

# WINTER 2018 PROGRAM GUIDE



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

## NORWELL RECREATION

**PLAY WELL!  
STAY WELL!**

### REGISTRATION SAVE THE DATES!

**ONLINE REGISTRATION** for Winter 2018 programs begins at 10:00a on **WEDNESDAY 12/6/17** 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 12/13/17!** 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 12/6/17!

To access or set-up your online account, visit [www.townofnorwell.net](http://www.townofnorwell.net). Click on **RECREATION** listed under departments and follow the links.

The Recreation Department Office is located in the lower level of Town Hall at 345 Main Street. The office is staffed Monday-Thursday 9a-4p and Friday 9a-12p. Please call (781) 659-8046 or email [recreation@townofnorwell.net](mailto:recreation@townofnorwell.net) with questions or comments! Find additional program info by visiting [www.townofnorwell.net](http://www.townofnorwell.net) or you can "Follow" Norwell Recreation Department on Facebook and/or Instagram.

#### 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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**RESIDENTIAL CUSTOMER**

**NORWELL, MA 02061**

# WINTER 2018 REGISTRATION POLICIES

- **ONLINE:** Online Registration for Norwell Residents, begins on Wed. 12/6/17 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. 12/13/17 at 10:00am.
- **REGISTRATION FORM / WAIVER:** Norwell Recreation **requires** that all participants complete form with any mail in / drop off registration and pay by cash or check made payable to: "Town of Norwell". **Mail payment and registration** to: Town of Norwell-Recreation, 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 its minimum number of participants, it could be cancelled. Registrations may be accepted for programs after they have started; however the full registration fee is 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. 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." 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 given upon written request no later than Wed. 12/13/17.
- **ALL ABILITIES WELCOME:** If special accommodations are needed, please submit written request no later than Wed. 12/13/17
- **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.



**WINTER 2018 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** \_\_\_\_\_ **Gender:** M F

**ADDRESS** \_\_\_\_\_

# Street	Town	State	Zip
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Home Phone (\_\_\_\_) \_\_\_\_\_ **Parent's Name(s)** \_\_\_\_\_

Cell Phone 1 (\_\_\_\_) \_\_\_\_\_ **Work Phone** (\_\_\_\_) \_\_\_\_\_

Email address \_\_\_\_\_

**AGE** \_\_\_\_\_ **DATE OF BIRTH** \_\_\_\_/\_\_\_\_/\_\_\_\_ **SCHOOL GRADE ('17)** \_\_\_\_\_

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

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

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

**REC HOOPS shirt size:** YOUTH S \_\_\_ M \_\_\_ L \_\_\_ ADULT S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

# YOUTH ACTIVITIES

## WEE PLAYTIME W/ CAREGIVER (0-4 YEARS)

Cooperative play session for children and caregiver. We provide equipment and toys. Caregiver is responsible for supervision and clean-up.

**Town Hall Lower Level, 345 Main St. 10 weeks Max: 25** **FEE: \$35**  
**1102.110 MON, Jan 8-Mar 26 (No 1/15, 2/19) 9:30-11a** **per session**  
**1102.150 FRI, Jan 12-Apr 6 (No 2/23, 3/16, 3/30) 9:30-11a**

## PLAYGROUPO (2.9-5 YEARS) \*NOT IN GRADE K

Explore, discover, build friendships & confidence. Kids play, sing, enjoy story time & make crafts! Child must be toilet trained and perform all bathroom duties by themselves (no pull-ups) BYO drink & nut-free snack.

**Town Hall Lower Level, 345 Main St. 10 weeks Max: 18**  
**Supervisors: Molly Folan & Brian DeLugan** **FEE: \$105**  
**1101.140 THU, Jan 11-Mar 22 (No 2/22) 9-11:30a**

## MUSIC FOR THE FAMILY W/CAREGIVER (0-3 YEARS)

Learn new songs, sing favorites and play instruments. Caregivers gain ideas on incorporating music with playtime. Modify activity to child's age

**Instructors: Nicole Craven of Sing Explore Create 5 weeks Max: 12**  
**School Administration Wellness Rm, 322 Main St.**  
**1127.111 MON, Jan 22-Feb 26 (No 2/19) 1:30-2:30p** **FEE: \$81**

## DRUM, SING & MOVE (4-5 YEARS)

Make music and new friends! Sing songs, dance and play various musical instruments to develop basic music skills.

