



Northampton **PARKS & RECREATION**



SUMMER Program Guide 2020

www.northamptonma.gov/recreation

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

DO NOT USE this form for Summer Day Camps, Youth & Adult Sports, or Birthday Party registrations: Download those packets at www.northamptonma.gov/recreation

Today's Date: ____/____/____ **PLEASE PRINT LEGIBLY** New to Northampton Parks & Recreation I have updated my Information

Adult 1/ Primary Guardian Name: _____

Address: _____
Street City State Zip

Primary Phone: _____ **Second Phone:** _____ **Email:** _____

Second Adult in Household/Guardian Name: _____

Primary Phone: _____ **Second Phone:** _____ **Email:** _____

Emergency Contact (other than adult above)

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: _____ **Gender:** _____

Date of Birth _____ **School** _____ **Grade fall of 2020** _____

Program Name	Session	Start Date	Day(s)	Level (if applicable)	Basic Fee	Non-Res Fee	Total Fee
					\$	\$	\$
					\$	\$	\$
TOTAL FEE FOR PARTICIPANT							\$

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee	
Aquatic Center	Res: Adult Family Senior Youth	6 Month 12 Month	\$	TOTAL AMOUNT DUE \$
Musante Beach	Non-Res Adult Family Senior Youth	Beach Pass		

Pass Holder's Name(s)	Gender	DOB	Pass/Tag# Issued	Special Considerations/Comments (Use back if necessary)
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____
Date: _____

Charge my VISA ___ **Master Card** ___ **Discover** ___ **Card #** _____ **Expiration** _____

Name on Card _____ **Signature** _____

Office Use Only:	Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____
	Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____

Northampton Parks & Recreation Department 100 A Bridge Road, Florence, MA 01062 413-587-1040 www.northamptonma.gov/recreation

Welcome to the Northampton Parks & Recreation Department

100A Bridge Road, Florence, MA 01062

Phone: 413-587-1040 • Fax: 413-587-1045

Email: recreation@northamptonma.gov

Website: www.northamptonma.gov/recreation

Office Hours - Monday- Friday - 8:30 a.m. – 4:30 p.m.

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

PARKS & RECREATION COMMISSION

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.

The Parks and Recreation Commission is an advisory multiple-member body of the city. We thank them for their volunteer time and commitment!

Tom Dunphy, Chair
Julia Chevan
Glenn Conny
David Cronin
Kristin Dardano
Kathy Elliott
Michael Laga
James Ryan

**Front: Shelby,
Jim, Rebecca
Back: John,
Jackie, Sandra,
Ann-Marie**



STAFF

Ann-Marie Moggio, Director
Shelby Michna, CPRP, CPO - Assistant Director
John Knowles, Recreation Supervisor
Rebecca Learnard, Recreation Supervisor
Jim Miller, Aquatics Supervisor
Jackie Lienert, Department Assistant
Sandra Gross, Principal Clerk

CPRP- Certified Park and Recreation Professional:

Certification is earned by education, work experience, and a written examination. The staff member maintains professional status by collecting a required number of Continuing Education Units every two years through attendance at conferences, workshops, and other sources.

CPO- Certified Pool Operator:

It is a program supported by the National Swimming Pool Foundation. This certification is earned through course work and a written examination. The staff maintains certification by attending various technical seminars.

Special Thanks!

To the hundreds of volunteers in our community, and the thousands of hours they give to help make many of the programs successful. We couldn't do it without you!

Please help us to serve you better

We strongly encourage you to register at least five business days prior to the program starting date. It will certainly help us to process registration in a more efficient manner. Also, many programs must be canceled if minimum enrollment is not met prior to the starting date. If you have any questions, please call 587-1040.

Friends of Northampton Parks & Recreation

A Friends of Northampton Parks & Recreation Department group has been formed. The volunteer group is a 501c3 non-profit, supporting the Parks & Recreation Department and their mission. For more information, contact Greg Howard, President of the group, 413-517-8050, or on Facebook www.facebook.com/friendsofhamprec. 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 and the Northampton Mayor and City Council.

Policies & General Information

Registration

You may register online for most programs. Go to our website for details and the links: www.northamptonma.gov/recreation
For most programs, you may also mail in the registration form and enclose the correct fee. If using mail in, drop slot or fax registration, be aware that you are registered unless we inform you otherwise. You should receive a confirmation email. Registrations are accepted on a first come first serve basis. If you are registering for Safety Village, Camp KidZone, Camp Hamp or Teen Expeditions please download a registration packet at www.northamptonma.gov/recreation, click on "registration forms" or call the Parks & Recreation Dept. and we will send you a form.

Payment: Make checks payable to the City of Northampton. We accept VISA, MASTER CARD 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 to recreation@northamptonma.gov or send to the office.

Programs:

- In order to receive a refund, requests must be submitted at least one week prior to the start of the program.
- A full refund will be given when a program is cancelled.
- There is a \$10 service charge for all refunds. If a program fee is less than \$10, 50% of the fee is charged.

Memberships

• Refunds are 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:

Northampton residents only. Confidential applications may be made to the Parks & Recreation Department. If a hard ship exists the applicant may be granted a reduction in fee at the discretion of the department 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 our program guide. If you or any member of your family is a participant of a program

and DO NOT wish to have a picture of you used, please contact our office at 587-1040 before the end of the program. By not contacting our office, you give permission for use of activity photos in Northampton Parks & Recreation Department's promotional material.

Inclement Weather: Weekday evening programs are usually cancelled after 3:30pm, weekends by 8am, in the case of inclement weather. Call the Parks & Recreation Department's cancellation hotline at 587-1044 for cancellation information or check www.northamptonma.gov/recreation and click on cancellations.

Non-Resident Fees

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-residents will be accepted into programs on a space available basis for an additional charge:

Non-resident: \$10

Not to exceed \$50/family per program.

City Facility Guide

Facilities maintained or managed by the City

Agnes Fox Playground State St., Nton • Playground, basketball courts

Aquatic & Family Center JFK Middle School Public indoor pool, tennis courts, basketball • Bridge Rd., Flo
www.northamptonma.gov/recreation

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

Bear Hill Bridge Rd, Flo • Multipurpose field

Community Gardens Burts Pit Rd., Nton • 400 Garden Plots,
www.nohogardens.org

Connecticut River Greenway 68 Damon Rd., Nton • River access for human powered boats Riverfront Park

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

Lampron Park Bridge St., Nton • Playground

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

Musante Beach 85 Reservoir Rd., Leeds • Public beach

Manhan Rail Trail King St. to Easthampton • For rail trail map, see www.fntg.net

Mass Central Rail Trail Coolidge Bridge to Williamsburg

Nagle Walkway Downtown Nton • Walkway

Pulaski Park Main St., Nton • Tot play area, seating areas

Ray Ellerbrook Fields 48 Burts Pit Rd., Nton Multipurpose playing fields, softball

Sheldon Field Bridge St., Nton • 3 softball fields, 1 60' baseball, basketball courts, Park & Ride.

Sojourner Truth Monument Park & Pine St., Flo

Trinity Row Main St., Flo • Benches

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

City Public Schools with Amenities

Bridge St. Elementary Bridge St., Nton • Playground

Finn Ryan Rd. Elementary Ryan Rd., Flo • Playground, 5 baseball, football

Jackson St. Elementary Jackson St., Nton • Playground, softball, lacrosse, basketball

JFK Middle School Bridge Rd., Flo • Indoor pool, 90' baseball, 60' softball, basketball, tennis courts, multipurpose fields

Leeds Elementary Florence St., Leeds • Playground, soccer

Northampton High Elm St., Nton • 90' baseball, 60' softball, multipurpose fields

Smith Vocational High Locust St., Nton • Multipurpose field

Other City Amenities

Child's Park N. Elm St., Nton • 40 acres quiet recreation
www.childspark.org, 413-584-1991

Look Memorial Park N. Main St., Flo • 150 acres, attractions, picnic sites, Garden House, www.lookpark.org, 413-584-5457

Norwottuck Rail Trail Damon Rd., Nton • 9 mile bike path through Hadley to Amherst, www.mass.gov/dcr

Three County Fairgrounds Bridge St., Nton, www.3countyfair.com, 584-2237

Northampton Chamber of Commerce
www.northamptonchamber.com, 413-584-1900

Summer Camps

Summer Fun!

The Northampton Parks & Recreation Department offers a variety of exciting and affordable summer programs for children ages 4 and up. Camp KidZone, Camp Hamp and Teen Expeditions are full day programs. We offer recreational, athletic, and educational opportunities for the City's youngsters to enjoy, at a reasonable price. All programs are directed by qualified and trained staff members. Check out the details to see which program suits your child's and family's needs.

For those choosing one of the summer camps at Look Memorial Park, our cooperative agreement with the trustees of Look Park require that ALL vehicles entering the park for drop-off or pick-up of program participants must have a current year entry sticker or pay the daily entry fee. Stickers may be purchased at Look Park or the Parks & Recreation Department. We are offering a "summer camp" only sticker, and a "sports sticker" for tee ball, both available at the Parks & Recreation Department office. See program info for details.

All summer day camps fully comply with the State Health Department Codes and Inspections for Licensed Day Camps.

Financial assistance is available for the summer camps for Northampton residents on a limited first-come, first serve basis. Applications for financial assistance must be completed by May 8. We are no longer able to accept vouchers for camp payments.

All Safety Village, Camp KidZone, Camp Hamp and Teen Expeditions SUMMER CAMP REGISTRATIONS MUST BE COMPLETED ON A SEPARATE FORM AVAILABLE ONLINE at www.northamptonma.gov/recreation, click on "registration forms and policies" or at the Parks & Recreation Dept. office, or call and we will email or mail you one. You can now also register for Summer Camps through our online system. Don't forget that current physical and immunization forms are required by the state, and can be uploaded to your online account with a few easy clicks. Once you are logged into your account, click on "my account" at the top of the page, and click on "family member document" at the bottom. It will walk you through the steps to upload your forms.



