



# PLYMOUTH RECREATION DEPARTMENT

## SPRING / SUMMER PROGRAM GUIDE 2026

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)

### ASSISTANT DIRECTOR

SAM BOTELHO  
508-747-1620 Ext. 10196  
[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

GRACE CORREIA  
508-747-1620 Ext. 10203  
[gcorreia@plymouth-ma.gov](mailto:gcorreia@plymouth-ma.gov)

### 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.girlscoutseasternmass.org](http://www.girlscoutseasternmass.org)

### Plymouth Family Network

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

# SPRING/SUMMER 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: Monday April 27<sup>th</sup>-May 18<sup>th</sup>  
Time: 2:00p-2:45p  
Fee: \$55 per child (4 classes)  
Location: Manomet Youth Center (659 State Rd)

## **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 29<sup>th</sup>-June 3<sup>rd</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 29<sup>th</sup>-June 3<sup>rd</sup>  
Time: 10:45a-11:30a  
Fee: \$60 per child (6 classes)  
Location: Manomet Youth Center (659 State Rd)

## **TOT TUMBLE & MOVEMENT** AGES 2-5 WITH PARENT

A playful and engaging parent-and-child class designed for toddlers and their caregivers! This class focuses on developing motor skills, coordination, and confidence through fun activities like crawling, climbing, balancing, and music-based movement. With guided instruction in a safe, supportive environment, it's a perfect way to bond, move, and explore together! Please wear comfortable clothing, sneakers.

Session A: Wednesday April 29<sup>th</sup>-June 3<sup>rd</sup>  
Session B: Friday May 1<sup>st</sup>-June 5<sup>th</sup>  
Session C: Wednesday June 10<sup>th</sup>-July 15<sup>th</sup>  
Session D: Friday June 12<sup>th</sup>-July 23<sup>rd</sup>  
Time: 10:00a-10:30a  
Fee: \$70 per child (6 classes)  
Location: Northern Lights Cheer (54 Holman Rd - Building B)

**REGISTRATION OPENS MARCH 16<sup>TH</sup> FOR PLYMOUTH RESIDENTS**

## **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 April 30<sup>th</sup>-June 4<sup>th</sup>  
Time: 9:30a-10:00a Fee: \$55 per child (6 classes)  
Session B: Saturday July 11<sup>th</sup>-August 1<sup>st</sup>  
Time: 9:00a-9:30a Fee: \$45 per child (4 classes)  
Location: Manomet Youth Center (659 State Rd)

## **PRESCHOOL DANCE** AGES 3-6

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

Instructor: Miss Danielle from Open Space Studio  
Session A: Thursday April 30<sup>th</sup>-June 4<sup>th</sup>  
Time: 10:15a-11:00a Fee: \$60 per child (6 classes)  
Session B: Saturday July 11<sup>th</sup>-August 1<sup>st</sup>  
Time: 9:45a-10:30a Fee: \$50 per child (4 classes)  
Location: Manomet Youth Center (659 State Rd)

## **PRESCHOOL KARATE** AGES 4-6

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

Instructor: Sensei Mike Murphy  
Session A: Friday May 1<sup>st</sup>-June 12<sup>th</sup>  
Time A: 4:30p-5:00p or Time B: 5:15p-5:45p  
Fee: \$90 per child (6 classes - no class 5/22)  
Location: Mike's Dojo of Champions (96 Long Pond Rd)

## **WINTERLAND LEARN TO ICE SKATE - TOT**

AGES 4-6

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

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

\*Minors must be accompanied by a parent/guardian who stays in the building during the lesson

Session A: Thursday May 7<sup>th</sup>-June 18<sup>th</sup>  
Session C: Thursday June 25<sup>th</sup>-August 13<sup>th</sup>  
Thursday Time: 5:00p-5:25p  
Session B: Sunday May 10<sup>th</sup>-June 21<sup>st</sup>  
Sunday Time: 2:25p-2:50p  
Session A&B Fee: \$161 per child (7 classes)  
Session C Fee: \$184 per child (8 classes)  
Location: Armstrong Arena (103 Long Pond Rd)

# SPRING/SUMMER 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 7<sup>th</sup>-May 28<sup>th</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 28<sup>th</sup>-June 2<sup>nd</sup>

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

Location: Manomet Youth Center (659 State Rd)

Session B: Tuesday June 30<sup>th</sup>-July 21<sup>st</sup>

Time: 3:00p-3:45p Fee: \$40 per child (4 classes)

Location: Memorial Hall-Auditorium (83 Court St)

## LITTLE SPORTS STARS

AGES 2-3 & PARENT

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

Session A: Tuesday April 28<sup>th</sup>-June 2<sup>nd</sup>

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

Session A Fee: \$50 per child (6 classes)

Session B: Tuesday June 30<sup>th</sup>-July 21<sup>st</sup> Time: 2:15p-2:45p

Fee: \$35 per child (4 classes)

Session A & B Location: Memorial Hall-Auditorium (83 Court St)

Session C: Tuesday June 30<sup>th</sup>-August 4<sup>th</sup> Time: 4:15p-4:45p

Session C Location: Manomet Youth Center (659 State Rd)

Session C Fee: \$50 per child (6 classes)

## SMART SOCCER- WEEKNIGHTS

AGES 3-5

This is a fun and exciting introduction to soccer for children. With a dynamic and active approach, this program focuses on learning through games and small-field play. Players experience our "Smart Soccer" philosophy of promoting fundamental skills and sportsmanship. The 4-5 year old program will receive full MLS kits (jersey, socks & shorts).

