



ABOUT PLYMOUTH RECREATION

The Recreation hours are:

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

HOW TO REGISTER

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

NON-RESIDENT SURCHARGE

There is a \$10 per participant per program surcharge for non-Plymouth residents for most of our programs. The \$10 nonresident 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 Plymouth Recreation, 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 issues refunds for weather cancelations, makeup 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 <u>try</u> and do everything to make sure they participate in our programs. Scholarships are available to Plymouth Residents only.

WEATHER CANCELLATIONS

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

AGE REQUIREMENTS FOR RECREATION PROGRAMS

Proof of age must be provided when registering your child for any Recreation 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.

RECREATION STAFF

ì

RECREATION DIRECTOR

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

PROGRAM SUPERVISOR

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

OFFICE MANAGER / PROGRAM ADMIN

508-747-1620 Ext. 10137

MYC DIRECTOR/REC ASSISTANT

CATHERINE CALABRO 508-747-1620 Ext. 10203 ccalabro@plymouth-ma.gov

MEMORIAL HALL DIRECTOR

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

LOCAL COMMUNITY ORGANIZATIONS

Plymouth Youth Soccer www.plymouthyouthsoccer.com

Plymouth Vikings Football & Cheer

www.plymouthvikings.org

South Plymouth Football & Cheer (Jaguars) www.psyf.net

South Plymouth Basketball www.southbball.com

Plymouth Girls Basketball www.plymouthgirlsbasketball.org

North Plymouth Basketball Assoc. www.pnhoops.com

Plymouth Little League www.plymouthlittleleague.com

Plymouth Babe Ruth Baseball www.plymouthbaberuth.com

Plymouth Youth Baseball & Softball www.plymouthybs.org

Plymouth Youth Wrestling plymouthyouthwrestling.com

Plymouth Youth Hockey www.plymouthyouthhockey.net

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

South Plymouth Cub Scout Pack 1620 cubscoutpack1620@gmail.com

Cub Scout Pack #51
newmember.cubscoutpack51@gmail.com

Cub Scout Pack #47

Pack47plymouth@gmail.com

Boy Scouts Troop #64

Troop64plymouthma@gmail.com

Girl Scouts of Eastern Mass www.girlscoutseasternmass.org

Plymouth Family Network www.facebook.com/pfnpta

WINTER PRESCHOOL PROGRAMS

PRESCHOOL KARATE

\GFS 4-6 **■** 1

TUMBLE WITH ME AGES 2-3 & PARENT

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 for first time participants.

Instructor: Sensei Mike Murphy

Session 3: Friday January 3rd-February 7th Session 4: Friday February 28th-April 4th

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

Time: 4:30p-5:00p Fee: \$90 per child (6 classes)

BIDDY BASKETBALL

AGES 4-5

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

Session 3: Saturday February 15th- March 15th

Session 2: Sunday January 5th-February 2nd *Time B only* Session 4: Sunday February 16th-March 16th *Time B only*

Time A: 8:30a-9:15 Time B: 9:30a-10:15a

Location: Manomet Youth Center (659 State Road)

Fee: \$55 per child (5 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 5: Tuesday January 7th-February 11th

Session 6: Tuesday March 4th-April 8th

Time A: 10:00a-10:30a or Time B: 10:35a-11:05a

Fee: \$50 per child (6 classes)

Location: Memorial Hall-Auditorium (83 Court St)

SPORTS STARS

AGES 3-6

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

Session 3: Tuesday January 7th-February 11th

Session 4: Tuesday March 4th-April 8th

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

Location: Manomet Youth Center (659 State Rd)

QUICK START TENNIS

AGES 4

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! Racquets will be provided if needed free of charge.

Session 3: Tuesday January 7th-February 11th

Session 4: Tuesday March 4th-April 8th

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

Fee: \$95 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

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

Session 3: Wednesday January 8th-February 12th

Session 4: Wednesday March 5th-April 9th

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 directions and participating in a group environment type of class without their parent's 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

Session 3: Wednesday January 8th-February 12th

Session 4: Wednesday March 5th-April 9th

Time: 10:45a-11:30a

Fee: \$60 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

PARENT & TOT DANCE

AGES 2-3 & PARENT

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

but DANCING! Instructor: Open Space Studio Instructor

Session 3: Thursday January 9th-February 6th

Session 3 Fee: \$46 per child (5 classes)

Session 4: Thursday March 6th-April 10th

Session 4 Fee: \$55 per child (6 classes)

Time: 9:30a-10:00a

Location: Manomet Youth Center (659 State Rd)

PRESCHOOL DANCE

AGES 3-6

The preschool class is a combination of Ballet, Tap, and Jazz. This class teaches rhythm, body position, counting, and song and dance while developing an interest in dance. 3 year olds must have taken Parent and Tot dance before they can take Preschool Dance.

