

A photograph of a child flying a rainbow kite on a beach. The child is standing on a grassy dune, looking up at the kite. The background shows the ocean and a clear sky. The text is overlaid on the top half of the image.

# **PLYMOUTH RECREATION DEPARTMENT**

## **SPRING / SUMMER PROGRAM GUIDE 2023**

**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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Business Sharks with Right Brain Curriculum	Parent & Tot Dance
Champions Golf Lessons	Parkour
Cheerleading Clinic	Pirates and Mermaids Dance
Chess Wizards	Play-Well Teknologies
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T-ball
Smart Soccer
Developmental Soccer League
NFL Flag Football

# ABOUT THE RECREATION DEPARTMENT

## The Recreation Department hours are:

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

### RESIDENT REGISTRATION STARTS

**MARCH 13<sup>th</sup> (ONLINE, MAIL-IN & IN OFFICE)**

**NON RESIDENT REGISTRATION STARTS MARCH 20<sup>th</sup>**

## HOW TO REGISTER:

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

## NON-RESIDENT SURCHARGE

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



# SUMMER EMPLOYMENT OPPORTUNITIES

## HALF-DAY SUMMER PROGRAM STAFF

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

## BEACH/POND STAFF

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

If you are interested in one of our summer employment opportunities please fill out an application found at [www.plymouth-ma.gov](http://www.plymouth-ma.gov) under Forms & Documents - Human Resources - Employment Application or by visiting the Human Resources office located on the 4<sup>th</sup> floor at Town Hall. Do not come to the Recreation Department for an application.

## RECREATION DEPARTMENT INFORMATION

### COMMUNITY RESOURCES DIRECTOR

BARRY DEBLASIO  
508-830-4230 Ext. 111  
[bdeblasio@plymouth-ma.gov](mailto:bdeblasio@plymouth-ma.gov)

### PROGRAM SUPERVISOR

SAM BOTELHO  
508-747-1620 Ext. 10196  
[sbotelho@plymouth-ma.gov](mailto:sbotelho@plymouth-ma.gov)

### MEMORIAL HALL DIRECTOR

JOE GOLDBERG  
508-747-1620 Ext. 21100  
[jgoldberg@plymouth-ma.gov](mailto:jgoldberg@plymouth-ma.gov)

### RECREATION DIRECTOR

ANNE SLUSSER  
508-747-1620 Ext. 10136  
[aslusser@plymouth-ma.gov](mailto:aslusser@plymouth-ma.gov)

### OFFICE MANAGER / PROGRAM ADMIN

KRISTINE FOSTER  
508-747-1620 Ext. 10137  
[khfooster@plymouth-ma.gov](mailto:khfooster@plymouth-ma.gov)

### MYC DIRECTOR/REC ASSISTANT

CATHERINE CALABRO  
508-747-1620 Ext. 10203  
[ccalabro@plymouth-ma.gov](mailto:ccalabro@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  
[plymouthyouthwrestling.com](http://plymouthyouthwrestling.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!**

# SPRING 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 A: Thursday April 27<sup>th</sup>-June 1<sup>st</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\*

## SPORTS STARS

AGES 3-6

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

Session A: Tuesday April 25<sup>th</sup>-May 30<sup>th</sup>

Time: 1:45p-2:30p Fee: \$55 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

## PRESCHOOL KARATE

AGES 4-6

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

Instructor: Sensei Mike Murphy

Session A: Friday April 28<sup>th</sup>-June 9<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 5/26)

## 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 April 28<sup>th</sup>-May 26<sup>th</sup>

Time: 9:30a-11:30a

Location: Manomet Youth Center (659 State Rd)

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

## 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 A: Thursday April 27<sup>th</sup>-May 25<sup>th</sup>

Time: 1:00p-1:45p

Location: Manomet Youth Center (659 State Road)

Fee: \$55 per child (5 classes)

## 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 A: Tuesday April 25<sup>th</sup>-May 30<sup>th</sup>

Session Time A: 5:30p-6:00p

Session B: Thursday April 27<sup>th</sup>-June 1<sup>st</sup>

Session Time B: 4:30p-5:00p

Location: Village Racquet and Fitness (30 Golf Dr)

Fee: \$95 per child (6 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 A: Tuesday May 2<sup>nd</sup>-23<sup>rd</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$40 per child (4 classes)

## 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 A: Monday April 24<sup>th</sup>-June 5<sup>th</sup>

Session B: Tuesday April 25<sup>th</sup>-May 30<sup>th</sup>

Time: 10:00a-10:30a

Fee: \$50 per child (6 classes - no class 5/29)

Location: Memorial Hall-Auditorium (83 Court St)

\*Enter through back ticket door only\*

## PRESCHOOL OOY 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: Thursday May 4<sup>th</sup>-May 25<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 2:00p-2:45p

Fee: \$60 per child (4 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: Miss Amy

Session A: Thursday April 27<sup>th</sup>-June 1<sup>st</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 10:15a-11:00a

Fee: \$60 per child (6 classes)

# SPRING PRESCHOOL PROGRAMS

## PARENT & TOT DANCE

AGES 2-3 & PARENT

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

Instructor: Miss Amy

Session A: Thursday April 27<sup>th</sup>-June 1<sup>st</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-10:00a

Fee: \$55 per child (6 classes)

## SMART SOCCER- WEEKNIGHTS

AGES 3-5

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.

Session A: Tuesday April 25<sup>th</sup>-May 30<sup>th</sup>

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

### Ages 3:

Time: 4:30p-5:00p

Fee: \$50 per child (6 classes)

### Ages 4-5:

Time: 5:15p-6:15p

Fee: \$80 per child (6 classes)

## TUMBLE WITH ME

AGES 2-3 & PARENT

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

Instructor: Coach Catherine & Coach Kristine

Session A: Wednesday April 26<sup>th</sup>-May 31<sup>st</sup>

Time A: 9:30a-10:00a or Time B: 10:05a-10:35a

Fee: \$50 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

## ADVANCED TUMBLE WITH ME

AGES 4-5

This class is designed for children that feel confident following direction and participating in a group environment type of class without their parents presence. We will help your child develop strength, perceptual and gross motor development, directionality, following sequences & directions, body awareness and coordination skills.

Instructor: Coach Catherine & Coach Kristine

Session A: Wednesday April 26<sup>th</sup>-May 31<sup>st</sup>

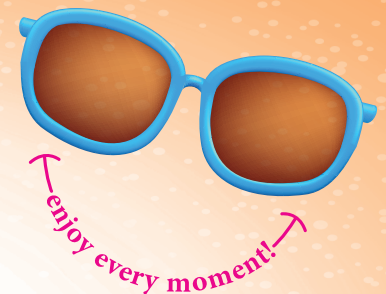
Time: 10:45a-11:30a

Fee: \$60 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

Hello  
Summer

PH



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# SPRING 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 A: Tuesday April 25<sup>th</sup>-May 30<sup>th</sup>

Location: Village Racquet and Fitness (30 Golf Drive)

Time: 4:30p-5:30p

Fee: \$135 per child (6 classes)

## HOT SHOTS TENNIS

AGES 10-12

Students will train with real tennis balls and on a full court. Students will learn the 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 A: Thursday April 27<sup>th</sup>-June 1<sup>st</sup>

Location: Village Racquet and Fitness (30 Golf Drive)

Time: 4:30p-5:30p

Fee: \$135 per child (6 classes)

## HOME ALONE & STAYING SAFE

GRADES 4 & 5

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

Session A: Saturday May 6<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)

## 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 A: Saturday June 3<sup>rd</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 A: Thursday April 27<sup>th</sup>-June 1<sup>st</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 5:30p-6:45p

Fee: \$25 per child (6 classes)

## MIDDLE/HIGH SCHOOL LEVEL 1 TENNIS

AGES 13-16

Students will enhance their skills to get prepared to have match play. Students will work on footwork and positioning. All Pros are USTA and USPTR certified. Rackets will be provided if needed free of charge.

