

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

Fall 2015 Community Brochure



NEW Programs!

Disney on Ice, p. 8
Soccer and Yoga, p. 26 &
27
Wrestling, Youth, p. 28
Middle School, p. 17
Tennis, p.29
Learn to Skate, p 29

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!

Recreation Commission:

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

New Members Welcome!
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, scotch tape, duct tape, colored paper, drawing paper, Lego's, Lincoln Logs, cooking aprons, plastic table clothes, board and table games such as chess and checkers and backgammon. Bungee cords, tape, paper and a canister vacuum cleaner.

The fall 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:

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- *As we head into the fall, our programs continue to expand as we respond to the varied interests and needs of the community. Based on the success of our summer pre school programs we will offer a variety of enrichment programs for children age 2 to 5. We will continue with our partnership with the Marshfield Public Schools as we offer parenting programs for children under age 5, 4, 3, 2, and 1.
- * The Recreation Department office is located at 900 Ferry Street, (the bottom of Coast Guard Hill). We continue to offer a variety of exciting programs to the community. Look for additional programs for pre school and school age students, teens, adults and seniors this fall. We are pleased with the success of our Community and Wheel Chair Gardens. The Horseshoe, Basketball and Volleyball Courts receive regular play. Our small multi purpose practice field has been well received. The field measures 200 x 100 feet and is perfect for practice or as a game field for younger children. We will continue to work with the DPW, CPC and other groups to improve our community facilities. This fall we look forward to partnering with community groups to improve our community street hockey rink, call the office to see how you may help. We are pleased with the security cameras that have been installed on the property. The cameras are working and are monitored by the Marshfield Police 24/7. Individuals who damage or vandalize the facility / property will be prosecuted to the fullest extent possible.
- *The Recreation Department, in partnership with the Marshfield Public Schools and the Old Colony YMCA, combine to offer expanded before and after school child care opportunities for students in grades K - 5. The Recreation Department offers an on-site extended day program at the Martinson Elementary School. Students who attend off site schools are bused to the Martinson. Full day vacation clubs are offered to the community (grades K - 5) during school vacations.
- *The Uncle Bud Skate Park has been an overwhelming success. We were pleased that Town Meeting voted funds to allow us to make additional improvements to this community facility. This fall work will begin on the new skate plaza. The skate plaza, shade shelter and performing arts stage will allow for expanded community programming including: music, theatre, debates and more. The park will provide a safe area for children, teens and adults to skate and improve their abilities. Look for expanded skateboard lessons this spring and summer!
- *Eagle Scouts and community volunteers continue to assist in enhancing our recreation facilities at Coast Guard Hill. We promote recycling and composting with our community gardens, and we partner with local organizations to help improve all of our community facilities and programs. This fall we hope to build birdhouses in order to help control our insect population naturally. Call to see how you or your organization can help!
- *Join us this fall in one of our many programs, trips or special events. Take a walk up Coast Guard Hill or try out the outdoor sand volleyball, horse shoe and basketballs courts. We are pleased to offer a variety of trips including our Quabbin Fall Foliage tour, Boston Celtics basketball, Disney On Ice and more! Come with your friends or come alone and make some new friends!
- * 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!
- *Recreation Volunteers - We would like to thank some of the volunteers who are helping to keep our facilities clean and safe. The Plymouth County Trial Courts, Office of Community Service, visit on a regular basis to help maintain our many outdoor facilities. We look forward to forming new partnerships with the Marshfield Public Schools, Early Childhood Program, and H.S. ASD Program as we expand programs to individuals with disabilities. Contact us if you are able to donate an hour or two a week to help maintain our vegetable, rain and flower gardens or other community recreation facility or if you wish to plant in our Community Green House. The Recreation Commission has two openings. If you are interested in helping to promote recreation for all ages and abilities let us know.
- *Want to learn more about the Marshfield Recreation Department, our programs, opportunities, and plans for the future? Our staff are available to address your group or organization in order to share our vision.
- * Have a great fall and remember, “Don’t Hesitate, Recreate!”

Sincerely,

***Ned Bangs, CPRP
Recreation Director***

MARSHFIELD RECREATION 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, sports, 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 both 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.

Set up 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 clerk.

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/GENERAL INFORMATION

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

Regular outdoor programs will not be held during periods of inclement weather. Program cancellations will be e-mailed to you directly. A notice will also be placed on our voice mail.

If you have a question call the Recreation Department. All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. 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 fee on all returned checks.

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 individuals (without a refund) who cannot exhibit proper behavior.

REGISTRATION INFORMATION

On-Line - Mail - In Person

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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. Please note the **REFUND POLICY** as listed on page 5. We accept Cash, Check, Credit / Debit Card, (Master Card, Discover Card) and electronic check, (ACH). Payment by Money Order is available for walk in or mail in program payments. If you have a question don't hesitate to call the office, 781-834-5543, recreation staff will be glad to help you during regular business hours.

Program Registration is on going. You may sign up on-line, or mail or walk in your completed registration.

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 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.*

Our site at Coast Guard Hill continues to go “Green” as we strive to lessen our impact on these grounds. Our staff and students recycle as a part of their daily activity. We established a pre school organic vegetable garden and using the rain that is collected in our many rain barrels the children water our vegetable and butterfly gardens. Storm Water run off is addressed through our Rain Garden. We compost, and our Blue Berry Bushes, and Apple Trees continue to thrive. Our solar panels work well. If you want to see how much energy our solar panels are producing, (google www.powerdash.com/systems/1000063/). This fall call and ask how you can plant veggies in our Community Garden and Hoop Hut Green House!

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.

SOMETHING FOR EVERYONE!

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The Marshfield Recreation Department offers programs, trips and special events year round. Our Community Online Brochure is published seasonally and provides information on our Fall, Winter/Spring and Summer programs (September, December, 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, and Marshfield Mariner.

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. So 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" Recreation Department gift certificates are perfect for birthdays, holidays, or any occasion. Call us at (781) 834-5543 and we will design a certificate to meet your needs.

