

# SUMMER 2019 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 2019 programs begins at 10:00a on **WEDNESDAY 5/1/19** 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 5/8/19!** 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 5/1/19!

To access or set-up your online account, visit [www.townofnorwell.net](http://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](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 on Facebook.

### **RECREATION STAFF**

George Grey, Superintendent

Judy Volpe, Program Coordinator

### **RECREATION COMMISSION MEMBERS**

Shana Hallman, Chair

Aleta Scully

Christopher Madden

Gary Shaffer

Matthew Greene

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

**BULK RATE**  
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**RESIDENTIAL CUSTOMER**

**NORWELL, MA 02061**

## SUMMER 2019 REGISTRATION POLICIES

- **ONLINE:** Online Registration for Norwell Residents, begins on Wed. 5/1/19 at 10:00am. This is the fastest, easiest, most convenient and most secure method way to register. Make sure to check your existing account or set-up your new account before registration starts, so you are ready to go! Please make sure to update email addresses and all contact information. Credit Cards are the only acceptable payment form for online registration.
- **DROP OFF, MAIL-IN & NON-RESIDENT:** Registration begins on Wed. 5/8/19 at 10:00am. Complete the registration form below and pay via cash or check made payable to : "Town of Norwell". Mail to : Town of Norwell, P.O. Box 295, Norwell, MA 02061. Visit our office at 345 Main St. Mon-Thu 9:00a-2:00p or "Drop Off" 24/7 using the GREY "DROP" mailbox at the front of Town Hall. *Please note: Programs may fill with online registrations!*
- **REGISTRATION DEADLINE:** 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:** All refund requests must be in writing or via email to the Recreation Office. Full refunds will be issued if a program is full or cancelled or if you withdraw before the cancellation **deadline of June 1**. Participants withdrawing at least one week before the program begins (provided the minimum class participant level is reached) will be refunded minus a \$10 processing fee. Online processing fees are not refundable. No other refunds will be given, as program expenses (instructors & supplies) will have already been incurred. Cancellation notifications will be sent to those registered.
- **CONFIRMATIONS:** Online registrations receive confirmation receipt by email or by checking "my account" online. Other registrations confirmed if an email address is given. Otherwise, we do not send confirmations. You are enrolled upon receipt of payment & form. 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 6/1/19. Please email it to [www.recreation@townofnorwell.net](mailto:www.recreation@townofnorwell.net)
- **ALL ABILITIES WELCOME:** If special accommodations are needed, please submit written request no later than June 1.
- **INSURANCE:** Norwell Recreation does not provide medical insurance for participants. Participants are advised to have adequate personal coverage. It is **required** for trips and certain high risk/"extreme" activities.



**SUMMER 2019 NORWELL RECREATION REGISTRATION FORM**  
**PLEASE PRINT ALL INFORMATION "ONE FORM PER PERSON"**  
**PLEASE MAKE CHECKS PAYABLE TO: Town of Norwell**  
**RETURN TO: Town of Norwell Recreation,**  
**P.O. Box 295, 345 Main St. 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** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Entering GRADE ('19)** \_\_\_\_\_

**EMERGENCY CONTACT If parent cannot be reached:**

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

**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 Releasees 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:** \_\_\_\_\_

**Adult Participant or Parent (if participant under 18)**

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

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

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

**Shirt Size for REC TRACK/NFL FLAG: YOUTH S \_\_\_ M \_\_\_ L \_\_\_ ADULT S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_**

# 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: \$108/week  
\*\$85/week**

<b>1208.311</b>	<b>JUNE 24-28</b>	<b>1208.315</b>	<b>JULY 22-26</b>
<b>1208.312</b>	<b>JULY 1-5 (NO 7/4)*</b>	<b>1208.316</b>	<b>JULY 29-AUG 2</b>
<b>1208.313</b>	<b>JULY 8-12</b>	<b>1208.317</b>	<b>AUG 5-9</b>
<b>1208.314</b>	<b>JULY 15-19</b>		

