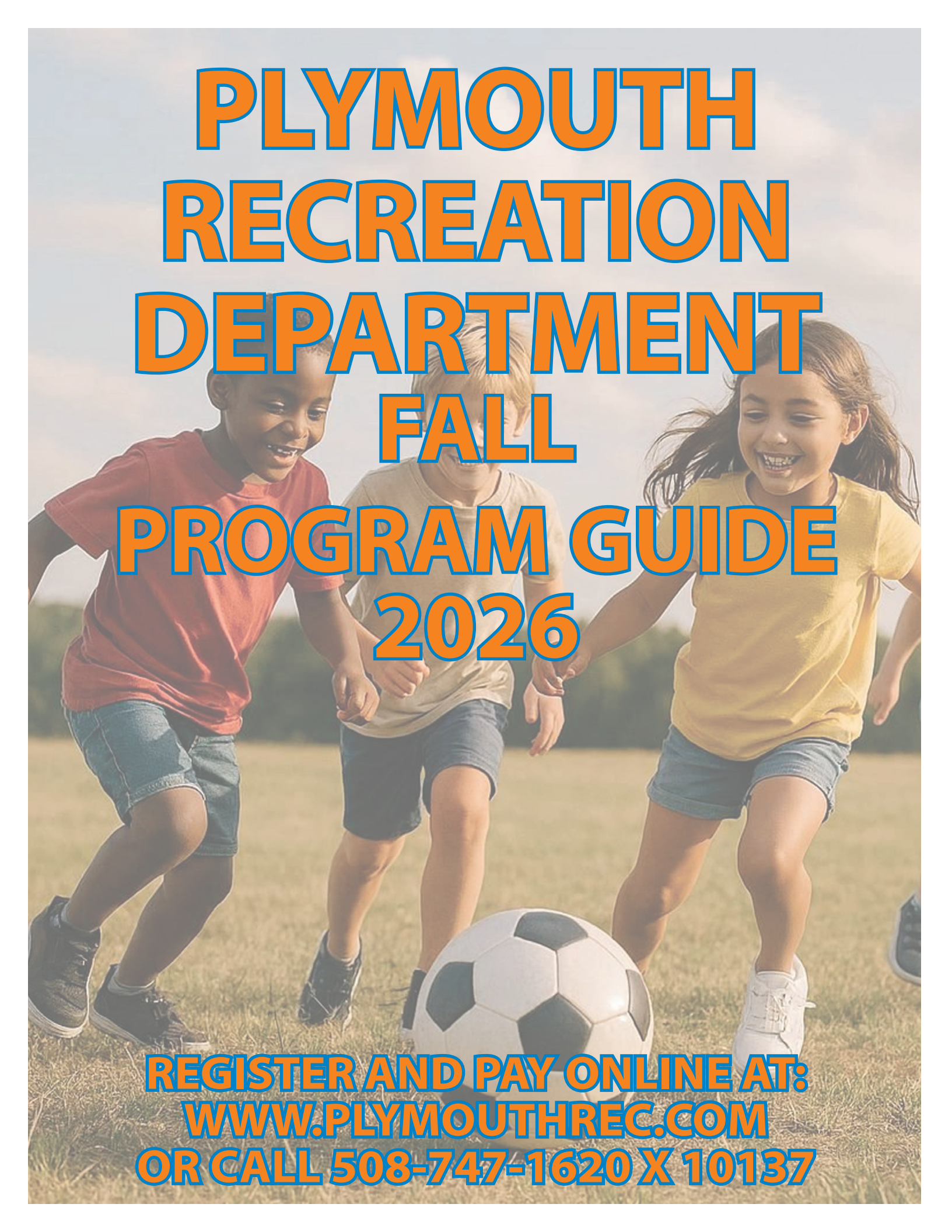


A photograph of three children playing soccer on a grassy field. A boy in a red shirt and a girl in a yellow shirt are running towards a soccer ball in the foreground. A boy in a tan shirt is also running. The background is a bright, sunny day with a clear sky.

PLYMOUTH RECREATION DEPARTMENT FALL PROGRAM GUIDE 2026

**REGISTER AND PAY ONLINE AT:
WWW.PLYMOUTHREC.COM
OR CALL 508-747-1620 X 10137**

ABOUT RECREATION

The Recreation Office hours are:

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

HOW TO REGISTER

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

NON-RESIDENT SURCHARGE

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

WHO IS A RESIDENT?

Resident rates for Recreation programs apply to those residing or owning a residence within the Town of Plymouth limits at the time registration is submitted.

AFTER YOU HAVE REGISTERED

If you provide us with a valid email address you will be emailed a receipt of all the programs you have registered for. If the class is full, you will be notified and placed on a waiting list.

REFUND POLICY

Unless otherwise stated, refunds/credits will only be available up to 5 business days prior to the first scheduled day of a program or activity. A \$10 administrative fee will be charged for processing the refund. If a program is canceled by the Recreation Dept, a full refund will be issued and no fee will be charged. There are no refunds for activities that require a uniform or jersey after it is ordered. We do not issue refunds for weather cancellations, make-up classes or location changes. The \$10 non-resident surcharge is also non-refundable.

FINANCIAL ASSISTANCE

All of our programs are self-supporting. If you have financial issues prohibiting your child from participating in our programs, please give us a call; we will try and do everything to make sure they participate in our programs. Scholarships are available to Plymouth Residents only.

