

Hamilton-Wenham
Recreation Department
2012
Winter Brochure



RECREATION DEPARTMENT INFORMATION

**The Hamilton
Wenham Recreation
Department welcomes
your program ideas.
Please contact the
office with any
programming ideas
and suggestions.**

**HAMILTON-WENHAM
RECREATION DEPARTMENT
MISSION STATEMENT**

The Hamilton-Wenham Recreation Department provides a wide variety of programs designed to improve the quality of life for residents by meeting physical and recreational needs. We promote life long lessons through play, education and community wide events.

**JOINT RECREATION BOARD
MEMBERS**

Dan Ahearn	Wenham
Mary Buntin	Wenham
Jay Butler	Hamilton
Denis Curran	Wenham
John Cusolito, Chairman	Hamilton
Lindle Willnow	Hamilton

The Joint Recreation Board is made up of six members, three residents of Hamilton and three residents of Wenham. The Board meets once a month to discuss various recreation issues.

IMPORTANT CONTACT INFORMATION

SPORTS CONTACTS

Baseball	www.hwll.org
Basketball	www.hwybb.org
Cheerleading	www.generalsyouthfootball.com
Ice Skating	www.cafsc.org
Football	www.generalsyouthfootball.com
Ice Hockey	www.agawamhockey.com
Lacrosse	www.hwllax.org
Soccer	www.hwysa.org

Hamilton-Wenham Mothers Club hwmothersclub@hotmail.com



RECREATION DEPARTMENT POLICIES

REGISTRATION INFORMATION

Please register for members of your immediate family only.

Registrations can be sent to:
Hamilton-Wenham Recreation Department
16 Union Street
Hamilton, MA 01982

Registrations can be dropped off:
16 Union Street
Hamilton, MA 01982

NON-RESIDENT REGISTRATION & FEES

There is a Non-Resident fee of \$5 per program unless otherwise noted. We do not accept Non-Residents for our Summer Patton Park Program.

PAYMENT

We accept CHECKS ONLY.

Please make checks payable to the "Town of Hamilton"
There will be a \$25 additional fee for checks returned by the bank.

AGE POLICY

Children must be the advertised age on the FIRST DAY of class.

REFUND POLICY

- 1. FULL REFUND FOR A CANCELLED CLASS.**
- 2. YOU WILL RECEIVE A REFUND MINUS \$10 ADMINISTRATIVE FEE IF YOU NOTIFY THE RECREATION DEPARTMENT AT LEAST 5 DAYS BEFORE THE START OF THE PROGRAM**
- 3. NO REFUND IF YOU CANCEL LESS THAN 5 BUSINESS DAYS BEFORE THE START OF THE PROGRAM**

See Page 6 For Patton Park Refund Policy

COURSE CANCELLATION

Classes that do not attain the minimum enrollment will be cancelled 48 hours prior to the scheduled start date. If cancelled you will receive a full refund. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise, plan on attending.

COURSE CONFIRMATION

We DO NOT provide confirmations for program registrations. You will be called if a class is filled and you will be placed on the waiting list. Otherwise, plan on attending.

MAKE UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants inability to attend.

INCLEMENT WEATHER

All classes (day and evening) will be cancelled when Hamilton-Wenham Regional Schools are closed. In the event that we need to cancel evening, weekend or summer program/ events it will be posted on the voicemail at 978-468-2178 and on our website at www.hamiltonma.gov.

FILLED CLASSES

You are urged to register as soon as possible. Classes are filled on a first come first served basis. We do not "hold" spots. If your class is filled, you will be placed on a waiting list.

PARTICIPANT PHOTOGRAPH POLICY

Periodically, the Recreation Department photographs/videotapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purposes.





SUMMER PATTON PARK PROGRAMS

PATTON PARK
Summer Program 2012

Park Registration Begins February 7

Please Register Early Don't get shut out!

Register Early!!!

AFTERNOON OPTIONS AVAILABLE WITH PM PARKSTERS!

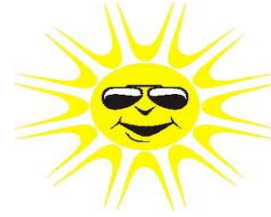
Register In Two Week Sessions

Summer 2012 Park Sessions	
Session 1	June 25 - July 6 (No Park 7/4)
Session 2	July 9 - July 20
Session 3	July 23 - August 3
Session 4	August 6 - August 17

WE NOW ACCEPT DEPOSITS!