Instructor: Open Space Studio Instructor

Session 3: Thursday January 9th-February 6th

Session 3 Fee: \$50 per child (5 classes)

Session 4: Thursday March 6th-April 10th

Session 4 Fee: \$60 per child (6 classes)

Time: 10:15a-11:00a

Location: Manomet Youth Center (659 State Rd)

WINTER PRESCHOOL PROGRAMS

ARTSY TOTS

AGES 2-4 & PARENT

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

Session 3: Tuesday January 14th-Febuary 11th

Time: 11:00a-11:45a

Fee: \$40 per child (4 classes - no class 2/4) Location: Manomet Youth Center (659 State Rd)

INDOOR SMART SOCCER

AGES 3-7

This program is a fun and exciting introduction to soccer for children. With a dynamic and active approach, this program focuses on learning through games and small-sided play. Players experience our "Smart Soccer" philosophy of promoting fundamental skills and sportsmanship. *Shin guards are recommended for children, but are not required*

Session 2: Tuesday January 7th-February 11th

Session 3: Tuesday March 4th-April 8th

Location: Memorial Hall - Auditorium (83 Court St)

Age 3: 4:15p-4:45p Fee: \$52 per child (6 classes) Ages 4-5: 4:50p-5:35p Fee: \$70 per child (6 classes)

Ages 6-7: 5:40p-6:40p Fee: \$82 per child (6 classes)

PRESCHOOL OOEY GOOEY SLIMEY FUN!

AGES 3-6 & PARENT

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

Instructor: Coach Catherine Session 2: Tuesday March 4th-25th

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a Fee: \$60 per child (4 classes)

FREE PLAY FRIDAY'S

AGES 12 MONTHS-4

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

Session 3: Friday January 10th-February 14th

Session 4: Friday March 7th-April 11th

Time: 9:30a-11:30a

Location: Manomet Youth Center (659 State Rd) Fee: \$24 for all 6 Fridays, or \$5 per day drop in

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 5: Monday January 6th-February 24th
Session 6: Monday March 10th-April 14th
Time A: 10:00a-10:30a or Time B: 10:35a-11:05a
Fee: \$50 per child (6 classes - no class 1/20 & 2/17)
Location: Memorial Hall-Auditorium (83 Court St)

PRESCHOOL COOKING CLASS

AGES 4-5

Preschoolers will enjoy the assembling and measuring tasks that require their deepest concentration. They like projects that have a beginning (preparation), a middle (messy fun), and an end (happy treats around the table). There are no stoves involved, so this class is safe for everyone! Please note ingredients used are pre-made and we cannot control the contents. Includes all supplies.

Session 1: Thursday January 16th-February 13th Location: Manomet Youth Center (659 State Rd)

Time: 2:00p-2:45p

Fee: \$60 per child (4 classes - no class 2/6)

ONE-HIT WONDER WORKSHOPS

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

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

Time: 10:00a-11:00a

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

Valentine's Day

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

Date: Thursday February 13th

St. Patrick's Day

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

Date: Thursday March 13th

Spring

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

Date: Thursday April 10th

WINTER YOUTH PROGRAMS

WINTERLAND LEARN TO ICE SKATE

AGES 4-15

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

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

- Rental skates are available on a first-come, first-served basis and included in the class fee. You are welcome to bring your own skates, but double blade skates are not permitted
- Participants must be potty trained and capable of following directions.

Instructor: Winter Wonderland Instructors Session 3: Sunday December 29th-February 16th Session 4: Sunday February 23rd-April 13th

Time: 2:00p-2:50p

Fee: \$184 per child (8 classes) Location: Armstrong Arena (103 Long Pond Rd)

FMC LEARN TO ICE SKATE- YOUTH & TOT

AGES 4-15

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

- A helmet, such as a bike helmet or HECC helmet is required.
- Rental skates are available on a first-come, first-served basis and included in the class fee. Double blade skates are not permitted
- Participants must be potty trained and capable of following directions.