PROGRAM UPDATES!

Any changes to the brochure, including updates to our fall offerings (dates, times, cost, etc.) will be posted to the website. As always, if you have any questions, please do not hesitate to contact us at the office

E-MAIL LIST!

Join our e-mail list and receive up-to-date information on programs, registrations, jobs and other important news. In your household account select Opt-In. It is easy to subscribe, you will stay current with latest events and best of all it is FREE!

FIND A MISTAKE!

Since some people love to find errors, we included a few in our brochure to satisfy this need. A Recreation Department sweatshirt and coffee/hot chocolate mug will be given to the first caller to correctly notify us of an error. Limited to one (1) offer per brochure. Winner will be posted on the front of the updated brochure.

AFTER HOURS?

Stop by our office when staff are not in, on your way home from work, or on a weekend? Don't worry, 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.

TRIPS / OUTINGS

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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, Elsa, 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!

BOSTON CELTICS BASKETBALL

WHO: Adults, (students welcome with an adult)

WHEN: TBA

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

FEE: \$TBA. p.p. **On Reg. Form:** [List Boston Celtics](#)

We are working to finalize our annual outing to the Boston Garden to see the Boston Celtics perform. We look forward to an exciting and competitive team!



Trip Policy - Participants are asked to meet at the designated location 20 minutes prior to scheduled departure time; once the bus arrives we will conduct attendance, review the trip, wait five (5) minutes and then leave. There are no refunds if you miss the bus. Students are welcome when accompanied by an adult. Tickets are not refunded unless someone can take your place.

We are currently exploring options for our spring and early summer trips. If you have had a positive experience on a particular trip and you think that others may enjoy let us know.

The community trips are a great way to travel. Bring your friends or come on your own and make a few new ones. We have a great fun group comprised of mixed ages and interests. Children often attend with their parents.

THE QUABBIN FOLIAGE TOUR

WHO: All (students welcome with an adult)

WHEN: Saturday, October 10, 2015

WHERE: Quabbin Reservoir

FEE: \$69.00 p.p.

On Reg. Form List: [date and trip](#)



After a morning (9:30 a.m.) departure from Marshfield we will travel along the scenic roads of Central Massachusetts in our Luxury Silver Fox motorcoach. We are headed to the Quabbin Reservoir area and West Brookfield's Salem Cross Inn where we will enjoy a delicious full, four course luncheon featuring Soup du Jour, Fresh Garden Salad, [Chicken Pot Pie](#) or [Maple Salmon](#) ([choose one](#)) and dessert. After lunch we will be joined by a native tour guide who will take us through the Quabbin Reservoir, showing the sights and explaining how local villages and towns were flooded so that the reservoir, containing billions of gallons of water, could be constructed. At the completion of the tour we will visit Brookfield Orchards, home of one of New England's largest apple growers. We anticipate an early evening arrival in Marshfield after a wonderful day with friends.

PRE-SCHOOL FUN

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SUPER SOCCER STARS Ages 2-3

WHO: Co-ed, ages 2-3

WHEN: Sundays, September 20 - October 18
9:55 a.m. - 10:35 a.m. (5 weeks)

WHERE: Recreation Center, 900 Ferry Street
(Mini Field, next to the office)

FEE: \$100.00 p.p. Min. 5 - Max. 10 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.

STAFF: All Super Soccer Stars coaches share two passions: a passion for soccer and a passion for working with children. Within this framework, our coaches bring an eclectic mix of talents and backgrounds. Collectively, they are artists, musicians, teachers, students and more. Many come from the hotbeds of soccer - Brazil, Italy, Argentina - while others come from lands as exotic as ... Charlestown. Such diversity allows each coach to bring a unique patience, energy, and creative flair to every class.

In case of rain out, make up is October 25.



WHO: Co-ed, ages 4 - 5

WHEN: Sundays, September 20 - October 18
10:45 - 11:35 a.m. (5 weeks)

WHERE: Recreation Center, 900 Ferry Street (Mini Field, next to the office)

FEE: \$100.00 p.p. Min. 5 - Max. 12 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.

STAFF: See Bio above

Wear sneakers, T shirt, and bring a bottle of water.

SUPER SOCCER STARS Ages 3-4

WHO: Co-ed, ages 3-4

WHEN: Sundays, September 20 - October 18
9:00 a.m. - 9:45 a.m. (5 weeks)

WHERE: Recreation Center, 900 Ferry Street
(Mini Field, next to the office)

FEE: \$100.00 p.p. Min. 5 - Max. 10 per class

On Reg. Form: List Program, Date, Time

At Super Soccer Stars our goal is to teach soccer skills in a fun, non-competitive environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to coach ration to ensure that each child improves at his or her own rate while having endless fun.

STAFF: All Super Soccer Stars coaches share two passions: a passion for soccer and a passion for working with children. Within this framework, our coaches bring an eclectic mix of talents and backgrounds. Collectively, they are artists, musicians, teachers, students and more. Many come from the hotbeds of soccer - Brazil, Italy, Argentina - while others come from lands as exotic as ... Charlestown. Such diversity allows each coach to bring a unique patience, energy, and creative flair to every class.

In case of rain out, make up class is October 25.

Wear sneakers, T shirt, and bring a bottle of water.

SUPER SOCCER STARS Ages 4-5

Look for additional classes this winter!

In case of rain out,
make up class is
October 25

TOT YOGA

WHO: Co-ed - Crawling to 36 months & their Adult

WHEN: Mondays, October 5 - November 2
10:00 a.m. - 10:45 a.m. (4 weeks, no class 10/12)

WHERE: Recreation Center, 900 Ferry Street

FEE: \$44.00 per child Min. 4 - Max. 6 children
(All children must be accompanied by an adult)

On Reg. Form: List Program, Date, Time

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.

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 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.