## 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.

**Vinal School, 102 Old Oaken Bucket Rd.  
MON-FRI, 9a-3p**

**FEE: \$108/week  
\*\$85/week**

<b>1209.311</b>	<b>JUNE 24-28</b>	<b>1209.315</b>	<b>JULY 22-26</b>
<b>1209.312</b>	<b>JULY 1-5 (NO 7/4)*</b>	<b>1209.316</b>	<b>JULY 29-AUG 2</b>
<b>1209.313</b>	<b>JULY 8-12</b>	<b>1209.317</b>	<b>AUG 5-9</b>
<b>1209.314</b>	<b>JULY 15-19</b>		

## SUMMERSCENE (GR 6-8)

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**

**\*No program on July 4 & 5 (only a 3 day week)**

**FEE: \$145/week  
\*\$125/week**

CODE	DATES	TUESDAY TRIPS	THURSDAY TRIPS
<b>1210.311</b>	<b>JUNE 24-27</b>	<b>6/25 Water Wizz 9a-5p</b>	<b>6/27 Cashunt-Boston 9a-2:30p</b>
<b>1210.312</b>	<b>JULY 1-3 (NO 7/4)*</b>	<b>7/2 Canobie 9a-7p</b>	<b>No Program July 4</b>
<b>1210.313</b>	<b>JULY 8-11</b>	<b>7/9 Water Wizz 9a-5p</b>	<b>7/11 Launch Trampoline ☺ 9a-2:30p</b>
<b>1210.314</b>	<b>JULY 15-18</b>	<b>7/16 Cape Cod Inflatable Park 9a-7p</b>	<b>7/18 Metro Rock ☺ 9a-2:30p</b>
<b>1210.315</b>	<b>JULY 22-25</b>	<b>7/23 Canobie 9a-7p</b>	<b>7/25 Fenway Tour &amp; Wahlburgers 9a-3:30p</b>
<b>1210.316</b>	<b>JULY 29-AUG 1</b>	<b>7/30 Water Wizz 9a-5p</b>	<b>8/1 Boston Paintball ☺ 9a-2:30p</b>
<b>1210.317</b>	<b>AUG 5-8</b>	<b>8/6 Cape Cod Inflatable Park 9a-7p</b>	<b>8/8 Lazer Gate 9a-2:30p</b>

**EXTRASCENE (AGES 4-GR 3)**

This 4 day week will add to your summer fun: Games, sports, crafts, music, weekly inflatable. BYO lunch, snacks, drinks but please no nut products! Please do not bring electronic games. Mark names on items with permanent marker. Age groups will be broken up accordingly.

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

**Supervisor: SCENE Staff**

**MON-THU, Aug 12-15 9a-3p**

**1208.318 (AGE 4-GR 1)**

**1209.318 (GR 2-3)**

**FEE: \$85**

**EXTRASCENE TRIPS (GR 4-8)**

Participant must have attended at least 1 week of SCENES in Summer 2019. Fee includes admission, bus, supervision. BYO lunch, drink & extra money. Bus leaves promptly at 9:15am from Cafeteria Awning.

**1210.318 ALTITUDE PARK MON, Aug 12 9a-2p**

**1210.319 WATER WIZZ TUE, Aug 13 9a-5p**

**FEE: \$55  
Per Trip**

**ARCHERY: OUTDOOR (GR 3-9)**

National Archery Association guidelines: fundamentals, technique, form and safety. Equipment provided! All levels! BYO Water. *Rain Date: FRI 7/26*

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

**Instructors: Shawn Bowlby W/ Delicious Bow & Arrows**

**1211.310 MON-THU, July 22-25 10a-12p**

**FEE: \$115**

**ART ADVENTURES (GR 2-4)**

Each week a different subject in the art world will be looked at. Choose any number of weeks. Let the imagination soar through art. BYO Snack/Drink

**Vinal School Art Room, 102 Old Oaken Bucket Rd. Max: 15**

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

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

**3252.311 July 8-11 Ocean**

**3252.312 July 15-18 Collage and Crafts**

**3252.313 July 22-25 Zentangle Design**

**3252.314 July 29-Aug 1 Watercolor**

**FEE: \$67**

**ART—ACRYLIC PAINTING (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 in a summer garden. BYO Lunch/Drink

**NHS Art Room, 18 South St. Max: 10**

**Instructor: Paul Papadonis**

**3229.314 MON-FRI, July 8-12 9a-1p**

**3229.315 MON-FRI, July 15-19 9a-1p**

**FEE: \$125**

**ART— MIXED MEDIA (GR 5-9)**

Work in groups and independently to make art with different medias, 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, NHS Art Teacher**

