

WINTER 2020 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 2020 programs begins at 10:00a on WEDNESDAY 12/4/19 at www.townofnorwell.net for Norwell Residents only!

MAIL-IN, WALK-IN and NON-RESIDENT REGISTRATION begins at 10:00a on WEDNESDAY 12/11/19! 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 12/4/19!

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

Matthew Greene

William Lazzaro

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

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Norwell, MA 02061

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NORWELL, MA 02061

WINTER 2020 REGISTRATION POLICIES

- **ONLINE:** Online Registration for Norwell Residents, begins on Wed. 12/4/19 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. 12/11/19 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. 12/11/19.
- **ALL ABILITIES WELCOME:** If special accommodations are needed, please submit written request no later than Wed. 12/11/19.
- **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 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 _____ **Gender:** M F

ADDRESS _____

# Street	Town	State	Zip
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Home Phone (____) _____ **Parent's Name(s)** _____

Cell Phone (____) _____ **Work Phone (____)** _____

Email address _____

AGE _____ **DATE OF BIRTH** ____/____/____ **SCHOOL 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 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 6-Mar 23 (No 1/20, 2/17)

1102.150 FRI, Jan 10-Mar 20 (No 2/21)

FEE: \$20
per session

KNUCKLEBONES LITTLE NINJA WARRIOR (2-6 YEARS)

Does your child love to run, jump, climb and tumble? Little Ninja Warrior is the perfect way for them to work off extra energy. Children participate in games stretching & obstacles to help gross motor skills, for fitness and fun. Wear comfortable clothes, gym shoes and BYO water bottle.

Instructor: KNUCKLEBONES Staff

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

Jan 25-Mar 14 (No 2/8, 2/15)

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

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

FEE: \$93

LITTLE BEE YOGA (3-6 YEARS)

Adult participation required with child. Partner with your little yogi in this super fun class! Learn poses, games, music and stories. Breathing exercises, meditation and guided relaxations to strengthen body, mind and soul will be explored. This fun class provides a magical bonding experience between adult and child. BYO water and yoga mats.

Instructors: Christine Walker, Little Bee Yoga 6 weeks Max: 12

School Admin. Wellness Room, 322 Main St.

1117.130 WED, Jan 22-Mar 4 (No 2/19) 1:30-2:15p

FEE: \$89
Per child

PRE-K ENRICHMENT (PRE-K ONLY)

Extend the learning day in this engaging atmosphere. Activities include age-appropriate educational play, fun math & 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 7-Mar 24 (No 2/18, 3/17)

1103.121 9-11a

FEE: \$180

PRE-K FUN & GYM (4-6 YEARS)

Jump on in for a fun fitness and organized games class—including obstacle courses, relays and ball games. Be social and get physical 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 8-Mar 25 (No 2/19, 3/18)

1103.131 9-11a

FEE: \$180

STEEL 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.

Instructor: Steel Soccer Staff

School Administration Gym, 322 Main St. 5 weeks Max: 16

1100.121 TUE, Jan 7-Feb 4 10:30-11:30a

1100.122 TUE, Jan 7-Feb 4 1-2p

1100.123 TUE, Feb 25-Mar 24 10:30-11:30a

1100.124 TUE, Feb 25-Mar 24 1-2p

FEE: \$55
per session

STEEL PETITE MINI SPORTS (3-6 YEARS)

Learn 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.

Instructor: Steel Soccer Staff

School Administration Gym, 322 Main St. 4 weeks Max: 16

1100.141 THU, Jan 9-Feb 6 (No 1/30) 10:30-11:30a

1100.142 THU, Jan 9-Feb 6 (No 1/30) 1-2p

1100.143 THU, Mar 5-Apr 2 (No 3/26) 10:30-11:30a

1100.144 THU, Mar 5-Apr 2 (No 3/26) 1-2p

FEE: \$44
per session

MORE PRE K AND K ACTIVITIES

PRE-K SPANISH (3-6 YEARS)

Instructor: Jennifer Coyle, La Escuelita **5 weeks**
Town Hall Lower Level, 345 Main St. Max: 10

BEGINNER 1 Introductory class done through stories, puppets, crafts, games and imaginative play to make learning a new language fun! BYO drink only.

1516.141 THU, Jan 9-Feb 6 10-11am

BEGINNER 2 Continuation after you have completed the first series either in Spring '19 or Fall '19. BYO drink only.

