 2-3 & PARENT

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: Open Space Studio Instructor

Session 1: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Session 2: Thursday November 3<sup>rd</sup>-December 15<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-10:00a

Fee: \$55 per child (6 classes - no class 11/24)

## MERYL'S MUSIC CLASS

AGES 2-3 & PARENT

Meryl's Music Class is 45 minutes of singing, dancing, instrument play and chants. This is a mixed ages 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 learning music supports all areas of learning and informal, developmentally appropriate music activities are the best way for children under 6 to gain basic music competence! Parent participation is required. Includes a full length CD of all the music we will be experiencing during the class.

Instructor: Meryl

Session 1: Wednesday September 14<sup>th</sup>-October 19<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$105 per child (6 classes)

## PRESCHOOL KARATE

AGES 4-6

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

Instructor: Sensei Mike Murphy

Session 1: Friday September 15<sup>th</sup> - October 21<sup>st</sup>

Session 2: Friday November 4<sup>th</sup>-December 16<sup>th</sup>

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

Time: 4:30p-5:00p

Fee: \$90 per child (6 classes - no class 11/25)

## 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 class first)

Session 1: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Session 2: Tuesday November 1<sup>st</sup>-December 6<sup>th</sup>

Time: 1:45p-2:30p

Fee: \$55 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

## 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 1: Tuesday September 20<sup>th</sup>-October 11<sup>th</sup>

Session 2: Tuesday November 15<sup>th</sup>-December 6<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$40 per child (4 classes)

## BIDDY BASKETBALL

AGES 4-5

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: Thursday October 13<sup>th</sup>-November 10<sup>th</sup>

Time: 1:00p-1:45p

Session 2: Saturday January 7<sup>th</sup> - February 4<sup>th</sup>

Session 3: Saturday February 18<sup>th</sup>- March 18<sup>th</sup>

Time A: 8:30a-9:15a

Time B: 9:30a-10:15a

Location: Manomet Youth Center (659 State Road)

Fee: \$55 per child (5 classes)

# FALL PRESCHOOL PROGRAMS

## PRESCHOOL OOEY GOOEY SLIMEY FUN!

AGES 3-6 & PARENT

Kids who are slime lovers will have a blast trying out all these slime recipes and will have a blast using different ingredients for slime. During this program children will make slime and will have tons of cool slime creations to bring home.

Instructor: Coach Catherine

Date: Monday October 17<sup>th</sup>-November 7<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-10:15a

Fee: \$60 per child (4 classes)

## FREE PLAY FRIDAY'S

AGES 12 MONTHS-4

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

Dates: Friday September 16<sup>th</sup>-November 4<sup>th</sup>

Time: 9:30a-11:30a

Location: Manomet Youth Center (659 State Rd)

Fee: \$32 for all 8 Fridays, or \$5 per day drop in

## PRESCHOOL ACROBATICS

AGES 3-4

In this class we will use dance and gymnastics to teach physical literacy, coordination, and creative expression. The moves we will teach are fundamental skills that students will carry with them no matter what physical activity they participate in in the future. Some skills include pike position, straddle position, marching, skipping, gallops, log rolls, plank position, somersaults and much more. \*Please note this is a beginner class. We will not be teaching bridges, head balances or cartwheels in this class. Students will learn through a series of games and routines following the AcrobaticArts syllabus.

Instructor: Miss Merri

Session 1: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Session 2: Tuesday November 1<sup>st</sup>-December 6<sup>th</sup>

Time: 10:00a-10:45a

Fee: \$65 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

## LEARN TO ICE SKATE - TOT

AGES 4-6

For participants with little or no formal skating instruction, the group skating classes teach skating basics in a fun and comfortable environment. Skaters will be grouped by age and/or ability if possible.

- A helmet, such as a bike helmet or HECC helmet is required
- 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, but double blade skates are not permitted
- Participants must be potty trained and capable of independently wearing a mask, social distancing and following directions.

Instructor: FMC Instructors

Session 1: Wednesday September 14<sup>th</sup>-November 2<sup>nd</sup>

Session 2: Wednesday November 9<sup>th</sup>-December 28<sup>th</sup>

Time: 4:55p-5:20p

Location: Armstrong Arena (103 Long Pond Rd)

Fee: \$160 per child (8 classes)

## LIL NINJA WARRIOR

AGES 4-5

Does your child love to run, jump, climb and tumble? Then this "play" on American Ninja Warrior is the perfect class. In this class your child will participate in stretching, elements, obstacles and games to help gross motor skills, fitness and fun.

