

Fairhaven Recreation

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



FALL SESSION 2010



Hours

Monday—Thursday	6AM—8PM
Friday	6AM—6PM
Saturday	8AM—2PM

Closed Sundays



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 leave it at the front desk as you enter the Recreation Center. It will be returned to you upon leaving. 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.

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.

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.

Age Requirements

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

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.

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 for an update.

Switching Programs

If space allows and you wish to switch to another program there is a \$5 administrative fee and the request must be handled in person only.

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 \$5 administrative fee taken from the refund regardless.

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.

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

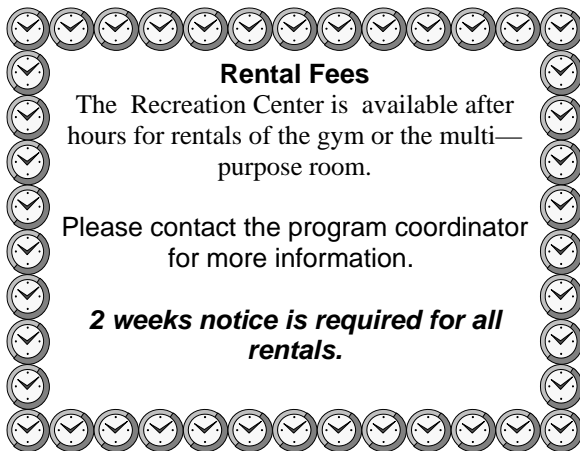
Please do not bring any valuables, toys or games to our programs. The Recreation Department is not responsible for lost or stolen articles. To be safe, leave articles at home unless necessary for the program.

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!

Non—Members

Non—Members can register for programs when space allows. Program fees plus an additional 50% non member fee will be collected prior to the start of the program.



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.



Birthday Parties

The best Birthday parties in Town are at the Fairhaven Recreation Center.

Ask the front desk for more information.

FEE INFORMATION

Membership to the Recreation Center is restricted to the following categories, and to Residents of Fairhaven, A Fairhaven Taxpayer, a Fairhaven municipal employee, Residents of Acushnet (A) or a resident of Mattapoisett (M).

<u>Category</u>	<u>Rate—Fairhaven</u>	<u>Rate—A/M</u>	<u>*6—month</u>
Child Play Card	\$25	\$40	NA
Senior Play Card	\$25	\$40	\$15
Adult Play Card	\$36	\$70	\$25
College Student	\$72	\$110	NA
Senior Full	\$72	\$110	\$45
Adult Full	\$100	\$175	\$60
Non Res Taxpayer	\$150	NA	NA

**Please note that 6 month is only available to Fairhaven Residents.*

Play cards do not give a member access to the wellness room, only a full membership does. The play card allows the member to participate in open gym activities and allows access to all our of our programs at the member rate, non member rates for programs can be up to \$25 more per session/event.

Important Dates to Remember

The Recreation center will be closed on the following Dates...

Labor day—September 6, 2010
Thanksgiving—November 25, 2010
Christmas—December 25,2010
New Year's—January 1,2011

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

Preschool & Youth Programs

Mommy & Me Playgroup (Dads Welcome Too)

Want to spend time with your little ones? Bring your children and you can both make new friends. We will provide the toys and play equipment. All children must be accompanied by an adult. .

Ages: 6mos.-5yr. **Day & Time:** Wednesday 10AM-11AM

Start Date: September 22nd /9wks **Cost:** \$20

End Date: November 17th

Girls Basketball Fundamentals

Ready to learn the basics in basketball to get league ready. This 6 week program for girls will get you there, gain skills and confidence.

Ages: 9 -13 **Time:** 4—5 PM

Start Date: October 6th/6 weeks
Wednesdays **Cost:** \$25/\$40



Sports & Games

A different sport or game will be played each class session. Don't miss out on this great drop-in program. It's a favorite!

Grades: 1—5 **Day & Time:** Tues. 4—5PM

Start Date: September 21st/10 wks. **Cost:** \$25/\$40

End Date : Nov. 23rd **Instructor:** Staff

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

NFL/Pepsi—Punt, Pass & Kick

This free program creates a lively and engaging forum for boys & girls ages 6—15 to compete against their peers in punting, passing and kicking skills. The four age divisions are 6-7,8-9, 10-11,12-13 and 14-15 with the boys and girls competing separately. The top scorer(boy and girl) in each age division will advance to the sectional competition with the opportunity to advance to the Team Championships. Don't miss out on this great opportunity, sign up today! This year you need to register at www.nflppk.com

Date: Saturday September 25, 2010

Time : 10:30 AM

Place: Livesey Park

***Pre registration is required**



Youth Programs

Gingerbread House Workshop

Join us for a fun filled afternoon of Gingerbread decorating! We supply all the candy, frosting and graham crackers. At registration you will receive a blueprint with information on how to construct the cardboard house. You will bring the pre—constructed house on the day of the event. This is a wonderful event for the whole family. We will also be serving hot chocolate.