Session A: Tuesday April 28<sup>th</sup>-June 2<sup>nd</sup>

**Ages 3:** Time: 4:30p-5:00p Fee: \$52 per child (6 classes)

**Ages 4-5:** Time: 5:15p-6:15p Fee: \$90 per child (6 classes)

Location: Forges Field- Adult Softball Field (83 Jordan 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 9<sup>th</sup>-July 30<sup>th</sup>

Location: Hedges Pond (158 Hedges Pond Rd)

Time: 3:00p-3:45p

Fee: \$55 per child (4 classes)

## ARTSY TOTS

AGES 2-4 & PARENT

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

Session A: Tuesday May 5<sup>th</sup>-26<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 27<sup>th</sup>-June 8<sup>th</sup>

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

Fee: \$50 per child (6 classes - no class 5/25)

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

## QUICK START TENNIS - LEVEL 1

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 June 2<sup>nd</sup>-July 7<sup>th</sup>

Time: 4:30p-5:00p Fee: \$97 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

## QUICK START TENNIS - LEVEL 2

AGES 5-6

This class is intended for students who have previously taken the Quick Start Level 1 class, and are looking for more advanced lessons. Students must be recommended for the class by the instructor, and taking a previous Level 1 Quick Start class is required.

Session A: Tuesday June 2<sup>nd</sup>-July 7<sup>th</sup>

Time: 5:00p-5:30p Fee: \$97 per child (6 classes)

Location: Village Sports Club (30 Golf Dr)

## SUMMERT-BALL

AGES 3-6

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

Dates: Monday June 29<sup>th</sup>-July 27<sup>th</sup>

Session D: Age 3 years old

Time: 4:45p-5:15p Fee: \$54 per child (5 classes)

Session E: Age 4-6 years old

Time: 5:30p-6:15p Fee: \$69 per child (5 classes)

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

Plymouth Recreation

# Pop Up Play Group

Must pre-register to join!

## *Elmer Raymond*

1138 Long Pond Rd

April 9<sup>th</sup>

9:30 AM - 11:00 AM

## *Nelson Park*

255 Water St

May 7<sup>th</sup>

9:30 AM - 11:00 AM

## *Jack Medeiros Memorial Recreation Area*

154 South Meadow Rd

May 28<sup>th</sup>

9:30 AM - 11:00 AM

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

## JOHN P. MCKENNA YOUTH FISHING DERBY

The John P. McKenna Youth Fishing Derby has been established with hopes of sharing John's passions for fishing with other members of the community by offering a free day of fun for kids and their families by hosting an annual fishing derby. All proceeds raised will fund the John P. McKenna Youth Fishing Derby, to be held this year on Saturday May 9<sup>th</sup>, 2026 at Morton Park.

The fishing derby is free and open to all children ages 3-17 from Plymouth and surrounding communities.

Children participating in the derby are provided with fishing instruction, a goody bag and prizes.

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

Registration is at 8:00a, with the event running from 9:00a-12:30p.

Age groups are 3-7, 8-10, 11-14 and 15-17.

There will be lots of tackle and rod/reel combos given as prizes along with trophies in each age category including a grand prize for the biggest fish.

\*The rain date will be on Sunday May 10<sup>th</sup>, 2026\*

# SPRING/SUMMER YOUTH PROGRAMS

## 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. Participants must keep all safety gear on at all times and wear athletic shoes.

Session A: Saturday June 20<sup>th</sup>

Instructor: Knucklebones

Time: 9:00a-12:00p

Fee: \$65 per child (1 class)

Location: West Elementary Tennis Courts (170 Plympton Rd)

## HOME ALONE & STAYING SAFE

GRADES 4 & 5

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

Session A: Saturday June 13<sup>th</sup>

Instructor: Bette Antonellis & Denise Laiosa

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

Time: 9:30a-12:00p

Fee: \$55 per child (1 class)

## BABYSITTER SAFETY TRAINING

AGES 11.5 & UP

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

Session A: Saturday June 20<sup>th</sup>

Instructor: Bette Antonellis

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

Time: 9:30a-12:00p

Fee: \$55 per child (1 class)

## HOT SHOTS TENNIS - LEVEL 1

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 June 2<sup>nd</sup>-July 7<sup>th</sup>

Time: 6:30p-7:30p

Fee: \$137 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

## HOT SHOTS TENNIS - LEVEL 2

AGES 10-12

This class is intended for students who have previously taken the Hot Shots Level 1 class, and are looking for more advanced lessons. Students must be recommended for the class by the instructor, and taking a previous Level 1 Hot Shots Tennis is required.

Session A: Thursday June 4<sup>th</sup>-July 9<sup>th</sup>

Time: 4:30p-5:30p

Fee: \$137 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

## VIDEO GAME CLUB

AGES 6-12

Video Game Club is a program that will provide students a safe, fun, and competitive club, where they can play video games with their friends. The games that will be offered are Super Smash Brothers, Mario Kart, Minecraft and more. The games will all be played on a Nintendo Switch.

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

Time: 5:30p-6:45p

Fee: \$30 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

## YOUTH YOGA

AGES 8-13

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

Instructor: Jaime Houde

Session A: Thursday May 7<sup>th</sup>-May 28<sup>th</sup>

Time: 5:15p-6:00p

Fee: \$47 per child (4 classes)

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



## 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: Monday May 4<sup>th</sup>-June 15<sup>th</sup>

Time: 4:15p-5:30p

Fee: \$80 per child (6 classes - no class 5/25)

Location: Memorial Hall - Auditorium (83 Court St)

## 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.

Instructor: Open Space Dance Studio

Session A: Monday April 27<sup>th</sup>-June 8<sup>th</sup>

Time: 5:00p-5:45p

Fee: \$65 per child (6 classes - no class 5/25)

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

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

Time: 11:00a-11:45a

Fee: \$55 per child (4 classes)

Session B Location: Manomet Youth Center (659 State Rd)

## INTRO TO CHEERLEADING

AGES 5-11

A fun and energetic class designed to introduce kids to the fundamentals of cheerleading! Students will learn jumps, motions, and beginner stunts in a supportive and team-focused environment. Perfect for building confidence, coordination, and spirit! Please wear comfortable clothing, sneakers and hair must be pulled back/up.

Session A: Tuesday April 28<sup>th</sup>-June 2<sup>nd</sup>

Session B: Tuesday June 9<sup>th</sup>- July 14<sup>th</sup>

Time: 5:00p-6:00p

Fee: \$155 per child (6 classes)

Location: Northern Lights Cheer (54 Holman Rd - Building B)

# SPRING/SUMMER YOUTH PROGRAMS

## TENNIS LESSONS

AGES 6-11

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: Coach O

Date: Monday June 1<sup>st</sup>-June 22<sup>nd</sup>

Ages: 6-8 years old Time: 4:15p-5:45p

Date: Wednesday June 3<sup>rd</sup>-June 24<sup>th</sup>

Ages: 9-11 years old Time: 4:15p-5:45p

Fee: \$70 per child (4 classes)

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

## LITTLE HOT SHOTS TENNIS - LEVEL 1

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.