Date: Tuesday November 8<sup>th</sup>

Time: 8:30a-9:20a

Fee: \$30 per child (1 class)

Location: Memorial Hall - Auditorium (83 Court St)



## 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. 3 year olds must have taken Parent and Tot dance before they can take Preschool Dance.

Instructor: Open Space Studio Instructor

Session 1: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Session 2: Thursday November 3<sup>rd</sup>-December 15<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 10:15a-11:00a

Fee: \$60 per child (6 classes - no class 11/24)

# FALL YOUTH PROGRAMS

## NINJA WARRIOR

AGES 6-8

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

Date: Tuesday November 8<sup>th</sup>

Instructor: Knucklebones Staff

Location: Memorial Hall - Auditorium (83 Court St)

Time: 9:30a-12:30p

Fee: \$55 per child (1 class)

## TENNIS LESSONS

AGES 6-13

The curriculum will teach the basics of the game and how to have fun on the tennis court. Emphasis will be placed on stroke production and quickly developing players for match play. They will learn strategy, court positioning, conditioning and drills for match play. Players must bring their own racket.

Instructor: Scott Froman

Date: Tuesday September 13<sup>th</sup>-October 4<sup>th</sup>

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

Date: Thursday September 15<sup>th</sup>-October 13<sup>th</sup>

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

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

Fee: \$70 per child (4 classes - no class 9/22)



# FALL YOUTH PROGRAMS

## 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 1: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Session 2: Tuesday November 1<sup>st</sup>-December 6<sup>th</sup>

Location: Village Sports Club (30 Golf Drive)

Time: 4:30p-5:30p 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. Rackets will be provided if needed free of charge.

Session 1: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Session 2: Tuesday November 1<sup>st</sup>-December 6<sup>th</sup>

Location: Village Sports Club (30 Golf Drive)

Time: 3:30p-4:30p Fee: \$135 per child (6 classes)

## HOT SHOTS

AGES 10-12

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

Session 1: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Session 2: Thursday November 3<sup>rd</sup>-December 15<sup>th</sup>

Location: Village Sports Club (30 Golf Drive)

Time: 4:30p-5:30p

Fee: \$135 per child (6 classes - no class 11/24)

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

Session 1: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Session 2: Thursday November 3<sup>rd</sup>-December 15<sup>th</sup>

Location: Village Sports Club (30 Golf Drive)

Time: 3:30p-4:30p

Fee: \$135 per child (6 classes - no class 11/24)

## WINTER WONDERLAND LEARN TO ICE SKATE

AGES 4-15

For participants with little or no formal skating instruction, the group skating classes teach skating basics in a fun and comfortable environment. Skaters will be grouped by age and/or ability if possible.

- A helmet, such as a bike helmet or HECC helmet is required
- 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, but double blade skates are not permitted
- Participants must be potty trained and capable of independently wearing a mask, social distancing and following directions.

Instructor: Winter Wonderland Instructors

Session 1: Sunday September 11<sup>th</sup>-October 30<sup>th</sup>

Session 1 Fee: \$184 per child (8 classes)

Session 2: Sunday November 6<sup>th</sup>-December 18<sup>th</sup>

Session 2 Fee: \$161 per child (7 classes)

Time: 2:00p-2:50p

Location: Armstrong Arena (103 Long Pond Rd)

## 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.

Session 1: Saturday October 15<sup>th</sup>

Instructor: Bette Antonellis & Denise Laiosa

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

Time: 9:30a-12:00p

Fee: \$55 per child (1 class)

## 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. At the end of the 6 weeks your child will perform their routine on stage!

