

MASHPEE RECREATION

NEW
PROGRAMS!



SPRING 2025 BROCHURE

520 Main St, Mashpee | 508-539-1416
www.mashpeerec.com

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

Mashpee Recreation Dept. Staff Contacts

Mary K. Bradbury, Director
mbradbury@mashpeema.gov

Kristine Foster, Administrative Assistant
kfoster@mashpeema.gov

Lissa Ploszay, Administrative Secretary
eploszay@mashpeema.gov

Yemi Jolaosa, Administrative Secretary
ijolaosa@mashpeema.gov



Kids Klub Childcare Center Contacts

Ashley Cunha, Child Care Coordinator
acunha@mashpeema.gov (508) 539-9361



Helpful Phone Numbers

Kids Klub Childcare Center - (508) 539-9361
Before/After School Program (KCC) - (774) 326-3083

Quashnet After School Program (QS) - (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

Follow Mashpee Recreation on Social Media to stay up to date on programs & activities!

Facebook: Mashpee Recreation

Instagram: Mashpeerec



ONLINE REGISTRATION

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, 8:30 am - 4:30 pm) to retrieve your username and password, (508) 539-1416.

Traditional Registration - download a form at www.mashpeerec.com, go to General Info., Dept. Info., then forms



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
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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.

SWITCHING/CHANGING CLASSES

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



REFUNDS

FULL REFUND FOR A CANCELED CLASS

BY THE RECREATION DEPT. Classes cancelled by the Recreation Dept. will receive a full refund. (In the event of an activity cancellation due to circumstances out of our control, i.e., weather, natural disaster, etc., there will be no refund issued)

PROGRAMS CANCELLED BY PARTICIPANT

You may withdraw from a class up to 3 business days in advance of the starting date of that program and receive a refund minus a \$10

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.

cessing fee. No refunds will be given after this date (3 business 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.

MASHPEE RESIDENT PREFERENCE

Town of Mashpee residents will be given preference for our higher demand programs. Program registration will be open to non-residents one week after program registration becomes available, with the exception of summer camp, which will be available two weeks after.

AGE POLICY

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

NON-RESIDENT DISCOUNT PASS

Available Now! **Mashpee Recreation is offering a Non-Resident Discount Pass** for households enrolling in our programs and events.

**CAMP SESSIONS FOR VOYAGER, ADVENTURE,
EXPLORER, NAVIGATOR & CIT CAMP (Grades 1 - 9)**



DATES:

- Voyager Camp (Grades 1 & 2)**
- Adventure Camp (Grades 3 & 4)**
- Explorer Camp (Grades 5 & 6)**
- Navigator Camp (Grade 7 & 8)**
- CIT Camp (Grades 8 & 9)**



(Children must have completed Kindergarten)

- | | |
|-----------------------------|---------------------------------|
| Ses. #1 - June 23 - June 27 | Ses. #5 - July 21 - July 25 |
| Ses. #2 - June 30 - July 3 | Ses. #6 - July 28 - August 1 |
| Ses. #3 - July 7 - July 11 | Ses. #7 - August 4 - August 8 |
| Ses. #4 - July 14 - 18 | Ses. #8 - August 11 - August 15 |

Pricing : \$185/week Regular Day 8:30am - 4:30pm
\$220/week Extended Day 7:30am - 5:30pm
\$35 registration fee (non-refundable)
\$50/week deposit (amount applied to balance)

Payments for weeks 1-5 are due by June 13th
Payments for week 6-8 are due by July 18th

SPECIAL EVENTS

Easter Egg Hunt

For children ages 2 - 10. Come join Mashpee Recreation Dept. for our Annual Easter Egg Hunt! Bring your basket, gather eggs and have your photo taken with the Easter Bunny! Event is Free!

Location: Mashpee Community Park (across from town hall)

Day	Time	Date
Sat.	10:00am	April 12th (rain date: April 19)



Rhiannon McCuish 5K Woodland Run/Walk

Sunday May 25th 10:00 am sharp @ Heritage Park

3.1 mile loop beginning and ending at Heritage Park. Register ahead of time at www.mashpeeec.com. REGISTRATION & Packet pick-up will be held @ Mashpee Recreation Dept., 520 Main St. on Friday, May 24th from 3:00 - 6:00pm or race day @ HERITAGE PARK, 139 Ashumet Rd. (back parking lot) from @ 8:30 - 9:30am. Fee is \$35 or \$40 morning of race.

