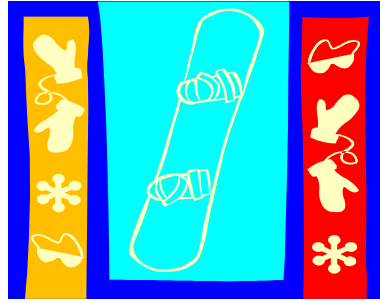


# NORWELL RECREATION<sup>g 1</sup>



## WINTER 2011-12

### **REGISTER ONLINE! It's easy!**

You can now register at [www.townofnorwell.net](http://www.townofnorwell.net)

It's ...

- ◆ **First & Fast!** It starts **Nov 16 at 10:00am**. Open your existing account if you already have one. Or set up your new account today so you'll be all set to sign-up on Nov 16.
- ◆ **Easy!** Programs are just a few clicks away once you have an account!
- ◆ **Timely!** Anytime 24/7, around the clock access.
- ◆ **Convenient!** Register from the comfort of home & pay with your credit card. There is a convenience fee for online registrations.
- ◆ **Secure!** Your account information remains private & safe.

**ONLINE SIGNUPS START NOV 16, 10AM**

**WEBSITE: [www.townofnorwell.net](http://www.townofnorwell.net)**

**CLICK ON THE "RECREATION" BUTTON & FOLLOW THE LINKS  
MAIL-INS / WALK-INS / NON-RESIDENTS START NOV 21  
(IF SPACE)**

**RECREATION INFORMATION 781-659-8046 OR  
OFFICE STAFFED: MON - THURS 9-2 OR BY APPT.**

#### RECREATION STAFF

DALE CONNOR, DIRECTOR

JUDY VOLPE, PROGRAM COORDINATOR

#### RECREATION COMMISSION MEMBERS

Ginny Maree, Chair  
Pat Richardson

David Kean  
Anne Staples

Denise Nestor


NORWELL RECREATION  
P.O. BOX 295  
345 MAIN STREET  
NORWELL, MA 02061

**BULK RATE**  
U.S. Postage  
**PAID**  
Norwell, MA 02061  
PERMIT NO. 5

**RESIDENTIAL CUSTOMER**

**NORWELL, MA 02061**

**REGISTRATION POLICIES (PLEASE READ FIRST)**  
**REC OFFICE 781-659-8046 MON-THUR 9A-2P**



- **ONLINE STARTS 11/16 at 10am** - Online is first, easy, fast, convenient & secure @ [www.townofnorwell.net](http://www.townofnorwell.net). Access your existing account. Or if new to online signups, set up your account early (before you start to register) & follow instructions on the website. You use a credit card for online registrations. There is a online service fee which is not refundable.
- **MAIL-INS / WALK-INS & NON-RESIDENTS BEGIN 11/21**; if space is still available. Programs may fill with online signups! Use the form (below) & a check payable : "Town of Norwell", Recreation, P.O. Box 295, Norwell, MA 02061. Visit our office at 345 Main St. on Mon-Thurs; 9a-2p. Or "Drop Off" 24/7 using the "DROP" box at the front of the Town Offices. **Credit cards usage only online.**
- **DEADLINES for winter activities are 1 week prior to 1st class, unless otherwise noted (trips) or already filled.** So don't delay! If programs do not reach minimums by deadlines, it could be cancelled.

**\* CANCELLATIONS, WITHDRAWALS & REFUNDS:** All refund requests must be in writing (emails ok) to the Recreation Office. Full refunds will be issued if a program is full, cancelled or if you withdraw before the deadline. After deadlines, participants withdrawing before the program begins, & *provided the minimum class participant level is achieved*, will receive a refund minus a \$10 processing fee. No other refunds will be given as program expenses (instructors & supplies) will have already been incurred. Online service fees are not refundable. Deadlines are usually 1 week prior to a program unless otherwise noted (i.e. trips).

