

A young boy and girl are playing with bubbles outdoors. The boy is on the left, wearing a yellow shirt and green overalls, reaching up towards a bubble. The girl is on the right, wearing a light blue top, looking up and reaching for a bubble. The background is a soft-focus green and yellow, suggesting a park or garden setting. The text is overlaid on the image.

# **PLYMOUTH RECREATION DEPARTMENT**

## **SPRING / SUMMER PROGRAM GUIDE 2025**

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

# ABOUT PLYMOUTH RECREATION

## The Recreation Department hours are:

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

## HOW TO REGISTER

Register online or in person in the Recreation office located on the 1st floor of Town Hall. 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.

## 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.\*\*\*

## RECREATION DEPARTMENT STAFF

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

**PROGRAM SUPERVISOR**  
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[sbotelho@plymouth-ma.gov](mailto:sbotelho@plymouth-ma.gov)

**OFFICE MANAGER / PROGRAM ADMIN**  
CATHERINE CALABRO  
508-747-1620 Ext. 10137  
[ccalabro@plymouth-ma.gov](mailto:ccalabro@plymouth-ma.gov)

**MYC DIRECTOR/REC ASSISTANT**

**MEMORIAL HALL DIRECTOR**  
JOSEPH GOLDBERG  
508-747-1620 Ext. 21100  
[jgoldberg@plymouth-ma.gov](mailto:jgoldberg@plymouth-ma.gov)

## LOCAL COMMUNITY ORGANIZATIONS

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

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

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

**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**  
[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**  
[Pack47plymouth@gmail.com](mailto:Pack47plymouth@gmail.com)

**Boy Scouts Troop #64**  
[Troop64plymouthma@gmail.com](mailto:Troop64plymouthma@gmail.com)

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

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

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# 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 15 years old; coaching or teaching experience preferred. Hours: Monday-Friday 8:30a-12:15p.

## BEACH/POND STAFF

We are currently seeking lifeguards and swim instructors. Pay starts at \$22 per hour, and all lifeguards are certified through the Town at no cost to them.

If you are interested in one of our summer employment opportunities please fill out an online application found at [www.plymouth-ma.gov](http://www.plymouth-ma.gov), under Departments, click on Human Resources - current job openings.

# SPRING PRESCHOOL PROGRAMS

## 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 1<sup>st</sup>-May 29<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$60 per child (4 classes - no class 5/22)

## 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

Session A: Wednesday April 30<sup>th</sup>-June 4<sup>th</sup>

Time 1: 9:30a-10:00a or Time 2: 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 A: Wednesday April 30<sup>th</sup>-June 4<sup>th</sup>

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 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 Danielle from Open Space Studio

Session A: Thursday May 1<sup>st</sup>-June 5<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-10:00a

Fee: \$55 per child (6 classes)

## PRESCHOOL DANCE AGES 3-6

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

Instructor: Miss Danielle from Open Space Studio

Session A: Thursday May 1<sup>st</sup>-June 5<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 10:15a-11:00a

Fee: \$60 per child (6 classes)

## PRESCHOOL KARATE AGES 4-6

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

Instructor: Sensei Mike Murphy

Session A: Friday May 2<sup>nd</sup>-June 13<sup>th</sup>

Time: 4:30p-5:00p

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

Fee: \$90 per child (6 classes - no class 5/23)

## 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! Rackets available during class free of charge.

Session A: Tuesday April 29<sup>th</sup>-June 3<sup>rd</sup>

Time 1: 4:30p-5:00p

Time 2: 5:00p-5:30p

Fee: \$95 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

**REGISTER AT:  
WWW.PLYMOUTHREC.COM**

# SPRING PRESCHOOL PROGRAMS

## 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 A: Thursday May 1<sup>st</sup>-May 22<sup>nd</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 2:00p-2:45p

Fee: \$60 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 class first)

Session A: Tuesday April 29<sup>th</sup>-June 3<sup>rd</sup>

Time: 1:45p-2:30p

Fee: \$55 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

## LITTLE SPORTS STARS

AGES 2-3 & PARENT

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

Session A: Tuesday April 29<sup>th</sup>-June 10<sup>th</sup>

Time 1: 10:00a-10:30a or Time 2: 10:35a-11:05a

Fee: \$50 per child (6 classes - no class 6/3)

Location: Memorial Hall-Auditorium (83 Court St)

## 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 29<sup>th</sup>-June 3<sup>rd</sup>

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

**Ages 3:** Time: 4:30p-5:00p

Fee: \$52 per child (6 classes)

**Ages 4-5:** Time: 5:15p-6:15p

Fee: \$82 per child (6 classes)

## SMART SOCCER- SATURDAYS

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: Saturday April 6<sup>th</sup>-May 11<sup>th</sup>

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

**Age: 3**

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

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

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

**Fee:** \$52 per child

**Age: 4-5**

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

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

**Group 8:** 12:50p-1:50p

**Fee:** \$82 per child

## 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 6<sup>th</sup>-27<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$40 per child (4 classes)

## 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: Monday April 28<sup>th</sup>-June 9<sup>th</sup>

Time 1: 10:00a-10:30a or Time 2: 10:35a-11:05a

Fee: \$50 per child (6 classes - no class 5/26)

Location: Memorial Hall-Auditorium (83 Court St)

## FREE PLAY FRIDAY'S

AGES 1-4

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

Dates: Friday May 2<sup>nd</sup>-May 30<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

## 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.

Instructor: FMC Instructors

Session A: Thursday April 30<sup>th</sup>-June 18<sup>th</sup>

Location: Armstrong Arena (103 Long Pond Rd)

**Youth (Ages 6-15) Time:** 5:25p-5:50p

**Tot (Ages 4-6) Time:** 5:25p-5:50p

Fee: \$160 per child (8 classes)

Spring 2025



# Pop Up Play Group

Join Plymouth Recreation for our free drop-in play group program for children 0-5 years old and their parent/caregiver!

- Nature Play
- Music
- Bubbles
- Building Blocks
- Meeting New Friends

## Siever Field Playground

112 Standish Avenue  
Thursday, April 17th  
9:30a-11:00a

Must pre-register!

## Forges Field Playground

83 Jordan Road  
Thursday, May 22nd  
9:30a-11:00a

Must pre-register!

## Hedges Pond Playground

158 Hedges Pond Road  
Thursday, June 12th  
9:30a-11:00a

Must pre-register!

[plymouthrec.com](http://plymouthrec.com)  
508-747-1620 ext. 10137



# SPRING YOUTH PROGRAMS

## COME KNIT WITH ME! PARENT & CHILD KNITTING AGES 8+

Have you or your mom or dad always wanted to knit? Does your child show interest in knitting? Join us for this fun class where you will learn to knit along with your parent/grandparent/son/daughter. Learning together strengthens your skills and makes learning fun. You will learn the knit and purl stitch, how to cast on and cast off. At the end of our time together you will have your first project started!

