



# WINTER 2017

Register & Pay online at  
[www.plymouthrec.com](http://www.plymouthrec.com)

TOWN OF PLYMOUTH  
RECREATION  
DEPARTMENT



**WE STRONGLY URGE EVERYONE TO REGISTER ON-LINE FOR THE FASTEST, EASIEST AND MOST EFFICIENT REGISTRATION PROCESS.**

- Make Check Payable to: **Plymouth Recreation Department**  
11 Lincoln Street / Plymouth, MA 02360 / 508-747-1620 Ext. 137
- **WE ACCEPT CASH, CHECKS, VISA, MASTERCARD, DISCOVER**
- Refund requests must be submitted no later than 5 business days before the start of any program.
- There will be a \$10 processing fee for all refunds requested.
- Credit card purchases are refunded by check.
- There is a \$25 charge for any returned checks.
- There is a \$10 non-resident fee for all programs.
- **ONLY E-MAIL CONFIRMATIONS WILL BE SENT OUT! PLEASE KEEP A RECORD OF ALL PROGRAM INFORMATION.**

<b>For Office Use</b>	
Cash \$	_____
Check #	_____
Amount \$	_____
Date	_____

**HOUSEHOLD INFORMATION**

Last Name: \_\_\_\_\_ Home Phone #: \_\_\_\_\_

Mailing/Residential Address: \_\_\_\_\_  
(Street Address and/or PO Box) (City) (State) (Zip)

Parent: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Parent: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_

E-mail Address: \_\_\_\_\_  
(This address will only be used by the Recreation Department for Registration and Program Updates.)

**PROGRAM REGISTRATION – You may register up to 3 participants on this form**

**Participant's Name:** \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ Sex: M F

Allergies/Medical Info/Limits?: \_\_\_\_\_ School: \_\_\_\_\_

Check Shirt Size:  YXS (2-4)  YS (6-8)  YM (10-12)  YL (14-16)  YXL (18-20)  AS  AM  AL  AXL  Other

Program/Class Name	Session or Age Group	Day	Time	Fee

**Participant's Name:** \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ Sex: M F

Allergies/Medical Info/Limits?: \_\_\_\_\_ School: \_\_\_\_\_

Check Shirt Size:  YXS (2-4)  YS (6-8)  YM (10-12)  YL (14-16)  YXL (18-20)  AS  AM  AL  AXL  Other

Program/Class Name	Session or Age Group	Day	Time	Fee

**Participant's Name:** \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ Sex: M F

Allergies/Medical Info/Limits?: \_\_\_\_\_ School: \_\_\_\_\_

Check Shirt Size:  YXS (2-4)  YS (6-8)  YM (10-12)  YL (14-16)  YXL (18-20)  AS  AM  AL  AXL  Other

Program/Class Name	Session or Age Group	Day	Time	Fee

I, the (parent/guardian of the child named above) or (adult participant), have been made aware that the Town of Plymouth, the Recreation Dept. and its related parties, are not covered by insurance for persons injured while taking part in Recreation Department programs. In consideration of my or my child's upcoming participation, I hereby hold the Town, its servants and employees and related parties harmless from any injury I or my child may incur during said participation. Further, I am delegating authority in advance of any specific diagnosis or treatment to an authorized person from the Recreation Department and the doctor/clinic/hospital to exercise their best judgment as to necessary medical/surgical treatment for me or my child in the event I cannot be reached. I agree to hold harmless the Town of Plymouth, the Recreation Dept., its servants and employees, its related parties and the doctor/clinic/hospital treating me or my child for failure to obtain my consent. I further grant authorizations for any pictures taken of me or my child to be used for publicity and promotional purposes.

<b>Signature of Parent/Guardian/ Adult Participant:</b>		<b>Date:</b>	
---	--	--------------	--

# ABOUT THE RECREATION DEPARTMENT

The Recreation Department hours are:  
7:30am - 4:00pm Monday-Friday

## REGISTRATION IS OPEN

### HOW TO REGISTER:

Register online or to register 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, 11 Lincoln Street, Plymouth, MA 02360. **WE NOW 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.

### 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 day of a program or activity. A \$10 administrative fee will be charged for processing the refund. If a program is cancelled 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.

### 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.

### 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](http://www.plymouthrec.com) or call our weather hotline 508-747-1620 Ext. 321, 30 minutes prior to the start of your program.

### FACEBOOK PAGE

Join us on Facebook....at [www.facebook.com/PlymouthRecreationDepartment](http://www.facebook.com/PlymouthRecreationDepartment), /Manomet-Youth-Center, /PlymouthMemorial for up to date information about programs, events and more!

## \*\*\*PROOF OF AGE REQUIREMENT\*\*\*

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.

Winter Registration is currently open. We would like to thank you for taking interest in the many programs the Plymouth Recreation Department offers. Our main goal is to offer individuals and families quality programs at an affordable price. This winter we have added a number of new programs for both youth and adults. Some of these programs include: Indoor Pickleball, Incrediflex Movie Making, more weekend and evening programs and Intro to Photography. At the Recreation Department you can expect friendly service and prompt attention to your concerns. If you have any questions or comments about any of our programs, please do not hesitate to contact us. We have provided our information below for your convenience.