WEATHER CANCELLATIONS

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

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

ASSISTANT DIRECTOR

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

BEACH & PROGRAM MANAGER

HOLLY DER KINDEREN
508-747-1620 Ext. 10333
hderkinderen@plymouth-ma.gov

OFFICE MANAGER / PROGRAM ADMIN

CATHERINE CALABRO
508-747-1620 Ext. 10137
ccalabro@plymouth-ma.gov

MYC DIRECTOR/REC ASSISTANT

GRACE CORREIA
508-747-1620 Ext. 10203
gcorreia@plymouth-ma.gov

MEMORIAL HALL DIRECTOR

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

LOCAL COMMUNITY ORGANIZATIONS

Plymouth Youth Soccer

www.plymouthyouthsoccer.com

Plymouth Vikings Football & Cheer

www.plymouthvikings.org

South Plymouth Football & Cheer (Jaguars)

www.psyf.net

South Plymouth Basketball

www.southbball.com

Plymouth Girls Basketball

www.plymouthgirlsbasketball.org

North Plymouth Basketball Assoc.

www.pnhoops.com

Plymouth Little League

www.plymouthlittleleague.com

Plymouth Babe Ruth Baseball

www.plymouthbaberuth.com

Plymouth Youth Baseball & Softball

www.plymouthybs.org

Plymouth Youth Wrestling

plymouthyouthwrestling.com

Plymouth Youth Hockey

www.plymouthyouthhockey.net

Plymouth Rock Lacrosse (Boys+Girls)

www.plymouthrocklacrosse.com

South Plymouth Cub Scout Pack 1620

cubscoutpack1620@gmail.com

Cub Scout Pack #51

newmember.cubscoutpack51@gmail.com

Girl Scouts of Eastern Mass

www.girlscoutseasternmass.org

Scouting America Troop 9

Troop9plymouthma@gmail.com

Plymouth Family Network

www.facebook.com/pfnpta

FALL PRESCHOOL PROGRAMS

TOT SMART SOCCER

AGES 2&3 WITH PARENT

Do you really want your child to participate in the Smart Soccer program but they are too young? This class will use the same curriculum as the Saturday Smart Soccer groups, but will require parent participation. Space is VERY limited.

Session 1: Monday September 14th-October 26th

Session 2: Monday November 9th-December 14th

Session 1 & 2 Time A: 10:00a-10:30a

Session 1 & 2 Time B: 10:35a-11:05a

Session 1 & 2 Fee: \$51 per child (6 classes - no class 10/12)

Session 1 & 2 Location: Memorial Hall-Auditorium (83 Court St)

Session 3: Sunday January 10th-February 7th

Session 4: Sunday February 21st-March 21st

Session 3 & 4 Time: 8:30a-9:00a

Session 3 & 4 Fee: \$42 per child (5 classes)

Location: Manomet Youth Center (659 State Road)

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 1: Tuesday September 8th-October 13th

Session 2: Tuesday October 27th-December 8th

Session 1 & 2 Time: 10:00a-10:30a

Fee: \$51 per child (6 classes - no class 11/3)

Location: Memorial Hall-Auditorium (83 Court St)

Session 3: Sunday January 10th-February 7th

Session 4: Sunday February 21st-March 21st

Session 3 & 4 Time A: 9:15a-9:45a

Session 3 & 4 Time B: 10:00a-10:30a

Session 3 & 4 Fee: \$42 per child (5 classes)

Location: Manomet Youth Center (659 State Rd)

BIDDY BASKETBALL

AGES 4-5

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

Session 1: Saturday January 9th-February 6th

Session 3: Saturday February 20th-March 20th

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

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

Time C: 10:30a-11:15a

Session 2: Sunday January 10th-February 7th

Session 4: Sunday February 21st-March 21st

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

Location: Manomet Youth Center (659 State Road)

Fee: \$56 per child (5 classes)

PRESCHOOL KARATE

AGES 4-6

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

Instructor: Sensei Mike Murphy

Session 1: Friday September 11th-October 16th

Session 2: Friday October 30th-December 11th

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

Time A: 4:45p-5:15p

Time B: 5:30p-6:00p

Fee: \$90 per child (6 classes - no class 11/27)

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 1: Tuesday September 22nd-October 13th

Session 2: Tuesday November 10th-December 1st

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$40 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 1: Tuesday September 8th-October 13th

Session 2: Tuesday October 27th-December 8th

Time: 1:45p-2:30p

Fee: \$56 per child (6 classes - no class 11/3)

Session 3: Sunday January 10th-February 7th

Session 4: Sunday February 21st-March 21st

Session 3 & 4 Time: 10:45a-11:30a

Session 3 & 4 Fee: \$46 per child (5 classes)

Location: Manomet Youth Center (659 State Rd)

QUICK START TENNIS

AGES 4-6

Students will work with foam balls and smaller nets and will work up to red dot balls. This is an entry level to learn tennis skills with fun games! Racquets will be provided if needed free of charge.

Session 1: Tuesday November 10th-December 15th

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

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

Fee: \$97 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

PRESCHOOL DANCE

AGES 3-5

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 & Tot dance before enrolling in Preschool Dance.

Instructor: Open Space Studio Instructor

Session 1: Saturday September 12th-October 17th

Session 2: Saturday October 31st-December 5th

Location: Manomet Youth Center (659 State Rd)

Time: 9:40a-10:25a

Fee: \$60 per child (6 classes)

PARENT & TOT DANCE

AGES 2-3 & PARENT

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

Instructor: Open Space Studio Instructor

Session 1: Saturday September 12th-October 17th

Session 2: Saturday October 31st-December 5th

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-9:30a

Fee: \$55 per child (6 classes)

FALL PRESCHOOL PROGRAMS

TUMBLE WITH ME

AGES 2-3 & PARENT

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

Instructor: Coach Catherine & Coach Grace

Session 1: Wednesday September 9th-October 14th

Session 2: Wednesday October 28th-December 16th

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

Fee: \$51 per child (6 classes - no class 11/11 or 11/25)

Location: Manomet Youth Center (659 State Rd)