Grades: Kindergarten & up **Instructor:** Staff
Date: December 4th **Time:** 12—2PM
Cost: \$15



How to be a Referee

Learn Referee Techniques. Everyone gets a whistle. Proper calls, rules of Fairhaven Recreation League, be able to Referee a game by the end of this 5 week session.

Saturday November 20th—Saturday December 18th 10AM—11AM
\$45 Member/\$60 Non Members Ages 16—Adult



Kool Kids Christmas 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, dodgeball, 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 combined with a New Years celebration. Come ready to party! Sneakers and active clothes must be worn each day. Kids will be grouped according to their current grade in school.

Grades: K—5 **Dates:** 12/27/10 -12/30/10
Time: Drop off between 8Am, pick up by 3PM
Instructors: Staff **Cost:** \$100 \$125 Non Member



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, first aid for choking and safety measures. Pizza will also be provided. Space is limited... sign up soon.

Ages: 9—11 Date: October 18th Instructor: Beth Oleson Time: 5:30—8PM
Cost \$40 members / \$45 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: October 25th Instructor: Beth Oleson Time: 5:30—8:30PM
Cost:\$40 members/ \$45 non-members

Manners Matter Most

Do you feel that common courtesy is passing you by? Sign your child up for this two hour course that covers everyday etiquette including phone manners, good sportsmanship, mealtime manners and more. *What better way to get ready for the Holidays!* Pizza will be provided.

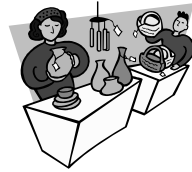
Ages: 8—12 Date: November 15th Instructor::Beth Oleson Time:5:30—8PM
Cost:\$40 members/\$45 non-members

Please register early as we will make a decision on whether the class will run 7 days before the scheduled date.

Youth programs & special events

Craft Fair

Be part of the Fairhaven Recreation Center's 9th anniversary on December 4th 2010. Event will be from 9AM until 3 PM. Come rent a 10' X 15" space to sell your holiday crafts, hand made gifts or fresh baked goods. Spaces cost \$10 each and space is limited to the first 15 people to Register. Crafter can begin setup at 7:30AM



Fairhaven Recreation Youth Basketball League

Registration: November 6th & 13th from 8AM—2PM Cost:\$8

Age is determined as of December 1, 2010

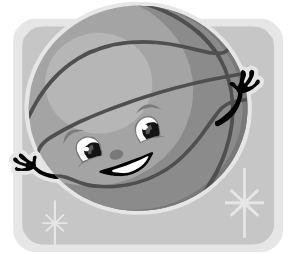
Divisions will be as follows with sufficient numbers;

<i>Pee Wee (Co-Ed)</i>	<i>Ages 6—8</i>
<i>Junior Girls</i>	<i>Ages 9—11</i>
<i>Junior Boys</i>	<i>Ages 9—11</i>
<i>Senior Girls</i>	<i>Ages 12—14</i>
<i>Senior Boys</i>	<i>Ages 12—14</i>

Open to all Members! Please bring 2 proofs of residency and a copy of child's birth certificate to registration. Information on new evaluation schedule available at registration.

Attention!!!

Calling all basketball enthusiasts! We are looking for motivated, committed individuals to volunteer as basketball coaches for this league. We are also in need of officials for the league, pay is roughly \$13 per game. For more information and to fill out a volunteer application please call or stop by the Recreation Center during league registration hours.



9 Year Anniversary Extravaganza

Join us for a **Free** afternoon of fun as we celebrate 9 successful years at Fairhaven Recreation! All afternoon Santa will be available for pictures for those who bring a camera, face painting, Gingerbread workshop (pre—registration is required), and live entertainment. We will also have a holiday bazaar so come and shop for that someone special. Bring a friend and have a ball!