**Have a new, fun, innovative idea for a class we should offer? Please contact Aimee Howell with your program idea.**

## RECREATION DEPARTMENT INFORMATION

### DIRECTOR OF COMMUNITY RESOURCES

BARRY DEBLASIO  
508-830-4250 Ext. 230  
bdeblasio@townhall.plymouth.ma.us

### PROGRAM SUPERVISOR

AIMEE HOWELL  
508-747-1620 Ext. 137  
ahowell@townhall.plymouth.ma.us

### DIRECTOR OF MEMORIAL HALL & SPECIAL EVENTS

KARA OLSON  
508-830-4087 • kolson@townhall.plymouth.ma.us

### RECREATION DIRECTOR

ANNE SLUSSER  
508-747-1620 Ext. 137  
aslusser@townhall.plymouth.ma.us

### ADMINISTRATIVE ASSISTANT

HOLLY COOTS  
508-747-1620 Ext. 137  
hcoots@townhall.plymouth.ma.us

### MANOMET YOUTH CENTER DIRECTOR

FRANK LIVERA  
508-830-4114  
flivera@townhall.plymouth.ma.us

## LOCAL COMMUNITY ORGANIZATIONS

Plymouth Youth **Soccer**  
www.plymouthyouthsoccer.com

Plymouth Vikings **Football**  
www.plymouthvikings.com

Plymouth Vikings **Cheerleading**  
www.plymouthvikings.com

South Plymouth **Football** (Jaguars)  
www.psyf.net

South Plymouth **Cheerleading** (Jaguars)  
www.psyf.net

Recreation Dept. **Adult Dodgeball**  
www.plymouthrec.com

Recreation Dept. NFL **Flag Football** League  
www.plymouthrec.com

Recreation Dept. **Basketball** League  
www.plymouthrec.com

South Plymouth **Basketball**  
www.southplymouthyouthbasketball.com

West Plymouth **Basketball**  
www.westplymouthbasketball.com

Plymouth Girls **Basketball**  
www.plymouthgirlsbasketball.org

North Plymouth **Basketball** Assoc.  
www.pnhoops.com

South Plymouth **Youth Baseball**  
www.spyb.org

Plymouth **Little League & Girls Softball**  
www.plymouthybs.org

Plymouth **Babe Ruth Baseball**  
www.plymouthbaberuth.com

Plymouth Youth **Wrestling** Club  
pshspe@aol.com

Plymouth Youth **Hockey**  
www.plymouthyouthhockey.net

Plymouth Rock **Lacrosse** (Boys)  
www.plymouthrocklacrosse.com

Plymouth Rock **Lacrosse** (Girls)  
www.plymouthrocklacrosse.com

South Plymouth **Cub Scout** Pack 1620  
pack1620plymouth@gmail.com

**Cub Scout** Pack #51  
www.manometpack51.org

West Plymouth **Cub Scout** Pack #40  
mikewmac@verizon.net

**Girl Scouts** of Eastern Mass  
www.girlscoutseasternmass.org

Plymouth Family Network  
www.facebook.com/pfnpta

# WINTER PRESCHOOL PROGRAMS

## FREE PLAY FRIDAY'S AGES 12 MONTHS-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:** Fridays January 20<sup>th</sup> - May 19<sup>th</sup> (No program 2/24, 4/14, 4/21)

**Location:** Manomet Youth Center  
(659 State Rd)

**Time:** 9:30a-11:30a

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

## 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 3:** Thursdays January 12<sup>th</sup> - February 16<sup>th</sup>

**Fee:** \$50 per child (6 weeks)

**Session 4:** Thursdays March 9<sup>th</sup> - April 13<sup>th</sup>

**Fee:** \$50 per child (6 weeks)

**Session 5:** Saturdays January 7<sup>th</sup> - February 11<sup>th</sup> **NEW!**  
(no class 1/14)

**Fee:** \$42 per child (5 weeks)

**Session 6:** Saturdays February 25<sup>th</sup> - March 25<sup>th</sup> **NEW!**

**Fee:** \$42 per child (5 weeks)

**Location:** Manomet Youth Center (659 State Rd)

**Time:** 2:00p-2:30p



## PRESCHOOL COOKING

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

**Session 2:** Tuesdays January 10<sup>th</sup> - January 31<sup>st</sup>

**Session 3:** Tuesdays March 7<sup>th</sup> - March 28<sup>th</sup>

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

**Time:** 4:30p-5:15p

**Fee:** \$50 per child (4 classes)

## AGES 4-6



## 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 2 class.

**Instructors:** Coach Aimee & Coach Frank

**Session 3:** Wednesdays January 11<sup>th</sup> - February 15<sup>th</sup>

**Session 4:** Wednesdays March 8<sup>th</sup> - April 12<sup>th</sup>

**Time A:** 9:15a-9:45a or **Time B:** 10:00a-10:30a

**Location:** Manomet Youth Center (659 State Rd)

**Fee:** \$50 per child (6 classes)

## ADVANCED TUMBLE WITH ME AGES 3-4

This class is designed for children that feel confident following direction and participating in a group environment type of class without their parents presence. 3 year olds must have taken at least 1 Tumble with Me class. We will help your child develop strength, perceptual and gross motor development, directionality, following sequences & directions, body awareness and coordination skills.

**Instructors:** Coach Aimee & Coach Frank

**Session 3:** Wednesdays January 11<sup>th</sup> - February 15<sup>th</sup>

**Session 4:** Wednesdays March 8<sup>th</sup> - April 12<sup>th</sup>

**Location:** Manomet Youth Center (659 State Rd)

**Time:** 10:45a-11:15a **Fee:** \$50 per child (6 classes)

## 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 a must.

**Session 3:** Tuesdays January 10<sup>th</sup> - February 14<sup>th</sup>

**Time:** 10:00a-10:30a **Fee:** \$50 per child

**Session 4:** Tuesdays March 7<sup>th</sup> - April 11<sup>th</sup>

**Time:** 10:00a-10:30a **Fee:** \$50 per child

**Session 3 & 4 Location:** Memorial Hall-Auditorium (83 Court St)

Enter through back ticket door only

**Session 5:** Saturdays January 7<sup>th</sup> - February 11<sup>th</sup> (No class 1/14)

**Time:** 8:15a-8:45a **Fee:** \$42 per child (5 weeks)

**Session 6:** Saturdays February 25<sup>th</sup> - March 25<sup>th</sup>

**Time:** 8:15a-8:45a **Fee:** \$42 per child (5 weeks)

**Session 5 & 6 Location:** Manomet Youth Center (659 State Rd)

**SATURDAY CLASS ADDED**

## SPORTS STARS

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 a progression in their catching, throwing, kicking and basic coordination abilities. (If ages is 3, must have taken little sports stars)

**Session 1:** Tuesdays January 10<sup>th</sup> - February 14<sup>th</sup>

**Session 2:** Tuesdays March 7<sup>th</sup> - April 11<sup>th</sup>

**Session 3:** Saturdays January 7<sup>th</sup> - February 11<sup>th</sup> (no class 1/14)

**Session 4:** Saturdays February 25<sup>th</sup> - March 25<sup>th</sup>

**Location:** Manomet Youth Center (659 State Rd)

**Time:** 1:15p-1:45p **Fee:** \$50 per child (6 classes)

**Time:** 1:15p-1:45p **Fee:** \$50 per child (6 classes)

**Time:** 2:45p-3:15p **Fee:** \$42 per child (5 classes)

**Time:** 2:45p-3:15p **Fee:** \$42 per child (5 classes)

**NEW**



## WINTER T-BALL

The Recreation Department will be bringing back another year of indoor winter T-ball. The program is designed to prepare your young athlete for the youth baseball leagues in town. Fee includes instruction and t-shirt.