**MON-FRI, 9a-1p**

**3229.311 (GR 5-6) July 15-19**

**3229.312 (GR 7-9) July 22-26**

**3229.313 (GR 7-9) Aug 5-9**

**FEE: \$125**

**BAND—SOUNDS OF SUMMER (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.

**NHS Auditorium, 18 South St. Max: 50**

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

**5227.310 MON-FRI, July 29-Aug 2 9a-12p**

**FEE: \$115**

**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 8/9*

**NHS Varsity Baseball Field, 18 South St.**

**Instructors: Coach Barrett Jacobs & Staff Max: 20/age group**

**MON-THU, 9a-2p**

**1213.311 (GR 4-6) Aug 5-8**

**1213.312 (GR 7-9) Aug 5-8**

**FEE: \$128**

### **BASKETBALL SUMMER SCHOOL (GR 4-9)**

All levels welcome-Fundamentals, teamwork, respect, confidence, play ethics. BYO lunch/water (no glass containers) basketball/sneakers/sunscreen.

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

**Instructor: NHS Coach John Willis & Staff**

**FEE: \$143**

**MON-FRI, 9a-2p**

**1214.311 (BOYS) July 8-12**

**1214.313 (BOYS) July 22-26**

**1214.312 (BOYS) July 15-19**

**1214.314 (GIRLS) July 29-Aug 2**

### **CHESS WIZARDS (GR 1-5)**

Challenging lessons, games and cool prizes. Work your most powerful muscle-YOUR BRAIN! Unleash the power. BYO drink & nut-free snack.



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

**Instructor: Boston Chess Wizards**

**FEE: \$170**

**1217.310 MON-FRI, Aug 5-9 9a-12p**

### **COOKING WITH CHEF ABBY (GR 5-9)**

Each day will be a different experience. Pick/Source from Gray Garden Vegetables & Berries, Handmade Tarts, Ice Creams, Frittata, Bread Day (baguettes/sourdough), Top Chef Competition Day with surprise ingredients! BYO containers for bringing home extras. Please note any food allergies.

**Instructor: Abby Gray**

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

**Max: 12**

**MON-THU, 9a-1p**

**FEE: \$270**

**4207.310 Aug 19-22**

### **FIELD HOCKEY CLINIC BY STRIKERS (GR K-12)**

This clinic will help the beginner and challenge the more advance player. Groups divided by age / ability. Focus on developing fundamental skills, small, tactical team play /scrimmages. BYO stick, goggles, mouth guard, shin guards snack/lunch and water bottle.



**Instructor: Strikers Field Hockey Club Staff**

**CCC Multi-Purpose Field, 18 South St. Max: 40**

**1233.311 (GR K-4) MON-FRI, JUL 22-26 9-11a**

**FEE: \$140**

**1233.312 (GR 5-12) MON-FRI, JUL 22-26 9a-1p**

**FEE: \$285**

### **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, snacks, water bottle & sunscreen. *Some sticks available to borrow. Rain Date: FRI 8/23*

**NHS Baseball Field, 18 South St. Max: 50**

**Instructor: NHS Coach Jen Schad & Staff**

**FEE: \$117**

**1233.310 MON-THU, Aug 19-22 8:30a-11:30a**

### **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 8/2*

**CCC Stadium Field, 18 South St. Max: 60**

**Instructor: Matt McRae & Staff**

**FEE: \$117**

**1235.310 MON-THU, July 29-Aug 1 9a-12p**

### **NFL FLAG FOOTBALL LEAGUE (GR 1-5)**

**REGISTRATION DEADLINE JUNE 20!**



Fun non-contact program with continuous action, modified rules and gameplay. Players learn football strategy, education, teamwork and sportsmanship. Teams formed after deadline. Participants receive an NFL reversible jersey.

