

# SPRING 2024 PROGRAM GUIDE



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

## NORWELL RECREATION

PLAY WELL!  
STAY WELL!

### REGISTRATION SAVE THE DATES!

ONLINE Norwell Resident Registration for Spring 2024 programs begins at 10:00a on WEDNESDAY 3/13/24 at: [secure.rec1.com/MA/norwell-ma/catalog](https://secure.rec1.com/MA/norwell-ma/catalog)

Resident Mail-In, Walk-In, and Non-Resident Registration begins at 10:00a on WEDNESDAY 3/20/24! Cash, Check and Credit/Debit Cards can be accepted in the Recreation Department Office.

Many programs fill up fast! Make sure to set-up your new CIVIC REC account prior to 3/13/24!

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 to: ACTIVITY REGISTRATION CIVIC REC

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 by following Norwell Recreation on Facebook.

#### RECREATION STAFF

George Grey, Superintendent

Judy Volpe, Program Coordinator

#### RECREATION COMMISSION MEMBERS

Christopher Madden, Chair

Patrick Kelly

Christine White

Dustin Reardon

Alethea Wait

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

## SPRING 2024 REGISTRATION POLICIES

- **ONLINE REGISTRATIION** for Norwell Residents begins on Wed. March 13, 2024 at 10:00am. This is the fastest, easiest, most convenient and most secure registration method. Please make sure to update all contact and payment information for your existing account or set-up your new account before registration starts. Credit Cards are the only acceptable payment form for online registration.
- **MAIL-IN, WALK-IN & NON-RESIDENT REGISTRATION** begins on Wed. March 20, 2024 at 10:00am. Complete the registration form below and pay via cash or check made payable to "Town of Norwell". Mail to : Norwell Recreation Department 345 Main St. Norwell, MA 02061. Visit our office at 345 Main St. or "Drop Off" 24/7 using the GREY dropbox at the front of Town Hall. *Please note: Programs may fill with online registrations!*
- **REGISTRATION DEADLINE** is one week prior to the first meeting date unless otherwise noted, closed or filled. Do not wait until the last minute to register! If a program does not reach minimum numbers of participants, it could be cancelled. Registrations may be accepted for programs after they have started; however the full registration fee will be charged.
- **CANCELLATIONS, WITHDRAWALS & REFUNDS:** Programs are subject to change or cancellation for reasons out of Norwell Recreation's control. Any programs cancelled by Norwell Recreation will result in full refunds and account credits. Participants withdrawing at least one week before the program start date will receive a refund/credit less a \$10 Processing Fee. Norwell Recreation will waive the processing fee for any medical related withdrawal/ refund requests. All refund/withdrawal requests must be in writing to: recreation@townofnorwell.net
- **CONFIRMATIONS:** Account Holders receive confirmation receipts by email or by checking online account. Individuals registering in the office may have their confirmation printed or emailed. You will be notified if a program is full, cancelled or if there is a problem with your registration. Contact the recreation office with any questions!
- **FINANACIAL ASSISTANCE:** Consideration will be given upon written request no later than March 12, 2024 . Please email requests to: ggrey@townofnorwell.net
- **ALL ABILITIES WELCOME:** Please submit any allergies, medical information, support or special accommodations required when prompted at time of registration or submit written requests to ggrey@townofnorwell.net.
- **HEALTH/SAFETY:** Norwell Recreation staff and participants will follow all state and local health and safety guidelines and regulations at time of program. Most programs recommend participants to bring their own lunch, snacks, water or soft drink. Please do not bring glass containers. All food must be nut-free. Additional program specific guidelines may be sent to participant and/or posted on www.townofnorwell.net.



### SPRING 2024 NORWELL RECREATION REGISTRATION FORM

PLEASE PRINT ALL INFORMATION



PLEASE MAKE CHECKS PAYABLE TO: Town of Norwell

RETURN TO: Norwell Recreation Department, 345 Main St. Norwell, MA 02061

PARTICIPANT NAME \_\_\_\_\_ Gender: M F

ADDRESS \_\_\_\_\_

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

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

Cell Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ SCHOOL GRADE ('23-24) \_\_\_\_\_

EMERGENCY CONTACT other than parent:

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

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

I consent to participation in Town of Norwell recreation programs ("The Town"). I agree to forever release The Town, their employees, agents, volunteers and any and all individuals and organizations assisting or participating in programs from any and all claims, rights of action and causes of action that may have arisen in the past or future, directly or indirectly, from personal injuries to myself or property damage resulting in The Town's programs. I promise to indemnify, defend, and hold harmless The Town against all legal claims and proceedings that may have been asserted in the past or in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in The Town's recreation programs. I further affirm that I have read and understand the contents of this form. I give permission for medical treatment to be given if necessary and grant permission for use of photographs to be taken and used in promotional material.

