

# Weymouth Recreation

WHERE THE FUN AND FRIENDSHIPS BEGIN! | SUMMER 2009



## REGISTRATION

Weymouth residents  
begins March 28, 2009  
Non-residents  
begins April 13, 2009  
see page 6 for more details....

## ADULT PROGRAMS - **NEW**

see pages 35-39

## NO REFUND POLICY

see page 6



[www.weymouth.ma.us](http://www.weymouth.ma.us)



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***Town of Weymouth,  
Massachusetts***



Susan M. Kay  
Mayor

75 Middle Street  
Weymouth, MA 02189

781-335-2000  
781-331-5124 (TTY)

Dear Residents:

Welcome to the 2009 Town of Weymouth Recreation Division Summer Book. This book is full of program opportunities promoting fun and fitness for you and your family. Please keep it nearby as you plan your summer. The Recreation Division will continue to dream up new programs throughout the summer and will deliver them along with any recreation news through their monthly flyers – released in the first week of each month. You can register for their e-mail list through their web-page at [www.weymouth.ma.us/rec](http://www.weymouth.ma.us/rec). This book is your reference for the included activities, program guidelines and policies, transportation schedules and contact information for Weymouth youth sports leagues.

Weymouth residents will continue to enjoy exclusive enrollment for the first two weeks of registration beginning on March 28<sup>th</sup> and continuing through April 12<sup>th</sup>. On April 13<sup>th</sup> registration will continue for all residents and open to non-residents. Please coordinate with family and friends and register early to secure your summer of fun. I am confident these programs are the best recreation value you will find this summer. Your participation will support your Recreation Division and your feedback will help make these programs even better in the future!

The Recreation Division will again commit to offering at least ten weeks and may extend it further depending on when school starts. These programs will utilize all available resources to provide fun and challenging programs from one end of the summer to the other. There truly should be something for everyone! The “rain option” will be offered at Great Esker and all contracted sports programs for families that need the coverage.

The Recreation Division will kick-off the summer with a Summer Sizzle on Saturday, June 27, 2009 from 1:00 – 5:00 p.m. at the Wessagusset School. This fun family event will include: live music, live animals, kayaking at Wessagusset Beach, lots of interactive programs as well as plenty of information on all the programs offered in this book. The family fun continues with the popular Thursday night outdoor concert and movie series starting Thursday, July 9, 2009 at 6:30 p.m. at the Ralph Talbot Amphitheatre at Town Hall. Beach Day at the George Lane Beach will be held on Saturday, August 8, 2009 from Noon – 4:00 p.m. with music, boats, crafts and fun in the sun!

Please join your fellow citizens of Weymouth as we come together to build community and enjoy.

Sincerely,

Susan M. Kay  
Mayor



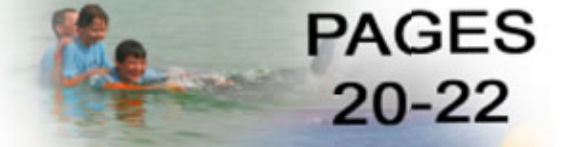


# Sprouts

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# EXCEPTIONALS

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**Great Esker Park**  
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# How to use this book to register for programs.

★ **Registration** – begins Saturday, March 28th, at 9:00 a.m. (until noon) at our offices (Teen Center) for **Weymouth Residents only!** Non-resident registration begins, April 13<sup>th</sup>.

- **Photo IDs:** A Weymouth Recreation issued photo ID is **required** of all program participants. These IDs **must** be presented at summer program check-in. See details on page 7.
- **Weymouth Recreation cannot accept registrations by mail, phone, or fax!**

*Two easy ways to register!*

## **How to Register Online**

### **Step 1: Create a “Household Account”**

1. Go to [www.weymouth.ma.us/rec](http://www.weymouth.ma.us/rec)
2. On the left-hand column there is a list of links. Click on *Online Registration*
3. Scroll down to the bottom of the page and click on the big “Go to Online Registration” Button.
4. The MYREC page should now be on your screen – Click on the red house in the upper left corner.
5. In the middle of the page you will see **Not A Website Member? It's FREE!** **Click Here** to create your personal username and password. Click on the words - **Click Here**
6. Pick a primary contact person for your family (He/She must be over 18 years old)
7. Put in the primary contact’s last name and home phone number. Click *Submit*.
8. Enter in all the primary contacts information..
9. For an emergency contact please enter information for someone not in your household that we can contact in the event that we cannot get in touch with you in an emergency.
10. Click *Submit*
11. Review the information that comes up.
12. Click on the *Add a Household Member* button on the right hand side at the bottom of the page..
13. Enter in the information of another family member. Click *Submit*.
14. Repeat until you have added all the members of your family.



### **Step 2: Register for a Program after a Household Account has been established**

1. Repeat 1 – 4 listed above; you will then be asked to sign in – remember that your user name would be your email address and the password would be what you have set up.
2. Under the Weymouth Recreation banner at the top left of the page there is a list of links. Click on *Program Schedule*.
3. To select a program you can either:
  - a. Click on *Classes and Activities* for a full list of programs.
  - b. In the search box you can type in the name of the program you are looking to register for. Be as specific as possible or nothing will come up.
4. Once you find the desired program follow the link.
5. Read the information at the top of the page regarding the program
6. There will be two buttons to the right of the program information. Click on the one that says *Register Online*.
7. Select the household member(s) that you are signing up for the program. Click *Submit*.
8. Click *Next*.
9. Please confirm that you have read and agree to the Disclaimer statement by checking the appropriate box.
10. To complete your order, click *Place Secure Online Order* and enter the payment information.
11. You will receive a confirmation that your order went through at the e-mail address you provided for your household account.

Register carefully, there are no refunds. See page 6.



➤ **In person registration:** between March 28<sup>th</sup> and April 10<sup>th</sup> will require a utility bill and picture ID to verify residency. Registration at our office will be, first person ready - first served, regardless of payment method. It will be like checking out at the supermarket once you've committed to the schedule. Payment in person may be by cash, check, credit or debit card. Staff will be available to answer program questions. We hope the process will be smoother than last year! After March 28<sup>th</sup> – registration will be available during regular office hours: Monday – Fridays 8:30 a.m. – 4:30 p.m., Fridays 4:30 – 6:00 p.m. by appointment.

➤ **Payment:** Full payment must accompany all registrations. On-line by credit card (Mastercard, VISA, Discover or American Express). At our office by cash, check, credit or debit card. **Please note: All prices listed in this book are the discount price. The price will go up 10% two weeks prior to the start date of the program.** This policy has been in effect for several months and really truly helps us plan for and present a better program. Register early and save yourself some money.

➤ **Credit card charge backs:** Please do not charge back any fees paid to Weymouth Recreation. Legitimate concerns (double billed, overpaid or cancelled class...) should be brought to us to work out. Charge backs are a headache for us whether we win the appeal or not - so we will try to win. This is not a way around our no-refund policy!

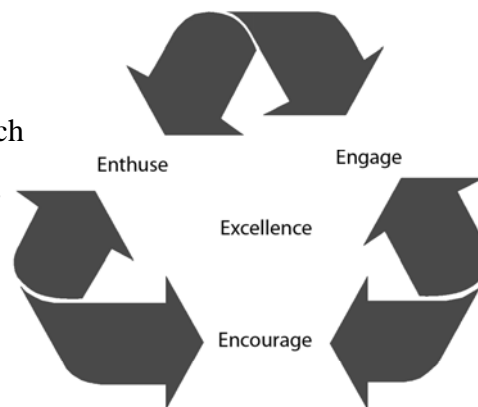
➤ **Friends and Forms:** A registration form is needed for each family that is planning to register. If you wish to have children from different families attend together, coordinate your on-line registration or any person can deliver fully completed and signed registration forms with full payment and proof of residency for each family (between 3/28 & 4/13).



<i>Weymouth Recreation Program Staff : Participant Ratios</i>				
3 - 4 years old	1:5		4 – 6 years old	1:7
6 – 8 years old	1:8		8 – 10 years old	1:10
10+ years old	1:10		Lunch / free play	1:20

## Our Recreation Philosophy:

We believe recreation should be fun and educational. We teach basic skills through fun and interactive “play”. Our summer staff will approach their role with the goal of presenting an “excellent” experience by enthusiastically engaging and encouraging program participants. Participants will learn fundamental skills, socialization, team concepts and good sportsmanship in each activity. We are proud of our role in developing the leaders of tomorrow through fun!



Register carefully, there are no refunds. See page 6.

# Important Information



**Registration - Resident / Non-resident Policy:** Weymouth residents only may register from **March 28<sup>th</sup>** (9:00 a.m.) through April 12<sup>th</sup> - on-line and in person (through April 10<sup>th</sup>). To register in person during this period, residents must present a utility bill and a picture ID with the home address for each family they are registering. Beginning Monday, April 13<sup>th</sup> registration will become “open” to everyone. Non-Weymouth residents that register between March 28<sup>th</sup> and April 12<sup>th</sup> will be removed. Please respect this policy. The residency / contact information you enter is critical in dealing with any emergencies your child may experience during the programs. It also must match your credit card’s information or your card will be rejected as payment.

All prices listed in this book are discount prices and will rise 10% 2 weeks prior to the start of each program. Register early!  
Office hours March 28<sup>th</sup> will be 9:00 a.m. – Noon.



**No Refunds or Credits:** Refunds for all programs will only be issued when we have to cancel the program. Plan before you commit and register carefully!!! To be fair to everyone - No exceptions can be made. Refunds will not be given for a participant removed from a program for disciplinary reasons (see below) or failure to meet program requirements (submit health forms...). Refunds will be by Town of Weymouth check or by crediting the credit card you used. Please allow four weeks for check processing. This policy has been adopted in an effort to keep program prices as low as possible. Any time we spend processing refunds is time we cannot commit to creating or running programs!

**How to get rid of an unwanted class:** 1- check the wait list report we will post online every Friday; 2. sell it to a friend (the office has to oversee this transaction to ensure roster accuracy) 3. Transfer to another week – a later week requires at least 7 days advance notice (we can not refund or credit any difference in program fees).

**Cancellations:** We reserve the right to cancel or combine any program(s) with insufficient registrations.



**Rainy Day Programs / Weather:** Great Esker Park program and all vendor programs will be weather dependent but will continue to offer a corresponding but separate pre-paid rainy day option, by week, for those of you that need your child (age 4 or older) watched during all program hours, rain or shine. This rain day option applies only to those programs that run 3 or more hours per day. The cost for the rain option is a flat \$8.00 / week. When the Great Esker Park / vendor program rain option kicks in registered participants will be transported to the Wey-Fun Program at the Wessagusset School to join in the activities of that program.

**The rainy day option may be purchased at any time!**

## Safety Notes: The notes section on your registration form is the place to let us know:



**Medical concerns / Medications** – Please let us know in writing if your child has any medical concerns (allergies, sun sensitivity, seizures...) Please keep your child on necessary medications. Be aware the staff cannot administer any prescribed medications with the exception of epi-pens.



**Disciplinary Policy:** Any participant that detracts from the enjoyment of another participant or the duties of the staff will be warned, once, and the incident will be reported to the parent that day. The participant will be removed if there is another incident that week. Two removals will result in a ban from all programs for the season. Refunds will not be given for a participant removed from a program for disciplinary reasons.

**Photo / video release:** Weymouth Recreation reserves the right to have program participants photographed or videotaped for any publicity purposes including cable, newspapers, flyers, brochures, and our web page...Your registration will serve as your release.



**Questions/comments:** E-mail to Program Supervisor Mike Doyle at [mduoye@weymouth.ma.us](mailto:mduoye@weymouth.ma.us).

**Maintenance:** Call 781-337-5100 for park maintenance (safety or vandalism) matters.



**Police:** Please call the Weymouth Police at 781-335-1212 with security issues or if you witness vandalism.

Please register carefully, there are no refunds. See above.



## Must read program information



**Bus / Shuttle Information:** Please register for bus transportation for each week – including the Wey-Fun / Great Esker Park / Beach shuttles! **If your child can not communicate their schedule, please let the bus attendant know where they are going and when.** Weymouth Recreation provides bus transportation according to the following schedule for full-day Wey-Fun,

Great Esker or combination participants. Please have your child at the appropriate bus stop before the time noted. Please let the office know specifically, through the notes section while registering or in writing, if your child is only riding one way, even for a day, or any other special circumstances. Children will be dropped at the same stop where they boarded the bus unless we are otherwise instructed, in writing. There will be an attendant on the bus – but no staff at each stop. For the safety of your child - please see your child onto the bus and be there to pick them up when they get off! **Note:** There is no access to the schools at these bus stops in the event of rain!

Register for transportation in our office or online under the “Programs” section of the registration page.

Bus pass – \$10.00 / week Please register for each week & submit the afternoon bus time in the notes section.	A.M. Bus Stop times	Early P.M. Bus Stop times	Late P.M. Bus Stop times
<b>Weymouth High School</b> 1 Wildcat Way	8:10 a.m.	4:30 p.m.	5:40 p.m.
<b>Abigail Adams School</b> 89 Middle St. near the gym	8:20 a.m.	4:20 p.m.	5:30 p.m.
<b>Great Esker Park</b> End of Sunrise Dr.	8:30 a.m.	4:10 p.m.	5:20 p.m.
<b>Summer Wey-Fun Program</b> @ Wessagusset School	8:40 a.m.	4:00 p.m.	5:10 p.m.
<b>Free Shuttles:</b> Great Esker, Wey Fun and Lane Beach Shuttles <b>You must register for each week!</b>	<b>Shuttles:</b> #1: 12:10 p.m. departs from Great Esker for Wey- Fun #2: 12:30 p.m. Departs Wey-Fun to Lane Beach and then Great Esker #3: 3:45 p.m. Leaves Lane Beach for Wey-Fun #4: 4:10 p.m. Leaves Great Esker for Wey-Fun		



**T-shirts** – will be designated by age range. T-shirts are **required** for the Wey-Fun, Great Esker, Sprouts and Exceptional Program. There are some age overlaps so you will have to decide whether you want your child to be the youngest or oldest in their age-group. **If your child does not have a t-shirt when they arrive at their program you will need to buy one for \$7.00.** Program shirts are available at our office, or at each program site.

**T-shirt sale: March 28<sup>th</sup> – April 30<sup>th</sup> \$5.00 each!**



Most programs require an age-appropriate Weymouth Recreation t-shirt.  
**Age (years):** 3- 4 red; 4-6 gold; 6-8 stonewash green; 8-10 lime green & 10+ light blue  
 The \$7.00 price was not included in the program price to save frequent participants money.



**Photo Id's:** Will be **required** of all participants prior to summer program participation. We will need each participant to provide their latest emergency contact information; sit for a picture ID (in 2009, 2011, 2013...) and present a birth certificate or passport as proof of age (only once - if you are currently between 3 and 15 years of age). Please bring your old ID to renew. The ID's make the check-in and check-out procedures for our summer programs safer and more efficient. They also ensure program participants are the appropriate age.

**A complete processing schedule will be posted to our web-site and in the March newsletter.**

➤ **Restricted pick-up** – Please let us know in writing, and note on the program check-in form, if you want to designate who can pick up your child. Every listed person will need to have a photo ID.

Register carefully, there are no refunds. See page 6.

# Wey-Fun

The full playground and aquatic experience!



- A Weymouth Recreation issued picture ID is required for program check-in. See page 7 for details.



Wey-Fun is a rain or shine. There will be at least 3 rain day schedules posted to the web-page. In the event of rain our webpage will indicate which option is in effect



- Full Day remember to bring a lunch and plenty of beverages; half-day snacks & beverages. Friday's we will provide either a hot dog or pizza lunch, depending on the week, to each full day camper.



- See page 3 for a full bus / shuttle schedule and fees.



## NOTE

- Children that are 6 years old before September 1, 2009 may participate in the Full Day Wey-Fun Program.



The Wey-Fun Program requires an age-appropriate Weymouth Recreation t-shirt.

**Ages:** 4-6 Gold; 6-8 Stonewash Green; 8-10 Lime green & 10+ Light Blue



Wey-Fun is committed to providing the best possible program with as much participant choice as possible. Wessagusset School and Beach and O'Sullivan Playground will have activities scheduled for each age group plus a "free zone".

