

SPECIAL EVENTS

FALMOUTH ROAD RACE

Sunday, August 15, 2010. Volunteers needed, 508-540-7000
Website: www.falmouthroadrace.com

FALMOUTH RECREATION FAMILY FUN RUN

Date: Saturday, August 14, 2010
Location: Guv Fuller Field (behind the Recreation Dept.)
Registration begins at 3:00 PM
Races will begin at 5:00 PM.
Ages: 5-under 100 yards inside track on grass
Ages: 6-7 1/2 lap
Ages: 8-9 1 lap-1/4 mile
Ages: 10-11 2 laps-1/2 mile
Ages: 12-14 4 laps-1 mile
All participants receive a t-shirt and medal, courtesy of SBLI.

GEORGE KEEGAN FISHING DERBY

Dates: July 12-16 Ages 8-14

The boat sponsored by the Recreation Department will depart from Falmouth Harbor at 1:00 PM on Friday, July 16th. Sign up for this trip will begin July 6th. Limited space available. Fish can be weighed in at Eastman's Fish and Tackle or Green Pond Fish and Tackle. Slips must be turned into the Recreation Dept. before 5:00 PM on July 16th, followed by an award ceremony held at 6:00 PM.

SUMMER CONCERTS

Dates: Every Thursday beginning in July
Time: 8:00 PM
Location: Falmouth Town Band Shell, Scranton Avenue.
All concerts are free of charge and open to the general public. For more information call Walter McLean, Manager of Town Band at 508-548-1812.

Recreation Committee

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

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

YEAR ROUND YOUTH PROGRAM

YOUTH KARATE FALMOUTH TAE KWON DO

Master Instructor: Mike Kidwell, 508-540-0082
Location: Band Shell, Falmouth Harbor (Jun, Jul, and Aug)
Introductory offer: one week of lessons, free, no obligation.

Little Tigers: \$79.00 Ages: 5 and 6 2 children: \$110.00
Juniors: \$99.00 per month Ages: 7 and up
2 children \$150.00
Attend any or all three days.
Dates: Year round; Tuesday, Thursday and Saturday
classes available.

Tuesday and Thursday class time:

5:00-5:30 PM Ages 5 and 6
5:45-6:30 PM Ages 7 and up (Beginners)
6:30-7:15 PM Ages 7 and up (Advanced)
Saturdays 9:00-9:45 AM Ages 7-up



SWIMMING LESSONS offered through the Town of Falmouth, contact the Surf Drive Beach House at 508-548-8623

LITTLE LEAGUE BASEBALL

Website: www.falmouthyouthbaseball.com
Paul Gonsalves, 508-457-9485

BOYS YOUTH LACROSSE

Website: www.falmouthlax.org

BABE RUTH BASEBALL

Contact Dan Barnett at 508-457-1206

TRAVEL SOCCER CLUB

Website: www.Falmouthsc.org

POP WARNER FOOTBALL/CHEERLEADING

Contact Dennis Noonan at 774-836-8864
E-mail: noony74@msn.com

YEAR ROUND ADULT PROGRAMS

CO-ED PICK UP VOLLEYBALL

Dates: Every Tuesday evening, 7:00 PM
Age: 18 and up
This program is run by the Recreation Department.

JACKIE SORENSEN AEROBIC CLASS

Instructor: Diane Quinn, 508-457-4474
Session begins: July 12, 2010
Time: 9:00-10:00 AM Dates: M,W,F
Fee: \$36.00 per month/2 days or \$42.00
per month/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. 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.

UPCOMING FALL PROGRAM

FALL SOCCER FOR AGES 4 THRU GRADE 8

**Programs will begin
Saturday, September 18, 2010
Fee: \$25.00 (8 weeks)
check or money orders only
Registration will begin
Monday, July 13th, at 9:00 AM**

***ALL SOCCER PLAYERS MUST BE
REGISTERED BY SEPTEMBER 10TH
TO GET ON A TEAM.**



FALMOUTH RECREATION DEPARTMENT

GUS CANTY COMMUNITY CENTER

790 Main Street • Falmouth, Ma 02540
Phone: 508-457-2567 • Fax: 508-457-2548

E-mail address:
recdept@town.falmouthmass.us

Visit our website:
www.falmouthmass.us/rec

Helen E. Kennedy, Director
Joe Olenick, Assistants Director
Scott Anderson and Michael Andrews
Program Directors
Linda Kinchla, Secretary

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.

SUMMER BROCHURE 2010

Scholarships are available, contact the Recreation Department for more information

**FALMOUTH RECREATION
SUMMER ADVENTURE PROGRAM
GRADES ENTERING 1-8**

**Registration Date
Sunday, May 16th, 1:00 PM**

Each session must be paid in full
check or money orders will be accepted at the time of registration

Fee per session for 1, 2, and 3
9-3 PM - \$140.00 9-4 PM - \$160.00

Session 4 Fee (1 week session)
9-3 PM - \$75.00 9-4 PM - \$95.00

Activities available during camp hours are arts and crafts,
active sports games, and swimming. Included in each ses-
sion will be a beach day at the Falmouth Heights Beach
along with one field trip.

A schedule of each session's activities, special events,
and field trip information will be available at the time of
registration. Limited space available.