\$25 deposit per session per program
Balances due May 11, 2012

Get Ready For Summer!



Summer 2012 Park Programs

-PATTON PARK EARLY MORNING

8:00 am - 8:45 am
(Ages 5-12)

- PATTON PARK

8:45 am - 1:15 pm
(Ages 5-10)

- PM PARKSTERS

1:00 - 3:30 pm
(Ages 5-10)

- PATTON PARK ALL-STAR\$

8:45 am - 1:15 pm
(Ages 11-12)

- CIT PROGRAM

8:45 am - 1:15 pm
(Ages 13-15)

- PATTON PARK STAFF

(Ages 16+)

Patton Park STAFF (Ages 16+)

All Patton Park Counselors are 16 years of age and older. Each staff member participates in two days of staff training, in which they learn child development, rules and procedures, proper supervision, how to be the best counselor they can be and much more. The Hamilton-Wenham Recreation Department promotes safety first at the summer Park Programs. We start accepting applications for counselor positions in January. Applications are available on our website at

www.hamiltonma.gov



SUMMER PATTON PARK PROGRAMS

Patton Park Program

(Ages 5 - 10)

Instructors: Patton Park Summer Staff

The Patton Park Program provides supervised, safe and fun programming for children. Each staff member completes a thorough staff training and background check. It is our goal for each child to create great park memories by providing an active outlet for both physical and social needs. Every participant will have experience swimming, playing tennis, playing sports and creating arts & crafts. Ages 5 & 6 will receive swimming lessons. Ages 7 - 10 will have open swim with no swimming lessons. There will also be theme days and event days. Join us for a summer of FUN.

Max: 160

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$125* Session 1 \$140* Sessions 2-4

*If you register for all 4 session the price is \$520

**Registration Information
on Page 6**

Patton Park CIT Program

(Ages 13-15)

Instructors: Patton Park Summer Staff

You must apply to be a CIT. Please write a one page essay stating why you want to be a CIT. Attach with your essay two written references, from non-family members, that can speak to your personality and ability to work with peers and children. Send your essay and references along with a completed registration form and payment to the Hamilton-Wenham Recreation Department. Once we receive your application it will be reviewed and a letter will be mailed informing you if you have been accepted into our program. Checks will be held until the letter of acceptance is mailed. Returning CIT's do not need to write an essay or submit references. They need only to register and submit payment, however, **space is first come first served. You must be present all four weeks of the CIT session you register for.**

Max: 30

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	

Session One (4 week session) \$100
June 25 - July 20 (No 7/4)

Session Two (4 week session) \$100
July 23 - August 17

*If you register for all both sessions the price is \$175

Patton Park ALL - STARS!!

(Ages 11-12)

Instructors: Patton Park Summer Staff

Getting too old for Patton Park? Try the new Patton Park ALL-STARS program. We will be going on one field trip each session to someplace where the older kids can really have a great time! Each child gets their own Patton Park ALL-STARS tee shirt. Each day you will have open swim at the pool as well as sports and tennis. Activities will be geared toward to the older ages of the children to make the park day more interesting!

Max: 40

<u>Times</u>	<u>Price per session</u>
8:45 am - 1:15 pm	\$135* Session 1 \$150* Sessions 2-4

* Price includes travel and admittance for field trips

**If you register for all 4 session the price is \$560

Patton Park Early Morning

(Ages 5-10)

Instructors: Patton Park Staff

New this year! Staff will be available to supervise your children beginning at 8 a.m. Typically there will be one planned activity per morning, leading up until the start of the Park Program.

Max:20

<u>Times</u>	<u>Price per session</u>
8:00 am - 8:45 am	\$45 Session 1 \$50 Sessions 2-4

PM Parksters!

(Ages 5 - 10)

Instructors: Patton Park Staff

Looking for something to do between 1:00 and 3:30 pm this summer? Come join P.M. Parksters! Each afternoon will be divided into two activity periods and one games period. Each P.M. Parkster will be provided a snack each day. Please send your child in clothes that can get dirty and bring with you a bathing suit and towel since on some days we will walk over to the Patton Park Pool for some swimming! If your child is registered in the Patton Park Program the Patton Park staff will walk the children participating in P.M. Parksters over to the program each afternoon. This program allows families to have activities planned for their children from 9 am - 3:30 pm Monday - Thursday. We welcome all children even if they are not registered in the Patton Park Program!

