



MASHPEE RECREATION

- May 28 Tennis Play Day Festival
- June 4 Youth Fishing Derby
- June 11 Pickleball Play Day Festival
- July 1 Community Picnic & Fireworks
- July 23 Rhiannon McCuish 5K Woodland Run/Walk



Summer Programs
2016



MASHPEE SPECIAL EVENTS 2016!

USTA "Play Days" Tennis Festival

Saturday, May 28th from 1-3PM at Mashpee High School Tennis Courts

All ages and levels welcome!

This local, rally-based event designed for participants to experience tennis in a fun, exciting, non-threatening atmosphere!

Memorial Day Ceremony

Monday, May 30th, 10AM @ Mashpee Community Park and Veterans Garden

Join us as we pay tribute and preserve the memory of the fallen.

Youth Fishing Derby

Saturday, June 4th from 9-11AM @ John's Pond, Back Rd. For kids ages 5 through 14 years of age.

This is a chance for the young anglers to demonstrate their skills and have some fun. Trophies will be presented for the most inches caught in each age category (5-7), (8-10) & (11-14). Children must be accompanied by an adult. Fishing from the beach area only, no waders or boats.

Bring your own fishing rod and we'll provide the bait.

Pickleball Play day

Saturday, June 11, 10AM-Noon @ Quashnet School Courts (Rain or Shine) Ages 12 & up.

Open to ALL levels of play. Whether you're a seasoned veteran or completely new to the game, come join Mashpee Recreation in its first-ever Pickleball Play Day. Learn the how to play the fastest growing sport in the country; do some drills; play some games and meet fellow pickleball enthusiasts in a fun, festive atmosphere!

Wear comfortable clothing and court shoes. We'll provide the equipment, but feel free to bring your own paddle, if you have one. **Play day is FREE but please call (508) 539-1416 to pre-register.**

28th Annual Mashpee Super Swim

Saturday, June 18th, 9AM @ John's Pond Town Beach.

1/2 mile, 1 mile and 3.1 mile open water swim event held at John's Pond. Chip timing will be used again this year!!

Fee: 3 mile & 1 mile \$40 pre-reg., \$50 race day

1/2 mile \$25 pre-reg., \$30 race day. No Refunds.

Register @ <http://www.mashpeeswim.com/register>

Community Picnic and Fireworks

Friday, July 1st, 5:00PM @ Mashpee H.S.

(Rain Date - July 2nd)

Join us for a fun filled night for the family! We will have live music, K-9 dog show, moon bounce, obstacle course, train rides, face painting and a fabulous display of fireworks at dark! Bring your own picnic dinner or carnival-type food will be available for purchase.

Summer Concert Series

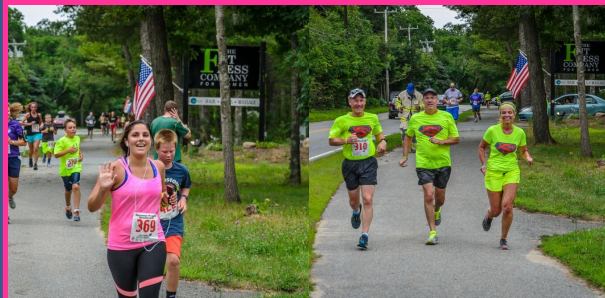
Tuesdays, July 5th - August 23rd from 6:00 - 7:30PM

@ Mashpee Community Park

*Sponsored by TD Bank
and Sponsored by the Town of Mashpee*
Free admission

Mashpee 30th Annual Oktoberfest -

Saturday, October 1st @ Mashpee Commons Green



RHIANNON MCCUIISH

5 K WOODLAND RUN / WALK

REGISTER TODAY!

**Saturday, July 23rd @ 10:00AM sharp @
Heritage Park**

3.1 mile loop beginning and ending at Heritage Park. Register ahead of time on www.mashpeerec.com or register race day at Heritage Park from 8:30 - 9:30 a.m. Fee is \$25 or \$30 morning of race. Lunch to follow at Heritage Park for runners and families. **All proceeds go towards supporting town youth programs.**

General Information

Recreation Department Staff Directory - Contact us - PHONE - (508) 539-1416

Mary K. Bradbury, Director, mbradbury@mashpeema.gov
Heidi McLaughlin, Program Supervisor, hmclaughlin@mashpeema.gov
Peggy Geary, Child Care Coordinator, phgeary@mashpeema.gov
Lisa Larsson, Administrative Clerk, llarsson@mashpeema.gov
Arlene Petrunich, Office Manager, apetrunich@mashpeema.gov
Carolyn Thompson, Administrative Secretary (Kids Klub Childcare Center)
cthompson@mashpeema.gov (508) 539-1417

Helpful Phone Numbers

Kids Klub Childcare Center - (508) 539-9361
Before/After School Program (KCC) - (774) 836-0627
Quashnet Ext. Day Program (QVS) - (774) 836-0642
Mashpee Chamber of Commerce - (508) 477-0792
Mashpee Senior Center - (508) 539-1440
Mashpee Department of Public Works - (508) 539-1420
Building/Field Use Scheduler - (508) 539-1420
Mashpee Town Hall - (508) 539-1400



Recreation Parks, Playgrounds, Fields & Beaches

Heritage Park - Location: 524 Main St. (Route 130)

Facilities: softball/baseball fields, soccer/multi-purpose fields, basketball court, playgrounds (2), 1 at 534 Main St, 1 at 139 Ashumet Rd. (back of Heritage Park), walking path, splash pad

Beaches

South Cape Town Beach - 500 Great Oak Road
Resident sticker required, weekly pass or Tribal sticker/ID

South Cape State Beach - Great Oak Road
\$12 daily fee (MA vehicle), \$14 (non-MA vehicle)

Attaquin Park (Mashpee/Wakeby Pond) - Lake Avenue
Resident sticker required, weekly pass or Tribal sticker/ID
Facilities: Playground, charcoal grills, picnic area with tables

John's Pond Town Beach - Back Road
Resident sticker, active Military ID or \$15 daily fee required
Facilities: newly installed playground, picnic area with tables, charcoal grills

Beach stickers and passes can be purchased at the town clerks office Monday-Friday, 8:30am-4:30pm (stickers required late June through Labor Day)

Boat Landings

State Boat Ramps

Mashpee/Wakeby State Boat Ramp - Main Street
\$7 (Massachusetts license plate), \$15 (out-of-state plate)
(fee collected on weekends and holidays beginning Saturday of Memorial Day weekend through Labor Day)

John's Pond State Boat Ramp - Hooppole Road
(minimal parking, no fee collected)

Town Boat Landings

Great River Boat Ramp - Great Oak Road

Edward A. Baker Boat Ramp at Pirate's Cove - at the end of Mashpee Neck Road

Santuit Pond Boat Ramp - off Timberland Drive

Ockway Bay - off Great Neck Road South

From June 15 through Labor Day, parking at the ramps is restricted to Mashpee resident vehicles with a permit (Transfer Station, Beach or Boat). No trash receptacles, running water or toilets are provided.

Mashpee Recreation Scholarship Program

Recreation scholarships are for Mashpee
Residents ONLY.