ADVANCED TUMBLE WITH ME

AGES 4-5

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

Instructor: Coach Catherine & Coach Grace

Session 1: Wednesday September 9th-October 14th

Session 2: Wednesday October 28th-December 16th

Time: 10:45a-11:30a

Fee: \$61 per child (6 classes - no class 11/11 or 11/25)

Location: Manomet Youth Center (659 State Rd)

FREE PLAY FRIDAY'S

AGES 1-4

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

Session 1: Friday September 11th-October 16th

Session 2: Friday October 23rd-December 4th (no class 11/27)

Time: 9:30a-11:30a

Location: Manomet Youth Center (659 State Rd)

Fee: \$24 per session, or \$5 per day drop in

ONE-HIT WONDER WORKSHOPS

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

Ages: 2-5 with Parent Participation Fee: \$15 per workshop
Time: 10:00a-11:00a

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

Halloween

Join us for a fun filled hour of pumpkin, witch and other holiday themed crafts! Dress in your costume for a special treat at the end!

Date: Thursday October 29th

Thanksgiving

Join us for a fun filled hour of turkeys, the Mayflower, and Pilgrims.

Date: Thursday November 19th

Holiday Ornament

We will be making ornaments to adorn your trees with!

Date: Thursday December 3rd

Gingerbread Mania

We will be making our own gingerbread houses from graham crackers, frosting, and of course sweet treats!

Date: Thursday December 10th

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 1A: Tuesday September 8th-October 13th

Session 1B: Wednesday September 9th-October 14th

Session 1C: Friday September 11th-October 16th

Session 2A: Tuesday October 20th-Tuesday November 24th

Session 2B: Wednesday October 21st-December 2nd

Session 2C: Friday October 23rd-December 4th

Time: 10:00a-10:30a

Fee: \$70 per child (6 classes - no class 11/25 or 11/27)

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

WINTERLAND LEARN TO 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 are available on a first-come, first-served basis and included in the class fee. Double blade skates are not permitted
- Participants must be potty trained and capable of following directions.

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

Instructor: Winter Wonderland Instructors

Session 1: Thursday September 10th-October 29th

Session 3: Thursday November 5th-December 17th

Thursday Time: 4:55p-5:20p

Session 2: Sunday September 13th-October 18th

Session 4: Sunday November 1st-December 20th

Sunday Time: 2:25p-2:50p

Session 1&4 Fee: \$200 per child (8 classes)

Session 2&3 Fee: \$150 per child (6 classes - no class 11/26)

Location: Armstrong Arena (103 Long Pond Rd)

SMART SOCCER- WEEKNIGHTS

AGES 3-5

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

Session A: Tuesday September 8th-October 13th

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

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

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

INDOOR SMART SOCCER

AGES 3-5

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

Session 1: Tuesday October 27th-December 8th - no class 11/3

Ages 3: Time: 4:15p-4:45p Fee: \$52 per child (6 classes)

Ages 4-5: Time: 4:50p-5:50p Fee: \$90 per child (6 classes)

Location: Memorial Hall - Auditorium (83 Court St)

FALL 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 & Coach Grace

Date: Monday October 19th-November 9th

Time: 2:00p-2:45p

Fee: \$55 per child (4 classes)

Location: Manomet Youth Center (659 State Rd)

PRESCHOOL COOKING CLASS

AGES 4-5

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

Session 1: Thursday September 24th-October 15th

Session 2: Thursday October 29th-November 19th

Time: 1:45p-2:30p

Fee: \$60 per child (4 classes)

Location: Manomet Youth Center (659 State Rd)

FALL YOUTH PROGRAMS

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!

Session 1: Monday September 14th-October 26th

Session 2: Monday November 9th-December 14th

Time: 4:15p-5:30p

Fee: \$80 per child (6 classes - no class 10/12)

Location: Memorial Hall - Auditorium (83 Court St)

YOUTH HOLIDAY COOKING

AGES 8-12

Join us for a fun and festive 3-session holiday cooking series designed just for youth! Over the course of the classes, participants will learn basic kitchen skills, food safety, measuring techniques, and creative holiday recipes while building confidence in the kitchen. Each session features hands-on cooking, seasonal treats, and delicious recipes to recreate at home. It's the perfect way to celebrate the holidays, make new friends, and create lasting memories through cooking.

Session 1: Monday November 30th-December 14th

Time: 4:30p-5:30p

Fee: \$60 per child (3 classes)

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

YOUTH COOKING

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.

Session 1: Thursday September 24th-October 15th

Session 2: Thursday October 29th-November 19th

Time: 6:00p-6:45p

Fee: \$60 per child (4 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 & games. Children must bring their own Yoga mat.

Instructor: Jaime Houde

Session 1: Monday September 14th-October 5th

Time: 5:00p-5:45p

Fee: \$45 per child (4 classes)

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

NINJA WARRIOR

AGES 6-8

Knucklebones Ninja is a blend of strength, skill, flexibility, fitness and fun. Throughout class participants will engage in various games, drills, elements and obstacle courses. From scaling up cargo nets on a truss to walking across balance beams, climbing over the A-frame to hanging on monkey bars, this class allows participants to have fun while progressing through the basics of ninja warrior elements.

Date: Tuesday November 3rd

Time: 9:00a-12:00p

Fee: \$65 per child (1 class)

Location: Stephens Field Baseball Field

CHEMICAL CREATIONS

AGES 6-10

Come experience a hands-on world of fun as you conduct a variety of scientific experiments! You will work on and take home your very own Chemistry Lab Kit, enabling you to complete many activities! Learn and discover many different scientific concepts in an entertaining and innovative approach. You will be trained to work like a real scientist in the lab. You will also make and take home some cool chemical creations! Learn all about energy and molecules, create a crazy bouncy glob from glue, and some scary green slime! Make your very own UV bracelet and watch it react to the sun. You will also get to witness some amazing scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a powerful magnet, magic sand, and many other exciting experiments!

