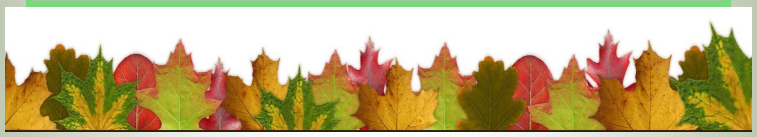
Town of Mashpee

Mashpee Recreation Fall 2018

Address: 520 Main Street
Mashpee, MA 02649
Phone: (508) 539-1416
Fax: (508) 419-1161
Email: recreation@mashpeema.gov
Web Address: www.mashpeerec.com



GENERAL INFORMATION

Recreation Department Staff Directory
Contact us - PHONE - (508) 539-1416

Mashpee Recreation Dept. Staff Contacts

Mary K. Bradbury, Director
mbradbury@mashpeema.gov
Heidi McLaughlin, Assistant Director
hmclaughlin@mashpeema.gov
Lisa Larsson, Administrative Secretary
llarsson@mashpeema.gov
Lissa Ploszay, Administrative Clerk, Ext. Day Program /Summer Camp
eploszay@mashpeema.gov

Kids Klub Childcare Center Contacts

Peggy Geary, Child Care Coordinator
phgeary@mashpeema.gov (508) 539-9361
Carolyn Thompson, Administrative Assistant
(Kids Klub Childcare Center)
cthompson@mashpeema.gov (508) 539-1417

Helpful Phone Numbers

Kids Klub Childcare Center - (508) 539-9361
Before/After School Program (KCC) - (774) 836-0627
Quashnet Ext. Day Program (QS) - (774) 836-0642
Mashpee Chamber of Commerce - (508) 477-0792
Mashpee Senior Center - (508) 539-1440
Mashpee Department of Public Works - (508) 539-1420

Do you want access the Town of **Mashpee's Community Calendar?**
Go to www.mashpeema.gov and click on the Community Calendar link.

Mashpee Recreation mission…

To meet the needs of our community by promoting quality educational programs, recreational activities, and special events that are designed to enhance personal growth, learning opportunities, and community development while focusing on the educational and recreational interests that influence our health and well-being.

ONLINE REGISTRATION

Mashpee Recreation Department provides online program registration. You will need a username and password in order to utilize the online registration system. ***If you receive a message saying "The phone number you provided already exists",*** please call the Recreation Office during regular office hours (Monday - Friday, 8:30am - 4:30pm) to receive your username and password, (508) 539-1416.

Traditional Registration

WALK IN	BY FAX	BY MAIL
Recreation Office 520 Main St. Monday - Friday 8:30am - 4:30pm	(508) 419-1161 Use your MC/Visa Or Discover	To Recreation Dept. 520 Main St. Mashpee MA 02649

COURSE CONFIRMATION

If you provide your email address you will receive an email confirmation/receipt. If a class has reached its maximum enrollment, you can place your name on the waiting list by calling the Recreation Department, 508-539-1416. If a class does not meet the minimum number of participant requirements, it will be cancelled and you will be notified. Otherwise, please plan on attending.

MAKE-UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants inability to attend.

SWITCHING/CHANGING CLASSES

You may switch a session/date up to 3 working days prior to class. If changing less than 3 working days prior to the start of the class, you will be assessed a $10 processing fee.

PARTICIPANT PHOTOGRAGH POLICY

Periodically, the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/ videotapes for their promotional purposes.

REFUNDS

FULL REFUND FOR A CANCELLED CLASS BY THE RECREATION DEPT.

PROGRAMS CANCELLED BY PARTICIPANT

You may withdraw from a class up to 3 working days in advance of the starting date of that program and receive a refund minus a $10 processing fee. No refunds will be given after this date (3 working days prior to the program).

GENERAL INFORMATION

Register for members of your immediate family only.

PAYMENT

Non Residents add $10 per course.
By check, payable to: Town of Mashpee, Cash, Visa, MasterCard or Discover.

MASHPEE RESIDENT PREFERENCE

Town of Mashpee residents will be given preference for all Mashpee Recreation programs. Program registration will be open to non-residents one week after program registration becomes available.

AGE POLICY

Children must be the proper age on the FIRST DAY of class.

NON-RESIDENT DISCOUNT PASS

Available Now! **Mashpee Recreation is offering a Non-Resident Discount Pass** for households enrolling in our programs and events. With a paid $50 Annual Membership (valid one year from date of purchase), Non-Resident participants pay the reduced rate offered to residents only. You may purchase your membership online or call (508) 539-1416 to access your discount pass today!

