

# Fairhaven Recreation

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



## FALL SESSION 2014



### Hours

Monday—Thursday 6AM—8PM

Friday 6AM—6PM

Saturday 8AM—2PM

Closed Sundays



# Fairhaven Recreation Policies & General Information

## Participants Responsibility

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the *Director reserves the right to dismiss or suspend a participant in any program without a refund of fees.*

Fairhaven Recreation is not a day care, after-school care program or babysitting service. Please read and understand the policies. If they are unclear to you please ask questions. **All** participants **must** pre-register for **All** programs. During unsupervised open gym times an adult must accompany children under 12. The Recreation Supervisor on duty is only responsible for the activity taking place within the gym. Please be on time dropping off and picking up children from their programs. Failure to do so will result in additional cost penalties or suspension from programming. Children should not be left unattended.

## Play Card

Your Play card **must** be with you when entering the building. You will be asked to scan it at the front desk as you enter the Recreation Center. Your card also gives you the opportunity to participate in all open gym activities. Play Cards will be issued at the Recreation Center during normal business hours. To obtain a Play Card you must provide 2 proofs of residency. Acceptable proofs of residency include a current utility bill, voter registration card or driver's license. For children, a report card or school I.D. card with an address will serve as valid proof.

## Program Registration

Registrations for programs will be during the regular operation hours listed in this brochure. Registrations will be accepted until the program is full and has met the minimum participation registration number. You may register for a play card at any time.

## Payment

Payment is due at the time of registration, check or money order made payable to Fairhaven Recreation. A fee of \$25.00 will be charged for any check returned for insufficient funds. No new registration of programming will be allowed until the \$25.00 fee is paid.

## Age Requirements

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

## Program Course Confirmation

No confirmations are sent out. A participant is registered only when payment is received, unless the Department notifies you otherwise. We will **only** notify you if there are any problems.

## Weather Cancellations

When the Fairhaven Public Schools are closed because of emergencies or weather conditions, **all** Recreation Department programming will be canceled for the entire day. If a storm develops later in the day please call the Recreation Department for an update.

## Switching Programs

If space allows and you wish to switch to another program there is a \$10 administrative fee and the request must be handled in person only.

## Refunds

All programs are non-refundable, unless, the Recreation Department cancels a program. If you request to withdraw from a program you will only be refunded if sufficient time is allowed so that a replacement can be found and no costs are incurred by the department. There will be a \$10 administrative fee taken from the refund regardless.

## Photo policy...Smile

The Recreation Department and/or press take pictures and video on occasion of participants for publicity purposes and for local cable. If you don't want to have your child photographed please let us know.

## Special Needs

Children and adults with special needs are encouraged to participate in recreation programs. Staff members are sensitive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the facility, or wish to discuss program details, please call the program coordinator to ask about specifics.

## Personal Belongings

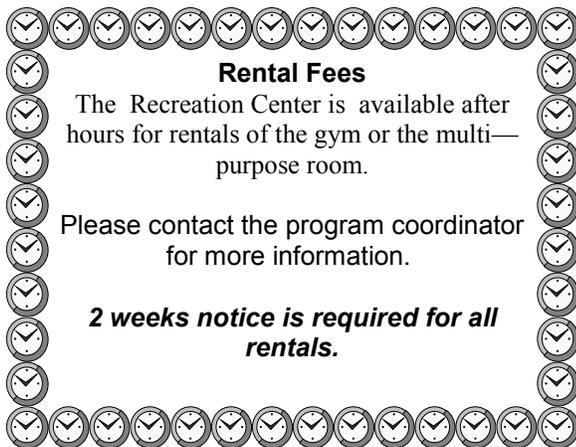
Please do not bring any valuables, toys or games to our programs. The Recreation Department is not responsible for lost or stolen articles. To be safe, leave articles at home unless necessary for the program.

## Program Policies

All programs are offered to members on a first come, first served basis. Members must have a valid play card to sign up for programs unless otherwise noted. Fairhaven Recreation reserves the right to cancel or consolidate any program one week prior to the start date that does not meet the minimum registration numbers. Remember, nothing terminates a program faster than waiting until the last minute to register. Avoid disappointment and register promptly!

## Non—Members

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



## FEE INFORMATION

### Fairhaven Residents:

<u>Category</u>	<u>Full Year</u>	<u>Six Months</u>
Child Play Card	\$30	N/A
Sr Play Card (age 62 +)	\$30	\$20
Adult Play Card	\$45	\$32
College Student	\$80	\$52
Senior Full	\$80	\$52
Adult Full	\$110	\$65
Teen Wellness (16—18) **	\$60	N/A

### Acushnet/Mattapoisett Residents:

<u>Category</u>	<u>Full Year</u>
Child Play Card	\$50
Sr. Play Card (age 62+)	\$50
Adult Play Card	\$80
College Student	\$125
Senior Full	\$125
Adult Full	\$190
Teen Wellness (16-18)**	\$80
Non Resident Tax Payer:	\$165



