

# NORTHAMPTON

## PARKS & RECREATION DEPARTMENT

FALL / WINTER PROGRAM GUIDE 2016-2017



[WWW.NORTHAMPTONMA.GOV/RECREATION](http://WWW.NORTHAMPTONMA.GOV/RECREATION)

**NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM**  
 Do not use this form for Summer Day Camps or Birthday Party registrations: Download those packets at [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ **PLEASE PRINT LEGIBLY**

**ADULT 1**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_  
 Cell \_\_\_\_\_  
 Email: \_\_\_\_\_

**ADULT 2**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_  
 Cell \_\_\_\_\_  
 Email: \_\_\_\_\_

**EMERGENCY CONTACT OTHER THAN PARENT**

Name \_\_\_\_\_  
 Phone \_\_\_\_\_

**Photo Release:** May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?  
 Yes  No

**PARTICIPANT'S FULL NAME:** \_\_\_\_\_ Male  Female

School \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade entering in the Fall \_\_\_\_\_

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees

**TOTAL FEES**

**PARTICIPANT'S FULL NAME:** \_\_\_\_\_ Male  Female

School \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade entering in the Fall \_\_\_\_\_

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees

**TOTAL FEES**

**PASS PURCHASE**

Pass for Beach or Aquatic Center	Pass Type	Fee

**TOTAL DUE:**

Pass Holders Names	Male/Female	Age	Special Considerations/Comments (Use back if necessary)
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____
_____	Male/Female	_____	_____

Charge my VISA \_\_\_ Master Card \_\_\_ Discover \_\_\_ Card # \_\_\_\_\_ Expiration \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Office Use Only: Amt Rec'd \$	Date	RT Date	Staff	Amt Rec'd \$	Date	RT date	Staff

# WELCOME TO THE NORTHAMPTON PARKS & RECREATION DEPARTMENT

## 100 A BRIDGE ROAD, FLORENCE, MA 01062

*Our office has moved to the campus of JFK Middle School. Drive in the main entrance, go to the right of the school and we are in a grey modular building.*

PHONE: 413-587-1040 FAX: 413-587-1045

OFFICE HOURS: MONDAY - FRIDAY 8:30 A.M. - 4:30 P.M.

RECREATION@NORTHAMPTONMA.GOV

WWW.NORTHAMPTONMA.GOV/RECREATION



## AQUATIC & FAMILY CENTER AT JFK MIDDLE SCHOOL

100 BRIDGE ROAD, FLORENCE, MA 01062

PHONE: 413-587-1046

OFFICE HOURS: VARY, SEE WEBSITE FOR DETAILS

FIND US ON FACEBOOK:

WWW.FACEBOOK.COM/NORTHAMPTONRECREATIONDEPARTMENT



### STAFF

Ann-Marie Moggio, Director

Shelby Michna, Assistant Director, CPRP, CPO

James Miller, Recreation Supervisor of Aquatics

John Knowles, Recreation Supervisor of Athletics & Recreation

Eileen Wright, Department Secretary

### PARKS & RECREATION COMMISSION

Carol Bertrand | Julia Chevan | Glenn Connly | David Cronin | Kristen Dardano

Tom Dunphy | Michael Laga | Dan Smith

The Parks and Recreation Commission advises the Parks and Recreation Department on development and implementation of recreational programming for parks, playgrounds, playfields, indoor recreation centers and other recreation areas and facilities owned or controlled by the city.

*We thank them for their volunteer time and commitment!*

### NORTHAMPTON PARKS & RECREATION IS A PROUD MEMBER OF:

National Recreation & Park Association | Pioneer Valley Park & Recreation Association

Massachusetts Recreation & Park Association | National Youth Sports Coaches Association Chapter | United States Tennis Association

*Thank you*

We would like to extend a huge thank you to the hundreds of volunteers in our community, and the close to 3,000 hours they give to help make many of the programs successful and fun for the participants and our community.

**We couldn't do it without you!**

# POLICIES & GENERAL INFORMATION

## **Please help us to serve you better**

We strongly encourage you to register early. It will certainly help us to process the registration in a more efficient manner. Also, many programs must be canceled if minimum enrollment is not met prior to the starting date.

## REGISTRATION

Please complete the registration form legibly (it needs to be transferred to our data base). Be sure to include all the appropriate information for each participant. If using mail-in, drop slot or fax, be aware that you are registered unless we inform you otherwise. Registrations are accepted on a first come first serve basis.

## PAYMENT

Make checks payable to Northampton Parks & Recreation. We accept VISA, MASTERCARD and DISCOVER. Full payment must accompany your registration.

## FULL PROGRAMS

Registration may be limited due to subject matter, space limitation and leadership ratio. If a program is filled, your name will be placed on a waiting list. If this happens you will be notified by phone and your payment will be returned.

## REFUND POLICY

Refund requests must be made in writing to the Parks & Recreation Department, email [recreation@northamptonma.gov](mailto:recreation@northamptonma.gov).

### Programs:

- A full refund will be given when a program/trip is cancelled.
- All requests must be submitted at least one week prior to the start of the program.
- There is a \$10 service charge for all refunds. If a program fee is less than \$10, 50% of the fee is charged.
- There are no refunds once a program begins.

### Trips

- Refunds for trips will not be given unless one of the following occurs:
- The trip is canceled or a replacement is found to take the trip.

### Memberships

- Refunds will only be given in case of physical impairment. Proper medical documentation is required. Refunds are prorated from the day the membership was purchased to the day the request is received.

Please allow 4-6 weeks for your refund check to be processed. Any programs with special policies void the preceding.

## FINANCIAL ASSISTANCE

*Available to residents of Northampton, Florence and Leeds.*

Confidential applications may be made to the Parks & Recreation Department. If a hardship exists the applicant may be granted a reduction in fee at the discretion of the Parks & Recreation Staff. All participants are required to pay at least 50 % of the program fee.

## PHOTOGRAPHS OF ACTIVITIES

Occasionally Northampton Parks & Recreation Staff will take pictures of our programs for use in marketing materials. If you or any member of your family are a participant of a program and **DO NOT** wish to have a picture of you used, be sure to indicate this on the registration form or please contact our office at 587-1040 before the end of the program. By not notifying our office, you give permission for use of activity photos in Northampton Parks & Recreation Department's promotional material.

## INCLEMENT WEATHER

If programs are cancelled due to inclement weather, it will be announced on the Parks & Recreation Department's cancellation hotline, 587-1044 or check on the website [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation).

## BROCHURE CHANGES

The Northampton Parks & Recreation Department reserves the right to change or alter information printed in this publication such as policies, fees, times or locations.

## NON-RESIDENT FEES

Non-residents will be accepted into the programs on a space available basis for an additional charge. Some Parks & Recreation Dept. administrative and programmatic costs are covered by Northampton tax dollars. Therefore, those who are not residents of Northampton, Florence, or Leeds are assessed the following extra fee, unless otherwise noted.

To qualify as a resident, an adult must live or own property in Northampton, Florence, or Leeds.

A child must live in the City.

Non-resident adult participating in a program who works (business is physically based) in Northampton, Florence, or Leeds: \$5

Non-resident child participating in a program who attends school in Northampton, Florence or Leeds: \$5

Non-resident: \$10

Not to exceed \$50/ family per program

## GIVE THE GIFT OF RECREATION

Are you looking for a unique gift idea for that special someone? How about a water aerobics class, the ski program, pool membership, or participation in any of our many adult and youth programs. Give us a call and we'll design a certificate to meet your needs!

