

PLYMOUTH RECREATION DEPARTMENT SPRING / SUMMER PROGRAM GUIDE 2024



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

ABOUT THE RECREATION DEPARTMENT

The Recreation Department hours are:

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

7:30a-12:00p Fri

HOW TO REGISTER

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

NON-RESIDENT SURCHARGE

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

WHO IS A RESIDENT?

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

AFTER YOU HAVE REGISTERED

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

REFUND POLICY

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

FINANCIAL ASSISTANCE

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

WEATHER CANCELLATIONS

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

AGE REQUIREMENTS FOR RECREATION PROGRAMS

Proof of age must be provided when registering your child for any Recreation Department program. Proof of age can be in the form of a birth certificate, passport, physical, or any other official document showing date of birth. We only need to verify the child's age once! For mail-in registrations, please include a copy of your proof of age which will be destroyed upon verification. Your child will not be allowed to start a program without their age being verified. ***Children must meet the minimum age for a program within the first day of the scheduled program start date.***

RECREATION DEPARTMENT STAFF

RECREATION DIRECTOR

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MEMORIAL HALL DIRECTOR

JOSEPH GOLDBERG
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jgoldberg@plymouth-ma.gov

LOCAL COMMUNITY ORGANIZATIONS

Plymouth Youth Soccer
www.plymouthyouthsoccer.com

Plymouth Vikings Football & Cheer
www.plymouthvikings.org

South Plymouth Football & Cheer (Jaguars)
www.psyf.net

South Plymouth Basketball
www.southbball.com

Plymouth Girls Basketball
www.plymouthgirlsbasketball.org

North Plymouth Basketball Assoc.
www.pnhoops.com

Plymouth Little League
www.plymouthlittleleague.com

Plymouth Babe Ruth Baseball
www.plymouthbaberuth.com

Plymouth Youth Baseball & Softball
www.plymouthybs.org

Plymouth Youth Wrestling
plymouthyouthwrestling.com

Plymouth Youth Hockey
www.plymouthyouthhockey.net

Plymouth Rock Lacrosse (Boys+Girls)
www.plymouthrocklacrosse.com

South Plymouth Cub Scout Pack 1620
cubscoutpack1620@gmail.com

Cub Scout Pack #51
newmember.cubscoutpack51@gmail.com

Cub Scout Pack #47
Pack47plymouth@gmail.com

Boy Scouts Troop #64
Troop64plymouthma@gmail.com

Girl Scouts of Eastern Mass
www.girlscouteasternmass.org

Plymouth Family Network
www.facebook.com/pfnpta

TABLE OF CONTENTS

INFORMATION

ABOUT THE RECREATION DEPTp 1
 INSTRUCTIONS ON REGISTERINGp 1
 PROOF OF AGE REQUIREMENTSp 1
 WEATHER CANCELLATION INFO.....p 1
 CONTACT INFORMATION FOR LOCAL GROUPS....p 1
 SUMMER EMPLOYMENT OPPORTUNITIESp 3

SPRING

PRE-SCHOOL PROGRAMS.....p 3&4

Advanced Tumble With Me	Preschool Karate
Artsy Tots	Preschool Ooey Gooley
Free Play Friday's	Slimey Fun!
Learn to Ice Skate	Quick Start Tennis
Little Sports Stars	Smart Soccer - Weeknights
MicroAthletics with Knucklebones	Sports Stars
Parent & Tot Dance	Tot Smart Soccer
Preschool Dance	Tumble With Me

POP-UP PLAY GROUPS.....p 5

YOUTH PROGRAMS.....p 6-7

Babysitter Safety Training	Intro to Skateboarding
CAST Presents: Grab Your Golden Ticket!	Little Hot Shots Tennis
Girl's Come Try Archery	Middle/High School Tennis
Home Alone and Staying Safe	SolarBot.14 Robot Class
Hot Shots Tennis	Survivor with Knucklebones
Intro to Crossfit for Kids & Tweens	Tennis Lessons
Intro to Karate	Youth Wrestling
	Youth Yoga
	Video Game Club

APRIL VACATION PROGRAMS.....p 8

TEEN/ADULT PROGRAMS.....p 9-10

Beginner Pickleball Lessons	Intro to Crossfit for Adults & Teens
Belles & Bows - Ladies	Intro to Knitting
Archery	Kripalu Yoga
Cardio Dance Party Workout	Ladies Tennis
Couples West Coast Swing	Masters Strength @ Baystate
Golf Ready!	Crossfit
HIIT Training for Adults 55+	Mens Pick-Up Basketball
Indoor Pickleball	Outdoor Pickleball
Indoor Tennis Lessons	Pickleball Tips & Techniques
Intro to Country Line Dancing	Pilates

SUMMER

BEACHES & PONDS.....p 11
 OPEN SPACE HIKE.....p 12
 RED CROSS SWIM PROGRAM.....p12
 KIDS NIGHT OUT AT THE MYC.....p13

YOUTH PROGRAMS.....p 14-19

Acting Clinic with CAST Broadway Bound	Lil Ninja Warrior
Archery Clinic	Little Sports Stars
Arts and Crafts Clinic	Little Explorers
Basketball Clinic	Minds in Motion
Bluey Dance Party	-6-IN-1 Space Fleet Robot
Cheerleading Clinic	-CSI Crime Scene Investigations
Chess Wizards	Ninja Warrior Clinic
Circuit Lab Workshops	Ooey Gooley Slimey Fun!
-Circuit Makers 101	Parent & Tot Dance
-Robot Commanders 101	Parkour
Come to the Circus-Acro Workshop	Play-Well Teknologies
Counselor in Training (CIT)	-Mickey's Fairytale Adventures
FairyTale Adventures	Preschool Arts & Crafts Clinic
Flag Football Clinic	Preschool Dance
Flag Football Summer League	Soccer Clinic
Foxwoods Farms Horsemanship	Sports Stars
Half Day Playground - West Elementary & Hedges Pond	Summer Basketball
Hip Hop Dance	Summer BMX Bike Clinic
Ice Skating Lessons	Summer Rugby Clinic
Incredifix Workshops	Summer T-Ball
Intro to Skateboarding	Summer Youth Wrestling
Intro to Youth Running	Tennis Clinic
Kids Test Kitchen	Track & Field Clinic
Lacrosse Clinic	Whale and Dolphin Conservation Event @ Memorial Hall

TEEN/ADULT PROGRAMS.....p 20

Indoor Pickleball	Men's Pick-Up Basketball
Kripalu Yoga	Olympic Weightlifting
Ladies Tennis	Teen Open Volleyball
Outdoor Pickleball	

SUMMER SAILING.....p 21

AFTERSCHOOL AT THE MYC.....p 21

FALL COED SOFTBALL LEAGUE.....p 21

FALL 2023 PROGRAMS.....p 21-22

T-ball
Smart Soccer
Developmental Soccer League
NFL Flag Football

SUMMER EMPLOYMENT OPPORTUNITIES

HALF-DAY SUMMER PROGRAM STAFF

We are currently looking to hire: arts and crafts, tennis, baseball, soccer, street hockey, playground basketball, and preschool instructors. Must have extensive knowledge of the area in which you are applying, experience working with children and must be at least 16 years old; coaching or teaching experience preferred. Hours: Monday-Friday 8:30a-12:15p.

BEACH/POND STAFF

We are currently seeking lifeguards and swim instructors. Pay starts at \$22 per hour, and all lifeguards are certified through the Town at no cost to them.

If you are interested in one of our summer employment opportunities please fill out an online application found at www.plymouth-ma.gov, under Departments, click on Human Resources - current job openings.

SPRING PRESCHOOL PROGRAMS

PRESCHOOL OOY GOOEY SLIMEY FUN! AGES 3-6 & PARENT

Kids who are slime lovers will have a blast trying out all these slime recipes and will have a blast using different ingredients for slime. During this program children will make slime and will have tons of cool slime creations to bring home.

Instructor: Coach Catherine

Date: Thursday May 9th-May 30th

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a Fee: \$60 per child (4 classes)

PARENT & TOT DANCE AGES 2-3 & PARENT

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

Instructor: Miss Danielle from Open Space Studio

Session A: Thursday April 25th-May 30th

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-10:00a Fee: \$55 per child (6 classes)

TUMBLE WITH ME AGES 2-3 & PARENT

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

Instructor: Coach Catherine & Coach Kristine

Session A: Wednesday April 24th-May 29th

Time 1: 9:30a-10:00a or Time 2: 10:05a-10:35a

Fee: \$50 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

PRESCHOOL KARATE AGES 4-6

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

Instructor: Sensei Mike Murphy

Session A: Friday April 26th-June 7th

Time: 4:30p-5:00p

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

Fee: \$90 per child (6 classes - no class 5/24)

ADVANCED TUMBLE WITH ME AGES 3-5

This class is designed for children that feel confident following directions and participating in a group environment type of class without their parent's presence. We will help your child develop strength, perceptual and gross motor development, directionality, following sequences & directions, body awareness and coordination skills. *3-year-olds must have taken a Tumble With Me Class prior to registering for the Advanced Class* Participants not meeting this qualification will be canceled out of the program immediately and a credit on the child's Plymouth Recreation account will be applied, minus the \$10 cancellation fee*

Instructor: Coach Catherine & Coach Kristine

Session A: Wednesday April 24th-May 29th

Time: 10:45a-11:30a

Fee: \$60 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

QUICK START TENNIS AGES 4-6

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

Session A: Tuesday April 23rd-May 28th

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

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

Fee: \$95 per child (6 classes)

Location: Village Sports Club (30 Golf Drive)

PRESCHOOL DANCE AGES 3-6

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

Instructor: Miss Danielle from Open Space Studio

Session A: Thursday April 25th-May 30th

Location: Manomet Youth Center (659 State Rd)

Time: 10:15a-11:00a

Fee: \$60 per child (6 classes)

SPRING PRESCHOOL PROGRAMS

MICROATHLETICS WITH KNUCKLEBONES

AGES 3-5

Micro Athletics combines athletic fundamentals, creative movement, gross motor skills, physical activity, and fun! Each class participant engages in various athletic activities and games. From learning soccer to playing Messy Backyard, Saving the Animals to basketball, our games ensure movement and fun while developing a passion for play...for the love of play!

