

Hamilton-Wenham Recreation Department



Winter Brochure 2017

**16 Union Street
S. Hamilton, MA 01982
978.468.2178
www.hwrecreation.com**

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.

Hamilton-Wenham Recreation Department
16 Union St
Hamilton, MA 01982
978-468-2178
www.hwrecreation.com

Office Business Hours:

| | |
|-----------|-------------|
| Monday | 8am-7:00pm |
| Tuesday | 8am-4:30pm |
| Wednesday | 8am-4:30pm |
| Thursday | 8am-4:30pm |
| Friday | 8am-1:00pm* |

*Please call ahead for
appointments on Fridays

JOINT RECREATION BOARD MEMBERS

| | |
|------------------------|----------|
| John Cusolito | Wenham |
| Len Dolan | Wenham |
| Denis Curran | Wenham |
| Steve Ozahowski, Chair | Hamilton |
| Brad Tilley | Hamilton |
| Reggie Maidment | 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.

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

978.468.2178



"Like" us on Facebook
Search:

Hamilton-Wenham
Recreation

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.

REFUND POLICY

1. Full refund for a cancelled class

2. You will receive a refund minus a \$10 administrative fee if you notify the Recreation Department at least five (5) business days before the start of a program.

3. No Refund if you cancel less than 5 business days before the start of a program

4. All refunds will be issued in the form of a check. Credit card service fees will be refunded back to the credit card.



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WWW.HWRECREATION.COM

Please visit our website to browse activities, register for classes and view any new announcements

HOW TO REGISTER

Step 1: Visit www.hwrecreation.com and create a user name and password

Step 2: Search and select activities and add them to your on-line cart

Step 3: Pay on-line with credit card* or print and mail form to the Rec. Dept.

*All Refunds will be issued in the form of a check. Service fees will be refunded back to the credit card in full.

If you do not wish to register on-line, we have two other options for registration

Walk-In:

Recreation Center
16 Union St, Hamilton MA
Hours on page 2

Mail to:

HW Recreation Department
16 Union Street
Hamilton, MA 01982

REGISTER EARLY!!

**Nothing ends a program faster than waiting for the last minute to register!
Please make every effort to register early!**

2017 SUMMER PARK PROGRAM PREVIEW

All detailed information for the Hamilton Wenham Recreation Department Summer Park Program will be available in our Spring/Summer Brochure. Below you will find the session dates as well as the different age groups that will be offered. The Spring/Summer Brochure will have information such as times, pricing, daily activities, and field trips for the all of the various groups. Please Feel free to contact our offices with any questions you may have about the upcoming Summer Park Program.

2017 SUMMER PARK PROGRAM SESSIONS

| | |
|------------|--------------------------------|
| Session 1: | June 26 - June 30 |
| Session 2: | July 3 - July 7 (no class 7/4) |
| Session 3: | July 10 - July 14 |
| Session 4: | July 17 - July 21 |
| Session 5: | July 24 - July 28 |
| Session 6: | July 31 - August 4 |
| Session 7: | August 7 - August 11 |
| Session 8: | August 14 - August 18 |

2017 SUMMER PARK PROGRAM GROUPS

| | |
|------------------|------------|
| Little Generals: | Ages 5-6 |
| Young Explorers: | Ages 6-8 |
| Jr. All Stars: | Ages 9-10 |
| All Stars: | Ages 11-12 |
| C.I.T. | Ages 13-15 |

VETERANS MEMORIAL POOL AT PATTON PARK

Information regarding the operataions, schedules, and programs will be released in the upcoming months

VETERANS MEMORIAL SWIMMING POOL STAFF NEEDED

LOOKING NOW FOR SUMMER 2017!

The new Veteran's Memorial Swimming Pool in Patton Park will open its gates to swimmers for the first time in the Summer of 2017! We are looking now for lifeguards, swim coaches, swim instructors and greeters to help operate our pool this summer! If you are 16+ years old and hold a lifeguard certification we want to hear from you!! Not a certified to lifeguard but still want a job this summer?

