

# MASHPEE RECREATION



## FALL 2017

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**Recreation Department Staff Directory - Contact us -  
PHONE - (508) 539-1416**

**Mary K. Bradbury**, Director, mbradbury@mashpeeema.gov  
**Heidi McLaughlin**, Assistant Rec. Director, hmclaughlin@mashpeeema.gov  
**Peggy Geary**, Child Care Coordinator, phgeary@mashpeeema.gov  
**Lisa Larsson**, Administrative Secretary, llarsson@mashpeeema.gov  
**Carolyn Thompson**, Administrative Secretary (Kids Klub Childcare Center)  
cthompson@mashpeeema.gov (508) 539-1417

**Helpful Phone Numbers**

Kids Klub Childcare Center - (508) 539-9361  
Voyager Summer Camp (Age 6-8) - (774) 836-0627  
Adventure/Explorer Camp (Ages 9-13) - (774) 836-0642  
Mashpee Chamber of Commerce - (508) 477-0792  
Mashpee Senior Center - (508) 539-1440  
Mashpee Department of Public Works - (508) 539-1420  
Building/Field Use Scheduler - (508) 539-1420  
Mashpee Town Hall - (508) 539-1400



**Do you want access to the Town of Mashpee's Community  
Calendar?**

**Go to [www.mashpeeema.gov](http://www.mashpeeema.gov) and click on the  
Community Calendar link.**

**Mashpee Recreation mission...**

To meet the needs of our community by promoting quality educational programs, recreational activities, and special events that are designed to enhance personal growth, learning opportunities, and community development while focusing on the educational and recreational interests that influence our health and well-being.

**Non-Resident Discount Pass**

Available Now! **Mashpee Recreation is offering a Non-Resident Discount Pass** for households enrolling in our programs and events. With a paid \$50 Annual Membership (valid one year from date of purchase), Non-Resident participants pay the reduced rate offered residents only. You may purchase your membership online or call (508) 539-1416 to access your discount pass today!

## **ONLINE REGISTRATION**

Mashpee Recreation Department provides online program registration. You will need a username and password in order to utilize the online registration system. *If you receive a message saying “The phone number you provided already exists”,* please call the Recreation Office during regular office hours (Monday - Friday, 8:30am - 4:30pm) to receive your username and password, (508) 539-1416.

## **Traditional Registration**



<b>WALK IN</b> <b>Recreation Office</b> <b>520 Main St.</b> <b>Monday - Friday</b>	<b>BY FAX</b> <b>(508) 419-1161</b> <b>Use your MC/Visa</b> <b>Or Discover</b>	<b>BY MAIL</b> <b>To Recreation Dept.</b> <b>520 Main St.</b> <b>Mashpee</b>
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## **COURSE CONFIRMATION**

If you provide your email address you will receive an email confirmation/receipt. If a class has reached its maximum enrollment, you can place your name on the waiting list by calling the recreation department, 508-539-1416. If a class does not meet the minimum number of participant requirements, it will be cancelled and you will be notified. Otherwise, please plan on attending.

## **MAKE UP CLASSES**

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

## **SWITCHING/CHANGING CLASSES**

You may switch a session/date up to 3 working days prior to class. If changing less than 3 working day prior to the start of the class then you will be assessed the \$10 processing fee.

## **PARTICIPANT PHOTOGRAPH POLICY**

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

## **REFUNDS**

### **FULL REFUND FOR A CANCELLED CLASS BY THE RECREATION DEPT.**

### **PROGRAMS CANCELLED BY PARTICIPANT**

You may withdraw from a class up to 3 working days in advance of the starting date of that program and receive a refund minus a \$10 processing fee. No refunds will be given after this date (3 working days prior to the program).

## **GENERAL INFORMATION**

Register for members of your immediate family only.

### **PAYMENT**

Non Residents add \$10 per course.

By check, payable to: Town of Mashpee, Cash, Visa, MasterCard or Discover.

### **AGE POLICY**

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

## **NON-RESIDENT DISCOUNT PASS**

Available Now! **Mashpee Recreation is offering a Non-Resident Discount Pass** for households enrolling in our programs and events. With a paid \$50 Annual Membership (valid one year from date of purchase), Non-Resident participants pay the reduced rate offered to residents only. You may purchase your membership online or call (508) 539-1416 to access your discount pass today!

