

# HAMILTON WENHAM RECREATION

FALL 2017 PROGRAM BROCHURE



**Hamilton Wenham Recreation Department  
16 Union St, Hamilton, MA 01982  
Office Lines: 978-468-2178 or 978-468-5590**

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<https://www.facebook.com/hamiltonwenham.recreation/>**

**Website and to Register  
[www.HWRECREATION.com](http://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-4:30pm  
Tuesday 8am-6:30pm  
Wednesday 8am-4:30pm  
Thursday 8am-4:30pm  
Friday 8am-12:30pm\*  
\*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



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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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## 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 engage 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:** Fridays, Sept 22nd - Dec 22nd\*  
**TIME:** 10:15am-12:00pm  
**COST:** \$5 per family  
**LOCATION:** Recreation Center Gym

\*No class on 11/24

## 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:** Wednesdays, Sept 20th - Oct. 25th  
**TIME:** 10:00am-11:00am  
**DURATION:** 6 weeks  
**COST:** \$70  
**LOCATION:** Recreation Center Gym

Instructor: Knucklebones

## 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, Oct. 5th - December 14th  
**TIME:** 4:15pm - 4:45pm  
**DURATION:** 10 weeks  
**COST:** \$180  
**LOCATION:** Recreation Center Gym

\*No Class on 11/23

Instructor: Steve Nugent & Staff

## CREATIVE MOVEMENT

A fun filled introduction to dance, with an emphasis on developing each child's creativity, musicality, rhythmic and movement skills.

**AGES:** 3-4  
**DATES:** Wednesdays Sept. 20th-Oct. 25th  
Saturdays Sept. 23rd- Oct. 28th  
**TIME:** Wednesdays 1:15pm-2:00pm  
Saturdays 9:00am-9:45am  
**DURATION:** 6 Weeks  
**COST:** \$112  
**LOCATION:** Recreation Center Gym

Instructor: Samia DeSimone

## 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!

**AGES:** 2-5  
**DATES:** Sundays Sept. 17th - November 5th  
**TIME:** Ages 2-3 9:00am-9:40am  
Ages 4-5 9:45am-10:35am  
Ages 3-4 10:40am-11:25am  
**DURATION:** 8 Weeks  
**COST:** \$144  
**LOCATION:** Recreation Center Field



## MINI TENNIS

New England Athletic Academy's Tennis programs for ages 3 - 5 are conducted on a smaller court, using a red, low compression ball, which is slower and lower bouncing than a traditional Tennis ball. This adaptation allows players to develop their game in a safe and successful way, whilst ensuring fun for all! This program will teach the basic shot mechanics along with developing children's coordination and fundamentals of movement. All lessons are conducted using a variety of high energy, fast paced, fun games, designed to capture the attention of children this age ensuring maximum fun for your budding Tennis champ! All equipment is provided by NEAA although players are welcome to bring their own racket if they would like!

**AGES:** 3-5  
**DATES:** Tuesdays Sept. 19th-Nov. 7th  
**TIME:** 10:00am-11:00am  
**DURATION:** 8 Weeks  
**COST:** \$99  
**LOCATION:** Patton Park Tennis Courts



Instructor: New England Athletics Academy

## MICRO ATHLETICS

Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement 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:** Tuesdays, Nov. 7th - Dec. 12th  
**TIME:** 9:30am- 10:30am  
**DURATION:** 6 Weeks  
**COST:** \$70  
**LOCATION:** Recreation Center Gym

Instructor: Knucklebones

## A STEP TOWARDS SPORTS

Come join the Sports Zone 101 coaches as we teach the basic fundamentals of a few of our favorite sports and get some exercise. We will introduce sports to help develop your child's sensory and gross motor skills in our exciting 3-5 year old tot program

**AGES:** 3-5  
**DATES:** Thursdays, Sept. 21st  
**TIME:** 9:30am- 10:30am  
**DURATION:** 5 Weeks  
**COST:** \$60  
**LOCATION:** Recreation Center



Instructor: Sports Zone 101

## 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!

**AGES:** 1-4  
**DATES:** Thursdays November 9th - December 14th  
**TIME:** Ages 1-2 9:00am-9:40am  
Ages 3-4 9:45am-10:30am  
Ages 2-3 10:35am-11:15am  
**DURATION:** 5 Weeks  
**COST:** \$90  
**LOCATION:** Recreation Center Gymnasium