MASHPEE RECREATION SUMMER CAMP:

Camp Scholarship requests must be made through the Recreation Department: 520 Main Street. All applicants must complete a Financial Assistance Application and a summer camp application (providing all necessary documents with applications). You must register at the Recreation office. Please do this at the beginning of registration (usually mid-March) as we do not hold spots. There is no guarantee that you will receive a scholarship as they are given on a first-come, first-serve basis with priority going to those in the most need. Once decisions have been made, you will be notified by letter if you've been awarded a scholarship.

**Summer Camp & Financial Assistance
Applications can found at
www.mashpeerec.com or you may pick one up at
Mashpee Recreation Department
520 Main Street
Mashpee, MA 02649**



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Non-Resident Discount Pass

Available Now! **Mashpee Recreation is offering a Non-Resident Discount Pass** for households enrolling in our programs and events. With a paid \$50 Annual Membership (valid one year from date of purchase), Non-Resident participants pay the reduced rate offered residents only. You may purchase your membership online or call (508) 539-1416 to access your discount pass today!

Mashpee Recreation mission...

To meet the needs of our community by promoting quality educational programs, recreational activities, and special events that are designed to enhance personal growth, learning opportunities, and community development while focusing on the educational and recreational interests that influence our health and well-being.

Go to: www.mashpeema.gov
to access the Town's Community
Calendar

ONLINE REGISTRATION

www.mashpeerec.com

Mashpee Recreation Department provides online program registration. You will need a username and password in order to utilize the online registration system. ***If you receive a message saying "The phone number you provided already exists",*** please call the Recreation Office during regular office hours (Monday - Friday, 8:30am - 4:30pm) to receive your username and password, (508) 539-1416.

Traditional Registration



WALK IN
Recreation Office
520 Main St.
Monday - Friday
8:30am - 4:30pm



BY FAX
(508) 419-1161
Use your MC/Visa
Or Discover



BY MAIL
To Recreation Dept.
520 Main St.
Mashpee
MA 02649

REFUND POLICY

FULL REFUND FOR A CANCELLED CLASS BY THE RECREATION DEPT.

PROGRAMS CANCELLED BY PARTICIPANT

You may withdraw from a class up to 3 working days in advance of the starting date of that program and receive a refund minus a \$10 processing fee. No refunds will be given after this date (3 working days prior to the program).

GENERAL INFORMATION

Register for members of your immediate family only.

PAYMENT

Non Residents add \$10 per course.

By check, payable to: Town of Mashpee, Cash, Visa, MasterCard or Discover.

AGE POLICY

Children must be the proper age on the FIRST DAY of class.

COURSE CONFIRMATION

If you provide your email address you will receive an email confirmation/receipt. If a class has reached its maximum enrollment, you can place your name on the waiting list by calling the recreation department, 508-539-1416. If a class does not meet the minimum number of participant requirements, it will be cancelled and you will be notified. Otherwise, please plan on attending.

MAKE UP CLASSES

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 that are missed due to the participants inability to attend.

SWITCHING/CHANGING CLASSES

You may switch a session/date up to 3 working days prior to class. If changing less than 3 working day prior to the start of the class then you will be assessed the \$10 processing fee.

PARTICIPANT PHOTOGRAPH POLICY

Periodically, the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purposes.

CHILDCARE PROGRAMS



KIDS KLUB PRESCHOOL & CHILDCARE CENTER

Owned & operated by the Town of Mashpee

Ages 15 mos. to 6 years

The Kids Klub Childcare Center provides a safe, fun, affordable, not-for-profit preschool and daycare program for the benefit of the community. It is owned and operated by the Town of Mashpee Recreation Department. Through classroom activities, field trips, special projects and recreation time, your child will have the opportunity to be creative, challenged, form new friendships and learn social skills in a semi-structured, supervised, and nurturing atmosphere. We are accredited by the National Association for the Education of Young Children (NAEYC) and licensed by the Commonwealth of Massachusetts Department of Early Education and Care. Located at 501 Great Neck Rd. North.

AM Preschool –½ day program (ages 2.9 – 6)

This is a flat rate system to keep the program as economical as possible. Hours: 9am - 1pm during the school year with the option of half-day during the summer.

2 day a week program: \$50/week

3 day a week program: \$75/week

4 day a week program: \$100/week

5 day a week program: \$125/week

Registration fee: \$75 non-refundable (includes field trips and special events)

DAYCARE (paid weekly)

Daycare payments are due on the first day of each week.

Preschool + Daycare – full day program (ages 2.9 – 6)

(\$50 per day, 2 day minimum) 7:00am - 5:30pm Year-round

2 days a week: \$100/week

3 days a week: \$150/week

4 days a week: \$200/week

5 days a week: \$250/week

Registration fee: \$75 non-refundable (includes field trips and special events)

Toddler Daycare (ages 15 mos. to 2.9 years)

(\$55 per day, 2 day minimum) 7:00am - 5:30pm Year-round

2 days a week: \$110/week

3 days a week: \$165/week

4 days a week: \$220/week

5 days a week: \$275/week

Registration fee: \$75 non-refundable (includes field trips and special events)

A registration form, medical/immunization records and a photo are required prior to admission.

Please call for availability (508) 539-9361.



EXTENDED DAY PROGRAM GRADES K - 6

Mashpee Recreation's Extended Day (Before and After School Care) Program is licensed by the Commonwealth of Massachusetts Department of Early Education and Care. We provide a safe, semi-structured, supervised, and nurturing environment for your child. Through free play, arts & crafts, recreational activities, and occasional field trips, your child will have the opportunity to be creative and form new friendships.

Before School Care

Grades K - 6

Drop Off: K.C. Coombs Cafeteria

Hours: 7:00 am - school begins (Quashnet students will be escorted to school by staff)

Tuition/Fees:

2 Days per Week - \$60.00 / month

3 Days per Week - \$90.00 / month

4 Days per Week - \$120.00 / month

5 Days per Week - \$145.00 / month

Registration fee: \$35 non-refundable



After School Care

Grades K - 2: K.C. Coombs Cafeteria

(some 2nd graders attend extended day at Quashnet school if space is unavailable at K.C. Coombs)

Grades 3 - 5: Quashnet School Cafeteria

Hours: Dismissal - 5:30 pm (Grade 2 students will be escorted to Quashnet by staff)

Tuition/Fees

2 Days per Week - \$80.00 / month

3 Days per Week - \$120.00 / month

4 Days per Week - \$160.00 / month

5 Days per Week - \$195.00 / month

Registration fee: \$35 non-refundable



(If a child is enrolled in both the Before AND After School programs, the maximum registration fee is \$35 for both programs)

A minimum 2 day enrollment is required for each program. The program follows the Mashpee School Calendar and will be in session every day while school is in session. For early dismissal days, the After School Care program runs from dismissal until 5:30 p.m. Mashpee Recreation runs a separate "Vacation Club" program for certain holidays and/or teacher professional development days. A separate registration is required for that program.

A completed Before/After School Care registration packet, current photo and fee must be received by the Town of Mashpee Recreation Department prior to your child attending. If you have further questions, feel free to contact us.