Date: Wednesday September 9th-October 14th

Time: 5:00p-6:00p

Fee: \$150 per child (6 classes)

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

ROBOMONORAIL MAKERS

AGES 8-12

Blast into the future of transportation and build your very own Robot Monorail System! Watch in awe as your RoboRails Robot balances on a single wheel and zips along a track, powered by a super-fast gyroscope and monowheel. You'll be amazed at how steady your little robot is as it rolls along the track! Get ready to unleash your inner engineer with over 180 durable track pieces. You can follow the 26 awesome layouts in the manual or let your imagination run wild and design your own unique monorail system! With special connectors like the seesaw, splitter, and cross switch, you'll add cool twists, turns, and challenges to your track that make it one-of-a-kind. Dive into hands-on experiments that explore cool physics concepts like rotational motion, acceleration, and angular momentum as you see gyroscopic forces in action. Are you ready to build the monorail of tomorrow?

Date: Wednesday October 28th-December 9th

Time: 5:00p-6:00p

Fee: \$150 per child (6 classes - no class 11/11)

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

FALL YOUTH PROGRAMS

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 will be provided if needed free of charge.

Session 1: Thursday November 5th-December 17th

Session 2: Tuesday November 10th-December 15th

Time: 5:30p-6:30p

Fee: \$137 per child (6 classes - no class 11/26)

Location: Village Sports Club (30 Golf Drive)

HOT SHOTS TENNIS - LEVEL 1

AGES 10-12

Students will train with real tennis balls and on a full court. Students will learn the the fundamentals of all strokes and will start work on match play. All Pros are USTA and USPTR certified. Rackets will be provided if needed free of charge.

Session 1: Thursday November 5th-December 17th

Time: 4:30p-5:30p

Fee: \$137 per child (6 classes - no class 11/26)

Location: Village Sports Club (30 Golf Drive)

MIDDLE/HIGH SCHOOL LEVEL 1 TENNIS

AGES 13-16

Students will enhance their skills to get prepared to have match play. Students will work on footwork and positioning. Rackets can be borrowed each class free of charge.

Session 1: Tuesday November 10th-December 15th

Time: 3:30p-4:30p

Fee: \$137 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

MIDDLE/HIGH SCHOOL LEVEL 2 TENNIS

AGES 13-17

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

Session 1: Thursday November 5th-December 17th

Time: 3:30p-4:30p

Fee: \$137 per child (6 classes - no class 11/26)

Location: Village Sports Club (30 Golf Drive)

CHILDREN'S BEGINNER 3D NEEDLE FELTING

AGES 9-13

Your child will learn to "sculpt" with wool and create the cutest little critters and things! They'll begin by learning about the tools and materials and how to needle felt safely, then we'll jump right in. Each week features a different project which allows students to build up their skills as they go. Don't let this quiet little hobby fool you- kids and teens find it to be so fun and satisfying that they could sit for hours working on their projects!

Session 1 Tuesday September 29th-October 27th

Time: 4:15p-5:45p

Fee: \$215 per child (5 classes)

Location: M.I.Y. Studio (27 S. Park Ave, 2nd floor)

CHILDREN'S BEGINNER 2D NEEDLE FELTING

AGES 9-13

Your child will learn to "paint" with wool and create lovely landscapes that can be framed! They'll begin by learning about the tools and materials and how to needle felt safely, then we'll jump right in. Using a wool canvas, dyed wool roving and batting, and a special needle, students will "paint" landscapes and other scenes. Students develop their skills throughout the series as they create a new project each week.

Session 1 Tuesday November 3rd-November 24th

Time: 4:15p-5:45p

Fee: \$175 per child (4 classes)

Location: M.I.Y. Studio (27 S. Park Ave, 2nd floor)

INTRO TO SKATEBOARDING

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, 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.

Instructor: Knucklebones

Session 1: Tuesday November 3rd

Location: Stephens Field Basketball Court

Time: 9:00p-12:00p

Fee: \$65 per child (1 class)

INTRO TO KARATE

AGES 7-12

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

Instructor: Sensei Mike Murphy

Session 1: Friday September 11th-October 16th

Session 2: Friday October 30th-December 11th

Time: 6:15p-7:00p

Fee: \$90 per child (6 classes - no class 11/27)

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

WINTERLAND LEARN TO ICE SKATE

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 are available on a first-come, first-served basis and included in the class fee. Double blade skates are not permitted
- Participants must be potty trained and capable of following directions.

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

Session 1: Thursday September 10th-October 29th

Session 3: Thursday November 5th-December 17th

Thursday Time: 4:30p-4:55p

Session 2: Sunday September 13th-October 18th

Session 4: Sunday November 1st-December 20th

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

Session 1&4 Fee: \$200 per child (8 classes)

Session 2&3 Fee: \$150 per child (6 classes - no class 11/26)

Location: Armstrong Arena (103 Long Pond Rd)

YOUTH INTRO TO PICKLEBALL

AGES 8-13

Get ready for high-energy fun on the court with our Youth Pickleball Program! We focus on keeping the 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.

