

# Fairhaven Recreation

227 HUTTLESTON AVENUE  
508-993-9269  
www.fairhaven—ma.gov



## WINTER SESSION 2014

A decorative border of stylized evergreen trees surrounding the hours table. The trees are arranged in a rectangular frame around the central text.

| Hours           |         |
|-----------------|---------|
| Monday—Thursday | 6AM—8PM |
| Friday          | 6AM—6PM |
| Saturday        | 8AM—2PM |



# Fairhaven Recreation Policies & General Information

## Participants Responsibility

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the *Director reserves the right to dismiss or suspend a participant in any program without a refund of fees.*

Fairhaven Recreation is not a day care, after-school care program or babysitting service. Please read and understand the policies. If they are unclear to you please ask questions. **All** participants **must** pre-register for **All** programs.

During unsupervised open gym times an adult must accompany children under 12. The Recreation Supervisor on duty is only responsible for the activity taking place within the gym. Please be on time dropping off and picking up children from their programs. Failure to do so will result in additional cost penalties or suspension from programming. Children should not be left unattended.

## Play Card

Your play card **must** be with you when entering the building. You will be asked to scan it at the front desk as you enter the Recreation Center. Your card also gives you the opportunity to participate in all open gym activities. Play Cards will be issued at the Recreation Center during normal business hours. To obtain a Play Card you must provide 2 proofs of residency. Acceptable proofs of residency include a current utility bill, voter registration card or driver's license. For children, a report card or school I.D. card with an address will serve as valid proof.

## Photo policy...Smile

The Recreation Department and/or press take pictures and video on occasion of participants for publicity purposes and for local cable. If you don't want to have your child photographed please let us know.

## Program Registration

Registrations for programs will be during the regular operation hours listed in this brochure. Registrations will be accepted until the program is full and has met the minimum participation registration number. You may register for a play card at any time.

## Program Course Confirmation

No confirmations are sent out. A participant is registered only when payment is received, unless the Department notifies you otherwise. We will **only** notify you if there are any problems.

## Program Policies

All programs are offered to members on a first come, first served basis. Members must have a valid play card to sign up for programs unless otherwise noted. Fairhaven Recreation reserves the right to cancel or consolidate any program one week prior to the start date that does not meet the minimum registration numbers. Remember, nothing terminates a program faster than waiting until the last minute to register. Avoid disappointment and register promptly!

## Payment

Payment is due at the time of registration, check or money order made payable to Fairhaven Recreation. A fee of \$25.00 will be charged for any check returned for insufficient funds. No new registration of programming will be allowed until the \$25.00 fee is paid.

## Refunds

All programs are non-refundable, unless, the Recreation Department cancels a program. If you request to withdraw from a program you will only be refunded if sufficient time is allowed so that a replacement can be found and no costs are incurred by the department. There will be a \$10 administrative fee taken from the refund regardless.

## Switching Programs

If space allows and you wish to switch to another program there is a \$10 administrative fee and the request must be handled in person only.

## Age Requirements

Participants must be of noted age or grade by the first day of the program in which they are enrolled.

## Weather Cancellations

When the Fairhaven Public Schools are closed because of emergencies or weather conditions, **all** Recreation Department programming will be canceled for the entire day. If a storm develops later in the day please call the Recreation Department or check our Facebook page.

## Special Needs

Children and adults with special needs are encouraged to participate in recreation programs. Staff members are sensitive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the facility, or wish to discuss program details, please call the program coordinator to ask about specifics.

## Personal Belongings

Please do not bring any valuables, toys or games to our programs. The Recreation Department is not responsible for lost or stolen articles. To be safe, leave articles at home unless necessary for the program.