INDEX:

- Child Care Programs 5 & 6
- Swim Lessons 7
- Youth Programs 8 - 11
- Tween/Teen Programs 12
- Adult Programs 13 & 14
- Pickleball & Tennis 15 - 16
- Youth Sports League Contact Info 17
- Special Events 17 & 18
- Registration Form 19

Extended Day Program

Mashpee Recreation's Extended Day (Before and After School Care) Program is licensed by the Commonwealth of Massachusetts Department of Early Education and Care. We provide a safe, semi-structured, supervised, and nurturing environment for your child. Through free play, arts & crafts, recreational activities, and occasional field trips, your child will have the opportunity to be creative and form new friendships.

Before School Care

Grades K - 6
Drop Off: K.C. Coombs Cafeteria
Hours: 7:00 a.m.—school begins (Quashnet students will be escorted to school by staff)
Tuition/Fees:
2 Days per Week - $60.00 / month
3 Days per Week - $90.00 / month
4 Days per Week - $120.00 / month
5 Days per Week - $145.00 / month
Registration fee: $35 non-refundable

After School Care

Grades K - 2: K.C. Coombs Cafeteria
Grades 3 - 6: Quashnet School Cafeteria
Hours: Afterschool - 5:30 p.m. (Grade 2 students will be escorted to Quashnet by staff)
Tuition/Fees
2 Days per Week - $80.00 / month
3 Days per Week - $120.00 / month
4 Days per Week - $160.00 / month
5 Days per Week - $195.00 / month
Registration fee: $35 non-refundable
(If a child is enrolled in both the Before AND After School programs, the maximum registration fee is $35 for both programs)

A minimum 2 day enrollment is required for each program. The program follows the Mashpee School Calendar and will be in session every day while school is in session. For early dismissal days, the After School Care program runs from the end of school until 5:30 p.m. Mashpee Recreation runs a separate "Vacation Club" program for certain holidays and/or teacher professional development days. A separate registration is required for that program.

A completed Before/After School Care registration packet, current photo and fee must be received by the Town of Mashpee Recreation Department prior to your child attending. If you have further questions, feel free to contact us. **Please call Mashpee Rec, for program availability, as space is limited, (508) 539-1416.**

The Kids Klub Childcare Center provides a safe, fun, affordable, not-for-profit preschool and daycare program for the benefit of the community. It is owned and operated by the Town of Mashpee Recreation Department. Through classroom activities, field trips, special projects and recreation time, your child will have the opportunity to be creative, challenged, form new friendships and learn social skills in a semi-structured, supervised, and nurturing atmosphere. We are accredited by the National Association for the Education of Young Children (NAEYC) and licensed by the Commonwealth of Massachusetts Department of Early Education and Care. Located at 501 Great Neck Rd. North.

AM Preschool –½ day program (ages 2.9 – 6)

This is a flat rate system to keep the program as economical as possible. Hours: 9am - 1pm during the school year with the option of half-day during the summer.

2 days a week program: $50/week
3 days a week program: $75/week
4 days a week program: $100/week
5 days a week program: $125/week

Registration fee: $75 non-refundable (includes field trips and special events)

DAYCARE (paid weekly)

Daycare payments are due on the first day of each week.

Preschool + Daycare – full day program (ages 2.9 – 6)

($50 per day, 2 day minimum) 7:00am - 5:30pm Year-round
2 days a week: $100/week
3 days a week: $150/week
4 days a week: $200/week
5 days a week: $250/week
Registration fee: $75 non-refundable (includes field trips and special events)

Toddler Daycare (ages 15 mo. to 2.9 years)

($55 per day, 2 day minimum) 7:00am - 5:30pm Year-round
2 days a week: $110/week
3 days a week: $165/week
4 days a week: $220/week
5 days a week: $275/week

Registration fee: $75 non-refundable (includes field trips and special events)

A registration form, medical/immunization records and a photo are required prior to admission. Please call for availability (508) 539-9361.

Swimming Lessons

For all swimming lessons... **please be sure to list any information the teacher should know (i.e. allergies, learning style, medical issues)**

Intro to Water Skills - *Level 1*

For children 5 & up. Class is limited to 6.
Skills that will be taught in level 1: enter & exit the water using a ramp, steps or side, blow bubbles for 3 seconds, bobbing - 5 times, open eyes under water and retrieve submerged objects, front & back glide, back float, roll from front to back, treading water arm and hand actions, alternating and simultaneous leg and arm actions on front & back, combined arm and leg actions on front and back.

