

MARSHFIELD RECREATION DEPARTMENT

at

Coast Guard Hill

900 Ferry Street, Marshfield, MA 02050

781-834-5543

www.townofmarshfield.org/government-departments-recreation.htm

www.facebook.com/MarshfieldRecreationDepartment

WINTER / SPRING 2016 COMMUNITY BROCHURE



New Classes:

New Yoga classes for kids. See p 32.

Music Makers p 35.

As additional new programs are finalized we will post online and in the brochure.

OFFICE HOURS:

Monday, Wednesday, Thursday and Friday 8:30 a.m. - 2:30 p.m., or by appointment.

On-Line Registration available!

Online - By Mail - In Person
Registration form enclosed

Recreation Staff:

Ned Bangs, M.Ed., CPRP, Director
Recreation @townofmarshfield.org

Sharon Robbins, Administrative Assistant
Recreation@townofmarshfield.org

New programs to enjoy!

Have an idea for a program, a talent or skill to share? Call the office! We continue to build new partnerships through programs, special events and fundraisers. Ask us how!

We are looking for additional program space!

Recreation Commission:

Jan Dobsovits, Vice Chair
Chris Ciocca
Dan Donovan
Jeanine Hall
Katie Holt
Brian Spano
Gary Pina



New members welcome,
Come join our team!!

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Many times families call & ask if there is anything that they can donate to our department. We can always use help with craft supplies, chalk, markers, pencils, colored pencils, three hole punch, electric pencil sharpener, glue, buttons, google eyes, glitter, colored paper, drawing paper, Lego's and cooking aprons.

The spring is a good time to check your cellar, attic, and or garage for those items which are no longer used, and are looking for a new home. Give us a call if we can help you out!

From the Director:

As a community recreation department, we rely on the community for assistance, whether it is a business that agrees to sponsor an event, a musical group performing for a reduced rate, or an individual agreeing to volunteer his/her time to lead/teach/instruct a specific program. As a 1.5 person department, volunteers play a huge role. Whether it is assisting to chaperone the weekly ski program, cleaning our outdoor facilities such as Coast Guard Hill, or helping to keep our building clean, we appreciate your time and dedication. Many volunteers assist by serving on various committees, and boards, such as the Marshfield Recreation Commission or help with one of our many special events.

We thank the many staff who lead/teach/instruct our many programs throughout town, during the day, at night, on weekends and vacation weeks. We count on your dedication and positive attitude. We appreciate the many children, youth, teens and adults who choose to participate in our many and varied programs. Whether it is Disney On Ice, the Boston Pops at Symphony Hall, summer playground, tennis, pre-school enrichment programs or After School Sports, our participants keep us busy and on track. We appreciate your feedback. If we are doing something well it is nice to know that — if we are not, it is very important that we know so we may make changes to improve our offerings. We appreciate and count on your program suggestions. We are your community department and we will respond to new community program / activity suggestions where possible. Many of our programs and outings are the direct result of community input. Suggest an activity or better yet offer to teach a new program or class! Our programs continue to grow in both the number of classes that are offered as well as the diversity of the classes which we provide. This winter/spring we will offer several NEW programs as we respond to increased interest from our residents. By working together, we can continue to affect positive changes for our community.

Our office is staffed Monday, Wednesday, Thursday, and Friday, 8:30 a.m. - 2:30 p.m. Often times you will find staff working in the office after hours and on weekends. If you stop by and staff are not available you may drop off your registration form or payment in the mail slot adjacent to the front door. If you arrive after office hours and the door is open, come on in. Seasonal brochures are available on our web site and they are updated as program date (s)/ costs are finalized. We offer **Rolling Registrations**, no need to wait until the seasonal brochure is finally completed. As soon as a seasonal program is finalized we will put that program online for all to see and register for. When all the programs are finalized a pdf of the seasonal brochure will be posted for all to see. You can scan for the programs of choice, print out the registration form and mail it in or drop it off at the office. When the form is processed a program receipt is emailed to you. For your convenience, our department currently offers On-Line program registration. (You may also find program listings on our Face Book page.) Create your family account and include all family members. Credit/Debit Cards (Master Card, Visa and Discover Card) as well as electronic checks are accepted. Please note: the bank charges a 3% convenience fee for all credit and debit card transactions and a .25 fee for electronic checks.

Our online registration is working well, check out our newly updated online registration site. We are working to update our Facility Scheduling program. The improved program will allow us to track ball field reservations and community events. It will allow us to create a Community Calendar for all to see and use. Recreation Staff will post as many community events as possible on this new Community Calendar, we hope you find it helpful.

Marshfield has a leash law and for the safety of all we remind individuals to follow the law when visiting Coast Guard Hill. “No dog shall be allowed in any public place or any lands, beaches or way within the town unless the dog is restrained by a chain or leash and under the direct control of its owner or handler,” adopted by Article 37, 1990 ATM. Be a good neighbor and clean up after your dog.

In anticipation of the sledding season, volunteers have installed and staked bales of hay in front of the trees and community garden. Please allow the bales of hay to do their job and do not move them. The hay will help protect sledders this winter. Enjoy the winter, help to keep Coast Guard Hill beautiful by cleaning up when you leave. The grounds at the Recreation Center are open to the public from dawn to dusk, unless there is a scheduled recreation program. Surveillance cameras patrol the property 24/7

Have a great winter, enjoy our many new programs and remember, “Don’t Hesitate, Recreate!”

Sincerely,

Ned Bangs, C.P.R.P.
Recreation Director

MARSHFIELD RECREATION DEPARTMENT WHO WE ARE AND WHAT WE DO

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The Marshfield Recreation Department was established by Town Meeting in 1958 with the purpose of conducting and promoting recreation, play, sport and physical education. The Recreation Department plans, organizes, promotes, and provides worthwhile leisure programs and facilities to serve the physical, emotional, and social needs of the residents of our community, regardless of one's ability.

The Recreation Commission is comprised of Marshfield residents, seven full members and two alternates, who are appointed by the Marshfield Board of Selectmen. The Commission is a policy and active board responsible to the town for providing year-round, high-quality indoor and outdoor recreation activities for town residents. The Commission meets regularly to review policy, programs and procedures. Community attendance and input regarding programs and facilities is welcome! The Recreation Commission welcomes volunteers who are interested in promoting the planning of programs for all Marshfield residents. Call us at (781) 834-5543 to see how you can help!

DEPARTMENT OBJECTIVES

Coordinate recreational activity with the school department, youth groups, youth sports programs, and senior citizens groups.

Involve as sponsors of recreation special interest groups, business organizations, neighborhood groups, professional groups and news media who are interested in helping improve Marshfield.

Better utilize and upgrade parks, ball fields, and conservation land.

Better utilize, protect, preserve, and beautify Marshfield's beaches.

Establish new programs as self-supporting and explore ways of generating additional revenue through grants, donations and fundraising.

RECREATION STAFF

Recreation activities are coordinated through our office staff, which is comprised of one full-time director and one part-time administrative assistant.

The Recreation Department strives to hire the best-qualified individuals possible to staff and instruct our many programs. The Town of Marshfield performs background record checks on paid staff and program volunteers. Our department presently uses job applications, personal interviews and reference checks as part of our screening process. The C.O.R.I. will further assist us in screening prospective employees.

In all instances we will do everything possible to provide a positive learning experience and offer a safe, secure environment for your child. The Recreation Department strives to offer community programs which are within budget limitations. All Recreation Department programs are self-supporting. The fees charged for programs cover the cost of operation of the program, such as instructor salaries and materials.

Program instructors and part-time employees are hired on a seasonal basis. If you are interested in offering a program, please contact our office.

Registration Procedure

You may use the enclosed form for all family members. All fees are payable at the time of registration. Go Green, save time and register on-line. Late registrations pay full fee, no pro-rating.

A person is considered registered when payment: including credit or debit card, (Discover or Master Card) check (payable to Town of Marshfield) or cash, accompanied by a completed registration form is received by the Recreation Department.

Non-Resident Registration:

Recreation programs will be open to non-residents on a space available basis.

Program Information

Outdoor programs will not be held during periods of inclement weather. Program updates will be e-mailed to you directly. A notice will also be placed on our voice mail. **If school is cancelled or let our early, our programs will be cancelled.**

If you have a question call the Recreation Department. All attempts will be made to reschedule classes that have been cancelled. When schools are cancelled we cancel all recreation programs as well. We are not responsible for making up classes missed due to participants' inability to attend.

Photo Policy

Unless otherwise notified, the Recreation Department reserves the right to photograph program participants for publicity purposes for flyers, brochures and our web page.

Wait List

Waiting List will be available **On-Line**. No Payment / No charge to add yourself to the Wait List. **By Mail** - when a program is full you will be notified via email and placed on a wait list. Your payment will be credited to your account. Call if you wish a refund. Refunds take 3 – 4 weeks to process. If openings become available, we go to the wait list to fill the class.

Refund Guidelines

Our programs are supported by participant fees. If notification of withdrawal is 2 weeks prior or more to the start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus the \$15 processing fee. (per person and per program)

Notification for withdrawal must be in writing, emails will be accepted.

Once the class has begun, we maintain a NO REFUND policy, unless for medical reasons and with a doctor's note.

We are unable to provide refunds on trips unless a replacement can be found.

An administrative fee of \$15.00 will be retained per person, per program.

The Town of Marshfield charges a \$25

E-Mail

Please keep your E-Mail address updated as most of our communications for program cancellations, changes, etc are done via e-mail.

On-Line Program Registration

We encourage on-line registration. Shop for all your leisure needs 24/7 from home!

Easy Registration Process

1. If Mail or Walk In, use one form per family (photocopy extra forms if needed)
2. Include check or money order payable to Town of Marshfield, to cover all program costs.
3. Fill out registration form completely and accurately so that all your information will be recorded correctly. Read all registration guidelines and course information.
4. Insert completed registration form and check into an envelope and mail to: Marshfield Recreation Department
900 Ferry Street
Marshfield, MA, 02050
5. Please provide a current e-mail address for confirmations/receipts.

"Helping Hand" Scholarship Fund

Fee-based programs can create a financial hardship for some families. We believe that public recreation is important and serves to improve the quality of life for individuals and the community alike. If you would like to contribute to the "Helping Hand" fund, please refer to the program registration form in this brochure.

Financial Assistance

Marshfield residents unable to participate in programs due to financial reasons may qualify for financial assistance, consideration upon written request. Scholarships and payment plans are available on a case-by-case basis. Contact the Recreation Department immediately to request financial assistance. Register in person or by mail. The on-line option is not available at this time.

Code of Conduct

Proper behavior by all program participants is expected at all times. Participants shall show respect to peers and staff, refrain from foul language, and be respectful of equipment, supplies, and facilities. The Recreation Department reserves the right to terminate any individual who cannot exhibit proper behavior.

