

MASHPEE RECREATION

REGISTRATION
OPENS
APRIL 7, 2025



SUMMER BROCHURE 2025

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



MASHPEE SPECIAL EVENTS

2025!

Memorial Day Ceremony

Monday, May 26th 10AM @ 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, 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 \$65 , 1/2 mile \$50

No day of registrations will be accepted

Register @ www.streamlineevents.com/mashpee

Community Picnic and Fireworks

Saturday, June 28th 5:00PM @ Mashpee Middle/HS (Rain Date - June 29th)

Join us for a fun filled night for the family! We will have live music, flying dog show, train rides, face painting and a fabulous display of fireworks at dark! Bring your own picnic dinner or local food trucks will be available .

Summer Concert Series

Tuesdays, July 8th - August 26th 6:00 - 7:30PM

@ Mashpee Community Park

To view the weekly entertainment schedule go to:
www.mashpeerec.com

Sponsored by the Town of Mashpee

Free admission

Mashpee Oktoberfest

Saturday, October 4th 10AM - 4PM @ Mashpee Commons Green (Rain Date October 5th)

Join us for a full day of fun at Mashpee Commons Green. We'll have entertainment throughout the day which will include: The Vagabonds, dance groups, K-9 dog show, Irish Step Dancing, the keg toss, children's games, face painting, and crafts. We'll also have a variety of "Fair Style" food along with 50+ arts and craft vendors! Don't forget to visit our Bier Garten which will be serving up Bratwurst and beer.

Run for Rhi 5k

RHIANNON LEE MCCUISSH 5K
WOODLAND RUN/ WALK

Go the distance, Give the gift of Camp!



REGISTER ONLINE

WWW.MASHPEERREC.COM

Sunday, May 25th, 10:00AM

3.1 mile loop beginning and ending at Heritage Park.

Register ahead of time online or register race day at

Heritage Park from 8:30 - 9:30AM. Fee is \$35 or

\$40 morning of race. L

much to follow at Heritage Park for runners and families. **All proceeds go towards supporting youth programs.**

General Information

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

Mary K. Bradbury, Director, mbradbury@mashpeema.gov

Ashley Cunha Child Care Coordinator, acunha@mashpeema.gov

Kristine Foster, Administrative Assistant, kfoster@mashpeema.gov

Yemi Jalaosa, Administrative Secretary ijolaoso@mashpeema.gov (Kids Klub Childcare Center)

(508) 539-1417

Lissa Ploszay, Administrative Clerk, eploszay@mashpeema.gov

Helpful Phone Numbers

Kids Klub Childcare Center - (508) 539-9361

Mashpee Chamber of Commerce - (508) 477-0792

Mashpee Council on Aging - (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 524 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

Attaquin Park (Mashpee/Wakeby Pond) - Lake Avenue

Resident sticker required, weekly pass or Tribal sticker/ID

Facilities: Playground, basketball court, charcoal grills, picnic area with tables

John's Pond Town Beach - Back Road

Resident sticker, active Military ID, Tribal sticker/ID or weekly pass.

Facilities: 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 or online. (stickers required last Saturday in June through Labor Day)

Boat Landings

State Boat Ramps

Mashpee/Wakeby State Boat Ramp - Main Street
\$10 (Massachusetts license plate), \$15 (out-of-state plate)
(fee collected on weekends and holidays beginning on Saturday of Memorial Day weekend through Labor Day)

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

Town Boat Landings

Fresh Water - Ashumet Pond, John's Pond, Mashpee/Wakeby Pond, Santuit Pond

Salt Water - Popponesset Bay, Pirates Cove, Ockway Bay, Waquoit Bay

From Memorial Day through Labor Day, parking at the ramps is restricted to Mashpee resident vehicles with a permit (Boat Ramp, Transfer Station, Recycle or Recreation sticker needed). No trash receptacles, running water or toilets are provided. Mashpee Town Hall sticker office opens June 6 from 9AM-4PM.

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 application). 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 to 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.

