

WINTER 2024 PROGRAM GUIDE



REGISTRATION SAVE THE DATES!

ONLINE Norwell Resident Registration for Winter 2024 programs begins at 10:00a on WEDNESDAY 11/29/23 at: secure.rec1.com/MA/norwell-ma/catalog

Resident Mail-In, Walk-In and all Non-Resident Registration begins at 10:00a on WEDNESDAY 12/6/23! 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 11/29/23 if you do not have one!

To access or set-up your online account, visit 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 with questions or comments!

Find additional program info by visiting ww.townofnorwell.net or follow 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

WINTER 2024 REGISTRATION POLICIES

- **ONLINE REGISTRATION** for Norwell Residents begins on Wed. Nov 29, 2023 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. Dec 6, 2023 at 10:00am. Complete the registration form below and pay via credit card, 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" 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 receipt 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. Please contact the Recreation Office with any questions!
- **FINANCIAL ASSISTANCE:** Consideration will be given upon written request no later than Nov 28, 2023. Please email requests to: recreation@townofnorwell.net
- **ALL ABILITIES WELCOME:** Please submit any allergies, medical information, support or 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.



WINTER 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 #: _____

REC HOOPS shirt size: YOUTH S____ M____ L____ ADULT S____ M____ L____

PRE K AND K ACTIVITIES

WEE PLAYTIME (AGES 0-3 W/PARENTS)

Cooperative play session for children up to 3 years 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

10 weeks

Town Hall Lower Level, 345 Main St.

1102.130 WED Jan 17-Mar 27 (No 2/21) 9:30-11a

FEE: \$30

NUCKLEBONES (AGES 3-6)



NOT YOUR AVERAGE SPORT

INDOORS—Using an array of unique equipment, participants will focus on a new sport every class; learning fundamentals and techniques to set groundwork for future fun. Participants will play soccer, basketball, hockey and maybe games influenced by F1 and American Ninja Warrior. Wear comfortable clothes, gym shoes and BYO water.

Instructor: Knucklebones Staff

Max: 12

6 weeks

Town Hall Gym, 345 Main St.

SAT Jan 20-Mar 9 (No 2/10, 2/17)

1275.161 (AGES 3-4) 9-9:50a

1275.162 (AGES 5-6) 10-11a

FEE: \$149

MASS CITY MINI SOCCER (AGES 3-6)



INDOORS—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: 14

5 weeks

City Arena, 708 Washington St. Pembroke

1100.121 TUE Jan 9-Feb 6 10:15-11:15a

1100.122 TUE Jan 9-Feb 6 1-2p

1100.123 TUE Feb 27-Mar 26 10:15-11:15a

1100.124 TUE Feb 27-Mar 26 1-2p

FEE: \$68

MASS CITY MINI SPORTS (AGES 3-6)

INDOORS—Learn basics of a variety of age appropriate games and interacting with your peers. Learn to follow directions, all while having fun. Wear comfortable clothes, gym shoes and BYO water.

Instructor: Mass City FC Staff

Max: 14

5 weeks

City Arena, 708 Washington St. Pembroke

1100.141 THU Jan 11-Feb 8 10:15-11:15a

1100.142 THU Jan 11-Feb 8 1-2p

1100.143 THU Feb 29-Mar 28 10:15-11:15a

1100.144 THU Feb 29-Mar 28 1-2p

FEE: \$68

REGISTRATION SOFTWARE

POWERED BY:

CIVICREC

TO REGISTER ONLINE VISIT!

secure.rec1.com/MA/norwell-ma/catalog

Please check and update your account to allow for email and text notifications!

Please contact the Norwell Recreation at 781 659-8046 or recreation@townofnorwell.net if you need assistance accessing your account!



**Like us on
Facebook**

YOUTH ACTIVITIES

**For any afterschool programs, Parents must send a permission slip to school office in order to stay for program.
BYO drink & nut-free snack!**

