SPRING SCHEDULE 2015

JACKIE SORENSEN AEROBICS CLASS
Instructor: Diane Quinn, 508-457-4474
Session begins: Monday, April 6, 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. Get fit and have fun!

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 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.

EXERCISE/AEROBICS
Date: Tuesdays and Thursdays  Time: 9:15-10:15am
Register before or after class with Joan Hester or contact her at 508-563-2598.

CO-ED VOLLEYBALL
Date: Every Tuesday, year round  No Fee
Time: 7:00-9:00pm  Age: 18 and up

ADULT OPEN BASKETBALL
Date: Monday-Friday  Time: 12:00-2:30pm

ADULT WALKING
Date: Monday-Friday  Time: 8:00-9:00am and 11:00-12:00 noon

CAMP REGISTRATION FOR GRADES ENTERING 1-6 (Fall 2015) WILL BE ONLINE STARTING MONDAY, APRIL 6TH AT 9:00AM (LIMITED SPACE)

Session 1,2,3,  9-3 PM $150.00  9-4 PM $175.00
Session 4  9-3 PM $75.00  9-4 PM $100.00

Session 1 June 29-July 10
Session 2 July 13-24
Session 3 July 27-August 7
Session 4 August 10-14

REGISTRATION FOR TEEN *XTREME CAMP WILL BE ONLINE STARTING MONDAY, MARCH 9TH AT 9AM GRADES ENTERING 7 & 8 (Fall 2015)

$175.00/9-3 PM ● $190.00/9-4 PM (Monday-Thursday)
Session 1 June 29-July 9
Session 2 July 13-23
Session 3 July 27-August 6
(Space limited to 30 campers)

Scholarships are available
Contact the Recreation Director for information.

Upcoming SPECIAL EVENTS

Mother & Son Dance
Time: 6:30-8:00 PM
Date: Friday, May 1, 2015

Father & Daughter Dance
Time: 6:30-8:00 PM
Date: Friday, June 5, 2015

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.

Recreation Committee
Sandy Cuny, Chairman
Ken Gartner, Dave Jarvis, Brian Coyne
Patricia Morano, David Watson

The Recreation Committee meets the 2nd Wednesday of each month, 7:00 PM at the Community Center.
BASEBALL/SOFTBALL AND WIFFLE T BALL

Online registration will begin on Monday, March 2, 2015

All games are played on Saturdays
Begins April 25, May 2, 9, 16, 23, 30, June 6, 13 (8 weeks)
Fee: $26.00

JUNIOR BASEBALL AGES 6 AND 7 CO-ED
Location: Teaticket School
Time: Games are played between 9:00-2:30pm
All players will receive a schedule. No practice.

PONY LEAGUE BASEBALL
Age 8 CO-ED
Location: Fonseca Park, East Falmouth
Time: Games are played between 9:00-2:30pm
All players will receive a schedule. There will be one practice during the week.

GIRLS SOFTBALL GRADES 2-8
Location: Administration Building
Grades 5-8 Time: TBA
Grades 2-4 Time: TBA
All players will receive a schedule. There will be one practice during the week.

WIFFLE T BALL Age: 4 and 5 CO-ED
Location: Guv Fuller Field
Time: 5:15-6:15pm Fee: $26.00 (8 weeks)
Tuesdays: April 28, May 5, 12, 19, 26, June 2, 9, 16
or
Thursdays: April 30, May 7, 14, 21, 28, June 4, 11, 18

SUPERVISED OPEN BASEBALL
Grades 1-12
Monday-Friday Time: 2:30-4:45pm

FOR beginners GRADES 5 and 6
Dates: Mondays May 4, 11, 18, June 1, 8
Fee: $26.00 (limited to 12 students)
Registration begins Monday, March 2, 2015
Time: 5:30-6:30pm

SATURDAY MULTI SPORTS PROGRAMS
Ages: 4 and 5 Time: 10:30-11:30am
Grades 1 and 2 Time: 9:00-10:00am
Dates: February 28, March 14, 21, 28, April 4
Fee: $26.00 (limited to 20 children)
Registration begins Wednesday, January 28, 2015
A different sport will be played each week!

WINTER BASEBALL TRAINING
Ages 7 and 8 Time: 5:00-6:15pm
Dates: Wednesdays, March 18, 25, April 1, 8, 15, 29
Fee: $26.00 (limited to 20 children)
Registration begins Monday, February 2, 2015

AFTER SCHOOL PROGRAM GRADES 5 AND 6
CHOOSE Tuesdays or Thursdays No Fee
Registration begins Monday, February 9, 2015
Tuesdays-February 24, March 3, 10, 17, 24
Thursdays: February 26, March 5, 12, 19, 26
Time: 3:00-5:00pm
A Recreation staff member will pick students up from school. Students will play various gym games and have use of the Teen Center. We will provide a snack/ juice box. Homework help will be available on Tuesdays only.

YOUTH KARATE
FA LMOUTH TAE KWON DO
Master Black Belt Master Instructor: Mike Kidwell. Call 508-540-0082.
Beginners: Ages 5-up Tues./Thurs. 5:00-5:45pm
Sat. 9:00-9:45am
Introductory offer: First week free, no obligation.
Cost: $99.00 per month/2 children $175.00

SUPERVISED OPEN BASEBALL
Grades 1-12
Monday-Friday Time: 2:30-4:45pm

Special Event Family Nights
1st Friday - For Grades K-4 Free
Time: 6:30-9:00pm
A flyer will be sent home from school for an invitation

Friday Youth Nights
2nd, 3rd, and 4th Friday - Grades 5-8 Free
Time: 6:30-9:00 PM

SUNDAY CO-ED BASKETBALL LEAGUE
FOR HIGH SCHOOL STUDENTS
Dates: Sunday, February 22-March 29th
Time: 4:00-6:00pm
Limited to 3 varsity level players per team.
Limited to 40 players (4 teams total).
Fee: $26.00 per player
Registration begins on Monday, February 2nd

BIRTHDAY PARTIES
Time: Saturdays 5:00-7:00pm
Cost: $140.00
Includes use of the Teen Center and the gym.
Call the Recreation Dept. for more information at 508-457-2567.
Parties are not available in July and August.