Spring & Summer 2020 Programs

Hingham Rec

Online Registration Begins
Thursday, March 12
at 10:00 am

BEST 1957

Thank You to our July 4th Road Race Sponsors

BEST Chrysler Dodge Jeep Ram

HINGHAM RECREATION DEPARTMENT OFFICE 210 Central Street, Hingham, MA 02043 781-741-1464 • www.hinghamrec.com

Spring & Summer 2020 PROGRAMS

HINGHAM RECREATION DEPARTMENT OFFICE
210 Central Street, Hingham, MA 02043
T: 781-741-1464 F: 781-740-0239

OFFICE HOURS:
Monday - Friday, 8:30 AM - 4:30 PM

RECREATION DEPARTMENT STAFF
Mark Thorell, *Director*
Mike Benard, *Program Supervisor*
Jacki Muh, *Program Supervisor*
Kathy Walsh, *Administrative Secretary*

RECREATION COMMISSIONERS
Vicki Donlan, *Chair*
Bruce Thompson, *Vice-Chair*
Nandita Scott, *Secretary*
Ryan Lynch
Adrienne Ramsey

Registration forms are available in the office and at www.hinghamrec.com

REGISTRATION DEADLINE IS 7 DAYS PRIOR TO THE SCHEDULED START OF A PROGRAM.

- All children must meet age/grade requirements before start of program.
- Registrations are processed upon receipt of a completed registration form and payment.
- Check(s) / Money Orders / Cash (exact change) are required for payment.
- Registrations will continue until programs are filled.
- The Recreation Department reserves the right to consolidate, postpone, or cancel a program/trip for any reasonable cause. Check website for refund policy: **www.hinghamrec.com**
- **NO CONFIRMATIONS ARE SENT** – Please note all information on your calendar.
- You may call the Office to confirm your mail-in or drop-off registration(s).
- Proper behavior in Recreation Department programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation Department programs.
- The Town of Hingham does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage. Participation in all programs and events shall be at the registrant's own risk.

PLEASE MAKE CHECKS PAYABLE TO:
Hingham Recreation

Hingham Fitness
at the Hingham Recreation Department

HOURS:

Monday - Thursday	5:30 AM - 9:30 PM
Friday	5:30 AM - 8:00 PM
Saturday & Sunday	7:00 AM - 6:00 PM
Weekday Babysitting Available	8:30-11:30 AM

BROCHURE DESIGN & PHOTOGRAPHY:
Gayla Godby Design
781-740-4484 • gayla@gaylagodbydesign.com
www.gaylagodbydesign.com

PRINTING:
J&R Graphics, www.jrgraphics.biz

Open Recreation

The Rec Center game room and gym offer endless entertainment and after school fun. Featuring numerous interactive games – Wii Sports, four Playstation 4 systems, ping pong, air hockey, and foosball, superbike motorcycle, interactive basketball game – the game room is sure to be a hit with any child. The basketball gymnasium is perfect for pick-up games and provides children with a safe place to stay active during the spring and summer months. The gym is not available when Recreation programs are in session.

SPRING SEASON: APRIL 1– JUNE 12

GAME ROOM: Monday – Thursday, 3-5 PM
Friday, Saturday & Sunday, 3-6 PM

BASKETBALL GYM: Monday-Wednesday 3-5 PM and
Friday, Saturday, Sunday from 3-6 PM

Some weekdays will be available depending on Rec Program Schedule

SUMMER SEASON BEGINS JUNE 12:
There will be no OPEN REC hours from June 12 through September.

Children under the age of 10 must be accompanied by an adult. Available to Hingham residents only.

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ONLINE REGISTRATION BEGINS: Thursday, March 12 at 10:00 am

$10 PRE-REGISTERED $15 AT THE DOOR

Friday Nights @ THE REC

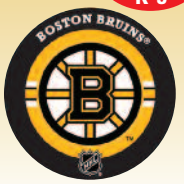
EVENTS RUN
6:30 - 8:30 PM

BOSTON BRUINS NIGHT

FOR GRADES K-5

MARCH 13

Get you head in the game and join us for a fun filled night of Black and Gold hockey! Bring your friends and wear your favorite Bruins gear!



FOR GRADES K-5

APRIL 17

Get ready for some fun as we organize games of dodgeball in our gym! Bring your friends, your sneakers, and your best game face!

GAME NIGHT

FOR GRADES K-5

MAY 15

Come in and join us for a fun night of games! We will have board games, gym games and card games! Bring your friends!

SUMMER OLYMPICS

2020

FOR GRADES K-5

JUNE 6

Summer is finally here and we are all ready for the 2020 Summer Olympics! Come join us for a fun night of Olympic Games and Olympic themed crafts. Bring your friends and see which teams will take the gold!

HHS PHYSICAL EDUCATION REQUIREMENT FITNESS PROGRAM

All HHS juniors and seniors may fulfill the physical education requirement at the Hingham Striders Fitness Center. Students must be a resident of Hingham and a member of the Fitness Center.

CONTACT REC OFFICE FOR DETAILS 781-741-1464

SPRING 2020 PRESCHOOL PROGRAMS

AGES 2-5 YEARS

KID KICKERS SOCCER

Rec Kid Kickers is designed to create a fun and safe introduction to soccer allowing players to build self-esteem while falling in love with the world's most popular game. Steel Soccer has earned a first class reputation throughout SE Mass. Our fully qualified coaches are eager to meet your little one.

Ages 2-3 with parent
SUNDAY, APRIL 5 - JUNE 7
9:00 - 9:45 AM
10:00 - 10:45 AM
11:00 - 11:45 AM
12:00 NOON - 12:45 PM
1:00 -1:45 PM
TUESDAY, APRIL 7 - MAY 26
12:30-1:15 PM

Ages 4-5
SUNDAY, APRIL 5 - JUNE 7
9:00 -10:00 AM
10:00 -11:00 AM
11:00 AM -12:00 NOON
12:00 NOON -1:00 PM
1:00 - 2:00 PM
TUESDAY, APRIL 7 - MAY 26
1:30-2:30 PM

$125
8 weeks

NO CLASSES
Sunday, April 12 (Easter Day) and Sunday, May 24 (Memorial Day Weekend)

STEEL SOCCER

LIL TYKE'S TENNIS AGES 3 & 4

FEE: $90 / 6-weeks

30 minute lesson. This is an introduction to the fundamentals of tennis, through age-appropriate games and activities using foam balls and other tools. This is a lesson only format. *Rec Staff.*

START DATE: Tuesdays, May 5 **TIME OPTIONS: 3:30 - 4:00 PM or 4:30 - 5:00 PM**

TENNIS FOR AGES 5-6

FEE: $85 / 6-week session

45 minute lesson. Participants will learn the basics, how to score, rally and serve, and understand how to win and lose points.

Thursdays, beginning May 7
4:00-4:45 PM or 4:45-5:30 PM

Saturdays, beginning May 9
11:30-12:15 PM

YOUTH PROGRAMS SPRING 2020

GENERATION POUND® *with Ms. Cassie* Ages 6-12

FEE:$15/Class

Generation Pound is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive Activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness. Please wear sneakers and bring a yoga mat.

START DATES: Fridays, March 13, April 17, May 8 **4:45-5:30 PM**

FIELD HOCKEY Grades K-8

FEE: $100 / 5 weeks

This program is ideal for children wishing to learn or develop skills in this increasingly popular sport. Participants will be taken through all phases of the game, thoughtfully integrating technical and tactical components in a fun, innovative way. Players will be grouped by age, playing ability and experience level. No previous experience playing field hockey is required to attend this program.

Instructor: Emily Kelly

Emily graduated from Connecticut College in 2004 and was on the field hockey team from 2000-2003. She was an All American her Sophomore, Junior, and Senior seasons, as well as a Regional All American throughout her college career. She was selected NESCAC's Rookie of the Year in 2000 and held Connecticut College's all time points record until 2010.