**Instructors: Nicole Craven of Sing Explore Create 5 weeks Max: 15**  
**Town Office Lower Level, 345 Main St.**  
**1127.141 THU, Jan 18-Mar 1 (No 2/8, 2/22) 1-2p** **FEE: \$81**



## KINDER ENRICHMENT (GR K ONLY)

Participants will explore authors, create journals, do science experiments and experience nature "hands-on." Play math and literacy games and build new friendships with a variety of fun activities. BYO drink & nut-free snack.

**Town Hall Lower Level, 345 Main St. 10 weeks Max: 16**  
**Instructors: Janice McGovern & Jen Weier**  
**TUE, Jan 9-Mar 20 (No 2/20)** **FEE: \$150**  
**1103.121 9-11a 1103.122 1-3p**

## KINDERFUN & GYM (4-6 YEARS) \*PRE-K & GR K ONLY

Kids learn new skills of following direction while playing! Jump on in for a fitness-inspired class of fun and organized game play, including obstacle courses, relays and ball games. Be social and get physical exercise in a supervised setting. BYO drink & nut-free snack.

**Town Hall Lower Level, 345 Main St. 10 weeks Max: 20**  
**Instructors: Janice McGovern & Jen Weier**  
**WED, Jan 10-Mar 21 (No 2/21)** **FEE: \$150**  
**1103.131 9-11a 1103.132 1-3p**

## UK ELITE PETITE SOCCER (3-6 YEARS)

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 bottle. Each participant will receive a T-Shirt!

**Instructor: UK Elite Soccer Staff 5 weeks Max: 16**  
**School Administration Gym, 322 Main St.** **FEE: \$60**  
**1100.121 TUE, Jan 9-Feb 6 10:15-11:15a** **per session**  
**1100.122 TUE, Jan 9-Feb 6 12:15-1:15p**  
**1100.123 TUE, Feb 27-Mar 27 10:15-11:15a**  
**1100.124 TUE, Feb 27-Mar 27 12:15-1:15p**

## F.A.S.T. MINI-SPORTS (2.9-6 YEARS)

Have your child's morning start with warm up games and sports with the likes of soccer, kickball and T-ball. Ease your child into learning the basics of these great games while teaching them the importance of team work!

Wear comfortable clothes, gym shoes and BYO water bottle. **FEE: \$69**  
**Instructor: F.A.S.T. Athletics Staff 5 weeks Max: 12** **per session**  
**SAT, Town Hall Gym, 345 Main St.**  
**1275.161 (2.9-4 years) Jan 6-Feb 10 (No 1/20) 10-10:45a**  
**1275.162 (4-6 years) Jan 6-Feb 10 (No 1/20) 11a-12p**  
**1275.163 (2.9-4 years) Mar 3-Apr 14 (No 3/10, 3/31) 10-10:45a**  
**1275.164 (4-6 years) Mar 3-Apr 14 (No 3/10, 3/31) 11a-12p**

# YOUTH ACTIVITIES

*Parents must send permission slip to school office for a child to stay after school! BYO drink & nut-free snack!*

## COLE Sport Instructor: Jim Thornton

1204.121	FLOOR HOCKEY	GR 3-5	TUE	Jan 2– Jan 30	FEE: \$43
1204.131	BASKETBALL	GR K-2	WED	Jan 3 - Jan 31	FEE: \$43
1204.141	GUARD THE PIN	GR 3-5	THU	Jan 4 - Feb 15 (No 1/11, 2/1, 2/8)	FEE: \$36
1204.151	GUARD THE PIN	GR K-2	FRI	Jan 5 - Feb 9 (No 2/2)	FEE: \$43
1204.122	INDOOR SOCCER	GR 3-5	TUE	Feb 27 - Mar 27	FEE: \$43
1204.132	FLOOR HOCKEY	GR K-2	WED	Feb 28 - Mar 28	FEE: \$43
1204.142	BASKETBALL	GR 3-5	THU	Mar 8-Mar 29	FEE: \$36
1204.152	INDOOR SOCCER	GR K-2	FRI	Mar 2-Apr 6 (No 3/16, 3/30)	FEE: \$36