Session 1: Monday September 12<sup>th</sup>-October 24<sup>th</sup>

Session 2: Monday November 7<sup>th</sup>-December 12<sup>th</sup>

Instructor: Open Space Dance Studio

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

Time: 5:00p-5:45p

Fee: \$55 per child (6 classes - no class 10/7)



## INTRO TO KARATE

AGES 7-12

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

Instructor: Sensei Mike Murphy

Session 1: Friday September 15<sup>th</sup> - October 21<sup>st</sup>

Session 2: Friday November 4<sup>th</sup>-December 16<sup>th</sup>

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

Time: 5:15p-6:00p

Fee: \$90 per child (6 classes - no class 11/25)



# FALL YOUTH PROGRAMS

## FALL FIELD HOCKEY CLINIC

AGES 6-11

Join PCIS Field Hockey Coach—Alyssa McGraw in this fun and exciting clinic! Participants will learn the basic fundamental skills of field hockey, including dribbling, passing and receiving, shooting, positioning and game play. Drills are designed specific to the age group and are fun and engaging while developing consistency of these skills. (Sticks are provided by instructor, you may bring your own if you have one)

**\*\*MOUTH GUARD REQUIRED\*\***



Instructor: PCIS Coach Alyssa McGraw

Location: Plymouth North High Baseball Field (41 Obery St)

Session 1: Sunday September 11<sup>th</sup>-October 2<sup>nd</sup>

Ages 6-8 Time: 2:15p-3:15p

Ages 9-11 Time: 3:30p-5:00p

Fee: \$65 per child (4 classes)



## BABYSITTER SAFETY TRAINING

AGES 11.5 & UP

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

Session 1: Saturday September 17<sup>th</sup> Instructor: Bette Antonellis

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

Time: 9:30a-12:00p

Fee: \$55 per child (1 class)

## VIDEO GAME CLUB

AGES 6-12

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, Minecraft and more. The games will all be played on a Nintendo Switch.

Session 1: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Session 2: Thursday November 3<sup>rd</sup>-December 15<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 5:30p-6:45p

Fee: \$25 per child (6 classes - no class 11/24)

## YOUTH BASKETBALL

AGES 6-9

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: Wednesday September 14<sup>th</sup>-October 19<sup>th</sup>

Ages 6-7 Time A: 5:00p-6:00p

Ages 6-7 Time B: 6:05p-7:05p

Ages 8-9 Time: 7:10p-8:10p

Location: Manomet Elementary School (70 Manomet Point Rd)

Fee: \$70 per child (6 classes)

Session 2: Saturday January 7<sup>th</sup> - February 4<sup>th</sup>

Session 3: Saturday February 18<sup>th</sup>- March 18<sup>th</sup>

A: 6&7 Time: 10:30a-11:30a

B: 6&7 Time: 11:45a-12:45p

C: 6&7 Time: 1:00p-2:00p

D: 8&9 Time: 2:15p-3:15p

Location: Manomet Youth Center (659 State Road)

Fee: \$65 per child (5 classes)

## LEARN TO ICE SKATE- YOUTH

AGES 6-15

For participants with little or no formal skating instruction, the group skating classes teach skating basics in a fun and comfortable environment. Skaters will be grouped by age and/or ability if possible.

- A helmet, such as a bike helmet or HECC helmet is required

- 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, but double blade skates are not permitted

- Participants must be potty trained and capable of independently wearing a mask, social distancing and following directions.

Instructor: FMC Instructors

Session 1: Wednesday September 14<sup>th</sup>-November 2<sup>nd</sup>

Session 2: Wednesday November 9<sup>th</sup>-December 28<sup>th</sup>

Location: Armstrong Arena (103 Long Pond Rd)

Time: 4:30p-4:55p

Fee: \$160 per child (8 classes)

## CAST - BROADWAY BOUND ACTING CLINIC

AGES 7-10

Broadway Bound Acting class is back this fall! Young actors will explore acting, singing, and dancing! Featuring songs and scenes from shows like the Wizard of Oz. Participants will also make a T-shirt costume for their showcase production. Get ready for Over the Rainbow fun with CAST this fall! There will be a performance for immediate family members on Thursday October 27<sup>th</sup> at 5:15p.

Instructor: Plymouth CAST

Session 1: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Time: 5:00p-6:00p

Fee: \$175 per child (6 classes plus show on 10/27)

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

## YOUTH YOGA

AGES 8-13

Children will learn how to focus and center themselves with various breathing and visualization techniques. They will also learn self-respect and respect for others with the practice of fun and challenging Yoga poses and Yoga games. Children must bring their own Yoga mat. Masks are required for anyone entering the facility.