Based at the Wessagusset School, this complex boasts numerous fields and play areas that include: baseball/softball diamonds; basketball and street hockey courts, a large arts & crafts/picnic table area with market style umbrellas and the waterfront of Wessagusset Beach. The program will feature activities in arts & crafts, sports, group games, weekly special events and attractions, and water front activities all at your child's option – twice a day! Multiple sports will be featured and scheduled on a daily basis. In addition we are offering single sport theme weeks.

See page 10 for details.

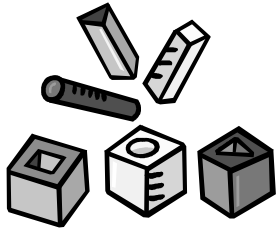
When it rains participants will utilize the Wessagusset School gym and cafeteria on site or they may be transported by bus to Pilgrim Church, Country Club Lanes (bowling), the Weymouth Teen Center, or other "Rain Day" locations. The specific destination will be posted on our message board on-site at the Wessagusset School, on our web page ([www.weymouth.ma.us/rec](http://www.weymouth.ma.us/rec)) or you can call the Recreation office at 781-682-6124. If your child goes "off site", they will be returned to the Wessagusset School gym at lunch and at the end of each day.

## NEW

**Age Grouping!** 4- 6 age group welcome to attend morning session only! Limited seating of 14 spots – so register early! This age group will spend their time as a group between the 3 Wey-Fun locations.

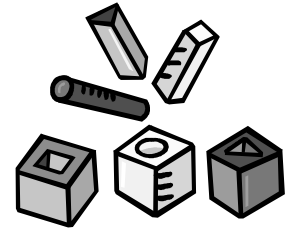
**Wey-Fun is all about choice!**  
**Participants in the three oldest age groups: 6 – 8 (Rookies), 8 – 10 (Minors) and 10+ (Pros) will choose where they want to go for their morning or afternoon three hour 'fun block'.** Counselors will gather their age groups together and recite the schedules for those that struggle with reading or for those that need to be sold on where they want to go. **If the scheduled activities don't excite you – gather some friends for a game of "OUT", four-square, shuffleboard or chess in one of the three free zones sites!**

Register carefully, there are no refunds. See page 6 for details.



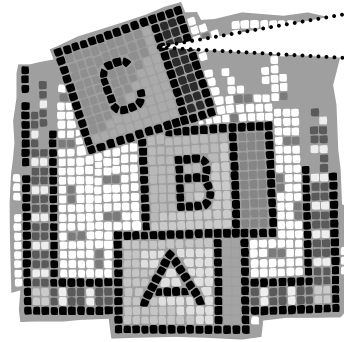
# Wey-Fun...Blocks

The ABC's of Fun Activities!



**Wessagusset School: Fun Activities may include but not limited to:**

- Almost Golf
- Arts & Crafts
- Chess... with our GIANT CHESS SET
- Disc Golf
- 4-Square
- Gaming Club
- Karoke
- Lacrosse
- Parachute Games
- Snag Golf
- Soccer
- Scavenger Hunt
- Ultimate Frisbee
- Volley Ball



Your child will be able to choose which Fun Block they would like to participate in each and every day. No 2 days have to be the same!

**Wessagusset Beach (Surf Site...) Fun Activities may include but not limited to:**

Again this year there will be Red Cross Certified Lifeguards with Wey-Fun for all water activities

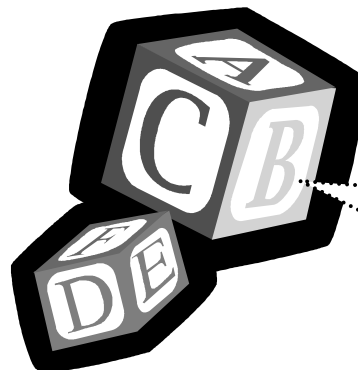
- Kayaking
- Octopus (Beach Game)
- Paddle Boats
- Sand Castle Making
- Sea Side Art
- Survivor Challenge
- Treasure Hunt
- Tube rafting – old
- Volley Ball



Each site will also have a Free Choice Zone (crafts, board games, sports / game equipment...)

**O'Sullivan Playground (Turf Site...) Fun Activities may include but not limited to:**

- Archery
- Baseball ... Where's Fenway?
- Basketball
- Flag Football
- Shuffle Board
- Softball
- Street Hockey
- Tennis



Variety and Choice is what it's all about!  
We want each child to have Wey-Fun summer!!!

Register carefully, there are no refunds! See page 6 for details.



## What to bring to Wey-Fun

- *T-shirt - required*
- *Lunch: Monday – Thursday (Friday is either a hotdog safari or pizza party.)*
- *Snacks and plenty of water / drinks*
- *Sunscreen*
- *Hat / sunglasses*

## Fun Block Time Frames

New this year the “lunch bunch” – made up of staff of various programs - has gone away and the Wey-Fun staff will be splitting their lunches in order to cover the group. This will have no effect on Monday, Wednesday and Friday. On Tuesday and Thursday the Fun Blocks will be reduced to 2 ½ hours for both morning and afternoon sessions. This allows the staff that knows your child the best to properly supervise them at all times. Your child will remain on site the same amount of time on Tuesday and Thursday but 11:30 – 1:30 will be supervised free play time with lunch at noon.

*At Wey-Fun we'll focus on a different Sport Theme each week of the program for age groups 8+*



Our Wey-Fun program will include a single sport FUN-damentals theme option for age groups 8 +. Programs will focus on development of fundamental skills as well as game concepts and scrimmaging. All players will be grouped according to age and/or ability. This will be a focused yet fun environment to work on playing skills both individually and as a team player. The programs listed below will be the theme during the morning Fun Block time period listed; the extent of how long the activity is played will depend upon the group.

ACTIVITY	DATE	FUN BLOCK LOCATION
Baseball for ages 8 – 10	June 29 <sup>th</sup> – July 2 <sup>nd</sup>	O'Sullivan
Baseball for ages 10+	July 6 <sup>th</sup> – July 10 <sup>th</sup>	O'Sullivan
Flag Football for ages 8-10	July 13 <sup>th</sup> – July 17 <sup>th</sup>	Wessagusset
Flag Football for ages 10+	July 20 <sup>th</sup> – July 24 <sup>th</sup>	Wessagusset
Street Hockey for ages 8-10 & 10+	July 27 <sup>th</sup> – July 31 <sup>st</sup>	O'Sullivan
Basketball for ages 8 - 10	Aug. 3 <sup>rd</sup> – Aug. 7 <sup>th</sup>	O'Sullivan
Basketball for ages 10+	Aug. 10 <sup>th</sup> - Aug. 14 <sup>th</sup>	O'Sullivan
Soccer for ages 8 - 10	Aug. 17 <sup>th</sup> – Aug. 21 <sup>st</sup>	Wessagusset
Soccer for ages 10+	Aug. 24 <sup>th</sup> – Aug. 28 <sup>th</sup>	Wessagusset



Register carefully, there are no refunds. See Page 6 for details.

# Wey-Fun - Weekly schedule and fees

Early Drop Off ~ 8:00 to 8:30 am - Free

Week	Time	Weekly Fee * Discount price.	Ext. Day
<b>June 22 – June 26</b>	8:30 a.m. – 4:00 p.m.	\$122.00	\$27.00
<b>Friday Lunch: Hot Dog Safari</b>	8:30 a.m.– 12:00 p.m.	\$61.00	X
	12:30 p.m. – 4:00 p.m.	\$61.00	X
<b>June 29 – July 2</b>	8:30 a.m. – 4:00 p.m.	\$98.00	\$22.00
<b>Thursday Lunch: Pizza Party</b>	8:30 a.m.– 12:00 p.m.	\$49.00	X
No program on July 3 <sup>rd</sup>	12:30 p.m. – 4:00 p.m.	\$49.00	X
<b>July 6 – July 10</b>	8:30 a.m. – 4:00 p.m.	\$122.00	\$27.00
<b>Friday Lunch: Hot Dog Safari</b>	8:30 a.m.– 12:00 p.m.	\$61.00	X
	12:30 p.m. – 4:00 p.m.	\$61.00	X
<b>July 13 – July 17</b>	8:30 a.m. – 4:00 p.m.	\$122.00	\$27.00
<b>Friday Lunch: Pizza Party</b>	8:30 a.m.– 12:00 p.m.	\$61.00	X
	12:30 p.m. – 4:00 p.m.	\$61.00	X
<b>July 20 – July 24</b>	8:30 a.m. – 4:00 p.m.	\$122.00	\$27.00
<b>Friday Lunch: Hot Dog Safari</b>	8:30 a.m.– 12:00 p.m.	\$61.00	X
	12:30 p.m. – 4:00 p.m.	\$61.00	X
<b>July 27 – July 31</b>	8:30 a.m. – 4:00 p.m.	\$122.00	\$27.00
<b>Friday Lunch: Pizza Party</b>	8:30 a.m.– 12:00 p.m.	\$61.00	X
	12:30 p.m. – 4:00 p.m.	\$61.00	X
<b>Aug. 3 – Aug. 7</b>	8:30 a.m. – 4:00 p.m.	\$122.00	\$27.00
<b>Friday Lunch: Hot Dog Safari</b>	8:30 a.m.– 12:00 p.m.	\$61.00	X
	12:30 p.m. – 4:00 p.m.	\$61.00	X
<b>Aug. 10 – Aug. 14</b>	8:30 a.m. – 4:00 p.m.	\$122.00	\$27.00
<b>Friday Lunch: Pizza Party</b>	8:30 a.m.– 12:00 p.m.	\$61.00	X
	12:30 p.m. – 4:00 p.m.	\$61.00	X
<b>Aug. 17 – Aug. 21</b>	8:30 a.m. – 4:00 p.m.	\$122.00	\$27.00
<b>Friday Lunch: Hot Dog Safari</b>	8:30 a.m.– 12:00 p.m.	\$61.00	X
	12:30 p.m. – 4:00 p.m.	\$61.00	X
<b>Aug. 24 – Aug. 28</b>	8:30 a.m. – 4:00 p.m.	\$122.00	\$27.00
<b>Friday Lunch: Pizza Party</b>	8:30 a.m.– 12:00 p.m.	\$61.00	X
	12:30 p.m. – 4:00 p.m.	\$61.00	X

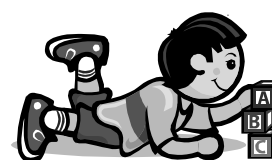
\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.



Register carefully, there are no refunds! See page 6 for details

# SPROUTS

3 – 8 years old



➤ A Weymouth Recreation issued photo ID is required for this program. This requires sitting for a picture ID and birth certificate for anyone between 3 and 8 years old for this program.



➤ Sprouts is again rain or shine.



➤ T-shirts are required for the Sprouts Program. See page 7 for the t-shirt policy.

The Sprouts Program requires an age-appropriate Weymouth Recreation t-shirt.  
**Ages:** 3-4 – Red; 4-6 – Gold; 6-8 – Stonewash Green



The Sprouts Program will again take place at WESTON PARK – located behind the Tufts library in Weymouth Landing. This program is for children from three to eight years of age. The three age groups 3-4, 4-6, and 6-8 will have a varied “schedule” from day to day and options as often as possible. The age groups will be split to accommodate particular activities. Participants can choose, and stay with, their “friends” if a group splits.

Why do certain ages overlap? This is so you can decide where your child “fits” best.

The 3-4 year old age-group will meet for 1 hour and twenty minutes, from 9:00 a.m. to 10:20 a.m. (Mini’s) or 10:40 – 12:00 p.m. (Tot’s). **We strongly recommend registering your 3-4 year old for only 1 session / week.** A ‘daily theme’ approach will help to develop social interaction, physical coordination, fitness and good "SPROUTS-manship".

Our innovative and enthusiastic staff will fill your child’s week with activities such as: sports, games, challenges, scooters, scavenger hunts, face painting, sidewalk art, parachutes, nature walks around the park, basketball and soccer and special events. Creativity will be encouraged through arts & crafts and ‘hands-on’ projects that your child can bring home.

Monday – Friday: Sprouts 9:00 – 12:00 p.m.; Mini Sprouts 1: 9:00 – 10:20 a.m. or Tot Sprouts 2: 10:40 – 12:00 p.m.						
Week & # of days		SPROUTS	Fee*	MINI’s	TOT’s	Fee*
6/29 – 7/2 (no 7/3)	4	9 am – 12 pm	\$40.00	9 – 10:20 am	10:40 – 12 pm	\$20.00
7/6 – 7/10	5	9 am – 12 pm	\$49.00	9 – 10:20 am	10:40 – 12 pm	\$25.00
7/13 – 7/17	5	9 am – 12 pm	\$49.00	9 – 10:20 am	10:40 – 12 pm	\$25.00
7/20 – 7/24	5	9 am – 12 pm	\$49.00	9 – 10:20 am	10:40 – 12 pm	\$25.00
7/27 – 7/31	5	9 am – 12 pm	\$49.00	9 – 10:20 am	10:40 – 12 pm	\$25.00
8/3 – 8/7	5	9 am – 12 pm	\$49.00	9 – 10:20 am	10:40 – 12 pm	\$25.00
8/10 – 8/14	5	9 am – 12 pm	\$49.00	9 – 10:20 am	10:40 – 12 pm	\$25.00
8/17 – 8/21	5	9 am – 12 pm	\$49.00	9 – 10:20 am	10:40 – 12 pm	\$25.00

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

Register carefully, there are no refunds. See page 6 for details.



# Recreational Events Calendar and newsletters by e-mail!



Check out our Recreation Events Calendar at [www.weymouth.ma.us/rec](http://www.weymouth.ma.us/rec). While you're there set up a household account through our website and make sure to indicate that you want to receive email announcements. See our family events on pages 42 & 43 and on the back cover of this issue.

See you at the Summer Sizzle on June 27, 2009: 1:00 – 5:00 pm.!

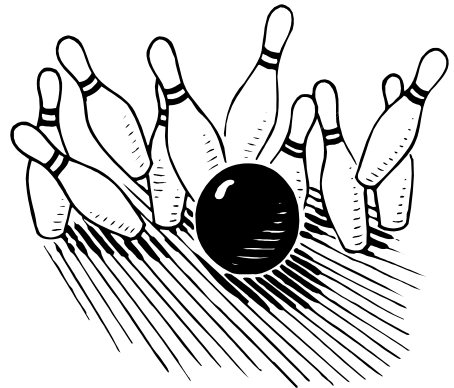
## Exceptional Program

The Exceptional Program requires an orange Weymouth Recreation t-shirt.



➤ A Weymouth Recreation issued photo ID is required for this program – see page 7

This program is geared for Weymouth (only) children 6 to 22 years of age with special needs such as Down Syndrome and high functioning autism. Transportation is provided daily to and from the program in 15 passenger vans. Participants must be toilet-trained. A caring and sensitive staff will promote self-esteem and give the children a fun-filled summer. Activities include 2 aquatics days, bowling, arts and crafts, jazzercise, martial arts and a field trip each week. **New participants should register early and if accepted are on a probationary basis for their first 2 days.** New program participant applications will be reviewed by the supervisor. This review will include speaking with the applicants teachers – so please apply early!



Week	Fee Discount Price**
<b>June 29 - August 20*</b>	\$510.00
<b>June 29 - July 2</b>	\$60.00
<b>July 6 – July 10</b>	\$75.00
<b>July 13 – July 17</b>	\$75.00
<b>July 20 – July 24</b>	\$75.00
<b>July 27 – July 31</b>	\$75.00
<b>August 3 – August 7</b>	\$75.00
<b>August 10 – August 14</b>	\$75.00
<b>August 17 – August 20</b>	\$60.00

\* *The reduced total applies to any full summer participant and does not need to be pre-paid.*

\*\* *The discount price goes up 10% two weeks prior to the start of each program.*

Register carefully, there are no refunds. See page 6 for details.

# Great Esker Park

## A Weymouth Recreation Summer Program



➤ All participants are required to have a Weymouth Recreation issued photo ID. See page 7 for details.