All proceeds go towards supporting town youth programs

Memorial Day Ceremony:

Monday, May 26th, 10 am@ Mashpee Community Park and Veterans Garden

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



Annual Mashpee Super Swim

Saturday, June 7th, 9 am @ 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: pre-registration 3 mile & 1 mile \$45 1/2 mile \$30

No day of registrations will be accepted

Community Picnic:

Join us for a fun filled night for the family! We will have live music, K-9 dog show, 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.

When: Saturday, June 28th 20245 (Rain date: June 29th)

Time: 5:00PM

Where: Mashpee High School.



**KIDS KLUB PRESCHOOL &
CHILDCARE CENTER
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. Licensed by the Commonwealth of Massachusetts Department of Early Education and Care. Located at 501 Great Neck Rd. North.

DAYCARE (paid weekly)

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

Preschool + Daycare – full day program (ages 2.9 – 5)

(\$53 per day, 2 day minimum) 8:00am - 5:00pm Year-round

2 days a week: \$106/week

3 days a week: \$159/week

4 days a week: \$212/week

5 days a week: \$265/week

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

Infant/ Toddler Daycare (ages 6 weeks to 2.9 years)

(\$63 per day, 2 day minimum) 8:00am - 5:00pm Year-round

2 days a week: \$126/week

3 days a week: \$189/week

4 days a week: \$252/week

5 days a week: \$315/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

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

K-2 Drop Off: K.C. Coombs Cafeteria

3-6 Drop Off: Quashnet School Cafeteria

Hours: 7:30am - school begins

Tuition/Fees:

2 days per week - \$85.00 / month

3 days per week - \$130.00 / month

4 days per week - \$175.00 / month

5 days per week - \$215.00 / month



After School Care

Grade K: K.C Coombs

Grades K - 2: K.C. Coombs Cafeteria

Grades 3 - 6: Quashnet School Cafeteria

Hours: Afterschool - 5:30pm

Tuition/Fees

(Pre - K 5 days only – \$250.00 / month)

2 days per week - \$110.00 / month

3 days per week - \$150.00 / month

4 days per week - \$200.00 / month

5 days per week - \$250.00 / month

Registration fee: \$35 non-refundable

(If a child is enrolled in both the Before AND After School programs, the maximum registration fee is \$70 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 the end of school until 5:30 p.m. Mashpee Recreation runs a separate "Vacation Club" A separate registration is required for that program.

A completed Before/After School Care registration packet, current photo, fee and in-person meeting to review your child's application must be received prior to your child attending. Please contact the recreation department for availability and an application, (508) 539-1416.

YOUTH PROGRAMS

Youth Track & Field

Instructor: Mary Marsters

For children grades 3 - 6.

The objective is for children to be introduced to the sport of running and track & field. Focus is on fun and learning the elements of running such as warm-up, cool-down and stretching. Children will also be introduced to the elements of track & field such as long jump, hurdles and relay. **The program will finish with children in grades 3-6 participating in a Cape Cod Track meet against other town recreation departments.** Details to be announced at a later date!

Sneakers and comfortable clothing are mandatory. Please be sure to bring a water bottle.



6 weeks **Max: 12**

<u>Grades</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Location</u>
3rd - 6th	T	3:45 - 4:45 pm	April 29 - June 3rd	Quashnet

Fee: R \$50, NR \$60

Mad Science

Instructor: Mad Science

Grades K - 6.

This hands-on After School Program explores the energy in Light, Sound, Electricity and Magnetism. Students learn how they interpret or even *misinterpret* the world around them. They then use some of their own energy to explore the science of nutrition! This is a program of hands-on activities, stunning demonstrations and inquiry-based discussions.

Location: KC Coombs **6 weeks** **Min/Max: 10/20**

<u>Grade(s)</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>
K - 6	M	4:00 - 5:00 pm	April 28 - June 9

Fee: R \$90 NR \$100

No Class 5/5 and 5/26

3:45PM-4:00PM is a transition time for Mashpee Public School Students to be dismissed and meet with Mashpee Recreation instructors. Program will start at 4PM-5PM for instruction, and we ask that all non Mashpee public students, please plan to arrive at 4PM for class.