SPORTS @ COLE Instructor: Jim Thornton 3:20-4:30p

| | | | | | |
|----------|---------------|--------|-----|------------------------|-----------|
| 1204.121 | FLOOR HOCKEY | GR 3-5 | TUE | Jan 9-Feb 6 | FEE: \$60 |
| 1204.131 | FLOOR HOCKEY | GR K-2 | WED | Jan 17-Feb 14 (No 2/7) | FEE: \$47 |
| 1204.141 | INDOOR SOCCER | GR K-2 | THU | Jan 11-Feb 8 | FEE: \$60 |
| 1204.151 | INDOOR SOCCER | GR 3-5 | FRI | Jan 12-Feb 9 | FEE: \$60 |
| 1204.122 | BASKETBALL | GR 3-5 | TUE | Feb 27-Mar 26 | FEE: \$60 |
| 1204.132 | BASKETBALL | GR K-2 | WED | Mar 13-Apr 3 | FEE: \$47 |
| 1204.142 | FLOOR HOCKEY | GR K-2 | THU | Feb 29-Mar 28 | FEE: \$60 |
| 1204.152 | FLOOR HOCKEY | GR 3-5 | FRI | Mar 1-Apr 5 (No 3/29) | FEE: \$60 |

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

| | | | | | |
|----------|--------------|--------|-----|-------------------------|-----------|
| 1205.111 | BASKETBALL | GR K-2 | MON | Jan 8- Feb 12 (No 1/15) | FEE: \$60 |
| 1205.121 | BASKETBALL | GR 3-5 | TUE | Jan 9-Feb 6 | FEE: \$60 |
| 1205.131 | FLOOR HOCKEY | GR 3-5 | WED | Jan 17-Feb 14 (No 2/7) | FEE: \$47 |
| 1205.141 | FLOOR HOCKEY | GR K-2 | THU | Jan 11-Feb 8 | FEE: \$60 |
| 1205.112 | FLOOR HOCKEY | GR K-2 | MON | Mar 4-Apr 1 | FEE: \$60 |
| 1205.122 | FLOOR HOCKEY | GR 3-5 | TUE | Feb 27- Mar 26 | FEE: \$60 |
| 1205.132 | BASKETBALL | GR 3-5 | WED | Mar 13-Apr 3 | FEE: \$47 |
| 1205.142 | BASKETBALL | GR K-2 | THU | Feb 29- Mar 28 | FEE: \$60 |

COLE/VINAL MASS CITY MULTI SPORTS (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!

Instructors: Mass City FC Staff Max: 14 3:20-4:30p 5 weeks

COLE Gym, 81 High St.

1204.111 MON Jan 8-Feb 12 (No 1/15)

1204.112 MON Mar 4-Apr 1

VINAL Gym, 102 Old Oaken Bucket Rd.

1205.151 FRI Jan 12-Feb 9

1205.152 FRI Mar 1-Apr 5 (No 3/29)



FEE: \$68

COLE ART (GR K-5)

Instructor: Jeff Menice, Cole Art Teacher

COLE Art Room, 81 High St.

Max: 15 3:20-4:30p 5 weeks

EVERYTHING ART (GR K-2)

Participants explore all mediums of art: watercolor, painting, drawing, collage, paper mâché etc. and learn a variety of techniques to enhance their artwork. Children will create fun and engaging projects using their imagination and creativity. BYO drink & nut-free snack!

3252.111 MON Jan 8-Feb 12 (No 1/15)

3252.112 MON Mar 4-Apr 1

FEE: \$75

HANDS & CLAY (GR 2-5)

Learn the craft and history of clay making. Learn how a kiln works and how to use it safely. Participants will gain a better understanding of the clay making process and that takes more than a class to complete. Most importantly, participants will get their hands dirty and have fun molding their own projects! BYO drink & nut-free snack!

3252.121 GR 2-3 TUE Jan 9-Feb 6

3252.141 GR 3-5 THU Jan 11-Feb 8

3252.122 GR 2-3 TUE Feb 27-Mar 26

3252.142 GR 3-5 THU Feb 29-Mar 28

FEE: \$75

YOUTH ACTIVITIES

VINAL ART (GR 1-5)

Instructor: Catherine Holmes, Vinal Art Teacher **Max: 15**
VINAL Art Room, 102 Old Oaken Bucket **3:20-4:30p** **5 weeks**

POTTERY PARTY (GR 2-5)

Have fun learning 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!

3252.123 TUE Jan 9-Feb 6

3252.124 TUE Feb 27-Mar 26

FEE: \$75

EXPERIMENTAL ARTS (GR 1-5)

Use unlikely materials, create amazing works of 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!

3252.143 THU Jan 11-Feb 8

3252.144 THU Feb 29-Mar 28

FEE: \$75

INSPIRED DRAWING (GR 1-5)

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!

3252.133 WED Jan 17-Feb 14 (No 2/7)

3252.134 WED Mar 13-Apr 3

FEE: \$62

COLE / VINAL BUSINESS SHARKS (GR 3-5)

Right Brain is letting you step into Shark Tank! Put your inventors hat on and design the business of your dreams. Learn business plans, budgets, competition and presentation skills. Write a commercial, design a flagship store and create a prototype. Arm yourself with your "elevator pitch" and persuade your audience to get behind your idea. BYO drink & nut-free snack!