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

**FEE: \$117**

**Instructor: Matt McRae & Staff**

**THU, June 27-Aug 15**

**1235.311 (GR 1-2) 5-6:30p**

**1235.313 (GR 5-6) 8-9:30p**

**1235.312 (GR 3-4) 6:30-8p**

**1235.314 (GR 7-8) 8-9:30p**

### **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: 10**

**Instructor: Rock Jr. Golf PGA Professionals**

**TUE-THU, 9-11a**

**1238.321 June 25-27**

**1238.325 July 30-Aug 1**

**1238.322 July 9-11**

**1238.326 Aug 6-8**

**1238.323 July 16-18**

**1238.327 Aug 13-15**

**1238.324 July 23-25**

**FEE: \$195**

**CIRCUIT LAB (GR 3-6)****NMS Art Room, 328 Main St.****Instructor: Circuit Lab Staff MON-THU Max: 20****HANDS ON ELECTRONICS (1/2 DAY MORNING)**

Learn basics of computer programming. Fundamentals for projects, students design interactive devices using LED's, resistors, motors. BYO snack/drink.

**3506.311 July 8-11 8-11a****APP INVENTORS (1/2 DAY AFTERNOON)**

Using MIT App software, students will make fun and creative apps. Participants learn programming &amp; design aspects. BYO snack/drink.

**3506.312 July 8-11 11:45a-2:45p****FEE: \$138**  
1/2 Day Only**HANDS ON ELECTRONICS/APP INVENTORS (FULL DAY)****3506.313 July 8-11 8a-2:45p****FEE: \$235**  
Full Day**CIRCUIT MAKERS (1/2 DAY MORNING) (GR 1-3)**

Experience electronics, design greeting cards, games, mazes and musical instruments. Projects use lights, buzzers, switches, motors. BYO snack/drink.

**3506.314 Aug 5-8 8-11a****SCRATCH PROGRAMMING (1/2 DAY AFTERNOON) (GR 2-5)**

Using Scratch language, create stories, animations and computer games! Students keep copies of their programs to develop online in Scratch community. BYO snack/drink

**3506.315 Aug 5-8 11:45a-2:45p****FEE: \$138**  
1/2 Day Only**INCREDIFLIX (AGES 7-13)****NHS Art Room, 18 South St.****Instructor: Incrediflix Staff MON-FRI****GREEN SCREEN LEGO FLIX (1/2 DAY MORNING)**

Lego stop motion animation. Students design and build movie sets out of Legos, transport them to anywhere using green screen technology. Storyboard, shoot and voice over in groups. BYO snack/drink

**3234.311 Aug 5-9 8:30-11:30a Max: 14****ANIMATION FLIX (1/2 DAY AFTERNOON)**

Create up to 4 stop-motion movies. These will include dinosaurs, paper cartoons, white board and free choice day where students choose from playdoh, jewels or items from home. BYO snack/drink

**3234.312 Aug 5-9 12-3p Max: 14****FEE: \$185**  
1/2 Day Only**COMBO FULL DAY OPTION****GREEN SCREEN & ANIMATION FLIX**

Both programs w/supervised lunch, BYO lunch/drink/snack

**3234.313 Aug 5-9 8:30a-3p Max: 10****FEE: \$330**  
Full Day**LEGO JEDI ENGINEERING (AGES 5-12)****NMS Community Room, 328 Main St.****Instructor: Play-Well TEKologies Staff MON-FRI Max: 24**

The Force Awakens to life with thousands of LEGOS®. Build engineer designed projects with the Jedi theme. More info online. BYO snack/drink.

**1225.311 (AGES 5-6) July 22-26 8:30-11:30a****1225.312 (AGES 7-12) July 22-26 12-3p****FEE: \$160****LEGO ROBOTICS (GR 1-5)****NMS Community Room, 328 Main St.****Instructor: STEM CELL with John Giarratana MON-THU**

Every day students build unique Lego based robots &amp; explore coding with Roots Robots. Engineering challenges to guarantee a STEAM adventure. Free time with outdoor play for breaks. More info online. BYO snack/drink and lunch if full day

