WINTER BASKETBALL

Registration fee: $26.00 per player
Register online starting October 6th
Grades: 1-8 (runs 8 weeks)
REGISTER BY MONDAY DEC. 1st
All Programs start on Dec. 6, 2014
Must be registered and requests be in by Dec. 1st to participate on Dec. 6th.

Location: North Falmouth Elementary School

GIRLS GRADE 1 AND 2
Time: 9:00-11:15am

BOYS GRADE 1
Time: 10:15-12:30pm

BOYS GRADE 2
Time: 11:30-1:45pm

*All games will be for 1 hour.
A schedule will be given out.

INDOOR SOCCER
Online registration begins Monday, Dec. 1st.
Fee: $26.00 (6 weeks) Grades: 1-6 (Co-ed)
Date: Sundays, Jan. 11, 18, 25, Feb. 1, 8, 15
Grades 1 and 2 12:00pm • 1:00pm
Grades 3 and 4 2:00pm • 3:00pm
Grades 5 and 6 4:00pm

FALMOUTH RECREATION JR TENNIS
Registration begins Monday, November 3rd
Ages 8 and up Time: 4:00-5:00pm
Fee: $60.00 (payable to Kevin Pease School of Tennis)
Dates: Wednesdays Dec. 3, 10, 17, Jan. 7, 14, 21
Instructor: Girls FHS Varsity Coach Kara Pease USPTA
Learn all the fundamentals of the game, forehand, backhand, serve, volley. Instruction and fun games.

THURSDAY AFTER SCHOOL PROGRAM
Date: December 4, 11, 18, January 8, 15
Grades 5-6 Time: 3:15-4:45 PM No Fee

MUNCHKIN HOOPS
Online registration begins Monday, Dec. 1st.
Ages: 4 and 5 Fee: $26.00
Date: Mondays (6 weeks)
Time: 1:15-2:00pm (session 1 only) or 5:15-6:00pm
Session 1 Jan. 5, 12, 26, Feb. 2, 9, 23
Session 2 Mar. 2, 9, 16, 23, 30, Apr. 6

TRAINING

GRADERS 3 AND 4
Location: Mullen Hall School
Girls Grades 3 and 4 Boys Grades 3 and 4
Time: 9:00-11:15am Time: 10:15-1:45pm
*All games are one hour in length.
A schedule will be given to all players.

BOYS GRADE 3
Time: 10:15-1:45pm

GRADERS 5-8
Location: Falmouth Recreation Dept.
Girls Grades 5-8 Boys Grades 5 and 6
Time: 9:00-10:00am Time: 10:30-1:00pm

All game times are subject to change.

YOUTH KARATE
FALMOUTH TAE KWON DO
Master Black Belt Instructor: Mike Kidwell
Contact him at 508-540-0082.
Introductory: First week free, no obligation.
Beginner Class for ages 5-6 Tues./Thurs.
Time: 5:00-5:30pm
Fee: $75.00 per month/2 kids $125.00
Ages: 7-up Tues./Thurs. Attend any or all 3 days.
Time: 6:00-7:00pm Saturday 9:00-10:00am
Fee: $99.00 per month/2 kids $175.00

SUPERVISED OPEN BASKETBALL GRADES 1-12
On-going throughout the school year.
Time: 2:30-4:45pm (Monday-Friday)

FRIDAY YOUTH NIGHT
(Begins in December)
1st Friday - Family Nights for Grades K-4
(A flyer will be sent home from school).
2nd, 3rd, and 4th Friday - Grades 5-8
Time: 6:30-9:00pm. Starts December 13th.
Parents must sign their children in and out.

FLAG FOOTBALL
Instruction by Tyrone Croom
Registration begins Monday, November 3, 2014
Fee: $30.00 (payable to CroArt Sports)
Dates: Dec. 5, 12, 19, Jan. 9, 16, 23
Grades K—2 Division ages 5-7 Time: 5:00-5:35pm
Grades 3—6 Division ages 8-12 Time: 5:40-6:10pm
Players will need to wear sneakers and have a mouth guard. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork.

Trip to NYC offered by the Recreation Dept.
Cost: $40.00
Registration will begin Monday, November 3rd.
Date: Saturday, December 6th.
The bus will depart from the Rec. @ 6:00am and return by 11:00pm.

ADULT EXERCISE/AEROBICS
Date: Tuesday and Thursday classes
Time: 9:15-10:30am
Register before or after class with Joan Hester.

Location: CroArt Sports

ADULT PROGRAMS
ADULT PROGRAMS

ADULT BASKETBALL
Time: 12:00-2:00pm (M-F)

ADULT WALKING
Time: 8:00-9:00 AM and 11:00-12:00pm (M-F)
Music is provided. No Fee.

CO-ED VOLLEYBALL
Date: Every Tuesday, year round
Time: 7:00-9:00 PM

MEN’S OVER 40 BASKETBALL LEAGUE
Call Joe Olenick at 508-457-2567.
E-mail: jolenick@falmouthmass.us

JACKIE SORENSEN AEROBIC DANCING CLASS
Instructor: Diane Quinn, 508-457-4474
Session begins: Monday, January 5, 2015
Time: 9:30-10:30am Dates: M,W,F Classes
Fee: $48.00 per month/2 days
$60.00 per month/3 days
Total body workout includes strength training.

ADULT TENNIS
Registration begins Monday, November 3rd
Time: 5:00-6:15pm
Fee: $60.00 (payable to Kevin Pease School of Tennis)
Dates: Wednesdays, Dec. 3, 10, 17, Jan. 7, 14, 21
Instructor: Kara Pease USPTA
Learn all the fundamentals of the game, forehand, backhand, serve, volley.

KI-AIKIDO
Instructor: Phillip Alatalo, 508-540-0245
Time: Thursday, 7:00-9:00pm
Ki-Aikido is a self-defense training, emphasizing coordination of mind and body to achieve self-improvement. Students learn tumbling, breathing exercises, and weapon training. Beginners welcome anytime.

TAI JI QUAN
Instructor: Paul Andrews, 508-540-1657
Time: Tuesdays, 9:00-11:00am
Tai Ji Quan is a gentle physical exercise, a series of 64 specific movements. Everything is done slowly to promote health and relaxation and can be learned at any age by anyone in almost any physical condition. Students will learn basic warm-ups, stretching, and balance exercises.

FEBRUARY SCHOOL VACATION
Ski Trip to Pat’s Peak (NH)
Date: Wednesday, February 18, 2015
Call the Recreation Dept. for more information.
Register early!
Register between December 1-February 2, 2015
This will be a fun day out with your family and friends. Lessons and equipment rentals available.

UPCOMING SPRING PROGRAMS

Wiffle T Ball Ages: 4 and 5 Co-ed
(WTB will be held on Tues. or Thurs.)
Programs will begin Saturday, April 25, 2015
(8 weeks)
Junior Baseball Ages: 6 and 7 Co-ed
Pony League Baseball Age: 8 Co-ed
Girls Softball Grades 2-5
Online registration begins
Monday, March 2, 2015 Fee: $26.00
All games are played on Saturdays.
Girls grades 3-8 and Pony League will have
one practice during the week.

BIRTHDAY PARTIES
Saturdays, 5:00-7:00pm
Includes the use of
teen center and gym.
COST: $120.00

The Falmouth Recreation Department has adopted a philosophy for all of its programs that emphasizes a safe and healthy environment that provides sportsmanship, respect, responsibility, and teamwork while always increasing positive self-esteem. We feel that through this philosophy winning and losing will not be as important as learning and fun for all.

We are now on Facebook

Scholarships are available
Contact the Recreation Director for information