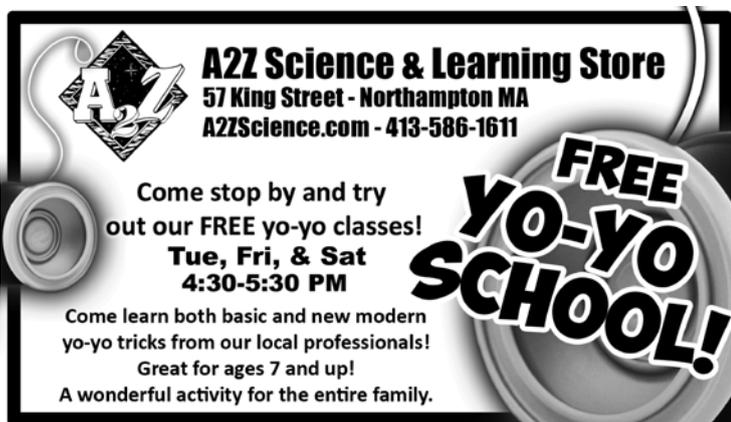
## FRIENDS OF NORTHAMPTON PARKS & RECREATION

The volunteer group is a 501c3 non-profit to support the Parks & Recreation Department and their mission. For more information, contact Greg Howard, President of the group, 413-517-8050.

The purpose of the Northampton Friends of Parks & Recreation is to engage in fundraising and support; maintenance, labor and development of current and future recreation facilities; and to encourage interest and promote athletic and recreational activities and facilities in the City of Northampton; in conjunction with the goals of the Northampton Parks & Recreation Commission, the Northampton Mayor and City Council. Check their Facebook and website for more information. [www.facebook.com/friendsofhamprec](http://www.facebook.com/friendsofhamprec)

## EMPLOYMENT OPPORTUNITIES

The Northampton Parks & Recreation Department offers various job opportunities throughout the year. Recreation Leaders, Youth Sport Officials, and Aquatic & Family Center Staff are a few examples of positions that are available. Call the Recreation Department office at 587-1040 to inquire about seasonal position openings. All applicants must be at least sixteen years old.



**A2Z Science & Learning Store**  
57 King Street - Northampton MA  
A2ZScience.com - 413-586-1611

Come stop by and try out our **FREE** yo-yo classes!  
**Tue, Fri, & Sat**  
**4:30-5:30 PM**

Come learn both basic and new modern yo-yo tricks from our local professionals!  
Great for ages 7 and up!  
A wonderful activity for the entire family.

**FREE YO-YO SCHOOL!**

# ADULT PROGRAMS

Get fit, have fun, join your friends and meet new ones in one of our many programs offered this season. We also offer a variety of other programs that are listed in the Aquatic & Family Center section of this program guide.

## TENNIS



### **Usa Tennis Welcome Center**

Northampton Parks & Recreation is a nationally recognized Tennis Welcome Center. Welcome Centers specialize in fast track programs designed to have beginners playing quickly. We follow three basic principles:

- **Learn to play tennis fast!**
- **Get a good workout!**
- **Meet new people and have fun.**

### **Tennis Courts**

Parks & Recreation supervises the 6 courts at the Aquatic and Family Center at JFK Middle School.

### **ADULT GROUP TENNIS LESSONS**

**For:** Ages 16 and over

**Schedule:** Monday & Wednesday 5:30 - 7:00 p.m.  
Round Robin  
Tuesday & Thursday 5:00 - 6:30 p.m.  
Tennis Drills

**Dates:** August 29 - September 22 (no class on Labor Day, 9/5)  
Classes missed due to weather and holidays will be made up on Fridays

**Fee:** \$60 residents, non-residents add \$10

**Location:** JFK Middle School

**Director:** Mike Kolendo

**Drop in Fee:** \$10 per class residents/\$12 per class non-residents

### **TENNIS DRILLS**

A fast paced workout with lots of drills and games.

Round Robin: Round robin play for level 2.5 and above. Players must be able to serve and sustain a rally.

### **PRIVATE LESSONS**

Mike Kolendo \$50 per hour

Call Parks & Recreation for scheduling. Racquet restringing, regripping services available also.

### **OPEN BASKETBALL**

A variety of open times are available throughout the year at the Aquatic & Family Center. Please refer to the AFC section of this program and our website for details.

### **COED VOLLEYBALL LEAGUE**

**For:** Ages 16 and over

**Days:** Weeknights and Sundays

**Dates:** Early October - December

**Location:** Smith Vocational High & Elementary Schools

Organizational Meeting for Team Managers: Tuesday, September 13, 6:00p.m., Parks & Recreation Office

Get your friends and co-workers together to put a team in this fun league!

This is an organized volleyball program for players over the age of 16.

The league is run by Parks & Recreation and teams play a full schedule of games with officials. Teams register for the league and are placed in divisions according to skill level. Team entry fees are charged to cover all operational costs of the league.

### **OPEN VOLLEYBALL**

**For:** Ages 16 and over, for league and non-league players

**Time:** 6:00 - 9:00 p.m.

**Dates:** October - May

**Schedule:** To be announced end of September

**Fee:** Season pass - \$20 (resident), \$30 (non-resident)

Daily pass - \$2 (resident), \$3 (non-resident)

**Location:** Leeds Elementary School

There are Beginner/Intermediate and Advanced Levels that play separate nights.

### **FENCING CLASSES - FOR BOTH YOUTH AND ADULT**

**For:** Ages 13 plus (combined teen and adult class)

**Days:** Wednesdays

**Times:** 5:30 - 7:00 p.m.

**Dates:** November 2 - December 14 (no class 11/23)

**Fees:** \$110 residents, \$120 non-residents

**For:** Ages 8 - 12 years

**Days:** Wednesdays

**Times:** 5:30 - 7:00 p.m.

**Dates:** September 21 - October 26, January

4 - February 8 (2/15 makeup if needed)

**Fees:** \$110 residents, \$120 non-residents

**Location:** Riverside Fencing Club, located at the

American Legion Hall, 162 Russell Street, Hadley  
In this active, fun class, students will learn the basic techniques and tactics of the modern Olympic sport (with ancient roots) of fencing. Starting with basic footwork and movement, students will progress quickly to basic bladework and tactics for attacking, defending, and deceiving opponents. No prior experience is required. All fencing equipment is provided. Participants need athletic shoes, long pants (sweatpants preferred), hair elastics (if necessary), and water bottles. Please carry in dry, clean, athletic shoes to fence in, rather than wearing them to class. Instructors will be Riverside Fencing Club staff coaches.



### **FALL MEN'S SOFTBALL LEAGUE**

**For:** Ages 16 and over

**Days:** Weeknights

**Dates:** Early September - Early November

**Location:** Maines Field

**Entry Deadline:** Was mid-August, contact Parks & Recreation for details.

### **OVER 30 PICK-UP BASKETBALL**

**For:** Ages 30 and over

**Day:** Thursdays

**Time:** 6:00 - 8:45 p.m.

**Dates:** Begins November 10

**Fee:** \$5 per night, Season Passes available for \$60

**Location:** J.F.K. Middle School

# YOUTH PROGRAMS

## PRE-K PARENT/CHILD SOCCER

**For:** Parents & children, 4 years old (must be 4 by December 31, 2016)

**Day:** Saturday mornings

**Time:** 9:00 - 10:00 a.m. or 10:30 - 11:30 a.m. (*you will be assigned one time for the whole program*)

**Dates:** September 10 - October 22 (7 sessions)

**Fee:** \$47 (non residents add \$10)

Look Park sticker or entry fee needed. Discounted \$20 Look Park/Parks & Rec. Dept. Sports Only Pass available at Parks & Rec. Dept.