Instructor: Jaime Houde

Location: Memorial Hall - Auditorium (83 Court St)

Session 1: Wednesday October 19<sup>th</sup>-November 9<sup>th</sup>

Time: 4:45p-5:30p

Fee: \$45 per child (4 classes)



# FALL YOUTH PROGRAMS

## AGENT992 ROBOT

AGES 7-11

Build and take home your very own Agent992 Robot! This smart undercover robotics kit will entertain and teach infra-red capabilities to inquisitive minds. It consists of 140 assembly pieces and is equipped with an infrared radar so it can capture its surrounding conditions! A classified press-button switch instructs your Agent992 Robot to transform into 3 investigative modes: Forward mode, Gesture Control mode, and Auto Navigation mode. Forward mode executes basic forward direction where its eyes turn red. Use your hand's forward and backward motion to guide your robot when Gesture Control mode is activated, and its eyes turn blue. Compete with your classmates by designing obstacles or maze courses! Agent992 Robot's Auto Navigation Mode will set it on its secret mission as its eyes turn purple and automatically avoids obstacles on its own.

Instructor: Minds in Motions

Session 1: Tuesday September 27<sup>th</sup>-November 1<sup>st</sup>

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

Time: 4:30p-5:30p

Fee: \$125 per child (6 classes)



**SATURDAY OCTOBER 15<sup>TH</sup>, 2022**

**1:00 PM START!  
MEMORIAL HALL**

**FREE EVENT!**

**PRE-REGISTRATION REQUIRED**

**DONATIONS WELCOME FOR THE  
MANOMET YOUTH CENTER OR  
SCHOLARSHIP ACCOUNT!**



**FOR MORE INFORMATION PLEASE VISIT [WWW.PLYMOUTHREC.COM](http://WWW.PLYMOUTHREC.COM) OR CALL 508-747-1620 X10137**



# SPECIAL EVENTS



## OPEN SPACE COMMUNITY HIKE - CENTER HILL PRESERVE

The Plymouth Open Space Committee (OSC) is sponsoring a community hike at the Town of Plymouth's Center Hill Preserve. We will walk on marked trails with guiding and commentary by some of the OSC members. This hike will feature mature upland forest, an abandoned cranberry bog and glacial hills and hollows. This hike is free and open to the public! Families with school age children especially welcome. Please dress appropriately for the weather. Bring insect spray and drinking water as needed. No dogs, please.

Location: Center Hill Preserve - 169 Center Hill Road, parking is available.  
 Date: Saturday October 1<sup>st</sup> (there is no rain date) Call 774.454.1980 if weather is questionable  
 Time: 1:00p (hike will take about 1.5 hours)  
 Fee: Free, but you must pre-register at [www.plymouthrec.com](http://www.plymouthrec.com)

## ONE-HIT WONDER 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 momentos that will last forever!

Ages: 2-5 with Parent Participation Fee: \$10 per workshop

Time: 10:00a-11:00a

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

### Halloween

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

Date: Thursday October 27<sup>th</sup>

### Thanksgiving

Join us for a fun filled hour of turkeys, the Mayflower, and Pilgrims.

Date: Thursday November 17<sup>th</sup>

### Holiday Ornament

We will be making ornaments to adorn your trees with!

Date: Thursday December 8<sup>th</sup>

### Gingerbread Mania

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

Date: Thursday December 15<sup>th</sup>



## THE GREAT PUMPKIN HUNT & HALLOWEEN EXTRAVAGANZA PRESENTED BY POWDERHORN PRESS!

Join us on this hunt for the "Great Pumpkin". We've revamped our event to offer even more Halloween fun and excitement. We will have 2&3 year olds with parents, and 4-6 year olds for their eggs in different waves to ensure fairness. One lucky child from each age group will find the egg with the "GREAT" Pumpkin Coin and win our "GREAT" Pumpkin prize. This year we will be painting pumpkins, have tattoos, coloring stations, game stations like pin the nose on the jack o'lantern, ball toss, witch pitch, photos stations and more! Children are encouraged to dress in their costume! Children must report to the field between 9:00a-9:20a to receive their bracelets. Only pre-registered children will be able to participate in the event.