START DATE: Sunday, May 3 - June 7 **9:00 -10:15 AM**

TRACK & FIELD

with Coach Pat of Lunchtime Runner

6 Week sessions

FEE: $90

START DATE: Thursday, April 30 - June 4

These Track & Field programs are back this Spring with Coach Pat! These programs will meet at the Rec Field Track. Kids will learn and participate in age appropriate warm up & warm down routines and a variety of SAFE and FUN Track & Field events such as Long Jump, Sprinting, High Jump, Distance Running through games, Shot Put, Javelin, Hurdles, Relays. Each class will include instruction, "learn-by-doing" and a competition portion in which a point system is maintained each week.

ELEMENTARY Grades 1-3
3:45 - 4:45 PM

MIDDLE SCHOOL Grades 4-6
4:45 - 5:45 PM

ARCHERY Ages 8-14

FEE: $95 / 6 weeks

Grouped by age and/or ability. This beginner's course covers the basics and fundamentals of archery, and is suitable for those who have never shot a bow, or those with some previous experience. Class covers: Eye control, archery safety, warm-up exercises, proper shooting techniques with fun individual and group games. All equipment provided.

Certified Archery Instructor Mike Benard

START DATE: Thursday, April 30 (Outside) 3:30-4:15 PM OR 4:30-5:15 PM

HOME ALONE STAYING SAFE Grades 4-5

FEE: $70 / session

This class will prepare kids (4th-5th grade or maturity appropriate) to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/kitchen safety, choking prevention and Heimlich Maneuver, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! This dynamic and interactive3-hour class is serious business made fun. Please send your child with a nut free snack and beverage to class. (this is preferred to money for the vending machines, as we have a tight class schedule). *Taught by South Shore Safety, Denise Valentine Laiosa, R.D., Bette Antonellis, L.P.N., CTTS-M*

Denise is a co-founder of South Shore Safety and the owner of Norwell Karate. She has a background in nutrition and health education and teaches "Home Alone, Staying Safe" and child safety programs through Beth Israel Deaconess Hospital, Plymouth, local schools and other venues.

START DATES: Wednesday, April 1; Wednesday, June 3 1:30 - 4:30 PM

SKATEBOARDING

FEE: $72 / 6 weeks

Ages K-7 *GROUPED BY AGE AND/OR ABILITY*

Learn skateboarding from co-owner of ***Technical Skateshop Bobby DePesa*** and the team riders of ***Technical***. This class is for anyone interested in skateboarding whether you're just beginning or have been skateboarding for years. Kids will learn the basics of skateboarding, park awareness, safety, and the proper approach to many different tricks.

HELMET IS MANDATORY

EQUIPMENT: Skateboard, knee, elbow, and wrist pads strongly recommended.

START DATE: Saturday, May 2 9:00-10:00 AM

Save the Date!

SUMMER SKATEBOARDING CLINIC
July 20-23 (see page 6)

Beginning the week of May 2nd

HINGHAM YOUTH TENNIS

With
Tennis Pro
Phil Hayman
from The Weymouth Club

6 Week sessions

AGES 5-6	FEE: $90
AGES 7-8, 9-10	FEE: $90
AGES 11-13	FEE: $130

Weekday classes held at Plymouth River School Courts
Saturday classes held at Cronin Field Tennis Courts

Combining strength, speed, endurance, and strategy, tennis is a sport that attracts players ages 3 to 93. Hingham Rec wants to foster the skills and desire for fundamentals for a lifelong relationship with one of the world's most popular sports. Our pros have created a program designed for beginners to advanced players. In each of the levels, the two-pronged approach is made up of:
1. Guided instruction will focus on form, strategy, and structure;
2. Gameplay will put the skills focused on during instruction into fun and meaningful application. Participants will also engage in "team" challenges to encourage a foundation of teamwork and foster good relationships.

AGES 5-6
RACQUET SIZE: 19-21"

45 minute lesson. Participants will learn the basics, how to score, rally and serve, and understand how to win and lose points.

Thursdays, beginning May 7
4:00-4:45 PM or
4:45-5:30 PM

Saturdays, beginning May 9
11:30-12:15 PM

AGES 7-8
RACQUET SIZE: 21-23"

30/30 lesson structure: 30 minutes of guided instruction and 30 minutes of game play

Thursdays, beginning May 7
3:30-4:30 PM or
4:30-5:30 PM

Saturdays, beginning May 9
12:15-1:15 PM

AGES 9-10
RACQUET SIZE: 25"

30/30 lesson structure: 30 minutes of guided instruction and 30 minutes of game play

Tuesdays, beginning May 5
3:30-4:30 PM or 4:30-5:30 PM

AGES 11-13
RACQUET SIZE: 25"

30/60 model in which the guided instruction will focus on individualized court skills including both physical and strategy drills. Gameplay will hone in on traditional singles and doubles play.

Mondays, beginning May 4
3:30-5:00 PM or 5:00-6:30 PM

WEYMOUTH CLUB

Proud supporters and consultants for Hingham Youth Tennis

TENNIS MAKE UP DATES
In case of inclement weather, make up classes will be held on the Wednesday directly following the rained out class.

3:30-4:15 PM: Age 5-6
3:30-4:30 PM: Age 7-8
4:30-5:30 PM: Age 9-13

**Because of our built-in, make up days on Wednesdays, there will be no refunds issued for rained out classes.*

SUMMER PROGRAMS
For ages 5-13
Summer Tennis Academy
Summer Tennis Clinic
Beginning
Monday, June 29
SEE PAGE 9

APRIL BREAK APRIL 20-24 PROGRAMS

FUNKY FEET Ella Bella Ballerina Storybook Camp

Don't miss out, space is limited! **FEE: $110**

Ages 4-10. Join us for a fun filled 3 days of classic stories from the children's series, *Ella Bella Ballerina*. Enjoy the tales of *Cinderella, Swan Lake, The Nutcracker, and Sleeping Beauty* through Arts and Crafts and DANCING! We will also play games, have snack time, and will perform a skit and dances from the stories on Thursday. Each child will receive a part!

Tuesday, April 21-Thursday, April 23 **9:30 AM - 12:00 NOON**

PROGRAMS *with Saheeda Kelly, RN*

BABYSITTING TRAINING COURSE Ages 10+ FEE: $70

Participants will learn about babysitter basics, child development, nutrition, basic first aid, and the responsibilities of a babysitter. This course includes a safety session. A certificate of completion will be awarded.

Tuesday, April 21 **9:00 AM - 12:00 NOON**

CPR FOR BABYSITTERS Ages 10+ FEE: $95

Want to be a better babysitter? Take this class and learn the life saving skill of CPR for infants and children and how to help them if they were choking. The class materials include a CPR booklet and certification card.

Tuesday, April 21 **12:00 NOON - 3:00 PM**

MULTI-SPORT *with Hermes* Ages 5-12 FEE: $30 / Day

Multi-Sport is a fun encouraging way to introduce your student to a variety of Sport activities. Coach Hermes creates fun games and activities that strengthen and reinforce hand-eye coordination, gross and fine motor skills and sportsmanship as well as a fun and encouraging environment to explore th fundamentals of many popular competitive sports. **Instructor: Hermes Lima**

Tuesday-Thursday, April 24 **10:00 AM - 12:00 NOON**

WORKSHOPS *conducted by Beth Meditz, M.Ed* Ages 5-10

LEGO™ STAR WARS JEDI TRAINING FEE: $60

Are you a Youngling or Padawan who is interested in becoming a JEDI Student in Training? Join the other kids who love Star Wars and enjoy a number of different activities including making and taking home your own Recycled Droid, taking part in a Lightsaber Training Session and learning what it takes to be a JEDI Knight in Training. Each child will also take home a framed photo of themselves taken with R2D2! *May THE FORCE be with you...*

Wednesday, April 22 **9:00 AM - 12:00 NOON**

AMERICAN GIRL DOLL: Lemonade Stand FEE: $65

Join us with your special friend (does not have to be an American Girl Doll. Bring a favorite stuffed animal if you choose) to this fun-filled workshop! Creative activities that each child individually creates are built around the theme of a Lemonade Stand. All of it goes home with you for continued fun! Each participant will also get a framed photo of themselves and their special friend.