➤ Great Esker Park Programs are weather dependent. To ensure that your child can continue to participate in activities during rainy days you must sign up for the rainy day option, by week, for those of you that need your, 4 years old or older – and registered for a 3 hour program, child watched during all program hours, rain or shine. “Rain option” participants, along with some “Esker” staff, will be transported to and join the Wey-Fun group at their site(s) and participate in their activities.



➤ T-shirts are required. See page 7 for the t-shirt policy.



➤ Transportation – see page 7 for all bus routes and shuttle schedules. These schedules allow participants to coordinate a mixed program schedule for the full-day by coordinating their registrations.



➤ Participants enrolled in morning and afternoon programs may stay at the park during lunch. The building will be open and staffed.



Great Esker Programs require an age-appropriate Weymouth Recreation t-shirt.

**Age (years):** 3-4 red; 4-6 gold; 6-8 stonewash green; 8-10 lime green & 10+ light blue

The t-shirt price, \$7.00 each, is not added to the program cost to save frequent participants money.



The 2009 Great Esker Park Nature Exploration Programs will again look to take advantage of making the programs scalable – so we can expand popular programs and make the most efficient use of the staff. The Explorer and Adventurer Programs will separate participants by ability if they break into smaller groups – kayaking and biking come to mind. The enrollment numbers allowed in a class will change frequently depending upon demand. Popular programs may expand, “open” spots for other programs may contract – register early to lock in your spot!!! Enrollment capacities may be adjusted at any time, so tune in often to see if we’ve been able to add space. Program enrollment changes will be posted to our web-page at [www.weymouth.ma.us/rec](http://www.weymouth.ma.us/rec).

The staff will remain dedicated to a single age group where they will be able to get to know the participants and constantly improve “their” program. We are happy with the changes in the past few years but as always we are always pleased to hear what you think – both good and bad.

Children will have daily options, including non-water based activities, when the groups break out with-in the park.

Great Esker Park Exploring Nature Programs include a lot of aquatic exploration. Please let the supervisor know, in writing, if you do not want your child in the water.

The Great Esker Staff has prided itself on facilitating a relationship between program participants and nature for over forty years. The 2009 staff continues that tradition. The programs are designed to allow your child more choice as they discover the wonders of the park’s flora, fauna and ecological significance!

New this year we have added some program name extension to make it easier to separate the groups into manageable number before heading up into the park. Please be sure to coordinate with friends to sign into the same program. By having a dedicated staff and smaller groups we will be able to customize what is offered to the group throughout the week. This variety can and will reflect the interest of the participants and thus will change frequently.



**Unless otherwise noted, all supplies are included in the cost of the class. Please see page 6 and 7 for important info.**

**Participants are encouraged wear old clothes, bring hats, drinks, snacks, sunscreen and insect repellent.**

Great Esker Program programs are weather dependent and require registration in a corresponding weekly rain option if you need your child (4 or older) watched rain or shine. The cost is \$8.00 / week.

Register carefully, there are no refunds. See page 6.



# Great Esker Park



## Tenderfoot Program - Ages 3-4 years old

Based out of the George A. Clark Nature Center and using the newly renovated Julia Rd. Playground to explore the “nature of the park” through stories, arts & crafts, and nature exploration – either found or brought to the group. Ratios will be 5:1 and participants must be potty trained.

## Esker Rovers Program – Ages 4-6 years old

Participants will “Rove” the park from the George A. Clark Jr. Nature Center to the Back River. These short hikes along with stories, arts and crafts, and plenty of hands on nature discovery will introduce the participants to the basics of how the park works! The new name extensions are designed to break the class size up into more manageable sizes. Please coordinate with friends to make sure you enroll in the same class.

## Discoverer Program - Ages 6-8 years old

Participants will “Discover” the fundamental concepts of the “science” of the park as they uncover the web of relationships between the physical elements and the bugs and birds and fish and plants through group walk-about and competitions. Longer hikes, stories, nature crafts, games, contest and plenty of hands on nature discovery will bring into focus some of the lesser known mysteries of the park. As with Rovers the new name extensions are designed to break the class size up into more manageable sizes. Please coordinate with friends to make sure you enroll in the same class.

## Explorer Program (8-10 years old) and Adventurer Programs (10+ years old)

- **Biking** (8-10, 10+) Program focus is on Wampanoag State Park. May travel to other locations. We try to minimize road travel and bikes are transported to most locations by trailer. We provide the cross bike. Helmets are required and available at the park for \$5.00 per week. You may bring your own helmet.
- **Canoeing / Kayaking:** (8 – 10 & 10+) Develop basic skills and safety techniques learn self and team rescues, trip planning and powering techniques. 3 hour programs explore the Back River, Whitmans Pond, Pond Meadow, Quincy Bay and Hingham Harbor. Longer touring kayaking programs may branch out to Cohasset Harbor or Scituate. Canoeing participants will learn the basic strokes - J, sweep and back.
- **Camping / Kayaking:** (8-10 & 10+) Two camp-outs, one night July 28<sup>th</sup> limited enrollment! All the basics: tents, fires, and cooking (2 meals and snacks - included) with a relaxed paddle to and back from Grape Island. Participants meet at Great Esker Park at 6:00 p.m. and need to be picked up at 8:45 a.m. the next day. If the camp-out gets rained out it will be made up on the Wednesday night of the same week, 7/29.
- **Croc Hunter:** (10+) Break out the field guides and the toys (nets, boats, binoculars, GPS...) the old shoes and let's go find it. A fun way to “inventory” what's out there! The ultimate live scavenger hunt. May explore marine or fresh water environments.
- **Esker Walk-about:** (8-10 & 10+) Participants will learn “Esker” skills using GPS (global positioning systems), maps and compasses, fire building, archery and much more and then test themselves individually and as teams in fun-filled competitions in and sometimes out of the park.
- **Fishing:** (8+) Plenty of fresh water fishing. All equipment and bait is provided – or you can bring your own. Participants should wear their “age appropriate” shirt
- **Rock Climbing** (8-10 & 10+) Participants learn basic climbing and belaying skills using the safest “top-rope” method. All climbing will be done at the Quincy Quarries or Blue Hills Reservation (8-10 & 10+). Participants will be divided by age / ability. Please note: there are two single gender rock climbing programs.
- **Tube Rafting** (8-10 & 10+) Back on the Back River. Old tire tubes, friends, fun, games, float and soak! Tire tubes are also available at Wessagusset Beach as part of the Wey-Fun Program.



Register carefully, there are no refunds. See page 6.



# Great Esker Park - Summer Programs 2009

<i>Program Name</i>	<i># of Days</i>	<i>Age (years)</i>	<i>Times</i>	<i>Fee*</i>
A rain option is required for Esker programs if you need your child watched rain or shine – see bottom of page.				
<b>June 22 - 26 High Tide 11:23 a.m. – 2:59 p.m.</b>				
Tenderfoot	4	3-4	8:45—10:05 a.m.	\$25
Tenderfoot	4	3-4	10:20 - 11:40 a.m.	\$25
Rovers - Periwinkles	4	4-6	8:45—11:45 a.m.	\$49
Discoverer - Chipmunks	4	6-7-8	8:45—11:45 a.m.	\$49
Explorer / Adventurer – Biking Wampatuck	4	8+	9:00 a.m. – Noon	\$49
Explorer / Adventurer – Kayaking - Sit-on-top	4	8+	1:00 – 4:00 p.m.	\$49
Explorer / Adventurer – Fishing	4	8+	1:00 – 4:00 p.m.	\$49
<b>June 29 - July 2 High Tide 5:45 – 8:32 p.m.</b>				
Tenderfoot	4	3-4	8:45—10:05 a.m.	\$20
Tenderfoot	4	3-4	10:20 - 11:40 a.m.	\$20
Rovers – Guppies and Periwinkles	4	4-6	8:45—11:45 a.m.	\$39
Discoverer - Chipmunks and Woodchucks	4	6-7-8	8:45—11:45 a.m.	\$39
Explorer – Fishing	4	8+	9:00 a.m. – Noon	\$39
Adventurer – Croc Hunter	4	10+	9:00 a.m. – Noon	\$39
Adventurer – Rock Climbing	4	10+	1:00 – 5:00 p.m.	\$52
Explorer – Walk-about	4	8-10	1:00 – 4:00 p.m.	\$39
Adventurer – Walk-about	4	10+	1:00 – 4:00 p.m.	\$39
<b>July 6 – July 10 High Tide 11:41 a.m. – 2:13 p.m.</b>				
Tenderfoot	5	3-4	8:45—10:05 a.m.	\$25
Tenderfoot	5	3-4	10:20 - 11:40 a.m.	\$25
Rovers - Guppies and Minnows	5	4-6	8:45—11:45 a.m.	\$49
Rovers - Periwinkles	5	4-6	9:00 – Noon	\$49
Discoverer – Chipmunks and Woodchucks	5	6-8	9:00 – Noon	\$49
Explorer / Adventurer – Fishing	5	8+	9:00 – Noon	\$49
Discoverer – Chipmunks and Woodchucks	5	6-8	1:00 – 4:00 p.m.	\$49
Explorer – Tube Rafting	5	8-10	1:00 – 4:00 p.m.	\$49
Adventurer – Kayak touring (sit-on)	5	10+	1:00 – 5:00 p.m.	\$65
Adventurer – Kayak touring (sit-ins)	5	10+	1:00 – 5:00 p.m.	\$65

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

Great Esker Program programs are weather dependent and require registration in a corresponding weekly rain option if you need your child watched rain or shine (see page 6). The cost is \$8.00 / week.

Register carefully, there are no refunds. See page 6 for details.

# Great Esker Park - Summer Programs 2009

<i>Program Name</i>	<i># of Days</i>	<i>Age (years)</i>	<i>Times</i>	<i>Fee*</i>
<b>Week #4, July 13 – July 17 High Tide 4:10 – 7:26 p.m.</b>				
Tenderfoot	5	3-4	8:45—10:05 a.m.	\$25
Tenderfoot	5	3-4	10:20 - 11:40 a.m.	\$25
Rovers – Guppies and Periwinkles	5	4-6	8:45—11:45 a.m.	\$49
Discoverer – Chipmunks and Bluebirds	5	6-7-8	8:45—11:45 a.m.	\$49
Discoverer – Woodchucks	5	6-7-8	9:00 a.m. - Noon	\$49
Explorer – Freshwater Kayaking (sit-on-top)	5	8+	9:00 a.m. – Noon	\$49
Adventurer – Freshwater Canoeing	5	10+	9:00 a.m. – Noon	\$49
Explorer – Rock Climbing for girls	5	8–10	1:00 – 5:00 p.m.	\$65
Explorer - Fishing	5	8-10	1:00 – 4:00 p.m.	\$49
Adventurer – Croc Hunter	5	10+	1:00 – 4:00 p.m.	\$49
<b>Week #5, July 20 – July 24 High Tide 10:06 a.m. – 1:07 p.m.</b>				
Tenderfoot	5	3-4	8:45—10:05 a.m.	\$25
Tenderfoot	5	3-4	10:20 - 11:40 a.m.	\$25
Rovers – Minnows and Periwinkles	5	4-6	8:45—11:45 a.m.	\$49
Discoverer – Woodchucks and Bluebirds	5	6-7-8	8:45—11:45 a.m.	\$49
Explorer – Esker Tube Rafting	5	10+	9:00 a.m. – Noon	\$49
Explorer – Kayaking @ Esker sit-on-tops tandems	5	8 - 10	9:00 a.m. – Noon	\$49
Explorer – Kayaking @ Esker sit-on-tops singles	5	10+	9:00 a.m. – Noon	\$49
Explorer – Walk-about	5	8-10	1:00 – 4:00 p.m.	\$49
Adventurer – Walk-about	5	10+	1:00 – 4:00 p.m.	\$49
Explorer – Fishing	5	8+	1:00 – 4:00 p.m.	\$49
Kayak touring sit-on-top tandems	5	10+	1:00 – 5:00 p.m.	\$65
<b>Week #6, July 27 – July 31 High Tide 4:19 – 8:02 p.m.</b>				
Tenderfoot	5	3-4	8:45—10:05 a.m.	\$25
Tenderfoot	5	3-4	10:20 - 11:40 a.m.	\$25
Rovers – Minnows and Guppies	5	4-6	8:45—11:45 a.m.	\$49
Discoverer – Woodchucks and Chipmunks	5	6-7-8	8:45—11:45 a.m.	\$49
Explorer – Biking Wampatuck (paved)	5	8-10	9:00 a.m. – Noon	\$49
Adventurer – Biking Wampatuck (paved)	5	10+	9:00 a.m. – Noon	\$49
Explorer – Fishing	5	8-10	1:00 – 4:00 p.m.	\$49
Adventurer – Kayak touring (sit-on) singles	5	10+	1:00 – 5:30 p.m.	\$74
Adventurer – Kayak touring (sit-ins) singles	5	10+	1:00 – 5:30 p.m.	\$74
Kayak camp-out - 7/28 (Rain date 7/29)	1	8 +	6:00 p.m. – 8:45 a.m.	\$49

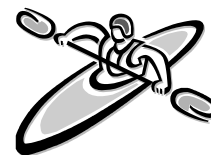
\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

Great Esker Program programs are weather dependent and require registration in a corresponding weekly rain option if you need your child watched rain or shine (see page 6). The cost is \$8.00 / week. Register carefully, there are no refunds. See page 6 for details.

# Great Esker Park - Summer Programs 2009

<i>Program Name</i>	<i># of Days</i>	<i>Age (years)</i>	<i>Times</i>	<i>Fee*</i>
<b>Week #7, August 3 – August 7</b> High Tide 10:31 a.m. – 12:36 p.m.				
Tenderfoot	5	3-4	8:45—10:05 a.m.	\$25
Tenderfoot	5	3-4	10:20 - 11:40 a.m.	\$25
Rovers – Guppies and Periwinkles	5	4-6	8:45—11:45 a.m.	\$49
Discoverer – Chipmunks and Bluebirds	5	6-7-8	8:45—11:45 a.m.	\$49
Explorer – Esker Tube Rafting	5	8-10	9:00 a.m. – Noon	\$49
Explorer – Kayaking (sit-on-top) @ Esker singles	5	8+	9:00 a.m. – Noon	\$45
Adventurer – Canoeing @ Esker	5	10+	9:00 a.m. – Noon	\$45
Discoverer – Woodchucks	5	6-7-8	1:00 – 4:00 p.m.	\$49
Explorer – Rock Climbing for boys	5	8–10	1:00 – 5:00 p.m.	\$65
Explorer / Adventurer - Fishing	5	8+	1:00 – 4:00 p.m.	\$49
Kayaking Croc Hunter- sit-on-top singles	5	10+	1:00 – 4:00 p.m.	\$49
<b>Week # 8, August 10 - August 14</b> High Tide 2:53 – 6:01 p.m.				
Tenderfoot	5	3-4	8:45—10:05 a.m.	\$25
Tenderfoot	5	3-4	10:20 - 11:40 a.m.	\$25
Rovers – Guppies and Minnows	5	4-6	8:45—11:45 a.m.	\$49
Discoverer – Chipmunks and Woodchucks	5	6-7-8	8:45—11:45 a.m.	\$49
Discoverer – Bluebirds	5	6-7-8	9:00 a.m. – Noon	\$49
Explorer – Biking Wampatuck (mixed)	5	8-10	9:00 a.m. – Noon	\$49
Adventurer – Biking Wampatuck (mixed)	5	10+	9:00 a.m. – Noon	\$49
Explorer – Walk-about	5	8-10	1:00 – 4:00 p.m.	\$49
Adventurer – Walk-about	5	10+	1:00 – 4:00 p.m.	\$49
Explorer – Rock Climbing	5	8–10	1:00 – 5:00 p.m.	\$65
Adventurer – Kayak touring –sit-on-top tandems	5	10+	1:00 – 5:30 p.m.	\$72

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.



Great Esker Program programs are weather dependent and require registration in a corresponding weekly rain option if you need your child watched rain or shine (see page 6). The cost is \$8.00 / week.