**Occasional errors in days, times, registration requirements and fees may occur from time to time. We apologize for any errors in the brochure. Thank you for your patience and understanding when these situations occur.**



## SPECIAL EVENTS

### **Mashpee Oktoberfest**

Join us for a full day of fun at Mashpee Commons Green. We'll have entertainment throughout the day which will include: The Vagabonds, dance groups, K-9 Dog Show, Toe Jam Puppet Band at 11:30am, face painting, train rides, kids games and crafts. We'll also have a variety of "Fair Style" food along with 80+ arts and craft vendors! Don't forget to visit our Bier Garten which will be serving up Bratwurst and beer.

<b>Day</b>	<b>Time</b>	<b>Date</b>
Sat.	10:00am-4:00pm	September 30 (rain date Oct. 1st)

Location: Mashpee Commons Green

### **Pet Fest**

Mashpee Town Clerk's office is hosting the 4th Annual Pet Fest on **Saturday, Oct. 14th from 11:00am - 3:00pm located at the Mashpee Community Park & Veterans Garden (across from town hall)**. Dr. Mark Oldham will have a rabies clinic from 11:00am - 2:00pm, \$20 per shot. Don't miss the blessing of animals at noon. Join us for a fun-filled day as there will be:

- Pet Rescue Demonstration, Mashpee Fire Department
- Dog agility and obedience demonstration
- K-9 Patrol Demonstration, Barnstable County Sheriff's Department
- K-9 Narcotics Demonstration, Mashpee Police Department
- Food and Pet vendors

### **Holiday Season Kickoff!**

Join us in welcoming Santa at the **Mashpee Community Park** (located across from Town Hall) on **Saturday, December 2nd. Festivities begin at 5:00pm** with carolers performing in the gazebo, Santa arrives by at 6:00pm for the tree lighting. Free Candy Canes for the children and Hot Chocolate for everyone!

## YOUTH SPORTS LEAGUE INFO

### **Mashpee Youth Soccer (MYSO)**

Email - [president@mashpeeyouthsoccer.org](mailto:president@mashpeeyouthsoccer.org)  
 Web Address: [www.mashpeeyouthsoccer.org](http://www.mashpeeyouthsoccer.org)

### **Mashpee Youth Baseball/Softball (MYBS)**

Email - [mybsvpfinance@gmail.com](mailto:mybsvpfinance@gmail.com)  
 Web Address: [www.eteamz.com/mashpeelittleleague](http://www.eteamz.com/mashpeelittleleague)

### **Mashpee Jr. Babe Ruth Baseball Program**

Web Address - [www.eteamz.com/mashpeejuniorbaberuthbaseball/](http://www.eteamz.com/mashpeejuniorbaberuthbaseball/)

### **Mashpee Jr. Falcons**

Email - [mashpeejrfalcons2015@gmail.com](mailto:mashpeejrfalcons2015@gmail.com)  
 Web Address - [www.mashpeepopwarnerfootball.com](http://www.mashpeepopwarnerfootball.com)

### **Mashpee Youth Lacrosse**

Web Address - [www.mashpeeyouthlacrosse.org](http://www.mashpeeyouthlacrosse.org)



# Mashpee Rec Extended Day

Mashpee Recreation's Extended Day (Before and After School Care) Program is licensed by the Commonwealth of Massachusetts Department of Early Education and Care. We provide a safe, semi-structured, supervised, and nurturing environment for your child. Through free play, arts & crafts, recreational activities, and occasional field trips, your child will have the opportunity to be creative and form new friendships.

## Before School Care

**Grades K - 6**

**Drop Off:** K.C. Coombs Cafeteria

**Hours:** 7:00 am - school begins (Quashnet students will be escorted to school by staff)

**Tuition/Fees:**

2 Days per Week - \$60.00 / month

3 Days per Week - \$90.00 / month

4 Days per Week - \$120.00 / month

5 Days per Week - \$145.00 / month

**Registration fee:** \$35 non-refundable



## After School Care

**Grades K - 2:** K.C. Coombs Cafeteria

(some 2nd graders attend extended day at Quashnet school if space is unavailable at K.C. Coombs)