Wednesday, April 22 **12:45 - 3:45 PM**

Please send your child with a peanut free snack and drink.

Programs limited to 15 participants

SKATEBOARDING *with Bobby DePesa*

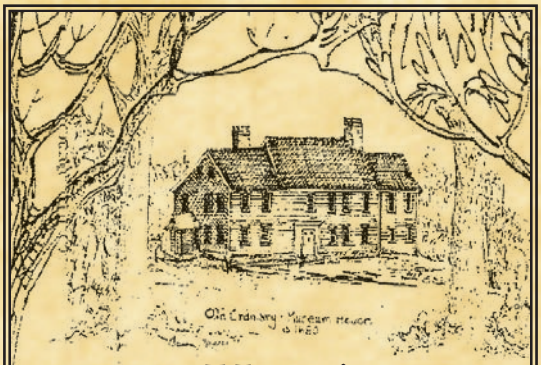
HELMET IS MANDATORY

Ages 5-12 **FEE: $90**

This clinic is for anyone interested in skateboarding whether you're just beginning or have been skateboarding for years. Kids will learn the basics of skateboarding, park awareness, safety, and the proper approach to manage different tricks. Equipment Needed: Skateboard, Pads (knees elbows, wrists strongly recommended). **Instructor: Bobby DePesa, Technical Skateshop**

Instructor: Bobby DePesa, Technical Skateshop

Monday- Wednesday, April 20-22 **9:00 - 11:00 AM**



KIDS' COLONIAL DAYS

run through Hingham Historical Society

A 3-day summer camp for kids entering Grades 5-7 who love history June 24-26 *from* 9AM-1AM

Based at the 1688 Old Ordinary house museum, we'll have games, crafts, scavenger hunt, special guests from the Hingham Militia and the Vintage Baseball Club, and visits to local historical sites.

Call 781-749-7721 or go to hinghamhistorical.org for more information.

Mommys' MORNING OUT

CONVENIENT, AFFORDABLE "DROP-IN" CHILD CARE

Need to run a few errands?

Do you need to clean your house?

Want to meet a friend for a cup of coffee?

OPEN TO CHILDREN AGES 3 MONTHS–5 YEARS

Monday–Friday mornings from 8:30 am–11:30 am

$10/hour FIRST CHILD

$6/hour FOR SECOND CHILD

Caregivers can drop off children into the trustworthy care of the Hingham Rec Childcare Staff, who will engage them in numerous age-appropriate activities: seasonal arts and crafts and imaginative play. Each child may attend up to 3 hours per visit, with a limit of 6 visits per month. Please provide your own nut-free snacks.

***CHILD CARE ATTENDANTS ARE HINGHAM REC EMPLOYEES – CPR CERTIFIED AND CORI CHECKED**

Hingham Recreation's Summer 2020 PROGRAM

Our Summer Program will provide your child the opportunity to make new friends, enjoy old friends, learn new games and activities, improve their social skills, and feel a sense of belonging. Our staff strives to create an atmosphere that is friendly and inviting so your child will feel comfortable engaging in all activities. The Summer Program will be staffed by an enthusiastic group of counselors, assisted by an energetic group of Summer Program volunteers, who are committed to providing your child with a safe and enjoyable experience at Hingham Recreation.

Held at the Hingham Recreation Department

1-week sessions running MONDAY- FRIDAY JUNE 29 – SEPTEMBER 4

Half day session : $135
Monday-Friday 8:45 - 11:45 AM

Full day session: $190
Monday-Friday 8:45 AM - 2:45 PM

Participants will enjoy daily activities such as arts and crafts projects, outdoor games, water play, scavenger hunts, and specialty workshops! With creative theme days, field trips, and workshops designed to encourage being active and learning, your child is sure to enjoy their experience no matter what session they're signed up for!

This program features a HALF DAY and a FULL DAY option available depending on the child's age:

- **Children ages 2.9 - 3** MUST participate in the half day program which runs from 8:45-11:45 AM *(2.9-3 year olds may NOT register for full day).*
- **4 year old Children** may register for EITHER the half day or full day program.
- **5 year old Children MUST participate in the full day program** which runs from 8:45 AM-2:45 PM *(5 year olds may NOT register for half day).*

ADDITIONAL OPTIONS FOR FULL DAY CAMPERS...

CAP (Camp After Program)
CAP is an extended day option: 3:00 - 5:00 pm
Additional fee of $70/session

WORKING PARENT EXTENDED DAY OPTION
Morning 7:45-9:00 AM Afternoon 3:00-5:00 PM
Additional fee of $99/session

Check **www.hinghamrec.com** *for the list of HRD's policies: sunblock, allergy awareness, pick-up times and procedures, and refund policy.*

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PRESCHOOL PROGRAM

OPEN TO AGES 2.9-4

HALF DAY SCHEDULE

HALF DAY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SESSION 1 JUNE 29-JULY 3 USA WEEK	29	30 Tie Dye TUESDAY	1 WORLD CUP	2 RED WHITE & BLUE DAY	3 REPTILE SHOW
SESSION 2 JULY 6-10	6 SESSION 2 BEGINS	7 TROPICAL TUESDAY	8 Wet & Wild Day	9 MIX & MATCH	10 LAST BLAST!
SESSION 3 JULY 13-17	13 SESSION 3 BEGINS	14 TREASURE HUNT TUESDAY	15 Wacky Hat Day	16 PIRATE Day!	17 FIRE STATION FIELD TRIP!
SESSION 4 JULY 20-24	20 SESSION 4 BEGINS	21 Tie Dye TUESDAY	22 Water Balloon Wednesday	23 PaJaMa Day	24 INDOOR PLANETARIUM
SESSION 5 JULY 27-31 SUMMER OLYMPICS	27 SESSION 5 BEGINS	28 TRACK & FIELD DAY	29 WORKOUT WEDNESDAY	30 Hingham Rec OLYMPICS	31 INDOOR PLAYGROUND
SESSION 6 AUGUST 3-7	3 SESSION 6 BEGINS	4 Camp's Got Talent!	5 Wacky Hair Day	6 SPORTS JERSEY DAY	7 LAST BLAST!
SESSION 7 AUGUST 10-14	10 SESSION 7 BEGINS	11 Tie Dye TUESDAY	12 AT THE REC CENTER Wet & Wild Day	13 HALLOWEEN COSTUME DAY	14 POLICE STATION FIELD TRIP!
SESSION 8 AUGUST 17-21	17 SESSION 8 BEGINS	18 TRIVIA DAY	19 Wacky Shirt Day WACKY WEDNESDAY	20 Hingham Spirit Day	21 LAST BLAST!
SESSION 9 AUGUST 24-28 HARRY POTTER WEEK	24 SESSION 9 BEGINS	25 HARRY POTTER TRI WIZARD TOURNAMENT	26 WIZARD WEDNESDAY WIZARDS UNITE	27 Magical World of REC-WARTS!	28 Magic Fred
SESSION 10 AUG 31-SEPT 4	31 SESSION 10 BEGINS	1 Tie Dye TUESDAY	2 Water Balloon Wednesday	3 RED WHITE BLUE DAY	4 Wet & Wild Day

QUESTIONS? Call the office at 781-741-1464

In addition, our experienced senior staff will be here to make sure that our workshop days, performances, field trips, and daily activities are designed to ensure that your child has the best experience possible.