Session A: Tuesday April 25<sup>th</sup>-May 30<sup>th</sup>

Location: Village Racquet & Fitness (30 Golf Drive)

Time: 3:30p-4:30p

Fee: \$135 per child (6 classes)

## INTRO TO KARATE

AGES 7-12

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

Instructor: Sensei Mike Murphy

Session A: Friday April 28<sup>th</sup>-June 9<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 5/26)

## 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 A: Wednesday May 3<sup>rd</sup>-June 21<sup>st</sup>

Location: Armstrong Arena (103 Long Pond Rd)

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

Tot (Ages 4-6) Time: 4:30p-4:55p

Fee: \$160 per child (8 classes)



**VISIT: [WWW.PLYMOUTHREC.COM](http://WWW.PLYMOUTHREC.COM)**



# SPRING YOUTH PROGRAMS

## TENNIS LESSONS

AGES 6-14

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

Instructor: Scott Froman

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

Date: Tuesday May 23<sup>rd</sup>-June 13<sup>th</sup>

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

Date: Thursday May 25<sup>th</sup>- June 15<sup>th</sup>

Ages: 10-14 years old Time: 4:15p-5:45p

Fee: \$70 per child (4 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 A: Wednesday May 3<sup>rd</sup>-24<sup>th</sup>

Time: 4:45p-5:30p

Fee: \$45 per child (4 classes)

## YOUTH VOLLEYBALL

AGES 8-13

Join Old Colony High School Coach - Lauren McGowan in our instructional youth volleyball program. This is a perfect opportunity for your child to be introduced to the sport of volleyball in a fun and non-competitive environment.

Date: Wednesday April 26<sup>th</sup>-May 31<sup>st</sup>

Location: Memorial Hall - Auditorium (83 Court St)

Ages 8-10 Time: 5:30p-6:30p

Ages 11-13 Time: 6:35p-7:35p

Fee: \$65 per child (6 classes)

## INTRO TO SKATEBOARDING CLINIC

AGES 7-12

Designed for beginner skateboarders with little to no experience, this class teaches fundamental skateboarding tricks and skills. Concentrating on balance, turning, accelerating, stopping, transitions, dropping in, Ollies, and a variety of other skills, we not only teach tricks but help participants develop confidence to apply them on their own. Proper safety equipment (helmet, knee and elbow pads, and wrist guards) and skateboards are required. For those that can't bring them, they will be provided but you must let us know upon registration. Participants must keep all safety gear on at all times and wear athletic shoes.

Session A: Saturday May 6<sup>th</sup>

Instructor: Knucklebones

Location: Nathaniel Morton Elementary Parking Lot (6 Lincoln St)

Time: 9:00a-12:00p

Fee: \$60 per child (1 class)

## 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 A: Monday April 24<sup>th</sup>-May 22<sup>nd</sup>

Time: 5:30p-6:15p

Fee: \$90 per child (5 classes)

Location: Baystate Crossfit (118 Long Pond Rd)

## 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!

Instructor: Open Space Dance Studio

Session A: Monday April 24<sup>th</sup>-June 5<sup>th</sup>

Time: 5:00p-5:45p

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

Fee: \$60 per child (6 classes - no class 5/29)

**NEED FINANCIAL ASSISTANCE?  
REACH OUT TO THE RECREATION  
DEPARTMENT AT:  
RECADMIN@PLYMOUTH-MA.GOV**

## 6-IN-1 SPACE FLEET ROBOT

AGES 7-11

Build and take home your very own Solar Space Fleet Robot! The Solar Space Fleet Kit is an innovative solar powered science kit that can transform into six different lunar modules. Using your own mini solar panel, watch as direct sunlight brings the kits to life! Come and create six different working models including a Space Station, Space Rover, Space Explorer, Astronaut, Space Shuttle, and Space Dog. Watch as it moves around and speeds up or slows down depending on the intensity of light as you learn, experiment, and have fun with solar power! Each complete model can also be powered by your very own mini rechargeable battery.

Instructor: Minds in Motions

Session A: Tuesday May 2<sup>nd</sup>-June 6<sup>th</sup>

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

Time: 4:30p-5:30p

Fee: \$125 per child (6 classes - no class 5/29)



# SPRING TEEN / ADULT PROGRAMS

## POWERLIFTING AT BAYSTATE CROSSFIT

AGES 18+

BSCF Powerlifting is a welcoming environment for anyone who wants to get stronger while improving technique for the big three lifts: squat, bench and deadlift. Each class is structured with a programmed warm up, main lifts and accessory work. Whether you want to attend on a consistent basis and work toward a new PR or stop in for extra strength work, all are welcome regardless of experience. Participants can choose 2 days a week during the 5 week session to attend classes.

Choose two weekly: Sundays at 8:00-9:00a, Wednesdays at 6:30a-7:30a or Fridays 6:30a-7:30a

Session Dates: April 23<sup>rd</sup>-May 26<sup>th</sup>

Fee: \$140 per person (10 classes)

Location: Baystate Crossfit (118 Long Pond Rd)

## COUPLES WALTZ DANCE

AGES 18+

One of the oldest and most popular ballroom dances of all time. Considered "the mother of all dances", it is a must for weddings and social functions.\*This is a partner's only class\*

Instructor: Paul & Kelly Wybieracki

Session A: Tuesday April 25<sup>th</sup>-May 30<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.

## PILATES

AGES 18+

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

Instructor: Laurette Ryan

Session A: Monday April 24<sup>th</sup>-June 5<sup>th</sup>

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

Time: 6:00p-7:00p

Fee: \$55 per person (6 classes - no class 5/29)

## 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: Paul & Kelly Wybieracki

Session A: Tuesday April 25<sup>th</sup>-May 30<sup>th</sup>

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

Time: 6:00p-7:00p

Fee: \$55 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 A: Thursday June 1<sup>st</sup>-July 20<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 7:00p-9:00p

Fee: \$40 per person (8 nights)

## MASTERS BAYSTATE CROSSFIT

AGES 45+

Coach Scott Graham started CrossFit masters as a coach due to a high percentage of drop offs in the age group of 45 plus. The methodology of the program is simple. As we age, our bodies naturally start to lose muscle mass and strength. Strength training after the age of 45 offers numerous physical and mental benefits. Not only does it help build muscle mass and strengthen bones, but it also improves cardiovascular health while reducing stress levels and improving cognitive function overall. If you're looking for ways to improve your health as you get older, regular strength training should certainly be part of your fitness routine! Participants can choose 2 days a week during the 5 week session to attend classes.

Choose two weekly: Sundays at 8:00-9:00a, Wednesdays at 6:30a-7:30a or Fridays 6:30a-7:30a

Session Dates: April 23<sup>rd</sup>-May 26<sup>th</sup>

Fee: \$140 per person (10 classes)

Location: Baystate Crossfit (118 Long Pond Rd)

## 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 A: Wednesday May 3<sup>rd</sup>-24<sup>th</sup>

Location: Plymouth Harbor Knits

(170 Water St, Village Landing)

Time: 4:30p-6:00p

Fee: \$65 per person (4 classes)

## 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 A: Tuesday May 16<sup>th</sup>-June 20<sup>th</sup>

Location: Forges Field Pickleball Courts

Time: 1:00p-2:30p

Fee: \$60 per person (6 classes)

## STROLLER STRONG

AGES 18+

More than a workout, this class brings fitness and community to a whole other level! Stroller Strong is for caregivers of all fitness levels. This fitness class incorporates cardio, functional strength training, core work and flexibility. We will end the class with a kid-friendly activity to incorporate socialization and sensory play. Children must remain secured in strollers after warm-up and during workout for safety reasons. Need to step away to tend to your little one? No problem! We will maximize your time to get a great workout, and still be able to tend to your child!

Instructor: Coach Kristine

Session A: Monday April 24<sup>th</sup>-June 5<sup>th</sup>

Location: Siever Field Basketball Courts (112 Standish Ave)

Time: 10:00a-11:00a

Fee: \$50 per person (6 classes - no class 5/29)

# SPRING TEEN / ADULT PROGRAMS

## INDOOR TENNIS ADULT LEVEL 1

AGES 18+

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

Location: Village Racquet and Fitness (30 Golf Dr)

Session A: Tuesday April 25<sup>th</sup>-May 30<sup>th</sup>

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.