Instructor: FMC Instructors

Session 3: Wednesday January 8th-February 19th

Session 3 Fee: \$140 per child (7 classes) Session 4: Wednesday February 26th-April 16th

Session 4 Fee: \$160 per child (8 classes)

Youth (Ages 6-15) Time: 4:30p-4:55p Tot (Ages 4-6) Time: 4:55p-5:20p

Location: Armstrong Arena (103 Long Pond Rd)

HIP HOP DANCE

This is a high energy class that teaches the popular moves of today. You will learn combinations and dance routines that will get your body moving, and have you closer to looking like a dancer in your favorite music video. At the end of the 6 weeks your child will perform their routine on stage!

Session 3: Monday January 6th-February 24th Session 4: Monday March 10th-April 14th Instructor: Open Space Dance Studio

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

Time: 5:00p-5:45p

Fee: \$55 per child (6 classes - no class 1/20 & 2/17)

HOT SHOTS TENNIS

Students will train with real tennis balls and on a full court. Students will learn the the fundamentals of all strokes and will start work on match play. All Pros are USTA and USPTR certified. Rackets will be provided if needed free of charge. Session 3: Tuesday January 7th-February 11th Session 4: Thursday January 9th-February 13th Session 5: Tuesday March 4th-April 8th Session 6: Thursday March 6th-April 10th Location: Village Sports Club (30 Golf Drive)

Tuesday Time: 6:30p-7:30p Thursday Time: 4:30p-5:30p

Fee: \$135 per child (6 classes)

INTRO TO CROSSFIT FOR KIDS

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 participate in fun and engaging workouts that deliver measurable results and prepare them to be well-rounded athletes.

Session 2: Monday January 6th-March 10th Session 3: Monday March 17th-May 5th

Time: 6:15p-7:00p

Fee: \$100 per child (8 classes - no class 1/20, 2/17 or 4/21) Location: Baystate Crossfit (114 Long Pond Rd Unit 6)

INTRO TO CROSSFIT FOR TWEENS/TEENS

CrossFit Teens is a strength and conditioning program designed for both athletes and non-athletes ranging from ages 10-13. 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 2: Tuesday & Thursday January 7th-March 6th Session 2: Tuesday & Thursday March 11th-May 8th Time: 6:15p-7:15p

Fee: \$190 per child (16 classes -no class 2/18, 2/20, 4/22 & 4/24)

Location: Baystate Crossfit (114 Long Pond Rd Unit 6)

YOUTH COOKING CLASS

AGES 6-10

Kids love the assembling and measuring tasks that require their deepest concentration. They like projects that have a beginning (preparation), a middle (messy fun), and an end (happy treats around the table). There are no stoves involved, so this class is safe for everyone! Please note ingredients used are pre-made and we cannot control the contents. If your child has a food allergy please call for more details. Includes all supplies.

Session 2: Thursday March 13th-April 3rd

Location: Manomet Youth Center (659 State Rd)

Time: 6:00p-6:45p

Fee: \$60 per child (4 classes)

VIDEO GAME CLUB

AGES 6-12

Video Game Club is a program that will provide kids 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 3: Thursday January 9th-February 13th Session 4: Thursday March 6th-April 10th

Location: Manomet Youth Center (659 State Rd)

Time: 5:30p-6:45p

Fee: \$25 per child (6 classes)

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. Rackets will be provided if needed free of charge.

Session 3: Tuesday January 7th-February 11th Session 4: Thursday January 9th-February 13th

Session 5: Tuesday March 4th-April 8th

Session 6: Thursday March 6th-April 10th

Time: 5:30p-6:30p

Fee: \$135 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

WINTER YOUTH PROGRAMS

INDOOR FLAG FOOTBALL CLINIC

AGES 7-9

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

Instructor: Coach Sam

Session 1: Wednesday January 8th-February 12th
Session 1 Fee: \$50 per child (6 classes)
Session 2: Wednesday February 26th-March 26th
Session 2 Fee: \$42 per child (5 classes)

Time: 4:30p-5:15p

Location: Manomet Elementary School (70 Manomet Point Rd)

BABYSITTER SAFETY TRAINING AGES 11.5 & UP

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

Session 2: Saturday February 8th Session 3: Saturday April 5th Instructor: Bette Antonellis

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

Time: 9:30a-12:00p Fee: \$55 per child (1 class)