Instructor: Plymouth Harbor Knits - Jennifer Bernard

Session A: Wednesday June 4<sup>th</sup>-25<sup>th</sup>

Location: Plymouth Harbor Knits  
(170 Water St, Village Landing, 2nd floor)

Time: 5:00p-6:30p

Fee: \$120 per registration (includes 1 adult and 1 child)  
(4 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 June 7<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 (1class)

## 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 May 17<sup>th</sup>

Instructor: Bette Antonellis

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

Time: 9:30a-12:00p

Fee: \$55 per child (1class)

## GIRL'S COME TRY ARCHERY AGES 9-14

This is an introductory class for girls ages 9 to 14 years old. This beginner archery class will focus on learning the fundamentals of archery. All our target games were developed to introduce basic shooting skills using the National Training System. The girls will have fun while learning proper shooting form, basic range safety rules, and general knowledge of archery equipment. They will also enjoy shooting balloons and other fun target games!

Dates: **CHECK THE WEBSITE FOR DATES**

Location: Manomet Youth Center (659 State Rd)

## 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. Rackets available during class free of charge.

Session A: Tuesday April 29<sup>th</sup>-June 3<sup>rd</sup>

Session B: Thursday May 1<sup>st</sup>-June 5<sup>th</sup>

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)

## 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 - Auditorium (83 Court St)

Session A: Monday April 28<sup>th</sup>-May 19<sup>th</sup>

Time: 5:00p-5:45p

Fee: \$45 per child (4 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 and belt for first time participants.

Instructor: Sensei Mike Murphy

Session A: Friday May 2<sup>nd</sup>-June 13<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 5/23)

## DEVELOPMENTAL VOLLEYBALL AGES 10-13

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 A: Wednesday April 30<sup>th</sup>-June 4<sup>th</sup>

Location: Memorial Hall - Auditorium (83 Court St)

Time: 4:15p-5:30p

Fee: \$80 per child (6 classes)

## 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 May 1<sup>st</sup>-June 5<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 5:30p-6:45p

Fee: \$25 per child (6 classes)

## HIP HOP DANCE AGES 6-10

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 A: Monday April 28<sup>th</sup>-June 9<sup>th</sup>

Instructor: Open Space Dance Studio

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

Time: 5:00p-5:45p

Fee: \$55 per child (6 classes - no class 5/26)

# SPRING YOUTH PROGRAMS

## TENNIS LESSONS

AGES 7-14

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: Stephens Field Tennis Courts (132R Sandwich St.)

Date: **CHECK THE WEBSITE FOR DATES**

Ages: 7-10 years old Time: 4:15p-5:45p

Date: **CHECK THE WEBSITE FOR DATES**

Ages: 11-14 years old Time: 4:15p-5:45p

## 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 A: Thursday May 1<sup>st</sup>-May 22<sup>nd</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 6:00p-6:45p Fee: \$60 per child (4 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 available during class free of charge.

Session A: Tuesday April 29<sup>th</sup>-June 3<sup>rd</sup>

Session B: Thursday May 1<sup>st</sup>-June 5<sup>th</sup>

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

Location: Village Sports Club (30 Golf Drive)

## MIDDLE/HIGH SCHOOL LEVEL 1 TENNIS

AGES 13-16

Students will enhance their skills to get prepared to have match play. Students will work on footwork and positioning. Rackets available during class free of charge.

Session A: Tuesday April 29<sup>th</sup>-June 3<sup>rd</sup>

Location: Village Racquet & Fitness (30 Golf Drive)

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

## INTRO TO CROSSFIT FOR TWEENS/TEENS

AGES 10-13

CrossFit Tweens for ages 10-13 incorporates exercises like squats, deadlifts, pull ups and more by using dumbbells, barbells, gymnastics rings, rowing machines, and other equipment. This builds functional strength and fitness in kids and teens. The variety of movements also helps develop balance, coordination, and body control.

Session A: Tuesday & Thursday May 13<sup>th</sup>-July 3<sup>rd</sup>

Time: 6:15p-7:15p

Fee: \$190 per child (16 classes)

Location: Baystate Crossfit (114 Long Pond Rd)

## INTRO TO CROSSFIT FOR KIDS

AGES 6-9

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 3: Monday March 17<sup>th</sup>-May 12<sup>th</sup>

Time: 6:15p-7:00p

Fee: \$100 per child (8 classes - no class 4/21)

Location: Baystate Crossfit (114 Long Pond Rd)

## INTRO TO SKATEBOARDING

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: Sunday May 18<sup>th</sup>

Session B: Sunday June 22<sup>nd</sup>

Instructor: Knucklebones

Time: 9:00a-12:00p

Fee: \$60 per child (1 class)

Location: Nathaniel Morton Parking Lot (6 Lincoln St)

# APRIL VACATION PROGRAMS WITH THE DEPARTMENT OF ENERGY AND ENVIRONMENT

## HERRING RUN EXPLORATION!

AGES 7-11

Recreation has teamed up with the Department of Energy and Environment 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 23<sup>rd</sup>

Time: 10:00a-11:00a

Location: Jenny Grist Mill (6 Spring Lane)

Fee: \$10 per child (Rain Date April 24<sup>th</sup>)

## EXPLORING NATURE TOGETHER!

AGES 4+

Recreation is teaming up with the Department of Energy and Environment to bring nature to life! Ever heard a strange animal sound in the woods or spotted something interesting on a hike and wondered what it was? Now's your chance to find out! Join us at the Foot Hills Preserve, where DEE will showcase their mobile fish and wildlife exhibit trailer at the barn. Explore hands-on displays and learn about the fascinating creatures in our local woods. Afterward, hit the trails and put your new knowledge to the test—see if you can spot the wildlife you just learned about!

Don't miss this fun and educational outdoor adventure!

Date: Friday April 25<sup>th</sup>

Time: 10:00a-11:00a

Location: Foot Hills Preserve (86 Beaver Dam)

Fee: \$10 per family (parents must be present)



# 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 22<sup>nd</sup> - Thursday April 24<sup>th</sup> \*Friday April 25<sup>th</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: \$65 per child

### Soccer Juniors

Ages: 7-11 year olds

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

## MINDS IN MOTIONS STEM WORKSHOPS

### AI SMART CORE 4 ROBOT

AGES 6-10

Dive into the exciting universe of robotics by building and taking home your very own AI SmartCore 4 Robot! This remarkable kit features 4 separate modular smart vehicles that are powered by cutting-edge AI SmartCore technology! It allows All-Terrain Cube to navigate directions with balance and predictability; Enables Super Snake to entertain the most curious of four and two-legged friends; Empowers Turbo Trike to cruise at high speeds while maintaining control; and transforms Titan Tank into a roving explorer. Whether navigating tricky terrain, zooming at top speeds, or exploring new territories, every day promises hands-on fun and learning! With 42 easy-to-snap-together parts, a remote control, and a rechargeable LiPO battery, it's perfect for new robot builders eager to master robotic engineering! Ready to build the future? Join us and let your imagination take flight!