Session 1: Monday September 21st-October 26th

Instructor: Coach Chris Pratt

Location: Forges Pickleball Courts (83 Jordan Rd)

Time: 4:15p-5:15p

Fee: \$65 per child (6 classes)

FALL YOUTH PROGRAMS

YOUTH BASKETBALL

AGES 6-9

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

Session 1: Wednesday September 9th-October 14th
Ages 6-7 Time A: 5:00p-5:45p Ages 6-7 Time B: 6:00p-6:45p
Ages 8-9 Time C: 7:00p-7:45p

Location: Manomet Elementary School (70 Manomet Point Rd)
Fee: \$66 per child (6 classes)

Session 2: Saturday January 9th - February 6th

Session 3: Saturday February 20th - March 20th

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

Location: Manomet Youth Center (659 State Rd)
Fee: \$71 per child (5 classes)

MY GROWN-UP & ME LEARN TO SEW

AGES 7-9

Spend some QT with that wonderful kiddo in your life and pick up a new hobby together! We'll cover safety, how a sewing machine works, how to "drive" the sewing machine, how to thread the machine, and then we'll put your skills to good use on a patchwork pillow. Grown-up participation is required and can be a parent, grandparent, aunt, uncle, family friend or adult sibling.

Session 1: Saturday September 26th-October 24th
Time: 10:00a-11:30a

Fee: \$315 for 1 child & 1 grown-up (5 classes)
Fee: \$450 for 2 children & 1 grown-up (5 classes)
Location: M.I.Y. Studio (27 S. Park Ave, 2nd floor)

YOUTH BUNGEE FITNESS

AGES 8-16

Imagine bouncing, flying, jumping, and gliding while getting an incredible workout! This class uses specially designed harnesses that allow kids to safely experience movements they never thought possible. Participants develop strength, coordination, agility, confidence, and endurance while laughing and having an unforgettable time. This is fitness disguised as pure fun!

Defy Gravity and Have a Blast!

Session 1: Monday September 14th-November 2nd

Time: 5:00p-5:45p Fee: \$135 per child (8 classes)
Location: Fountain Wellness (36 Cordage Park Cir, Suite 206)

PLYMOUTH REC BASKETBALL LEAGUES

A fun instructional/competitive league for children. This league is based on learning the game, improving skills, knowing the right way to be competitive and most important: having fun!!! Includes practices, games, t-shirts, and playoffs! Registration deadline is Friday November 6th. Practices start week of November 30th.

Games start the week of January 5th. Fee: \$87 per child

Divisions:

Junior - Grades 3-5:

Games: Tuesday & Thursday nights at Manomet Elementary
from 5:30p, 6:30p, 7:30p

Mites - Grades 1-2:

Games: Monday-Thursday Nights @ 6:15p or 7:15p at MYC
(teams practice and play once a week)

VIDEO GAME CLUB

AGES 6-12

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

Session 1: Thursday September 10th-October 15th

Session 2: Thursday October 29th-December 10th

Location: Manomet Youth Center (659 State Rd)

Time: 5:30p-6:45p Fee: \$30 per child (6 classes - no class 11/26)

CHILDREN'S BEGINNER SEWING

AGES 10-15

Learn how to sew on a sewing machine! We cover safety, how a sewing machine works, basic stitches and their functions, the "rules" and logistics of sewing, then we'll put our skills to use on a patchwork pillow. Use of machines and all materials provided.

Session 1: Thursday September 24th-October 29th

Time: 4:15p-5:45p Fee: \$215 per child (6 classes)

Location: M.I.Y. Studio (27 S. Park Ave, 2nd floor)

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.

Session 1: Saturday October 10th

Instructor: Bette Antonellis

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

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

HOME ALONE & STAYING SAFE

GRADES 4-8

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 1: Saturday October 3rd

Instructor: Bette Antonellis & Denise Laiosa

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

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

YOUTH TRAMPOLINE TIKTOK

AGES 8-16

The class kids can't stop talking about! This class combines energetic trampoline fitness with today's most popular dance moves and music. Participants build coordination, confidence, fitness, rhythm, and creativity while having an absolute blast. Every class feels like a party while secretly building healthy habits and physical skills.

Session 1: Monday September 14th-November 2nd

Time: 4:00p-4:45p Fee: \$135 per child (8 classes)

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

YOUTH AERIAL YOGA

AGES 8-16

Participants will learn amazing aerial skills using our colorful aerial hammocks while developing strength, flexibility, balance, and confidence. Each class includes exciting tricks, creative movement, games, and teamwork in a safe and supportive environment. It's an unforgettable experience that helps children grow physically while having incredible fun.

Session 1: Sunday September 13th-November 1st

Time: 10:45a-11:30a Fee: \$135 per child (8 classes)

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

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.

Session 1: Saturday September 12th-October 17th

Session 2: Saturday October 31st-December 5th

Instructor: Open Space Dance Studio

Time: 10:30a-11:15a Fee: \$65 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

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

Session 1: Tuesday September 1st-October 20th

Session 2: Tuesday October 27th-December 15th

Time: 4:30p-5:15p

Fee: \$100 per child (8 classes)
Location: Baystate Crossfit (114 Long Pond Rd, Unit 6)

THE GREAT PUMPKIN HUNT & HALLOWEEN EXTRAVAGANZA

Join us on this hunt for the "Great Pumpkin" sponsored by ConvenientMD. We will have 2&3 year olds with parents, and 4-6 year olds hunt for their eggs in different waves to ensure fairness. One lucky child from each age group will find the egg with the "GREAT" Pumpkin Coin and win our "GREAT" Pumpkin prize. This year we will have tattoos, coloring stations, game stations like pin the nose on the jack-o'-lantern, ball toss, witch pitch, photos stations and more! Children are encouraged to dress in their costumes!

Children must report to the field between 9:30a-9:50a to receive their bracelets.

Only pre-registered children will be able to participate in the event.