**1225.313 July 29-Aug 1 8:30-11:30a Max: 10****1225.314 July 29-Aug 1 8:30a-3p Max: 6****FEE: \$170**  
1/2 Day Only  
**FEE: \$295**  
Full Day**WICKED COOL SCIENCE (GR 1-5)****NMS Art Room, 328 Main St.****Instructor: Wicked Cool for Kids Staff MON-THU Max: 20****FULL DAY PROGRAMS** with subjects for your scientist to enjoy. Detail info online. BYO lunch/drink/snacks**DINOS VS. ROBOTS / COOL MEDICAL SCHOOL****1221.311 July 15-18, 9a-3p****ROCKET SCIENCE ALL DAY****1221.312 July 22-25, 9a-3p****FEE: \$273**  
Dinos / Medical**FEE: \$253**  
Rockets**DETAILED PROGRAM INFORMATION AT**  
**WWW.TOWNOFNORWELL.NET**

**MULTI-SPORTS CLINIC (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.

**Cole School Gym and Fields, 81 High St. Max: 60**

**Instructor: Coach Matt McRae & Staff**

**1275.310 MON-THU, July 8-11, 9a-12p**

**FEE: \$117**

**STEEL SOCCER (AGES 3-13)**

Program designed to promote soccer skills by age. Build confidence. Challenging, fun activities. Daily scrimmages for older players 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 8/9*

**Pine St. Fields 293 Pine St. Max: 24/age group**

**Instructor: Steel Soccer Staff (FORMERLY UK ELITE)**

**MON-THU, Aug 5-8**

**1100.311 (AGES 3-5) 9a-10a**

**1100.312 (AGES 6-8) 9a-1p**

**1100.313 (AGES 9-13) 9a-1p**

**FEE: \$82**

**Ages 3-5**

**FEE: \$175**

**Ages 6-13**

**GIRLS SOFTBALL CLINIC (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 8/9*

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

**Instructors: Coach John Willis & Staff**

**MON-THU, 9a-2p Max: 20 per grade range**

**1213.313 (GR 4-6) Aug 5-8**

**1213.314 (GR 7-9) Aug 5-8**

**FEE: \$128**

**TENNIS (GR 1-9)**

Four-1 hour classes per week. BYO racquet, snacks, drinks, sunscreen! Please no nut products! Some racquets for loan. *Rain date: Fridays*

**NHS Tennis Courts, 18 South St. Max: 16 MON-THU**

**Instructor: NHS Coach Judy Field McGloin & Staff**

**FEE: \$38  
per session**

DATES	GR 1-2 9-10a	GR 3-5 10-11a	GR 6-9 11a-12p
<b>JULY 8-11</b>	<b>1280.311</b>	<b>1280.312</b>	<b>1280.313</b>
<b>JULY 15-18</b>	<b>1280.321</b>	<b>1280.322</b>	<b>1280.323</b>
<b>JULY 22-25</b>	<b>1280.331</b>	<b>1280.332</b>	<b>1280.333</b>

**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.

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

**Instructor: Coach Chuck Martin & Staff**

**1281.310 MON/WED, June 5-July 31, 6-7:30p (No 7/4)**

**FEE: \$78**

**WATER SPORTS (AGES 8-16)**

**CLOSED TOE WATER SHOES REQUIRED! NO FLIP FLOPS!**

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

**Instructor: Billington Sea Staff**

Learn fundamentals: safety, board/kayak handling, stroke techniques while enjoying the shoreline diverse ecology. Quiet waters are the ideal location to enjoy your first experience. BYO water/sunscreen! *Rain Date: THURSDAYS*

**SUP-STAND UP PADDLEBOARDING**

**1249.311 MON-WED, Aug 5-7 8-9:30a**

**KAYAKING**

**1249.312 MON-WED, Aug 12-14 10-11:30a**

**SOUTH SHORE EXPLORERS (AGES 12-15)**

**CLOSED TOE WATER SHOES REQUIRED! NO FLIP FLOPS!**

NEW program features North River and Jacobs Pond fun and exploration each day. Fish, Canoe, Hike and Explore North River and Jacobs Pond. Hike and explore Jacobs Trail and Norris Reservation while learning orienteering and survival skills. All equipment is provided. Daily details online at [www.townofnorwell.net](http://www.townofnorwell.net). BYO day pack, sunglasses, sunscreen, bug repellent, towel. Wear swim suit and comfortable clothes. *Each day meeting spot is based on activity. Rain Date: FRI June 28*