Dates: Tuesday April 22<sup>nd</sup>-Friday April 25<sup>th</sup> Time: 9:00a-12:00p

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

Fee: \$165 per child (4 days)

### OUTER SPACE & PHYSICS FUN

AGES 6-10

Come join an exciting world of space exploration as you build and take home your very own Orbiting Solar System Kit! You will assemble your own model, learn all about our planetary neighborhood, and watch the planets move around the sun with a wind-up motor inside. Set the planets in motion with a flick of your wrist! Take part in other exciting activities involving physics, air pressure, and density. Check out our real meteorite fragment sample! Watch a cosmic rocket shoot up fifty feet into the air! Be mesmerized as you assemble and take home your own stunt plane and learn about the four major forces of flight. You will also witness some neat demonstrations from your instructor. Watch as an egg is magically sucked into a bottle, behold a tornado being created, and much more in this fun and exciting program!

Dates: Tuesday April 22<sup>nd</sup>-Friday April 25<sup>th</sup> Time: 12:30-3:30p

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

Fee: \$165 per child (4 days)

## 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 22<sup>nd</sup>-Thursday April 24<sup>th</sup>

Time: 9:00a-12:00p

Fee: \$315 per child (3 classes)

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

## 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 25<sup>th</sup>\*

Dates: Tuesday April 22<sup>nd</sup>-Thursday April 24<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)

Dates: Tuesday April 22<sup>nd</sup>-Thursday April 24<sup>th</sup>

Time: 9:30a-11:30a

Fee: \$120 per child (3 classes, 4/25 rain make up date)

## APRIL VACATION VOLLEYBALL CLINIC

AGES 10-13

JAM Volleyball is excited to offer a April Vacation Volleyball Clinic! Designed for young athletes of all skill levels, this clinic provides a fun and supportive environment to build fundamental skills. Players will develop their passing, serving, and attacking through modified gameplay and game-like drills, helping them gain confidence and improve their technique. Don't miss this excellent opportunity to learn, play, and grow with JAM Volleyball!

Instructor: JAM Volleyball

Location: Memorial Hall - Auditorium (83 Court St)

Dates: Tuesday April 22<sup>nd</sup>-Thursday April 24<sup>th</sup>

Time: 9:00a-12:00p

Fee: \$160 per child (3 classes)

## APRIL VACATION JUNIOR GOLF ACADEMY

AGES 8-13

Get Golf Ready at the Junior Academy at Village Links. This clinic is designed to teach kids everything they need to know to play a round of golf. Clubs recommended.

\*Rain make-up Friday April 25<sup>th</sup>\*

Dates: Monday April 21<sup>st</sup>-Thursday April 24<sup>th</sup>

Location: Village Links (265 South Meadow Rd)

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

or Time B: 1:30p-2:45p

Fee: \$200 per child (4 classes)

# SPRING ADULT PROGRAMS

## 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!

What level do you belong in? If you are a 3.0 player and above, you belong in the intermediate/advanced group. If you don't know what level you are or looking to just play, have fun and socialize? Stick with the beginner/intermediate group.

Session A: Tuesday & Thursday May 6<sup>th</sup>-June 12<sup>th</sup>

Location: Forges Pickleball Courts (83 Jordan Rd)

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

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

Fee: \$30 per person (6 weeks) **\*There are no instructors at this program\***

## COUPLES CHA CHA DANCE

AGES 18+

Cha Cha is a lively, fun, cheeky and playful dance. It is a non-progressive dance that emphasizes Cuban motion, distinguished by the chasses (cha-cha-cha) typically danced during the 4&1 counts of the music. Cuban motion in Cha Cha is more staccato than Rumba to reflect the music with emphasis on count 1.

Instructor: Paul & Kelly Wybieracki

Session A: Tuesday April 29<sup>th</sup>-June 3<sup>rd</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. \*This is a partners only class\*

## 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 29<sup>th</sup>-June 3<sup>rd</sup>

Time 1: 5:00p-6:00p

Time 2: 6:05p-7:05p

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

Fee: \$55 per person (6 classes)

## 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 April 30<sup>th</sup>-May 21<sup>st</sup>

Location: Plymouth Harbor Knits

(170 Water St, Village Landing, 2nd floor)

Time: 4:30p-6:00p

Fee: \$70 per person (4 classes)

## BELLES & BOWS - LADIES ARCHERY

AGES 18+

This archery class is designed for women of all skill levels who want to experience the art of archery. Whether you are a beginner or looking to improve your form, this class will guide you through the fundamentals and help you build confidence, strength, and focus. Emphasis is placed on technique, safety and having fun!

This is a 90 min. class that includes instruction from Dee Sacchetti, Certified Level II USA Archery Instructor, and owner of Dee's Archery Events. We will be focusing on basic form and instinctive aiming techniques. Also includes use of equipment or, feel free to bring your own. No experience needed.

Session A: Tuesday April 1<sup>st</sup>-April 15<sup>th</sup>

Time: 6:00p-7:30p

Fee: \$120 per person (3 classes)

Location: Manomet Youth Center (659 State Rd)

## PICKLEBALL TIPS & TECHNIQUES

AGES 18+

Looking for a place to elevate your Pickleball game? Then join PPR Certified Pickleball Instructor, Pete Duggan for Tips and Techniques on how to play! Pete will provide instructions and tips during the first 45 minutes of the class, followed by match play during the last 45 minutes. Instructions and help will still be provided during open play. Participants must have basic knowledge of the game and know how to score. This is not a beginner class.

Instructor: Peter Duggan

Session A: Tuesday May 20<sup>th</sup>-June 24<sup>th</sup>

Location: Forges Field Pickleball Courts (83 Jordan Rd)

Time: 1:00p-2:30p

Fee: \$60 per person (6 classes)

## BEGINNER PICKLEBALL LESSONS

AGES 18+

Come learn the fastest growing sport in America! This intro class is a great way for brand-new players to learn the sport of Pickleball. Players receive 30 minutes of instruction and drills followed by 30 minutes of open play. Players will learn all the basics to be able to play. All equipment will be provided. Lessons will be taught on the indoor pickleball courts at Village Sports Club in the Pinehill's by PPR Certified Pickleball Instructor, Pete Duggan.