**Grades 3 - 5:** Quashnet School Cafeteria

**Hours:** Dismissal - 5:30 pm (Grade 2 students will be escorted to Quashnet by staff)

**Tuition/Fees**

2 Days per Week - \$80.00 / month

3 Days per Week - \$120.00 / month

4 Days per Week - \$160.00 / month

5 Days per Week - \$195.00 / month

**Registration fee:** \$35 non-refundable

(If a child is enrolled in both the Before AND After School programs, the maximum registration fee is \$35 for both programs)

A minimum 2 day enrollment is required for each program. The program follows the Mashpee School Calendar and will be in session every day while school is in session. For early dismissal days, the After School Care program runs from dismissal until 5:30 p.m. Mashpee Recreation runs a separate "Vacation Club" program for certain holidays and/or teacher professional development days. A separate registration is required for that program.

**A completed Before/After School Care registration packet is available online or at Mashpee Recreation Dept., 520 Main Street.**

# PRESCHOOL & CHILDCARE



## **KIDS KLUB PRESCHOOL & CHILDCARE CENTER**

**Owned & operated by the Town of Mashpee**

**Ages 15 mos. to 6 years**

The Kids Klub Childcare Center provides a safe, fun, affordable, not-for-profit preschool and daycare program for the benefit of the community. It is owned and operated by the Town of Mashpee Recreation Department. Through classroom activities, field trips, special projects and recreation time, your child will have the opportunity to be creative, challenged, form new friendships and learn social skills in a semi-structured, supervised, and nurturing atmosphere. We are licensed by the Commonwealth of Massachusetts Department of Early Education and Care. KKPS is located at 501 Great Neck Rd. North.

### **AM Preschool –½ day program (ages 2.9 – 6)**

This is a flat rate system to keep the program as economical as possible. Hours: 9am - 1pm during the school year with the option of half-day during the summer.

2 day a week program: \$50/week

3 day a week program: \$75/week

4 day a week program: \$100/week

5 day a week program: \$125/week

Registration fee: \$75 non-refundable (includes field trips and special events)

### **DAYCARE (paid weekly)**

Daycare payments are due on the first day of each week.

### **Preschool + Daycare – full day program (ages 2.9 – 6)**

(\$50 per day, 2 day minimum) 7:00am - 5:30pm Year-round

2 days a week: \$100/week

3 days a week: \$150/week

4 days a week: \$200/week

5 days a week: \$250/week

Registration fee: \$75 non-refundable (includes field trips and special events)



### **Toddler Daycare (ages 15 mos. to 2.9 years)**

(\$55 per day, 2 day minimum) 7:00am - 5:30pm Year-round

2 days a week: \$110/week

3 days a week: \$165/week

4 days a week: \$220/week

5 days a week: \$275/week

Registration fee: \$75 non-refundable (includes field trips and special events)

**A registration form, medical/immunization records and a photo are required prior to admission.**



# American Red Cross Swim Lessons

We will be using the **American Red Cross Learn-To-Swim Program**. This will help your child become a better and more proficient swimmer. It is designed to give swimmers of all ages and abilities water safety skills as well as being a positive learning experience. Learn-to-swim teaches aquatic and safety skills in a

logical progression.

For children ages 5 through 14.



## Intro to Water Skills - Level 1

**For children 5 & up. Class is limited to 6.**

Skills that will be taught in level 1: enter & exit the water using a ramp, steps or side, blow bubbles for 3 seconds, bobbing - 5 times, open eyes under water and retrieve submerged objects, front & back glide, back float, roll from front to back, treading water arm and hand actions, alternating and simultaneous leg and arm actions on front & back, combined arm and leg actions on front and back.

## Fundamentals - Level 2

**For children 5 & up. Prerequisite - Must have had conquered all the milestones listed in Level 1. Class is limited to 6.**

Skills that will be taught in level 2: enter & exit the water using a ramp, steps or side, fully submerge and hold breath, bobbing - 10 times, open eyes under water and retrieve submerged objects, front & back glide, back float, roll from front to back, treading water for 15 seconds, change direction of travel while swimming on front and back, combined arm and leg actions on front and back, finning arm action on back.