Hingham Recreation PreSchool & Playground Summer-long *BONUS*

Hingham Rec will provide a discount to those families who participate in PreSchool and Playground all Summer Long. Please call the office for details.

Register Now

www.hinghamrec.com

PRESCHOOL PROGRAM

OPEN TO AGES 4-5

FULL DAY SCHEDULE

FULL DAY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SESSION 1 JUNE 29-JULY 3 USA WEEK	29	30 Tie Dye TUESDAY	1 WORLD CUP	2 RED WHITE & BLUE DAY	3 REPTILE SHOW
SESSION 2 JULY 6-10	6 SESSION 2 BEGINS	7 TROPICAL TUESDAY	8 Wet & Wild Day	9 MIX & MATCH	10 LAST BLAST!
SESSION 3 JULY 13-17	13 SESSION 3 BEGINS	14 TREASURE HUNT TUESDAY	15 Wacky Hat Day	16 PIRATE Day!	17 FIRE STATION FIELD TRIP!
SESSION 4 JULY 20-24	20 SESSION 4 BEGINS	21 Tie Dye TUESDAY	22 Water Balloon Wednesday	23 PaJaMa Day	24 INDOOR PLANETARIUM
SESSION 5 JULY 27-31 SUMMER OLYMPICS	27 SESSION 5 BEGINS	28 TRACK & FIELD DAY	29 WORKOUT WEDNESDAY	30 Hingham Rec OLYMPICS	31 INDOOR PLAYGROUND
SESSION 6 AUGUST 3-7	3 SESSION 6 BEGINS	4 Camp's Got Talent!	5 Wacky Hair Day	6 SPORTS JERSEY DAY	7 LAST BLAST!
SESSION 7 AUGUST 10-14	10 SESSION 7 BEGINS	11 Tie Dye TUESDAY	12 AT THE REC CENTER Wet & Wild Day	13 HALLOWEEN COSTUME DAY	14
SESSION 8 AUGUST 17-21	17 SESSION 8 BEGINS	18 TRIVIA DAY	19 Wacky Shirt Day WACKY WEDNESDAY	20 Hingham Spirit Day H	21 LAST BLAST!
SESSION 9 AUGUST 24-28 HARRY POTTER WEEK	24 SESSION 9 BEGINS	25 HARRY POTTER TRI WIZARD TOURNAMENT	26 WIZARD WEDNESDAY WIZARDS UNITE	27 Magical World of REC-WARTS!	28 Magic Fred
SESSION 10 AUG 31-SEPT 4	31 SESSION 10 BEGINS	1 Tie Dye TUESDAY	2 Water Balloon Wednesday	3 RED WHITE BLUE DAY	4 Wet & Wild Day

MORE SUMMER PROGRAMS

STREET HOCKEY

FEE: $60 / 6 weeks

START DATE: Wednesday, July 8

Have you always wanted to take advantage of the Rec Department's inline skate rink but couldn't find enough kids for a pick-up game? This program is exactly what you've been waiting for! Come join the Rec staff once a week for street hockey instruction and scrimmages. This program is a perfect way to meet new kids and add some skill to your pick up games. Just bring your blades and hockey stick and we'll do the rest! *Rec Dept. Staff*

GRADES K-1	5:30-6:30 PM	Played on Foot
GRADES 2-3	6:30-7:30 PM	Played on Rollerblades
GRADES 4-5	7:30-8:30 PM	Played on Rollerblades

SKATEBOARD 4-DAY CLINIC Ages K-7

FEE: $109

This clinic is for anyone interested in skateboarding whether you're just beginning or have been skateboarding for years. Kids will learn the basics of skateboarding, park awareness, safety, and the proper approach to many different tricks. EQUIPMENT NEEDED: Skateboard, Pads (knees, elbows, wrists strongly recommended).

Instructor: Bobby DePesa, Technical Skateshop

SESSION RUNS: Monday - Thursday, July 20-23 9:00-11:00 AM

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Hingham Recreation's Summer 2020 PROGRAM

PLAYGROUND PROGRAM

OPEN TO GRADES 1-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SESSION 1 JUNE 29-JULY 3 USA WEEK	29 SESSION 1 BEGINS	30 Tie Dye TUESDAY	1 WORLD CUP	2 RED WHITE & BLUE DAY	3 PINZ
SESSION 2 JULY 6-10	6 SESSION 2 BEGINS	7 MARTIAL ARTS	8 Wet & Wild Day	9 MIX & MATCH	10 LAST BLAST!
SESSION 3 JULY 13-17	13 SESSION 3 BEGINS	14 SOCCER	15 Wacky Hat Day	16 PIRATE Day!	17 Crazy Games
SESSION 4 JULY 20-24	20 SESSION 4 BEGINS	21 Tie Dye TUESDAY	22 Water Balloon Wednesday	23 PJ DAY	24 INDOOR PLANETARIUM
SESSION 5 JULY 27-31 SUMMER OLYMPICS	27 SESSION 5 BEGINS	28 TRACK & FIELD DAY	29 WORKOUT WEDNESDAY	30 Hingham Rec OLYMPICS	31 Patriots Hall of Fame
SESSION 6 AUGUST 3-7	3 SESSION 6 BEGINS	4 Camp Got Talent	5 Wacky Hair Day	6 SPORTS JERSEY DAY	7 LAST BLAST!
SESSION 7 AUGUST 10-14	10 SESSION 7 BEGINS	11 Tie Dye TUESDAY	12 AT THE REC CENTER Wet & Wild Day	13 HALLOWEEN COSTUME DAY	14
SESSION 8 AUGUST 17-21	17 SESSION 8 BEGINS	18 Camp GAMES	19 Wacky Shirt Day	20 Hingham Spirit Day	21 LAST BLAST!
SESSION 9 AUGUST 24-28 HARRY POTTER WEEK	24 SESSION 9 BEGINS	25 HARRY POTTER TRI WIZARD TOURNAMENT	26 WIZARD WEDNESDAY	27 Magical World of REC-WARTS!	28
SESSION 10 AUG 31-SEPT 4	31 SESSION 10 BEGINS	1 Tie Dye TUESDAY	2 Water Balloon Wednesday	3 RED WHITE BLUE DAY	4 Wet & Wild Day

1-week sessions running
JUNE 29 – SEPTEMBER 4
Monday-Friday 9:00 AM - 3:00 PM

Each Session Week: $175

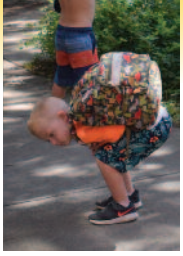
This program gives your child an opportunity to make new friends, enjoy old friends, learn new games and activities, improve social skills, and feel a sense of belonging. Our staff strives to create an atmosphere that is friendly and inviting so that your child will feel comfortable engaging in all activities. Participants in the program will have exclusive access to all of the Recreation Department's fields and facilities including an **indoor basketball gym, soccer field, volleyball court, in-line skate rink, two baseball fields, and the best playground in town**! Playground Program participants will also enjoy numerous specialized sports and arts, fun and energetic entertainers, and classic theme days such as tie dye day and karaoke day!

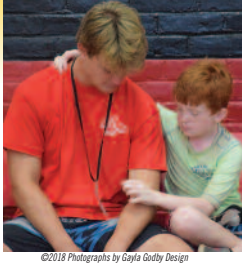
CAP **(Camp After Program)**
CAP is an extended day option: 3:00 - 5:00 pm
Additional fee of $70/session

WORKING PARENT EXTENDED DAY OPTION
Morning 7:45-9:00 AM Afternoon 3:00-5:00 PM
Additional fee of $99/session

Hingham Recreation
PreSchool & Playground Summer-long *BONUS*
Hingham Rec will provide a discount to those families who participate in PreSchool and Playground all Summer Long. Please call the office for details.