Session A: Monday April 28<sup>th</sup>-June 16<sup>th</sup>

Session A Time: 2:30p-3:30p

Session B: Thursday May 1<sup>st</sup>-June 12<sup>th</sup>

Time 1: 9:00a-10:00a

Time 2: 10:00a-11:00a

Location: Village Sports Club(30 Golf Dr)

Fee: \$105 per person per time slot (6 classes - no class 5/12, 5/15 or 5/26)

## 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. **YOU MUST REGISTER TO PLAY.**

Session A: Monday April 28<sup>th</sup>-June 16<sup>th</sup>

Session B: Tuesday April 29<sup>th</sup>-June 3<sup>rd</sup>

Session C: Wednesday April 30<sup>th</sup>-June 4<sup>th</sup>

Session D: Thursday April 24<sup>th</sup>- May 29<sup>th</sup>

Time: 6:00p-8:00p

Fee: \$30 per person (6 classes - no class 5/26, or 6/2)

Location: Memorial Hall - Auditorium (83 Court Street)

## SUNDAY BOOTCAMP

AGES 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 A: Sunday April 27<sup>th</sup>-June 15<sup>th</sup>

Time: 9:15a-10:15a

Fee: \$80 per person (8 classes)

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

# SPRING ADULT PROGRAMS

## 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: Stephens Field Tennis Courts (132R Sandwich St.)

Session A: **CHECK THE WEBSITE FOR DATES**

Time: 6:00p-8:00p

Fee: \$80 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 28<sup>th</sup>-June 9<sup>th</sup>

Time: 7:05p-8:05p

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

Fee: \$55 per person (6 classes - no class 5/26)

## 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 28<sup>th</sup>-June 9<sup>th</sup>

Time: 6:00p-7:00p

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

Fee: \$55 per person (6 classes - no class 5/26)

## 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 May 29<sup>th</sup>-July 24<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 7:00p-9:00p

Fee: \$40 per person (8 nights - no class 7/3)

## INDOORTENNIS 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. Racquets available to use free of charge.

Session A: Tuesday April 29<sup>th</sup>-June 3<sup>rd</sup>

Location: Village Sports Club (30 Golf Drive)

Time: 7:30p-8:30p

Fee: \$135 per person (6 classes)

## INDOORTENNIS 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. Racquets available to use free of charge.

Session A: Thursday May 1<sup>st</sup>-June 5<sup>th</sup>

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)

## 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 5: Thursday April 17<sup>th</sup>- May 22<sup>nd</sup>

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

Time: 6:30p-7:45p

Fee: \$65 per person (6 classes)

## 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 A: Tuesday April 29<sup>th</sup>-June 3<sup>rd</sup>

Time: 10:30a-11:15a

Fee: \$70 per person (6 classes)

Location: Baystate Crossfit (114 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. Participants can attend any 2 classes per week.

Session A: Monday, Tuesday, Wednesday, Thursday or Friday April 28<sup>th</sup>-June 20<sup>th</sup>

Time: 5:00a, 8:00a, 9:15a or 5:15p

Fee: \$190 per person (16 classes - no classes 5/26)

Location: Baystate Crossfit (114 Long Pond Rd)

## MASTERS BAYSTATE CROSSFIT

AGES 45+

Muscular strength is a predictor of longevity, and Sarcopenia is the age-related progressive loss of muscle mass and strength. People can lose as much as 3% to 5% of their muscle mass each decade after age 30. 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 attend any 2 classes per week.

Session A: Monday, Wednesday, Thursday, Friday or

Saturday April 28<sup>th</sup>-June 21<sup>st</sup>

Time: 6:30a-7:30a

Fee: \$190 per person (16 classes - no classes 5/26)

Location: Baystate Crossfit (114 Long Pond Rd)

**REGISTER AT:  
PLYMOUTHREC.COM**



# TOWN OF PLYMOUTH BEACHES AND PONDS

Summer 2025

The Plymouth Recreation Department is responsible for operating five waterfront areas including two ocean beaches and three ponds. The Recreation Department does not supervise Plymouth Long Beach or the CrossOver. 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 mid-May.  
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

Beach Staff: Weekends & holidays only until June 22<sup>nd</sup>, then daily until Labor Day.

## WHITE HORSE BEACH: Taylor Avenue

A beautiful open-ocean crescent beach.

Restrooms: Restroom Trailor 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.

Beach Staff: Beach Supervisor on Saturday's and Sunday's June 21<sup>st</sup>-August 10<sup>th</sup>, there are no lifeguards on Whitehorse Beach.

## 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, park closes at 5pm on holiday's & weekends

Restrooms: Yes

Concession Stand: No

Other: Swim lessons are held here during the week.

- Only propane grills will be allowed
- The park has a maximum vehicle capacity of 125 vehicles
- Vehicles without a resident sticker will need to park in the main beach parking lot

Beach Staff: Weekends & holidays only until June 22<sup>nd</sup>, then daily until Labor Day.

## FRESH POND: 220 Bartlett Road

This is a quaint little neighborhood freshwater pond with beach.

Hours: 9AM-5PM, park gate closes at 5pm on holiday's & weekends

Restrooms: Yes on weekends only, port-o-john also available

Concession Stand: No

Other: There is a boat launch for small boats

Beach Staff: Saturday's, Sunday's and July 4<sup>th</sup> from June 21<sup>st</sup>-August 10<sup>th</sup>

## HEDGES POND: 158 Hedges Pond Road

A freshwater pond with beach, this location has a day camp that runs until 12:00p during the week.

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

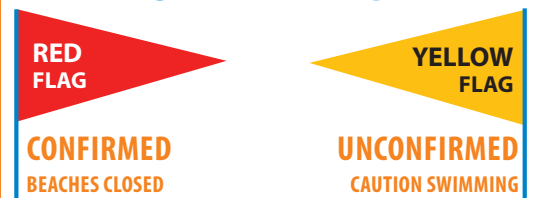
Beach Staff: Daily starting Saturday June 21<sup>st</sup> until Sunday August 10<sup>th</sup>

### 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

\*Charcoal grills are **not** allowed at any beach or park\*

### SHARK FLAG



## OPEN SPACE HIKE AT ROCKY POINT PRESERVE



The Open Space Committee will lead a fun hike at this recently acquired conservation property with stunning ocean views. As you explore this wonderful area, members of the OSC will discuss glacial features, upland vegetation, wetlands, and how the layout of a new trail is determined. You will also see a network of stone walls, common in Southeastern Massachusetts but not that common in Plymouth.

