

# SUMMER 2020 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 2020 programs begins at 10:00a on **WEDNESDAY 5/13/20** 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 5/20/20!** 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 5/13/20!

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

William Lazzaro

Matthew Greene

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

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**NORWELL, MA 02061**

## SUMMER 2020 REGISTRATION POLICIES

- **ONLINE:** Online Registration for Norwell Residents, begins on Wed. 5/13/20 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. Please update all contact information for your account. Credit Cards are the only acceptable payment form for online registration.
- **DROP OFF, MAIL-IN & NON-RESIDENT:** Registration begins on Wed. 5/20/20 at 10:00am. Complete the registration form below and pay via cash or check made payable to : "Town of Norwell". Drop off or Mail to : Town of Norwell, 345 Main St. Norwell, MA 02061. Mon-Thu 9:00a-2:00p or "Drop Off" 24/7 using the GREY mailbox at the front of Town Hall.
- **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, COVID-19, WITHDRAWALS & REFUNDS:** Norwell Recreation Department hopes to serve the community with quality programs and events in Summer 2020. Summer Registration will begin amid uncertainty, social gathering advisories and facility closures. All scheduled Summer 2020 programs are subject to change or cancellation in this ever-changing landscape. Any programs cancelled by the Recreation Department will result in full refunds or account credits. Participants withdrawing at least 1 week before the program start date will receive a refund/credit (-\$10 processing fee). Norwell Recreation Department will waive the \$10 Processing Fee for any Covid-19 related withdrawal/refund requests. All refund/withdrawal requests must be in writing to ggrey@townofnorwell.net. Online Convenience/Transaction Fees are not refundable. Please continue practicing safe and healthy behaviors during this time!
- **CONFIRMATIONS:** Online registrations receive confirmation receipt by email or by checking "my account" online. Other registrations confirmed if an email address is given. 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 June 1, 2020. Please email requests to ggrey@townofnorwell.net.
- **ALL ABILITIES WELCOME:** If special accommodations or assistance are needed, please submit written request no later than June 1, 2020.
- **INSURANCE:** Participants are advised to have adequate personal coverage. It is **required** for trips and certain high risk/"extreme" activities.



### SUMMER 2020 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
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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 ('20) \_\_\_\_\_

**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 #: \_\_\_\_\_

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 and 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: \$120/week  
\*\$100/week**

<b>1208.311</b>	<b>JUNE 29-JULY 2 (NO 7/3)*</b>	<b>1208.314</b>	<b>JULY 20-24</b>
<b>1208.312</b>	<b>JULY 6-10</b>	<b>1208.315</b>	<b>JULY 27-31</b>
<b>1208.313</b>	<b>JULY 13-17</b>	<b>1208.316</b>	<b>AUG 3-7</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: \$120/week  
\*\$100/week**

<b>1209.311</b>	<b>JUNE 29-JULY 2 (NO 7/3)*</b>	<b>1209.314</b>	<b>JULY 20-24</b>
<b>1209.312</b>	<b>JULY 6-10</b>	<b>1209.315</b>	<b>JULY 27-31</b>
<b>1209.313</b>	<b>JULY 13-17</b>	<b>1209.316</b>	<b>AUG 3-7</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 electronics or cell phones. 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: \$155/week**

CODE	DATES	TUESDAY	THURSDAY
<b>1210.311</b>	<b>JUNE 29-JULY 2</b>	<b>6/30 Canobie 9a-7p</b>	<b>7/2 Altitude Trampoline 9a-2:30p</b> 😊
<b>1210.312</b>	<b>JULY 6-9</b>	<b>7/7 Cape Cod Inflatable Park 9a-5p</b> 😊	<b>7/9 Laser Gate 9a-2:30p</b>
<b>1210.313</b>	<b>JULY 13-16</b>	<b>7/14 Canobie 9a-7p</b>	<b>7/16 Boston Paintball 9a-2:30p</b> 😊
<b>1210.314</b>	<b>JULY 20-23</b>	<b>7/21 Water Wizz 9a-5p</b>	<b>7/23 Boundless Adventures 9a-3:30p</b> 😊
<b>1210.315</b>	<b>JULY 27-30</b>	<b>7/28 Canobie 9a-7p</b>	<b>7/30 Metro Rock 9a-2:30p</b> 😊
<b>1210.316</b>	<b>AUG 3-6</b>	<b>8/4 Water Wizz 9a-5p</b>	<b>8/6 Urban Air 9a-2:30p</b> 😊

### BASEBALL (GR 4-9)

All levels welcome. Participants will improve skills and play games. BYO bat, glove, helmet, hat, snack, waterdrinks & sunscreen. *Rain Date: FRI 8/7*

**NHS Varsity Baseball Field, 18 South St. Max: 20/age group**

**Instructors: Coach Barrett Jacobs & Staff**

**1213.311 MON-THU Aug 3-6 9a-12p (GR 4-6)**

**FEE: \$120**

**1213.312 MON-THU Aug 3-6 9a-12p (GR 7-9)**

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

All levels welcome. Participants will improve fundamentals, teamwork, respect, confidence. BYO lunch/water, basketball, sneakers, sunscreen.