Fundamentals - *Level 2*

For Grades 1st & Up. Prerequisite - Must have had conquered all the milestones listed in Level 1. Class is limited to 6.
Skills that will be taught in level 2: enter & exit the water using a ramp, steps or side, fully submerge and hold breath, bobbing - 10 times, open eyes under water and retrieve submerged objects, front & back glide, back float, roll from front to back, treading water for 15 seconds, change direction of travel while swimming on front and back, combined arm and leg actions on front and back, finning arm action on back.

Stroke Development - *Level 3/4*

For ages 6 & up. Prerequisite - must have successfully passed Level 2 and/or 3.
Skills that will be taught in level 3: jump into deep water from the side, submerge and return to the side, headfirst entry from the side in seated kneeling positions, bobbing while moving to safety, rotary breathing, survival float for 30 seconds, back float for 1 minute, change from vertical to horizontal position on front and back, push off in streamlined position on front, then begin kicking, swim the front crawl for 15 yards, swim the elementary backstroke for 15 yards, flutter, scissors, breaststroke, and dolphin kicks.
Skills that will be taught in level 4: Headfirst entry in compact and stride positions, feet first surface dive, swim underwater, tread water, using 2 different kicks, survival swimming for 1 minute. Swim strokes that will be taught: front crawl for 25 yards, elementary backstroke for 25 yards, breaststroke for 15 yards, back crawl for 15 yards, butterfly for 15 yards, sidestroke for 15 yards, open turns on the front and back, flutter and dolphin kicks on back, push off in streamlined position on back, then begin kicking.

Code/Lev	Days/Dates	Ages	Time	Fee
AA / 1	Sun, 10/14, 21, 28, 11/4, 11, 18 & 25	5 & up	2:00-2:40pm	R $79/NR $89
AB / 2	Sun, 10/14, 21, 28, 11/4, 11, 18 & 25	5 & up	2:50-3:30pm	R $79/NR $89
AC / 2	Sun, 10/14, 21, 28, 11/4, 11, 18 & 25	5 & up	2:00-2:40pm	R $79/NR $89
AD / 3	Sun, 10/14, 21, 28, 11/4, 11, 18 & 25	6 & up	2:50-3:30pm	R $79/NR $89

Youth Programs

Youth Running/Track Club

For students in grades K - 6.

The objective is for children to be introduced to the sport of running and track & field. Focus is on fun, and learning the elements of running such as warm-up, cool down and stretching. Children will also be introduced to the elements of track & field, such as long jump, hurdles, and relay. Sneakers and comfortable clothing are mandatory.

Bring a peanut-free snack and a water.

Day	Time	Date(s)
W	2:45 - 4:00 p.m.	Sept. 26 - Oct. 31

Fee: Resident $65, Non-Resident $75 Location: Quashnet School
Instructor: Mary Marsters Length: 6 weeks Min/Max: 4/16

2018 Fall Instructional TeeBall

For youth ages 3 - 6.

America's Champs is offering a Tee-Ball program for the Mashpee Recreation Department. Our program is for boys and girls, ages 3-6. Each child will have their own Tee-ball stand. We have buckets of balls for each player at each station. We offer instruction in fundamentals like hitting, catching, throwing, and games played. We work on improving hand-eye coordination through drills. There will be a game each week so learned skills can be put into action. Each player will receive an America's Champs T-Shirt. Sneakers, glove, water bottle and appropriate dress are required. Get ready for some Tee-ball fun! Space is limited. Sign-up early.

Day	Time	Dates
W	4:30 - 5:3pm	Sept 19 - Oct. 24

Fee: Resident $95, Non-Resident $105 Location: KCC Ballfield
Instructor: Kevin Burns, America's Champs Length: 6 weeks Min/Max: 10/24

2018 Fall Instructional Basketball

For students in grades K - 2 & 3 - 6.

America's Champs is offering Youth Instructional Basketball for the Mashpee Recreation Department. This program is for boys and girls, grades Kindergarten through 6th grade. Skills, drills, and fun! Instruction includes basic skills in hand-eye coordination, shooting, passing, dribbling, positions, defense and rules of the game. There will be games played each week so skills can be put into action. Sneakers, water bottle, and appropriate dress are required. Get ready for some basketball fun! Sign up early as space is limited.