Walkers of all ages and families with school age children are welcome. Please bring water and insect repellent as needed; no dogs, please.

Date: Saturday May 10<sup>th</sup> Time: 11:00a

Location: Rocky Point Preserve (280 Rocky Hill Road)

Length: 1 hour approximately - around 1.5 miles

\*There is no rain date, please call 774-454-1980 if weather is questionable\*

Registration is required at [www.plymouthrec.com](http://www.plymouthrec.com)

## RED CROSS SWIM LESSONS AT MORTON PARK 2025

### GROUP SWIMMING LESSONS

Dates: Monday-Wednesday June 30<sup>th</sup>-August 6<sup>th</sup>, times vary by levels

### PRIVATE LESSONS

Dates: Thursday July 10<sup>th</sup>-Friday August 8<sup>th</sup> 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 lessons.

Registration is available online for both group lessons & private lessons.

Group Lessons: - \$75 per child \*There are no rain make-ups for group lessons\*

Private Swim Lessons - \$32 residents/\$42 non-residents per child per half hour

CHECK  
[PLYMOUTHREC.COM](http://PLYMOUTHREC.COM) FOR  
CLASS LEVEL TIMES AND  
DESCRIPTIONS

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# Kid's Night Out!



## SUMMER SERIES



At the Manomet Youth Center—659 State Rd.

6:00p—9:30p

\$15 per night!

Space is limited



Ages 6—12 years old  
Pizza, snacks and  
refreshments  
included!



Join the Manomet Youth Center staff for these exciting Friday nights!

### GAGA NIGHT—JULY 11TH

Hop into the inflatable GaGa pit and play the dodgeball like game of Gaga!

Winners will receive a prize!



### VIDEO GAME NIGHT—JULY 18TH

Crash and smash into first place for a prize with Mario Kart and Smash Bros tournaments all night long!

### DODGEBALL NIGHT—JULY 25TH

All kinds of dodgeball will be played and the winning teams will all receive a prize!



Please pre-register your child/children for Kid's Night Out online at [plymouthrec.com](http://plymouthrec.com) or by phone at 508-747-1620 ext. 10137.

# 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 our young athlete for the youth baseball leagues in town. Fee includes instruction and t-shirt.

Dates: Wednesday July 2<sup>nd</sup>-July 30<sup>th</sup>

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

Session D: Age 3 years old

Time: 2:15p-2:45p Fee: \$52 per child (5 classes)

Session E: Age 4-6 years old

Time: 3:00p-3:45p Fee: \$67 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 12<sup>th</sup>-August 2<sup>nd</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 12<sup>th</sup>-August 2<sup>nd</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.

Instructor: FMC Instructors

Session B: Thursday June 25<sup>th</sup>-August 13<sup>th</sup>

**Youth (Ages 6-15) Time:** 5:25p-5:50p

**Tot (Ages 4-6) Time:** 5:25p-5:50p

Fee: \$160 per child (8 classes)

Location: Armstrong Arena (103 Long Pond Rd)

## 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 3<sup>rd</sup>-July 24<sup>th</sup>

Location: Hedges Pond (158 Hedges Pond Rd)

Time: 3:00p-3:45p

Fee: \$55 per child (4 classes)

## 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 B: Tuesday July 1<sup>st</sup>-July 22<sup>nd</sup> Time: 2:15p-2:45p

Location: Memorial Hall-Auditorium (83 Court St)

Fee: \$35 per child (4 classes)

Session C: Tuesday July 1<sup>st</sup>-August 5<sup>th</sup> Time: 4:15p-4:45p

Location: Manomet Youth Center (659 State Rd)

Fee: \$50 per child (6 classes)

## SPORTS STARS

AGES 3-6

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

Session B: Tuesday July 1<sup>st</sup>-July 22<sup>nd</sup>

Time: 3:00p-3:45p

Fee: \$40 per child (4 classes)

Location: Memorial Hall-Auditorium (83 Court St)

## 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: Monday June 16<sup>th</sup>-Wednesday June 18<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-11:30a

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 14<sup>th</sup>-Thursday July 17<sup>th</sup>

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

Time A: 8:30a-9:20a

Time B: 1:00p-1:50p

Fee: \$91 per child (4 classes)

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

## RADICAL RIDES USING LEGO®

AGES 5-7

Start your engines with tens of thousands of LEGO® parts as you dive into the vast world of vehicles! Build and design an array of exciting machines, traversing land, sea, and air, with the assistance of experienced Play-Well instructors. Learn about the engineering principles behind motors, gears, and everything that vrooms and zooms!

Date: Monday July 28<sup>th</sup>-Thursday July 31<sup>st</sup>

Instructor: Play-Well TEKnologies

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

Time: 9:00a-12:00p

Fee: \$135 per child (4 classes)

**\*Please note: participants WILL NOT keep the LEGO sets.\***

# SUMMER YOUTH PROGRAMS

## MIND IN MOTION WORKSHOPS

### 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: Monday July 21<sup>st</sup>-Friday July 25<sup>th</sup> Time: 9:00a-12:00p

Fee: \$175 per child (5 days)

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

### FUTURE ENGINEERS

AGES 8-12

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: Monday July 21<sup>st</sup>-Friday July 25<sup>th</sup> Time: 12:30p-3:30p

Fee: \$175 per child (5 classes)

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

### 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 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 July 8<sup>th</sup>-Thursday July 10<sup>th</sup>

Session B: Tuesday August 5<sup>th</sup>-Thursday August 7<sup>th</sup>

Time: 9:00a-12:00p Fee: \$265 per child (3 classes)

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

### 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 June 23<sup>rd</sup>-Thursday June 26<sup>th</sup>

Session B: Monday July 14<sup>th</sup>-Thursday July 17<sup>th</sup>

Session C: Monday August 4<sup>th</sup>-Thursday August 7<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 1:00p-4:00p Fee: \$75 per child (4 classes)

## CIRCUIT LAB WORKSHOPS

### CIRCUIT MAKERS 101

AGES 7-10

Let's get creative with electricity! In this junior electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create many projects that they can be proud of, and each class day includes a take-home project.

Dates: Monday August 11<sup>th</sup>-Friday August 15<sup>th</sup>

Time: 9:00a-12:00p Fee: \$210 per child

### INTERACTIVE CODING FOR KIDS

AGES 7-10

In this hands-on class, students explore Scratch programming, using the MIT-developed programming interface to craft stories and games. Then we will use Makey Makey boards to invent new ways to interact with the Scratch projects using everyday objects. Our circuitry projects will become musical instruments, video game controllers, pressure sensors, and more. Students will learn valuable 21st-century skills while engaging in these fun, creative lessons. Collaborative project challenges enhance teamwork skills and inspire critical thinking. No prior coding experience required.