Date: Sunday October 25th (Rain Date: Sunday November 2nd)

Ages: 2-6

Fee: \$5 per child

Time: 9:30a-11:30a

Ages 2&3 with Parent egg hunt wave will start at 10:00a

Ages 4-6 egg hunt wave will start at 10:30a (no parents or siblings allowed)

Location: Forges Adult Softball Field (83 Jordan Rd)

KID'S NIGHT OUT

AGES 6-13

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

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

DODGEBALL NIGHT

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

When: Friday September 25th

VIDEO GAME NIGHT

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

When: Friday November 13th

HALLOWEEN PARTY

The evening will include: pizza, drinks, treats and Halloween themed games in the gym. Make sure you dress your best for this event, we will be giving out costume prizes!

When: Friday October 23rd

HOLIDAY PARTY

The evening will include: pizza, drinks, treats, holiday movies, arts and crafts, and games in the gym.

When: Friday December 18th

MANOMET YOUTH CENTER

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

The MYC will officially open on Thursday August 27th!

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

*hours are subject to change due to programing schedule

Fee: \$115 early registration or \$140 after August 27th

HALF DAYS at the MYC

AGES 6-13

Offered every half-day during the school year, this program provides a fun and exciting environment for your child. Our professionally trained staff will run organized games in our gym, arts & crafts, and have access to our game room with ping pong, air hockey, pool, and more.

Parents can pre-register with a credit card by calling 508-747-1620 Ext. 10137

Fee: \$7 for members, \$12 for non-members

Dates: 9/16, 10/14, 12/2, 12/9, 12/23, 1/13, 2/3, 3/3, 3/17, 4/14, 5/5

Times: 12:00p-6:00p

VACATION DAYS AT THE YOUTH CENTER

Time: 7:00am-6:00pm

Fee: MYC Members-\$12

Non-MYC Members-\$17

Dates: 9/1, 9/4, 11/3, 11/25, 12/28, 12/29, 12/30, 2/16, 2/17, 2/18, 2/19, 3/26, 4/20, 4/21, 4/22, 4/23

The Youth Center is closed: 9/7, 10/12, 11/11, 11/26, 11/27, 12/24, 12/25, 12/31, 1/1, 1/18, 2/15, 4/19, 5/31

FALL ADULT PROGRAMS

INTRO TO LEATHERWORKING

AGES 16+

Learn the fundamentals of leather working in this four-week course. You'll use a special hammer and metal stamps to pound designs into the leather, paint, and even hand-stitch! Designed to build confidence and creativity, each lesson features different essential skills that lead up to your final project. Whether you're a total beginner or looking to build your skills, you'll walk away with a strong foundation to fuel future projects. Use of all tools and all materials provided.

Session 1: Wednesday September 9th-September 30th

Time: 6:00p-7:30p Fee: \$165 per person (4 classes)

Location: M.I.Y. Studio (27 S. Park Ave, 2nd floor)

BEGINNER'S 3D NEEDLE FELTING

AGES 16+

Learn to "sculpt" with wool and create whimsical needle felted creations! Each week features a different project that builds on the skills from the last. We'll create some cute critters as well as some seasonal items like pumpkins, snowmen, and Santa ornaments!

Session 1: Thursday November 5th-December 10th

Time: 6:15p-8:15p

Fee: \$215 per person (5 classes - no class 11/26)

Location: M.I.Y. Studio (27 S. Park Ave, 2nd floor)

BEGINNER'S 2D NEEDLE FELTING

AGES 16+

Learn to "paint" with wool and create lovely landscapes that can be framed! Using a wool canvas, dyed wool, and a special needle, you'll "paint" landscapes and other scenes. You'll develop your skills throughout the series as you create a new project each week.

Session 1: Thursday October 1st-October 22nd

Time: 6:15p-8:15p Fee: \$175 per person (4 classes)

Location: M.I.Y. Studio (27 S. Park Ave, 2nd floor)

BEGINNER SEWING

AGES 16+

Learn to sew on a sewing machine! This 3-part course covers everything you need to know to begin sewing. Whether you're totally new or in need of a refresher, this course is perfect for you. We cover how a sewing machine works, how to operate it, winding a bobbin, threading the machine, and the "rules" and logistics of sewing. In our final class, we put our skills to use on a lined, zippered pouch! We provide machines to learn on and all materials.

Session 1: Wednesday October 7th-October 21st

Time: 6:30p-9:30p Fee: \$215 per person (3 classes)

Location: M.I.Y. Studio (27 S. Park Ave, 2nd floor)

AERIAL YOGA

AGES 18+

Float, stretch, strengthen, and relax using our beautiful aerial hammocks. Aerial Yoga combines traditional yoga with supported movements that help improve flexibility, balance, posture, and core strength while reducing pressure on the joints. Whether you're new to yoga or already experienced, you'll be amazed at what your body can accomplish while literally taking your practice off the ground.

You'll leave feeling stronger, longer, and wonderfully relaxed.

Session 1: Monday September 14th-November 2nd

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

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

ADULT POWER TRAMPOLINE

AGES 18+

Experience one of the most fun and effective workouts you'll ever try! The class combines cardio, strength, balance, and core training in a low-impact format that's gentle on your joints while delivering incredible results. Burn calories, improve your fitness, strengthen your heart, and leave every class energized. No experience is necessary—just bring your enthusiasm and prepare to smile while you work out!

Session 1: Monday September 14th-November 2nd

Time: 10:00a-11:00a Fee: \$135 per person (8 classes)

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

OPEN SPACE COMMUNITY HIKE - DARBY POND CONSERVATION AREA

The Open Space Committee will lead a public hike to this newer addition to the Town's trail system. This route will traverse varied terrain of flat grasslands, mature white pine forests, and sand dunes. It offers views of reclaimed cranberry bogs and ponds. We will point out the remains of the 19th century railroad track to Middleborough. As always, dress appropriately and bring water and insect repellent as needed. This guided hike is free of charge. If the weather is questionable, call 774.454.1980.