Check **www.hinghamrec.com** for the list of HRD's policies: sunblock, allergy awareness, pick-up times and procedures, and refund policy.





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OPEN TO TEENS ENTERING GRADES 6-9

HINGHAM REC'S TEEN X TREME

The ultimate experience for Teens!

Only $205 a week!

Sessions run Monday through Thursday

JUNE 29 – SEPTEMBER 3

Monday-Wednesday
9:30 AM - 3:30 PM

Thursday
8:30 AM - 8:30 PM

BIG TRIP DAY

Encompassing a variety of different fun-filled activities and trips, our safe and enjoyable atmosphere will meet the interests of every teen! You can't beat an experience like this!

Teen Xtreme will go on Monday – Thursday* with extended hours on Thursday for the "BIG" trip. Students entering grades 6-9 are eligible to sign up. Don't wait – sessions will fill up fast! With experienced counselors, top of the line field trips, and Xtreme activities, our program is sure to create memories that will last a lifetime! So join your friends and get ready for this Xtreme experience!

©Photographs by Gayla Godby

QUESTIONS? Call the office at 781-741-1464

SUMMER 2020

INSTRUCTORS:
Jenn Feeney
Aprile Lynch
Erin Edgerly
Cassie Martinson
Krissy Litchfield

FUNKY FEET SCHOOL OF DANCE at Hingham Rec

Hingham Rec's Funky Feet School of Dance offers a wide variety of Summer and year-long classes spanning from the classics like ballet and jazz to modern dance such as hip hop and creative movement.

Each class focuses on technique, choreography, music interpretation, and self-expression, while in an encouraging and fun environment.

NEW

Single Day Dance Class

Must sign up for each class individually.

$15 EACH CLASS

Come join Ms. Jenn for a fun day of Dance, Crafts, Games and More! Sign up for one class or all three! Please send your dancer with water and a peanut-free snack.

Ages 2 & 3 9:30-10:15 AM
Ages 3.5-5 10:30-11:15 AM
Tuesdays June 2, 9, & 16

Summer Dance

Class size is limited – Register early

$75 4 WEEKS/1 DAY PER WEEK

Come and get Funky with Ms. Jenn and dance to your favorite songs. Each week dancers will work on choreography in hip hop, as well as technique, turns and tumbling.

Grades K-4 4:00-5:00 PM
Grades 5-8 5:00-6:00 PM
Tuesdays July 22, 28, August 4, 11

Summer Dance-Sing-Act-Craft Program

For ages 4-10

$160 1 WEEK/3 DAYS

You don't want to miss out on this camp. A fun-filled week with amazing teachers and all genres of dance wrapped up into one program.

Class size is limited – Register early

Tuesday-Thursday August 18-20 9 AM-12 NOON

SPIRIT OF DANCE AWARDS COMPETITION

MARCH 21ST & 22ND

This competition is for TEAMS only. This is an amazing chance to show off all their hard work. We will hold an extra practice after recital to prepare. (Foxborough, MA)

DANCE OVATIONS COMPETITION

APRIL 4TH & 5TH

Selected classes who work extra hard have the opportunity to perform in front of a panel of judges and are scored based on their performance. This is a fun experience for the dancers and another opportunity to practice on stage before recital.

FUNKY FEET DANCE RECITAL

SATURDAY & SUNDAY
MAY 16TH & 17TH

Tickets will be available April 13 at 10:00 am

Classes meet 1 day a week

YEAR-LONG DANCE PROGRAM

September 2020 – May 2021

$435.00 45 MINUTE/1 HOUR CLASSES
$230.00 30 MINUTE CLASSES
PER YEAR, PER CLASS

REGISTRATION: RETURNING DANCERS MAY 1st at 10 AM

REGISTRATION: NEW DANCERS MAY 18th at 10 AM

©2019 Photographs by Gayla Godby Design

*Visit **www.hinghamrec.com** for more information, class schedules, required dance attire and policies.*

For more information:
781-741-1464 or
www.hinghamrec.com

Hingham Rec Programs at SOUTH SHORE COUNTRY CLUB

SPRING & SUMMER

YOUTH

Ages 18+
ADULT

GOLF FOR KIDS & JUNIORS

GOLF FOR KIDS Grades 1-5

Learning and playing the game of golf teaches children important values such as integrity, respect, and perseverance. This program is intended to highlight FUN and EXCITEMENT. Those are the two qualities that will keep your child's passion for the game alive. Class focus is on basic fundamentals; grip, posture, basic shots, rules, etiquette and developing practice routines that will last a lifetime. **Instruction will be held on the driving range.**

START DATE:

Monday, April 27 (5 week program)	4:00-4:45 PM	FEE: $155

Monday-Friday (1-week sessions):

June 29-July 3	1:30-2:30 PM	FEE: $160
July 27-31	1:30-2:30 PM	FEE: $160

JUNIOR GOLF Grades 6-8

This program is meant to introduce young athletes to the game of golf in a fun and comfortable learning environment, while focusing on fundamentals of golf, athletic development, and personal growth. The course includes five days of instruction covering all aspects of the game including putting, chipping, pitching, full swing, driving distance and rules and etiquette in a fun and organized environment. **Instruction will be held on the driving range.**

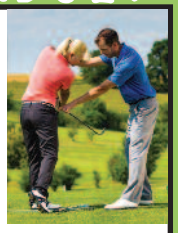
START DATE:

Monday, April 27 (5 week program)	3:00-3:45 PM	FEE: $155

Monday-Friday (1-week sessions):

July 13-17	1:30-2:30 PM	FEE: $160
August 10-14	1:30-2:30 PM	FEE: $160

ADULT GOLF



This introductory lesson series consists of 1-hour sessions. Focus will be on proper grip, stance, ball positions, and the basics of all aspects of the game. The program will cover putting, chipping, pitching, full swing and playing. We will also touch on golf course orientation, rules, and etiquette of the game. The course is tailored to the beginner golfer with less than 1 year of experience, and even if you have never picked up a golf club. Come learn the basics of the game to gain the knowledge and comfort to take your game to the next level!

SESSION 1: Thursdays, April 30 (5 weeks)	5:00-6:00 PM	FEE: $155
SESSION 2: Thursdays, July 9 (4 weeks)	5:30-6:30 PM	FEE: $125
SESSION 3: Thursdays, August 6 (4 weeks)	5:30-6:30 PM	FEE: $125

ADULT TENNIS

Whether you are picking up the racket for the first time in 10 years, learning how to play, or exploring new hobbies our adult tennis programs are fun, fast-paced, and high energy. During our clinics, we incorporate technical instruction into fun live-ball drills, so you leave the class with a good workout. Intermediate/Advanced Intermediate classes are focused more on game play and toning your skills that already exist, while incorporating new strategy and technique into your play.

With Tennis Pro **PHIL HAYMAN** from The Weymouth Club

SPRING TENNIS *AT CRONIN FIELD*

BEGINNER / LOW INTERMEDIATE

Saturdays	May 9 (7 weeks)	8:00-9:30 AM	FEE: $170
Tuesdays/Thursdays	May 5 (7 weeks)	9:00-10:30 AM	FEE: $335

INTERMEDIATE / ADVANCED INTERMEDIATE

Saturdays	May 9 (7 weeks)	9:30-11:00 AM	FEE: $170
Tuesdays/Thursdays	May 5 (7 weeks)	10:30 AM-12 Noon	FEE: $335
Tuesdays/Thursdays	May 5 (7 weeks)	12:00 Noon-1:30 PM	FEE: $335

ADULT SUMMER TENNIS *AT CRONIN FIELD*

BEGINNER / LOW INTERMEDIATE

Thursdays	June 25 (8 weeks)	5:00-6:30 PM	FEE:: $190

INTERMEDIATE / ADVANCED INTERMEDIATE

Thursdays	June 25 (8 weeks)	6:30-8:00 PM	FEE:: $190

In case of inclement weather, make up Tennis classes will be held on the Wednesday directly following the rained out class from 11 AM-12:30 PM (all Adult Tennis Classes).