- Cancellations will be notified by email to those registered & on website under the specific activity.
- **Registrations accepted on first-paid, first served** basis to Norwell residents. *Sorry, no phone reservations. Credit cards only online.* Late registrations pay full fees, no pro-rating. **[Non-residents sign-ups begin Nov 21, space permitting.]**
- **Confirmations?** *Online registrations receive confirmation, receipt by email & access to your family schedules.* Office sign-ups confirmed if an email address is given. Otherwise, we do not send confirmations. You are enrolled upon receipt of payment & form. We will notify you if a program is full, cancelled or a problem with your registration. Please note all information on your calendar.
- **Financial Assistance.** *Consideration* upon written request by Nov 21 [ski programs excluded].
- **All abilities invited.** If special accommodations needed, please explain & give us a 2-3 wk. notice.
- **Participation is at registrant's own risk.** Norwell Recreation does not provide medical insurance for participants. Participants are advised to have adequate personal coverage & *it is required for trips.*

**WEBSITE: [www.townofnorwell.net](http://www.townofnorwell.net)**  
**Office Hours: Mon-Thur 9a-2p or by appt.**  
**781.659.8046**



**"REC" REGISTRATION FORM** [COMPLETE 1 FORM PER PERSON]  
**PLEASE PRINT ALL INFO** — more forms on website  
**CHECKS PAYABLE: Town of Norwell**

RETURN TO: Town of Norwell Recreation, P.O. Box 295, Norwell, MA 02061

PARTICIPANT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
 # Street Town State Zip

Home Phone (\_\_\_\_) \_\_\_\_\_ Parent's Name(s) \_\_\_\_\_

Cell Phone 1 (\_\_\_\_) \_\_\_\_\_ Cell Phone 2 (\_\_\_\_) \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Gender: M F

Email address \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH .\_\_\_\_.\_\_\_\_.\_\_\_\_ GRADE \_\_\_\_\_

EMERGENCY CONTACT If parent cannot be reached:

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ Relationship \_\_\_\_\_

Please note allergies, medications, spec. needs \_\_\_\_\_

**Insurance Co. (mandatory "ski" progs)** \_\_\_\_\_ **ID #** \_\_\_\_\_

realize that participation in the programs listed on this form involves some risk but regard the benefits to outweigh the risks. I agree to hold harmless the Town of Norwell, its employees/agents from claims or liability related to any accident that may occur. I give permission for medical treatment & x-rays to be given if needed.

Signature \_\_\_\_\_ Date: \_\_\_\_\_  
 Adult Participant or Parent (if participant under 18)

PROGRAM CODE#: \_\_\_\_\_ PROGRAM CODE #: \_\_\_\_\_

PROGRAM CODE#: \_\_\_\_\_ PROGRAM CODE #: \_\_\_\_\_

**IF REC HOOPS Gr 5-8: T-SHIRT (ADULT SIZES) \_\_\_\_\_ PLAYER HEIGHT \_\_\_\_\_**

# YOUTH ACTIVITIES Page 3

**ONLINE STARTS 11/16 @ 10A**  
**CHECK OUR WEBSITE: WWW.TOWNOFNORWELL.NET**  
**Mail/Walk-ins/Non-residents on 11/21 if space still available**

## WEE PLAYTIME (0-4 YEARS)

Cooperative play session for pre-school child w/caregiver. We provide space, opportunity, equipment, toys. You provide supervision & cleanup. 10 wks. Max-35. **Town Offices-lower level.** Register all children participating (even if older).



**1102.110 MON, Jan 9-Mar 26** (no 1/16, 2/20); 9:30-11a

**1102.120 TUE, Jan 10-Mar 20** (no 2/21); 9:30-11a

**1102.130 WED, Jan 11-Mar 21** (no 2/22); 9:30-11a

**FEE: \$35 / family**



## PLAYGROUP (2 YR 9 MOS - 5 YEARS - NOT IN GR K)

Supervised play session for 2.9-5 yr olds (*toilet trained-no pull-ups*), not in Kindergarten. Explore, discover, build friendships & confidence. Kids play, sing, hear & tell stories & make crafts! BYO drink & nut-free snack. Min 10, max 16. 10 wks. **Town Offices-lower level.** Supervisors: Sheri Hoitt & Debbie Mickle.

**1101.140 THU, Jan 5-Mar 15** (no 2/23); 9-11:30a

**FEE: \$83**

## AFTERSCHOOL SPORTS COLE (GR K-5) 3:20-4:30PM

BYO drink & nut-free snack. Give school office parental permission slip for a child to stay at school. 5 wks. Min 10, max 25. **Gym.** Instructors: Mon=Sheri Hoitt, Tue-Fri= Jim Thornton.