Grade(s)	Day	Time	Dates	Location
K - 2	W	2:50 - 4:00pm	Sept 19 - Oct. 24	KCC Gym
3 - 6	F	2:45 - 4:00pm	Sept. 21 - Nov. 2	QS Outdoor Bball Court

Fee: K-2 - R $95, NR $105, QS - R $90, NR $100
Instructor: Kevin Burns, America's Champs Length: 6 weeks Min/Max: 10/24

Saturday Recreational Basketball Program

For Mashpee Boys & Girls Grades K - 6.
This is a **recreational program** designed to allow all participants equal playing time while teaching the fundamentals used in the game of basketball. Program will stress the development of team work, fair play, and sportsmanship. Additionally, the basics of the game are emphasized, along with skills development and working to improve coordination and agility.
Times will vary between 8:00am and 1:00pm.
REGISTRATION DEADLINE: Friday, October 30

Day	Time(s)	Date(s)
Sat	TBA (times vary between 8am - 12pm)	Nov. 17 - Jan. 26

Fee: $55 (residents only) There will be no make-ups for snow days
No basketball on Nov. 24, Dec. 22 & 29 Length: 8 Saturdays
Location(s): K - 3 held at KC Coombs / 4 - 6 program held at Quashnet School

Providence Bruins Tickets

Get your Providence Bruins tickets at Mashpee Recreation Department. One game date offered. Take your family, friends or both. **Transportation will be on your own. Look for flyer coming home or register by phone (508) 539-1416.**

Game Day	Game Time	Game Date
Sun	3:05pm	Jan. 20th

Fee: $18 per person (**ALL KIDS** will receive a free P-Bruins hat, popcorn and soda)
Location: Dunkin Donuts Center, Providence, Rhode Island

Horseback Riding Workshop

Boys & girls ages 5 and up. This youth workshop is available throughout the year. Take as many or as few lessons as you like. This is a flexible program to meet the needs of those interested in learning or improving their horsemanship skills. **Note:** No minimum number of days required.

Day	Time(s)	Date(s)
Sat	1:00 - 4:00pm	On-Going

Fee: Resident $55 per lesson, Non-Resident $65 per lesson
Instructor: Maushop Equestrian Staff. Call 508-477-1303 for details.

Horseback Riding School

Open to all ages. Program offers three, one-hour group lessons (flexible schedule offered to accommodate school dismissal). Riders will be allowed to groom and tack their own horses under supervision Riding helmets provided .

Ses. #	Day(s)	Time(s)	Date(s)
1	T	2:30 - 5:30pm (1-hour lesson, flexible times)	Sept. 11 - Oct. 2
2	T	2:30 - 5:30pm (1-hour lesson, flexible times)	Oct. 9 - 30
3	T	2:30 - 5:30pm (1-hour lesson, flexible times)	Nov. 6 - 27

Fee: Resident $200, Non-Resident $210 Location: Maushop Equestrian Center
Instructor: Robin Blakeman Length: 4 week sessions

Archery

Youth grades 3rd - 7th.

Archery is a really fun individual sport for adults and youngsters alike. You will learn the basics:

- How to properly load an arrow onto a bow
- How to release an arrow when shooting
- How to adjust your aim
- How to extract an arrow from your target
- How to keep score.

Safety will be stressed at all times. Whistle commands will be used by your instructor during the class. Certificates will be awarded for getting a bulls-eye and/or for achieving National Field Archery Association classifications.
No personal bow use will be allowed. Only bows supplied by the instructor can be used. **For safety reasons, family pets must be left at home.**

Day	Time	Date
Sat.	12:00 - 1:00pm	Sept. 22 - Nov. 3 **(no class Oct. 6)**

Fee: R $60, NR $70
Location: KC Coombs/Quashnet School field (near the football field)
Length: 6 weeks Min/Max: 4/9
Instructor: Philip Gormley, USA Archery Certified Instructor

Acting 101

Youth grades 3 - 6.

This course is a basic introduction to theatre arts and acting technique. It is designed to develop the ability to play dramatic action honestly and believably, using realistic/naturalistic material as well as self-scripted autobiographical writing. Course work includes games, exercises, and improvisations exploring awareness, relaxation, observation, the senses, voice, and physicality. Students are encouraged to bring any and all questions regarding all aspects of acting.

Day(s)	Time(s)	Date(s)
Sat.	9:00 - 11:30am	Dec. 1 & 8

Fee: Resident $55, Non-Resident $65 Location: Quashnet School Min/Max: 8/24
Instructor: Watermelon Alligator Theatre Co. Length: 2, 2 1/2 hour sessions

Occasional errors in days, times, registration requirements and fees may occur from time to time. We apologize for any errors in the brochure. Thank you for your patience and understanding when these situations occur.