## Non—Members

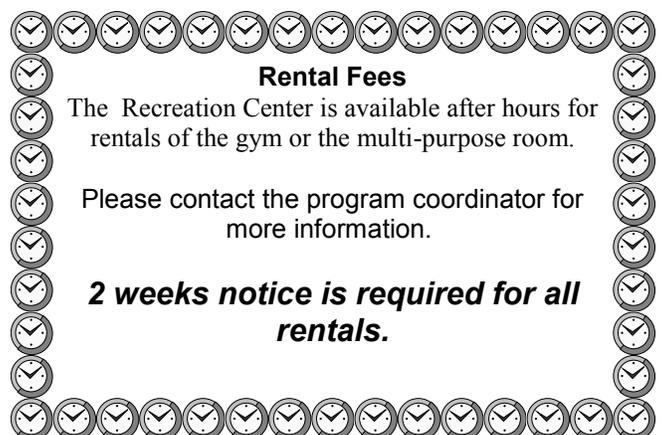
Non—Members can register for programs when space allows. There will be a non-member fee added to the program.



**Birthday Parties**

**The best birthday parties in Town are at the Fairhaven Recreation Center!**

**Ask the front desk for more information.**



**Rental Fees**

The Recreation Center is available after hours for rentals of the gym or the multi-purpose room.

Please contact the program coordinator for more information.

**2 weeks notice is required for all rentals.**

## FEE INFORMATION

### Fairhaven Residents:

| <u>Category</u>          | <u>Full Year</u> | <u>Six Months</u> |
|--------------------------|------------------|-------------------|
| Child Play Card          | \$30             | N/A               |
| Sr Play Card (age 62 +)  | \$30             | \$20              |
| Adult Play Card          | \$45             | \$32              |
| College Student          | \$80             | \$52              |
| Senior Full              | \$80             | \$52              |
| Adult Full               | \$110            | \$65              |
| Teen Wellness (16—18) ** | \$60             | N/A               |

### Acushnet/Mattapoisett Residents:

| <u>Category</u>         | <u>Full Year</u> |
|-------------------------|------------------|
| Child Play Card         | \$50             |
| Sr. Play Card (age 62+) | \$50             |
| Adult Play Card         | \$80             |
| College Student         | \$125            |
| Senior Full             | \$125            |
| Adult Full              | \$190            |
| Teen Wellness (16-18)** | \$80             |
| Non Resident Tax Payer: | \$165            |



\*Please note that 6 month memberships are only available for Fairhaven Residents\*

\*\* These members must attend a training and parents must sign agreement prior to receiving this membership\*\*

**PLAY CARDS GIVE ACCESS TO OPEN GYM ACTIVITIES AND ALL PROGRAMS AT THE MEMBER RATE. A FULL MEMBERSHIP GIVES ACCESS TO THE WELLNESS ROOM, OPEN GYM ACTIVITIES, AND ALL PROGRAMS AT THE MEMBER RATE.**

### Important Dates to Remember

**The Recreation Center will be closed on the following dates...**

*Christmas —December 25,2013*

*New Year's—January 1,2014*

**The Center will close at Noon on December 24th and December 31st**

**The Gymnasium will be closed on the following dates for Blood Drives**

*Wednesday- January 8, 2014*

*Wednesday- March 19, 2014*

*Wednesday- May 21, 2014*



## Preschool & Youth Programs

### **Lacrosse Program**

New Lacrosse program for boys and girls! Sign up to learn all about this increasingly popular sport. Boys and Girls have separate programs. **Fairhaven High School Coach Nick Pilla will be helping with this program.** Learn and play program.

**Days:** Tuesdays

**Time:** 4—5 PM

**Ages :** 8—14

**Cost: \$40 with Membership—\$ 50 without**

**Start Date:** January 21st      **End date:** February 25th



### **Goju-Ryu Karate**

This six week course introduces students to traditional Okinawan Goju-Ryu Karate. In the class students will be taught basic strikes, blocks, kicks, and at least one kata (form). Karate develops self-confidence, strength, agility, and respect for oneself and others. Instructor Elizabeth Rapoza holds two black belts in Okinawan Goju-Ryu and Korean Tans Soo Do karate. In addition, she is a former New England and national overall black belt champion.