Date: Tuesday April 30th-June 4th

Location: Memorial Hall - Auditorium (83 Court St)

Time: 3:45p-4:35p

Fee: \$130 per child (6 classes)



SPORTS STARS

AGES 3-6

Every week children will be introduced to a new sport including basketball, baseball, soccer, and floor hockey. Each class will incorporate age-appropriate skills, within a structured coaching environment, to help develop coordination, agility and instill a love of team play in each child. With the children playing a number of different sports, you will see progression in their catching, throwing, kicking, and basic coordination abilities. (If age is 3, must have taken Little Sports Stars class first)

Session A: Tuesday April 30th-June 4th

Time: 1:45p-2:30p

Fee: \$55 per child (6 classes)

Location: Manomet Youth Center (659 State Rd)

LITTLE SPORTS STARS

AGES 2-3 & PARENT

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

Session A: Tuesday April 30th-June 11th

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

Fee: \$50 per child (6 classes - no class 6/4)

Location: Memorial Hall-Auditorium (83 Court St)

SMART SOCCER- WEEKNIGHTS

AGES 3-5

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

Session A: Tuesday April 23rd-May 28th

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

Ages 3: Time: 4:30p-5:00p

Fee: \$52 per child (6 classes)

Ages 4-5: Time: 5:15p-6:15p

Fee: \$82 per child (6 classes)

SMART SOCCER- SATURDAYS

AGES 3-5

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

Session A: Saturday April 6th-May 11th

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

Age: 3

Group 6: 12:15p-12:45p

Group 7: 12:50p-1:20p

Fee: \$52 per child

Age: 4-5

Group 3: 10:40a-11:40a

Group 4: 11:45a-12:45p

Group 8: 12:50p-1:50p

Fee: \$82 per child

ARTSY TOTS

AGES 2-4 & PARENT

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

Session A: Tuesday May 7th-28th

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$40 per child (4 classes)

TOT SMART SOCCER

AGES 2&3 WITH PARENT

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

Session A: Monday April 29th-June 10th

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

Fee: \$50 per child (6 classes - no class 5/27)

Location: Memorial Hall-Auditorium (83 Court St)

FREE PLAY FRIDAY'S

AGES 1-4

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

Dates: Friday April 26th-May 24th

Time: 9:30a-11:30a

Location: Manomet Youth Center (659 State Rd)

Fee: \$5 per day, or a 5 pack for \$20

LEARN TO ICE SKATE- YOUTH & TOT

AGES 4-15

For participants ages 4-15 with little or no formal skating instruction, our group skating classes teach skating basics in a fun and comfortable environment. This program helps prepare participants for all skating goals – hockey, figure skating or recreational skating with family and friends. Start your skating journey here and continue through our affiliated organizations. Skaters will be grouped by age and/or ability as possible.

- A helmet, such as a bike helmet or HECC helmet, is required and must be provided by the participant. Label the helmet with First Name, Last Initial on the front before arriving.

- Rental skates are available on a first-come, first-served basis and included in the class fee. You are welcome to bring your own skates, but double blade skates are not permitted

- Participants must be potty trained

- Participants learn falling down and getting up the first week. Help your skaters with this first lesson by viewing our instructional video and working with participants before you arrive.

Instructor: FMC Instructors

Session A: Wednesday May 1st-June 19th

Location: Armstrong Arena (103 Long Pond Rd)

Youth (Ages 6-15) Time: 4:30p-4:55p

Tot (Ages 4-6) Time: 4:55p-5:20p

Fee: \$160 per child (8 classes)



Plymouth Recreation

POP-UP PLAY GROUP!

Join the Plymouth Rec team for some fun activities, including nature play, music, soft building blocks and bubbles at our new free drop-in play group program for children ages 0-5 years old and their parent/caregiver! Pre-registration is required for this free program, please pre-register at plymouthrec.com



Locations & Dates

Elmer Raymond - Thursday, May 2nd
9:30am-11:00am
1138 Long Pond Rd

Jack Mederios - Thursday, May 9th
9:30am-11:00am
154 South Meadow Rd

Forges Field - Thursday, May 16th
9:30am-11:00am
83 Jordan Rd

plymouthrec.com

508-747-1620 EXT. 10137

SPRING YOUTH PROGRAMS

LITTLE HOT SHOTS TENNIS

AGES 7-9

Students will work with red dot balls and transition to real tennis balls. Students will learn the fundamentals of all strokes. All Pros are USTA and USPTR certified. Rackets will be provided if needed free of charge.

Session A: Monday April 29th-June 10th

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

Session B: Tuesday April 23rd-May 28th

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

Location: Village Sports Club (30 Golf Drive)

Fee: \$135 per child (6 classes - no class 5/27)

HOT SHOTS TENNIS

AGES 10-12

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

Session A: Thursday April 25th-May 30th

Time: 4:30p-5:30p

Location: Village Sports Club (30 Golf Drive)

Fee: \$135 per child (6 classes)

HOME ALONE & STAYING SAFE

GRADES 4 & 5

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

Session A: Saturday June 1st

Instructor: Bette Antonellis & Denise Laiosa

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

Time: 9:30a-12:00p

Fee: \$55 per child (1 class)

BABYSITTER SAFETY TRAINING

AGES 11.5 & UP

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

Session A: Saturday May 11th

Instructor: Bette Antonellis

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

Time: 9:30a-12:00p

Fee: \$55 per child (1 class)

GIRL'S COME TRY ARCHERY

AGES 9-14

This is an introductory class for girls ages 9 to 14 years old. This beginner archery class will focus on learning the fundamentals of archery. All our target games were developed to introduce basic shooting skills using the National Training System. The girls will have fun while learning proper shooting form, basic range safety rules, and general knowledge of archery equipment. They will also enjoy shooting balloons and other fun target games!

Date: Wednesday April 3rd

Time: 6:30p-7:30p

Fee: \$35 per child (1 class)

Location: Manomet Youth Center (659 State Rd)

MIDDLE/HIGH SCHOOL LEVEL 1 TENNIS

AGES 13-16

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

Session A: Tuesday April 23rd-May 28th

Location: Village Racquet & Fitness (30 Golf Drive)

Time: 3:30p-4:30p

Fee: \$135 per child (6 classes)

INTRO TO KARATE

AGES 7-12

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

Instructor: Sensei Mike Murphy

Session A: Friday April 26th-June 7th

Location: Mikes Dojo of Champions (96 Long Pond Rd)

Time: 5:15p-6:00p

Fee: \$90 per child (6 classes - no class 5/24)

SURVIVOR WITH KNUCKLEBONES

AGES 6-9

The challenge is on! Outlast, outplay, and outwit using your mental, physical, and creative skills during your very own season of Survivor. We'll recreate various challenges from the TV show, working individually, in pairs, and as a tribe to come out on top. In our version, no one will be voted off the island!

Instructor: Knucklebones

Date: Tuesday April 30th-June 4th

Location: Memorial Hall - Auditorium (83 Court St)

Time: 4:45p-5:45p

Fee: \$130 per child (6 classes)



VIDEO GAME CLUB

AGES 6-12

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

Session A: Thursday April 25th-May 30th

Location: Manomet Youth Center (659 State Rd)

Time: 5:30p-6:45p

Fee: \$25 per child (6 classes)

**GOING THROUGH A
FINANCIAL HARDSHIP?
THE RECREATION
DIVISION OFFERS
PROGRAM SCHOLARSHIPS
AND PAYMENT PLANS!**

SPRING YOUTH PROGRAMS

TENNIS LESSONS

AGES 6-14

The curriculum will teach the basics of the game and how to have fun on the tennis court. Emphasis will be placed on stroke production and quickly developing players for match play. They will learn strategy, court positioning, conditioning and drills for match play. Players must bring their own racket.

Instructor: Scott Froman

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

Date: Tuesday May 14th-June 4th

Ages: 6-9 years old

Time: 4:15p-5:45p

Date: Thursday May 16th- June 6th

Ages: 10-14 years old

Time: 4:15p-5:45p

Fee: \$70 per child (4 classes)

INTRO TO SKATEBOARDING

AGES 7-12

Designed for beginner skateboarders with little to no experience, this class teaches fundamental skateboarding tricks and skills. Concentrating on balance, turning, accelerating, stopping, transitions, dropping in, Ollies, and a variety of other skills, we not only teach tricks but help participants develop confidence to apply them on their own. Proper safety equipment (helmet, knee and elbow pads, and wrist guards) and skateboards are required. For those that can't bring them, they will be provided but you must let us know upon registration. Participants must keep all safety gear on at all times and wear athletic shoes.

Session A: Sunday May 19th

Instructor: Knucklebones

Time: 9:00a-12:00p

Fee: \$60 per child (1 class)

Location: Nathaniel Morton Elementary Parking Lot (6 Lincoln St)

INTRO TO CROSSFIT FOR KIDS

AGES 6-9

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

Session A: Monday May 6th-June 24th

Time: 6:15p-7:00p

Fee: \$100 per child (8 classes)

Location: Baystate Crossfit (114 Long Pond Rd)

SOLARBOT.14

AGES 8-12

Come and take home your very own 14 in 1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Take part in one of the alternative energies that is used most widely across the globe. Use your own creativity, put your mind in motion, and create your own designs!

Instructor: Minds in Motions

Session A: Wednesday April 24th-May 29th

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

Time: 4:30p-5:30p

Fee: \$135 per child (6 classes)

YOUTH YOGA

AGES 8-13

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

Instructor: Jaime Houde

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

Session A: Monday April 29th-May 20th

Time: 5:00p-5:45

Fee: \$45 per child (4 classes)

INTRO TO CROSSFIT FOR TWEENS

AGES 10-13

CrossFit teens for ages 10-13 incorporates exercises like squats, deadlifts, pull ups and more by using dumbbells, barbells, gymnastics rings, rowing machines, and other equipment. This builds functional strength and fitness in kids and teens. The variety of movements also helps develop balance, coordination, and body control.

Session A: Tuesday & Thursday May 7th-June 27th

Time: 5:15p-6:15p

Fee: \$190 per child (16 classes)

Location: Baystate Crossfit (114 Long Pond Rd)



CAST PRESENTS: GRAB YOUR GOLDEN TICKET!

AGES 7-13

Young actors will explore acting, singing, and dancing! Featuring songs and scenes from Willie Wonka! Participants will also make a T-shirt costume for their showcase production. Grab your Golden ticket before space runs out and gear up for OOMPA-LOOMPA fun with CAST this spring! There will be a performance for immediate family members on Thursday May 30th at 5:15p.