Instructor: Coach O

Session A: Tuesday June 2<sup>nd</sup>-July 7<sup>th</sup>

Time: 5:30p-6:30p Fee: \$137 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

## LITTLE HOT SHOTS TENNIS - LEVEL 2

AGES 7-9

This class is intended for students who have previously taken the Little Hot Shots Level 1 class, and are looking for more advanced lessons. Students must be recommended for the class by the instructor, and taking a previous Level 1 Little Hot Shots Tennis is required.

Instructor: Coach O

Session A: Thursday June 4<sup>th</sup>-July 9<sup>th</sup>

Time: 5:30p-6:30p Fee: \$137 per child (6 classes)

Location: Village Sports Club (30 Golf Dr)

## MIDDLE/HIGH SCHOOL TENNIS - LEVEL 1

AGES 13-16

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

Session A: Tuesday June 2<sup>nd</sup>-July 7<sup>th</sup>

Location: Village Racquet & Fitness (30 Golf Drive)

Time: 3:30p-4:30p Fee: \$137 per child (6 classes)

## MIDDLE/HIGH SCHOOL TENNIS - LEVEL 2

AGES 13-17

This program is designed to improve students skills so they can advance to a higher level. Students will learn spins and placement of the ball. Rackets will be provided if needed free of charge.

Instructor: Coach O

Session A: Thursday June 4<sup>th</sup>-July 9<sup>th</sup>

Time: 3:30p-4:30p Fee: \$137 per child (6 classes)

Location: Village Sports Club (30 Golf Dr)

## TEEN OPEN VOLLEYBALL

AGES 14-17

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 23<sup>rd</sup>- August 4<sup>th</sup>

Time: 5:00p-6:30p Fee: \$35 prepaid for 7 nights

Location: Memorial Hall - Auditorium (83 Court St)

## INTRO TO CROSSFIT FOR KIDS

AGES 5-10

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

Session A: Tuesday May 12<sup>th</sup>-June 30<sup>th</sup>

Time: 4:30p-5:15p

Fee: \$100 per child (8 classes)

Location: Baystate Crossfit (114 Long Pond Rd)

## 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 7<sup>th</sup>-May 28<sup>th</sup>

Time: 6:00p-6:45p

Fee: \$60 per child (4 classes)

Location: Manomet Youth Center (659 State Rd)

## WINTERLAND LEARN TO ICE SKATE - YOUTH

AGES 6-15

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

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

- Rental skates available on a first-come, first-served basis and included in the class fee. Double blade skates not permitted

- Participants must be potty trained and capable of following directions.

\*Minors must be accompanied by a parent/guardian who stays in the building during the lesson

Session A: Thursday May 7<sup>th</sup>-June 18<sup>th</sup>

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

Thursday Time: 5:25p-5:50p

Session B: Sunday May 10<sup>th</sup>-June 21<sup>st</sup>

Sunday Time: 2:00p-2:25p

Session A&B Fee: \$161 per child (7 classes)

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

Location: Armstrong Arena (103 Long Pond Rd)

## BAKING & CAKE DECORATING WITH AUNDRIA'S KITCHEN

AGES 6-13

Join Aundria's kitchen for a fun, hands-on baking and cake decorating experience! Students will learn how to bake, frost cakes smoothly, and decorate using piping techniques and creative designs. This course builds confidence, creativity, and real kitchen skills. All supplies are included, and each student will bring home their own cake decorating kit with the tools and supplies used throughout the course

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

Ages 6-9 Time: 3:30p-4:30p

Ages 10-13 Time: 5:00p-6:00p

Fee: \$175 per child (4 classes)

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

# APRIL VACATION CLINICS

## 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 21<sup>st</sup>- Thursday April 23<sup>rd</sup> \*Friday April 24<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

### ELECTRICITY & MAGNETMANIA

AGES 7-10

Learn all about electronics, magnetism, and more in this fun and educational hands-on workshop! Take part in our Minds in Motion electronic lab and take home your very own circuit kit. With the aid of your instructor, simply follow the colorful pictures in your manual to build up to 100 exciting projects such as a flying saucer, alarm, and doorbell! All parts are mounted on plastic modules and snap together with ease. You will also take part and witness many cool magnetic experiments including making and taking home the World's Simplest Motor! Watch electricity being produced by a hand held generator and take part in a cool activity involving a very powerful magnet. Behold a special magnetic top levitating and much much more!

Dates: Tuesday April 21<sup>st</sup>-Friday April 24<sup>th</sup> Time: 9:00a-12:00p

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

Fee: \$170 per child (4 days)

### CSI CRIME SCENE INVESTIGATION

AGES 7-10

Come join our Minds in Motion Crime Team in this fun and interesting program! We will provide you with all the tools you need to become your very own crime scene investigator. Learn all about forensics, searching for evidence, and gathering clues and bring home your very own detective kit! Working in groups, you will conduct many science experiments in our crime lab to solve the mysteries at hand. You will learn all about fingerprinting and how to classify them and bring home your very own fingerprint classification sheet! You will also perform chemical analyses and observations working with powders, liquids, and much much more! Be amazed at how much science plays a part in solving a crime. Come ready with your thinking caps and be prepared to use all the skills necessary to solve the crime of the century and help save the Minds in Motion Laboratory! We need you!

