

PLYMOUTH RECREATION DEPARTMENT



WINTER PROGRAM GUIDE 2023

**REGISTER AND PAY ONLINE AT:
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

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Allergies/Medical Info/Limits?: _____

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

Program/Class Name	Session or Age Group	Day	Time	Fee

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

Signature of Parent/Guardian/ Adult Participant:		Date:	
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TABLE OF CONTENTS

INFORMATION

REGISTRATION FORM.....	p 1
ABOUT THE RECREATION DEPT.....	p 2
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 4-6
Artsy Tots	Preschool Acrobatics
Biddy Basketball	Preschool Dance
Candy Characters	Preschool Karate
Free Play Friday's	Preschool Ooey Gooley
Indoor Smart Soccer	Slimey Fun
Little Sports Stars	Quick Start Tennis
Meryl's Music Class	Sports Stars
One Hit Wonders	Tot Smart Soccer
Parent & Tot Dance	

YOUTH PROGRAMS.....	p 6-9
Babysitter Safety Training	Learn to Ice Skate - Youth & Tot
CAST - Broadway Bound Acting	Little Hot Shots Tennis
Hip Hop Dance	Middle/High School Tennis
Home Alone and Staying Safe	Minecraft Master Engineering
Hot Shots Tennis	Sky Zone
Indoor Flag Football Clinic	Solar Bot.14
Intro to Karate	Teen Spring Sports Training
Intro to Crossfit for Kids	Video Game Club
Intro to Crossfit for Teens	Winterland Ice Skating
Lacrosse! Come Try It!	Youth Basketball
Lacrosse! Indoor Winter Clinic	Youth Yoga

MANOMET YOUTH CENTER INFORMATION.....	p 9
After-School Program	Vacation Days @ The MYC
Half Days @ The MYC	MYC Kid's Night Out

VACATION PROGRAMS.....p 10-11

April Vacation Archery	Cybercrawler Robot
April Vacation Soccer Clinic	Future Engineers
April Vacation Flag Football	RE/CO Robot
Clinic	Lil Ninja Warrior
Athletics	Lil Athletics
Bridges & Buildings	Ninja Warrior

SPRING 2023 PROGRAMS.....11-12

Developmental Smart Soccer	Smart Soccer
Flag Football	T-ball

ADULT PROGRAMS.....p 13-14

Adult Coed Softball League	Indoor Tennis Lessons
Adult Intro to Crossfit	Intro to Knitting
Beginner Pickleball Lessons	Kripalu Yoga
Cardio Dance Party!	Mens Pick-Up Basketball
Cornhole Tournament	Pickleball Tips & Techniques
Country Line Dancing	Pilates
Country Nite Club Two-Step	West Coast Swing
Indoor AM & PM Pickleball	

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

RECREATION DEPARTMENT INFORMATION

COMMUNITY RESOURCES DIRECTOR

BARRY DEBLASIO
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bdeblasio@plymouth-ma.gov

PROGRAM SUPERVISOR

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MEMORIAL HALL DIRECTOR

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

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 or call our weather hotline 508-747-1620 Ext. 10321, 30 minutes prior to the start of your program.

FACEBOOK PAGE

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

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.*****

LOCAL COMMUNITY ORGANIZATIONS

Plymouth Youth Soccer

www.plymouthyouthsoccer.com

Plymouth Vikings Football & Cheer

www.plymouthvikings.org/

South Plymouth Football & Cheer (Jaguars)

www.psyf.net

Recreation Dept. NFL Flag Football League

www.plymouthrec.com

Recreation Dept. Basketball League

www.plymouthrec.com

South Plymouth Basketball

www.southbball.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 Baseball & Softball

www.plymouthybs.org

Plymouth Youth Wrestling Club

pshspe@aol.com

Plymouth Youth Hockey

www.plymouthyouthhockey.net

Plymouth Rock Lacrosse (Boys+Girls)

www.plymouthrocklacrosse.com

South Plymouth Cub Scout Pack 1620

cubscoutpack1620@gmail.com

Cub Scout Pack #51

newmember.cubscoutpack51@gmail.com

Cub Scout Pack #47

www.pack47plymouth.scoutlander.com

Girl Scouts of Eastern Mass

www.girlscoutseasternmass.org

Plymouth Family Network

www.facebook.com/pfnpta

WINTER PRESCHOOL PROGRAMS

PRESCHOOL OOEEY 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

Session 2: Wednesday January 18th-February 8th

Session 3: Wednesday March 8th-March 29th

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-10:15a

Fee: \$60 per child (4 classes)