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

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

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

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

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

# PRE K AND K ACTIVITIES

## WEE PLAYTIME (AGES 0-2.9 W/PARENTS)

Cooperative play session for children 4 & under with adult. This program is for the toddler not a preschooler. We provide the indoor space, equipment and toys. You provide supervision and cleanup. Come meet other parents and tots for lasting friendships.

**Instructor:** Parental Supervision **Max:** 20 **8 weeks**  
**Town Hall Lower Level, 345 Main St.**

**1102.230 WED Apr 24-June 12 9:30-11a**

## KNUCKLEBONES NINJAS (AGES 3-7)

**Instructor:** Knucklebones Staff **Max:** 12 **5 weeks**  
**Town Hall Rear Grass Area, 345 Main St. (all classes outdoors)**

**SAT Apr 27-June 1 (No 5/25)**

**LIL NINJA (AGES 3-5)** Does your child love to run, jump, climb and tumble? This take on American Ninja Warrior is the perfect way for them to work off their energy. Each week your child will participate in stretching, obstacles and games to promote gross motor skills, fitness and fun. Wear comfortable clothes, gym shoes and BYO water. Rain Location: Town Hall Gym

**1275.261 9-9:50a**

**FEE: \$140**

**NINJA WARRIOR (AGES 5-7)** A blend of fitness, flexibility, strength, skill and fun! Participants engage in various drills, elements, games and obstacle courses. From scaling up cargo nets on a truss, to walking across balance beams, climbing over an A-frame, to hanging on monkey bars. Wear comfortable clothes, gym shoes and BYO water. Rain Location: Town Hall Gym

**1275.262 10-11a**

**FEE: \$140**

## MASS CITY MINI SOCCER (AGES 3-6)

Learn basics of soccer using Pre-K techniques, building confidence, ball contact and the ABC's of Athleticism: Agility/ Balance/Coordination. Wear comfortable clothes, gym shoes and BYO water.

**Instructor:** Mass City FC Staff **Max:** 16 **6 weeks**  
**Osborne Field, 328 Main St.**

**TUE Apr 23-May 28**

**1100.221 10:15-11:15a**

**1100.222 1-2p**

**FEE: \$79**

## MASS CITY MINI SPORTS (AGES 3-6)

Learn basics of a variety of sports and games while having fun and interacting with your peers. Wear comfortable clothes, gym shoes and BYO water.

Rain Location: Sparrell Gym

**Instructor:** Mass City FC Staff **Max:** 16 **6 weeks**  
**Osborne Field, 328 Main St**

**THU Apr 25-May 30**

**1100.241 10:15-11:15a**

**1100.242 1-2p**

**FEE: \$79**

# FAMILY FUN

## FISHING DERBY @ JACOBS POND

Please pre-register all potential participants with Norwell Recreation for time slots. Event information and instructions will be posted on [www.townofnorwell.net](http://www.townofnorwell.net) and Facebook. Contact Norwell Recreation for more information and to discuss sponsorship opportunities!

**Check-In @ Woodworth Field on Route 123**

**Max: 75 / time slot**

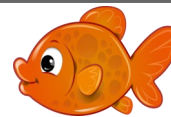
**Saturday May 11**

**0000.061 6:30-7:45a**

**0000.062 7:45-9a**

**0000.063 9-10:15a**

**Prizes awarded at 10:30a**



**FREE!**

**CONTACT THE RECREATION DEPARTMENT AT  
781 659-8046 OR [recreation@townofnorwell.net](mailto:recreation@townofnorwell.net)  
WITH ANY QUESTIONS OR IF YOU FORGET YOUR ONLINE  
REGISTRATION USERNAME / PASSWORD**