Karate

Instructor: Renshi Adelstein
For youth in Kindergarten - Adult.

Renshi Cindy Adelstein, a fourth degree black belt in the system, has been studying Isshinryu for over 20 years.



This class teaches movement skills, discipline, self-control, practical karate skills and self-defense in a format that is both enjoyable and beneficial for children.

For our Little Dragons program we will focus on directions, discipline, self-discipline, safe stranger, stranger danger as well as a bully buster curriculum.

For our Jaguars and adults, we will build on these skills by adding in conditioning, sport fitness and light contact sparring techniques.

As with many of the marital arts, the Isshinryu system employs a military style promotion system with rank achieved as skills are learned. Focus, determination and commitment will be the necessary tools for a student to achieve their next rank and eventually a black belt.

Location: KC Coombs Gym 7 weeks Min/Max: 5/15

Level/Grade	Day	Time	Date(s)
Little Dragons / Gr. K-2	T	5:30 - 6:00 pm	April 29 - June 17
Jaguars / Gr. 3-6	T	6:00 - 6:30 pm	April 29- June 17
Teens /Gr. 7 & up	T	6:30- 7:15 pm	April 29 - June 17

(no program 5/20)

Fee: R \$65 NR \$75

Note: The uniform, as well as a \$10 testing fee is included as the student tests for each new rank or belt. Additional gear may be necessary as the student reaches the intermediate ranks. This may include sparring equipment and a traditional bo staff.

Kids' Test Kitchen

Instructor: Kids Test Kitchen

Kids' Test Kitchen is a fun and interactive program designed to inspire young chefs to explore and enjoy the world of healthy cooking. Each class introduces kids to a variety of fresh ingredients and teaches them how to prepare nutritious and delicious meals. Guided by experienced instructors, participants will learn essential cooking techniques, experiment with flavors, and gain confidence in the kitchen. Whether it's mastering knife skills, understanding the science of baking, or creating balanced meals, kids will leave each session with new culinary skills and tasty recipes to try at home. Perfect for aspiring chefs aged 6–12!

Grade(s)	Day	Time	Date
1 - 5	Th	4:00 - 5:00 pm	May 1-June 5

Fee: \$185

****3:45-4:00 pm is a transition time for Mashpee Public School Students to be dismissed and meet with Mashpee Recreation instructors. Program will start at 4PM-5PM for instruction, and we ask that all non Mashpee public students, please plan to arrive at 4PM for class.***

FIT Kids

Instructor: Crossfit Cape Cod

FIT Kids classes are not just about exercise; they're about having fun while moving. We incorporate age-appropriate workouts that are engaging, exciting, and tailored to the energy levels of your child. Each class starts with a dynamic warm-up, followed by skill-building exercises, then a workout, and ending with a fun game. No class 04/25

Location: Crossfit Cape Cod		5 weeks	
<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>
5-10	F	4:30 - 5:15 pm	April 11-May 16

Fee: R \$90 NR \$100

Sports Strength Kids

Instructor: Crossfit Cape Cod

These classes are a strength and conditioning program focused on getting middle schoolers faster and stronger. Basic strength will be developed with pull-ups, push-ups, squats, deadlifts, etc. To enhance speed and explosiveness, a variety of dynamic drills will be used including sprints, bike intervals, sandbags, and box jumps. Every class wraps it all together with a conditioning workout. Kids will also learn about nutrition, sleep, resilience, and positive mindset. No classes on 04/21 and 04/23.

Location: Crossfit Cape Cod		5 weeks	
<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>
11-14	M/W	6:30 - 7:15 pm	April 7-May 14

Fee: R \$165 NR \$175



Tennis Lessons

Instructor: Kathryn Olson, USPTA Certified teaching professional

For students in grades PK - 6.

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. More advanced players will be grouped together.

NOTE: students should wear tennis shoes or sneakers and bring a tennis racquet, snack and a drink.

Dates, times, locations will be announced through our website mashpeerec.com by March 1st.