## Stroke Development - Level 3

**For children age 6 & up.**

**Prerequisite - must have successfully passed Level 2 Class is limited to 8.**

Skills that will be taught in level 3: jump into deep water from the side, submerge and return to the side, headfirst entry from the side in seated kneeling positions, bobbling while moving to safety, rotary breathing, survival float for 30 seconds, back float for 1 minute, change from vertical to horizontal position on front and back, push off in streamlined position on front, then begin kicking, swim the front crawl for 15 yards, swim the elementary backstroke for 15 yards, flutter, scissors, breaststroke, and dolphin kicks.

**Swim Lesson Program Dates - October 15, 22, 29, Nov. 5, 12, 19**

Code/Lev	Days/Dates	Ages	Time	Fee
AA / 1	Sun / Oct 15 - Nov 19	5 & up	2:00-2:40pm	R \$79 / NR \$89
AB / 2	Sun / Oct 15 - Nov 19	5 & up	2:50-3:30pm	R \$79 / NR \$89
AC / 2	Sun / Oct 15 - Nov 19	5 & up	2:00-2:40pm	R \$79 / NR \$89
AD / 3	Sun / Oct 15 - Nov 19	6 & up	2:50-3:30pm	R \$79 / NR \$89



# YOUTH PROGRAMS

## **Saturday Recreational Basketball Program**

**For Mashpee boys & girls grades K - 6.**

This is a **recreational program** designed to allow all participants equal playing time while teaching the fundamentals used in the game of basketball. Program will stress the development of team work, fair play, and sportsmanship. Additionally, the basics of the game are emphasized, along with skills development and working to improve coordination and agility. **Times will vary between 8:30am and 12:30pm.**

**REGISTRATION DEADLINE: Friday, October 27th**

Day	Time(s)	Date(s)
Sat	TBA (times vary between 8:30am –12:30pm)	Nov. 18 - Jan. 27
Fee: \$55 (residents only) There will be no make-ups for snow days		
<b>No basketball on Nov. 25, Dec. 23 &amp; 30</b> Length: 8 Saturdays		
Location: K - 3 held at KC Coombs / 4 - 6 program held at Quashnet School		



## **Tennis Lessons**

**For students in grades K - 6.**

Tennis is a wonderful sport for a lifetime! Getting solid fundamentals as a youngster builds the strokes into our muscle memory, develops footwork that cross trains for all sports, and finely tunes hand/eye coordination. More advanced players will be grouped together.

**NOTE: students should wear tennis shoes or sneakers and bring a tennis racquet, snack and a drink.**

***Fall session 1*** (min. of 5 per class) **(no class on Monday 10/9)**

Code/Gr/Age	Day	Time	Date(s)	Fee/Classes
AA/Gr 3 - 6	M	2:45 - 4:00pm	Sept. 11 - Oct. 23	\$65 / 6
AB/Gr K - 2	T	2:50 - 4:00pm	Sept. 12 - Oct. 24	\$75 / 7
AC/Gr 3 - 6	W	2:45 - 4:00pm	Sept. 13 - Oct. 25	\$75 / 7
AD/Gr K - 6	W	4:00 - 5:00pm	Sept. 13 - Oct. 25	\$75 / 7
AE/4 - 10 yrs	S	8:00 - 9:00am	Sept. 23 - Oct. 28	\$65 / 6

*Non-Resident add \$10*

***Fall session 2*** (min. of 6 per class)

Code/Grade	Day	Time	Date(s)	Fee/Classes
BA/3 - 6	M	2:45 - 4:00pm	Nov. 6 - Dec. 18	\$85/8
BB /K - 6	M	4:00 - 5:00pm	Nov. 6 - Dec. 18	\$85/8
BC/K - 2	T	2:45 - 4:00pm	Nov 7 - Dec 19	\$75/7

*Non-Resident add \$10*

Location: Session #1 Quashnet Courts, all lessons will be held outdoors  
 Session #2 K - 2 - KCC Gym / K - 6 (Mondays) Quashnet Gym  
 Instructor: Kathryn Olson, USPTA Certified teaching professional





## Archery

### **Youth grades 3rd - 7th.**

Archery is a really fun individual sport for adults and youngsters alike. You will learn the basics:

- How to properly load an arrow onto a bow
- How to release an arrow when shooting
- How to adjust your aim
- How to extract an arrow from your target
- How to keep score.