Check out our other exciting options as a greeter or a swim instructor.

For more information or to apply please contact Sean Timmons at stimmons@hamiltonma.gov.

LIFEGUARDS
SWIM COACHES
SWIM
INSTRUCTORS
GREETERS



PRESCHOOL PROGRAMS

978-468-2178

www.hwrecreation.com

IMAGINATION STATION

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 enegae in some playtime. You pay \$5 per day. Non-residents are welcome. Come on down and check it out!

AGES: Infant through 5 years with adult
DATES: Tuesdays & Fridays Jan.24th-Mar. 31st*
TIME: 10:15am-12:00pm
COST: \$5 per family
LOCATION: Recreation Center Gym

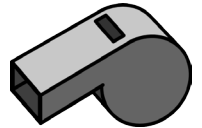


*NO CLASS 2/21 & 2/24

MICRO ATHLETICS

Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative moevment and fun! Each class your child will play a variety of skill enhancing games and activities. From learning to kick to practicing throwing we make sure you child is active and having fun! Sneakers are required!

AGES: 2-4
DATES: Thursdays, March 2nd - April 6th
TIME: 10:00am-11:00am
DURATION: 6 weeks
COST: \$70
LOCATION: Recreation Center Gym



Instructor: Knucklebones

PRE BALLET

This is an introduction to the fundamentals of classical Ballet for boys and girls. The Children will be guided and encouraged to explore and achieve their own unique potential and personal expression in positive learning environment. The program will meet the levels of individual need and aspire to increase self-confidence, creativity and knowledge of how arts and dance can positively influence a young child's life.

AGES: 5-6
DATES: Wednesdays Jan. 11th-Mar. 1st
TIME: 1:15pm-2:00pm
DURATION: 8 weeks
COST: \$112
LOCATION: Recreation Center Gym



Instructor: Samia DeSimone

LITTLE DRAGONS KARATE

One of the best karate programs in the country taught by four time world champion Steve Nugent & his staff. This class teaches proper stance, breathing, stretching, discipline, confidence and practical self defense. All uniforms and belts are included in the class.

AGES: 3-4
DATES: Thursdays Jan. 26th- Mar. 23rd*
TIME: 4:15pm-4:45pm
DURATION: 8 weeks
COST: \$165
LOCATION: Recreation Center Gym
*No Class on 2/23



Instructor: Steve Nugent & Staff

MICRO GYMNASTICS

Using age appropriate equipment and fun techniques, your child will gain creative and rhythmic movement, flexibility, fundamental gymnastics and gross motor skills. Exploring various apparatus including beam, high bar, rings, mats, mat shapes (cylinder, wedges, humps, etc), spring board, and trampolines along with unique products such as Gonge balance sets, polyspots, and Action, your child will progress with introductory skills while having fun! Knucklebones prides itself on engaging children through cooperative play in a carefully designed circuit of gymnastic activities.

AGES: 2-4
DATES: Thursdays, February 2nd - March 16th*
TIME: 11:00am-12:00pm
DURATION: 6 weeks
COST: \$70 per family
LOCATION: Recreation Center Gym

*No Class on 2/23



Instructor: Knucklebones

SUPER SOCCER STARS

At Super Soccer Stars it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture and develop self confidence and to develop teamwork in every class. Our specially designed curriculum uses positive reinforcement and a low child to coach ratio to ensure that each child improves at his or her own rate while having endless fun!

WINTER 1A

AGES: 2-5
DATES: Saturdays Jan. 7th- Feb. 11th
TIME: Ages 3-4 9:00am-9:45am
Ages 2-3 9:50am-10:30am
Ages 4-5 10:35am-11:25am
DURATION: 6 weeks
COST: \$108
LOCATION: Recreation Center Gym

Instructor: Super Soccer Stars

WINTER 2

AGES: 2-5
DATES: Saturdays Feb. 18th-Apr. 1st
TIME: Ages 3-4 9:30am-10:15am
Ages 2-3 10:20am-11:00am
Ages 4-5 11:05am-11:55am
DURATION: 7 weeks
COST: \$126
LOCATION: Recreation Center Gym

Instructor: Super Soccer Stars

WINTER 1B

AGES: 2-5
DATES: Sundays Jan. 22nd-Mar. 26th
TIME: Ages 2-3 10:00am-10:40am
Ages 4-5 10:45am-11:35am
DURATION: 10 weeks
COST: \$180
LOCATION: Recreation Center Gym

Instructor: Super Soccer Stars



KICK & PLAY

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months.