Register carefully, there are no refunds. See page 6 for details.

# Great Esker Park - Summer Programs 2009

<i>Program Name</i>	<i># of Days</i>	<i>Age (years)</i>	<i>Times</i>	<i>Fee*</i>
A rain option is required for Esker programs if you need your child watched rain or shine – see bottom of page.				
<b>August 17 - August 21 High Tide 8:48 – Noon</b>				
Tenderfoot	5	3-4	8:45—10:05 a.m.	\$25
Tenderfoot	5	3-4	10:20 - 11:40 a.m.	\$25
Rovers – Periwinkles and Minnows	5	4-6	8:45—11:45 a.m.	\$49
Discoverer – Chipmunks and Woodchucks	5	6-7-8	8:45—11:45 a.m.	\$49
Adventurer – Esker Tube Rafting	5	10+	9:00 a.m. – 12:00 p.m.	\$49
Explorer – Kayak touring (sit-on)	5	8–10	9:00 a.m. – 12:00 p.m.	\$49
Adventurer – Kayak touring (sit-ins)	5	10+	9:00 a.m. – 12:00 p.m.	\$49
Explorer / Adventurer – Fishing	5	8+	1:00 – 4:00 p.m.	\$49
Explorer Walk-about	5	8+	1:00 – 4:00 p.m.	\$49
Adventurer – Croc Hunter	5	10+	1:00 – 4:00 p.m.	\$49
Hingham Harbor Kayaking – sit ins (meets at Lane Beach)	5	10+	12:30 – 4:30 p.m.	\$49
<b>August 24 - 28 High Tide 2:56 – 6:29 p.m.</b>				
Tenderfoot	4	3- 4	8:45—10:05 a.m.	\$18
Tenderfoot	4	3- 4	10:20 - 11:40 a.m.	\$18
Rovers – Periwinkles	4	4-6	8:45—11:45 a.m.	\$36
Discoverer – Bluebirds	4	6-7-8	8:45—11:45 a.m.	\$36
Explorer / Adventurer – Biking Wampatuck (mixed)	4	8+	9:00 a.m. – Noon	\$36
Explorer – Rock Climbing	4	8–10	1:00 – 5:00 p.m.	\$48
Explorer / Adventurer - Fishing	4	8+	1:00 – 4:00 p.m.	\$36
Adventurer – Croc Hunter	4	10+	1:00 – 4:00 p.m.	\$36
<b>Possibly August 31 – September 4 High Tide 9:20 a.m. – Noon</b> (We will commit (or not) to this week and post it to the web-page by June 1 <sup>st</sup> )				
Tenderfoot	4	3-4	8:45—10:05 a.m.	\$18
Tenderfoot	4	3-4	10:20 - 11:40 a.m.	\$18
Rovers - Minnows	4	4-6	8:45—11:45 a.m.	\$36
Discoverer - Woodchucks	4	6-7-8	8:45—11:45 a.m.	\$36
Explorer – Kayaking (sit-on-top) @ Esker	4	8+	9:00 a.m. – Noon	\$36
Adventurer – Rock Climbing	4	10+	1:00 – 5:00 p.m.	\$48
Explorer – Walk-about	4	8-10	1:00 – 4:00 p.m.	\$36
Fishing	4	8+	1:00 – 4:00 p.m.	\$36

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

Register carefully, there are no refunds. See page 6.





# Lane Beach



## New Rain Policy

In the event of rain Lane Beach swimming lessons and boating will be cancelled! We are trying to keep from having the whole staff staying on those cold wet days just for the fewest of brave participants. Cancellation notices will be e-mailed to participants as soon as possible and posted to our web-page. You may also call the Recreation office at 781-682-6124. The staff will determine whether or not the conditions are suitable for lessons. The staff only gets paid if they teach.

**There are no refunds for classes cancelled due to rain.**

## Lifeguard Hours and Responsibilities

The lifeguards assigned to Lane Beach will be on duty June 29<sup>th</sup> through August 21<sup>st</sup>, except July 3<sup>rd</sup>. During these dates the beach will be guarded week-days from 9:00 a.m. until 4:00 p.m. and on week-ends from 10:00 a.m. until 6:00 p.m. A lifeguard attendant will keep the bathrooms open until 6:00 p.m. on week-days. The guards are there to assist beach visitors and respond to emergencies. Please help avoid emergencies by keeping your eye on your children and reporting anything that seems out of place to the lifeguards.

## Swimming Lessons Class Descriptions

### Pre-school: Ages 3-5yrs. Ratios 5:1

These lessons are designed for young children to become comfortable in the water and learn basic skills through games, songs, and fun activities.

### Level 1: Water Exploration. Ratios 6:1

Starting at age five, this level is designed to help students become acquainted with the water through games and activities while learning some basic skills in the water.

### Level 2: Primary Skills. Ratios 6:1

Games and activities are integrated with more emphasis on basic swimming motions and beginning strokes.

### Level 3: Stroke Readiness. Ratios 6:1

Students at this level possess some basic swimming skills and are then introduced to strokes like front and back crawl, elementary backstroke.

### Level 4: Stroke Development. Ratios 7:1

The objective of this level is to aid students in building confidence in their basic swimming strokes as well as introducing them to more difficult strokes like breast stroke and butterfly.

### Level 5: Stroke Refinement. Ratios 7:1

At this level students are refining their strokes through laps, drills and intensive instruction.

### Level 6: Competition Skill Proficiency. Ratios 7:1

Our trained staff can provide the skills and instruction needed to succeed in the sport of competitive swimming.

## Guard Start

This program is designed for youths 11-15 years old, interested in learning lifesaving skills that can be used in the community as well as in future lifeguard programs or positions. This is not a lifeguard course, although much of the material is similar to an actual lifeguard course. This program is recommended for students that have completed Level 5/6. August 10 – 21 and runs from 11:15 a.m. – 12:30 p.m.



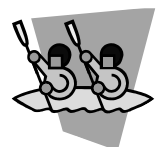
## Lane Beach Sailing

All the fundamentals you need to sail a boat. Basic seamanship and a lot of fun. This program will utilize our Catalina 14.2 sailboats. Participants will learn the knots, parts of the boat and sailing theory from chalkboard to the waters of the Fore River and Quincy and Hingham Bays. Plenty of hands on sailing. Ratios: 3:1 See schedule for adult sailing lessons! For adult sailing lessons see page 35.

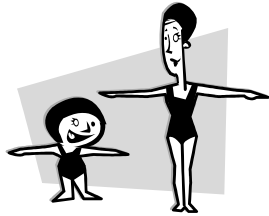


## Lane Beach Kayaking

These programs will focus on the basics of kayaking (sit-on-tops) safety, function and fun. Participants will enjoy learning the principles of powering these craft through the water, performing basic self and team rescues and developing and refining their strokes. The 11+ group will do some light touring. Ratios: 5:1 For sit-in kayak touring programs see the Great Esker schedule. For adult sit-in kayak lessons see page 35.

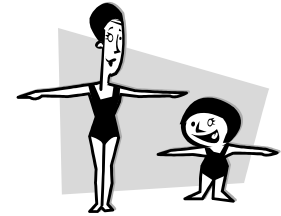


Please register carefully, there are no refunds. See page 6.



# Lane Beach

## Swimming Lessons



All lessons \$39.00** * no class 7/3 - \$35.00**	Pre-School
<b>June 29 – July 10*</b>	10:40 – 11:05 a.m. (4)
<b>June 29 – July 10*</b>	12:00 – 12:25 p.m. (3)
<b>July 13 – July 24</b>	10:40 – 11:05 a.m. (4)
<b>July 13 – July 24</b>	12:00 – 12:25 p.m. (4)
<b>July 27 – Aug. 7</b>	11:20 – 11:45 a.m. (4)
<b>Aug. 10 – Aug. 21</b>	10:40 – 11:05 a.m. (4)
<b>Aug. 10 – Aug. 21</b>	12:00 – 12:25 p.m. (2)

Level 1
9:55 – 10:30 a.m. (1)
11:15 – 11:50 a.m. (2)
9:55 – 10:30 a.m. (3)
9:50 – 10:25 a.m. (3)
11:15 – 11:50 a.m. (2)

Level 2
9:10 – 9:45 a.m. (2)
12:00 – 12:35 p.m. (1)
9:10 – 9:45 a.m. (2)
11:15 – 11:50 a.m. (2)
10:35 – 11:10 a.m. (3)
9:10 – 9:45 a.m. (2)

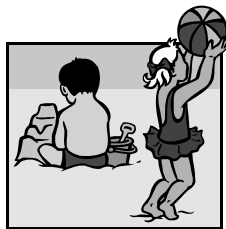
* no class 7/3 –price \$35.00	Level 3
<b>June 29 – July 10*</b>	9:10 – 9:45 a.m. (1)
<b>June 29 – July 10*</b>	9:55 – 10:30 a.m. (2)
<b>July 13 – July 24</b>	9:10 – 9:45 a.m. (2)
<b>July 13 – July 24</b>	9:55 – 10:30 a.m. (2)
<b>July 27 – Aug. 7</b>	11:55 – 12:30 a.m. (2)
<b>Aug. 10 – Aug. 21</b>	9:55 – 10:30 a.m. (3)

Level 4
11:15 – 11:50 a.m. (1)
11:15 – 11:50 a.m. (3)
11:55 – 12:30 a.m. (2)
9:10 – 9:45 a.m. (2)

Level 5
11:15 – 11:50 a.m. (1)
12:00 – 12:35 p.m. (1)
9:50 – 10:25 a.m. (1)
9:55 – 10:30 a.m. (2)

( ) = initial staff ** Includes all materials	Level 6 and Guard Start**
<b>Session 3</b>	Level 6 (\$39.00)
<b>July 27 – Aug. 7</b>	10:35 – 11:10 a.m. (1)
<b>Session 4</b>	Guard Start** (\$60.00)
<b>August 10 - 21</b>	11:15 – 12:30 p.m. (2)

Beach Stickers are required to park in the beach lots – including during swim lessons! You can get a sticker at the Harbormaster shack at the boat ramp (shack hours will be listed on our web-page calendar). Stickers will also be sold at the Summer Sizzle!



Weymouth Recreation continues the 30+ year tradition of conducting swimming lessons at the George Lane Beach, located in North Weymouth. Lessons are taught by Red Cross certified lifeguards usually with their Water Safety Instructor certification who collectively provide a program where children learn how to swim in a fun and safe environment. This summer, we are offering four two-week sessions. Classes are held from Monday through Friday. Each lesson is 35 minutes a day (Pre-school is 25 minutes / day) and the cost is \$39 per two week session. The first session (6/29 – 7/10) cost \$35.00 (**There are no classes 7/3**). See new rain policy on page 20.

Signing up for the appropriate level is crucial for skill development. For help choosing the appropriate level for your child - see page 20. Or call the office – we will take your name and number and have an instructor get back to you as soon as possible.

\*\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

Register carefully, there are no refunds. See page 6 for details.



# Lane Beach

## Sailing and Kayaking Lessons



	Sailing (9 - 11)	Fee*
June 29 – July 2*	1:30 – 3:30 p.m.	\$32
July 6 – July 10	10:30 a.m. – 12:30 p.m.	\$39
July 13 – July 17	1:30 – 3:30 pm	\$39
July 20 – July 24	10:30 a.m. – 12:30 p.m.	\$39
July 27 – July 31	9:15 – 10:45 a.m.	\$29
July 27 – July 31	1:30 – 3:30 pm	\$39
Aug. 3 – Aug. 7	11:00 a.m. – 12:30 p.m.	\$29
Aug. 3 – Aug. 7		
Aug. 10 – Aug. 14	1:30 – 3:30 pm	\$39
Aug. 17 – Aug. 21	10:30 a.m. – 12:30 p.m.	\$39

	Sailing (11+)	Fee*
	10:30 a.m. – 12:30 p.m.	\$32
	1:30 – 3:30 p.m.	\$39
	10:30 a.m. – 12:30 p.m.	\$39
	1:30 – 3:30 p.m.	\$39
	11:00 a.m. – 12:30 p.m.	\$29
	9:15 – 10:45 a.m.	\$29
	1:30 – 3:30 p.m.	\$39
	10:30 a.m. – 12:30 p.m.	\$39
	1:30 – 3:30 p.m.	\$39

	Kayaking (9- 11)	Fee*
June 29 – July 2*	9:15 – 10:15 a.m.	\$16
July 6 – July 10	1:30 – 2:30 p.m.	\$20
July 6 – July 10	2:45 – 3:45 p.m.	\$20
July 13 – July 17	9:15 – 10:15 a.m.	\$20
July 20 – July 24	1:30 – 2:30 p.m.	\$20
July 20 – July 24	2:45 – 3:45 p.m.	\$20
July 27 – July 31	9:10 – 10:10 a.m.	\$20
July 27 – July 31	11:30 a.m. – 12:30 p.m.	\$20
Aug. 3 – Aug. 7	10:20 – 11:20 a.m.	\$20
Aug. 3 – Aug. 7	1:30 – 2:30 p.m.	\$20
Aug. 3 – Aug. 7	2:45 – 3:45 p.m.	\$20
Aug. 10 – Aug. 14	9:15 – 10:15 a.m.	\$20
Aug. 17 – Aug. 21	1:30 – 2:30 p.m.	\$20
Aug. 17 – Aug. 21	2:45 – 3:45 p.m.	\$20

	Kayaking (11+)	Fee*
	1:30 – 3:30 p.m.	\$32
	9:15 – 10:15 a.m.	\$20
	n/a	
	1:30 – 3:30 p.m.	\$39
	9:15 – 10:15 a.m.	\$20
	n/a	
	10:20 – 11:20 a.m.	\$20
	1:30 – 3:30 p.m.	\$39
	9:10 – 10:10 a.m.	\$20
	11:30 a.m. – 12:30 p.m.	\$20
	n/a	
	1:30 – 3:30 p.m.	\$39
	9:15 – 10:15 a.m.	\$20
	n/a	

### Private Lessons

Our lifeguards sometimes offer private swimming lessons on their own time. Please approach the staff directly.

### Lane Beach Day

Saturday, August 8<sup>th</sup>, Noon – 4:00 p.m. – see family events on page 42.  
 Paddle boats, Kayaks (sit-on-tops), games, crafts, music, food and more!!!  
 Rain date Sunday August 9<sup>th</sup>, 1:00 – 4:00 p.m.

### Watercraft rentals and concessions

Look for rentals of kayaks and water bikes daily between the hours of 10:00 a.m. and 3:30 p.m. We will also make an effort to provide refreshments for sale to make your visit more enjoyable!

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

Register carefully, there are no refunds. See page 6 for details.



# Pond Meadow Park Summer Nature Program



For children who are residents of Weymouth and Braintree only. Activities include nature hikes, arts and crafts, and various sports and games. Fishing, tie-dye and mudding (!!!) are always a hit! Age groups are ages 6 to 8 years old and ages 9 to 11 years old and each registrant is limited to a one week signup. Fee includes a program t-shirt, group picture, and a cookout lunch on Fridays. Fees and schedules will be posted to the web-site as early as we can. Pond Meadow Park is a passive recreation and conservation area funded by the towns of Weymouth and Braintree. For additional information, please call Pond Meadow Park (781-843-7663). This program is independent of Weymouth Recreation.

Registration traffic is intense but the registration system is now web-based so there should be no “overload” registration problems. If you do experience a technical problem please keep trying. The software will indicate when each program week is full. To get on a waiting list for a full week - email the Pond Meadow at [pondmeadowpark@beld.net](mailto:pondmeadowpark@beld.net) after 9AM June 6, 2009 with contact name, phone number and preferred weeks. Registration begins right at 9:00 a.m. – be ready and don’t panic if you do not see the site until 9:00 a.m. You may have to “refresh” if you go on before 9:00 a.m.

The exact registration procedure is listed on page 4. You may want to familiarize yourself with them prior to registration.

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## Summer Safety Tips from the Weymouth Health Dept.

**Sun:** Minimize Sun Exposure: During the summer season, avoid relying on just sunscreen to protect your child from excess sun exposure. Remember, 80% of our lifetime exposure to the sun occurs during the childhood years.