**Dates:** Thursdays March 2<sup>nd</sup> - April 6<sup>th</sup>

**Location:** South Middle School

**Time:** 4:45p or 5:35p (rotating schedule)

**Fee:** \$70 per child (6 classes)

AGES 4-6



## 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:** Nicole Purtell

**Session 3:** Thursdays January 12<sup>th</sup> - February 16<sup>th</sup>

**Session 4:** Thursdays March 9<sup>th</sup> - April 13<sup>th</sup>

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

**Time:** 9:30a-10:00a **Fee:** \$50 per child (6 classes)

## 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. **At the end of the 8 weeks your child will get to dress up and do a performance on stage!** 3 year olds must have taken Parent and Tot dance before they can take Preschool Dance.

**Instructor:** Nicole Purtell

**Session 3:** Thursdays January 12<sup>th</sup> - March 9<sup>th</sup>  
(No class 2/23)

**Fee:** \$75 per child (8 classes)

**Session 4:** Thursdays March 23<sup>rd</sup> - April 13<sup>th</sup>

**Fee:** \$35 per child (4 classes, no performance)

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

**Time:** 10:05a-10:50a



## LITTLE GRIPPERS I & II TENNIS @ THE PINE HILLS AGES 4-7

These little juniors will work with foam balls and red balls. Fun drills and games on the court will result in your child loving the game of tennis. Most of the work is done close to the net, or little nets. Getting the ball over the net is really fun for these kids. Little Grippers I will work on forehands and tracking down the ball. Little Grippers II will work on forehands, backhands, and the serve. Please make sure to bring your own racquet.

**Instructor:** Kevin Pease - USPTA, USPTR, & USTA High Performance Coach

**Dates:** Mondays January 23<sup>rd</sup> - March 6<sup>th</sup> (no class 2/20)

**Little Grippers I (Ages 4-5) Time:** 3:30p-4:00p

**Little Grippers II (Ages 6-7) Time:** 4:00p-4:30p

**Location:** Village Racquet and Fitness (30 Golf Drive, Pine Hills)

**Fee:** \$87 per child (6 classes)

### \*\*\*PROOF OF AGE REQUIREMENT\*\*\*

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.

## PRESCHOOL KARATE

AGES 4-5

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, belt & school patch.

**Instructor:** Sensei Mike Murphy

**Session 1:** Thursdays January 12<sup>th</sup> - February 16<sup>th</sup>

**Session 2:** Thursdays March 9<sup>th</sup> - April 13<sup>th</sup>

**Location:** Smilin' Mike's Dojo of Champions (739 State Rd)

**Time:** 4:00p-4:30p **Fee:** \$80 per child (6 classes)

## 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 3:** Tuesdays January 10<sup>th</sup> - January 31<sup>st</sup>

**Session 4:** Tuesdays March 7<sup>th</sup> - March 28<sup>th</sup>

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

**Time:** 11:00a-11:45a

**Fee:** \$40 per child (4 classes)



## INTRO TO MERYL'S

### MUSIC CLASS

AGES 1-5 & PARENT

Meryl's Music Class is 45 minutes of singing, dancing, instrument play and chants. This is a mixed age's class from 1 to 5 years so families can all attend together without having to get childcare for one of the kids. Research has shown that music learning supports all areas of learning and informal, developmentally appropriate music activities are the best way for children under 6 to gain basic music competence! **Includes a full length CD of all the music we will be experiencing during the class.** \*Infant siblings (under 11 months) come for free with a paid child\*

**Instructor:** Meryl from Meryl's Music

**Session 3:** Thursdays January 12<sup>th</sup> - February 16<sup>th</sup>

**Location:** Manomet Youth Center (659 State Rd)

**Time:** 11:00a-11:45a **Fee:** \$95 per child

## BIDDY BASKETBALL AGES 4-7

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

**Session 2:** Saturdays Jan. 7<sup>th</sup> - Feb 11<sup>th</sup>  
(No class 1/14)

**Session 3:** Saturdays Feb. 25<sup>th</sup> - March 25<sup>th</sup>

**A: 4&5 Time:** 9:00a-10:00a

**B: 4&5 Time:** 10:05a-11:05a

**C: 6&7 Time:** 11:15a-12:10p

**Location:** Manomet Youth Center  
(659 State Road)

**Fee:** \$55 per child (5 classes)



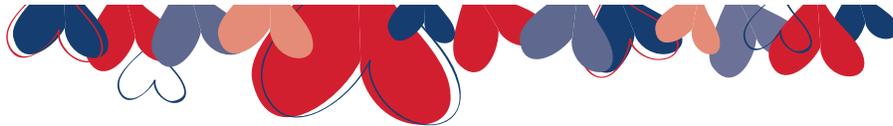
# ONE HIT WONDERS!



## Valentine's Day Workshop

Valentine's Day is a great excuse for a crafty session with the kids - after all there is nothing better than getting a little something made by someone you love! Join us for a Valentine's Day themed children's story followed by a variety of crafts to bring home!

**Date:** Thursday February 9<sup>th</sup>      **Fee:** \$10 per child      **Location:** Memorial Hall (83 Court St)      **Time:** 10:00a-11:00a



## Saint Patrick's Day Workshop

Celebrate St Patrick's Day with our collection of St Patrick's Day crafts for kids! We will read a short story followed by crafts involving leprechauns, pots of gold, rainbows and shamrocks - all the traditional St Patrick's Day symbols!

**Date:** Thursday March 9<sup>th</sup>      **Fee:** \$10 per child  
**Location:** Memorial Hall (83 Court St)      **Time:** 10:00a-11:00a

## EASTER WORKSHOP

Can you believe that springtime is just around the corner? With springtime comes Easter- a celebration of baby chicks and fluffy bunnies! This is a wonderful time for a short story and to do some crafts with your kids! Make Easter more fun than ever with these wonderful spring-themed projects!

**Date:** Thursday April 13<sup>th</sup>      **Fee:** \$10 per child  
**Location:** Memorial Hall (83 Court St)      **Time:** 10:00a-11:00a



### LEARN TO ICE SKATE PRE TOT & TOT 1

**AGES 3-6**

Instructors use songs, games and toys to introduce little ones to the ice in a group class setting and develop basic mobility through fun. Tot classes include 20-25 minutes of group instruction. Waterproof clothing and gloves are strongly recommended. Registration ends February 20<sup>th</sup>.