YOUTH BASKETBALL

AGES 6-9

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

Session 2: Saturday January 4th - February 1st Session 4: Saturday February 15th- March 15th

Session 3: Sunday January 5th-February 2nd *Time A only* Session 5: Sunday February 16th-March 16th *Time A only*

A: 6&7 Time: 10:30a-11:30a B: 6&7 Time: 11:45a-12:45p C: 6&7 Time: 1:00p-2:00p D: 8&9 Time: 2:15p-3:15p

Location: Manomet Youth Center (659 State Road)

Fee: \$65 per child (5 classes)

INTRO TO KARATE

AGES 7-12

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

Instructor: Sensei Mike Murphy

Session 3: Friday January 3rd-February 7^h Session 4: Friday February 28th-April 4th

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

Time: 5:15p-6:00p

Fee: \$90 per child (6 classes)

NEED FINANCIAL ASSISTANCE? REACH OUT! WE HAVE SCHOLARSHIPS AND PAYMENT PLANS FOR OUR PROGRAMS!

DEVELOPMENTAL VOLLEYBALL AGE

Powered by the expertise of JAM Volleyball Club and their experienced coaches, this 6 week program will focus on skill development, teamwork, and game play in a supportive and fun environment. The first sessions will focus on learning volleyball basics—covering skills, drills, and game strategy in a supportive and fun environment. The following weeks will bring it all together with modified game play, giving players the chance to put their skills to the test, build teamwork, and enjoy the thrill of volleyball competition!

Instructor: JAM Volleyball

Session 1: Wednesday January 8th-February 12th Session 2: Wednesday March 5th-April 9th

Location: Memorial Hall - Auditorium (83 Court St)

Time: 4:15p-5:30p Fee: \$80 per child (6 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

Session 2: Thursday January 16th-February 13th Session 3: Thursday March 6th- March 27th

Time: 4:45p-5:30p

Fee: \$45 per child (4 classes - no class 2/6) Location: Memorial Hall - Blue Room (83 Court St)

HOME ALONE & STAYING SAFE

GRADES 4 & UP

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

Session 2: Saturday January 11th Session 3: Saturday March 1st

Instructor: Bette Antonellis & Denise Laiosa

Time: 9:30a-12:00p Fee: \$55 per child (1 class)

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

SKY HIGH ENGINEERING

AGES 7-11

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

Instructor: Minds in Motions

Dates: Wednesday January 29th-March 12th

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

Time: 4:30p-5:30p

Fee: \$145 per child (6 classes - no class 2/19)

SCHOOL VACATION PROGRAMS

VACATION DAYS AT THE YOUTH CENTER

This program provides a fun and exciting environment for your child. They can come and spend their days at the Youth Center during school vacations while you are at work or they just need a break! Staff will run organized games in our gym, arts & crafts, and have access to our game room with ping pong, air hockey, billiards, Nintendo Switch and more! Location: Manomet Youth Center (659 State Rd) Time: 7:00am-6:00pm

Non-MYC Members-\$15 Fee: MYC Members-\$10

Dates: 11/27, 12/23, 12/27, 12/30, 2/18, 2/19, 2/20, 2/21, 4/18, 4/22, 4/23, 4/24, 4/25 The Youth Center is closed: 11/11, 11/28, 11/29, 12/24, 12/25, 12/26, 12/31, 1/1, 1/20, 2/17, 4/21, 5/26

VACATION FLAG FOOTBALL CLINICS 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 clinic will stress skill development and game

February: Tuesday February 18th-Thursday February 20th Location: South Middle School (488 Long Pond Rd)

April: Tuesday April 22nd-Thursday April 24th

Location: Forges Lower Football Field (83 Jordan Rd)

Time: 9:00a-11:00a Fee: \$65 per child (3 classes)

Rain make-up for April Vacation is Friday April 25th

FOX WOODS FARMS HORSEMANSHIP APRIL VACATION 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 chores, riding, arts and crafts, games and more. ASTM approved helmets only, and can be provided. No open toe shoes, boots preferred. Session A: Tuesday April 22nd-Thursday April 24th Time: 9:00a-12:00p Fee: \$315 per child (3 classes) Location: Fox Woods Farms (5 Foxwoods Rd, Plymouth)

FEBRUARY & APRIL VACATION ARTS & CRAFTS

These clinics encourage kids to explore their creativity through projects like mask making, crayon art, slime and much more. Supplies are provided, but you'll need to bring your creativity! February: Tuesday February 18th-Thursday February 20th April: Tuesday April 22nd-Thursday April 24th Time: 9:30a-11:30a

Fee: \$65 per child (3 classes)

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

APRIL VACATION SOCCER CLINIC **AGES 4-11**

We have partnered with New England Futsal to offer this fun and exciting clinic. It provides a great soccer experience, creating a dynamic and fun-filled environment, designed to stimulate ALL players regardless of age or ability. Players will embrace their fun-filled week building soccer skills, friendships and a love of the sport.