**You should start with a good sunscreen and then:**

- ✓ Avoid mid-day sun when the sun’s rays are the strongest (10:00 a.m. – 4:00 p.m.).
- ✓ Cover up with lightweight clothing to protect the arms and legs.
- ✓ Wear a wide brimmed hat/ visor and wear UV sunglasses to protect the eyes.
- ✓ Have lots of bottled water on hand.
- ✓ Some medications make a person more susceptible to sunburn so extra precautions are needed to avoid prolonged sun exposure. A few such medications are Accutane, Retin A, tetracycline, Cipro, thiazides, griseofulvin, sulfa, Lariam. Check with your doctor or pharmacist if you are not sure as there are many more that can cause sensitivity when combined with sun exposure.



**Lyme Disease:** From ticks - causes rash, fatigue, fever and flu like symptoms

- ✓ Wear light colored clothing, use insect repellent with DEET, avoid grassy areas, perform daily tick checks on yourself and your children and promptly remove any ticks. If you think you have been bitten – call your doctor.



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## Contracted Programs Information:

- ❖ Contracted programs listed on pages 24 – 38 are run by outside vendors through agreements with the Weymouth Recreation Division. Page 35 programs are run by Weymouth Recreation staff.
- ❖ All contracted sports programs are weather dependent – unless noted in the online registration description. A separate “rain option” is available for parents that need coverage. The cost for the rain option is \$8.00 per week and it can be purchased at any time. All participants in the “rain option” will join the Wey-Fun Program – already in progress.
- ❖ **All the prices listed in this book are the “Discount Price”. The discount price will go up 10% - 2 weeks prior to the start of the program.** Register early and save money!!!
- ❖ We will determine whether or not these programs have met their minimum numbers to ensure the program will run two weeks prior to the start date. Don’t let a good program go away because you didn’t register in time!
- ❖ Health and Immunization forms are required and should be submitted prior to the program start date. Sometimes the forms should be turned in to Weymouth Recreation and sometimes to the vendor. All participants will be notified two weeks prior if the program is cancelled. If we are collecting the forms you will be notified two weeks prior and the forms will be due in 1 week. If the vendor is collecting we will try to outline the process.

Pond Meadow is an independent program.





# Weymouth Recreation Tennis

Presented by: **The Weymouth Club** at Weymouth High School



Two instructional levels offered two days a week for \$80.00!  
**Level 1** – For players with little or no previous playing experience.  
**Level 2** – For players developing rally and playing skills.

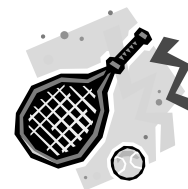
Session 1				
Dates	Ages	Level	Day(s)	Times
June 1 – June 25	7 – 9	1	Mondays <b>and</b> Wednesdays	3:30 – 4:30 p.m.
June 1 – June 25	7 – 9	1	Tuesdays <b>and</b> Thursdays	3:30 – 4:30 p.m.
June 1 – June 25	10 – 15	1	Mondays <b>and</b> Wednesdays	4:30 – 5:30 p.m.
June 1 – June 25	10 - 15	1	Tuesdays <b>and</b> Thursdays	4:30 – 5:30 p.m.
June 1 – June 25	7 – 15	2	Mondays <b>and</b> Wednesdays	5:30 – 6:30 p.m.
June 1 – June 25	7 – 15	2	Tuesdays <b>and</b> Thursdays	5:30 – 6:30 p.m.
Session 2				
Dates	Ages	Level	Day(s)	Times
July 6 – July 30	7 – 9	1	Mondays <b>and</b> Wednesdays	9:00 – 10:00 a.m.
July 6 – July 30	7 – 9	1	Tuesdays <b>and</b> Thursdays	9:00 – 10:00 a.m.
July 6 – July 30	10 – 15	1	Mondays <b>and</b> Wednesdays	10:00 – 11:00 a.m.
July 6 – July 30	10 - 15	1	Tuesdays <b>and</b> Thursdays	10:00 – 11:00 a.m.
July 6 – July 30	7 – 15	2	Mondays <b>and</b> Wednesdays	11:00 a.m. - noon
July 6 – July 30	7 – 15	2	Tuesdays <b>and</b> Thursdays	11:00 a.m. - noon
Session 3				
Dates	Ages	Level	Day(s)	Times
August 3 – August 27	7 – 9	1	Mondays <b>and</b> Wednesdays	9:00 – 10:00 a.m.
August 3 – August 27	7 – 9	1	Tuesdays <b>and</b> Thursdays	9:00 – 10:00 a.m.
August 3 – August 27	10 – 15	1	Mondays <b>and</b> Wednesdays	10:00 – 11:00 a.m.
August 3 – August 27	10 - 15	1	Tuesdays <b>and</b> Thursdays	10:00 – 11:00 a.m.
August 3 – August 27	7 – 15	2	Mondays <b>and</b> Wednesdays	11:00 a.m. - noon
August 3 – August 27	7 – 15	2	Tuesdays <b>and</b> Thursdays	11:00 a.m. - noon

## Notes:

- Fridays for both youth and adult lessons will be used for rain make-ups.
- This is a contracted sports program. Please register through Weymouth Recreation.

## Kids Tennis Tournament

- For boys and girls age groups 9-11; 12-15; 16-18
- Singles Tournament : Boys Division & Girls Division (age grouped)
- Minimum of 8 players per event
- Tournament will begin Tuesday, September 8<sup>th</sup> (around school schedule)
- More details to follow in the July and August monthly flyers



These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23.

Register carefully, there are no refunds. See page 6 for details.



**NEW**

Check out the New Age Ranges!  
Tiny and Mini-Hawk classes now  
being offered.

In cooperation with the SKYHAWKS program, the Weymouth Recreation Division will be holding the following sports clinics. These clinics range from ages 3-12 and will feature fundamental skills, drills and games for each sport.

Dates		Ages	Times	Fee **	Field
6/29/09- 7/02/09	Tiny-Hawk Soccer/Basketball	3 - 4	9am-9:45am	\$ 46	O'Sullivan
6/29/09- 7/02/09	Mini-Hawk Multi-Sport*	4 - 6	10am – 1pm	\$ 99	O'Sullivan
7/06/09 -7/10/09	Skyhawk Baseball	7 -12	9am – 3pm	\$130	O'Sullivan
7/13/09 -7/17/09	Skyhawk Basketball	7 -12	9am – 3pm	\$130	O'Sullivan
7/27/09- 7/31/09	Tiny-Hawk Soccer/Basketball	3 - 4	9am-9:45am	\$ 55	O'Sullivan
7/27/09- 7/31/09	Mini-Hawk Multi-Sport*	4 - 6	10am – 1pm	\$105	O'Sullivan
8/10/09- 08/14/09	Skyhawk Flag Football	7 -12	9am – 12pm	\$105	O'Sullivan
8/17/09- 08/21/09	Skyhawk Multi-Sport*	7 -12	9am – 12pm	\$105	O'Sullivan

\* = Soccer, Baseball & Basketball



In cooperation with the South Shore Baseball Club, the Weymouth Recreation Division is holding a clinic at the **O'Sullivan Playground** for ages 5 through 12. This clinic will feature fundamental baseball skills, drills and games each day. This program has a maximum of 75 participants.

Dates	Ages	Times	Fee **	Min/Max
Aug. 10 – Aug. 14	5 – 12	9:00 am – 12:00 pm	\$115	50/75



\*\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23.

Register carefully, there are no refunds. See page 6 for details.

## SOCCER TOT'S: 4-6 years:

This exceptionally fun week is ideal for the youngest of our players; our non-competitive curriculum introduces soccer players to simple skills and fun games. Through our fun World Cup day, players are taught how to interact as a team and learn about the various countries included in this years World Cup tournament. Help to cap off the excitement yourself by joining in our parents versus camper's game at the end of the week! We guarantee this fun introduction to soccer will have your child asking, "When can I play soccer again?"

# PLAY SOCCER

## WORLD CUP 2009: 7-9 years & 10-12 years (Soccer Juniors):

Our World Cup 2009 curriculum will help improve your child's soccer skills and knowledge in a safe, fun and educational environment. PLAY SOCCER will develop their individual skills through a series of games, drills and scrimmages. Players will be divided by age to ensure an appropriate environment for a challenging and fun week. This is a PLAY SOCCER experience not to be missed!!

**JULY 14 - 18 AT WESSAGUSSET FIELD**



Program name	Times	Fee*
Soccer Tot's Session 1	9:00 a.m. -10:30 a.m.	\$90.00
Soccer Tot's Session 2	10:30 a.m. -12.00 p.m.	\$90.00
Half-Day World Cup Soccer Juniors	9:00 a.m. - 12:00 p.m.	\$110.00
Full Day World Cup Soccer Juniors	9:00 a.m. – 3:00 p.m.	\$180.00

*Each child will receive a FREE official soccer ball, T-shirt and water bottle!*

## **SARAH BEHN BASKETBALL CAMP**

**WEYMOUTH HIGH SCHOOL**

July 27 – 31, 2009

● 9:00 AM – 12:00 PM

● Boys & Girls

● Ages 6 – 14

This program will teach the basic fundamentals of basketball including dribbling, passing, shooting, rebounding, and defense. Players will develop these skills in small sided and regular games. Terminology of basketball and positions will be part of the curriculum. Players will be grouped by gender, age, and ability. The goal is for each player to improve at basketball and to have fun. Program is taught by professional Sarah Behn Basketball Camp Staff.

All participants receive a T-Shirt. Tuition: \$149.00

### **BOSTON COLLEGE**

- Kodak All-American
- Inducted into Hall of Fame
- Big East scoring leader 2,523 points
- Named Top Ten Athlete in BC History by Sports Illustrated



**Sarah Behn**

### **FOXBORO HIGH SCHOOL**

- All American Selection in Basketball and Soccer
- Scored 2,562 career points
- Current Girls' Varsity Coach

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program. These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23.

Register carefully, there are no refunds. See page 6 for details.



## Multi Sports

Experience over 15 different sports from around the world with the US Sports Institute. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all fun. Participants will receive technical instruction in each sport then experience the sport in a realistic game situation. Participants will receive a t-shirt and certificate. A summer offering truly dedicated to the sports minded youngster.

Dates	Ages	Times	Fee*	Location
Aug. 24 – Aug. 28	7 - 14	9 am – 3 pm	\$169	Wessagusset Field
Aug. 24 – Aug. 27	5 – 7	9 am – 1 pm	\$120	Wessagusset Field

## Travel Academy Camps

Where Champions are made! This unique day camp allows travel soccer players aged 5-14 to train just like the pro teams without having to stay away from home. The Travel Academy is inspired by the development academies used by European soccer clubs such as Chelsea, Ajax, Real Madrid and Bayern Munich. Players will be treated just like the pros and be grouped on arrival into teams for the week based on their age and ability. During the week players will enjoy various soccer activities used by professional clubs like speed and agility training, small-sided indoor soccer sessions, and even measure the speed of their shots! Official scrimmages will be played each day under the guidance of our professional coaches ensuring that players understand the tactics of soccer. Players will also perform daily skills challenges and complete a personal progress report for the week. While this program is for serious soccer players, the emphasis is on learning in an enjoyable team environment that promotes self confidence.

Dates	Ages	Times	Fee*	Location
July 20 - July 24	7 - 14	9 am – 1 pm	\$169	Wessagusset Field
July 20 – July 23	5 – 6	9 am – 1 pm	\$120	Wessagusset Field

## High School Program

“The will to win is important, but the will to prepare is vital” ~ Joe Paterno. Players at the top level realize that a team’s success is dependant on its individuals’ efforts. US Sports Institute High School Preparation Program can prepare individuals for the demands of High School, College or Club Soccer. USSI has devised an intensive program of ball work and conditioning with proven results for players at the High School and College level. Players will spend sessions on the following areas of soccer season preparation: Speed, Quickness & Agility (SAQ), building soccer specific endurance, fundamental technique reinforcement and development, injury prevention (gender specific), advanced skills and foot work, functional technical training, and execution of effective set plays. All players will work with their USSI coach to tailor the week to suit their specific requirements. This High School Prep will be offered at Wessagusset Field and is expected to fill quickly due to trainer-to-player ratios. It is advised that you register early.

Dates	Ages	Times	Fee*	Location
July 20 - July 24	14 – 18	5 pm – 8 pm	\$149	Wessagusset Field

## Sport Squirts

US Sports Institute’s unique soccer and multi sports programs introduce children to sports in a positive and nurturing environment. Soccer Squirts and Multi Sport Squirts will learn the fundamentals through a program of structured activities and fun based games. Activities will capture a child’s imagination in which they can Find Nemo, send Shrek into a spin or capture Jellyfish with Sponge Bob Square Pants. Every session is designed to promote coordination, movement and balance and most importantly Fun, Fun, Fun. US Sports Institute’s unique Squirts program promotes a love for a beautiful game in a safe and controlled environment.

Dates	Activity	Age	Times	Fee*	Location
July 20 – July 24	Soccer Squirts	3-5	1:30 pm – 3:00 pm	\$89	Wessagusset Field
Aug 24 – Aug. 28	Multi Sport Squirts	3-5	4:00 pm – 5:30 pm	\$89	Wessagusset Field

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23.

Register carefully, there are no refunds. See page 6 for details.





Challenger Sports Corporation is the largest provider of soccer programs in the US and Canada and have established themselves as a true "Total Soccer Company".

This Summer 100,000 players will learn from the team of British Soccer Coaches recruited from the UK to work in the US, Canada and Australia. Challenger is excited to be offering one of their programs right here in Weymouth and look forward to providing a fun, safe and dynamic learning experience for all players.

"The Challenger Way" focuses on challenging players to improve with maximum participation, maximum touches on the ball, and maximum fun. Simply put, no line drills, no long speeches and lots of encouragement. Challenger has separate levels of instruction based upon ages and ability, each one will include: individual foot skills, technical drills, small sided games, and coached scrimmages.

### First Kicks (ages 3 – 4)

A friendly, low-key introduction to the basics of soccer through games, stories and fun.

### Mini-soccer (ages 5 – 6)

Fun games, competitions and challenging skill-building activities will captivate and enlighten your young players.



### Half-Day Player Development Camps (ages 6 – 14)

Gain technical and tactical instruction in all areas of the game. Emphasis is placed upon individual skill development and fundamental tactical awareness through our coaching mix of maximum participation, progressive practices and small-sided games.

### Full-Day Camp (ages 8 – 14)

This program involves the fundamentals of our half day program with full-day campers focusing on game-related techniques, tactical development and coached match play. This camp will have a supervised lunch break from 12pm-1pm.

Program	Dates	Ages	Times	Fee*
Mini Soccer	8/3 – 8/7	5 – 6	9 am – 10:30 am	\$78
First Kicks	8/3 – 8/7	3 – 4	10:30 am – 11:30 am	\$58
Half-Day Player Development	8/3 – 8/7	6-14	9 am – 12 / 1 pm – 4 pm	\$105
Full-Day Program	8/3 – 8/7	8-14	9 am – 4 pm	\$165



## *Cheerleading Time!*

Come join us for a fun filled Cheerleading experience in the sun. The only thing required is your spirit! Play cheerleading games, and learn sideline cheers. Dress comfortable (no jeans please) and sneakers. Bring snacks and water and lots of energy! Let's get ready to have some fun! Please note: this program is weather dependent; if class cancelled due to rain the make up session will be on Friday of the scheduled week.

Dates	Ages	Times	Fee*	Min/Max	Location
July 14 – July 16	4 – 6	9 – 11:30 am	\$47	10/20	Weston Park/Sugar Bowl
July 21 – July 23	4 – 6	9 – 11:30 am	\$47	10/20	Weston Park/Sugar Bowl



\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

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July 21 – July 23	4 – 6	9 – 11:30 am	\$47	10/20	Weston Park/Sugar Bowl

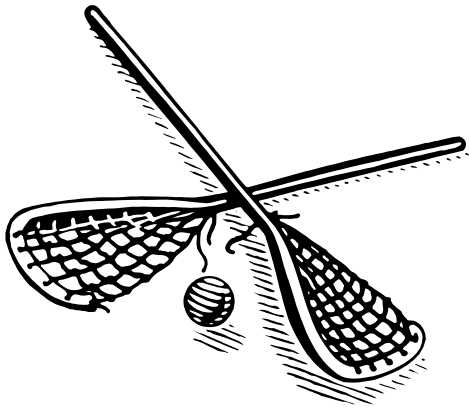


\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

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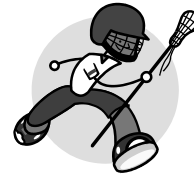
Register carefully, there are no refunds. See page 6 for details.