You may download an application on our website: www.mashpeerec.com

Mashpee Rec Summer Camp

Camp Philosophy, History and Staff

Our summer day camp provides a safe environment for children to learn valuable skills and make new friends through programs that are challenging, educational, and fun. Our goal is to create a space for young people to learn how to work together as a team while gaining confidence in their unique abilities as individuals and to encourage an awareness of the environment and an appreciation of nature. Through games, sports, field trips, nature hikes, special events, swimming, arts & crafts, and water activities, the children are given the opportunity to learn, explore and develop the sense of wonder and adventure that create memories for a lifetime. We comply with the regulations set by the Massachusetts Board of Health and are permitted by the Mashpee Board of Health. Mashpee Rec summer camp has been in existence for over 20 years. Each counselor is certified in CPR and First Aid and CORI/SORI checked prior to employment. We have our own lifeguard dedicated to just our campers and a low counselor/camper ratio of 1:10. **Camp will be held at the K.C. Coombs School, 152 Old Barnstable Road**

new

Mashpee Recreation Department is excited to announce the arrival of the Summer Food Service Program (SFSP) to our summer day camp ! This program is being sponsored by Mashpee Public Schools Food Service Program, providing free lunch for ALL children attending camp. SFSP is a federally funded program run through USDA, for more information please visit the Child Outreach program's website at <http://meals4kids.org/sfsp>.

**All Lunches are nut free. However, some of the bread served is made in a facility that contains nuts .*

Week 1: Summer Splash (Field Trip to Water Wizz)	June 27 - July 1
Week 2: Rock and Roll (Field Trip to United Skates - Exp & Adv) (Field Trip to CC Children's Museum - Voy)	July 5 – 8
Week 3: Mischief, Mayhem & Make Believe (Field Trip to Patriot Place - Exp & Adv) Field Trip - Plymouth Pirate Cruise - Voy)	July 11 – 15
Week 4: Taking Flight (Field Trip to Skyzone - Exp & Adv) (Field Trip to Museum of Nat. History - Voy)	July 18 – 22
Week 5: Magnify the Mind (Field Trip to Museum of Science)	July 25 – 29
Week 6: Duck and Hide (Field Trip - Boston Duck Tour - Exp & Adv) (Field Trip to Heritage Mus/Garden - Voy)	Aug 1 – Aug. 5
Week 7: Go for the Gold (Field Trip - Ice Skating - Exp & Adv) (Field Trip to Ryan Family Amusement - Voy)	Aug 8 – Aug. 12
Week 8: Oh the Places You'll Go (Field Trip to Martha's Vineyard - Exp & Adv) (Field Trip to LEGOLAND - Voy)	Aug 15 - Aug. 19

How to Register:

Registrations are accepted in the Recreation Office located at 520 Main Street, Mashpee, MA with all required documents. Registration will not be accepted unless it is complete and accompanied with the \$25 per week deposit and \$35 registration fee.

Please note: Registration is **not** available online. You may download an application at www.mashpeerec.com or stop by the Recreation Dept. for one.

Camp Costs are \$160/week or \$175/week to include extended day hours. This covers both am & pm, (starting at 7:00am and ending at 5:30pm)

Deposit of \$25 (non-refundable) is required for each session and applied towards the balance.

\$35 registration fee (one time)





Summer Camp



Our campers are grouped by grade. Activities are geared towards their interests, skills developmental level and weekly camp themes. Each session, 3 times per week (M,T & F), campers will enjoy trips to various beaches in Mashpee, Sandwich and Falmouth as well as trips to the splash pad and Polar Cave. Tuesdays will be filled w/ tons of activities at the school ranging from visits from The Coastal Explorer trailer, to Obstacle Courses and Scavenger Hunts. Wednesdays and Thursdays will be field trip days and Fridays are camp cookouts at the beach. Schedule is subject to change throughout the summer.

Voyager Camp (Gr. 1 & 2)

(must have completed kindergarten)

- ◆ Camp songs and games
- ◆ Arts and crafts
- ◆ Sports and water activities
- ◆ Nature hikes / picnics
- ◆ Special Visitors
- ◆ Field Trips

Adventure Camp (Gr. 3 & 4)

- ◆ Hiking /Exploring
- ◆ Archery
- ◆ Field Trips
- ◆ Special Visitors

Explorer Camp (Gr. 5, 6 & 7)

- ◆ Hiking/Exploring
- ◆ Swimming and Water Activities
- ◆ Field Trips
- ◆ Special Visitors
- ◆ Sports

Camp is held at the K.C. Coombs School



Pre-school Summer Camp

4 - 5 year old

(Your child must be 4 years old as of 1/ 1/2016)

Days: Monday - Friday

Time: 9AM - 12PM

Fee: \$65 per session

Registration Fee: \$10.00

Deposit: \$25 (subtracted from the balance)

Children will stay on site most days. Local field trips may include the splash pad, library, police/fire dept.

For Campers in Grades 1 - 7

**Beach trips to John's pond, Snake pond, Old Silver Beach, Sandwich Boardwalk, Nobska, Good Will Park, Woods Hole and the Splash Pad are planned as well as Picnic's at the Mashpee Community Park, Bowling and visits to our local Police and Fire Departments.*

CIT Camp (Gr. 8 & 9)

Our Counselor In Training Program is for teens who enjoy working with younger children and aspire to one day become a camp counselor ! Emphasis is placed on developing skills, sensitivity to children and their needs and program skills. Those interested in being considered as a candidate for this program must complete the application process, which includes references and an interview. Please call Mashpee Recreation at 508-539-1416 to get started !

Fee: \$80/week (4 week minimum)

TO REGISTER, FILL OUT SEPARATE CAMP APPLICATION. DOWNLOAD @ WWW.MASHPEEREC.COM OR STOP IN THE REC DEPT. @ 520 MAIN ST. OR CALL (508) 539-1416



YOUTH PROGRAMS

Family SUP

(Ages 8 & up & a parent/grandparent etc.)

Instructor: RideAway Kayak Staff

Family SUP class is for parents and kids to enjoy the SUP experience together. We will practice balance and stability and explore some exercises that build strength and flexibility. To finish the class we'll play some fun games....there will likely be a lot of splashing and laughing so be ready!!!

Location: Mashpee/Wakeby Pond

One day, two-hour class Min: 8

Days	Time	Dates	Fee
Saturday	9-11am	July 16	R \$50/person
Saturday	9-11am	Aug 13	R \$50/person

Youth Kayak & Stand Up Paddleboarding

(Ages 8 - 14)

Instructor: RideAway Kayak Staff

RideAway Kayak & SUP offers a very active and beginner friendly experience for their students. Paddleboarding is a new sport sweeping the East Coast and RideAway has been offering lessons and clinics for the last four years. RideAway introduces necessary skills and information to those who have never worked with Kayaks or Stand Up Paddle Boards, but also develops more advanced techniques and skills with those that have some experience with either activity. Outside of the key fundamentals and body mechanics for each sport, we incorporate different competitions, group activities, and information about Cape Cod's wild life and preservation information. RideAway Kayak & SUP's goal is to create an active, welcoming and informational environment for students to experience the beauty of nature and the joy of an active lifestyle.

Location: Ryder Woods Conservation (Mashpee/Wakeby Pond, off South Sandwich Road)

1 week/session Min/Max: 6/12

S#	Days	Times	Dates	Fee
1	M-Th	1-4:00pm	July 11-14	R \$130
2	M-Th	1-4:00pm	July 18-21	R \$130
3	M-Th	1-4:00pm	July 25-28	R \$130
4	M-Th	1-4:00pm	Aug 1-4	R \$130
5	M-Th	1-4:00pm	Aug 22-25	R \$130

Note: Friday will be used as a make-up day for inclement weather

Junior Golf Lessons

(Ages 4 - 16)

Instructor: Deb Keim, LPGA

Our junior program will cover all aspects of the game, beginning with short game and working into the full swing. Our focus will be on the fun of the game and the challenge of improvement. Over the three day golf school, students will travel from the short game area to the driving range and onto the golf course.