**BECAUSE OF OUR BUILT-IN, MAKE UP DAYS ON WEDNESDAYS, THERE WILL BE NO REFUNDS ISSUED FOR RAINED OUT CLASSES.*

YOGA

An eclectic class including Kripalu, Ashtanga, Iyengar, and Vinyasa techniques. Perform a series of "asanas" and relaxing techniques.

Thursdays, 8:30 am
Saturdays, 8:30 am

Tuesdays, 7:00 am
Yoga at the Rec Barn taught by Jen or Kathy

Programs Begin June 20

SUMMER AT THE HARBOR at the Iron Horse

DROP IN FEE: $10

ZUMBA *with ANDRÉ*

Fridays at 9:30 am

Zumba is easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. Zumba classes feature exotic rhythms set to high-energy Latin and international beats.

CLASSES WILL BE CANCELED IN THE EVENT OF RAIN

SWIMMING LESSONS AT THE BATHING BEACH

SESSION 1:
Monday, July 20 - Thursday July 23

Level 1 & level 2	12 Noon - 12:45 PM
Level 3 & level 4	12:45-1:30 PM

SESSION 2:
Monday, August 17- Thursday, August 20

Level 1 & level 2	10:30 - 11:15 AM
Level 3 & level 4	11:15 AM - 12 Noon

Make-up classes will be on Friday if needed.

For more information, contact the Rec Office at 781-741-1464

SUMMER TENNIS

FOR AGES 5-13

SUMMER LESSONS ARE HELD AT CRONIN FIELD

SUMMER TENNIS ACADEMY

1-week sessions

This program is designed for children of all skill levels. This course introduces the basics of the game including: strokes, rules, scoring, footwork, and tennis etiquette. Classes will include **ball feeding drills, personal stroke instruction, and stroke play** with fellow participants. Groups will be divided by age or skill level. By the end of the session, you will have learned the grips and basic stroke of the forehand, backhand, serve, volley, and overhead shots. Participants will work together to develop **basic rally skills, technical skill development, fundamental stroke development**, and **footwork skills**.

Monday - Friday (1-hour sessions)

- Ages 5+6 START DATE: July 27 2:15-3:00 PM
- Ages 7+8 START DATE: July 27 2:15-3:00 PM

FEE: $75/ SESSION

Monday - Friday (2-hour sessions)

- Ages 9+10 START DATES: July 6 1:30-3:30 PM; August 3 1:15-3:15 PM
- Ages 11-13 START DATES: July 6 1:30-3:30 PM; August 3 1:15-3:15 PM

FEE: $145/ SESSION

SUMMER TENNIS CLINIC

FEE: $90 6 weeks

This clinic is for children of all skills levels from beginner to advanced. Classes will focus on technique, preparation, basic fundamentals, and player development. Twice during the session, tennis matches will be arranged between local tennis clubs around the area! Kids will get to compete in a competitive environment, but most importantly have fun.

SESSIONS BEGIN: **Monday, June 29**

- Ages 5+6 3:30-4:15 PM
- Ages 7+8 4:30-5:30 PM
- Ages 9+10 5:30-6:30 PM
- Ages 11-13 6:30-7:30 PM

TENNIS MAKE UP DATES

In case of inclement weather, make up classes will be held on the Wednesday directly following the rained out class.

3:30-4:15 PM: Age 5-6 Tennis
3:30-4:30 PM: Age 7-8 Tennis
4:30-5:30 PM: Age 9-13 Tennis

**Because of our built-in, make up days on Wednesdays, there will be no refunds issued for rained out classes.*

HINGHAM REC'S

SPORTS EXPERIENCE

For Grades 2-8

at the South Shore Country Club

TENNIS, GOLF, & FIELD GAMES = FUN!!

1 Week Sessions

Fee is $250 PER WEEK

Each child will receive **TENNIS LESSONS *from our tennis pro Phil Hayman***, and **GOLF LESSONS *from golf pro Mike Libby*** at the golf course. Along with instructional golf and tennis, typical camp fun will also be mixed with a variety of **OTHER SPORTS AND GAMES!**

The goal of the mixed sports camp is to provide your child with an opportunity to get a taste of the unique sports a country club has to offer.

This program can suit all levels of play. Don't shy away if you are a complete beginner at one or any of the sports. Our staff will create an atmosphere that is great for all abilities of play, so everyone can enjoy themselves.

Monday-Friday, June 29 through August 21
8:45 am – 1:15 pm

QUESTIONS? Call the office at 781-741-1464

Hingham Recreation's

Summer 2020

NEW program!

FOR AGES 8-12

HINGHAM REXPLORERS

Adventures in Hingham Parklands

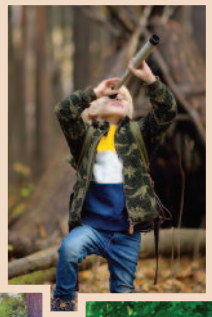
$250 FOUR ONE-WEEK SESSIONS

Monday-Thursday from 9am-3pm

Join us this Summer for an exciting **NEW** program highlighting some of the best Outdoor Spaces Hingham has to offer! This is a week of outdoor exploration, adventure and challenge!! Every day your camper will confront the best aspects of **Bare Cove Park, Wompatuck, Turkey Hill and World's End**: Climbing, Biking, Fishing, hiking, exploring hidden nooks and crannies of these parks. Every week will be filled with challenges: Compass Navigation, Geo-Caching, Capture the Flag, Team Tree Climbing, Hill Run challenges, etc. Twice a week, experts from L.L.Bean will direct Nature Engagement Activities.

This program consists of four, one week sessions

July 13 - August 7



Contact the Rec Department for more information: 781-741-1464

SPRING 2020 DROP-IN FITNESS PROGRAMS

ELIGIBILITY FOR ALL ADULT PROGRAMS IS AGE 18+ UNLESS OTHERWISE NOTED.

Hingham Fitness
at the Hingham Recreation Department

Monday thru Thursday, 5:30 AM-9:30 PM Friday, 5:30 AM-8:00 PM Saturday & Sunday, 7:00 AM-6:00 PM

$12 per month
NO ANNUAL FEE
with credit card auto renewal
Annual Membership $125

Hingham Fitness features top quality commercial-grade aerobic and weight training equipment in a 2,000 sq. ft. fitness room. The aerobic equipment includes treadmills, ellipticals, stationary bikes, and stair masters. The Fitness Room features a variety of weight training equipment including dumbbells and more than a dozen weight bearing strength machines. *Certified Personal Trainers are available for a fee of $50/hour.*

Top-of-the-line KEISER SPIN BIKES with power meters.

CYCLING at the REC

Programs run through June 13, 2020

DROP-IN CLASSES ONLY $10.00!*

Pre-registration reserves a bike for a specific class.

Cycling is an aerobic exercise using a specially designed stationary bicycle allowing each rider to control the tension and speed. As you pedal, the instructor guides you through a series of hills, sprints and jumps. During the class, the pace will vary, at times requiring you to pedal as quickly as you can, at times encouraging you to crank up the tension, and ride more slowly in a standing position. Simultaneously, you will experience a group ride where you cannot help but feed off the energy in the room, and an individual ride where you can focus outwardly on your personal goals. Cycling also burns serious calories (about 500 in 45 minutes)! This awesome aerobic workout makes your heart pump fast and tones your quads, outer thigh muscles, abs, buttocks and arms like nobody's business! And although you follow the general instructions of the Cycling teacher, you are always in control. You can finish a Cycling class, regardless of your fitness level, simply by adjusting your pace or the tension knob on the bike.

