

SUMMER 2018 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 Summer 2018 programs begins at 10:00a on **WEDNESDAY 5/2/18** at www.townofnorwell.net for Norwell Residents only!

MAIL-IN, WALK-IN and NON-RESIDENT REGISTRATION begins at 10:00a on **WEDNESDAY 5/9/18!** 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 5/2/18!

To access or set-up your online account, visit www.townofnorwell.net. Click on **RECREATION** listed under departments and click on link on left "ACTIVITY REGISTRATION"

The Recreation Department Office is located in the lower level of Town Hall at 345 Main Street. The office is staffed Monday-Thursday 9a-2p and Friday 9a-12p. Please call (781) 659-8046 or email recreation@townofnorwell.net with questions or comments! Find additional program info by visiting www.townofnorwell.net or "LIKE" Norwell Recreation on Facebook.

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

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SUMMER FUN PROGRAMS

KINDERScene (AGE 4-GR 1)

Playground program with games, crafts, sports, weekly inflatable, story time & more! BYO lunch, snacks & drinks. Please no nut products! Mark name on all items with permanent markers.

**Town Hall Lower Level, 345 Main Street
MON-FRI, 9a-3p**

**FEE: \$100/week
*\$80/week**

1208.311	JULY 2-6 (NO 7/4)*	1208.314	JULY 23-27
1208.312	JULY 9-13	1208.315	JULY 30-AUG 3
1208.313	JULY 16-20	1208.316	AUG 6-10

KIDSCENE (GR 2-5)

Enjoy games, sports, crafts, music, weekly inflatable & special events. BYO lunch, snacks, drinks! Please no nut products! Please do not bring electronic games. Mark name on all items with permanent marker.

**Cole School, 81 High Street
MON-FRI, 9a-3p**

**FEE: \$100/week
*\$80/week**

1209.311	JULY 2-6 (NO 7/4)*	1209.314	JULY 23-27
1209.312	JULY 9-13	1209.315	JULY 30-AUG 3
1209.313	JULY 16-20	1209.316	AUG 6-10

SUMMERSCENE (GR 6-8) *NEW TIME!*

Enjoy trips, games, sports, crafts, music, skits, contests, special events. BYO lunch, snacks, drinks! Please no nut products! Fees include trip transportation and admission. Bring backpack for personal items and mark name with permanent marker. Please do not bring any electronic games. **REC registration form/waiver required for all weeks.**

TRIP WAIVERS required for Thursday trips noted below with a 😊

All forms must be returned to Recreation office no later than June 1. Registrants must attend on Mondays for field trips that week.

**Middle School 328 Main Street
MON/WED, 9a-2:30p (on site)**

TUE/THU, Return times vary; see chart below

**FEE: \$140/week
*\$120/week**

CODE	DATES	TUESDAY TRIP	THURSDAY TRIP
1210.311	JULY 2-5 (NO 7/4)*	7/3 Water Wizz 9a-5p	7/5 Launch Trampoline 9a-2:30p 😊
1210.312	JULY 9-12	7/10 Canobie 9a-7p	7/12 Boston Paintball 9a-2:30p 😊
1210.313	JULY 16-19	7/17 Water Wizz 9a-5p	7/19 Boda Borg 9a-2:30p 😊
1210.314	JULY 23-26	7/24 Canobie 9a-7p	7/26 Seekonk Grand Prix 9a-3p
1210.315	JULY 30-AUG 2	7/31 Water Wizz 9a-5p	8/2 United Skates of Rhode Island 9a-2:30p
1210.316	AUG 6-9	8/7 Canobie 9a-7p	8/9 Lazer Gate 9a-3:30p

**DETAILED PROGRAM INFORMATION SHEETS ARE
AVAILABLE ON WWW.TOWNOFNORWELL.NET**

EXTRASCENE (AGES 4-GR 3)

This 4 day week at TOWN OFFICE will add to your summer fun—games, sports, crafts, music, inflatable. BYO lunch, snacks, drinks! Please no nut products! Please do not bring electronic games. Mark name on all items with permanent marker.

Town Hall Lower Level, 345 Main St. Max: 20/age group

Supervisor: SCENE staff
MON-THU, Aug 13-16 9a-3p
1208.317 (AGE 4-GR 1)
1208.318 (GR 2-GR 3)

FEE: \$80

EXTRASCENE TRIPS (GR 4-8)

Sign up for 1, 2 or all 3 trips! Required to attend at least 1 week of SCENE in Summer 2018. Fee includes admission, bus and supervision. BYO lunch, snacks, drinks & extra. Bus will leave promptly at 9:30am from NMS Cafeteria Awning.