REGISTRATION INFORMATION

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On-Line - By Mail - In Person

People often ask “What is the best way to register to guarantee getting into a program” There is no way to “guarantee” you get in a certain program. Remember, the program (s) that you are interested in will be of interest to many others. Choose the method most comfortable to you, and if a spot is not available please place your name on the wait list. In the event there are any changes we will contact you. No payment is collected if you are placed on a wait list. We suggest that you register for the program (s) you want as soon as possible.

On-line Registration 24/7 is the PREFERRED METHOD and STRONGLY RECOMMENDED. Register from the comfort of your home, or a friends, or during a break at work. When you register on-line you will receive a receipt of your transaction. We also accept Mail In and Walk In registrations. Registration may be limited due to subject matter, space limitations and leadership ratio. *We currently accept Visa, Master Card and Discover Card (debit or credit), Electronic check is available.* **Please Note:** The bank charges a **Convenience Fee** of 3% for debit and credit card transactions. A **Convenience Fee** of .25 cents is charged for electronic checks.

SCHOLARSHIP REQUESTS may **only** register by mail or in person at this time!

Okay, so how does On-Line Registration Work? How do I sign up?

www.townofmarshfield.org/, then select On-Line Services, then Sign up for Recreation Programs

If you registered with us during the summer or fall and we have your email address in the system, you already have an account. Enter the e-mail you have on your account and click “I forgot or don’t know my password”. A temporary password will be emailed to that address. Once you are logged in, click “Account” at the top of the page to review and edit all your account information.

If you are new, you will need to “Create a New Account” Click “login” from the upper right top corner of the page. On the next page click “I would like to create a new account” Enter all the data for Parent/ Guardian 1, Click “Save and Continue” when completed. Click “Add New Member” and enter the data for Parent /Guardian 2. Click and save and then enter the next person in the family. Continue until you have entered each family member. Once you have all family members entered you will then be able to register for programs. Your account will allow you to view your account information which will show contact information, balance, and credits. You will be able to add new members, edit your contact information, view the activities you are registered for or use credit vouchers on your account to pay.

AGE OF PARTICIPANTS - Participants must be the noted age by the first day of the session in which they are enrolled. **Birth certificates or physicals** are required for ALL children age 5 and under. Bring a copy to the Recreation Office to have it recorded. This is a one-time only requirement. Registrations are not complete without birth certificate or physical. *If born in Marshfield, parents/guardians can obtain copies at the Marshfield Town Clerk’s Office.*

Sledding

If there is snow Coast Guard Hill is open from dawn to dusk for sledding. The bales of hay are for your safety, please do not move them. Please use the parking lot adjacent to the office or the dirt lot off Ferry Street. For safety reasons cars and trucks are not allowed to drive on the hill. Help keep Coast Guard Hill beautiful for all to enjoy. Call the police if you see unauthorized vehicles on the hill. Please help by taking your rubbish and broken sleds and tubes with you when you leave. Outdoor surveillance cameras patrol the property 24/7.

Marshfield has a leash law and for the safety of all we remind individuals to follow the law when visiting Coast Guard Hill. “No dog shall be allowed in any public place or any lands, beaches or way within the town unless it is effectively restrained by a chain or leash and under the direct control of its owner or handler,” adopted by Article 37, 1990 ATM. Please be a good neighbor and clean up after your dog. CGH is open from Dawn to Dusk for your enjoyment.

SOMETHING FOR EVERYONE!

The Marshfield Recreation Department offers programs, trips and special events year round. Our ⁷ Community Brochure is published seasonally and provides information on our Fall, Winter/Spring and Summer programs (September, January, April). Save time and Go Green by registering for programs on-line! To locate the brochure on our website, google Marshfield Recreation. Additional program information is published in the Patriot Ledger, Marshfield Mariner, The Marshfield News.com and the Community Cable Channel.

Volunteers/Interns

Volunteers assist in the office and may help with phone calls, program inquiries, marketing, fundraising and the business aspects of the department. Our site at Coast Guard Hill has many outdoor opportunities for volunteers, including gardening, masonry, landscaping, grass trimming, etc. Consider sharing your time, skills and knowledge with your local recreation department. A few hours a week can make a difference! Students seeking community service hours or community groups/organizations or individuals are encouraged to discuss how they may improve community programs/facilities through partnerships.

One person can make a difference — you can make a difference!!

Don't Let A Good Program Die!!

Nothing kills a good program better than putting off registration until the last minute. All Recreation Department programs require a minimum number of participants to run successfully. Our programs require a high level of coordination including facility scheduling, staffing, and volunteer recruitment. Undersubscribed programs will be cancelled, but you will receive a full refund. Don't procrastinate — participate!

Gift Certificates Available!

Can't think of what to get that person who has it all? Give the gift of recreation! Our staff will design a fine Recreation Department gift certificate for your birthday, holiday celebration, or other occasion. Call us at (781) 834-5543 and we will design a certificate to meet your needs.

E-mail List!

Join our e-mail list and receive up-to-date information on programs, registrations, jobs and other important news. Opt - In when you sign up for a recreation program. It is easy to subscribe and best of all it is FREE!

Find A Mistake!

Some people love to find errors, so we included a few in this brochure! A Recreation Department sweatshirt and hot chocolate mug or other recreation department items will be awarded to the first caller to correctly notify us of an error. Limited to one (1) offer per brochure. The winner's name will be posted on an updated edition of our Winter/Spring Brochure.

After Hours?

Stop by our office on your way to work, on your way home from work, or on a weekend. You can drop off your program payments and /or registration fee or other paperwork in the drop box 24/7, located adjacent to the front door!

Returned Checks

Please note: There is a charge of \$25.00 for any returned check.

Shop Locally, Shop Marshfield Recreation, Since 1958!

TRIPS / OUTINGS

DISNEY ON ICE 100 Years of Magic



WHO: All (students welcome with an adult)

WHEN: Thursday, February 18, 2016

WHERE: The Boston Garden Min. 30 - Max. 40

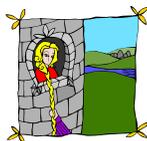
FEE: \$46.00 p.p. On Reg. Form: List Disney

Grab your Mickey ears and get ready for the ultimate Disney experience as Disney on Ice celebrates 100 years of Magic.

Be charmed by a cast of over 50, including Mickey Mouse, Minnie Mouse, Goofy, Anna, Else, Olaf and more!

The bus will leave from the Recreation Child Care Center, 14 Library Plaza at 9:00 a.m. and return by 2:30 p.m. The cost includes transportation and Club seating!

This trip is sure to sell out quickly. Don't delay, reserve your tickets now!



THE BOSTON POPS

8

Brian Wilson/Pet Sounds

WHO: All (students welcome with an adult)

WHEN: Friday, June 17, 8:00 p.m.

WHERE: Symphony Hall, Boston

FEE: \$72.00 p.p. **On Reg. Form:** Boston Pops

Named on one of the best albums of all time, Brian Wilson's Pet Sounds revolutionized pop music. Hit singles include: Wouldn't It Be Nice, God Only Knows and Sloop John B, hearing it performed by its creator is a not to be missed experience. This 50 Anniversary Celebration will be the final tour of Pet Sounds in its entirety, performed along with rare cuts and greatest hits with the Boston Pops.

The annual outing is sure to be a sell out and not to be missed. Reserve your tickets now. The bus will leave from the Recreation Child Care Center at 14 Library Plaza, 6:00 p.m. please show up by 5:45 p.m.

Special Guests: Al Jardine and Blondie Chaplin.

Reserve your tickets, so you do not miss out!



NANTUCKET

WHO: All (students welcome with an adult)

WHEN: Sunday/Monday, May 22-23, 2016

WHERE: Nantucket Island

FEE: \$376.0 p.p. Single, \$316.00 pp Double, \$306.00, Triple, \$296.00 Quad

On Reg. Form List: date and trip and sign up for Master List

Round – trip motor coach and ferry, transfers between ferry and hotel, one night at the Nantucket Inn, 1 Breakfast and 1 Dinner, Island tour, Ticket to Whaling Museum and more.

Leave from the Recreation Child Care Center, 14 Library Plaza Sunday at 6:00 a.m., return Monday around 7:00 p.m.

Tickets are limited and sure to sell out.

Celebration Tours



BOSTON RED SOX

WHO: All (students welcome with an adult)

WHEN: Saturday, May 7

WHERE: Yankee Stadium

FEE: \$109.00 p.p.

On Reg. Form List: date and trip

Red Sox vs Yankees - Depart 7:00 a.m. from the Recreation Child Care Center, 14 Library Plaza., return to Marshfield by approx. 9:30 p.m.

Trip includes: Transportation via Luxury Silver Fox motor-coach, lav equipped, with CD/DVD/WiFi., Terrace level reserved seating.

Tickets are limited for this annual event and they are sure to sell out.

Fox Tours



Trip Policy: Participants are asked to meet at the Recreation Dept. Child Care Center, 14 Library Plaza 15 minutes prior to scheduled departure time. Once the bus arrives, we will take attendance, review the trip, wait 5 minutes and then leave. Tickets are not refundable unless we are able to find someone to take your place. There are no refunds if you miss the bus. Students are welcome with an adult.

TRIPS / OUTINGS

JOHN WILLIAMS FILM NIGHT

WHO: All (students welcome with an adult)

WHEN: Saturday, August 13, 2016

WHERE: Tanglewood Max. 20

FEE: \$147.00 p.p. **On Reg. Form:** Film Night



This outstanding trip features Deluxe air –conditioned, lav-equipped motor coach, refreshments served upon departure, Dinner at Michael’s Restaurant in Stockbridge, (menu details to be announced) Time permitting, browse the Main Street shops of Stockbridge.

Reserved Shed Seating at Tanglewood, (8:30 p.m. start) A perennial favorite, featuring movie themes of one of America’s premier composers, conducted by the master himself. Star Wars, Superman, Harry potter, E.T., Saving Private Ryan, Indiana Jones, Jaws and more! With such a varied repertoire, it’s sure to be a memorable evening. John Williams and Richard Kaufman, conductors, as well as special guests!

Tour Escort throughout



Note: Tours and or inclusions subject to change.
Celebration Tours

MAINE LOBSTER BAKE

9

WHO: All (students welcome with an adult)

WHEN: Saturday, August 20, 2016

WHERE: Maine Max. 40

FEE: \$75.00 p.p. **On Reg. Form:** Lobster Bake

We will leave this morning (8:30 a.m.) on our luxury Silver For Coach. We will visit scenic Nubble Light and York Village where we will have time to browse the many boutiques or stroll along Ocean Drive.

Our Feast at Fosters will include N.E. Clam Chowder, Cultivated Mussels and Main Clams, Fresh Lobster or BBQ Chicken, (choose when you sign up) Sweet Corn on the Cob, Roasted Red Bliss Potatoes and Onions and Blueberry Crumb Cake.

After a full lunch, we will make room for a little more food as we board our motorcoach and visit the “Where Pigs Fly” Bakery.

Finally, and sadly we will depart for Marshfield, arriving home approximately 6:30 p.m.