Safety Village

For: Children ages 4 to 6 years old (must turn 4 by 8/31/20)

Days: Monday – Friday, two week sessions

Dates: Session A: June 29 – July 10 (no program 7/3)

Session B: July 13 – July 24

Session C: July 27 – August 7

Time: 8:30am - 12:00pm

Fee: Session A: \$155 resident, \$165 non-resident

Session B & C: \$170 resident, \$180 non-resident

There is a \$25 non-refundable deposit included in the session fee.

Location: Arcanum Field, Bridge Rd., Florence

Rain Site: Leeds Elementary School

Safety Village is an exciting program that introduces youngsters to everyday safety concerns and preventative procedures. Each day of the program speakers from the Fire & Police Department, Cooley Dickinson Hospital, etc. visit the program to speak with the youngsters on very important issues. Topics include fire, electrical, water, animal & swim safety, and much more!

Safety Village features a miniature replica of Northampton complete with streets and sidewalks. Children drive bicycles with training wheels through the village and walk the sidewalks to learn traffic and pedestrian safety first hand. The day also includes an arts and crafts project, and active games.

The Northampton Lions Club came through with much of the financial support to provide the Safety Village Program. This is an exciting program that teaches a number of powerful lessons. It is a must for your child! Children must be toilet trained in order to participate in the program.

Summer Camps

Camp KidZone!

For: Children entering grades 1-4

Days: Monday - Friday

Time: 8:30am - 4:30pm (Extended day options available)

Location: Look Memorial Park

Rain Site: Aquatic and Family Ctr. at JFK

Fee:

Session 1, 3-7: \$180 resident, \$190 non-resident

Session 2: \$160 resident, \$170 non-resident

Extended Day:

Session 1, 3-7: \$25/session

Session 2: \$20/session

(45 minutes of extended supervision prior to and/or after regular program hours)

There is a \$25 non refundable deposit included in each session fee.

Parks & Recreation Dept./Look Park Sticker: \$20 for Residents or Non-residents, per pass

This pass is for our Camp KidZone and Camp Hamp programs, it is not a season's pass to Look Park, but, a summer programs pass that will allow you entrance into Look Park for picking-up and dropping-off your child. This pass is only good from 7:45am-5:15pm, Monday through Friday while the program is running. This pass is ONLY available for purchase at the Parks & Recreation Department. Look Park's season's passes are available for \$55 for residents and \$62 for non-residents. For details visit www.lookpark.org.



Camp KidZone is located within the gorgeous and historic 150 acres of Look Memorial Park in Florence. We offer an action packed daily schedule including sports, arts and crafts, cooperative games, special events and swimming at the Aquatic and Family Center at JFK Middle School or Musante Beach in Leeds.

Each week's activities and special events are created around the weekly theme, and include a field trip. For example, campers enjoy our ice cream social, team spirit day, camp Olympics, scavenger hunts, luau and carnival events. Weekly Pines Theater entertainment shows and a T-shirt for each participant are also included. We also offer extended morning and afternoon care to meet your families' busy scheduling needs.

Our staff members are dedicated and dynamic individuals who have demonstrated their genuine interest in and compassion for children. All staff are screened and carefully chosen to be positive role models. They are trained and certified in first aid and CPR. Participants are placed into smaller groups based on age, and we maintain a safe staff to participant ratio.

We provide safe, healthy, fun-filled and worry free environment not only for participants but for our parents as well. We believe that living, laughing and playing together connects our kids in ways that form lifelong friendships.

KidZone Sessions & Themes

1: June 22 – June 26 School's Out, Summer's In:

Pines Theater Show, Ice Cream Social, Minute 2 Win It,

Field Trip: Interskate 91

2: June 29 – July 2 (no camp 7/3) Holiday:

Pines Theater Show, Egg Hunt, Halloween Day, Stars & Stripes

Field Trip: Nomad's Adventure Quest

3: July 6 – 10 Around the World: Pines Theatre Show, Relays, Around the World Scavenger Hunt, Talent Show

Field Trip: Erving State Forest

4: July 13 – 17 Champions Week:

Pines Theatre Show, Campardy, Olympics, Bingo

Field Trip: Bounce Town (gr:1 & 2) Sonny's Place (gr: 3 & 4)

5: July 20 – 24 Nature Unleashed:

Pines Theatre Show, Lawn Games, Secret Message Hunt, S'Mores

Field Trip: Billy Beez

6: July 27 - 31 Mission Aqua Adventure:

Pines Theatre Show, Spray Park, Slip N Slide, Beach Party,

Field Trip: Lake Wyola

7: August 3 – 7 Best of the Best: Pines Theatre Show, Carnival,

Bounce House, Pizza Party,

Field Trip: Bounce Trampoline Park

*trips and themes subject to change

Summer Camps

Camp Hamp

For: Youth entering grades 5 & 6

Days: Monday - Friday

Time: 8:30am - 4:30pm

Location: Look Memorial Park

Rain Site: Aquatic and Family Center at JFK

Fee:

Session 1, 3-7: \$195 resident, \$205 non-resident

Session 2: \$175 resident, \$185 non-resident

Extended Day: Session 1, 3-7: \$25/session

Session 2: \$20/session

(45 minutes of extended supervision prior to and/or after regular program hours)

There is a \$25 non-refundable deposit included in each session fee.



Parks & Recreation Dept./Look Park Sticker:

\$20 for Residents or Non-residents, per pass.

This pass is for our Camp KidZone and Camp Hamp programs, it is not a season's pass to Look Park, but, a summer programs pass that will allow you entrance into Look Park for picking-up and dropping-off your child.

This pass is only good from

7:45am-5:15pm, Monday through Friday while the program is running.

This pass is ONLY available for purchase at the Parks & Recreation Department. Look Park's season's passes are available for \$55 for residents and \$62 for non-residents. For details visit www.lookpark.org.

Exciting adventures await participants eager for some cool summer fun with meaningful opportunities for social and personal growth. This fast paced, diverse program is based in Northampton's beautiful Look Park where participants are introduced to a combination of athletic, adventure, artistic and cooperative outdoor activities. The program includes 2 weekly bus trips, special events, arts and crafts and swimming at JFK Middle School and Musante Beach in Leeds.

Camp Hamp Sessions & Themes

1: June 22 – 26: Summer Kick Off!

Field Trips: Erving State Forest and Interskate 91

2: June 29 – July 2: (no camp 7/3) Reaching New Heights

Field Trips: Lake Wyola and Nomad's Outdoor Adventure

3: July 6 – 10: Anything Goes

Field Trips: DAR State Forest and Sonny's Place

4: July 13 – 17: Summer Camp Champions

Campardy, **Field Trips:** Erving State Forest and Central Rock Gym

5: July 20 – 24: Retro Fun

Campardy, **Field Trips:** DAR State Forest and Yard Goats Baseball

6: July 27 – 31: Wicked Water Week

Field Trips: Lake Wyola and Play Bousquet Water Slides

7: August 3 – 7: Aloha Summer!

Pizza Party, **Field Trips:** Erving State Forest and Bounce Trampoline

*trips and themes subject to change

Teen Expeditions

For: Teens entering grades 7-10

Days: Monday-Friday

Dates: Sessions 1 through 7

Time: 8:30am - 4:30pm (Some trips may vary)

Fee: Session 1, 3-7: \$210 resident, \$220 non-resident

Session 2: \$190 resident, \$200 non-resident

There is a \$25 non-refundable fee included in each session fee.

Location: JFK Middle School

Teen Expeditions Sessions & Trips

Hiking & Bike Rides will be incorporated in all weeks

1: June 22 – June 26: Summer Kickoff!

Lake Wyola, InterSkate 91, Sonny's Place, local hikes

2: June 29 – July 2 (no camp 7/3): Explorers, Unite!

DAR State Forest, Lake Compounce, local hikes

3: July 6 – 10: Test your Comfort Zone

Ice Cream Bike Trip, TieDye, Chesterfield Gorge, Brownstone Adventure Park

4: July 13 – 17: Walk on the Wildside

Central Rock Gym, DAR State Forest, Notch Low Ropes Course, Campardy, Mt Monadnock Hike

5: July 20 – July 24: Bikes, Strikes, and Heights

Ice Cream Bike Trip, Yard Goats Baseball Game, Mt Greylock Hike, Nomad's Outdoor Adventure

6: July 27 – July 31: Beat the Heat

Erving State Forest, Ocean Beach, Tubing at Satan's Kingdom

7: August 3 – 7: Summer Sendoff!

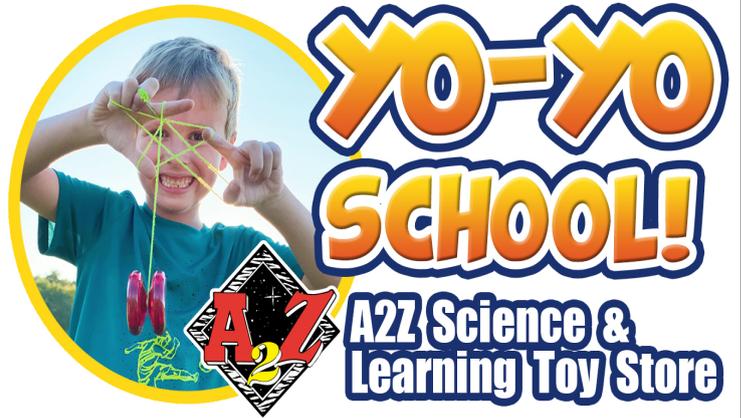
Bike trip to Nonotuck Park & Mt. Tom's Homemade Ice Cream, Bounce Trampoline, Lake Wyola, Pizza Party, local hikes

*trips and themes subject to change

Enjoy a different adventure every day in this exciting day program designed for your teenager! Throughout the course of the summer participants will be exposed to a variety of outdoor and indoor recreational opportunities, which are designed to heighten their appreciation for the outdoors and spark their natural curiosity. Each morning the group will head out in a different direction to go hiking, biking, tubing, swimming and experience some fantastic trips!