Safety will be stressed at all times. Whistle commands will be used by your instructor during the class. Certificates will be awarded for getting a bulls-eye and/or for achieving National Field Archery Association classifications. No personal bow use will be allowed. Only bows supplied by the instructor can be used.

<b>Day</b>	<b>Time</b>	<b>Date</b>
Sat.	1:30 - 2:30pm	Sept. 23 - Nov. 4 ( <b>no class Oct. 14</b> )
Fee: R \$59, NR \$69    Location: Mashpee Town Hall Field (back side)		
Length: 6 weeks    Min/Max: 4/9		
Instructor: Philip Gormley, USA Archery Certified Instructor		



## Providence Bruins Tickets

Get your Providence Bruins tickets at Mashpee Recreation Department. One game date offered. Take your family, friends or both. **Transportation will be on your own.**

**Look for a flyer coming home (Mashpee students) or register by phone (508) 539-1416.**

<b>Game Day</b>	<b>Game Time</b>	<b>Game Date</b>
Sun	3:05pm	Sunday, January 14th
Fee: \$18 per person		
Location: Dunkin Donuts Center, Providence, Rhode Island		

## Horseback Riding Workshop

### **Boys & girls ages 5 and up.**

This youth workshop is available throughout the year. Take as many or as few lessons as you like. This is a flexible program to meet the needs of those interested in learning or improving their horsemanship skills.

**Note:** No minimum number of days required.

<b>Day(s)</b>	<b>Time(s)</b>	<b>Date(s)</b>
Sat	1-4:00pm	On-Going
T/W/Th/F	1- 4:00pm	Dec 26, 27, 28 & 29 (or chose 1,2, 3 or 4 days)
Fee: R \$55 per lesson, NR \$65 per lesson		
(4-day program) Resident \$145, Non-Resident \$155		
Instructor: Maushop Equestrian Staff    Call 508-477-1303 for details.		





### **Parachute Fun!**

Kids love playing with parachutes, there are dozens of different games you can play! Parachutes are also great for teaching teamwork and cooperation. Parachuting is also well known for increasing strength, agility, coordination, and endurance. Games will be played weekly and

every child will receive a t-shirt.

<b>Day</b>	<b>Time(s)</b>	<b>Date(s)</b>
Th	2:45 - 4:00pm	Sept. 28 - Nov. 2
Fee: R \$89, NR \$99      Location: KC Coombs		
Instructor: MA Sports Leagues      Length: 6 weeks      Min: 8		

### **Kid Conjurers (Basic Magic)**

**For youth in grades 3 - 6.**

The class will teach the students basic magic techniques that will include easy introductory effects that do not require costly or exotic materials. It will impress upon new minds the beauty of performing magic with everyday, readily available objects. The children will receive a text from which they can further learn and practice simple magic effects they can perform for friends and family.

Week 1 - Introduction: What is Magic - Magic History – Magic Secrets

Week 2 - Money Magic

Week 3 - Rope Magic

Week 4 - Self – Working Card Tricks

Week 5 - Magic with Everyday Objects

Week 6 - Performances – Continuing Magic – Sources

<b>Day</b>	<b>Time(s)</b>	<b>Date(s)</b>
T	2:45 - 4:00pm	Nov. 7 - Dec. 12

Fee: R \$89, NR \$99      Location: Quashnet School

Instructor: Marcus the Magician      Length: 6 weeks      Min/Max: 7/12



### **Science at Play**

**Grades K - 2.**

This hands-on after school program explores the playful side of science. How do bugs defend themselves? What really happens when we cook? Students will examine the science in the kitchen and get a buzz out of the amazing world of insects! This is a program of hands-on activities, stunning demonstrations, and inquiry-based discussions.

**Class includes:**

- Detective Science
- Earthworks
- Bugs
- Kitchen Chemistry
- Movie Effects
- Walloping Weather



<b>Day</b>	<b>Time</b>	<b>Date</b>
W	2:50 - 4:00pm	Oct. 11 - Nov. 15
Fee: R \$109, NR \$119      Location: KC Coombs School      Min:10		
Instructor: Mad Science      Length: 6 weeks		

## Introduction to Machine Sewing

This program will teach you how to operate a sewing machine! Safety rules will be covered in each class. You'll learn what each part of the sewing machine does; foot pedal, hand wheel, take up lever, tension discs etc. Sewing is both an artistic and mechanical craft that requires concentration and practice and is fun at the same time. Sample projects may include: reversible headband, wallet, stuffed animal, reversible bag, zip pencil case bag, the Aquarium or Gingerbread House art quilt, the fish pillow or cat or fox pillow! We will be coordinating projects with holidays that fall in the month the class is held.