Location: Village Racquet and Fitness (30 Golf Dr)

Session A: Thursday April 27<sup>th</sup>-June 1<sup>st</sup>

Time 1: 5:30p-6:30p Time 2: 6:30p-7:30p

Fee: \$135 per person (6 classes)

## LADIES TENNIS

AGES 18+

Join a tennis program which provides 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

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

Session A: Tuesday & Thursday May 23<sup>rd</sup>-June 15<sup>th</sup>

Time: 6:00p-8:00p

Fee: \$75 per person (8 classes)

## 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 A: Monday April 24<sup>th</sup>-June 5<sup>th</sup>

Time: 7:05p-8:05p

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

Fee: \$55 per person (6 classes - no class 5/29)

## 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.

\*Paddle rackets provided by Village Racquet\*

Session A: Thursday April 27<sup>th</sup>-June 1<sup>st</sup>

Location: Village Racquet and Fitness (30 Golf Dr)

Time A: 9:00a-10:00a Time B: 10:00a-11:00a

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

Fee: \$105 per person per time slot (6 classes)

## KRIPALU YOGA

AGES 18+

Looking for yoga experiences that will make you feel fabulous? Under the guidance of our certified instructor Jayne Sutton you will explore stretches and postures designed to open up your entire body. Simple breathing techniques will be introduced to help calm the mind and energize your body. Participants must be able to get up and down from the floor without assistance (chair). Participants must supply their own exercise mat.

Instructor: Jayne Sutton

Session A: Thursday April 20<sup>th</sup>- May 25<sup>th</sup>

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

Time: 6:30p-7:45p Fee: \$65 per person (6 classes)

## 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 A: Tuesday & Thursday April 25<sup>th</sup>-May 25<sup>th</sup>

Time: 5:15p-6:15p

Fee: \$140 per child (10 classes)

Location: Baystate Crossfit (118 Long Pond Rd)

## 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 A: Monday & Thursday April 24<sup>th</sup>-May 25<sup>th</sup>

Time: 5:15p-6:15p

Fee: \$140 per person (10 classes)

Location: Baystate Crossfit (118 Long Pond Rd)

## INDOOR 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. Space is limited!! YOU MUST REGISTER TO PLAY.

Session A: Monday April 24<sup>th</sup>-June 5<sup>th</sup>

Session B: Thursday April 27<sup>th</sup>-June 1<sup>st</sup>

Time: 6:00p-8:00p

Fee: \$28 per person (6 classes - no class 5/29)

Location: Memorial Hall - Auditorium (83 Court Street)

## OUTDOOR PICKLEBALL

AGES 18+

Come join us 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 A: Tuesday & Thursday May 9<sup>th</sup>-June 22<sup>nd</sup>

Location: Forges Pickleball Courts (83 Jordan Rd)

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

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

Fee: \$28 per person (7 weeks)

**\*There are no instructors at this program\***

Weather Hotline: 508-747-1620 Ext. 10321 or [www.plymouthrec.com](http://www.plymouthrec.com) | Office: 508-747-1620 Ext. 10137

Spring/Summer 2023 | Plymouth Recreation Department Program Guide



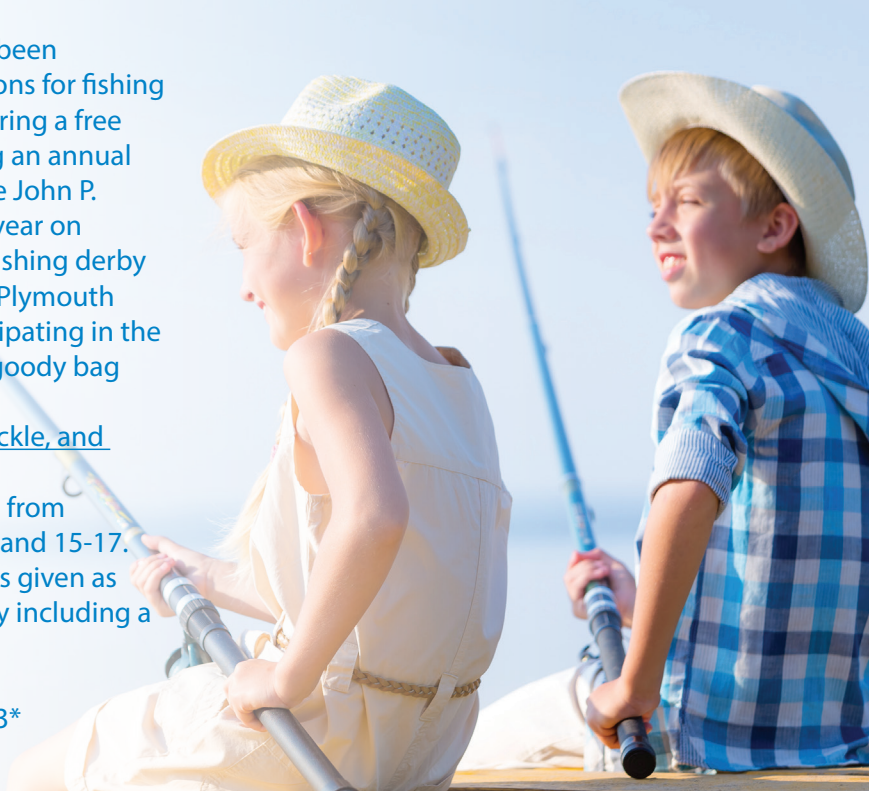
# JOHN P. MCKENNA YOUTH FISHING DERBY

The John P. McKenna Youth Fishing Derby has been established with hopes of sharing John's passions for fishing with other members of the community by offering a free day of fun for kids and their families by hosting an annual fishing derby. All proceeds raised will fund the John P. McKenna Youth Fishing Derby, to be held this year on Saturday May 13<sup>th</sup>, 2023 at Morton Park. The fishing derby is free and open to all children ages 3-17 from Plymouth and surrounding communities. Children participating in the derby are provided with fishing instruction, a goody bag and prizes.

Please make sure you bring your own bait & tackle, and fishing rod.

Registration is at 8:00a, with the event running from 9:00a-12:30p. Age groups are 3-7, 8-10, 11-14 and 15-17. There will be lots of tackle and rod/reel combos given as prizes along with trophies in each age category including a grand prize for the biggest fish.

\*The rain date will be on Sunday May 14<sup>th</sup>, 2023\*



## APRIL VACATION STEM PROGRAMS

### 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 18<sup>th</sup>-Friday April 21<sup>st</sup> 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 18<sup>th</sup>-Friday April 21<sup>st</sup> 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

## APRIL VACATION SOCCER CLINIC

AGES 4-11

We have partnered with New England Futsal to offer this is a 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. (3 classes)

Dates: Tuesday April 18<sup>th</sup> - Thursday April 20<sup>th</sup> \*Friday April 21<sup>st</sup> is the Rain Date\*

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 PARKOUR CLINIC AGES 6-13

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

Instructor: Parkour Generations

Location: Memorial Hall - Auditorium (83 Court St)

Dates: Tuesday April 18<sup>th</sup>-Thursday April 20<sup>th</sup>

Time: 1:00p-4:00p

Fee: \$170 per child (3 days)

## 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!

Date: Wednesday April 19<sup>th</sup>

Time: 8:30a-9:20a

Fee: \$30 per child (1 class)

Location: Memorial Hall - Auditorium (83 Court St)

## 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 21<sup>st</sup>\*

Dates: Tuesday April 18<sup>th</sup>-Thursday April 20<sup>th</sup>

Location: Forges Lower Football Field (83 Jordan Rd)

Time: 1:00p-3:00p

Fee: \$65 per child (3 classes)

## 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 17<sup>th</sup> - Thursday April 20<sup>th</sup>

Time: 1:00p-3:00p

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

## 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 19<sup>th</sup>

Instructor: Knucklebones Staff

Location: Memorial Hall - Auditorium (83 Court St)

Time: 9:30a-12:30p

Fee: \$55 per child (1 class)

# APRIL VACATION WITH NATURAL RESOURCES

## FOOTHILLS PRESERVE FAMILY EXPLORATION!

Join Plymouth's Marine and Environmental Department at the Foothills Preserve for look at the native animal and plant species of Plymouth. This fun exploration will highlight the beautiful nature within our community while surveying the trails of the property. An in depth showing through the Mobile Wildlife Exhibit, led by Natural Resources Specialists, will include local animals, fish, furs, and other exciting items. Please make sure to wear rain boots and dress according to the weather! Parent participation is required for this program. Program is geared toward school age children.