Instructor: Right Brain Curriculum Staff **Max: 14** **3:20-5p** **5 weeks**

COLE Library, 81 High St.

5223.112 MON Mar 4 - Apr 1

FEE: \$160

VINAL Library, 102 Old Oaken Bucket

5223.111 MON Jan 8-Feb 12 (No 1/15)

COLE / VINAL POKEMON LEGO ENGINEERING (GR K-2)

Calling all POKEMON trainers! Join our enthusiastic Play-Well instructors as we build and catch our favorite Pokemon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokemon and battle to see who will hold the title of Pokemon Master. Come along on the journey to catch them all! BYO drink & nut-free snack!

Instructor: Play-Well TEKologies **Max: 15** **3:20-4:30p** **5 weeks**

COLE Library, 81 High St.

1225.121 TUE Jan 9-Feb 6

FEE: \$130

VINAL Library, 102 Old Oaken Bucket

1225.122 TUE Feb 27 - Mar 26

COLE / VINAL VIDEO GAME DESIGN / CODING (GR 2-5)

Why play games when you can make them instead! Students jump right into video game design using the Microsoft MakeCode development platform. MakeCode's intuitive coding interface allows students to quickly create impressive interactive games. Each week the students will have fun creating a new game while learning fundamental computer science concepts! BYO drink & nut-free snack!

Instructor: STEM Cell Robotics Staff **Max: 16** **3:20-4:30p** **4 weeks**

COLE Library, 81 High St.

1225.111 MON Jan 8-Feb 5 (No 1/15)

FEE: \$162

VINAL Art Room, 102 Old Oaken Bucket

1225.112 MON Mar 4-Mar 25

COLE / VINAL SHARK TOOTH ISLAND (GR 1-5)

STEAM + Reading=STREAM! STREAMY island brings the book "The Bridge to Shark Tooth Island" to life! You and your team will chomp into FINTastic challenges such as engineering building bridges, designing and racing pirate ships and mixing up spectacular slime seas. You'll dive into the fascinating world of sharks and tackle an ocean full of shark and book inspired challenges. BYO drink & nut-free snack!

Instructor: Challenge Island Staff **Max: 15** **3:20-5p** **5 weeks**

COLE Library, 81 High St

1226.121 TUE Feb 27 - Mar 26

FEE: \$165

VINAL Library, 102 Old Oaken Bucket Rd.

1226.122 TUE Jan 9-Feb 6



YOUTH ACTIVITIES

DUNGEONS & DRAGONS (GR 3-8)

Now OPEN to 3rd Graders! For over 50 years, D&D has been the worlds most popular role playing game, where players become hero's 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 6 weeks

BEGINNER LEVEL (GR 3-5)

COLE Library, 81 High St.

1217.142 THU Mar 7 - Apr 11

3:20-4:30p

VINAL Library, 102 Old Oaken Bucket

1217.141 THU Jan 11-Feb 15

3:20-4:30p

FEE: \$102

INTERMEDIATE LEVEL (GR 4-8)

Prerequisite: 2 previous session of Instructional D&D

Town Hall Lower Level, 345 Main St.

1217.110 MON Jan 22-Mar 4 (No 2/19) 4-5p

FEE: \$102

AFTERSCHOOL FITNESS DANCE PARTY (GR 2-3)

Participants will get a sweat on and have fun while moving their body while learning hip-hop inspired dance moves in an easy to follow routine set to the latest pop dance music. BYO water bottle.

Instructor: Allison Gotsch

Max: 12 3:45-4:45p 4 weeks

School Admin Wellness Room, 322 Main St.

1220.131 WED Jan 17-Feb 14 (No 2/7)

1220.132 WED Mar 13-Apr 3

FEE: \$60

MIDDLE SCHOOL STRENGTH & FLEXIBILITY (GR 6-8)

Participants will build strength with weight and resistance training and flexibility with stretches movement. BYO water bottle.

Instructor: Allison Gotsch

Max: 12 2:30-3:30p 4 weeks

School Admin Wellness Room, 322 Main St.

1220.133 WED Jan 17-Feb 14 (No 2/7)

1220.134 WED Mar 13-Apr 3

FEE: \$60

VACATION / EARLY RELEASE DAYS

EARLY RELEASE COOKING W/ CHEF ABBY (GR 4-5)

REGISTRATION DEADLINE IS 1 WEEK BEFORE CLASS!