Max: 40

<u>Times</u>	<u>Price per session</u>
1 pm - 3:30 pm	\$99 Sessions 1-4

Monday - Thursday for two week sessions.

*If you register for all 4 session the price is \$350





SUMMER PATTON PARK PROGRAMS

PATTON PARK

Summer Program 2012

**Park
Registration
Begins
February 7**

PAYMENT SYSTEM FOR SUMMER PATTON PARK PROGRAMS

We now accept deposits to hold your spot in the summer Patton Park Programs. When you register for your program you are required to pay at least the deposit to hold your spot.

All balances will be due to the Recreation Office by May 11, 2012.

If your balance has not been paid by May 14, 2012 your spot will be given to the next person on the wait list.

PATTON PARK SUMMER PROGRAM INFORMATION

Session	Dates	Deposit	Patton Park Minus Deposit	All-Stars Minus Deposit	CIT'S Minus Deposit	PM Parksters Minus Deposit
Session 1	June 25 - July 6 (No Park 7/4)	Deposit \$25	\$125	\$135	\$100	\$87
Session 2	July 9 - July 20	Deposit \$25	\$140	\$150	included	\$99
Session 3	July 23 - August 3	Deposit \$25	\$140	\$150	\$100	\$99
Session 4	August 6 - August 7	Deposit \$25	\$140	\$150	included	\$99

No Single Week Rates and No splitting Sessions

HOW TO REGISTER

Step 1: Complete the Park Registration Form and return it to the Recreation Office with a \$25 deposit for each session or full payment to reserve your spot in the program.

Step 2: Pay full balances by May 11, 2012.

Step 3: Complete the Health, Park Permission Forms, Authorization to Administer Medication Form and return them to the Recreation Office by May 11, 2012.

Step 4: Read and understand the Code of Conduct Contract and have both the parent and child sign and return it to the Recreation Department by June 1, 2012.

All forms can be downloaded from our website www.hamiltonma.gov

PARK REFUND POLICY

Cancel 5 days before the start of the program
-You will receive a refund minus the \$25 deposit.

Cancel less than 5 business days before the start of the program or after the start of the Program
-There is NO REFUND.



SUMMER PATTON PARK PROGRAMS

WHAT TO BRING: A bagged lunch, plenty of beverages and a snack. For the Pool each child needs a bathing suit, towel and must have a swim cap for anyone that has hair below their ears. Goggles are optional. For sports/tennis please bring a tennis racquet and each child must wear sneakers to participate. Make sure that your child is wearing comfortable clothing that can get dirty and messy!

WHAT NOT TO BRING: Please do not send your child with any valuable electronics or trading items. We are not responsible for lost items.

PICK-UP POLICY: If someone other than a parent or guardian is picking up a park participant the parent/guardian must inform the Park Director in writing, in advance. NO telephone requests.

CODE OF CONDUCT CONTRACT: Each participant and parent must be read and sign the Code of Conduct Contract before the start of Park. This allows each parent time to sit down with the children and discuss proper behavior at the summer park programs. You can download this form from our website at www.hamiltonma.gov.

DAILY SCHEDULE: Each day every child will be given the opportunity to participate in tennis, sports, arts & crafts and swimming. Special events and theme days will also occur during each session.

Tennis: Children will be provided tennis lessons in a fun and creative way

Sports: The Sports Specialist, will engage the children with daily sports activities such as soccer, basketball, dodge ball, field games, four square and many more that have been created by the children of years past!

Arts & Crafts: The Arts & Crafts Specialist, will provide an interactive activity each day that will allow for creativity and fun!

Pool Program: The Pool Director, and staff will provide swimming opportunities to all Park children. Swim lessons will be provided for ages 5 & 6. Children ages 7-13 will have open swim only. (All lifeguards are Red Cross Certified)

MORNING AND AFTERNOON OPTIONS AVAILABLE WITH PATTON PARK EARLY MORNING AND PM PARKSTERS

Park Orientation Night February 7th 4:30 pm - 7:00 pm

The Recreation Department will be open late to accept Patton Park Registrations and answer any questions that parents have. Please come down and meet the Recreation Director and some Summer Park staff. We will have copies of all the forms and can help you figure out what you will need for the upcoming summer.