Date: Tuesday April 18<sup>th</sup>

Time: 2:00p-3:00p

Location: Foothills Preserve (85 Beaver Dam Rd)

Fee: \$15 per family (Rain Date April 20<sup>th</sup>)

## HERRING RUN EXPLORATION!

AGES 7-11

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

Date: Wednesday April 19<sup>th</sup>

Time: 10:00a-11:00a

Location: Jenny Grist Mill (6 Spring Lane)

Fee: \$10 per child (Rain Date April 20<sup>th</sup>)



# TOWN OF PLYMOUTH BEACHES AND PONDS

Summer 2023

The Plymouth Recreation Department is responsible for operating five waterfront areas including two ocean beaches and three ponds. Plymouth Beach & Morton Park are open, and staffed with lifeguards, weekends starting Memorial Day weekend. All five beaches open daily starting Saturday, June 24<sup>th</sup>. The Recreation Department does not supervise Plymouth Long Beach or the Cross Over. For more information on those areas please contact the Environmental Management Dept. at 508-747-1620 x10127

**Resident Beach Parking Stickers and 4X4 Stickers** can be purchased online at <https://www.plymouth-ma.gov> or in the Collectors office on the 2<sup>nd</sup> floor of Town Hall starting May 15<sup>th</sup>, 2023. **PLEASE NOTE: MOST STICKERS PURCHASED IN 2022 ARE STILL VALID UNTIL DECEMBER 2023. Check your sticker for the expiration date.**

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

**Parking Fees:** ALL vehicles without a resident beach parking sticker must pay the following parking fees:

- Plymouth Beach/Fresh Pond/Hedges Pond: \$20 every day
- Morton Park: \$20 weekdays; \$25 weekends & holidays

\*Motor Homes pay \$30 per day\*

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

## PLYMOUTH BEACH: 130 Warren Avenue

Ocean beach, very popular with both locals and tourists.

Hours: 9AM-5PM

Restrooms: Yes

Concession Stand: Yes

## WHITE HORSE BEACH: Taylor Avenue

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

Hours: 9AM-5PM

Restrooms: Portable Toilets on Taylor Ave.

Concession Stand: No

Other: Parking on Taylor Ave and the Whitehorse Beach Parking District is limited to Plymouth Resident Beach Sticker Parking only.

## MORTON PARK: end of Morton Park Road

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

Hours: 9AM-5PM

Restrooms: Yes

Concession Stand: No

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

## FRESH POND: 220 Bartlett Road

This is a quaint little neighborhood freshwater pond with beach.

Hours: 9AM-5PM

Restrooms: Yes

Concession Stand: No

Other: There is a boat launch for small boats

## HEDGES POND: 158 Hedges Pond Road

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

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

Restrooms: Yes

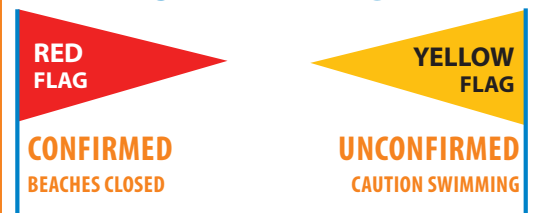
Concession Stand: No

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

## Beach Policies & By Laws

- No alcohol on any beaches
- No glass containers
- No loud music
- Dogs must be on a 6ft leash (or less) and under control at all times
- No open fires
- No boats within 150 ft of a swimmer
- No jet skis on Morton, Fresh or Hedges Pond
- No fishing in designated swimming areas during hours of operation.
- All personal flotation devices must meet Coast Guard approval
- Lifeguards have final say in rule enforcement
- Drones & kites are not allowed on beaches Memorial Day through Labor Day
- \*No charcoal grills are allowed at any beach\*

## SHARK FLAG



## PLYMOUTH RECREATION FACILITIES AND PARKS

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

### LEGEND

	PLAYGROUND EQUIPMENT		BASEBALL/SOFTBALL
	SWIMMING (seasonal lifeguards)		SOCCER
	SMALL BOAT LAUNCH		BASKETBALL
	FISHING		TENNIS
	PICNIC AREA		SKATEBOARD PARK
	SCENIC TRAIL		CONCESSIONS (seasonal)
	BIKE PATH		RESTROOMS (seasonal)
			PARKING FEES (seasonal)



## OPEN SPACE HIKE

The Open Space Committee will sponsor a community hike in the upland side of Center Hill Preserve on Saturday May 20<sup>th</sup> at 11 AM. Participants of all ages are invited at no charge to walk this varied habitat with members of the Open Space Committee. School age children are most welcome. We will be walking through upland oak and pine forest, and around a decommissioned cranberry bog. Some parts of the trail are flat, others hilly. We will pass through different ecosystems. Dress appropriately for the weather, bring water and bug spray as necessary. No dogs, please. After this walk, we invite you to explore the ocean beach side of the Center Hill Preserve, for another and different experience.

Date: Saturday May 20<sup>th</sup> Time: 11:00a  
 Location: Center Hill Preserve (158 Center Hill Rd)  
 Length: 1 hour - Approximately 1.3 miles  
 \*Rain Date: Sunday May 21<sup>st</sup> at 1:00p\*

## BOATING SAFETY COURSE

### TAKE A FREE BOATING SAFETY COURSE

Classes are for adults and youth 12 years of age and older. Family participation is encouraged and has proven to be very rewarding. All graduates in the 12 through 15 year-old age group will be issued a safety certificate allowing them to operate a motorboat without adult supervision, as required by state law. The same is true for 16 and 17 year old youth who wish to operate a personal watercraft. All courses are NASBLA accredited and reciprocal nationwide.



Date: Monday April 17<sup>th</sup>-Thursday April 20<sup>th</sup> Time: 6:00p-9:00p  
 Location: Plymouth Maritime Facility (185 Water St)  
 Fee: Free

To register for the free class, please visit:

<https://www.mass.gov/forms/mep-boating-safety-course-online-enrollment-form>  
 Class ID: 4871



### PLYMOUTH PHILHARMONIC ORCHESTRA Spring Concerts

**Time for Three ~ April 29 | 7 PM**

Two-time Grammy winners perform a benefit concert for *the Phil*.

**Come Together: The Beatles**

**May 20 | 7:30 and May 21 | 3 PM**

*The Phil* POPS with music of The Beatles!



Scan for tickets!



[plymouthphil.org](http://plymouthphil.org) | 508.746.8008





# RED CROSS SWIM LESSONS AT MORTON PARK 2023

## GROUP LESSONS

**Session 1:** Monday-Wednesday June 26<sup>th</sup>-July 19<sup>th</sup> (no class July 4<sup>th</sup>)

**Session 2:** Monday-Wednesday July 24<sup>th</sup>-August 16<sup>th</sup>

**CHECK  
PLYMOUTHREC.COM  
FOR CLASS LEVEL  
TIMES**

## PRIVATE LESSONS & SEMI-PRIVATE LESSONS

Private and semi-private lessons will take place this summer on Thursday and Friday's, between 9:30a-4:20pm.