TRICK OR TREAT MARSHFIELD CENTER

WHO: Families, ages 1 - Grade 5

WHEN: Saturday, October 24th , 12:00 p.m. - 4:00 p.m.
Costume Parade at the Community Playground, 4:30 p.m. – 5:00 p.m.

WHERE: Marshfield Center, (look for businesses with the Pumpkin!) **FREE!** No Cost to participate!!!

The events will include: Spooky Story time at the Ventress Memorial Library starting at 11:30 am and ending with our annual costume parade (4:30 p.m. at the Marshfield Kids At Play Playground). Other activities may include pumpkin carving at Dandelion Park, cookie decorating, face painting, cupcake decorating, balloon twisting and of course trick-or-treating at the local businesses.

Be sure to check the Facebook page for the latest updates on all of the activities which will take place.
www.facebook.com/trickortreatmarshfield

STORY TIME YOGA

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WHO: Co-ed - 3 to 6 years old & and their Adult

WHEN: Mondays, October 19 - November 9
9:00 a.m. - 9:45 a.m. (4 weeks)

WHERE: Recreation Center, 900 Ferry Street

FEE: \$44.00 per child Min. 4 - Max. 6 children
(All children must be accompanied by an adult)

On Reg. Form: List Program, Date, Time

Each week, the children and their adults will use a combination of classic poses, cooperative games and relaxation techniques to explore a story in a unique and interactive way! The goal is to help everyone connect their bodies and minds to experience a natural state of fitness, confidence and inner calm. Not only will the children and their adults have a blast, but they will all develop skills that will serve them through their entire lives.

All mats and props will be provided.

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 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.



OPEN HOUSE / REGISTRATION

- WHO:** Families and Children
(New born through Pre - K)
- WHEN:** Tuesday, Wednesday and Thursday
September 15 - 17, 2015
9:30 a.m. - 11:00 a.m. (choose one)
- WHERE:** Recreation Center, 900 Ferry Street
Program Room
- FEE:** FREE
- STAFF:** Deb Worsh - Early Childhood Outreach
Coordinator, Marshfield Public Schools

Come see our playgroup space, register for a playgroup and meet some new friends. Families will be encouraged to explore our indoor and outdoor program space and take a walk on the Recreation Center trail to the top of Coast Guard Hill for a beautiful view of Humarock and the Atlantic Ocean!

HAND IN HAND Community Playgroup

- WHO:** Parent Baby Playgroup
- WHEN:** Wednesdays, September 23 - November 18
12:30 - 2:00pm
- WHERE:** Recreation Center 900 Ferry Street
Program Room, 8 weeks
- FEE:** FREE, No cost but you must register

A playgroup for new and nearly new Moms/Dads and babies. This playgroup is facilitated by Susan West and Deb Worsh.

The Community Playgroups are free, but you must sign up with Deb Worsh

781-834-5572

dworsh@mpsd.org

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

All playgroups are for Marshfield families and their Moms/Dads/Caregivers with space allowed for families from surrounding towns when available. Playgroups are held at the Marshfield Recreation Center, 900 Ferry Street, Marshfield.

Look for more programs this winter!



HAND IN HAND Community Playgroup

11

- WHO:** Family Playgroups /All Ages
- WHEN:** Tuesdays, September 22 - November 17
9:00 a.m. - 10:30 a.m. **OR**
12:30 - 2:00 P.M. (Choose One)
- WHERE:** Recreation Center, 900 Ferry Street
Program Room, 8 weeks. **No class** 11/10
- FEE:** FREE, No cost but you must register

A family playgroup for all ages facilitated by Deb Worsh, Marshfield Public School Early Education Childhood Outreach Coordinator and Susan West.

HAND IN HAND Community Playgroup

- WHO:** Family Playgroups /All Ages
- WHEN:** Wednesdays, September 23 - November 18
9:00 a.m. - 10:30 a.m.
- WHERE:** Recreation Center, 900 Ferry Street
Program Room, 8 weeks. **No class** 11/11
- FEE:** FREE, No cost but you must register

A family playgroup for all ages facilitated by Deb Worsh Marshfield Public School Early Education Childhood Outreach and Susan West, Nurse, Childbirth Educator and Active Parenting Coordinator.

HAND IN HAND

- WHO:** Family Playgroup /All Ages
- WHEN:** Thursday, September 24 - November 19
10:00 a.m. - 11:30 am.
- WHERE:** Recreation Center, 900 Ferry Street
Program Room, 8 weeks. **No class** 11/12
- FEE:** FREE, No cost but you must register.
- STAFF:** Deb Worsh, Marshfield Public Schools Early
Childhood Outreach Coordinator

A family playgroup for all ages facilitated by Deb Worsh Marshfield Public School Early Education Childhood Outreach and Susan West, Nurse, Childbirth Educator and Active Parenting Coordinator.

LICENSED CHILD CARE PROGRAM

MARSHFIELD RECREATION EXTENDED DAY PROGRAM Licensed by the Department of Early Education and Care

Call for openings!!

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

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 29 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.

We always look for additional fun and engaging staff for substitute positions. Site Coordinator, Group Leader, Assistant Leader positions may be available.

YOUTH and TEEN ACTIVITIES

13

KARATE KIDS

WHO: Co-Ed, Grades K thru 5
WHEN: Tuesday & Thursday 5:00 - 6:00 p.m.
October 13 - 22 (4 Classes)
WHERE: Whidden's School of Fitness
822 Webster St., Marshfield
FEE: \$45.00 p. p. Min. 4 - Max. 12

On Reg. Form List Program and Date

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



KID'S NIGHT OUT!

WHO: Co-ed Ages 5-11
WHEN: Friday, December 4th
6:30 p.m. - 9:00 p.m.
WHERE: Recreation Child Care Center
14 Library Plaza
FEE: \$12.00 1st child, \$8.00 second child (same family) Max. \$30.00/family per night

On Reg. Form: List Program. & Date

Drop the kids off while you finish or perhaps start your holiday shopping. They will enjoy a night of games, crafts, outdoor sports or movies while parents enjoy their own night out! Cheese Pizza and lemonade will be served.