Our experienced instructors along with our puppet friends, Mimi & Pepe take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run kick and play- all while having a blast!

AGES: 12-24 Months
DATES: Saturdays Feb. 18th- Apr. 1st
TIME: 12:00pm-12:40pm
DURATION: 7 weeks
COST: \$112
LOCATION: Recreation Center Gym



Instructor: Super Soccer Stars

MICRO WHEELS

Micro Wheels teaches the fundamentals of riding a bicycle without training wheels! Each class your Knucklebones coach will bring in a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. New activities each week will be introduced with wheeled vehicles. Other activities will include balancing stones, street signs and obstacle courses! Proper sneakers and long pants required.

AGES: 2-4
DATES: Thursdays, January 12th - February 16th
TIME: 10:00am-11:00am
DURATION: 6 weeks
COST: \$70
LOCATION: Recreation Center Gym



Instructor: Knucklebones

SURVIVOR AMAZING RACE CHALLENGE

With a combined over 40 seasons and countless variations in other countries, Survivor and Amazing Race have created some of the greatest challenges known to man. Replicating scores of these challenges participants will engage in mental, physical and creative tasks. From a giant puzzle to a rolling boulder, and knot tying to being bound together while working to get through a maze, participants will be presented with their very own season

AGES: 8-12
DATES: Mondays Feb. 27th-Apr. 3rd
TIME: 3:45pm-4:45pm
DURATION: 6 weeks
COST: \$76
LOCATION: Recreation Center Gym

Instructor: Knucklebones



GYMNASTICS

Children receive gymnastics instruction on all Olympic events and trampoline. Classes emphasize the learning of basic skills, developing strength and flexibility and self-confidence. This program is designed for students who wish to participate in the sport of gymnastics on a recreational level. Children are placed into groups according to age, ability and friendship with other class mates. The emphasis is placed on fun and learning the basic skills in gymnastics

AGES: 5+
DATES: Wednesdays Jan. 18th- Mar. 8th
TIME: 1:30pm-2:30pm
DURATION: 8 weeks
COST: \$125
LOCATION: Iron Rail Gymnastics

Instructor: Iron Rail Gymnastics Staff

BABYSITTING CLASS

The one day workshop will cover how to have a safe babysitting experience. Some of the topics include: Basic First Aid, infant and toddler care, creative activities for young children and much more. Please pack lunch or snack.

AGES: 11+
DATES: Saturday Jan. 28th
TIME: 9:00am-1:00pm
DURATION: 1 class
COST: \$35
LOCATION: Recreation Center

Instructor: Debbi Laflamme



*CPR/AED Certification class to follow this, if interested in staying for this piece please contact the recreation department as the class will be offered half price.

LEGO ENGINEERING, JR.

LEGO Engineering Junior is a 6 week program designed specially for kids age 5-7. The activities promote teamwork and critical thinking skills as kids investigate basic engineering concepts using DUPLOs. Build a seesaw, vehicle and spinning top and other fun working mechanisms. Perfect for young builders with tiny hands!

GRADES: K-1
DATES: Mondays Mar. 13th- Apr. 24th*
TIME: 4:00pm-5:00pm
DURATION: 6 weeks
COST: \$115
LOCATION: Recreation Center
 *No class on 4/17

Instructor: Wicked Cool For Kids



CO-ED REC VOLLEYBALL

Join H-W Varsity Volleyball Coach Jen Flynn for 6 weeks of volleyball skill, drills and fun. Each week we will focus on a particular skill (hitting, passing, setting, rotation, serving and sprawling) and we will also scrimmage. All levels are encouraged to attend. Each group will be divided up by skill

GRADES: 5-8
DATES: Sundays Feb. 19th-Mar. 26th
TIME: Grades 5-6: 5:30pm-7:00pm
 Grades 7-8: 7:00pm-8:30pm
DURATION: 6 weeks
COST: \$75
LOCATION: Recreation Center Gym

Instructor: Jen Flynn

YOUTH PROGRAMS

978-468-2178

www.hwrecreation.com

ARCHERY

During this five week program participants will learn to shoot a bow and arrow in this Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace.