Tennis Lessons

For students in grades K - 6.
Tennis is a wonderful sport for a lifetime! Getting solid fundamentals as a youngster builds the strokes into our muscle memory, develops footwork that cross trains for all sports, and finely tunes hand/eye coordination. More advanced players will be grouped together.

NOTE: students should wear tennis shoes or sneakers and bring a tennis racquet, snack and a drink.

Fall session 1 **(no class on Mon., 9/24 & 10/8)**

Code/Gr/Age	Day	Time	Date(s)	Lessons	Fee
AA / 3 - 6	M	2:50 - 4:00pm	Sept. 10 - Oct. 29	6	$66
AB / K - 6	M	4:00 - 5:00pm	Sept. 10 - Oct. 29	6	$66
AC / K - 2	T	2:50 - 4:00pm	Sept. 11 - Oct. 30	8	$88
AD / 3 - 6	W	2:50 - 4:00pm	Sept. 12 - Oct. 24	7	$77
AE / K - 2	Th	2:50 - 4:00pm	Sept. 13 - Nov. 1	8	$88
AF / Pre-K - 6	Sat	9:00 - 10:00am	Sept. 15 - Oct. 27	7	$77

Non-Resident add $10

Fall session 2 **(no class 11/12, 11/21, 11/22 & 12/3)**

Code/Grade	Day	Time	Date(s)	Lessons	Fee
BA / 3 - 6	M	2:45 - 4:00pm	Nov. 5 - Dec. 17	4	$44
BB / K - 6	M	4:00 - 5:00pm	Nov. 5 - Dec. 17	4	$44
BC / K - 2	T	2:50 - 4:00pm	Nov. 6 - Dec. 18	7	$77
BD / 3 - 6	W	2:45 - 4:00pm	Nov. 7 - Dec. 19	6	$66

Non-Resident add $10

Location: Session #1 Quashnet Courts, except Sat. lesson @ Mashpee HS
Session #2 3 - 6 - QS Gym (M)
K - 6 - QS Gym (M)
K - 2 - KCC Gym (T)
3 - 6 - KCC Gym (W)

Instructor: Kathryn Olson, USPTA Certified teaching professional Min/Max: 4/8

Tween / Teen Programs

Teen Nutrition Program

For teens ages 13 - 17.

This is a 5 week program aimed at teens aged 13-17 and their parents. These classes focus on Nutrition and supply teens, and their families with the knowledge and skills to make good decisions regarding food for optimal health. These classes are comprised of (1) one LIVE class and (4) four VIRTUAL/ONLINE classes. The program is designed so that you can fit it in your schedule at a time that works best for you! Teens will learn how to maintain a healthy weight, build healthy habits, gain more confidence, along with the added benefits of clearer skin and better sleep.

Day	Time	Date
T	6:00 - 8:00pm	Oct. 2 - 30 (Live class 10/2, the rest are online)

Fee: R $175, NR $185
Location: Mashpee High School Length: 5 weeks Min: 3
Instructor: Dee Cady, Certified Health & Wellness Coach

Acting/Improv 101

For students in Grades 6 - 8.

This course is a basic introduction to the art of improvisation. Course work includes games and exercises exploring awareness, relaxation, observation, the senses, voice, and physicality. Students should dress comfortably and be prepared to move at every class, because anything can happen in improv! Students are encouraged to bring any and all questions regarding all aspects of improvisation.

Day	Time	Date(s)
W	3:45 - 5:45pmpm	Oct. 17 & 24

Fee: R $55 , NR $65
Location: Mashpee Middle / High School Length: 2 classes Min/Max: 6/16
Instructor: Watermelon Alligator Theatre Co.

Intro to Sword Fighting

For students in grades 9 - 12.

This course is a beginner's introduction to stage combat with an emphasis on swordplay. Safety is our priority, as well as part of the curriculum. Students will learn basic rapier techniques which draws from western fencing and eastern disciplines. This class is a prerequisite to more advanced stage combat classes which may be offered in the future. Students must dress comfortably and be prepared to move for every class. Protective eyewear will be provided and must be worn at all times.

Day	Time	Date(s)
W	3:45 - 5:45pmpm	Nov. 28 & Dec. 5

Fee: R $85 $, NR $95
Location: Mashpee Middle / High School Length: 2 classes Min/Max: 8/12
Instructor: Watermelon Alligator Theatre Co.

