

# WINTER 2017 PROGRAM GUIDE



## NORWELL RECREATION

345 Main Street, P.O. Box 295  
Norwell, Massachusetts 02061  
781-659-8046  
recreation@townofnorwell.net

**PLAY WELL!  
STAY WELL!**

### REGISTRATION SAVE THE DATES!

**ONLINE REGISTRATION** for Winter 2017 programs begins at 10:00a on **WEDNESDAY 12/7/16** at [www.townofnorwell.net](http://www.townofnorwell.net) for Norwell Residents only!

**MAIL-IN, WALK-IN and NON-RESIDENT REGISTRATION** begins at 10:00a on **WEDNESDAY 12/14/16!** Checks or Cash are the only acceptable payment taken in the Recreation Department Office.

Many programs fill up fast! Make sure to check your existing account or set-up your new account prior to 12/7/16!

To access or set-up your online account, visit [www.townofnorwell.net](http://www.townofnorwell.net). Click on **RECREATION** listed under departments and follow the links.

The Recreation Department Office is located in the lower level of Town Hall at 345 Main Street. The office is staffed

Monday-Thursday 9a-4p and Friday 9a-12p. Please call (781) 659-8046 or email [recreation@townofnorwell.net](mailto:recreation@townofnorwell.net) with questions or comments! Find additional program info by visiting [www.townofnorwell.net](http://www.townofnorwell.net) or "LIKE" Norwell Recreation Department on our new Facebook page.

#### RECREATION STAFF

George Grey, Superintendent

Judy Volpe, Program Coordinator

#### RECREATION COMMISSION MEMBERS

Gary Shaffer, Chair

Christopher Madden

Shana Hallman

Andrea Warren

Aleta Scully

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



# YOUTH ACTIVITIES

## AFTER SCHOOL SPORTS 3:20-4:30p

All parents must send permission slip to school office for a child to stay after school! BYO drink & nut-free snack.

### COLE Instructor: Jim Thornton

1204.121	GYM HOCKEY	GR 3-5	TUE	Jan 10- Feb 7	FEE: \$38
1204.131	GYM HOCKEY	GR K-2	WED	Jan 11 - Feb 8	FEE: \$38
1204.141	GUARD THE PIN	GR 3-5	THU	Jan 12 - Feb 9	FEE: \$38
1204.151	GUARD THE PIN	GR K-2	FRI	Jan 6 - Feb 10 (No 1/13)	FEE: \$38
1204.122	GYM HOCKEY	GR 3-5	TUE	Feb 28 - Mar 28	FEE: \$38
1204.132	BASKETBALL	GR K-2	WED	Mar 1 - Mar 29	FEE: \$38
1204.142	BASKETBALL	GR 3-5	THU	Mar 2-Mar 30	FEE: \$38
1204.152	SOCCER	GR K-2	FRI	Mar 3-Mar 31 (No 3/17)	FEE: \$32

### VINAL Instructor: Lee Leonard

1205.111	BASKETBALL	GR K-2	MON	Jan 9 - Feb 6 (No 1/16)	FEE: \$32
1205.121	BASKETBALL	GR 3-5	TUE	Jan 10- Feb 7	FEE: \$38
1205.131	GYM HOCKEY	GR K-2	WED	Jan 11 - Feb 8	FEE: \$38
1205.141	GYMHOCKEY	GR 3-5	THU	Jan 12 - Feb 9	FEE: \$38
1205.112	GYM HOCKEY	GR K-2	MON	Mar 6 - Apr 3	FEE: \$38
1205.122	GYM HOCKEY	GR 3-5	TUE	Feb 28 - Mar 28	FEE: \$38
1205.132	BASKETBALL	GR K-2	WED	Mar 1 - Mar 29	FEE: \$38
1205.142	BASKETBALL	GR 3-5	THU	Mar 2-Mar 30	FEE: \$38

## THUNDERCAT SPORTS (2-6 YEARS)

Learn skills of a variety of sports while building self-esteem, teamwork and sportsmanship. Wear comfortable clothes, gym shoes and BYO water bottle.