Instructor: Vickie Culligan

Session A: Thursday April 25th-May 30th

Time: 4:30p-5:30p

Fee: \$185 per child (6 classes)

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

YOUTH WRESTLING WITH PLYMOUTH SOUTH YOUTH WRESTLING

AGES 5-13

The introduction to wrestling program will focus on teaching the basics of folk style wrestling - which is the competitive form of wrestling in high school. The practices will include learning the rules and techniques necessary for success in wrestling, takedowns, escapes, defense and pins. The goal is for each child to learn the sport in a fun but still competitive atmosphere. Wrestling is a great sport for conditioning, self-defense, and confidence. Wrestling shoes are highly recommended, but not required. Wrestlers will be grouped by their abilities and age.

Session A: Saturday April 27th-June 8th

Location: Daniel Gracie Academy of Plymouth (50 Shops at 5 Way)

Ages 5-8 Time: 8:00a-9:00a

Fee: \$100 per child (6 classes - no class 5/18)

Ages 9-13 Time: 8:00a-10:00a

Fee: \$115 per child (6 classes - no class 5/18)

APRIL VACATION PROGRAMS

APRIL VACATION SOCCER CLINIC

AGES 4-11

We have partnered with New England Futsal to offer this is a fun and exciting clinic. It provides a great soccer experience, creating a dynamic and fun-filled environment, designed to stimulate ALL players regardless of age or ability. Players will embrace their fun-filled week building soccer skills, friendships and a love of the sport. (3 classes)

Dates: Tuesday April 16th - Thursday April 18th *Friday April 19th is the Rain Date*

Location: Forges Soccer Field 1 (83 Jordan Rd)

Little Kickers

Ages: 4-6 year olds

Time: 9:00a-10:30a Fee: \$60 per child

Soccer Juniors

Ages: 7-11 year olds

Time: 10:30a-1:00p Fee: \$80 per child

MINDS IN MOTIONS STEM WORKSHOPS

CHEMICAL CREATIONS

AGES 6-10

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

Date: Tuesday April 16th-Friday April 19th Time: 9:00a-12:00p

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

Fee: \$155 per child (4 days)

X IN 1 RENEWABLE ENERGY KIT

AGES 6-10

Assemble up to five different vehicles, three different dinosaurs, and two windmills as you work on and take home your very own Renewable Energy Kit! With the X in 1 Renewable Energy Kit, you will construct ten animated building options with child friendly parts that function indoors with the use of a Hand Generator, outdoors with the use of the XL Solar Panel, and indoors and outdoors with the Wind Powered LED. Developing manual dexterity and building confidence has never been this fun! You will learn three separate renewable energy concepts: Hand Generator power, Solar power, and Wind power. With the aid of your instructor, you will utilize the colored instruction manual and work with over 115 pieces to build up to ten exciting models! What is most important, no batteries are required. Indoors or out, this kit operates 100% on renewable energy. With X in 1 Renewable Energy Kit, the fun never has to end!

Date: Tuesday April 16th-Friday April 19th Time: 12:30-3:30p

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

Fee: \$155 per child (4 days)

FOX WOODS FARMS HORSEMANSHIP APRIL VACATION PROGRAM

AGES 6-12

Horse lovers will learn how to properly handle a horse as they prepare to ride, gaining confidence in themselves and building a trusting relationship with their safe ponies and horses. Students participate in daily farm chores, riding, arts and crafts, games and more. ASTM approved helmets only, and can be provided. No open toe shoes, boots preferred.

Session A: Tuesday April 16th-Thursday April 18th

Time: 9:00a-12:00p Fee: \$240 per child (3 classes)

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

APRIL VACATION FLAG FOOTBALL CLINIC

AGES 7-13

This clinic is designed as an introduction to football, teaching the skills of passing, receiving, running with the ball, and defense. The camp will stress skill development and game competition. *Rain make-up Friday April 19th*

Dates: Tuesday April 16th-Thursday April 18th

Location: Forges Lower Football Field (83 Jordan Rd)

Time: 1:00p-3:00p Fee: \$65 per child (3 classes)

APRIL VACATION ARCHERY CLINIC

AGES 8-12

Archery is a sport that nearly anyone can pursue. Students learn how to properly hold and load a bow, and gain an appreciation for being patient and positive. Our youth archery program offers children the unique opportunity to discover the joy of shooting a bow as well as learning about different disciplines of the sport. Each day the children will learn to develop proper shooting form based on the National Training System.

Instructor: Dee Sachetti

Location: Forges Adult Softball Field 1 (83 Jordan Rd)

Date: Monday April 16th - Thursday April 18th

Time: 9:30a-11:30a

Fee: \$120 per child (3 classes, 4/19 rain make up date)

HERRING RUN EXPLORATION!

AGES 7-11

The Recreation Department has teamed up with the Natural Resources Department for a 1-hour hands on learning session at the Herring Run in Plymouth. Participants will learn about the protected River Herring fish population! They will start with learning about how to conduct a fish count and pit tag, then they will walk the town brook to see how the fish migrate and will end with a closer look at the fish ladder! They will also be able to open an eel trap to see if there are any glass eels inside. Participants will meet at the Jenny Grist Mill for drop off and pick up. Please make sure to wear rain boots and dress according to the weather!

Date: Wednesday April 17th

Time: 10:00a-11:00a

Location: Jenny Grist Mill (6 Spring Lane)

Fee: \$10 per child (Rain Date April 20th)

APRIL VACATION JUNIOR GOLF ACADEMY

AGES 8-13

Get Golf Ready Junior Academy at Village Links. This clinic is designed to teach kids everything they need to know to play a round of golf. Clubs recommended. *Rain make-up Thursday April 18th*

Dates: Monday April 15th-Wednesday April 17th

Location: Village Links (265 South Meadow Rd)

Time: 11:30a-12:45p

Fee: \$99 per child (3 classes)



SPRING TEEN / ADULT PROGRAMS

OUTDOOR PICKLEBALL

AGES 18+

Come join us at Forges Field for the fastest growing sport in America! A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, game! It's a fun sport that combines many elements of tennis, badminton, and ping-pong. We will provide all the equipment!

Session A: Tuesday & Thursday May 7th-June 13th

Location: Forges Pickleball Courts (83 Jordan Rd)

Beginners/Intermediate: 8:00a-9:30a

Intermediate/Advanced: 9:30a-11:00a

Fee: \$25 per person (6 weeks)

There are no instructors at this program

COUPLES WEST COAST SWING DANCE

AGES 18+

WCS is a social partner danced with roots from Lindy Hop. It's popular because it is danced to many music genres and tempos. It is primarily danced in a slotted area making it perfect for dancing in a small or crowded space. There are opportunities for improvisation that add to the fun.

Instructor: Paul & Kelly Wybieracki

Session A: Tuesday April 23rd-May 28th

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

Time: 7:15p-8:15p

Fee: \$130 per couple (6 classes)

*Casual dress & comfortable shoes are all you need. No sneakers or rubber soled shoes please. *This is a partners only class*

INTRO TO COUNTRY LINE DANCING

AGES 18+

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

Instructor: Paul & Kelly Wybieracki

Session A: Tuesday April 23rd-May 28th

Time 1: 5:00p-6:00p

Time 2: 6:05p-7:05p

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

Fee: \$55 per person (6 classes)

INTRO TO KNITTING

AGES 18+

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

Instructor: Plymouth Harbor Knits - Jennifer Bernard

Session A: Wednesday April 24th-May 15th

Location: Plymouth Harbor Knits

(170 Water St, Village Landing)

Time: 4:30p-6:00p

Fee: \$70 per person (4 classes)

BELLES & BOWS - LADIES ARCHERY

AGES 18+

Archery nourishes Mind, Body and Spirit; it helps to calm the mind, strengthen the body and access the spirit within. It can help improve concentration and attention and strengthen the upper body muscles that, in women, are typically the weakest. Many people find that when they are doing archery, they have a connection to an inner peace that helps them tap into spirit.

This is a 90 min. class that includes instruction from Dee Sacchetti, Certified Level II USA Archery Instructor, and owner of Dee's Archery Events. We will be focusing on basic form and instinctive aiming techniques. Also includes use of equipment or, feel free to bring your own. No experience needed.

Session 1: Wednesday April 24th-May 15th

Time: 6:30p-8:00p

Fee: \$150 per person (4 classes)

Location: Manomet Youth Center (659 State Rd)

Weather Hotline: 508-747-1620 Ext. 10321 or www.plymouthrec.com | Office: 508-747-1620 Ext. 10137

Spring/Summer 2024 | Plymouth Recreation Department Program Guide

PICKLEBALL TIPS & TECHNIQUES

AGES 18+

New to Pickleball and looking for a place to learn? Then join pickleball ambassador, Joe Rofe for tips and techniques on how to play! Joe will provide instruction and tips during the first 45 minutes of the class, followed by match play during the last 45 minutes. Instruction and help will still be provided during matches.

Instructor: Joe Rofe

Session A: Tuesday May 14th-June 18th

Location: Forges Field Pickleball Courts

Time: 1:00p-2:30p

Fee: \$60 per person (6 classes)

BEGINNER PICKLEBALL LESSONS

AGES 18+

Come learn the latest racquet sport craze! All the basics will be taught; handling and use of racquet, court positioning, game strategy, and scoring. This is an introductory instructional program. *Paddle rackets provided by Village Racquet*

Session A: Tuesday April 23rd-May 28th

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

Session B: Thursday April 25th-May 30th

Time 1: 9:00a-10:00a

Time 2: 10:00a-11:00a

Time 3: 11:00a-12:00p

Time 4: 3:30p-4:30p

Location: Village Sports Club(30 Golf Dr)

Fee: \$105 per person per time slot (6 classes)

INDOOR PICKLEBALL

AGES 18+

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

Session A: Monday April 29th-June 17th

Session B: Tuesday April 23rd-May 28th

Session C: Wednesday May 1st-June 5th

Session D: Thursday May 2nd- June 13th

Time: 6:00p-8:00p

Fee: \$30 per person (6 classes - no class 5/27, 5/30, or 6/3)

Location: Memorial Hall - Auditorium (83 Court Street)

HIIT TRAINING FOR ADULTS 55+

Designed for adults over 55, intensity interval training circuit class using ropes, bosu, free weights, TRX, kettlebells and medicine balls and more. Always challenging and fun, it's instructed by a retired physical therapist/ master personal trainer and certified rehab liaison instructor. Every limitation is considered and modifications applied. Don't let your age stop you from achieving your best life.