# YOUTH ACTIVITIES

**BYO drink & nut-free snack!**

## **SPORTS @ COLE Instructor: Viking Sports 3:20-4:30p**

1204.220	MULTI SPORTS	GR 3-5	TUE	Apr 23-May 28	FEE: \$96
1204.230	MULTI SPORTS	GR K-2	WED	May 8-June 5	FEE: \$80
1204.240	MULTI SPORTS	GR K-2	THU	Apr 25-May 23	FEE: \$80
1204.250	MULTI SPORTS	GR K-2	FRI	Apr 26-May 24 (No 5/17)	FEE: \$64

## **SPORTS @ VINAL Instructor: Lee Leonard 3:20-4:30p**

1205.210	WIFFLEBALL	GR K-2	MON	Apr 22-June 3 (No 5/27)	FEE: \$71
1205.220	FLAG FOOTBALL	GR 3-5	TUE	Apr 23-May 28	FEE: \$71
1205.230	FLOOR HOCKEY	GR 3-5	WED	Apr 24-June 5 (No 5/1)	FEE: \$71
1205.240	FLOOR HOCKEY	GR K-2	THU	Apr 25-May 23	FEE: \$60

## **MASS CITY MULTI SPORTS @ COLE / VINAL (GR K-2)**

Come join us for a variety of games and sports designed to keep you active! This is a great way to introduce yourself to sports in a low pressure, high fun environment. BYO drink & nut-free snack.

**Instructor: Mass City FC Staff Max: 14 5 weeks 3:20-4:30p**  
**COLE Gym, 81 High St.**

**1204.210 MON Apr 29-June 3 (No 5/27)**

**VINAL Gym, 102 Old Oaken Bucket Rd.**

**1205.250 FRI Apr 26-June 7 (No 5/17, 5/24)**

**FEE: \$68**

## **ARCHERY (GR 3-8)**

Learn National Archery Association guidelines, fundamentals, technique, form and safety. Equipment provided! All levels welcome! BYO water.

**Instructor: Shawn Bowlby Max: 20 4 weeks 4-5:30p**

**School Admin Front Lawn, 322 Main St.**

**1211.221 TUE Apr 2-Apr 30 (No 4/16)**

**1211.222 TUE May 14-June 4**

**FEE: \$155**

## **COLE ART (GR K-5)**

**Instructor: Jeff Menice, Cole Art Teacher 5 weeks 3:20-4:30p**  
**COLE Art Room, 81 High St.**

**EVERYTHING ART (GR K-2) Max: 18**

Children will create fun and engaging projects using their imagination and creativity while exploring many mediums of art: watercolor, painting, drawing, collage, paper mâché etc. to enhance projects. BYO drink & nut-free snack.

**3252.210 MON Apr 22-May 20**

**FEE: \$75**

**HANDS & CLAY (GR 2-5) Max: 15**

Learn the craft and history of clay-how kilns work and using it safely. Participants will gain an better understanding of the clay making process. Most importantly, participants will get their hands dirty molding their own projects! BYO drink & nut-free snack

**3252.220 (GR 2-3) TUE Apr 23-May 21**

**FEE: \$75**

**3252.240 (GR 3-5) THU Apr 25-May 23**

## **VINAL ART (GR 1-5)**

**Instructor: Catherine Holmes, Vinal Art Teacher 6 weeks 3:20-4:30p**  
**VINAL Art Room, 102 Old Oaken Bucket**

**POTTERY PARTY (GR 2-5) Max: 20**

Learn basics of clay—roll it, stamp it up or create a sculpture. Possibilities are endless, limited only the imagination. Using pinch, coil or slab techniques, the projects will be fired, glazed or painted to take home. BYO drink & nut-free snack!

**3252.223 TUE Apr 23-May 28**

**FEE: \$86**

**INSPIRED DRAWING (GR 1-5) Max: 24**

Drawing is learning to transport vision onto paper through a variety of techniques. Participants will engage in drawing and sketching people, things and abstract concepts. Through inspired projects from the instructor as well as have the opportunity to draw freely in topics that interest them. BYO drink & nut-free snack!