After School Soccer/Skills Clinic

Coach: Brazilian United Soccer Coaches

Grades Pre-K-4

Your player will work with professional coaches from (BUC) to ensure a safe and supportive environment where expertise and dedication provide the best experience to your kids in developing their soccer, social, and psychological skills both on and off the field, through our exclusive #BeyondSoccer methodology. This program is a skills-based format.

What To Bring: Shin guards, cleats, proper athletic clothing, and water.

Location: KC Coombs 6 weeks Max: 12

Gr	Day	Time(s)	Date(s)
K - 2	F	3:45 - 4:45 pm	April 11- May 23
Pre-K	F	5:00 - 5:45 pm	April 11 - May 23
3-4	F	5:45 - 6:45 pm	April 11 - May 23

Fee: R \$100 NR \$105

No Soccer April 25th

Saturday Soccer

Coach: Brazilian United Soccer Coaches

Grades:Pre-K 4

Your player will work with professional coaches from (BUC) to ensure a safe and supportive environment where expertise and dedication provide the best experience to your kids in developing their soccer, social, and psychological skills both on and off the field, through our exclusive #BeyondSoccer methodology. This program is a skills-based format.

What To Bring: Shin guards, cleats, proper athletic clothing, and water.

Location: KC Coombs 6 weeks Max: 24

Grades	Day	Time(s)	Date(s)
Pre-K	Sat.	9:00 - 9:45 am	April 12– May 24
K-2	Sat.	9:45 -10:45 am	April 12 - May 24
3-4	Sat.	10:45 -11:45 am	April 12 - May 24

Fee: R \$100, NR \$105

No Soccer April 26th



April Vacation Programs

Horseback Riding School

Instructor: *Robin Blakeman*

Open to boys and girls ages 5 & up.

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. Call 508-477-1303 for details.

Location: Maushop Equestrian Center **Length:** 4 lessons

<u>Day(s)</u>	<u>Time(s)</u>	<u>Date(s)</u>
T/W & TH	9:00 am– 12:00 pm	April 22, 23, & 24

R \$165 NR \$165



Be Wild

Instructor: *Rideaway Adventures*

Outdoor Exploration, survival skills, nature and more!

Join RideAway staff for games, activities and FUN outside!

(Please dress and prepare for the weather, this is an outdoor activity!)

What to bring: water bottle, layers, sneakers or boots, healthy snack and your sense of adventure!!

Location: Oakcrest Cove, Sandwich **3 days** **Min/Max:** 1/4

<u>Day(s)</u>	<u>Time</u>	<u>Date(s)</u>
T, W, Th, & F	10:00 –1:00pm	April 22nd-25th

R \$230 NR\$240

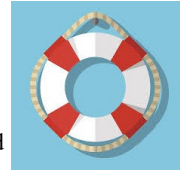


Boating Safety Course

Instructor: Lt John Girvalakis

For adults and youth 12 years of age and older.

Classes are for adults and youth 12 years of age and older. Family participation is encouraged and has proven to be very rewarding. All graduates in the 12 through 15 year-old age group will be issued a safety certificate allowing them to operate a motorboat without adult supervision, as required by state law. The same is true for 16 and 17 year old youth who wish to operate a personal watercraft.



Location: Mashpee Middle/High School/ room B109 **Length:** 2 classes

<u>Day(s)</u>	<u>Time(s)</u>	<u>Date(s)</u>	<u>Fee</u>
Sat	8:00-3:00 PM	April 5	Free
Sun	9:00-2:00 PM	April 6	Free

**Please visit Mashpeerec.com for registration link available 30 days prior to class dates.*

ADULT PROGRAMS

Adult Co-Ed Basketball, Over 30

Join us for a fun, non-competitive night of hoops!

Location: Quashnet School Gym **Length:** 9 weeks **Min:** 12

<u>Days</u>	<u>Time</u>	<u>Dates</u>	<u>Fee</u>
F	6:30 - 8:30 PM	May 2-June 27	R \$50 NR \$60

Gentle Vinyasa Yoga

Instructor: Victoria Haire

A calming and accessible class that combines gentle movements with mindful breathing. Perfect for all levels, this practice focuses on improving flexibility, balance, and relaxation through fluid, low-impact sequences. Ideal for those seeking a peaceful way to unwind and rejuvenate.