## Maroon and Gold Lacrosse Clinic



Lacrosse instructional program with Weymouth High School's head coach Rob McCarthy open to boys ages 6-16. (Girls are welcome to attend but are required to have the regulation boy's lacrosse stick). No experience is necessary but all players must provide their own equipment including stick, helmet, mouth guard, arm pads, shoulder pads, gloves and cleats. Program will focus on development of fundamental skills as well as game concepts and scrimmaging. All players will be grouped according to age and ability. This will be a focused yet fun environment with an experienced staff helping you to take your game to the next level. This clinic will meet rain or shine.

Dates	Ages	Times	Fee	Min/Max	Location
July 6 – July 10	6-16	9:00 am – 12:00 pm	\$75*	20/60	Wessagusset Field



## Weymouth Youth Track & Field



Twice a week, we will provide a fun learning experience for young people interested in the track and field experience. In addition to bi-weekly practices that focus on skills and technique, there will be 4 meets with other local track clubs. Events include sprints, hurdles, and distance events, jumping and throwing. All participants will receive a free Weymouth Youth Track Club Shirt.



Ages: 6 – 13; All levels of experience welcome and encouraged to join.

Dates	Ages	Times	Fee*	Min/Max	Field
July 6 – Aug. 19 (Mon/Wed)	6-13	5:30 pm – 7:30 pm	\$90	20/150	Weymouth H.S. Track

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23. Register carefully, there are no refunds. See page 6 for details.



# GlazeyDays Summer Program

Teen Center – E. Weymouth, MA



Take a break from the heat and create unique ceramic pieces that will last a lifetime! GlazeyDays Summer Programs consists of tailored classes that teach children the art of ceramics through a variety of exciting activities. The lessons will incorporate art history, aesthetics and criticism with hands on activity. Children will focus on composition, design elements essentials, color theory and painting techniques. We will be using ceramic paints, specialty crystal glazes and high gloss glazes for all projects. Ceramic paints and glazes do not stain clothing or surfaces but simply wipe clean with a little soap & water! All projects will be taken offsite to be fired in a kiln at approx. 2000 degrees/F to create a high quality glass ceramic piece that is water proof & weather proof. Pieces will be available the following week to pick up. Three day classes will create 3 items; 2 day classes 2 items. Theme/samples available on line.

Dates	Ages	Times	Fee*	Min/Max
July 6 – July 10 (Mon/Wed/Fri)	5 – 7	9:00 am – 10:30 am	\$55	6/12
July 6 – July 10 (Mon/Wed/Fri)	8 – 10	11:00 am – 12:30 pm	\$69	6/12
July 13 – July 17 (Tues/Thurs)	11+	9:00 am – 12:00 pm	\$69	6/12
Aug. 3 – Aug. 7 (Mon/Wed/Fri)	5 – 7	9:00 am – 10:30 am	\$55	6/12
Aug. 3 – Aug. 7 (Mon/Wed/Fri)	8 – 10	11:00 am – 12:30 pm	\$69	6/12
Aug. 10 – Aug. 14 (Tues/Thurs)	11+	9:00 am – 12:00 pm	\$69	6/12

Please go to the GlazeyDays website: [www.glazeydays.net](http://www.glazeydays.net) and select the Weymouth Rec 2009 Summer Classes page to view the lesson plan and demo pictures for each week/age group listed.



## DRAMA KIDS SUMMER PROGRAMS

Pilgrim Church – N. Weymouth, MA



**Drama Kids Summer Programs include a variety of fun and creative theater activities for kids such as group improvisations, dialogue, development, silent scenes, and theater games. We cap off our program weeks with special end of week presentations! Tuition includes all supplies and a program T-shirt. Participants should bring a snack each day and lunch to Drama Kids Playhouse.**

### “ONCE UPON A TIME” for ages 5-8

Through the creative process of drama, we take campers on a 5 day fairy tale adventure! In our “land of make believe” for kids ages 6-8, campers will act our scenes from best loved fairytales and become characters from traditional stores. The program ends with a fun filled presentation for parents and friends. Don't miss out on this magical early summer vacation.

Dates	Ages	Times	Fee	Min/Max
July 6 – July 10	5 – 8	9:00 am – 12:00 pm	\$150*	12/24



### “THE DRAMA KIDS PLAYHOUSE” for ages 9-13

Calling all 9-13 year olds! Our 2009 summer program will develop your creative abilities as you learn to work with others to write, produce and act in a performance – which you create! Participants will explore all aspects of theatre from acting and directing, costume design, and more. Our participants will bring the house down during their End of Program DK1 Playhouse Presentation, performing a play their team creates.

Dates	Ages	Times	Fee	Min/Max
July 27 – July 31	9-13	9:00 am – 1:00 pm	\$175*	12/24

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23.

Register carefully, there are no refunds. See page 6 for details.





# Star Dazzle Dance Camp

Teen Center  
E. Weymouth, MA



What time is it? Summertime!... and time to dance! Get ready to “pump up the party” with your favorite tunes and some fabulous moves! This program is offered for kids ages 5-7 and 8-10 who are looking for some summer fun (no prior dance experience necessary). We will have a blast dancing to the latest and greatest Disney hits, and will put on a special performance for friends and family at the end of the week.

Participants needs only dress in comfortable clothes (no sandals, please!) and bring a smile! There will be no extra costs within the program. Costumes for the performance will consist of items that can be found at home. Returning for a second year of summer fun, the Star Dazzle Dance Program will be led by Janine DiLorenzo, a current Education student at Stonehill College with a passion for dancing, working with children and having fun!



Dates	Ages	Times	Fee*	Min/Max
Aug. 17 – Aug. 21	5 – 7	9:30 am – 12:00 pm	\$55	8/16
Aug. 17 – Aug. 21	8 - 10	12:30 pm – 3:00 pm	\$55	8/16

# A Taste of Broadway

McCulloch Building  
N. Weymouth, MA



Feel the thrill of bringing a show together in just 4 weeks! This program is designed to expose your child to dancing, singing, acting, and improvisation by creating a Musical Review from the ground up. The program will culminate in two performances for the public.

Whether you are a dancer, singer, actor, “triple threat”, or have never performed at all, there is a spot waiting for you! Training and performances provide participants with the opportunity to work with members of the Weymouth Alumni Theater Company.

This program is run by Jeanne Cheverie Norton, Owner/Director of Center Stage Dance Company and co-founder of the Weymouth Alumni Theater Company and Donnie Norton, 5<sup>th</sup> Grade Weymouth Teacher, Boys Dance Instructor at Center Stage Dance Company, and co-founder of the Weymouth Alumni Theater Company.

All registered participants will receive 2 complimentary tickets to the show and have the option to purchase more. A Taste of Broadway will be performed Friday, July 24<sup>th</sup> and Saturday, July 25<sup>th</sup> at the Abigail Adams Middle School. All show times will be at 7:00 pm. with program participants expected to attend from 5:00 to 10:00 pm. Please note: the final rehearsal night is Thursday, July 23<sup>rd</sup> and participants are expected to participate from 5:00 to 10:00 pm for each grouping and will be at Abigail Adams Middle School.

Dates	Ages	Times	Fee*	Min/Max
June 30 July 23 (Tues, Thurs.)	6 – 14	6:00 – 7:30 pm	\$199	10/40
July 1 – July 22 (Wed.)	14 – 18	6:00 – 7:30 pm	\$99	8/25

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Register carefully, there are no refunds. See page 6 for details.



# IN SYNC SUMMER PROGRAMS 2009

## **PURELY PRINCESSES!**

Every day will become a different princess adventure! Learn dances to the music of Ariel, Belle, Cinderella and many more! We will create tiaras, decorate magic wands and have a tea party snack every day!



We will walk, talk, dance & sing like a princess! Register quick – these weeks fill fast!

<b>Purely Princesses</b>	<b>ages 3-5</b>	<b>9:30-12:00pm</b>	<b>JULY 13-17</b>	<b>cost: \$99</b>
<b>Purely Princesses</b>	<b>ages 3-5</b>	<b>9:30-12:00pm</b>	<b>AUG. 3-7</b>	<b>cost: \$99</b>
<b>Purely Princesses</b>	<b>ages 3-5</b>	<b>9:30-12:00pm</b>	<b>AUG. 17-21</b>	<b>cost: \$99</b>

## **HIGH SCHOOL MUSICAL THRU THE YEARS**



Join us this week for an unbelievable High School Musical experience! We will use music from all 3 HS Musical movies. Learn routines straight from the movies and create some of your own. We will make costumes and props for our own HS musical performance! This is a great way to put some creative exercise into the summer...look out Troy, here we come! Extended day for this week is available from 3:00-5:30. Add \$50 to the fee. During extended day we will watch one of the HSM movies and have a snack!

<b>HSM thru the years</b>	<b>grades K-3</b>	<b>9:00-3:00pm</b>	<b>JULY 13-17</b>	<b>cost: \$199</b>
<b>HSM thru the years</b>	<b>grades 4-7</b>	<b>9:00-3:00pm</b>	<b>AUGUST 3-7</b>	<b>cost: \$199</b>
<b>Add extended day and stay til 5:30</b>		<b>add an additional</b>	<b>\$50</b>	

## **HIP HOP**



Are your kids dancing around the house to the latest music? Harness that energy and rhythm and join us for Hip Hop week this summer! Hip Hop dance is featured in every music video, talent show, even most commercials! These one week workshops are a great intro to hip hop... (you may even want to learn the moves yourself!)

<b>Hippity Hoppity</b>	<b>grades K-3</b>	<b>9:30-12:00pm</b>	<b>AUG. 17-21</b>	<b>cost: \$99</b>
<b>Hyper Hip Hop</b>	<b>grades 4-7</b>	<b>9:30-12:00pm</b>	<b>AUG. 17-21</b>	<b>cost: \$99</b>

## **BALLET WEEK '09**

During this ballet focused week dancers will learn about a different ballet every day. Learn all about Swan Lake, Coppelia, Cinderella, Nutcracker, and Sleeping Beauty. We will read the story, look at the costumes, listen to the music and learn some of the actual ballet choreography from each ballet! Explore the world of ballet hands on!

**Ballet fantasies** Grades K-3 **9:30am-12pm** **AUGUST 10-14** **cost: \$99**

Let the ballerina inside come out! These young dancers will dance along side a real ballerina each day! This is a great way to expose young children to the art of ballet. Let your child fulfill her ballerina fantasy and become a ballerina this week!

**Building ballerinas** Grades 4-7 **1pm-3:30pm** **AUGUST 10-14** **cost: \$99**

These young dancers will also explore a different ballet story each day. We will begin to evaluate the choreography of each story and learn the steps ourselves! This is a great way to begin learning ballet language and understanding stories on stage. What a beautiful way to take your child's ballet fantasies to the next level!

**Elite ballet boot camp** Grades 8+ **4pm-6:30pm** **AUGUST 10-14** **cost: \$99**

You have the leotard, you have the ballet shoes, your hair is in a bun and you are ready to work.

This week our elite ballet dancers will take their technique to the next level and learn what it takes to become an elite dancer. Using the ballet stories from each day, we will work our technique and skills to learn exact choreography from the productions... do you have what it takes to be elite?



**All In Sync summer programs will be held at the brand new In Sync Center of the Arts facility at 550 Adams Street Quincy in the Adams Street Plaza**  
**617-696-9331 or e-mail us through the website WWW.INSYNCDANCE.COM**

All fees are discount prices and will rise 10% two weeks prior to the start of each program.

These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23.

Register carefully, there are no refunds. See page 6 for details.

# Sciensational Workshops for Kids

(Sciensational Workshops for Kids is Fun and Kids Learn!)

## Make It and Take It Home (ages 7 - 12)

Dates	Ages	Times	Fee*	Min/Max	Location
Aug. 17 – Aug. 21	7 - 12	9:00 am – 12:00 pm	\$142.	10/20	Pilgrim Church

In this hands-on, fun, and exciting program, you will discover how amazing science is. You will make and take home a wide assortment of toys designed to teach you science concepts in a hands-on way. Grow and take home a crystal tree. Make an energy bead bracelet and watch as those amazing beads turn from white to a rainbow of colors before your eyes. Build a working electric motor. Make your own sharpie pen T-shirt and learn some cool chemistry (student supplies a 100% cotton T-shirt). Make your own bubbling blobs and explore the properties of a density tube. Make silly putty—glowing goo—green flubber and other cool projects. By the way...we will make ice cream in our own amazing, different, Sciensational way!



## The Mouse – The Wall Hugging Robot (ages 7 – 12)

Dates	Ages	Times	Fee*	Min/Max	Location
Aug. 17 – Aug. 21	7 - 12	12:30 pm – 3:30 pm	\$142.	10/20	Pilgrim Church

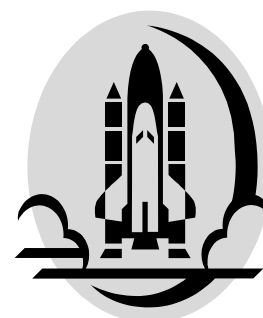
The Mouse is sleek, smart, and simply amazing. It has two motors, a three speed gearbox, and WOW can it go fast! It can feel its way along walls and around corners. We will show you how you can take your amazing Mouse home and make a maze for it to go through. This Mouse is so smart. It's all yours to make and keep. Learn about gears, sensors, electronic components, circuit boards and much more. You will also get to build other things. Design robots that you will build. Learn about robotic technology; the wave of the future. Join us in learning and having fun!



**\*Parents please note that children who are attending both the morning and afternoon sessions are welcome to bring their lunches and be chaperoned by the staff during the lunch break.**

## Adventures in Space (ages 6-9)

Experience a five-day space odyssey right in our community. During the camp, there will be two hands on programs per day. Among the many activities planned for the week, students will design and create their own space station, learn principles of flight (using gliders, balloons, water rockets), fly a simulated mission aboard the shuttle simulator “Can Do”, and gain an understanding of how rockets work and fly (by building their own rocket that will fly 1000 ft high). There will be morning break and a 30 minute lunch period. Students should bring their own lunches, snacks and drinks. This will be a Monday through Friday experience and will be held at the Pilgrim Church. On Friday at noon children will have the opportunity to launch their own individual rocket at the adjacent Beal Playground. Parents & family members are welcome to attend the launch.



Dates	Ages	Times	Fee*	Min/Max	Location
Aug. 3 – Aug. 7	6 – 9	9:00 am – 2:00 pm	\$115	15/40	Pilgrim Church

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**KidsGames®**

## Kids Games

South Shore Christian Academy  
Weymouth, MA



KidsGames Weymouth is a week-long, sport-focused, value-based program for children aged between 6-14 years. KidsGames is a sports event that makes children the "heroes" and the celebrities. Each day will include experiential and fun games. Kids Games is a community based program open to all children.

- Experiential Games - especially designed games that teach a lesson linked to the value of the day.
- Fun Games - a time to let children be children, to have fun, play and enjoy being kids.
- Curriculum can be reviewed upon request. Please note: Bible stories may be used to reference the value of the day

**Daily Activities could include:**

- Arts & Crafts
- Soccer
- Kickball
- Basketball
- Dance

**What to Bring & Wear:**

- Dress comfortably; shorts, t-shirts
- Sun block
- Water, snacks and lunch

**Come join the fun!**

**Each Participant will receive a free T-shirt!**

Dates	Ages	Times	Fee	Min/Max
July 27 – July 31	6-14	8:30 am – 2:30 pm	\$50	20/100



## Unity Drama Club

Abigail Adams Middle School  
Weymouth, MA



**Presents a Musical Medley..... for grades 5 - 8**

This is Unity Drama Clubs third annual production. Our summer program this year is going to be very exciting one! We will be doing a medley of songs, dances, and acting from plays including "Grease", "High School Musical 3", "Foot Loose", "Annie" and more!