Our fully trained and First Aid/CPR certified staff will lead the daily adventures. Teens are encouraged to participate to their fullest in each and every week. The program is designed for teens to strengthen their own values, expand personal confidence, encourage them to try new challenges, experience team work and develop group cooperation in a fun, safe and nurturing setting. We will also ask for teen input into the schedules once the expeditions begin.

Summer Camps



For: Children and Adults (age 7+ recommended)

Days: Tuesdays, Fridays, & Saturdays

Time: 4:30pm - 5:30pm

Location: A2Z Science & Learning Toy Store
57 King Street, Northampton MA



It's FREE and fun for the whole family!

Great family activity! No sign-up needed. Let us teach you beginner tricks and help you make your way down the tricklist!

A2ZScience.com

(413) 586-1611

Counselor in Training (C.I.T.) Program

*CIT application forms available at the Parks & Recreation Department or on the Parks & Rec website

The Counselor in Training Program is available for the Safety Village (Ages 4-6) and Camp KidZone (Grades entering 1-4) Summer Programs. Participants must be 14-15 years old or entering 9th or 10th grade.

The Safety Village Program is a half day program and the Camp KidZone is a full day program. Each participant has to commit to a 2 week session. An evaluation will be made after the completion of the CIT's session. If the CIT has done a good job, and space is available, then the CIT can come back for another session. The cost would still apply.

The CIT Program offers opportunities to interact with children, lead activities and participate in camp programs. CITs must have a sincere desire to work with children, a strong work ethic, lots of energy and creativity and a positive attitude. The objective of the CIT program is to better prepare the participants for future work with children. This is done through hands-on experiences and guidance from staff members.

Participating in the Counselor in Training (C.I.T.) program does NOT ensure that you will be hired as a paid counselor when you turn 16.

SAFETY VILLAGE CIT

Time: 8:15am – 12:00pm

Cost: \$60 a session

Session Options: Session 1: June 29 – July 10
(no program Friday 7/3)

Session 2: July 13 – July 24

Session 3: July 31 - August 7

CAMP KIDZONE CIT

Time: 8:15am - 4:30pm

Cost Session 1 – 3: \$120 a session

Session 4: \$60, **1 week session

Session Options: Session 1: June 22 – July 2
(no program Friday 7/3)

Session 2: July 6 – July 17

Session 3: July 20 – July 31

Session 4: August 3 – August 7, **1 week session

*Session 4 is only available to those CIT's that completed a previous 2 week session.

Summer Programs

IncrediFlix Summer Programs

Lights, Camera, Action! We are thrilled to partner up with IncrediFlix to offer these wonderful movie making summer programs. IncrediFlix gives children access to the world of entertainment. In every program there is a focus on teamwork, creativity, and imagination. The children will work in age appropriate groups and go through all of the steps that Hollywood producers go through. Students will learn brainstorming, story structure, and story boarding.

Your children will have the opportunity to make movies instead of watching them. And at the end, you and your child will have a movie to remember the experience forever!

Action Stop Motion Flix

For: Ages 7-13

Days: Monday - Friday

Dates: July 6 - 10

Time: 9:00am-12:00pm

Location: TBA

Fee: \$185 residents (non-residents add \$10)

Instructor: IncrediFlix Instructors

Use stop motion tricks to create fires, explosions, and even floods, as your characters can battle it out or work together to save the day in this action packed stop motion class. You'll work in small groups to storyboard, create the action, film, and voice-over these exciting movies!

*Flix downloadable within a month after program ends.

Minecraft vs Roblox Flix

For: Ages 7-13

Days: Monday - Friday

Dates: July 6 - 10

Time: 1:00pm- 4:00pm

Location: TBA

Fee: \$185 residents (non-residents add \$10)

Instructor: IncrediFlix Instructors

Make a Minecraft Movie, or make a Roblox movie, or make a mashup movie! Choose Minecraft or Roblox action figures to create a movie full of games or challenges for your character to overcome. In this stop-motion movie making class, you'll work in small groups to create and voice-over your movies.

*Flix downloadable within a month after camp ends.

Action Stop Motion & Minecraft vs Roblox Flix

If you cannot decide which IncrediFlix program to choose and want a full day option, you can sign up for both programs, which will include lunch supervision (you need to pack a lunch) and a discount for signing up for both IncrediFlix programs.

For: Ages 7-13

Days: Monday – Friday

Dates: July 6 - 10

Time: 9:00am- 4:00pm

Location: TBA

Fee: \$330 residents (non-residents add \$10)

Instructor: IncrediFlix Instructors

Action Movie Flix

For: Ages 7-13

Days: Monday – Friday

Dates: July 27 – July 31

Time: 9:00am- 12:00pm

Location: TBA

Fee: \$200 residents (non-residents add \$10)

Instructor: IncrediFlix Instructors

Adventure awaits you in these high intensity movies, where you'll use a green screen, camera tricks, & special effects to create your own live-action action movie. You'll collaborate to write, act, & direct in this stunt packed movie where you'll be taught action choreography to thrill the audience.

*Flix downloadable within a month after program ends.

Lego Flix

For: Ages 7-13

Days: Monday – Friday

Dates: July 27 – July 31

Time: 1:00pm- 4:00pm

Location: TBA

Fee: \$185 residents (non-residents add \$10)

Instructor: IncrediFlix Instructors

Bring Lego worlds to life! We provide the Legos. You provide your imagination. Work in groups to create a Lego set with Lego Characters for a stop-motion movie you'll storyboard, shoot, and add voice-overs to.

*Flix downloadable within a month after program ends.

Action Movie & Lego Flix Full Day

If you cannot decide which IncrediFlix program to choose and want a full day option, you can sign up for both programs, which will include lunch supervision (you need to pack a lunch) and a discount for signing up for both IncrediFlix programs.

For: Ages 7-13

Days: Monday – Friday

Dates: July 27 – July 31

Time: 9:00am- 4:00pm

Location: TBA

Fee: \$345 residents (non-residents add \$10)

Instructor: IncrediFlix Instructors

Summer ART-Ventures for Kids

The Northampton Parks & Recreation Department is working again this summer with ART-Ventures to offer your children one week of unique and imaginative Art-Ventures this summer! Art-Venture helps children make the connection between art and the amazing world around us. They believe the best route to expanding one's creativity is through exploring and experimenting with as many art forms, tools and techniques as possible. As a result, children are exposed to a world of artistic wonder while they are encouraged to apply their own original ideas and their own unique perception and interpretation of art.

Bouncy Bendy Art in Motion

For: Ages 5-12

Days: Monday – Friday

Dates: August 10 – August 14

Time: 9:00am-12:00pm

Location: TBA

Fee: \$150 residents (non-residents add \$10)

Instructor: ART-Venture Instructors

Art-venture with a totally unique twist! Make masterpieces with real moving parts, create the illusion of movement, and discover art processes that use motion to get amazing results. Combine metal, wood, and paper to build Spinning Sculptures inspired by Calder, and design Stretchy Stained Glass art you can re-shape again and again. Sculpt goofy Clay Monsters, craft Bendy Paper Lizards, and paint Seascapes like Money. Create Matisse Watercolor Banners, Fireworks Flower Pots, and Textured Tissue Paper art. With a focus on color, shape, and MOTION, this program will have you jumping for joy!

Bouncy Bendy Art in Motion Full Day Option

Don't want the messy art fun to stop at 12? Join us for the whole day for lunch, games and more art fun!

For: Ages 5-12

Days: Monday – Friday

Dates: August 10 – August 14

Time: 9:00am - 4:00pm

Location: TBA

Fee: \$275 residents (non-residents add \$10)

Instructor: ART-Venture Instructors

Summer Programs

Sport Skill Programs

In conjunction with a number of established coaches we offer a variety of sport programs to allow young athletes to learn new skills in various areas of sport. These programs are affordable and serve as an excellent opportunity to improve skills. For more details and descriptions, check out our website.

Basketball

For: Players entering grades 2-8

Days: Tuesday – Thursday

Times: 9:00am - 12:00pm

Dates: July 21 – 23

Location: Smith Voke High School

Fee: \$100 (non-residents add \$10), includes t-shirt

Director: Joe Mantegna, Jr., Head Coach, Blair Academy, NJ Coach Mantegna, a former Hamp High player, has coached at Blair for 20 years and has built it into a national prep school basketball powerhouse. This program will specifically address shooting, offensive and defensive footwork, post play, ball-handling, setting and using screens, improving basketball fitness and athleticism and increasing basketball knowledge.

Girls Basketball

For: Girls entering grades 2-8

Days: Tuesday - Thursday

Times: 9am - 12pm

Session 1: July 7 - 9

Session 2: August 4 - 6

Location: Smith Voke High School

Fee: \$75 per session

Directors: Brad "Bardo" McGrath, Jr., Perry Messer, Hamp High coaches. This popular program is for new and current basketball players who will be broken into age appropriate groups. Players will work on ball-handling, shooting, defense and basketball knowledge.

Soccer

For: Kids entering grades 2-7

Days: Wednesday - Friday

Dates: June 24 – 26

Time: 9:00am-12:00pm

Location: JFK Middle School

Fee: \$65 (non-residents add \$10), includes t-shirt

Director: Brad "Bardo" McGrath, Jr., Former Hamp High Varsity Coach, current youth coach and official.

This popular program is for new and current soccer players who will be broken into age appropriate groups. Players will work on dribbling, passing and shooting skills along with playing scrimmages.