Dates: Tuesday April 21<sup>st</sup>-Friday April 24<sup>th</sup> Time: 12:30-3:30p

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

Fee: \$170 per child (4 days)

## FOX WOODS FARMS HORSEMANSHIP APRIL VACATION PROGRAM

AGES 6-14

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: Monday April 20<sup>th</sup>-Thursday April 23<sup>rd</sup>

Time: 9:00a-12:00p

Fee: \$415 per child (4 classes)

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

\*Rain make-up Friday April 24<sup>th</sup>\*

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

Dates: Tuesday April 21<sup>st</sup>- Thursday April 23<sup>rd</sup>

Time: 9:30a-11:30a

Fee: \$65 per child (3 classes)

Location: Forges Lower Football Field (83 Jordan Rd)

## 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: Monday April 20<sup>th</sup>- Thursday April 23<sup>rd</sup>

Time: 9:30a-11:00a

Fee: \$155 per child (4 classes, 4/24 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 21<sup>st</sup>- Thursday April 23<sup>rd</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 24<sup>th</sup>\*

Dates: Monday April 20<sup>th</sup>-Thursday April 23<sup>rd</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/SUMMER 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 5<sup>th</sup>-June 11<sup>th</sup>

Session B: Monday June 29<sup>th</sup>-Wednesday August 5<sup>th</sup>

Session C: Tuesday & Thursday June 30<sup>th</sup>-August 6<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\***

## 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 29<sup>th</sup>-May 20<sup>th</sup>

Session B: Wednesday June 3<sup>rd</sup>-24<sup>th</sup>

Location: Plymouth Harbor Knits

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

Time: 4:30p-6:00p

Fee: \$72 per person (4 classes)

## ARCHERY FOR WOMEN: A JOURNEY OF PRECISION AND POWER

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! Class includes instruction from Dee Sacchetti a certified Level II USA Archery Instructor & owner of Dee's Archery Events and use of equipment. Feel free to bring your own equipment if you have it! We will focus on basic form and instinctive aiming techniques. No experience necessary.

Session A: Tuesday May 5<sup>th</sup>-26<sup>th</sup>

Time: 6:30p-8:00p

Fee: \$155 per person (4 classes)

Location: Manomet Youth Center (659 State Rd)

## INDOOR PICKLEBALL

AGES 18+

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

Session A: Monday May 4<sup>th</sup>-June 15<sup>th</sup>

Session B: Tuesday April 28<sup>th</sup>-June 2<sup>nd</sup>

Session C: Wednesday April 29<sup>th</sup>-June 3<sup>rd</sup>

Session D: Monday June 22<sup>nd</sup>-July 27<sup>th</sup>

Time: 6:00p-8:00p

Fee: \$30 per person (6 classes - no class 5/25)

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 A: Thursday June 4<sup>th</sup>-July 9<sup>th</sup>

Time A: 6:30p-7:30p

Time B: 7:30p-8:30p

Fee: \$137 per person (6 classes)

Location: Village Sports Club (30 Golf Drive)

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

Location: Forges Field Pickleball Courts (83 Jordan Rd)

Time: 1:00p-2:30p

Fee: \$65 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 27<sup>th</sup>-June 15<sup>th</sup>

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

Session B: Thursday April 30<sup>th</sup>-June 11<sup>th</sup>

Session B Time 1: 10:00a-11:00a or Time 2: 11:00a-12:00p

Fee: \$107 per person per time slot (6 classes - no class 5/11, 5/14 & 5/25)

Location: Village Sports Club(30 Golf Dr)

## 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 A: Tuesday June 2<sup>nd</sup>-July 7<sup>th</sup>

Time: 7:30p-8:30p

Fee: \$137 per person (6 classes)

Location: Village Sports Club (30 Golf Drive)

## 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 28<sup>th</sup>-July 16<sup>th</sup>

Session B: Thursday July 30<sup>th</sup>-September 17<sup>th</sup>

Time: 7:00p-9:00p

Fee: \$40 per person (8 nights)

Location: Manomet Youth Center (659 State Rd)

# SPRING /SUMMER ADULT PROGRAMS

## KRIPALU YOGA

AGES 18+

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

Instructor: Jayne Sutton

### INDOORS:

Session 5: Thursday April 16<sup>th</sup>-May 21<sup>st</sup>

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

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

Session D: Thursday August 6<sup>th</sup>-27<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 June 30<sup>th</sup>-July 21<sup>st</sup>

Time: 9:30a-10:45a Fee: \$40 per person (4 classes)

### OUTDOORS PM:

Session C: Thursday July 2<sup>nd</sup>-July 23<sup>rd</sup>

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

Outdoor Location AM&PM: Forges Football Field (83 Jordan Rd)

## ADULT OPEN VOLLEYBALL

AGES 18+

Join us this summer in the air conditioned Memorial Hall for our adult OPEN 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.

Dates: Tuesday June 23<sup>rd</sup>- August 4<sup>th</sup>

Time: 6:45p-8:15p

Fee: \$35 prepaid for 7 nights

Location: Memorial Hall - Auditorium (83 Court St)

## 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 May 11<sup>th</sup>-July 3<sup>rd</sup>

Time: 5:00a, 8:00a, 9:15a or 5:30p

Fee: \$190 per person (16 classes - no classes 5/25)

Location: Baystate Crossfit (114 Long Pond Rd)

## FIRST AID, CPR & AED TRAINING

AGES 16+

Be Educated. Act Rapidly. Join B.E.A.R Training Academy for an AHA-certified CPR, AED, and First Aid class that equips you with the skills and confidence to save a life. Taught by an experienced nurse and certified instructor, you'll learn how to respond to cardiac arrest, choking, allergic reactions, and everyday emergencies. Perfect for parents, caregivers, teachers, and businesses—hands-on, practical, and lifesaving.

Instructor: B.E.A.R. Training Academy

Date: Sunday May 3<sup>rd</sup>

Time: 9:00a-12:00p

Fee: \$80 per person (1 class)

Location: Manomet Youth Center (659 State 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 May 9<sup>th</sup>-July 3<sup>rd</sup>

Time: 6:30a-7:30a

Fee: \$190 per person (16 classes - no classes 5/25)

Location: Baystate Crossfit (114 Long Pond Rd)

## 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: Coach O

Session A: Monday & Wednesday June 1<sup>st</sup>-June 24<sup>th</sup>

Session B: Monday & Wednesday July 6<sup>th</sup>-August 3<sup>rd</sup>

Time: 6:00p-8:00p

Fee: \$80 per person (8 classes - no class 7/22)

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

## 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 May 10<sup>th</sup>-June 28<sup>th</sup>

Session B: Sunday July 12<sup>th</sup>-August 30<sup>th</sup>

Time: 9:15a-10:15a Fee: \$85 per person (8 classes)

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

## 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 1<sup>st</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 17<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 3<sup>rd</sup>-October 16<sup>th</sup>

Time: 7:00p or 8:30p Fee: \$650 per team

Location: Forges Adult Softball Field (83 Jordan Rd)

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

# SPRING/SUMMER ADULT PROGRAMS

## AERIAL YOGA

AGES 18+

Strengthen, lengthen, and restore — with the support of the hammock. Aerial Yoga blends traditional yoga poses with a suspended fabric hammock to help improve flexibility, core strength, balance, and spinal decompression. The hammock supports your body, allowing you to safely deepen stretches, explore gentle inversions, and reduce joint compression. This class combines mindful movement with playful flow, leaving you feeling stronger, lighter, and deeply relaxed.