Note: Clubs are provided if needed

Location: Harney Golf Club

3days Min/Max: 4/10

Ages 4 - 8

Code	Day(s)	Time	Dates	Fee
AA	M/T/W	8:45-9:45am	Jul 5, 6, 7	R \$85
AB	M/T/W	8:45-9:45am	Jul 19, 20, 21	R \$85
AC	M/T/W	8:45-9:45am	Aug 2, 3, 4	R \$85
AD	M/T/W	8:45-9:45am	Aug 9, 10, 11	R \$85

Ages 9 - 16

Code	Day(s)	Time	Dates	Fee
BA	M/T/W	10:00am-Noon	Jul 5, 6, 7	R \$130
BB	M/T/W	10:00am-Noon	Jul 19, 20, 21	R \$130
BC	M/T/W	10:00am-Noon	Aug 2, 3, 4	R \$130
BD	M/T/W	10:00am-Noon	Aug 9, 10, 11	R \$130



A Little Bit of Electronic Fun (Building STEAM Understanding)

(Ages 8 - 12)

Instructor: Brandy Jackson

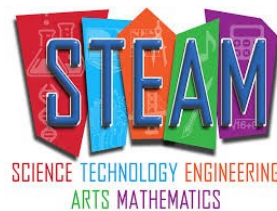
Snap into summer STEAM learning with the Mobile Maker Space Cape Cod. This week we will explore game design, robotics,

and circuits. Students will leave with a video game they design from SCRATCH and an understanding of how circuits work. Each day, they will complete a challenge based lesson that better prepares them to be innovative problem solvers. We hope to see you there!

Location: Quashnet School Computer Lab

3 days Min: 8/12

Days	Time	Dates	Fee
T/W/Th	9:30-11:30am	July 26-28	R \$125



Total Sport Squirts

(Ages 3 - 6)

Coaches: *US Sports Institute*

The US Sports Institute's Squirts programs are designed to introduce children aged 3 to 6 to a variety of sports in a safe and structured environment. All games and activities will encompass hand-eye coordination, balance, agility and movement – all key factors to the early development of children in sports.

In addition to having a great time playing the different sports, children will develop social interaction and communication skills. All sports are developed through a series of games and activities designed to ensure learning and most importantly: fun, fun, fun!

Participants will have the opportunity to experience Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey & Flag Football. All sports are taught in a safe, structured and fun learning environment.

Location: Heritage Park, Rec Area #1

(near basketball court)

1 week **Min/Max: 8/20**

Days	Times	Dates	Fee
M-F	4:30-5:30pm	Aug 8 - 12	R \$75

Total Play Multi Sports

(Ages 7 - 12)

Coaches: *US Sports Institute*

The US Sports Institute's flagship Total Play Multi Sports camp is the original multi sports camp where your child has the opportunity to play over 15 different sports from around the world in one fun packed week!

All activities will allow children Your child will be inspired in a fun, relaxed atmosphere, allowing them the opportunity to thrive on the sports field. Variety, activity and enjoyment stand as key attributes to developing a healthy lifestyle.

Each sport will be delivered as a series of progressive games and scrimmages designed to enhance knowledge, skill and character on the playing field. With a camper to coach ratio of 12:1, our international coaching staff will ensure that your child receives plenty of individual instruction throughout the week.

Location: Heritage Park, Rec Area #1 (near basketball court)

1 week **Min/Max: 4/10**

Length	Days	Times	Dates	Fee
Half Day	M-F	9am-1pm	Aug 8 - 12	R \$149
Full Day	M-F	9am-4pm	Aug 8 - 12	R \$185



Sarah Behn Basketball Clinic

(Ages 6 - 12)

Coaches: *Sarah Behn Staff*

Sarah Behn day camp is designed to help players of all abilities improve on the fundamentals of the game. Campers are grouped based on gender, age, and ability. We make sure campers are comfortable but also challenged within their groups and teams. The goal is for each player to leave on Friday with better skills, more confidence, and complete knowledge on how to practice. **Every participant will receive a t-shirt.**

Bring a water bottle & a healthy, peanut-free snack.

Location: Mashpee High School Gym

5 days **Min: 8**

Days	Times	Dates	Fee
M-F	9am-Noon	July 18 - 22	R \$175



Fresh-Water Fishing Instruction

(Ages 7 & up)

Instructor: *MA Division of Fisheries & Wildlife*

Have you ever wanted to learn how to fish? Now's your chance, let the *Mass Wildlife* Angler Education Program be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics from casting out, to baiting up. And the best part - you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun!

Rods will be available. Parents are welcome to stay with their kids.

Location: John's Pond Town Beach, Back Rd.

1 day, 2 hours **Min: 12**

Days	Times	Dates	Fee
W	10am-Noon	Aug 17	Free

Note: you must register for this class ahead of time @ www.mashpeerec.com or by filling out the form in the back of this booklet.

Youth Sailing Lessons

(Ages 9 - 13)

Instructor: TBD

Our small group combines both beginner and intermediate levels. Now is the time to think about signing up your son or daughter, grandson or granddaughter. Classes will be taught by a US Sailing Certified Instructor aboard our American Daysailer 15. Each session will consist of classroom instruction and on-the-water drills taught to US Sailing Standards.

Location: John's Pond

Length: 4 lessons / session Min/Max: 2/3

Dates/Times: To be determined Fee: R \$129

Youth Archery (Beginner/Advanced Beginner)

(Ages 8 -12)

Instructor - Kate Naples

Students will learn the basics of this timeless sport through 'fun drill' (without equipment), and 'skills' (with equipment). The program is based on the National Alliance for the Development of Archery. Each student will learn the basics of shooting, safety, and will be able to earn rankings and awards as their skills develop. Instructors are certified.

Location: Quashnet School Fields

2 weeks Min/Max: 4/8

Days	Times	Dates	Fee
T/TH	10:30-11:45am	July 12-21	R \$49

Summer TV Camp at Mashpee TV

(Ages 10 & up)

Instructor: Bill Nay

Learn the basics of television production in a professional studio setting at Mashpee TV. Participants will learn to use cameras, audio components, green screen imaging, film editing, script writing and all aspects of studio production. At the end of the session, each person will have created their own sports cast production!

Location: Mashpee TV, 168 Industrial Drive

Length: 1 week/5 days/session Min/Max: 4/12

S#	Days	Time	Dates	Fee
1	M-F	9:00am- Noon	July 11-15	R \$45
2	M-F	9:00am- Noon	July 18-22	R \$45



Junior Lifeguarding

(Ages 12 - 14)

Instructor: Mashpee Head Lifeguard

Junior Lifeguarding has a strong focus on developing swimming skills to help participants meet the lifeguarding course prerequisite. The course also introduces participants to lifesaving skills, such as in-water rescues, use of rescue tube, First Aid, CPR and AED. Participants also have the opportunity to shadow lifeguards in rotation to get a real sense of being on the job.

Every participant will receive a t-shirt.

Bring a bottle of water to class each day.