Coed Lacrosse

For: Kids entering grades 1 – 8

Days: Tuesday - Thursday

Dates: June 30 - July 2

Time: 9:00am – 12:30pm

Location: JFK Middle School

Fee: \$75 (non-residents add \$10), includes t-shirt

Director: RJ Dawson, Coaches at St. Andrews School in Florida
The focus of this program will be to develop the proper fundamentals of throwing, catching, shooting and dodging. Also, players will work on individual position skills; defensive positioning, goalie play, face-offs, and more.

Tennis Programs

We offer weekly "Junior Tennis Clinics" see the tennis program youth page for dates and times.

ADULT & HIGH SCHOOL GROUP LESSONS

Group lessons are offered through the spring, summer, and fall. Sessions for the following classes are listed below.

Tennis Fundamentals: Introductory class that teaches the basic strokes, movement, and strategy needed to begin to play the game. Sessions 1-4 only.

High School Tennis: This group will be made of students entering 9th through the 12th grade in the Fall of 2020. Ideal for High School players wanting to work on their game after the season, the class will incorporate play situations, movement, strategy, and patterns of play. The class is also open to less experienced players.

Intermediate Tennis Drills: A fast paced workout with lots of drills and games. Play situations, movement, and patterns of play are incorporated. Players should be able to hit cooperatively with others and sustain a rally with both groundstrokes and volleys.

Adult Group Lesson Schedule

Monday & Wednesday

Sessions 1-2: 6:00 – 7:00pm, Tennis Fundamentals

Sessions 3-5: 5:30 - 6:30pm, Tennis Fundamentals

Tuesday & Thursday

Sessions 1-2: 6:00 – 7:30pm, Intermediate Tennis Drills

Sessions 3-4: 4:30 – 6:00pm, High School Tennis

6:00 - 7:30, Intermediate Tennis Drills

Session 4: 6:00 - 7:30, Intermediate Tennis Drills

Session 5: 5:30 – 7:00pm, Intermediate Tennis Drills

Session 1: May 4 – May 28 (No class Memorial Day-5/25)

Session 2: June 1 – June 25

Session 3: June 29 – July 23

Session 4: July 27 – Aug. 20

Session 5: Aug 24 – Sept 17 (No class on Labor Day-9/7)

* Classes missed due to weather and holidays will be made up on the first available Friday.

Fee *: \$75, non-residents add \$10

*Students may drop in to the Drills classes for a \$15/class fee (\$18 / non-residents). Punch card system will be available, check back in April.

ADULT TENNIS LEAGUE

Northampton Singles League

Dates: Monday, May 18 – Sunday, August 16

League fees: \$22, non-residents add \$10

Registration Deadline: Monday, May 11

On-Line Registration: Players sign up by logging on to northampton.tencaptennis.com. New players will first need to click on "JOIN THE COMMUNITY" which is free. There is a brief waiting period but you'll receive an email that you've successfully joined the Community and you'll be able to register for our league. Please contact Mike Kolendo directly at 413-374-9738 with any issues.

Summer Programs

League Jamboree: The Jamboree is for new league participants. It allows us to see new players play and helps us properly place them, by ability, in the league. New players should be prepared to play for an hour.

Jamboree Date: Saturday, May 9

Time: 2:00pm – 4:00pm

Site: JFK Middle School Tennis Courts

Rainsite: Indoors at Maple Ridge Community Center, 659 Amherst Road, Sunderland, MA

JUNIOR GROUP PROGRAMS

Quickstart Tennis uses the 10-and-Under play 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. Smaller courts and low compression or foam balls are used to get kids to actually play tennis quicker.

Quickstart 1 Tennis

For: Ages 5 – 7

Days: Saturday

Time: 9:00 – 10:00am

Session 1: May 2 – June 13

Session 2: Sept. 5 – 26

Fee: Session 1: \$75, non-residents add \$10

Session 2: \$50, non-residents add \$10

* No class 5/23, Memorial Day weekend. Make-up classes due to weather and holidays will be held on the Saturday following the end of the session.

Quickstart 2 Tennis

For: Ages 8 – 10

Days: Saturday

Time: 10:00 – 11:00am

Session 1: May 2 – June 13

Session 2: Sept. 5 – 26

Fee: Session 1: \$75, non-residents add \$10

Session 2: \$50, non-residents add \$10

* No class 5/23, Memorial Day weekend. Make-ups due to weather and holidays will be held on the Saturday following the end of the sessions.

Hot Shot Tennis

For all levels of players, they are divided by ability. Beginners will learn the fundamentals and the more advanced players will work on perfecting their skills and strategies.

For: Ages 10 – 14

Day: Saturday

Time: 11:00am – 12:30pm

Session 1: May 2 – June 6

Session 2: Sept. 5 – 26

Fee: Session 1, \$110, non-residents add \$10

Session 2: \$75, non-residents add \$10

* No class 5/23, Memorial Day weekend. Make-ups due to weather and holidays will be held on the Saturday following the end of the session.

Junior Tennis Programs

This program is held weekly during the summer. The morning Skills & Drills session will focus on learning and developing skills. The Game Play session focuses more on playing matches with other participants and learning as you play. Participants can sign up for just the Skills & Drills, just the Game Play, or sign up for both to receive a discount. This program is for all levels of players. Beginners will learn the fundamentals and the more advanced players will work on perfecting their skills and strategies.

For: Ages 8 – 14

Days: Monday – Friday

Time:

Skills & Drills Session: 9:00 – 10:30am

Game Play Session: 10:30am – 12:00pm

Week 1: June 22 – 26

Week 2: June 29 – July 2 (no session Fri 7/3)

Week 3: July 6 – 10

Week 4: July 13 – 17

Week 5: July 20 – 24

Week 6: July 27 – 31

Week 7: Aug 3 – Aug 7

Fee: Weeks 1 and 3 – 9: \$60 per session, \$100 if you sign up for both skills and game play during the week

Session 2: \$48 per session, \$80 if you sign up for both skills and game play during the week

Non-residents add \$10

You must register by the Friday before the week begins. There is a \$10 late fee if registering after 4:00pm on Friday of previous week.

OTHER AVAILABLE SERVICES

Private Lessons: Mike Kolendo, USPTA Elite Tennis Professional, \$60 per hour. Racquet stringing, re-gripping, demos, and racquet/shoe sales: See Mike for details.



Youth Programs

Additional youth programs are listed under the Aquatic section and tennis section pages.

Spring Fling Vacation Program

For: Grades 1 – 5

Dates: April 21-24

Days: Tuesday - Friday

Time: 8:30am - 4:30pm

Fee: Tuesday, Wednesday, Friday: \$40/day

Thursday: (Bus Trip to InterSkate 91) \$50

Non-residents add \$10 to total fee.

Location: Aquatic and Family Ctr. at JFK

This exciting vacation week program offers youngsters an excellent opportunity to spend their break having fun with friends. Activities include swimming, both indoor and outdoor games, arts and crafts projects, sports and special events. Children must bring a bathing suit, towel, lunch and snacks each day. Theme days will include Games Galore, Wild Wednesday, Great Skate and Fiesta Friday.

Food Explorers

For: Youth in grades 2 - 6

Day: Mondays

Dates: March 9 – March 30

Time: 4:00 – 5:15pm

Location: JFK Middle School

Fee: \$65 Residents, \$75 Non-Residents

Learn how to make your baked goods delicious and healthy with a Registered Dietitian. We'll explore new techniques, and learn how to make healthy and nutritious ingredient swaps while we make muffins, coolies, quick breads and savory biscuits. All recipes will be nut free but may contain dairy and eggs.

Youth Golf Lessons

For: Ages 11-17

Days: Saturdays

Time: 9:30– 10:30am

Dates: Session 1: June 20 – July 25 (no class 7/4)

Session 2: August 1 – August 29

Instructor: Ray Millette, Golf Professional

Fee: \$95 Residents, \$105 Non-Residents

Location: Meadowcrest Driving Range in Leeds

This is an inexpensive way to introduce yourself to the game of golf. Depending on class size and material being covered, class will be approximately one hour. Wear comfortable athletic clothing and non-slip shoes. Only one mid range (5, 6 or 7 iron) golf club is needed. If you don't have your own club, we may be able to supply one.

Sticks for Kids!

We have golf clubs for kids to borrow for free!

Northampton Parks & Recreation was selected by the National Recreation and Park Association to take part in a pilot program, Sticks for Kids. The goal of the program is to introduce youth to the sport of golf. Through the partnership, Northampton Parks & Recreation has received several sets of junior golf clubs that are available for free use by youth in the community. If you would like to borrow a set of junior golf clubs, please contact the Parks & Recreation office at 587-1040 or recreation@northamptonma.gov.

Northampton Girls Youth Lacrosse (NGYL)

NGYL has joined the Northampton Parks and Recreation Department! Teams in this program compete in the Western Massachusetts Girls Lacrosse League (WMGLL), and fields teams at three divisional age levels: Bantam (3rd/4th graders), Junior (5th/6th graders), and Senior (7th/8th graders). Any girl who resides in the city of Northampton, or who attends a Northampton school, or who resides in a neighboring town that is not a member of the WMGLL league may be eligible to play. Registration has begun, visit website for more details.

Summer Track Series

For: Children entering grades 2-9

Days: Fridays & Tuesdays

Time: 5:00 - 8:15pm

Orientation Day: Tuesday, May 26, 5:30 – 7:00 pm

Dates: May 29, June 5, 12, 19, 26 Rain Dates: June 16, 23

Location: Northampton High School Track Field

Fee: \$48 one child, \$79 two children, \$95 for families of 3 or more (non-residents pay an additional \$10)

Registration Deadline: (specific form available at the Parks & Recreation office and on website)

The Parks & Recreation Department and the Sugarloaf Mountain Athletic Club team up to sponsor this track program for boys and girls of all ability levels. Children will be placed on one of five teams and will compete in relay races and some open events. All participants will receive a team t-shirt. Please use track specific registration form when registering for this program. For more information about Sugarloaf Mountain Athletic Club visit www.sugarloafmountainathletic.org.