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 17th-February 7th

Session 4: Tuesday March 14th-April 4th

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$40 per child (4 classes)

INDOOR SMART SOCCER

AGES 4-7

This program 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-sided play. Players experience our "Smart Soccer" philosophy of promoting fundamental skills and sportsmanship. *Shin guards are recommended for children, but are not required*

Session 1: Tuesday January 10th-February 14th

Session 2: Tuesday March 7th-April 11th

Ages 4-5: 4:30p-5:30p

Ages 6-7: 5:40p-6:40p

Location: Memorial Hall - Auditorium (83 Court St)

Fee: \$80 per child (6 classes)

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.

Instructor: Meryl

Session 3: Wednesday January 11th-February 15th

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$105 per child (6 classes)

CAST - CANDY CHARACTERS ACTING PROGRAM

AGES 5-6

This intro to acting is perfect for young aspiring actors. Children will explore acting through a variety of theatre games. During each class participants will create a unique Candy Character. Be it a Snickers Bar, Sour Patch Kid, or other sweet confection kids will have a ball exploring character traits and making a character T-shirt costume. They will work as a group to write a candy skit to be performed for family members. There will be a performance for immediate family members on Wednesday February 15th at 4:30p.

Instructor: Plymouth CAST Director - Vickie Culligan

Session 1: Wednesday January 11th-February 15th

Time: 4:30p-5:15p

Fee: \$165 per child (5 classes plus the show on 2/15)

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

Weather Hotline: 508-747-1620 Ext. 10321 or www.plymouthrec.com | Office: 508-747-1620 Ext. 10137

Winter 2023 | Plymouth Recreation Department Program Guide

WINTER 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 3: Thursday January 12th-February 16th

Session 4: Thursday March 9th-April 13th

Time: 10:00a-10:30a

Fee: \$50 per child (6 classes)

Location: Memorial Hall-Auditorium (83 Court St)

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 10th-February 14th

Session 4: Tuesday March 7th-April 11th

Time: 10:00a-10:30a

Fee: \$50 per child (6 classes)

Location: Memorial Hall-Auditorium (83 Court St)

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 3: Tuesday January 10th-February 14th

Session 4: Tuesday March 7th-April 11th

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 3: Thursday January 12th-February 16th

Session 4: Thursday March 9th-April 13th

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-10:00a

Fee: \$55 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. 3 year olds must have taken Parent and Tot dance before they can take Preschool Dance.

Instructor: Open Space Studio Instructor

Session 3: Thursday January 12th-February 16th

Session 4: Thursday March 9th-April 13th

Location: Manomet Youth Center (659 State Rd)

Time: 10:15a-11:00a

Fee: \$60 per child (6 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 3: Sunday February 19th- March 19th

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

Location: Manomet Youth Center (659 State Road)

Fee: \$55 per child (5 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 3: Friday January 6th-February 10th

Session 4: Friday March 3rd-April 7th

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

Time: 4:30p-5:00p

Fee: \$90 per child (6 classes)

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 3: Tuesday January 10th-February 14th

Session 4: Tuesday March 7th-April 11th

Time: 1:45p-2:30p

Fee: \$55 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

PRESCHOOL ACROBATICS

AGES 3-5

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 3: Tuesday January 10th-February 14th

Session 4: Tuesday March 7th-April 11th

Time: 10:00a-10:45a

Fee: \$65 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

FREE PLAY FRIDAY'S

AGES 1-4

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.

Session 2: Friday January 13th-February 17th

Session 3: Friday March 3rd-April 14th

Time: 9:30a-11:30a

Location: Manomet Youth Center (659 State Rd)

Fee: \$24 per session (6 classes - no class 4/7)

ONE-HIT WONDERS

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 - Blue Room (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: Thursday February 9th

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: Thursday March 16th

Spring

With springtime comes 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 spring more fun than ever with these wonderful spring-themed projects!

Date: Thursday April 6th

WINTER YOUTH PROGRAMS

INTRO TO CROSSFIT FOR KIDS

AGES 7-11

CrossFit Kids is a strength and conditioning program that is specifically designed for kids and helps them develop a lifelong love of fitness. In a group setting, children and teens participate in fun and engaging workouts that deliver measurable results and prepare them to be well-rounded athletes.