Recreation staff will supervise, limited to 20 students.



TENNIS

WHO: Co-ed, ages 7-13
WHEN: Fall Tennis Session 1
Sundays, November 8 - December 20 (6 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: \$130.00 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 indoor tennis classes this winter and spring

Please note: No class 11/29

HORSEBACK RIDING CLINIC

WHO: Family and Friends (age 3 and older)
WHEN: Saturday, October 17, 2015
2:00 p.m. - 3:30 p.m. (rain or shine)
WHERE: Furnace Brook Farm, 253 Sandy Hill Drive
FEE: \$5.00 per family

On Reg. Form: List [Horseback Riding Clinic](#)

Learn about riding styles and forms, types of horses, ponies, care, feeding, grooming, and expenses. Enjoy a riding demonstration, which may include small jumps. Parents attend with child. Bring a camera for great photos.

INSTRUCTOR:

Erin Van Steenburgh is a Massachusetts Licensed Riding Instructor who holds 2 national titles and has run riding camps for nine years.

Min. 5 Max. 15.

For additional information and directions
www.furnacebrookfarm.com



FENCING

14

WHO: Co-Ed, ages 9 through Adult
WHEN: Monday, October 19 - November 30 (6 weeks)
5:00 p.m. - 6:00 p.m. No class 11/23
WHERE: Recreation Wrestling Room
1837 Ocean Street, adjacent to the Recreation
Child Care Center, 14 Library Plaza
FEE: \$70.00 p.p. Min. 4 - Max. 12

INSTRUCTOR: Jim Mullarkey

3MB stands for Three (3) Mullarkey Brothers, Jack, Ed, and Jim, who began fencing in 1763 in Peabody, MA. Over the years, they have won many events, including the New England Interscholastic Championships, New England Championship, North Atlantic Sectional Championships, and the USA National Championships. Join the sport of intelligence and skill. Build self-confidence, coordination and mental aspect of 1 on 1. Fun and safe. All equipment provided. Wear sneakers, t-shirt and sweatpants, no shorts.



BABY SITTING TRAINING FOR KIDS

WHO: FBMS students, co-ed (grades 6-8)
WHEN: Monday, November 9 - December 14 (6 weeks)
2:25 p.m. - 3:25 p.m. Min. 18 - Max. 20
WHERE: Furnace Brook Middle School, Room #20
8th grade Art Room, across from the cafeteria
FEE: \$52.00 per person, includes booklets, bottle of water and a small snack

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

STAFF: Ms. Susan Clancy, The course will include basic first aid, safety precautions, age-appropriate activities, parental expectations, babysitting as a business, role playing, interviewing and more! Workbook and weekly snack are included in the program cost.

ARCHERY

WHO: Co-ed, ages 8 - adult
WHEN: Wednesdays, November 4 - December 9, 2015
5:00 - 6:00 p.m. (6 weeks)
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: Archery Center staff will instruct the class

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. Returning students will focus on improving skills and techniques. All equipment is provided

Many of our programs are the direct result of suggestions from members of the community.

We are looking for opportunities to continue to grow our programs. If you have a program or an idea for a program that we can use this winter or spring let us know. If we are able to use your program suggestion and we run the program you will receive a recreation t shirt.



WANTED

NEW PROGRAMS



AFTER SCHOOL SPORTS

WHO: Co-ed students in grades 3, 4, 5
WHEN: Weekdays, October 19 - December 4 (7 weeks) * Martinson is 6 weeks, cost is \$30.00 p.p.
 Students attend one afternoon per week depending on grade.
 No class Wednesday, November 11, or November 25
 Last Wednesday Class is December 16

WHERE: Elementary Schools

FEE: \$35.00 per student (7 weeks)

On Reg. Form List School, Grade and Day

The after school sports program is designed for students in grades 3, 4, and 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 before 10:00 a.m.** on the day the program begins in order to attend on their scheduled day. Class is limited to a minimum of 12 and a maximum of 20 students per class.

Fall session starts the week of October 19, and runs through the week of December 4 (7 weeks, SR, DW, EW)
 Parents are required to pick up their child/children promptly at the end of each day.

Parent (s) shall send a note to their child’s principal informing him/her that their child will be participating in the program. Notes must be sent after your son/daughter is registered, do not wait until the start of the program. **If a note is not sent, your child/children will not be able to stay after for this program.** Parent (s) must also send a note if your child has permission to walk home at the end of the program. (copy to Recreation Department)

If your son/daughter has asthma and requires his/her inhaler, parent (s) shall send a letter to the school office, granting permission to retrieve the inhaler from the school office. Parent (s) shall state that the student knows how to use the inhaler and has permission to self-administrator as may be needed. Recreation Office requires a copy of said letter.

SCHOOL	GRADE	DAY	TIME
Daniel Webster	3, 4 &5	Monday	3:30 - 4:45
	3, 4 & 5	Tuesday	3:30 - 4:45
Martinson			
*Oct. 19-Nov. 23 (6 weeks)	3,4,5	Monday	3:00 - 4:15
*Oct. 20 -Nov. 24 (6 weeks)	3,4,5	Tuesday	3:00 - 4:15
South River			
	3,4,5	Monday	3:00 - 4:15
	3,4,5	Wednesday	3:00 - 4:15
Eames Way			
	3, 4,5	Monday	3:30 - 4:45
	3,4, 5	Wednesday	3:30 - 4:45

Parents must pick up students promptly (at gym entrance) at the end of the program.
Return all paper registration forms to the Recreation Office with appropriate fee.

KIDS FIT

A before school fitness program



WHO: Co-ed students in grades 2, 3, 4, 5 (Eames Way School, grades 3,4,5)

WHEN: Weekday mornings, (students may attend one or more mornings a week depending on school)

Session 1 Week of October 26 - December 9, (5 weeks)

Session 2 Week of January 4 - February 8, (5 weeks)

WHERE: Eames Way, Daniel Webster and Martinson Elementary Schools

FEE: Daniel Webster School: \$55.00 p.p. for two days a week. Sign up for 4 days a week, the cost is \$100.00

Eames Way School: \$55.00 p.p. for two days a week

Martinson School: \$55.00 p.p. for two days a week. Sign up for 4 days a week, the cost is \$100.00

Min. 12 students per session.