Youth Programs

Middle School Track and Field

For: Youth in grades 6-8

Days: Fridays (possible weekend meets)

Time: 5:00 - 6:30pm

Orientation: April 3

Practices: April 17 - May 22

Fee: \$50/child (non-residents add \$10)

Location: Northampton High School Track Field

The Northampton High Varsity track and field coach, Branden Palmer, will be leading this exciting new program! Participants will get the chance to participate in jumping events, various races, and throwing events. The orientation on April 3 is free to attend if you are on the fence about joining.



Junior Cyclocross Training

For: Youth in grades 2-8

Day: Mondays

Dates: April 27 – June 1 (5 sessions, no program on May 25)

Time: 5:30-6:45pm

Location: Look Memorial Park

Fee: \$40/child (non-residents add \$10)

Look Park entry fee or sticker required

Cyclocross is one of the fastest growing sports. It combines skills and action of mountain biking with the speed and power of road cycling. It is typically raced on a loop consisting of grass, dirt trails, pavement, sand, mud, barriers and hills. This program is sponsored by the Northampton Cycle Club, and includes safety and basic cyclocross technique and racing. For more information, visit www.nohobikeclub.org.

Coed Ultimate League

For: Boys & Girls, Grades 6, 7 & 8

Days: Wednesday & Friday practices, games may vary weekend tournaments

Dates: March 23 – May 31

Times: Practices: TBA Games: Weekdays, times vary, weekend tournaments

Fee: \$85, non-residents \$95

Location: Bear Hill Field

This exciting Ultimate Coed League is a recreational traveling Ultimate league. It includes teams from local schools in Easthampton, Hadley, Amherst and others. Practices and home games will take place at the Bear Hill field next to JFK Middle School. Teams will participate in approximately fourteen games that include both home and away games and two weekend tournaments. Participants can only play on one team in this league.

Northampton Field Hockey

For: Senior Team: 7th and 8th grade

Junior Team: 4th – 6th grade

Dates: Mid August – November

1-2 weekday practices

Saturday morning games, some weekdays

Location: Ray Ellerbrook Field, away games with local area towns

Registration: Begins in May, check website

This fun and energetic program is offered through Northampton Parks and Recreation. Learn the fundamentals of field hockey while increasing your knowledge of the game in a fun filled team environment!

YOUTH BASEBALL

Li'l Sluggers Tee Ball Baseball

For: Ages 4 -6 (must be 4 as of 8/31/20)

Days: Saturdays

Time: 9:00-10:15am or 10:30-11:45 am (varies each week)

Dates: April 25 – June 13 (no program 5/23)

Fee: \$50 before March 30, \$55 after (non-residents add \$10)

Location: TBA

Lil' Sluggers Tee Ball serves as an introduction to the games of baseball and softball in a fun, active, non-competitive environment. We recognize that Tee Ball is often a family's first experience with baseball. Players will learn foundational skills of baseball/softball such as batting, catching, throwing and fielding for gains in both experience and confidence. Players can expect to hit from a Tee throughout the season, but as the season progresses, coaches are given the option to introduce coach pitch to players who are ready to hit in this fashion. The emphasis is on children receiving skill development thru a positive instruction, equal participation and the value of teamwork and most importantly having fun. Players are coached by volunteer parents who are trained by Northampton Parks & Recreation.

Coaches are needed! Volunteers interested in coaching in the Tee Ball program are asked to contact the Parks & Recreation Department.

Privately Run Leagues

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

Northampton Baseball & Softball

Various Divisions for ages 6 through 16: Their objective is to instill in the youth of the greater Northampton community a love of the game by building a foundation of baseball and softball skills that will allow for spirited and fair competition. The goal is to help players develop and strengthen the fundamental physical and mental skills associated with the game. See www.NBSL.org

Sandy Koufax Summer League

Play on a 90' diamond. Tryouts are usually posted in March.

Visit www.NBSL.org for details

American Legion and Junior Legion Baseball

Contact: Mike Noonan, 413-586-7760

Women's Softball

Contact: Bernadette Stark, berniestark@gmail.com

Youth Programs

Boys Youth Lacrosse

This league is for boys in grades 3 to 8. Teams travel to compete with other teams in Western Massachusetts and Northern Connecticut. They are affiliated with Connecticut Valley Youth Lacrosse League. For information, see www.northamptonlacrosse.com.

Northampton Community Rowing

Adult and youth programs through a variety of competitive and recreational opportunities. Open to participants from throughout the Pioneer Valley. Programs are run out of the Connecticut River Greenway Park. www.northamptoncommunityrowing.org

Northampton Youth Football

For: Children in grades 3 to 8

Date: August through October

This league is run by the Northampton Youth Football Association. Registration begins in June. This is an organized league which plays against other teams in Western Massachusetts Communities. www.northamptonyouthfootball.org.

Northampton Soccer

Includes programs for competitive travel soccer under Northampton Soccer Club of all ages. Both Spring and Fall soccer offers playing and training options for kids of all interest and skill levels. www.northamptonsoccer.org.

Western Mass FC

Provides a competitive soccer playing experience for dedicated players through practice sessions and games at the highest competitive age-appropriate level possible, both Spring and Fall. www.sportsmanager.us/WesternMassFC.com

FALL SOCCER

Introduction to Soccer

For: Coed Kindergarten division, Boys & Girls grade 1 & 2

Days: Saturdays

Time: Mornings

Dates: September - October

Location: Look Memorial Park

Registration: Begins in June, please call or check Parks & Recreation Dept. website for form.

Learn to play the game in a fun and exciting atmosphere! This is an instructional program run by the Parks & Recreation Department utilizing parent volunteers to teach the fundamentals of the game of soccer. Registration deadline is early August.

Pre-School Introduction to Soccer

For: Parent/Child program, 4 year olds and a parent

Days: Saturdays

Time: Mornings

Dates: September - October

Location: Look Memorial Park

Registration: Begins in June, please call or check Parks & Recreation Dept. website for form.

This introductory program will teach soccer skills for 4 year old children. The objective of the program is to aid players with their parent's guidance to develop basic soccer skills, such as shooting, dribbling, defense, and agility that are needed to participate in organized soccer. Registration deadline is early August.

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.

Pickleball

Check our website for various options. What is Pickleball you ask? Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. We offer an outdoor program when weather permits, and indoor open programs too. Check out the fun!

Adult Golf Lessons

Beginner

For: Ages 18 & over

Dates: Session 1: May 1 – June 6 (no class on 5/22 or 5/23)

Day/Time: Fridays, 5:30pm or Saturdays, 9:30am

Session 2: June 19 – July 25 (no class on 7/3 or 7/4)

Day/Time: Fridays, 5:30pm or Saturdays, 10:30am

Session 3: July 31 – August 29

Day/Time: Fridays, 5:30 pm or Saturdays, 10:30 am

Location: Meadowcrest Driving Range in Leeds

Fee: \$ 95 residents/\$105 non residents

Instructor: Ray Millette

These lessons are designed to enhance your golf skills. Depending on class size and material being covered, class will be approximately one hour. Wear comfortable athletic clothing and non-slip shoes. Only one mid range (5, 6 or 7 iron) golf club is needed.

Advanced

For: Ages 18 & over and who is an experienced golfer who wants to progress beyond his/her current level or experiencing a decline in skill level.

Dates:

Session 1: April 30 – May 28

Session 2: June 18 – July 16

Session 3: July 30 – August 27

Day: Thursdays

Time: 5:30 pm

Location: Meadowcrest Driving Range in Leeds

Fee: \$95 residents/\$105 non residents

Instructor: Ray Millette

These lessons are for the experienced golfer. If you've been playing golf for some time but find yourself unable to progress beyond your current level or you are experiencing a decline in your skill level, then this class may be just what you need! Both senior and younger golf players can benefit. Classes will focus on identifying each golfer's individual strengths and weaknesses. Once they are identified and explained, you will be given exercises and drills to amplify your strengths. Wear comfortable athletic clothing and non-slip shoes. Bring all your golf clubs.

Adult Programs

ADULT SOFTBALL

These slo-pitch leagues are run by the Parks & Recreation Department. Teams register for the league and are placed in divisions based on skill level. Team entry fees are charged to cover all league operation costs. Call 587-1040 for league information and roster packet, or check the Parks & Recreation Dept. website.

Men's Softball League

For: Ages 16 & over

Days: Weeknights & Sundays

Dates: May - July

Location: Maines Field, Riverside Drive

Organizational Meeting for team managers: March 25, 6:30pm, at the Northampton Parks & Recreation Department. Call the Parks & Rec. Dept., 587-1040 or email for league information & roster packet.

Coed Softball League

For: Ages 16 & over

Days: Varies

Dates: May - August

Location: various City fields

Organizational Meeting for team managers: March 25, 6:00pm, at the Northampton Parks & Recreation
Call the Parks & Rec. Dept., 587-1040 or email for league information & roster packet.

Fall Men's Softball League

For: Ages 16 & over

Days: Weeknights & Sundays

Dates: Early September - Mid-October

Location: Maines Field

Entry Deadline: Mid-August, contact Parks & Recreation for details.

Special Events

EGGstravaganza!

For: Ages 10 & under, bring a basket

Date: Saturday, April 11, 2020

Egg Hunt Time: Times are sharp so get there early!

Bring a basket or bag to put eggs in.

1:00 pm, Age 2 & under

1:15 pm, Age 3, 4

1:30 pm, Age 5, 6

1:45 pm, Age 7, 8

2:00 pm, Age 9, 10

Egg Hunt Fee: Free

Vehicle Entry Fee: Free from 12:30-2:00 pm

Location: Look Memorial Park

Don't miss out on the popular EGGstravaganza! This year's hunt includes over 10,000 eggs with goodies inside. The 2 and under division will receive a snack after the egg hunt rather than eggs with small items inside. Bring a basket or bag to collect eggs. Each age group will have 2 golden tickets hidden in the eggs. Golden Tickets winners will also receive a prize. Arrive early, the times are sharp! Sponsored by the Parks & Recreation Dept., Florence VFW, and Look Memorial Park. For a small fee, there will be train rides with the bunny.