Session 1: Monday January 9th-February 13th

Time: 5:30p-6:15p

Fee: \$90 per child (5 classes - no class 1/16)

Location: Baystate Crossfit (118 Long Pond Rd)

TEEN SPRING SPORTS TRAINING

AGES 14-18

CrossFit is a strength and conditioning program that combines several activities, including weightlifting, sprinting, powerlifting, rowing, gymnastics, plyometrics, and medicine ball training perfect for any athlete to gain strength and stamina for their favorite sport.

Session 1: Tuesday & Thursday February 28th-March 16th

Time: 3:00p-4:00p

Fee: \$90 per child (6 classes)

Location: Baystate Crossfit (118 Long Pond Rd)

INTRO TO CROSSFIT FOR TEENS

AGES 12-17

CrossFit Teens is a strength and conditioning program designed for both athletes and non-athletes ranging from ages 12-17. The program combines age-appropriate weightlifting and gymnastics with high intensity training scaled to individual ability to deliver optimal fitness and performance, as well as to establish a lifetime love of fitness.

Session 1: Tuesday & Thursday January 10th-February 9th

Time: 5:15p-6:15p

Fee: \$140 per child (10 classes)

Location: Baystate Crossfit (118 Long Pond Rd)

SKY ZONE

AGES 6-12

Join us at Sky Zone for 90 minutes of action packed fun! Children will be split up in to two ages group, 6-8 and 9-12, each age group will spend 45-minutes on the new Air Court attraction and 45-minutes of private dodgeball. Anyone attending this event must be pre-registered with the Recreation Dept. Check-in starts at 4:40p, and all participants must be checked in by 5:00p to participate.

Date: Friday March 10th

Time: 5:00p-6:30p

Fee: \$35 per child

Location: Skyzone Trampoline Park (Kingston Collection)



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WINTER 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 3: Tuesday January 10th-February 14th

Session 4: Tuesday March 7th-April 11th

Location: Village Sports Club (30 Golf Drive)

Time: 4:30p-5:30p 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 3: Thursday January 12th-February 16th

Session 4: Thursday March 9th-April 13th

Location: Village Sports Club (30 Golf Drive)

Time: 4:30p-5:30p Fee: \$135 per child (6 classes)

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 3: Saturday February 18th- March 18th

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)

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.

Instructor: Jaime Houde

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

Session 1: Wednesday March 8th-April 5th

Time: 4:45p-5:30p Fee: \$45 per child (4 classes - no class 3/29)

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 3: Friday January 6th-February 10th

Session 4: Friday March 3rd-April 7th

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

Time: 5:15p-6:00p Fee: \$90 per child (6 classes)

MINECRAFT MASTER ENGINEERING

AGES 8-12

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by Lego® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.

Instructor: PlayWell Technologies

Location: Manomet Youth Center (659 State Road)

Session 1: Tuesday March 7th-April 11th

Time: 6:00p-7:00p

Fee: \$130 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 3: Tuesday January 10th-February 14th

Session 4: Tuesday March 7th-April 11th

Location: Village Sports Club (30 Golf Drive)

Time: 3:30p-4:30p 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. Rackets will be provided if needed free of charge.

Session 3: Thursday January 12th-February 16th

Session 4: Thursday March 9th-April 13th

Location: Village Sports Club (30 Golf Drive)

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

INDOOR FLAG FOOTBALL CLINIC

AGES 7-9

Participants will be put through various drills and activities during the clinic, which will help them develop their flag football skills and gain a better understanding of the game.

Instructor: Coach Sam

Session 1: Wednesday January 11th-February 15th

Session 2: Wednesday March 8th-April 12th

Time: 4:30p-5:15p Fee: \$50 per child (6 classes)

Location: Memorial Hall - Auditorium (83 Court St)

BABYSITTER SAFETY TRAINING

AGES 11.5 & UP

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

Session 2: Saturday February 11th

Instructor: Bette Antonellis

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 3: Monday January 9th-February 27th

Session 4: Monday March 6th-April 10th

Instructor: Open Space Dance Studio

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

Time: 5:00p-5:45p

Fee: \$60 per child (6 classes - no class 1/16 & 2/20)

WINTER YOUTH PROGRAMS

WINTERLAND LEARN TO ICE SKATE

AGES 4-15

For participants ages 4-15 with little or no formal skating instruction, our group skating classes teach skating basics in a fun and comfortable environment. This program helps prepare participants for all skating goals – hockey, figure skating or recreational skating with family and friends. Start your skating journey here and continue through our affiliated organizations. Skaters will be grouped by age and/or ability as possible.