**Location:** Look Memorial Park

The objective of this program is to teach children, with their parent's assistance, to develop basic soccer skills such as shooting, dribbling, defense and agility. It is designed to teach parents the fundamentals of the sport while building the participants confidence. This cooperative program for children and grownups together is for children and parents who are able to attend seven one hour sessions together.

## INTRODUCTION TO SOCCER

**For:** Boys and Girls Grades K, 1 & 2

**Days:** Saturdays

**Time:** 9:00 - 10:15 a.m. or 10:30 a.m. - 11:45 p.m. (may vary each week)

**Dates:** September 10 - October 22

**Fee:** \$47, non-residents add \$10

Look Park sticker or entry fee needed. Discounted \$20 Look Park/Parks & Rec. Sports Only Pass available at Parks & Rec.

**Location:** Look Memorial Park

**Registration:** Deadline was July 19. Team placement is on a space available basis. Please use special soccer form available at Parks & Recreation office or on website.

This is an instructional program run by Parks & Recreation utilizing parent volunteers to teach the fundamentals of the game of soccer. Fun drills and skills, practices and games are taught by the coaches. Each child will be placed on a team, and receive a t-shirt.

## JUNIOR FLAG FOOTBALL

**For:** Grades 1 - 4

**Days:** Saturdays

**Times:** 12:30 - 2:00 p.m.

**Dates:** September 10 - October 22

**Fee:** \$42, non-residents add \$10

**Location:** JFK Middle School Field

**Registration Deadline:** September 11, or until filled

A program that offers youngsters seven weeks of FUNdamentals of football. The program will consist of skill drills as well as (non-contact) flag football games. Coaches are needed.

## SENIOR FLAG FOOTBALL

**For:** Grades 5 & 6

**Days:** Saturdays

**Times:** 12:30 - 2:00 p.m.

**Dates:** September 10 - October 22

**Fee:** \$42, non-residents add \$10

**Location:** JFK Middle School Field

**Registration Deadline:** September 11, or until filled

A program that offers youngsters seven weeks of FUNdamentals of football. The program will consist of skill drills as well as (non-contact) flag football games. Coaches are needed.

## NORTHAMPTON MIDDLE SCHOOL FIELD HOCKEY TEAM

**For:** Grades 5 - 8 \*4th graders accepted on a space availability basis

**Senior Team:** Grades 7&8 **Junior Team:** Grades 5&6

**Dates:** Practices begin in August

**Fee:** \$110/player, non-resident add \$10

**Time:** Saturday mornings and also have 1 - 2 weekdays.

Note registrations have begun and teams fill quickly. It's a fun, organized league that play other towns. For more information you can email coach Melissa Thomas, melissa252@gmail.com.

## FENCING CLASSES

See class information on page 5

## HAMP PARKS & REC YOUTH BASKETBALL LEAGUES

### PRE-SCHOOL PARENT/CHILD HOOP

**For:** Parents & children, 4 years old

(must be 4 by December 31, 2016)

**Day:** Saturdays

**Time:** TBA

**Dates:** January 7 - February 11 (6 weeks)

**Location:** TBA

**Fee:** \$42 resident parent and child teams prior to 11/14, \$47 after

This program is a parent and child participatory program. Each week, the parent and child teams take part in drills that are taught through an instructor head coach. Scrimmages are also a part of the program. Small youth hoops and basketballs are used. Limit is 30 parent/child teams (60 people).

### YOUTH DIVISION

This is an organized basketball program in which children are placed on teams in grade divisions and play a full schedule of games. All practices and games are held in Northampton. Skill development and sportsmanship are emphasized. Grades K, 1 & 2 divisions play once a week on Saturdays, grades 3 & 4 play Saturdays and weeknights. Players will be contacted by coach prior to first practices that start the week of Dec. 3.

Please note the grades 3 & 4 division has an option to sign up for the in-town only league, or the Quabbin Valley League recreational teams that travel.

**For:** Boys and Girls, Grades Kindergarten - 4th

**Days:** Grades K, 1&2: Saturdays

Grades 3 - 4: Weeknights and Saturdays (note the Quabbin Valley League option also)

**Dates:** Evaluations: November 5 through 12

Practices: Begin December 3

**Games:** January 7 - February 25

**Fee: Coed Kindergarten:** \$57 prior to 11/14, \$62 after

Grades 1&2: boys & girls divisions: \$57 prior to 11/14, \$52 after

Grades 3&4: \$68 prior to 11/14, \$72 after

**Location:** Various City Schools

**Registration:** Weekdays at the Parks & Recreation Department and Saturdays, November 5 and 12 at Smith Vocational High School

**Deadline to register:** November 12, on a space available basis thereafter

**Volunteers Needed:** If you are interested in coaching or being a coach's assistant in the Youth Basketball Program please contact Parks & Recreation. We provide training and certification

### TRAVELING HOOP - QUABBIN VALLEY LEAGUE

This is a Recreational traveling hoop league designed to teach fair play, good sportsmanship and improve individual skills. The Quabbin League, administered by South Hadley Rec, includes teams from around Western Mass. Teams will play approximately 12 games including home and away games. Teams play a few times a week with practices and games. All participants will play in every game and each player will receive a team t-shirt. We will need volunteer coaches for this program. \*Participants MUST attend school in Northampton or live in Northampton.

**For:** Grades 3 & 4, 5 & 6, 7 & 8, Separate girls & boys teams.

**Day:** Weeknight practices; games on weeknights & weekends

**Time:** TBA

**Dates:** Practices in December, games begin in January

**Fee:** TBA

**Location:** City school gymnasiums as well as traveling to various game sites in Western Mass

**Registration Deadline:** November 12, or until filled.

# YOUTH PROGRAMS

## QUICKSTART TENNIS

Quickstart Tennis is a format for learning the game of tennis. Like other sports, playing fields and equipment are modified to reflect the age and skill development of the player. We'll use smaller courts and low compression foam balls to get kids to play and enjoy tennis.

## QUICKSTART 1 TENNIS

**For:** Ages 5 - 7

**Days:** Saturday

**Time:** 9:00 - 10:00 a.m.

**Dates:** September 10 - October 1

**Fee:** \$50 resident, \$60 non-resident

**Location:** JFK Middle School

**Director:** Mike Kolendo

Parent volunteers are needed to help with this program. Please indicate on the registration form if you can help.

## QUICKSTART 2 TENNIS

**For:** Ages 8 - 10

**Days:** Saturday

**Time:** 10:00 - 11:00 a.m.

**Dates:** September 10 -  
October 1

**Fee:** \$50 resident,  
\$60 non-resident

**Location:** JFK Middle School

**Director:** Mike Kolendo

Parent volunteers are needed to help with this program.

Please indicate on the registration form if you can help.



## HOT SHOT TENNIS

**For:** Ages 10 - 14

**Days:** Saturday

**Time:** 11:00 a.m. - 12:30 p.m.

**Dates:** September 10 - October 1

**Fee:** \$75 resident, \$85 non-resident

**Location:** JFK Middle School

**Director:** Mike Kolendo

Fundamentals of strokes and the game will be introduced through the use of games, drills, and fun contests. Ground strokes, volleys, and beginning service motion will be covered.

## SCHOOL'S OUT CLUB - TEACHER PROFESSIONAL DAYS

**For:** Grades 1 - 5

**Dates:** Teacher Professional Days

Tuesday, November 8 & Friday, January 27

**Time:** 8:30 a.m. - 4:30 p.m.

**Location:** Aquatic and Family Center at J.F.K. Middle School

**Fee:** \$40 per day

We offer this exciting program for kids on days off of school. Games, arts & crafts, sports, swimming and special events are all a part of the fun. Children must bring their lunch, a snack and swimsuit and towel.