FITNESS TICKETS can be purchased in any quantity in the Fitness Room or in the Rec Office.
***$10 each or buy 10 tickets for $90!**

CLASS DESCRIPTIONS

BOOT CAMP • Anything goes in this HIIT weight training class! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardio and resistance training and much more. All shapes and sizes welcomed and encouraged – this is a supportive environment. Tax all three of your energy systems to guarantee results, leaving you hungry for more.

CYCLE & YOGA • This class is 45 minutes of Cycle / 30 minutes of yoga.

CYCLE PUMP • Push your whole body and burn at least 1.5x the calories you would in a normal spin class. Created to maximize your burn, Cycle Pump focuses on whole body engagement by pairing low-resistance, high-repetition upper body work weight work with dynamic indoor cycling choreography. The result is a HIIT experience that's efficient, effective, and exceptionally fun! All levels welcome.

CYCLE with WEIGHTS • This class focuses on endurance, strength intervals, high intensity, and recovery. With 45 minutes of spin, 10 minutes of weight training, and a 5 minute cool down we have a lot of fun while keeping our bodies and minds fit! All ages are welcome!

HATHA YOGA • "Hatha" simply refers to the practice of physical yoga postures, meaning your Ashtanga, Vinyasa, Yin, Iyengar, and Power Yoga classes are all Hatha yoga. In this all-levels yoga class, you will move through an eclectic sequence of postures building core strength, flexibility, balance and focus. These classes are open to a wide range of practitioners with modifications given for both beginner and more advanced students. You will leave feeling relaxed, refreshed and renewed.

PEDAL TO THE METAL • This class allows you to think about the beat, the moment, being present in the room without feeling like you have to look at the screen. For you type As, don't worry you'll be given a ball park figure, but it's just more fun to feel and be and spin with a grin. The class structure is kept it to a classic spin, as it was first intended.

POWER CYCLE • This class utilizes the power meter on the bike to increase performance and help increase weight loss results by improving your fitness and endurance. Focusing on your Watts makes you work harder which burns more calories and creates a stronger, fitter body.

YOGA FLOW • A safe, fluid and mindful hatha/vinyasa class designed for all levels. "Yoga Flow" is a fun and energizing form of yoga where postures are linked together using breath. Each pose flows into another as you strengthen the body building flexibility and focus.

DROP-IN CLASS SCHEDULE

Monday	5:30 AM	Power Cycle	Terry
	8:30 AM	Pedal to the Metal	Polly
	9:15 AM	Boot Camp	Tory
	9:45 AM	Hatha Yoga	Kathy/Carolyn
	4:45 PM	Cycle	Amy
Tuesday	6:00 AM	Boot Camp	Dawn D
	8:00 AM	Cycle	Dawn
	8:30 AM	Yin Yoga	Carolyn
	10:00 AM	Dance Fitness	Kathy
Wednesday	5:30 AM	Cycle Pump	Vivian
	8:30 AM	Hatha Yoga	Jen
	8:30 AM	Pedal to the Metal	Polly
	9:15 AM	Boot Camp	Tory
Thursday	8:00 AM	Cycle (with Weights)	Amy
	9:00 AM	Hatha Yoga	Kathy/Carolyn
	4:45 PM	Cycle (with Weights)	Amy
Friday	8:00 AM	Cycle	Dawn
	8:00 AM	Hatha Flow at the Barn	Jen
	9:15 AM	Boot Camp	Tory
Saturday	8:30 AM	Hatha Yoga	Jen
	8:30 AM	Cycle	Tory/Terry
Sunday	8:30 AM	Yoga	Carolyn
	9:00 AM	Cycle & Yoga	Tory

Hingham Residents 75+ Enjoy a FREE Fitness Room Membership!

HHS PHYSICAL EDUCATION REQUIREMENT FITNESS PROGRAM

All HHS juniors and seniors may fulfill the physical education requirement at the Hingham Striders Fitness Center. Students must be a resident of Hingham and a member of the Fitness Center. This program is FREE.

Fitness classes are subject to change.
Please check our quick link for updated class schedules:
www.hingham-ma.gov/668/Fitness-Classes

FOR MORE INFORMATION ON FITNESS PROGRAMS, CALL THE REC DEPARTMENT AT (781) 741-1464

ADULT PROGRAMS Age 18+

ADULT RUNNING FEE: $90 / 6 weeks

Geared for Beginner and Intermediate Adult Runners *with Coach Pat O'Connor, M.Ed.*

This "low-key," "learn-by-doing" program is geared towards adults that are relatively new to running and want to learn the fundamentals from the Pros! Week 1 will meet at the Rec Field Track. It is also recommended for experienced runners that are looking to supplement their current training with group activities. Learn the best running form techniques for optimum performance and injury prevention: warming up, Flexibility & Strength Workshop for Runners, and warming down. How hard should you be running? Learning all about PACE and HILLS and how to best run up, down and transition between. Instruction will detail track workouts vs. tempo runs vs. easy running vs. racing... and more!

Coach Pat is a USAT&F Certified Running and T&F Coach. He has over 30 years of coaching and competition experience that includes coaching and running at the NCAA D1 level. He is also a certified Official of T&F. He is the Proprietor of his own coaching and race management business called ***LunchTime Runner.*** *His passion for the sport is infectious and entertaining as well as being quite informative.*

START DATE: Wednesday, May 27 **6:15-7:15 PM**

HEART SAVER / AED CPR with HINGHAM FIRE DEPARTMENT FEE: $20

The AHA's Heartsaver CPR AED Course is a classroom, instructor-led course designed to prepare students to provide CPR and use an automated external defibrillator (AED) use in a safe, timely, and effective manner. Upon successful completion of the course, including a CPR and AED skills test, students receive a Heartsaver CPR AED course completion card, valid for two years.

START DATES: Wednesday, May 15 **6:00-9:00 PM**
or Saturday, July 11 **9:00 AM-12:00 NOON**

BALLROOM DANCING *with Stan Drumev* FEE: $90 / 6 weeks

Learn the basics of partners dancing in a fun and supportive atmosphere. This class introduces 3 major social dances: Waltz, Foxtrot and Swing. Gain the skill to be comfortable on the dance floor at your next formal or casual event. Singles and couples welcome. No dance experience needed. Partners will be switched frequently during each class.

©2015 Ryan Kenner Photography

Stan Drumev has been a ballroom dance working-professional for over 20 years. Stan is now an independent ballroom dance instructor and competitor, teaching adults and children throughout the South Shore. Stan is an Arthur Murray International Certified Ballroom Dance Instructor and member of the National Dance Council of America.

START DATE: Saturday, May 2 **10:00-11:00 AM**

DONNA'S DO RIGHT DOGS Held in the Rec Game Room 6 Weeks

Owned and operated by *Donna M. Culbert, CPDT-KA, Certified Professional Dog Trainer*

Donna provides relationship-based training through positive methods. She believes clear communication, trust and leadership are the basis for successful training. She is a graduate of Canine Behavior & Training Program at Mt. Ida College. Currently she is a Co-Training director for the New England Dog Training Club in addition to a member of their Board of Directors. She also works closely with Scituate and Quincy Animal Shelters.

START DATE: Tuesdays, April 7 - May 12

PUPPY KINDERGARTEN (8-20 weeks old) 6:00-7:00 PM FEE: $150

Your pup will learn basic obedience, such as: sit, down, stay, recalls, leave-it, and loose leash walking. More importantly, your new best friend will be able to socialize with other puppies the same age. We will discuss housebreaking, chewing, nipping, and all the ups and downs of puppy parenthood.