IMPORTANT TIMES!

Early Morning	8:00 am - 8:45 am
Drop Off	8:45 am - 9:00 am
Park Activities	9:00 am - 1:00 pm
Pick Up	1:00 pm - 1:15 pm

This system allows some parents to pick up and drop off earlier and later. By having a fifteen minute window of time to drop off and



Daily Activity Calendar
Coming in Summer Brochure
Due out in May





YOUTH PROGRAMS

Imagination Station

16 Union Street - Hamilton - 01982 - (978) 948-2178 - www.hamiltonma.gov

Enjoy an organized playgroup that gives children an opportunity to run around the gym, participate in a simple craft, enjoy puzzles, use legos, read books, play dress up and just plain ol' have fun! Imagination station is a time for both parents and children to socialize and engage in some playtime. It is \$5 per day per family.

STARTS JANUARY 3rd

PROGRAM INFORMATION

Age: Babies to age 5 with parent
Day: Tues. & Thurs.
Time: 10:00 am - 12:00 pm
Price: \$5 per family
Location: 16 Union Street Hamilton, MA

Please note that this program will not run on the following dates due to school vacation:

February 22 & 23
April 17 & 19

PLAYGROUP

LEGOS

DRESS UP

GYM TIME

CRAFTS

BOOKS

PUZZLES

FRIENDS

&

FUN





YOUTH PROGRAMS

(978)927-0322
www.fabulousmusic.com

8 Bow St.
Beverly, MA

The most qualified teachers, teach at
THE FABULOUS SCHOOL OF MUSIC
Sign Up for Lessons Today!

Intro to Guitar

(Ages 9 & up)

Instructor: Erin Burke-Moran

This class will introduce students to the fundamentals of guitar work in an ensemble environment to practice the basics of music theory and performance.

- counting and rhythm
- chords, scales
- basic reading in tab form and standard notation



Students are responsible to bring their own guitar.

Acoustic guitar is preferred but electric guitar is OK (will need to bring amp each week).

Location: Meeting Place/Old Library

8 Weeks

Min: 5

Ages	Day	Times	Date	Price
9-12	Sat	9-10am	Feb 25-April 21	\$120
13-16	Sat	10-11am	Feb 25-April 21	\$120
17 & up	Sat	11-12pm	Feb 25-April 21	\$120

Private Lessons

Private Lessons in guitar, voice, and violin are also available during certain days and hours. If interested in Private Lessons please contact the Recreation Department at 978-468-2178

Voice and Violin- Tuesdays

Guitar - Saturday's



YOUTH PROGRAMS

Floor Hockey

(Grades 3-6)

Instructor(s): Recreation Department Staff

Join the Recreation Department Staff for a fun and exciting floor hockey program. This 5 week program will allow participants to play in fun, fast paced games during the after school hours. Participants must bring their own stick. Shin guards and eye protection are recommended.

Location: Recreation Center Gym

5 weeks

Min: 10/Max: 14

Day	Times	Date	Price
Tues	3:30 - 4:30 pm	Feb 28 - Mar 27	\$45

Thundercat Sports Jam

(Ages 7-10)

Instructor(s): Thundercats Sports Staff

Come have a (sports) blast with Thundercat Sports! Activities will include basketball, soccer, hockey, dodgeball, ultimate football, and handball. Other fun games such as shark attack and safari will give the program a unique feel. Emphasis is on play and fun. Program is coed, please bring sneakers, appropriate clothing, and a water bottle.

Location: Recreation Center

5 weeks

Min: 8/Max: 14

Age	Day	Times	Date	Price
7-10	Wed	3 - 4 pm	Mar 7 - Apr 4	\$67

Fencing 101

(Grades 3-8)

Instructor(s): Jack Mullarkey

Learn the basics of fencing in this introductory class with instructor Jack Mullarkey, currently the Gordon College Head Fencing Coach, who brings with him over 48 years of experience. During this session, you will be introduced to basic level fencing & equipment. Equipment is provided. Please wear loose fitting pants (sweats are preferred) & a light top as the equipment tends to make them warm. No open shoes, clogs or sandals please. Bring a glove to cover sword hand.