**In order to participate, children must be at least 4 years of age for group lessons. Children must be at least 3 for private/semi-private lessons.**

**Registration is available online for group lessons only, to schedule private lessons, you must call the Recreation Department to check availability.** Please call 508-747-1620 Ext. 10137

**Group Lessons:** - \$65 per child, per session **\*There are no rain make-ups for group lessons\***

**Private / Semi-Private Swim Lessons (PRIVATE/SEMI)** - \$30 residents/\$40 non-residents per child per half hour  
\$40 resident/\$50 non-resident (up to 2 children)

### LEVEL 1 – WATER EXPLORATION

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

### LEVEL 2 – PRIMARY SKILLS

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

### LEVEL 3 – STROKE DEVELOPMENT

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

### LEVEL 4 – STROKE IMPROVEMENT

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

### LEVEL 5 – STROKE REFINEMENT

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

### LEVEL 6 – SKILL PROFICIENCY

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



# MYC KIDS NIGHT OUT SUMMER SERIES

You can register online at  
[www.plymouthrec.com](http://www.plymouthrec.com) or call  
508-747-1620 x.10137



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

AGES 6-12  
6pm-9:30pm

**\$15**  
PER NIGHT

## GAGA NIGHT



FRIDAY, JULY 14<sup>TH</sup>

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

## VIDEO GAME NIGHT

FRIDAY, JULY 21<sup>ST</sup>

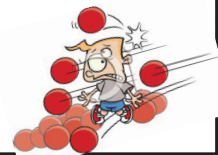
VIDEO GAME TOURNAMENTS ALL NIGHT.  
SMASH BROTHERS, MARIO KART, AND JUST  
DANCE....PRIZES ALL NIGHT!



FRIDAY, JULY 28<sup>TH</sup>

## DODGEBALL

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



# SUMMER YOUTH PROGRAMS

## SUMMER T-BALL

AGES 3-6

Back by popular demand the Recreation Dept. will be hosting our Summer T-ball program. The program is designed to prepare your young athlete for the youth baseball leagues in town. Fee includes instruction and t-shirt.

Dates: Wednesday July 5<sup>th</sup>-August 2<sup>nd</sup>

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

Session D: Age 3 years old

Time: 2:15p-2:45p Fee: \$50 per child (5 classes)

Session E: Age 4-6 years old

Time: 3:00p-3:45p Fee: \$65 per child (5 classes)

## PARENT & TOT DANCE

AGES 2-3 & PARENT

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

Session B: Saturday July 8<sup>th</sup>-29<sup>th</sup> Instructor: Open Space Studio

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-9:30a Fee: \$45 per child (4 classes)

## PRESCHOOL DANCE

AGES 3-6

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

Session B: Saturday July 8<sup>th</sup>-29<sup>th</sup> Instructor: Open Space Studio

Location: Manomet Youth Center (659 State Rd)

Time: 9:45a-10:30a Fee: \$50 per child (4 classes)

## LEARN TO ICE SKATE - TOT & YOUTH

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 B: Wednesday June 28<sup>th</sup>-August 16<sup>th</sup>

Time: 4:30p-4:55p Fee: \$160 per child (8 classes)

Location: Armstrong Arena (103 Long Pond Rd)

## LITTLE SPORTS STARS

AGES 2-3 & PARENT

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

Session C: Tuesday July 11<sup>th</sup>-August 1<sup>st</sup>

Location: Memorial Hall-Auditorium (83 Court St)

Time: 2:15p-2:45p

Fee: \$35 per child (4 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)

Session B: Tuesday July 11<sup>th</sup>-August 1<sup>st</sup>

Time: 3:00p-3:45p

Fee: \$40 per child (4 classes)

Location: Memorial Hall-Auditorium (83 Court St)

## LITTLE EXPLORERS

AGES 4-6

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

Session A: Thursday July 13<sup>th</sup>-August 3<sup>rd</sup>

Location: Hedges Pond (158 Hedges Pond Rd)

Time: 3:00p-3:45p

Fee: \$55 per child (4 classes)

## PRESCHOOL ARTS & CRAFTS CLINIC

AGES 4-6

Does your preschooler love art? Painting, drawing, clay- it's all awesome! We will experiment with many techniques, materials and styles as we make lots of different projects throughout the week. Come ready to have an artsy good time in this highly anticipated program!

Instructor: Coach Catherine

Date: Tuesday June 20<sup>th</sup>-Thursday June 22<sup>nd</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 2:00p-4:00p

Fee: \$60 per child (3 classes)

## LIL NINJA WARRIOR

AGES 3-5

Does your child love to run, jump, climb and tumble? Then this "play" on American Ninja Warrior is the perfect class. Each class your child will participate in stretching, elements, obstacles and games to help gross motor skills, fitness and fun. From swinging on a high bar to balance beams, climbing structures and tumbling on mats to leaping into a ball pit - your child is sure to have a blast!

Date: Monday July 17<sup>th</sup>-Thursday July 20<sup>th</sup>

Location: Forges Adult Softball Field (83 Jordan Rd)

Time: 8:30a-9:20a

Fee: \$111 per child (4 classes)

\*Friday will be used as the rain make-up\*

**NEED FINANCIAL ASSISTANCE? REACH OUT  
TO THE RECREATION DEPARTMENT AT:  
RECAADMIN@PLYMOUTH-MA.GOV**



# SUMMER YOUTH PROGRAMS

## MIND IN MOTION WORKSHOPS

### CYBERCRAWLER ROBOT

AGES 7-12

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: Monday July 31<sup>st</sup>-Friday August 4<sup>th</sup>

Time: 9:00a-12:00p

Fee: \$160 per child (5 classes)

Location: Manomet Youth Center (659 State Rd)

### BRIDGES AND BUILDINGS

AGES 7-12

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: Monday July 31<sup>st</sup>-Friday August 4<sup>th</sup>

Time: 12:30p-3:30p

Fee: \$160 per child (5 classes)

Location: Manomet Youth Center (659 State Rd)

## FOX WOODS FARMS HORSEMANSHIP PROGRAM

AGES 6-12

Horse lovers will learn how to properly handle a horse as they prepare to ride, gaining confidence in themselves and building a trusting relationship with their safe ponies and horses. Students participate in daily farm chore, riding, arts and crafts, games and more.

ASTM approved helmets only, and can be provided. No open toe shoes, boots preferred.

Session A: Tuesday July 11<sup>th</sup>-Thursday July 13<sup>th</sup>

Session B: Tuesday August 15<sup>th</sup>-Thursday August 17<sup>th</sup>

Time: 9:00a-12:00p

Fee: \$240 per child (3 classes)

Location: Fox Woods Farms (5 Foxwoods Rd, Plymouth)



## CIRCUIT LAB WORKSHOPS

### HANDS-ON ELECTRONICS

AGES 8-11

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

Dates: Monday August 14<sup>th</sup>-Friday August 18<sup>th</sup>

Time: 9:00a-12:00p Fee: \$190 per child

### APP INVENTORS

AGES 8-11

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

Dates: Monday August 14<sup>th</sup>-Friday August 18<sup>th</sup>

Time: 12:45p-3:45p Fee: \$190 per child

### FULL DAY OPTION

You can choose to take both the morning and afternoon class. Each student MUST bring their own lunch and the kids will have 45 minutes of supervised lunch time.

Instructor: Circuit Lab Instructors

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-3:45p Fee: \$345 per child

### CHESS WIZARDS

AGES 6-12

Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate, but full day kids should bring a lunch. Unleash your brain power and spend part of your vacation with Chess Wizards!

Session A: Monday August 7<sup>th</sup>-Friday August 11<sup>th</sup>

AM Time: 9:00a-12:00p

Fee: \$210 per child

PM Time: 12:00p-3:00p

Fee: \$210 per child

Location: Manomet Youth Center (659 State Rd)

### FULL DAY OPTION

You can choose to take both morning and afternoon class. Each child must bring their own lunch and will eat between 11:45a-12:15p.

Time: 9:00a-3:00p

Fee: \$310 per child



# SUMMER YOUTH PROGRAMS

## ARTS & CRAFTS CLINIC

AGES 6-10

Does your child love art? Painting, drawing, clay- it's all awesome! We will experiment with many techniques, materials and styles as we make lots of different projects throughout the week. Come ready to have an artsy good time in this highly anticipated program!

