

Fairhaven Recreation

227 HUTTLESTON AVENUE
508-993-9269
www.fairhavenrecreation.activityreg.com



FALL SESSION 2021

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.

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. *Now you can register and pay online at*

www.fairhavenrecreation.activityreg.com

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. ***Credit Cards are now accepted at the front desk and online.***

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 \$10 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 \$10 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

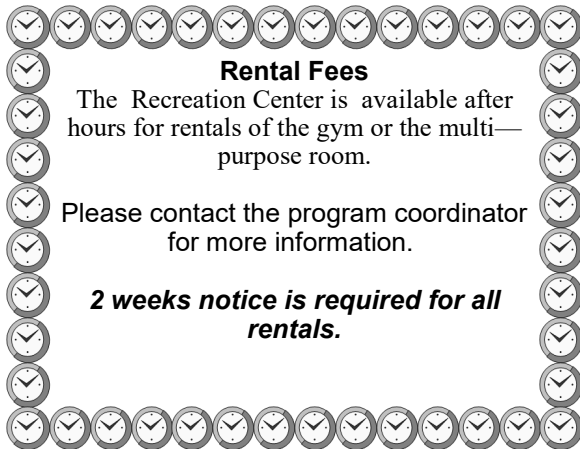
Please do not bring any valuables, toys or games to our programs. The Recreation Department is not responsible for lost or stolen articles. To be safe, leave articles at home unless necessary for the program.

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 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

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...



Labor day—September 6, 2021
Thanksgiving—November 25, 2021
Christmas Eve—December 24, 2021 Closing at Noon
Christmas Day —December 25, 2021
New Years Eve—December 31, 2021 Closing at Noon
New Year's Day —January 1, 2022

The Gymnasium will be closed on the following date for a Blood Drive
Tuesday—September 14, 2021
10 :30 AM—5:30 PM
Wednesday — October 20, 2021
10:30 AM—5:30 PM



****Now you can register and pay online for programs at www.fairhavenrecreation.activityreg.com**

Programs and Events

On the Road with Fairhaven Recreation.

Shopping up North

Come with us as we head to Settlers Green in North Conway for a chance at filling your Christmas list. The bus will leave the Recreation Center at 6AM and return at 10PM. Light refreshments will be available in the morning. **All Children must be accompanied by an adult.**

Date: Saturday, October 23rd, 2021 Cost \$60 per person

Deadline for registration is October 10th to ensure trip runs or until full



Spooky Salem

Just in time for Halloween! Come with us on a coach bus to Salem, MA. See all the haunted happenings and visit ghostly places on your own. Bus leaves the Recreation Center at 1:30PM, and returns to the Rec at 11:30PM.

**Date: October 30th, 2021 Register by October 17th to ensure trip runs or until full
Cost: \$40**

All Children must be accompanied by an adult.



Look for other trips currently being planned!

- **The Big E**
- **Casino Trips**
- **Providence Bruins**
- **PPAC**

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

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Youth Programs

Kool Kids Thanksgiving Half Day Program

Children can come to the Rec after school and do their homework, enjoy a snack, and play a variety of games! Sign up for one, two or all three days. The Fairhaven Rec staff will offer transportation, program hours are 12 to 5 PM

**** Please note only Elementary Schools have half days on November 22nd, 23rd and 24th ****

One Day: Member \$30	Sibling: \$25
Non-Member: \$35	Sibling: \$30
Two Day: Member: \$50	Sibling: \$45
Non-Member: \$55	Sibling: \$50
Three Days: Member: \$65	Sibling: \$60
Non-Member: \$70	Sibling: \$65

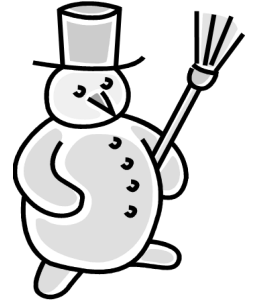
Pre Registration is Required Due to staffing, drop-ins will not be allowed

Kool Kids Christmas Vacation

This 3 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 and snacks as well as a reusable water bottle as we replaced our water fountain with a bottle filler. 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	Time: Drop off 8Am, pick up by 3PM
Instructors: Staff	Cost: \$85 Member \$100 Non Member
	Sibling: \$65 \$ 80

12/27 ,12/28 & 12/29



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 want to sharpen your skills. Sign up today!