Dates: Monday August 11<sup>th</sup>-Friday August 15<sup>th</sup>

Time: 12:45p-3:45p Fee: \$210 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: \$380 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 July 28<sup>th</sup>-Friday August 1<sup>st</sup>

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

Fee: \$225 per child

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

Fee: \$225 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: \$325 per child



# SUMMER YOUTH PROGRAMS

## 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 11<sup>th</sup>-Thursday August 14<sup>th</sup>

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

Instructor: Coach Sam

Time: 9:00a-11:15a

Fee: \$67 per child (4 classes)

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

## 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!

Dates: Wednesday July 2<sup>nd</sup> - July 30<sup>th</sup>

(4 regular season games, 1 week of playoffs for ages 7+)

Location: Forges Football Practice Field (83 Jordan Rd)

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

Ages 5-6 practice/game time: 5:00p \*No playoffs\*

Ages 7-9 game time: 6:00p

Ages 10-13 game time: 7:00p

**\*Make-up Games will be Thursday of the same week\***

## 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 A: Monday August 11<sup>th</sup>-Thursday August 14<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\***

## SUMMER BMX BIKE CLINIC

AGES 6-13

BMX is the most exciting youth activity that offers a no-pressure family atmosphere, where no one sits on the bench. Come join us at Cape Cod BMX and learn the Olympic sport of BMX. Riders will quickly take to the pedals of a bicycle, where they'll learn to maneuver around our unique dirt and asphalt course, made of manageable turns & obstacles, experiencing fun, freedom & friendships throughout the week! We hope your rider will leave with the confidence to compete in a BMX race but also the value of self-confidence, leadership, and community. We hope this program will make your rider never want to leave but remember you can always come back. Helmets and bikes are encouraged but not required as we do have access to free loaner bikes and helmets, however they are on a first-come first-serve basis.

Date: **CHECK THE WEBSITE FOR DATES**

Location: Cape Cod BMX (65 Quaker Meetinghouse Rd, Sandwich)

## 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 14<sup>th</sup>-Thursday July 17<sup>th</sup>

Session B: Monday July 28<sup>th</sup>-Thursday July 31<sup>st</sup>

Time: 1:30p-3:00p

Location: Forges Adult Softball Field (83 Jordan Rd)

Fee: \$150 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 14<sup>th</sup>-Thursday July 17<sup>th</sup>

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

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

Fee: \$195 per child (4 classes)

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

## INTRO TO CROSSFIT FOR TWEENS/TEENS

AGES 10-13

CrossFit Tweens for ages 10-13 incorporates exercises like squats, deadlifts, pull ups and more by using dumbbells, barbells, gymnastics rings, rowing machines, and other equipment. This builds functional strength and fitness in kids and teens. The variety of movements also helps develop balance, coordination, and body control.

Session B: Tuesday & Thursday July 8<sup>th</sup>-August 28<sup>th</sup>

Time: 6:15p-7:15p

Fee: \$190 per child (16 classes)

Location: Baystate Crossfit (114 Long Pond Rd)

## MACHINE MAYHEM USING LEGO®

AGES 7-12

Design your custom LEGO® creation to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs and then combine these with tools like drills, hammers, and battering rams. You will refine your masterpiece by sparring with friends and overcoming obstacles all while applying realworld engineering and physics concepts to help you bash and crash your way to victory!

Date: Monday July 28<sup>th</sup>-Thursday July 31<sup>st</sup>

Instructor: Play-Well TEKnologies

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

Time: 1:00p-4:00p

Fee: \$135 per child (4 classes)

**\*Please note: participants WILL NOT keep the LEGO sets.\***

# SUMMER YOUTH PROGRAMS

## 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 14<sup>th</sup>-Thursday July 17<sup>th</sup>

Location: Forges Soccer 1 (83 Jordan Rd)

Time: 9:00a-12:30p

Fee: \$120 per child (4 classes)

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

## KIDS TEST KITCHEN

AGES 7-12

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time! In this clinic, your eaters, working together, will prepare entrées, fun snacks, and side items whose key ingredients are known to be really good for us! During this intensive, we'll focus a bit more on learning practical cooking skills, while finding fun ways to enjoy the produce of the season! We will use every second of our time together! Along with cooking and tasting, which will be the emphasis, we'll also take short breaks to burn up some calories and flex our brain muscles – digging a bit deeper into the world of nutrition with fun activities. Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

Dates: Monday July 14<sup>th</sup>-Thursday July 17<sup>th</sup>

Location: Memorial Hall Blue Room (83 Court St)

Time: 9:30a-12:30p

Fee: \$245 per child (4 classes)

## INCREDIFLIX WORKSHOPS

### ANIMATION FLIX

AGES 7-13

In this fast-paced class, you'll create up to five new stop motion movies using a different medium each day! Animate with ducks, with green screen, and new for 2025 film with anime characters! All flix will be professionally edited and downloadable within a month after program ends.

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

Time: 9:00a-12:00p

Fee: \$190 per child (4 classes)

Location: Manomet Youth Center (659 State Rd)

### MINECRAFT MOVIE FLIX

AGES 7-13

Make a Minecraft Stop Motion MOVIE with your favorite Minecraft Characters! Working in age-appropriate groups, bring Steve, the creepers, and more to life. Students will write, storyboard, create sets out of construction paper, make their Minecraft blocks, film, animate some cool effects, and do voice-overs! All flix will be professionally edited and downloadable within a month after program ends.

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

Time: 1:00p-4:00p

Fee: \$190 per child (4 classes)

Location: Manomet Youth Center (659 State Rd)

### FULL DAY OPTION

Join us for the full day combo for a discount plus free lunch supervision! Please see both half day descriptions. Bring snacks, lunch and drink.

Time: 9:00a-4:00p

Fee: \$345 per child

**REGISTER AT:  
WWW.PLYMOUTHREC.COM**

## WHALE AND DOLPHIN CONSERVATION SUMMER 2025 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

Students will discover the fascinating world of plankton by observing them through a microscope, while learning how whales sustain life on earth and fight climate change.

### 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 a right 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 5<sup>th</sup>

Location: Memorial Hall (83 Court St)

Time: 1:00p-2:30p

Fee: \$25 per child (1 class)



# SUMMER YOUTH PROGRAMS

## A "WICKED" GOOD TIME

AGES 8-13

Join us for a magical week of fun, music, and creativity in our Summer Workshop! Designed for kids ages 8-13 this week-long adventure lets participants dive into the enchanting world of Wicked. Kids will learn fun, choreographed dances, sing their hearts out to favorite songs from the soundtrack, and make crafty creations inspired by the music and characters. Whether they're channeling their inner Glinda or Elphaba, they'll leave the workshop with new skills, lasting memories, and a magical performance to share with family and friends!