## 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 Sept. 27th-Nov. 15th  
**TIME:** 1:30pm-2:30pm  
**DURATION:** 8 weeks  
**COST:** \$125  
**LOCATION:** Iron Rail Gymnastics

Instructor: Iron Rail Gymnastics Staff

## FITNESS TRAINING PROGRAM

Knucklebones Fitness will work to show children their body's abilities and provide motivation for the upcoming Track & Field season. Our program will include dynamic cross training activities that will improve participant's fitness, agility, stamina, and muscle conditioning. Each class will include stretching, game play, track & field and evaluate participants' ability in various areas of fitness. Proper athletic attire and sneakers are required

**AGES:** 6-12  
**DATES:** Wednesdays Sept. 20th- Oct. 25th  
**TIME:** 2:30pm-3:30pm  
**DURATION:** 6 weeks  
**COST:** \$76  
**LOCATION:** Pingree Park

Instructor: Knucklebones

## YOUTH RUNNING CLUB

Want to learn to run, improve your running, or just stay active this fall? Would you like to train for a fall race? Join us for a FUN running program that will focus on proper warm-up, running technique, cool down, and stretches. We will utilize many games and age appropriate running activities to make you an all-around better athlete. Bring a water bottle and appropriate sneakers for running. The Youth Running Program is for boys and girls. T-Shirt included. Parent volunteers are welcome to join us. Sponsored by the EAAT Foundation.

**AGES:** 6-12  
**DATES:** Tuesdays Sept. 19th- Oct. 24th  
**TIME:** 3:30pm-4:30pm  
**DURATION:** 6 weeks  
**COST:** \$20  
**LOCATION:** Patton Park

Instructor: Eileen Tran & Stacey Labell



## NON-CONTACT FLAG RUGBY

In our Non-Contact Flag Rugby program, your children will learn the ins and outs of this wonderful game. They will participate in skills and drills that will ensure they leave our program worn out from a day of teamwork, fun, and exercise. This is a non-contact version of rugby, played in a similar fashion to Flag Football. The program is open to a wide level of ages and grades, younger athletes participate in their own group while older athletes are teamed together for proper play and skill levels.

**AGES:** 7-15  
**DATES:** Sundays, September 17th - October 22nd  
**TIME:** 12:00pm-2:00pm  
**DURATION:** 6 weeks  
**COST:** \$90  
**LOCATION:** Fairhaven Field

Instructor: SportsZone 101



## BUBBLE BALL SOCCER

Bubble soccer (bubble football) was originally invented by Norwegian friends in 2011. Never could they have imagined that their joke would develop into the popular and exciting sport it is today. The popularity of bubble soccer has increased exponentially after video clips of the sport surfaced on different social media sites like Facebook and Instagram. Bubble soccer arrived in the U.S. shortly after its invention and it has since gone viral. Many describe bubble soccer as not just a soccer game providing great physical exercise (bubble soccer is a great workout!!!), but also a fun creative stress-reliever and team building activity

**AGES:** 7-14  
**DATES:** Fridays Sept. 29th- Nov. 3rd  
**TIME:** 3:45pm-4:45pm  
**DURATION:** 6 weeks  
**COST:** \$160  
**LOCATION:** Pingree Park



## TENNIS LESSONS

### Challenger Tennis

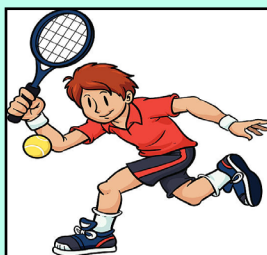
New England Athletic Academy's Challenger Tennis program are conducted on a smaller court, using the recommended equipment for this age range. This program will teach the basic shot mechanics along with an introduction to match play and the rules of Tennis! All lessons are conducted using a variety of high energy games and drills, designed to improve the game of your future Tennis star! All equipment is provided by NEAA although players are welcome to bring their own racket if they would like!