## DROP N' SHOP

**For:** Grades K - 5

**Dates:** Friday, December 9 & Friday, December 16

**Time:** 5:30 p.m. - 8:30 p.m.

**Location:** J.F.K. Middle School, Gym & Pool

**Fee:** \$20 per child, per day (non-residents add \$5)

Enjoy an evening of holiday shopping or an evening out, while your children enjoy pizza, supervised swimming, arts and crafts, games and a special event!

## FUN IN FEBRUARY VACATION WEEK

**For:** Grades 1 - 5

**Days:** Tuesday - Friday

**Dates:** February 21 - 24

**Time:** 8:30 am - 4:30 p.m.

**Fee:** Tuesday to Friday, \$120 before January 23, \$130 after

**Per Day Fees:** Tuesday, Wednesday, Friday: \$35 before January 22,  
\$40 after

Thursday: (Interskate 91 trip) \$45 before January 23,  
\$50 after

Non-residents add \$10 to total fee

**Location:** Aquatic and Family Center at J.F.K. Middle School

As part of February vacation, we offer this fun and exciting vacation week program. Swimming, games, arts & crafts, sports, and special events are all a part of the fun. Children must bring their lunch, a snack, swimsuit and towel.

## DROP N' DINE

**For:** Grades K - 5

**Dates:** Friday, February 10

**Time:** 5:30 p.m. - 8:30 p.m.

**Location:** J.F.K. Middle School, Gym & Pool

**Fee:** \$20 per child non-residents add \$5)

Enjoy an evening out with your sweetheart or friends, while your children enjoy pizza, supervised swimming, games and a fun!

## AFTER SCHOOL SKI PROGRAM

**For:** Youths in grades 6 - 8 at JFK Middle School

**Days:** Wednesday

**Dates:** January 4 - February 1 (five weeks)

**Location:** Berkshire East

**Fee:** TBA in November

This program offers after school downhill skiing at a great price! Participants are picked up at school and return at approximately 8:00 p.m.. Lessons and rental equipment are available.

**Registration begins in November.** Snowboard rentals and lessons will also be available. Call for details in November. This package makes a great holiday gift for your child! Chaperones are needed and ski for free.

## SCHOOL'S OUT CLUB

**For:** Grades 1 - 5

**Dates:** Parent/Teacher conference weeks

Monday, October 24 - Friday, October 28

**Time:** Half Days: 12:20 - 4:30 p.m.

**Fee:** \$30

Check our website at the end of September for the detailed trips and registration form that includes the details on each day's activities.

Join us for some exciting fun! Trips will include rollerskating, bowling, swimming, the movie theatre and more! Children are picked up at their schools following dismissal and chaperoned by staff, then return to JFK Middle School for pickup by parents. Space is limited.

# PRIVATELY RUN LEAGUES

These leagues are not run by Northampton Parks & Recreation Department, but by volunteer boards and committees. For questions or further information, please contact the people listed below.

## NORTHAMPTON SOCCER

Northampton Soccer is the non-profit organization for all youth soccer in Northampton, and it includes programs for competitive travel soccer under Northampton Soccer Club, as well as Recreation Soccer for boys and girls of all ages. NS works collaboratively with Northampton Parks and Recreation to offer playing and training options for kids of all interest and skill levels.

The mission of Northampton Soccer is to promote youth soccer player development in Northampton and its surrounding communities through the offering of both recreational and advanced, competitive soccer; to promote the sport of soccer in the community; and to develop sound bodies, keen minds, positive competitive attitudes and the spirit of teamwork and good sportsmanship.

For more information see [www.northamptonsoccer.org](http://www.northamptonsoccer.org).



## BOYS AND GIRLS SUBURBAN YOUTH BASKETBALL

**For:** 5&6 and 7&8 graders

**Date:** November - March

**Contacts: Girls:** Dana Springfield - [danaspringfield@comcast.net](mailto:danaspringfield@comcast.net)

**Boys:** David Premo 537-1358

These leagues are run by the Northampton Girls Basketball Association and the Basketball Athletic Club. Teams play a full schedule of games against other teams from Western Massachusetts. Tryouts are held in November. Informational flyers are distributed through school in October by the leagues.

## SUBURBAN YOUTH FOOTBALL

**For:** Children in 3 - 6 and 7 & 8 grades

**Date:** Mid-August through Mid-November

This league is run by the Northampton Youth Football Association, registrations began in June. For league information check their website at [www.northamptonyouthfootball.org](http://www.northamptonyouthfootball.org). It is an organized league in which participants compete against other teams from Western Massachusetts communities.

## NORTHAMPTON COMMUNITY ROWING

Youth and Adult Rowing programs are offered, as well as competitive team for coed youth in middle and high school throughout the Pioneer Valley. Go to [www.hampcrew.com](http://www.hampcrew.com) for details

## LEARN TO SKATE - PLAY HOCKEY

The Nonotuck Valley Hockey Association (NVHA) learn to skate program introduces children ages 4 and above to the basics of ice skating. NVHA also has a learn to play hockey program and youth hockey teams. All learning programs are held at the Williston-Northampton ice rink. For more information visit [www.nonotuckvalleyhockey.org](http://www.nonotuckvalleyhockey.org)

## OTHER LEAGUES

There are links to a variety of other youth and adult leagues in Northampton on our website. Go to [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation), and click on "links" in the left hand column.



Location is everything!

Thinking of changing yours? Talk to the experts at Goggins Real Estate, the #1 agency for sales and listings in the greater Northampton area since 1986.

You'll get:

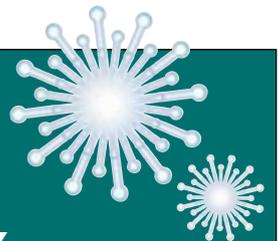
- Experienced agents
- Outstanding customer service
- Excellent attention to detail
- Extensive market knowledge

Stop by 79 King St., Northampton, and check out *our* new location!



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## SPECIAL EVENTS



### FABULOUS FEBRUARY

Join us for a month full of special activities for all ages to enjoy!

A full schedule will be available in January on our website, [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation). Some events will include Ice Cream Bingo, a Play-Well Lego workshop, Elementary and Middle School Open Basketball and much more!

# OTHER PROGRAMS

## NATIONAL YOUTH SPORTS COACHES ASSOCIATION

**For:** Youth Sports Volunteer Coaches

**\*Required for all Northampton Head Coaches**

Online certification (if computer access isn't available, you can complete this training in our office.)

NYSCA is a national organization which we team up with to provide training for the City's legion of volunteer coaches in all sport areas. Northampton Parks & Recreation serves as a recognized chapter of NYSCA and conducts clinics throughout the year to provide this very valuable training for over 300 of the city's youth coaches.

The clinics are video presentations which cover topics such as the psychology of working with young athletes, the motivation of youngsters, and the care and prevention of injuries. Sport specific sessions include discussions on organizing practices and teaching offensive and defensive fundamentals. The NYSCA program is designed to educate our coaches to make youth sports in Northampton a fun and positive experience for all participating youngsters.

## SKATE PARK

The Northampton Skate Park is located at Veterans' Field, the park is open daily from 10 a.m.-dusk, weather permitting, Spring through Fall.

## NORTHAMPTON COMMUNITY GARDENS

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

The Recreation Department coordinates the rental of approximately 400 garden plots for city residents at the former Northampton State Hospital grounds. Our gardeners' prime purpose is to get better tasting and more nutritious food while saving money. The program inspires people to heighten social, educational, and neighborhood-beautification activities. Check the website for new gardener registration at the end of March.

## NORTHAMPTON DPW PARKS & CEMETERY DIVISION

Although a part of a separate department, the Recreation Department works closely with the Parks Division of the DPW. Together, we coordinate maintenance concerns, scheduling and basic care of the City's parks, fields and recreation areas.