Date: Monday June 23<sup>rd</sup>-Thursday June 26<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

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

## HIP HOP DANCE

AGES 6-10

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 B: Saturday July 12<sup>th</sup>-August 2<sup>nd</sup>

Instructor: Open Space Studio

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a Fee: \$50 per child (4 classes)

## THE RISE OF RED

AGES 6-10

Get ready for an epic week of adventure and creativity in our Rise of Red Summer Workshop! Inspired by the thrilling world of Descendants, this week-long workshop will have kids ages 6-10 dancing to high-energy choreography, singing their favorite songs from the soundtrack, and crafting unique creations that bring the story to life. From empowering dance routines to bold, red-themed crafts, participants will embrace their inner rebels and heroes as they dive into the drama of the Isle of the Lost. By the end of the week, kids will showcase their new skills in a performance full of excitement and heart!

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

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p Fee: \$160 per child (4 classes)

## VOLLEYBALL CLINIC

AGES 10-13

JAM Volleyball is excited to offer a Summer Developmental Volleyball Clinic! Designed for young athletes of all skill levels, this clinic provides a fun and supportive environment to build fundamental skills. Players will develop their passing, serving, and attacking through modified gameplay and game-like drills, helping them gain confidence and improve their technique. Don't miss this excellent opportunity to learn, play, and grow with JAM Volleyball!

Instructor: JAM Volleyball

Location: Memorial Hall - Auditorium (83 Court St)

Dates: Monday August 4<sup>th</sup>-Thursday August 7<sup>th</sup>

Time: 9:00a-12:00p Fee: \$185 per child (4 classes)

## 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

### SEE DATES ON THE WEBSITE

Location: Stephens Field Tennis Courts (132R Sandwich St.)

Time: 8:30a-12:00p Fee: \$82 per child (4 classes)

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

## 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 21<sup>st</sup>-Thursday July 24<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p

Fee: \$140 per child (4 classes)

## HIP HOP DANCE CLINIC

AGES 6-10

Get ready to break it down and get creative in our Hip Hop Dance Summer Workshop for ages 6-10. This week-long adventure is all about self-expression, style, and fun. Kids will learn high-energy hip hop choreography, perfecting their moves while jamming out to the latest beats. Alongside their dance sessions, they'll also tap into their creativity by making custom crafts that reflect the world of hip hop culture—everything from graffiti art to personalized accessories. It's the perfect mix of dance, art, and style for kids looking to step up their game and show off their unique flair. At the end of the week, participants will showcase their moves and crafts in an exciting performance! Don't miss out on this ultimate summer experience of rhythm, creativity, and fun!

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

Location: Manomet Youth Center (659 State Rd)

Time: 1:00p-4:00p

Fee: \$160 per child (4 classes)

## SUMMER PARKOUR CLINIC

AGES 5-13

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 assistive equipment 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!

Session A: Tuesday July 8<sup>th</sup>-Thursday July 10<sup>th</sup>

Session B: Tuesday August 12<sup>th</sup>-Thursday August 14<sup>th</sup>

Location: Forges Pavilion (83 Jordan Rd)

**Ages 5-7 Time:** 10:30a-12:30p

Fee: \$165 per child (3 classes)

**Ages 8-13 Time:** 1:00p-4:00p

Fee: \$175 per child (3 classes)

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

## 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! Rackets available during class free of charge.

Session B: Tuesday June 17<sup>th</sup>-July 22<sup>nd</sup>

Time 1: 4:30p-5:00p

Time 2: 5:00p-5:30p

Fee: \$95 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

# SUMMER YOUTH PROGRAMS

## 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 1<sup>st</sup>-August 5<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)

## 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 23<sup>rd</sup>- Thursday June 26<sup>th</sup>

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

Time: 8:30a-12:00p

Fee: \$82 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 21<sup>st</sup>-Thursday July 24<sup>th</sup>

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

Time: 9:00a-12:30p

Fee: \$82 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 July 28<sup>th</sup>-Thursday August 1<sup>st</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 23<sup>rd</sup>-August 8<sup>th</sup>

Location: West Elementary School (170 Plympton Rd)

Ages: 4-12 Time: 9:00a -12:00p Fee: \$255 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 23<sup>rd</sup>-August 8<sup>th</sup>

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

Ages: 4-12 Time: 9:00a -12:00p Fee: \$255 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 our half-day locations.

Date: Monday-Friday June 23<sup>rd</sup>-August 8<sup>th</sup>

Time: 8:45a-12:15p

Ages: 13-14

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 31<sup>st</sup>-September 4<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

Time: 7:00p-9:00p Fee: \$30 per person (6 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 remains inside the facility for the duration of the games.

Dates: Tuesday June 24<sup>th</sup>- August 5<sup>th</sup>

Time: 6:00p-7:30p Fee: \$35 prepaid for 7 nights

Location: Memorial Hall - Auditorium (83 Court St)

## 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

Location: Stephens Field Tennis Courts (132R Sandwich St.)

Session B: **CHECK THE WEBSITE FOR DATES**

Time: 5:30p-7:30p Fee: \$80 per person (8 classes)

## SUNDAY BOOTCAMP

AGES 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 A: Sunday June 22<sup>nd</sup>- August 10<sup>th</sup>

Time: 9:15a-10:15a Fee: \$80 per person (8 classes)

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

## 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. Racquets available to use free of charge.

Session B: Tuesday June 17<sup>th</sup>-July 22<sup>nd</sup>

Location: Village Sports Club (30 Golf Drive)

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

## KRIPALU YOGA

AGES 18+

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

Instructor: Jayne Sutton

### INDOORS:

Session A: Thursday May 29<sup>th</sup>-June 19<sup>th</sup>

Session D: Thursday August 14<sup>th</sup>-September 4<sup>th</sup>

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

Time: 6:30p-7:45p Fee: \$40 per person (4 classes)

### OUTDOORS AM:

Session B: Tuesday July 1<sup>st</sup>-July 22<sup>nd</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 10<sup>th</sup>-July 31<sup>st</sup>

Location: Forges Football Game Field (83 Jordan Rd)

Time: 5:30p-6:45p Fee: \$40 per person (4 classes)

## 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 E: Monday June 30<sup>th</sup>-August 4<sup>th</sup>

Session F: Thursday July 31<sup>st</sup>-September 4<sup>th</sup>

Time: 6:00p-8:00p

Fee: \$30 per person (6 classes)

Location: Memorial Hall - Auditorium (83 Court Street)

## 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. Racquets available to use free of charge.

Session B: Thursday June 19<sup>th</sup>-July 24<sup>th</sup>

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)

## 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!

What level do you belong in? If you are a 3.0 player and above, you belong in the Intermediate/advanced group. If you don't know what level you are or looking to just play, have fun and socialize? Stick with the beginner/intermediate group.