Entrée; _ Lobster or _ BBQ Chicken choose one when you sign up.
Fox Tours



VINE TO WINE TOUR

WHO: All (students welcome with an adult)

WHEN: Sunday, October 2, 2016

WHERE: Max. 40

FEE: \$79.00 p.p. **On Reg. Form:** Vine Tour



We will leave this morning (Time TBA) on our luxury Silver For Coach. We will travel west along the Mohawk Trail to Deerfield where we will visit the Yankee Candle Store before enjoying a delicious lunch at Chandler’s Restaurant. Choose Fresh Bakes Scrod or Baked Chicken, (Choose when you sign up) each served with Salad, Beverage and Dessert. After Lunch we’ll travel to Jacksonville, Vermont where Honora Vineyards, one of Vermont’s best wineries is located. Next we’ll travel to Putney, VT and visit the Putney Mountain Winery, which features fruit wines. Lucky for us, the Basketville Store is located next store.

Finally, the time to return home has arrived and we will depart for Marshfield, arriving home in the early evening.

Don’t be left out, sign up now!

Please Choose Entrée: _ Fresh Baked Scrod _ Fresh Baked Chicken Breast. Let us know when you sign up.

Fox Tours

PRE-SCHOOL FUN

MUSIC MAKERS

WHO: Co-ed, age 6 months through age 4

WHEN: Fridays, March 11 - April 1 (4 weeks)
10:00 - 10:40 p.m.

Additional Classes

WHERE: Marshfield Recreation Center,
900 Ferry Street

FEE: \$44.00 p.p. Min. 4 - Max. 8

On Reg. Form List Program, Date and Time

STAFF: Ms. Bethany has her Masters in Education and has been teaching for over 10 years. She is excited to share all her knowledge and creativity with families on the south shore. Read more about Ms. Bethany at <http://www.msbethany.com> This 40-minute class offers something for all little music lovers! Enhance your little one's love of music during this special bonding time. Each class will have songs, dances, and movement games that will excite your budding musician. Music is proven to aid in a child's development and language skills as they practice new vocabulary, the rhythm and structure of speech, and tonality. Along the way, you'll be building a repertoire of cheerful songs that will instill a lifelong love of music.

Pay for the child, parent attends for free! Younger sibling is free with paid older sibling.

Parent must stay for the class. No drop and go.

Look for more classes this spring!

TOT YOGA

WHO: Co-ed, Crawling to 36 months - and their Adult
(All children must be accompanied by an adult)

WHEN: Mondays, 9:00 a.m. - 9:45 a.m.
January 4 - February 1 (4 weeks) No Class 1/18

WHERE: Recreation Center, 900 Ferry Street

On Reg. Form: List Program, Date, Time and Session

FEE: \$44.00 per child Min. 4 Max. 6

STAFF: Laura McGrath, LCSW, CYKT

Laura is a Licensed Clinical Social Worker, Certified Yoga Kids Teacher and Certified Child Light Yoga Baby and Toddler Teacher. She has over 18 years of experience working with children and teens, with 8 of those years working as a therapist in a therapeutic day school providing individual and group counseling. She has been teaching yoga classes for babies to teens at such locations as Pudding Hill Preschool, the Marshfield Recreation Department and the South Shore Learning Lab. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

This fun class is perfect for those active toddlers! Crawlers and walkers will learn yoga inspired poses, songs and games while they explore new movement and social skills.

Toddlers will begin to develop mind and body awareness and self regulation skills while bonding with their caregivers and connecting with other kids their age. This class is also a great opportunity to make connections with other local families. Come play yoga with us!
All mats and props will be provided.

YOGA KIDS

10

WHO: Co-ed, Grades K - 2

Additional Classes p. 32

WHEN: Sundays, 3:00 - 4:00 p.m.
January 10 - January 31 (4 weeks)

WHERE: Recreation Center, 900 Ferry Street

FEE: \$48.00 p. p. Min. 6 Max. 8

On Reg. Form: List Program, Date, Time and Session

STAFF: Laura McGrath, LCSW, CYKT

Laura is a Licensed Clinical Social Worker, Certified Yoga Kids Teacher and Certified Child Light Yoga Baby and Toddler Teacher. She has over 18 years of experience working with children and teens, with 8 of those years working as a therapist in a therapeutic day school providing individual and group counseling. She has been teaching yoga classes for babies to teens at such locations as Pudding Hill Preschool, the Marshfield Recreation Department and the South Shore Learning Lab. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

Yoga Kids is a fun interactive program that uses a combination of classic poses, cooperative games, relaxation techniques, music and crafts to explore the art of Yoga. The goal is to help kids connect their bodies and minds to experience a natural state of fitness, confidence and inner calm. No only will the kids have a blast, but they will develop skills that will serve them throughout their entire lives!

Look for additional Pre School programs this spring

ADDITIONAL CLASSES, PAGE 33

WINTER COMMUNITY PLAYGROUPS

COMMUNITY PLAYGROUP

WHO: Family Playgroups/All Ages

WHEN: Tuesdays, 9:00 a.m. - 10:30 a.m. or 12:30 - 2:00 p.m.
January 5 - February 2 (5 weeks)

OR Wednesdays, 9:00 a.m. - 10:30 a.m.
January 6 - February 3 (5 weeks)

WHERE: Recreation Center, 900 Ferry Street
Program Room

FEE: **FREE**, but you must Sign Up with Deb Worsh*
781-834-5072
dworsh@mpsd.org

(sign up
for one day
and one
class time)



STAFF: Facilitated by Deb Worsh, Marshfield Public Schools
Early Childhood Outreach with support visits from Sue West.

COMMUNITY PLAYGROUP

WHO: Parent Baby Playgroup

WHEN: Thursdays, 12:30 p.m. - 2:00 p.m.
December 3 - February 4 (8 weeks)

WHERE: Recreation Center, 900 Ferry Street
Program Room

FEE: FREE* No cost, but you must register.

STAFF: Facilitated by Sue West, Nurse, Childbirth Educator,
Active Parenting Coordinator and Deb Worsh.

A playgroup for new and nearly new Moms/Dads, and babies.

Bring a healthy, peanut-free snack along with a water bottle or
juice box and a smile.



Shop locally, Shop your community recreation department!

COMMUNITY PLAYGROUP 11

WHO: Family Playgroups/All Ages

WHEN: Thursdays, 10:00 a.m. - 11:30 a.m.
January 7 - February 4 (5 weeks)

WHERE: Recreation Center, 900 Ferry Street
Program Room

FEE: FREE* No cost, but you must register.

STAFF: Facilitated by facilitated by Sue West, Nurse,
Childbirth Educator, Active Parenting Coordinator and
Deb Worsh.

Bring a healthy, peanut-free snack along with a water
bottle or juice box and a smile.

Sign Up with Deb Worsh
781-834-5572
dworsh@mpsd.org

All Playgroups are for children and their Moms/Dads/
Caregivers and will be held in the preschool room at the
Marshfield Recreation Center at Coast Guard Hill, 900
Ferry Street. Look for more play groups this spring and
summer!! Let us know what you would like to see.

Sign Up with Deb Worsh

781-834-5043

dworsh@mpsd.org

Look for more Pre-School programs this winter and
spring. Let us know if you have a suggestion for a
program or if you would be interested in teaching a
class for the Recreation Department.

Give us a call, 781834.5543 or email
Recreation @townofmarshfield.org

SPRING COMMUNITY PLAYGROUPS

12

OPEN HOUSE

WHO: Mom's, Dad's, Care Giver's & Kids/All Ages

WHEN T.B.A.
10:00 a.m. - 11:30 a.m.

WHERE: Recreation Center, 900 Ferry Street

FEE: **FREE**

Stop by the recreation center and check out the many Community Playgroup offerings as well as other recreation department community offerings for pre school, youth, teens and adults!!

For additional information email Deb Worsh, Marshfield Public Schools Early Childhood Outreach.
dworsh@mpsd.org

Or call the Recreation Department 781.834.5543

COMMUNITY PLAYGROUP

WHO: Parent and Baby Playgroup

WHEN: Wednesdays, 12:30 - 2:00 p.m.
March 2 - May 25 (8 weeks)

WHERE: Recreation Center, 900 Ferry Street
Program Room

FEE: FREE* No cost, but you must register.

STAFF: Facilitated by Sue West, Nurse, Childbirth Educator, Active Parenting Coordinator and Deb Worsh.

A playgroup for new and nearly new Moms/Dads, and babies.

Bring a healthy, peanut-free snack along with a water bottle or juice box and a smile.

COMMUNITY PLAYGROUP

WHO: Family Playgroups/All Ages

WHEN: Tuesdays, 9:00 a.m. - 10:30 a.m.
OR 12:30 p.m. - 2:00 p.m.
(sign up for one class time)

March 1 - May 24 (12 weeks)

WHERE: Recreation Center, 900 Ferry Street,
Program Room

FEE: **FREE**, but you must Sign Up

781-834-5072

dworsh@mpsd.org

STAFF: Facilitated by Deb Worsh, Marshfield Public Schools Early Childhood Outreach with support visits from Sue West.

COMMUNITY PLAYGROUP

WHO: Family Playgroups/All Ages

WHEN: Wednesdays, 9:00 a.m. - 10:30 a.m.
March 2 - May 25 (12 weeks)

OR
Thursdays, 10:00 am - 11:30 am
March 5 - May 28 (12 weeks)

WHERE: Recreation Center, 900 Ferry Street
Program Room

FEE: **FREE**, but you must Sign Up

781-834-507

dworsh@mpsd.org

STAFF: Facilitated by Deb Worsh, Marshfield Public Schools Early Childhood Outreach with support visits from Sue West.

All Playgroups are for children and their Moms/Dads/Caregivers and will be held in the preschool room at the Marshfield Recreation Center at Coast Guard Hill, 900 Ferry Street. Look for more programs this summer!! Let us know what you would like to see.

You will be contacted by email or telephone regarding Playgroup assignment as soon as possible! In the event that all playgroups are filled, we will get creative. Feel free to contact Deb Worsh
dworsh@mpsd.org for more information.

LICENSED CHILD CARE PROGRAM

MARSHFIELD RECREATION EXTENDED DAY PROGRAM

Licensed by the Department of Early Education and Care

WHO: Boys and Girls, Grades K-5
WHEN: 2015-2016 School Year
WHERE: Martinson Elementary School
FEE: \$30 per student (registration fee)

Call for possible openings!!

LICENSE NUMBER: 9022091

Licensed by The Department of Early Education and Care, for Marshfield students in grades K - 5. The program operates during the school year, (including early Thursdays) from school dismissal until 6:00 p.m., from the first day of school until the last full day of school. The program is offered at the Martinson Elementary School. Students who attend off site schools are transported via Totman Enterprise Transportation Company from their elementary school to our program site at the Martinson Elementary School.