- A helmet, such as a bike helmet or HECC helmet, is required and must be provided by the participant. Label the helmet with First Name, Last Initial on the front before arriving.
- 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
- Participants learn falling down and getting up the first week. Help your skaters with this first lesson by viewing our instructional video and working with participants before you arrive: <https://www.youtube.com/watch?v=jF5uPzEEY8Y>

Instructor: Winterland Instructors

Session 3: Sunday January 8th-February 26th

Session 4: Sunday March 5th-April 30th

Time: 2:00p-2:50p

Fee: \$184 per child (8 classes - no class 4/9)

Location: Armstrong Arena (103 Long Pond Rd)

FMC LEARN TO ICE SKATE- YOUTH & TOT

AGES 4-15

For participants ages 4-15 with little or no formal skating instruction, our group skating classes teach skating basics in a fun and comfortable environment. This program helps prepare participants for all skating goals – hockey, figure skating or recreational skating with family and friends. Start your skating journey here and continue through our affiliated organizations. Skaters will be grouped by age and/or ability as possible.

- A helmet, such as a bike helmet or HECC helmet, is required and must be provided by the participant. Label the helmet with First Name, Last Initial on the front before arriving.
- 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
- Participants learn falling down and getting up the first week. Help your skaters with this first lesson by viewing our instructional video and working with participants before you arrive: <https://www.youtube.com/watch?v=jF5uPzEEY8Y>

Instructor: FMC Instructors

Session 3: Wednesday January 4th-February 22nd

Session 4: Wednesday March 1st-April 19th

Location: Armstrong Arena (103 Long Pond Rd)

Youth (Ages 6-15) Time: 4:30p-4:55p

Tot (Ages 4-6) Time: 4:55p-5:20p

Fee: \$160 per child (8 classes)

CAST - BROADWAY BOUND FAIRYTALES COLLIDE ACTING PROGRAM

AGES 7-11

Broadway Bound Acting class is back this winter with a Fairytales collide theme. Young actors will explore acting, singing, and dancing! Featuring songs and scenes from shows like the "Into the Woods" and more. Get ready for Fairytale fun with CAST this winter! There will be a performance for immediate family members on Thursday March 2nd at 5:00p.

Instructor: Plymouth CAST Director - Vickie Culligan

Session 2: Thursday January 12th-February 16th

Time: 5:00p-6:00p

Fee: \$175 per child (6 classes plus show on 3/2)

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

LACROSSE! COME TRY IT!

AGES 6-11

Is your child interested in learning more about the sport of lacrosse? This intro 101 lacrosse clinic will cover the basic rules of the sport through fun games and drills. Lacrosse regulations, safety, equipment, and demonstrations will give beginners an understanding of the game. No lacrosse equipment required except for mouth guards.

Instructor: Coach Sam

Date: Wednesday January 18th

Ages 6-8 Time: 5:30p-6:30p

Ages 9-11 Time: 6:45p-7:45p

Fee: \$20 per child (1 class)

Location: Memorial Hall Auditorium (83 Court St)

LACROSSE! INDOOR WINTER CLINIC

AGES 6-11

This is the perfect introduction to the sport of lacrosse!

The goal of this program is to teach the basic skills of lacrosse in a fun, high-energy environment through drills, demonstrations, and games. Basic stick skills, catching and throwing, scooping ground balls, shooting, dodging, and defense will all be covered during the four-week clinic. No lacrosse equipment required except for mouth guards.

Instructor: Coach Sam

Session 1: Wednesday March 1st-March 22nd

Ages 6-8 Time: 5:30p-6:30p

Ages 9-11 Time: 6:45p-7:45p

Fee: \$50 per child (4 classes)

Location: Memorial Hall - Auditorium (83 Court St)

SOLAR BOT.14

AGES 7-11

Come and take home your very own 14 in 1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Take part in one of the alternative energies that is used most widely across the globe. Use your own creativity, put your mind in motion, and create your own designs!

Instructor: Minds in Motions

Session 1: Tuesday January 17th-February 28th

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

Time: 4:30p-5:30p

Fee: \$125 per child (6 classes - no class 2/21)

WINTER YOUTH PROGRAMS

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 2: Saturday February 18th

Instructor: Bette Antonellis & Denise Laiosa

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 January 12th-February 16th

Session 2: Thursday March 9th-April 13th

Location: Manomet Youth Center (659 State Rd)

Time: 5:30p-6:45p

Fee: \$25 per child (6 classes)

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!