Sessions are at Chef Abby Gray's home studio kitchen. Please have lunch BEFORE you come to class! Come join in to make Meatballs and Sauce, Winter Soup, Homemade Granola Bars and Vanilla Chai Tea Latte. Includes Chef hat, wooden spoon and recipes. BYO empty water bottle and containers for leftovers.

Instructor: Chef Abby Gray

Max: 8

Chef Abby's Home Studio Kitchen, 156 Norwell Ave.

4207.130 WED Feb 7 1-4p

FEE: \$135

EARLY RELEASE ART CLASSES (GR K-3)

DEADLINE IS 2 WEEKS BEFORE CLASS!

Norwell Recreation has teamed up with the New Children's Art Classes Studio in Hanover on early release days. Each individual session is a different project. BYO water bottle.

Instructor: Children's Art Classes Instructors

Max: 12 2-3p

1376B Washington St. Hanover

3253.131 WED Jan 10 (Watercolor/India Ink Sunset)

3253.132 WED Feb 7 (Valentine's Canvas Painting)

3253.133 WED Mar 6 (Animal Clay Ceramics)

FEE: \$40

NSRWA VACATION ADVENTURES (AGES 8-12)

REGISTRATION DEADLINE IS 1 WEEK BEFORE CLASS!

Get outside and into an adventure during school breaks? Join us to hike, geocache, track animals, explore, play survival games and have more outdoor fun with friends.. A new experience each morning. All participants will be transported by NSRWA Van to program sites. Please drop off 15 minutes prior to start time at Norwell Town Office (345 Main St.) at side parking lot. Pick up at same site BYO water bottle/snack, hat, gloves, dress for the weather (winter boots). Saturday will be makeup date in case of a weather cancellation.

Instructor: Brian Taylor, NSRWA

Max: 10 9:30-11:30a

1249.121 DECEMBER VACATION

TUE-FRI Dec 26-29

1249.122 FEBRUARY VACATION

TUE-FRI Feb 20-23

FEE: \$150

YOUTH ACTIVITIES

SKI / SNOWBOARD LESSONS @ BLUE HILLS (AGES 7-15) **REGISTRATION DEADLINE: DECEMBER 21 @ 12P**

All levels welcome! Program includes Five 75 minute instructional lessons plus supervision and transportation. Parents will have to complete Blue Hills waivers/rental information forms available on www.townofnorwell.net. Please save later Wednesdays 2/7, 2/14 & 2/28 for potential makeups. Parents must provide ski helmet for participant. All participants renting equipment from Blue Hills, will need to attend Equipment Fittings at Blue Hills. Dates/Times TBD. Bus departs promptly from NMS BUS CIRCLE (East Side) at 3:40pm.

Supervisors: Norwell Rec Staff & Blue Hills Instructors
Instructors: Blue Hills Instructors

WED Jan 3-Jan 31 3:20-7p 5 lessons Max: 35/Total Participants

| | |
|------------------------|--|
| <u>1271.131</u> | \$350 Ski Lessons / No Rental |
| <u>1271.132</u> | \$350 Snowboard Lessons / No Rental |
| <u>1271.133</u> | \$450 Ski Lessons / Ski & Boot Rental |
| <u>1271.134</u> | \$450 Snowboard Lessons / Board & Boot Rental |

NORWELL REC HOOPS (GR 1-4)

REGISTRATION DEADLINE: JANUARY 8 @ 12P

Register for this organized, instructional, and recreational basketball program. All experience levels welcome! Players are led in skill development activities on "Skills Nights" and play structured games on their "Game Days/Nights". Each participant receives a reversible jersey!

(No program 2/21, 2/23, 2/24)

Gr 1-2 COED Skills / Games begin Friday Jan 12-Mar 15
Gr 3-4 Girls/Boys Skills Nights begin Wednesday Jan 10-Mar 13
Games begin Saturdays Jan 13-Mar 16

FEE: \$145



| GRADES | SKILLS & GAMES | 1 ST / 2 ND Parent Volunteer Coaches | | | |
|---|--|--|--|------------------------|-----------------------------|
| COED 1 ST / 2 ND <u>1214.161</u> | FRIDAYS Skills/Games 5-6p or 6:15-7:15p @ Vinal | Norwell Recreation seeks Volunteer Parent Coaches to help lead the 1st / 2nd Grade Rec Hoops program. Please contact the Recreation Office or register online with code <u>1214.000</u> if interested! | | | |
| GRADES | SKILLS | GAMES | GRADES | SKILLS | GAMES |
| BOYS 3 rd / 4 th <u>1214.162</u> | WED 6-7p @ Vinal | SATURDAYS 9a-1p @ NHS | GIRLS 3 rd / 4 th <u>1214.163</u> | WED 7-8p @ Vinal | SATURDAYS 9a-1p @ NHS |