Date: Sunday October 23<sup>rd</sup> (Rain Date: Sunday October 30<sup>th</sup>)

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

Time: 9:00a-11:00a

Ages 2&3 with Parent egg hunt wave will start at 9:30a

Ages 4-6 egg hunt wave will start at 10:00a (no parents or siblings allowed)

Location: Forges Adult Softball Field (83 Jordan Rd)

# MANOMET YOUTH CENTER

## AFTER SCHOOL at the MYC

AGES 6-12

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, basketball, soccer, inflatable Gaga and more!

The MYC will officially open on Tuesday August 30<sup>th</sup>!

Times: Monday-Friday 3:00p-6:00p

\*hours are subject to change due to programming schedule

Fee: \$100 early registration

\$125 after August 25<sup>th</sup>

or \$5 for daily drop-in

## HALF DAYS at the MYC

AGES 6-12

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: \$5 for members, \$10 for non-members

Dates: 9/14, 10/5, 11/30, 12/7, 1/11, 2/8, 3/8, 3/22, 4/5, 5/10

Times: 12:00p-6:00p

## VACATION DAYS AT THE YOUTH CENTER

This program provides a fun and exciting environment for your child. They can come and spend their days at the Youth Center during school vacations while you are at work or they 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, billiards, Nintendo Switch and more!

Director: Catherine Calabro

Location: Manomet Youth Center (659 State Rd)

Time: 7:00am-6:00pm

Ages: 6-12

Fee: MYC Members-\$10

Non-MYC Members-\$15

Dates: 9/2, 9/6, 11/8, 11/23, 12/27, 12/28, 12/29, 12/30, 2/21, 2/22, 2/23, 2/24, 4/7, 4/18, 4/19, 4/20, 4/21

The Youth Center is closed: 9/5, 10/10, 11/11, 11/24, 11/25, 12/23, 12/26, 1/2, 1/16, 2/20, 4/14, 5/29

## MANOMET YOUTH CENTER BIRTHDAY PARTIES

Join us for your child's birthday party!

**For availability contact the Recreation Dept**

1 & 1/2 hours of Birthday Fun

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

**Location:** Manomet Youth Center (659 State Road)

**Parents are responsible for:**

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

**Party Directors:**

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

**To book parties please contact:**

Sam Botelho

sbotelho@plymouth-ma.gov



**SPORTS**

**BIRTHDAY PARTIES:**

**Ages:** 3-15 years old

**Activities include:**

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

**Fee:** \$165 Includes up to 15 children (drop off party only, parents and siblings not permitted to stay)

**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.

**GAGA PARTY- \$185  
for 1 & 1/2 hour party.**





# MANOMET YOUTH CENTER

## KID'S NIGHT OUT

AGES 6-12

The Manomet Youth Center will be hosting four Friday night "Parties". They are open to anyone 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, billiards and air hockey!

Fee: \$15 per child per night Time: 6:00p-9:30p

### DODGEBALL NIGHT

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

When: Friday September 23<sup>rd</sup>

### VIDEO GAME NIGHT

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

When: Friday November 18<sup>th</sup>

### 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!

When: Friday October 28<sup>th</sup>

### HOLIDAY PARTY

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

When: Friday December 9<sup>th</sup>

## MANOMET YOUTH CENTER BASKETBALL LEAGUES

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 4<sup>th</sup>.

Fee: \$85 per child

Practices start week of November 28<sup>th</sup>, Games start week of December 12<sup>th</sup>

### Divisions:

#### Mites - Grades 1-2:

Games: Monday-Thursday Nights @ 5:30p or 6:30p at MYC or Manomet Elementary (teams practice and play once a week)

#### 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 Elementary 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, 5v5 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 2<sup>nd</sup> or when full. Coaches are required for each team!!

Games: Monday & Wednesday nights at Indian Brook at 7:30p or 8:30p

All game times and nights are subject to change

Location: Indian Brook Elementary School

Fee: \$70 per child



# FALL ADULT PROGRAMS

## 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.

Instructor: Plymouth Harbor Knits - Jennifer Bernard

Session 1: Wednesday September 14<sup>th</sup>-October 12<sup>th</sup>

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

Time: 4:30p-6:00p

Fee: \$65 per person (4 classes - no class 9/28)

## PILATES

AGES 18+

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

Instructor: Paul Wybieracki

Session 1: Monday September 12<sup>th</sup>-October 24<sup>th</sup>

Session 2: Monday November 7<sup>th</sup>-December 12<sup>th</sup>

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

Time: 6:00p-7:00p

Fee: \$55 per person (6 classes - no class 10/10)

## PICKLEBALL TIPS & TECHNIQUES

AGES 18+

New to Pickleball and looking for a place to learn? Then join pickleball ambassador, Joe Rofe for tips and techniques on how to play! Joe will provide instruction and tips during the first 45 minutes of the class, followed by match play during the last 45 minutes. Instruction and help will still be provided during matches.

