

WINTER 2019 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 2019 programs begins at 10:00a on WEDNESDAY 12/5/18 at www.townofnorwell.net for Norwell Residents only!

MAIL-IN, WALK-IN and NON-RESIDENT REGISTRATION begins at 10:00a on WEDNESDAY 12/12/18! 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 12/5/18!

To access or set-up your online account, visit 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 with questions or comments! Find additional program info by visiting 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

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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NORWELL, MA 02061

WINTER 2019 REGISTRATION POLICIES

- **ONLINE:** Online Registration for Norwell Residents, begins on Wed. 12/5/18 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. 12/12/18 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. 12/12/18.
- **ALL ABILITIES WELCOME:** If special accommodations are needed, please submit written request no later than Wed. 12/12/18.
- **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 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 _____ **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 ('18)** _____

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 Town against all legal claims and proceedings that may have been asserted in the past or in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in The Town's recreation programs. I further affirm that I have read and understand the contents of this form. I give permission for medical treatment to be given if necessary and grant permission for use of photographs to be taken and used in promotional material.

Signature _____ **Date:** _____

PROGRAM CODE#: _____ **PROGRAM CODE #:** _____

PROGRAM CODE#: _____ **PROGRAM CODE #:** _____

REC HOOPS shirt size: YOUTH S ___ M ___ L ___ ADULT S ___ M ___ L ___ XL ___

PRE K AND K 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: 35 9:30-11a

1102.110 MON, Jan 7-Mar 25 (No 1/21, 2/18)

FEE: \$20
per session

1102.150 FRI, Jan 11-Mar 22 (No 2/22)

KNUCKLEBONES MINI SPORTS (2-6 YEARS)

Designed program to enhance motor skills. Each class your child will play a myriad of athletic activities that include kicking, throwing, and catching. Your child will be active while developing a passion for play. Wear comfortable clothes, gym shoes and BYO water bottle!

Instructor: KNUCKLEBONES Staff

SAT, Town Hall Gym, 345 Main St. 6 weeks Max: 12

Jan 26-Mar 16 (No 2/16, 3/9)

1275.161 (2-3 years) 9:30-10:30a

FEE: \$79

1275.162 (4-6 years) 10:40-11:40a

PRE-K ENRICHMENT (AM PRE-K)

KINDER ENRICHMENT (PM K)

Extend your child's learning day in an engaging atmosphere with old and new friends. Activities include age-appropriate educational play, fun math and literacy games, story time, art projects, picture journals, science experiments, nature exploration and more! BYO nut-free snack and drink!

Instructors: Janice McGovern & Jen Weier

Town Hall Lower Level, 345 Main St. 10 weeks Max: 16

TUE, Jan 8-Mar 19 (No 2/19)

1103.121 9-11a PRE-K ONLY

FEE: \$175

1103.122 12:45-3p K ONLY

PRE-K AND KINDER FUN & GYM

Jump on in for a fitness 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 nut-free lunch, snack and drink!

Instructors: Janice McGovern & Jen Weier

Town Hall Lower Level, 345 Main St. 10 weeks Max: 20

WED, Jan 9-Mar 20 (No 2/20)

1103.131 9-11a PRE-K ONLY (4-5 years)

FEE: \$175

1103.132 12:45-3p PRE K & KINDER (4-6 years)

UK ELITE PETITE SOCCER (3-6 YEARS)

Learn basics of soccer using techniques for Pre-K/K level, building confidence, ball contact and the ABC's of Athleticism: Agility/ Balance/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.

1100.121 TUE, Jan 8-Feb 5 10:45-11:45a

1100.122 TUE, Jan 8-Feb 5 1-2p

1100.123 TUE, Feb 26-Mar 26 10:45-11:45a

FEE: \$53
per session

1100.124 TUE, Feb 26-Mar 26 1-2p

UK ELITE PETITE MINI SPORTS (3-6 YEARS)

Learn the basics of a variety of sports and games while having fun and interacting with your peers. 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.