Dates: Tuesday April 22nd-Thursday April 24th Location: Forges Soccer Field #1 (83 Jordan Rd)

Little Kickers

Ages: 4-6 year olds

Time: 9:00a-10:30a Fee: \$65 per child

Soccer Juniors Ages: 7-11 year olds

Time: 10:30a-1:00p Fee: \$85 per child

KNUCKLEBONES VACATION CLINIC

Come and experience a blend of some of Knucklebones most popular classes - Ninja, Athletics and Survivor. Each day focuses on a different theme - ensuring your child is moving, engaging and having fun. From a day of obstacles and activities, harnessing your inner Ninja Warrior, to playing the best gym games with a twist. Capture the Flag using giant, six-foot inflatable tubes - welcome to Powerball! And finishing by recreating various challenges from Survivor, working individually, pairs and teams to outlast, outplay, and outwit - it's a great way to be engaged and having fun during vacation!

February: Tuesday February 18th-Thursday February 20th

April: Tuesday April 22nd-Thursday April 24th

Time: 1:00p-4:00p Fee: \$150 per child (3 classes)

Location: Memorial Hall - Auditorium (83 Court St)

14 IN 1 ROBOT ADVENTURE

AGES 8-12

Come and take home your very own 14 in 1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Take part in one of the alternative energies that is used most widely across the globe. Use your own creativity, put your mind in motion, and create your own designs! Date: Tuesday February 18th-Friday February 21st Time: 9:00a-12:00p Fee: \$165 per child (4 days)

FUTURE ENGINEERS

If you like to create and build things, this program is for you! Enjoy an adventure of physics, gravity, and action and take home your very own engineering kit! Your kit can create 20 different models and 22 action-packed science experiments. Students will follow easy step-by-step illustrated instructions to build each model, which includes a tightrope walker, elevator, crane, and catapult! Test your new creations to demonstrate basic laws of physics and how they exist in our everyday lives! Young researchers will gain hands-on experience with the design process and learn about various topics in the fascinating world of engineering. Discover scientific facts in a fun and straightforward way. Come obtain the necessary skills and experience to take on the technological challenges of the future and continue your engineering journey at home!

Date: Tuesday February 18th-Friday February 21st Time: 12:30p-3:30p Fee: \$165 per child (4 days)

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

KID'S NIGHT OUT

Ages 6-12

The Manomet Youth Center will be hosting three Friday night "Parties". They are open to everyone and membership is NOT required. In addition to the specialized activities at each of the parties, kids will also have the opportunity to hang out in the common room and challenge each other to matches of ping-pong, pool and air hockey! Pizza and drinks are provided.

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



VIDEO GAME NIGHT

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

When: Friday January 24th

DODGEBALL NIGHT

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

When: Friday February28th

GAGA NIGHT

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

When: Friday March 21st

PLYMOUTH REC CORNHOLE TOURNAMENT

Break those winter blues and join us for our 9th annual Cornhole Tournament! Come challenge your friends and co-workers to a game of corn hole! Teams of 2 can register online at www.plymouthrec.com.

Beer and wine will be available for purchase.

Date: Saturday February 8th, 2025 Time: Registration & Warm-up 4:30-5:00pm - Bags Fly @ 5:00pm Location: Memorial Hall Auditorium (83 Court St.) Fee: \$40 per team pre-registerd or \$50 per team at the door (Teams of 2) Must be 18+ to play

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

PRIZES THIS YEAR WILL INCLUDE GIFT CERTIFICATES TO LOCAL RESTAURANTS AND BUSINESSES!

To register for the event visit www.plymouthrec.com. If you do not have an account, you will need to create an account. If your phone number is showing you have an account, give the office a call and we can register you over the phone with a credit card.