**Town Hall Gym, 345 Main St. 6 weeks Max: 12**

**Instructor: Thundercat Sports Staff**

**FEE: \$75**

**SAT, Jan 7-Mar 4 (No 1/14, 2/18, 2/25)**

**1275.161 PARENT AND TOT JAM (2-3 years) 11a-12p**

**1275.162 KID SPORTS JAM (4-6 years) 12p-1p**

## UK ELITE PETITE SOCCER (3-6 YEARS)

Learn the basics of soccer using techniques for Pre-K and K children. Focus on building confidence, ball contact and emphasizing the ABC's of Athleticism: Agility, Balance and Coordination. Program will be held indoors. Wear comfortable clothes, gym shoes and BYO water bottle. Each participant will receive a T-Shirt!

**School Admin Gym, 322 Main St. 6 weeks Max: 36**

**Instructor: UK Elite Soccer Staff**

**FEE: \$75**

**TUE, Jan 17-Feb 28 (No 2/21)**

**1100.121 10:15-11:15a**

**1100.122 12:15-1:15p**

## CHESS WIZARDS (GR K-5)

Students will learn game play, strategies and sportsmanship. Participants will be divided into groups based on knowledge of game.

**Town Hall Lower Level, 345 Main St. 6 weeks Max: 20**

**FEE: \$105**

**Instructor: Boston Chess Wizards**

**1217.130 WED, Jan 11-Feb 15 4-5p**



Like us on  
**Facebook**

# MORE YOUTH ACTIVITIES

## WEE PLAYTIME W/ CAREGIVER (0-4 YEARS)

Cooperative play session for children and caregiver. We provide equipment and toys. Caregiver is responsible for supervision and clean-up.

**Town Hall Lower Level, 345 Main St. 10 weeks Max: 35**

**1102.110 MON, Jan 9-Mar 27 (No 1/16, 2/20) 9:30-11a**

**1102.150 FRI, Jan 13-Mar 31 (No 2/24, 3/17) 9:30-11a**

**FEE: \$35**  
per session

## PLAYGROUP (2.75-5 YEARS) \*NOT IN GRADE K

Explore, discover, build friendships and confidence. Kids play, sing, enjoy story time & make crafts! Child must be toilet trained and perform all bathroom duties by themselves (no pull-ups) and not in Gr K. BYO drink & nut-free snack.

**Town Hall Lower Level, 345 Main St. 10 weeks Max: 18**

**Supervisors: Sheri Hoitt & Brian Delugan**

**1101.140 THU, Jan 12-Mar 23 (No 2/23) 9-11:30a**

**FEE: \$95**

## KINDER ENRICHMENT (GR K)

Participants will explore authors, create journals, science experiments and experience nature "hands-on." Play math and literacy games and build new friendships with a variety of fun activities. BYO drink & nut-free snack.

**Town Hall Lower Level, 345 Main St. 10 weeks Max: 16**

**Instructors: Janice McGovern & Jen Weier**

**TUE, Jan 10-Mar 21 (No 2/21)**

**1103.121 9-11a**

**1103.122 1-3p**

**FEE: \$140**  
per session

## KINDERFUN & GYM (4-5 YEARS) \*PRE-K & GRADE K

Kids learn new skills of following direction while playing! Jump on in for a fitness-inspired class of fun and organized game play, including obstacle courses, relays and ball games. Be social and get physical exercise in a supervised setting. BYO drink & nut-free snack.

**Town Hall Lower Level, 345 Main St. 10 weeks Max: 20**

**Instructors: Janice McGovern & Jen Weier**

**WED, Jan 11-Mar 22 (No 2/22)**

**1103.131 9-11a**

**1103.132 1-3p**

**FEE: \$135**  
per session

## LEGO ROBOTICS (GR 1-5)

Build and program robots in this introductory robotics class using the LEGO WeDo system. Learn basic programming skills, simple engineering concepts, and names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young robotics enthusiasts!

**NMS Community Room, 328 Main St. 8 weeks Max: 14**

**Instructor: Play-Well TEKnologies Staff**

**1225.110 (GR 4-5) MON, Jan 23-Mar 27 (No 2/13, 2/20) 4-6p**

**1225.140 (GR 1-3) THU, Jan 26-Mar 23 (No 2/23) 4-6p**

**FEE: \$220**



## EARLY RELEASE DAY TRIPS (GR 6-8)

Fee includes transportation, supervision, and activities. BYO lunch and drinks to eat in cafeteria before departure. Participants may bring additional money for additional snacks! Parents must complete and return "REC" Registration Form/Waiver plus SKYZONE and/or LASER CRAZE waiver.