Location: Recreation Center

8 week session

Min: 6/Max: 20

Day	Times	Date	Price
Tues	7:30 - 8:30 pm	Apr 3 - May 21	\$150

Thundercat Mini Sports Jam

(Age 4-6)

Instructor(s): Thundercats Sports Staff

Come have a ball with Thundercat Sports! This fun program will include soccer, basketball, sofee hockey, and other unique games which may include Sponge Bob Tag and finding Nemo. Emphasis will be on some basic skill building, developing hand eye coordination, teamwork, and FUN! Program is coed.

Location: Recreation Center

5 weeks

Min: 8/Max: 10

Age	Day	Times	Date	Price
4-6	Wed	2 - 2:45 pm	Mar 7- Apr 4	\$57

LEARN TO SKATE WITH C.A.S.C.

Pingree School, Hamilton

The Cape Ann Skating Club is a non-profit organization serving the children of Cap Ann for over 30 years.

With professionally certified coaches, we strive to provide and encourage regular physical activity in today's youth. Come join our on-ice adventure and see how much fun skating can be! This program is the officially recognized Learn to Skate Program for hockey and figure skating skills by USA Hockey and the US Figure Skating Association. Registrations are ongoing provided there is sufficient enrollment. For more information please call:

978-546-2290



YOUTH PROGRAMS

February Vacation Engineering Classes

Pre-Engineering

(Grades K-2)

Instructor(s): Play-Well TEKnologies

Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them Explore the many possibilities of LEGO™ building systems while learning useful construction techniques.

Location: Recreation Center

1 week class/4 Days

Min: 10/Max: 14

Day	Times	Date	Price
Tues-Fri	9am -12pm	Feb 21 - Feb 24	\$110

Engineering FUNdamentals

(Grades 3-5)

Instructor(s): Play-Well TEKnologies

Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of LEGO™ material. From race cars to Battletracks, this is a hands-on and minds-on adventure suitable for LEGO novices to “maniacs.” Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension, all while having fun.

Location: Recreation Center

1 week class/4 Days

Min: 10/Max: 14

Day	Times	Date	Price
Tues-Fri	1pm -4pm	Feb 21 - Feb 24	\$110

No-SCHOOL Program

February Vacation

Join the Hamilton-Wenham Library and the H-W Recreation Department for a special February vacation program celebrating the Lunar New Year, a multicultural celebration. On February 18 from 1 - 3, come and experience this diverse holiday spectacular with a host of activities including an authentic Lion Dance, a martial arts demonstration with many traditional hand and weapons forms, the ancient art of brush painting, a fun food activity, and a unique craft.

Location: Recreation Center / Library

Day	Times	Date
Wed	1:00 - 3:00 pm	Feb 22



YOUTH PROGRAMS

Harry Potter LEGO Playland

(Ages 5-10)

Instructor(s): Diane Dinell & Beth Miditz

Event Full!, LLC

This program will be centered around everything Harry Potter and LEGO!! Each participant will have the opportunity to work with hundreds of thousands of LEGOs and Harry Potter LEGO Characters!!! This program fosters both individual creativity as well as teamwork/cooperation skills while have FUN with friends! The LEGOs stay with us, but the experience is yours forever! Each child will go home with a framed picture of themselves and what they create as well as a creative hands-on magical science experiment they will experience during the workshop.

Location: The Meeting Place/Old Library

1 Day Workshop

Min: 10/Max: 30

Day	Times	Date	Price
Sat	2:30 - 5:30 pm	Feb 18	\$45

Lego Engineering 1

(Grades 1-5)

Instructor(s): Wicked Cool For Kids

Learn basic engineering concepts, problem solving, and teamwork-all by playing and building with LEGOS. We look at gears, levers, pulleys, and wheels and axles. These are the basic mechanisms that underpin all the mechanical equipment in our lives.

Location: The Meeting Place/Old Library

6 weeks

Min: 8/Max: 12

Day	Times	Date	Price
Wed	3:30 - 5:00 pm	Feb 1-Mar 14	\$125

(No Class 2/22)

Safe Babysitting

(Ages 11+)

Instructor(s): Beverly Hospital

This 1-day program is designed to teach the fundamentals of safety & childcare. It will provide instruction on babysitting responsibilities, characteristics of children, selecting toys and games for children, supervising children, accident prevention, emergency actions, and basic care. Students who successfully complete the final review will receive a certificate from Beverly Hospital. There will be a lunch break during the class.