Join us for the 10th Annual Northampton Family Fourth Celebration!

Games, prizes, live entertainment, food, fun and fireworks!

Date: Saturday, June 27 (Rain date: Sunday, June 28)

Time: Festivities start at 5:00 pm, Fireworks at dusk

Location: Look Memorial Park

Fee for activities: Varies

Vehicle Entry Fee: Varies

www.northamptonfamilyfourth.com

www.facebook.com/NorthamptonFamilyFourth

There is something for everyone during the NFF Celebration! There are tons of activities to delight people of all ages. The carnival area is run by our Northampton School PTO's and sport groups as well as the Northampton Parks & Recreation Department. The fun includes face painting, bounce castles & slides, bean bag toss, and much more! Live entertainment for all ages is held on stage throughout the evening's festivities. Fresh cut french fries, fried dough, burgers, hot dogs, etc. snacks and drinks also available for sale. Alcohol and portable grills are prohibited. The night concludes with a fireworks display at dusk!

Sponsorship Opportunities

Every penny helps! The cost to hold the Family Fourth is approximately \$25,000 and community donations from people like you are necessary to make it happen!

Check out www.northamptonfamilyfourth.com to see the various levels, or mail a check payable to "Northampton Family Fourth" to P.O. Box 60092, Florence, MA 01062.

Questions? Email info@northamptonfamilyfourth.com, or call 413-587-1040.

Volunteers Needed

If you'd like to help with the event, please contact us. Help is needed in various areas, fundraising, mailings, and the day of the event.

July is National Parks and Recreation Month

Each July since 1985, America has celebrated Park and Recreation Month. A program of the National Recreation and Park Association (NRPA) and the America's Backyard initiative, the goal is to raise awareness of the vital impact that parks, recreation, and conservation have on communities across the U.S. For more information, go to www.nrpa.org/july.



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Other Programs

National Youth Sports Coaches Association

For: Youth Sports Volunteer Coaches

Spring Clinic: For baseball, softball, t-ball, lacrosse

NYSCA is a national organization, which provides training for the city's legion of volunteer coaches in all sport areas. The Northampton Park & Recreation Department serves as a recognized chapter of NYSCA and conducts clinics throughout the year to provide this very valuable training for the city's youth coaches.

The clinics are online 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.

Community Gardens

New Gardener Registration

Date: Saturday, March 21

Time: 9:00am – 12:00pm

Location: Parks & Recreation Dept. office, 100A Bridge Rd, Florence, MA 01062

More information: www.nohogarden.org

The Parks & Recreation Dept., with a dedicated Garden Committee, coordinates the rental of approximately 400 garden plots for city residents at the former Northampton State Hospital grounds on Burts Pit Rd. 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. Registration is limited, first-come first-serve.

Grow Food Northampton Organic Community Gardens

These are operated by Grow Food, available online at: www.growfoodnorthampton.com

Facility Rentals- Maines Field, Arcanum Field

Maines Field, located on Riverside Dr. in Florence, offers the City a lighted softball field, four sand volleyball courts and a pavilion. All are available for group rental at various fees. Rent by the hour or day, rent one or a combination of the three.

Arcanum Field offers a pavilion for rent next to Safety Village. Other City fields and facilities are available for various fees. Inquire at Parks & Recreation Department.

Massachusetts State Parks - Pass Available

The Massachusetts Division of Conservation and Recreation has provided Northampton Parks & Recreation with one 2020 Park Pass that is available for families in Northampton to borrow. The Park Pass is valid for one carload (excluding buses or vans) of visitors to park for free at any state park day use area locations. The pass is valid at over 50 facilities in the Massachusetts state park system. Call us for availability.

Northampton DPW Forestry, Parks and Cemetery Division

Although a part of a separate department, the Parks & 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 Forestry, Parks & Cemetery Division of the DPW maintains about 135 acres of recreational playing fields, 10 acres of water division grounds, 5 acres of city street parks, Musante Beach, the skate park and miles of bicycle paths within the City of Northampton. They also maintain four City 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 587-1570.

Northampton Senior Services

The Northampton Council on Aging serves Northampton residents ages 60 and older. They offer a variety of services, programs, workshops, classes, fitness, and more. There are various clinics as nutrition workshops and an annual Health & Safety Fair. There are support groups, trips, and clubs. For more information, check www.northamptonma.gov/1769/senior-center or call them at 413-587-1228.

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 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. They provide free concerts in various settings, including nursing facilities, retirement communities, community events, parks and parades. They host and organize a yearly event, the Community Band Festival, located at Look Park's Pines Theater. The band rehearses on Wednesday evenings from 7-9pm at the Northampton High School Band room. Music difficulty ranges from medium easy to medium. For more information please visit www.florencecommunityband.com or call 584-3238.

Serio's Pharmacy

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AQUATIC AND FAMILY CENTER

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

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

Something for Everyone!

- * Fully accessible
- * Diving program
- * Six lane heated pool
3 1/2' - 13' depth
- * Pool Rentals
- * Men's and Women's locker rooms with showers
- * Pool Birthday Parties
- * Certified lifeguards
- * 1 Full Size Basketball Court Gymnasium (2 smaller courts within full court)
- * One meter diving board
- * Lap, Family and Youth Swim
- * Adult Pick-up Basketball
- * Sunday Free Senior Swim
- * Over 30 Pick-up Basketball
- * American Red Cross Swimming Lessons
- * Knitting, Yoga, & Photography Classes
- * Private Swim Lessons for Children & Adults
- * 6 Tennis Courts
- * Water Aerobic Classes
- * Adult Tennis Lessons
- * Red Cross Lifeguard Certification
- * Youth Tennis Lessons

AFC Office Hours

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

Spring Hours:

Monday – Friday, 4:00pm-8:00pm
Saturday, 9:30am - 5:00pm
Sunday, 11:00am – 4:30pm

Summer Hours:

Monday – Friday, 4:00pm-8:00pm
Saturday, 9:30am - 4:00pm
Sunday, 11:00am – 4:00pm

Registrations and information are also available at the Northampton Parks and Recreation Department, Monday – Friday between 8:30am – 4:30pm at 100A Bridge Road, Florence, MA 01062, on the grounds of JFK Middle School, 587-1040. www.northamptonma.gov/recreation

The pool & program schedules are available on our website, click on Aquatic & Family Center, Open & Lap Swim Schedule. The pool will be OPEN additional hours in the afternoons for lap & open swim on 4/21-4/24. Hours will be posted at the pool and on our website.

The AFC will be closed on the following days:

April 12 Easter
April 20 Patriot's Day
May 25 Memorial Day
July 3 & 4 Independence Day
August 17-30 Tentative closing of AFC for annual cleaning & maintenance

Non-Resident Fees

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

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

Scholarships

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

Tennis Courts

The Parks and Recreation Department supervises the 6 courts at the Aquatic & Family Center.

Open Swim

Open recreational swim times are available for families and individuals at many times throughout the week. Usually 1/2 of the pool is available with the use of the diving board. See detailed schedule for open times at the AFC or the Parks and Recreation office, or check out the open/lap schedule at www.northamptonma.gov/recreation, click on Aquatic and Family Center, then lap/open swim. Please contact the Aquatics Supervisor if your group is eight or more or during birthday parties to ensure proper staffing levels. Fee: AFC Members Free, Non-Members see walk in Fees

Pool Rental

Treat your child to a birthday party, celebrate a sport season with the team, or schedule a swim day for a group just for the fun of it! The pool is available for rentals. Please call or check our website to inquire about availability and fees.

Memberships

Memberships entitle individuals and families to discounted rates for activities and classes, free access to open swim, open basketball, as well as discounted passes for the David B. Musante Beach in Leeds during the summer.

A family consists of 2 legally married adults & dependent children or single parent with dependent children living in the same household.

Membership Fees 1 Year 6 Month

Pass Description	Fee	Fee
Resident Youth	\$90	\$70
Resident Adult	\$135	\$105
Resident Senior	\$90	\$70
Resident Family	\$240	\$155
Nonresident Youth	\$140	\$119
Nonresident Adult	\$175	\$145
Nonresident Senior	\$140	\$119
Nonresident Family	\$305	\$220

Guests of members receive \$1 discount on their walk-in fee. Senior age is 55 and over, youth age is 2- 16, Children under 2 are Free

Daily Walk-in Fee

Resident Youth/Senior	\$4
Resident Adult	\$5
Nonresident Youth/Senior	\$5
Nonresident Adult	\$6

Adult Programs

*Dates and Times are subjected to change, Please check website for up to date schedules.
Fees listed in the order of AFC Member / Resident / Non-Resident*

Sunday Free Community Senior Swim

Time: 11:00am – 4:30pm (4:00pm July and August)

For: Ages 55 and better!

Sessions: Weekly, except when facility is closed

Fee: FREE to residents of Northampton, Leeds, Florence

Come enjoy the water, socialize, exercise and make it a great day in either the open swim or the lap lanes. This open swim time is open to all ages, but free to residents 55 and up.

Aqua Zumba®

Aqua Zumba® is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends Zumba® with water resistance, for one pool party you do not want to miss! The benefits here are there is less impact on your joints and using water's natural resistance which helps tone your muscles. With this class, you will blast calories and sculpt your way to lean muscles, and work head to toe on strength, toning, balance, coordination, flexibility, agility, and end up feeling refreshed and rejuvenated! Patricia J. is Zumba® Licensed and AFAA® Certified."

Time: Monday 6:00 – 7:00pm

Location: Aquatic & Family Center Pool

Session III: March 30 – June 15 (10 Classes)

(NO Class April 20)

Fee: \$30 / \$45 / \$55

Session IV: June 15 – August 10 (9 Classes)

(NO Class April 20 & May 25)

Fee: \$30 / \$45 / \$55

Daily Walk-in Fee: \$5 / \$6 / \$7

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

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 K. (Mornings), Christie E. (Tuesday and Thursday), Sidney L. (Wednesday) bring lots of energy to their dynamic, safe and constructive classes.