## SKYZONE

**REGISTRATION DEADLINE JANUARY 9!**

**Meet in NMS Cafeteria 1 day Max: 45**

**Supervisor: Norwell Rec Staff**

**4288.150 FRI, Jan 13 11a-3p**

**FEE: \$40**  
per trip



## LASER CRAZE

**REGISTRATION DEADLINE JANUARY 26!**

**Meet in NMS Cafeteria 1 day Max: 45**

**Supervisor: Norwell Rec Staff**

**4288.110 MON, Feb 13 11a-4p**

# MORE YOUTH ACTIVITIES

## FIELD HOCKEY: INDOOR (GR 6-8)

Participants of all levels will enjoy this fun way to learn and improve skills before the outdoor season. Good prep for high school! Wear sneakers. All indoor equipment provided.

**Middle School Gym, 328 Main St. 5 weeks Max: 20**  
**Instructor: Jen Schad, NHS Field Hockey Coach**

**1233.130 WED, Mar 1-Mar 29 3-4p**

**FEE: \$40**

## SKI / SNOWBOARD LESSONS (7-15 YEARS) AT BLUE HILLS

### REGISTRATION DEADLINE: DECEMBER 19!

All levels: Five 75 minute lessons. No "free skiing". Instruction, supervision, transportation included. Parents will have to complete Blue Hills waivers and rental information online. Additional Information Sheet available on [www.townofnorwell.net](http://www.townofnorwell.net). Please save later Wednesdays for "snow day" makeups. Parents are encouraged to purchase their own helmets!

**Departs NMS Bus Circle (East Side), 5 lessons Max: 35**  
**Supervisors: Norwell Rec Staff & Blue Hills Instructors**

**WED, Jan 4-Feb 1, 3:25-7p (Please be prompt for pick-up!)**

<b>1271.131</b>	<b>\$260 Ski Lessons/No Rental</b>
<b>1271.132</b>	<b>\$260 Snowboard Lessons/No Rental</b>
<b>1271.133</b>	<b>\$345 Ski Lessons/Ski, Boot &amp; Pole Rental</b>
<b>1271.134</b>	<b>\$345 Snowboard Lesson/Board &amp; Boot Rental</b>

## NORWELL REC HOOPS (GR 1-8)

**FEE: \$75**

**JANUARY 9-MARCH 18**

**MORE INFO ON [WWW.TOWNOFNORWELL.NET](http://WWW.TOWNOFNORWELL.NET)**

**REGISTRATION DEADLINE DECEMBER 18!**

Registration is required for this organized, instructional, and recreational basketball program. All experience levels welcome! Players will be lead in skill development activities on "Practice Nights" and play structured games on their "Game Days/Nights". Each participant will receive a reversible jersey and much more!



AGE GROUP	SKILL NIGHT	GAME DAY	AGE GROUP	SKILL NIGHT	GAME DAY
COED 1 <sup>ST</sup> /2 <sup>ND</sup> #1214.167	N/A	FRI 5-7p @ VINAL	Boys 5 <sup>th</sup> /6 <sup>th</sup> #1214.163	WED 7:45-8:30p @ NMS	SAT 9a-12p @ NHS
Boys 3 <sup>rd</sup> /4 <sup>th</sup> #1214.166	WED 7-7:45p @ NMS	SAT 12-3p @ NHS	Girls 5 <sup>th</sup> /6 <sup>th</sup> #1214.161	MON 7:45-8:30p @ NMS	SAT 9a-12p @ NHS
Girls 3 <sup>rd</sup> /4 <sup>th</sup> #1214.165	MON 7-7:45p @ NMS	SAT 12-3p @ NHS	Boys 7 <sup>th</sup> /8 <sup>th</sup> #1214.164	WED 7:45-8:30p @ NMS	FRI 7-9:45p @ VINAL
			Girls 7 <sup>th</sup> /8 <sup>th</sup> #1214.162	MON 7:45-8:30p @ NMS	FRI 7-9:45p @ VINAL



**REC HOOPS PARENT VOLUNTEER  
 COACH,  
 HS VOLUNTEERS AND PAID STAFF  
 OPPORTUNITIES AVAILABLE!  
 CONTACT RECREATION DEPARTMENT  
 (781) 659-8046**

# COLE/VINAL AFTER SCHOOL

**All parents must send permission slip to school office for a child to stay after school! *BYO* drink & nut-free snack!**

## ARTS & CRAFTS (GR K-1)

Join in the fun of exploring a variety of materials and create exciting projects to take home. Materials may include paint, clay, paper, tissue paper and more.