The Parks & Cemetery Division of the D.P.W. maintains about 135 acres of recreational playing fields, 10 acres of water division grounds, 5 acres of city street parks, Musante Beach, and 2.6 miles of bicycle paths within the City of Northampton. They also maintain four cemeteries with more than 50 acres, with responsibilities that include grave site preparation and other burial services with a grounds and maintenance program. Northampton's Parks and recreational areas receive extensive use, which requires that a great deal of attention be given to maintaining these facilities. Please report any maintenance concerns to 587-1577.

## NORTHAMPTON COUNCIL ON AGING AND SENIOR CENTER

The Northampton Council on Aging serves Northampton residents ages 60 and older. For more information, call them at 587-1228, <http://www.northamptonma.gov/713/Council-on-Aging>

## FLORENCE COMMUNITY BAND

In affiliation with the Northampton Parks & Recreation Department, the Florence Community Band's mission is to provide musicians the opportunity to gather regularly to play ensemble music, to perform this music for the community and to have fun doing so.

There are no auditions, no dues, and people of all ages and musical experience are welcome. We provide free concerts in various settings, including nursing facilities, retirement communities, community events, parks and parades.

The band rehearses on Wednesday evenings from 7-9p.m. at the Northampton High School Band room. Music difficulty ranges from medium easy to medium. For more information please visit [www.florencecommunityband.com](http://www.florencecommunityband.com) or call 584-3238.

## NORTHAMPTON ORGANIC COMMUNITY GARDENS

These are administered by Grow Food Northampton. For more information go to: [www.growfoodnorthampton.com](http://www.growfoodnorthampton.com)

**Hampshire College**  
Outdoor Programs | Recreation | Athletics

## BAY ROAD TENNIS CENTER

- ◆ 4 DECO TURF INDOOR COURTS
- ◆ FEES PRORATED FOR CONTRACTS ACTIVATED AFTER SEPTEMBER
- ◆ DAYTIME AND EVENING CONTRACTS CURRENTLY AVAILABLE 7 DAYS A WEEK
- ◆ FACILITY INCLUDES UPDATED FITNESS CENTER AND INDOOR TRACK

**BAY ROAD TENNIS CENTER**  
[bayroadtennis.hampshire.edu](http://bayroadtennis.hampshire.edu) | 413.559.5785

893 West Street | Amherst, MA 01002  
[bayroadtennis@hampshire.edu](mailto:bayroadtennis@hampshire.edu)

# FALL/WINTER PROGRAM GUIDE 2016-2017

# AQUATIC & FAMILY CENTER

John F. Kennedy Middle School • 100 Bridge Rd., Florence, MA 01062

Aquatic and Family Center: 587-1046 • Northampton Parks & Recreation Department: 587-1040

The Northampton Aquatic and Family Center (AFC), located at the John F. Kennedy Middle School, opened in October 1996. The Northampton Parks & Recreation Department in partnership with the Northampton School Department is pleased to offer community access to the facility. A wide variety of programs are offered year round during the hours that the school is not utilizing the facility. Our programs provide opportunities for individuals and families to participate in exercise and recreational programs in an exciting atmosphere!



**SOMETHING FOR EVERYONE!**

- SIX LANE HEATED POOL 3 1/2'- 13' DEPTH • 6 TENNIS COURTS • • ONE METER DIVING BOARD •
- 2- HALF BASKETBALL COURTS WITHIN 1 FULL BASKETBALL COURT • FULLY ACCESSIBLE • CERTIFIED LIFEGUARDS •
- SWIMMING LESSONS FOR CHILDREN & ADULTS • POOL RENTALS • WATER AEROBIC CLASSES •
- MEN'S AND WOMEN'S LOCKER ROOMS WITH SHOWERS • LAP, FAMILY AND YOUTH SWIM •
- DIVING PROGRAM • SENIOR SWIM • PRIVATE SWIM LESSONS •

*Spring & Summer session schedule will be available in March 2017, or check our website for updates.*

# Thank You!

A special thank you to all the individuals from the School Department, Parks & Recreation Commission and the Community who have worked to support this beautiful facility. We are pleased to offer the community affordable access to the Aquatic and Family Center!



## SCHOLARSHIPS

A limited number of scholarships for Northampton residents for memberships are available. Scholarships do not apply to classes. Please ask a staff person at the pool or at the Parks & Recreation Department for an application. Applications are considered according to income guidelines on a first come, first served basis and are renewed yearly.

## LAP SWIMMING RULES

Lap lanes are available for adults (16 years or older). Many options of Lap Swim times are available for free to members. Non-members are charged a walk-in fee. 1 swimmer uses the entire lane, 2 swimmers split the lane in half and stay on their own side. 3 or more swimmers will swim in circles, up one side of the lane and down the other. Please inform other swimmers when joining them. If a lane is empty, children may swim LAPS in the lane until an adult arrives. Kickboards and pull buoys are available. Proper swimming attire is required. The pool schedule changes quarterly due to school usage. Schedules are available at the AFC or at the Northampton Parks & Recreation Department and online on our website. Schedules are subject to change.

## OPEN SWIM

Open recreational swim times are available for families & individuals at many times throughout the week. Usually 1/2 of the pool is available with the use of the diving board. Proper swimming attire is required. See detailed schedule for open times on our website or at the pool.

**Fee: Members:** Free

**Non-Members:** See Walk-In Fees

Most fees are listed in the order of Member/Non-Member/Non-Member, Non-Resident rates

## AFC OFFICE HOURS

Please enter the facility through the rear of the building across from the tennis courts.

### Fall & Winter

Monday - Friday 4:00 p.m. - 8:00 p.m.

Saturday 9:30 a.m. - 5:00 p.m.

Sunday 11:00 a.m. - 4:30 p.m.

The AFC will be closed all day Sept 5, Oct. 10, Nov. 11, Nov. 23 (morning only), 24, 25, Dec 24, 25, 26, 31, Jan. 1, Jan 2, Jan. 16 & Feb 20 - Schedule subject to change

Registrations and information are also available at the Northampton Parks & Recreation Department, Monday - Friday between 8:30 a.m. - 4:30 p.m. 100 A Bridge Road, Florence, MA 01062, on the grounds of JFK Middle School, 587-1040. [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

## MEMBERSHIPS

A membership entitles individuals and families to discounted rates for activities and classes, and access to open swim, open basketball, etc., as well as discounted passes for the David B. Musante Beach in Leeds during the summer.

	12-Month	6-Month	Walk-in Daily Passes
Resident Youth .....	\$90.....	\$70 .....	Resident Youth/Senior \$4
Resident Senior .....	\$90 .....	\$70 .....	Adult Resident \$5
Resident Adult .....	\$135 .....	\$105	
Resident Family .....	\$240 .....	\$155 .....	Nonresident Youth/Senior \$5
			Adult Nonresident \$6
Nonresident Youth ...	\$140 .....	\$119	
Nonresident Senior ..	\$140 .....	\$119	
Nonresident Adult ...	\$175 .....	\$145	
Nonresident Family ..	\$305 .....	\$220	

\* Senior is age 55 & better

Youth is under age 16

Children 2 and under are Free

Guests of members receive a \$1 discount on their admission.

## NON-RESIDENT FEES

Some Recreation Dept. administrative and program costs are covered by Northampton tax dollars. Therefore, those who are not residents of Northampton, Florence, or Leeds are assessed the following extra fee, unless otherwise noted.

To qualify as a resident, an adult must live or own property in Northampton, Florence, or Leeds.

A child must live in the City.