Spartan Strong

Conquer physical and mental challenges in this group fitness workout inspired by Spartan Race. Increase your strength, endurance, and mobility with an innovative combination of resistance training, bodyweight moves, dynamic stretching and cardio-focused drills. Discover and unleash the Spartan in you. All fitness levels are welcome, as many options are provided for each movement pattern. The only equipment used is the Spartan Pancake (provided). AROO!

Day	Time	Date
M	5:30 - 6:30pm	Oct. 1 - Nov. 19 **(no class 10/8 & 11/12)**

Fee: R $50, NR $60
Location: KC Coombs Gym Length: 6 weeks Min/Max: 8/30
Instructor: Aimee Nicoterra

Cardio Kickboxing

Punch, kick, and block your way to a fitter you! Use your own body weight and movements inspired by boxing, martial arts and sports drills to get your heart pumping and your muscles flexing! Complete the experience with a segment of light resistance training and a full body stretch.

Note: bring a mat, towel and water bottle

Day	Time	Date
W	5:30 - 6:30pm	Oct. 3 - Nov. 7

Fee: R $50, NR $60
Location: KC Coombs Gym Length: 6 weeks Min/Max: 8/30
Instructor: Aimee Nicoterra

Cardio Grooves

Move your body through a cardio routine incorporating both dance and athletic movement patterns. Enjoy easy-to-follow, low impact choreography designed to help you sweat and torch calories! All fitness levels welcome.

Note: bring a towel and water bottle

Day	Time	Date
T	9:00 - 10:00am	Oct. 2 - Nov. 6

Fee: R $75, NR $85
Location: Boys and Girls Club Gym Length: 6 weeks Min/Max: 8/30
Instructor: Aimee Nicoterra

Couch to 5K

Have you ever wanted to participate in a 5K event but didn't think you could do it? Have you tried the C25K app just to be unsuccessful? Would you consider participating in a 5K program if you knew that you COULD be successful? We would like to help you achieve that goal! RRCA certified running coach Deanna Desroches will guide you from warm-ups to cool-down with a great workout in between. This 9-week program is geared toward beginners but all are welcome!

Day	Time	Date
W & F	9:30-10:30am	Oct. 3 - Nov. 30

Fee: R $105, NR $115 (strollers are welcome) Min: 10
Location: Heritage Park, 524 Main St.(near the splash pad) Length: 9 weeks
Instructor: Deanna Desroches, Cape Cod Municipal Healthcare Group
Please discuss this program with your doctor (as with all physical exercise programs).

Healthy Goddess Health & Nutrition Program

Women 18 years and up.

Here is a 7 week program that takes you on a quest for good health. Looking to meet others in your tribe? Form some more healthy habits? Learn some Lifetime Skills? Gain more energy? Become your healthiest, happiest self? If yes, this program is for you. This Program has (3) three LIVE meetings and (4) VIRTUAL/ONLINE meetings (which you attend each week, when it fits into your schedule). Each class will focus on a specific subject relative to good nutrition, allowing you to gain the knowledge on how to make the best decisions as it relates to food and your good health.

Day	Time	Date(s)
W	6:00 - 8:00pm	Oct. 24 - Dec. 5

Fee: Resident $270, Non-Resident $280
Location: **Mashpee H.S. (Oct. 24, Nov. 14 & Dec. 5), other classes held online**
Instructor: Dee Cady, Certified Health & Life Coach Length: 7 weeks Min: 3

Archery

Adults 18+.

Archery is a really fun individual sport for adults and youngsters alike. You will learn the basics: How to properly load an arrow onto a bow, How to release an arrow when shooting, How to adjust your aim, How to extract an arrow from your target, How to keep score. Safety will be stressed at all times. Whistle commands will be used by your instructor during the class. Certificates will be awarded for getting a bulls-eye and/or for achieving National Field Archery Association classifications. No personal bow use will be allowed. Only bows supplied by the instructor can be used. No family pets permitted, please leave them at home.

Day	Time	Date
Sat.	1:00 - 2:00pm	Sept. 22 - Nov. 3 **(no class Oct. 6)**

Fee: R $60, NR $70 Location: Quashnet field (near the football field)
Instructor: Philip Gormley, USA Archery Certified Instructor
Length: 6 weeks Min/Max: 4/9

Adult Co-Ed Basketball, Over 30

Mashpee Residents & Town Employees ages 30 & up (Men & Women)

Join us for a fun, non-competitive night of hoops! Open to Mashpee residents and Mashpee Town employees.