1516.142 THU, Mar 5-Apr 2 10-11am

FEE: \$64
per session

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 3:20-4:30p

1204.121	FLOOR HOCKEY	GR 3-5	TUE	Jan 7- Feb 11	FEE: \$57
1204.131	INDOOR SOCCER	GR K-2	WED	Jan 8 - Feb 12	FEE: \$57
1204.141	FLOOR HOCKEY	GR K-2	THU	Jan 9 - Feb 6 (No 1/30)	FEE: \$40
1204.151	BASKETBALL	GR 3-5	FRI	Jan 10-Feb 7	FEE: \$50
1204.122	BASKETBALL	GR 3-5	TUE	Mar 3 - Apr 7	FEE: \$57
1204.132	FLOOR HOCKEY	GR K-2	WED	Mar 4 - Apr 8	FEE: \$57
1204.142	BASKETBALL	GR K-2	THU	Mar 5 - Apr 2 (No 3/26)	FEE: \$40
1204.152	INDOOR SOCCER	GR 3-5	FRI	Feb 28-Mar 27	FEE: \$50

SPORTS @ VINAL Instructor: Lee Leonard 3:20-4:30p

1205.111	FLOOR HOCKEY	GR K-2	MON	Jan 6 - Feb 10 (No 1/20)	FEE: \$50
1205.121	FLOOR HOCKEY	GR 3-5	TUE	Jan 7- Feb 11	FEE: \$57
1205.131	BASKETBALL	GR 3-5	WED	Jan 8 - Feb 12	FEE: \$57
1205.141	BASKETBALL	GR K-2	THU	Jan 9 - Feb 6 (No 1/30)	FEE: \$40
1205.112	BASKETBALL	GR K-2	MON	Mar 2 - Mar 30	FEE: \$50
1205.122	BASKETBALL	GR 3-5	TUE	Mar 3 - Apr 7	FEE: \$57
1205.132	FLOOR HOCKEY	GR 3-5	WED	Mar 4 - Apr 8	FEE: \$57
1205.142	FLOOR HOCKEY	GR K-2	THU	Mar 5 - Apr 2 (No 3/26)	FEE: \$40

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

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

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

COLE Gym, 81 High St.
1100.110 MON, Feb 24-Mar 30

VINAL Gym, 102 Old Oaken Bucket Rd.
1100.150 FRI, Jan 10-Feb 14

FEE: \$66



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MORE AFTER SCHOOL ACTIVITIES

COLE ART (GR K-5)

COLE Art Room, 81 High St. 6 weeks Max: 12
Instructor: Jeff Menice, Cole Art Teacher 3:20-4:30p

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

3252.110 (GR 2-4) MON, Jan 13-Mar 2 (No 1/20, 2/17)

3252.120 (GR 3-5) TUE, Jan 14-Feb 25 (No 2/18)

FEE: \$52

ARTS & CRAFTS Have fun exploring a variety of materials to create exciting projects. Materials may include paint, clay, tissue paper and more.

3252.140 (GR K-2) THU, Jan 16-Mar 12 (No 1/30, 2/20, 2/27)

VINAL ART: DRAWING CLUB (GR K-3)

Students are guided through basics of illustration with easy-to-learn shapes building into complex drawings. Exercises to help see line, shape, space elements to turn them into art. BYO drink & nut-free snack



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

Instructor: Catherine Holmes, Vinal Art Teacher

3252.111 MON, Jan 27-Mar 9 (No 2/17)

FEE: \$64

COLE / VINAL CIRCUIT LABS (GR 3-5)

Instructor: Circuit Lab Staff 5 weeks Max: 14 3:20-5p

HANDS ON ELECTRONICS Learn electronic basics of computer programming. Projects include fundamentals where students design and program devices using LED's, resistors, motors and more. BYO snack/drink

COLE Library, 81 High St.

3506.131 WED, Jan 8-Feb 5

VINAL Art Room, 102 Old Oaken Bucket

3506.132 WED, Feb 26-Mar 25

FEE: \$115

COLE / VINAL COOKING CLUB (GR K-5)

Cook meals that are either fully prepared in class & or to be assembled for heating. Food safety & nutrition covered 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. 3:20-4:30p 4 weeks Max: 12

Instructor: Judy Crooks & Maria Fanning

4207.105 TUE, Jan 14-Feb 4

4207.106 WED, Jan 15-Feb 5

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

Instructor: Ann Guerra & Linda Lotterhand

4207.101 TUE, Jan 14-Feb 4

4207.102 WED, Jan 15-Feb 5

4207.103 TUE, Feb 25-Mar 17

4207.104 WED, Feb 26-Mar 18

**FEE: \$127
per session**

COLE / VINAL LEGO ROBOTICS (GR K-5)

Instructor: STEM Cell Robotics Staff 3:20-4:30p 4 weeks Max: 16

Students work in pairs exploring different engineering problems each week. Create, program and experiment to solve challenges. Returning students work on new projects and build upon their skills. ! BYO drink & nut-free snack.

COLE Library, 81 High St.

1225.142 THU, Mar 12-Apr 9 (No 3/26)

VINAL Library, 102 Old Oaken Bucket Rd.