<u>Day</u>	<u>Time</u>	<u>Dates</u>
T	5:30-6:30PM	April 15 —May 17
	\$88 R NR\$98	

Location: Mashpee Council of Aging Multipurpose Room



Beginner Intro to Crossfit-Adults

Instructor: Crossfit Cape Cod

A coach-led 45 minute strength and conditioning class perfect for anyone new to exercise or looking to restart a fitness routine. Movements and workouts can be tailored for any age, level, or injury.

Participants can choose any 12 classes offered Tuesdays, Thursdays, and Fridays at 6:30-7:15am

Location: Crossfit Cape Cod

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>
Adult	T/TH/F	6:30– 7:15 am	April 8-May 16

Fee: R \$150 NR \$160

Senior Strength & Stretch

Instructor: Crossfit Cape Cod

These low-impact, 45-minute sessions focus on building strength, enhancing core stability, and improving flexibility. Using free weights and bodyweight exercises, each class can be tailored to fit any age or ability level.

Participants can choose any 12 classes:

Strength Class: Mondays, Wednesdays, and Thursdays at 8:30-9:15am

Stretch Class: Tuesdays at 8:45-9:30am

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>
Adult	*Please see offerings for days/ times above.		April 7-May 16

Location: Crossfit Cape Cod 5 weeks

Fee: R \$150 NR \$160



Golf - “Build a Swing” for Adults

Taught by Rick Johnson, 41 Year PGA member, NE Section Pro of the Year, 2019 NE PGA Player Development Pro of the Year and Paul Harney Golf Professional.

- **Week 1: Full Swing Instruction;** Set-up to swing, Core Rotation - “The Blend of Up and Down Management of Arms, Hand and Club to Body Rotation” and Tempo
- **Week 2: Short Game Instruction** - Pitching, Chipping, Sand Play, Putting and Different Clubs for Different Shots
- **Week 3:** Full Swing and Short Game Review plus On-Course Play!

Note: Clubs are provided if needed

Location: Paul Harney Golf Course

Length: Three, two hour classes

Max: 5

<u>Session #</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>
1	F	9:00 - 11:00 am	May 3, 10 & 17
1	F	1:00 - 3:00 pm	May 3, 10 & 17
2	F	9:00 - 11:00 am	June 7, 14 & 21
2	F	1:00 - 3:00 pm	June 7, 14 & 21

Fee: \$189

Line Dancing *Full

Instructor: Liz Saunders

Certified Personal Trainer Liz Saunders of Wisser Health and Fitness offers a lively and fun class where you’ll learn easy-to-follow dance routines set to a mix of music genres. Perfect for beginners and seasoned dancers alike, this class is a great way to stay active, improve coordination, and enjoy a social, upbeat atmosphere!

Location: Mashpee Council on Aging Length: 8 classes

<u>Day</u>	<u>Time</u>	<u>Date(s)</u>	<u>Fee</u>
M	5:45- 6:45 PM	April 7-May 19	\$64 R NR \$74



PICKLEBALL

All Pickleball lessons will be instructed by Straight-Up Pickleball, founded by Laura and Karl Uggerholt. Straight-Up's five experienced and caring instructors will offer comprehensive Pickleball lessons, allowing players to advance through a consistent curriculum at their own pace. The instructors are excited about the 2025 season and look forward to sharing their knowledge!

Beginner Clinics (1.0)

Learn this fun game that is growing fast all over the country! Participants should wear loose-fitting athletic clothing and court shoes (smooth-soled sneakers with good lateral support). Paddles will be provided if needed.

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

**Please visit Mashpeerec.com for dates, times and fee.*

Novice Clinics (2.0)

This course is ideal for people who have learned to play Pickleball and are ready to take their play to the next level. Focus will be on topics such as shot selection, skills refinement and positioning. Qualified participants should know the rules, how to serve and return, and how to keep score.

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

**Please visit Mashpeerec.com for dates, times and fee.*

Minor League Pickleball *NEW*

It's all the rage ! Minor League Pickleball is a fun and competitive team event ! Participants will be organized by skill level and put into teams of 4. Teams will go head-to-head against each other in varying doubles matchups. There is sure to be some ribbing and heckling, of course ! AND Straight-Up Pickleball will teach you how to rally score. This Minor League event will be a great way to get to know people and improve your game !