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

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

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

**FEE: \$150**

**1214.311 (BOYS) July 6-10 1214.313 (BOYS) July 20-24**

**1214.312 (BOYS) July 13-17 1214.314 (GIRLS) July 27-July 31**

### CHESS WIZARDS (GR 1-5)

Challenging lessons, games and cool prizes. Unleash your BRAIN power. BYO drink & nut-free snack.

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

**Instructor: Boston Chess Wizards**

**1217.310 MON-FRI Aug 3-7 9a-12p**

**FEE: \$175**

### FIELD HOCKEY CLINIC BY STRIKERS (GR 5-9) \*CORRECTED DAYS FROM ORIGINAL BROCHURE

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.

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

**Instructor: Strikers Field Hockey Club Staff**

**1233.311 MON-THU July 20-23 9a-11a (GR K-4)**

**1233.312 MON-THU July 20-23 9a-1p (GR 5-9)**

**FEE: \$145**

**GR K-4**

**FEE: \$325**

**GR 5-9**

### 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 8/21*

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

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

**1233.310 MON-THU Aug 17-20 8:30a-11:30a**

**FEE: \$117**

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

**REGISTRATION DEADLINE JUNE 18!**

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**

**Instructor: Norwell Recreation Staff**

**THU June 25-Aug 13**

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

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

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

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

**FEE: \$117**



### 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: FRI*

**The Harmon Club, 168 Concord St. Rockland Max: 10**

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

**TUE-THU 9-11a**

**1238.321 June 30-July 2 1238.325 July 28-30**

**1238.322 July 7-9 1238.326 Aug 4-6**

**1238.323 July 14-16 1238.327 Aug 11-13**

**1238.324 July 21-23**

**FEE: \$200**

### 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 MON-WED**

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 Dates: THU*

**1249.311 MON-WED July 20-22 8-9:30a SUP**

**1249.312 MON-WED July 27-29 10-11:30a KAYAKING**

**FEE: \$105**

**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 10-13 9a-3p**

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

**1209.318 (GR 2-3)**

**FEE: \$100**

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

Participant must have attended at least 1 week of SCENES in Summer 2020. Fee includes admission, bus, supervision. BYO lunch, drink & extra money. Bus leaves promptly at 9:15am from Cafeteria Awning.

**Middle School, 328 Main Street**

**Supervisor: SCENE Staff**

**1210.318 UNITED SKATES OF RI MON Aug 10 9a-2:30p**

**1210.319 WATER WIZZ TUE Aug 11 9a-5p**

**FEE: \$60  
Per Trip**

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

National Archery Association guidelines: fundamentals, technique, form and safety. Equipment provided! All levels! BYO Water. *Rain Date: FRI 7/24*

**Sparrell Front Lawn, 322 Main St. Max: 20**

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

**1211.310 MON-THU July 20-23 10a-12p**

**FEE: \$120**

**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-FRI 9:30-11:30a**

**3252.311 July 6-10**

**Ocean**

**3252.312 July 13-17**

**Collage and Crafts**

**3252.313 July 20-24**

**Zentangle Design**

**3252.314 July 27-31**

**Watercolor**

**FEE: \$82**

**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 6-10**

**9a-1p**

**3229.315 MON-FRI July 13-17**

**9a-1p**

**FEE: \$130**

**ART CLUBS (GR K-5) \*CORRECTED DATES FROM ORIGINAL BROCHURE**

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: Catherine Holmes, Vinal Art Teacher**

**3253.311 MON-THU Aug 3-6 Drawing 9:30-11:30a**

**FEE: \$108**

**3253.312 MON-THU Aug 3-6 Slime 12-2p**

**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**

**3229.311 MON-FRI July 13-17 9a-1p (GR 5-6)**

**FEE: \$130**

**3229.312 MON-FRI July 20-24 9a-1p (GR 7-9)**

**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.

**NHS Auditorium, 18 South St.**

**Max: 50**

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

**5227.310 MON-FRI Aug 3-7**

**9a-12p**

**FEE: \$115**

**CIRCUIT LAB (GR 3-6)****NMS Art Room, 328 Main St. Max: 20****Instructor: Circuit Lab Staff****ALL ABOUT ROBOTICS (1/2 DAY MORNING)**

Write, debug and execute computer programs. Create and run "human programs" and work up to programming the Sphero Robot all with the power of code! BYO snack/drink.