## VINAL Sport Instructor: Lee Leonard

1205.121	FLOOR HOCKEY	GR 3-5	TUE	Jan 2– Jan 30	FEE: \$43
1205.131	FLOOR HOCKEY	GR K-2	WED	Jan 3 - Jan 31	FEE: \$43
1205.141	BASKETBALL	GR K-2	THU	Jan 4 - Feb 1 (No 1/11)	FEE: \$36
1205.122	BASKETBALL	GR 3-5	TUE	Feb 27 - Mar 27	FEE: \$43
1205.132	BASKETBALL	GR K-2	WED	Feb 28 - Mar 28	FEE: \$43
1205.142	FLOOR HOCKEY	GR K-2	THU	Mar 8-Mar 29	FEE: \$36

## VINAL / COLE UK ELITE-MULTI SPORTS (GR K-2)

balance of instruction and play. Sports include, but are not limited to: soccer, handball, pillow polo hockey, dodgeball, flag tag, t-ball/hit-and-run baseball

**Instructors: UK Elite Soccer Staff 5 weeks Max: 24 3:20-4:30p**

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

**1100.111 MON, Jan 8-Feb 12 (No 1/15)**

**1100.151 FRI, Jan 5-Feb 2**

**1100.112 MON, Mar 5-Apr 2**

**1100.152 FRI, Feb 16-Apr 6 (No 2/23, 3/16, 3/30)**

**COLE Gym, 81 High St.**

**1100.113 MON, Mar 5-Apr 2**

**FEE: \$53  
per session**



## COLE HANDS & CLAY (GR 2-5)

Sink your hands into cool clay and create wonderful, colorful projects including pinch pots, beads and more! Finished projects will be glazed and fired!

**COLE Art Room, 81 High St. 6 weeks Max: 12**

**Instructor: Jeff Menice, Cole Art Teacher 3:20-4:30p**

**3252.110 (GR 3-5) MON, Jan 22-Mar 5 (No 2/19)**

**3252.120 (GR 2-4) TUE, Jan 23-Mar 6 (No 2/20)**

**FEE: \$50  
per session**

## COLE ARTS & CRAFTS (GR K-2)

Join in the fun of exploring a variety of materials and create exciting projects to take home. Materials may include paint, clay, paper, tissue paper and more.

**COLE Art Room, 81 High St. 6 weeks Max: 12**

**Instructor: Jeff Menice, Cole Art Teacher 3:20-4:30p**

**3252.140 THU, Jan 25-Mar 15 (No 2/8, 2/22)**

**FEE: \$50**

## CHESS WIZARDS (GR K-5)

Students will learn game play, strategies and sportsmanship. Participants will be divided into groups based on knowledge of game.

**Town Hall Lower Level, 345 Main St. 5 weeks Max: 20**

**Instructor: Boston Chess Wizards 4-5p**

**1217.131 WED, Jan 10-Feb 7**

**1217.132 WED, Feb 28-Mar 28**

**FEE: \$90  
per session**

# MORE YOUTH ACTIVITIES

## MIDDLE SCHOOL FIELD HOCKEY: INDOOR (GR 6-8)

Participants will enjoy this fun way to learn and/or improve skills before the outdoor season. Good prep for high school! Wear sneakers. All indoor equipment provided.

**Middle School Gym, 328 Main St. 4 weeks Max: 20**  
**Instructor: Jen Schad, NHS Field Hockey Coach 3-4p**

**1233.130 WED, Mar 28-Apr 25 (No 4/18)**

**FEE: \$32**

## MIDDLE SCHOOL EARLY RELEASE TRIP (GR 6-8)

**ALTITUDE TRAMPOLINE PARK (AVON)**

**REGISTRATION DEADLINE: JANUARY 25**

Fee includes 2 hours of jump time and special "grip" socks, transportation and supervision. BYO lunch and drinks to eat in cafeteria before departure. Participants may bring additional money for snacks! Parents must complete and return "REC" Registration Form AND Altitude Trampoline Park waiver to REC office

**Supervisor: Norwell Rec Staff**  
**Meet in NMS Cafeteria at 11am Max: 45**

**4288.141 THU, Feb 8 11a-3:15p**

**FEE: \$40**

## SKI / SNOWBOARD LESSONS (7-15 YEARS)

**AT BLUE HILLS**

**REGISTRATION DEADLINE: DECEMBER 21 @ 12P**

All levels: Five 75 minute lessons. No "free skiing". Instruction, supervision, transportation included. Parents will have to complete REC and Blue Hills waivers/rental information available on [www.townofnorwell.net](http://www.townofnorwell.net). Parent information there as well. Please save later Wednesdays for "snow day" makeups. Parents are encouraged to purchase their own child's helmets!