Ages: 18 and older
Date: October 25 Time: 6PM—8:30 PM
Instructor: Beth Oleson
Cost: \$55 Member \$65 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: September 13th Instructor: Beth Oleson Time: 6 PM—7:45PM
Cost \$55 members / \$65 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 4th Instructor: Beth Oleson Time: 6 PM—8:15PM
Cost: \$55 members / \$65 non-members

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

**** Now you can register and pay for programs online at www.fairhavenrecreation.activityreg.com**

Youth programs & special events

**Look for new programs and cancellations coming on our
Facebook page!!!!**

Look for and like Fairhaven Recreation Center



Fairhaven Recreation Basketball Clinic



Fairhaven Recreation will be running clinics to teach the basic fundamentals of basketball. Each week will have skills and drills shown and practiced to develop young players. *Masks required unless fully vaccinated.*

Cost: FREE with play card \$30 without
Ages : Grades 1—8

Start Date: Saturday December 4th **End Date:** Saturday January 29th

Time: Grades 1 through 4 8 AM—9 AM
Grades 5 through 8 9 AM—10:30 AM

ADULT OPEN BASKETBALL

Mondays 6—8PM Must Have Active Membership and be at least 18 years of age!!!!
Masks required unless fully vaccinated



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Adult Programs

Body Pump

3 GREAT classes on a rotating schedule... 20/20/20 = cardio, weights, floor work TABATA = 20 sec exercise and 10 sec rest CIRCUIT TRAINING = 10 stations around the room...Each class will be a different one, to shock your body into getting more fit...Hand weights and towel are needed!!! *Masks are required if not fully vaccinated!*

Ages: 16—Adult

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

Start Date: September 21st

End Date: December 2nd

NO Class on November 25th

Instructor: Julie Baiardi

Shape it up

The focus will be toning of abs, arms, legs and glutes thru the use of weights and floor work while incorporating some cardio workouts. Join our family—everyone is welcome—we enjoy vintage tunes, with tons of laughter and respect for what we accomplish each class.

Please bring with you 2 hand weights—2 sets needed (a lights set from 3—5 lbs and a heavier set 5—8 lbs)

Masks are required if not fully vaccinated!

Ages: 16—adult **Start Date:** September 21st **End Date:** December 2nd

Day: Tuesday & Thursday **Instructor:** Nancy Gibeau **Time:** 5:30—6:30PM

Cost: \$50Member/ \$75 Non Member **NO CLASS November 25th**

Strong Nation

*Stop counting the reps, start training to the beat. Strong Nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move, every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even 5 more. **Masks must be worn if not fully vaccinated***

Mondays from 5—5:45 PM \$30 members / \$60 Non Members

Instructor: Sheri Souza

Start Date: September 13th **End Date:** November 29th

No Class on September 27th or October 11th

Fridays from 6:15—7 AM \$30 members/ \$60 Non Members

Start Date : September 17th **End Date :** December 3rd

No Class on November 26th

Hatha Yoga

In this class postures are practiced to align, strengthen and promote flexibility. As we flow from one pose to the other we will focus on linking our breath with our movement. Our goal is to release tension, de—stress and find balance between mind, body and soul. Students will be introduced to yoga postures through step by step verbal description and demonstration, as well as hands on adjustments as needed. Modifications will be offered to encourage participation from level: beginner—intermediate . **Masks must be worn if not fully vaccinated**

Thursdays from 5:30—6:30 PM

\$70 members / \$85 non members

Instructor : Diana Boucher

Start Date : October 7, 2021

End Date : December 16, 2021

No Class on November 25th

**** Now you can register and pay for programs online at www.fairhavenrecreation.activityreg.com**

Programs

Zumba

We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style , calorie-burning dance fitness party.

Instructor: Ann Marie Gallows

Wednesdays 5PM—6PM

Start Date: September 15

Members \$7

Non—Members \$10

Saturdays 8:30AM—9:30AM

Start Date : September 18

Members \$7

Non - Members \$10

Look for other programs being planned now!

- . *Soccer*
- . *Afterschool activities*
- . *Nutrition classes*
- . *Stretching/general fitness*

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