**3506.311 MON-THU Aug 3-6 8-11a (GR 2-5)****FEE: \$143**  
1/2 Day Only**APP INVENTORS (1/2 DAY AFTERNOON)**

Participants will make fun and creative apps. Participants learn programming & design aspects. BYO snack/drink.

**3506.312 MON-THU Aug 3-6 11:45a-2:45p (GR 3-6)****FEE: \$240**  
Full Day**ALL ABOUT ROBOTICS/APP INVENTORS (FULL DAY COMBO)****3506.313 MON-THU Aug 3-6 8a-2:45p (GR 3-5)****INCREDIFLIX (AGES 7-13)****NHS Art Room, 18 South St. Max: 14****Instructor: Incrediflix Staff**

Participants will design and build sets, storyboard, shoot and provide voice over for short films. BYO snack/drink and lunch for full day programs. Additional information is online!

**ACTION MOVIE FLIX (1/2 DAY MORNING)****3234.311 MON-THU June 29-July 2 8:30-11:30a****FEE: \$176****LEGO FLIX (1/2 DAY AFTERNOON)****3234.312 MON-THU June 29-July 2 12-3p****FEE: \$164****ACTION MOVIE/LEGO FLIX (FULL DAY COMBO)****3234.313 MON-THU June 29-July 2 8:30a-3p****FEE: \$315****STOP MOTION FLIX (1/2 DAY MORNING)****3234.314 MON-FRI Aug 3-7 8:30-11:30a****FEE: \$190****MINECRAFT VS. ROBLOX FLIX (1/2 DAY AFTERNOON)****3234.315 MON-FRI Aug 3-7 12-3p****FEE: \$190****STOP MOTION/MINECRAFT FLIX (FULL DAY COMBO)****3234.316 MON-FRI Aug 3-7 8:30a-3p****FEE: \$335****LEGO ENGINEERING (AGES 5-11)****NMS Community Room, 328 Main St. Max: 24****Instructor: Play-Well TEKologies Staff**

Participants will engage in LEGO themed activities building and engineering projects. More information is available online. BYO snack/drink.

**MON-FRI July 13-17****1225.311 JEDI ENGINEERING 8:30-11:30a (AGES 5-6)****1225.312 JEDI MASTER ENGINEERING 12-3p (AGES 7-11)****FEE: \$175****MON-FRI July 20-24****1225.313 ANIMAL ARCHITECTS 8:30-11:30a (AGES 5-6)****1225.314 BASH 'EM BOTS 12-3p (AGES 7-11)****LEGO ROBOTICS (GR 1-5)****NMS Community Room, 328 Main St.****Instructor: STEM CELL with John Giarratana**

Every day students build unique Lego based robots & explore coding with Roots Robots. Engineering challenges to guarantee a STEAM adventure. More info online. BYO snack/drink or lunch for full day.

**MON-THU JULY 27-30****1225.315 8:30-11:30a (1/2 DAY MORNING) Max: 10****1225.316 8:30a-3p (FULL DAY) Max: 6****FEE: \$175**  
1/2 Day Only**FEE: \$300**  
Full Day**WICKED COOL ROCKET SCIENCE (GR 1-4)****NMS Art Room, 328 Main St. Max: 20****Instructor: Wicked Cool for Kids Staff**

Participants will build and launch E2X rockets. Participants will learn about the solar system, design a satellite, and build a space base for an astronaut. Rocket launch will be held at end of week. BYO lunch/drink/snacks.

**1221.310 MON-THU July 6-9 9a-3p****FEE: \$255**

**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 8/7*

**Osborne Fields 322 Main St. Max: 24/age group**

**Instructor: Steel Soccer Staff**

**MON-THU Aug 3-6**

**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: \$185**

**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 8/7*

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

**Instructors: Coach John Willis & Staff**

**MON-THU Aug 3-6 9a-12p**

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

**FEE: \$120**

**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: FRI*

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

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

**FEE: \$40**

**per session**

DATES	GR 1-2 9-10a	GR 3-5 10-11a	GR 6-9 11a-12p
<b>JULY 13-16</b>	<b>1280.311</b>	<b>1280.312</b>	<b>1280.313</b>
<b>JULY 20-23</b>	<b>1280.321</b>	<b>1280.322</b>	<b>1280.323</b>
<b>JULY 27-30</b>	<b>1280.331</b>	<b>1280.332</b>	<b>1280.333</b>