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

*hours are subject to change due to programming schedule

Fee: \$75 after January 3rd 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: 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: 7:00a-6:00p

Ages: 6-12

Fee: MYC Members-\$10

Non-MYC Members-\$15

Dates: 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: 11/24, 11/25, 12/23, 12/26, 1/2, 1/16, 2/20, 4/14, 5/29

KID'S NIGHT OUT

Ages 6-12

The Manomet Youth Center will be hosting three Friday night "Parties". They are open to 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 and challenge each other to matches of ping-pong, pool and air hockey! Masks are required for all attendees at all times. During pizza time, children will be spread out throughout the facility allowing them to eat and be socially distant from their peers.

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



VIDEO GAME NIGHT

The evening will include video game tournaments all night. We will have the inflatable screen set up in the gym to play games, on Nintendo Switch on them.

When: Friday January 20th

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 February 10th

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: Friday March 10th

MINDS IN MOTION VACATION STEM PROGRAMS

CYBERCRAWLER ROBOT

AGES 7-11

Build and take home your very own CyberCrawler Robot! This smart coding robotics kit entertains and teaches programming skills to inquisitive young future robotic engineers! With the aid of your instructor, you will each assemble your own robot that consists of 76 pieces. Once completed, a simple press-button programming keypad embedded on its cranium will send your CyberCrawler on its way! You can design obstacles and maze courses with your classmates and see how far you can go. With a maximum storage capacity of 64 tasks, your CyberCrawler Robot will be a terrific starter tool to learn the joy of coding! This very cool robot's LEDs illuminate as it executes whatever you command. Come and join this fascinating and educational robotic experience!

Date: Tuesday February 21st-Friday February 24th

Time: 9:00a-12:00p

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

Fee: \$145 per child (4 days)

BRIDGES & BUILDINGS

AGES 7-11

Do you ever wonder how bridges span huge distances and how skyscrapers stay standing? Get ready to get your mind in motion as you work with and take home your very own Bridges and Skyscrapers Set! Learn all about basic structural elements and witness firsthand the forces acting on structural components! With your kit, you can build up to 20 model building experiments that each demonstrate a basic principle of mechanical physics or structural engineering in a hands-on way. Learn about the strength of materials as you compete with your classmate to see who can build the tallest tower using the pieces in this kit! Challenge yourself building different types of bridges such a suspension bridge or cable stayed bridge. Come bring out the architect side of you as you enter the fascinating world of structural engineering and explore the magic of STEM!

Date: Tuesday February 21st-Friday February 24th

Time: 12:30-3:30p

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

Fee: \$145 per child (4 days)

RE/CO ROBOT

AGES 7-11

Build and take home your very own RE/CO Robot! RE/CO robot is a mechanical off-roading adventure! It comes equipped with an infrared sensor and artificial intelligence. Its ability to be controlled wirelessly, and its tank-like tracks, make it perfect for rugged conditions! With the wireless remote control added, RE/CO Robot can access new play modes like storytelling, singing, dancing, and even programming. Students can enjoy guiding it over all sorts of terrain or allow the friendly robot to lead the way, using its infrared sensor to find a clear path in patrol mode. For parents who look to get the most out of their children's time, RE/CO Robot is a great all in one package! It combines assembling with 106 pieces, STEAM learning with infrared sensors, programming with easy directional commands, and having fun with the freedom of a handy wireless remote control!

Date: Tuesday April 18th-Friday April 21st

Time: 9:00a-12:00p

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

Fee: \$145 per child (4 days)

FUTURE ENGINEERS

AGES 7-11

If you like to create and build things, this program is for you! Take home your very own engineering kit! You will build up to 8 working models including a material lift, stationary bike, crane bridge, construction crane, and a windmill! With the aid of your instructor and the easy-to-follow manual, you will learn different scientific principles involving pulleys and mechanics. You will also learn about basic circuits as you construct a Maze Challenge, Flying Disc, Turbo Air, and Alarm System with our STEM Lab kit! As future engineers, the STEM lab will teach you how to comprehend a schematic diagram and interpret the flow of electricity. Design your own diagrams and watch your confidence soar as you transform wires, springs, and plastic parts into fully functioning circuits. Come obtain the necessary skills and experience to take on the technological challenges of the future!