The leaves should be near peak color. Walkers of all ages and families with school age children are welcome.

No dogs are allowed.

Location: Darby Pond Conservation Area

Date: Saturday October 24th (there is no rain date)

Call 774.454.1980 if weather is questionable

Distance: about 3 miles

Time: 1:00p (hike will take about 2 hours)

Activity level: easy, some small hills

Fee: Free, but registration is strongly encouraged at www.plymouthrec.com

For directions to the site, please check the website.

SENIOR TRAMPOLINE LITE

AGES 50+

Designed specifically for active older adults, Senior Trampoline Lite is a safe, low-impact class that helps improve balance, coordination, strength, circulation, and confidence. Using specially designed rebounders, you'll enjoy gentle movements that are easy on the joints while improving mobility and reducing the risk of falls. Every class is welcoming, encouraging, and full of laughter. It's never too late to become stronger! **Move Better. Feel Better. Live Better.**

Session 1: Monday September 14th-November 2nd

Time: 11:30a-12:15p Fee: \$115 per person (8 classes)

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

SENIOR TAI CHI

AGES 50+

Slow down, breathe deeply, and discover the centuries-old practice of Tai Chi. Gentle flowing movements help improve balance, flexibility, posture, coordination, concentration, and overall well-being while reducing stress and promoting relaxation. Tai Chi is often called "meditation in motion" and is suitable for virtually every fitness level. Leave every class feeling calmer, stronger, and more centered than when you arrived. **Find Your Balance. Calm Your Mind.**

Session 1: Saturday September 12th-October 31st

Session 2: Sunday September 13th-November 1st

Time: 9:30a-10:30a Fee: \$135 per person (8 classes)

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

BUNGEE BASICS

AGES 18+

Curious about bungee fitness? This beginner-friendly class teaches the fundamentals in a supportive, encouraging environment. Learn proper technique, improve your confidence, and experience the thrill of flying while enjoying a low-impact, full-body workout that's unlike anything you've tried before. By the end of the session, you'll be ready to soar! **Your First Flight Starts Here!**

Session 1: Monday September 14th-November 2nd

Time: 7:45p-8:45p

Fee: \$135 per person (8 classes)

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

FALL ADULT PROGRAMS

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
Session 1: Sunday November 1st Time: 12:00p-3:00p
Session 2: Sunday December 6th Time: 9:00a-12:00p
Fee: \$90 per person (1 class)
Location: Manomet Youth Center (659 State Rd)

ADULT OPEN VOLLEYBALL

AGES 18+

Join us this Fall at 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.
Session 1: Tuesday September 15th-October 20th
Session 2: Tuesday October 27th-December 8th - no class 11/3
Time: 6:15p-7:45p Fee: \$30 prepaid for 6 nights
Location: Memorial Hall - Auditorium (83 Court St)

LEARN TO CROCHET

AGES 18+

Learn to crochet class. Four sessions to learn the foundation chain, single, half double and double crochet stitch. Granny squares will be reviewed during our last class. Project ideas will be shared. Materials to be purchased separately, typically around \$10-\$15. The classes are held in our light filled upstairs classroom.
Instructor: Plymouth Harbor Knits - Jennifer Bernard
Session 1: Thursday October 15th-November 5th
Time: 4:00p-5:30p Fee: \$70 per person (4 classes)
Location: Plymouth Harbor Knits
(170 Water St, Village Landing on the 2nd floor)

KRIPALU YOGA

AGES 18+

Looking for yoga experiences that will make you feel fabulous? Under the guidance of our certified instructor Jayne Sutton you will explore stretches and postures designed to open up your entire body. Simple breathing techniques will be introduced to help calm the mind and energize your body. Participants must be able to get up and down from the floor without assistance (chair). Participants must supply their own exercise mat.
Instructor: Jayne Sutton
Session 2: Thursday October 22nd-December 10th
Location: Memorial Hall - Blue Room (83 Court Street)
Time: 6:30p-7:45p
Fee: \$65 per person (6 classes - no class 11/12 or 11/26)

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 1: Tuesday September 15th-October 20th
Location: Forges Field Pickleball Courts (83 Jordan Rd)
Time: 1:00p-2:30p Fee: \$65 per person (6 classes)

INDOOR TENNIS ADULT LEVEL 1

AGES 18+

This program is designed for the player who wants to improve their technique. A review of all strokes, players will work on understandings positioning for match play. All Pros are USTA and USPTR certified. Racquets available to use free of charge.
Session 1: Tuesday November 10th-December 15th
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)

INDOOR TENNIS ADULT LEVEL 2

AGES 18+

This program is to improve strokes and strategy. Players will learn spin and advance their knowledge of a higher level game. All Pros are USTA and USPTR certified. Racquets available to use free of charge.
Session 1: Thursday November 5th-December 17th
Time A: 6:30p-7:30p Time B: 7:30p-8:30p
Fee: \$137 per person (6 classes - no class 11/26)
Location: Village Sports Club (30 Golf Drive)

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. The primary treatment for Sarcopenia is exercise, specifically strength training. We'll help you build strength, mobility, stability, balance, unilateral strength, and principles that counteract the natural occurrence of lost muscle mass as you age. **Participants can choose up to 2 different classes a week to attend.**
Session 1: Monday August 31st-Saturday October 24th
Session 2: Monday October 26th-Saturday December 19th
Choose two weekly: Monday, Wednesday, Thursday, Friday or Saturday at 6:30a-7:30a
Fee: \$190 per person (16 classes-no class 9/7,10/12,11/11&11/26)
Location: Baystate Crossfit (114 Long Pond Rd, Unit 6)