Location: Mashpee Town Beaches

5 weeks (30 hours) Min: 3/8

Days	Time	Dates	Fee
M/W/F	9-11am	June 27-Aug 1	R \$65



Just Dance (Intro to Hip Hop Dance)

(Ages 6 - 13)

Instructor: Andrew Dill, AKA Mercury

Come learn what REAL hip hop is from some of the best in New England. Swift Charekterz cru holds the world record backspin, and featured member, Mercury, has been dancing for 18 years and still competes today with his crew. Many of the dancers in Swift Charekterz have been on TV shows such as; SO YOU THINK YOU CAN DANCE and AMERICA'S BEST DANCE CRU. Come learn popping, locking and bboy'n/bgirl'n aka break dancing. The class teaches peace, love, unity and having fun. This class will empower you to express yourself, learn new moves and grooves, because its not just about the move its about the groove and how you perform the move in your own way. Mercury and other cru members will be there to instruct you!!!

Bring a bottle of water to class each day.

Location: KC Coombs Cafeteria

1 week, 5 days Min: 5/15

Ages	Days	Time	Dates	Fee
6-9	M-F	2:30-3:30pm	July 25-29	R \$65
10-13	M-F	3:30-4:30pm	July 25-29	R \$65

Mashpee Jr. Police Academy

(Youth entering grades 3 - 6)

Instructors: Mashpee PD Officers

This program will consist of discussions on daily police duties, safety, and various other topics. Each day we'll try to combine time in the classroom with an activity. Activities include: checking out a police car, taking a tour of the station, K-9 Demo, a fitness challenge and obstacle course.

Each child will receive a Mashpee Jr. Police Academy t-shirt!

Location: Mashpee Police Dept, 19 Frank Hicks Drive
3 weeks, 6 sessions **Min/Max: 5/12**

<u>Day(s)</u>	<u>Time</u>	<u>Date(s)</u>	<u>Fee</u>
T/Th	10am-Noon	July 12 - 28	R \$25

Jr. Firefighters

(Ages 3 - 6)

Instructors: Mashpee FD Staff

Come to the place where our hometown heroes spend their time. In this program children will tour the fire station. Come see where the Firefighters eat, sleep and work. See what they dress in, how an ambulance works, see the brush truck and the fire engine. Finally, to end the tour you'll be able to squirt a real fire hose!

Note: Parents must accompany their child(ren) during the class.

Location: Mashpee Fire Dept, 20 Frank Hicks Drive
1 hour class/session **Min/Max: 3/10**

<u>S#</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
1	W	10-11:00am	July 15	R \$10
2	Tues	10-11:00am	Aug 2	R \$10

Let's Go Clamming!!

(For youth ages 5 - 12)

Instructor: Christine Mone

This is a fun-filled class teaching students the different types of shellfish, how they grow, and the techniques used for clamming. We will dig and rake for various shellfish. Participants can take home the treasures they find! Equipment will be provided. Includes a free shellfish gauge & recipes!

Please wear water shoes, bring a snack, drink, towel & a bucket. Parents welcome to stay.

Location: Seconsett Island

Directions: Off Route 28 go left on Metoxit (at Cumberland Farms), make slight right on Meadow Neck, go over bridge and park on left, beach is on the right.

1 class/session **Max: 10 (parents welcome to stay)**

<u>S #</u>	<u>Day</u>	<u>Time(s)</u>	<u>Date(s)</u>	<u>Fee</u>
1	F	8-9:30am	July 8	R \$15
2	W	10-11:30am	Aug 10	R \$15
3	W	11:00am-12:30pm	Aug 24	R \$15



Make It and Take it Home - Science Projects you take home - that teach - that are fun.

Ages 6 –11.

Instructor: Sciensational Workshops for Kids

In this hands-on, fun, and exciting program, you will discover how amazing science is. You will make and take home a wide assortment of toys designed to teach you science concepts in a hands-on way. Grow and take home a crystal tree. Make an energy bead bracelet and watch as those amazing beads turn from white to a rainbow of colors before your eyes. Build a working electric motor. Make your own sharpie pen T-shirt and learn some cool chemistry (student supplies a 100% cotton T-shirt). Make your own bubbling blobs and explore the properties of a density tube. Make silly putty—glowing goo—green flubber and other awesome projects. By the way...we will make ice cream in our own amazing, different, Sciensational way!

Location: KC Coombs Art Room
1 week Min/Max: 8/14

Day(s)	Time	Date(s)	Fee
M-F	9am-Noon	Aug 15-19	R \$149

Baby Sitter's Course

For Ages 11+.

Instructor: Dale Nickerson

This 4-H certified course provides the new or veteran sitter with an up-to-date lecture series on this subject matter. We will refresh veteran sitters and provide the skill training for new sitters. Topics include responsibilities, fire prevention, home safety, first aid, entertainment, nutrition, and much more. Class participation is essential and assignments and quizzes are a major factor in successful completion of this course. Please bring lunch and a snack (**peanut-free**). **Participants must attend both sessions and complete the Magic Bag project in order to receive their certificate.**

Note: Bring writing material and notebook to first class, note taking is very helpful.

Location: KC Coombs Art Room
2 days Min/Max: 6/12

Day(s)	Time	Date(s)	Fee
T & W	9:00am -1:00pm	July 12 & 13	R \$55



Horseback Riding Workshop

For ages 5 and up.

Time	Day	Date
1:00 - 4:00pm	Saturday	Year-Round

Fee: \$60 per day
 Contact and register directly with Maushop Equestrian Center @ Cape Cod Farm and Forge 508-477-1303



Horseback Riding School

Ages 5 and up.

Instructor: Ms. Robin Blakeman and Staff

Maushop Equestrian Center will provide a fun and educational riding school that provides children the unique opportunity to participate in this equestrian activity. This course will teach the basics of horsemanship and all levels of riders are welcome. We'll tailor the instruction to your ability. English and Western saddle instruction. Safety equipment is furnished. Three day or four day per week sessions are available, see dates listed below.

Program runs from 9:00am - Noon

#	Day & Dates	Fee: Res
1	Tues June 21 - Friday June 24	\$220.00
1	Tues June 21 - Thursday June 23	\$165.00
2	Tues June 28 - Friday July 1	\$220.00
2	Tues June 28 - Thursday June 30	\$165.00
3	Tues July 5 - Friday July 8	\$220.00
3	Tues July 5 - Thursday July 7	\$165.00
4	Tues July 12 - Friday July 15	\$220.00
4	Tues July 12 - Thursday July 14	\$165.00
5	Tues July 19- Friday July 22	\$220.00
5	Tues July 19- Thursday July 21	\$165.00
6	Tues July 26 - Friday July 29	\$220.00
6	Tues July 26 - Thursday July 28	\$165.00
7	Tues August 2 - Friday August 5	\$220.00
7	Tues August 2 - Thursday August 4	\$165.00
8	Tues August 9 - Friday August 12	\$220.00
8	Tues August 9 - Thursday Aug 11	\$165.00
9	Tues Aug 16 - Friday August 19	\$220.00
9	Tues August 16 - Thursday Aug 18	\$165.00
10	Tues August 23 - Friday August 26	\$220.00
10	Tues August 23 - Thursday Aug 25	\$165.00
11	Tues August 30 - Friday Sept 2	\$220.00
11	Tues August 30 - Thursday Sept 1	\$165.00

Single day sign up is available for \$60. Snack included. Extended day available, call (508) 477-1303 for pricing. Location: Maushop Equestrian Center @ Cape Cod Farm & Forge, 31 Quashnet Road, Mashpee



New this summer!