Session B: Monday June 30<sup>th</sup>-Wednesday August 6<sup>th</sup>

Session C: Tuesday & Thursday July 1<sup>st</sup>-August 7<sup>th</sup>

Fee: \$30 per person (6 weeks)

Location: Forges Pickleball Courts (83 Jordan Rd)

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

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

Location: Forges Pickleball Courts (83 Jordan Rd)

\*There are no instructors at this program\*

# SUMMER SAILING PROGRAMS

## LITTLE MARINERS (AGES 7-9)

It's never too early to get out on the water! This beginner program introduces younger children to the fundamentals of boating. After some land-based fun learning parts of the boat, how to bail and steer, Little Mariners students then sail with instructors on our 14-foot RS Quests around Plymouth Harbor. During these group sails, students will practice steering and trimming sails, and learn to watch the wind, tide and currents. Once competent, a 7+ year old student may move up to our Pram class.

## PRAM (AGES 7-10\*)

Our Pram program continues fundamental skills for sailors who started in Little Mariners. It can also be a first class for beginner sailors ready to try sailing their own boat with a buddy. (To qualify, age 7-8 must have previously taken a class with us or a comparable sailing program.) Students sail in 8-foot boats called Prams which are fun and easy to handle. The focus is on getting comfortable in that boat and to perform basic boat handling skills. Sailors also capsize and right their boat and learn how to steer, both up and downwind. Pram sailors celebrate their new skills in their season end regatta, the Lynne Jewell Cup, named for PYC's beloved Olympic Gold Medalist and Junior Sailing graduate.

**\*MUST HAVE TAKEN A FIRST MATE/LITTLE MARINERS CLASS BEFORE\***

## ADVENTURE INTRO (AGES 10-14)

Fun, no-pressure sailing to destinations around Plymouth Harbor for younger teens & tweens! Adventure and fun await these sailors on our exciting 14-foot RS Quests as they sail together in one boat to their chosen destination. Each sailor is responsible for part of the boat's operation, tuning and handling. They will also learn boat rigging, righting and how to sail both upwind and downwind. Sailors often opt for more sessions and bigger adventures as skills increase. Adventure Intro sailors will also learn a little bit of chart navigation!

## ADVENTURE SEA (AGES 13-16)

Fun, no-pressure sailing to destinations around Plymouth Harbor for older teens! Adventure and fun await these sailors on our exciting 14-foot RS Quests as they sail together in one boat to their group's chosen destination. Our goal is to provide these more mature sailors with day sailing fundamentals, which includes planning ahead! Each sailor is responsible for part of the boat's operation, tuning and handling. They will also learn boat rigging, righting and how to maximize performance both upwind and downwind. Adventure Sea sailors also learn how to create a float plan by plotting their planned course on a harbor chart, and use popular navigation apps for weather, current and tides data.

**\*Please check website for dates, times and pricing\***

## FALL 2025

### AFTER SCHOOL at the MYC

### AGES 6-12

During the school year the Manomet Youth Center located at 659 State Road will be available for youth to drop-in. The MYC is operated by the Plymouth Recreation Department and is a fun place for children to stay active after school. The youth center has a game room, TV room, and a gymnasium!! Children can challenge each other in bumper pool, air hockey, ping pong, 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 2024-25 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: \$125 per child before August 25<sup>th</sup>, \$140 per child starting August 26<sup>th</sup>

### 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 2<sup>nd</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 18<sup>th</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 4<sup>th</sup>-October 16<sup>th</sup>

Location: Forges Adult Softball Field (83 Jordan Rd)

Time: 7:00p or 8:30p

Fee: \$650 per team

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

### 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 7<sup>th</sup>-October 5<sup>th</sup> (5 classes)

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

Age: 3

Group 1: 8:15a-8:45a

Group 2: 9:00a-9:30a

Fee: \$52 per child

Age: 4-6

Group 3: 9:45-10:30a

Group 4: 10:45a-11:30a

Group 5: 11:45a-12:30p

Fee: \$67 per child

# FALL 2025

## 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 6<sup>th</sup>-October 11<sup>th</sup> (6 classes)

**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:** \$52 per child

**Age: 4-5**

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

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

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

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

Includes a team shirt.

**Ages:** 6-7

**Dates:** Saturday September 6<sup>th</sup>-October 11<sup>th</sup> **Time:** 8:00a-9:00a

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

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



**REGISTRATION FOR FALL SMART SOCCER, T-BALL AND FLAG FOOTBALL FOR RESIDENTS BEGINS MONDAY JUNE 2<sup>ND</sup> AND FOR NON-RESIDENTS JUNE 9<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 6<sup>th</sup>-October 18<sup>th</sup>  
(6 dates - no games 10/11 & includes NFL Jersey)

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

**Fee:** \$84 per child



### 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 6<sup>th</sup>-October 18<sup>th</sup> (6 dates - no games 10/11 & includes NFL Jersey)

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

**Fee:** \$109 per child

### 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 6<sup>th</sup>-October 18<sup>th</sup> (6 games per league - no games 10/11 & includes NFL Jersey)

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

**Fee:** \$109 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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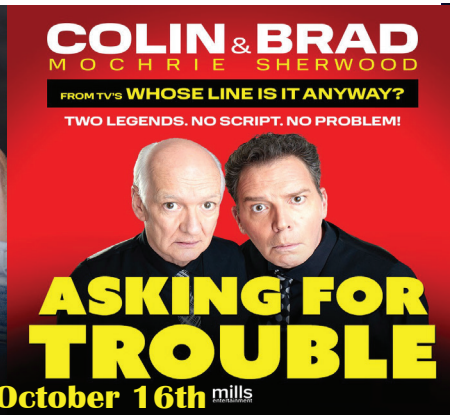
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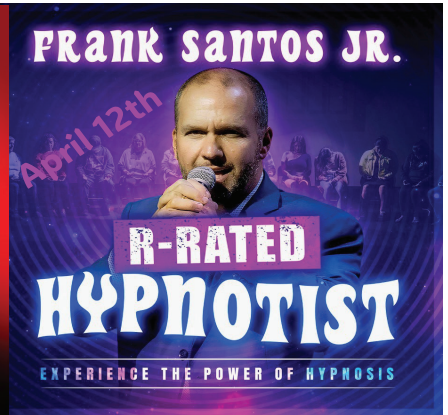
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