AGES: 10+
DATES: Wednesdays, March 1st - March 29th
TIME: 3:30pm -4:30pm
DURATION: 5 weeks
COST: \$110
LOCATION: Recreation Center



Instructor: On Site Archery

KARATE

This program provides introductory karate skills, teaches proper stances, breathing, stretching, self-discipline, coordination and practical self defense. All uniforms and belts are included.

AGES: 5-14
DATES: Thursdays Jan. 26th- Mar. 23rd
TIME: Ages 5-8: 4:45pm-5:30pm
Ages 9-14: 5:30pm-6:15pm
DURATION: 8 weeks
COST: \$165
LOCATION: Recreation Center Gym
*No Class on 2/23



Instructor: Steve Nugent & Staff

ULTIMATE DODGEBALL

This program will introduce children to the nearly endless different styles of dodgeball. We will be teaching Dr. Dodgeball, prize ball, elimination, army, ring of fire and many more. Each week will be a new adventure of team, individual or tournament dodgeball. Sports cards will be given out at the end of each program with the opportunity for special prizes for play and behavior. Time to find the next Ultimate Dodgeball Player!

GRADES: 3-5
DATES: Tuesdays Mar. 14th-Apr. 18th
TIME: 3:45pm-4:45pm
DURATION: 6 weeks
COST: \$80
LOCATION: Recreation Center Gym



Instructor: SportsZone 101

GIRLS SCIENCE CLUB

Engaging hands on chemistry and geology projects will encourage girl's to be junior scientist. Unlock the secrets of the laboratory to create customized soaps, lip balms and lotions. Explore how chemists create formulas and make your own cool products to take home. New projects include creating brilliant salt crystals and investigating gems and geodes.

GRADES: 2-4
DATES: Mondays Jan. 23rd-Mar. 6th*
TIME: 4:00pm-5:00pm
DURATION: 6 weeks
COST: \$115
LOCATION: Recreation Center
*No class on 2/20



Instructor: Wicked Cool for Kids

FANTASY SPORTS & MANAGEMENT

The world of fantasy sports continues to grow, and while it is no exact science, there is much to learn from an in-depth look at fantasy sports. This program will give children the opportunity to own and operate their own fantasy sports team in the Active Education Fantasy Sports League, while also reinforcing in-class learning like mathematics, geography, critical thinking, and more. Each week we will take our students through a focused discussion of current events in sports, walk them through potential moves they may want to make in their teams, and teach the basic operations of professional sports teams. Participants are welcome to bring their own tablets.

GRADES: 5-8
DATES: Fridays Feb. 3rd-Mar. 17th*
TIME: 3:30pm-4:30pm
DURATION: 6 weeks
COST: \$85
LOCATION: HW Public Library
Children's Programming Room

*No class on 2/24



Instructor: SportsZone 101

FEBRUARY VACATION FIELD TRIPS

BODA BORG

You will be transported into a real-world gaming environment; an experience we call Questing. Teams of 3-5 Guests literally move through our Quests tackling a variety of mental and physical challenges. Success in the first challenge means entry into the next challenge and so on... Failure in any challenge means starting over or selecting another Quest. Boda Borg is Reality Gaming; that means real people, trying to physically survive our life-like Quests: no video games, no special equipment, no virtual reality...just you and your team of eager Questers...just like real life.

AGES: 8-14
DATES: Tuesday Feb. 21st
TIME: Bus Departs: 10am Bus Returns: 3pm
COST: \$45 per person
LOCATION: Boda Borg, Malden, MA

<http://bodaborg.com/usa/boston/>

Chaperones Welcome! Please contact the rec department if you are interested in chaperoning.