<b>1204.111</b>	KICK & DODGE	Gr 3-5	MON	Jan 9-Feb 13	(no 1/16)
<b>1204.121</b>	BASKETBALL	Gr 3-5	TUE	Jan 10-Feb 14	(no 1/24)
<b>1204.131</b>	BASKETBALL	Gr 1-3	WED	Jan 11-Feb 8	
<b>1204.141</b>	BASKETBALL	Gr K-2	THU	Jan 12-Feb 9	
<b>1204.151</b>	BASKETBALL	Gr 1-4	FRI	Jan 13-Feb 10	
<b>1204.112</b>	KICK & DODGE	Gr 3-5	MON	Mar 5-Apr 2	
<b>1204.122</b>	GYM HOCKEY	Gr 3-5	TUE	Mar 6-Apr 3	
<b>1204.132</b>	GYM HOCKEY	Gr 1-3	WED	Feb 29-Mar 28	
<b>1204.142</b>	SOCCER	Gr K-2	THU	Mar 1-29	
<b>1204.152</b>	GYM HOCKEY	Gr 1-4	FRI	Mar 2-30	<b>FEE: \$35 / SESSION</b>

## AFTERSCHOOL SPORTS @ VINAL (GR K-5) 2:45-4p

BYO drink & nut-free snack. Give school office parental permission slip for a child to stay at school. Min 10, max 25. 5 wks. **Gym.** Instructor: Lee Leonard

<b>1205.121</b>	BASKETBALL	Gr 4-5	TUE	Jan 10-Feb 14	(no 1/24)
<b>1205.131</b>	BASKETBALL	Gr K-2	WED	Jan 11-Feb 8	
<b>1205.141</b>	BASKETBALL	Gr 1-3	THU	Jan 12-Feb 9	
<b>1205.151</b>	GYM HOCKEY	Gr 3-5	FRI	Jan 13-Feb 17	
<b>1205.122</b>	GYM HOCKEY	Gr 4-5	TUE	Mar 6-Apr 3	
<b>1205.132</b>	GYM HOCKEY	Gr K-2	WED	Feb 29-Mar 28	
<b>1205.142</b>	GYM HOCKEY	Gr 1-3	THU	Mar 1-29	
<b>1205.152</b>	BASKETBALL	Gr 3-5	FRI	Mar 9-Apr 6	<b>FEE: \$35/SESSION</b>



## FENCING (GR 2-8)

Unique sport builds self-confidence, eye-hand coordination, & mental aspect of 1 on 1 competition. Fun & safe. Equipment provided. All levels. Min 6, max 20. 8 wks. **Norwell School Admin (Sparrell Gym), 322 Main St (rte 123).** Instructor: Jim Mullarkey, 3MB Fencing Club.

**1232.121** Beginner: TUE, Jan 10-Mar 6 (no 2/21); 6:15-7:15p

**1232.122** Adv. Beginner: TUE, Jan 10-Mar 6 (no 2/21); 5:15-6:15p

**FEE: \$85**

**ONLINE STARTS 11/16 @ 10am** [www.townofnorwell.net](http://www.townofnorwell.net)  
 Mail-ins / walk-ins / non-residents (if space remains) on 11/21 **781.659.8046**



## REC HOOPS LEAGUE (GR 5-12) DEADLINE DEC 12

**Space limited! Play for the fun of it!** All coaches are high school-age young people. Two Divisions: Gr 5/6 & 7/8; boys & girls play separate leagues. Equal playing time. **NO** standings, all-stars, trophies, tryouts; or special requests for team placement. T-shirt included. Teams selected by league administrators.

**PRACTICES:** begin Jan 9 & 11 All teams in same division practice together at times listed below: No practices MLK day, Feb. vacation, snowdays.

- GR 5/6 BOYS Mon 7-8:15p; Jan 9-Mar 12 @ Middle Gym
- GR 7/8 BOYS Wed 7-8:15p; Jan 11-Mar 14 @ Middle Gym
- GR 5/6 GIRLS Mon 7-8:15p; Jan 9-Mar 12 @ Cole Gym
- GR 7/8 GIRLS Wed 7-8:15p; Jan 11-Mar 14 @ Vinal Gym

**GAMES:** SAT. JAN 14-MAR 17. 8-game schedule. High School Gym, times rotate between 8a-4p. No games/practices MLK day & Feb vacation. "Snow day makeup"- Mar 24.