ADULT COED SOFTBALL LEAGUE

AGES 18+

Join our fun and competitive coed adult softball league! Teams play one game per week. We will start accepting team registrations Monday January 27th. Team registration forms plus a non-refundable deposit of \$150 is due upon registration. Teams will be taken on a first come first serve basis with the deposit. All remaining fees must be paid prior to April 4th, 2025. Failure to do so will result in forfeiting participation in the league and the team's registration deposit. Team applications are available online or in the Recreation office. If you need more information, email Anne Slusser at aslusser@plymouth-ma.gov

There is a MANDATORY USSSA bat testing done prior to the start of the season. Only bats tested and approved will be allowed to be used in our league.

Date: Monday-Thursday April 28th - July 24th

(make-up games on Thursdays or Fridays) Location: Forges Adult Softball Field (83 Jordan Rd)

Time: 7:00p or 8:15p Fee: \$800 per team

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



WINTER ADULT PROGRAMS

lindoor am Pickleball

AGES 18+

Come join us indoors at Memorial Hall for the fastest growing sport in America! The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast paced, competitive game for experienced players. It's a fun sport that combines many elements of tennis, badminton and ping pong. We will provide all the equipment and 2 courts.

Session 1: Sunday January 5th-February 16th Session 2: Wednesday January 8th-February 12th Session 3: Wednesday March 5th-April 9th Beginners/Intermediate: 8:00a-9:30a

Intermediate/Advanced: 9:30a-11:00a Fee: \$30 per person (6 classes - no class 2/2)

Location: Memorial Hall - Auditorium (83 Court Street)

INDOOR PM PICKLEBALL

AGES 18+

Come join us indoors at Memorial Hall for the fastest growing sport in America! The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast paced, competitive game for experienced players. It's a fun sport that combines many elements of tennis, badminton and ping pong. We will provide all the equipment and 2 courts.

Session 7: Monday January 6th-February 24th
Session 8: Wednesday January 8th-February 12th
Session 9: Thursday January 9th-February 20th
Session 10: Monday March 10th-April 14th

Session 11: Wednesday March 5th-April 9th Session 12: Thursday March 6th-April 10th

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

(6 classes - no class 1/20, 1/23, 2/17)

Location: Memorial Hall - Auditorium (83 Court Street)

BEGINNER PICKLEBALL LESSONS

AGES 18+

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

Paddles are provided by Village Sports Club if needed

Session 5: Monday January 6th-February 24th

Session 7: Monday March 10th-April 14th Monday Time: 2:30p-3:30p

Session 6: Thursday January 9th-February 13th

Session 8: Thursday March 6th-April 10th

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

Location: Village Sports Club (30 Golf Drive)

Fee: \$105 per person (6 classes - no class 1/20, 2/17)

PICKLEBALL TIPS & TECHNIQUES AGES 18+

Looking for a place to elevate your Pickleball game? 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. Participants must have basic knowledge of the game, and know how to score. This is not a beginner class.

Session 2: Tuesday January 7th-February 4th Session 3: Tuesday March 11th-April 8th

Location: Memorial Hall - Auditorium (83 Court St)

Time A: 11:15a-12:45p Time B: 1:15p-2:45p

Fee: \$50 per person (5 classes)

INDOOR TENNIS ADULT LEVEL 1

AGFS 18+

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

Session 3: Tuesday January 7th-February 11th Session 4: Tuesday March 4th-April 8th

Location: Village Sports Club (30 Golf Drive)

Time: 7:30p-8:30p Fee: \$135 per person (6 classes)

INDOOR TENNIS ADULT LEVEL 2

AGES 18+

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

Session 3: Thursday January 9th-February 13th Session 4: Thursday March 6th-April 10th

Location: Village Sports Club (30 Golf Drive)
Time A: 6:30p-7:30p
Time B: 7:30p-8:30p

Fee: \$135 per person (6 classes)

MENS PICK-UP BASKETBALL

AGES 18+

Come join our popular pick-up basketball at the Manomet Youth Center. Space is limited to 18 per night so

pre-registration is encouraged to secure your spot! This ensures

that everyone gets plenty of time to play. Session 2: Thursday January 9th-March 6th Session 3: Thursday March 20st-May 15th

Location: Manomet Youth Center (659 State Rd)

Time: 7:15p-9:15p

Fee: \$40 per person (8 nights - no basketball 2/20 or 4/24)

MASTERS BAYSTATE CROSSFIT

4GES 45

Muscular strength is a predictor of longevity, and Sarcopenia is the age-related progressive loss of muscle mass and strength. The primary treatment for Sarcopenia is exercise, specifically strength training. We'll help you build strength, mobility, stability, balance, unilateral strength, and principles that counteract the natural occurrence of lost muscle mass as you age. Participants can choose up to 2 different classes a week to attend, on Monday, Wednesday, Thursday, Friday or Saturday.