K1 SPEED

If you're looking for the best karting in New England, look no further! At K1 Speed Boston, our indoor go-kart racing is wheel-to-wheel and head-to-head! Whether racing against the clock, competing with friends and family, or battling complete strangers, you're in for adventure! Our high-performance go-karts will quickly recalibrate your expectations of what a go-kart can and should be, and our indoor karting center. Participants must meet the minimum height requirement of 48" in order to attend!

AGES: 8-14 (must be 48" tall to attend)
DATES: Thursday Feb. 23rd
TIME: Bus Departs: 10:45am Bus Returns: 3:30pm
COST: \$65 per person
LOCATION: K1 Speed Wilmington, MA

<https://www.k1speed.com/boston-location.html>

Chaperones Welcome! Please contact the rec department if you are interested in chaperoning.

APRIL VACATION FIELD TRIPS

CEDARLAND

Join us at Cedarland activity center for a day full of fun. The day will include one hour of swimming and 18 holes of mini golf. Please pack a nut free lunch for your child.

AGES: 8-12
DATES: Tuesday April 18th
TIME: Bus Departs: 10am Bus Returns: 3pm
COST: \$40 per person
LOCATION: Cedarland, Haverhill, MA

<http://www.cedarland.net>

Chaperones Welcome! Please contact the rec department if you are interested in chaperoning.

Please pack a nut free lunch



TAKE FLIGHT ADVENTURE PARK

Take Flight is the leading Aerial Adventure Course in Maine. The Aerial Adventure Course has sixty elements of varying degree of difficulty spanning three levels to a height of 36' above the ground. Guests traverse the elements taking on a new challenge with every step. After the pre-flight instruction participants may climb as much or as little as they like throughout the course. A lunch area will be set-up outside the course so participants may snack at their leisure and watch the group on the course. **Participants must be at least 48 inches tall and between 45-250 pounds.**

AGES: 8-14
DATES: Thursday, April 20th
TIME: Departs: 10:30am / Returns: 2:30pm*
COST: \$45 per person
LOCATION: Take Flight Adventure Park, Kittery, ME

<http://www.takeflightadv.com/>

Chaperones Welcome! Please contact the rec department if you are interested in chaperoning.

ADULT PROGRAMS

978-468-2178

www.hwrecreation.com

LAP SWIM

Join us at 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 shower facilities are available.

COST: \$65 Residents \$80 Non-Residents
VISITS: 20 Visit Punch Card
LOCATION: Gordon College Bennett Center Pool

WALKING PASS

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

AGES: Adults
DAYS: Mondays, Wednesdays & Fridays
TIME: 9:30am-11:30am
COST: FREE
LOCATION: Gordon College Bennett Center

PHOTOGRAPHY BASICS: MAKING THE MOST OUT OF YOUR DSLR

In this 3-day fun photography class for beginner adults, Sarah Phillips will teach you more about your camera's settings and how to take better photographs. She will teach you the benefits of getting out of the Automatic modes so you can control the outcome and capture more striking photos. Participants will be given an overview on when and how to use the specific settings on the DSLR camera. Over the course of the class the discussion topics will include shutter speed, exposure, focus, flash and shooting time.

AGES: 18+
DATES: Wednesdays Mar. 8, 16 & 22nd
TIME: 6:00pm-7:30pm
DURATION: 3 weeks
COST: \$125
LOCATION: Recreation Center



Instructor: Sarah Phillips

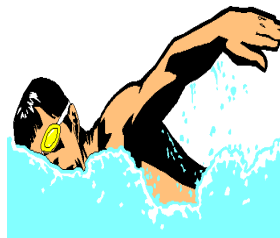
YOGA

Start your morning off on the right foot with a calm and soothing yoga class. No knowledge of yoga necessary. The instructor will teach basic poses and make sure you leave feeling great! Please bring your own yoga mat.