Instructor: Joe Rofe

Session 1: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Location: Forges Field Pickleball Courts (83 Jordan Rd)

Time: 1:00p-2:30p

Fee: \$60 per person (6 classes)

## INTRO TO THE HUSTLE

AGES 18+

The Hustle was made popular in the disco era. It is an energetic dance characterized by its many turns. The Hustle is still danced Nite Clubs, and can be used at weddings and social functions because it goes well with today's popular music.

**\*This is a partner's only class\***

Instructor: Paul Wybieracki

Dates: Monday September 12<sup>th</sup>-October 24<sup>th</sup>

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

Time: 7:15p-8:15p

Fee: \$130 per couple (6 classes - no class 10/10)

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

## LADIES TENNIS

AGES 18+

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

Instructor: Scott Froman

Session 1: Wednesday September 14<sup>th</sup>-October 5<sup>th</sup>

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

Time: 4:15p-5:45p

Fee: \$65 per person (4 classes)

## SALSA FIT

AGES 18+

Salsa Fit is a fun easy to follow 60 minute cardio dance workout to ballroom and Latin Rhythms. A little bit of Salsa. Cha Cha, Samba, Swing, Merengue, Bachata and Tango too!

Instructor: Kelly Wybieracki

Session 1: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Session 2: Tuesday November 1<sup>st</sup>-December 13<sup>th</sup>

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

Time: 6:00p-7:00p

Fee: \$55 per person (6 classes - no class 11/15)

## VINYASA YOGA FUSION

AGES 18+

Vinyasa Yoga Fusion is a 60 minute mind, body and spirit yoga dance fusion class to music. It is a great workout to improve balance, flexibility and strength. Roll out your mat and practice sun salutations, yoga stretches and dance conditioning movement. Please bring a Yoga mat to class each week.

Instructor: Kelly Wybieracki

Session 1: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Session 2: Tuesday November 1<sup>st</sup>-December 13<sup>th</sup>

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

Time: 7:15p-8:15p

Fee: \$55 per person (6 classes - no class 11/15)

## INTRO TO COUNTRY TWO-STEP

AGES 18+

Country Two-step begins with very simple footwork, it speeds along quickly with many fun dance positions, turns and wraps, to make it a very fun and high energy dance style. Danced to Country Western music exclusively, it is an up-tempo easy dance to learn. \*This is not a line dancing class\*

**\*This is a partner's only class\***

Instructor: Paul Wybieracki

Dates: Monday November 7<sup>th</sup>-December 12<sup>th</sup>

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

Time: 7:15p-8:15p

Fee: \$130 per couple (6 classes)

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

## MENS PICK-UP BASKETBALL

AGES 18+

Come join our popular pick-up basketball at the Manomet Youth Center. Space is limited to 18 per night so pre-registration is encouraged to secure your spot! This ensures that everyone gets plenty of time to play.

Session 1: Thursday September 22<sup>nd</sup>-November 10<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 7:00p-9:00p

Fee: \$40 per person (8 nights)

## CHECK OUT

**WWW.PLYMOUTHREC.COM FOR EVEN  
MORE PROGRAMS RECENTLY ADDED!!!!**

# FALL 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: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Session 2: Thursday November 3<sup>rd</sup>-December 15<sup>th</sup>

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

Time: 6:30p-7:45p

Fee: \$65 per person (6 classes - no class 11/24)

## BEGINNER PICKLEBALL LESSONS

AGES 18+

Come learn the latest racquet sport craze! All the basics will be taught; handling and use of racquet, court positioning, game strategy, and scoring. This is an introductory instructional program. Lessons will be taught on the new indoor pickleball courts at Village Sports Club!