Session A: Monday April 6<sup>th</sup>-June 1<sup>st</sup>

Session B: Monday June 8<sup>th</sup>-July 27<sup>th</sup>

Time: 6:30p-7:30p

Fee: \$135 per person (8 classes - no class 5/25)

Location: Fountain Wellness (36 Cordage Park Circle, Suite 206)

## SENIOR TAI CHI

AGES 50+

Gentle movement for lifelong mobility. Tai Chi for Seniors focuses on joint-friendly, low-impact movements that support flexibility, circulation, coordination, and overall well-being. This class emphasizes fall prevention, posture alignment, and relaxed breathing techniques while fostering a calm, supportive community atmosphere. Perfect for older adults seeking safe, restorative movement to stay active and independent.

Session A: Saturday April 4<sup>th</sup>-May 23<sup>rd</sup>

Session B: Saturday May 30<sup>th</sup>-July 25<sup>th</sup>

Time: 9:30a-10:30a

Fee: \$135 per person (8 classes - no class 7/4)

Location: Fountain Wellness (36 Cordage Park Circle, Suite 206)

## BUNGEE FIT

AGES 18+

Defy gravity and ignite your strength. Bungee Fit is a high-energy, low-impact workout where you're supported by bungee cords as you jump, lunge, sprint, and "fly." Resistance challenges your muscles while protecting your joints — making it intense, fun, and accessible for all fitness levels. Expect cardio, strength, core activation, and serious endorphins — all in an immersive, music-driven environment. Sweat. Fly. Feel unstoppable.

Session A: Tuesday April 7<sup>th</sup>-May 26<sup>th</sup>

Session C: Tuesday June 2<sup>nd</sup>-July 21<sup>st</sup>

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

Session B: Sunday April 12<sup>th</sup>-May 31<sup>st</sup>

Session D: Sunday June 7<sup>th</sup>-August 2<sup>nd</sup>

Sunday Time: 1:00p-2:00p

Fee: \$135 per person (8 classes - no class 7/5)

Location: Fountain Wellness (36 Cordage Park Circle, Suite 206)

## 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.

Instructor: Laurette Ryan

Session A: Monday April 27<sup>th</sup>-June 8<sup>th</sup>

Time: 6:00p-7:00p

Fee: \$55 per person (6 classes - no class 5/25)

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

**REGISTER ONLINE AT  
WWW.PLYMOUTHREC.COM**



**POWDER HORN PRESS, INC.**

*Print, Mail, Design & Sign*

508.746.8777

301 Court Street, Plymouth, MA 02360



[www.powderhornpress.com](http://www.powderhornpress.com)



# TOWN OF PLYMOUTH BEACHES AND PONDS

Summer 2026

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 cash every day or \$21.14 on the Passport Mobile Parking application or via credit card at the paystations  
• Morton Park: \$20 cash \$21.14 on the Passport Mobile Parking application or via credit card at the paystations  
weekdays; \$25 cash weekends & holidays or \$26.50 Passport Mobile Parking application or via credit card at the paystations  
\*Motor homes pay \$30 cash 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: Daily starting Saturday May 23<sup>rd</sup> until Labor Day

### WHITE HORSE BEACH: Taylor Avenue

A beautiful open-ocean crescent beach.  
Restrooms: Restroom trailer 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: There is no staff 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 20<sup>th</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 20<sup>th</sup>-August 16<sup>th</sup>

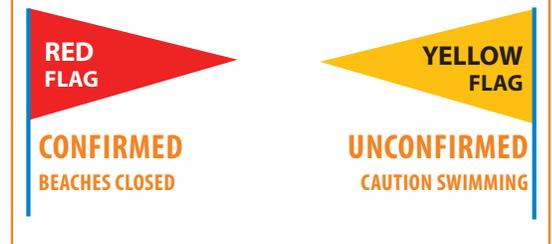
### HEDGES POND: 158 Hedges Pond Road

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 20<sup>th</sup>-Sunday August 16<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 HIKES

## SPRING PEEPERS WALK

The Open Space Committee will lead a tour of the Eel River Preserve on Saturday May 16<sup>th</sup> at dusk. This will be a guided walk with commentary on cranberry bog restoration and wetlands ecology. Our hope is that the spring peepers will be loud and entertaining! This family fun hike is open to the public. There is no fee for participating. It is an easy walk, flat, and between 2 1/2 and 3 miles long. Very important: apply insect repellent liberally. Bring water, flashlight, as needed.

Date: Saturday May 16<sup>th</sup>

Time: 7:30 PM

Duration: About one hour

Distance: 2.8 miles

Location: Meet at the parking lot, on the corner of Long Pond Road and Boot Pond Road

## MOON WALK

The Open Space Committee will lead a twilight walking tour of Long Beach at low tide on Wednesday July 29<sup>th</sup>. We will be accompanied by an ornithologist from Manomet Conservation Sciences for commentary on shore birds living on Plymouth's beaches. Weather permitting, we will watch the sun set on the western horizon and soon thereafter the full moon rising over the ocean.

Date: Wednesday July 29<sup>th</sup>

Time: 7:30 PM

Duration: About two hours

Distance: 2-3 miles

Location: Meet at the far end of the Long Beach parking lot

### ADDITIONAL INFORMATION ABOUT BOTH HIKES:

Walkers of all ages and families with school age children are welcome. Please bring water, a flashlight and insect repellent as needed; dogs are not permitted on the walks.