Mashpee Recreation will be offering USTA Junior Team Tennis! Kids can get active, have fun and make friends by playing tennis on a team. Open to youth ages 6 through 18. (Kids must be able to have a sustained rally in order to play) Check www.mashpeerec.com for more information.



Tennis is a wonderful sport for a lifetime! Getting solid fundamentals as a youngster builds the strokes into our muscle memory, develops footwork that cross trains for all sports, and finely tunes hand/eye coordination.

Tennis Program: USTA endorsed Community Tennis Association for Mashpee & surrounding area.

Please bring a racket, water/sports drink, towel, hat, sunglasses and sunscreen.

Location: Mashpee H.S. tennis courts **Min/Max:** 5/8
Instructor: Kathryn Olson, USPTA certified teaching professional



Beginner - Advanced

Boys & girls ages 4 - 11.

Creating passionate young players through enthusiastic, dynamic teaching while developing solid stroke fundamentals & footwork. Players will be grouped by their level of experience.

Code	# of lessons	Age	Days	Time	Date	Fee
AA	6	5 - 11	M / W / F	8:00 - 9:00am	June 20 - July 1	R \$55
AB	8	5 - 11	M / W / F	8:00 - 9:00am	July 6 - 22	R \$75
AC	6	5 - 11	M / W / F	8:00 - 9:00am	Aug. 8 - 19	R \$55
AD	6	4 - 8	Saturday	10:00 - 11:00am	June 18 - July 23	R \$55
AE	4	4 - 8	Saturday	10:00 - 11:00am	Aug. 6 - 27	R \$35

Beginner / Intermediate

Boys & girls ages 12 - 18.

Development of superb groundstrokes, volleys, overhead, serve and footwork. As students progress they will focus on point construction, movement and mental toughness while continuing to strengthen form and footwork to be confident, passionate competitive players.

Code	# of lessons	Age	Days	Time	Date	Fee
BA	6	12 - 18	M / W / F	4:00 - 5:00pm	June 20 - July 1	R \$55
BB	8	12 - 18	M / W / F	4:00 - 5:00pm	July 6 - 22	R \$75

Advanced Intermediate / Advanced

Boys & girls ages 12 - 18.

Development of superb groundstrokes, volleys, overhead, serve and footwork. Advanced students will focus on point construction, movement and mental toughness while continuing to strengthen form and footwork to be confident, passionate competitive players.

Code	# of lessons	Age	Days	Time	Date	Fee
CA	8	12 - 18	M / W / F	5:00 - 6:00pm	July 6 - 22	R \$75
CB	6	12 - 18	M / W / F	5:00 - 6:00pm	Aug. 8 - 19	R \$55

SWIM LESSONS

Levels and skills are categorized in the following ways:

Intro to Water Skills - Level 1

For 2 & 3 year olds with a parent & 4 year olds & up without a parent.

Class is limited to 6.

Skills that will be taught in level 1: enter & exit the water using a ramp, steps or side, blow bubbles for 3 seconds, bobbing 5 times, open eyes under water and retrieve submerged objects, front & back glide, back float, roll from front to back, treading water arm and hand actions, alternating and simultaneous leg and arm actions on front & back, combined arm and leg actions on front and back.



Fundamentals - Level 2

For children ages 4 & Up. Prerequisite - Must have had conquered all the milestones listed in Level 1. Class is limited to 6.

Skills that will be taught in level 2: enter & exit the water using a ramp, steps or side, fully submerge and hold breath, bobbing 10 times, open eyes under water and retrieve submerged objects, front & back glide, back float, roll from front to back, treading water for 15 seconds, change direction of travel while swimming on front and back, combined arm and leg actions on front and back, finning arm action on back.

Stroke Development - Level 3

For children ages 5 & up. Prerequisite - must have successfully passed Level 2.

Skills that will be taught in level 3: jump into deep water from the side, submerge and return to the side, headfirst entry from the side in seated kneeling positions, bobbling while moving to safety, rotary breathing, survival float for 30 seconds, back float for 1 minute, change from vertical to horizontal position on front and back, push off in streamlined position on front, then begin kicking, swim the front crawl for 15 yards, swim the elementary backstroke for 15 yards, flutter, scissors, breaststroke, and dolphin kicks.

Stroke Improvement - Level 4

For children ages 6 & up. Prerequisite - must have successfully passed Level 3.

Skills that will be taught in level 4: Headfirst entry in compact and stride positions, feet first surface dive, swim underwater, tread water, using 2 different kicks, survival swimming for 1 minute. Swim strokes that will be taught: front crawl for 25 yards, elementary backstroke for 25 yards, breaststroke for 15 yards, back crawl for 15 yards, butterfly for 15 yards, sidestroke for 15 yards, open turns on the front and back, flutter and dolphin kicks on back, push off in streamlined position on back, then begin kicking.

Stroke Refinement - Level 5

For children ages 6 & up. Prerequisite - must have successfully passed Level 4.

Provides further coordination and refinement of strokes.

Swimming and Skill Proficiency - Level 6

For children ages 6 & up. Prerequisite - must have successfully passed Level 5.

Refines the strokes so participants swim with ease, efficiency, power and smoothness over greater distances.



American Red Cross - Learn to Swim Lessons

We will be using the **American Red Cross Learn-To-Swim Program**. This will help your child become a better and more proficient swimmer. It is designed to give swimmers of all ages and abilities water safety skills as well as being a positive learning experience. Learn-to-swim teaches aquatic and safety skills in a logical progression.

For children ages 2 through 14.

We will be offering three, two-week sessions.

Lessons will be 30 minutes long and be held on M/W/F, except for Session 1.



Session #1

Code	Days	Dates	Level	Age	Times	Fee	Location
AA	M / W / F	July 6 - 15	Level 4	6 & up	9:00 - 9:30am	R \$25/NR \$35	Mashpee/Wakeby
AB	M / W / F	July 6 - 15	Level 3	5 & up	9:40 - 10:10am	R \$25/NR \$35	Mashpee/Wakeby
AC	M / W / F	July 6 - 15	Level 2	4 & up	10:20 - 10:50am	R \$25/NR \$35	Mashpee/Wakeby
AD	M / W / F	July 6 - 15	Level 1	4 & up	11:00 - 11:30am	R \$25/NR \$35	Mashpee/Wakeby
AE	M / W / F	July 6 - 15	Level 1	2 & 3 with parent & 4 & up w/out parent	11:40am- 12:10pm	R \$25/NR \$35	Mashpee/Wakeby

Session #2

Code	Days	Dates	Level	Age	Times	Fee	Location
BA	M / W / F	July 18 - 29	Level 5/6	6 & up	9:00 - 9:30am	R \$35/NR \$45	John's Pond
BB	M / W / F	July 18 - 29	Level 3	5 & up	9:40 - 10:10am	R \$35/NR \$45	John's Pond
BC	M / W / F	July 18 - 29	Level 2	4 & up	10:20 - 10:50am	R \$35/NR \$45	John's Pond
BD	M / W / F	July 18 - 29	Level 1	4 & up	11:00 - 11:30am	R \$35/NR \$45	John's Pond
BE	M / W / F	July 18 - 29	Level 1	2 & 3 with parent & 4 & up w/out parent	11:40am- 12:10pm	R \$35/NR \$45	John's Pond

Session #3

Code	Days	Dates	Level	Age	Times	Fee	Location
CA	M / W / F	August 1 - 12	Level 6	6 & up	9:00 - 9:30am	R \$35/NR \$45	John's Pond
CB	M / W / F	August 1 - 12	Level 4	6 & up	9:40 - 10:10am	R \$35/NR \$45	John's Pond
CC	M / W / F	August 1 - 12	Level 2	4 & up	10:20 - 10:50am	R \$35/NR \$45	John's Pond
CD	M / W / F	August 1 - 12	Level 3	5 & up	11:00 - 11:30am	R \$35/NR \$45	John's Pond
CE	M / W / F	August 1 - 12	Level 1	2 & 3 with parent & 4 & up w/out parent	11:40am- 12:10pm	R \$35/NR \$45	John's Pond

LIFEGUARD COURSE

American Red Cross Lifeguarding Course

To enroll you must be at least 15 years old before the last scheduled session.