Session 2: Monday January 6th-Saturday March 1st Session 3: Monday March 3rd-Saturday April 26th

Time: 6:30a-7:30a

Fee: \$190 per person (16 classes - no class 1/20, 2/17 or 4/21) Location: Baystate Crossfit (114 Long Pond Rd Unit 6)

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. Participants can choose up to 2 different classes a week to attend, on Monday, Tuesday, Wednesday, Thursday, Friday.

Session 2: Monday January 6th-Friday February 28th

Session 3: Monday March 3rd-Friday April 25th Daily Times Available: 5:00a, 8:00a, 9:15a or 5:15p

Fee: \$190 per person (16 classes - no class 1/20, 2/17 or 4/21)

Location: Baystate Crossfit (114 Long Pond Rd Unit 6)

WINTER ADULT PROGRAMS

PILATES AGES 18+

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

Instructor: Laurette Ryan

Session 3: Monday January 6th-February 24th Session 4: Monday March 10th-April 14th

Time: 6:00p-7:00p

Fee: \$55 per person (6 classes - no class 1/20 & 2/17) Location: Memorial Hall - Blue Room (83 Court St)

CARDIO DANCE PARTY WORKOUT

AGES 18+

Fun dancing through the decade' workout. Enjoyable dancestyle 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 3: Monday January 6th-February 24th Session 4: Monday March 10th-April 14th

Time: 7:05p-8:05p

Fee: \$55 per person (6 classes - no class 1/20 & 2/17) Location: Memorial Hall - Blue Room (83 Court St)

KRIPALU YOGA AGES 18+

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

Instructor: Jayne Sutton

Session 3: Thursday January 9th-February 13th Session 4: Thursday February 27th-April 3rd Session 5: Thursday April 17th-May 22nd

Time: 6:30p-7:45p

Fee: \$65 per person (6 classes)

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

HIIT TRAINING FOR ADULTS 55+

Designed for adults over 55, intensity interval training circuit class using ropes, bosu, free weights, TRX, kettlebells and medicine balls and more. Always challenging and fun, it's instructed by a retired physical therapist/ master personal trainer and certified rehab liaison instructor. Every limitation is considered and modifications applied. Don't let your age stop you from achieving your best life.

Instructor: Janet Enos

Session 2: Tuesday January 7th-February 11th

Session 3: Tuesday March 4th-April 8th

Time: 10:30a-11:15a Fee: \$70 per person (6 classes)

Location: Baystate Crossfit (114 Long Pond Rd Unit 6)

AGES 18+ SUNDAY BOOTCAMP

AGFS 18+

Time to get sweaty! Class starts with a warmup before we head into a 25–30-minute bootcamp style session that will include plyometrics, bodyweight, conditioning, and light weights. This class is perfect for the person who's ready to rev up their fitness routine!

Session 1: Sunday January 5th—February 23rd

Time: 9:15a-10:15a

Fee: \$80 per person (8 classes)

Location: Baystate Crossfit (114 Long Pond Rd Unit 6)

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 3: Tuesday January 7th-February 11th

Session 4: Tuesday March 4th-April 8th

Time A: 5:00p-6:00p Time B: 6:05p-7:05p

Fee: \$55 per person (6 classes)

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

WEST COAST SWING 2 - BASICS AND BEYOND

AGES 18+

WCS is a social partner danced with roots from Lindy Hop. It's popular because it is danced to many music genres and tempos. It is primarily danced in a slotted area making it perfect for dancing in a small or crowded space. There are opportunities for improvisation that add to the fun. Participants registering for this class need to know a sugar push, right and left side pass and a basic whip. *This is a partner's only class*

Instructor: Paul & Kelly Wybieracki Dates: Tuesday January 7th-February 11th

Time: 7:15p-815p Fee: \$130 per couple (6 classes)