Instructor: Coach Catherine

Session A: Monday July 10<sup>th</sup>-Thursday July 13<sup>th</sup>

Session B: Monday July 17<sup>th</sup>-Thursday July 20<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 1:00p-4:00p

Fee: \$75 per child (4 classes)

## OOEY GOOEY SLIMEY FUN!

AGES 6-10

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 clinic children will make slime, have fun playing games and will have a bunch of cool slime creations to bring home.

Instructor: Coach Catherine

Date: Tuesday July 18<sup>th</sup>-Thursday July 20<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-12:30p

Fee: \$70 per child (3 classes)

## SUMMER VOLLEYBALL CLINIC

AGES 8-12

In this clinic athletes will learn drills, skills, new techniques and small sided play! The clinic is geared toward athletes who range from beginner to advanced skills. Students will be broken up into groups based on skills. The clinic is taught by Old Colony High School Coach - Lauren McGowan.

Date: Monday July 17<sup>th</sup>-Thursday July 20<sup>th</sup>

Location: Memorial Hall - Auditorium (83 Court St)

Time: 9:00a-12:00p

Fee: \$100 per child (4 classes)

## SUMMER NFL FLAG FOOTBALL LEAGUE

AGES 5-13

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

Date: Thursday July 6<sup>th</sup> - August 3<sup>rd</sup> (4 games)

Location: Forges Football Practice Field (83 Jordan Rd)

Fee: \$85 per child (includes NFL flag football jersey)

Age 5-6 practice/game time: 5:30p

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

## SOCCER CLINIC

AGES 6-12

New England Futsal has partnered with the Plymouth Rec Dept. to bring its fantastic and modern soccer clinic this July to Plymouth! Our modern soccer clinic focuses on the cognitive capacity of children as they develop their motor and soccer skills through smart games. Emphasis will be on core techniques such as how to beat the opponent, cognitive soccer games, 1 v 1, 2 v 1, 3 v 2, 4 v 4, while focusing on positional and team play.

Date: Monday July 17<sup>th</sup>-Thursday July 20<sup>th</sup>

Location: Forges Soccer 1 (83 Jordan Rd)

Time: 9:00a-12:30p

Fee: \$110 per child (4 classes)

**\*Friday will be used as the rain make-up\***

## ARCHERY CLINIC

AGES 8-12

Explore Archery is a versatile education activity program that is fun, rewarding, progressive, and most important – SAFE! In Explore Archery, students participate in individual and team-building activities that require fundamental skills, a competitive edge and a bit of creativity. Students will learn the basic steps to the shot cycle as well as range safety and etiquette. Whether participants are trying to pop a balloon or shoot a Robin Hood, they will stay engaged and keep coming back for more! All equipment is provided and no prior experience is needed.

Instructor: Dee Sacchetti, USA Archery Certified

Session A: Monday July 10<sup>th</sup>-Thursday July 13<sup>th</sup>

Session B: Monday July 31<sup>st</sup>-Thursday August 3<sup>rd</sup>

Time: 1:00p-3:00p

Location: Forges Adult Softball Field (83 Jordan Rd)

Fee: \$155 per child (4 classes)

**\*Friday used as the make-up date\***

## KNUCKLEBONES 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.

Instructor: Knucklebones Staff

Date: Monday July 17<sup>th</sup>-Thursday July 20<sup>th</sup>

Location: Forges Adult Softball Field (83 Jordan Rd)

Time A: 9:30p-12:30p

Time B: 1:00p-4:00p

Fee: \$195 per child (4 classes)

**\*Friday will be used as the rain make-up\***

## INTRO TO SKATEBOARDING CLINIC

AGES 7-14

Designed for beginner skateboarders with little to no experience, this class teaches fundamental skateboarding tricks and skills. Concentrating on balance, turning, accelerating, stopping, transitions, Ollies, and a variety of other skills, we not only teach tricks but help participants develop confidence to apply them on their own. Proper safety equipment (helmet, knee and elbow pads, and wrist guards) and skateboards are required. For those that can't bring them, let us know upon registration so we can provide them. Participants must keep all safety gear on at all times and wear athletic shoes.

Instructor: Knucklebones Staff

Session B: Monday August 7<sup>th</sup>-Thursday August 10<sup>th</sup>

Location: Forges Soccer Parking Lot #1

Time: 9:00a-12:00p

Fee: \$195 per child (4 classes)

**\*Friday will be used as the rain make-up\***

## FLAG FOOTBALL CLINIC

AGES 7-12

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

Date: Monday August 14<sup>th</sup>-Thursday August 17<sup>th</sup>

Location: Forges Lower Football Practice Field (83 Jordan Rd)

Instructor: Coach Sam

Time: 9:00a-11:15a

Fee: \$65 per child (4 classes)

**\*Friday will be used as the rain make-up\***

# SUMMER YOUTH PROGRAMS

## BUSINESS SHARKS WITH RIGHT BRAIN CURRICULUM

AGES 8-12

Got an idea for a side-less taco, a shirt that never stains or a no-spill baby bottle? Then it's time to put on your inventor's hat and design the business of your dreams! As our Right Brain Curriculum teachers get you up to speed on business plans, market competition, budgets, and presentation skills, you will bring your one-of-a-kind idea to life. You will design your flagship store, write, and perform in your own TV commercial and create a prototype of a product that will change the lives of millions. Armed with your "elevator pitch" you will present your business to our volunteer panel of Sharks in the Shark Tank, persuading them to get behind your big idea! So, get those wheels turning, it's time to take care of business!

Date: Monday August 21<sup>st</sup>-Thursday August 24<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p

Fee: \$165 per child (4 classes)



## CHEERLEADING CLINIC

AGES 6-10

Plymouth North Cheer team is coming off an incredible season! They are the 2021 Fall South Regional Champions and 3rd in the State in Division 2 (2021). PN Cheer strives to provide an exciting atmosphere filled with team work and a strong work ethic! PN Cheer is so excited to work with the youth in Plymouth and to share their passion with you!

Date: Monday August 14<sup>th</sup>-Thursday August 17<sup>th</sup>

Location: Forges Adult Softball Field (83 Jordan Rd)

Time: 9:00a-11:00a Fee: \$65 per child (4 classes)

**\*Friday will be used as the rain make-up\***

## SUMMER BASKETBALL

AGES 6-11

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

Date: Tuesday July 11<sup>th</sup>-August 15<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Ages 6-8 Time: 5:00p-6:00p

Ages 9-11 Time: 6:10p-7:10p

Fee: \$65 per child (6 classes)

## CHAMPIONS GOLF LESSONS

AGES 9-14

Champions Indoor Golf is offering lessons in their brand new facility in Pinehills. It's the ideal location for aspiring young golfers to either, get their first introduction to the game, or advance their skills. Clinics focus on engaging junior golfers with a variety of fun activities and practice drills that will begin to build the basic fundamentals and athletic skills needed to start playing on course. Programs are designed to get youngsters interested in the game of golf and prepared to compete in junior tournaments. With focus on short game, such as chipping and putting, Mid iron game and of course the driver. Champions indoor golf also has over 400 great golf courses to play as well!

Session 1: Monday June 26<sup>th</sup>-Thursday June 29<sup>th</sup>

Session 2: Monday August 7<sup>th</sup>-Thursday August 10<sup>th</sup>

Location: Champions Indoor Golf at The Pinehills

(30 Golf Dr, inside Village Sports Club)

Time: 9:00a-12:00p

Fee: \$175 per child (4 classes)

## WHALE AND DOLPHIN CONSERVATION SUMMER 2023 EVENT @ MEMORIAL HALL

AGES 6-12

Join the WDC this summer at Memorial Hall for a 1 time special event to learn all about the Green Whale and marine mammal anatomy. Children will be split into two groups by age, and each group will spend 45 minutes learning and exploring each of the different sections described below. **DON'T MISS THIS AMAZING OPPORTUNITY TO EXPLORE DELILAH IN A LIFE SIZE INFLATABLE NORTH ATLANTIC RIGHT WHALE!**

### The Green Whale

Whales play an amazing role in an ecosystem that keeps every creature on Earth alive, including you! By providing important nutrients to phytoplankton, whales play a vital role in helping to provide over half the oxygen you breathe. During this program, students will discover the fascinating wonders of plankton while observing them through a microscope, learn how whales sustain life on earth and fight climate change and explore the relationship between whales and plankton through the food web.