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. This fall we will offer Kids Fit to the Daniel Webster and Martinson Schools. Two five (5) week sessions will be offered in this brochure. Additional sessions will be offered in the Winter / Spring Community Brochure. 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 day (s).

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 their classroom.

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.

No Class: Wednesday 11/11, Wednesday, 11/25, Thursday 11/26, Friday 11/27.

Make Up Classes: Wednesday 12/2, Wednesday 12/9, Thursday 12/3, Friday 12/4

South River	Days	Times
Daniel Webster		
Session 1	T & W	7:40-8:40 a.m.
	M & TH	7:40-8:40 a.m.
Session 2	T & W	7:40-8:40 a.m.
	M & TH	7:40-8:40 a.m.

Eames Way	Days	Time
Session 2	T & W	8:00-8:50 a.m.
Martinson		
Session 1	M & W	7:30-8:15 a.m.
	T & F	7:30-8:15 a.m.
Session 2	M & W	7:30-8:15 a.m.
	T & F	7:30-8:15 a.m.

Kids Fit Staff:

Daniel Webster - Mr. Chris Patota, Ms. Marilyn McBride

Eames Way - Ms. Allison Baier

Martinson - Mr. Jeff Dunn & Mr. Rick Wheaton

GIRL POWER YOGA

WHO: Girls grades 3 - 6

WHEN: Sundays, October 4 - November 1
4:00 pm - 5:00 p.m. (4 weeks, no class 10/11)

WHERE: Recreation Child Care Center, 14 Library Plaza

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

STAFF: Laura McGrath, LCSW, YKA.

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.

Laura 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 both privately and locally at Pudding Hill Preschool, Mamas Move and the Marshfield Recreation Department. Laura combines her clinical and yoga knowledge to provide dynamic classes that help children and teens to discover and embrace their best selves.

Look for additional yoga classes this Winter and Spring!

YOGA KIDS

WHO: Co-ed, Kindergarten - 2nd grade

WHEN: Sundays, October 4 - November 1
3:00 pm - 4:00 p.m. (4 weeks, no class 10/11)

WHERE: Recreation Child Care Center, 14 Library Plaza

FEE: \$48.00 p.p. Min. 4 - Max. 8

On Reg. Form List Program, Date and Time

STAFF: Laura McGrath, LCSW, YKA.

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!

Staff Bio, please see above.

MIDDLE SCHOOL WRESTLING

17

WHO: Boys grades 6, 7, and 8

WHEN: Monday and Wednesday, 7:30 p.m. - 9:00 p.m.
November 16 - December 21 (No class 11/25)

WHERE: Recreation Wrestling Room, 1837 Ocean Street,
adjacent to the Recreation Child Care Center, 14
Library Plaza

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

On Reg. Form: List Program, Day, Time, Tee Size

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.



LEARN TO SKI / SNOWBOARD

BLUE HILLS SKI/SNOWBOARD PROGRAM

This is a lessons-only program, there is no FREE skiing or snowboarding!

WHO: Students age 7 - 15 (must be 7 by January 1, 2016)

WHEN: Thursdays, January 7 - February 4, 2016
5 weeks, or until 5 lessons are completed

WHERE: Blue Hills Ski Area

FEE: \$ 260.00 p.p. Includes ski / snowboard lessons & bus
\$ 345.00 p.p. Includes ski / snowboard lessons, rentals & bus
\$ 30.00 p.p. If you wish to rent a helmet (for 5 weeks)

On Reg. Form: List Program, and options

Ski Own Equipment
Ski Rent at Blue Hills
Snowboard Own Equipment
Snowboard Rent at Blue Hills
Master List
Chaperone
Helmet Rental

**Program prices to be finalized
by Monday, November 16.
Registration will start Monday,
November 16, 12:00 p.m.**



Bus departs from the Furnace Brook School parking lot, (Furnace and Forest Street) at 3:15 p.m. sharp! Group lessons at Blue Hills from 4:30 - 5:45 p.m. Bus returns to the same parking lot by approximately 7:15 p.m. Students should dress for the weather, (hats, coats, gloves, warm socks and a sweater etc.). **Bring a snack or money to buy a snack at the lodge at the end of each night's lesson.** Label clothing and equipment as many students have similar outfits and equipment.

This is a Learn to Ski or Snowboard program. **No FREE skiing or snowboarding.** For safety reasons all students are required to ski or snowboard with their class and instructor. *Students are required to wear ski pinneys and ski tag.* **Failure to follow the above rules will result in a one-week suspension from the program.**

Adult Chaperones are necessary for this program to operate. We need 3-4 adults each week. We will provide a ski/snowboard pass; you provide equipment (daily) for those adults who assist. Please indicate dates available on the registration form. If we do not have any adult volunteers we will have to cancel the program. All Volunteers subject to CORI check.

Limited to a maximum of 35 students.

Last day to register, providing space is available, Monday, December 14, 2015



ADULT EDUCATION / PROGRAMS

19

BADMINTON

WHO: Adults (Co-Ed, High School grads and older)
WHEN: Mondays, September 28 - January 11, (14 weeks)
*7:00 - 9:00 p.m. No Class 10/12, 12/28
WHERE: Martinson Elementary School Gym
257 Forest Street
FEE: \$28.00 per person
Min. 8 - Max. 12
On Reg. Form: List, Program, Date, and Time

INSTRUCTOR: Mr. Ned Bangs and Friends

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!