**AGES:** 5-8  
**DATES:** Mondays Sept. 18th-Nov. 6th  
**TIME:** 3:30pm-4:30pm  
**DURATION:** 8 weeks  
**COST:** \$99  
**LOCATION:** Patton Park Tennis Courts

### Masters Tennis

New England Athletic Academy's Masters Tennis programs are conducted on a smaller court, using the recommended equipment for this age range. This program will teach the basic shot mechanics along with an introduction to match play, strategy and the rules of Tennis! All lessons are conducted using a variety of high energy games and drills, designed to improve the game of your future Tennis star! All equipment is provided by NEAA although players are welcome to bring their own racket if they would like!

**AGES:** 8-12  
**DATES:** Mondays Sept. 18th-Nov. 6th  
**TIME:** 4:30pm-5:30pm \*  
**DURATION:** 8 weeks  
**COST:** \$99  
**LOCATION:** Patton Park Tennis Courts (\*under the lights)



Instructor: New England Athletics Academy



## LEGO ROBOTICS

LEGO Robotics introduces kids to robotics programming. Kids create bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techies.

**AGES:** 7-12  
**DATES:** Tuesdays Sept. 26th-Nov. 7th\*  
 \* NO CLASS ON 10/31  
**TIME:** 3:45pm-4:45pm  
**DURATION:** 6 weeks  
**COST:** \$115  
**LOCATION:** Recreation Center



Instructor: Wicked Cool Kids

## 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:** Sunday October 22nd  
**TIME:** 9:00am-1:00pm  
**DURATION:** 1 class  
**COST:** \$35  
**LOCATION:** Recreation Center

Instructor: Debbi Laflamme

## 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, Oct. 5th - Dec. 14th\*  
**TIME:** Ages 5-8, 4:45m-5:30pm  
 Ages 9-14, 5:30pm-6:15pm  
**DURATION:** 10 weeks  
**COST:** \$180  
**LOCATION:** Recreation Center Gym  
 \*No Class 11/23

Instructor: Steve Nugent & Staff

## PRE-BALLET

An introduction to the fundamentals of classical ballet. The children will be guided and encouraged to explore and achieve their own unique potential and personal expression in a 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:** 5-9  
**DATES:** Saturdays Sept. 23rd- Oct. 28th  
**TIME:** Ages 5-6: 9:45am-10:30am  
 Ages 7-9: 10:30am-11:15am  
**DURATION:** 6 Weeks  
**COST:** \$112  
**LOCATION:** Recreation Center Gym

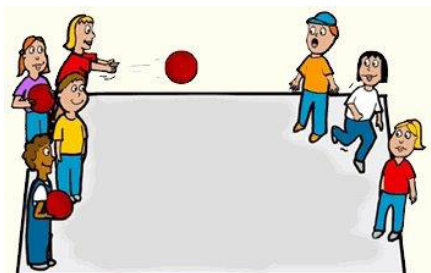
Instructor: Samia DeSimone

## FALL DODGEBALL TOURNAMENT

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, September 12th - October 17th  
**TIME:** 3:45pm-4:45pm  
**DURATION:** 6 weeks  
**COST:** \$80  
**LOCATION:** Recreation Center Gym

Instructor: SportsZone 101





## BASEBALL CLINIC

Participants will learn the fundamentals of baseball, as well as being introduced to the importance of staying mentally engaged and confident no matter what. Prior baseball experience is not necessary and we will split the children as necessary for smaller, individualized coaching.

**AGES:** 6-14  
**DATES:** Sundays, October 29th - December 3rd  
**TIME:** 5:15pm - 6:15pm  
**DURATION:** 4 weeks  
**COST:** \$110  
**LOCATION:** Recreation Center Gym

Instructor: SportsZone101

## GIRLS STEAM SQUAD

Join the STEM to STEAM movement! Engineer and design awesome projects while learning science and math concepts. Construct a kinetic motion-based marble paing, colorful kaleidoscopes, and terrific tessellations. Experiment with air pressure as we dive deep with cartesian divers and make a mini nightlight to light up your space.

**AGES:** 7-12  
**DATES:** Tuesdays, Nov. 14th- Dec. 19th  
**TIME:** 3:45pm-4:45pm  
**DURATION:** 6 weeks  
**COST:** \$115  
**LOCATION:** Recreation Center



Instructor: Wicked Cool Kids

## HOME ALONE SAFETY

Home Alone Safety focuses on personal safety. The course prepares young adults for the responsibilities that come with being at home alone.