Morning Classes:

Mondays, Wednesday, & Friday 7:00 – 7:40am

Session IV: April 24 - July 6 (30 classes)

Fee: \$50 / \$75 / \$85

(There will be no class May 25)

Session V: July 8 - September 4 (20 classes)

Fee: \$34 / \$50 / \$60

(There will be no class August 17, 19, 21, 24, 26, 28)

Evening Classes:

Tuesday 6:00 – 7:00pm

Session III: March 10 – May 12 (10 classes)

Fee: \$25 / \$39 / \$49

Session IV: May 19 – July 21 (10 classes)

Fee: \$25 / \$39 / \$49

Session V: July 28 – September 1 (4 classes)

Fee: \$13 / \$20 / \$30

(There will be no class August 18, 25)

Evening Classes:

Wednesday 5:30 – 6:30pm

Session III: March 4 – May 6 (10 classes) No Class March 5

Fee: \$25 / \$39 / \$49

Session IV: May 20 – July 22 (10 classes)

Fee: \$25 / \$39 / \$49

Evening Classes:

Thursday 6:00 – 7:00pm

Session III: February 20 – April 30 (10 classes)

Fee: \$25 / \$39 / \$49

Session IV: May 7 – July 9 (10 classes)

Fee: \$25 / \$39 / \$49

Session V: July 16 – September 3 (6 classes)

Fee: \$15 / \$25 / \$34

(There will be no class August 20, 27)

Daily Walk-in Fee for all Water Aerobics Classes:

\$5 / \$6 / \$7 Fees listed in the order of AFC Member / Resident / Non-Resident

Masters', Fitness and Triathlete Swimming

Are you interested in a lifelong fitness activity, Master swimming competition or participating in a Triathlon? If so we have a great opportunity for you. Our program emphasizes stroke improvement and refinements using drills and positive feedback as well as training for improved cardiovascular fitness, overall fitness and speed. We have different levels of training ranging from newcomers to advanced swimmers.

Coach Kim B. has worked with age group, high school, collegiate, open water and master's swimmers of ALL levels from non-swimmer, beginner through NCAA Champions and English Channel swimmers. Six years HRY age group team coach, 3 years NHS swim team coach, 40+ years as Smith College Coach, 50 years of swimming teaching/coaching experience. Believes in positive feedback and positive motivation. Strives to help everyone achieve her/his goals.

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Adult Programs

Early Morning Classes:

Days: Tuesday and Thursday

Time: 6:05am – 7:25am

Location: Aquatic & Family Pool

Summer Session: April 21 – July 28 (29 classes)

Fee: \$110 / \$160 / \$170

Daily Walk-in Fee: \$6 / \$7 / \$8

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

1 meter Springboard Diving for Adults

Learn the basic springboard diving skills on a one-meter diving board taught by our experienced diving instructor, Lou Ann B., Northampton High School Diving coach. This program is for anyone desiring to learn to dive or for the experienced diver looking for practice time to improve their skills.

Day: Sunday

Time: Sunday: 11:15am – 12:15pm

Location: Aquatic & Family Center Pool

Session II: June 7 – July 5 (4 Classes)

Fee: \$40 / \$45 / \$55

(Sorry No Walk-ins)

There will be no class June 21

Open Basketball

Spring/Summer

Evenings: Tuesday: 6:00 – 8:45pm

Adult Open Pick Up (ages 18 and older)

Daily Fee: AFC Members – Free / Resident - \$3 / Non-Residents - \$4

Evenings: Thursday: 6:00 – 8:45pm

Adult Over 30 Pick Up (ages 30 and older: Proper Photo ID required)

Daily Fee: AFC Members – Free / Resident - \$3 / Non-Residents - \$4

Mornings: Saturday: 9:30 – 11:30am

Adult Open Pick Up (ages 18 and older)

Daily Fee: AFC Members – Free / Resident - \$2 / Non-Residents - \$3

Come take part in pick-up games, have some fun and get some exercise! Please check in at the AFC desk. Picture ID required for resident rate.

Knitting

Beth A. will take this class through all the basics for first time knitters as well as provide early and intermediate knitters with specific how-to like buttonholes, turning a heel, finishing, multi-standing, and help with projects as needed.

Day: Wednesday

Time: 6:00 – 8:00pm

Fee: \$35 / \$40 / \$50 Sorry no walk-ins

Location: Aquatic & Family Center Library

Session V: April 8 – May 13 (6 Classes)

Fee: \$35 / \$40 / \$50

Session VI: May 27 – July 8 (6 Classes)

Fee: \$35 / \$40 / \$50

(There will be no class June 17)

Session VII: July 15 – August 19 (6 Classes)

Fee: \$35 / \$40 / \$50

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

(Sorry No Walk-Ins)

American Mah Jongg

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, Americanized 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. Beth A. is the instructor.

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.

Day: Thursday

Time: 6:00 – 8:00pm

Location: Aquatic & Family Center

Session I (for Beginners): May 14 – June 4 (4 Classes)

Fee: \$40 / \$45 / \$55 (Sorry No Walk-Ins)

Session II (Practice & Play): June 18 – July 9 (4 Classes)

Fee: \$40 / \$45 / \$55

Daily Walk-in Fee for Session II only: \$12 / \$15 / \$25

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

Essentrics® (Classical Stretch on PBS)

Essentrics® is a low-impact class that rebalances your whole body. Gentle yet challenging movements lengthen and strengthen your 650 muscles and maximize joint mobility while releasing fascia, stimulating balance reflexes and strengthening bones. It is dynamic, energizing workout that promotes a strong, pliable, pain-free body. Appropriate for active individuals without injury. Lead by certified Essentrics® Instructor Melinda B.

Participants need to bring their own yoga mat and towel.

For more information: <http://www.spiralupworkout.com>

Day: Wednesday

Time: 6:00 – 7:00pm

Location: Aquatic & Family Center Community Room

Session IV: March 18 – May 20 (8 Classes)

Fee: \$60 / \$65 / \$75 (There will be no class April 15 & 22)

Session V: June 3 – July 22 (8 Classes)

Fee: \$60 / \$65 / \$75

Daily Walk-in Fee: \$8 / \$10 / \$12

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

Monday Evening Yoga

Instructor Beth T. will break down a variety of yoga poses to gain better understanding of how to align bodies safely. Explore breathing and meditation techniques to help quiet your mind. Yoga is a great way to build a strong and more flexible body; cultivate a calm, focused mind; experience a sense of deep peace and relaxation. Ideal for anyone wanting to work on stress-release. Participants need to provide their own yoga mat.

Day: Monday

Time: 6:00 – 7:15pm

Location: Aquatic & Family Center Community Room

Session III: February 10 – April 6 (8 Classes)

Fee: \$60 / \$65 / \$75

(There will be no class February 17)

Session IV: April 27 – June 22 (8 Classes)

Fee: \$60 / \$65 / \$75

(There will be no class April 20 and May 25)

Daily Walk-in Fees: \$8 / \$10 / \$12

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

Photography Digital SLR Classes

Check website for updates.

Adult Programs

CPR/AED with First Aid

American Red Cross Cardio Pulmonary Resuscitation (CPR), Automatic External Defibrillation (AED), and First Aid (FA) for Adults, Children, and Infants teaches you the skills to help during an emergency situation. The course is a blended learning program, where you learn most of the materials on line at your own pace. The Face-to-Face portion is a one class session where you practice and show proficiency in your skills.

Upon registering you will receive the link for the online portion.

MUST REGISTER BY MAY 11

(To allow time for the online portion to be completed prior to the in person skills session)

CPR/AED/FA for Adults Only: Skill Session

Day: Wednesday

Date: May 13 – 6:00pm - 7:30pm

Fee: \$60 / \$70 / \$80

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

CPR/AED/FA for Infants Only: Skill Session

Day: Wednesday

Date: May 13 – 7:00pm - 8:30pm

Fee: \$60 / \$70 / \$80

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

CPR/AED/FA for Adults and Infants: Skill Session

Day: Wednesday

Date: Wednesday, May 13 – 6:00pm - 8:30pm

Fee: \$70 / \$80 / \$90

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

CPR/AED for the Professional Rescuer (CPRO) is for First Responders (Police, Fire fighters, EMTs), Ski Patrollers, Lifeguards, and other emergency personnel.

MUST REGISTER BY MAY 13

(To allow time for the online portion to be completed prior to the in person skills session)

Day: Wednesday

Date: May 20 – 5:30pm - 9:00pm

Fee: \$70 / \$80 / \$90

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



Youth Programs

American Red Cross Learn to Swim

Learn to swim or improve ability with our wide-range of swim lessons. Experienced instructors offer quality instruction. If you have questions on level placement, please call 413-587-1040.

- 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. We encourage practice outside of class time for improved skill acquisition.
- Attendance is very important. New skills will build upon those learned in previous classes. We do not allow make ups for missed classes. Each class runs for thirty minutes.
- Please register your child for the recommended level. Do not register for a higher class than recommended. Northampton Parks and Recreation reserves the right to move children to the appropriate level if they are not registered in the correct level.
- Register early! We encourage you to register at least 1 week prior to the start of the class. Classes may be cancelled if minimum enrollment numbers are not met. If the registration deadline has passed, you may call the Parks and Recreation office at 587-1040 to see if any openings remain. Registrations will be accepted at our office or at the AFC until the first day of class.

Learn to Swim Class Descriptions

Parent / Child Lessons (Suggested ages 1-5 years)

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 (Suggested 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.