Date: Tuesday April 18th-Friday April 21st

Time: 12:30-3:30p

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

Fee: \$145 per child (4 days)

Children who sign up for both AM & PM will have a supervised 30 minute lunch

APRIL VACATION PROGRAMS

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: Wednesday February 22nd (Snow date 23rd)

Time: 8:30a-9:20a

Fee: \$30 per child (1 class)

Location: Memorial Hall - Auditorium (83 Court St)

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: Wednesday February 22nd (Snow date 23rd)

Instructor: Knucklebones Staff

Location: Memorial Hall - Auditorium (83 Court St)

Time: 9:30a-12:30p

Fee: \$55 per child (1 class)

LIL ATHLETICS

AGES 4-5

Children will play a myriad of different, skill enhancing athletic activities and games. From learning to kick using RhinoSkin balls to practicing throwing, playing Messy Backyard and much more, we make sure your child is active and having fun while developing a passion for play that will stay with them! Sneakers are required.

Date: Wednesday February 22nd (Snow date 23rd)

Time: 8:30a-9:20a

Fee: \$30 per child (1 class)

Location: Memorial Hall - Auditorium (83 Court St)

ATHLETICS

AGES 6-8

Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Each class your child will play a myriad of different, skill enhancing athletic activities and games. From learning to kick using RhinoSkin balls to practicing throwing, playing Messy Backyard and much more, we make sure your child is active and having fun while developing a passion for play that will stay with them! Sneakers are required.

Date: Wednesday April 19th

Instructor: Knucklebones Staff

Location: Memorial Hall - Auditorium (83 Court St)

Time: 9:30a-12:30p

Fee: \$55 per child (1 class)

APRIL VACATION SOCCER CLINIC

AGES 4-11

We have partnered with New England Futsal 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. *Rain make-up Friday April 21st*

Dates: Tuesday April 18th-Thursday April 20th

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

Little Kickers

Ages: 4-6 year olds

Time: 9:00a-10:30a Fee: \$60 per child

Soccer Juniors

Ages: 7-11 year olds

Time: 10:30a-1:00p Fee: \$80 per child

APRIL VACATION ARCHERY CLINIC

AGES 8-12

Archery is a sport that nearly anyone can pursue. Students learn how to properly hold and load a bow, and gain an appreciation for being patient and positive. Our youth archery program offers children the unique opportunity to discover the joy of shooting a bow as well as learning about different disciplines of the sport. Each day the children will learn to develop proper shooting form based on the National Training System.

Instructor: Dee Sachetti

Location: Forges Adult Softball Field 1 (83 Jordan Rd)

Date: Monday April 17th - Thursday April 20th

Time: 1:00p-3:00p

Fee: \$155 per child (4 classes, 4/21 rain make up date)

APRIL VACATION FLAG FOOTBALL CLINIC

AGES 7-13

This clinic is designed as an introduction to football, teaching the skills of passing, receiving, running with the ball, and defense.

The camp will stress skill development and game competition.

Rain make-up Friday April 21st

Dates: Tuesday April 18th-Thursday April 20th

Location: Forges Lower Football Field (83 Jordan Rd)

Time: 1:00p-3:00p

Fee: \$65 per child (3 classes)

**CHECK OUT
PLYMOUTHREC.COM FOR
RECENTLY ADDED PROGRAMS!!!!**

SPRING 2023 PROGRAMS

T-BALL

This program is designed to keep your favorite t-ball player active during the Spring months and to prepare your young athlete for the youth baseball leagues in town. Fee includes instruction and t-shirt.

*Please make sure to bring a glove, sneakers and water for your child.

*There are no player or team requests. Siblings will be placed together.

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

Date: Sunday April 23rd-May 21st

*fee includes 5 classes & team shirt

Age: 3

Time: 9:00a-9:30a

Fee: \$50 per child

Age: 4-6

Time A: 9:45a-10:30a

Time B: 10:45a-11:30a

Time C: 11:45a-12:30p

Fee: \$65 per child

SPRING 2023 PROGRAMS

SPRING 2023 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. We have partnered with New England Futsal to help coach the program.

Dates: Saturday April 8th - May 20th (no program 4/15 could be used as a make-up)

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

Age: 3

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

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

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

Fee: \$50 per child

Age: 4-5

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

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

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

Group 7: 12:50p-1:50p

Fee: \$80 per child

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.