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

**Please visit Mashpeerec.com for dates, times and fee.*



Skills Clinic

Note: Students will be grouped based on level of experience. This clinic is for people who already know the rules and basics of pickleball. (Intermediate to Advanced) Students looking to learn the game or who are newer to the game should check out the Beginner and Novice Clinics.

Upgrade Your 3rd Shot Strategies

The game of pickleball continues to evolve, which gives all players the opportunity to upgrade ! Learn to capitalize on a deep serve with the newly popular hybrid 3rd shot AND perfect your drop shot using science. Our serves are getting more challenging .. it's time to focus on the benefits ! Option : follow-up with "Play with the Coaches" to continue working on implementation.

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

**Please visit Mashpeerec.com for dates, times and fee.*

Secrets to Transition Zone Dominance

Your team has the opportunity to score when serving - make the most of it ! Dominating a point in the challenging Transition Zone is achieved by working together with movement, shot selection and anticipation. There is nothing like the feeling when your team makes it smoothly to the non-volley zone ! Option : follow-up with "Play with Coaches" to continue working on implementation.

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

**Please visit Mashpeerec.com for dates, times and fee.*

How to Beat the Banger

Attacking is more popular than ever in pickleball ...learn how to turn the tables and dominate against bangers in this clinic. The Straight-Up coaches will break down proven pickleball strategies and techniques that help you stay in control when facing aggressive players. Option : follow-up with "Play with the Coaches" to continue working on implementation.

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

**Please visit Mashpeerec.com for dates, times and fee.*

Skills Ratings Clinic *New*

NEW ! These clinics will assign players a provisional DUPR* rating and perhaps more importantly, will give specific and actionable feedback across 8 skills/ strategies using a multi-faceted matrix and game video. You may use the rating explanation to direct your focus over the summer. As always, your Straight-Up coaches and lessons will be there for you as you wish !

Dynamic Universal Pickleball Rating : a rating system for pickleball players that's designed to be accurate and inclusive. DUPR rates players on a scale of 2.00 - 8.00 regardless of their age, gender, location or skill level. The following explains the DUPR categories:

2.0 - 2.99 : Novice
3.0 - 3.99 : Intermediate
4.0 - 4.99 : Advanced
5.0 - 8.0 : Pro

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

**Please visit Mashpeerec.com for dates, times and fee.*

Coaches Clinics

Small Group with Two Coaches

This one-hour lesson for four students allows focused and personalized instruction in a small group setting with friendly competition while building and refining the fundamentals. (Participants may sign up as singles or as a group in the 4 slots provided per lesson.) Two experienced Straight-Up Coaches will provide personalized attention, with the goal of providing each student with an improvement plan by the end of the hour.

Please visit Mashpeerec.com for dates, times and fee.

Two and a Coach

Are you interested in more personalized coaching? If so, this one-hour coaching session is perfect for you and a friend or family member! The lesson will be led by a fun and knowledgeable Straight-Up Coach and will allow full, focused, and personalized instruction for 2 players signing up for a lesson together (one slot). The participants will have the opportunity to focus on strategies and mechanics, leaving the hour with an improvement plan a sense of accomplishment.

Note: the “Two and a Coach” lessons are for players who already know how to play pickleball. It is recommended those interested in learning pickleball for the first time sign up for a Beginner Clinic (most beneficial) or two 4-person semi-private lessons.

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

**Please visit Mashpeerec.com for dates, times and fee.*

Small Group with Two Coaches

This one-hour lesson is perfect for the player interested in focusing on a specific skill or strategy to increase his or her consistency on the court. Drop shots, serve consistency, footwork, mindfulness, soft hands, effective return of serve, overheads, lobs, etc.....you name it, the coach will be there for you! Fun and focused!

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

Please visit Mashpeerec.com for dates, times and fee.

Play with the Coaches!

This one-hour lesson format includes playing games with three students on a court with one of two experienced coach and is appropriate for intermediate and advanced students. Points/rallies are reviewed and discussed to hone in on what transpired and identify alternative strategic options. Students receive specific and actionable feedback. Most importantly, everyone will have fun on the court!

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

Please visit Mashpeerec.com for dates, times and fee.

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