1210.317 ALTITUDE PARK MON, Aug 13 9:15a-2p

1210.318 WATER WIZZ TUE, Aug 14 9:15a-5p

1210.319 ARCHERY TAG THU, Aug 15 9:15a-2:30p

FEE: \$55

ARCHERY: OUTDOOR (GR 3-9)

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

Rain Date: FRI 7/20

School Admin. Front Lawn, 322 Main St. Max: 20

Instructors: Delicious Bow & Arrows Staff

1211.310 MON-THU, July 16-19 10a-12p

FEE: \$115

ART ADVENTURES (GR 2-4)

Each week a different subject in the art world will be looked at. All supplies included. Choose any number of weeks that interest the budding artist! Let their imagination soar through art. BYO Snack/Drink!

Cole School Art Room, 81 High St. Max: 15

Instructor: Jeff Menice, Cole Art Teacher

MON-THU, 9:30-11:30a

3252.311 July 9-12 Watercolors and techniques

3252.312 July 16-19 Zentangle Design

3252.313 July 23-26 Collage and Crafts

3252.314 July 30-Aug 2 The Ocean

FEE: \$48

ART WITH MIXED MEDIA (GR 5-9)

Students of all levels will work in groups and independently to make art each day focusing on a variety of themes/topics, ranging from art elements to the world of character design. BYO Lunch/Drink!

NHS Art Room, 18 South St. Max: 20

Instructor: Nate Nottingham and Erin Carney, NHS Art Teachers

MON-FRI, 9a-1p

3229.311 (GR 5-6) July 9-13 3229.313 (GR 5-6) July 23-27

3229.312 (GR 7-9) July 16-20 3229.314 (GR 7-9) July 30-Aug 3

FEE: \$125

ART—PAINTING WITH ACRYLICS (GR 7-9)

Capture the beauty and intrigue of nature in Summer. In this small and intimate class, the student will be painting with acrylics on canvas rendering subject matter found on the beach or garden. BYO Lunch/Drink!

NHS Art Room, 18 South St. Max: 10

Instructor: Paul Papadonis

3229.315 MON-FRI, July 23-27 9a-1p

FEE: \$125

SUMMER BAND (GR 5-9)

Participants will rehearse and perform with breakout sessions to work with instrument groups. Instructors are members of Norwell Schools music faculty with volunteer HS musicians. The focus is on reinforcing technique, music reading and skills for making great music. BYO Snack/Drink!

Meet in NHS Auditorium, 18 South St. Max: 50

Instructors: John O'Briant, NHS Band Director & Staff

5227.310 MON-FRI, July 30-Aug 3 9a-12p

FEE: \$115

SUMMER CHORUS (GR 3-5)

Participants will be given small and large group instruction that focuses on healthy tone production, breathing and age appropriate technique—all while being exposed to a variety of musical styles and genres. BYO Snack/Drink!

Meet in NHS Auditorium, 18 South St. Max: 50

Instructors: Kathy Medeiros, Vinal Music Teacher & Staff

5227.311 MON-FRI, July 23-27 9a-12p

FEE: \$115

SUMMER SPORTS

BASEBALL (GR 4-9)

All levels welcome! Participants will improve skills and play games. BYO bat, glove, mouth guard, hat, lunch/drinks & sunscreen. *Rain Date: FRI 8/10*

NHS Varsity Baseball Field, 18 South St.

Instructors: Coach Barrett Jacobs & Staff

MON-THU, Aug 6-9 9a-2p Max: 20/age group

FEE: \$125

1213.311 (GR 4-6) 1213.312 (GR 7-9)

BASKETBALL SUMMER SCHOOL (GR 4-9)

All levels welcome-Fundamentals, teamwork, respect, confidence, play ethics. BYO lunch/water, basketball, sneakers, sunscreen.