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

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

# RED CROSS SWIM LESSONS AT MORTON PARK 2026

## GROUP SWIMMING LESSONS

Dates: Monday-Wednesday June 29<sup>th</sup>-August 5<sup>th</sup>, times vary by levels

## PRIVATE LESSONS

Dates: Thursday July 9<sup>th</sup>-Friday August 7<sup>th</sup> between 9:30a-4:20pm.

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

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

**KID'S NIGHT OUT**  
**SUMMER SERIES**  
AT THE MANOMET YOUTH CENTER  
659 State Road

Ages 6-12 years old  
Space is limited!

6:00P-9:30P  
\$15 PER NIGHT

Pizza, snacks, and refreshments included!

**JULY 10**  
**GAGA NIGHT**  
Hop into the inflatable GaGa pit & play the dodgeball like game of GaGa! Winners will receive a prize!

**JULY 17**  
**VIDEO GAME NIGHT**  
Crash and smash into first place for a prize with Mario Kart & Smash Bros tournaments all night long!

**JULY 24**  
**DODGEBALL NIGHT**  
All kinds of dodgeball will be played and the winning teams will all receive a prize!

# SUMMER CLINICS

## TENNIS CLINIC

AGES 8-12

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

Instructor: Coach O

Session A: Monday July 6<sup>th</sup>-Thursday July 9<sup>th</sup>

Session B: Monday July 13<sup>th</sup>-Thursday July 16<sup>th</sup>

Session C: Monday August 3<sup>rd</sup>-Thursday August 6<sup>th</sup>

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\***

## FOX WOODS FARMS HORSEMANSHIP PROGRAM

AGES 6-14

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: Monday July 6<sup>th</sup>-Thursday July 9<sup>th</sup>

Session B: Monday July 20<sup>th</sup>-Thursday July 24<sup>th</sup>

Session C: Monday August 3<sup>rd</sup>-Thursday August 6<sup>th</sup>

Session D: Monday August 17<sup>th</sup>-Thursday August 20<sup>th</sup>

Time: 9:00a-12:00p

Fee: \$415 per child (4 classes)

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

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

## FAIRYTALE ADVENTURES

AGES 3-5

Twirl into a magical world of fairy tales inspired by beloved Disney stories. Dancers will spend four enchanting mornings exploring movement, music, and imagination as they step into the roles of princesses, heroes, and storybook friends. Throughout the week, students will learn age-appropriate ballet and creative movement combinations, build confidence, coordination, and classroom skills, participate in themed games, music, and storytelling activities, enjoy fairy tale inspired arts and crafts and prepare for a sweet mini-performance to share on the final day with family & friends.

Date: Monday August 3<sup>rd</sup>-Thursday August 6<sup>th</sup>

Time: 9:00a-12:00p

Fee: \$150 per child (4 classes)

Location: Manomet Youth Center (659 State Rd)

## SUMMER THEATRE WORKSHOP - FAIRYTALE REVIEW

AGES 5-8

Come join us for a precious week previewing the world of Theatre Arts! Through this workshop, children will gain self-confidence, stage presence, collaboration skills and more! Children will learn theatre warm-up games, handcraft both costumes/props, and end the week with a performance that will showcase their skills, through skits adapted from fairy tales!

Date: Monday August 3<sup>rd</sup>-Thursday August 6<sup>th</sup>

Time: 9:00a-2:00p

Fee: \$225 per child (4 classes)

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

## 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 3<sup>rd</sup>-Thursday August 6<sup>th</sup>

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

Instructor: Coach Sam

Time: 9:00a-11:15a

Fee: \$70 per child (4 classes)

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

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

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

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

Fee: \$99 per child (4 classes)

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

## 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: Monday July 20<sup>th</sup>-Thursday July 23<sup>rd</sup>

Location: Stephens Field Pavilion (132R Sandwich St)

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

Fee: \$215 per child (4 classes)

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

Fee: \$255 per child (4 classes)

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

## A "WICKED" GOOD TIME

AGES 6-12

Defy gravity and step into the magical world of Wicked. Dancers will spend four exciting mornings learning high-energy choreography inspired by the music, characters, and enchanting story of friendship and confidence. Throughout the week, students will learn themed jazz and musical theater choreography, build performance skills and stage presence, participate in fun movement games and themed activities, enjoy creative arts and crafts inspired by the world of Wicked and prepare for a mini-showcase to perform on the final day for family & friends.

Date: Monday June 29<sup>th</sup>-Thursday July 2<sup>nd</sup>

Time: 9:00a-12:00p

Fee: \$150 per child (4 classes)

Location: Manomet Youth Center (659 State Rd)

## K POP DEMON HUNTERS

AGES 5-10

Step into the high-energy world of K-Pop with a fierce twist. Dancers will spend four exciting mornings learning bold, upbeat choreography inspired by the powerful style, sharp movements, and superstar confidence of K-Pop — with a fun "demon hunter" performance theme woven throughout the week. Throughout the week, students will learn K-Pop inspired choreography with strong, dynamic movement, build confidence, stage presence, and performance skills, participate in fun movement games and themed activities, enjoy creative arts and crafts connected to the demon hunter theme, and prepare for a mini-showcase to perform on the final day for family & friends.

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

Time: 9:00a-12:00p

Fee: \$150 per child (4 classes)

Location: Manomet Youth Center (659 State Rd)

# SUMMER YOUTH CLINICS

## MIND IN MOTION WORKSHOPS

### FUTURE ARCHITECTS

AGES 7-11

Unleash your inner architect as you work on and take home your very own Architectural Design kit! Dive into the world of building design as you construct everything from simple arches and domes to iconic landmarks like the Sydney Opera House and the Eiffel Tower. With 20 awesome models to create, you'll learn how real-world structures stand tall through hands-on fun! Challenge yourself as you explore architectural principles and engineering techniques, all while designing and building your very own masterpieces. As you build stadiums, skyscrapers, and even a Ferris wheel, you'll discover the secrets behind how engineers and architects plan, design, and create the world's most incredible structures. Ready to design and build your own towering creations? The sky's the limit as you bring your engineering dreams to life and see the world of architecture from a whole new perspective!