We have excellend choreographers and acting coaches to take your acting, singing and dancing abilities to a new level! The cost includes a Unity Drama Club T-Shirt, snacks and drinks. Participants should dress comfortably, bring a lunch and be ready to have some fun!

Dates	Ages	Times	Fee	Min/Max
Aug. 3 – Aug. 14	11 - 14	9:00 am – 3:00 pm	\$350	8/16

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23. Register carefully, there are no refund. See page 6 for details.

## What's New in 2009

- Registration begins March 28<sup>th</sup> **for Weymouth residents only** – Non-residents can register beginning April 13<sup>th</sup> - see page 4 for registration details.
- Expanded program span – we be adding as many programs as possible to fill the summer season. The number of weeks will be finalized when we learn the 2010 school calendar. We will post new programs to the web-page and promote through the monthly flyer.
- Wey-Fun fun blocks will be reduced to 2 ½ hours on Tuesdays and Thursdays as the staff is allowed a full hour for lunch. The Wey-Fun staff will handle all lunch duties replacing the old “Lunch Bunch” that was made up of the staff persons of other programs. We believe this will be a better experience for all concerned.
- The “rain option” is limited to the Great Esker Program and vendor programs only.
- Enrollment numbers will change up and down with what is “hot” – register early.
- T-shirts and Photo ID’s will be **required** at all Weymouth Recreation programs.
- **Discount Pricing.** All program pricing in this book is listed as the discount price. Prices will increase 10% two weeks prior to the start of each program. The 2 weeks allows us to plan the programs better and “make the call” as to whether a program will run or not. Please register early (but carefully) to save yourself some money.

### *Weymouth Recreation - Adult Programs*

Weymouth Recreation wants to be your source for fitness and outdoor experiences. We are committed to offering numerous programs for adults 18+ and we are anxious to hear what you want offered. With your input and support we will keep trying to offer you more programs.

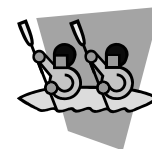
#### Lane Beach Sailing



All the fundamentals you need to sail a boat. Basic seamanship and a lot of fun. This program will utilize our Catalina 14.2 sailboats. Participants will help rig the boat and are encouraged to ask any questions they may have on knots, the boat or how the boat works. Plenty of hands on sailing on the waters off Lane Beach. Ratios: 2:1

#### Lane Beach Kayaking

The basics of kayaking (sit-on-tops) safety, function and fun. Participants will enjoy learning the principles of powering these craft through the water, performing basic self and team rescues and developing and refining their strokes. Ratios: 8:1



#### Rock Climbing

Participants learn basic climbing and belaying skills using the safest “top-rope” method. All climbing will be done at the Quincy Quarries or Blue Hills Reservation. Meets at Great Esker. Ratio 3:1

Program	Date	Times	Fee*
Sailing	July 17 or July 31	6:00 – 8:00 p.m.	\$15.00
Sailing	July 25	1:00 – 3:00 p.m.	\$15.00
Kayaking sit-on	7/20 – 7/ 23 (tandems) or 8/3 – 8/6 (singles)	5:30 – 8:00 p.m.	\$35.00
Kayaking sit-on	7/27 – 7/30 (singles) or 8/10 – 8/13 (tandems)	6:00 – 7:30 p.m.	\$20.00
Kayaking sit-ins	8/17 – 8/20 includes a Monday rescue class	6:00 – 7:30 p.m.	\$20.00
Kayaking sit-on	July 25 Tandem touring	Noon – 5:00 p.m.	\$20.00
Rock Climbing	July 19 <sup>th</sup>	Noon – 4:30 p.m.	\$20.00

\*Discount prices are listed and will rise 10% two weeks prior to the start of each program.

Register carefully, there are no refunds. See page 6.





# Weymouth Recreation Tennis



Presented by: **The Weymouth Club** at Weymouth High School  
Two instructional levels offered one day a week (6 total hours) for just \$80.00!

**Level 1** – For players with little or no previous playing experience.

**Level 2** – For players developing rally and playing skills.

Session 1				
Dates	Ages	Level	Day(s)	Times
June 1 – June 25	Adult (16+)	1	Monday	6:30 – 8:00 p.m.
June 1 – June 25	Adult (16+)	2	Tuesday	6:30 – 8:00 p.m.
June 1 – June 25	Adult (16+)	2	Wednesday	6:30 – 8:00 p.m.
June 1 – June 25	Adult (16+)	1	Thursday	6:30 – 8:00 p.m.
Session 2				
Dates	Ages	Level	Day(s)	Times
July 6 – July 30	Adult (16+)	1	Monday	6:30 – 8:00 p.m.
July 6 – July 30	Adult (16+)	2	Tuesday	6:30 – 8:00 p.m.
July 6 – July 30	Adult (16+)	2	Wednesday	6:30 – 8:00 p.m.
July 6 – July 30	Adult (16+)	1	Thursday	6:30 – 8:00 p.m.
Session 3				
Dates	Ages	Level	Day(s)	Times
August 3 – August 27	Adult (16+)	1	Monday	6:30 – 8:00 p.m.
August 3 – August 27	Adult (16+)	2	Tuesday	6:30 – 8:00 p.m.
August 3 – August 27	Adult (16+)	2	Wednesday	6:30 – 8:00 p.m.
August 3 – August 27	Adult (16+)	1	Thursday	6:30 – 8:00 p.m.

### Notes:

- Rain make-ups will be on Fridays of the same week.
- This is a contracted sports program. Please register through Weymouth Recreation.

## Open Tennis Tournament

- For men & women singles; men & women doubles and mixed doubles
- Age groups: 18+; Special 50+ singles men & women
- Minimum of 8 players per event
- Tournament will begin Tuesday, September 8<sup>th</sup>
- More details to follow in the July and August monthly flyers as well as the Recreation webpage [www.weymouth.ma.us/rec](http://www.weymouth.ma.us/rec) . Registration for tournament will begin on March 28<sup>th</sup>.

A great way to test your new found skills!

These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23.

Register carefully, there are no refunds. See page 6 for details.



## **Programs from ... Health Thy Self**

All programs run under the direction of Suzanne Brownell, a Health Fitness Specialist and Master Trainer for almost 2 decades; registered Yoga Teacher, Certified T'ai Chi and Chi Gung for Wellness Professionals. She also is Zumba certified and a Nordic Pole Walking Specialist. Her compassion along with her unique ability to connect, encourage, and motivate her students to be "the best they can be", distinguishes her as a teacher. She looks forward to sharing and teaching you the fundamentals of these wonderful mind/body, cardiovascular, strength-conditioning practices/sports... all within a nurturing, supportive environment. Check us out at [healththyself.com](http://healththyself.com).

### **Nordic Pole Walking @ Wessagusset Beach, N. Weymouth, MA**

This program is for dedicated walkers who are looking to kick up their fitness and fun a few notches. We will Nordic walk on the beach a few miles while incorporating strength/agility and plyometric exercises. You will feel empowered by the end of the workout. Nordic poles provided for the class.



### **Nordic Pole Walking in the Park.... @ Abigail Adams Park, N. Weymouth, MA**

Nordic pole walking is the best "low impact" full body workout in the world, practiced in the great outdoors. By simply using specially designed poles to involve the arms which activates the upper body, walkers achieve a total body work out with "significantly" increased health and fitness benefits. Nordic poles provided for the class.



### **Zumba in the Park @ Webb State Park, N. Weymouth, MA**

Zumba is a fusion of Latin and International music dance themes that create a dynamic, exciting, effective workout. "Exercise in disguise" a true cardio party with easy to follow dance steps designed for anyone. Come have fun and dance together underneath and around the Gazebo at Webb State Park

### **Yoga... an introduction to @ Teen Center, E. Weymouth, MA**

Registered Yoga teacher Suzanne Brownell looks forward to introducing you to this special mind/body practice. The environment and her teachings are both nurturing and supportive. Please bring a yoga mat and two yoga blocks



氣功  
qi gong

### **Qi Gong Chi Gung for Ener-chi @ Great Hill, N. Weymouth, MA**

Chi Gung exercises are designed to develop mobility, strength, flexibility and balance. Chi Gun exercises are also designed to develop breathing techniques, meditation/relaxation, and self massage. While not difficult, these age old forms of movement are among the most powerful on the planet for unlocking and integrating the body's potential for energy (chi).

Class	Dates	Times	Days	Fee	Ages	Min/Max
Nordic Pole walking/Beach	July 7 – Aug. 11	7:45 – 8:45 am	Tues.	90.00	18 – 65	10/30
Nordic Pole walking/Park	July 7 – Aug. 11	9:15 – 10:00 am	Tues.	90.00	30 – 75	10/30
Nordic Pole walking/Park	July 7 – Aug. 11	5:15 – 6:00 pm	Thurs.	90.00	30 – 75	10/30
Zumba	July 8 – Aug. 12	5:30 – 6:30 pm	Wed.	90.00	20 – 65	10/50
Yoga	July 8 – Aug. 12	7:00 – 8:00 pm	Wed.	72.00	30 – 65	10/25
Qi Gong Chi Gung -chi	July 9 – Aug. 13	9:15 – 10:00 am	Thurs.	72.00	25 – 80	10/50
Qi Gong Chi Gung -chi	July 9 – Aug. 13	5:15 – 6:00 pm	Tues.	72.00	25 – 80	10/50

These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23 for more details. Register carefully, there are no refunds. See page 6 for details.



## GlazeyDays... Adult Summer Workshops

### Let's celebrate Christmas in July!

After spending time in the hot sun all week long, why not get started early for the holidays and paint a beautiful ceramic 15" Christmas tree. You may choose from two different style trees, leaves up or down, and also two different bases. Electric installation, bulb and Christmas lights are included in the class fee. An alternative to the tree is to choose 2 smaller projects from our collection pages, if you wish!

Dates	Ages	Times	Fee	Min/Max	Location
July 10 <sup>th</sup> & July 17 <sup>th</sup>	18+	7:10 – 9:45 pm	\$65	6/10	McCulloch

### We love New England, especially Cape Cod!

Weymouth is right near all the beautiful beaches, and not too far from the Cape. Have you visited the gift shops - outrageous and not quite the color you would have liked? Come to our workshop and paint your very own 18" lighthouse that actually lights up! You can use it as an accent lamp or lawn ornament. Electric installation is included in the fee. We also have several signs to choose from and passage decals that can be applied to your piece as well. You may choose the lighthouse or as an alternative a sign and smaller piece together as a package.



Dates	Ages	Times	Fee	Min/Max	Location
Aug. 7 <sup>th</sup> & Aug. 14 <sup>th</sup>	18+	7:10 – 9:45 pm	\$55	6/10	McCulloch

## BASIC PHOTOGRAPHY

Dates	Ages	Times	Fee	Min/Max	Location
July 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> and 28 <sup>th</sup>	18+	5:45 – 6:45 pm	\$30	6/12	Teen Ctr.

The difference between the photo in a magazine and one you've taken yourself does not have to be as severe as you may think. Learn portrait composition techniques, how to use natural light to your advantage, and more. Take control of your pictures by learning to use manual options (f-stop, aperture, ISO, etcetera, all explained!). Trips to outside locations for photography opportunities may occur. Film and/or digital cameras welcome!



These programs are Contracted Vendor Programs for Weymouth Recreation. Please see page 23. Register carefully, there are no refunds. See page 6 for details.

● INVEST IN YOUR HEALTH!  
IT MAY BE THE ONLY SURE INVESTMENT in 2009



**QUOTE OF THE DAY**

"Does nature not hold before us the picture of restoration and renewal"

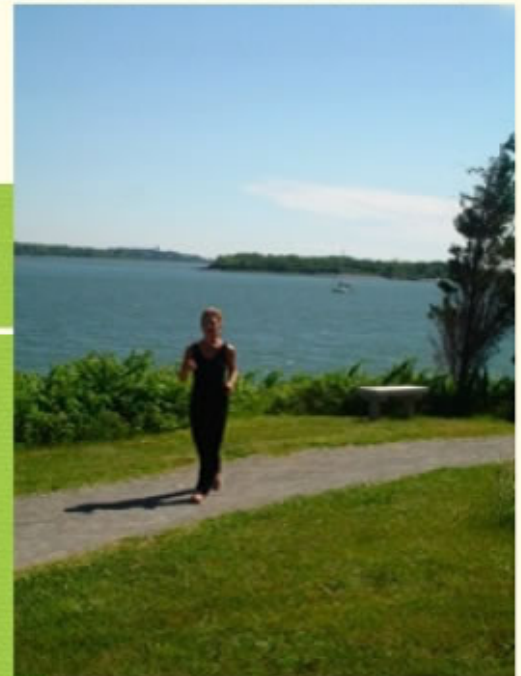
"Put yourself back on the priority list"  
With trainer Jan Murray

Join me and experience the "Joy of Fitness."

I'm Jan, Licensed Physical Therapist Assistant and Certified Personal Trainer with the American Council on Exercise. I love athletics, my passion is health and fitness, and I am a Henry David Thoreau fan. I run many fitness programs throughout the South Shore but I am most known for my enjoyable "Outdoor Workouts." here in Weymouth. Whether you are a seasoned athlete or a newcomer to fitness, you will become fit, lean, and look forward to working out. My workouts are safe, creative, challenging, educational, and you will meet some wonderful friends along the workout path. Now taking enrollments for Spring and Summer 2009 Programs!

[janmurray28@gmail.com](mailto:janmurray28@gmail.com)

Jan Murray  
781 974 5757





# Town of Weymouth

## Department of Public Works - Recycling Guidelines

### Paper & cardboard:

If it rips, recycle it! Just keep paper free from food and plastic wrapping. Place in paper bags, no plastic bags.

What to recycle:

- cardboard (no pizza boxes)
- paperboard (cereal & tissue boxes, paper towel rolls)
- magazines & newspapers (glossy paper is okay)
- phone books & junk mail (no CDs or plastic wrap)
- milk/juice cartons
- soft cover books
- all office paper (no blueprints)

### **How to prepare paper waste:**

- place paper waste together in a paper bag or tie in bundles
- put **shredded paper** in a stapled & labeled paper bag

### **Cardboard: it's not that hard!**

**You have a few options:**

1. flatten, cut to 3 ft x 3 ft and secure under or between bins;
2. flatten, fold & stuff in a paper bag or separate recycling bin

**No need to remove staples, paper clips, spirals, plastic windows on envelopes, or even the plastic spout on milk/juice cartons!**

### Glass, metal & plastic containers:

Place rinsed containers loose in your bin, no plastic bags.

What to recycle:

- aluminum (pie plates, trays & foil), metal cans (tin, steel & aluminum)
- glass containers (any color)
- stiff plastic containers (#1-7, no plastic bags or styrofoam)
- plastic plant pots (#1-7, must be clean)

### **How to prepare containers:**

- rinse & remove lids & caps, when possible wipe out oily containers
- place containers, lids and caps loose in bin
- do not empty grease into drains

**Place loose in bin, not in plastic or paper bags.**

### Leaf & yard waste:

Yard waste in plastic bags is not accepted and will be rejected.

What to recycle:

- leaves, grass & plants
- shrubs, pruning & twigs (thinner than your thumb, shorter than your arm)
- do not include: tree stumps, rocks, soil, dirt, sand, food or trash

### **How to prepare yard waste:**

- yard waste is **not accepted in plastic bags** and will not be picked up
- place loose in barrels **clearly marked yard waste**, or
- place in **biodegradable paper yard waste bags** that are not stapled or taped
- **bundle & tie** thick tree branches 3 ft x 3 ft

**Missed recycling or yard waste? Broken bin? Need another bin? Call 781-337-5100**

### **NOT accepted for curbside recycling:**

- no foam packaging
- no packing peanuts
- no broken glass or light bulbs
- no window glass
- no clothes hangers
- no dishes or glasses
- no clothing
- no paper take-out containers

### **Mixed bins will not be accepted:**

- no plastic bags, trash or styrofoam
- keep papers separate in a paper bag
- place rinsed containers with lids removed, loose in your bin

### Important tips:

- Set recycling out by 7am on your collection day.
- Do not place papers, containers or yard waste in plastic bags.
- During holiday weeks, collection is delayed 1 day.
- Close the loop! Buy products made from post-consumer recycled materials.