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

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

program features North River and Jacobs Pond fun and exploration each day. Fish, Kayak, 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 are online at [www.townofnorwell.net](http://www.townofnorwell.net). BYO day pack, sunglasses, sunscreen, bug repellent, towel. Wear swim suit and comfortable clothes. *Rain Date: FRI*

**First day meet at Norris Reservation Parking Lot, Dover St. Max: 10**

**Instructor: Brian Taylor, NSRWA Educator**

**1249.313 MON-THU July 13-16 9a-12p**

**1249.314 MON-THU Aug 10-13 9a-12p**

**FEE: \$140**

**VIKING SPORTS CLINICS (AGES 3-12)**

Participants will be lead in games, sports, instruction and most of all have fun playing their sports. Viking Sports Leaders are HS or College Athletes.

Participants receive a trophy and t-shirt at the end of the week. Participants should BYO water/snack for 1/2 day and water/lunch for full day programs.

**Clipper Community Complex, 18 South Street**

**MON-THU 9a-12p (Half Day & Pre-K Programs) FEE: \$125**

**9a-3p (Full Day)**

**FEE: \$160**

DATES	PRE-K 9a-12p (Ages 3-4)	1/2 DAY 9a-12p (Ages 5-12)	FULL DAY 9a-3p (Ages 5-12)
<b>JUNE 29- JULY 2</b>	<b>Multisport 1275.311</b>	<b>Multisport 1275.312</b>	<b>Multisport 1275.313</b>
<b>JULY 6-9</b>	<b>Multisport 1275.321</b>	<b>Multisport 1275.322</b>	<b>Multisport 1275.323</b>
<b>JULY 13-16</b>	<b>Multisport 1275.331</b>	<b>Flag Football 1275.332</b>	<b>Flag Football 1275.333</b>
<b>JULY 20-23</b>	<b>Multisport 1275.341</b>	<b>Multisport 1275.342</b>	<b>Multisport 1275.343</b>
<b>JULY 27-30</b>	<b>Multisport 1275.351</b>	<b>Lacrosse 1275.352</b>	<b>Lacrosse 1275.353</b>
<b>AUG 3-6</b>	<b>Multisport 1275.361</b>	<b>Multisport 1275.362</b>	<b>Multisport 1275.363</b>

### **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 Student Girls only

**NMS Gym, 328 Main St. Max: 30**  
**NHS Volleyball Team Parent Volunteers**  
**1282.320 TUE/THU July 7-Aug 6 12-2p**

**FEE: \$20**

### **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, July 1-Aug 5, 6-7:30p**

**FEE: \$60**

### **LEARN TO SEW (AGES 7-12)**

Participants will learn how to use a sewing machine and create a handmade pillowcase, pajama pants and more. Materials and Instruction included.

**The Makery 371 Gannett Rd. Scituate Max: 6**  
**Instructors: Caitlin Muro & Sarah Joyce**  
**3539.310 MON-FRI July 6-10 10a-1p**

**FEE: \$375**

# **ADULT ACTIVITIES**

### **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 COA. 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 games. BYO water/sunscreen/bug spray.

**Centennial Park (Pine St.) 8 weeks Max: 36**  
**1457.300 M/W/F, June 29-Aug 28 (No 8/17-8/21)**

**\*\*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 8-Aug 26 (No 8/19) 8-9:30p**

**FEE: \$45**

### **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 June 29-Aug 24	7-8:15p	\$80
2417.320	YOGA	SUSAN	TUESDAYS June 30-Aug 25	9-10:15a	\$80
2416.330	MUSCLE	SUSAN	WEDNESDAYS July 1-Aug 26	9-10a	\$80
2419.330	CORE	SUSAN	WEDNESDAYS July 1-Aug 26	10-11a	\$80

- PLEASE READ INSIDE FRONT COVER REGARDING PROGRAM CANCELLATIONS, WITHDRAWALS, REFUNDS, AND COVID-19.
- PLEASE CONTINUE PRACTICING BOARD OF HEALTH GUIDELINES REGARDING SOCIAL GATHERING IN TOWN PARKS, PLAYGROUNDS AND FIELDS.
- PLEASE RELIEVE STRESS BY GETTING OUTSIDE, TAKING IN FRESH AIR AND VITAMIN D, STAYING ACTIVE AND SAFELY CONNECTING WITH OTHERS!