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

To participate in the course, you must be able to pass prerequisite skills evaluation that includes the following:

1. Swim 550 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breast-stroke or a combination of both. Swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
3. Brick retrieval.
4. Under water swim.

Please wear a swimsuit and bring a towel to the skills evaluation as well as every other class. To successfully complete the course, you must attend the entire course, participate in all skill sessions/drills, activities and scenarios, demonstrate competency in all required skills and scenarios and pass the final written exams with a minimum grade of 80 percent. The practice sessions will require some strenuous, physical activity. Upon successful completion of the course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Schedule for class:

Pre-requisite skills test: Sunday, June 19th from 10:00 - 11:30am @ Mashpee/Wakeby Pond (Attaquin Park Town Beach), Lake Avenue

Classroom/Water Component Dates: Monday - Friday, June 20 - 24, 9:00am - 3:00pm **(No Class July 4th)**

9:00 - 11:00am Mashpee Town Hall (Ockway Meeting Room)

11:00am - 3:00pm Mashpee/Wakeby Pond

Note: Please bring a lunch every day, a snack and a drink.

Fee: \$150 **Location:** Classroom component will be held daily at Mashpee Town Hall, Water Component will be held at Mashpee/Wakeby Pond, (Attaquin Park Town Beach), Lake Avenue



ADULT PROGRAMS

Ladies Golf Beginner Clinic

Instructor: *Debbie Keim, LPGA*

Want to have fun and meet new people? Then a five-series clinic at Paul Harney's Golf Club is your answer. Dust off your clubs or borrow some of ours, and get ready to be able to step out onto the course with confidence. This class is designed to teach you in 5, 60-minute sessions, everything you'll need to know from tee to green. This class will be held at the driving range, short game area, and on the course. **Clubs will be provided if needed.**

Note: class will be on Memorial Day & 4th of July.

Location: Paul Harney Golf Club

5 sessions

Max: 10

S#	Day	Time	Date(s)	Fee
1	M	5:15-6:15pm	May 9-Jun 6	R \$150
2	M	5:15-6:15pm	Jun 13-Jul 11	R \$150
3	M	5:15-6:15pm	Jul 18-Aug 15	R \$150

Beginner to Intermediate Golf Clinic

Instructor: *Debbie Keim, LPGA*

If you have the basics of golf and would like to take your game to the next level, then this clinic is perfected for you. In 5, 60-minute sessions, this class will have you feeling more confident on the course. These clinics will be offered on three different days; you may choose either Thursdays, Fridays, or Sundays, for five consecutive weeks. **Clubs will be provided if needed.**

Note: class will be held on Memorial Day & 4th of July.

Location: Paul Harney Golf Club

5 sessions

Max: 10

S#	Day	Time(s)	Start Date(s)	Fee
1	Th	10-11am	May 12	R \$150
1	Th	5:15-6:15pm	May 12	R \$150
2	Th	10-11am	June 9	R \$150
2	Th	5:15-6:15pm	June 9	R \$150
3	Th	10-11am	July 21	R \$150
3	Th	5:15-6:15pm	July 21	R \$150

Summer Fun Golf League

For men and women 18+.

Coordinator: *Carolyn Thompson*

For seven weeks, golfers will be matched randomly in a nine-hole, four-person scramble. Prizes will be awarded for most team wins, closest to the pin, and other fun-spirited awards. Golfers of all abilities are welcome to participate. This promises to be a fun program with lots of laughs and hopefully a few great shots!

Location: Quashnet Valley Country Club

(Front 9 holes) Length: 7 weeks

Day	Time	Date(s)	Fee
T	4:45-6:45pm	July 5-Aug 16	R \$155
	(8/23 rain make-up)	(carts Addt'l \$5)	



Beginner/Advanced Beginner Tennis

Instructor: *Kathryn Olson, USPTA Professional*

Lessons will include intense instruction on volley, fore-hand, backhand, and serving techniques. Participants will also learn how to score and play in a singles and doubles match.

Location: Mashpee High School Courts

ED session is 5 weeks, EE session is 4 weeks **Min: 4**

Code	Day	Time	Date(s)	Fee
ED	Sat.	9-10:00am	June 25-July 23	R \$55
EE	Sat.	9-10:00am	Aug 6-27	R \$45

Intermediate / Advanced Tennis

Instructor: *Kathryn Olson, USPTA Professional*

Lessons will utilize live point drills, nuances of the game (changing direction of the ball, spins, grips, varied serves & placements) as well as establishing their game style and preparing match strategy.

Location: Mashpee High School Courts

FD session is 5 weeks, FE session is 4 weeks **Min: 4**

Code	Day	Time	Date(s)	Fee
FD	Sat.	8-9:00am	June 25-July 23	R \$55
FE	Sat.	8-9:00am	Aug 6-27	R \$45

Let's Go Clamming!!

Instructor: *Christine Mone*

Have you always wanted to try clamming but didn't know where to go or what to do? This is a fun class will teach you the different types of shellfish, how they grow and the techniques used for clamming. We will dig and rake for various shellfish! Whatever you find you can keep! Equipment will be provided. Includes a free shellfish game & recipes!

Please wear water shoes, bring a towel and a bucket.

Location: Seconsett Island

Directions: Off Route 28 go left on Metoxit (at Cumberland Farms), make slight right on Meadow Neck, go over bridge and park on left, beach is on the right.

1 class/session **Max: 10**

Day	Time	Date	Fee
W	12:00-1:00pm	July 27	R \$15



Pickleball

Join the fastest growing trend in the Northeast! Pickleball is a fun game that is played on a modified tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come join the fun! Whether you are a beginner or veteran, everyone is welcome. Equipment will be available or players can bring their own. Our group is open to all ages and abilities.

Location: Quashnet School Courts

Days	Time	Date	Fee
M	5:30-8PM	May 23-Sept 12	R \$15
Th	5:30-8PM	May 26-Sept 15	R \$20
M/Th	5:30-8PM	May 23-Sept 15	R \$30

Fee: Resident 1 evening (**must choose M or Th**)
Resident both evenings (M & Th)

Pickleball - Free Skills and Drills Clinics

Instructor: Arlene Petrunich

Come hone your pickleball skills in this fast-paced and fun clinic! Each week will focus on a different skill and will include drills and games to help improve various aspects of your game.