1100.141 THU, Jan 3-Feb 7 (No 1/31) 10:45-11:45a

1100.142 THU, Jan 3-Feb 7 (No 1/31) 1-2p

1100.143 THU, Mar 7-Apr 11 (No 3/28) 10:45-11:45a

FEE: \$53
per session

1100.144 THU, Mar 7-Apr 11 (No 3/28) 1-2p



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AFTERSCHOOL ACTIVITIES

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

SPORTS @ COLE Instructor: Jim Thornton

1204.121	BASKETBALL	GR 3-5	TUE	Jan 8– Feb 5	FEE: \$43
1204.131	FLOOR HOCKEY	GR K-2	WED	Jan 9 - Feb 6	FEE: \$43
1204.141	BASKETBALL	GR K-2	THU	Jan 10 - Feb 7 (No 1/31)	FEE: \$36
1204.151	FLOOR HOCKEY	GR 3-5	FRI	Jan 11 - Feb 8	FEE: \$43
1204.122	FLOOR HOCKEY	GR 3-5	TUE	Feb 26 - Mar 26	FEE: \$43
1204.132	INDOOR SOCCER	GR K-2	WED	Feb 27 - Mar 27	FEE: \$43
1204.142	FLOOR HOCKEY	GR K-2	THU	Mar 7-Apr 4 (No 3/28)	FEE: \$36
1204.152	BASKETBALL	GR 3-5	FRI	Mar 1-Mar 29	FEE: \$43

SPORTS @ VINAL Instructor: Lee Leonard

1205.111	BASKETBALL	GR 3-5	MON	Jan 7 - Feb 11 (No 1/21)	FEE: \$43
1205.121	FLOOR HOCKEY	GR 3-5	TUE	Jan 8– Feb 5	FEE: \$43
1205.131	FLOOR HOCKEY	GR K-2	WED	Jan 9 - Feb 6	FEE: \$43
1205.141	BASKETBALL	GR K-2	THU	Jan 10 - Feb 7 (No 1/31)	FEE: \$36
1205.112	FLOOR HOCKEY	GR 3-5	MON	Mar 4-Apr 1	FEE: \$43
1205.122	BASKETBALL	GR 3-5	TUE	Feb 26 - Mar 26	FEE: \$43
1205.132	BASKETBALL	GR K-2	WED	Feb 27 - Mar 27	FEE: \$43
1205.142	FLOOR HOCKEY	GR K-2	THU	Mar 7-Apr 4 (No 3/28)	FEE: \$36

COLE AND VINAL UK ELITE MULTI SPORTS (GR K-3)

Students in this class will have a balance of instruction and play. Sports include: soccer, handball, pillo polo hockey, dodgeball, flag tag, t-ball/hit-and-run baseball.

Instructors: UK Elite Soccer Staff 6 weeks Max: 24 3:20-4:30p

VINAL Gym, 102 Old Oaken Bucket Rd.

1100.150 FRI, Jan 11-Feb 15

COLE Gym, 81 High St.

1100.110 MON, Feb 25-Apr 1

FEE: \$60

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 2-4) MON, Jan 7-Feb 25 (No 1/21 & 2/18)

3252.120 (GR 3-5) TUE, Jan 8-Feb 12

FEE: \$50

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 10-Mar 7 (No 1/31, 2/21, 2/28)

FEE: \$50

VINAL EXPERIMENTAL ART (GR 2-4)

Come explore the world combining Art and Science. Each week with a new concept: Dirty Pour Painting, Salt Painting, Bubble Painting, Alka-Seltzer Explosions, Shave Cream Mono Prints and Pull String Art.

VINAL Art Room, 102 Old Oaken Bucket 6 weeks Max: 15 3:20-4:30p

Instructor: Catherine Holmes, Vinal Art Teacher

3252.121 (GR 2-4) MON, Jan 8-Feb 12

FEE: \$60



AFTERSCHOOL ACTIVITIES

COLE AND VINAL COOKING CLUB (GR K-5)

Participants will prepare meals for their family. Some meals are 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 8-Jan 29

4207.106 WED, Jan 9-Jan 30

FEE: \$125
per session

VINAL Cafe/Kitchen, 102 Old Oaken Bucket Rd.