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 business days prior to the start of the program and receive a refund minus a \$10 processing fee. No refunds will be given after this date.

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 it's max. enrollment, you can place your name on the waiting list online or by calling the Rec. dept. at 508-539-1416. If a class does not meet the minimum number of participant requirements, it will be cancelled and you will be notified and issued a full refund. 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 for a another program/date. A \$10 processing fee will be assessed at the time of the request.

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 6 weeks 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 environment. Licensed by the Commonwealth of Massachusetts Department of Early Education and Care. Located at 501 Great Neck Rd. North.

Childcare Tuition: (paid weekly)

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

Preschool – full day program (ages 2.9 – 6)

(\$53 per day, 2 day minimum) 8:00am - 5:00 pm 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 ages 6 weeks. to 2.9 years)

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

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

3 - 6 Drop Off: Quashnet Cafeteria

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

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

Grades K - 2: K.C. Coombs Cafeteria

Grades 3 - 5: Quashnet School Cafeteria

Hours: Dismissal - 5:30 pm

Tuition/Fees

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 dismissal until 5:30 p.m. Mashpee Recreation runs a separate "Vacation Club" program for certain holidays, school vacations and/or teacher professional development days. A separate fee and registration are 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



YOUTH PROGRAMS

Movie Soundtracks Summer Dance Clinic

Instructor: Lilly Kallinich-Harper Dance Center

Lilly has completed the ABT® Teacher Training Intensive in Pre-Primary through Level Three of the ABT® National Training Curriculum.

We love movie soundtracks! Each day dancers will have a different movie theme. We will start the day with a Ballet and Hip Hop class. Break for lunch and then end the day with themed games and crafts!

Location: Harper Dance Center, Mashpee
3 days **Min/Max:** 4/10

Ages 5-7

Day(s)	Time	Dates	Fee
MTW	9:00am -1:00pm	Aug 4-6	\$190

"In My Swift / Potter Era" Summer Dance Clinic

Instructor: Lilly Kallinich-Harper Dance Center

Lilly has completed the ABT® Teacher Training Intensive in Pre-Primary through Level Three of the ABT® National Training Curriculum.

Each day dancers will start off with a Ballet class using music from Harry Potter. Followed by a Hip Hop class using music by Taylor Swift! Break for lunch and then end the day with themed games and crafts!

Location: Harper Dance Center
3 days **Min/Max:** 4/10

Ages 8-10

Day(s)	Time	Dates	Fee
MTW	9:00 AM -1:00 PM	Aug 11-13	\$190



Junior Golf Camp

For ages 7 - 11

Instructor: Rick Johnson, PGA

Rick is a 41 Year PGA Member, NE Section Pro of the Year, 2016 NE PGA Player Development Pro of the Year, Paul Harney Golf Professional.

Our Junior program will cover all aspects of the game, including Clubs, Full Swing and Short Game. Our focus will be on the fun of the game and the challenge of improvement.

Week One: Full Swing Instruction, Woods-Iron-Hybrids, Golf Exercise - Rules - Etiquette

Week Two: Full Swing Review, Short Game Instruction, Golf Exercise - Rules - Etiquette

Week Three: Full Swing - Short Game Review, Golf Exercise - Rules - Etiquette, Play 2 Range Holes

Note: Clubs are provided if needed

Location: Harney Golf Club
3days **Min/Max:** 4/10

Ages 7 - 10

Day(s)	Time	Dates	Fee
Su	9:00-10:30am	June 1, 8 & 15	\$199
T	9:00-10:30am	July 1, 8 & 15	
T	9:00-10:30am	Aug. 5, 12 & 19	



Rideaway Adventure Summer Program

Looking for the ultimate outdoor adventure for your kids? Mashpee Recreation has partnered with RideAway Adventures and Sandwich Recreation to offer an exciting, action-packed program. Say goodbye to screens and hello to nature! Kids will dive into waterfront games, skill-building activities, and hands-on nature exploration. Whether they're mastering paddleboarding, kayaking, or just soaking in the great outdoors, our program is designed for fun, learning, and building lifelong memories.

