

**YOUTH PROGRAMS OFFERED BY THE  
RECREATION DEPARTMENT**



Registrations for Youth Soccer are currently being taken

**Fee: \$25.00**

Payment must be by check or money order

**Program begins**

**Saturday, September 18th (8 weeks)**

**Players must be registered by Sept. 10th  
to be placed on a team.**

**Coaches training** will be held at the  
Recreation Department Wednesday,  
September 15th at 7:00 PM

**Munchkin Soccer** Ages 4 and 5 (Co-ed)

Location: Falmouth Heights Field

Time: 9:00-10:00 AM or 10:30-11:30 AM

**Instructional Soccer**

**Grades 1 and 2 (Co-ed)**

Location: Falmouth Heights Field

Time: Games will be played at 12:00 PM or at  
1:30 PM (a schedule will be given out to  
parents; parents do not choose a time)

**Junior Division**

**Grades 3 and 4**

Boys and girls will be in separate divisions

Location: Trotting Park Fields

Time: TBA

**Senior Division**

**Grades 5 and 6**

Boys and girls will be in separate divisions

Location: Trotting Park Fields

Time: TBA

**Pro Division**

**Grades 7 and 8 (Co-ed)**

Location: Trotting Park Fields

Time: 9:00-10:00 AM

**YOUTH PROGRAMS OFFERED BY THE  
RECREATION DEPARTMENT**

**SUPERVISED**

**OPEN BASKETBALL GRADES 1-12**

Begins September—June

Time: 2:30-4:45 PM (Monday-Friday)

**Special Event Friday Youth Nights**

**Begins: December 3rd - May 2010**

**1st Friday** - Family Nights for Grades K-4

(A flyer will be sent home from school)

**2nd Friday** - High School Grades 9-12

**3rd and 4th Friday** - Grades 5-8 special events TBA

**Fall Junior Golf Program**

**Location:** Gus Canty Community Center

Registration begins Tuesday, August 31st

**Dates:** (Sundays) Sept. 19, 26, Oct. 3,  
17, and 24

**Recreation Staff:** Michael Andrews

<b>Time: Grades 1 and 2</b>	<b>1:00-2:00 PM</b>
<b>Grades 3 and 4</b>	<b>2:15-3:15 PM</b>
<b>Grades 5 and 6</b>	<b>3:30-4:30 PM</b>

**Cost: \$25.00**

Children will learn the fundamentals of golf.

**High School Intramural  
Basketball League**

Location: Gus Canty Community Center

Registration begins Monday, September 13

Fee: \$10.00 (includes t-shirt)

Date: Begins Thursday, October 7th  
(every Thursday for 8 weeks)

Time: 2:00-5:00 PM

Recreation Staff: Michael Andrews and  
Joe Olenick

**ADULT PROGRAMS OFFERED BY THE  
RECREATION DEPARTMENT**

**Senior Citizen Adventure Series  
For Active Seniors**

**Location:** Gus Canty Community Center

**Cost: \$10.00**      **Time: 9:00-11:00 AM**

**Recreation Staff:** Scott Anderson

Registration begins Tuesday, September 7th

**Dates: Wednesday mornings**

**Sept. 15, 22, 29, Oct. 6, 13, 20**

This is an outdoor walking program for active seniors. We will take walks and enjoy nature and get to make new friends.

**CO-ED ADULT VOLLEYBALL**

Date: Every Tuesday, free

Time: 7:00-9:00 PM      Ages: 18 years and older

**ADULT WALKING**

Dates: Monday-Friday

Time: 8:00-9:00 AM and 11:00-12:00 NOON

**ADULT OPEN BASKETBALL**

Dates: Monday-Friday, starting in September-June

Time: 12:00-2:00 PM

**YOUTH KARATE  
FALMOUTH TAE KWON DO**

Master Instructor: Mike Kidwell, 508-540-0082

Introductory offer - first week free, no obligation.

Attend any or all three days.

**Beginners:** Ages 5-7 Mon/Wed 5:00-5:30 PM  
\$79.00 per month

**Beginners:** Ages 8-up Mon/Wed 5:45-6:30 PM  
\$99.00 per month

**Juniors:** Intermediate and Advanced  
held on Tue/Thur/Sat



**ADULT ACTIVITIES OFFERED AT THE  
RECREATION DEPARTMENT**

**JACKIE SORENSEN AEROBIC CLASS**

Instructor: Diane Quinn, 508-457-4474  
Session begins: Wednesday, September 8th  
Time: 9:30-10:30 AM Dates: M,W,F classes  
Fee: \$36.00 per month/2 days or \$42.00 per  
month/3 days  
(1/2 price special for new students).  
Total body workout includes strength training.  
Get fit and have fun!

**KI-AIKIDO**

Instructor: Phillip Alatalo, 508-540-0245  
Time: Thursday, 7:00-9:00 PM  
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, 9:00-11:00 AM  
Tai Ji Quan is a gentle physical exercise, a  
series of 64 specific movements 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.

**NIGHT SCHOOL EXERCISE**

Time: 9:15-10:30 AM Tues/Thurs/Fri classes  
Fee: \$42.00 2/days or \$63.00 3/days  
Please register before class or call Joan Hester for  
more information 508-563-2598.

**UPCOMING WINTER PROGRAMS**

ALL PROGRAMS ARE TO BE PAID BY CHECK OR  
MONEY ORDER

**YOUTH BASKETBALL**

Registration will begin Monday, October 4th  
Grades: 1-8 Fee: \$25.00 (8 weeks)  
Date: Saturday, December 4th Time: TBA

**MEN'S OVER 40 BASKETBALL LEAGUE**

Registration will begin Friday, October 1st

**INDOOR SOCCER**

Registration begins Monday, November 1st  
Grades: 1-6 Fee: \$25.00 (6 weeks)  
Date: Sunday, January 9th Time: TBA

**MUNCHKIN HOOPS**

Registration begins, Wednesday, December 1st  
Ages: 4 and 5 Fee: \$15.00  
Time: 1:15 PM or 4:15 PM  
Session 1: Jan. 3, 10, 24, 31, Feb. 7  
Session 2: Feb. 14, 28, Mar. 7, 14, 21

**FALMOUTH LITTLE LEAGUE**

Paul Gonsalves, 508-457-9485  
<http://falmouthyouthbaseball.baberuthonline.com>

**FALMOUTH TRAVEL SOCCER**

[www.falmouthsc.org](http://www.falmouthsc.org)

**FALMOUTH GIRLS HOCKEY CLUB**

E-mail: [falmouthpride@msn.com](mailto:falmouthpride@msn.com)

**Recreation Committee**

Sandy Cuny, Chairman  
Brian Coyne, Charlie Olson, William Andrade  
Patricia Morano, Ron Braga and Ken Gartner

The Recreation Committee meets the 2nd  
Wednesday of each month, 7:00 PM at the  
Community Center



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**FALMOUTH RECREATION  
DEPARTMENT  
GUS CANTY COMMUNITY CENTER  
790 Main Street • Falmouth, Ma 02540**

**Phone: 508-457-2567 • Fax: 508-457-2548**

**Visit our web site  
[www.falmouthmass.us/rec](http://www.falmouthmass.us/rec)**

**E-mail address  
[recdept@falmouthmass.us](mailto:recdept@falmouthmass.us)**

**Recreation Staff**  
Helen E. Kennedy, Director  
Joe Olenick, Assistant Director  
Scott Anderson and Michael Andrews  
Program Directors  
Linda Kinchla, Secretary

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.



Scholarships are available  
Contact the Recreation Director for information