**\*\* Drop off recycling available 24 hours/ day at 120 Winter Street Weymouth, MA 02188\*\***

**THANK YOU FOR YOUR RECYCLING EFFORTS!**







(January 2009)

# WEYMOUTH ELDER SERVICES ON-GOING PROGRAMS



<b>ARCHERY</b>	<b>Saturdays 11:30AM – 12:45 PM</b>
<b>BAND</b>	<b>Thursday, 10:00 AM</b>
<b>BINGO</b>	<b>Thursday, 12:00 PM*</b>
<b>BLOOD PRESSURE</b>	<b>1st &amp; 3rd Wednesday, 10:00 AM-11:30 AM</b>
<b>BOCCE</b>	<b>Thursday, 10:00 AM April-October</b>
<b>BOOK CLUB</b>	<b>2nd Wednesday of Month, 2:00 PM</b>
<b>BRIDGE</b>	<b>Monday, 12:30 PM</b>
<b>CHESS</b>	<b>Mon., Wed., Fri., 9:00 AM</b>
<b>CHORAL GROUP</b>	<b>1st Tuesday, 1:30 PM</b>
<b>COMPUTER CLASSES</b>	<b>Call for date and time</b>
<b>CRIBBAGE</b>	<b>Thursday, 12:30 PM*</b>
<b>ELDER FINANCE</b>	<b>By appointment, call for date</b>
<b>ELDER LAW</b>	<b>By appointment, call for date</b>
<b>FOOD SHOPPING</b>	<b>Wednesday Morning*</b>
<b>FOOT CARE</b>	<b>By appointment, call for date</b>
<b>FRIENDS BOARD MEETING</b>	<b>1st Monday, 10:00 AM</b>
<b>FRIENDS LUNCHEONS</b>	<b>2nd Friday, 12:00 PM*</b>
<b>HEARING TESTS</b>	<b>3<sup>rd</sup> THURS. = By appt., call for date/time</b>
<b>KNITTING</b>	<b>Tuesday, 10:00 AM</b>
<b>LINE DANCING I</b>	<b>Wednesday, 11:00 AM</b>
<b>LINE DANCING II</b>	<b>Wednesday, 1:00 PM</b>
<b>(OPEN) LINE DANCING FOR FUN</b>	<b>4<sup>TH</sup> Monday, 1:00 PM</b>
<b>MASSAGE, Chair</b>	<b>2<sup>nd</sup> Monday of the month - By appointment</b>
<b>MEAL SITE TRANSPORTATION</b>	<b>Monday, Tuesday, Thursday*</b>
<b>MEDICAL TRANSPORTATION</b>	<b>Monday through Friday*</b>
<b>MOVIES (takes a Summer Hiatus)</b>	<b>Friday, 1:00 PM</b>
<b>MUSCLES IN MOTION</b>	<b>Monday, Wednesday, Friday 10:15 AM</b>
<b>POKER</b>	<b>Tuesday, 12:00 Noon</b>
<b>POKER (II)</b>	<b>Friday, 12:00 Noon</b>
<b>POOL ROOM</b>	<b>Monday through Friday 9 AM - 4 PM</b>
<b>SHINE</b>	<b>Tuesday – By Appointment</b>
<b>TAI CHI</b>	<b>Tuesday, 1:30 PM</b>
<b>TRIAD</b>	<b>3x Annually (Jan., April, Oct.) Mondays 10 AM</b>
<b>WALKING CLUB</b>	<b>Monday, Wednesday, Friday, 9:00 AM</b>
<b>WATERCOLORS</b>	<b>Spring &amp; Fall/Wednesday, 10:00 AM</b>
<b>WHIST</b>	<b>Monday, 12:30 PM</b>
<b>Wii BOWLING</b>	<b>Tuesday, 1:00 PM</b>
<b>WOODCARVING</b>	<b>Tuesday, 9:00 AM</b>
<b>WRITING WORKSHOPS (2 classes)</b>	<b>Wednesday 10:30 AM and 12:00 Noon</b>
<b>YOGA, CHAIR</b>	<b>Tuesday, 10:00 A.M.</b>

- \* **HANDYMAN (call for service (781) 682-6140)**
- \* **MEDICAL EQUIPMENT AVAILABLE ON LOAN AT CENTER**
- \* **TRANSPORTATION (call Steve Veno at 331-3921)**





# Weymouth Family Events



Most events - bring a lawn chair or a blanket

## **WEYMOUTH CARNIVAL** – April 22<sup>nd</sup>, – 26<sup>th</sup>, @ Weymouth High School

**DATES** - The Town of Weymouth and Fiesta Shows, Inc. is planning to conduct a carnival from Wednesday, April 22<sup>nd</sup> through Sunday, April 26<sup>th</sup>, at the Weymouth High School, 1 Wildcat Way, South Weymouth. This event will feature amusement rides, food concessions and a variety of games. The hours of operation are as follows: Opening daily at 12:00 noon and closing on Wednesday and Thursday at 10:30 pm; Friday and Saturday at 11:00 pm and Sunday at 8:00 pm. Join the fun this April Vacation!



## **SUMMER SIZZLE** - June 27<sup>th</sup>, 1:00 – 5:00 p.m. Wessagusset School

Weymouth Recreation and our summer vendors present this Summer of Fun Showcase at the Wessagusset School and Beach. Enjoy live music, live animals, kayaks and water-bikes, interactive sports and activities, inflatables, and much more! Check out all the summer opportunities Weymouth Recreation offers plus view demonstrations or pick up some information from many of our vendors and staff. Kick a soccer ball, take a turn at bat, shoot hoops or archery, play almost golf, four square, chess, go kayaking...or visit the “Children’s Zone” for live animals, games, magic, bubbles and much more!



## **Weymouth 4<sup>th</sup> of July Fireworks!**– Friday, July 3<sup>rd</sup>, at 9:30 p.m.

Free bus transportation from the McCulloch Building (182 Green St., N. Weymouth) starting at 5:00 p.m. There will be return trips after the fireworks display.



Weymouth 4<sup>th</sup> of July Celebration Committee  
24 hour Hotline 781-340-2133



## **BEACH DAY** - Saturday, August 8<sup>th</sup>, Noon – 4:00 p.m. River St., N. Weymouth

Join us at the George Lane Beach to enjoy the sun and the fun with our neighbors.

Kayaks (sit-on-tops) Paddle Boats Tubing Music

Water Bikes Face Painting Crafts Food



Rain date is Sunday, August 9<sup>th</sup>, 1:00 - 4:00 p.m.



**Register your household to receive “Rec” monthly flyers @ [www.weymouth.ma.us/rec](http://www.weymouth.ma.us/rec)**

# Concerts and Movies!

Please join us on Thursday nights for our 2009 summer concert and movies series held at the Ralph Talbot Amphitheatre next to Town Hall.

July 9 <sup>th</sup>	The New Band	6:30 pm
July 16 <sup>th</sup>	Johnny the K	6:30 pm
July 23 <sup>rd</sup>	Toe Jam	6:30 pm
July 30 <sup>th</sup>	Wayne from Maine	6:30 pm
August 6 <sup>th</sup>	“Surf’s Up” (PG)	8:00 pm
August 13 <sup>th</sup>	“Kung Fu Panda” (PG)	8:00 pm
August 20 <sup>th</sup>	“To Be Announced”	8:00 pm



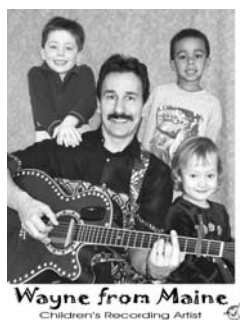
“The New Band”



“Johnny the K”



“Toe Jam”



“Wayne from Maine”



“August 6<sup>th</sup>”



“August 13<sup>th</sup>”

“This program is supported in part by a grant from the Weymouth Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.”

# Weymouth Recreation

www.weymouth.ma.us/rec

July 2009						
Su	M	Tu	W	Th	F	Sa
June	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Summer Programs  
begin June 22<sup>nd</sup>  
and end  
Sept. 4<sup>th</sup>

August 2009						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	Sept.

## Where is my program?

Addresses to our best recreation sites.

**Bus stops:** Weymouth High School, Abigail Adams School, Great Esker Park & Wessagusset School

**Abigail Adams Middle School:** 89 Middle Street, E. Weymouth

**Great Esker Park:** Elva Road, N. Weymouth – off Green St. at the big bend.

**In Sync Dance Studio:** 550 Adams Street, Quincy (Adams Street Plaza)

**Lane Beach:** River St., N. Weymouth – across 3A at St. Jeromes Church

**McCulloch (Dept of Elder Services):** 182 Green Street – off Merryknoll Road, N. Wey.

**O’Sullivan Playground (Wey-Fun):** Pilgrim Road, N. Weymouth – off North St.

**Pilgrim Congregational Church:** 24 Athens St., N. Weymouth

**Weston Park:** 46 Broad St, near Weymouth Landing (Tuft’s Library)

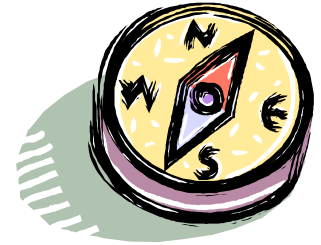
**Wessagusset Beach (Wey-Fun Beach/near Yacht Club)** Wessagusset Rd. - off North St.

**Wessagusset School (Wey-Fun):** 75 Pilgrim Road – off North St.

**Weymouth High School Tennis Courts:** Weymouth High School, 1 Wildcat Way, off Pleasant St.,

**Weymouth High School Gym:** Weymouth High School, 1 Wildcat Way, off Pleasant St., Wey.

**Weymouth Recreation / Teen Center:** 1393 Pleasant St., E. Weymouth – near Broad St.



## Summer Scholarships and Employment!

Applications are available at the Recreation office or online at [www.weymouth.ma.us/rec](http://www.weymouth.ma.us/rec)

- **Program Scholarships** – See application for income guidelines. Awards will not have to be matched and they may be used from 3/28/09 – 12/31/09! This notice will only benefit early viewers of the online book. Application deadline: March 20, 2009.
- **Employment** – We are looking for anyone interested in a summer job where you can highlight your talents and have fun doing what you love. We offer opportunities to coordinate and teach program participants in sports, games, canoeing, kayaking, sailing, rock climbing, music, drama, swimming, nature appreciation and much more. Apply through the Human Resources Department at Town Hall (75 Middle St.). Lifeguards and Water Safety Instructors are always needed for most of our programs. Application deadline: April 1, 2009



Register carefully, there are no refunds. See page 6 for details.

# The Tufts Library

46 Broad Street



## **Summer Reading Club - Begins 6/29**

Take off on a “Starship Adventure @ your library” this summer. Register for our Summer Reading Club beginning 6/29. Read great books! Record them in your reading log. Come back each week to earn a chance to win some great raffle prizes. Infants to grade 6 can join.



## **Weekly Events**

*Visit us every week for these fun events.*

### **Family Story Time - Every Monday from 7/6-8/17**

Join Miss Amy and Miss Christine in the Children’s Room for some great stories and songs. Everyone is welcome. Story Time begins at 10 AM. Drop-in. No registration required.

### **Book Buddies - Tuesdays from 7/7-8/18**

Want to get some extra practice reading over the summer? Then team up with a teen volunteer through our Book Buddies program. Interested Teens and Children should contact the Children’s Room.

### **Book Flix for Kids - Every Friday from 7/3-8/21**

Each week at 1:30 PM, we will chill out in the Jones Room watching video adaptations of some well-loved children’s books. Have a little popcorn and some cool water and relax for a bit. No registration required.

## **Special Events**

*Here are some of the special events we have planned for this summer. Registration is required.*

### **Big Ryan’s Tall Tales – Wednesday 7/8 at 7:00 PM**

Kids of all ages are sure to enjoy Big Ryan’s tales. Featuring stories, puppet play, a little music and a whole lot of fun! **Registration required.**

### **Jeannie Mack – Thursday 7/23 at 11:00 AM**

Music and fun for the young and young at heart. **Registration required.**

### **Animal World Experience – Thursday 7/30 at 11:00 AM**

A hands-on and close up experience that is guaranteed to be fun for all ages! **Registration required.**

### **Big Ryan’s Tall Tales – Thursday 8/13 at 11 AM**

Big Ryan comes back for an encore morning presentation! Featuring stories, puppet play, a little music and a whole lot of fun! **Registration required.**

### **3<sup>rd</sup> Annual Battle of the Books – Jr. Edition – Wednesday 8/19 at 7 PM**

Especially for kids going into grades 1-6. Participants will read from a list of picture books and popular fiction. Teams will be formed and the battle will begin. Which team will be victorious? Come and see for yourself.

Registration to participate in this event begins on 6/26/2009. The booklist will be available at that time.

**For more information about what’s up at the library visit us online:**

**[www.weymouth.ma.us/library](http://www.weymouth.ma.us/library) or call us at 781-337-1402**



**Join your neighbors at the Summer Sizzle and Summer of Fun Showcase.**

***WEYMOUTH RECREATION'S SUMMER SIZZLE* - June 27<sup>th</sup>, 1:00 - 5:00 p.m.**

Weymouth Recreation and our summer vendors present our Summer of Fun Sizzling Showcase on the grounds of the Wessagusset School. Live music to entertain visitors as they test drive many of the activities we will host this summer. Check out all the summer opportunities: kick a soccer ball, take a turn at bat, shoot hoops or archery, four square, chess, take a ride on a kayak or water-bike...or visit the “Children’s Zone” for live animals, games, magic, food and much more!



**Event Attractions**

<b>Wey-Fun</b>	<b>Great Esker Park</b>	<b>Sprouts</b>	<b>Lane Beach</b>
<b>Kayaking</b>	<b>Water-Bikes</b>	<b>Almost Golf</b>	<b>Martial Arts</b>
<b>Inflatables</b>	<b>Fitness Presentations</b>	<b>Exceptional Program</b>	<b>Buy you beach sticker</b> (license and registration req.)

***Weymouth Energy Efficiency Expo 2009***

The Summer Sizzle will again host – Sustainable Weymouth’s Energy Expo – Presenting ideas for energy and cost saving solutions from area businesses

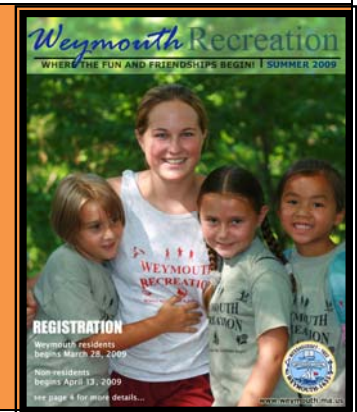
Exhibiting area businesses and contractors will show you how to save on home energy costs

- Lots of ways to become energy efficient for lots of budgets, needs and interests
- All in one location at the Wessagusset School - Saturday afternoon, June 27, 1-5 PM
- Half-hour practical mini-classes on key energy cost-saving strategies
- Exhibits - residential solar and wind, and state renewable energy incentives information...

Discover utility and government subsidies, rebates and tax credits for home energy efficiency.

***2010 Summer Book Cover Photo Contest***

You ought to be in pictures – or at least your child. 2008 was our first color cover picture and we are looking to continue this tradition. We are looking for a cover photograph for our 2010 Summer book. The only condition for eligibility is that the main “subject” is wearing a Weymouth Recreation t-shirt and having fun! The prize, the “subject” will get all Weymouth Recreation Summer 2010 programs for free. Prize(s) are subject to our policies and registered programs can not overlap.



Register at our office and online at [www.weymouth.ma.us/rec](http://www.weymouth.ma.us/rec)  
 Weymouth Recreation – 1393 Pleasant St., E. Weymouth, MA 02189  
 Phone: 781-682-6124 fax: 781-335-8299