**AGES:** 11+  
**DATES:** Sunday, November 19th  
**TIME:** 9:00am-11:30am  
**DURATION:** 1 class  
**COST:** \$35  
**LOCATION:** Recreation Center



Instructor: Debbi Laflamme

## SUPER SOCCER STARS HOLIDAY CLINICS

### LABOR DAY

**AGES:** 3-5  
**DATES:** Monday, Sept. 4th  
**TIME:** 9:15am - 11:15am  
**DURATION:** 1 class  
**COST:** \$30  
**LOCATION:** Fairhaven Field

### COLUMBUS DAY

**AGES:** 3-5  
**DATES:** Monday, Oct. 9th  
**TIME:** 9:15am - 11:15am  
**DURATION:** 1 class  
**COST:** \$30  
**LOCATION:** Fairhaven Field

### VETERANS DAY

**AGES:** 3-5  
**DATES:** Friday, Nov. 10th  
**TIME:** 9:15am - 11:15am  
**DURATION:** 1 class  
**COST:** \$30

## MUSEUM OF SCIENCE PRESENTS: NIGHT SKY

This presentation helps audiences discover which stars, planets, and other astronomical wonders are visible this evening. Using our portable planetarium, we take you on a tour of the solar system and beyond, and provide useful tips on how you can navigate the night sky from your own backyard.

**AGES:** Families or Individuals  
**DATES:** Thursday Dec. 28th  
**TIME:** Session 1: 12:00PM-12:45PM  
 Session 2: 1:00PM-1:45PM  
**COST:** FREE\*  
**LOCATION:** Recreation Center Gym

\*Pre-Registration is required at [www.hwrecreation.com](http://www.hwrecreation.com)

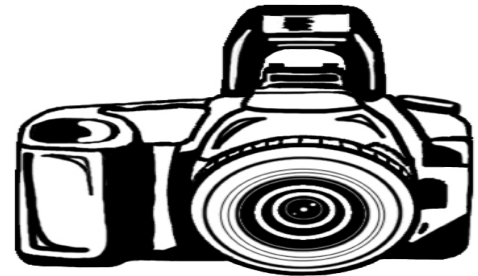
Instructor: Museum of Science

## 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 Oct. 4, 11 & 18th  
**TIME:** 6:00pm-7:30pm  
**DURATION:** 3 weeks  
**COST:** \$125  
**LOCATION:** Recreation Center

Instructor: Sarah Phillips



## ADULT BALLROOM DANCING

Dance is an art form that expresses many emotions - joy, celebration, love - and learning to dance is all about fun. If you'd love to be able to cut a rug at the next wedding or event you attend or simply love the beauty and expression of dance, this class is for you!

Open to everyone!

**AGES:** 18+  
**DATES:** Fridays, Sept. 15th - Oct. 6th  
**TIME:** 7:00pm- 8:00pm  
**DURATION:** 4 Weeks  
**COST:** \$140 per couple  
**LOCATION:** Recreation Center Gym

Instructor: Megan Brennan

## 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  
**DATES:** Session 1, Mondays, Sept. 11th - Oct. 30th  
Session 2, Mondays, Nov 6th - Dec. 18th  
**TIME:** 9:00am-10:00am  
**COST:** \$56 or \$8 drop in fee  
**LOCATION:** Recreation Center Gym

Instructor: Susan Guest

## 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.

**AGES:** Adults  
**DATES:** Tues & Thurs, Sept. 19th - Dec 7th  
**TIME:** 10:00am - 11:00am  
**COST:** \$45  
**LOCATION:** Gordon College Bennet Center

## 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 Bennet Center

## TAI-CHI

Tai Chi, a sequence of slow, flowing, dance-like movements based on Chinese Martial Arts, supports memory, concentration, coordination, balance, flexibility, circulation, and much more. Tai Chi is meditation in movement and facilitates the integration of body, mind and spirit. This practice facilitates deep breathing, calming the mind and the heart, which in turn lowers the levels of stress and anxiety.