FALL/WINTER 2024 NORWELL REC HOOPS AND OTHER PROGRAM LEADERS ARE NEEDED!
APPLICATIONS MUST BE ON FILE BY NOV 30.
EMPLOYEES MUST BE 16 YEARS OLD.
APPLICATIONS ARE AVAILABLE AT
WWW.TOWNOFNORWELL.NET.



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Facebook

ADULT ACTIVITIES

COMMUNITY CPR/AED/FIRST AID (AGES 13 & 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:** 24
Middle School Library, 328 Main St.

5410.130 WED Mar 20 6-9:30p

FEE: \$45

MENS REC BASKETBALL (AGES 21 & UP)

Participant must be registered with Norwell Recreation to attend. This is a combined Winter/Spring session. BYO ball for friendly pick-up hoops. Time changes during session. No program on "snow" days and school holidays.



Vinal Gym, 102 Old Oaken Bucket Rd. Max: 30 18 weeks
1438.110 MON Jan 8-Mar 11 (No 1/15, 2/19) 7-9:30p
Mar 18-June 3 (No 4/15, 5/27) 6-8:30p

FEE: \$50

Middle School Gym, 328 Main St. Max: 30 20 weeks
1438.140 THU Jan 11-Apr 11 (No 2/22, 4/18) 7-9:30p
Apr 25-June 6 6-8:30p

FEE: \$50

ADULT COED REC VOLLEYBALL (AGES 21 & UP)

WINTER SESSION ONLY—Participant must be registered with Norwell Recreation to attend. Players will participate in informal, recreation volleyball for the Winter session. Participants self-manage during their 2 1/2 hour session. No program on "snow" days and school holidays.



Middle School Gym, 328 Main St. Max: 42 13 weeks
1482.120 TUE Jan 9-Apr 9 (No 2/20) 7-9:30p

FEE: \$39

TAI CHI (AGES 18 & UP)

It is said that Tai Chi will make you solid as a mountain and fluid as a river. In this course, we will explore the basics of Tai Chi. Flexibility and balance exercises and various breathing methods will be taught to deepen ones ability to relax. Learn the short version of the choreographed series of movements at the core of Tai Chi. BYO water bottle.

Instructor: Jade Forest Kung Fu Staff **Max: 15 6 weeks**
Town Hall Gym, 345 Main St.

2414.110 MON Jan 22-Mar 4 (No 2/19) 9-10a

FEE: \$102

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

2417.130 WED Jan 10-Mar 6 (No 2/21) 9-9:45a

FEE: \$91

HATHA YOGA (AGES 16 & UP)

HATHA YOGA will strengthen your body, calm your mind and soothe your spirit. All levels class we will combine awareness to breath, mindful movement and safe alignment of the body. Please bring a mat and water.



Instructor: Jennifer Cataldo **Max: 12 10 weeks**
School Admin Wellness Room, 322 Main St.

2417.110 Jan 8-Mar 25 (No 1/15, 2/19) 7-8p

FEE: \$112

YOGA NIDRA (AGES 16 & UP)

Yoga Nidra is an eight-stage guided meditation that has the power to transform, heal and rejuvenate you at core levels. Yoga Nidra switches the body out of "fight or flight syndrome" and into the "relaxation response." No meditation experience necessary, simply lay down and listen. Please bring a mat, blanket and a pillow.

Instructor: Jennifer Cataldo **Max: 12 10 weeks**
School Admin Wellness Room, 322 Main St.

2417.120 Jan 9-Mar 19 (No 2/20) 7-8p

FEE: \$112

YOGA (AGES 16 & UP)

Improve strength, stamina, flexibility, coordination & relaxation with this ancient form of exercise. BYO (2) Yoga Blocks, Yoga Mat, tennis ball, straps, water.

Instructors: Kristin Dooner **Max: 12 10 weeks**
School Admin Wellness Room, 322 Main St.

2417.121 TUE Jan 9-Mar 19 (No 2/20) 9:30-10:30a

FEE: \$112

2417.141 THU Jan 11-Mar 21 (No 2/22) 9:30-10:30a