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

INTRO TO RUMBA FOR COUPLES AGES 18+

Rumba is universally recognized as the dance of love. It is danced to slow, sensual music with a Latin beat and features a hip action known as "Cuban Motion." Rumba is derived from the Afro-Caribbean dance "Son" and has been popular in this country as a ballroom dance since the 1930's. *This is a

partner's only class*

Instructor: Paul & Kelly Wybieracki Dates: Tuesday March 4th-April 8th

Time: 7:15p-815p Fee: \$130 per couple (6 classes)

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

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 3: Wednesday January 8th-29th

Session 4: Wednesday February 26th-March 19th

Time: 4:30p-6:00p Fee: \$70 per person (4 classes)
Location: Plymouth Harbor Knits (170 Water St, Village Landing)

Weather Hotline: 508-747-1620 Ext. 10321 or www.plymouthrec.com | Office: 508-747-1620 Ext. 10137 Winter 2025 | Plymouth Recreation Department Program Guide

SPRING 2025 PROGRAMS

SMART SOCCER

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

Dates: Saturday April 5th - May 10th

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

Age: 3 Age: 4-5

 Group 1: 9:00a-9:30a
 Group 2: 9:35a-10:35a

 Group 5: 11:45a-12:15p
 Group 3: 10:40a-11:40a

 Group 6: 12:15p-12:45p
 Group 4: 11:45a-12:45p

 Group 7:12:50p-1:20p
 Group 8: 12:50p-1:50p

Fee: \$52 per child **Fee:** \$82 per child

SMART SOCCER - DEVELOPMENTAL LEAGUE

For those children not ready for highly competitive play. The first two weeks will be practice and the next 4 weeks will consist of games versus the other developmental league teams.

Ages: 6-7

Dates: Saturday April 5th - May 10th

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

Fee: \$87 per child (fee includes 6 classes & team shirt)

NFL FLAG FOOTBALL LEAGUE

4 YEAR OLD DEVELOPMENTAL PROGRAM

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

Dates: Friday April 4th - May 16th (no flag 4/25)

Time: 4:30p-5:15p

Location: Forges Field (83 Jordan Rd) Fee: \$84 per child (includes NFL Jersey)

5-6 YEAR OLD LEAGUE

The 5-6 year old league is structured a little different than our older leagues. Our emphasis for the younger age group is to really focus on your child learning the game of football, so when they do move on to the older league they are repared for the competition. They will only practice/play on Thursdays; there will be no other practice requirements. We do not take special requests for team placement.

Dates: Thursday April 3rd - May 15th (no flag 4/24)

Time: 5:00p-6:00p or 6:00p-7:00p Location: Forges Field (83 Jordan Rd) Fee: \$109 per child (includes NFL Jersey)

7-9 & 10-13 YEAR OLD LEAGUES

This extremely successful and competitive flag football league teaches fundamentals as well as good sportsmanship. Teams typically practice at least once a week and play one game a week. We do not take any special requests for player placement, all teams are done in a draft format. Players must attend at least 1 practice a week to be eligible for game play. Volunteer coaches are needed! ***Game nights are subject to change due to weather and make-ups.

7-9 & 10-13 League Dates: Friday nights April 4th - May 30th (additional weeks for playoffs; no flag 4/25, 6 games)

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

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

Fee: \$109 per child (includes NFL Jersey) *Evaluations are required for ALL PLAYERS

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

REGISTRATION OPENS: NOVEMBER 25TH FOR PLYMOUTH RESIDENTS

DECEMBER 2ND FOR NON-RESIDENTS

REGISTRATION CLOSES: FEBRUARY 28TH OR WHEN FULL.

T-BALL

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

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

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

Location: Forges Jr. Baseball Field #1 & #2 (83 Jordan Rd) Date: Sundav April 6th-May 11th (no class 4/20)

*fee includes 5 classes & team shirt

Age: 4-6

Age: 3 Time A: 9:45a-10:30a
Time: 9:00a-9:30a Time B: 10:45a-11:30a
Fee: \$52 per child Time C: 11:45a-12:30p

Fee: \$67 per child

RESIDENTIAL CUSTOMER



FACEBOOK.COM/PLYMOUTHMEMORIAL ~ INSTA-







********* THE PHIL *********

Hometown Holiday



Saturday December 14th @ 3pm Saturday December 14th @ 7:30pm Sunday December 15th @ 3pm

SARA EVANS

DECEMBER 19

PLYMOUTH MEMORIAL HALL MEMORIALHALL.COM





ULTIMATE

DISNEP : *

CHRISTMAS *

PACKAGE