Location: Recreation Center

1 Day Class - Min 8

Day	Times	Date	Price
Tues	9am-4pm	Feb 21	\$55

Intergalactic Investigators

(Grades 1-5)

Instructor(s): Wicked Cool For Kids

Investigate the Origins of our Universe and what made the Bang big. Once the dust settles we'll explore galaxies, stars and our Solar System through lots of (6!) celestial models and fun hands-on projects while making sure to avoid those black holes.

Location: The Meeting Place/Old Library

6 weeks

Min: 8/Max: 12

Day	Times	Date	Price
Thu	3:30-4:30 pm	Feb 2 - Mar 15	\$90

(No Class 2/23)

LEGOMation - Make Your Own Harry Potter Movie

(No class 2/23)

(Grades 2-6)

Instructor(s): Computer Explorers

What's the next adventure for Harry Potter, Ron and Hermione? It's up to you! Students will create their own Harry Potter™ movie. Working in teams, our Jr. directors and producers will do it all – from story creation to building the various Harry Potter™ Lego® scenes. As they learn the production process of stop motion animation, they will animate, record, download, assemble, and edit their own movies, adding dialogue, background noise, and graphics. Each student will take home a CD of their stop-action photo movie production! Amaze your parents and friends with your creativity!

LEGO®'s & animation – what a perfect combination!

Location: The Meeting Place/Old Library

10 weeks

Min: 9/Max 18

Day	Times	Date	Price
Mon	3:15 - 4:15 pm	Jan 23 - Apr 2	\$145

Iron Rail Gymnastics Tumbling Stars

(Ages 4-5)

Instructor(s): Iron Rail Gymnastics Staff

Children participate in activities that develop strength, flexibility, coordination and listening skills. The use of games, music, balls, hoops and small obstacle courses, in addition to preliminary skills taught on the gymnastics equipment, creates a unique atmosphere for learning.

Location: Iron Rail Gymnastics

8 weeks

Min: 4/Max: 16

Day	Times	Date	Price
Fri	1-1:45 pm	Feb 3 - Mar 23	\$99



ADULT PROGRAMS

Classes Held At Gordon College

You must have a passes to participate in all activities at the college.

Lap Swimming Passes

Instructor(s): No Instructor

Join us at the Gordon College Bennett Center for open lap swimming. You must register with the Recreation Department to get your swimming pass. This pass allows you to lap swim during the days and times shown below. However, times may change due to the college's activity schedule. **Please check with the Bennett Center for exact days and times. (Bennett Center 978-867-3737)** Locker rooms and showers facilities are available.

Location: Gordon College Pool at the Bennett Center
LAP Swim times can vary. Below is a general guide of Lap Swim times.

<u>Day(s)</u>	<u>Times</u>	<u>Price</u>
Mon - Fri	6 - 8 am	See Below
Mon - Fri	11:30 am - 2 pm	
Mon - Fri	7 - 9 pm	

Resident Price: \$65 (20 visit pass)

Non - Resident Price: \$80 (20 visit pass)

Water Exercise

Instructor(s): Gordon College Staff

Feeling sore when you wake up in the morning? Need a low impact way to work out? Join our water exercise class at Gordon College. This class is a great way to relieve stress and work out without causing undue pain to your body. Enjoy a morning in the pool getting back into shape! Locker rooms and showers facilities are available.

Location: Gordon College Pool at the Bennett Center
Min: 4/Max: 15

<u>Session</u>	<u>Day(s)</u>	<u>Times</u>	<u>Dates</u>	<u>Price</u>
A	Tue & Thur	10 - 11am	Jan 24 - Mar 1	\$33
B	Tue & Thur	10 - 11am	Mar 27 - May 3	\$36

Walking Club

Instructor(s): No Instructor

Enjoy the Bennett Center walking track for free. Come take advantage of this great opportunity for indoor walking space. Please register at the Recreation Department to receive your FREE pass.

Location: Gordon College Bennett Center

<u>Day(s)</u>	<u>Times</u>	<u>Price</u>
Mon, Wed, Fri	9:30 - 11:30 am	<u>FREE*</u>

*You must have a pass to participate.