4 weeks Max: 12

Instructor: Ann Guerra & Linda Lotterhand

3:20-4:30p

4207.101 TUE, Jan 8-Jan 29

4207.102 WED, Jan 9-Jan 30

4207.103 TUE, Mar 5-Mar 26

4207.104 WED, Mar 6-Mar 27

FEE: \$125
per session

COLE AND VINAL DANCE FOREVER (GR 1-5)

Come join to learn a new style of dance every week. Includes: jazz, hip hop, lyrical dance or musical theater dance to enrich your routine. Each class begins with warm-up, floor work and dance routine. BYO drink & nut-free snack.

Instructor: Jacqueline Blankenburg 4 weeks Max: 15 3:20-5p

COLE Music Room, 81 High St.

1228.131 WED, Jan 9-Jan 30

VINAL Music Room, 102 Old Oaken Bucket

1228.132 WED, Feb 27-Mar 20

FEE: \$70

COLE AND VINAL CIRCUIT LABS (GR K-5)

Instructor: Circuit Lab Staff 6 weeks Max: 12 3:20-5p



"HANDS ON ELECTRONICS" (GR 3-5)

Tinker with electronics learning basics of computer programming. Experiment with fundamentals to include projects where students design and program devices using LED's, resistors, motors and more. BYO snack/drink

VINAL Art Room, 102 Old Oaken Bucket

3506.131 WED, Jan 9-Feb 13

FEE: \$125

"CIRCUIT MAKERS" (GR K-2)

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

COLE Music Room, 81 High St.

3506.132 WED, Mar 6-Apr 10

FEE: \$125

COLE AND VINAL WICKED SCIENCE (GR K-2)

Instructor: Wicked Cool for Kids Staff 6 weeks Max: 14 3:20-4:30p

"GIRLS CHEMISTRY"

Chemistry is COOL! Hands-on projects to become a junior scientist. Create soaps, lip balms and various concoctions, fizzing potions and lotions. Formulas to take home to create more products. Learn chemical reactions and properties. BYO drink & nut-free snack.

VINAL Art Room, 102 Old Oaken Bucket

1221.110 MON, Jan 14-Mar 4 (No 1/21, 2/18)

FEE: \$128

"DISCOVERY LAB"

Six of our favorite science lessons all wrapped up in one fun filled program. Make Mesozoic volcanoes, delve into the coral reefs, get electrified with simple circuits, and create rainbow slime. BYO drink & nut-free snack.

COLE Art Room, 81 High St.

1221.150 FRI, Jan 18-Mar 1 (No 2/22)

FEE: \$128

COLE AND VINAL LEGO ROBOTICS (GR K-3)

Instructor: STEM Cell Robotics Staff 4 weeks Max: 16



Students work in pairs exploring different engineering problems each week. Create, program and experiment with a Lego WeDo 2.0 based robot to solve challenges. Returning students will work on new projects and build upon their learned skills. No two sessions the same! BYO drink & nut-free snack.

VINAL Library, 102 Old Oaken Bucket Rd. 3:20-4:30p

1225.141 THU, Jan 10-Feb 7 (No 1/31)

COLE Library, 81 High St.

3:20-4:30p

1225.142 THU, Mar 7-Apr 4 (No 3/28)

FEE: \$132

AFTERSCHOOL ACTIVITIES

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. 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 2-Jan 30, 3:25-7p (Please be prompt for drop off & pick up)

BUS DEPARTS FOR BLUE HILLS AT 3:40PM

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

MIDDLE SCHOOL FIELD HOCKEY (GR 6-8)

INDOOR / OUTDOOR MIX

Program will be held indoors for first three weeks and outdoors for second half. Participants will enjoy this fun way to learn and/or improve skills. Good prep for high school! Indoor equipment provided, some outdoor equipment available upon request. Wear sneakers. BYO water bottle.