**\*Paddles are provided by Village Sports Club if needed\***

Session 1: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Session 2: Thursday November 3<sup>rd</sup>-December 15<sup>th</sup>

Location: Village Sports Club (30 Golf Drive)

Time A: 9:00a-10:00a

Time B: 10:00a-11:00a

Time C: 11:00a-12:00p

Fee: \$105 per person (6 classes - no class 11/24)

## INDOOR PICKLEBALL

AGES 18+

Come join us indoors at Memorial Hall for the fastest growing sport in America! 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.

Session 2: Monday November 7<sup>th</sup>-December 12<sup>th</sup>

Time: 6:00p-8:00p

Fee: \$28 per person (6 classes)

Location: Memorial Hall - Auditorium (83 Court Street)

## ADULT PICKLEBALL

AGES 18+

Come join us at the new Pickleball Courts at Forges Field 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, game! It's a fun sport that combines many elements of tennis, badminton, and ping-pong. We will provide all the equipment!

Session 1: Tuesday & Thursday September 13<sup>th</sup>-October 27<sup>th</sup>

Location: Forges Pickleball Courts (83 Jordan Rd)

Beginners/Intermediate: 8:00a-9:30a

Fee: \$25 per person (7 weeks)

\*There are no instructors at this program\*

## INDOOR TENNIS ADULT LEVEL 1

AGES 18+

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

Session 1: Tuesday September 13<sup>th</sup>-October 18<sup>th</sup>

Session 2: Tuesday November 1<sup>st</sup>-December 6<sup>th</sup>

Location: Village Sports Club (30 Golf Drive)

Time: 6:00p-7:00p

Fee: \$135 per person (6 classes)

## INDOOR TENNIS ADULT LEVEL 2

AGES 18+

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

Session 1: Thursday September 15<sup>th</sup>-October 20<sup>th</sup>

Session 2: Thursday November 3<sup>rd</sup>-December 15<sup>th</sup>

Location: Village Sports Club (30 Golf Drive)

Time A: 5:30p-6:30p

Time B: 6:30p-7:30p

Fee: \$135 per person (6 classes - no class 11/25)

## 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 Sorensen

Session 1: Wednesday September 14<sup>th</sup>-October 19<sup>th</sup>

Session 2: Wednesday November 2<sup>nd</sup>-December 7<sup>th</sup>

Location: Memorial Hall - Auditorium (83 Court St)

Time: 6:00p-7:00p

Fee: \$50 per person (6 classes)



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Introduction to Philosophy with George Karam  
Thursday, 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 1:40-3:00pm

The Great Depression: 1932-1945 with John Sullivan  
Thursday, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, Noon-1:20pm

Acting Workshop: The Drama Continues! with Sheila Kelleher  
Thursday, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 1:40-3:00pm



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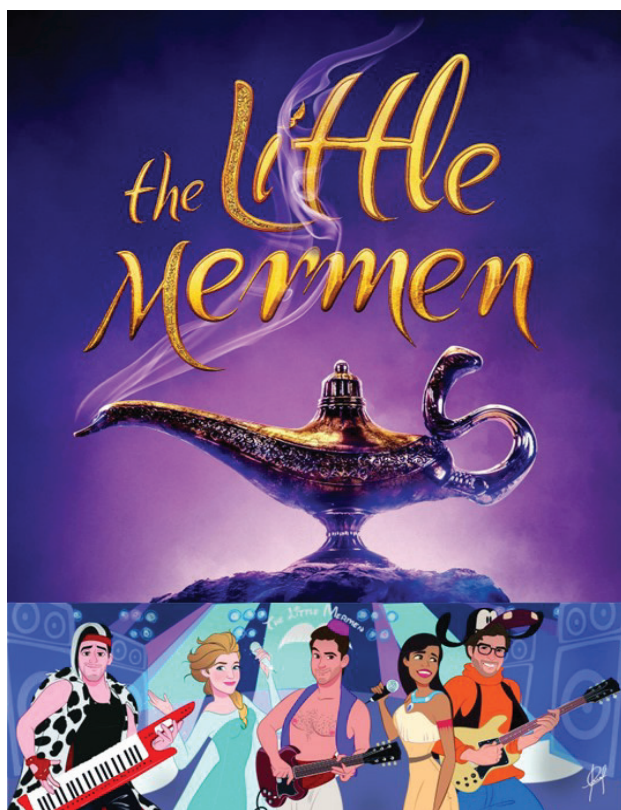
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