NHS Gym & Tennis Courts, 18 South St. Max: 80

Instructor: Coach John Willis & Staff

MON-FRI, 9a-2p

FEE: \$140

1214.311 (BOYS) July 9-13 1214.313 (BOYS) July 23-27

1214.312 (BOYS) July 16-20 1214.314 (GIRLS) July 30-Aug 3

FIELD HOCKEY CLINIC (GR 4-9)

All levels welcome to learn and improve skills. Good prep for high school team! BYO stick, goggles, mouth guard, shin guards, shacks, water bottles & sunscreen. Some sticks available to borrow. *Rain Date: FRI 7/20*

NHS Baseball Field, 18 South St. Max: 50

Instructor: Extreme Field Hockey Staff

1233.310 MON-THU, Jul 16-19, 9a-12p

FEE: \$180

FLAG FOOTBALL CLINIC (GR 3-6)

All levels welcome! Participants will improve skills & play games. BYO snack/water (no glass containers) and sunscreen. *Rain Date: FRI 8/3*

CCC Stadium Field, 18 South St. Max: 60

Instructor: Matt McRae & Staff

1235.310 MON-THU, July 30-Aug 2 9a-12p

FEE: \$115

NFL FLAG FOOTBALL LEAGUE

REGISTRATION DEADLINE JUNE 20!

Fun and exciting format to engage in non-contact football. NFL Flag emphasizes continuous action while learning football strategy, football education, teamwork and sportsmanship. Teams determined after the registration deadline. Each participant receives an NFL reversible jersey. Games coached and officiated by Norwell Recreation Summer Staff.

CCC Stadium Field, 18 South St. Max: 40/age group

Instructor: Matt McRae & Staff

THU, June 28-Aug 16

1235.311 (GR 1-2) 5-6:30p 1235.313 (GR 5-6) 7-8:30p

1235.312 (GR 3-4) 6-7:30p 1235.314 (GR 7-8) 8-9:30p

FEE: \$115



JR. GOLF INSTRUCTION (AGES 5-15)

Grouped by age and ability. Learn or refresh skills thru professional training. Please answer ability level prompt when registering online. Please arrive at 8:45a for check-in. Equipment available for lessons. *Rain Dates: Fridays*

The Harmon Club, 168 Concord St. Rockland Max: 15

Instructors: Rock Jr. Golf PGA Professionals

TUE-THU, 9-11a

1238.321 July 10-12 1238.324 July 31-Aug 2

1238.322 July 17-19 1238.325 Aug 7-9

1238.323 July 24-26 1238.326 Aug 14-16

FEE: \$190

MULTI-SPORTS (GR K-3)

Explore basketball, soccer, gym hockey, T-Ball and more! Plenty of fun and games. Grouped by age and ability. BYO sneakers, glove, shin guards, snack/water and sunscreen.

Vinal School Fields and Gym, 102 Old Oaken Bucket Rd. Max: 60

Instructor: Coach Matt McRae & staff

1275.310 MON-THU, July 9-12 9a-12p

FEE: \$115

GIRLS SOFTBALL (GR 4-9)

All levels welcome. Participants will improve skills and play games. BYO bat, glove, mouth guard, hat, lunch, water & sunscreen. *Rain Date: FRI 8/10*

CCC Multi-Purpose Field, 18 South St. Max: 20/age group

Instructors: Coach John Willis & Staff

MON-THU, Aug 6-9 9a-2p

1213.313 (GR 4-6) 1213.314 (GR 7-9)

FEE: \$125



GIRLS HS VOLLEYBALL (GR 9-12)

Participants must be registered with Norwell Recreation to participate! Not mandatory to be on the high school team. No instruction, just practice and play! This program is for resident girls only.

NMS Gym, 328 Main St. Max: 30

FEE: \$20

CHAPERONES: NHS Volleyball Team Parent Volunteers

1282.320 TUE/THU July 10-Aug 9 12-2p

ADULT ACTIVITIES

PICKLEBALL: OUTDOORS (21 YEARS & UP)

Participants must be registered with Norwell Recreation to participate! "PINE STREET PICKLAHS" have access to equipment (nets, balls, paddles). Pick up /drop off to Council on Aging. Set-up at courts at Centennial Park on Pine St. 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. BYO water/sunscreen/bug spray.

Centennial Park (Pine St.) 8 weeks Max: 36

1457.300 M/W/F, July 9-Aug 31 (No 8/13, 8/15, 8/17)



Pick up equipment after 9am/Return equipment by 1pm to: Norwell Council on Aging 293 Pine St.

FEE: \$25

ADULT SOCCER (COED 30 YEARS & UP)

Participants must be registered with Norwell Recreation to participate! Get a workout on Norwell's Clipper Community Complex turf field. Teams picked each week. BYO shin guards, light & dark shirts, water bottle, bug spray. Program meets rain or shine. Not mandatory to show up every week.