Non-resident adult participating in a program who works in Northampton, Florence, or Leeds, in a business physically based there: \$5 additional fee

Non-resident child participating in a program who attends school in Northampton, Florence or Leeds: \$5 additional fee

Non-resident: \$10 additional fee

Not to exceed \$50/family per program

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**413-584-8980**

# ADULT PROGRAMS

Most fees are listed in the order of Member/Non-Member/Non-Member, Non-Resident rates

## WATER AEROBICS

Classes use a combination of Deep & Shallow water exercise. Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages and ability levels, women and men. Deep & shallow water workouts offer a superior range of motion and allow for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs. Flotation belts keep everyone afloat regardless of your swimming ability. Chris Kostek, and Christie Bourque bring lots of energy to their dynamic, safe and constructive classes. Chris teaches our morning class, Christie teaches our Tuesday and Thursday evening classes.



## FALL/WINTER SESSIONS

### MORNING CLASSES

**Dates: Session I:** September 7 - November 18; (30 classes)  
No classes October 10 & November 11  
**Session II:** November 28 - February 10; (30 classes)  
No classes December 26, January 2, January 16  
**Session III:** February 22 - May 3; (30 Classes),  
No class April 17  
**Days:** Mondays, Wednesdays, Fridays  
**Time:** 7:00 - 7:40 a.m.  
**Fee:** \$47/\$70/\$80  
Walk In Fees per class \$5/\$6/\$7  
Fees listed in order of Member/Non-Member Resident/Non-Resident

### EVENING CLASSES

**Dates: Session I:** September 6 - November 8; (10 classes)  
**Session II:** November 22 - January 24; (10 classes)  
**Session III:** February 7 - April 11; (10 Classes)  
**Days:** Tuesdays  
**Session I:** September 8 - November 10; (10 classes)  
**Session II:** December 1 - February 2; (10 classes)  
**Session III:** February 16 - April 20; (10 Classes)  
**Days:** Thursdays  
**Time:** 6:00 - 7:00 p.m.  
**Fee:** \$25/\$39/\$49  
Walk In Fees per class \$5/\$6/\$7  
Fees listed in order of Member/Non-Member Resident/Non-Resident

## AQUA ZUMBA®

### EVENING CLASSES

**Dates: Session I:** September 12 - November 14 (10 classes)  
(No class Oct 10)  
**Session II:** November 28 - February 13 (9 classes)\* (No classes  
Dec 26, Jan 2, Jan 16)  
**Session III:** March 6 - May 15 (10 classes) (No class April 17)  
**Days:** Mondays  
**Session I:** September 7 - November 9 (10 classes)  
**Session II:** November 30 - February 1 (10 classes)  
**Session III:** February 22 - April 26 (10 classes)  
**Days:** Wednesdays  
**Time:** 6:00 - 7:00 p.m.  
**Fee:** \$25/\$39/\$49 \*9 Class Fee: \$23/\$35/\$45  
Walk In Fees per class \$5/\$6/\$7  
Fees listed in order of Member/Non-Member Resident/Non-Resident



**Instructor:** Patricia Johnson, certified Zumba® instructor.

Aqua Zumba® is perfect for those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. It works by blending the Zumba® philosophy with water resistance for one pool party you don't want to miss! The benefit, there is less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. This class will leave you feeling fresh and rejuvenated!

## FREE COMMUNITY SENIOR SWIM

**Day:** Sundays  
**Time:** 11:00 a.m. - 4:30 p.m.  
**Fee:** FREE to all Seniors ages 55 & better living in Northampton, Leeds & Florence  
Come enjoy the water, socialize, exercise and make it a great day!!

## ADULT OPEN BASKETBALL

Schedule subject to change  
**For:** Ages 18 & up  
Days Saturdays, September 5, through October 31, 2015  
**Times:** 9:30 a.m. - 11:30 a.m.  
**Fee:** Members: Free/\$2/\$3  
Come take part in pick-up games. IDs required for attendance & resident rates.

## OVER 30 BASKETBALL

**For:** Ages 30 and up  
**Days:** Thursdays  
**Time:** 6:00 - 8:45 p.m. September 3, through October 29, 2015  
**Fee:** Members: Free/\$3/\$4  
Come take part in pick-up games. IDs required for attendance & resident rates.

## KNITTING

### Dates:

**Session I:** September 7 - October 12; (6 weeks)

**Session II:** October 26 - November 30; no class Nov. 23 (5 weeks)\*

See below for 5 week reduced rates

**Session III:** December 14 - January 18; (6 weeks)

**Session IV:** February 1 - March 8; (6 weeks)

**Day:** Wednesdays

**Location:** Aquatic and Family Center

**Time:** 6:00 - 8:00 p.m.

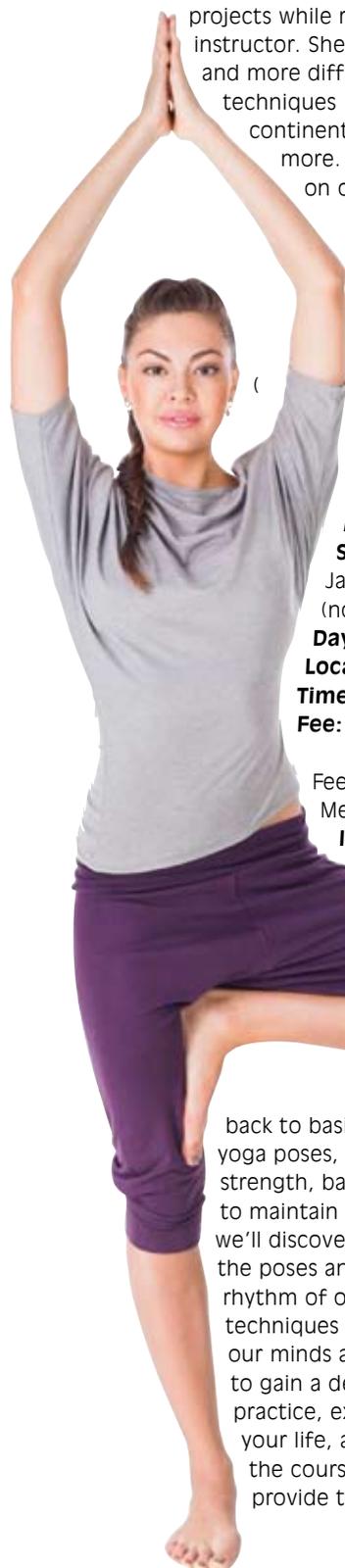
**Fee:** \$30/\$35/\$45

\*\$25/\$29/\$38 for 5 week class

Fees listed in order of Member/Non-Member Resident/Non-Resident

**Instructor:** Beth Altimari, local instructor with 30 years experience.

All skill levels are invited to work on their own projects while receiving assistance from the instructor. She will provide skilled help with basic and more difficult techniques as needed. These techniques include turning a heel, buttonholes, continental style, color work, seaming and more. Beginners will receive plenty of one on one instruction.



## BEGINNERS YOGA

### Dates:

#### Session I:

September 12 - November 14

no class Oct. 10 & 31)

(8 Weeks)

#### Session II:

November 21 - January 23;

(no class Dec. 26, Jan 2 & 16) \* See

below for 7 week reduced rates.

#### Session III:

January 23 - March 13;

(no class Feb. 20) (8 Weeks)

**Day:** Mondays

**Location:** Aquatic and Family Center

**Time:** 6:00 - 7:00 p.m.

**Fee:** \$55/\$60/\$70

\* \$48/\$52/\$61 for 7 week class

Fees listed in order of Member/Non-

Member Resident/Non-Resident

**Instructor:** Beth Tascione, E-RYT 200,

Reiki Master

End your day on a yoga high, leaving tension and stress behind!