Session 1 July 6-16
Session 2 July 19-30
Session 3 August 2-13
Session 4 August 16-20

FALMOUTH RECREATION SAILING LESSONS

Learn to sail program for ages 8, 9, and 10
This class is for beginner level sailors only. They will learn
basic boat handling, rigging, and steering in opti sail boats.
Classes will be held on Morse Pond off of Dillingham Ave.
by the John DeMello Senior Center.

**Registration begins Sunday
May 16th, at 1:00 PM
Fee: \$50.00**

Check or money orders will be accepted

Date: Monday-Thursday (rain date on Friday)
Times: 9:00-10:15 am or 11:00-12:15 pm

Each class is limited to 10 sailors. Sailors must be
able to swim and must wear beach shoes or old
sneakers to class.

Session 1 June 6-16
Session 2 July 19-30
Session 3 August 2-13




**FALMOUTH RECREATION
JUNIOR GOLF LESSONS**

**Registration begins Sunday,
May 16th, 1:00 PM at the Recreation Dept.**

Location of program: Falmouth Country Club
Classes will be held on Mondays and Thursdays
Session 1: July 5-29
Session 2: August 2-26
Fee: \$50.00 (please make the check payable to the
Falmouth Country Club)
Ages: 8-11 Time: 5:30-6:30 PM
Ages: 12-14 Time: 6:30-7:30 PM
Junior golf clubs will be available to borrow if
needed.

FALMOUTH HOOP CLUB FOR BOYS

Instructor: Paul Lundberg, 508-477-4126
Location: Lawrence School 
Fee: \$80.00
Dates: June 23-July 30, Wednesdays and Fridays
Time: Grades entering 5 and 6 8:30-10:00 AM
Time: Grades entering 7 and 8 10:00-11:30 AM
Time: Grades entering 9 and 10 11:30-1:00 PM

TENNIS CONTACT GARY PINA
www.falmouthcommunitytennis.com
1-774-454-1270




CLIPPER SPORTS CAMP

Location: Mullen Hall School
Directors: Bob Busher/Tom Kelliher
Fee: \$70.00 Grades entering: 4-6 (co-ed)
Time: 9:00-11:00 AM

Session 1 July 5-9 Time: 12:00-2:00 PM
Session 2 July 12-16 Time: 0:00-11:00 AM

***Dodgeball Wiffleball Kickball ***

**FALMOUTH COMMODORES
BASEBALL CLINICS**

Website: www.falcommodore.org 

BASIC AND INTERMEDIATE SKILLS CLINICS
Location: Guv Fuller Field Fee: \$80.00 or \$20/day

Ages: 5-8 Time: 9:00-10:30 AM
Ages: 9-15 Time: 10:30-12:00 PM

Week 1 June 22-25 **Week 4** July 19-23
Week 2 June 28-July 2 **Week 5** July 26-30
Week 3 July 5-9* **Week 6** August 2-6

*No clinic on July 8th (fee is \$64.00)

ELITE CLINIC AGES 5-15

Location: Guv Fuller Field Dates: July 12-16
Fee: \$85.00 or \$160.00 for both sessions

Time: 9:00-10:30 AM Pitching or Catching

Time: 10:30-12:00 PM Hitting or Fielding

**SHOOTING STARS SOCCER CAMP
FOR GIRLS**



Instructor: Julie Lamson
Location: Trotting Park Fields
Fee: \$75.00/\$60.00 if you sign up with a friend/sister
Session 1 Grades 2-4 Time: 4:00-6:00 PM
Session 2 Grades 5-8 Time: 6:00-8:00 PM
Date: Mondays, July 12th-August 16th

JUST FOR KICKS SOCCER CLINICS

Instructor: Greg Gilbert, 508-540-5610
Location: Trotting Park Fields Fee: \$95.00

Ages: 4-6 (co-ed)
Dates: July 5-8 Time: 9:30-12:00 PM

Entering Grades 1-6 (co-ed)
Dates: July 12-15 Time: 9:30-12:00 PM

BASKETBALL INSTRUCTORS

Ernie Holcomb 540-4856

Bob Buscher 457-5236

LOCATION: MULLEN HALL SCHOOL

**CLIPPER HOOP CLINICS FOR
GRADES 1-5 CO-ED**

Fee: \$90.00 Time: 9:00-11:30 AM
Session 1: June 23-25 (\$50.00)
Session 2: June 28-July 2
Session 3: July 5-9

GIRLS HOOP CLINICS

Fee: \$90.00
Grades entering 4-8 Time: 9:00-11:30 AM
Date: July 26-30



GIRLS NIGHT HOOPS

Location: Falmouth High School
Grades entering 5-12 Time: 6:30-9:00 PM
Dates: June 28-August 16 Fee: \$60.00
Clinic and games.
Instructor: Bob Buscher, 457-5236

**FIGURE SKATE WITH THE FALMOUTH
FIGURE SKATING CLUB COACHES**

Location: Falmouth Ice Arena
Earn Badges while you Learn! Group lessons
offered Monday-Friday.
Taking summer applications now. Please
contact Karen at 508-563-6117 or
karenmwhite1@aol.com

GIRLS SOFTBALL LEAGUE

Contact: Craig Schmidt at 508-540-5363
E-mail: Falmouthsummersoftball@gmail.com
Divisions: U12, U14, and U18