Date: Monday July 27<sup>th</sup>-Friday July 31<sup>st</sup> Time: 9:00a-12:00p

Fee: \$180 per child (5 days)

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

### HYDROPOWER EXPLORERS

AGES 7-11

Come explore the power of water by building models and conducting experiments with your very own Hydropower kit! Embark on thrilling hands-on activities as you assemble up to 12 working experiments. Learn how different devices are used to extract useful energy, from a waterwheel in a small stream to a giant turbine in a tidal power station! The full-color, 32-page manual offers illustrated instructions and scientific information. Build a sawmill, and a hammer mill to harness the energy of moving water to do different types of physical work! With your classmates, you will witness and investigate the intriguing properties of water. You can even construct a hydroelectric power station to generate electricity and light an LED! Learn where the energy in oceans and rivers comes from and discover how we can generate electricity from them. Come join in this educational and hands-on hydro-powered adventure!

Date: Monday July 27<sup>th</sup>-Friday July 31<sup>st</sup> Time: 12:30p-3:30p

Fee: \$180 per child (5 classes)

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

### 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 29<sup>th</sup>-Thursday July 2<sup>nd</sup>

Session B: Monday July 20<sup>th</sup>-Thursday July 23<sup>rd</sup>

Session C: Monday August 3<sup>rd</sup>-Thursday August 6<sup>th</sup>

Location: Manomet Youth Center (659 State Rd)

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

### INTRO TO YOUTH PICKLEBALL

AGES 8-14

Get ready for a summer of high-energy fun on the court with our Youth Pickleball program! We focus on keeping kids engaged by teaching essential rules and techniques through a mix of interactive games, drills, and skill-building exercises. Our primary goal is to ensure every participant develops the confidence and coordination needed to be fully ready to play complete games by the end of the session.

Instructor: Chris Pratt

Session A: Monday June 29<sup>th</sup>-August 3<sup>rd</sup>

Ages 8-10 Time: 3:00p-4:00p Ages 11-14 Time: 4:15p-5:30p

Ages 8-10 Fee: \$60 per child (6 classes)

Ages 11-14 Fee: \$65 per child (6 classes)

Location: Forges Pickleball Courts (83 Jordan Rd)

## CIRCUIT LAB WORKSHOPS

### HANDS-ON ELECTRONICS

AGES 8-11

In a world powered by smart technology and AI, the most innovative engineers understand how software and hardware work together. This course gives young makers that critical edge. We start by exploring the magic of electronics with simple circuits, then begin making customized programmable devices with Arduino. We will gain practice working with LEDs, speakers, a variety of sensors, and several kid-friendly programming interfaces. Each day is a chance to design, build, and code a new hands-on project while developing a valuable skill set.

Dates: Monday July 13<sup>th</sup>-Friday July 17<sup>th</sup>

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

### APP INVENTORS

AGES 8-11

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

Dates: Monday July 13<sup>th</sup>-Friday July 17<sup>th</sup>

Time: 12:45p-3:45p Fee: \$210 per child

### CIRCUIT MAKERS 101

AGES 7-10

Let's get creative with electricity! In this junior hands-on 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 a project that they can be proud of each day. Most days include a take-home project.

Dates: Monday August 17<sup>th</sup>-Friday August 21<sup>st</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. 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.

Dates: Monday August 17<sup>th</sup>-Friday August 21<sup>st</sup>

Time: 12:45p-3:45p Fee: \$210 per child

### FULL DAY OPTIONS

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

# SUMMER YOUTH CLINICS

## 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

Dates: Monday August 3<sup>rd</sup>-Thursday August 10<sup>th</sup>

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

Location: Memorial Hall - Auditorium (83 Court St)

## 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 8<sup>th</sup> - August 5<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. Participants must keep all safety gear on at all times and wear athletic shoes.

Instructor: Knucklebones Staff

Session A: Monday August 17<sup>th</sup>-Thursday August 20<sup>th</sup>

Location: West Elementary Tennis Courts (170 Plympton Rd)

Time: 2:00p-5:00p Fee: \$211 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: Monday July 13<sup>th</sup>-Thursday July 16<sup>th</sup>

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

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

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

## ARCHERY CLINIC

AGES 8-12

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

Instructor: Dee Sacchetti, USA Archery Certified

Session A: Monday July 13<sup>th</sup>-Thursday July 16<sup>th</sup>

Session B: Monday July 27<sup>th</sup>-Thursday July 30<sup>th</sup>

Time: 1:30p-3:00p Fee: \$155 per child (4 classes)

Location: Forges Adult Softball Field (83 Jordan Rd)

**\*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 August 17<sup>th</sup>-Thursday August 20<sup>th</sup>

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

Time A: 9:30a-12:30p Fee: \$211 per child (4 classes)

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

## 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 27<sup>th</sup>-Friday July 31<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

## 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 13<sup>th</sup>-Thursday July 16<sup>th</sup>

Location: South Middle School (488 Long Pond Rd)

Time: 9:00a-12:30p Fee: \$83 per child (4 classes)

# SUMMER YOUTH CLINICS

## SOCCKER 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 13<sup>th</sup>-Thursday July 16<sup>th</sup>

Time: 9:00a-12:30p

Fee: \$125 per child (4 classes)

Location: Forges Soccer 1 (83 Jordan Rd)

**\*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 20<sup>th</sup>-Thursday July 23<sup>rd</sup>

Time: 9:00a-12:00p

Fee: \$250 per child (4 classes)

Location: Manomet Youth Center (659 State Rd)

## INCREDIFLIX WORKSHOPS

### LIVE ACTION FLIX

AGES 7-13

Unleash your filmmaking talents! No acting experience? No problem. Learn the Hollywood secrets to create, direct, film, act, and more. Working in a movie crew we'll bring your ideas to life. By the end you won't just have an amazing film, you'll have the skills to craft your own epic movies with friends. All flix will be professionally edited and downloadable within a month after program ends.