On the pre-registration form please indicate your child's school, number of days and days preferred. Limited to 26 students per day. **Mail In or Walk In only. On-Line registration not available at this time.**



One day a week	\$113.00 /month
Two days a week	\$226.00/month
Three days a week	\$236.00/month
Four days a week	\$255.00/month
Five days a week	\$275.00/month

Monthly cost, per person. 10% discount for the second child, same family:

Waiting lists are established when the program is at capacity.

School year activities include: monthly newsletter, theme months, homework assistance, arts & crafts, sports, table games, group activities, theatre, sewing, outdoor and indoor time, special events and student choice.

Separate Vacation Clubs are offered during the February and April School Vacations for all program participants, (limited space available) and grade appropriate non program participants at the Recreation Child Care Center for an additional fee, based on demand.

STAFF: Supervised by experienced individuals, (many former pre school/school teachers) who meet or exceed EEC requirements. High School, College students, School Tutors/Aides and older, certified in CPR and First Aid. Staff: student ratio not to exceed 1:13.

KARATE KIDS

14

WHO: Co-Ed, Grades K thru 5
WHEN: Tuesday & Thursday 5:00 - 6.00pm
January 5 - 14 (4 Classes)
WHERE: Whidden's School of Fitness
822 Webster St., Marshfield
FEE: \$45.00 p. p. Min. 4 - Max. 8



Class focus is on basic self-protection skills, discipline, and athletic conditioning in a fun and creative atmosphere. Advancement is possible with continued study. The style of karate is Kempo. Uniform required, purchase at WSF for \$30.00. Arrive 15 minutes early to first class.

Instructor: Master Roger Whidden

Roger has been teaching Martial Arts since 1976. He has a black belt in Karate, a BS in Exercise Science, and MA's in Education and Counseling.

www.whiddenschool.com

Offered to NEW students only

SKATEBOARD CLINIC (Beginner & Intermediate skaters)

WHO: Co-ed, ages T.B.A.
WHEN: April 18 - 21 (Mon - Thurs), 9:00 a.m. - 11:00 a.m.
WHERE: Uncle Bud Skate Park
FEE: TBA Min. 8 - Max. 12



On Reg. Form: [List Program and Dates](#)

INSTRUCTORS: The Staff at Levitate Surf and Skate Shop *Expanded skateboard lessons this summer!!*

Construction on the skatepark will continue in the spring. If work is completed in time we will plan to offer a skate clinic during April School Vacation. Look for new skate classes this summer as we partner with Levitate Surf and Skate Shop.

Enjoy part of your April School Vacation right here at the Uncle Bud Skate Park. The staff at Levitate Surf and Skate Shop will provide group lessons to Beginner and Intermediate skaters (let us know your ability) We'll plan to celebrate our last day with a cheese pizza party. **Required:** skateboard, helmet, healthy drink, peanut free snack. Elbow and knee pads are highly recommended. If rain cancels the program will be held on Friday.

LEARN TO SKATE

WHO: Co-ed, ages 3-adult
WHEN: Saturdays, January 30 – March 5 (6 weeks)
Session 1: 2:00 p.m. - 2:50 p.m. **Session 2:** 3:00 p. m. - 3:50 p.m.

WHERE: The Bog Ice Arena, 188 Summer Street, Kingston, MA

FEE: \$95.00 p.p. Min. 10 Max. 15 per session **INSTRUCTOR:** Certified staff from the Bog Ice Arena



The Marshfield Recreation Department has partnered with the Coastal Stars Youth Hockey Program of Marshfield and Cohasset to offer a Learn to Skate Program. The Learn to Skate program is designed for participants ages 3 through adult. The focus is on learning skating skills and having fun. The program offers instruction to skaters interested in recreational ice skating skills, figure skating and hockey. Arrive at least 15 minutes prior to the start to prepare for class. Required: Single Blade Skates, helmet, sweatpants, (no snow pants) mittens and warm fleece for laying. No bulky coats, hockey padding or hockey shorts. We meet at the mini rink, skaters will be broken into appropriate age groups. Class includes 40 minutes of instruction and 10 minutes of skating on your own, with music and bubbles.

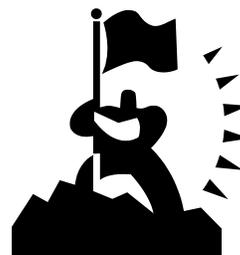
AFTER SCHOOL SPORTS

WHO: Co-ed, students in grades 3, 4, 5

WHEN: After School
Winter Session: February 22 through April 15 (8 weeks)

WHERE: Elementary Schools

FEE: Winter session: \$40.00 per student



On Reg. Form: List Program, School, Grade, Day and Code

NOTE: All registration forms must be returned to the Recreation Office with appropriate fee. DO NOT return forms to your teacher or school. Registration begins when you receive the brochure, walk or mail your registration to the Recreation Office.

The after school sports program is designed for students in grades 3 through 5. Large group activities will be planned, (kickball, soccer, capture the flag, scooter ball, etc.). Weather permitting, activities will take place outside, otherwise we will use the gym. Students should wear comfortable clothing and sneakers. **Students must be registered by 10:00 a.m. on the day the program begins in order to attend on their scheduled day.** If they are not registered by 10:00 a.m. they may not attend until the following week. Students may register for only one afternoon a week. Class is limited to a minimum of 14 and a maximum of 22 students per class. Parents must pick up their child/children promptly at the end of each session.

Parents must send a note to their child’s principal informing him/her the child will be staying after school to participate in this program. Without a note, your child/children will not be allowed to remain after for this program. If permission is given for your son/daughter to walk home following the program, please indicate in your note. Send the note early, don’t wait for the first day of the program.

If your son or daughter has asthma and requires his/her inhaler, please send a note to the school office granting permission to retrieve the inhaler from school nurses’ office. Please state that the student knows how to use the inhaler and has permission to self-administer as needed. The Recreation Office will also require a copy of said letter.

All registration forms must be returned to the Recreation Office with appropriate fee. DO NOT return forms to your teacher or school. Registration begins when you receive the brochure, walk or mail your registration to the Recreation

SCHOOL	GRADE	DAY	TIME	WINTER CODE
Daniel Webster	3,4, & 5	Monday	3:30 - 4:45	DWS Mon
	3,4,& 5	Tuesday	3:30-4:45	DWS Tues
Martinson	3,4,& 5	Tuesday	3:00-4:15	MES Tues
Eames Way	3, 4, & 5	Monday	3:30 - 4:45	EWS Mon
	3,4, & 5	Wednesday	3:30-4:45	EWS Wed

All registration forms must be returned to the Recreation Office with appropriate fee. DO NOT return forms to your teacher or school. Registration begins when you receive the brochure, walk or mail your registration to the Recreation

KIDS FIT

A Before School Fitness Program

WHO: Co-ed, students in grades 2, 3, 4, 5

WHEN: Weekday mornings, (students attend two mornings a week)
Session 3 February 22 - March 25, No class Friday March 25, Make up April 1
Session 4 April 4 - May 13, No class April School Vacation
Session 5 May 16 - June 10, No class Monday, May 30, Make up June 13

WHERE: Elementary Schools Min. 12 - Max 20 students per session.

FEE: Eames Way School - \$55.00 p.p. for two days a week
 Martinson - \$55.00 p.p. for two days a week. Sign up for 4 days a week the cost is \$100.00
 Daniel Webster School Fee \$55.00 for two days a week. Signup for 4 days a week the cost is \$100.00

Martinson Session 5 ¹⁶
 May 23 - June 10
 May 31 make up is on June 13 (3 weeks)

 Cost for 2 days week \$36.00 p.p.
 Cost for 4 day week \$70.00 p.p.
 Min. 8 per class
Deadline: May 20th, 1:00 p.m.

On registration form list Program, School, Session & Days

Are you up early and eager to get to school? Looking for a little fun and exercise to get in shape and be mentally prepared for the school day? Kids Fit might just be the program you have been looking for. With the assistance of school staff, students will have fun creating energy while they run, jump, throw, skip, push, stretch and climb. We'll get our hearts pumping, and through games and activities we will improve our balance, coordination, flexibility, power, agility and speed. Kids Fit has been an over whelming success at the Daniel Webster and Martinson Elementary Schools, this winter we expand Kids Fit to the Eames Way School. Three sessions will be offered in this brochure. Register for one or more sessions. Join your friends and have some fun before school. Students should wear comfortable clothing and sneakers. **Students must be registered before 12:00 p.m.** on the day before the program begins in order to attend on their scheduled days.

Martinson School - Students enter through the main entrance and go directly to the gym. At the end of class, students will be dismissed from the gym to the cafeteria before heading to their classroom.

Daniel Webster School - Students enter through the main entrance and go directly to the gym. At the end of class, students will be dismissed from the gym to the cafeteria before heading to their classroom.

Eames Way School - Students enter through the main entrance and go directly to the gym. At the end of class, students will be dismissed from the gym to the cafeteria before heading to their classroom.



Kids Fit Staff:

Daniel Webster - Mr. Chris Patota, Ms. Marilyn McBride
 Martinson - Mr. Jeff Dunn and Mr. Rick Wheaton
 Eames Way - Ms. Allison Baier



All registration forms must be returned to the Recreation Office with appropriate fee. Register now, walk in mail in or online

Daniel Webster		
Session 3	T & W	7:40-8:40 a.m.
	M & TH	7:40-8:40 a.m.
	T,W,M,TH	7:40-8:40 a/m.
Session 4	T & W	7:40-8:40 a.m.
	M & TH	7:40-8:40 a.m.
	T,W,M,TH	7:40-8:40 a.m.
Session 5	T & W	7:40-8:40 a.m.
	M & TH	7:40-8:40 a.m.
	T,W,M,Th	7:40-8:40 a.m,

Eames Way	Days	Time
Session 3	T & W	8:00-8:50 a.m.
Session 4	T & W	8:00 -8:50 a.m.
Session 5	T & W	8:00-8:50 a.m.
Martinson		
Session 3	M & W	7:30-8:15 a.m.
	T & F	7:30-8:15 a.m.
	M,W,T,F	7:30-8:15 a.m.
Session 4	M & W	7:30-8:15 a.m.
	T & F	7:30-8:15 a.m.
	M,W,T,F	7:30-8:15 a.m.

Martinson Session 5

M & W 7:30-8:15 a.m.
 T & F 7:30-8:15 a.m. **Or** M,W,T,F 7:30-8:15 a.m.

GIRL POWER YOGA

WHO: Girls, Grades 3, 4, 5, 6

WHEN: Sundays, January 10 - January 31
(4 weeks) 4:00 - 5:00 p.m.

WHERE: Recreation Center, 900 Ferry Street

FEE: \$48.00 Min. 6 - Max. 8

STAFF: Laura McGrath, LCSW, YKA.