Our expert instructors prioritize safety, proper techniques, and environmental awareness. With years of paddling experience, they're ready to guide both beginners and seasoned adventurers. Plus, with small class sizes your child will get personalized attention and an unforgettable experience!

Please provide a life jacket if you have one, water shoes, weather appropriate clothing, sneakers, towel, bathing suit, snacks, a lunch, a drink, and sunscreen.

Location: Ryder Conservation Area

<u>Days</u>	<u>Times</u>	<u>Dates</u>	<u>Fee</u>
M-F	9:30-am-3:30pm	June 30-Jul 3	\$350 R
M-F	9:30-am-3:30pm	July 7-11	\$350 R
M-F	9:30-am-3:30pm	July 14-18	\$350 R
M-F	9:30-am-3:30pm	July 21-25	\$350 R
M-F	9:30-am-3:30pm	July 28-Aug 1	\$350 R
M-F	9:30-am-3:30pm	Aug 4-8	\$350 R
M-F	9:30-am-3:30pm	Aug 11-15	\$350 R
M-F	9:30-am-3:30pm	Aug 18-22	\$350 R



Salt Water Family Fishing Instruction



Youth ages 7 & up and parents, grandparents, etc.

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!

Children must be accompanied by an adult.

Rods & bait are provided.

Location: South Cape

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Date</u>	<u>Fee</u>
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Summer Soccer Clinic with Brazilian United

For youth ages 3-14.

Coaches: Brazilian United Soccer

Brazilian Soccer Summer Clinic

Brazilian United Soccer Clinic is open to all kids aged 7 to 14, regardless of skill level. The program focuses on developing technical soccer skills through engaging cultural activities, mini-tournaments, and lots of fun. Participants will make friends, learn new skills from professional Brazilian soccer coaches, and receive a customized evaluation card at the end of the program. Adapted for each age group, the program promotes distinct personal and sports development with the #BeyondSoccer approach.

Future Stars Clinic

Designed for children aged 4 to 6, this program provides a fun and engaging introduction to soccer. Through storytelling and playful activities, it promotes motor and cognitive development. Our coaches foster an environment that helps kids feel comfortable, have fun, and develop a love for soccer in a supportive setting. Adapted for each age group, the

Location: KC Coombs Soccer Fields

<u>Ages</u>	<u>Days</u>	<u>Times</u>	<u>Dates</u>	<u>Fee</u>
3- 6	M - F	8:30am-9:15am	July 7-11	R \$85
7-14	M - F	9:30am-12:30pm	July 7-11	R \$185
7-14	M - F	9:30am-3:30pm	July 7-11	R \$235



Mermaid Swim Lessons for Merkids

Youth ages 8 - 12.

Instructor: Linda Holmes (MerLin), Owner of the Maine Mermaid LLC, is a Certified Red Cross Swimming Instructor, a Fin Fun Mermaid U Affiliate, and is CPR-AED Certified.

Sons and daughters of Triton come and be your powerful Aquaman or Ariel in the mermaid swim class! Learn skills, tricks, bubble bending, and more in a structured class that will encourage, strengthen and challenge you to be all the MerKids you can be. The class includes a safety segment, musical warm-up, aquatic exercises, shallow and deep water skills, breathing skills, underwater swimming, routines, games and more. The classes are progress in skill building. A certified and enthusiastic instructor (mermaid) will swim right beside you. A mermaid tail and fin is provided for use in class. Register early (2 weeks prior to the starting date) to ensure a fin/tail is available for your use for the first class.

Bring a towel and goggles, if needed.

Prerequisites:

1. Be relaxed in a back float
2. Front float
3. Roll from front to back
4. Tread water for 1 minute
5. Swim 25 yards/meters unassisted

Location: Mashpee/Wakeby

5 classes **Min/Max: 5/12**

Days	Times	Dates	Fee
T	9:30 - 10:30 am	July 22 - Aug. 12	\$110



Youth Basketball Clinic

Grades 4-12

Instructor - Jordan Rezendes



Join us for an exciting Youth Basketball Clinic designed for grades 4-12! Participants will be broken up into age groups. This clinic offers young athletes the unique opportunity to learn from Jordan Rezendes, a professional basketball player and a seasoned high school coach of the Mashpee Boys High School team. Participants will receive hands-on training focused on fundamental skills including dribbling, shooting, passing, defense and teamwork.