Date: Monday July 6<sup>th</sup>-Friday July 10<sup>th</sup>

Time: 9:00a-12:00p

Fee: \$235 per child (5 classes)

Location: Manomet Youth Center (659 State Rd)

### LEGO STOP MOTION FLIX

AGES 7-13

Bring Lego worlds to life! We provide Legos. You provide your imagination. Work in groups to create a Lego set with Lego characters for a stop-motion movie you'll storyboard, shoot, and add voice-over to. All flix will be professionally edited and downloadable within a month after program ends.

Date: Monday July 6<sup>th</sup>-Friday July 10<sup>th</sup>

Time: 1:00p-4:00p

Fee: \$235 per child (5 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: \$445 per child

## 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 June 30<sup>th</sup>-August 4<sup>th</sup>

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

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

Fee: \$65 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

## WHALE AND DOLPHIN CONSERVATION SUMMER 2026 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: Friday August 7<sup>th</sup>

Location: Memorial Hall (83 Court St)

Time: 1:00p-2:30p

Fee: \$30 per child (1 class)

# SUMMER YOUTH PROGRAMS

## INCREDIQUEST WORKSHOPS

### MAGIC & GAME STRATEGY

AGES 7-13

IncrediQuest teach intro subjects where kids learn life skills by doing, and having fun! Magic - Learn new magic each day, along with what it means to be a magician. Game Strategy - Determine the best path to victory by applying our strategies to help you play and win games, and even get ahead in life.

Pricing: IncrediCamps would receive

Date: Monday August 10<sup>th</sup>-Friday August 14<sup>th</sup>

Time: 9:00a-12:00p Fee: \$205 per child (5 classes)

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

### DRAWING & DETECTIVE MYSTERY MIND

AGES 7-13

IncrediQuest teach intro subjects where kids learn life skills by doing, and having fun! Drawing - Put your creative side in gear while exploring a variety of fun drawing techniques. Detective Mystery - Challenge yourself to think outside the box as we work together to solve the puzzles!

Date: Monday August 10<sup>th</sup>-Friday August 14<sup>th</sup>

Time: 1:00p-4:00p Fee: \$205 per child (5 classes)

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

### FULL DAY OPTION

Get the full variety of subjects in one action-packed week, plus free lunch supervision and a discount! Please see both half day descriptions. Bring snack, lunch and drink.

Time: 9:00a-4:00p Fee: \$385 per child

## 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: **CHECK WEBSITE FOR DATES**

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\***

## 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 27<sup>th</sup>-Thursday July 30<sup>th</sup>

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

Time: 9:00a-11:15a

Fee: \$70 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 29<sup>th</sup>-August 14<sup>th</sup>

Location: West Elementary School (170 Plympton Rd)

Ages: 4-12 Time: 9:00a -12:00p Fee: \$260 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 29<sup>th</sup>-August 14<sup>th</sup>

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

Ages: 4-12 Time: 9:00a -12:00p Fee: \$260 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. \*Being a CIT does not guarantee future employment.\*

Date: Monday-Friday June 29<sup>th</sup>-August 14<sup>th</sup>

Time: 8:45a-12:15p

Ages: 13-14

Location: West Elementary School or Hedges Pond Fee: \$175 per person

# FALL 2026

## AFTER SCHOOL at the MYC

## AGES 6-13

During the school year the Manomet Youth Center located at 659 State Road will be available for youth to drop-in. The MYC is operated by the Plymouth Recreation Department and is a fun place for children to stay active after school. The youth center has a game room, TV room, and a gymnasium!! Children can challenge each other in bumper pool, air hockey, ping pong, Nintendo Switches or join us in the gymnasium for a game of dodgeball, basketball, soccer, inflatable Gaga and more!

The Youth Center will open on the 1st day of school for the 2026-27 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 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 13<sup>th</sup>-October 11<sup>th</sup> (5 classes)

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

## 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. Includes full MLS GO soccer kits for the 4-5 program.

**Dates:** Saturday September 12<sup>th</sup>-October 17<sup>th</sup> (6 classes)

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

## 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 full MLS GO soccer kits.

**Dates:** Saturday September 12<sup>th</sup>-October 17<sup>th</sup> **Time:** 8:00a-9:00a

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

**Fee:** \$90 per child (fee includes 6 classes)

## 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 12<sup>th</sup>-October 17<sup>th</sup> (6 classes - includes NFL Jersey)

**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 12<sup>th</sup>-October 17<sup>th</sup> (6 dates - includes NFL Jersey)

**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 12<sup>th</sup>-October 31<sup>st</sup> (6 games per league - includes NFL Jersey)

**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.

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

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

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

Town of Plymouth  
Recreation Department  
26 Court Street  
Plymouth, MA 02360

PRSR STD  
U.S. POSTAGE  
PAID  
Permit #179  
Plymouth, MA

\*\*\*\*\*ECRWSEDD\*\*\*\*\*  
Residential Customer

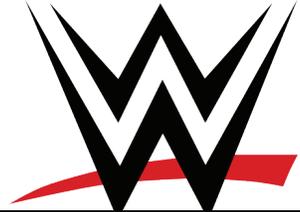


MEMORIAL HALL

PLYMOUTH MEMORIAL HALL

WWW.MEMORIALHALL.COM

(508) 830-4087



THE  
**RIGHTEOUS BROTHERS**  
BILL MEDLEY & BUCKY HEARD  
LOVIN' FEELIN' FAREWELL TOUR

**MAY 31**  
PLYMOUTH MEMORIAL HALL | PLYMOUTH, MA  
spectaclelive.com  
SPECTACLE  
Live

WE ARE  
**NXT**  
LIVE

PLYMOUTH, MA  
**APRIL 11**  
SATURDAY • 7:30PM

TICKET TREE

**BORED TEACHERS**  
**IS IT FRIDAY YET?!**  
COMEDY TOUR  
ALL NEW MATERIAL!  
**MAY 16**

It's Tropical  
Rock

June 27th & 28th

the PHIL  
Plymouth Philharmonic Orchestra

THE LITTLE MERMAIDS  
IS BACK!

DECEMBER 4th, @ 7:30pm!

TICKETS ON SALE SOON!6

**CAGE TITANS**  
FIGHTING CHAMPIONSHIP

May 9th & July 18th

[www.MemorialHall.com](http://www.MemorialHall.com)