Laura is a Licensed Clinical Social Worker, Certified Yoga Kids Teacher and Certified Child Light Yoga Baby and Toddler Teacher. She has over 18 years of experience working with children and teens, with 8 of those years working in as a therapist in a therapeutic day school providing individual and group counseling. She has been teaching yoga classes for babies to teens at such locations as Pudding Hill Preschool, the Marshfield Recreation Department and the South Shore Learning Lab. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

Girl Power Yoga will focus on using a combination of classic yoga poses, cooperative games, relaxation techniques, music and art for self exploration. The themes will focus on physical and emotional strength, self confidence, friendship and fun! They will let their Girl Power Shine!!

Mats will be provided. Girls should wear comfortable clothes and bring a water bottle.

SPRING ARCHERY

17

WHO: Co-ed, ages 8 - adult

WHEN: T.B.A.

WHERE: The Archery Center, 266 Whiting Street
Hingham, MA (close to Derby St shops)

FEE: \$140.00 p.p. Min. 4 - Max. 8

On Reg. Form List Program, Date and Time

STAFF: Lauren Andersen, certified instructor, High School Physical Education teacher and Girl's Softball Coach.

New students will enjoy this introductory archery class. Course is based on USA Olympic Archery guidelines. Students will learn to shoot in a small group with a certified instructor. All equipment is provide.



TENNIS

WHO: Co-ed, ages 7-13

WHEN: Winter Tennis Session 2
Sundays, February 28, March 6, 20, April 3, 10 (5 weeks)
Ages 7 - 10 12:00 p.m. - 1:00 p.m.
Ages 11 - 13 12:00 p.m. - 1:00 p.m.

WHERE: Kingsbury Club and Spa, 186 Summer Street, Kingston, MA

FEE: \$109.00 p.p. Min. 3 Max. 12



Children will learn the lifelong sport of tennis in a fun, positive environment using age appropriate size balls and equipment. The program will teach and reinforce proper stroke technique, basic rallying skills and introductory play. Please note on form if you are a beginner or intermediate player. We will offer additional tennis classes this spring

Look for more tennis opportunities!!!

YOUTH WRESTLING CLINIC

WHO: Grades 1– 5

WHEN: Mondays, 6:30 p.m. - 7:30 p.m.
Session 1. February 1 - March 7 (4 weeks)
Session 2. March 14 - April 4 (4 weeks)

WHERE: Whidden’s School of Fitness, 822 Webster Street

FEE: \$60.00 p.p. Per Session Min. 15 - Max. 20

On Reg. Form: List Program, Day, Time

Students will learn the basics of wrestling including the fundamentals of the top, bottom, and neutral positions. Coaches will concentrate on safety and fun, while at the same time building a strong work ethic. Practices will involve the basics of wrestling, games, functional fitness exercises, and live situational wrestling.

Wrestlers **MUST** wear clean shorts or sweat pants and a t-shirt to practice. If wrestlers do not have wrestling shoes they should wear a clean pair of socks, street shoes and bare feet are not allowed on the mats. Bring a water bottle with your name on it.

Coaches: Mr. Brendan Meehan and Mr. Dave Walsh
Dave is a graduate of MHS where he was a member of the varsity wrestling team. Dave is a recent college graduate, (North Carolina), who runs his own marketing consulting business on the south shore. He has 5+ years wrestling experience and was a state placer while wrestling for MHS. His goal is to create a class of youth that can compete at an elite level in high school, instill confidence and work ethic into his kids, and have some fun along the way.

Brendan Meehan is a 2010 graduate of Marshfield HS, where he played football and was captain of the wrestling team. Brendan currently works as a Real Estate agent in Boston, and recently began as a Permanent Intermittent Police Officer for the Marshfield Police Department. Previously, He has worked as a lifeguard for the Town of Marshfield, and also as a counselor at the Boys & Girls Club Marshfield, where he primarily instructed athletic/ sports based programs.

Whidden’s School of Fitness features a low impact heated floor and a great parent waiting/viewing room.

No class February 15



MIDDLE SCHOOL WRESTLING 18

WHO: Boys grades 6, 7, and 8

WHEN: Monday and Wednesday, 7:30 p.m. - 9:00 p.m.
Session 1. February 1 - March 7 (4 weeks)
Session 2. March 9 - April 4 (4 weeks)

WHERE: Whidden’s School of Fitness, 822 Webster Street

FEE: \$125.00 p.p. Min. 15 - Max. 20

On Reg. Form: List Program, Day, Time

Students will learn the basics of wrestling and the techniques necessary to excel at the High School level. Coaches will stress one-on-one education in a safe, fun, and competitive environment. The clinic will include the fundamentals of the top, bottom, and neutral position, as well as more advanced moves, and the practices will include live wrestling, games, and learning technique. Anyone who would like to compete at a high level entering High School wrestling should attend.

Wrestlers **MUST** wear clean shorts or sweat pants and a t-shirt to practice. If wrestlers do not have wrestling shoes they should wear a clean pair of socks, street shoes and bare feet are not allowed on the mats. Bring a water bottle with your name on it.

Coaches: Mr. Brendan Meehan and Mr. Dave Walsh
Mr. Dave Walsh
Dave is a graduate of MHS where he was a member of the varsity wrestling team. Dave is a recent college graduate, (North Carolina), who runs his own marketing consulting business on the south shore. He has 5+ years wrestling experience and was a state placer while wrestling for MHS. His goal is to create a class of youth that can compete at an elite level in high school, instill confidence and work ethic into his kids, and have some fun along the way.

Brendan Meehan is a 2010 graduate of Marshfield HS, where he played football and was captain of the wrestling team. Brendan currently works as a Real Estate agent in Boston, and recently began as a Permanent Intermittent Police Officer for Marshfield Police Department. Previously, he has worked as a lifeguard for the Town of Marshfield, and also as a counselor at the Boys & Girls Club Marshfield, where he primarily instructed athletic/ sports based programs.

No class February 15

Shop locally, Shop Marshfield Recreation for your leisure needs

VOLLEYBALL STARS

WHO: Girls, Grades 6 – 8

WHEN: Monday and Wednesday, April 25 - May 18

Note: No class May 9, Make up May 25

WHERE: Furnace Brook Middle School Gym, 2:20 p.m. - 4:00 p.m.

FEE: \$56.00 per person Max 26 players

On Reg. Form: List Program, Date, and Time

Instructor: Mr. Al Mirabile, former MHS Girls Volleyball Coach and members of the MHS Volleyball team. Enjoy a great team sport. The focus will be on building team and cooperative skills as well as basic volleyball skills. Group and individual instruction will be offered. A great opportunity for girls who are interested in playing at the high school level. Wear t-shirts, shorts or sweats, and sneakers. Bring a bottle of water. Several matches with area towns will be organized. Schedule to follow.



Please note t-shirt size on registration form:

Adult Small 19

Adult Medium

Adult Large

BABYSITTING TRAINING FOR KIDS

WHO: Boys and Girls, Grades 6 - 8

WHEN: Mondays, February 22 - March 28, (6 weeks) 2:20 – 3:25 p.m. Min. 18 - Max. 20

WHERE: Furnace Brook Middle School, Room # 20
8th grade Art Room, across from the cafe



FEE: \$52.00 person, includes booklets, bottle of water and small snack **On Reg. Form:** List Program, Date, and Time

INSTRUCTOR: Ms. Sue Clancy

The course will include basic first aid, safety precautions, age-appropriate activities, parental expectations, babysitting as a business, role playing, interviewing and more! This class will fill up, don't delay.

HORSEBACK RIDING CLINIC

WHO: Family and Friends

WHEN: Saturday, May 7 2:00 p.m. - 3:30 p.m.
(www.furnacebrookfarm.com)

WHERE: Furnace Brook Farm, 253 Sandy Hill Drive, Marshfield

FEE: \$5.00 per family **On Reg. Form:** List Program, Date, and Time



Held rain or shine

INSTRUCTOR: Ms. Erin Van Steenburgh is a Massachusetts Licensed Riding Instructor who holds two national titles.

Learn about riding styles and forms, types of horses, ponies, care, feeding, grooming, and expenses. Enjoy a riding demonstration and perhaps more! Minimum of 5 and maximum of 15 participants. Remember to bring your camera!!

SUPER SOCCER STARS

WHO: Co-ed, classes for aged 2-3, 3-4, and 4-5

WHEN: Sundays, May 1, 8, 15, 22, 29 and June 5 (6 weeks)

2/3 yr. olds 9:00 - 9:45 a.m.

3/4 yr. olds 10:00 a.m. - 10:45 a.m.

4/5 yr. olds 11:00 a.m. - 11:50 a.m.

****Due to demand** we will offer a special **Over Flow Class** for 3-5 yr. olds, 11:55 a.m. – 12:40 p.m.



WHERE: Recreation Center, 900 Ferry Street

FEE: \$100.00 p.p. Min. 5 - Max. 17 per class **On Reg. Form:** List Program, Date, Time

At Super Soccer Stars, we use the soccer ball as the vehicle to help children not only improve their soccer skills, but also develop self-confidence, improve gross motor skills, hone socialization skills and more.

Dynamic, local and international coaches work with small groups of boys and girls to develop these skills and a sense of self-confidence and teamwork in a fun, non-competitive, educational environment.

EVENING SPORTS PROGRAMS

SUMMER BASKETBALL

- WHO:** Students entering grades 3 - 6
September 2016 - 2017 school year.
- WHEN:** W - July 6 - August 3 (5 weeks)
Th - July 7 - August 4 (5 weeks)
Practice before game from 6:30 - 6:45 p.m.
Concludes by 7:30 p.m.
- WHERE:** Outdoor Courts at Barrows / Lopes Courts
(Furnace and Forest Street) and Martinson School
- FEE:** \$30 per person, maximum of \$65 per family.

Separate teams for boys and girls. Limited to 24 players per grade group! Rain out extends program another week

On Reg. Form: List Program, (Boys or Girls)
Grade, and Coach



SUMMER STREET HOCKEY

The Summer Street Hockey League will not operate this summer. We are working with several groups, individuals and town departments to upgrade the rink.

Look for a new rink - fence, boards, surface, bleaches and more. If you and or your group would like to help with the renovation of this wonderful recreation facility please call the recreation office. 781.834.5543



BOYS

Grade	Day
3-4	Wednesday
5-6	Thursday

GIRLS

Grade	Day
3-4	Wednesday
5-6	Thursday

BASKETBALL, GRADES 1 & 2

Co-ed Skills Clinic, July 5 - August 2, 6:30 - 7:30 p.m.
Students Entering Grades 1 & 2 September 2016 school year
Dribbling, passing, shooting and teamwork will be emphasized as well as inter-squad scrimmages. Meet at the Martinson Elementary School Basketball Court.

Grade	Day	Fee
1-2	Tuesday	\$30.00

Basketball
Coach

IMPORTANT DATE

Coaches Night
(Team Selection and Rules)
Recreation Office, 900 Ferry Street

Basketball, Thursday, May 19, 7:00 p.m.