Coach Rezendes brings real-world experience and expert insights, and offers valuable techniques tailored to players looking to improve their game. Whether your child is a beginner or has some experience, this clinic will challenge them to grow, develop new skills and have fun in a supportive, engaging environment. Don't miss this chance to learn from the best and take your game to the next level!

Grades 4-6

Days	Times	Dates	Fee
M-F	8:30-10:15 am	June 23 15-July 27	\$135.00

Grades 7-12

Days	Times	Dates	Fee
M-F	10:30-12:00 pm	June 23 15-July 27	\$135.00

Youth Archery Clinic-Explore Archery

Youth entering Ages 8-14

Instructor: Dee Sacchetti, USA Archery Level II Certified Instructor, Owner of Dee's Archery Events.

Explore Archery is a versatile education activity program that is fun, rewarding, progressive, and most important – SAFE! In Explore Archery, students participate in individual and team-building activities that require fundamental skills, a competitive edge and a bit of creativity. Students will learn the basic steps to the shot cycle as well as safety and range etiquette. Whether participants are trying to pop a balloon or shoot a Robin Hood, they will stay engaged and keep coming back for more! All equipment will be provided, and no prior experience is needed.

Rain date Thursday 8/21

Please dress for the weather, wear sunscreen and bring water!

Location: Heritage Park

3 day Clinic

Min/Max: 4/8

Days	Times	Dates	Fee
MTW	9:30-11:00 am	Aug 18--Aug. 20	R \$60

Jr. Firefighters

For youth ages 3 - 6.

Instructors: *Mashpee Fire Department*

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

Day (s)	Time	Date	Fee
TBD			

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 Causeway (Mooring Field)

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. Please be sure to get a placard from the instructor to place on your dashboard if you plan on staying for the class.

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

S #	Day	Time(s)	Date(s)	Fee
1	W	9:30-11:00 am	July 16	R \$20
2	F	10:30-12:00 pm	Aug 1	R \$20



Baby Sitter's Course

For ages 11+.

Instructor: Mary Nielsen

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: Quashnet School

2 days

Min/Max: 6/12

<u>Day(s)</u>	<u>Time</u>	<u>Date(s)</u>	<u>Fee</u>
T & W	9:00 –12:00 pm	Aug. 5 & 6	R \$60

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.

Location: Maushop Equestrian Center

<u>Day(s)</u>	<u>Time</u>	<u>Date(s)</u>	<u>Fee</u>
T-Th	9:00 –12:00 pm	July 1-July 3	R \$175
T-Th	9:00 –12:00 pm	July 8-July 10	R \$175
T-F	9:00 –12:00 pm	July 15-July 18	R \$235
T-Th	9:00 –12:00 pm	July 15-July 17	R \$175
T-Th	9:00 –12:00 pm	July 29-July 31	R \$175
T-Th	9:00 –12:00 pm	Aug 5-Aug 7	R \$175
T-Th	9:00 –12:00 pm	Aug 19 1-Aug 21	R \$175
T-Th	9:00 –12:00 pm	Aug 26 1-Aug 28	R \$175



Family Fun with Rideaway Adventures – Kayaking

Ages 6 and Older

Enjoy your day out with your family in the beautiful waters and the majestic environment of Cape Cod!

Nothing to be nervous about with our excellent ACA certified guides and the unmatched experience of introducing the next generation to our environment. This two hour tour will have all family members learning the correct body mechanics of kayaking, the unique traits of our Cape Cod environment and most importantly the confidence to be on the water as a family!

ACA Certified Guide, kayak rental, life preserver and paddle. Phone-sized dry bags for you to keep!