BE PREPARED FOR CLASS

- Arrive 15-20 minutes prior to the class start time
- A helmet, such as a bike helmet or HECC helmet is required
- Wear warm, comfortable layers that allow for movement, long sleeves & pants, gloves or mittens
- Tots should wear waterproof clothing and gloves
- Rental skates are available on a first-come, first-served basis and are included in the class fee
- You are welcome to bring your own skates although double blade skates are not permitted

**PreTot** - Beginners Age 3 to 4 with little or no formal skating      **Pre Tot Time:** 4:00p-4:25p

**Tot 1** - Beginners Age 5 to 6 with little or no formal skating      **Tot 1 Time:** 4:00p-4:25p

**Location:** Armstrong Arena (103 Long Pond Rd)

**Session 3:** Wednesdays March 1<sup>st</sup> - April 12<sup>th</sup>

**Fee:** \$119 per child (7 classes)

**Registration will end on Monday February 20, 2017**



# FEBRUARY & APRIL VACATION YOUTH CLINICS

## FEBRUARY VACATION BASKETBALL CLINIC

AGES 7-12

This program provides Plymouth youth with an opportunity to learn basketball at the fundamental level. In this energetic program, the emphasis is on fun and learning techniques that players can take home with them.

**Instructor:** Coach Paul Coffin

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

**Dates:** Tuesday February 21st - Friday February 24th **Time:** 9:00a-12:00p **Fee:** \$60 per child

## APRIL VACATION SOCCER CLINIC

AGES 4-11

The Plymouth Recreation Department partners with Liverpool FC to provide 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.

**Dates:** Tuesday April 18<sup>th</sup> - Friday April 21<sup>st</sup>

**Location:** West Recreational Facility (154 South Meadow Rd)

### Little Kickers

**Ages:** 4-6 year olds

**Time:** 9:00a-10:00a **Fee:** \$45 per child

### Soccer Juniors

**Ages:** 7-11 year olds

**Time:** 10:00a-12:00p **Fee:** \$70 per child



## APRIL VACATION OUTDOOR GOLF LESSONS

AGES 8-13

Skills and correct forms are taught in putting, chipping, pitching, bunkers, and full swing. A playing ability test is included, along with sections on rules and etiquette. Incentive pins are earned, and progress can be measured. Once each level is completed, the young golfers move on to the next level. Kids, their parents, and their golf instructor all work from the same point of reference. Instructor David L. Moore is the 2014 CCNEPGA Professional of the Year, 2012 US Kids Top 50 Master Kid Teacher, and authorized instructor for the Golfing Machine.

**Instructor:** David L. Moore **Location:** Squirrel Run Golf Club (32 Elderberry Dr) **Session 1:** Monday April 17<sup>th</sup> - Thursday April 20<sup>th</sup>

**Time:** 1:15p-2:30p **Fee:** \$99 per child (4 classes)



## APRIL VACATION ARCHERY

AGES 8-12

Join us during April vacation and find out what a fun and exciting sport archery can be. Dee Sacchetti, a USA Archery Certified Instructor will teach students about safety, shooting fundamentals and proper form. While it is not only fun to challenge yourself to hitting the target, it's also physically beneficial, increases body strength, focus, and attention skills. Give it a shot! All equipment is provided!

**Instructor:** Dee Sacchetti, USA Archery Certified

**Dates:** Monday April 17<sup>th</sup> - Thursday April 20<sup>th</sup>

**Location:** Forges Adult Softball Field (83 Jordan Rd) **Time:** 9:30a-11:30a

**Fee:** \$145 per child

## APRIL VACATION BASEBALL CLINIC

AGES 7-10

This is a great way to get a jumpstart on the season. This camp is designed to teach the fundamentals of the game. Through group instruction and drill work, the camp will aid each participant in developing their baseball skills in the areas of hitting, throwing, fielding, base running and basics of their chosen position.

**Instructor:** Coach Paul Coffin **Location:** Forges Junior Baseball Field 1 (83 Jordan Rd)

**Date:** Monday April 17<sup>th</sup> - Thursday April 20<sup>th</sup>

**Time:** 9:00a-11:00a **Fee:** \$40 per child (4 classes)

## YOUTH

# Dodgeball

## LEAGUE

We are bringing back the playground game! Teams will play 2 different teams per night with a set of 3 games versus each team. Teams will have 10 minutes to play the 3 games in the set. Fee includes team jersey. This is individual registration and teams will be randomly put together. There are no special requests.

**Date:** Tuesdays February 7<sup>th</sup> - March 21<sup>st</sup> (no class 2/21)

**Location:** Memorial Hall - Auditorium (83 Court St)

**Time:** Games start at 6:05p **Fee:** \$25 per child

# WINTER YOUTH PROGRAMS

## YOUTH MAGIC LESSONS

**AGES 8-12**

Surprise your family and friends, entertain at parties! Magic is an art that can develop self-confidence, self-esteem, poise, creativity, and give youngsters a hobby that can last a lifetime. At the end of each lesson the tricks that were taught are written in easy to follow books for kids to take home! You will not believe what you will be able to do after just one lesson. All equipment is included.

**Instructor:** Magician Joe Carota



**Dates:** Thursdays March 9<sup>th</sup> - April 6<sup>th</sup>

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

**Time:** 4:30p-5:45p

**Fee:** \$115 per child (5 classes)

## INTRO TO KARATE

**AGES 6-9**

In this class your child will learn the basics of discipline, self-confidence, and respect. Black Belt instructor Joe Thurston will teach your child both the Korean and Japanese form of Martial Arts. Fee includes gi.

**Instructor:** Sensei Joe Thurston

**Session 3:** Wednesdays  
January 11<sup>th</sup> - February 15<sup>th</sup>

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

**Time:** 6:00p-6:45p

**Fee:** \$75 per child (6 classes)



## AFTER-SCHOOL ART

**AGES 7-12**

Come explore through art. We will draw, paint, collage, and construct 3D art. This is a fun class to let creativity shine and learn new art skills.