\*Please note that 6 month memberships are only available for Fairhaven Residents\*

\*\* These members must attend a training and parents must sign agreement prior to receiving this membership\*\*

*Play cards give access to open gym activities and all programs at the member rate.  
A full membership gives access to the wellness room, open gym activities, and all programs at the member rate.*

### Important Dates to Remember

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



**Labor day—September 1, 2014  
Thanksgiving—November 27, 2014  
Christmas —December 25,2014  
New Year's —January 1,2015**

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

**The Gymnasium will be closed on the following dates for Blood Drives**

**Monday — September 15, 2014  
Wednesday—November 12, 2014  
Wednesday— January 7, 2015  
Wednesday—March 18, 2015**



## Preschool & Youth Programs

### **Marcus Wills Basketball**

New Bedford High School's all-time leading scorer, 2 time State Champion and Division 1 college standout at the University of Maine, Marcus Wills offers his well-known youth basketball training clinic. This is an intense, motivational and fundamentally based basketball clinic. Participants are taught how to practice, become a better player and learn the importance of having a positive attitude, getting good grades and encouraging others. Through targeted drills and game play, each session teaches the proper fundamentals required to become a successful player. **This is a COED program!!!!**

**Start Date:** September 20th

**End Date:** October 18th

**Days:** Saturdays

**Times:** 9:30–10:45

**Ages :** 7–14

**Cost:** \$40 Members

\$50 Non-Members

### **Goju-Ryu Karate**

This six week course introduces students to traditional Okinawan Goju-Ryu Karate. In the class students will be taught basic strikes, blocks, kicks, and at least one kata (form). Karate develops self-confidence, strength, agility, and respect for oneself and others. Instructor Elizabeth Rapoza holds two black belts in Okinawan Goju-Ryu and Korean Tans Soo Do Karate. In addition, she is a former New England and National overall black belt champion.

**Start Date:** September 17th

**End Date:** October 22nd

**Days:** Wednesdays

**Time:** 6:15PM–7:15 PM

**Ages:** 7–13

### **Open Gym Basketball**

Make some new friends while refining your hoop skills. Times are always subject to change. Stop by for a current schedule of times for each age group.

**Ages:** 5–17

**Cost:** *Free* with your play card

**Please check our facebook page for more new and exciting programs as they are always developing!!!!!!**

## Programs & Events

### How to be a Referee

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

**Saturday November 15th, 22nd, 29th December 6th & 13th**

**Time: 10—11AM**

**Instructor: Staff**

**\$45 Member/\$60 Non Members**

**Ages 16—Adult**



### Kool Kids Thanksgiving Half Day Program

Children can come to the Rec after school and do their homework, enjoy a snack, and play a variety of games! Sign up for one, two or all three days. The Fairhaven Rec staff will offer supervised walks to our program for Wood School students

**\*\* Please note only Elementary Schools have half days on November 24th and 25th \*\***

**One Day: Member \$25**

**Sibling: \$20**

**Non—Member: \$30**

**Sibling: \$25**

**Two Day: Member: \$45**

**Sibling: \$42**

**Non—Member: \$50**

**Sibling \$47**

**Three Days: Member: \$60**

**Sibling: \$54**

**Non—Member: \$65**

**Sibling: \$59**

**Pre Registration is Required**

**Due to staffing, drop—ins will not be allowed**

### Kool Kids Christmas Vacation

This 4 day program is a great opportunity to make new friends while participating in fun group activities such as pillow polo, floor hockey, dodge ball, cooperative games, flag football, arts & crafts, etc. Kids will need to bring their own lunch for the first 3 days of the program. The last day is a pizza lunch combined with a New Years celebration. Come ready to party! Sneakers and active clothes must be worn each day. Kids will be grouped according to their current grade in school.

**Grades: K—5**

**Dates: 12/22, 12/23, 12/29 & 12/30**

**Time: Drop off 8Am, pick up by 3PM**

**Instructors: Staff**

**Cost: \$100 Member \$125 Non Member**



### Home Alone Safety Class

This course is designed to encourage children to be more independent. Topics covered will be basic first aid, door and telephone protocol, accident prevention, first aid for choking and safety measures. Pizza will also be provided. Space is limited... sign up soon.

**Ages: 9—11 Date: September 22nd**

**Instructor: Beth Oleson**

**Time: 5:30—8PM**

**Cost \$40 members / \$45 non-members**

### Babysitting Class

This is a comprehensive 3 hour course for 11—14 year olds. Topics will include first aid, choke saving techniques, mealtime, bedtime, diapering, discipline, contracts and ethics. Pizza will be provided.

**Ages: 11—14**

**Date: October 20th**

**Instructor: Beth Oleson**

**Time: 5:30—8PM**

**Cost:\$40 members/ \$45 non-members**

### Manners Matter Most

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

**Ages: 8—12**

**Date: November 3rd**

**Instructor: Beth Oleson**

**Time: 5:30—8PM**

**Cost:\$40 members/\$45 non-members**

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

## Youth programs & special events

### **Soccer with Jake**

An exciting program that focuses on key child developmental areas through the medium of soccer. The goal is to improve each child's motor skills, while advancing their physical, psychological and social development. The emphasis of coaching is to give children versatile experiences of basic motor skills and combinations, while creating a fun and safe environment for children to interact!