CCC Multi-Purpose Field, 18 South St. Max: 48

FEE: \$45

2475.330 WED, July 11-Aug 29, 8-9:30p

FITNESS / WELLNESS ACTIVITIES (16 YEARS & UP)

Improve strength, flexibility, coordination & relaxation. BYO mat, towel, water and weights for Muscle & Core classes. See details online for descriptions www.townofnorwell.net or call 781-659-8046.

AM PROGRAMS: School Admin. Wellness Room, 322 Main St.

PM PROGRAMS: Cushing Center, 673 Main St.

Participants should bring 2-3lb weights for beginners or 3-8lb weights if experienced for MUSCLE AND CORE classes

CODE	PROGRAM	WITH	DAY/DATE	TIME	FEE
2417.310	YOGA @ CUSHING	LAURIE	MON, June 25-Aug 27 (No 7/2, 7/9, 7/30)	7-8:15p	\$60
2417.320	YOGA	MOIRA	TUE, July 10-Sep 4 (No 7/31)	8:45-10a	\$67
2416.330	MUSCLE	MOIRA	WED, July 11-Sep 5 (No 8/1)	9-10a	\$67
2419.330	CORE FUSION	MOIRA	WED, July 11-Sep 5 (No 8/1)	10-11a	\$67



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WATER SPORTS (AGES 8-16)

Billington Sea Kayak, 41 Branch Point Rd. Plymouth Max: 12

Instructors: Dave Arruda & Billington Sea Staff

CLOSED TOE WATER SHOES ARE REQUIRED FOR BOTH CLASSES!

STAND UP PADDLE BOARDING (SUP)

Learn fundamentals of SUP: safety, board handling and stroke techniques while enjoying various on-the-water games and challenges. Quiet waters are the ideal location to enjoy your first SUP experience. BYO water/sunscreen!

Rain Date: THU 8/9

1249.311 MON-WED, Aug 6-8 8-9:30a

FEE: \$105

KAYAKING

Students develop paddling skills while getting a sense of adventure and discovery. Learn safety while exploring Billington Sea Islands and shoreline with diverse ecology. BYO water/sunscreen!

Rain Date: THU 8/16

1249.312 MON-WED, Aug 13-15 10-11:30a

FEE: \$105

UK ELITE PETITE SOCCER (AGES 3-5)

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. Wear comfortable clothes, gym shoes and BYO water! Each participant will receive a T-Shirt! **Rain Date: FRI 8/10**

Pine St. Fields 293 Pine St. Max: 24

Instructor: UK Elite Soccer Staff

1100.311 MON-THU, Aug 6-9 9-10a

FEE: \$82

UK ELITE SOCCER (AGES 6-13)

Program designed to promote an understanding of the game and development of individual soccer players. Challenging, fun activities and daily scrimmages keep players engaged, ensuring every player is motivated in a safe and secure environment. BYO lunch/snack/water bottle! Each participant will receive a T-Shirt! **Rain Date: FRI 8/10**

Pine St. Fields 293 Pine St. Max: 24

Instructor: UK Elite Soccer Staff

MON-THU, Aug 6-9 9a-1p

1100.312 (AGES 6-8) 1100.313 (AGES 9-13)

FEE: \$175

TENNIS (GR 1-9)

Four-1 hour classes per week. BYO racquet, snacks, drinks, sunscreen!

Please no nut products! Some racquets for loan. **Rain Dates: Fridays**

NHS Tennis Courts, 18 South St. Max: 16

Instructor: NHS Coach Judy Field McGloin & staff

MON-THU

**FEE: \$38
per session**

DATES	GR 1-2 9-10a	GR 3-5 10-11a	GR 6-9 11a-12p
JULY 16-19	1280.311	1280.312	1280.313
JULY 23-26	1280.321	1280.322	1280.323
JULY 30-AUG 2	1280.331	1280.332	1280.333

TRACK CLUB (AGES 4-14)

All levels welcome! Learn or improve techniques for runners, jumpers, hurdlers & throwers! See website for details of meets/practices. Please note shirt size with registration. BYO water, sunscreen, bug spray!

Meet/practice schedule available on www.townofnorwell.net

CCC Stadium/Track, 18 South St. Max: 100

Instructor: Coach Chuck Martin & staff

1281.310 MON/WED, June 6-Aug 1, 6-7:30p (No 6/27, 7/4)

FEE: \$76

COOKING WITH CHEF ABBY (GR 5-9)

Each weekly session will be a different experience in cooking. BYO containers for bringing home extras. Please note any food allergies when registering.