1225.141 THU, Jan 16-Feb13 (No 1/30)

FEE: \$137

COLE/ VINAL SPANISH INTRO (GR K-5)

Instructor: Jennifer Coyle, La Escuelita 6 weeks Max: 10 3:20-4:30p

Class designed for elementary students covering greetings, colors, counting, introductions, weather and other basic vocabulary words. Each week a different theme. Starting a language young, can set the foundation. BYO drink & nut-free snack.



COLE Library, 81 High St.

1516.110 (GR K-2) MON, Jan 6-Feb 24 (No 1/20, 2/17)

VINAL Library, 102 Old Oaken Bucket Rd.

1516.150 (GR 3-5) FRI, Jan 10-Feb 14

FEE: \$77

MORE AFTER SCHOOL ACTIVITIES

COLE / VINAL WICKED COOL SCIENCE (GR K-3)

Instructor: Wicked Cool for Kids Staff 8 weeks Max: 12 3:20-4:30p

COLE FROZEN SCIENCE All things frozen! Slime, snowflakes and magical indoor snow. Grow cold crystals and make density-based snow globe. Create frozen forest, potions and hand warmers. BYO drink/nut-free snack.

**COLE Art Room, 81 High St.
1221.130 WED, Jan 22-Mar 18 (No 2/19)**

FEE: \$185

VINAL SCIENCE MYSTERIES Calling all science sleuths! Identify powders and concoctions using chemical tests. Create "atomic worms" that glow. Decode geological clues to see how Earth has changed. Use color changing liquids and disappearing water. BYO drink & nut-free snack.

**VINAL Art Room, 102 Old Oaken Bucket
1221.150 FRI, Jan 24-Mar 20 (No 2/21)**

FEE: \$185

YOUTH ACTIVITIES

SKI / SNOWBOARD LESSONS (7-15 YRS) AT BLUE HILLS

REGISTRATION DEADLINE: DECEMBER 19 @ 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 if they want, but not required!



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

WED, Jan 8-Feb 5, 3:25-7p (Please be prompt for drop off & pick up)

BUS DEPARTS FOR BLUE HILLS AT 3:40PM

1271.131	\$279	Ski Lessons/No Rental
1271.132	\$279	Snowboard Lessons/No Rental
1271.133	\$364	Ski Lessons/Ski, Boot & Pole Rental
1271.134	\$364	Snowboard Lesson/Board & Boot Rental

NORWELL REC HOOPS (GR 1-8)

REGISTRATION DEADLINE JANUARY 2

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!



JANUARY 6-MARCH 14

(No program 1/20, 2/10, 2/15, 2/17, 2/19, 2/21, 2/22)

Gr 1-2 Coed Skill Nights/Games begin on Friday Jan 10

Gr 3-8 Girls Skills Nights begin on Monday Jan 6

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

FEE: \$95

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 or SAT 9-10:30a @ NHS
GIRLS 3 RD / 4 TH <u>1214.165</u>	MON 7-7:45p @ NMS	SAT 9-10:30a @ NHS

GRADES	SKILLS	GAMES
BOYS 5 TH / 6 TH <u>1214.163</u>	WED 7:45-8:30p @ NMS	SAT 10:45-1:15 @ NHS
GIRLS 5 TH / 6 TH <u>1214.161</u>	MON 7:45-8:30p @ NMS	SAT 10:45-1:15 @ NHS
BOYS 7 TH / 8 TH <u>1214.164</u>	WED 8:30-9:15p @ NMS	SAT 1:15--3p @ NHS
GIRLS 7 TH / 8 TH <u>1214.162</u>	MON 8:30-9:15p @ NMS	SAT 1:15-3p @ NHS F

**PARENT VOLUNTEERS and
PAID STAFF OPPORTUNITIES
CONTACT REC OFFICE BY
DECEMBER 13 781-659-8046**

EARLY RELEASE DAY

ELEMENTARY EARLY RELEASE POP UP ART (GR 2-5)

Pop Up Art School presents a hands-on workshop to discover the art of Brian Wildsmith to create a unique sculpture of a bird using cardboard, oil pastels and three dimensional elements, including feathers. Wildsmith, who is a children's book illustrator has a joyful and colorful style.

Instructor: Pop Up Art School Staff

Town Office Building Lower Level Max: 15

4288.141 THU, Feb 27 1-2:30p



FEE: \$28

EARLY RELEASE DAY COOKING (GR 5-8)

These early release day cooking sessions are at Chef Abby Gray's home studio kitchen. Please have lunch BEFORE you come to class! BYO containers for leftovers (if any) We will make appetizer, main course and dessert, all based on seasonal foods.

Instructor: Chef Abby Gray

Max: 12 NEW TIME 1-5pm

Chef Abby's Kitchen Studio, 156 Norwell Ave.