### Marine Mammal Anatomy - Delilah

With our life-sized, inflatable North Atlantic Right Whale model, Delilah, students will learn about marine mammalogy. Through hands-on activities, students will learn about the whale's internal & external anatomy – focusing on adaptations for survival. Students will also explore life-sized whale artifacts, such as bones and baleen.

Date: Tuesday August 15<sup>th</sup>

Location: Memorial Hall (83 Court St)

Time: 1:00p-2:30p

Fee: \$25 per child (1 class)



# SUMMER YOUTH PROGRAMS

## ENCANTO DANCE FIESTA

AGES 5-10

Come and join the magic of the movie, Encanto, as we create dances and crafts, and even some magic tricks, inspired by this new Disney classic. We will even watch the movie on "The Big Screen." Dancers will learn about the film throughout the week and parents will be delighted with our end of week performance of some Jazz, Hip Hop, and Latin moves to some of Encanto's award winning music!

Date: Monday June 26<sup>th</sup>-Thursday June 29<sup>th</sup>

Location: Open Space Studio (Kingston Collection)

Time: 9:00a-12:00p Fee: \$140 per child (4 classes)

## PIRATES AND MERMAIDS DANCE

AGES 4-8

Ahoy ye Pirates and Mermaids! Join us as we go on an adventure under the sea through dancing, games and crafts. Themes will be centered around the Disney movie "The Little Mermaid", and the Disney Channel show "Jake and the Neverland Pirates". No prior dance experience needed, Performance for family on the last day of the week.

Date: Monday August 7<sup>th</sup>-Thursday August 11<sup>th</sup>

Location: Open Space Studio (Kingston Collection)

Time: 9:00a-12:00p

Fee: \$140 per child (4 classes)

## WILD ABOUT DANCE

AGES 5-10

"Wild about dance", a jazz and creative movement four day workshop! Dancers will go wild each day with fun dance and animal/ jungle craft activities! Dancers will even have a scavenger hunt! No prior dance experience needed, Performance for family on the last day of the week.

Date: Monday July 31<sup>st</sup>-Thursday August 3<sup>rd</sup>

Location: Open Space Studio (Kingston Collection)

Time: 9:00a-12:00p Fee: \$140 per child (4 classes)

## FAIRYTALE ADVENTURES

AGES 3-6

This class is perfect for your preschooler! We utilize creative movement and dance each day related to our daily Disney theme! Create fun arts and crafts related to each theme such as: mermaids, snowmen, wands and more. Enjoy adventures in learning, growing, and sharing through dance, theatre and crafts. Performance for family on the last day of the week.

Monday- Ariel and Friends Tuesday- Elsa and Olaf

Wednesday- Rapunzel and Pascal

Thursday- Belle, Beast and Friends

Date: Monday July 24<sup>th</sup>-Thursday July 27<sup>th</sup>

Location: Open Space Studio (Kingston Collection)

Time: 9:00a-12:00p

Fee: \$140 per child (4 classes)

## PLAY-WELL TEKNOLOGIES

### POKEMON ENGINEERING USING LEGO®

AGES 5-7

Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic PlayWell Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!

Date: Monday July 24<sup>th</sup>-Thursday July 27<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p Fee: \$125 per child (4 classes)

### MANDALORIAN MISSIONS USING LEGO®

AGES 8-12

Master The Way of the Mandalorian in this Star Wars inspired LEGO® Engineering experience. Venture through the galaxy in your custom gauntlet fighter to rescue Baby Yoda, build grappling hooks to pull ourselves to safety or rescue an ally from the treacherous Sarlacc Pit. Allow our Play-Well instructor to help get you ready to complete multiple missions all over the galaxy

Date: Monday July 24<sup>th</sup>-Thursday July 27<sup>th</sup>

Location: Manomet Youth Center

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

**\*Please note in both of these classes, participants WILL NOT keep the LEGO sets.**

## BASEBALL CLINIC

AGES 6-10

Join us in a program designed for youngsters just starting out in baseball as well as for those who have baseball experience. Skills, game and activities will include throwing, fielding, hitting, and situational baseball.

Instructor: Coach Sam

Date: Monday July 10<sup>th</sup>-July 13<sup>th</sup>

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

Time: 9:00a-11:30a Fee: \$75 per child (4 classes)

**\*Friday will be used as the rain make-up\***

## CAST - ACTING CLINICS

AGES 6-10

### CAST BROADWAY BOUND

For young actors looking to explore the wonderful world of Theatre, CAST Broadway Bound is for you. Children explore acting through a variety of theatre games, and exercises. Session one we will include excerpts from Peter Pan to include scenes & songs with beloved characters like Tinkerbelle, Captain Hook, and his pirates, with Wendy, Michael, and John! Perhaps Captain Hook's nemesis the croc will also make an appearance. The session will culminate in a costumed showcase for friends and family.

Dates: Monday July 10<sup>th</sup>-Thursday July 13<sup>th</sup>

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

Time: 9:00a-12:00p

Fee: \$185 per child (4 classes)

### CAST - MASQUERADE SUMMER ADVENTURE

Comedy abounds in our Cast Masquerade Summer Adventure. During this session participants will pick a comedic script, learn acting skills, create characters, and design theatre masks to reflect their characters. The session will be filled with improvisational games, a group musical number combined with lots of fun and laughter. Our session will end with a Masquerade showcase for friends and family!

Dates: Monday July 17<sup>th</sup>-Thursday July 20<sup>th</sup>

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

Time: 9:00a-12:00p

Fee: \$185 per child (4 classes)



# SUMMER YOUTH PROGRAMS

## TENNIS CLINIC

AGES 8-12

This program is intended for boys and girls of all skill levels. Children will learn correct form on all strokes as well as learn the basics of singles and doubles strategies.

Instructor: Scott Froman

Session A: Monday June 26<sup>th</sup>-Thursday June 29<sup>th</sup>

Session B: Monday July 10<sup>th</sup>-Thursday July 13<sup>th</sup>

Session C: Monday July 17<sup>th</sup>-Thursday July 20<sup>th</sup>

Location: Plymouth South High Tennis Courts  
(490 Long Pond Rd)

Time: 8:30a-12:00p Fee: \$80 per child (4 classes)

**\*Friday will be used as the rain make-up\***

## TRACK & FIELD CLINIC

AGES 7-12

Track & Field is a sport for everyone. Events include running, jumping, throwing, hurdles, and relays. Children will learn basic skills of Track and Field. There is an event for everyone! Each day you will learn and participate in the following events: High Jump, Long Jump, Sprints, Hurdles, Middle Distance Running, Cross Country Running, Discus Throw, and Turbo Javelin.

Instructor: Plymouth Area High School Coach Sean Clifford

Dates: Monday June 26<sup>th</sup>- Thursday June 29<sup>th</sup>

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

Time: 8:30a-12:00p Fee: \$80 per child (4 classes)

**\*Friday used as the make-up date\***

## BASKETBALL CLINIC

AGES 8-12

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

Dates: Monday July 24<sup>th</sup>-Thursday July 27<sup>th</sup>

Location: Plymouth South Middle School (488 Long Pond Rd)

Time: 9:00a-12:30p Fee: \$85 per child (4 classes)

## LACROSSE CLINIC

AGES 7-12

Join Girls Head Lacrosse Coach Sam Botelho and Boys Head Coach Ben Kaliff in this fun clinic focused on building the important skills for the game of lacrosse. Beginner and intermediate players welcome, groups will be split by abilities. This clinic is for both boys and girls and at times they will be split focusing on their specific rules/game play.