**3252.233 WED Apr 24-June 5 (No 5/1)**

**FEE: \$86**

**EXPERIMENTAL ARTS (GR 1-5) Max: 24**

Use unlikely materials to create art. Look at how artists choose certain tools to create effects and experiment with a variety of media. Projects include printing, foot print painting, exploding art and bubble art. BYO drink & nut-free snack!

**3252.243 THU Apr 25-May 30**

**FEE: \$86**

# YOUTH ACTIVITIES

## INTERMEDIATE DUNGEONS & DRAGONS (GR 4-8)

For over 50 years, D&D has been the world's most popular role playing game, where players become heroes to right wrongs of a fantasy world. D&D players develop team building, critical thinking, storytelling, conflict. BYO water & nut-free snack

**Instructor:** Geek Fit New England **Max:** 10 **4-5p** **6 weeks**

**Prerequisite:** 2 previous sessions of Instructional D&D

**Town Hall Lower Level, 345 Main St.**

**FEE: \$102**

**1217.210 MON Apr 22-June 3 (No 5/27)**

## COLE / VINAL ELECTRONICS & CODING (GR 2-5)

Experience hands-on programming with Circuit Playground Express and Microsoft MakeCode. Programming language is intuitive graphical block language similar to Scratch that is easy to pick up in a snap. By the end of each class you will be coding projects that use buttons, switches, sensors, lighting up LEDs and sounds. BYO water bottle & nut-free snack.

**Instructor:** STEM Cell Robotics Staff **Max:** 16 **3:20-5p\*** **3 weeks**

**COLE Library, 81 High St.**

**Extended Time**

**1225.211 MON Apr 8-Apr 29 (No 4/15)**

**VINAL Library, 102 Old Oaken Bucket Rd.**

**FEE: \$177**

**1225.212 MON May 13-June 3 (No 5/27)**

## COLE / VINAL MINECRAFT ENGINEERING (GR K-2)

Venture into the world of Minecraft with our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecraft to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO®. BYO water bottle & nut-free snack.

**Instructor:** Play-Well TEKologies **Max:** 15 **3:20-4:30p** **4 weeks**

**COLE Library, 81 High St.**

**1225.221 TUE Apr 9-May 7 (No 4/16)**

**VINAL Art Room, 102 Old Oaken Bucket Rd.**

**FEE: \$112**

**1225.222 TUE May 21-June 11**

## COLE / VINAL BELIEVE IT OR NOT ISLAND (GR 1-5)

Take a deep breath and dive into the most mind-blowing, jaw-dropping, eye-popping island ever! You and a STEAM Team® of friends will take on unbelievable engineering challenges inspired by zany, wacky, wild, 100% true facts! From amazing animals to extreme sports; from epic earthquakes to outer space; from breathtaking rescues to crazy competitions. BYO drink & nut-free snack!

**Instructor:** Challenge Island Staff **Max:** 15 **3:20-4:30p** **4 weeks**

**COLE Library, 81 High St**

**1226.222 TUE May 21-June 11**

**VINAL Library, 102 Old Oaken Bucket Rd.**

**FEE: \$125**

**1226.221 TUE Apr 9-May 7 (No 4/16)**

## BOYS LACROSSE SKILLS CLINIC (GR 1-6)

Start your summer lacrosse training off early! Groups divided by age/grades. Spend the week focusing on individual skills, team concepts and daily scrimmages. Enjoy fun competitions to win prizes. Full equipment required. BYO water. **Rain Date: Fri**

**Instructor:** 2B Lacrosse Staff **Max:** 72

**NMS Back Field, 328 Main St.**

**1252.210 MON-THU June 24-27 9a-12p**

**FEE: \$245**

## YOUTH INSTRUCTIONAL TENNIS (AGES 6-14)

Program focuses on developing skills-serve, rally and play. Perfect for the beginner or novice player. Play with age-appropriate racquets, balls and court sizes. First time players with USA will receive and keep a new age appropriate racquet and t-shirt. Makeup dates will be added for cancelled classes.