**Transportation provided by Mashpee Rec to Sew Pro if needed.**

Grade	Day	Time	Dates(s)
K - 2	W	3:15-4:45pm	Oct. 4, 11, 18 & 25
3 - 6	W	3:15-4:45pm	Nov. 1, 8, 15 & 29 <b>(no class 11/22)</b>

Fee: R \$95, NR \$105

Location: Sew Pro, Heritage Park Sandwich, 280 Route 130

**Kids can be transported by Mashpee Rec Staff in town van to Sew Pro if needed. Pick-up at Sew Pro by parents at 4:45pm.**

NOTE: Please bring a snack and a water.

Instructors: Mary Ann Fischer & Staff

## Holiday Crafts

### **Youth in grades 1st & 2nd.**

Join us for some fun holiday craft projects! We'll make three projects, all holiday themed! Bring your projects home for decoration or give them away as gifts.

Day	Time(s)	Date(s)
Sat.	9:30 - 10:30am	Nov. 18, Dec. 2 & 9 <b>(no class 11/25)</b>

Fee: R \$49, NR \$59      Length: 3 sessions

Location: KC Coombs      Min/Max: 6/12

Instructor: Natalie Bolio



## ADULT PROGRAMS

### Pickleball

Join one of the fastest-growing sports in the Northeast! Pickleball is a fun game that is played on a badminton court with the net lowered to 34" at the center. It's played with a ball similar to a whiffle ball and wooden or composite paddles. It's easy for beginners to learn, but it can develop quickly into a fast-paced, competitive game for experienced players. Come join the fun! Equipment will be provided.

<b>Day</b>	<b>Time</b>	<b>Date(s)</b>
M/W/Th.	6:00 - 8:00pm	Sept. 25 - Dec. 21
<b>(No pickleball 10/9, 10/23 11/22 &amp; 11/23)</b>		

Fee: R \$60 per 12-week session on selected night  
 NR \$70 per 12-week session on selected night

**(Fee includes Mashpee Pickleball T-shirt, one per person)**

Location: Quashnet School Gym      Length: 12 weeks

### Pickleball - Learn to Play Clinic (Beginner)

Learn to Play Pickleball this fall. Whether you are brand new to pickleball or have been recently introduced to the sport, this is the clinic for you. This program will teach everything from the basic rules, to paddle and court position to doubles strategies. This class meets every other Tuesday for 3 weeks from 6-8 PM. Paddles are provided if needed. Please wear court shoes and comfortable athletic clothes. Beginners only please.

<b>Days</b>	<b>Time</b>	<b>Date</b>		
T	6:00 - 8:00pm	Sept. 26, Oct. 10 & 24		
Fee:	R \$40, NR \$50	Length: 3 lessons	Min/Max:	8/12
Instructor:	Arlene Petrunich	Location:	Quashnet School Gym	

### Pickleball - Skills and Drills Clinic (Intermediate)

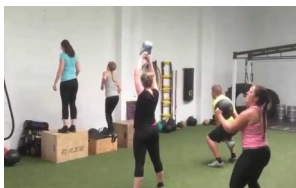
Improve your game! Progressive Skills and Drills Clinics for intermediate players will be offered on Tuesday evenings. These classes will be taught by a highly ranked player-instructor. Drills include; dinking, strategic play, serves and returns, change of speed and drop shots. Instruction will be customized to the group's ability.

<b>Days</b>	<b>Time</b>	<b>Date</b>		
T	6:00 - 8:00pm	Nov. 7, 21 & Dec. 5		
Fee:	R \$40, NR \$50	Length: 3 lessons	Min/Max:	8/12
Instructor:	Arlene Petrunich	Location:	Quashnet School Gym	



## **Spartan Strong**

Conquer physical and mental challenges in this group fitness workout inspired by Spartan Race. Increase your strength, endurance, and mobility with an innovative combination of resistance training, bodyweight moves, dynamic stretching and cardio-focused drills. Discover and unleash the Spartan in you. All fitness levels are welcome, as many options are provided for each movement pattern. The only equipment used is the Spartan Pancake (provided). AROO!