Ages: 6-7

Dates: Saturday April 8th - May 20th (no program 4/15 could be used as a make-up)

Time: 8:00a-9:00a Location: Forges Soccer Field #1 (83 Jordan Rd)

Fee: \$85 per child (fee includes 6 classes & team shirt)

NFL FLAG FOOTBALL LEAGUE

4 YEAR OLD DEVELOPMENTAL PROGRAM

This program is run by our Recreation staff. The goal of this program is to teach children a fun and non-competitive way to play the game of flag football. There are no teams for the league, and the program is strictly run by Recreation Staff. Space for the program is extremely limited.

Dates: Thursday April 6th - May 18th (no flag 4/20)

Time: 4:30p-5:15p

Location: Forges Field (83 Jordan Rd)

Fee: \$80 per child (includes NFL Jersey)

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 6th - May 18th (no flag 4/20)

Time: 5:30p-6:30p

Location: Forges Field (83 Jordan Rd)

Fee: \$105 per child (includes NFL Jersey)

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. Volunteer coaches are needed! ***Game nights are subject to change due to weather and make-ups.

7-9 & 10-13 League Dates: Friday nights April 7th - June 2nd (additional weeks for playoffs; no flag 4/21, 6 games)

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

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

Fee: \$105 per child (includes NFL Jersey)

*Evaluations are required for ALL PLAYERS

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

REGISTRATION OPENS: NOVEMBER 21ST FOR PLYMOUTH RESIDENTS

NOVEMBER 28TH FOR NON-RESIDENTS

REGISTRATION CLOSES: FEBRUARY 18TH OR WHEN FULL.

13-16 YEAR OLD LEAGUE

This extremely successful and competitive flag football league is for high school players looking to continue playing football during the Spring. Teams typically practice at least once a week and play one game a week. We do not take any special requests for player placement, all teams are done in a draft format. Players must attend at least 1 practice a week to be eligible for game play. Volunteer coaches are needed! ***Game nights are subject to change due to weather and make-ups.

Dates: Thursday April 6th - June 1st (additional weeks for playoffs; no flag 4/20, 6 games, top 4 teams make the playoffs)

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

Location: Forges Field (83 Jordan Rd)

Fee: \$105 per child (includes NFL Jersey)

WINTER 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 2: Wednesday January 4th-25th

Session 3: Wednesday February 15th-March 8th

Location: Plymouth Harbor Knits (170 Water St)

Time: 4:30p-6:00p Fee: \$65 per person (4 classes)

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: Laurette Ryan

Session 3: Monday January 9th-February 27th

Session 4: Monday March 6th-April 10th

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

Time: 6:00p-7:00p

Fee: \$55 per person (6 classes - no class 1/16 or 2/20)

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 2: Tuesday January 10th-February 7th

Session 3: Tuesday March 21st-April 18th

Location: Memorial Hall - Auditorium (83 Court St)

Time: 1:00p-2:30p

Fee: \$50 per person (5 classes)

COUNTRY NITE CLUB TWO STEP

AGES 18+

NC2 was created in the 1960s by Buddy Schwimmer (the father of Benji Schwimmer of So You Think You Can Dance fame) It is danced to soft rock or country ballads that have a quick quick slow beat. The dance is suited to a nightclub or wedding. It is often used to enhance the basic slow dance. NC2 is also called California two step.

This is a partner's only class

Instructor: Paul & Kelly Wybieracki

Dates: Tuesday January 17th-February 21st

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.

CARDIO DANCE PARTY WORKOUT

AGES 18+

Fun dancing through the decade' workout. Enjoyable dance-style cardio class with favorite pop music from the 70s, 80s, 90s and today. All fitness levels welcome. Comfortable clothing, sneakers and water bottle recommended. Burn calories and have fun doing it!

Instructor: Laurette Ryan

Session 1: Monday January 9th-February 27th

Session 2: Monday March 6th-April 10th

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

Time: 7:15p-8:15p

Fee: \$55 per person (6 classes - no class 1/16 or 2/20)

INTRO TO COUNTRY LINE DANCING

AGES 18+

Here is a beginner level class to learn popular country, pop and ballroom line dances. Great exercise and lots of fun. No partner required.

Instructor: Kelly Wybieracki

Session 3: Tuesday January 17th-February 21st

Session 4: Tuesday March 7th-April 11th

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

Time: 6:00p-7:00p

Fee: \$55 per person (6 classes)

ADULT COED SOFTBALL LEAGUE

AGES 18+

Join our fun and competitive coed adult softball league!