**Instructor:** USA New England Staff **Max:** 10 **6 weeks**

**Norwell High School Tennis Courts, 18 South St.**

**SUN Apr 28-June 16 (No 5/19, 5/26)**

**1280.271 GR 1-2 10-11a**

**1280.272 GR 3-5 11a-12p**

**1280.273 GR 6-8 12-1p**

**FEE: \$87**

## NSRWA OUTDOOR ADVENTURES (AGES 9-13)

Get outside after a long day at school. Join North South River Watershed Assoc. to gain outdoor experience, backwoods navigation and have fun while being off screen and out in nature. All equipment and transportation provided. **Makeup: May 29**

**Instructor:** Brian Taylor, NSRWA **Max:** 10 **4 weeks**

**1249.230 WED May 1-May 22 4-5:30p**

**Transportation by NSRWA Van to program sites. Drop off @ 4p and Pick up at 5:30p at Norwell Town Office (345 Main St.) side parking lot.**

**May 1 GEOCACHING @ Little's Conservation Area**

**May 8 FISHING @ Jacobs Pond**

**May 15 SURVIVAL SHELTER BUILDING @ Messer Conservation Land**

**May 22 FIRE BUILDING @ Couch Beach**

**FEE: \$155**

# MIDDLE SCHOOL ACTIVITIES

## MIDDLE SCHOOL DIGITAL ART CLASS (GR 6-8)

In this class, students will learn the elements of planning, color theory, design and composition using the digital art studios of and Rough Animator and Procreate. Throughout the session they will learn the creative process of starting a business and building a brand. They will plan and draw out the logo, including color on paper. They will then create the project on an IPAD and have presentations on the final class date. BYO water bottle.



**Instructor:** Carl Morin, Arts and Rec LLC  
Town Hall Lower Level, 345 Main St.

**Max:** 10 **6 weeks**

**1218.220 TUE Apr 23-May 28 2:15-3:15p**

**FEE: \$245**

## MIDDLE SCHOOL OUTDOOR FIELD HOCKEY (GR 6-8)

All outdoor program—Come learn the game or improve skills you already have. Hope to have one scrimmage against another town at end of program (TBD). Loaner equipment is available. Participants should bring water bottle, snack, shin guards, mouthguard and stick. Cleats or athletic shoes are recommended. Makeup date of June 10 will be added on for any rain date cancelled classes.

**Instructor:** Ashley Simpson, Former Coach Scituate / Cohasset  
Osborne Field, 328 Main St.

**Max:** 30 **6 weeks**

**1233.210 MON Apr 22-June 3 (No 5/27) 2:25-4p**

**FEE: \$113**

# APRIL VACATION

## NSRWA VACATION ADVENTURES (AGES 9-13)

Co-op program with Rockland Rec. Looking to get your outside and into an adventure during spring break? Join North South River Watershed Assoc. for a fun, exciting and educational week of outdoor adventures. All equipment and transportation provided. BYO water bottle & dress for weather. Rain date if needed: Saturday, April 20

**Instructor:** Brian Taylor, NSRWA

**Max:** 6

**1249.210 TUE-FRI Apr 16-Apr 19 9a-11:30a**

**Transportation by NSRWA Van to program sites. Drop off by 9am and pick up at 11:30a at Norwell Town Office (345 Main St.) side parking lot.**

**Tue FISHING @ Jacobs Pond**

**Wed GEOCACHING @ Stetson Meadows**

**Thu SURVIVAL SHELTER BUILDING @ Messer Conservation**

**Fri FIRE BUILDING @ Couch Beach**

**FEE: \$180**

# EARLY RELEASE DAYS

## EARLY RELEASE DAY ART CLASSES (GR K-3)

**DEADLINE IS 2 WEEKS BEFORE CLASS!**

Create art at the new Children's Art Class Studio in Hanover on early release days. Each individual session is a different project. BYO water bottle.

**Instructor:** Children's Art Classes (CAC)

**Max:** 12 **2-3p**

**1376B Washington St. Hanover**

**3253.231 WED Apr 10 "Fruitful" Still Life Watercolor**

**FEE: \$40**

**3253.232 WED May 1 Ceramics (Coil Pot & Glazing)**

## BABYSITTING SAFETY (GR 7-10)

Parents will feel more secure and will be more likely to hire someone who has taken Babysitter Safety Training. After taking class, boys and girls have more confidence in dealing with the challenges while caring for children of all ages and stages. Homework assignment will be emailed after May 6