*These sports programs will continue as long as we have parent volunteers to coach.
Your support will allow these summer youth programs to continue!*

ADULT EDUCATION / PROGRAMS

BADMINTON



WHO: Adults, (High School and older)

WHEN: Mondays, January 25 - June 6, 2016, 7:30 - 9:30 p.m. (17 weeks)
7:00 p.m. Starting March 28

WHERE: Martinson Elementary School Gym

FEE: \$30.00 per person

On Reg. Form: List Program, Date, Time and Session

No class: 2/15, 4/18, 5/30

Will notify of other possible cancellations

INSTRUCTOR: Ned Bangs and Company

You saw it at the London Olympics and now you can play it in Marshfield. The badminton program will focus on increasing fitness levels and endurance of participants in a fun and energized environment. Focus will be on introducing badminton techniques and strategy while developing basic strokes and footwork, game play and having fun! Come dressed and ready to play!

TUESDAY PICKLEBALL

WHO: Adults (Co-Ed, High School grads and older)

WHEN: Tuesdays, January 26 – May 31, 2016 (17 weeks)
7:00 p.m. - 9:00 p.m. No class 2/16,4/19

WHERE: South River School, Gym
59 Hatch Street

FEE: \$34.00 p.p. Min. 8 - Max. 10

On Reg. Form List: Program, night and time

INSTRUCTOR: Mr. Tyler Nims

What do you get when you combine badminton, tennis and ping-pong? Pickle Ball of course! Rec. Dept. Pickleball was played at the Rec. Center and Peter Igo Park during the summer. This school year we will offer Pickle Ball at the South River and Martinson Schools ([sign up for one location](#))

Pickle Ball is the fastest growing sport in the USA. Come and check out this fun sport and meet some new friends.

Locally Pickle Ball is played in several Cape towns, and Marshfield. Google Pickle Ball for more info on this fun sport.

We will supply the equipment., bring your own if you have some.

To enter the gym use the door under the canopy.

Questions? Give us a call. 781.834.5543

WEDNESDAY PICKLE BALL

WHO: Co-ed, High School grads and older

WHEN: Wednesdays, 7:30 - 9:30 p.m.
January 27 - June 1, 2016 (17 weeks)
No class 2/17, 4/20 or when school is closed.

WHERE: Martinson Elementary School Gym

FEE: \$34.00 p.p. Min. 8 - Max. 14

On Reg. Form: List Program, Date and Time

Instructor: Ned Bangs and Friends

What do you get when you combine badminton, tennis and ping-pong? Pickle Ball of course!

The history of Pickle Ball began with the familiar summer wine that often causes parents to take drastic measures. In the summer of 1965, the "I'm bored" mantra was chanted by the children of two families on Brainbridge Island in the Puget Sound area of Washington. Two desperate dads, Bill Bell and Joel Pritchard, invented a game. Though Pickle Ball is played by all ages, it has found its niche in grade school PE programs and senior retirement centers. The first national tournament was held in at a retirement community in Florida that has 36 courts. Pickle ball has found its way into senior games competitions in several states. Pickle Ball can be played indoors as well as outdoors. Pickle Ball is the fastest growing sport in the USA. Come and check out this fun sport and met some new friends.

Locally Pickle Ball is played in several Cape towns, and Marshfield. Google Pickle Ball for more info on this fun sport.

7:00 p.m. start time, beginning April 6.



BOATING SAFETY EDUCATION

22

GPS FOR MARINERS

WHO: Co-Ed, age 12 through Adult

WHEN: Saturday, April 16th , 9:00 a.m. - 12:00 p.m.

WHERE: Recreation Center, 900 Ferry Street

FEE: \$15.00 p.p. Min. 4 - Max. 8

STAFF: Qualified and experienced instructors from the US Coast Guard Auxiliary



This seminar is designed for students desiring to learn fundamental nautical GPS skills. Basic navigation skills are included to the extent required to understand GPS operations. The course includes basic functions of the GPS chart plotter.

The student will develop an understanding of the general architecture on how all GPS's operate, and will enable the student to adapt to the small differences between brands and models. The student will have the minimal skills to navigate to a safe harbor in the event of a GPS failure. Each student will leave the class with their own text.

The course will include some insight into selecting the features while purchasing a GPS.

WEATHER AND BOATING

WHO: Co-Ed, age 12 through Adult

WHEN: Thursday, May 12th , 6:30 p.m. - 8:30 p.m.

WHERE: Recreation Center, 900 Ferry Street

FEE: \$ 15.00 p.p. Min. 4 - Max. 8

STAFF: Oscar Orringer

This seminar will be presented by Mr. Orringer, who has been an active member of the US Coast Guard Auxiliary for over 18 years. He served as a patrol boat crew member for most of that time. He is still an active air patrol commander, boating safety education instructor, and instructor in search and rescue coordination. From 1999 to 2005 he served as the national weather branch chief, and during that time he wrote Auxiliary's weather training manual. The seminar will discuss how to get and analyze weather information both before and during your voyage, what to expect if the weather deteriorates, and how to cope with adverse effects. The seminar will conclude with some "sea stories" about boaters who did not pay enough attention to approaching bad weather.



WOOD FOR WARMTH

Wood for Warmth is a program that started last winter through a partnership between the Marshfield Recreation Department, the Town of Marshfield and local tree companies

If you are having difficulty heating your home this winter, stop by the Recreation Office and help yourself to some of the wood we have by our shed. The wood is for the personal use of Marshfield Residents. Remember to think of others when you are taking some wood.

If you would like to contribute to this program please contact our office.

Check out the new Wood Shed, courtesy of Eagle Scout Jake Olsen



ABOUT BOAT SAFETY

23

WHO: Co-Ed, age 12 through Adult

WHEN: Saturday, May 14th, 9:00 a.m. - 5:00 p.m.

WHERE: Recreation Center, 900 Ferry Street **FEE:** \$45 .00 p.p. Min. 4 - Max. 8

STAFF: Qualified and experienced instructors from the US Coast Guard Auxiliary

TOPICS INCLUDE

Introduction to Boating – Types of power boats; sailboats; outboards; paddle boats; houseboats; different uses of boats; various power boating engines; jet drives; family boating basics.

Boating Law – Boat registration; boating regulation; hull identification number; required boat safety equipment; operating safely and reporting accidents; protecting the marine environment; Federal boat law; state boating laws; personal watercraft requirements.

Boat Safety Equipment – Personal flotation devices ("life jackets"); fire extinguishers; sound-producing devices; visual-distress signals; dock lines and rope; first aid kit; anchors and anchor lines; other boating safety equipment.

Safe Boating – Bow riding; alcohol and drug abuse; entering, loading, and trimming a boat; fueling portable and permanent tanks; steering with a tiller and a wheel; docking, undocking and mooring; knots; filing a float plan; checking equipment, fuel, weather and tides; using charts; choosing and using an anchor; safe PWC handling; general water safety.

Navigation – The U.S. Aids to Navigation system; types of buoys and beacons; navigation rules (sometimes referred to as right-of-way rules); avoiding collisions; sound signals; PWC "tunnel vision."

Boating Problems – Hypothermia; boating accidents and rescues; man overboard recovery; capsizing; running aground; river hazards; strainers; emergency radio calls; engine problems; equipment failures; carbon monoxide (CO); other boating and PWC problems.

Trailer, Storing and Protecting Your Boat – Types of trailers; trailer brakes, lights, hitches, tires, and bearings; loading, balancing, and towing a trailer; towing (and backing) a trailer; boat launching and retrieving; boat storage and theft protection; launching, retrieving and storing a PWC.

Hunting and Fishing, Water-skiing and River Boating – Carrying hunting gear and weapons in a boat; fishing from a boat; water-skiing safety guidelines and hand signals; water-skiing with a PWC; navigating rivers, and other boating tips.

CPR AND FIRST AID

WHO: Ages 12 and older

WHEN: Tuesday, February 23 and Tuesday, March 1, 6:45 p. m. - 9:00 p.m.

WHERE: Recreation Center, 900 Ferry Street Min 5 - Max. 8

FEE: \$40.00 for one class, \$60.00 for both classes



On Reg. Form: List Program, Date, and Time and Class.

INSTRUCTOR: Mr. Danny Church

Learn cardiopulmonary resuscitation and basic first aid skills. Ideal training for students, parents, coaches and community members. A perfect class for students who have taken or will take the Recreation Department middle school Baby Sitting Training for Kids class. CPR is February 23, First Aid is March 1.

ADULT CO-ED VOLLEYBALL (recreation play)

WHO: Adults, (High School Graduates and older)

WHEN: Thursday nights 7:30 - 9:30 p.m.
January 28 - June 2, 2016 (17 weeks)

No Class: February 18 and April 21,
or any school cancellations. Will notify
of other possible conflicts

WHERE: Martinson Elementary School

FEE: \$34.00 per person (guest pass-\$5.00, good for one visit)



On Reg. Form: List Program, Date, and Time

INSTRUCTORS: John Cullen & Ned Bangs

Recreational play. Ideal for those who have played previously. Instruction offered as needed. Basic rules are followed. Come dressed and ready to play. Maximum 24 adults. **7:00 p.m. - 9:30 p.m. Starting Thursday, April 7**

MEN'S BASKETBALL

WHO: Adults, (age 30 and older)

WHEN: Mondays, January 25 - May 23, 2016
8:00 p.m. - 10:00 p.m. (16 weeks)

No class 2/15, 4/18, or any school cancellations

Staff will notify of any other cancellations, HS Gym activities may alter start time.



WHERE: Marshfield High School Gym, 165 Forest Street **FEE:** \$35.00 pp. Min 10 - Max 20

INSTRUCTOR: Mr. Kevin Litchfield

On Reg. Form: List Program, Day and Time

Monday night basketball returns. Pick up games will be offered each week. This will be a good time to get together with friends for a few fun games of round ball. This is recreational play and not geared to the serious gym rat. We will supply the balls and pinneys. Fair and Fun play. Good sportsmanship is expected from all players.

ADULT BASKETBALL

WHO: Age 30 and older **FEE:** \$32.00 pp. Min 10 - Max 14

WHEN: Wednesday, January 27 - May 25, 2016
7:00 p.m. - 8:30 p.m. (15 weeks)

No Class: 2/17, 4/20, or any school
cancellations. Staff will notify of any
other cancellations.

WHERE: Daniel Webster School, 1456 Ocean Street

INSTRUCTOR: Mr. Sean Garland

On Reg. Form: List Program, Day, Time

Adult Recreation Basketball returns this winter. Pick up games will be offered each week. This will be a good time to get together with friends for a few fun games of round ball. This is recreational play and not geared to the serious gym rat. We will supply the balls and pinneys.

COMMUNITY GREEN HOUSE

WHO: Adults / Families
WHEN: Seasonally
WHERE: Recreation Center, 900 Ferry Street
FEE: FREE!

On Reg. Form: [List Community Green House](#)

STAFF: Volunteer Coordinator, T.B.A.

Marshfield Recreation offers residents of all ages a seasonal Hoop Hut Green House. This 12x15 foot building is ready for volunteer use. Extend your growing season with our Community Green House. This spring we will look to establish an informal Gardening Club. We will plan to meet with interested users on Thursday, April 14, 7:00 p.m. at the Recreation Center. Make new friends, enjoy a new hobby, and enjoy the fruits of your labor!