**Instructor: Brian Taylor, NSRWA Environmental Educator**

**Max: 10**

**First day meet at Norris Reservation Parking Lot, Dover St.**

**1249.313 MON-THU, June 24-27**

**9a-12p**

**FEE: \$140**



**GIRLS VOLLEYBALL (GR 9-12)**

Participants must be registered with Norwell Recreation to participate—this is not a drop-in program. Not mandatory to be on the high school team. No instruction, just practice and play! **Norwell Students Girls only**

**NMS Gym, 328 Main St. Max: 30**  
**NHS Volleyball Team Parent Volunteers**  
**TUE/THU, 12-2p**  
**1282.320 July 9-Aug 8**

**FEE: \$20**

# ADULT ACTIVITIES

**BRAZILIAN JIU-JITSU FOR WOMEN (15 YEARS & UP)**

Jiu Jitsu focuses on ground fighting to control against attackers using angles, direction and leverage—position before submission. Emphasis on drills for muscle memory. Warm-up followed by drills and technique. **BYO Water.**

**Thurston Martial Arts, 409 Columbia Rd. Hanover Max: 15**  
**Instructor: Alison Thurston and Staff**  
**5202.350 FRI, July 12-Aug 16 6-7p**

**FEE: \$60****PICKLEBALL: OUTDOORS (21 YEARS & UP)**

Participants must be registered with Norwell Recreation to participate and receive access to equipment (nets, balls, paddles). Pick up /drop off to Council on Aging. Set-up at courts at Centennial Park on Pine St. Easy to learn, fun to play and great exercise. 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 8-Aug 30 (No 8/12-8/16)**

**\*\*pick up equipment after 9am at COA, 293 Pine St.**  
**\*\*return equipment by 1pm to COA, 293 Pine St.**

**FEE: \$30****ADULT SOCCER (30 YEARS & UP)**

Participants must be registered with Norwell Recreation to participate. Get a workout on Clipper turf field. Teams picked each week. **BYO shin guards, light & dark shirts, water bottle, bug spray. Rain or shine.**

**CCC Multi-Purpose Field, 18 South St. Max: 40**  
**2475.330 WED, July 10-Aug 28, 8-9:30p**

**FEE: \$45****ADULT WATERSPORTS CLINIC (16 YEARS & UP)****CLOSED TOE WATER SHOES REQUIRED! NO FLIP FLOPS!**

Learn SUP Paddle boarding or Kayaking basics in these instructional one day clinics in this calm water setting

**SUP PADDLEBOARD 1249.371 SUN, JULY 21**

**1249.372 SUN, AUG 4**

**KAYAKING CLINICS 1249.373 SUN, JULY 14**

**1249.374 SUN, JULY 28**

**Billington Sea Kayak, 41 Branch Point Rd, Plymouth**  
**Instructor: Billington Sea Staff Max: 4 9-10:30a**

**FEE: \$105 Per Clinic****FITNESS / WELLNESS ACTIVITIES (16 YEARS & UP)**

**MUSCLE / CORE** participants should bring 2-3lb weights for beginners or 3-8lb weights if experienced, Yoga Mat & Water Bottle  
**YOGA** participants should bring 2 Blocks, Yoga Mat & Water Bottle

**AM PROGRAMS: School Admin Wellness Room, 322 Main St.****PM PROGRAMS: Cushing Center, 673 Main St.****Instructors: Laurie Sprague & Susan Parnell**

CODE	PROGRAM	WITH	DAY/DATE	TIME	FEE
2417.310	YOGA @ CUSHING	LAURIE	MONDAYS July 8-Aug 26	7-8:15p	\$70
2417.320	YOGA	SUSAN	TUESDAYS July 9-Aug 27	9-10:15a	\$67
2416.330	MUSCLE	SUSAN	WEDNESDAYS July 10-Aug 28	9-10a	\$67
2419.330	CORE	SUSAN	WEDNESDAYS July 10-Aug 28	10-11a	\$67