**COLE Art Room, 81 High St. 6 weeks Max: 12**

**FEE: \$50**

**Instructor: Jeff Menice, Cole Art Teacher**

**3252.140 THU, Jan 12-Feb 16 3:20-4:30p**

## HANDS & CLAY (GR 2-5)

Sink your hands into cool clay and create wonderful, colorful projects including pinch pots, beads and more! Finished projects will be glazed and fired!

**COLE Art Room, 81 High St. 6 weeks Max: 12**

**FEE: \$50**

**Instructor: Jeff Menice, Cole Art Teacher**

**3252.110 (GR 2-3) MON, Jan 9-Mar 6 (No 1/16, 2/13, 2/20) 3:20-4:30p**

**3252.120 (GR 4-5) TUE, Jan 10-Feb 14 3:20-4:30p**

## COOKING CLUB (GR K-5)

Participants will prepare the evening meal for their family. Some meals will be fully prepared in class & others to be assembled for heating. Food, safety, and nutrition are topics of conversation in class. Great experience for picky eaters and budding "foodies." *Girls with long hair should have it tied back.*

**COLE Cafe / Kitchen, 81 High St. 4 weeks Max: 12**

**Instructor: Judy Crooks & Maria Fanning**

**FEE: \$125**

**4207.121 TUE, Feb 28-Mar 21 3:20-4:30p**

**4207.131 WED, Mar 1-Mar 22 3:20-4:30p**

**VINAL Cafe/Kitchen, 102 Old Oaken Bucket Rd. 4 weeks Max: 12**

**Instructor: Ann Guerra & Cindy Loring**

**FEE: \$125**

**4207.120 TUE, Jan 31-Feb 28 (No 2/21) 3:20-4:30p**

**4207.130 WED, Feb 1-Mar 1 (No 2/22) 3:20-4:30p**

## HIP HOP DANCE (GR 2-5)

Come join in this intense high energy class that teaches the most popular video and street dance moves. It's FUN, FAST and most of all FUNKY!

**Instructor: Jacqueline Blankenburg, Jacqueline's Dance Studio**

**VINAL Music Room, 102 Old Oaken Bucket, 6 weeks Max: 15**

**1228.150 FRI, Jan 20-Mar 3 (No 2/24) 3:20-4:30p**

**FEE: \$82**

**COLE Music Room, 81 High St. 6 weeks Max: 15**

**1228.130 WED, Jan 18-Mar 1 (No 2/22) 3:20-4:30p**

## INCREDIFLIX (GR 2-5)

### STOP MOTION TRICKS & TIPS



Wow, how did they do that? We can teach you! In this class we will pull back the curtain and reveal how stopmotion movie magic is made. Students learn how to create a variety of effects in their movies including fire, water, and flying! Participants will work in groups to film these effects and showcase their skills.

**COLE Music Room, 81 High St. 6 weeks Max: 28**

**3234.110 MON Jan 9-Mar 6 (No 1/16, 2/13, 2/20) 3:20-4:45p**

**FEE: \$145**

### BROADCAST FLIX

You create the news! In this class kids get the full broadcast experience from writing and reporting them on the air. They get to be the reporters, anchors and stars!

**VINAL Music Room, 102 Old Oaken Bucket, 6 weeks Max: 20**

**3234.140 THU, Jan 12-Feb 16 3:20-4:45p**

**FEE: \$145**

# ADULT ACTIVITIES

## ADULT COED REC VOLLEYBALL (16 YEARS & UP)

Players will participate in informal, recreation volleyball for the Winter/Spring 2017 session!

**Middle School Gym, 328 Main St. 20 weeks Max: 40**

**FEE: \$20**

**1482.120 TUE, Jan 10-June 13 (No 2/21, 4/18, 5/2) 7-9:30p**

## ADULT PICKLEBALL (21 YEARS & UP)

It's the fastest growing sport in the USA! This popular "mini-tennis" game is a combination of ping pong, tennis, and badminton. It is easy to learn, fun to play, and provides plenty of exercise. You do not have to be strong, quick, athletic or good at other sports. This game is about shot placement and accuracy. Participants will self-manage doubles matches during their 2 hour session. Equipment will be available for use!