AGES: Adults
DATES: Tues. & Thurs, Jan. 17th - Mar. 9th
TIME: 8:30am-9:30am
DURATION: 16 classes
COST: 16 classes: \$96
8 classes: \$64
4 classes: \$40
LOCATION: Recreation Center Gym



Instructor: Heather Davis



ADULT VOLLEYBALL SKILL CLINIC

A volleyball program that is geared towards players with some experience but are looking to improve their skills in hitting, passing, setting and serving.

AGES: Adults
DAYS: Sunday, January 8th
TIME: 6:00pm - 8:00pm
DURATION: 1 class
COST: \$20
LOCATION: Recreation Center Gymnasium

Instructor: Jenn Flynn, HWRHS Varsity Coach



ADULT PICKLEBALL

Similar to ping pong, badminton and tennis, it's a fun, active game that can be mastered by anyone from youth to senior citizens. Pickleball was created during the summer of 1965 and is currently the fastest growing sport in the United States. It is played on a badminton court with the net lowered to 34 inches, and uses a perforated plastic ball (similar to a whiffle ball) and wood or composite paddles.

Beginner

AGES: Adults
DATES: Tuesdays, Thursdays & Fridays
January 17th - March 31st
TIME: 12:30pm - 2:30pm
COST: \$3 Drop in Fee
LOCATION: Recreation Center Gym

Advanced

AGES: Adults
DATES: Mondays, Wednesdays, & Saturdays
Jan. 14th - Apr. 1st
TIME: Mon. & Wed., 10:00am - 12:00pm
Saturdays. 5:30pm - 7:30pm
COST: \$3 Drop in Fee
LOCATION: Recreation Center Gym

WATER EXERCISE

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 shower facilities are available.

Morning

SESSION 1

AGES: Adults
DATES: Tues & Thurs, January 24th - March 9th
TIME: 10:00am - 11:00am
COST: \$40
LOCATION: Gordon College Bennet Center

SESSION 2

AGES: Adults
DATES: Tues & Thurs, March 21st - April 27th
TIME: 10:00am - 11:00am
COST: \$33
LOCATION: Gordon College Bennet Center

Evening

SESSION 1

AGES: Adults
DATES: Tues & Thurs, January 24th - March 9th
TIME: 8:00pm - 9:00pm
COST: \$40
LOCATION: Gordon College Bennet Center

SESSION 2

AGES: Adults
DATES: Tues & Thurs, March 21st - April 27th
TIME: 8:00pm - 9:00pm
COST: \$33
LOCATION: Gordon College Bennet Center

NIA

Stop exercising and start moving! Nia® pulls from dance arts, martial arts and yoga to incorporate a range of movement styles. This fusion of movement forms gives you a full body workout and helps you move more consciously through life. Each student is encouraged to modify their movement, speed and range of motion so all fitness levels can guide their Nia® practice to meet their needs.

AGES: Adults
DAYS: Mondays, January 9th - February 27th
TIME: 9:00am-10:00am
COST: \$40 or \$8 drop in fee
LOCATION: Recreation Center Gym

Instructor: Susan Guest

CPR/AED CERTIFICATION

ASHI CPR and AED is designed specifically for laypeople and is an excellent choice for both the community and workplace setting. This extremely flexible program will help prepare people to respond to a cardiac arrest and choking. This program conforms to the 2015 AHA Guidelines Update for CPR and ECC. Class is approximately 2.5hrs long. Online learning will be sent out prior to class and must be completed before attending class.

This will facilitate class time better.

AGES: 10+
DATE: Saturday Jan. 28th
TIME: 1:30pm-4:00pm
COST: \$50
LOCATION: Recreation Center



Instructor: Danielle Kiely

BLS CPR CERTIFICATION

Students learn how to recognize a life-threatening emergency, how to provide basic life support and what to do in case of an airway obstruction or choking. ASHI's Basic Life Support, BLS for Healthcare Providers and Professional Rescuers has been approved for training for Emergency Medical Services personnel and is accepted by the National Registry of Emergency Medical Technicians (NREMT). Lifeguards are required to be trained at this level. Online learning will be sent out prior to class and must be completed before attending class.