**Departs NMS Bus Circle (East Side), 5 lessons Max: 35**  
**Supervisors: Norwell Rec Staff & Blue Hills Instructors**

**WED, Jan 3-Jan 31, 3:25-7p (Please be prompt for pick-up!)**

<b>1271.131</b>	<b>\$267</b>	<b>Ski Lessons/No Rental</b>
<b>1271.132</b>	<b>\$267</b>	<b>Snowboard Lessons/No Rental</b>
<b>1271.133</b>	<b>\$352</b>	<b>Ski Lessons/Ski, Boot &amp; Pole Rental</b>
<b>1271.134</b>	<b>\$352</b>	<b>Snowboard Lesson/Board &amp; Boot Rental</b>

## NORWELL REC HOOPS (GR 1-8)

**JANUARY 8-MARCH 14**



**MORE INFO ON [WWW.TOWNOFNORWELL.NET](http://WWW.TOWNOFNORWELL.NET)**

**REGISTRATION DEADLINE JANUARY 2!**

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

**Gr 1-2 Coed No practice nights**  
**Gr 3-8 Girls practices begin Jan 8**  
**Gr 3-8 Boys practices begin Jan 10**

**FEE: \$75**

GRADES	PRACTICE	GAMES	GRADES	PRACTICE	GAMES
COED 1 <sup>ST</sup> /2 <sup>ND</sup> <u>1214.167</u>	N/A	FRI 5-7p @ VINAL	BOYS 5 <sup>th</sup> /6 <sup>th</sup> <u>1214.163</u>	WED 7:45-8:30p @ NMS	SAT 9a-12p @ NHS
BOYS 3 <sup>rd</sup> /4 <sup>th</sup> <u>1214.166</u>	WED 7-7:45p @ NMS	SAT 12-3p @ NHS	GIRLS 5 <sup>th</sup> /6 <sup>th</sup> <u>1214.161</u>	MON 7:45-8:30p @ NMS	SAT 9a-12p @ NHS
GIRLS 3 <sup>rd</sup> /4 <sup>th</sup> <u>1214.165</u>	MON 7-7:45p @ NMS	SAT 12-3p @ NHS	BOYS 7 <sup>th</sup> /8 <sup>th</sup> <u>1214.164</u>	WED 8:30-9:15p @ NMS	FRI 7-9:45p @ VINAL
			GIRLS 7 <sup>th</sup> /8 <sup>th</sup> <u>1214.162</u>	MON 8:30-9:15p @ NMS	FRI 7-9:45p @ VINAL

**PARENT VOLUNTEERS and PAID STAFF OPPORTUNITIES**  
**CONTACT REC OFFICE**  
**781-659-8046**

# ADULT ACTIVITIES

## YIN / YANG YOGA

Yin Yang Yoga aims to blend 2 styles of yoga into one practice-bringing together the benefits of passive YIN style with traditional YANG style. YIN yoga targets the connective tissues of the hips, pelvis, lower spine and shoulders by holding poses to increase flexibility. Complement it with YANG yoga with dynamic movements, flows and standing poses. *BYO Yoga mat, 2 blocks, blanket and pillow*



**Instructor:** Rena Thorbahn    **9 weeks**    **Max:** 20    **FEE:** \$75  
**School Admin Wellness Room, 322 Main St.**  
**2417.150 FRI, Jan 12–Mar 23 (No 2/23, 3/16) 9:30-10:30a**

## FITNESS/WELLNESS ACTIVITIES (16 YEARS & UP)

*\*Participants should bring towel/mat and 2-3lb weights for beginners or 3-8lb weights if experienced\**

Norwell Recreation offers a variety of fun fitness/wellness classes! Improve your strength, stamina, flexibility, coordination & relaxation. BYO Yoga Mat.  
**School Admin Wellness Room and/or Gym, 322 Main St.**

