

Fairhaven Recreation

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



| 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 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

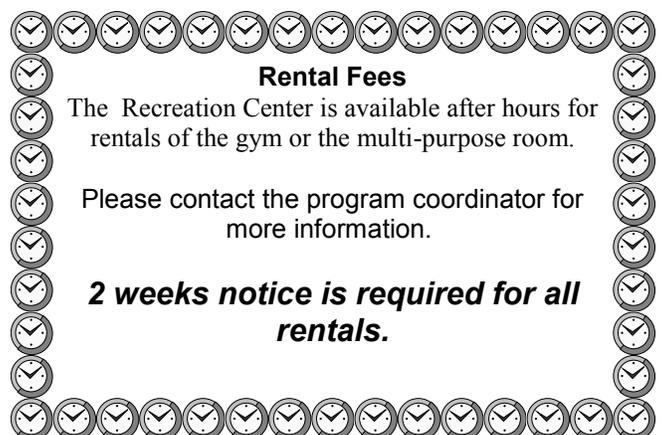
Non—Members can register for programs when space allows. There will be a non-member fee added to the program.



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 25,2014

New Year's—January 1,2015

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 7, 2015

Wednesday- March 18, 2015

Wednesday- May 20, 2015



Preschool & Youth Programs

Yoga for kids

This class is a great opportunity for stretching and fun for yogi's between the ages of 8-14 years old after school. Whether you have never done yoga, or have tried it before, this is the perfect class for you to use up some energy, increase strength, flexibility and coordination skills. Learn new exercises to help calm your mind after it all. This class will be 45 minutes long and wearing gym clothes would be best.

Days: Wednesday

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 7, 2015

End Date: Session I—February 11, 2015

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 28 **Instructor:** Beth Oleson
Time: 5:30PM—8PM **Cost:** \$45 Members \$50 Non-members

CPR

We are offering a CPR class to any adult who would like to learn this great skill. Perfect for a new parent or just to sharpen your skills. Sign up today, spots fill quickly!

Ages: 16—Adult **Date:** February 2 **Instructor:** Beth Oleson
Time: 5:30—8:30 **Cost:** \$50 Member \$60 Non—Member

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:** March 2 **Instructor:** Beth Oleson
Time: 5:30PM- 8PM **Cost:** \$45 Members \$50 Non-members

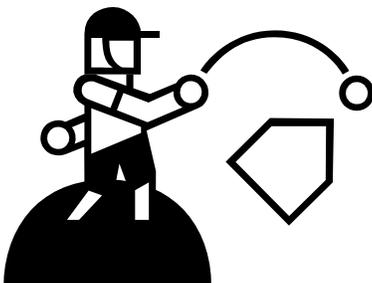
Soccer with Jake

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.

Start Date Session I—January 8 Session II—February 26
End Date : Session I—February 12 Session II—April 2
Days: Thursdays
Time : 4—5
Ages : 5—8
Cost : \$40—Members \$50—Non members

Look for new programs coming on our Facebook page!!!!

Look for and like Fairhaven Recreation Center



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 7th

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.

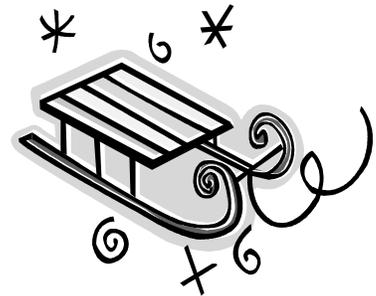
Grades: K—5

Dates: 2/17/15 –2/20/15

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: 4/21/15—4/24/15

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

Cost: Member\$100 Non Member \$125

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 lb. 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: Tuesday and Thursday 6:45PM-7:45PM

Cost: \$50 Member \$75 Non Member

Start Date: January 6th

End Date: March 12th

No Class November 6th

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 6PM-7:15PM

Cost: \$45 Member \$70 Non Member

Start Date: November 18

End Date: January 20

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: December 9

End Date: February 19

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

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

Instructor: Nancy Gibeau

Free Class December 4

No Class December 25 & January 1

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

Relaxed Yoga Flow

Relaxation yoga is a great option for beginner students. This class will allow you to distress after a busy day and give you a chance to stretch, which will lightly raise your heart rate and increase blood flow throughout your body. This class is geared to improve posture, balance and increase range of motion. Modifications and options for all levels will be offered during class. Please bring your own props (i.e. blocks, blankets, water) for the 1 hour class.

Ages:Adult

Days & Times: Wednesdays 10Am—11:15

Cost: \$45 Member \$50 Non Member

Start Date: January 7

End Date: March 11

Instructor: Kaylee Frano

FREE CLASS December 17th



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

13th Annual Flashlight Easter Egg Hunt

(pre registration is required)

Join us for the 13th 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: March 27 Time: 7:30PM Place: Recreation Center

Ages : 10 and under \$5 due at registration

Deadline to register is Tuesday March 24 . No late registrations will be accepted. No walk-ins will be allowed on the night of the event.