Date: Monday August 7<sup>th</sup>-Thursday August 10<sup>th</sup>

Location: Forges Lower Practice Football Field (83 Jordan Rd)

Time: 9:00a-11:15a Fee: \$65 per child (4 classes)

**\*Friday will be used as the rain make-up\***

# HALF-DAY PLAYGROUND PROGRAMS

## WEST ELEMENTARY SCHOOL

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

Date: Monday-Friday June 26<sup>th</sup>-August 11<sup>th</sup>

Location: West Elementary School (170 Plympton Rd)

Ages: 4-12 Time: 9:00a -12:00p Fee: \$245 per child

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

## HEDGES POND

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

Date: Monday-Friday June 26<sup>th</sup>-August 11<sup>th</sup>

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

Ages: 4-12 Time: 9:00a -12:00p Fee: \$245 per child

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

## COUNSELOR IN TRAINING (CIT) PROGRAM

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

Date: Monday-Friday June 26<sup>th</sup>-August 11<sup>th</sup> Time: 8:45a-12:15p Ages: 13-15

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

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



# SUMMER TEEN/ADULT PROGRAMS

## 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 B: Thursday July 27<sup>th</sup>-September 14<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 7:00p-9:00p Fee: \$35 per person (8 nights)

## TEEN OPEN VOLLEYBALL

AGES 13-17

Join us this summer in the air conditioned Memorial Hall for our Teen OPEN Volleyball. The games are open to both mature boys and girls, who enjoy the competition of volleyball. Players can be beginners, but must have some knowledge of the game of volleyball. There is no coach for this activity, and players organize their own games. There is a staff person in the facility checking participants in and remain inside the facility for the duration of the games.

Dates: Tuesday June 27<sup>th</sup>- August 8<sup>th</sup>

Time: 6:00p-7:30p

Location: Memorial Hall - Auditorium (83 Court St)

Fee: \$30 prepaid for 6 nights (no program 7/4)

## 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 B: Tuesday & Thursday June 27<sup>th</sup>-July 27<sup>th</sup>

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

Time: 5:00p-7:00p

Fee: \$75 per person (8 classes - no class 7/4 & 7/6)

## STROLLER STRONG

AGES 18+

More than a workout, this class brings fitness and community to a whole other level! Stroller Strong is for caregivers of all fitness levels. This fitness class incorporates cardio, functional strength training, core work and flexibility. We will end the class with a kid-friendly activity to incorporate socialization and sensory play. Children must remain secured in strollers after warm-up and during workout for safety reasons. Need to step away to tend to your little one? No problem! We will maximize your time to get a great workout, and still be able to tend to your child!

Instructor: Coach Kristine

Session A: Monday July 17<sup>th</sup>-August 7<sup>th</sup>

Location: Siever Field Basketball Courts (112 Standish Ave)

Time: 10:00a-11:00a

Fee: \$35 per person (4 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

### INDOORS:

Session B: Thursday June 1<sup>st</sup>-June 22<sup>nd</sup>

Session E: Thursday August 10<sup>th</sup>-31<sup>st</sup>

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

Time: 6:30p-7:45p

Fee: \$40 per person (4 classes)

### OUTDOORS AM:

Session D: Tuesday July 11<sup>th</sup>-August 1<sup>st</sup>

Location: Forges Football Game Field (83 Jordan Rd)

Time: 9:30a-10:45a

Fee: \$40 per person (4 classes)

### OUTDOORS PM:

Session C: Thursday July 6<sup>th</sup>-July 27<sup>th</sup>

Location: Forges Football Game Field (83 Jordan Rd)

Time: 5:30p-6:45p

Fee: \$40 per person (4 classes)



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## OUTDOOR PICKLEBALL

AGES 18+

Come join us at the 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 B: Monday July 10<sup>th</sup>-Wednesday August 23<sup>rd</sup>

Fee: \$28 per person (7 weeks)

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

Session D: Wednesday July 5<sup>th</sup>-August 16<sup>th</sup>

Time: 6:00p-8:00p

Location: Forges Pickleball Courts (83 Jordan Rd)

\*There are no instructors at this program\*

Session C: Tuesday & Thursday July 11<sup>th</sup>-August 24<sup>th</sup>

Location: Forges Pickleball Courts (83 Jordan Rd)

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

Fee: \$20 per person (7 weeks)

# MANOMET YOUTH CENTER BIRTHDAY PARTIES

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

**For availability contact the Recreation Dept**

1 & 1/2 hours of Birthday Fun

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

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

**Parents are responsible for:**

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

**Party Directors:**

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

**To book parties please contact:**

508-747-1620 Ext. 10137

## 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.**



## AFTER SCHOOL at the MYC

## AGES 6-13

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, Nintendo Switches or join us in the gymnasium for a game of dodgeball, basketball, soccer, inflatable Gaga and more!

The Youth Center will open on the 1st day of school for the 2023-24 school year. The following schools have buses that drop off right at the Youth Center: Manomet Elementary, Indian Brook, PCIS & PSMS.

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

Fee: \$100 per child before August 27<sup>th</sup>, \$125 per child starting August 28<sup>th</sup>

## FALL ADULT LEAGUES

### FALL ADULT COED SOFTBALL LEAGUE

### AGES 18+

Join our fun and competitive coed adult softball league! Teams play one game per week. We will start accepting team registrations Monday June 5<sup>th</sup>. Team registration forms plus a nonrefundable deposit of \$150 is due upon registration. Teams will be taken on a first come first serve basis with the deposit. All remaining fees must be paid prior to July 21<sup>st</sup>. 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](mailto: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. Make-up games may be scheduled for Friday's.

Date: Monday-Thursday August 7<sup>th</sup>-October 19<sup>th</sup>

Time: 7:00p or 8:30p

Fee: \$630 per team

Location: Forges Adult Softball Field (83 Jordan Rd)

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

## FALL 2023

### FALL T-BALL

This program is designed to keep your favorite t-ball player active during the fall 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.

**Dates:** Sunday September 10<sup>th</sup>-October 15<sup>th</sup> (5 classes - no class 10/8)

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

#### Age: 3

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

**Fee:** \$50 per child

#### Age: 4-6

**Group 2:** 9:45-10:30a

**Group 3:** 10:45a-11:30a

**Group 4:** 11:45a-12:30p

**Fee:** \$65 per child



# FALL 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.

**Dates:** Saturday September 9<sup>th</sup>-October 21<sup>st</sup> (6 classes - no class 10/7)

**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

**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 four weeks will consist of games versus the other Developmental League teams.

Includes a team shirt.

**Ages:** 6-7

**Dates:** Saturday September 9<sup>th</sup>-October 21<sup>st</sup> \*NEW\* **Time:** 8:00a-9:00a

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

**Fee:** \$85 per child (fee includes 6 classes & team shirt - no class 10/7)

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

**REGISTRATION FOR FALL SMART SOCCER, T-BALL AND FLAG FOOTBALL FOR RESIDENTS BEGINS MONDAY JUNE 5<sup>TH</sup> AND FOR NON-RESIDENTS JUNE 12<sup>TH</sup>.**

## NFL FLAG FOOTBALL LEAGUE

### 4 Year old Developmental Program

This fun 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.

**Date:** Saturday September 9<sup>th</sup>-October 21<sup>st</sup>

(6 weeks - no games 10/7 & includes NFL Jersey)

**Ages:** 4 **Game Time:** 10:00a-10:45a



### 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 Saturday's; there will be no other practice requirements. We do not take special requests for team placement.

**Date:** Saturday September 9<sup>th</sup>-October 21<sup>st</sup> (6 weeks - no games 10/7 & includes NFL Jersey)

**Ages:** 5-6 **Game Time:** 11:00a-12:00p or 12:00p-1:00p

### 7-9 & 10-13 Year old League

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

**Date:** Saturday September 9<sup>th</sup>-November 4<sup>th</sup> (6 games per league - no games 10/7 & includes NFL Jersey)

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

**Fee:** \$105 per child

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

**Ages 10-13\* Game Times:** 2:00p, 3:00p, 4:00p

\*Evaluations are required for ALL PLAYERS; with the exception of the 4-6 year olds. You will be advised of evaluation times 1 week before your evaluation date.

**\*ALL GAME TIMES ARE SUBJECT TO CHANGE\***



Town of Plymouth  
Recreation Department  
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Saturday, April 22nd 2023 - 8pm