4207.141 (Gr 5-8) THU, Jan 30

4207.142 (Gr 5 Only) THU, Feb 27

**FEE: \$64
per session**

MIDDLE SCHOOL EARLY RELEASE TRIP (GR 6-8)

NASHOBA VALLEY SNOW TUBING PARK

REGISTRATION DEADLINE: JANUARY 15

Trip INCLUDES 3 hours of tubing at New England's largest snow tubing park. 18 lanes with 4 lifts and grooming to provide ultimate conditions. Trip also INCLUDES burger/chips and drink while at the park in their on site lodge. BYO lunch and drinks to eat in cafeteria before departure. Parents must complete Nashoba Valley waiver ONLINE via the Rec website—to be done at time of registration!

Supervisor: Norwell Rec Staff

Meet in NMS Cafeteria at 11am Max: 40

4288.141 THU, Jan 30 11a-6p



FEE: \$75

ADULT ACTIVITIES

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 nature in its glory. Bring in at least 10 pictures before the first class on an iPad, computer or phone. Try to include something man made somewhere in your pictures. You will be guided in the painting process in stages developing your painting in a step by step manner. Emphasis will be on basic drawing, technique and compositions. Work at your own artistic level.

Instructor: Paul Papadonis

Max: 10 5 weeks

NHS Art Room, 18 South St.

3229.110 MON, Jan 6-Feb 10 (No 1/20) 7-9p



FEE: \$80

ADULT INDOOR PICKLEBALL (21 YEARS & UP)

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 provided. 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 9-Feb 13 8:15-10:15a

1457.142 THU PM Jan 9-Feb 13 6:30-8:30p

1457.143 THU AM Mar 5-Apr 9 8:15-10:15a

1457.144 THU PM Mar 5-Apr 9 6:30-8:30p

**FEE: \$15
per session**



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**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 to attend. This is a combined Winter/Spring session. Bring your own ball for friendly pick-up hoops. Program times change during session. No program holidays, snow days.

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

1438.110 MON, Jan 6-Mar 9 (No 1/20, 2/17) 7-9:30p
Mar 16-June 15 (No 4/20, 5/25) 6-8:30p

Middle School Gym, 328 Main St. Max: 30

1438.140 THU, Jan 9-Apr 16 (No 2/20, 4/23) 7-9:30p
Apr 30-June 11 6-8:30p

FEE: \$20
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 7-9:30p

1482.120 TUE, Jan 7-June 16 (No 2/11, 2/18, 4/21, 5/5)

FEE: \$20

CARDIO DANCE (16 YEARS & UP)

Come and enjoy this easy to follow funky dance moves class. From top 40 hits to old school hip-hop, this workout will get your heart pumping and make you feel like a back up dancer! Includes warm up and cool down. Shoes should not have much tread, as it is easier to pivot and turn. Wear comfortable clothes and BYO water.



Instructor: Rena Thorbahn 8 weeks

School Administration Gym, 322 Main St. Max: 16

2428.120 TUE, Jan 14-Mar 10 (No 2/18) 7-8p

FEE: \$67

YOGA STRETCH (16 YEARS & UP)

Start your morning by stretching, lengthening and releasing tight sore areas of your body where you harbor repetitive stress. Create space and lightness by relieving tension and stress, leaving you feeling relaxed, rejuvenated and recharged. BYO mat, blanket and 2 yoga blocks.



Instructor: Kerry Donnelly

School Admin Wellness Rm, 322 Main St. Max: 20 11 weeks

2417.150 FRI, Jan 10-Mar 27 (No 2/21)

FEE: \$92

FITNESS / WELLNESS ACTIVITIES (16 YEARS & UP)

Norwell Recreation offers a variety of fun fitness/wellness classes! Improve your strength, stamina, flexibility, coordination & relaxation.

YOGA Participants BYO 2 Blocks, Yoga Mat, and Water Bottle
CORE/MUSCLE also BYO 2-3lb weights beginners - 3-8lb experienced
School Admin Wellness Room and/or Gym, 322 Main St. 11 weeks

CODE	PROGRAM	WITH	DAY/DATE	TIME	FEE
2417.110	YOGA	LAURIE	MON Jan 6-Mar 30 (No 1/20, 2/17)	7-8:15p	\$92
2417.120	YOGA	SUSAN P	TUE Jan 7-Mar 24 (No 2/18)	9-10:15a	\$92
2416.130	MUSCLE	SUSAN P	WED Jan 8-Mar 25 (No 2/19)	9-10a	\$92
2419.130	CORE	SUSAN P	WED Jan 8-Mar 25 (No 2/19)	10-11a	\$92
2417.130	YOGA	LAURIE	WED Jan 8-Mar 25 (No 2/19)	7-8:15p	\$92



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