ADULT PROGRAMS

Fitness Works

Instructor: Barbara Thompson

This hour long all-inclusive exercise program covers warm-up, low impact aerobics, strength training, and stretching. The class is designed to be a good basic exercise program for all ages: for those with some physical limitation, or for those who may be new to exercising, or for experienced exercisers who want a safe program that covers all fitness components. Emphasis is placed on proper form and technique, with no intimidation- everyone is encouraged to work at their own level.

Class runs on a monthly schedule.

Location: Recreation Center
Runs continually throughout the year.

Day(s) Times

Mon, Wed, Fri 9:30 - 10:30 am

For registration and price information please call
Barbara Thompson, at 978-887-9192.

Guts and Butts Strength Training

Instructor: Barbara Thompson

This 45 minute long strength training exercise program targets the core muscles of the following areas: abdominals, back, legs, and buttocks. Through the use of steps, leg weights, and callisthenics, the muscles are challenged but well stretched to avoid soreness, Emphasis is placed on proper form and technique. The warm-up involves very simple step moves. The class is designed for all participants to work and progress at their own fitness level.

Class runs on a monthly schedule

Location: Recreation Center
Runs continually throughout the year.

Day(s) Times

Mon, Wed, Fri 8:45 - 9:20 am

For registration and price information please call
Barbara Thompson, at 978-887-9192.

Pick Up Volleyball

Instructor(s): No Instructor

A co-ed program for all ages and levels. Come on down and check it out

Location: Pingree School

<u>Day(s)</u>	<u>Times</u>	<u>Dates</u>	<u>Price</u>
Thur	7:30 - 9:30 pm	On going End Date 4/12/11	\$35

North Shore Boot Camp Co..

Instructor(s): B & S Fitness www.bnsfitness.com **978-204-8588**

Boot Camp is designed for every level and will improve the current level of fitness of everyone that participates. All aspects of fitness (cardio, strength, flexibility and nutrition) are covered which will give you the kick start you need to get on the road to optimum health. We evaluate your current fitness level on the first day and last day to track your progress and improvements. This program is designed to keep you motivated, disciplined and structured so you will not only see great results you will also have a great experience. All levels will greatly benefit from this program – if you think it is not for – think again, it is for everyone.

****Boot camp is a combination of a Cardio and Core Training Class (Tues & Thurs) and a Full Body Strength and Conditioning Class (Mon & Wed). These classes can also be registered for individually. All Registration is through B & S Fitness****

Location: Recreation Center/Fairhaven Field
6 weeks (1 free trial week)

Day Times
Mon-Thur 6am-7am

Please contact B&S Fitness for registration information.



Recreation Registration Form

HAMILTON-WENHAM RECREATION DEPARTMENT

16 UNION STREET
HAMILTON, MA 01982
978-468-2178
WWW.HAMILTONMA.GOV

For Office Use Only

Date _____
Amt _____
CK# _____
Health Form _____

Please fill out one registration form for each person.

Last Name (participant) First Name (participant) Date of Birth & Grade : _____

Street Number Town/Zip Parents Name

Home Phone Work Phone Cell Phone

Email Emergency Contact Phone #

Activity Name Day Location Class Time Start Date Fee

Activity Name Day Location Class Time Start Date Fee

Activity Name Day Location Class Time Start Date Fee

HAMILTON – WENHAM RECREATION DEPARTMENT CONSENT & RELEASE FORM

I, the undersigned, do hereby consent to the participation of _____
(Name of Participant)

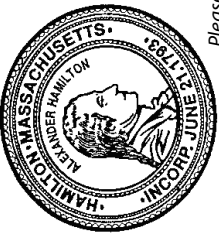
in voluntary athletic or recreational programs of the Hamilton/Wenham Recreation Department. I understand that the Hamilton/Wenham Recreation Department recommends that the participant undergo a complete physical before beginning participation. Any limitations on participation are listed below. I agree to forever release, acquit, discharge and covenant to hold harmless the Hamilton/Wenham Recreation Department and its employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreational programs of the Hamilton/Wenham Recreation Department (collectively the "Releasees") from any and all claims, rights of action and causes of action on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have in my individual capacity or, if the participant is my minor child or ward, as parent or guardian of said minor. I also agree to forever release, acquit, discharge and covenant to hold harmless the Releasees from any and all claims, rights of action and causes of action on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which said minor has or hereafter may acquire, either before or after he/she has reached his/her majority, resulting from his/her participation in a program of the Hamilton/Wenham Recreation Department.