Instructor: Janet Enos

Session A: Tuesday April 9th-May 14th

Time: 10:30a-11:45a

Fee: \$70 per person (6 classes)

Location: Baystate Crossfit (114 Long Pond Rd)



SPRING TEEN / ADULT PROGRAMS

INDOOR TENNIS ADULT LEVEL 1

AGES 18+

This program is designed for the player who wants to improve their technique. A review of all strokes, players will work on understandings positioning for match play. All Pros are USTA and USPTR certified. Racquets available to use free of charge.

Location: Village Racquet and Fitness (30 Golf Dr)

Session A: Tuesday April 23rd-May 28th

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

INDOOR TENNIS ADULT LEVEL 2

AGES 18+

This program is to improve strokes and strategy. Players will learn spin and advance their knowledge of a higher level game. All Pros are USTA and USPTR certified. Racquets available to use free of charge.

Location: Village Racquet and Fitness (30 Golf Dr)

Session A: Thursday April 25th-May 30th

Time 1: 5:30p-6:30p Time 2: 6:30p-7:30p

Fee: \$135 per person (6 classes)

LADIES TENNIS

AGES 18+

Join a tennis program which provides comprehensive instruction for players of all ability levels. This program runs for 8 sessions and is designed to give participants a competitive and fun learning experience. Participants must bring their own rackets.

Instructor: Scott Froman

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

Session A: Tuesday & Thursday May 14th-June 6th

Time: 6:00p-8:00p

Fee: \$80 per person (8 classes)

CARDIO DANCE PARTY WORKOUT

AGES 18+

Fun dancing through the decade' workout. Enjoyable dance-style cardio class with favorite pop music from the 70s, 80s, 90s and today. All fitness levels welcome. Comfortable clothing, sneakers and water bottle recommended. Burn calories and have fun doing it!

Instructor: Laurette Ryan

Session A: Monday April 29th-June 10th

Time: 7:05p-8:05p

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

Fee: \$55 per person (6 classes - no class 5/27)

PILATES

AGES 18+

Pilates is a holistic system of exercises for improving muscular strength, endurance, and flexibility to achieve muscular balance; all with attention to conscious breathing and mindfulness of the movements. In essence, it is a system designed to treat the "Whole Body", "Mind, Body, & Spirit". Please bring a Yoga mat to class each week.

Instructor: Laurette Ryan

Session A: Monday April 29th-June 10th

Time: 6:00p-7:00p

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

Fee: \$55 per person (6 classes - no class 5/27)

GOLF READY

AGES 18+

Get Golf Ready is designed to teach you how to play golf in just a few lessons. Learn the fundamentals of putting, chipping, pitching, the full swing, and how it all translates onto the golf course at a fun and beginner friendly course. You must bring your own clubs.

Session A: Saturday May 4th-25th

Time: 10:00a-11:00a

Session B: Tuesday May 7th-28th

Time: 5:30p-6:30p

Session C: Saturday June 1st-22nd

Time: 10:00a-11:00a

Session D: Tuesday June 4th-25th

Time: 5:30p-6:30p

Fee: \$119 per person (4 classes)

Location: Village Links Golf Club (265 South Meadow Rd)



KRIPALU YOGA

AGES 18+

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

Instructor: Jayne Sutton

Session A: Thursday April 18th- May 23rd

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

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

TEEN INTRO TO CROSSFIT

AGES 14-17

CrossFit Teens is a strength and conditioning program designed for both athletes and non-athletes ranging from ages 14-17. The program combines age-appropriate weightlifting and gymnastics with high intensity training scaled to individual ability to deliver optimal fitness and performance, as well as to establish a lifetime love of fitness.

Session A: Tuesday & Thursday May 7th-June 27th

Time: 5:15p-6:15p

Fee: \$190 per child (16 classes)

Location: Baystate Crossfit (114 Long Pond Rd)

ADULT INTRO TO CROSSFIT

AGES 18+

Think small group classes while being personally trained. You can expect to move through about 5-15 minutes of a warmup followed by a skill or strength section before moving into whatever the workout is programmed for the day. Movements/workouts are individually adjusted and scaled for each athlete based on their physical ability. Participants can attend any 2 classes per week.

Session A: Monday, Tuesday, Thursday or Friday May 6th-June 28th

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

Fee: \$190 per person (16 classes)

Location: Baystate Crossfit (114 Long Pond Rd)

MASTERS BAYSTATE CROSSFIT

AGES 45+

Muscular strength is a predictor of longevity, and Sarcopenia is the age-related progressive loss of muscle mass and strength. People can lose as much as 3% to 5% of their muscle mass each decade after age 30. The primary treatment for sarcopenia is exercise, specifically strength training. We'll help you build strength, mobility, stability, balance, unilateral strength, and principles that counteract the natural occurrence of lost muscle mass as you age. Participants can attend any 2 classes per week.

Choose two weekly: Saturday at 7:00-8:00a, Monday,

Wednesday, Thursday or Friday at 6:30a-7:30a

Session Dates: May 6th-June 29th

Fee: \$190 per person (16 classes)

Location: Baystate Crossfit (114 Long Pond Rd)

MENS PICK-UP BASKETBALL

AGES 18+

Come join our popular pick-up basketball at the Manomet Youth Center. Space is limited to 18 per night so pre-registration is encouraged to secure your spot! This ensures that everyone gets plenty of time to play.

Session A: Thursday May 30th-July 25th

Location: Manomet Youth Center (659 State Rd)

Time: 7:00p-9:00p

Fee: \$40 per person (8 nights - no class 7/4)



TOWN OF PLYMOUTH BEACHES AND PONDS

Summer 2024

The Plymouth Recreation Department is responsible for operating five waterfront areas including two ocean beaches and three ponds. The Recreation Department does not supervise Plymouth Long Beach or the CrossOver. For more information on those areas please contact the Environmental Management Dept. at 508-747-1620 x10127

Resident Beach Parking Stickers and 4X4 Stickers can be purchased online at <https://www.plymouth-ma.gov> or in the Collectors office on the 2nd floor of Town Hall starting mid-May.

For questions regarding stickers, please call 508-747-1620 ext. 10291

Parking Fees: ALL vehicles without a resident beach parking sticker

must pay the following parking fees:

• Plymouth Beach/Fresh Pond/Hedges Pond: \$20 every day

• Morton Park: \$20 weekdays; \$25 weekends & holidays

Motor Homes pay \$30 per day

Buses are \$40 per day but must be scheduled through the Recreation office

PLYMOUTH BEACH: 130 Warren Avenue

Ocean beach, very popular with both locals and tourists.

Hours: 9AM-5PM

Restrooms: Yes

Concession Stand: Yes

Beach Staff: Weekends & holidays only until June 22nd, then daily until Labor Day.

WHITE HORSE BEACH: Taylor Avenue

A beautiful open-ocean crescent beach, of which about 560 feet is supervised by the Recreation Department. There are four buoys located off the guarded beach area which helps keep boats and jet skis out of the area.

Hours: 9AM-5PM

Restrooms: Restroom Trailor on Taylor Ave.

Concession Stand: No

Other: Parking on Taylor Ave and the Whitehorse Beach Parking District is limited to Plymouth Resident Beach Sticker Parking only.

Beach Staff: Lifeguards Friday, Saturday and Sunday only from June 22nd-August 11th

MORTON PARK: end of Morton Park Road

A freshwater pond with beach, this scenic recreation area attracts people from all over Massachusetts

Hours: 9AM-5PM

• Only propane grills will be allowed

Restrooms: Yes

• The park has a maximum vehicle capacity of 125 vehicles

Concession Stand: No

• Vehicles without a resident sticker will need to park in the main beach parking lot

Other: Swim lessons are held here during the week; there is a boat launch for small non-motorized boats

Beach Staff: Weekends & holidays only until June 22nd, then daily until Labor Day.

FRESH POND: 220 Bartlett Road

This is a quaint little neighborhood freshwater pond with beach.

Hours: 9AM-5PM

Restrooms: Yes

Concession Stand: No

Other: There is a boat launch for small boats

Beach Staff: Saturday's, Sunday's and July 4th from June 22nd-August 11th

HEDGES POND: 158 Hedges Pond Road

A freshwater pond with beach, this location has a day camp that runs until 12:00p during the week.

Hours: Monday-Friday 12:30PM-5PM, Saturday & Sunday 9AM-5PM

Restrooms: Yes

Concession Stand: No

Other: There is a playground, sports field, tennis courts, basketball court, beach volleyball court & horseshoe pit

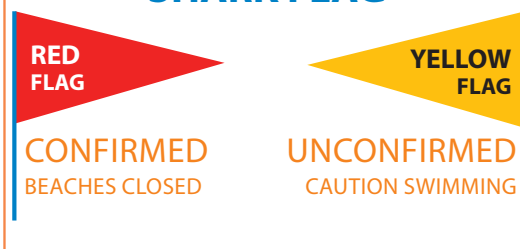
Beach Staff: Daily starting Saturday June 22nd until Sunday August 11th

Beach Policies & By Laws

- No alcohol on any beaches
- No glass containers
- No loud music
- Dogs must be on a 6ft leash (or less) and under control at all times
- No open fires
- No boats within 150 ft of a swimmer
- No jet skis on Morton, Fresh or Hedges Pond
- No fishing in designated swimming areas during hours of operation.
- All personal flotation devices must meet Coast Guard approval
- Lifeguards have final say in rule enforcement
- Drones & kites are not allowed on beaches Memorial Day through Labor Day

*Charcoal grills are **not** allowed at any beach or park*

SHARK FLAG





OPEN SPACE HIKE

The Town of Plymouth Open Space Committee will sponsor a community hike in the Beaver Dam Conservation Area on Saturday May 25th at 11AM. Participants of all ages are invited at no charge to walk this varied habitat with members of the Open Space Committee. School age children are most welcome to this family event. We will be walking a large loop through mature upland pine forest and along pondside paths, while passing through different ecosystems. Dress appropriately for the weather, bring water and bug spray as necessary. No dogs, please.