Learn to Swim Class Descriptions with suggested age

Level 1: Suggested 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: Suggested Ages 5 & up Prerequisites – Submerge mouth, nose, eyes, blow bubbles, able to bob in chest deep water, float on front & back with 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: Suggested 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

Youth Programs

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: Suggested 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: Suggested Ages 6 & up Prerequisites - Can swim front crawl with rotary breathing 25 yards, backstroke, butterfly, breaststroke, and sidestroke 25 yards.
• 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: Suggested 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.

Learn to Swim Schedule

This schedule is subject to change. For the most updated information please check our website:
www.northamptonma.gov/recreation

Thursday Session IV: March 12 - April 16; (6 classes)

Thursday Session V: April 30 - June 4; (6 classes)

Thursday Session VI: June 18 - July 23; (6 classes)

Times:

Pre-Level:	3:55 - 4:25pm
Level 1 & 2:	4:25 - 4:55pm
Level 3 & 4:	4:55 - 5:25pm
Level 5 & 6:	5:25 - 5:55pm

Fee: \$35 / \$50 / \$60 - Sorry to Walk-ins

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

Saturday Session IV: March 7 - April 11; (6 classes)

Saturday Session V: April 25 - May 30; (6 classes)

Saturday Session VI: June 13 - July 25; (6 classes)

(There will be no class July 4)

Times:

Parent with Child:	9:30 - 10:00am
Pre-Level:	10:00 - 10:30am
Level 1 & 2:	10:30 - 11:00am
Level 3 & 4:	11:00 - 11:30am

Fee: \$35 / \$50 / \$60 - Sorry No Walk-ins

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

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: 1 Person Pays: \$18 / \$20 / \$22 per ½ hour
2 People, each Pays: \$14 / \$16 / \$17 per ½ hour
3 People, each Pays: \$11 / \$13 / \$14 per ½ hour
Fees listed in order of AFC Member / Resident / Non-Resident

AMERICAN RED CROSS LIFEGUARDING COURSES

Anyone taking any lifeguarding course MUST successfully complete the pre-course requirements.

There is a \$25 pre-course requirement test fee, which is non-refundable in the event the participant does not pass or is not present for the pre-course requirement test.

Pre-course Swimming Test Requirements:

- Must be 15 years old by the completion of course. Proof of age may be requested.
- Swim 300 yards (12 lengths) continuously, demonstrating breath control and rhythmic breathing using front crawl or breaststroke. Goggles allowed.
- Tread water for two (2) minutes using only the legs (hands under arms or held out of water)
- Complete within 1 minute, 40 seconds: From shallow end of pool, swim 20 yards, surface dive to retrieve a 10-pound object from the deep end of pool, return to starting point holding brick with both hands while keeping face out of water, and exit water without using ladder or steps. Goggles NOT allowed. You will need to be able to open your eyes under water.
Copy this link to <https://www.youtube.com/watch?v=2TMAbHMpsB0&t=24s>

Waterfront pre-course requirements are the same as above with the following additions.

- Swim an additional 250 yards (10 lengths) for a total of 550 yards (22 lengths).
- Swim 5 yards, submerge and retrieve three diving rings placed five yards apart in four to seven feet of water, resurface and continue to swim another 5 yards. Goggles NOT allowed. YOU WILL NEED TO OPEN YOUR EYES UNDERWATER.

Youth Programs

American Red Cross Lifeguarding Course with Optional Waterfront Module

(See Waterfront description below)

This course trains individuals to become a certified Red Cross Lifeguard. Course includes certification in CPRO (Professional level CPR), First Aid and Lifeguard Training. Participants must be 15 years of age or older. Class materials, pocket masks, whistle, and hip pack included. Participants will be required to download the free participants manual. Participants MUST attend all classes and MUST successfully pass written and skills test to receive certification. This is a blended learning class. Some portions of class will be done online.

Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard/CPRO/AED/First Aid certificate which is valid for 2 years.

Pre-registration required, as space is limited and a minimum number is required to run the class.

Please call the Parks and Recreation office at 587-1040 if you have further questions.

Session I:

Sunday, April 26: 3:30 - 4:30pm for pre-course swimming test

Saturday/Sunday, May 2, 16, 17: 11:30am - 4:30pm

Wednesday, May 6: 5:30pm - 9:30pm (CPRO/AED)

Saturday, May 23: 11:30am - 4:00pm (Waterfront Module)

Fee: Price includes \$25.00 non-refundable pre-course swimming test fee

Lifeguarding Only: \$325 / \$335 / \$345 (includes all materials)

Lifeguarding with Waterfront: \$335 / \$350 / \$360

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

Session II:

Saturday, June 6: 3:30 - 4:30pm for swimming pre-course swimming test

Saturday/Sunday, June 13, 20, 21: 11:30am - 4:30pm

Wednesday, June 17: 5:30pm - 9:30pm (CPRO/AED)

Sunday, June 28: 11:30am - 4:00pm (Waterfront Module)

Fee: Price includes \$25.00 non-refundable pre-course swimming test fee

Lifeguarding Only \$265 / \$275 / \$285 (includes all materials)

Lifeguarding with Waterfront \$310 / \$325 / \$335

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

American Red Cross Waterfront Module Course

Waterfront Course is only available for those who already hold a current lifeguard certificate.

The waterfront module is designed to train pool lifeguards in working non-surf beaches. You will be trained in using mask & fins*, searching shallow & deep water areas, and using a rescue board. Training will occur in both pool and waterfront. Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard Waterfront Training certificate.

Pre-registration required, as space is limited and a minimum number is required to run this class.

Session I:

Saturday, May 23: 9:30 - 10:30am (pre-course swimming test & proof of LG Certification)

11:00am - 4:00pm (Waterfront Classroom, Pool, & Beach)

Fee: Price includes \$25.00 non-refundable pre-course swimming test fee

Waterfront Only* \$85 / \$95 / \$105

*Students need to provide their own mask and fins

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

Session II:

Saturday, June 27: 9:30 - 10:30am

(pre-course swimming test & proof of LG Certification)

Sunday, June 28: 11:00am - 4:00pm

(Waterfront Classroom, Pool, & Beach)

Fee: Price includes \$25.00 non-refundable pre-course swimming test fee

Waterfront Only* \$85 / \$95 / \$105

*Students need to provide their own mask and fins

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

American Red Cross Lifeguarding Recertification Course

This course is for Lifeguards having a certification expiration date that is 30 days or less than the class date.

Participants will need to present their certificate at the beginning of the class. This is a blended learning class. There is approximately ten hours of online learning for you to do on your own, prior to the in-class session. Class materials include; Pocket Masks (Adult & Pediatric), Hip Pack, Whistle, and Lanyard.

Pre-registration is required to allow participants to receive the online links for the online program, lifeguard manual, and provide enough time for completing the online portion of class.

Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard/CPRO/AED/First Aid certificate which is valid for 2 years.

The first hour of the class will be the Pre-Course swimming test which MUST be successfully completed. Please see descriptions of pre-course swimming test above.

Session I: Must Pre-register by June 1

Saturday, June 6: 9:30am – 5:00pm

Session II: MUST PRE-REGISTER BY JUNE 22 to allow time for the online portion to be completed prior to the in person skills session

Saturday June, 27: 9:30am – 5:00pm

Waterfront: Sunday, June 28: 11:00am – 4:00pm

Fee: Price includes \$25.00 non-refundable pre-course swimming test fee

Lifeguard Recertification Only: \$185 / \$195 / \$205 (includes all materials)

Lifeguard Recertification with Waterfront* \$245 / \$265 / \$275

*Students need to provide their own mask and fins

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

Youth Programs

1 meter Springboard Diving

Did you know that DIVING is a High School Sport? Get some experience now . . . learn basic diving skills from a one-meter board taught by our experienced diving instructor, Lou Ann B., Northampton High School Diving coach. This program is for anyone desiring to learn to dive or for the experienced diver looking for practice time to improve their skills.

Ages: 12 and Older

Day: Sunday

Time: 11:15am – 12:15pm

Location: Aquatic & Family Center Pool

Session II: June 7 – July 5 (4 Classes)

Fee: \$40 / \$45 / \$55

(Sorry No Walk-ins) There will be no class June 21

Fees listed in the order of AFC 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, and use of the adjoining party room for cake or party festivities. Each child will receive a gift bag with a special prize and a free swim pass for future use. Basic price is for maximum of 15 participants, \$7 for each additional child up to 20. Contact Aquatics Supervisor for information on pool rentals for more than 20 people. This includes Adults who will be in the water with party members.

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 paid, first served basis.

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

Fees listed in the order of AFC member / Resident / Non-resident



DAVID B. MUSANTE, JR. BEACH

Reservoir Road, Leeds

On Saturday, May 23 the David B. Musante, Jr. Beach will be open for its 30th season. Staff of trained, qualified lifeguards will be on duty to ensure a safe and enjoyable escape from the hot summer days. Please contact the Parks & Recreation Department or beach staff for additional information, or check our website for all the rules and regulations.

Pass Description	Fee
Family Resident	\$80
Family Non-resident	\$95
Adult Resident	\$50
Adult Non-resident	\$60
Child Resident (under 16)	\$40
Child Non-resident (under 16)	\$55
Senior Resident (55+)	\$40
Senior Non-resident (55+)	\$55

- A family consists of two legally married adults & dependent children, or single parent with dependent children living in the same household.
- A caregiver can be included on families season pass.
- Aquatic & Family Center Members receive \$5 pass discount.

Daily Individual Fees

Adult Resident	\$4.00
Adult Non-Resident	\$6.00
Child Resident (under 16)	\$3.00
Child Non-Resident (under 16)	\$4.00
Senior Resident (55+)	\$3.00
Senior Non-Resident (55+)	\$4.00

Season

Weekends only from Memorial Day weekend to June 21. From June 22 through Labor Day the beach will be open 7 days per week, weather & staff permitting.

Hours

10:30am to 6:30pm





CITY OF NORTHAMPTON
PARKS & RECREATION DEPARTMENT
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