**Teacher:** Paula Turley

**Session 1:** Tuesdays January 10<sup>th</sup> - January 31<sup>st</sup>

**Session 2:** Tuesdays March 7<sup>th</sup> - March 28<sup>th</sup>

**Location:** Memorial Hall - Green Room (83 Court St)

**Time:** 4:30p-5:30p **Fee:** \$45 per child (4 classes)

## HIP-HOP DANCE

**AGES 6-9**

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 8 weeks your child will perform their routine on stage!**

**Instructor:** Nicole Purtell

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

**Dates:** Thursdays January 12<sup>th</sup> - March 9<sup>th</sup> (no class 2/23)

**Time:** 5:00p-6:00p

**Fee:** \$80 per child (8 classes)

## INCREDIFLIX PRESENTS STOP MOTION TRICKS

**NEW**

### AND EFFECTS FOR MOVIES

**AGES 7-13**

"Wow, how did they do that cool effect?" - We can teach you! In this class we pull back the curtain and reveal how stop-motion movie magic is made. Students learn how to create a variety of effects in their movies including fire effects, water effects, and even how to make characters fly! Working in groups they will film these effects, showcasing their new skills.

**Teacher:** INCREDIFLIX Staff

**Dates:** Wednesdays January 11<sup>th</sup> - March 8<sup>th</sup>  
(no class 2/22)

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

**Time:** 4:45p-5:45p

**Fee:** \$130 per child (8 weeks)



## AFTER SCHOOL SPORTS STARS

**AGES 5-7**

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 a progression in their catching, throwing, kicking and basic coordination abilities.

**Session 1:** Tuesdays January 10<sup>th</sup> - January 31<sup>st</sup>

**Session 2:** Tuesdays March 7<sup>th</sup> - March 28<sup>th</sup>

**Location:** Memorial Hall - Auditorium (83 Court St)

**Time:** 5:20p-6:00p **Fee:** \$40 per child (4 classes)

**NEW**

## INTRO TO PHOTOGRAPHY FOR KIDS

**AGES 6-9**

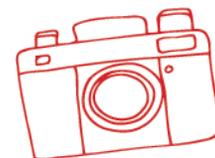
This fun class includes an introduction to the technical aspects of the camera and iPhone, as well as basics of fine art influences and components of great composition. Students will learn: how to use what they bring to class (camera, phone, iPod); phone apps, or software; what makes a great photo; what inspires them; influential artists; and more!

**Date:** Wednesdays, March 8<sup>th</sup> - April 12<sup>th</sup>

**Times:** 4:45p-5:45p

**Location:** Amanda Rebelo Studio (18 Middle St., Plymouth MA)

**Fee:** \$125 per child



## LIVERPOOL FC IA MA INDOOR SOCCER PROGRAM

AGES 5-10

### Mighty Reds (5 to 7 year olds)

The Liverpool FC IA MA Mighty Reds program follows our Long Term Player Development model and focuses particular attention on the development of technical, physical, psychological and social aspects in our younger players. From basic soccer techniques to the A. B. C.s - Agility, Balance, Co-ordination, Speed, our Mighty Reds program is centered around supporting these U6 to U8 players in an imaginative, enthusiastic and enjoyable atmosphere. Each Mighty Reds participant will receive support, guidance and professional coaching both in an individual and group setting from our licensed coaching staff.

### Junior Reds (8 to 10 year olds)

The Liverpool FC IA MA Junior Reds program for players U9 to U11 builds upon the foundation laid in our Mighty Reds programming. We continue to follow our Long Term Player Development model and focus particular attention on the development of technical, physical, psychological and social aspects in our younger players. Players will learn to outplay their opponent in 1v1 situations and build the confidence needed to improve their individual game. Players will also learn to play in 2v1, 1v2 and 2v2 situations to properly prepare them for the next phase in their development. Along with these important areas of development, all Junior Reds participants will also be introduced to progressive group activities and small sided games.

**Session 1:** Saturdays January 7<sup>th</sup> to February 11<sup>th</sup>

**Session 2:** Saturdays February 18<sup>th</sup> to March 25<sup>th</sup>

**Location:** Plymouth South Elementary School (178 Bourne Rd)

**Mighty Reds (ages 5-7 years):** 8:55a-9:55a

**Junior Reds (ages 8-10 years):** 9:55a-10:55a

**Fee:** \$125 per child (6 classes)



## MANOMET YOUTH CENTER BIRTHDAY PARTIES

*Join us this summer in our newly air conditioned building for your child's birthday party!*

### For availability contact the Recreation Dept

1 & 1/2 hours of Birthday Fun  
(1 hour of Activity and 1/2 Hour Cake/Presents)

**Location:** Manomet Youth Center (659 State Road)

### Parents are responsible for:

Cake/Food, drinks, plates, flatware, decorations, etc.

### Party Directors:

Set up party, lead activities chosen by parent & cleans up after the party.

**To book parties or rentals please contact:**

**Aimee Howell**

ahowell@townhall.plymouth.ma.us



### SPORTS

### BIRTHDAY PARTIES:

**Ages:** 3-15 years old

### Activities include:

Basketball, dodgeball, soccer, scooters, parachutes, pillo hockey, home run derby, and other various activities.

**Fee:** \$145 Includes up to 15 children  
Add \$5 per child up to 20 children

### WANT TO RENT THE SPACE?

\$90 for 2 hour minimum then an additional \$40 per hour after that.

Use for birthday parties, family parties and more. Staff not responsible for running activities.



# WINTER YOUTH PROGRAMS

## INDOOR TENNIS LESSONS

AGES 7-10

Get your child "in the game for life". Experience the Quickstart fun-filled format of play using age and size appropriate equipment and courts. A sure recipe for building skills, being successful and having lots of FUN! \*Children must bring their own racket.

**Session 1:** Sundays January 8<sup>th</sup> - February 12<sup>th</sup> (no class 1/29)

**Session 2:** Sundays February 26<sup>th</sup> - April 4<sup>th</sup> (no class 3/19)

**Instructor:** Kingsbury Club Staff

**Location:** Kingsbury Club (186 Summer St, Kingston)

**Time:** 12:00p-1:00p **Fee:** \$115 per child (5 classes)

## DEVELOPMENTAL

### BASKETBALL LEAGUE

AGES 7-9

Has your child already gone through biddy basketball but is not quite ready for competitive basketball play? In this program children will spend time practicing, playing scrimmages with coaches, and eventually instructional games. Games will be played by instruction, with no score kept. Whistles will be blown during games when fouls or violations are committed, followed by instruction on how to prevent those whistles.