Date: Saturday May 25th Time: 11:00a

Location: Beaver Dam Conservation Area (250 Beaver Dam Rd) Please park parallel to Beaver Dam Road near the Beaver Dam Conservation Area sign

Length: 1.5 hours approximately - a little more than 2 miles

There is no rain date, please call 774-454-1980 if weather is questionable
Registration is required at www.plymouthrec.com

RED CROSS SWIM LESSONS AT MORTON PARK 2024

GROUP SWIMMING LESSONS

Dates: Monday-Wednesday July 1st-August 7th, times vary by levels

CHECK
PLYMOUTHREC.COM FOR
CLASS LEVEL TIMES AND
DESCRIPTIONS

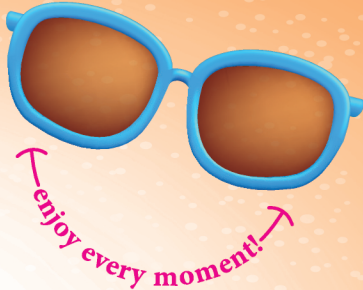
PRIVATE LESSONS & SEMI-PRIVATE LESSONS

Dates: Thursday July 11th-Friday August 9th Private and semi-private lessons will take place this summer on Thursday and Friday's, between 9:30a-4:20pm.

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

Registration is available online for both group lessons & private lessons. For semi-private lessons, you can also call the Recreation Department to check availability. Please call 508-747-1620 Ext. 10137

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Kid's Night Out!



SUMMER SERIES



At the Manomet Youth Center—659 State Rd.

6:00p—9:30p

\$15 per night!

Space is limited



Ages 6—12 years old
Pizza, snacks and
refreshments
included!



Join Catherine and the rest of the Manomet Youth Center staff for these exciting Friday nights!

GAGA NIGHT— JULY 12TH

Hop into the inflatable GaGa pit and play the dodgeball like game of Gaga!

Winners will receive a prize!



VIDEO GAME NIGHT—JULY 19TH

Crash and smash into first place for a prize with Mario Kart and Smash Bros tournaments all night long!

DODGEBALL NIGHT—JULY 26TH

All kinds of dodgeball will be played and the winning teams will all receive a prize!



Please pre-register your child/children for Kid's Night Out online at plymouthrec.com or by phone at 508-747-1620 ext. 10137.

SUMMER YOUTH PROGRAMS

SUMMER T-BALL

AGES 3-6

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

Dates: Wednesday July 10th-August 7th

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

Session D: Age 3 years old

Time: 2:15p-2:45p Fee: \$52 per child (5 classes)

Session E: Age 4-6 years old

Time: 3:00p-3:45p Fee: \$67 per child (5 classes)

PARENT & TOT DANCE

AGES 2-3 & PARENT

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

Session B: Saturday July 6th-27th Instructor: Open Space Studio

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-9:30a Fee: \$45 per child (4 classes)

PRESCHOOL DANCE

AGES 3-6

The Preschool class teaches the basic fundamentals of Ballet, Tap, and Jazz while continuing to focus on rhythm, body position, and counting. 3 year olds must have taken Parent and Tot dance before they can take Preschool Dance.

Session B: Saturday July 6th-27th Instructor: Open Space Studio

Location: Manomet Youth Center (659 State Rd)

Time: 9:45a-10:30a Fee: \$50 per child (4 classes)

LEARN TO ICE SKATE - TOT & YOUTH

AGES 4-15

For participants ages 4-15 with little or no formal skating instruction, our group skating classes teach skating basics in a fun and comfortable environment. This program helps prepare participants for all skating goals – hockey, figure skating or recreational skating with family and friends. Start your skating journey here and continue through our affiliated organizations. Skaters will be grouped by age and/or ability as possible.

- A helmet, such as a bike helmet or HECC helmet, is required and must be provided by the participant. Label the helmet with First Name, Last Initial on the front before arriving.

- Rental skates are available on a first-come, first-served basis and included in the class fee. You are welcome to bring your own skates, but double blade skates are not permitted

- Participants must be potty trained

- Participants learn falling down and getting up the first week. Help your skaters with this first lesson by viewing our instructional video and working with participants before you arrive.

Instructor: FMC Instructors

Session B: Wednesday June 26th-August 14th

Youth (Ages 6-15) Time: 4:30p-4:55p

Tot (Ages 4-6) Time: 4:55p-5:20p

Fee: \$160 per child (8 classes)

Location: Armstrong Arena (103 Long Pond Rd)

LITTLE EXPLORERS

AGES 4-6

Come explore the wonders of Mother Nature! Catch falling leaves, call out to birds and search for insects! This 4 week program is designed to be a hands on nature exploration with active play and creativity!

Session A: Thursday July 11th-August 1st

Location: Hedges Pond (158 Hedges Pond Rd)

Time: 3:00p-3:45p

Fee: \$55 per child (4 classes)

LITTLE SPORTS STARS

AGES 2-3 & PARENT

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

Session B: Tuesday July 9th-July 30th Time: 2:15p-2:45p

Location: Memorial Hall-Auditorium (83 Court St)

Fee: \$35 per child (4 classes)

Session C: Tuesday July 9th-July 30th Time: 4:15p-4:45p

Location: Manomet Youth Center (659 State Rd)

Fee: \$50 per child (6 classes)

SPORTS STARS

AGES 3-6

Every week children will be introduced to a new sport including basketball, baseball, soccer, and floor hockey. Each class will incorporate age-appropriate skills, within a structured coaching environment, to help develop coordination, agility and instill a love of team play in each child. With the children playing a number of different sports, you will see progression in their catching, throwing, kicking, and basic coordination abilities. (If age is 3, must have taken Little Sports Stars)

Session B: Tuesday July 9th-July 30th

Time: 3:00p-3:45p

Fee: \$40 per child (4 classes)

Location: Memorial Hall-Auditorium (83 Court St)

PRESCHOOL ARTS & CRAFTS CLINIC

AGES 4-6

Does your preschooler love art? Painting, drawing, clay- it's all awesome! We will experiment with many techniques, materials and styles as we make lots of different projects throughout the week. Come ready to have an artsy good time in this highly anticipated program!

Instructor: Coach Catherine

Date: Monday June 17th, Tuesday June 18th, Thursday June 20th

Location: Manomet Youth Center (659 State Rd)

Time: 9:30a-11:30a

Fee: \$60 per child (3 classes)

LIL NINJA WARRIOR

AGES 3-5

Does your child love to run, jump, climb and tumble? Then this "play" on American Ninja Warrior is the perfect class. Each class your child will participate in stretching, elements, obstacles and games to help gross motor skills, fitness and fun. From swinging on a high bar to balance beams, climbing structures and tumbling on mats to leaping into a ball pit - your child is sure to have a blast!

Date: Monday July 15th-Thursday July 18th

Location: Forges Adult Softball Field (83 Jordan Rd)

Time: 8:30a-9:20a

Fee: \$91 per child (4 classes)

Friday will be used as the rain make-up

MICKEY'S FAIRYTALE ADVENTURES USING LEGO®

AGES 5-7

Come join our fun and knowledgeable Play-Well Instructors as we use LEGO® materials to recreate our favorite animated friends and their worlds! After building our most beloved princesses, villains and sidekicks, get ready to rescue princes and princesses from towers, explore enchanted castles, and maybe even fly on a magic carpet or two. All we need is your creativity and a little magic to bring it all to life!

Date: Monday June 24th-Friday June 28th

Location: Manomet Youth Center (659 State Rd)

Time: 1:00p-4:00p

Fee: \$155 per child (5 classes)

Please note: participants WILL NOT keep the LEGO sets.



SUMMER YOUTH PROGRAMS

MIND IN MOTION WORKSHOPS

6-IN-1 SPACE FLEET ROBOT

AGES 7-11

Build and take home your very own Solar Space Fleet Robot! The Solar Space Fleet Kit is an innovative solar powered science kit that can transform into six different lunar modules. Using your own mini solar panel, watch as direct sunlight brings the kits to life! Come and create six different working models including a Space Station, Space Rover, Space Explorer, Astronaut, Space Shuttle, and Space Dog. Watch as it moves around and speeds up or slows down depending on the intensity of light as you learn, experiment, and have fun with solar power! Each complete model can also be powered by your very own mini rechargeable battery. Come join in this super fun solar space adventure!

Date: Monday July 29th-Friday August 2nd

Time: 9:00a-12:00p

Fee: \$165 per child (5 classes)

Location: Manomet Youth Center (659 State Rd)

CSI CRIME SCENE INVESTIGATIONS

AGES 7-11

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

Date: Monday July 29th-Friday August 2nd

Time: 12:30p-3:30p

Fee: \$165 per child (5 classes)

Location: Manomet Youth Center (659 State Rd)

FOX WOODS FARMS HORSEMANSHIP PROGRAM

AGES 6-12

Horse lovers will learn how to properly handle a horse as they prepare to ride, gaining confidence in themselves and building a trusting relationship with their safe ponies and horses. Students participate in daily farm chores, riding, arts and crafts, games and more. ASTM approved helmets only, and can be provided. No open toe shoes, boots preferred.

Session A: Tuesday July 9th-Thursday July 11th

Session B: Tuesday July 23rd-Thursday July 25th

Session C: Tuesday August 6th-Thursday August 8th

Time: 9:00a-12:00p

Fee: \$240 per child (3 classes)

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

FLAG FOOTBALL CLINIC

AGES 7-12

It is designed as an introduction to flag football, teaching the skills of passing, receiving, running with the ball, and defense. The camp will stress skill development and game competition.

Date: Monday August 12th-Thursday August 15th

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

Instructor: Coach Sam

Time: 9:00a-11:15a

Fee: \$67 per child (4 classes)

Friday will be used as the rain make-up

CIRCUIT LAB WORKSHOPS

CIRCUIT MAKERS 101

AGES 6-9

Let's get creative with electricity! In this junior electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day. Most class days include a take-home project.

Dates: Monday August 12th-Friday August 16th

Time: 9:00a-12:00p

Fee: \$190 per child

ROBOT COMMANDERS 101

AGES 6-9

Understanding how software can interact with robots is a key skill for the STEM jobs of tomorrow. In this class we provide several active, playful activities, where students learn about what it means to write, debug, and execute computer programs that communicate with different robotic devices. Using the power of code, students will turn Sphero SPRK+ robots into Magic 8 Balls, automated Red Light / Green Light games, and the arcade classic Pong — and Unruly Splats will become our voting machines, relay races, guessing games, and more.

Dates: Monday August 12th-Friday August 16th

Time: 12:45p-3:45p

Fee: \$190 per child

FULL DAY OPTION

You can choose to take both the morning and afternoon class. Each student MUST bring their own lunch and the kids will have 45 minutes of supervised lunch time.

Instructor: Circuit Lab Instructors

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-3:45p

Fee: \$345 per child

CHESS WIZARDS

AGES 6-12

Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate, but full day kids should bring a lunch. Unleash your brain power and spend part of your vacation with Chess Wizards!