Teams play one game per week. We will start accepting team registrations Monday January 30th. Team registration forms plus a non-refundable 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 6th, 2023. 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 Anne Slusser at aslusser@plymouth-ma.gov

There is a MANDATORY USSSA 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 24th - July 20th

(make-up games on Thursdays or Fridays)

Location: Forges Adult Softball Field (83 Jordan Rd)

Time: 7:00p or 8:15p Fee: \$775 per team

(10 game season plus top 8 teams make the playoffs)

WEST COAST SWING

AGES 18+

WCS is a social partner danced with roots from Lindy Hop.

It's popular because it is danced to many music genres and tempos. It is primarily danced in a slotted area making it perfect for dancing in a small or crowded space. There are opportunities for improvisation that add to the fun.

This is a partner's only class

Instructor: Paul & Kelly Wybieracki

Dates: Tuesday March 7th-April 11th

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.

ADULT INTRO TO CROSSFIT

AGES 18+

Think small group classes while being personally trained. You can expect to move through about 5-15 minutes of a warmup followed by a skill or strength section before moving into whatever the workout is programmed for the day. Movements/workouts are individually adjusted and scaled for each athlete based on their physical ability.

Session 1: Monday & Thursday January 9th-February 13th

Fee: \$140 per person (10 classes - no class 1/16)

Time: 5:15p-6:15p

Location: Baystate Crossfit (118 Long Pond Rd)

WINTER ADULT PROGRAMS

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 3: Thursday January 12th-February 16th

Session 4: Thursday March 9th-April 13th

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)

INDOOR AM PICKLEBALL

AGES 18+

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 paddle). Space is limited!! YOU MUST REGISTER TO PLAY.

Session 2: Wednesday January 11th-February 15th

Session 3: Wednesday March 1st-April 5th

Beginner/Intermediate Time: 8:00a-9:30a

Intermediate/Advanced Time: 9:30a-11:00a

Fee: \$18 per person (6 classes)

Location: Memorial Hall - Auditorium (83 Court Street)

INDOOR PM 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 5: Monday January 9th-February 27th

Session 6: Thursday January 12th-February 16th

Session 7: Monday March 6th-April 10th

Session 8: Thursday March 2nd-April 6th

Time: 6:00p-8:00p

Fee: \$28 per person (6 classes - no class 1/16 & 2/20)

Location: Memorial Hall - Auditorium (83 Court Street)

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 3: Tuesday January 10th-February 14th

Session 4: Tuesday March 7th-April 11th

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 3: Thursday January 12th-February 16th

Session 4: Thursday March 9th-April 13th

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)

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 3: Thursday January 12th-February 16th

Session 4: Thursday March 2nd-April 6th

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

Time: 6:30p-7:45p

Fee: \$65 per person (6 classes)

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 2: Thursday January 12th-March 9th

Session 3: Thursday March 23rd-May 18th

Location: Manomet Youth Center (659 State Rd)

Session 2 Time: 7:15p-9:15p

Session 3 Time: 7:00p-9:00p

Fee: \$40 per person (8 nights - no program 2/23 or 4/20)

PLYMOUTH REC CORNHOLE TOURNAMENT

Break those winter blues and join us for our 6th annual Cornhole Tournament! Come challenge your friends and co-workers to a game of corn hole! Teams of 2 can register online at www.plymouthrec.com. Make sure to register early! Beer and wine will be available for purchase.

Date: Saturday February 11th, 2023 Time: Registration & Warm-up 4:30-5:00pm - Bags Fly @ 5:00pm

Location: Memorial Hall Auditorium (83 Court St.) Fee: \$40 per team pre-registered or \$50 per team at the door (Teams of 2)

Must be 18+ to play

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

PRIZES!! \$120 for 1st, \$80 for 2nd, \$60 for 3rd for Competitive Bracket & Gift Certificates will be awarded for the social bracket

To register for the event visit www.plymouthrec.com. If you do not have an account, you will need to create an account.

If your phone number is showing you have an account, give the office a call and we can register you over the phone with a credit card.

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Saturday, April 22nd 2023 - 8pm



Sunday Feb 19th, 7pm

The PPO presents SHAKEN, NOT
STIRRED: MUSIC OF JAMES
BOND



Saturday January 28th 7:30pm & Sunday
January 29th 3pm 2023



The PPO presents COME
TOGETHER: MUSIC OF THE
BEATLES



Saturday May 21st 7:30pm & Sunday May
22nd 2023 - 3pm