**Instructor:** Coach Aimee & Recreation Staff

**Session 1:** Saturdays January 7<sup>th</sup> - February 11<sup>th</sup> (no class 1/14)

**Session 2:** Saturdays February 25<sup>th</sup> - March 25<sup>th</sup>

**Times:** 12:45p - 1:45p

**Location:** Manomet Youth Center (659 State Road)

**Fee:** \$60 per child includes team jersey (5 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.

**Date:** Saturday April 8<sup>th</sup>

**Instructor:** Bette Antonellis & Denise Laiosa

**Location:** Manomet Youth Center

**Time:** 9:00a-12:00p **Fee:** \$60 per child

### WINTER INDOOR ARCHERY

Join us and find out what a fun and exciting sport archery can be. Dee Sacchetti, a USA Archery Certified Instructor will teach students about safety, shooting fundamentals and proper form. While it is not only fun to challenge yourself to hitting the target, it's also physically beneficial, increases body strength, focus, and attention skills. Give it a shot! All equipment is provided!

**Dates:** Tuesday January 24<sup>th</sup> - February 14<sup>th</sup> (4 classes)

**Instructor:** Dee Sacchetti, USA Archery Certified

**Location:** Manomet Youth Center (659 State Rd)

**Time:** 6:30p-7:30p

**Fee:** \$135 per child

### JUNIOR'S INDOOR TENNIS @ THE PINE HILLS

AGES 8-12

The junior players will be grouped by age. They will learn the forehand, backhand, serve, and volley. Players will use starter balls (in some cases championship), racquets appropriate for the age, and train over little nets or half court using a regular net. These players will learn the solid fundamentals of the game and receive a challenging workout. Rally games are introduced if a player is ready. Racquets can be purchased if need through the instructor. \*Racquets required.

**Dates:** Mondays January 23<sup>rd</sup> - March 6<sup>th</sup> (no class 2/20) **Instructor:** Kevin Pease

**Location:** Village Racquet and Fitness (30 Golf Drive, Pine Hills)

**Time:** 4:30p-5:30p **Fee:** \$135 per child (6 classes)

### UPPER JUNIOR'S INDOOR TENNIS @ THE PINE HILLS

AGES 13-17

The Upper Junior's will train with children close to their age. Many of these players will seek to continue with tennis and play on high school teams and develop a life sport interest. These players will train with championship tennis balls. Each session will provide a solid workout on court. Racquets can be purchased from the instructor that is appropriate for development. Will work on forehand, backhand, serve, and volley. \*Racquets required.

**Dates:** Mondays January 23<sup>rd</sup> - March 6<sup>th</sup> (no class 2/20) **Instructor:** Kevin Pease

**Location:** Village Racquet and Fitness (30 Golf Drive, Pine Hills) **Time:** 5:30p-6:30p **Fee:** \$135 per child (6 classes)

## WICKED COOL

### LEGO ENGINEERING JR

AGES 5-7

Lego Engineering promotes teamwork and critical thinking skills as kids investigate basic engineering concepts using DUPLOS. Build a seesaw, vehicle, and spinning top and other fun working mechanisms. Perfect for the young builder with tiny hands!

**Date:** Mondays January 23<sup>rd</sup> - March 6<sup>th</sup> (no class 2/20)

**Times:** 4:30p-5:30p

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

**Fee:** \$120 per child (6 classes)



## WICKED COOL

### LEGO ENGINEERING CONCEPTS

AGES 7-11

Engineering Concepts cover basic simple machines and is the foundation for other topics. We investigate gears, pulleys, cams, levers, ratchets, and many other geek-chic topics by building such things as street sweepers, hammers, fishing rods and scales.

**Date:** Mondays March 27<sup>th</sup> - May 8<sup>th</sup> (no class 4/17)

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

**Times:** 4:30p-5:30p **Fee:** \$120 per child (6 classes)

## 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 baby-sitter. 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.

**Date:** Wednesday February 22<sup>nd</sup> **Instructor:** Bette Antonellis

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

**Time:** 1:00p-4:00p

**Fee:** \$50 per child



# MANOMET YOUTH CENTER

## AFTER SCHOOL at the MYC **Ages 7-14**

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, or join us in the gymnasium for a large game of dodgeball, doctor dodgeball and more! The MYC will officially open on Wednesday September 2nd.

**Times:** Monday-Thursday 3:00p-6:00p & Friday's 3:00p-8:00p

\*hours are subject to change due to programing schedule

**Fee:** \$75 from January 3<sup>rd</sup> - June or \$3 for daily drop-in

## HALF DAYS at the MYC **Ages 7-14**

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

Parents can pre-register with a credit card by calling 508-747-1620 Ext. 137

**Fee:** \$3 for members, \$8 for non-members

**Dates:** 1/25, 2/8, 3/8, 3/22, 4/5, 5/17, 6/14

**Times:** 12:30p-6:00p

## EARLY DROP OFF FOR NON-SCHOOL DAYS @ the MYC **Ages 7-14**

For early drop off, you can pre-register your child to be dropped off at the youth center between 7:00a-11:00a for \$5 for members and \$10 for non-members. If children come after 11:00a, there is no fee for members and the regular \$3 for non-members. Space is limited to 40 children for early drop off and parents must pre-register their child. If your child plans on being at the youth center for the day lunch is required.

**Dates:** 12/27-12/30, 2/21-2/24, 4/14 & 4/18-4/21

\*If we do not have at least 10 children registered for each day of the early drop off we will cancel 1 week before the scheduled date and the Youth Center will open that day at 11am\*



## KID'S NIGHT OUT

**Ages 7-13**

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

**Children must be registered at least one week before the event to attend.**

**Fee:** \$10 per child per night

**Time:** 5:00p-9:00p

## VIDEO GAME NIGHT

The evening will include video game tournaments all night. Mario Kart, Smash Brothers & Just Dance will be played all night. We will have prizes for the top winners!

**When:** Saturday January 28th



## DODGEBALL NIGHT

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

**When:** Saturday March 4th



# WINTER TEEN / ADULT PROGRAMS

## 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 3:** Thursdays January 19<sup>th</sup> - March 2<sup>nd</sup> (no class 2/23)

**Session 4:** Thursdays March 16<sup>th</sup> - April 27<sup>th</sup> (no class 4/20)

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

**Time:** 6:30p - 7:45p **Fee:** \$60 per person (6 classes)

## LEARN TO ICE SKATE

### TEEN/ADULT SEMI-PRIVATE AGES 13+

Classes are designed to offer more individualized attention to tailor instruction towards participant needs. Where possible, classes will be separated by age and ability. Teen/Adult classes include 30-40 minutes of group instruction. **PREREQUISITE:** Skaters must be at least 13 years of age. A helmet, such as a bike helmet or HECC helmet is required.