Session A: Monday July 22nd-Friday July 26th

AM Time: 9:00a-12:00p

Fee: \$220 per child

PM Time: 12:00p-3:00p

Fee: \$220 per child

Location: Manomet Youth Center (659 State Rd)

FULL DAY OPTION

You can choose to take both morning and afternoon class. Each child must bring their own lunch and will eat between 11:45a-12:15p.

Time: 9:00a-3:00p

Fee: \$320 per child

SUMMER YOUTH PROGRAMS

ARTS & CRAFTS CLINIC

AGES 6-10

Does your child love art? Painting, drawing, clay- it's all awesome! We will experiment with many techniques, materials and styles as we make lots of different projects throughout the week. Come ready to have an artsy good time in this highly anticipated program!

Instructor: Coach Catherine

Session A: Monday July 8th-Thursday July 11th

Session B: Monday July 15th-Thursday July 18th

Session C: Monday August 5th-Thursday August 8th

Location: Manomet Youth Center (659 State Rd)

Time: 1:00p-4:00p

Fee: \$75 per child (4 classes)

SUMMER NFL FLAG FOOTBALL LEAGUE

AGES 5-13

We are bringing our most popular league to the summer! Join us for a shortened competitive flag football league that teaches fundamentals, competitiveness and most importantly...good sportsmanship. Teams typically practice at least once a week and play one game a week. Volunteer coaches are needed!

Dates: Wednesday July 10th - August 7th

(4 regular season games, 1 week of playoffs for ages 7+)

Location: Forges Football Practice Field (83 Jordan Rd)

Fee: \$85 per child (includes NFL flag football jersey)

COED Ages 5-6 practice/game time: 5:00p *No playoffs*

GIRLS Ages 7-9 game time: 6:00p

COED Ages 7-9 game time: 7:00p

GIRLS Ages 10-13 game time: 8:00p

Make-up Games will be Thursday of the same week

SUMMER RUGBY CLINIC

AGES 8-13

Learn to play one of the most popular sports in the world, Rugby!

This flag rugby clinic is open to young athletes of any gender with a youth session for ages 8-10 and a middle school session for ages 11-13. The clinics will focus on teaching the skills,

fitness, and decision making necessary to be successful in rugby at any level. Rugby is often referred to as the ultimate team sport and cultivates self-confidence, teamwork, and sportsmanship.

There is a place in rugby for players of every body type, each with a valuable role to play in earning team success.

Date: Monday July 8th-Thursday July 11th



Ages 8-10 Time: 5:30p-6:30p

Ages 11-13 Time: 6:35p-7:35p

Location: Forges Football Practice Field (83 Jordan Rd)

Fee: \$50 per child (4 classes)

SUMMER BMX BIKE CLINIC

AGES 6-13

BMX is the most exciting youth activity that offers a no-pressure family atmosphere, where no one sits on the bench. Come join us at Cape Cod BMX and learn the Olympic sport of BMX. Riders will quickly take to the pedals of a bicycle, where they'll learn to maneuver around our unique dirt and asphalt course, made of manageable turns & obstacles, experiencing fun, freedom & friendships throughout the week! We hope your rider will leave with the confidence to compete in a BMX race but also the value of self-confidence, leadership, and community. We hope this program will make your rider never want to leave but remember you can always come back. Helmets and bikes are encouraged but not required as we do have access to free loaner bikes and helmets, however they are on a first-come first-serve basis.

Date: Monday August 5th-Thursday August 8th



Time: 9:00a-12:00p

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

Fee: \$125 per child (4 classes)

Friday will be used as the rain make-up

Weather Hotline: 508-747-1620 Ext. 10321 or www.plymouthrec.com | Office: 508-747-1620 Ext. 10137

Spring/Summer 2024 | Plymouth Recreation Department Program Guide

ARCHERY CLINIC

AGES 8-12

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

Instructor: Dee Sacchetti, USA Archery Certified

Session A: Monday July 15th-Thursday July 18th

Session B: Monday July 29th-Thursday August 1st

Time: 1:30p-3:00p

Location: Forges Adult Softball Field (83 Jordan Rd)

Fee: \$150 per child (4 classes)

Friday used as the make-up date

KNUCKLEBONES NINJA WARRIOR

AGES 6-8

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

Instructor: Knucklebones Staff

Date: Monday July 15th-Thursday July 18th

Location: Forges Adult Softball Field (83 Jordan Rd)

Time A: 9:30p-12:30p

Fee: \$195 per child (4 classes)

Friday will be used as the rain make-up

INTRO TO SKATEBOARDING CLINIC

AGES 7-14

Designed for beginner skateboarders with little to no experience, this class teaches fundamental skateboarding tricks and skills. Concentrating on balance, turning, accelerating, stopping, transitions, Ollies, and a variety of other skills, we not only teach tricks but help participants develop confidence to apply them on their own. Proper safety equipment (helmet, knee and elbow pads, and wrist guards) and skateboards are required. For those that can't bring them, let us know upon registration so we can provide them. Participants must keep all safety gear on at all times and wear athletic shoes.

Instructor: Knucklebones Staff

Session B: Monday June 24th-Thursday June 27th

Location: Forges Soccer Parking Lot #1

Time: 9:00a-12:00p

Fee: \$195 per child (4 classes)

Friday will be used as the rain make-up

INTRO TO YOUTH RUNNING

AGES 8-13

The Plymouth Recreation Running Clinic, coached by Coach Kris, will meet twice weekly for a duration of four weeks, aiming to introduce the sport of running to young athletes. Throughout the program, participants will be familiarized with the fundamental aspects and basics of running. Our primary objective is to instill running efficiency, emphasizing the development of cognitive, physical, and social skills on a weekly basis.

Dates: Wednesday & Friday July 10th-August 2nd



Location: Forges Pavilion (83 Jordan Rd)

Time: 8:00a-9:00a

Fee: \$45 per child (8 classes)

SUMMER YOUTH PROGRAMS

SOCCER CLINIC

AGES 6-12

New England Futsal has partnered with the Plymouth Rec Dept. to bring its fantastic and modern soccer clinic this July to Plymouth! Our modern soccer clinic focuses on the cognitive capacity of children as they develop their motor and soccer skills through smart games. Emphasis will be on core techniques such as how to beat the opponent, cognitive soccer games, 1 v 1, 2 v 1, 3 v 2, 4 v 4, while focusing on positional and team play.

Date: Monday July 15th-Thursday July 18th

Location: Forges Soccer 1 (83 Jordan Rd)

Time: 9:00a-12:30p Fee: \$120 per child (4 classes)

Friday will be used as the rain make-up

KIDS TEST KITCHEN

AGES 7-12

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time! In this clinic, your eaters, working together, will prepare entrées, fun snacks, and side items whose key ingredients are known to be really good for us! During this intensive, we'll focus a bit more on learning practical cooking skills, while finding fun ways to enjoy the produce of the season! We will use every second of our time together! Along with cooking and tasting, which will be the emphasis, we'll also take short breaks to burn up some calories and flex our brain muscles – digging a bit deeper into the world of nutrition with fun activities. Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

Dates: Monday July 29th-Thursday August 1st

Location: Memorial Hall Blue Room (83 Court St)

Time: 9:30a-12:30p Fee: \$245 per child (4 classes)

INCREDIFLIX WORKSHOPS

ANIMATION FLIX

AGES 7-13

In this fast paced class, you'll create up to four new stop motion movies using a different medium each day! Animate cars, film with green screen, and new for 2024 you create a 2D Mario movie, and more! All flix will be professionally edited and downloadable within a month after program ends.

Date: Monday June 24th-Thursday June 27th

Time: 9:00a-12:00p

Fee: \$185 per child (4 classes)

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



ACTION STOP MOTION FLIX

AGES 7-13

Use stop motion tricks to create fires, explosions, and even floods, as your characters can battle it out or work together to save the day in this action packed stop motion class. You'll work in small groups to storyboard, create the action, film, and voice-over these exciting movies. All flix will be professionally edited and downloadable within a month after program ends.

Date: Monday June 24th-Thursday June 27th

Time: 1:00p-4:00p

Fee: \$185 per child (4 classes)

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

FULL DAY OPTION

Join us for the full day combo for a discount plus free lunch supervision! Please see both half day descriptions. Bring snacks, lunch and drink

Time: 9:00a-4:00p

Fee: \$335 per child

**REGISTER AT:
WWW.PLYMOUTHREC.COM**

WHALE AND DOLPHIN CONSERVATION SUMMER 2024 EVENT @ MEMORIAL HALL

AGES 6-12

Join the WDC this summer at Memorial Hall for a 1 time special event to learn all about the Green Whale and marine mammal anatomy. Children will be split into two groups by age, and each group will spend 45 minutes learning and exploring each of the different sections described below. **DON'T MISS THIS AMAZING OPPORTUNITY TO EXPLORE DELILAH IN A LIFE SIZE INFLATABLE NORTH ATLANTIC RIGHT WHALE!**

Create Healthy Seas

WDC education will discuss the impacts that run-off from the land has on rivers, the ocean, and ocean life through the use of a hands-on coastal watershed model. Students will learn about the threats to whales and dolphins, marine debris, and noise and chemical pollution. We wrap it up with a discussion about solutions and how they can help protect the ocean & whales and dolphins.

Marine Mammal Anatomy - Delilah

With our life-sized, inflatable North Atlantic Right Whale model, Delilah, students will learn about marine mammalogy. Through hands-on activities, students will learn about a right whale's internal & external anatomy – focusing on adaptations for survival. Students will also explore life-sized whale artifacts, such as bones and baleen.



Date: Tuesday August 6th

Location: Memorial Hall (83 Court St)

Time: 1:00p-2:30p

Fee: \$25 per child (1 class)

SUMMER YOUTH PROGRAMS

BLUEY DANCE PARTY

AGES 4-8

Every day dancers will say G'day to their new friends and teachers and enjoy themed dances, crafts and much much more. We will even have a Bluey Dance Party! Don't forget to dress as Bluey & friends at our party. This week ends with a fantastic show for family and friends. Bluey Dance Camp curriculum includes Tap, Ballet and Hip Hop/Jazz movement.

Date: Monday July 15th-Thursday July 18th

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p Fee: \$140 per child (4 classes)

COME TO THE CIRCUS - ACRO WORKSHOP

AGES 5-12

Acro is a fun week of learning skills. Handstands, cartwheels, hand springs, aerials, walk overs, and more. Activities include: Tumbling, Acrobatic Gymnastics, Hand balancing. Perfect for aspiring gymnasts & Dancers. No prior experience is needed and any participants with prior training will be accommodated.