**Instructor:** Betty Antonellis, South Shore Safety

**Max:** 20

**Town Hall Lower Level, 345 Main St.**

**5202.250 FRI May 17 12-2:30p**

**FEE: \$60**

# SUMMER EMPLOYMENT

**ARE YOU INTERESTED IN WORKING FOR NORWELL RECREATION THIS SUMMER? SCENE SITE LEADER & SUPERVISOR APPLICATIONS ARE DUE TO THE RECREATION DEPARTMENT ON APRIL 19, 2024**  
**EMPLOYEES MUST BE AT LEAST 16!**  
**APPLICATIONS ARE AVAILABLE AT:**

<https://tinyurl.com/WORK4REC>

# ADULT ACTIVITIES

## BOATING SAFETY COURSE (GRADE 9 & UP)

"Boat America" covers safe boat handling, state / federal regulations, "rules of the road" and navigation aids. Must attend ALL classes and pass exam to meet requirements for operation of powered vehicles & licensing. Book included. Homework for first class. Pick up book at REC office week prior.

**Instructor: Satuit Flotilla, USCG Auxiliary** **Max: 20** **2 weeks**  
**School Admin Building 322 Main St. 3rd Floor (use back entrance)**

**5405.221 TUE/WED Mar 26-Apr 3 7-9p**

**5405.222 TUE/WED May 7-May 15 7-9p**

**FEE: \$35**

## COMMUNITY CPR/AED/FIRST AID (AGES 14 & UP)

Participants receive training and certification in American Safety & Health Institute Adult, Child & Infant CPR, AED and First Aid usage, following American Heart Association guidelines. This class is geared for the community and is not for professional medical personnel.

**Instructor: George Doucette, Norwell FD** **Max: 16**

**NMS Library, 328 Main St.**

**5410.240 THU May 23 6-9:30p**

**FEE: \$45**

## PAINTING WITH ACRYLICS (AGES 18 & UP)

Using a step-by-step approach, the instructor will demonstrate how to set up a composition, give insight into color mixing, highlight, shadow and brush techniques. The inspiration for the landscape will focus on a flowering tree in a field, with foliage and trees against the sky in the background. Canvas boards and some paint will be supplied, please bring your own set of basic acrylics and several various size brushes.

**Instructor: Barbara Wilson**

**Max: 10** **4 weeks**

**Town Hall Lower Level, 345 Main St.**

**3413.240 THU May 2-May 23 12:30-2p**

**FEE: \$75**

## ADULT INSTRUCTIONAL GOLF (AGES 18 & UP)

Get ready for 2024. All skill levels can learn or refresh their skills through professional training. Loaner equipment is available. BYO water bottle. *Rain date May 28!*

**Instructor: Bryan Spitz, PGA Professional**

**The Harmon Club, 168 Concord St. Rockland** **Max: 6** **5 lessons**

**TUE/THU May 7-23 (No 5/21)**

**2438.221 10-11a**

**2438.222 6-7p**

**FEE: \$185**

## ADULT INSTRUCTIONAL PICKLEBALL (AGES 21 & UP)

Get introduced to the fastest growing sport in the US or improve your skills. Easy to learn, fun to play and plenty of exercise. Start with the basics in INTRO class, then advance to DRILLS/SKILLS level. Equipment provided. Wear sneakers, comfortable clothes, BYO water bottle. (previous experience required for Drills/Skills class)

**Instructor: Sylvie Franzini** **Max: 4 (Intro) /6 (Drills/Skills)** **3 lessons**

**TUE/THU Centennial Park (Pine St.)**

**1457.221 Intro Apr 30-May 7 9-10a**

**1457.222 Intro Apr 30-May 7 5-6p**

**FEE: \$105**  
**Intro**

**1457.223 Drills/Skills May 14-May 21 9-10:30a**

**1457.224 Drills/Skills May 14-May 21 5-6:30p**

**FEE: \$140**  
**Drills/Skills**

## ADULT INSTRUCTIONAL TENNIS (AGES 21 & UP)

Participants will have fun and get great exercise while developing skills to serve, rally and play. Great for beginners or novice players. All participants will receive a new tennis racquet in their first session. Choose one or both sessions

**Instructor: USTA New England Staff** **Max: 8** **6 weeks**

**NHS Tennis Courts, 18 South St.**

**1480.230 WED Apr 24-May 29 10-11:30a**

**1480.250 FRI Apr 26-May 31 10-11:30a**

**FEE: \$100**

## ADULT SOCIAL TENNIS LEAGUE (AGES 21 & UP)

Must return the USTA Tennis Ability Questionnaire. Participants must have previous tennis experience. Come socialize, play and compete. Please arrive at 6:00pm on first night for assessment. After teams are formed, you will play either at 6pm or 7:30pm time slot. A schedule will be given to you by USTA staff. Prizes and gifts will be awarded to winning teams and players.