This course is designed for folks who are new to yoga or want to get

back to basics. We'll explore a variety of basic yoga poses, including standing poses to build strength, backbends, twists, and forward bends to maintain flexibility. Throughout each class we'll discover how to align our bodies safely in the poses and how to move our body with the rhythm of our breath. Breathing and meditation techniques will also be explored to help quiet our minds and relax more deeply. If you want to gain a deeper understanding of the yoga practice, experience more ease and balance in your life, and have fun while you do it, this is the course for you. Participants will need to provide their own yoga mat.

## BEYOND THE BASICS YOGA

### Dates:

**Session I:** September 13 - November 1 (8 Weeks)

**Session II:** November 15 - January 3 (8 Weeks)

**Session III:** January 17 - March 7 (8 Weeks)

**Day:** Tuesdays

**Location:** Aquatic and Family Center

**Time:** 6:00 - 7:00 p.m.

**Fee:** \$55/\$60/\$70

Fees listed in order of Member/Non-Member Resident/Non-Resident

**Instructor:** Elizabeth Netts, RYT 200

This class will expand on the basics. Using mindfulness, awareness and breath.

Poses will be brought carefully to a more challenging level. New poses will be taught. Students will be introduced to the Seven Chakra's as they relate to yoga. Bring a blanket for your comfort and a yoga mat if you have one.



## AMERICAN MAHJONGG

**For:** Adults 18 & up

### Dates:

**Session I:** September 15 - October 6; (4 weeks)

**Session II:** October 20 - November 10

**Day:** Thursdays

**Location:** Aquatic and Family Center

**Time:** 6:00 - 8:00 p.m.

**Fee:** \$40/\$45/\$50

Fees listed in order of Member/Non-Member Resident/Non-Resident

6 Bam... pair of green dragons... kong 9 crak... 4 flowers no joker... some of the words you'll hear during a game of American Mahjongg! Come learn one of the most intriguing games to hit our shores. Originating in China in the 1800's, Mahjongg is a game of tiles, beautifully painted with old Chinese symbols and pictures, American-ized with English numbers and "joker" tiles. The game draws you in with a little strategy, the visual and physical appeal of the chunky tiles, and the pleasure of mastering the rules of play. Join us to learn the "ins and outs" of a game you'll want to play for many years to come. Participants will need to purchase this Required Paperback Text for homework and in-class participation: "The Beginner's Guide to American Mahjongg" by Elaine Sandberg, ©2007.

Available at Barnes and Noble or Amazon.



## PHOTOGRAPHY 101 WITH DIGITAL POINT & SHOOT CAMERA

**Dates:** September 14 - October 19; (6 weeks)

**Day:** Wednesdays

**Location:** Aquatic and Family Center

**Time:** 6:30 - 8:00 p.m.

**Instructor:** Rebecca Gonzalez-Kreisberg

**Fee:** \$70/\$75/\$85

Fees listed in order of Member/Non-Member Resident/Non-Resident

Just for people with little to no photography experience, you'll work to develop basic skills that will help you see your point & shoot camera and be able to take a photograph. You will develop a personal project which will further enable you to improve as you utilize what you learn with the project. All participants must provide their own point and shoot camera.

## LEARN TO USE YOUR DIGITAL SLR CAMERA

**Dates:** September 13 - October 18; (6 weeks)

**Day:** Tuesdays

**Location:** Aquatic and Family Center

**Time:** 6:30 - 8:00 p.m.

**Fee:** \$70/\$75/\$85

**Instructor:** Rebecca Gonzalez-Kreisberg

Fees listed in order of Member/Non-Member Resident/Non-Resident

Do you own a fancy Digital SLR camera (one with interchangeable lenses like the Canon Rebel series, Nikon D3100, 05200, Sony Alpha Range, or some other Digital SLR) but know you are not getting the most from it? Then this class is the class for you! In six 1.5 hour classes you will learn all the basics of using your digital SLR camera in a fun, hands-on way, with the opportunity to have questions answered while completing a project. Participation requires possession of your own Digital SLR camera.

# YOUTH PROGRAMS

Most fees are listed in the order of Member/Non-Member/Non-Member, Non-Resident rates

The Aquatic & Family Center offers American Red Cross swim lessons for children of all ages and abilities. Our program includes classes for Parents and Tots, Pre-Level Instruction for children ages 3-5 and the Levels 1-5 for kindergarten-aged and up, at the beginner level through advanced swimming. Pre-registration is required; space is limited; minimum enrollment must be met. Please register at least one week prior to the start of the session.

- It is common for a child to repeat a level before advancing to the next level. Our instructors are committed to teaching your child the necessary skills at each level.
- Practice outside of class time is encouraged for improved skill acquisition.
- Attendance is very important. New skills will build upon those learned in previous classes.
- Northampton Recreation does not allow make ups for missed classes.
- Please arrive 15 minutes before your class to change into swimming attire and shower. (Showers are mandatory) Swim classes are thirty minutes in length.

*Please register your child for the recommended level. Do not register for a higher class than recommended or more than one level at a time. Northampton Recreation reserves the right to move children to the appropriate level after an assessment of their ability on the first day of class.*

## LEARN TO SWIM CLASS DESCRIPTIONS

### Parent/Child Lessons (1 year old )

For parents and children working together in preparation for pre-level. This class is designed to develop a level of comfort in the water between parent and child. Basic skills are introduced with an emphasis on an enjoyable experience that keeps them wanting more! Children not fully potty trained should wear a swim diaper.

### Pre-Level Lessons (ages 3-5 years)

For those who are not quite ready to stand or swim unassisted in 3ft 6in. water. This is a non-parent involved class, however, parents may observe.

**Level 1:** Ages 5 & up Prerequisites - None. Beginner, no experience necessary. Skills learned in this level include exit and enter water safely, blow bubbles, submerge mouth, nose and eyes, underwater exploration with eyes open, float in front and back position showing comfort, kick in a front and back position, flutter kick on front & back, simultaneous arm action on front and back, combined stroke on front and back (use of both arms and legs) learn basic personal water safety information.

**Level 2:** Ages 5 & up Prerequisites - Submerge mouth, nose, eyes, blow bubbles, able to bob in chest deep water, float on front & back with



**Northampton  
Area  
Pediatrics**

**413-584-8700  
www.naped.com**

**193 Locust Street, Northampton, MA  
170 University Drive, Amherst, MA**

Times for sessions 2, 3, 4 will change- to be announced

## SWIM LESSONS

### Thursdays

**Session I:** September 8 - October 13

**Session II:** October 27 - December 8 (no class 11/24)

**Session III:** January 5 - February 9

**Session IV:** February 23 - March 30

Times for sessions 2, 3, 4 will change- to be announced

**Pre-level:** 4:00 p.m. - 4:30 p.m. (6 classes)

**Level 1&2:** 4:30 p.m. - 5:00 p.m. (6 classes)

**Level 3&4:** 5:00 p.m. - 5:30 p.m. (6 classes)

**Level 5 & 6:** 5:30 p.m. - 6:00 p.m.. (6 classes)

### Saturdays

**Session I:** September 10 - October 15

**Session II:** October 29 - December 10 (no class 11/26)

**Session III:** January 7 - February 11

**Session IV:** February 25 - April 1

**Parent & Child:** 9:30 a.m. - 10:00 a.m. (6 classes)

**Pre-level:** 10:00 a.m. - 10:30 a.m. (6 classes)

**Level 1&2:** 10:30 a.m. - 11:00 a.m. (6 classes)

**Level 3&4:** 11:00 a.m. - 11:30 a.m. (6 classes)

**Fee:** \$33/\$45/\$55

Fees listed in order of Member/Non-Member Resident/Non-Resident

comfort, flutter kick on front & back, alternating arms on front, combined stroke on front, roll front to back & back to front.