CODE	PROGRAM	WITH	DAY/DATE	TIME	FEE
2417.111	YOGA SCULPT W / WEIGHTS	KERRY	MON Jan 8-Apr 2 (No 1/15, 2/19) 11 Weeks	9-10a	\$92
2417.110	YOGA	LAURIE	MON Jan 8-Apr 2 (No 1/15, 2/19) 11 Weeks	7-8:15p	\$92
2417.120	YOGA	SUSAN	TUE Jan 9-Mar 27 (No 2/20) 11 Weeks	8:45-10a	\$92
2416.130	MUSCLE W / WEIGHTS	SUSAN	WED Jan 10-Mar 28 (No 2/21) 11 Weeks	9-10a	\$92
2419.130	CORE FUSION W / WEIGHTS	SUSAN	WED Jan 10-Mar 28 (No 2/21) 11 Weeks	10-11a	\$92
2417.130	YOGA	LAURIE	WED Jan 10-Mar 28 (No 2/21) 11 Weeks	7-8:15p	\$92

# MORE YOUTH ACTIVITIES

## MIDDLE SCHOOL EARLY RELEASE TRIP (GR 6-8) LASER CRAZE (WOBURN)

**REGISTRATION DEADLINE: JANUARY 8!**

Fee includes lazer tag games, arcade tokens, pizza/drinks, transportation and supervision. BYO lunch and drinks to eat in cafeteria before departure. Participants may bring additional money for games/snacks! Parents must complete and return "REC" Registration Form AND "Laser Craze" waiver to REC office

**Supervisor:** Norwell Rec Staff  
**Meet in NMS Cafeteria at 11am Max: 44**

**4288.142 THU, Jan 11 11a-4p**

**FEE:** \$45

**CONTACT THE RECREATION DEPARTMENT AT 781 659-8046 OR  
 RECREATION @TOWNOFNORWELL .NET IF WITH ANY QUESTIONS  
 OR IF YOU FORGET YOUR ONLINE REGISTRATION USERNAME /  
 PASSWORD**

# MORE YOUTH ACTIVITIES

**Parents must send permission slip to school office for a child to stay after school! BYO drink & nut-free snack!**

## MIDDLE SCHOOL COOKING W/CHEF ABBY (GR 6-8)

Each week students will cook seasonal food ingredients. Learn kitchen skills See [www.townofnorwell.net](http://www.townofnorwell.net) website for food itinerary. BYO drink & nut-free snack. BYO containers if there are any leftovers.

**Instructor: Chef Abby Gray 4 classes Max: 12 3-5pm**

**NMS Consumer Science Room, 328 Main St.**

**4207.130 WED, Mar 28-Apr 25 (No 4/18)**

**FEE: \$120**

## COLE / VINAL COOKING CLUB (GR K-5)

Participants will prepare the evening meal for their family. Some meals will be fully prepared in class & others to be assembled for heating. Food, safety, and nutrition are topics of conversation in class. Great experience for picky eaters and budding "foodies." *Girls with long hair should have it tied back.*

**COLE Cafe / Kitchen, 81 High St. 4 weeks Max: 12**

**Instructor: Judy Crooks & Maria Fanning**

**3:20-4:30p**

**4207.105 TUE, Jan 9-Jan 30**

**4207.106 WED, Jan 10-Jan 31**

**4207.107 TUE, Feb 27-Mar 20**

**4207.108 WED, Feb 28-Mar 21**

**FEE: \$125  
per session**

**VINAL Cafe/Kitchen, 102 Old Oaken Bucket Rd. 4 weeks Max: 12**

**Instructor: Ann Guerra & Cindy Loring**

**3:20-4:30p**

**4207.101 TUE, Jan 9-Jan 30**

**4207.102 WED, Jan 10-Jan 31**

**4207.103 TUE, Feb 27-Mar 20**

**4207.104 WED, Feb 28-Mar 21**

**FEE: \$125  
per session**

## COLE / VINAL DANCE-INTRO TO JAZZ (GR 1-5)

Jazz is a fast paced, fun and common form of dance! Each class includes warm-up, floor work and learning dance routine. BYO drink & nut-free snack.