*7:30 p.m. start time beginning October 19, 2015

VOLLEYBALL (recreational)

WHO: Adults (Co-Ed, High School Grads and older)
WHEN: Thursdays *7:00 - 9:30 p.m.
October 8 - January 21, 2016, (15 weeks)
WHERE: Martinson Elementary School Gym
FEE: \$32.00 p.p. (guest pass-\$5.00, good for one visit)
On Reg. Form: List Adult Volleyball

Recreational play, ideal for those who have played previously. Instruction offered as needed. Basic rules are followed. Come dressed and ready to play. Maximum 30 adults.

No Class: 11/26, 12/24, 12/31

Will notify of other possible conflicts

*7:30 p.m. start time beginning October 22, 2015



MONDAY BASKETBALL

WHO: Adults (age 30 and older)
WHEN: Monday, September 28 – January 11
8:00 p. m. - 10:00 p. m. (11 weeks)
No class 10/12, 12/28
WHERE: Marshfield High School Gym
167 Forest Street
FEE: \$35.00 per person
Min. 10 - Max. 25
On Reg. Form: List Program, Day, Time

INSTRUCTOR: Mr. Kevin Litchfield

Pick up games will be offered each week. 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. HS Gym activities may alter start time.



WEDNESDAY BASKETBALL

WHO: Adults (age 30 and older)
WHEN: Wednesdays, September 30 - January 20
(13 weeks) 7:00 - 8:45 p.m.
No Class 11/11, 11/25, 12/23, 12/30
WHERE: Daniel Webster School
1456 Ocean Street
FEE: \$40.00 per person
Min. 10 - Max. 14
On Reg. Form: List Program, Day, Time

INSTRUCTOR: Mr. Sean Garland

Adult Recreation Basketball returns this fall. 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.



TUESDAY PICKLEBALL

WHO: Adults (Co-Ed, High School grads and older)
WHEN: Tuesdays, September 29 - January 19 (15 weeks)
7:00 p.m. - 9:00 p.m. No class 12/29
WHERE: South River School, Gym
59 Hatch Street
FEE: \$32.00 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: Adults (Co-Ed, High School grads and older)²⁰
WHEN: Wednesdays, September 30 - January 20, (14 weeks)
*7:00 - 9:00 p.m.
No Class 11/11, 11/25, 12/23, 12/30

WHERE: Martinson Elementary School, Gym
257 Forest Street

FEE: \$30.00 per person Min. 8 - Max. 16

On Reg. Form List: Program

INSTRUCTOR: Mr. 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 whine 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.

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

7:30 p.m. start time starts October 21

WOOD FOR WARMTH

Wood for Warmth is a program that started last winter through a partnership between the Marshfield Recreation Department and A. Cushman Tree Professionals.

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.



OUTDOOR RECREATION FACILITIES

21

PETER IGO PARK

LOCATION: Marshall Avenue & Dyke Road
FACILITIES: Improvements continue to be made. Individuals may enjoy tennis, basketball, street hockey, access to the Green Harbor River and more!

TOWER AVENUE PARK

LOCATION: Colonial Road & Tower Avenue
FACILITIES: Picnic tables, T-ball field, swings, open field, basketball court, merry-go-round and bike rack.

STREET HOCKEY / BASKETBALL COMPLEX

LOCATION: Forest Street & Furnace Street
FACILITIES: Two basketball courts, one street hockey rink.

BROOKS THOMSEN SINGER MEMORIAL PLAYGROUND

LOCATION: Old Main Street at the fire station
FACILITIES: Bike rack, 1/2 basketball court, picnic tables, open field, play structure, swings.

UNCLE BUD SKATE PARK

LOCATION: Webster Street & Ocean Street
FACILITIES: This facility is under construction and currently closed. Look for our new skate plaza this spring!

COAST GUARD HILL

LOCATION: 900 Ferry Street
FACILITIES: Home of the Marshfield Recreation Department. Basketball courts, sand volleyball courts, open field / hill, horse shoe courts, Community Garden, walking trails, picnic area. Dogs are welcome with responsible owners. Dogs must be on a leash. Owners must pick up after their dog (s). CGH is open to the public from dawn to dusk, unless there is a recreation meeting /program offered.
Security cameras monitor grounds 24/ 7

MARSHFIELD COMMUNITY PLAYGROUND

LOCATION: Library Plaza
FACILITIES: Accessible playground for all abilities, age 3-12. Shade areas, benches, tables, recycle bin.

STREET HOCKEY RINK

Perfect idea for birthday gatherings and other fun times. Why not reserve it for your next family outing? Call for details.

We are working with community groups to improve the street hockey rink. Interested in helping, call the recreation department.

SPORT ORGANIZATIONS

PLEASE CLIP AND SAVE ME!!!!

The following **volunteer** run organizations provide sports programs for Marshfield residents.

These organizations are not under the jurisdiction of the Recreation Department. The Recreation Department does not assign practice times to individual teams. We issue the permit to the league who in turn assigns fields and practice times. For further information please contact the individuals listed below.

YOUTH FOOTBALL:

www.marshfielddyouthfootball.com

FLAG FOOTBALL:

www.marshfieldflag.com

GIRLS SOFTBALL:

www.marshfieldgirlssoftball.com

YOUTH SOCCER

www.marshfieldsoccer.org

BASEBALL & T-BALL:

www.marshfielddyouthbaseball.org

YOUTH CHEERLEADING:

www.marshfielddyouthcheerleading.com

BOYS LACROSSE:

www.marshfieldlax.com

GIRLS LACROSSE:

www.marshfieldgirlslax.com

MARSHFIELD TENNIS CLUB:

www.marshfieldtennis.com

FURNACE BROOK FARM:

www.furnacebrookfarm.com

WHIDDEN SCHOOL OF FITNESS:

www.whiddenschool.com

MARSHFIELD YOUTH BASKETBALL:

www.marshfielddyouthbasketball.com

HOT SHOTS SOCCER:

www.hotshotsoccer.org

MARSHFIELD FLAGFOOTBALL:

www.marshfieldflag.com

COASTAL STARS YOUTH HOCKEY:

www.coastalstarsyouthhockey.com

MARSHFIELD RECREATION DEPARTMENT

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

E-mail:Marshfieldrecreation@townofmarshfield.org

Received by:_____

Date received:_____

Cash:_____

Check # _____

Amount:_____

Fall 2015 Registration Form

Credit Card, Debit Card, Electronic Check, On-Line, Mail In or In Person. New, Rolling Registration sign up now!