Date: Monday August 5th-Thursday August 8th

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p Fee: \$160 per child (4 classes)

CHEERLEADING CLINIC

AGES 6-10

Plymouth North Cheer team is coming off an incredible season! They are the 2021 Fall South Regional Champions and 3rd in the State in Division 2 (2021). PN Cheer strives to provide an exciting atmosphere filled with team work and a strong work ethic! PN Cheer is so excited to work with the youth in Plymouth and to share their passion with you!

Date: Monday August 12th-Thursday August 15th

Location: Forges Adult Softball Field (83 Jordan Rd)

Time: 9:00a-11:00a Fee: \$67 per child (4 classes)

Friday will be used as the rain make-up

SUMMER BASKETBALL

AGES 6-11

If your child loves basketball and is looking to play this summer, this is the league for them! It will be a relaxed environment, coached and reffed by our own staff. We will spend 15 minutes doing drills and the last 45 minutes playing a live game. We will make different teams every week and it will be a fun, competitive time for all.

Date: Tuesday July 9th-August 13th

Location: Manomet Youth Center (659 State Rd)

Ages 6-8 Time: 5:00p-6:00p Ages 9-11 Time: 6:10p-7:10p

Fee: \$65 per child (6 classes)

SUMMER PARKOUR CLINIC

AGES 5-13

Parkour is a training discipline using movement that developed from military obstacle course training. Participants aim to get from one point to another in a complex environment, without assistive equipment and in the fastest and most efficient way possible. Parkour includes running, climbing, swinging, vaulting, jumping, rolling, quadrupedal movement, and other movements. Come learn this exciting sport in a safe environment with trained professionals!

Date: Tuesday August 13th-Thursday August 15th

Location: Forges Pavilion (83 Jordan Rd)

Ages 5-7 Time: 11:00a-12:30p

Fee: \$140 per child (3 classes)

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

Fee: \$170 per child (3 classes)

FAIRYTALE ADVENTURES

AGES 3-6

This class is perfect for your preschooler! We utilize creative movement and dance each day related to our daily Disney theme! Create fun arts and crafts related to each theme such as: mermaids, snowmen, wands and more. Enjoy adventures in learning, growing, and sharing through dance, theatre and crafts. Performance for family on the last day of the week.

Monday- Ariel and Friends Tuesday- Elsa and Olaf

Wednesday- Rapunzel and Pascal

Thursday- Belle, Beast and Friends

Date: Monday June 24th-Thursday June 27th

Location: Manomet Youth Center (659 State Rd)

Time: 9:00a-12:00p

Fee: \$140 per child (4 classes)

HIP HOP DANCE

AGES 6-10

This is a high energy class that teaches the popular moves of today. You will learn combinations and dance routines that will get your body moving, and have you closer to looking like a dancer in your favorite music video. At the end of the 6 weeks your child will perform their routine on stage!

Session B: Saturday July 6th-27th

Instructor: Open Space Studio

Location: Manomet Youth Center (659 State Rd)

Time: 11:00a-11:45a

Fee: \$50 per child (4 classes)

CAST BROADWAY BOUND ACTING CLINIC

AGES 7-13

During each session, our young actors will explore acting scenes, songs, and dances from popular children's theatre musicals like Annie, Frozen, and others. Our days also include theatre games and costume/prop craft time. Feel free to sign up for both weeks as each session is unique, covering material from a variety of shows. On our final day of each week our actors will perform their showcase for immediate family members.

Session A: Monday July 8th-Friday July 12th

Session B: Monday July 15th-Friday July 19th

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

Time: 9:00a-12:00p

Fee: \$225 per child (5 classes)

SUMMER YOUTH WRESTLING WITH PLYMOUTH SOUTH YOUTH WRESTLING

AGES 5-13

The introduction to wrestling program will focus on teaching the basics of folk style wrestling - which is the competitive form of wrestling in high school. The practices will include learning the rules and techniques necessary for success in wrestling, takedowns, escapes, defense and pins. The goal is for each child to learn the sport in a fun but still competitive atmosphere. Wrestling is a great sport for conditioning, self-defense, and confidence. Wrestling shoes are highly recommended, but not required. Wrestlers will be grouped by their abilities and age.

Session B: Saturday July 13th-August 24th

Location: Daniel Gracie Academy of Plymouth (50 Shops at 5 Way)

Ages 5-8 Time: 8:00a-9:00a

Fee: \$100 per child (6 classes - no class 8/3)

Ages 9-13 Time: 8:00a-10:00a

Fee: \$115 per child (6 classes - no class 8/3)

SUMMER YOUTH PROGRAMS

TENNIS CLINIC

AGES 8-12

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

Instructor: Scott Froman

Session A: Monday June 24th-Thursday June 28th

Session B: Monday July 8th-Thursday July 11th

Session C: Monday July 15th-Thursday July 18th

Location: Plymouth South High Tennis Courts
(490 Long Pond Rd)

Time: 8:30a-12:00p Fee: \$82 per child (4 classes)

Friday will be used as the rain make-up

TRACK & FIELD CLINIC

AGES 7-12

Track & Field is a sport for everyone. Events include running, jumping, throwing, hurdles, and relays. Children will learn basic skills of Track and Field. There is an event for everyone! Each day you will learn and participate in the following events: High Jump, Long Jump, Sprints, Hurdles, Middle Distance Running, Cross Country Running, Discus Throw, and Turbo Javelin.

Instructor: Plymouth Area High School Coach Sean Clifford

Dates: Monday June 24th- Thursday June 27th

Location: Plymouth South High School Track (490 Long Pond Rd)

Time: 8:30a-12:00p Fee: \$82 per child (4 classes)

Friday used as the make-up date

BASKETBALL CLINIC

AGES 8-12

Participants will learn the fundamental skills required to play basketball by participating in drills that they can continue to work on at home once the clinic is over. Each day, players will be taught the individual skills of rebounding, ball handling, shooting, and will finish up the most important skill a child can learn and that's team work.

Dates: Monday July 22nd-Thursday July 25th

Location: Plymouth South Middle School (488 Long Pond Rd)

Time: 9:00a-12:30p

Fee: \$82 per child (4 classes)

LACROSSE CLINIC

AGES 7-12

Join Girls Head Lacrosse Coach Sam Botelho and Boys Head Coach Ben Kaliff in this fun clinic focused on building the important skills for the game of lacrosse. Beginner and intermediate players welcome, groups will be split by abilities. This clinic is for both boys and girls and at times they will be split focusing on their specific rules/game play.

Date: Monday July 29th-Thursday August 2nd

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

Time: 9:00a-11:15a

Fee: \$65 per child (4 classes)

Friday will be used as the rain make-up

HALF-DAY PLAYGROUND PROGRAMS

WEST ELEMENTARY SCHOOL

Our half-day playground program is one of the most popular programs our department offers. You can count on our Playground program to be there for your child every morning this summer, weather permitting. Children will have the opportunity to participate in a variety of different activities including baseball, basketball, tennis, soccer, street hockey, flag football, dodgeball, kickball, playground and arts & crafts. The half-day program consists of three 45 minute sessions. In every session children can choose a new activity.

Date: Monday-Friday June 24th-August 9th

Location: West Elementary School (170 Plympton Rd)

Ages: 4-12 Time: 9:00a -12:00p Fee: \$250 per child

*****WE'VE ADDED AGES 4&5 TO OUR WEST HALF DAY PROGRAM / 4&5 YEAR OLDS WILL BE IN THEIR OWN GROUP*****

HEDGES POND

This state of the art facility has adjustable basketball nets, a soccer field, an arts and crafts area and much more! You can count on our playground program to be there for your child every morning this summer, weather permitting. Children will have the opportunity to participate in a variety of different activities including baseball, basketball, tennis, soccer, street hockey, Gaga Pit and arts & crafts. The half-day program consists of three 45 minute sessions. In every session children choose a new activity.

Date: Monday-Friday June 24th-August 9th

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

Ages: 4-12 Time: 9:00a -12:00p Fee: \$250 per child

*****WE'VE ADDED AGES 4&5 TO OUR HEDGES POND HALF DAY PROGRAM / 4&5 YEAR OLDS WILL BE IN THEIR OWN GROUP*****

COUNSELOR IN TRAINING (CIT) PROGRAM

This program is for individuals too old for our half-day program, but too young to have a job yet. Through this program individuals will be given the opportunity to work closely with our staff learning the ropes of the program. This program is perfect for individuals who will be looking for a job working with children or working at another camp when they are old enough. The CIT will rotate through each of our different activities so they get a feel for what each counselor does with their groups. The program is very limited. Each person applying to be a CIT must obtain 2 letters of recommendation from a coach, neighbor, etc. stating why he/she would be a good fit for the program. CIT's must be available 4 weeks at one our half-day locations.

Date: Monday-Friday June 24th-August 9th

Time: 8:45a-12:15p

Ages: 13-15

Location: West Elementary School or Hedges Pond Fee: \$170 per person

Contact the Recreation Dept. for more information: 508-747-1620 Ext. 10137

SUMMER TEEN/ADULT PROGRAMS

MENS PICK-UP BASKETBALL

AGES 18+

Come join our popular pick-up basketball at the Manomet Youth Center. Space is limited to 18 per night so pre-registration is encouraged to secure your spot! This ensures that everyone gets plenty of time to play.

Session B: Thursday August 1st-September 5th

Location: Manomet Youth Center (659 State Rd)

Time: 7:00p-9:00p Fee: \$30 per person (6 nights)

TEEN OPEN VOLLEYBALL

AGES 13-17

Join us this summer in the air conditioned Memorial Hall for our Teen OPEN Volleyball. The games are open to both mature boys and girls, who enjoy the competition of volleyball. Players can be beginners, but must have some knowledge of the game of volleyball. There is no coach for this activity, and players organize their own games. There is a staff person in the facility checking participants in and remain inside the facility for the duration of the games.

Dates: Tuesday June 25th- August 6th

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

Location: Memorial Hall - Auditorium (83 Court St)

LADIES TENNIS

AGES 18+

Join a tennis league while getting comprehensive instruction for players of all ability levels. This program runs for 8 sessions and is designed to give participants a competitive and fun learning experience. Participants must bring their own rackets.