<b>1214.161</b> GIRLS GR 5-6	<b>1214.162</b> GIRLS GR 7-8	
<b>1214.163</b> BOYS GR 5-6	<b>1214.164</b> BOYS GR 7-8	<b>FEE: \$40</b>

### REC HOOPS COACHES NEEDED (GR 10-12)

**Volunteer** high-school age coaches needed for the Grades 5-8 Rec Hoops winter league. Must enjoy kids, teaching, be a positive role model, & keep it fun! Must be at least Gr. 10 (for Gr. 5/6 league) or Gr. 11-12 (for Gr. 5-8 league). 3-4 coaches per team. All coaches will have a CORI background check. REGISTER ONLINE & download & complete COACHES REGISTRATION & VOLUNTEER CORI FORMS from [www.townofnorwell.net](http://www.townofnorwell.net) & return to Rec Office by Dec 2.



**→MANDATORY COACHES PRE-SEASON MEETING MONDAY, DEC 19 for only pre-registered coaches @ Rec Office 7:00pm**

- 1126.411** COACH BOYS GR 5/6    **1126.413** COACH GIRLS GR 5/6
- 1126.412** COACH BOYS GR 7/8    **1126.414** COACH GIRLS GR 7/8

### FIELD HOCKEY - INDOOR (GR 5-8)

Fun, run, learn & lots of chance to play the game before the spring session outdoors. Good prep for high school! Wear sneakers. Indoor equipment provided. Min 12, max 18. 5 wks. NMS Gym. Instructor: Ginny Maree.



**1233.130** WED, Feb 29-Mar 28; 4-5P

**FEE: \$30**



### VALENTINE STAMPIN' UP™ RELEASE DAY (GR 2-8)

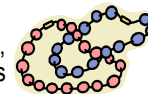
Learn several fun & "Stampin' Up" techniques to make 28 Valentine mini-cards & embellish your own acrylic box to store them. New Designs for returning artists. Min 3, max 12. Town Offices—lower level. Instructor: Christine Josti

**3206.120** TUE, Jan 24; 1-3p

**FEE: \$35**

### INTRO TO BEADING RELEASE DAY (GR 3-8)

Make & take a themed bracelet & earring set for yourself or give as a gift. Min 3, max 7. Gem-o-rama, 155 Webster St (Rt 123), Suite O1, Hanover. All supplies included, use their tools. Instructor: Lindy Tautkus



**4202.440** Winter Theme THU, Dec 1; 1-2:30p Gr 6-8

**4202.120** Valentine Theme TUE, Jan 24; 1-2:30p Gr 3-8

**FEE:**  
**\$35 / session**



### WINTER INDOOR TENNIS (GR 5-ADULT)

We are hoping to offer an indoor tennis program if enough interest. It would be on either Saturday or Sunday afternoons for 1-hour at Cohasset or Scituate clubs. We had great feedback for the fall program. Instructors: Chris Jarrell and Commonwealth Tennis staff. If you are interested, signup now and we'll send you more details when available and you can make the final decision then.

**1280.160** Saturday Interested List

**1280.170** Sunday Interested List

**FEE: \$TBA**



# SKI & SNOWBOARD LESSONS



## **GR 2 - 10 LEARN HERE - BE READY FOR THE BIG MOUNTAINS!**

5 1½-hr lessons at **Blue Hills**. Skiers & Boarders - beginner to advanced. Must take lessons -- NO "free skiing". Fills fast, don't wait! **GO TO WEBSITE for details & forms @ [www.townofnorwell.net](http://www.townofnorwell.net). DEADLINE: DEC. 12. Limit: 38. *New bus departure & return area is [Norwell Middle School Bus Circle](#) (east side). Loads 3:10p-3:25p (no early drop-offs) Returns at 7:00p [7:15p on week 1]. Please be prompt, we're hungry & cold! Safety = wearing helmets! WED, Jan 11-Feb 8 (Keep more Weds open if group makeups needed); 3:25-7:00p***