**Location:** Armstrong Arena (103 Long Pond Rd)

**Session C:** Sundays March 5<sup>th</sup> - April 9<sup>th</sup>

**Time:** 1:30p-2:20p **Fee:** \$139 per person (7 classes)

**Registration will end on Monday February 20, 2017**

## COED DODGEBALL LEAGUE

AGES 18+

We are bringing back the playground game! Teams will play 3 different teams per night in a 3 game series against each team. Teams will receive points for each win they receive. Teams only need to have 1 female on the court at a time, 6 players per side. Series will be 10 minutes long. For more rules please contact Aimee Howell at [ahowell@townhall.plymouth.ma.us](mailto:ahowell@townhall.plymouth.ma.us). This league fills quickly. Must be registered by 1/2/17.

**Location:** Memorial Hall - Auditorium (83 Court St)

**Dates:** Tuesdays January 17<sup>th</sup> - March 7<sup>th</sup> (no dodgeball 2/21)

**Time:** Games start at 7:00p **Fee:** \$150 per team

## INDOOR CYCLING

AGES 18+

Experience what is fast becoming a contagious lifestyle! Gear up for a killer calorie workout that will leave you energized, empowered & accomplished! Take a ride with our Elite-Certified instructors, amazing sound system, and friendly positive atmosphere! You will be guided through a one-hour ride in our dim lit, zen-like studio. Classes are designed for people of all ability levels; you have complete control over how much tension to put on your bike and how fast you want to take it! No doubt, indoor cycling is excellent exercise to increase lung capacity, killer calorie burn, with no impact on joints and lower back! Instructors will help you adjust your bike settings customized to you! \*Babysitting is available for \$5 per visit.

**Session 2:** Wednesdays January 11<sup>th</sup> - February 15<sup>th</sup>

**Time:** 9:30a-10:30a

**Session 3:** Thursdays January 12<sup>th</sup> - February 16<sup>th</sup>

**Time:** 6:30p-7:30p

**Session 4:** Wednesdays March 8<sup>th</sup> - April 12<sup>th</sup>

**Time:** 9:30a-10:30a

**Session 5:** Thursdays March 9<sup>th</sup> - April 13<sup>th</sup>

**Time:** 6:30p-7:30p

**Location:** Live Life Believe (10 Cordage Park, Ste 243)

**Fee:** \$60 per person (6 classes - no class 5/30)



## MENS PICK-UP BASKETBALL AGES 18+

New this winter we are offering Pick-Up Basketball at the Manomet Youth Center. Come on down for a night of hoops with friends in a relaxed setting. Space is limited to 20 per night so pre-registration is encouraged to secure your spot! This ensures that everyone gets plenty of time to play.

**When:** Thursdays January 12<sup>th</sup> - March 23<sup>rd</sup> (10 weeks)  
(no class 2/23)

**Location:** Manomet Youth Center

**Time:** 7:15p-9:15p

**Fee:** \$35 for all 10 nights or \$5 for one night drop in **MAX OF 20 PEOPLE ALLOWED** so **PRE-REGISTRATION is encouraged!**

**NEW**

## PICK-UP VOLLEYBALL AGES 18+

Do you love to play, but are not necessarily looking for a formal league? We will run informal games of pick-up volleyball on Wednesday nights for beginner to semi-competitive players. The idea is to stay active and have fun.

**When:** Wednesdays January 11<sup>th</sup> - March 29<sup>th</sup>  
(no volleyball 2/22)

**Location:** Memorial Hall - Auditorium (83 Court St)

**Time:** 7:00p-8:30p

**Fee:** \$5 per person per night or 10 nights for \$30 pre-paid

## TANGO

AGES 18+

Tango - A smooth dance with its roots in Argentina & Spain, some say that Rumba is the dance of romance, but Tango is the dance of love.

**Dates:** Mondays January 9<sup>th</sup> - February 27<sup>th</sup>  
(no class 1/16 and 2/20)

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

**Time:** 7:00p-8:00p

**Fee:** \$60 per person (6 classes)  
**\*Casual dress & comfortable shoes are all you need. No sneakers or rubber soled shoes please.**

## 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. (you are more than welcome to bring your own paddles). Space is limited to the first 20 people registered. **YOU MUST REGISTER TO PLAY.**

**Location:** Memorial Hall - Auditorium (83 Court Street)

**Session 3:** Mondays January 9<sup>th</sup> - February 27<sup>th</sup> (6 weeks)  
(no class 1/16, 2/20)

**Times:** 6:00p-8:00p **Fee:** \$20

**Session 4:** Wednesdays January 11<sup>th</sup> - February 15<sup>th</sup>

**Session 5:** Thursdays January 12<sup>th</sup> - February 16<sup>th</sup>

**Session 6:** Wednesdays March 8<sup>th</sup> - April 12<sup>th</sup>

**Session 7:** Thursdays March 9<sup>th</sup> - April 13<sup>th</sup>

**Experienced:** 8:30a-10:00a

**Beginners/Novice:** 10:15a-11:45a

**Fee:** \$10 per person



# POUND

ROCKOUT. WORKOUT.



## AGES 18+

Pound is a high energy, drumming and Pilates-inspired workout. It is a mood-boosting, stress-releasing cardio interval fitness format that will leave you feeling strong and energized!

**Instructor:** Jenna Ball

**Session 3:** Thursdays January 12<sup>th</sup> - February 16<sup>th</sup>

**Session 4:** Thursdays March 9<sup>th</sup> - April 13<sup>th</sup>

**Location:** Memorial Hall - Auditorium (83 Court St)

**Times:** 6:00p-7:00p **Fee:** \$50 per person (6 classes)

## BAYSTATE CROSSFIT

## AGES 18+

Our 6-session Introduction to BayState CrossFit will teach you what CrossFit is all about. Here is what you will discover during your Intro: CrossFit is the most effective fitness and conditioning system in the world. Results come quickly because we combine functional movements (full body, multi-joint, and replicate real life) with high intensity, and constant variety. We workout in a group setting and foster a sense of community, motivation, encouragement and inspiration. "CrossFit is by design broad, general and inclusive. It's specialty is not specializing. It is hard, fun, exciting, challenging and will push you to your full potential. All levels are welcome." Register for a session 1 or 2 and choose any Saturday or Sunday classes.