Please visit mashpeerec.com for more information on location / dates, and fees.



Love Sup Paddleboarding Paddleboarding

Family Tours –Child Must Register with Adult

SUP tours and lessons are offered daily for beginners through advanced paddlers. Great for friends & family that want to enjoy some time together. **Location: John's Pond**

<u>Days</u>	<u>Times</u>	<u>Dates</u>	<u>Fee</u>
TBA			



PEACE LOVE SUP

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, bobbing 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

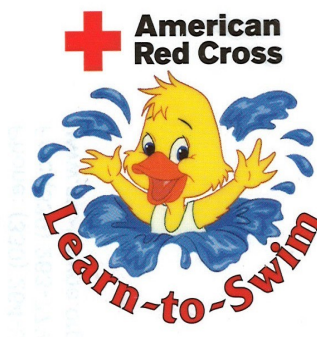
For children ages 6 & up. Prerequisite - must have successfully passed Level 4.

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, **6 classes per session**. Lessons will be 30 minutes long and be held on M/W/F, except for Session 1, see below.



Session #1

Days	Dates	Level	Age	Times	Fee	Location
M / W / F	July 7- 18	Level 5/6	6 & up	8:30-9:00 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 7- 18	Level 4	6 & up	9:00 - 9:30 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 7- 18	Level 3	5 & up	9:40 - 10:10 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 7- 18	Level 2	4 & up	10:20 - 10:50 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 7- 18	Level 1	4 & up	11:00 - 11:30 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 7- 18	Level 1	2-3 w/ parent 4+ w/out	11:40am- 12:10 pm	R \$40/NR \$50	Attaquin Park

Session #2

Days	Dates	Level	Age	Times	Fee	Location
M / W / F	July 21 - Aug. 1	Level 5/6	6 & up	8:30 - 9:00 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 21 - Aug. 1	Level 4	6 & up	9:00 - 9:30 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 21 - Aug. 1	Level 3	5 & up	9:40 - 10:10 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 21 - Aug. 1	Level 2	4 & up	10:20 - 10:50 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 21 - Aug. 1	Level 1	4 & up	11:00 - 11:30 am	R \$40/NR \$50	Attaquin Park
M / W / F	July 21 - Aug. 1	Level 1	2-3 w/ parent 4+ w/out	11:40am- 12:10 pm	R \$40/NR \$50	Attaquin Park

Session #3

Days	Dates	Level	Age	Times	Fee	Location
M / W / F	August 4-15	Level 6	6 & up	8:30 - 9:00 am	R \$40/NR \$50	Attaquin Park
M / W / F	August 4-15	Level 5	6 & up	9:00 - 9:30 am	R \$40/NR \$50	Attaquin Park
M / W / F	August 4-15	Level 4	6 & up	9:40 - 10:10 am	R \$40/NR \$50	Attaquin Park
M / W / F	August 5-16	Level 2	4 & up	10:20 - 10:50 am	R \$40/NR \$50	Attaquin Park
M / W / F	August 4-15	Level 3	5 & up	11:00 - 11:30 am	R \$40/NR \$50	Attaquin Park
M / W / F	August 4-15	Level 1	2-3 w/ parent 4+ w/out	11:40am- 12:10 pm	R \$40/NR \$50	Attaquin Park

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: TBA

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.

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

Schedule will be posted for registration on our website mashpeerec.com at a later date.



ADULT PROGRAMS

Golf - Build Your Swing Clinic for Adults

For adults 18+.