<b>1271.131</b>	<b>\$210 (ski lesson, own equipment)</b>
<b>1271.132</b>	<b>\$210 (snowboard lesson, own equipment)</b>
<b>1271.133</b>	<b>\$285 (lesson+ski rentals, boots &amp; poles)</b>
<b>1271.134</b>	<b>\$285 (lesson+snowboard rentals &amp; boots)</b>



# SKI TRIPS



**SKI TRIP POLICIES  
IMPORTANT PLEASE READ**

**RETURN REGISTRATION FORM TO OFFICE**

**ALL SUNDAY TRIPS ARE OPEN TO:**

- \* TOP TO BOTTOM SKIERS / RIDERS IN GR 7 & UP (with or without a parent)
- \* GR 6 & UNDER, OR (any age) NOVICE OR BEGINNERS but ONLY IF ACCOMPANIED BY SKIING PARENT OR ADULT GUARDIAN
- \* ANY ADULT
- \* **PLEASE NOTE: NO BEGINNERS, NO LESSONS, NO RENTALS ON MOUNTAIN (WITHOUT PARENT ACCOMPANIMENT).**
- \* **TIMES: 6:00a - 6:00p [Rec Office departure \(PROMPTLY\)](#) .**
- \* Motorcoach, adult escort & lift ticket included. Limited space only 1 bus—50 passengers!
- \* BYO food, snacks, food \$\$ - NO STOPS EN ROUTE.
- \* We'll cancel if not enough sign-ups by deadline dates, so register early! **REFUNDS:** Full refunds if request is made before the deadline date. After deadlines, recreation department must find wait list replacement for you to get any refund.
- \* DVDs available on bus. Bring your favorite movie, G, PG, or PG-13 ratings only.
- \* **Medical insurance info must be on the form.** The town does not carry insurance on participants.
- \* **Participants are expected to follow rules, respect people/property; no drugs/alcohol/tobacco. Failure to do so will result in discontinued participation, including parental responsibility for transportation immediately from wherever problem occurs!**

SKI AREA	SUNDAYS	DEAD LINES	ADULT CODES	ADULT	TEEN	TEEN (13-18)	YOUTH CODES	YTH
<b>WATERVILLE</b>	<b>JAN 8</b>	12/28	4633.171	\$87	<b>4633.172</b>	<b>\$77</b>	4633.173	\$45
<b>LOON</b>	<b>FEB 12</b>	2/1	4630.171	\$85	<b>4630.172</b>	<b>\$75</b>	4631.173	\$65



## **CELTICS TICKETS — (FRIENDS & FAMILIES)**

Get your friends & family together for a game at the TD Garden for great fun. **Tickets ONLY—you provide own transport.** (Seats in Sect. 312, Rows 13-15 for Bulls & Sect. 308, Rows 10-11 for Knicks). Max-40. **DEADLINES = about 1 MONTH PRIOR to game.**

CODE	TEAMS PLAYED	GAME DAY / TIME	DEADLINE	<b>FEE: \$78</b> / game
<b>4606.171</b>	CHICAGO BULLS	SUN, Feb 12; 3:30p	1/11	
<b>4606.172</b>	NEW YORK KNICKS	SUN, Mar 4; 1:00p	2/1	

# TEENS ( 16 & older ) to ADULTS Page 6

ONLINE STARTS 11/16 @ 10A—Mail, Walk-ins, Non-residents 11/21 781-659-8046

## WEIGHT LOSS WITH HYPNOSIS—(AGES 21 & OLDER)

Get off the diet rollercoaster! Learn how hypnosis can help you take the weight off and keep it off. Hypnosis CD provided. Workshop teaches you self-hypnosis & how to use it. Min 4, max 8. [Catalyst Hypnosis Center, 167 Washington St-suite 24, Norwell.](#) Instructor: Kerrilee Pietroski, M.Ed, C.H.



**5424.160 SAT, Jan 21-Feb 4; 9-11a**

**FEE: \$90**



## C.P.R. ADULT / PEDIATRIC / AED — (TEEN-ADULT)

"MEDIC First Aid™" sponsors this hands-on training program which conforms to the same national standards & scientific guidelines as AHA & ARC. [Check acceptance if a job requirement.] Includes book & 2 year certification. Both nights required. Min 6, max 12. [Town Ofc Bldg \(lower level\).](#) Instructor: Allison Mayer.