**Session 1:** Saturday or Sunday January 7<sup>th</sup> – February 12<sup>th</sup>

**Session 2:** Saturday or Sunday March 4<sup>th</sup> – April 9<sup>th</sup>

**Location:** BayState Crossfit - 179 Court Street, Plymouth, MA

**Time:** Choose from any of the following times:

Saturday at 8:30a, Saturday at 9:30a or Sunday at 8:45a

**Fee:** \$75 per person (6 classes)

## TENNIS FOR LIFE

## AGES 17+

Join Kevin Pease, a USPTA, USPTR, and USTA High Performance Coach at the Village Racquet Club in the Pine Hills for tennis lessons for all ages. In the Adult Team practice, you will work on technical work through drills, and is designed for Adults and High School Varsity tennis players who played on teams and is stronger than a 3.0 level. The Adult Fundamentals is for adults of all levels who want to learn proper form in the their forehand, backhand, serve, volleys and approach shots. Players in both levels will get a good workout and meet other players in their levels. Please bring your own racquet.

**Dates:** Mondays January 23<sup>rd</sup> - March 6<sup>th</sup> (no class 2/20)

**Adult Team Practice Time:** 6:30p-7:30p

**Adult Fundamentals Time:** 7:30p-8:30p

**Location:** Village Racquet and Fitness (30 Golf Dr)

**Fee:** \$135 per person (6 classes)

## 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 February 6<sup>th</sup>. 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 April 14<sup>th</sup> 2017. 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 Aimee Howell at ahowell@townhall.plymouth.ma.us There is a MANDATORY ASA bat testing done prior to the start of the season. Only bats tested and approved will be allowed to be used in our league.

**Date:** Monday-Thursday May 1<sup>st</sup> - July 27<sup>th</sup> (make-up game on Fridays)

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

**Time:** 7:00p or 8:30p **Fee:** \$700 per team

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

# PLYMOUTH REC CORNHOLE TOURNAMENT

Break those winter blues and join us for our 3rd annual Cornhole Tournament! Come challenge your friends and coworkers to a game of corn hole! Teams of 2 can register online at [www.plymouthrec.com](http://www.plymouthrec.com) or fill out the form below and mail it to the Recreation Office. Make sure to register early, last year we filled! Beer, wine and food will be available for purchase.

**Date:** Saturday March 18<sup>th</sup>, 2017 **Time:** Registration & Warm-up 4:30-5:00pm - Bags Fly @ 5:00pm

**Location:** Memorial Hall 83 Court St., Plymouth, MA 02360

**Fee:** \$35 per team (Teams of 2) Must be 18+ to play

\*All equipment is provided. Players cannot bring their own bags or boards.

**PRIZES!!** \$100 for 1st, \$50 for 2nd, \$35 for 3rd,

Gift Certificates will be awarded for the social bracket

## REGISTRATION FORM

TEAM NAME: \_\_\_\_\_

CONTACT EMAIL: \_\_\_\_\_

PLAYER 1: \_\_\_\_\_ PHONE: \_\_\_\_\_

PLAYER 1 ADDRESS: \_\_\_\_\_  
STREET ADDRESS CITY, STATE, ZIP CODE

PLAYER 2: \_\_\_\_\_ PHONE: \_\_\_\_\_

Checks should be made out to the Plymouth Recreation Department. Credit Card Payment Accepted: Visa, MC, DISC

Drop off or mail registration forms at Plymouth Recreation Department, 11 Lincoln Street, Plymouth, MA 02360

Or Register by phone: 508-747-1620 x 137



# PLYMOUTH MEMORIAL HALL



CURRENTLY BOOKING FOR 2017

[MEMORIALHALL.COM](http://MEMORIALHALL.COM)

FACEBOOK & TWITTER FOR EVENT DETAILS

Here at Memorial Hall our 2016 season was full of dance showcases, comedy shows, concerts from classic rock to country, beer festivals, family events (like Breakfast with Santa), and community shows. We are looking to continue that for our next season ahead! Whether you are looking for a rental space or looking for something to do, we can certainly help! Visit [memorialhall.com](http://memorialhall.com) for your ultimate source of information. Like us on Facebook and watch our journey throughout the year!

2017 highlights include: South Shore Wine Festival 1/21, Plymouth Philharmonic 3/12, Corn Hole Tournament 3/18, March Vegas 3/25, Diva Dance and Take Center Stage National Finals, Bob Marley, Komedya for a Cause and so much more!

RESIDENTIAL CUSTOMER

## SPRING 2017 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:** Saturdays April 8<sup>th</sup> - May 20<sup>th</sup> (no class 4/15)

**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:** \$45 per child

**Age: 4-5**

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

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

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

**Fee:** \$75 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 4 weeks will consist of games versus the other developmental league teams. Includes a team shirt.

**Ages:** 6-7

**Dates:** Saturdays April 8<sup>th</sup> - May 20<sup>th</sup> (no class 4/15)      **Time:** 12:50-1:50p

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

**Fee:** \$80 per child (fee includes 6 classes & team shirt)



## SPRING 2017 NFL FLAG FOOTBALL LEAGUE

### 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 Thursdays; there will be no other practice requirements. We do not take special requests for team placement.

**Dates:** Thursdays April 6<sup>th</sup> - May 18<sup>th</sup> (no flag 4/20)      **Time:** 5:30p-6:30p

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

**Fee:** \$95 per child (includes NFL Jersey & end of the season award)

**REGISTRATION OPENS: JANUARY 9<sup>TH</sup> FOR RESIDENTS**

**JANUARY 16<sup>TH</sup> FOR NON RESIDENTS**

**REGISTRATION CLOSES: MARCH 10<sup>TH</sup> OR WHEN FULL.**



### 7-9, 10-13, 14-17 YEAR OLD LEAGUES

This extremely successful and competitive flag football league teaches fundamentals as well as 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!

**7-9, 10-13 League Dates:** Friday nights April 7<sup>th</sup> - June 2<sup>nd</sup> (no flag 4/21, 6 games per season)

**Time:** 5:30p, 6:30p, 7:30p or 8:30p

**14-17 League Dates:** Thursday nights April 6<sup>th</sup> - June 1<sup>st</sup> (no flag 4/20, 6 games per season)

**Time:** 6:30p or 7:30p

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

**Fee:** \$95 per child (includes NFL Jersey)

\*Evaluations: Evaluations are required for new players and players transferring to new age groups; You will be advised of evaluation times 1 week before your evaluation date.

**VOLUNTEER COACHES NEEDED!**