Days	Time	Dates
F	6:00 - 8:00pm	Sept. 28 - Dec. 14 **(no program 11/9, 11/16 & 11/23)**

Fee: R $30 Location: KC Coombs Gym Length: 9 weeks

Adult Co-Ed Basketball, Over 50

Mashpee Residents Only (Men and Women)

Join us for a fun, non-competitive hour of hoops!

Days	Time	Dates
T	12:00 - 1:00pm	Oct. 9 - Dec. 18 **(no program 11/6 &11/20)**

Fee: R $55 Length: 9 weeks Min/Max: 10/16
Location: Boys & Girls Club Gym

All lessons will be held at Mashpee's brand new Pickleball Courts
162 Ashumet Road

All class will be taught by Arlene Petrunich, IPTPA Certified Pickleball Coach

Be sure to like our Smashpee Pickleball page for all Pickleball updates on Facebook.

Pickleball 101

This clinic will teach all the basics of pickleball and then some for the beginner. From learning how to score to understanding basic fundamentals and court positioning. Monday from 9am - 11am. Each clinic is the same...this is not a progressive clinic over 3 weeks, instead it is meant to allow different players to learn the game each week. Please only sign up for one of the 6 classes offered.

Day	Time	Date(s)	Fee
M	9:00am - 11:00am	Sept. 24	$15

Fee: $15 Length: 2 hour session Max: 10

Pickleball Skills & Drills

Advanced Beginner

Series of progressive drills with each week focusing on a new set of skills.

Days	Time	Date(s)
M & W	9:30 - 11:00am	Sept. 5 - 19 (Sept. 26, rain date if needed) Max: 8

Fee: R $40, NR $50 Length: 3 classes Max: 8

October Lessons

Don't miss the opportunity to take one of the final 4 sessions of outdoor pickleball clinics in a brand new format! 4 clinics in two weeks...either Mon/Wed or Tues/Thur. All sessions will include drills focusing on one or two skills per lesson and will include strategies for playing successful doubles.

Advanced Beginner

Days	Time	Date(s)
M & W	9:30 - 11:00am	Oct. 1, 3, 8, 10 (Oct. 17/22, rain dates)
T & Th.	11:00am - 12:30pm	Oct. 2, 4, 9, 11 (Oct. 16/18, rain dates)

Fee: R $55, NR $65 Length: 4 classes Max: 8

Intermediate

Days	Time	Date(s)
M & W	11:00am - 12:30pm	Oct. 1, 3, 8, 10 (Oct. 17/22, rain dates)
T & Th.	9:30am - 11:00pm	Oct. 2, 4, 9, 11 (Oct. 16/18, rain dates)

Fee: R $55, NR $65 Length: 4 classes Max: 8

Pickleball

Join the fastest growing trend in the Northeast! Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come join the fun! Whether you are a beginner or veteran, everyone is welcome. Equipment will be available or players can bring their own. Our group is open to all ages and abilities.

Player Level	Day	Time	Date(s)
Beginner / Intermediate	M	6:00 - 8:00pm	Sept. 24 - Dec. 17
Beginner	W	6:00 - 8:00pm	Sept. 26 - Dec. 19
Int./Adv.	Th.	6:00 - 8:00pm	Sept. 27 - Dec. 20

(No pickleball 10/8, 11/12 & 11/21 & 11/22)

Fee: R $60 per 13-week session on selected night
NR $70 per 13-week session on selected night

(Fee includes Mashpee Pickleball T-shirt, *one per person*)

Location: KC Coombs School, 152 Old Barnstable Rd.

Beginner / Advanced Beginner Tennis- HS/Adult

Lessons will include intense instruction on volley, forehand, backhand, and serving techniques. Participants will also learn how to score and play in a singles and doubles match.

Day	Time	Date
Sat.	8:00 - 9:00am	Sept 15 - Oct 27

Fee: Resident $77, Non-Resident $87 Location: Mashpee H.S. Courts
Length: 7 lessons Min/Max: 4/8
Instructor: Kathryn Olson, USPTA Professional

Do you have a class idea? Please email ideas/suggestions to: hmclaughlin@mashpeema.gov

Are you skilled at a particular sport or activity? If you are interested in offering a recreational class for children, teens or adults please contact us! Call Heidi @ (508) 539-1416 or email: hmclaughlin@mashpeema.gov

SPECIAL EVENTS

Mashpee Oktoberfest

Join us for a full day of fun at Mashpee Commons Green. We'll have entertainment throughout the day which will include: The Vagabonds, Dance Groups, K-9 Dog Show, Irish Step Dancing, children's games, face painting, and crafts. We will also have a variety of "Fair Style" food along with 60+ arts and craft vendors! Don't forget to visit our Bier Garten which will be serving up Bratwurst and beer.