**Instructor: Jacqueline Blankenburg 6 weeks Max: 15 3:20-4:30p**

**COLE Music Room, 81 High St.**

**1228.130 WED, Jan 10-Feb 14**

**VINAL Music Room, 102 Old Oaken Bucket**

**1228.150 FRI, Jan 12-Feb 16**

**FEE: \$71**

## COLE / VINAL INCREDIFLIX (GR 2-5)

### "YOUR SCHOOL" TODAY

Bringing the fun and excitement of variety TV into after school! Kids work together to create their own late night style variety show with hosts, special guests, interviews, musical guests, news, and many other fun segments. Student work in groups doing the entire show creation process - writing, brainstorming, acting and directing. Put "Your School" into the spotlight! \*Flix downloadable within a month after session ends. BYO drink & nut-free snack

**Instructor: Incrediflix Staff 6 weeks Max: 20 3:20-5p**

**VINAL Music Room, 102 Old Oaken Bucket,**

**3234.110 MON Jan 22-Mar 5 (No 2/19)**

**COLE Music Room, 81 High St.**

**3234.150 FRI, Jan 26-Mar 9 (No 2/23)**

**FEE: \$125**

## COLE / VINAL LEGO NINJANEERING (GR K-2)

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitsu, build the Fire Temple, race Skull Trucks and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of experienced Play-Well instructor all the while exploring the fantasy world of Ninjago. BYO drink & nut-free snack

**Instructor: Play-Well TEKologies Staff 6 weeks Max: 16 3:20-5p**

**COLE Library, 81 High St.**

**1225.110 MON, Jan 22-Mar 5 (No 2/19)**

**VINAL Library, 102 Old Oaken Bucket**

**1225.150 FRI, Jan 19-Mar 2 (No 2/23)**

**FEE: \$128**



# ADULT ACTIVITIES

## **CPR/AED/FIRST AID (13 YEARS & UP)**

Participants will receive training and certification in American Heart Association Adult, Child & Infant CPR, AED and First Aid usage. This class is a community based class and not a healthcare provider class.

**Middle School Library, 328 Main St. Max: 16**

**Instructor: George Doucette, Norwell FD**

**5410.120 TUE, Jan 30 6-9:30p**

**FEE: \$40**

## **PAINTING WORKSHOP (16 YEARS & UP)**

If you love New England, this project is for you! The quintessential Covered Bridge will be the feature subject. All experience levels are welcome! Some materials are supplied. Please BYO basic acrylic paint set and 2-3 brushes.

**Instructor: Barbara Wilson**

**Town Hall Lower Level, 345 Main St. 4 weeks Max: 10**

**3413.140 THU, Jan 18-Feb 8 12:30-2p**

**FEE: \$54**

## **MENS REC BASKETBALL (21 YEARS & UP)**

Must be registered with Norwell Recreation with signed waiver to participate. This is a combined winter/spring session. Bring your own ball for friendly pick-up hoops. All players must be registered participants. Program times change during session. No program during vacations, holidays, snow days

**Vinal Gym, 102 Old Oaken Bucket Rd. Max: 30**

**1438.110 MON, Jan 8-Mar 12 (No 1/15, 2/19) 7-9:30p**

**Mar 19-Jun 11 (No 4/16, 5/28) 6-8:30p**

**Middle School Gym, 328 Main St. Max: 30**

**1438.140 THU, Jan 11-Apr 12 (No 2/22, 4/19) 7-9:30p**

**Apr 26-June 14 6-8:30p**

**FEE: \$20**

**per session**

## **ADULT PICKLEBALL (21 YEARS & UP)**

Must be registered with Norwell Recreation with signed waiver to participate. It's the fastest growing sport in the USA! This popular "mini-tennis" game is a combination of ping pong, tennis, and badminton. 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 doubles matches during their 1 1/2 hour session. Equipment provided.

**School Admin Gym, 322 Main St. 6 weeks Max: 12**

**1457.141 THU, Jan 4-Feb 8 9-10:30a**

**1457.142 THU, Jan 4-Feb 8 10:30a-12p**

**1457.143 THU, Mar 1-Apr 5 9-10:30a**

**1457.144 THU, Mar 1-Apr 5 10:30a-12p**

**FEE: \$10**

**per session**

## **ADULT COED REC VOLLEYBALL (16 YEARS & UP)**

Must be registered with Norwell Recreation with signed waiver to participate. Players will participate in informal, recreation volleyball for the Winter/Spring. Participants will self-manage during their 2 1/2 hour session.

**Middle School Gym, 328 Main St. 20 weeks Max: 40**

**1482.120 TUE, Jan 2-June 12 (No 2/20, 4/17, 5/8) 7-9:30p**

**FEE: \$20**

**CONTACT THE RECREATION DEPARTMENT AT 781 659-8046 OR  
RECREATION@TOWNOFNORWELL.NET IF WITH ANY QUESTIONS  
OR IF YOU FORGET YOUR ONLINE REGISTRATION USERNAME /  
PASSWORD**



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