Weekly description is listed in detail on www.townofnorwell.net

Chef Abby's Home Kitchen Studio, 156 Norwell Ave. Max: 12

Instructor: Professional Chef, Abby Gray

MON-THU, 9a-1p

4207.311 July 16-19

Cooking Garden Fresh

4207.312 July 30-Aug 2

Air Fryer and Sous Vide

4207.313 Aug 27-30

Food Around the World

**FEE: \$270
per session**

CIRCUIT LAB (GR 3-6)**NMS Art Room, 328 Main St.****Instructors: Circuit Lab Staff MON-FRI July 2-6 (No 7/4) Max: 20****APP INVENTORS (1/2 DAY MORNING)**

Want to know how apps work on cell phones? Have any great ideas for an app? Using MIT App software, students will make fun and creative apps. Participants learn both programming and design aspects to build apps. BYO snack/drink!

3506.311 8-11A**FEE: \$128**
1/2 Day Only**SCRATCH PROGRAMMING (1/2 DAY AFTERNOON)**

Write some code by using Scratch language to create interactive stories, animations and even custom computer games! At end of class, students can keep copies of their programs to continue developing in the online Scratch community. BYO snack/drink!

3506.312 11:45a-2:45p**FEE: \$128**
1/2 Day Only**APP INVENTORS AND SCRATCH (FULL DAY)**

Supervised lunch between morning and afternoon sessions. BYO lunch/drink/snacks!

3506.313 8a-2:45p**FEE: \$220**
Full Day**CIRCUIT MAKERS (GR 1-3)**

Let's get creative with electricity. In this hands on electronics class, students gain experience creating electronics, designing custom light-up greeting cards, electronic games, mazes and musical instruments. Circuitry lessons and projects each day using lights, buzzers, switches, motors and more! BYO snack/drink!

3506.314 MON-THU Aug 6-9 8-11a**FEE: \$128****HANDS ON ELECTRONICS (GR 4-6)**

Tinker with electronics while learning the basics of computer programming. Experiment with fundamentals and step up to projects where students design their own interactive and programmable devices using LED's, resistors, motors and more. BYO snack/drink!

3506.315 MON-THU Aug 6-9 11:45-2:45p**FEE: \$128****INCREDIFLIX (AGES 7-13)****NHS Art Room, 18 South St.****Instructors: Incrediflix Staff MON-FRI July 9-13 Max: 14****ANIMATION FLIX (1/2 DAY MORNING)**

Create up to 5 stop-motion animated flix using stop-motion and other styles. It's the ultimate arts and crafts program where you create, direct and film your movies in age appropriate groups. Flix will be downloadable in a month. BYO snack/drink!

3234.311 8:30-11:30a**FEE: \$175**
1/2 Day Only**MINECRAFT MOVIE FLIX (1/2 DAY AFTERNOON)**

Turn the video game into an exciting Minecraft stop-motion movie! Working in age appropriate groups, bring "Steve", the creepers and more to life as you write, storyboard, shoot and add voice overs to characters. Flix will be downloadable in a month. BYO snack/drink!

3234.312 12-3p**FEE: \$310**
Full Day**ANIMATION AND MINECRAFT FLIX (FULL DAY)**

supervised lunch between morning and afternoon sessions for those wanting a full day experience. BYO lunch/drink/snacks!

3234.313 8:30a-3p**LEGO MINECRAFT ENGINEERING (AGES 5-11)****NMS Community Room, 328 Main St.****Instructor: Play-Well TEKologies Staff MON-FRI Max: 24**

Bring Minecraft to life with thousands of LEGOS by building projects: motorized Creeper, portal to Nether and a moving Minecart! BYO snack/drink!

1225.311 (AGES 5-6) July 23-27 8:30-11:30a**1225.312 (AGES 7-11) July 23-27 12-3p****FEE: \$160****WICKED COOL SCIENCE (GR 1-5)****NMS Art Room, 328 Main St.****Instructor: Wicked Cool for Kids staff Max: 20**

FULL DAY PROGRAM combines 2 half day subjects into a full day for your scientist to enjoy. For more detailed information: Visit www.townofnorwell.net. BYO lunch/drink/snacks!

FEE: \$219
Sea / Rocket**DEEP BLUE SEA & ROCKET SCIENCE****1221.311 MON-THU July 16-19 9a-3p****GADGETS/GISMOS & COOL VET****1221.312 MON-THU July 23-26 9a-3p****FEE: \$239**
Gadgets / Vet