Middle School Gym / Osborne Field, 328 Main St. 6 weeks Max: 24

Instructor: Jen Schad, NHS Field Hockey Coach 3-4p

1233.130 WED, Mar 27-May 15 (No 4/17, 5/8)

FEE: \$50

EARLY RELEASE DAY ACTIVITIES

MIDDLE SCHOOL EARLY RELEASE DAY

COOKING W/CHEF ABBY (GR 6-8)

These early release day sessions are at Chef Abby's home studio kitchen. Please have lunch BEFORE you come to these classes! BYO containers for any leftovers (if any) Sign up for one or both classes

Instructor: Chef Abby Gray Max: 12 12:30-4:30pm

At Chef Abby's home studio, 156 Norwell Ave.

4207.141 THU, Jan 31 Valentine Theme

Seasonal Ravioli, Red Sauce and Chocolate Biscotti

4207.142 THU, Mar 28 Easter Theme

Savory Spring Bread and Traditional Easter Cakes



FEE: \$60 per session

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

REGISTRATION DEADLINE: JANUARY 17

BYO lunch/drinks to eat in cafeteria before departure. Fee includes 2 laser tag games, arcade tokens, pizza, transportation / supervision. Participants to bring additional money for added 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

4288.141 THU, Jan 31 11a-4:30p

FEE: \$55

MIDDLE SCHOOL EARLY RELEASE TRIP (GR 6-8) ARCHERY GAMES (CHELSEA)

REGISTRATION DEADLINE: MARCH 14

BYO lunch and drinks to eat in cafeteria before departure. Boston's only combat archery facility, provides the ultimate action experience that is fun for everyone. It is a fun and safe activity and friendly game with friends. Fee includes 2 hours games and transportation / supervision. BYO \$\$ for drinks at venue. Parents must complete and return "REC" Registration Form AND Archery Games waiver to REC office

Supervisor: Norwell Rec Staff

Meet in NMS Cafeteria at 11am Max: 44

4288.142 THU, Mar 28 11a-4:15p

FEE: \$55

MORE YOUTH ACTIVITIES

NORWELL REC HOOPS (GR 1-8)

JANUARY 7-MARCH 16

REGISTRATION DEADLINE JANUARY 3

MORE INFO ON WWW.TOWNOFNORWELL.NET



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

(No program 1/21, 2/16, 2/18, 2/20, 2/22, 2/23)

FEE: \$80

Gr 1-2 Coed Skill Nights/Games begin on Friday Jan 11

Gr 3-8 Girls Skills Nights begin on Monday Jan 7

Gr 3-8 Boys Skills Nights begin on Wednesday Jan 9

GRADES	SKILLS	GAMES
COED 1 ST / 2 ND <u>1214.167</u>	N/A	FRI 5-7p @ VINAL
BOYS 3 rd / 4 th <u>1214.166</u>	WED 7-7:45p @ NMS	FRI 7-9:30p @ VINAL
GIRLS 3 rd / 4 th <u>1214.165</u>	MON 7-7:45p @ NMS	FRI 7-9:30p @ VINAL

GRADES	SKILLS	GAMES
BOYS 5 th / 6 th <u>1214.163</u>	WED 7:45-8:30p @ NMS	SAT 9a-12p @ NHS
GIRLS 5 th / 6 th <u>1214.161</u>	MON 7:45-8:30p @ NMS	SAT 9a-12p @ NHS
BOYS 7 th / 8 th <u>1214.164</u>	WED 8:30-9:15p @ NMS	SAT 12-3p @ NHS
GIRLS 7 th / 8 th <u>1214.162</u>	MON 8:30-9:15p @ NMS	SAT 12-3p @ NHS

**PARENT VOLUNTEERS and PAID
STAFF OPPORTUNITIES
CONTACT REC OFFICE
by Dec 14
781-659-8046**

ADULT ACTIVITIES

BRAZILIAN JIU-JITSU FOR WOMEN (13 YEARS & UP)

GREAT PROGRAM FOR MOM AND DAUGHTERS TO GO TOGETHER.