Day	Time	Date
M & W	5:30 - 6:30pm	Oct. 2 - Nov. 13 (no class Oct. 9)
Monday only	5:30 - 6:30pm	Oct. 2 - Nov. 13 (no class Oct. 9)
Wed. only	5:30 - 6:30pm	Oct. 4 - Nov. 8

Fee: R \$99, NR\$109 or register for one class at a time

Monday only R \$50, NR \$60

Wednesday only R \$50, NR \$60

Location: KC Coombs Gym

Length: 6 weeks, 12 classes Min/Max: 8/30

Instructor: Aimee Nicoterra



## **Beginner / Advanced Beginner Tennis** **HS/Adult**

Lessons will include intense instruction on volley, forehand, backhand, and serving techniques. Participants will also learn how to score and play in a singles and doubles match.

Day	Time	Date
Sat.	9:00 - 10:00am	Sept. 23 - Oct. 28

Fee: R \$69, NR \$79 Location: Quashnet School Courts  
Length: 6 lessons Min/Max: 4/8  
Instructor: Kathryn Olson, USPTA Professional



## **Archery**

**Adults 18+.**

Archery is a really fun individual sport for adults and youngsters alike. You will learn the basics: How to properly load an arrow onto a bow, How to release an arrow when shooting, How to adjust your aim, How to extract an arrow from your target, How to keep score.

Safety will be stressed at all times. Whistle commands will be used by your instructor during the class. Certificates will be awarded for getting a bulls-eye and/or for achieving National Field Archery Association classifications. No personal bow use will be allowed. Only bows supplied by the instructor can be used.

Day	Time	Date
Sat.	2:30 - 3:30pm	Sept. 23 - Nov. 4 (no class Oct. 14)

Fee: R \$59, NR \$69 Location: Mashpee Town Hall Field (back side)  
Instructor: Philip Gormley, USA Archery Certified Instructor



## **Tai Chi**

The benefits of Tai Chi are best shown through regular practice. Participants will learn to use awareness of breath, posture and weight transference working on the basic Yang style Tai Chi movements in easy to follow short forms. All levels welcome.



<b>Day</b>	<b>Time</b>	<b>Date</b>
M/W	7:00 - 8:00am	Sept. 18 - Oct. 25
M/W	4:00 - 5:00pm	Oct. 2 - Nov. 8

Fee: R \$99, NR \$109      Length: 6 weeks      Min/Max: 4/9  
Location: Mashpee Fitness Center

## **Scrapbooking for Fun!**

Join us for this fun evening as you create simple, yet beautiful keepsakes. Whether you're an experienced scrapbooker or wanting to learn, we'll help you find some inspiration to get those photos off of your phone and in an album where you can treasure them for years to come! Bring your photo's, supplies and meet some new friends to scrap with! Tool will be provided (will also have a sizzix machine for use)

<b>Day</b>	<b>Time(s)</b>	<b>Date(s)</b>
Th.	6:30 - 8:30pm	Nov. 2

Fee: R \$20, NR \$30  
Length: 1 evening      Location: Quashnet School  
Instructor: Colleen Story

## **Create a Card For Any Holiday!**

Every holiday is an excuse to celebrate! Why not do so with a homemade card? In this class you will learn how to make your own greeting cards and gift tags. We will make two cards and 10 gift tags! All materials and card making tools will be provided.

<b>Day</b>	<b>Time(s)</b>	<b>Date(s)</b>
Th	6:30 - 8:30pm	Nov. 16

Fee: R \$20, NR \$30  
Length: 1 evening      Location: KC Coombs  
Instructor: Colleen Story



## **Wreath Decorating Class**

This is a great way to kick off the holiday season! This fun & relaxing evening out will begin with some refreshments while you create a beautiful wreath for your house or for a gift! Wreaths will be made already, all you have to do is embellish it with supplies of your choice, provided by

Mashpee Recreation, we'll have bows, acorns, holly, starfish, seashells and more! If you would like to make more than one wreath, you may as long as time allows.