Date: Saturday December 4th

Time: 9AM—3PM



Adult Programs

20-20-20

This fantastic class focuses on 20 minutes of hi-lo aerobics, 20 minutes of floor work, and 20 minutes of ab work. Students must bring 3– 5 pound hand weights. Looking to lose a few pounds or just tone up? Join this class, it only takes an hour!

Ages: 16—Adult

Days & Times: Tues/Thurs 6:45—7:45PM **Cost:** \$50/\$75 Non Member

Start Date: September 14th/12 weeks

No Class November 25th

End Date: November 30th

Instructor: Julie Baiardi

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 6-7:15PM

Cost: \$45/\$70 Non Member

Start Date: September 14th

Yogini: Juliet Loranger

End Date: November 30th

Bender Ball

In this class you can break bad habits and form an alliance with your body. The bender ball allows you to work your abs in ways that you couldn't do otherwise. With a regular crunch on the floor, you're limited in your range of motion. You can only go forward. With the bender ball, you're getting extension back and flexion forward which helps increase your workout intensity.

Ages: 16—Adult

Day & Time: Monday 6—7PM

Start Date: September 13th

End Date: December 6th

Cost \$40/\$65 Non Member

Instructor: Barbara Trahan

No class October 11th

Family Safety Instincts (FSI)

Give yourself the “edge”- education that could save a life with certified self defense instructors. Learn the things you need to do to avoid an attack on yourself or on your children. **No Martial Arts** required. FSI instructors use a fun, friendly and common sense approach to teaching you how to keep you and your family safe. FSI teaches simple techniques that anyone can learn to protect themselves. These moves take no special training because they are natural and instinctive. This is a 3 part course. Topics include: defensive posture, scan your environment, act—don't react, instinctive moves to escape, strike points & vulnerable parts of the body, natural and instinctive basic strikes—no fancy moves. Included in the course is a copy of our **Street Smart Guide** listing over 100 ways to prevent violence against you in the first place.

Cost : Members \$50/Non Members \$75

Time : 6—7:30PM

Dates : Wednesdays September 15, 22 & 29



Adult Open Gym Basketball

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

Days & Time: Monday 6—8PM

Ages: 18 & older



Adult Programs & Special Events

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: September 14th /12 weeks Day: Tuesday & Thursday
Instructor: Nancy Gibeau Time: 5:30—6:30PM Cost: \$50

Zumba

Kick up your heels with a Latin beat. Join this Drop in Class only.

Mondays & Wednesday from 5—6 PM \$5 members / \$7 Non Members per class

CPR

This course will train students to recognize and respond to breathing and cardiac emergencies in adults, children & infants. Students will learn about the basic precautions to prevent disease transmission as well as the importance of automated external defibrillators (AEDS).

Date: September 27th

Time: 5:30PM

Instructor: Beth Oleson

Cost:\$45 Members/\$50 Non Members

Witches Woods

Come with us and have a hauntingly good time at the Witches Woods. Travel on a coach bus to Westford, MA and enjoy exciting attractions such as Witch's woods Haunted Hayride, Castle Morbid Nightmare Mansion and more. Tickets to Witch's woods are included. Visit www.witcheswoods.com for more info. On attractions. We will have coffee and donuts before the trip and watch spooky movies on the way!

Date: October 16th Must register by October 2nd Cost: \$50

Bus will leave the Rec Center at 4Pm and return at 11:30PM.

All Children must be accompanied by an adult.



Shopping up North

Come with us as we head to Kittery Maine for a chance at filling your Christmas list. The bus will leave the Recreation Center at 7AM and return at 7:30PM. Light refreshments will be available in the morning. All Children must be accompanied by an adult.

Date: Saturday, October 23th, 2010 Cost \$25 per person

Deadline for registration is October 9th



NYC on your own

Shopping and sightseeing in the Big Apple...why not? Enjoy a day in New York City as we travel in style in a luxury motor coach. The perfect opportunity to get that holiday shopping done early, visit local places of interest, check out a show, see the holiday decorations or just wine and dine. Drop off is at Times Square. Pick up at the Madison Street Library. Bus leaves from the Fairhaven Recreation Center where coffee and donuts will be available upon arrival. We'll provide movies on the bus. To be sure that this trip can run—registration is required. All children must be accompanied by a parent.

Depart FHVN: 6AM

Arrive NYC: 10:30AM

Depart NYC: 5PM

Arrive FHVN: 10PM

Cost: \$50

Date : November 27th

Registration Deadline is November 13th