Brazilian Jiu-Jitsu is an amazing martial art and combat sport that focuses on ground fighting. Taking the fight to the ground allows you to control against an attacker by using angles, direction and leverage. The end result being position before submission. Students will learn respect and build confidence during live grappling-with a heavy emphasis on drills to help build muscle memory. Each class will begin with a warm-up and stretch followed by drills and technique



Thurston Martial Arts, 409 Columbia Rd, Hanover Max: 15

Instructor: Allison Thurston and staff

5202.150 FRI, Jan 11-Feb 15 6-7p

FEE: \$60

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

Participants receive training and certification in American Safety & Health Institute Adult, Child & Infant CPR, AED and First Aid usage, following American Heart Association guidelines. This class is not for professional medical personnel.

Middle School Library, 328 Main St. Max: 16

Instructor: George Doucette, Norwell FD

5410.140 THU, Jan 17 6-9:30p

FEE: \$40

PAINTING WITH WATERCOLORS (16 YEARS & UP)

Supply list is emailed to participants 1 week before class begins.



All levels welcome! In this class you will be able to capture the beauty of WINTER in its colorful glory. Bring in WINTER photos or printed pictures. You will be guided in the painting process in stages developing paintings in a step by step manner. Emphasis will be on basic drawing, technique and compositions. Work at your own artistic level in this intimate class.

Instructor: Paul Papadonis

NHS Art Room, 18 south St. 4 weeks Max: 10

3229.110 MON, Jan 7-Feb 4 (No 1/21) 7-9p

FEE: \$76

**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**

ADULT ACTIVITIES

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 7-Mar 11 (No 1/21, 2/18) 7-9:30p
Mar 18-June 10 (No 4/15, 5/27) 6-8:30p

Middle School Gym, 328 Main St. Max: 30
1438.140 THU, Jan 3-Apr 11 (No 2/21, 4/18) 7-9:30p
Apr 25-June 13 (No 4/18) 6-8:30p

FEE: \$20
per session

ADULT INDOOR PICKLEBALL (21 YEARS & UP)

Participants must be registered with Norwell Recreation to attend. It's easy to learn, fun to play and great exercise. This game is about shot placement and accuracy. Participants self-manage. Equipment available for use! Choose AM or PM or Both!

Participant Supervised 5 weeks Max: 12 per session
School Administration Gym, 322 Main St.

1457.141 THU AM Jan 10-Feb 7 8:15-10:15a
1457.142 THU PM Jan 10-Feb 7 6:30-8:30p
1457.143 THU AM Feb 28-Mar 28 8:15-10:15a
1457.144 THU PM Feb 28-Mar 28 6:30-8:30p

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: 45
1482.120 TUE, Jan 8-June 11 (No 2/19, 4/16, 5/7) 7-9:30p



FEE: \$20

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. ALL YOGA participants please BYO 2 Blocks, Yoga Mat, and Water Bottle

School Admin Wellness Room and/or Gym, 322 Main St.

CODE	PROGRAM	WITH	DAY/DATE	TIME	FEE
 2417.111	VINYASA YOGA	KERRY	MON Jan 7-Mar 25 (No 1/21, 2/18)	9-10a	\$84
2417.110	YOGA	LAURIE	MON Jan 7-Mar 25 (No 1/21, 2/18)	7-8:15p	\$84
2417.120	YOGA	MOIRA	TUE Jan 8-Mar 19 (No 2/19)	9-10:15a	\$84
2416.130	* MUSCLE W / WEIGHTS	MOIRA	WED Jan 9-Mar 20 (No 2/20)	9-10a	\$84
2419.130	*CORE W / WEIGHTS	MOIRA	WED Jan 9-Mar 20 (No 2/20)	10-11a	\$84
2417.130	YOGA	LAURIE	WED Jan 9-Mar 20 (No 2/20)	7-8:15p	\$84
 2417.150	GENTLE YOGA	KERRY	FRI Jan 11-Mar 29 (No 1/25, 2/22)	8:30- 9:30a	\$84