**5410.130 WED, Jan 25 & Feb 1; 6:30-9:30p**

**FEE: \$35**



## HI-LO AEROBICS WITH SUSAN FRAZIER

30 minute, hi energy, easy to follow, burn calories—cardio workout. Bring sneakers, get fit & have fun. Min 5, max 20 [School Admin Bldg \(Sparrell\) Gym.](#)

**2405.110 MINI 3 WK MON, Dec 5-19; 8:25-8:55a**

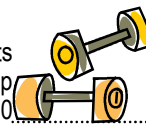
**FEE: \$12**

**2405.111 10 WK MON, Jan 9-Mar 26 (no 1/16, 2/20); 8:25-8:55a**

**FEE: \$35**

## WEIGHT TRAINING

Strengthen & tone, burn calories, increase energy. Start with 2-3 pound weights for beginners. BYO appropriate weights (may increase as you improve). Sign up for one or more sessions per week, you'll see the difference! Min 10, max 20



[School Admin Bldg \(Sparrell\) Gym, 322 Main St.](#)

CODE	SESSION	INSTRUCTOR	DAY / DATES	TIME	FEE
<b>2416.110</b>	MINI - 3 WK	SUSAN FRAZIER	MON, Dec 5-19	9:00a	<b>\$21</b>
<b>2416.111</b>	10 WK	SUSAN FRAZIER	MON, Jan 9-Mar 26 (no 1/16,2/20)	9:00a	<b>\$65</b>
<b>2416.130</b>	MINI - 3 WK	SHERI HOITT	WED, Dec 7-21	9:00a	<b>\$21</b>
<b>2416.131</b>	10 WK	SHERI HOITT	WED, Jan 4-Mar 14 (no 2/22)	9:00a	<b>\$65</b>

## YOGALATES WITH SUSAN FRAZIER



All levels. Exercise, postures, stretches derived from yoga & pilates. Improve flexibility, core & lower back strength. Supine & seated positions only. BYO yoga mat or large towel & water. Min 10, max 15 [School Admin Bldg \(Sparrell\) Wellness Room.](#)

**2419.110 MINI 3 WK MON, Dec 5-Mar 19; 10:05-11:05a**

**FEE: \$21**

**2419.111 10 WK MON, Jan 9-Mar 26 (no 1/16, 2/20); 10:05-11:05a**

**FEE: \$65**



**YOGA** BYO mat, water & open mind! All levels welcome. Check our website for descriptions. Max 25. [School Admin Bldg \(Sparrell\) Wellness Room](#)

CODE	YOGA	INSTRUCTOR	DAY / DATES	TIME	FEE
<b>2417.110</b>	HATHA 10 WK	LAURIE SPRAGUE	MON, Jan 23-Apr 2 (no 2/20)	7:00p	<b>\$70</b>
<b>2417.120</b>	MINI 5 WK HATHA VINYASA	SUSAN FRAZIER	TUE, Nov 29-Jan 3 (no 12/27)	9:30a	<b>\$37</b>
<b>2417.121</b>	HATHA VINYASA 10 WK	SUSAN FRAZIER	TUE, Jan 10-Mar 20 (no 2/21)	9:30a	<b>\$70</b>
<b>2417.130</b>	HATHA 10 WK	LAURIE SPRAGUE	WED, Jan 18-Mar 28 (no 2/22)	9:00a	<b>\$70</b>
<b>2417.131</b>	HATHA 10 WK	LAURIE SPRAGUE	WED, Jan 18-Mar 28 (no 2/22)	7:00p	<b>\$70</b>



## FITNESS @ WEBB'S

Online for descriptions. [Webb's Pro Fitness, 130 Washington St, Norwell.](#) 6 wks. Max 6.

CODE	ACTIVITY	DAY / DATES	TIME	FEE
<b>2401.110</b>	AQUA ZUMBA	MON, Jan 9-FEB 13	5:45p	<b>\$49</b>
<b>2401.130</b>	AQUA ZUMBA	WED, Jan 11-FEB 15	9:15a	<b>\$49</b>
<b>2418.120</b>	ZUMBA	TUE, Jan 10-Feb 14	6:15p	<b>\$49</b>