Volunteer coaches are needed. Please come into the Rec. to register.

Programs start Sept. 13th
Register online www.falmouthmass.us/rec
Fee $26.00 (8 weeks)

Coaches training will be held at the Recreation Department Tuesday, September 9th at 7:00 PM

*ALL GAMES ARE FOR 1 HOUR AND ARE PLAYED ON SATURDAYS

**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 either at 12:00 PM or at 1:30 PM (A schedule will be given out).

**Junior Division**
Grades 3 and 4
Boys and girls will be in separate divisions.
Location: Trotting Park Fields
Boys: 9:00-11:30 PM  Girls: 12:00-2:30 PM

**Senior Division**
Grades 5 and 6
Boys and girls will be in separate divisions.
Location: Trotting Park Fields
Boys: 9:00-11:30 AM  Girls: 10:30-1:00 PM

**Pro Division** (Co-ed)
Grades 7 and 8  Time: 9:00-10:00 AM
Location: Trotting Park Fields

**FRIDAY FAMILY NIGHT**
1st Friday of each month
Family Nights for Grades K-4
Time: 6:30-8:30 PM
Begins: November 7th
(Depending on FHS Football).

**FRIDAY YOUTH NIGHT**
2nd, 3rd, & 4th Friday - Grades 5-8
Begins: December 12th
Time: 6:30-9:00 PM
Parent must sign kids in and out.

**THURSDAY AFTER SCHOOL PROGRAM**
Date: October 2, 9, 16, 23, 30
Time: 3:15-4:45 PM  Grades: 5-6  No fee.

**YOUTH SUPERVISED OPEN GYM**
Date: Monday-Friday
Time: 2:30-4:45 PM

**YOUTH KARATE**
FALMOUTH TAE KWON DO
Master Instructor: Mike Kidwell, 508-540-0082
Introductory: First week free, no obligation.

**BEGINNER CLASSES**
Ages 7-up
Time: Tues./Thurs. 5:00-5:45 PM
Time: Sat. 9:00-10:00 AM
Fee: $99.00 per month /2 kids $175.00

**FRIDAY FAMILY NIGHT**
Animal Rescue Initiative for Grade 6
Dates: Tuesdays, September 16th-October 21st
Time: 3:00-5:00 PM
Fee: $10.00 (10 spots available).
Recreation Staff: Angel Cummings
Registration starts Monday, September 8th.
Students will learn about different types of animals, veterinary care, farming, learning about local shelters, and enhance their volunteer and fundraising experience. Students will be picked up at Morse Pond School and parents will pick up at the Recreation Center. Any questions, please call 508-457-2567 Ext. 14 or send an email to acummings@falmouthmass.us.

**ADULT PROGRAMS**

**OPEN CO-ED ADULT VOLLEYBALL**
Time: 7:00-9:00 PM
Ages: 18 years-up
Every Tuesday. No Fee.

**OPEN ADULT WALKING**
Dates: Monday-Friday
Time: 8:00-9:00 AM and 11:00-12:00 PM

**OPEN ADULT BASKETBALL**
Dates: Monday-Friday
Time: 12:00-2:30 PM

**ADULT SOCCER**
Date: Every Wednesday  Ages: 21+
Starting: September 17th -December 17th
Fee: $25.00  Time: 6:00-8:30 PM
Limited space available.
Register online www.falmouthmass.us/rec
SENIOR WALKING AND TALKING
Cost: $10.00  Time: 9:00-11:00 AM
Recreation Staff: Scott Anderson
Register now.
Dates: Tuesdays
Sept. 16, 23, 30, Oct. 14, 21, 28
This is an outdoor walking program for active seniors.

COMMUNITY SCHOOL EXERCISE CLASS
Time: 9:15-10:30 AM
Tues./Thurs./Fri. classes
Fee per month: $42.00 2 days a week.
Call Joan Hester at 508-563-2598.

JACKIE SORENSEN AEROBIC CLASS
Instructor: Diane Quinn, 508-457-4474
Session begins: Monday, September 15th
Time: 9:30-10:30 AM  Dates: M,W,F classes
Fee per month: $44.00 2 days or $54.00 3 days.

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.

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.

YOUTH BASKETBALL
Registration will begin Monday, October 6th
Grades: 1-8  Fee: $26.00 (8 weeks)
Program starts: Saturday, December 6th

MEN’S OVER 40 BASKETBALL LEAGUE
Registration will begin on
Monday, October  6th
Email Joe Olenick: jolenick@falmouthmass.us

Trip to NYC offered
by the Recreation Department.
Cost: $40.00
Registration will begin
Monday, November 3rd.
Date of trip: Saturday, December 6th

If you are interested in receiving our newsletter, please call us and we will be happy to add your email to our list.

Recreation Committee
Sandy Cuny, Chairman
Brian Coyne, Ken Gartner, David Jarvis
Patricia Morano, and David Watson
The Recreation Committee meets the 2nd
Wednesday of each month, 7:00 PM at the Community Center

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.