**Start Date:** Session I—January 8, 2014      Session II—February 19, 2014

**End Date:** Session I—February 12, 2014      Session II—March 26, 2014

**Days:** Wednesdays

**Time:** 6PM-7PM

**Ages:** 7-14

**Cost:** \$40 Members      \$50 Non-members

**Comfortable clothing, no shorts**



### **Open Gym Basketball**

Make some new friends while refining your hoop skills. Times are always subject to change. Stop by for a current schedule of times for each age group.

**Ages:** 5-17

**Cost:** Free with your play card

**Please check front desk or call for availability**

## Youth Programs

### **Home Alone Safety Class**

This course is designed to encourage children to be more independent. Topics covered will be basic first aid, door and telephone protocol, accident prevention, and first aid for choking and safety measures. Pizza will also be provided. Space is limited... sign up soon!!

**Ages:** 9—11

**Date:** January 27

**Instructor:** Beth Oleson

**Time:** 5:30PM—8PM

**Cost:** \$45 Members                      \$50 Non-members

### **Babysitting Class**

This is a comprehensive 3 hour course for 11—14 year olds. Topics will include first aid, choke saving techniques, mealtime, bedtime, diapering, discipline, contracts and ethics. Pizza will be provided.

**Ages:** 11—14

**Date:** February 10

**Instructor:** Beth Oleson

**Time:** 5:30PM- 8PM

**Cost:** \$45 Members                      \$50 Non-members

### **Soccer**

This program is designed to give the basic skills of soccer. Participants will learn proper stretching, basic dribbling and shooting skills and an overview on how to play in a game. Participants should wear comfortable clothing and sneakers.

**Instructor :** Staff

**Start Date** January 27

**End Date :** March 24

**Days:** Mondays

**Time :** 4—5

**Ages :** 5—8

**Cost :** \$30—Members                      \$40—Non members

### **No Class February 17th**

### **All—Sport Speed Training**

This class is designed to help with athletes ages 8—11 with overall athleticism in whatever sport they are playing. Areas of focus include Speed, Agility, Running Mechanics, Systemic Strength, Balance and Confidence

**Instructor:** Bryan Silveira

**Start Date :** January 9

**End Date :** February 13

**Days:** Thursdays

**Time :** 4—5

**Ages :** 8—11

**Cost:** \$40 Members                      \$50—Non members

## Youth Programs

### **Open Gym Volleyball**

Come join in on the fun and notice a "net" gain in your fitness level.

**Day & Time : Wednesday 6—8PM**

**Cost : Free with your play card/ or \$5 Drop in**

**Starts : January 15th**

**Ages: 14—up**



### **Kool Kids February Vacation**

This 4 day program is a great opportunity to make new friends while participating in fun group activities such as pillo polo, floor hockey, dodge ball, cooperative games, flag football, arts & crafts, etc. Kids will need to bring their own lunch for the first 3 days of the program. The last day is a pizza lunch . Come ready to have fun! Sneakers and active clothes must be worn each day. Kids will be grouped according to their current grade in school.

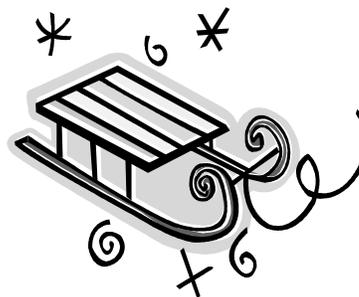
**Grades: K—5**

**Dates: 2/18/14 –2/21/13**

**Time: Drop off between 8—8:15, pick up by 3PM**

**Instructors: Staff  
\$125**

**Cost: Member \$100 Non Member**



### **Kool Kids April Vacation**

This 4 day program is a great opportunity to make new friends while participating in fun group activities such as pillo polo, floor hockey, dodge ball, cooperative games, flag football, arts & Crafts, etc. Kids will need to bring their own lunch for the first 3 days of the program. The last day is a pizza lunch. Come ready to have Fun! Sneakers and active clothes must be worn each day. Kids will be grouped according to their current grade in school.