**School Admin Gym, 322 Main St. 5 weeks Max: 8**

**THU, Jan 12-Feb 9**

**1457.141 9-11a**

**1457.142 1-3p**

**THU, Mar 2-Mar 30**

**1457.143 9-11a**

**1457.144 1-3p**



**FEE: \$10  
per session**



## CPR/AED/FIRST AID (13 YEARS & UP)

Participants will receive training and certification in American Heart Association Adult, Child & Infant CPR, AED and First Aid usage. This class is a community based class and not a healthcare provider class.

**NMS Community Room, 328 Main St. Max: 16**

**Instructor: George Doucette, Norwell FD**

**5410.120 TUE, Jan 24 6-9:30p**

**FEE: \$38**

## MENS REC BASKETBALL (21 YEARS & UP)

This is a 20 week combined winter/spring session. Bring your own ball for friendly pick-up hoops. All players must be registered participants. Program times change during session. See individual days below No program during vacations, holidays, snow days etc.

**Vinal Gym, 102 Old Oaken Bucket Rd. Max: 30**

**1438.110 MON, Jan 9-Mar 13 (No 1/16, 2/20) 7-9:30p**

**Mar 20-Jun 12 (No 4/17, 5/29) 6-8:30p**

**Middle School Gym, 328 Main St. Max: 30**

**1438.140 THU, Jan 12-Apr 13 (No 2/23) 7-9:30p**

**Apr 27-June 15 (No 4/20) 6-8:30p**

**FEE: \$20  
per session**

## INTERMEDIATE JEWELRY WORKSHOP (16 YEARS & UP)

**REGISTRATION DEADLINE FEBRUARY 13!**

**Additional \$40 material fee paid directly to instructor at class**

Building on the basics learned in the Beginner class, students will learn more challenging techniques using multiple gauges and types of wire and learn to design their own jewelry. Students are encouraged to bring a drilled stone or bead as focal point for a pendant, bracelet, or ring. Don't forget to bring your tools.

**NHS Art Room, 18 South St. 6 weeks Max: 15**

**Instructor: Peri O'Connor, Jeweler**

**3421.110 MON, Feb 27-Apr 3 6:30-8:30p**

**FEE: \$63  
plus \$40  
material fee**

**CONTACT THE RECREATION DEPARTMENT AT 781 659-8046 OR  
RECREATION@TOWNOFNORWELL.NET IF WITH ANY QUESTIONS  
OR IF YOU FORGET YOUR ONLINE REGISTRATION USERNAME /  
PASSWORD**

# ADULT ACTIVITIES

## FITNESS/WELLNESS ACTIVITIES (16 YEARS & UP)

*\*Participants should bring towel/mat and 2-3lb weights for beginners or 3-8lb weights if experienced\**

Norwell Recreation offers a variety of fun fitness/wellness classes! Improve your strength, stamina, flexibility, coordination & relaxation. BYO Yoga Mat.  
**School Admin Wellness Room and/or Gym, 322 Main St.**

CODE	PROGRAM	WITH	DAY/DATE	TIME	FEE
2419.110	TOTAL BODY	SUSAN	MON Jan 9-Mar 27 (No 1/16, 2/20) 10 Weeks	9-10a	\$70
2417.110	YOGA	LAURIE	MON Jan 9-Mar 27 (No 1/16, 2/20) 10 Weeks	7-8:15p	\$82
2417.120	YOGA	SUSAN	TUE Jan 10-Mar 21 (No 2/21) 10 Weeks	9:30-10:45a	\$82
2416.130	MUSCLE	SUSAN	WED Jan 11-Mar 22 (No 2/22) 10 Weeks	9-10a	\$70
2419.130	CORE FUSION	SUSAN	WED Jan 11-Mar 22 (No 2/22) 10 Weeks	10-11a	\$70
2417.130	YOGA	LAURIE	WED Jan 11-Mar 22 (No 2/22) 10 Weeks	7-8:15p	\$82
2418.141	ZUMBA	Kathy	THU Jan 5-Feb 9 6 Weeks	6:30-7:30p	\$44
2418.142	ZUMBA	Kathy	THU Mar 2-Apr 6 6 Weeks	6:30-7:30p	\$44



**Do you have a hidden talent that you would like to teach others?**

**Are you a member of a group that would like to take a recreation program, but the day/time does not work into your schedule?**

**Is there a program missing from the Program Guide that you would like to see offered?**

**Contact Norwell Recreation at (781) 659-8046 or [recreation@townofnorwell.net](mailto:recreation@townofnorwell.net)**

**Help us meet the recreation needs of Norwell!**