There is no fee, but you must register to be included on the roster. This is not a "drop in" program.

Limited to 12 players per week.

Sign up for each week separately.

Location: Quashnet School Courts

Tuesday evenings, 5:30 PM-7:00 PM (skills subject to change...)

6/21 - dinking

6/28 - serves and returns

7/12 - the third shot

7/19 - change of speed, drop shots

7/26 - doubles strategies

Pickleball Daytime Court Use at Heritage Park Basketball Court

Portable nets, paddles and balls will be kept at the Mashpee Recreation building which adjoins Heritage Park. Two pickleball courts will be lined on the basketball court. Players will be asked to fill out a short form and pay \$10 which will be refunded once the equipment is returned.

Monday-Friday 9am-12:00pm



Core Yoga

Instructor: Carol Thompson

A slower paced Yoga flow that revisits poses for a longer period of time in order to create openness in the body. Longer holds and deeper breath allow the student to sink lower into their practice and into their favorite poses, getting to know their body and practice on a deeper level. This practice welcomes beginners as well as others who want to rejuvenate their practice. Bring your own mat and a yoga block if you have one.

Note: Bring water and towel/mat

Location: Attaquin Park Beach, Mashpee/Wakeby Pond
6 classes / session **Min/Max: 6/20**

S#	Day(s)	Time(s)	Date(s)	Fee
1	T/Th	6:30-7:15am	Jul 5-21	R \$59
2	T/Th	6:30-7:15am	Jul 26-Aug 11	R \$59

Body Weight Boot Camp

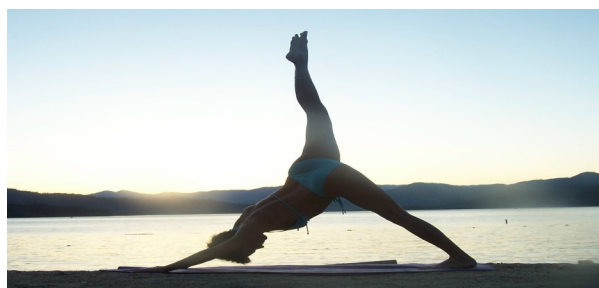
Instructor: Carol Thompson

Get ready to: burn calories, strengthen muscles, increase flexibility & jump start your metabolism! No equipment needed. Be prepared to have fun and meet new friends!

Note: Bring water and towel/mat

Location: Attaquin Park Beach, Mashpee/Wakeby Pond
6 classes / session **Min/Max: 7/20**

S#	Day(s)	Time(s)	Date(s)	Fee
1	T/Th	5:45-6:30am	Jul 5-21	R \$59
2	T/Th	5:45-6:30am	Jul 26-Aug 11	R \$59



Do you have a class idea? Please email ideas/suggestions to: Recreation@mashpeema.gov

Are you skilled at a particular sport or activity? If you are interested in offering a recreational class for children, teens or adults please contact us!
Call Heidi @ (508) 539-1416



new

iPad Piano Lessons for Adults

Instructor: *Melissa Harris, see bio at the bottom of the page*

Get started making your music dreams come true! Learn to play your acoustic or electric piano -- using your iPad!

This is a six week, introductory level course for beginners. Students will learn the notes of both treble and bass clef, key names, fingering, and note values. You will be reading music and playing piano at your first lesson. This course will get you started playing a "real" piano -- not an onscreen piano.

Required Materials: iPad 2 or later, SightReadPlus app for iPad (7.99 at the Apple App Store), piano or electric keyboard for home practice.

Scheduled: Weeks of June 28, July 5, 11, 25, Aug 1 & 8 (Six weeks)

Vacation: Week of July 18 (no class this week)

Classes are held at Melissa Harris Studio in Sandwich, 14 Cardinal Way (see bio below)

Call Melissa to schedule your lesson, 508-888-6140

Six half hour private lessons are presented once weekly. **Tuition: \$200.**

Beginning Piano Lessons for Adults and Seniors (private lessons)

Instructor: *Melissa Harris, see bio below*

Especially for adults, playing piano can bring a deep sense of purpose and fulfillment to everyday life. Whether you are an absolute beginner or returning to the piano, my method offers a carefully sequenced, proven approach for success.

Weekly lessons will be presented at Melissa Harris' private studio, conveniently located near the intersection of Exit 2 and Route 130 in Sandwich. Melissa specializes in adult music education and her private studio is devoted exclusively to adult learners. She has 28 years teaching experience and is former president of Cape Cod Music Apps, a company that develops iPad education apps for use with acoustic instruments.

Dates: Private lessons are offered on either Tuesdays OR Wednesdays (June 28/29, July 5/6, July 12/13, July 26/27, Aug 2/3, Aug 9/10). No class July 19/20.

Call Melissa to 508-888-6140 to schedule a weekly appointment time -- same time each week.

Makeup Lessons: Your weekly lesson time is reserved especially for you! This time cannot be rescheduled so please be sure to attend your lessons. If instructor has an opening, one makeup lesson will be accommodated whenever possible.

Classes held at Melissa Harris Piano Studio in Sandwich, 14 Cardinal Rd., Sandwich
Phone: 508-888-6140

Estimated cost of materials (lesson book): \$20.

Tuition: \$240 (six weekly half hour private lessons) plus two hour workshop on Thurs Aug 4 from 4-6 pm

Instructor Bio: Melissa Harris of Sandwich. Melissa has 25 years teaching experience and specializes in adult music education. She is former president of Cape Cod Music Apps where she co-developed "intelligent" music education apps for iPad that can be used with acoustic instruments.





REGISTRATION

Mashpee Recreation

Name of participant: _____ Email: _____
 Street Address: _____ City/State/Zip: _____
 Home Phone # _____ Cell: _____ **Mobile Carrier: _____

****By providing your cell carrier, we can send you a text message when last-minute changes or cancellations occur****

Grade: _____ Gender: _____ DOB: _____ Age: _____ Medical Conditions/Allergies: _____

In case of emergency contact: _____ Shirt size (If applicable): Please circle one
 Name: _____ Youth: Small Medium Large X-Large
 Phone #: _____ Adult: Small Medium Large X-Large

Program/Activity	Start Date	Time	S# / Code	Fee (non-resident add \$10)
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

MC/Visa # _____ Exp Date: _____ 3-digit code _____
 Check # _____ (Make checks payable to Town of Mashpee) Cash: _____

Refund Policy: You may withdraw from a class up to 3 working days in advance of the starting date of that program and receive a refund MINUS a \$10 processing fee. NO REFUNDS WILL BE GIVEN AFTER THIS DATE.

By signing this form, I give my permission to have my child's photo/video taken for media purposes.

I, the undersigned parent/ guardian of participant, do hereby consent to my /their participation in voluntary athletic, recreation or community education programs of the Town/City, or Public School of Mashpee. I do also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of Mashpee, the School Committee, and all their employees, officers, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Public Schools (the "Releases") from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injuries to me/my child or property damage resulting from me/my child's participation in the said Town or Public School's voluntary athletic or recreation programs which I may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire either before or after reaching majority.

SIGNATURE _____

DATE _____

To Register

Online: www.mashpeerec.com

In Person: Mashpee Town Hall

By Fax: 508.419-1161

By Mail: Town of Mashpee
 Recreation Department
 520 Main Street
 Mashpee, MA 02649

Contact: 508.539.1416

We do not accept reservations by phone.



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