As programs additional programs are finalized they will be added On-Line, and the brochure will be updated.

Payment is expected when you register, please note Refund Policy

Please Print Clearly

Fill In All Blanks

Checks Payable to Town of Marshfield

Family Last Name:_____

Contact E-mail:_____

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 female adult participant)

(or male adult 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 _____

Place Participant info on reverse side →

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 _____

Total Amount Enclosed _____



Please Note **Refund Policy** as listed on page 5.

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!

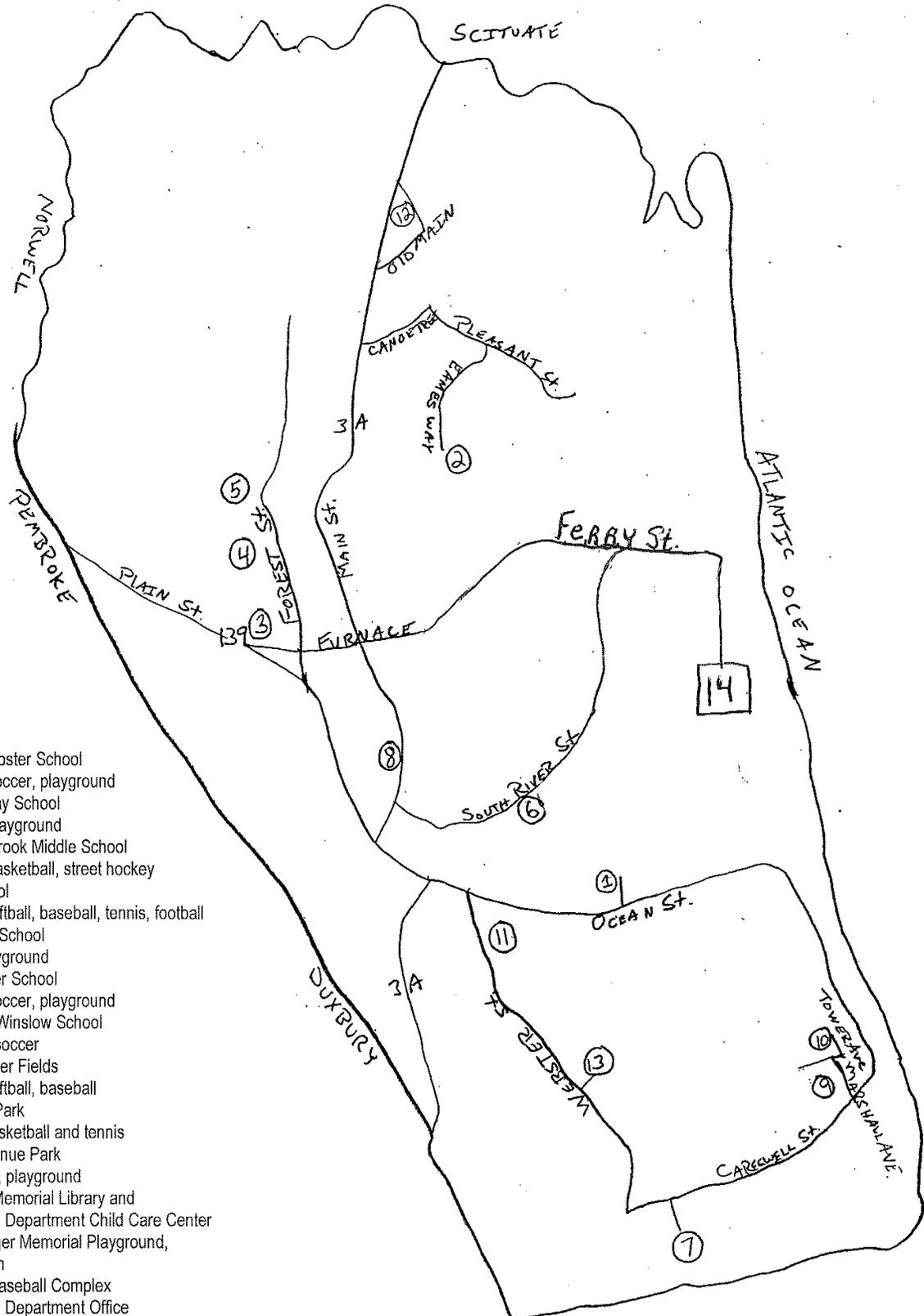
Have a question, comment, something we should know, would like to volunteer help, or have a program suggestion? Please take the time to let us know how we can better assist you with your leisure needs.

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? _____

Suggestions/Comments: _____

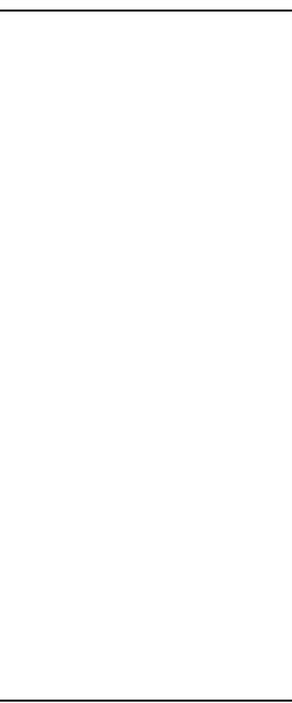
RECREATION FACILITIES



Legend:

1. Daniel Webster School
Softball, soccer, playground
2. Eames Way School
Softball, playground
3. Furnace Brook Middle School
Softball, basketball, street hockey
4. High School
Soccer, softball, baseball, tennis, football
5. Martinson School
Track, playground
6. South River School
Softball, soccer, playground
7. Governor Winslow School
Baseball, soccer
8. Grace Ryder Fields
Soccer, softball, baseball
9. Peter Igo Park
Lighted basketball and tennis
10. Tower Avenue Park
T-ball field, playground
11. Ventress Memorial Library and
Recreation Department Child Care Center
12. Brook Singer Memorial Playground,
Fire Station
13. Wheeler Baseball Complex
14. Recreation Department Office
900 Ferry Street

Marshfield Recreation Department
at
Coast Guard Hill
900 Ferry Street
Marshfield, MA 02050
www.townofmarshfield.org
recreation@townofmarshfield.org
781-834-5543



SUPER SOCCER STARS
Late Fall Soccer Indoor Soccer

26

SUPER SOCCER STARS
Ages 2-3

SUPER SOCCER STARS
Ages 3-4

WHO: Co-ed, ages 2-3

WHO: Co-ed, ages 3-4

WHEN: Saturdays, November 14, 21 December 5, 12, 19
No class November 28
9:55 - 10:35 a.m. (5 weeks)

WHEN: Saturdays, November 14, 21 December 5, 12, 19
No class November 28
9:00 - 9:45 a.m. (5 weeks)

WHERE: Recreation Wrestling Room, 1837 Ocean Street.
(next to the Ventress Memorial Library)

WHERE: Recreation Wrestling Room, 1837 Ocean Street.
(next to the Ventress Memorial Library)

FEE: \$100.00 p.p. Min. 5 - Max. 10 per class

FEE: \$100.00 p.p. Min. 5 - Max. 10 per class

On Reg. Form: List Program, Date, Time

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.

At Super Soccer Stars our goal is to teach soccer skills in a fun, non-competitive environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

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.

STAFF: All Super Soccer Stars coaches share two passions: a passion for soccer and a passion for working with children. Within this framework, our coaches bring an eclectic mix of talents and backgrounds. Collectively, they are artists, musicians, teachers, students and more. Many come from the hotbeds of soccer - Brazil, Italy, Argentina - while others come from lands as exotic as ... Charlestown. Such diversity allows each coach to bring a unique patience, energy, and creative flair to every class.

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SUPER SOCCER STARS
Ages 4-5

WHO: Co-ed, ages 4 - 5

WHEN: Saturdays, November 14, 21 December 5, 12, 19 No class November 28
10:45 - 11:35 a.m. (5 weeks)

WHERE: Recreation Wrestling Room, 1837 Ocean Street. (next to the Ventress Memorial Library)

FEE: \$100.00 p.p. Min. 5 - Max. 10 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.

STAFF: See Bio above

Wear sneakers, T shirt, and bring a bottle of water.

TOT YOGA

WHO: Co-ed - Crawling to 36 months & their Adult

WHEN: Mondays, November 9 - December 14
10:00 a.m. - 10:45 a.m. (6 weeks)

WHERE: Recreation Center, 900 Ferry Street

FEE: \$66.00 per child Min. 4 - Max. 6 children
(All children must be accompanied by an adult)

On Reg. Form: List Program, Date, Time

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.

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 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.

WHO: Girls grades 3 - 6

WHEN: Sundays, November 8 - December 20
4:00 pm - 5:00 p.m. (6 weeks, no class 11/29)

WHERE: Recreation Wrestling Room, 1837 Ocean Street, next to the Child Care Center, 14 Library Plaza

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

STAFF: Laura McGrath, LCSW, YKA.

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.

Laura 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 both privately and locally at Pudding Hill Preschool, Mamas Move and the Marshfield Recreation Department. 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

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WHO: Co-ed, Kindergarten - 2nd grade

WHEN: Sundays, November 8 - December 20
3:00 pm - 4:00 p.m. (6 weeks, no class 11/29)

WHERE: Recreation Wrestling Room, 1837 Ocean Street, next to the Child Care Center, 14 Library Plaza

FEE: \$72.00 p.p. Min. 4 - Max. 8

On Reg. Form List Program, Date and Time

STAFF: Laura McGrath, LCSW, YKA.

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!

Staff Bio, please see Tot Yoga.



GIRL POWER YOGA

Look for additional yoga classes this Winter and Spring!

FAMOUS "LIL" CHEFS

WHO: Co-Ed, ages 5 - 11

WHEN: Saturday, December 12, 2015
3:00 p.m. - 4:30 p.m.

WHERE: Marshfield Famous Pizza
1941 Ocean Street

"Where pizza is fine art"

FEE: \$8.00 per person Min. 8 Max. 10

On Reg. Form List Program, Time and Date

STAFF: Famous Pizza crew members.

Put your chef hats on and create your very own personal pizza. Use your creativity to Make It, Bake It and then Eat It! Juice, soda and pizza toppings included. Be sure to bring a camera so you can take a photo of your masterpiece!

Please note: Children must be accompanied by a parent / guardian. No child may attend by him/her self. Parents attend FREE!



www.marshfieldfamous.com

YOUTH WRESTLING CLINIC

WHO: Grades 1- 5 28

WHEN: Mondays, 6:30 p.m. - 7:30 p.m.
November 16 - December 21 (6 weeks)

WHERE: Recreation Wrestling Room, 1837 Ocean Street,
adjacent to the Recreation Child Care Center, 14
Library Plaza

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

On Reg. Form: List Program, Day, Time, Tee Size

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 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.



WINTER TENNIS

WHO: Co-ed, ages 7-13

WHEN: Session 1: Sundays, Jan. 10, 17, 24, Feb., 7 & 21 (5 weeks)

Session 2: Sundays, Feb. 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

STAFF: Certified professionals from Kingsbury Club

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



LEARN TO SKATE 29

WHO: Co-ed, ages 3-adult

WHEN: Saturdays, January 30 – March 5 (6 weeks)

Session 1: 2:00 p.m. - 3:00 p.m.

Session 2: 3:00 p. m. - 4:00 p.m.

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

FEE: \$95.00 p.p. Min. 10 Max. 20 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.

This program features a staff to student ratio of three staff to twenty students.