This helps to facilitate class time better.

AGES: 16+
DATE: Saturday Mar. 25th
TIME: 10:00am-1:00pm
COST: \$50
LOCATION: Recreation Center



Instructor: Danielle Kiely

BASIC FIRST AID CERTIFICATION

ASHI Basic First Aid was created to help students develop basic first aid knowledge, skills, and the confidence to respond. The program is an excellent choice for both the community and workplace setting, and conforms to the 2015 AHA and ARC Guidelines Update for First Aid. Classes are approximately 3 hours long. Online learning will be sent out prior to class and must be completed before attending class.

This helps to facilitate class time better.

AGES: 16+
DATE: Saturday Feb. 11th
TIME: 10:00am-1:00pm
COST: \$50
LOCATION: Recreation Center



Instructor: Danielle Kiely



DISCOUNTED SKI TICKETS

The Hamilton-Wenham Recreation Department is partnering with Wildcat Mountain and Attitash Mountain Resort to offer discounted ski tickets! Terms and prices can be found in the table below. Tickets will be available when all trails are available for use (normally near the end of December). Make sure to check our facebook page for updates! Interested Participants can pre-register on our website: www.hwrecreation.com.



| | | |
|-------------------------|------|--------------|
| ADULT (18-64) | \$60 | Savings \$19 |
| Saturdays and Holidays* | | |

| | | |
|-----------------------------|------|--------------|
| ADULT (18-64) | \$45 | Savings \$30 |
| Sunday-Friday Non-Holidays* | | |

| | |
|----------------------------|--------------|
| YOUTH/SENIORS (7-17 & 65+) | \$45 |
| Saturdays and Holidays | Savings \$14 |

| | |
|-----------------------------|--------------|
| YOUTH/SENIORS (7-17 & 65+) | \$40 |
| Sunday-Friday Non-Holidays* | Savings \$10 |

***HOLIDAY DATES:** Dec. 26, 2016 – Jan. 1, 2017; Jan.14 – 16, 2017; Feb.18 – 26, 2017

DISNEY ON ICE: FOLLOW YOUR HEART

Follow your heart straight to adventure at Disney On Ice!

Just keep swimming with Dory and new pal Hank from Disney•Pixar's Finding Dory as they set out to find her parents and discover the devotion of family. Cheer with Joy, Sadness, and the rest of the Emotions from Disney•Pixar's Inside Out as they work together to boost Riley's spirit and win the big hockey game. Venture to wintery Arendelle where Olaf and Kristoff help reunite royal sisters Anna and Elsa from Disney's Frozen and learn love is the most powerful magic of all.

| | |
|------------------|-------------------------|
| AGES: | Families or Individuals |
| DATES: | Thursday Feb. 23rd |
| TIME: | 3:00pm Show |
| COST: | \$42 per ticket |
| LOCATION: | TD Garden, Boston, MA |



MUSEUM OF SCIENCE PRESENTS: BLIZZARD: OUTWIT THE ELEMENTS

Join staff from the Museum of Science as they bring the fun of blizzards inside our gym! A blizzard is coming! Engineer a tree house to withstand high winds, and save snowboarders from a wild mountain avalanche. With two exciting activities, this hands-on workshop gives participants a chance to plan, build, and test their designs against the forces of nature.

| | |
|------------------|--|
| AGES: | Families or Individuals |
| DATES: | Thursday Dec. 29th |
| TIME: | Session 1: 10:00am-10:50am Session 2: 11:15am-12:05pm |
| COST: | FREE* |
| LOCATION: | Recreation Center Gym |

*Pre-Registration is required at www.hwrecreation.com

Instructor: Museum of Science

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

16 Union Street Hamilton, MA 01982

(978) 468-2178

OFFICE HOURS

| | |
|---------------------------|--------------------------|
| Monday | 8:00 AM - 7:00 PM |
| Tuesday - Thursday | 8:00 AM - 4:30 PM |
| Friday | 8:00 AM - 1:00 PM |

**Due to limited staff there may be times that the office is
closed to attend department business.**