Day	**Time**	**Date**
Sat.	10:00am - 4:00pm	Sept. 29th

Location: Mashpee Commons Green, 4 Jobs Fishing Road

PetFest

The Town Clerk's office and the Friends of Mashpee Dog Park are hosting the 2nd Annual PetFest on **Saturday, Oct. 13th from 11:00am - 2:00pm at the Community Park.** Dr. Mark Oldham will have a rabies clinic from 11:00am - 2:00pm and we will be licensing dogs throughout the day. Don't miss the blessing of animals at noon by Deacon Pierce of Christ the King Church. Join us for a fun-filled day! All proceeds will go to the Mashpee Dog Park.

Holiday Season Kickoff!

Join us in welcoming Santa at the **Mashpee Community Park** (located across from Town Hall) on **Saturday, December 1st. Festivities begin at 5:00 PM** with carolers performing in the gazebo, Santa arrives by fire truck at 6:00 PM for the tree lighting. Free Candy Canes for the children and Hot Chocolate for everyone!

Youth Sports League Information

Mashpee Youth Soccer (MYSO)
Email - president@mashpeeyouthsoccer.org
Web Address: www.mashpeeyouthsoccer.org

Mashpee Youth Baseball/Softball (MYBS)
Email - mybspresident@gmail.com
Web Address: www.mashpeebaseballsoftball.com

Mashpee Jr. Babe Ruth Baseball Program
Email: dbaseball26@aol.com

Mashpee Pop Warner
Web Address - www.uppercapespartans.com/
Phone: (855) 482-7293

The Town of Mashpee Special Events Committee
Presents

Oktoberfest

32nd Annual

SATURDAY, SEPTEMBER 29TH, 10AM - 4PM
Mashpee Commons Village Green, 4 Jobs Fishing Rd.
Across from Christ the King Church
Rain Date: Sunday, September 30th, 11am-4pm

COME SEE:
Dance Demonstrations by New England Ballet Theatre Co. & Haley School of Irish Dance,
Also permformances by Toe Jam Puppet Band,
Sonnay Fiddlers
& German Music by "The Vagabonds"

Crafters, Train Rides, Face Painting, Pumpkin Decorating,
Kids Stein Race & Pass the Pumpkin contest!
Delicious Food &
Traditional Fare. Live Entertainment all day long!

11AM - Kids Stein Race and Pass the Pumpkin Contest
11:30AM - Toe Jam Puppet Band
12:30 - 1:00 - New England Ballet Theatre Co.
1:00PM - K-9 Demonstration
1:30PM - Haley School of Irish Dance
2:30PM - Sonnay Fiddlers
12:00 - 4:00PM - The Vagabonds (in the bier garten)

Mashpee Recreation Registration Form
(One Person Per Form)

Name of Participant:_____ Email: _____
Phone:_____ Mobile:_____Carrier:_____ (cell phone)
Address:_____ Town: _____
DOB:_____ Age:_____ Grade: _____ Gender: _____

In case of an emergency, please notify:
Name:_____Phone:_____

Medical Conditions/
Allergies:_____

PROGRAM NAME:	FEE	START DATE
_____	_____	_____
_____	_____	_____

MC/VISA # __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __
Exp __ __ / __ __ 3 Digit Code ___ ___ ___

Make checks payable to "Town of Mashpee" and **mail to: Town of Mashpee, Mashpee Recreation, 16 Great Neck Road North, Mashpee, MA 02649.**

HOLD HARMLESS CLAUSE: I, the undersigned parent/guardian or participant, do hereby consent to my/their participation in voluntary athletic, recreation, or community education programs of the Town/City, or Public School of Mashpee.

I also agree to forever release the Town/City of Mashpee, the School Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic, recreation, or community education programs of the Town/City or Public Schools ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town or Public School of Mashpee voluntary athletic, recreation, or community education programs.

I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my participation, or my child's participation in the Town/City or Public School of Mashpee voluntary athletic, recreation, or community education programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation, or my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this form, I affirm that I have decided to allow my participation, or my child's participation in the Town/City or Public School's athletic, recreation, or community education programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Town/City or Public School athletic, recreation, or community education programs.

Print Name:_____ Date:_____
Signature:_____

Mashpee Recreation Department
16 Great Neck Rd. North
Mashpee, MA 02649