BASIC MANNERS (Dogs of all ages) 7:00-8:00 PM FEE: $150

Whether you are just starting out together or you have an older dog that needs to learn new tricks, we can help. This class will teach your dog the basics: sit, down, stay, come, walking on leash, settle, and polite greetings.

PROGRAMS FOR AGES 55+

LIFELONG PROGRAMS

FUN, DIFFERENT & ACTIVE PROGRAMS SPECIFICALLY GEARED FOR ADULTS 55+

HINGHAM REC PICKLEBALL LEAGUE COLLABORATIVE

Pickleball combines the rules and fundamentals of ping pong, tennis, and badminton. It is played with a plastic or wooden paddle and hard plastic ball with a tennis-type net on a badminton-sized court. Class includes 45 minutes of instruction and 45 minutes of game play. Once participants are comfortable with the rules and fundamentals of the game, the full 90 minutes of class will adjust to game play. This is a fun and great workout for all ages and abilities. Held at Cronin Field.

Instructor: Certified and USAPA Ambassador Phillip Hayman

BEGINNER PICKLEBALL

Mondays & Wednesdays, begins May 4 (6 weeks / 2x week) **8:00-9:30 AM** **FEE: $260 / SESSION**

PICKLEBALL CLINIC

Mondays & Wednesdays, begins May 4 (6 weeks / 2x week) **9:30-11:00 AM** **FEE: $260 / SESSION**
Wednesdays, begins June 24 (9 weeks / 1x week) **5:00-7:00 PM** **FEE: $290 / SESSION**

In case of inclement weather, make up classes will be held on the Wednesday directly following the rained out class from 11 AM-12:30 PM.

**BECAUSE OF OUR BUILT-IN, MAKE UP DAYS ON WEDNESDAYS, THERE WILL BE NO REFUNDS ISSUED FOR RAINED OUT CLASSES.*

YOGA CLASSES DROP-IN FEE: $10

MONDAY	9:45 AM	Hatha Yoga	Kathy/ Carolyn	FRIDAY	8:00 AM	Hatha Flow at the Barn	Jen
TUESDAY	8:30 AM	Yin Yoga	Carolyn	SATURDAY	8:30 AM	Hatha Yoga	Jen
WEDNESDAY	8:30 AM	Hatha Yoga	Jen	SUNDAY	8:30 AM	Yoga	Carolyn

WHICH CLASS IS RIGHT FOR YOU?

HATHA YOGA • "Hatha" simply refers to the practice of physical yoga postures, meaning your Ashtanga, Vinyasa, Yin, Iyengar, and Power Yoga classes are all Hatha yoga. In this all-levels yoga class, you will move through an eclectic sequence of postures building core strength, flexibility, balance and focus. These classes are open to a wide range of practitioners with modifications given for both beginner and more advanced students. You will leave feeling relaxed, refreshed and renewed.

YOGA FLOW • A safe, fluid and mindful hatha/vinyasa class designed for all levels. "Yoga Flow" is a fun and energizing form of yoga where postures are linked together using breath. Each pose flows into another as you strengthen the body building flexibility.

YIN YOGA • "Yin yoga" is part of the original Hatha yoga tradition. Yin yoga is a slower style of yoga with long held passive stretches that target the connective tissues in the body to create more joint mobility, muscle and fascia flexibility and better circulation. Yin yoga is the perfect complementary practice to any athletic endeavor as well as to the physical and emotional stressors of daily life.

LIFELONG BINGO NIGHT

Friday, May 1st • 6:30-8:30 PM

PRE-REGISTRATION IS REQUIRED

FREE Fitness Room Memberships for Hingham Residents 75+!

For information on any of the Rec Department's programs, call 781-741-1464

Thank You
TO OUR JULY 4TH ROAD RACE PLATINUM SPONSOR

Capital One

EST. 1971 FALCONEIRI CONSTRUCTION

NEW SUMMER PROGRAM...

HINGHAM REXPLORERS

Explore Hingham's Nature Parks

SEE PAGE 11

AND...

- April Break Programs
- Generation Pound® *with Cassie*
- Summer Dance-Sing-Act-Craft
- Yoga and Zumba at the Harbor

62ND ANNUAL HINGHAM 4TH OF JULY ROAD RACE

"62 Years & Running"

Hosted by the Hingham Recreation Commission, this grand Hingham tradition continues on

SATURDAY, JULY 4, 2020

Beginning at 7:00 AM

Beginning at the Hingham Middle School, 1103 Main Street, Rt. 228

HINGHAM RECREATION JULY 4TH 2020 ROAD RACE

SIGN UP BEGINS APRIL 1st

Sign up online at: www.hinghamrec.com

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SPONSORSHIP OPPORTUNITIES ARE AVAILABLE!

Contact Mark Thorell, Recreation Director at 781-741-1464 or thorellm@hingham-ma.com

The Hull Street Playground

AT THE CORNER OF HULL AND CANTERBURY STREETS

Climbing Structure with a Slide • Sandbox with a Digger
Low-to-the-ground Spinner • Netted Climbing Structure
Ride-along Spring-loaded Equipment • Play Panel

BIRTHDAY PARTIES AT THE REC

BASIC BIRTHDAY PACKAGE

AGES 0-12

We provide the place and you provide the party! This "design it yourself" birthday package is the party Hingham kids know and love. For 1½ hours, the Rec Center game room and basketball gymnasium are yours for organized activities or open play. Bring pizza, cake, balloons, whatever you want! Our numerous interactive games including various ***Wii and Playstation games, Air Hockey, ping pong and free-standing arcade style games*** are sure to be a hit with party goers. A Rec staff member will be present to ensure that tables and chairs are set up and that all games are on.

$175
1½ HOUR PARTY RENTAL

SUPREME BIRTHDAY PACKAGE

AGES 0-12

The best birthday option in town just got better! With this package, you get all the amenities of a great birthday party without any of the stress. Don't concern yourself with party details, just bring the cake and food and we'll do the rest! **The game room will be decorated with balloons and a party coordinator** will be available to conduct games and activities. Bring the kids and the cake and you're ready to go! No limit to the number of party guests!

WATER, PAPER PRODUCTS, AND TABLECLOTHS ARE INCLUDED.

$275
1½ HOUR PARTY RENTAL

TODDLER SUPREME BIRTHDAY PACKAGE

AGES 0-5

Active toddler? No problem! Experience our INDOOR PLAY-GROUND at the Hingham Rec gym. Your birthday guests will enjoy their choice of **premium ride on toys, climbing structures, tumbling mats, and a full sized BOUNCY HOUSE**– all within the safety and comfort of the gym **A party coordinator** will be available to conduct **games and activities**.

WATER, PAPER PRODUCTS, AND TABLECLOTHS ARE INCLUDED.

$275
1½ HOUR PARTY RENTAL

Contact the Rec Department for Availability: 781-741-1464

Birthday parties are scheduled on Fridays nights (6:30-8 PM), Saturdays (11 AM-12:30 PM or 1-2:30 PM), Saturday nights (6:30-8 PM), and Sundays (11 AM-12:30 PM or 1-2:30 PM)

EASTER EGG HUNT: BYOB

Expect fun & a surprise visitor!

Children ages 0-6 are invited to the **SATURDAY, APRIL 4 AT 10 AM**

(Bring Your Own Basket!!)

at Cronin Field Playground for the Recreation Department's Annual Egg Hunt.

HINGHAM RESIDENTS ONLY

FREE

Hingham Rec Water Sports Rentals

BEGINNING SATURDAY JUNE 20

RENTAL DAYS/TIMES:
Wednesday 7-11 AM
Friday, Saturday & Sunday, 7 AM -7 PM

$30 / 2-HOUR RENTAL

DISCOUNT 10-RENTAL PUNCH CARDS AVAILABLE FOR $175 (2-hour rentals)