Instructor: Scott Froman

Session B: Tuesday & Thursday June 25th-July 25th

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

Time: 5:30p-7:30p

Fee: \$80 per person (8 classes - no class 7/4 & 7/6)

OLYMPIC WEIGHTLIFTING

AGES 18+

Looking to get stronger? Check out our Olympic Weightlifting Class. This class is your gateway to mastering Olympic lifts and achieving overall strength. Benefit from the unparalleled expertise of having two coaches who hold USA Weightlifting Coaching Certifications, as well as compete in Olympic Weightlifting at the National Level. Over the 4 weeks, we will dive deep into snatch, and clean and jerk techniques, while also focusing on building overall strength with various squats, presses, and accessory movements.

Dates: Monday, Wednesday & Friday June 4th-28th

Time: 4:30p-5:30p

Location: Crossfit 1620 (10 Cedarhill Park Dr)

Fee: \$115 per person (12 classes)



KRIPALU YOGA

AGES 18+

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

Instructor: Jayne Sutton

INDOORS:

Session B: Thursday May 30th-June 20th

Session E: Thursday August 15th-September 5th

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

Time: 6:30p-7:45p

Fee: \$40 per person (4 classes)

OUTDOORS AM:

Session D: Tuesday July 9th-July 30th

Location: Forges Football Game Field (83 Jordan Rd)

Time: 9:30a-10:45a

Fee: \$40 per person (4 classes)

OUTDOORS PM:

Session C: Thursday July 11th-August 1st

Location: Forges Football Game Field (83 Jordan Rd)

Time: 5:30p-6:45p

Fee: \$40 per person (4 classes)

INDOOR PICKLEBALL

AGES 18+

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

Session E: Monday July 1st-August 5th

Time: 6:00p-8:00p

Fee: \$30 per person (6 classes)

Location: Memorial Hall - Auditorium (83 Court Street)

**CHECK OUT OUR WEBSITE
FOR ADDITIONAL
PROGRAMS!
WWW.PLYMOUTHREC.COM**

OUTDOOR PICKLEBALL

AGES 18+

Come join us at the Pickleball courts at Forges Field for the fastest growing sport in America! A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, game!

It's a fun sport that combines many elements of tennis, badminton, and ping-pong. We will provide all the equipment!

Session B: Monday July 8th-Wednesday August 14th

Fee: \$30 per person (6 weeks)

Beginners/Intermediate: 8:00a-9:30a

Session C: Tuesday & Thursday July 9th-August 15th

Location: Forges Pickleball Courts (83 Jordan Rd)

Intermediate/Advanced: 9:30a-11:00a

Session D: Wednesday July 5th-August 16th

Time: 6:00p-8:00p

Fee: \$25 per person (6 weeks)

Location: Forges Pickleball Courts (83 Jordan Rd)

There are no instructors at this program

SUMMER SAILING PROGRAMS

FIRST MATE

It's never too early to get out on the water! This introductory program introduces younger children to the fundamentals of boating. After some land-based fun practicing how to rig, bail and steer, First Mate students sail with instructors on our 14-foot RS Quests around Plymouth Harbor. During these group sails, students will practice steering and trimming sails, and learning to watch the wind, tide and currents.

Ages: 7-10

Fee: \$290 per child

Location: Plymouth Yacht Club (34 Union St)

Please check website for dates and times

MATE 1A

Our Mate program continues fundamental skills for sailors who started in First Mate, or can be a first class for older beginner sailors, learning boating safety and sailing concepts in the classroom and on the water. Students sail Prams dinghies, with 2 students sailing in each boat. The focus is on basic boat handling skills: on rigging and righting the boat, understanding the impact of tide and wind on navigation and how to set and follow a course.

Ages: 7-10 ***MUST HAVE TAKEN A FIRST MATE CLASS BEFORE*** Fee: \$290 per child Location: Plymouth Yacht Club (34 Union St)

Please check website for dates and times

ADVENTURE

Fun, no-pressure sailing to destinations around Plymouth Harbor for beginner teens & tweens! Adventure and fun await these sailors on our exciting 14-foot RS Quests as they sail together in one boat to their chosen destination.

Each sailor is responsible for part of the boat's operation, tuning and handling. They will also learn boat rigging, righting and how to maximize performance both upwind and downwind. Sailors often opt for more sessions and bigger adventures as skills increase. Adventure sailors will also learn a little bit of chart navigation!

Ages: 11-16

Fee: \$290 per child

Location: Plymouth Yacht Club (34 Union St)

Please check website for dates and times

FALL 2024

AFTER SCHOOL at the MYC

AGES 6-12

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

The Youth Center will open on the 1st day of school for the 2024-25 school year. The following schools have buses that drop off right at the Youth Center: Manomet Elementary, Indian Brook, PCIS & PSMS.

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

Fee: \$125 per child before August 27th, \$150 per child starting August 28th

FALL ADULT COED SOFTBALL LEAGUE

AGES 18+

Join our fun and competitive coed adult softball league! Teams play one game per week. We will start accepting team registrations Monday June 3rd. Team registration forms plus a nonrefundable deposit of \$150 is due upon registration. Teams will be taken on a first come first serve basis with the deposit. All remaining fees must be paid prior to July 19th. Failure to do so will result in forfeiting participation in the league and the team's registration deposit. Team applications are available online or in the Recreation office. If you need more information, email Anne Slusser at aslusser@plymouth-ma.gov. There is a MANDATORY USSSA bat testing done prior to the start of the season. Only bats tested and approved will be allowed to be used in our league. Make-up games may be scheduled for Friday's.

Date: Monday-Thursday August 5th-October 17th

Location: Forges Adult Softball Field (83 Jordan Rd)

Time: 7:00p or 8:30p

Fee: \$640 per team

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

FALL T-BALL

This program is designed to keep your favorite t-ball player active during the fall months and to prepare your young athlete for the youth baseball leagues in town. Fee includes instruction and t-shirt.

*Please make sure to bring a glove, sneakers and water for your child.

Dates: Sunday September 8th-October 6th (5 classes)

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

Age: 3

Group 1: 9:00a-9:30a

Fee: \$52 per child

Age: 4-6

Group 2: 9:45-10:30a

Group 3: 10:45a-11:30a

Group 4: 11:45a-12:30p

Fee: \$67 per child

FALL 2024

SMART SOCCER

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

Dates: Saturday September 7th-October 12th (6 classes)

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

Age: 3

Group 1: 9:00a-9:30a

Group 5: 11:45a-12:15p

Group 6: 12:15p-12:45p

Fee: \$52 per child

Age: 4-5

Group 2: 9:35a-10:35a

Group 3: 10:40a-11:40a

Group 4: 11:45a-12:45p

Fee: \$82 per child

SMART SOCCER - DEVELOPMENTAL LEAGUE

For those children not ready for highly competitive play. The first two weeks will be practice and the next four weeks will consist of games versus the other Developmental League teams. Includes a team shirt.

Ages: 6-7

Dates: Saturday September 7th-October 12th **Time:** 8:00a-9:00a

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

Fee: \$87 per child (fee includes 6 classes & team shirt)



REGISTRATION FOR FALL SMART SOCCER, T-BALL AND FLAG FOOTBALL FOR RESIDENTS BEGINS MONDAY JUNE 5TH AND FOR NON-RESIDENTS JUNE 12TH.

NFL FLAG FOOTBALL LEAGUE

4 Year old Developmental Program

This fun program is run by our Recreation staff. The goal of this program is to teach children a fun and non-competitive way to play the game of flag football. There are no teams for the league, and the program is strictly run by Recreation Staff. Space for the program is extremely limited.

Date: Saturday September 7th-October 19th
(6 dates - no games 10/12 & includes NFL Jersey)

Ages: 4 **Game Time:** 10:00a-10:45a

Fee: \$82 per child



5-6 Year old League

The 5-6 year old league is structured a little different than our older leagues. Our emphasis for the younger age group is to really focus on your child learning the game of football, so when they do move on to the older league they are prepared for the competition. They will only practice/play on Saturday's; there will be no other practice requirements. We do not take special requests for team placement.

Date: Saturday September 7th-October 19th (6 dates - no games 10/12 & includes NFL Jersey)

Ages: 5-6 **Game Time:** 11:00a-12:00p or 12:00p-1:00p

Fee: \$107 per child

7-9 & 10-13 Year old League

This extremely successful and competitive flag football league teaches fundamentals, competitiveness and most importantly...good sportsmanship. Teams typically practice at least once a week and play one game a week. We do not take any special requests for player placement; all teams are done in a draft format. Players must attend at least 1 practice a week to be eligible for game play. Volunteer coaches are needed!

Date: Saturday September 7th-November 2nd (6 games per league - no games 10/12 & includes NFL Jersey)

Location: Forges Adult Softball & Football Practice Field (83 Jordan Rd)

Fee: \$107 per child

Ages 7-9* Game Times: 12:00p, 1:00p, 2:00p

Ages 10-13* Game Times: 2:00p, 3:00p, 4:00p

*Evaluations are required for ALL PLAYERS; with the exception of the 4-6 year olds. You will be advised of evaluation times 1 week before your evaluation date.

ALL GAME TIMES ARE SUBJECT TO CHANGE

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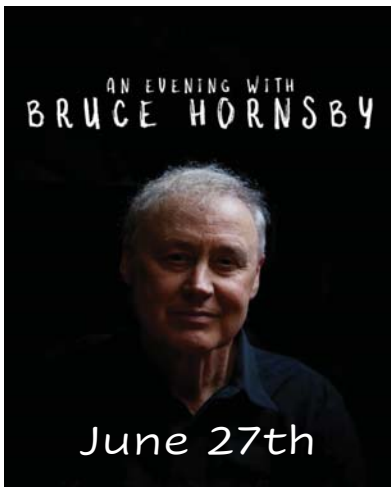
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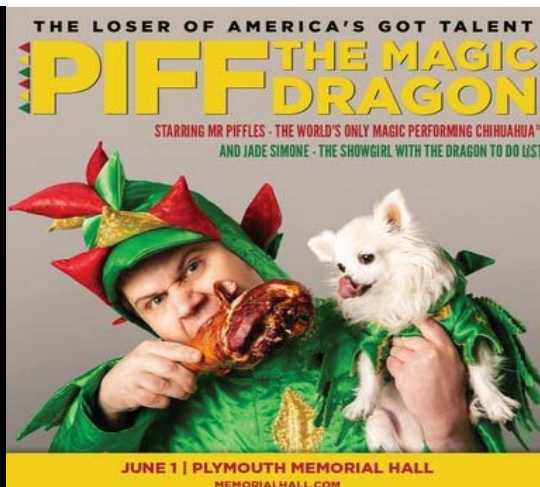
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June 27th



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