Skills learned in this level include front float & glide 5 seconds, back crawl arm action, combined stroke on back, flutter kick on back, combined stroke on front, hold breath fully submerged 3 seconds, bob 10 times (rhythmic breathing) learn basic personal water safety information.

**Level 3:** Ages 6 & up Prerequisites - Hold breath submerged for 3 seconds, flutter kick, front crawl 5 yards. Can swim short distances in deep water, with face in and will jump into water. front float & glide 5 seconds, back crawl arm action, combined stroke on back, flutter kick on back, combined stroke on front, hold breath fully submerged 3 seconds, bob 10 times. Skills learned in this level include glide on front & back 2 body lengths with flutter kick, tread water 30 seconds in deep, elementary back kick & body motion 15 yards, jump from side into deep water independently, dive head first from side in a sitting or kneeling position. Basic water safety & diving rules.

**Level 4:** Ages 6 & up Prerequisites - Can swim front crawl with rotary breathing, backstroke & elementary backstroke. Able to glide on front & back 2 body lengths with flutter kick, tread water 30 seconds in deep, elementary back kick & body motion 15 yards.

Skills learned in this level include working on developing participants' confidence in the strokes learned thus far including endurance and refining strokes tread water for 1 min. in deep with scissor, breaststroke or rotary kick. Participants will add arms to the scissors kick for the sidestroke and start to learn the breaststroke and butterfly. Basic water safety & diving rules.

**Level 5:** Ages 6 & up Prerequisites - Can swim front crawl with rotary breathing 25 yds., backstroke, butterfly, breaststroke, and sidestroke 25 yds. Skills learned in this level include Participants will work on coordination of strokes and refine their performance of strokes including front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. Tuck and pike surface dives. Basic water safety & diving rules.

**Level 6:** Ages 6 & up Prerequisites - Can swim 100 yard each front and back crawl, 50 yards each breaststroke, sidestroke, elementary backstroke, and butterfly, can do flip turns.

Students will refine strokes so students swim them with ease, efficiency and power over greater distances. Focus will be on fitness swimming and developing lifelong water skills, endurance.

# YOUTH PROGRAMS

Most fees are listed in the order of Member/Non-Member/  
Non-Member, Non-Resident rates



## PRIVATE SWIM LESSONS

Private swim lessons are taught according to what your individual needs are. All skill levels and all ages can enhance their abilities to swim. If you are a participant who needs a gradual introduction to becoming familiar in the water, private swim lessons will be a great opportunity to feel safe while learning to swim.

Private lessons are also ideal for those who need to learn specific swim strokes and diving techniques. Receive one on one swim lessons from a professionally trained instructor. Participants will be able to work at their own pace while receiving exact training according to their specific needs.

Private lessons allow you to set your own goals and schedule your own classes accordingly. Request a private lesson and one of our instructors will contact you to schedule lessons and discuss your swim goals.

Private and small group semi-private lessons are available for both children and adults. Please call the Parks & Recreation Department, 587-1040, or the AFC, 587-1046, during office hours for available times and to schedule lessons.

**Fee:** \$18/\$20/\$22 per ½ hour - 1 person  
\$14/\$16/\$17 per ½ hour - 2 people  
\$11/\$13/\$14 per ½ hour - 3 people

Fees listed in order of Member/Non-Member Resident/Non-Resident

## POOL PARTIES

Treat your child to a pool birthday party! Have a class party, celebrate a sport season with the team, or have a gathering just for the fun of it! Parties include 1 ¼ hours pool time on the diving board side of the pool, lifeguard supervision, use of the adjoining party room for cake or party festivities, and each child will receive a gift bag with a special prize & a free swim pass for future use. Parties are available Saturday and Sunday afternoons.

Fees must be paid in full at time of reservation. Call the AFC to inquire about available dates, 587-1046. Dates filled on a first come, first serve basis.

**Fee:** \$85/\$95/\$105

Fees listed in order of Member/Non-Member Resident/Non-Resident

# CITY FACILITY GUIDE

## FACILITIES MAINTAINED OR MANAGED BY THE CITY

**Agnes Fox Playground** • State St., Northampton • Playground, basketball courts

**Aquatic & Family Center** • JFK Middle School • Public indoor pool, tennis courts, basketball • Bridge Rd., Florence • [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

**Arcanum Field** • Bridge Rd., Florence • 1 90', 1 60' baseball, tot playground, basketball courts, soccer, Safety Village, pavilion

**Bear Hill** • Bridge Rd, Florence • Multipurpose field

**Community Gardens** • Burts Pit Rd., Northampton • 400 Garden Plots, [www.nohogardens.org](http://www.nohogardens.org)

**Florence Fields** • 157 Spring St., Florence • 1 90' Baseball, 1 50-70'baseball, 5 Multipurpose playing fields, Playground, pavilion

**Maines Field** • Riverside Dr., Florence • Lighted softball field, 4 sand volleyball courts, pavilion, bocce courts

**Musante Beach** • Reservoir Rd., Leeds • Public beach

**Manhan Rail Trail** • King St. to Easthampton • For rail trail map, see [www.fntg.net](http://www.fntg.net)

**Mass Central Rail Trail** • Coolidge Bridge to Williamsburg

**Nagle Walkway** • Downtown Northampton Walkway

**Pulaski Park** • Main St., Northampton • Tot playground, benches

**Ray Ellerbrook Fields** • Burts Pit Rd., Northampton • Multipurpose playing field, softball

**Sheldon Field** • Bridge St., Northampton • 3 softball fields, 1 60' baseball, basketball courts, Park & Ride lot, bike lockers

**Sojourner Truth Monument** • Park & Pine St., Florence

**Trinity Row** • Main St., • Florence Benches

**Veterans's Field** • West St., Northampton • Skate Park, 1 90' Baseball, soccer, tot playground, basketball

## CITY PUBLIC SCHOOLS WITH AMENITIES

**Bridge St. Elementary** • Bridge St., Northampton • Playground

**Finn Ryan Rd. Elementary** • Ryan Rd., Florence • Playground, 5 baseball, football

**Jackson St. Elementary** • Jackson St., Northampton • Playground, softball, lacrosse, basketball

**JFK Middle School** • Bridge Rd., Florence • Indoor pool, 90' baseball, 60' softball, soccer, basketball, lacrosse, tennis courts

**Leeds Elementary** • Florence St., Leeds • Playground, soccer, lacrosse

**Northampton High** • Elm St., Northampton • 90' baseball, 60' softball, soccer, football, lacrosse

**Smith Vocational High** • Locust St., Northampton • Soccer, football, lacrosse

## OTHER CITY AMENITIES

**Child's Park** • N. Elm St., Northampton 40 acres quiet recreation  
[www.childspark.org](http://www.childspark.org), 413-584-1991

**Look Memorial Park** • N. Main St., Florence • 150 acres, attractions, picnic sites.  
Garden House • [www.lookpark.org](http://www.lookpark.org), 413-584-5457

**Norwottuck Rail Trail** • Damon Rd., Northampton • 9 mile bike path through Hadley to Amherst • [www.mass.gov/dcr](http://www.mass.gov/dcr)

**Three County Fairgrounds** • Bridge St., Northampton • [www.3countyfair.com](http://www.3countyfair.com), 584-2237

**Northampton Chamber of Commerce** • [www.explorenorthampton.com](http://www.explorenorthampton.com), 413-584-1900



**CITY OF NORTHAMPTON  
PARKS & RECREATION DEPARTMENT**  
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