Instructor: Rick Johnson

Rick is a 41 Year PGA member, NE Section Pro for 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 **Fee: \$199**

Location: Paul Harney Golf Course **Max: 5**

Each session is three, one and a half hour lessons

S#	Day(s)	Time(s)	Date(s)	Fee
2A	F	9:00-11:00 am	June 6, 13, 20	\$199
2B	F	1:00-3:00 pm	June 6, 13, 20	\$199
3A	F	9:00-11:00 am	July 11, 18, 25	\$199
3B	F	1:00-3:00 pm	July 11, 18, 25	\$199
4A	F	9:00-11:00 am	Aug. 8, 15, 22	\$199
4B	F	1:00-3:00 pm	Aug. 8, 15, 22	\$199

Love SUP Paddleboarding Tours

SUP tours and lessons are offered daily for beginners through advanced paddlers. Great for friends & family that want to enjoy some time together. Location: John's Pond

Days	Times	Dates	Fee
TBA			

Rise and Shine SUP Yoga

Let Peace Love SUP guide you through a memorable liquid yoga experience on a stand-up paddleboard. Classes are designed for all levels. We start with a quick lesson for newbies, a short warm-up paddle, and then anchor for a playful and peaceful practice unlike any other.

Location: John's Pond

Days	Times	Dates	Fee
TBA			



Beginner/Intermediate Tennis

Instructor: Kathryn Olson, USPTA Professional

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

Location: TBA
5 weeks **Min: 4**

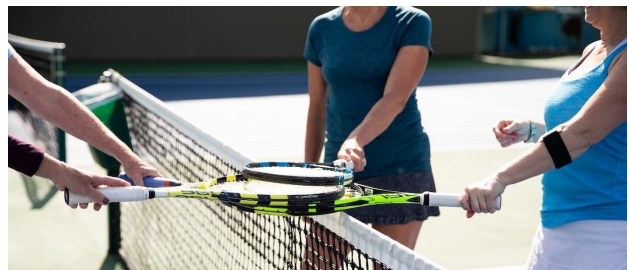
TBA

Wednesday Evening Advanced Match Play

Instructor: Kathryn Olson, USPTA Professional

Location: TBA
5 weeks **Min: 4**

Code	Day	Time	Date(s)	Fee
TBA				



Line Dancing

For adults 18+.

Instructor Liz Saunders

You will be taught some fun basic/improver/intermediate line dances. Each week we will DANCE the learned ones & LEARN some new ones! Some may be more challenging at a faster pace. Please be prepared to move the entire time in comfortable clothes & smooth bottom shoes (dance socks over sneakers may work well). Cowboy boots welcome. BRING WATER.

*Most songs will be available on YouTube to practice more, on your own time.

Code	Day	Time	Date(s)	Fee
ED	M	5:45-6:45pm	July 7-Aug 25	R \$75

***No Class 7/21**



PICKLEBALL ADULT PROGRAMS

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.*

PICKLEBALL ADULT SKILLS CLINICS

Skills Clinic: Advanced Doubles Strategy – the focus of this clinic is to understand your role as a partner and as a team. Learn the best way to move with your partner, make smart shots and control the pace of the game. Sign up as an individual or with a friend; all players benefit from learning these strategies since partners change from game to game. Option: follow-up with “Play with the Coaches” to continue working on implementation.

Skills Clinic: Fast Hands - “Fast Hands” are more than simply having great hand-eye coordination. Players with “Fast Hands” know where to stand, how to hold their paddles and how to quickly execute push volleys, punch, volleys, and resets. This clinic will teach students to prepare for a “Fast Hands” reaction and start creating new muscle memory to bring on the best shot. Option: follow-up with “Play with the Coaches” to continue working on implementation.

Skills Clinic: Strategic Attacking – set you or your partner up for an attack shot! Strategic attacking involves forcing opponents into uncomfortable situations to create opportunities for put-away shots and then completing a clean and effective attack. It’s the best feeling when a plan unfolds and ends with authority! Option: follow-up with “Play with the Coaches” to continue working on implementation.

Skills Clinic: The Perfect Pickleball Backhand – a strong backhand is crucial for handling shots on both sides of the court, improving your versatility, especially in doubles where you can't always rely on your forehand. This clinic will focus both on one-handed and two-handed backhands. Option: follow-up with “Play with the Coaches” to continue working on implementation.

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

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.***



PICKLEBALL ADULT COACHING 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.

Location: Mashpee Pickleball Courts, 162 Ashumet Rd.

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.

Mashpee Recreation Department
520 Main Street
Mashpee, MA 02649

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