**Instructors: Staff**

**Grades: K—5**      **Dates: 4/22/13—4/25/13**  
**Time: Drop off between 8—8:15, pick up by 3PM**  
**Cost: Member\$100 Non Member \$125**

## Adult Programs

### **Body Pump**

3 great classes in one . 20/20/20, tabata, which is 20 second exercise, 10 second rest and circuit training. Each class will be a different one, to shock your body into getting more fit. Hand weights and stability ball needed

**Ages:**16—Adult

**Days & Times:** Tuesday and Thursday 6:45PM-7:45PM

**Cost:** \$50 Member \$75 Non Member

**Start Date:** January 7

**End Date:** March 13

**No Class** November 6th

**Instructor:** Julie Baiardi

**FREE CLASS Deember 17th & 19th**

### **Vinyasa Yoga**

A flow of asanas( postures) designed to stretch, strengthen, and align the body. This practice will have pranayama (breathing techniques), introduction to a few more advanced postures and a short meditation at the end of each class. A well rounded continuing class for those looking to deepen their yoga practice. Experience with yoga is helpful, but not required. All levels are always welcome. Wear comfortable clothing, stay hydrated and bring anything you need to make your practice comfortable (mats, blankets, eye bags, etc.)

**Ages:**16—Adult

**Day & Times:** Tuesday 6PM-7:15PM

**Cost:** \$45 Member \$70 Non Member

**Start Date:** January 7

**End Date:** March 11

**Yogini:** Juliet Loranger



### **Cardio Mix**

Start off your class with a 15 minute cardio warm—up that leads into a 45 minute total body toning workout— arms, legs & abs. You name it, we work it. The class incorporates the use of hand weights, balance ball, and floor work. Students must bring their own hand weights up to 8 lbs. and a balance ball.

**Ages:** 16—Adult

**Start Date:** January 2

**End Date:** March 10

**Day & Times:** Tuesday & Thursday 5:30PM—6:30PM

**Cost:** \$50 Member \$75 Non-Member

**Instructor:** Nancy Gibeau

### **Adult Open Gym Basketball**

Work up a sweat with indoor pick up games! Open gym is free for all members.

**Days & Time:** Monday 6PM—8PM

**Ages:** 18 & older



## Adult Programs & Special Events

### **All Levels Hatha Yoga**

Combining the best of a physical, mental and spiritual yoga practice, this multi—level class will focus on alignment, breathing exercises (pranayam), balance and flexibility. Through carefully sequenced postures (asanas), students will learn to explore new—found strength, cultivate a deeper sense of relaxation, become more physically fit and ultimately foster a more mindful existence! Great for beginners and experienced yogis alike!

**Ages:** 16—Adult

**Days & Times:** Saturdays 8:30AM-9:30AM

**Cost:** \$45 Member                      \$60 Non Member

**Start Date:** January 4

**End Date:** March 8

**Instructor:** Jessica Webb

**FREE CLASS December 28th**



### **Zumba Toning**

*Kick up your heels with a Latin beat! Join this drop-in class!*

***Mondays & Wednesday from 5PM—6 PM***

***\$5 Members    \$7 Non Members***

***Instructor: Kim Jacobsen***

### **12th Annual Flashlight Easter Egg Hunt**

***(pre registration is required)***

Join us for the Eleventh annual flashlight egg hunt. Children will search for their eggs on the Recreation center grounds and return them to the Easter Bunny for a special treat. **Don't forget to bring your flashlight & camera for pictures with the Easter Bunny. In event of Rain , event will be held indoors at the Center.**

**Date: April 11      Time: 7:30PM      Place: Recreation Center**

**Ages : 10 and under      \$5 due at registration**

***Deadline to register is Tuesday April 8 . No late registrations will be accepted. No walk-ins will be allowed on the night of the event.***