Time to Eat Healthy, know where your food and flowers come from.

LET'S GO!!

WHO: Adults / Families (children with adult, age 6 and older)
WHEN: Saturday, May 21, 8:00 a.m. - 10:00 a. m.
WHERE: Meet at Recreation Center, 900 Ferry Street
FEE: \$5.00 (per family, couple or single)

On Reg. Form: [List Program, and Date](#)

STAFF: Ned Bangs, Marshfield Recreation Director and Friends

Explore Marshfield on Foot! New to town? Long time resident? Looking for friends to walk with? Here is your opportunity to explore some of Marshfield's conservation gems. On select Saturdays, we'll hike town conservation and quasi public conservation land. We'll meet at the recreation center, 900 Ferry Street, review the planned hike and driving directions, fill up water bottles and head out. Learn about history, land use, plant ID and share your knowledge with others. Bring a camera, peanut free snack, water and binoculars. Dress for the weather, sturdy shoes and a walking stick are fine. Hikes will last up to two hours. If you would like to help plan and lead a walk call the office. Healthy Habits! We love dogs, but for the comfort of all leave them at home. Participants should be in good health and able to walk on uneven ground for up to 1.5 hours. We'll leave the electronic devices at home, turn off the cell phone and listen to the sounds of nature! Send us your walking suggestions, as we explore Marshfield on foot!



COMMUNITY GARDEN

25

WHO: Adults / Families
WHEN: April 17 - November 21, 2016
WHERE: Recreation Center, 900 Ferry Street
FEE: \$20.00 per plot (1 plot p. p. / group)

On Reg. Form: [List Community Garden](#)

STAFF: Volunteer Coordinator, T.B.A.

Marshfield Recreation offers residents of all ages a seasonal Organic Community Garden. The Community Garden consists of 14 raised beds of varying sizes, (approx. 8 x 4 feet) In fairness to all, each Individual, Family / Youth Group / Local organization is limited to one plot. A planning meeting for the gardeners will be held on Thursday, April 14, 7:00 p.m. at the Recreation Center. A review of rules, signoff sheet, drawing for the right to select a plot, questions and more! Save gas, make new friends, get some good exercise, increase your knowledge, and grow locally! Time to Eat Healthy, know where your food and flowers come from.



Take only Photos, Leave only Foot prints
 Make only Shadows, Remove only Litter*



* Town of Marshfield Conservation Map,2002

UPCOMING ACTIVITIES

26

Look for more details in local newspapers and on our website: [google Marshfield Recreation](#)

- EASTER EGG HUNT:** **Save the date! Saturday, March 26, 10:00 a.m.**
The Easter Bunny will welcome Marshfield children through age 5, rain, snow or shine at Coast Guard Hill. Park in the dirt lot off Ferry Street or in the lot by our office. Volunteers are needed for this program. This annual event is sponsored by Seaside Homes of Marshfield.
- SANDCASTLE / SCULPTURE CONTEST:** **Save the date! Saturday, August 6.** Enjoy this annual family event at Rexhame Beach sponsored by Brian Molisse and The Molisse Realty Group.
- EXTENDED DAY PROGRAM:** Pre-register for school year 2016-2017. Details will be listed in the Summer Brochure. **Call for current openings!**
- SUMMER BROCHURE:** Look for Rolling Registration starting in March.

SPORTS ORGANIZATIONS *Please Clip and Save!!*

The following volunteer-run organizations provide sports programs for Marshfield residents. **These youth organizations are not under the jurisdiction of the Recreation Department.** The Recreation Department does not assign practice times to individual teams. The department will issue a permit to the league which in turn assigns fields and practice times. For further information please contact the sports organization of choice.

Baseball & T-Ball	www.marshfielddyouthbaseball.com
Basketball, (Winter)	www.marshfielddyouthbasketball.com
Cheerleading	www.marshfielddyouthcheerleading.com
Football	www.marshfielddyouthfootball.com
Furnace Brook Farm	www.furnacebrookfarm.com
Green Harbor Tennis Academy	www.greenharbortennis.com
Ice Hockey	www.coastalstarsyouthhockey.com
Karate	www.whiddenschool.com
KLS Taekwondo	www.klstaekwondo.com
Lacrosse, Boys	www.marshfielddlax.com
Lacrosse, Girls	www.marshfielddgirlslax.com
Marshfield Tennis Club	www.marshfielddtennis.com
Soccer	www.marshfielddsoccer.org
Soccer, (Hot Shots, Girls)	www.hotshotsoccer.org
Softball	www.marshfielddgirlssoftball.com
Tennis, (Kingsbury Club)	www.kingsburyclub.com

MARSHFIELD RECREATION DEPARTMENT

900 Ferry Street, Marshfield, MA 02050
781-834-5543

E-mail: Recreation@townofmarshfield.org

Received by: _____

Date received: _____

Cash: _____

Check # _____

Amount: _____

Winter / Spring 2016 Registration Form

Credit Card, Debit Card, Electronic Check, On-Line, Mail In or In Person.

Program registration will begin when you pick up a brochure, hard copy or on the web.

Payment is expected when you register

- Please Print Clearly -

Complete All Applicable Sections

Make Checks Payable to Town of Marshfield

Family Last Name: _____

Contact E-mail: _____

Help us get it right, please print

Address: _____

Include mailing if different

Town

Zip Code

When emergency situations arise, or if staff need to contact you due to program changes, please complete the following: Indicate by number () the order of preference for contacting the people you list.

Mother's Name _____

Father's Name: _____

(or adult female participant)

(or adult male participant)

Address: _____

Address: _____

(if different from above)

(if different from above)

Home Phone: _____ ()

Home Phone: _____ ()

Work Phone: _____ ()

Work Phone: _____ ()

Cell Phone: _____ ()

Cell Phone: _____ ()

Insurance Company/policy # _____

Recreational and Volunteer Activities Release

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the Town of Marshfield.

I also agree to forever release the Town of Marshfield, and all their employees, agents, board members, volunteers, and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the Town of Marshfield from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the Town of Marshfield voluntary activities or recreation programs.

I also promise to indemnify, defend, and hold harmless the Town of Marshfield against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the Town of Marshfield voluntary activities or recreation programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the Town/City as a volunteer or in its recreation program with full knowledge that the Town of Marshfield will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities Town/City or recreation programs.

Participant Signature: _____ Date: _____

Parent/Guardian Signature if participant is under 18 years of age: _____

Participant Name: _____ M F Grade: _____

D.O.B. _____ Age: _____ Home Phone: _____

Medication or other information staff should be aware of: _____

Age 5 or under? A copy of your Birth Certificate / Physical is required New on File

PROGRAM NAME	DATE (S)	TIME/DAY/SESSION	LEVEL If Applicable	FEE

Participant Name: _____ M F Grade: _____

D.O.B. _____ Age: _____ Home Phone: _____

Medication or other information staff should be aware of: _____

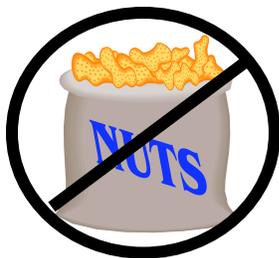
Age 5 or under? A copy of your Birth Certificate / Physical is required New on File

PROGRAM NAME	DATE (S)	TIME/DAY/SESSION	LEVEL If Applicable	FEE

SNACKS

Due to the large increase of student allergies **ALL** program sites are **PEANUT FREE.**

Upon request we will e-mail you a list of peanut-free and healthy snack choices. Please call if you have any questions or if we may assist you.



“Helping Hand” assists those families who are not able to afford youth programs. If you would like to contribute to this program please do so here.

Total Amount Due _____

Helping Hand Fund _____

- Thank you! -

Total Amount Enclosed _____



If you wish to be a Peer Program Volunteer please check this box.

We will email you a Volunteer Application and CORI

Marshfield Recreation recommends hats, sunglasses, Sunscreen / Sunblock and or bug spray for all outside activities. Please apply Sunscreen / Sunblock or bug spray outside and prior to the activity. Bug spray must be applied outside of any building and away from other individuals. Staff may not apply Sun screen / Sunblock, or bug spray to children. Due to allergies, Sunscreen / Sunblock or bug spray may not be shared with other children.

YOUR FEEDBACK IS IMPORTANT TO US!

Have a question, comment, something we should know, would like to volunteer, or have a program suggestion? Please take the time to let us know how we can better assist you with your leisure needs.

How do you find out about our programs? (Please Check) Brochure Newspaper Friend School Notice Web Page Rec. Dept. E-mail notice Other _____

Would you recommend a program to a friend? _____ Why? _____

What types of programs would you like to see more of? Pre-School Children Youth Teen Adult Suggestions!

PETER IGO PARK:

This park features three regulation tennis courts and four ten and under tennis courts, a basketball court, street hockey rink and more! Walk to the trail to the river or better yet, enjoy a canoe or kayak trip on the Green Harbor River. Congratulations to the many groups, and individuals who worked to improve this town facility. Peter Igo Park was recognized by the Tennis Industry Magazine Awards as the Public Park of the Year!

OUTDOOR BASKETBALL COURTS:

Look for continued improvements to the basketball / street hockey complex. This summer the street hockey rink will be renovated. Call the recreation department if you would like to help with community project.

BALLFIELD PERMITS:

The Recreation Department will be accepting ball field permit applications starting Friday, February 26. Please call our office for details. Ball field requests for spring and summer use will be accepted.

SUMMER CONCERT AND ENTERTAINMENT SERIES:

Attention Artists! If you or your group would like to be considered for the Summer 2016 showcase series please submit an "Entertainment Application" to our office, Attention, "Summer Showcase Series" by Friday, February 19.

The summer series is funded through fundraisers and donations from local organizations and residents. If you would like to contribute to this family series, or if your business or organization would like to co-sponsor a particular night please contact our office at (781) 834-5543.

JOBS! JOBS! JOBS!

Applications for summer employment, paid and volunteer positions, will be accepted March 2 - 24. Applications are available on the town web site. (See Payroll and Benefits Department) The minimum age for paid staff is 16. A limited number of volunteer positions are also available. The minimum age is 13. Please call for specific information.

WISH LIST: *Let us help you clean out your closet, attic, cellar or garage!!*

The Recreation Department continues to look for additional equipment, supplies and expendables to enhance our community programs. Tennis balls, Nerf and playground balls, chess and or checker games, pencils, markers, plastic tablecloths, poster paper, rulers, scissors, gym, crayons, glue and craft materials are some of the items that we can always use. A battery operated wall clock, pencil sharpener, are among the items we can use.