I understand that my or the minor's participation in these programs is voluntary and that the minor or I are free to choose not to participate in said programs. I have read this Consent and Release Form and I understand the contents of this form.

Periodically, the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purpose.

Signature of Parent/Guardian or ADULT Participant

Date



HAMILTON - WENHAM RECREATION DEPARTMENT

SUMMER PARK PROGRAM

REGISTRATION FORM

One Child Per Registration Form

Please print when completing form

FOR OFFICE USE ONLY

Date _____ Date _____
AMT _____ AMT _____
CK# _____ CK# _____

Health Form _____

Last Name First Name DOB
Parents Name(s) Grade As Of September 2012
Address City Zip Code
Phone Number Cell Number EMAIL

PLEASE CHECK ALL THE SESSIONS YOU WOULD LIKE TO REGISTER FOR

- Patton Park (Ages 5-10)** **Patton All-Stars (Age 11-12)** **Morning Park (Ages 5-10)** **PM Parksters (Ages 5-10)**
- | | | | | | | | | | | | |
|---------------------------------|----------------------|-------|---------------------------------|----------------------|-------|---------------------------------|----------------------|------|---------------------------------|----------------------|------|
| <input type="radio"/> Session 1 | June 25 - July 6 | \$125 | <input type="radio"/> Session 1 | June 25 - July 6 | \$135 | <input type="radio"/> Session 1 | June 25 - July 6 | \$45 | <input type="radio"/> Session 1 | June 25 - July 6 | \$87 |
| <input type="radio"/> Session 2 | July 9 - July 20 | \$140 | <input type="radio"/> Session 2 | July 9 - July 20 | \$150 | <input type="radio"/> Session 2 | July 9 - July 20 | \$50 | <input type="radio"/> Session 2 | July 9 - July 20 | \$99 |
| <input type="radio"/> Session 3 | July 23 - August 3 | \$140 | <input type="radio"/> Session 3 | July 23 - August 3 | \$150 | <input type="radio"/> Session 3 | July 23 - August 3 | \$50 | <input type="radio"/> Session 3 | July 23 - August 3 | \$99 |
| <input type="radio"/> Session 4 | August 6 - August 17 | \$140 | <input type="radio"/> Session 4 | August 6 - August 17 | \$150 | <input type="radio"/> Session 4 | August 6 - August 17 | \$50 | <input type="radio"/> Session 4 | August 6 - August 17 | \$99 |
- ALL SESSIONS (Discount) \$520 ALL SESSIONS (Discount) \$460 ALL SESSIONS (Discount) \$350

CIT Program (Ages 13-15)

- Session 1 June 25 - July 20 \$100
 Session 2 July 23 - August 17 \$100

1st Year CIT Returning CIT

Number of Sessions Registered For \$25 Per Session Deposit = Total Deposit Due
Total Amount Due Deposit Paid
Balance Due 5/11/12

*There is no discount for registering for both CIT sessions
I, the undersigned, do hereby consent to the participation of _____ in voluntary athletic or recreational programs of the _____ (Name of Participant)

Hamilton/Wenham Recreation Department. I understand that the Hamilton/Wenham Recreation Department recommends that the participant undergo a complete physical before beginning participation. Any limitations on participation are listed below. I agree to forever release, acquit, discharge and covenant to hold harmless the Hamilton/Wenham Recreation Department and its employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreational programs of the Hamilton/Wenham Recreation Department (collectively the "Releasees") from any and all claims, rights of action and causes of action on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have in my individual capacity or, if the participant is my minor child or ward, as parent or guardian of said minor. I also agree to forever release, acquit, discharge and covenant to hold harmless the Releasees from any and all claims, rights of action and causes of action on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which said minor has or hereafter may acquire, either before or after he/she has reached his/her majority, resulting from his/her participation in a program of the Hamilton/Wenham Recreation Department. I understand that my or the minor's participation in these programs is voluntary and that the minor or I are free to choose not to participate in said programs. I have read this Consent and Release Form and I understand the contents of this form.

Signature of Parent/Guardian or ADULT Participant _____

_____ Date