**Coordinator: USTA New England Staff** **Max: 42** **7 weeks**

**NHS Tennis Courts 1-4, 18 South St.**

**1480.240 THU Apr 25-June 6**

**Playing time will be either 6-7:30p or 7:30-9p!**

**FEE: \$75**



Like us on  
**Facebook**

# ADULT ACTIVITIES

## ADULT PICKLEBALL (AGES 21 & UP)

Be a "PINE STREET PICKLAH!" All participants must be registered with Norwell Recreation to access equipment (nets, balls, paddles). Pickleball is fun and provides plenty of exercise. Participants self-manage games and rotations. Please note that all levels of play are welcome, however absolute beginners should consider one of our instructional programs before registering. AM and PM Sessions are available.

**Centennial Park (Pine St.)**

**Max: 20 10 weeks**

**Apr 22-July 5 (No 6/17-6/21)**

**1457.211 MON/WED/FRI 8:30a-12p**

**1457.212 MON/WED/FRI 5:30-7:30p**

**FEE: \$50**

## ADULT REC SOCCER (AGES 30 & UP)

All participants must be registered with Norwell Recreation. New teams are picked each week. Participants must bring shin guards, light and dark T-shirt and water bottle. Self-manage teams. Rain or shine.

**CCC Multi-Purpose Field 18 South St.**

**Max: 32**

**2475.210 WOMEN MON Apr 22-June 10 7-8:30p**

**2475.230 COED WED Apr 3-June 12 8-9:30p**

**FEE: \$42**

**Women**

**FEE: \$58**

**Coed**

## ADULT REC VOLLEYBALL (AGES 21 & UP)

All participants must be registered with Norwell Recreation. Players will participate in informal, recreation volleyball for the Winter/Spring. Participants will self-manage during their 2 1/2 hour session. No program on snow days.

**Middle School Gym, 328 Main St.**

**Max: 40**

**7 weeks**

**1482.220 TUE Apr 23-June 11 (No 5/7) 7-9:30p**

**FEE: \$32**

## STRENGTHEN AND STRETCH (AGES 16 & UP)

In this non-aerobic class, you will use dumbbells, bands and other exercise items to strengthen and tone up. BYO weights for your level, bands, yoga mat/towel, water.

**Instructor: Mary Tiedtke**

**Max: 12**

**9 weeks**

**School Admin Wellness Room, 322 Main St.**

**2417.230 WED Apr 3-June 5 (No 4/17) 8:45-9:30a**

**FEE: \$102**

## YOGA (AGES 16 & UP)

**Laurie & Jennifer's Classes:** Strengthen your body, calm your mind and soothe your spirit. These yoga class we will combine awareness to breath, mindful movement and safe alignment of the body.

**Kristin's Classes:** Combine hatha-style asana with breathwork, light meditation, and humor to share the full benefits of yoga - physically, emotionally and spiritually.

*For all yoga classes please bring a mat and water.*

*BYO yoga blocks (2), yoga mat, tennis ball, straps and water*

**Instructors: Laurie Sprague / Kristin Dooner / Jennifer Cataldo**

**School Admin Wellness Room, 322 Main St.**

**Max: 12**

CODE	WITH	DAY/DATE	TIME	FEE
2417.210	LAURIE 8 weeks	MON Apr 22-June 17 (No 5/27)	7-8p	\$91
2417.221	KRISTIN 9 weeks	TUE Apr 23-June 18	9:30-10:30a	\$102
2417.220	LAURIE 9 weeks	TUE Apr 23-June 18	7-8p	\$102
2417.241	KRISTIN 9 weeks	THU Apr 25-June 20	9:30-10:30a	\$102
2417.242	JENNIFER 7 weeks	THU Apr 25-June 6	6:30-7:30p	\$81



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