**AGES:** Adults  
**DAYS:** Fridays Sept. 22nd- Oct. 27th  
**TIME:** 8:00am-9:00am  
**COST:** \$40 or \$8 drop in fee  
**LOCATION:** Recreation Center Gym



Instructor: Jorgelina Zeoli

## 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

## ADULT RECREATIONAL VOLLEYBALL

Join us for some adult pick up volleyball. You must register for the entire season. This is a great way to exercise and have fun!

Information for this program is TBA...please check our website [www.hwrecreation.com](http://www.hwrecreation.com) for updates as they become available..

**AGES:** Adults  
**DATES:** TBA  
**TIME:** TBA  
**COST:** \$50  
**LOCATION:** Pingree School

Instructor: Susan Guest

## LETS MOVE, A DANCE AND MOVEMENT CLASS

Join us for a fun and engaging new dance class. Learn easy choreography to snappy tunes. This program is designed especially for people who want to keep moving gracefully through life. This safe, easy movement practice works to improve strength, balance and agility. Easy to learn moves with a variety of music. This class infuses the love of dance with some Tai Chi and gentle stretches.

**AGES:** Adults  
**DATES:** Session 1, Tuesdays, Sept 12th - Oct 31  
Session 2, Tuesdays, Nov. 7th - Dec. 19th  
**TIME:** 11:00am - 11:45am  
**COST:** \$45 or \$5 drop in Fee  
**LOCATION:** Recreation Center Gym

## 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

### Open Play Outdoors

**AGES:** Adults  
**DATES:** Mondays, Wednesdays, Fridays  
Sept. 1st - Oct 30th  
**TIME:** 10:00am - 12:00pm  
**COST:** Free  
**LOCATION:** Patton Park Courts

### Beginner Indoors

**AGES:** Adults  
**DATES:** Tuesdays, Thursdays & Fridays  
Nov. 2 - Jan. 30th  
**TIME:** 12:30pm - 2:30pm  
**COST:** \$5 Drop in Fee  
**LOCATION:** Recreation Center Gym

### Advanced Indoors

**AGES:** Adults  
**DATES:** Mondays, Wednesdays, & Saturdays  
Nov. 1st - Jan. 31st  
**TIME:** Mondays, 10:00am - 1:00pm  
Wednesdays, 9:00am - 12:00pm  
Saturdays. 5:30pm - 7:30pm  
**COST:** \$5 Drop in Fee  
**LOCATION:** Recreation Center Gym

## 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:** Session 1: Wednesday Sept. 27th  
Session 2: Wednesday Nov. 29th  
**TIME:** 6:30pm-9:00pm  
**COST:** \$50  
**LOCATION:** Recreation Center

Instructor: Dorothy Calandra

## 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:** Session 1: Wednesday Oct. 25th  
Session 2: Wednesday Dec. 6th  
**TIME:** 6:30pm-9:00pm  
**COST:** \$50  
**LOCATION:** Recreation Center

Instructor: Dorothy Calandra



## YOU CAN AFFORD COLLEGE IF...

You PLAN in advance; you UNDERSTAND the financial aid process; you ACT early enough to be successful.

Financial Aid goes to the families who plan in advance - ideally before December 31st of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the years before college. REMEMBER: Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information please visit our website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com)

**AGES:** Adults  
**DATE:** Tuesday, November 7th  
**TIME:** 6:30pm-8:30pm  
**COST:** Free  
**LOCATION:** Recreation Center

Instructor: College Funding Advisors



# PUMPKIN FEST 2017

Sponsored by

*The Hamilton-Wenham Recreation Department  
The Hamilton Fire Department  
The Hamilton Police Department  
Hamilton Department of Public Works  
The Community House*

## October 28th Begins 12:30 pm

At the Public Safety Building  
Organized by the  
Pumpkin Fest Committee

More Information To Come at:  
[www.hwrecreation.com](http://www.hwrecreation.com)



# 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**

<b>Monday</b>	<b>8:00 AM - 4:30 PM</b>
<b>Tuesday</b>	<b>8:00 AM - 6:30 PM</b>
<b>Wed - Thurs</b>	<b>8:00 AM - 4:30 PM</b>
<b>Friday</b>	<b>8:00AM - 12:30PM</b>

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