If you or your children have out grown any of the above, and the items are in good condition, give us a call. **Please do not leave items outside the Recreation Office at 900 Ferry Street or at the Recreation Child Care Center, located at 14 Library Plaza.**

SUMMER PROGRAM REGISTRRTION:

In an effort to help families plan their summer schedules the Recreation Department will offer a Rolling Registration. Starting mid March, as summer programs are finalized they will be placed online for online registration. Marshfield Residents will have first priority to register, after 7 days the program will open to non-residents. The Summer Community Brochure (PDF) will be posted after a majority of summer programs have been finalized. Rolling Registration has been offered to the community since the Fall of 2015.

As always, we thank you for your continued support.

PROGRAM SPACE NEEDED

30

Starting January 2016 the two store fronts adjacent to the Ventress Memorial Library will be renovated. The work is scheduled to start by the end of January and will take between 10 – 12 months before completion. Upon completion space will be provided for the Food Pantry, Post Grad Program, Ventress Memorial Library and the Recreation Department.

During renovation the recreation department will be without valuable program space. We need to be creative with new community programs and program space. At this time we are asking the community to assist us in locating temporary program space. Ideally the space will be between 800 – 1,200 square feet and be located in Marshfield. Our programs run weekdays, evenings, weekends and vacation weeks. We currently use the recreation center at Coast Guard Hill and all of the schools in town. If you have or know of programming space that we may be able to use please contact the Marshfield Recreation Department, 781.834.5543.

MINI YOGA KIDS

WHO: Co-ed, ages 1 - 4 - and their Adult
(All children must be accompanied by an adult)

Additional Classes, page 33

WHEN: Mondays, 10:00 a.m. - 10:45 a.m.
February 22 - March 14 (4 weeks)

WHERE: Recreation Center, 900 Ferry Street **On Reg. Form:** List Program, Date, Time and Session

FEE: \$44.00 per child Min. 4 Max. 6

STAFF: Laura McGrath, LCSW, CYKT

Laura is a Licensed Clinical Social Worker, Certified Yoga Kids Teacher and Certified Child Light Yoga Baby and Toddler Teacher. She has over 18 years of experience working with children and teens, with 8 of those years working as a therapist in a therapeutic day school providing individual and group counseling. She has been teaching yoga classes for babies to teens at such locations as Pudding Hill Preschool, the Marshfield Recreation Department and the South Shore Learning Lab. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

Each week, we will use stories, songs, music, games and props such as scarves and parachutes to explore the fun of yoga. This lively class will help children develop mind and body awareness and self regulation skills while providing the opportunity to bond with their caregivers and connect with other children. Each class will end with time for relaxation and cuddles!

Come play yoga with us!! All mats and props will be provided



YOGA KIDS

WHO: Co-ed, Grades K - 2
WHEN: Sundays, 3:00 - 4:00 p.m.
February 7 - March 20 (5 weeks)

No class 2/14 or 2/28

WHERE: Recreation Center, 900 Ferry Street

FEE: \$60.00 p. p. Min. 6 Max. 8

On Reg. Form: List Program, Date, Time and Session

STAFF: Laura McGrath, LCSW, CYKT

Laura is a Licensed Clinical Social Worker, Certified Yoga Kids Teacher and Certified Child Light Yoga Baby and Toddler Teacher. She has over 18 years of experience working with children and teens, with 8 of those years working as a therapist in a therapeutic day school providing individual and group counseling. She has been teaching yoga classes for babies to teens at such locations as Pudding Hill Preschool, the Marshfield Recreation Department and the South Shore Learning Lab. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

Yoga Kids is a fun interactive program that uses a combination of classic poses, cooperative games, relaxation techniques, music and crafts to explore the art of Yoga. The goal is to help kids connect their bodies and minds to experience a natural state of fitness, confidence and inner calm. No only will the kids have a blast, but they will develop skills that will serve them throughout their entire lives!

Mats are provided. Wear comfortable clothes and bring a water bottle.

Look for additional yoga classes this spring and summer!

Page 32 spring classes



GIRL POWER YOGA

31

WHO: Girls, Grades 3, 4, 5, 6

WHEN: Sundays, 4:00 - 5:00 p.m.
February 7 - March 20 (5 weeks)

No class 2/14 or 2/28

WHERE: Recreation Center, 900 Ferry Street

FEE: \$60.00 Min. 6 - Max. 8

STAFF: Laura McGrath, LCSW, YKA.

Laura is a Licensed Clinical Social Worker, Certified Yoga Kids Teacher and Certified Child Light Yoga Baby and Toddler Teacher. She has over 18 years of experience working with children and teens, with 8 of those years working in as a therapist in a therapeutic day school providing individual and group counseling. She has been teaching yoga classes for babies to teens at such locations as Pudding Hill Preschool, the Marshfield Recreation Department and the South Shore Learning Lab. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

Girl Power Yoga will focus on using a combination of classic yoga poses, cooperative games, relaxation techniques, music and art for self exploration. The themes will focus on physical and emotional strength, self confidence, friendship and fun! They will let their Girl Power Shine!!

Mats will be provided. Girls should wear comfortable clothes and bring a water bottle.

YOGA KIDS

WHO: Co-ed, Grades K - 2

WHEN: Sundays, 3:00 - 4:00 p.m.
April 3 - May 22 (6 weeks)

No class 4/17, 5/8

WHERE: Recreation Center, 900 Ferry Street

FEE: \$72.00 p. p. Min. 6 Max. 8

On Reg. Form: List Program, Date, Time and Session

STAFF: Laura McGrath, LCSW, CYKT

Laura is a Licensed Clinical Social Worker, Certified Yoga Kids Teacher and Certified Child Light Yoga Baby and Toddler Teacher. She has over 18 years of experience working with children and teens, with 8 of those years working as a therapist in a therapeutic day school providing individual and group counseling. She has been teaching yoga classes for babies to teens at such locations as Pudding Hill Preschool, the Marshfield Recreation Department and the South Shore Learning Lab. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

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Mats are provided. Wear comfortable clothes and bring a water bottle.

GIRL POWER YOGA

32

WHO: Girls, Grades 3, 4, 5, 6

WHEN: Sundays, 4:00 - 5:00 p.m.
April 3 - May 22 (6 weeks)

No class 4/17, 5/8

WHERE: Recreation Center, 900 Ferry Street

FEE: \$72.00 Min. 6 - Max. 8

STAFF: Laura McGrath, LCSW, YKA.

Laura is a Licensed Clinical Social Worker, Certified Yoga Kids Teacher and Certified Child Light Yoga Baby and Toddler Teacher. She has over 18 years of experience working with children and teens, with 8 of those years working in as a therapist in a therapeutic day school providing individual and group counseling. She has been teaching yoga classes for babies to teens at such locations as Pudding Hill Preschool, the Marshfield Recreation Department and the South Shore Learning Lab. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

Girl Power Yoga will focus on using a combination of classic yoga poses, cooperative games, relaxation techniques, music and art for self exploration. The themes will focus on physical and emotional strength, self confidence, friendship and fun! They will let their Girl Power Shine!!

Mats will be provided. Girls should wear comfortable clothes and bring a water bottle.



MINI YOGA KIDS

33

WHO: Co-ed, ages 1 – 4 and their Adult
(All children must be accompanied by an adult)

WHEN: Mondays, 9:00 a.m. - 9:45 a.m.
April 25 - May 16 (4 weeks)

WHERE: Recreation Center, 900 Ferry Street **On Reg. Form:** List Program, Date, Time and Session

FEE: \$44.00 per child Min. 4 Max. 6

STAFF: Laura McGrath, LCSW, CYKT



Laura is a Licensed Clinical Social Worker, Certified Yoga Kids Teacher and Certified Child Light Yoga Baby and Toddler Teacher. She has over 18 years of experience working with children and teens, with 8 of those years working as a therapist in a therapeutic day school providing individual and group counseling. She has been teaching yoga classes for babies to teens at such locations as Pudding Hill Preschool, the Marshfield Recreation Department and the South Shore Learning Lab. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

Each week, we will use stories, songs, music, games and props such as scarves and parachutes to explore the fun of yoga. This lively class will help children develop mind and body awareness and self regulation skills while providing the opportunity to bond with their caregivers and connect with other children. Each class will end with time for relaxation and cuddles!

Come play yoga with us!! All mats and props will be provided

WIFI INTERNET SECURITY & PARENTAL CONTROL CLASS

34

WHO: Adults

WHEN: Wednesday, March 16th, 7:00 - 9:00 p.m.

WHERE: Recreation Center, 900 Ferry Street

FEE: \$259.00 p. p. Min. 8 Max. 20

On Reg. Form: List Program, Date, Time and Session



STAFF: Meredith Knowles

Meredith has over 20 years experience in information technology and has supported Fortune 100 companies with their internet and computing projects. She lives in Norwell, MA with her husband and 4 children.

Are you concerned about keeping your children safe while they are using the internet in your home, but you don't know how to control it?

Would you like to restrict the access to certain content and internet access by time of day?

Do you have several devices in your household that slow down your wifi network when all in use?

As parents we have enough to worry about without the dangers children face every day on the internet. Most of us do not have the time to sit beside our children, closely watching every keystroke and click they make while they are on line. Parental control software can keep a close watch instead, recording activities and blocking materials that are unsafe for young audiences while still allowing them to take advantage of the wonderful resources on the internet. This two hour class, geared toward the nontechnical user, will help you keep your kids safe while exploring the internet.

In one two hour session, this class will deliver:

- An internet appliance with configurable Parental Controls which you will take home at the end of class.
 - Instruction on how to set up a separate wifi network in your home for your children (This doubles your wifi bandwidth think FASTER!)
 - Instruction on how to set up granular parental controls to regulate what content your children can access on this network.
 - Instruction on how to restrict internet access by time of day
- Post-class support (up to 1 hour)

Optional in home setup available after the class for an additional fee. Please email instructor for details.
meredith@meredithknowles.com



MUSIC MAKERS

35

WHO: Co-ed, age 6 months through age 4

WHEN: Fridays, April 8 - May 13 (4 weeks)
10:00 - 10:40 p.m.

Additional Classes

WHERE: Marshfield Recreation Center,
900 Ferry Street

FEE: \$44.00 p.p. Min. 4 - Max. 8

On Reg. Form List Program, Date and Time

STAFF: Ms. Bethany has her Masters in Education and has been teaching for over 10 years. She is excited to share all her knowledge and creativity with families on the south shore. Read more about Ms. Bethany at <http://www.msbethany.com> This 40-minute class offers something for all little music lovers! Enhance your little one's love of music during this special bonding time. Each class will have songs, dances, and movement games that will excite your budding musician. Music is proven to aid in a child's development and language skills as they practice new vocabulary, the rhythm and structure of speech, and tonality. Along the way, you'll be building a repertoire of cheerful songs that will instill a lifelong love of music.

Pay for the child, parent attends for free! Younger sibling is free with paid older sibling.

Parent must stay for the class. No drop and go.

No class 4/22, 4/29,

Look for more classes!

Marshfield Recreation Department

at

Coast Guard Hill

900 Ferry Street

Marshfield, MA 02050

www.townofmarshfield.org