Start Date: September 18th

End Date: October 23rd

Days: Thursdays

Time: 3:30PM—4:30PM

Ages: 4—8

Cost: \$ 40 Member

\$50 Non—Member

### **Fairhaven Recreation Youth Basketball League**

**Registration:** November 1st & 8th from 8AM—2PM      **Cost:** \$10/ with play card \$50 without  
*Age is determined as of December 1, 2014*

Divisions will be as follows with sufficient numbers;

*Pee Wee (Co-Ed)                      Ages 6—8*

*Junior (Co-Ed)                      Ages 9—11*

*Seniors (Co—Ed)                      Ages 12—14*

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

### **Attention!!!**

Calling all basketball enthusiasts! We are looking for motivated, committed individuals to volunteer as basketball coaches for this league. We are also in need of officials for the league, pay is roughly \$15 per game. For more information and to fill out a volunteer application please call or stop by the Recreation Center during league registration hours.



### **13 Year Anniversary Extravaganza**

Join us for a **Free** day of fun as we celebrate 13 successful years at Fairhaven Recreation! All throughout the day we will be having local youth organizations and sport leagues here. Also Santa will be making an appearance so bring your camera. Our staff will be doing face painting and a holiday craft!

**Date:** Saturday December 6th

**Time:** 10AM—1PM



## Adult Programs

### Julie's Circuit training

Come workout for 1 hour and get a complete body workout... You will start the class by doing a warm up to get the blood flowing. Next you will go to 6 stations around the gym...doing a different exercise at each. The stations can be done at different intensities depending on your own fitness level. There is jumping rope, kettlebell swings, pushups, tricep dips, abs, stack jump, forward lunges and side squats to mention a few....The stations are different each class just to keep the body alert!! All you need to bring is a towel & water, we supply the rest....

**Ages:** 16—Adult

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

**Start Date:** September 16th/10 weeks

**No Class November 11th**

**End Date:** November 20th

**Instructor:** Julie Baiardi

### Vinyasa Yoga

A flow of asanas(postures) designed to stretch, strengthen, and align the body. This practice will have pranayama (breathing techniques), introduction to a few more advanced postures and a short meditation at the end of each class. A well rounded continuing class for those looking to deepen their yoga practice. Experience with yoga is helpful, but not required. All levels are always welcome. Wear comfortable clothing, stay hydrated and bring anything you need to make your practice comfortable (mats, blankets, eye bags, etc.)

**Ages:** 16—Adult

**Day & Times:** Tuesday 6-7:15PM

**Cost:** \$45 Member/\$70 Non Member

**Start Date:** September 2nd

**Yogini:** Juliet Loranger

**End Date:** November 4th

### SWEAT

Get Reday to sweat in this class with the latest in modern fitness training to help you reach your goals. No room to cut corners—just be prepared to work hard, have fun, and of course SWEAT! You'll be put to the test with a clock, good music, and all that you have to give! Workouts are modifiable for all fitness levels!

**Ages:** 16—Adult

**Instructor:** Bryan Silveira

**Day & Time:** Wednesdays 7—8

**Cost:** \$45 Member/\$70 Non member

**Start Date:** September 17th

**End Date:** November 19th

**\*\* Free Class on September 10th, Come and try it out!!**

### Adult Open Gym Basketball

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

**Days & Time:** Monday 6—8PM

**Ages:** 18 & older



## Adult Programs & Special Events

### Cardio Mix

Start off your class with a 15 minute cardio warm—up that leads into a 45 minute total body toning workout— arms, legs & abs. You name it , we work it. The class incorporates the use of hand weights ,balance ball and floor work. (students must bring their own hand weights up to 8 lbs. and a balance ball)

**Ages: 16—adult Start Date: September 16th /10 weeks End Date: November 20th**  
**Day: Tuesday & Thursday Instructor: Nancy Gibeau Time: 5:30—6:30PM**  
**Cost: \$50Member/ \$75 Non Member No Class on November 11th**

### Zumba

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

**Mondays & Wednesday from 5—6 PM \$5 members / \$7 Non Members per class**  
**Instructor: Kim Jacoben**

## On the Road with Fairhaven Recreation.

### Shopping up North

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

**Date: Saturday, October 26th, 2014 Cost \$30 per person**

**Deadline for registration is October 17th**



**Foxwoods and Mohegan Sun trips are being planned...**  
**Call for dates!!!!**

### NYC on your own

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

**Depart FHVN: 6AM Arrive NYC: 10:30AM**  
**Depart NYC: 5PM Arrive FHVN: 10PM**  
**Cost: \$50 Date : November 29th**  
**Registration Deadline is November 17th**