<b>Day</b>	<b>Time(s)</b>	<b>Date(s)</b>
M	6:30 - 8:30pm	Nov. 27

Fee: R \$40 for one wreath or \$70 for two  
NR \$50 for one wreath, or \$80 for two  
Length: 1 evening      Location: KC Coombs



### Custom Glass Art Frame

Always admired those sea glass art frames? This is your chance to make one yourself, and customize it the way you want it! This is a fun and relaxing evening. The instructor will provide everything you will need to make your beautiful creation. No experience necessary. Please note that you will have to return the next day to pick up your frame.

Day	Time	Date
T	6:30 - 8:30pm	Oct. 17
Fee: Resident \$40, Non-Resident \$50    Length: 1 evening		
Location: Mashpee Recreation Department, 520 Main St.    Min/Max: 5/8		
Instructor: Natalie Bolio		

### Custom Wood Sign

Make up to a 12x12 inch wood frame. You can customize with choices of paint colors, stencils, shells, etc. I will bring everything you need to assemble and design your sign. Take home with you that night.

Day	Time	Date
T	6:30 - 8:30pm	Nov. 7
Fee: Resident \$40, Non-Resident \$50		
Length: 1 evening		
Location: Quashnet School    Min/Max: 5/8		
Instructor: Natalie Bolio		



### Beginner Photography

Do you have a digital DSLR camera (a camera with interchangeable lenses)? Do you know what all the buttons do? Do you want to? If you do, join us on Thursday nights starting Sept. 28. This class will cover basic camera functions, shot selection/framing, some post processing and hopefully some fun. We will also be having two bonus meetups (depending on weather), at some point during the weeks, to go and shoot someplace together as a group. Each week students will be given a task to complete to enforce what was learned. You will be ready by the holidays to take great shots for your holiday cards. Hope to see you there!

Day	Time(s)	Date(s)
Th	6:30 - 8:30pm	Sept. 28 - Nov. 9 (no class 10/26)
Fee: R \$120, NR \$130		
Location: Quashnet School    Length: 6 sessions    Min/Max: 5/12		
Instructor: Steve Huntley		



## **Mashpee Recreation Registration Form (One Person Per Form)**

Name of Participant: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Cell Carrier: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: \_\_\_\_\_ Shirt size: \_\_\_\_\_

In case of an emergency, please notify:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_

PROGRAM NAME:	FEE	START DATE
_____	_____	_____
_____	_____	_____

MC/VISA # \_\_\_\_\_

Exp \_\_\_\_ / \_\_\_\_ 3 Digit Code \_\_\_\_\_ Total: \_\_\_\_\_

Make checks payable to "Town of Mashpee" and mail to: Town of Mashpee,  
Mashpee Recreation, 520 Main St., Mashpee, MA 02649.

**HOLD HARMLESS CLAUSE:** I, the undersigned parent/guardian or participant, do hereby consent to my/their participation in voluntary athletic, recreation, or community education programs of the Town/City, or Public School of Mashpee.

I also agree to forever release the Town/City of Mashpee, the School Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic, recreation, or community education programs of the Town/City or Public Schools ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town or Public School of Mashpee voluntary athletic, recreation, or community education programs.

I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my participation, or my child's participation in the Town/City or Public School of Mashpee voluntary athletic, recreation, or community education programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation, or my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this form, I affirm that I have decided to allow my participation, or my child's participation in the Town/City or Public School's athletic, recreation, or community education programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Town/City or Public School athletic, recreation, or community education programs.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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PROGRAM NAME:	FEE	START DATE
_____	_____	_____
_____	_____	_____

MC/VISA # \_\_\_\_\_

Exp \_\_ / \_\_ 3 Digit Code \_\_\_\_\_ Total: \_\_\_\_\_

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Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: \_\_\_\_\_ Shirt size: \_\_\_\_\_

In case of an emergency, please notify:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_

PROGRAM NAME:	FEE	START DATE
_____	_____	_____
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MC/VISA # \_\_\_\_\_

Exp \_\_ / \_\_ 3 Digit Code \_\_\_\_\_ Total: \_\_\_\_\_

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Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mashpee Recreation Department

520 Main Street

Mashpee, MA 02649

*Printed by:*

MPS Students in the Mashpee Technology Center of Excellence