ADULT INTRO TO CROSSFIT

AGES 16+

Think small group classes while being personally trained. You can expect to move through about 5-15 minutes of a warmup followed by a skill or strength section before moving into whatever the workout is programmed for the day. Movements/workouts are individually adjusted and scaled for each athlete based on their physical ability. **Participants can choose up to 2 different classes a week to attend.**
Session 1: Monday August 31st-Friday October 23rd
Session 2: Monday October 26th-Friday December 18th
Daily Times Available: 5:00a, 8:00a, 9:15a or 5:30p
Fee: \$190 per person (16 classes-no class 9/7,10/12,11/11&11/26)
Location: Baystate Crossfit (114 Long Pond Rd, Unit 6)

PILATES

AGES 18+

Pilates is a holistic system of exercises for improving muscular strength, endurance, and flexibility to achieve muscular balance; all with attention to conscious breath and mindfulness of the movements. In essence, it is a system designed to treat the "Whole Body", "Mind, Body, & Spirit". Please bring a Yoga mat to class each week.
Instructor: Laurette Ryan
Session 1: Monday September 14th-October 26th
Session 2: Monday November 9th-December 14th
Location: Memorial Hall - Blue Room (83 Court St)
Time: 6:00p-7:00p
Fee: \$55 per person (6 classes - no class 10/12)

FALL ADULT PROGRAMS

HYROX - INDOOR FITNESS COMPETITION

AGES 16+

Hyrox training focuses on preparing individuals for the Hyrox fitness races. These races combine 8 kilometers of running with 8 functional workout stations, completed consecutively. Stations include the ski erg, a rowing machine, sled pushes, sled pull, burpee broad jumps, weighted lunges, farmers carry & wall balls.

Instructor: Baystate Crossfit

Session 1: Monday September 14th-October 5th

Session 2: Monday October 19th-November 9th

Time: 4:30p-5:30p Fee: \$65 per person (4 classes)

Location: Baystate Crossfit (114 Long Pond Rd)

BEGINNER PICKLEBALL LESSONS

AGES 18+

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

Instructor: Peter Duggan & Jean Hamilton

Session 1: Monday September 14th-October 26th

Monday Time: 2:30p-3:30p

Session 2: Thursday September 17th-October 22nd

Time A: 10:00a-11:00a Time B: 11:00a-12:00p

Location: Village Sports Club (30 Golf Drive)

Fee: \$107 per person (6 classes - no class 10/12)

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.

Session 1: Wednesday September 9th-October 14th

Session 2: Monday September 14th-October 26th

Session 3: Wednesday October 28th-December 16th

Session 4: Monday November 9th-December 14th

Time: 6:00p-8:00p

Fee: \$30 per person (6 classes - no class 10/12, 11/11 or 12/9)

Location: Memorial Hall - Auditorium (83 Court Street)

SUNDAY BOOTCAMP

AGES 16+

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

Session 1: Sunday September 6th-October 25th

Session 2: Sunday November 1st-December 20th

Time: 9:15a-10:15a

Fee: \$105 per person (8 classes)

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

INTRO TO COUNTRY LINE DANCING

AGES 18+

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

Instructor: Paul & Kelly Wybieracki

Session 1: Tuesday September 15th-October 20th

Session 2: Tuesday November 3rd-December 8th

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

Fee: \$55 per person (6 classes)

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

TANGO DANCING FOR COUPLES

AGES 18+

Tango is a dance with a rich history and one that can truly impress those who see dancers who are skilled. Whether you want to impress your loved one, improve your physical health, or just take up a hobby that is fun and rewarding, tango can be the answer that you! ***This is a partner's only class***

Instructor: Paul & Kelly Wybieracki

Dates: Tuesday September 15th-October 20th

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

Time: 7:15p-8:15p Fee: \$130 per couple (6 classes)

EAST COAST SWING DANCING FOR COUPLES

AGES 18+

East Coast Swing is a popular social and competitive partner dance known for its bouncy rhythm, circular rotational movements, and beginner-friendly basic steps. ***This is a partner's only class***

Instructor: Paul & Kelly Wybieracki

Dates: Tuesday November 3rd-December 8th

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

Time: 7:15p-8:15p Fee: \$130 per couple (6 classes)

INTRO TO KNITTING

AGES 18+

Learn the basic knit and purl stitch as well as the cast off and an easy cast on technique. Learn about the many options and characteristics of yarn and needles available. Additionally, participants will begin to learn how to read a pattern. Participants will have the option to select and begin their own first knit project at the end of the class.

Instructor: Plymouth Harbor Knits - Jennifer Bernard

Session 1: Wednesday October 14th-November 4th

Session 2: Wednesday November 11th-December 2nd

Time: 4:30p-6:00p

Fee: \$72 per person (4 classes)

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

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 1: Thursday October 1st-November 19th

Location: Manomet Youth Center (659 State Rd)

Time: 7:00p-9:00p

Fee: \$40 per person (8 nights)

OUTDOOR PICKLEBALL

AGES 18+

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 1: Tuesday & Thursday September 8th-October 15th

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***

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

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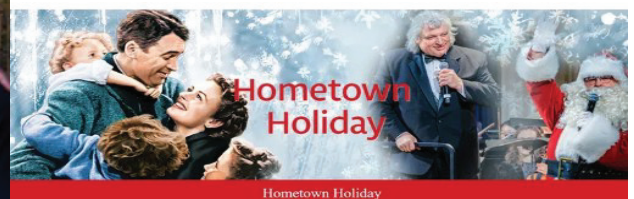


HILLFEST
EVENTS

Oct 23rd
Katy Nichole



The PHIL Presents
Hometown Holiday



Saturday, December 12, @ 3PM
Saturday, December 12, @ 7:30PM
Sunday, December 13, @ 1PM
Sunday, December 13, @ 5PM