

South Hadley Recreation Department Schedule of Events: October 2009

Basketball Registrations: Registrations for the Recreation Department's winter basketball program for children entering grades K-12 began Monday, September 14th and close Friday, October 30th for the 2009-10 season. Fees and commitment vary for each division. For more information, visit our web site or call the Recreation Office.

Suburban Travel Basketball: This is the Recreation Department's competitive basketball program for both boys and girls in grades 5-8. Players will have to tryout for these teams, which participate approximately three to four times per week. Suburban basketball travels to other towns in Western Massachusetts and features the very best competition for this age level. Registration for this program will began Monday, September 14th and will end Friday, October 16th and the cost is \$80 per player.

Youth Wrestling: The Recreation Department offers a co-ed wrestling program for children in grades K-8. The program practices from December-February. Registrations began September 14 and continue until the program begins in December.

Little Chefs: Our popular Little Chefs program is back! For Mosier School students, Little Chefs provides hands on cooking fun while introducing cooking vocabulary, techniques, nutrition, kitchen safety and more. The children will prepare healthy meals that they take home to cook with the family. The class will meet Wednesday afternoons from 3-4pm in the Mosier School cafeteria beginning October 7 and ending November 18 (there is no class on Nov. 11). The cost is \$80 for the six, one hour sessions.

Baby Sitting Training Classes: The Child and Babysitting Safety (CABS) Program is a community education program that covers child safety and basic care techniques for infants and children. This course is designed for pre teens and teenagers who may be responsible for watching younger siblings, neighbors and relatives. This program will teach the importance of responsibility, reliability, discipline, age appropriate activities, recognizing an emergency, emergency action steps, personal safety, fire safety, water safety, food safety, infant care and also basic first aid and choking management. We will also review marketing learning to be assertive. The attendee's will receive a CABS Student Handbook.

- **Where:** Michael E. Smith Middle School Cafeteria
- **When:** Monday, November 23 and Tuesday, November 24, 12:00pm – 3:00pm
- **Cost:** \$60.00

Participants should bring a pen/pencil and can bring a beverage and snack.

Enrollment is extremely limited so register early!!! Checks are made payable to the *South Hadley Recreation Department*.

NYC Shopping Trips: Join the South Hadley Recreation Department on our annual shopping trips to New York City. The trip includes motor coach transportation to and from New York. The bus will have a number of different drop points in the City. Use the trip to finish your holiday shopping or to catch a show!

Saturday, November 21:

- Bus will leave South Hadley High School at 7:30am for NYC and will return for home at 6:00pm.
- Cost: \$35 for residents/\$40 for non-residents.

Saturday, December 5:

- Bus will leave South Hadley High School at 7:30am for NYC and will return for home at 6:00pm.
- Cost: \$35 for residents/\$40 for non-residents.

Celtics Bus Trip: Join the South Hadley Recreation Department on our annual trip to Bank North Garden to see the Boston Celtics play Big Al Jefferson and the Minnesota Timberwolves. This year's trip will be held on Sunday, December 20 and will include motor coach transportation and a game ticket in section 308. The cost is \$70 for residents and \$75 for non-residents. The bus will depart at 2:30pm for the 6pm game.

Adult Co-ed Volleyball: Starting September 8th, the Recreation Department will begin open gym volleyball on Tuesday and Thursday nights from 6:30-9:00pm at the Michael E. Smith Middle School. Play is for both men and women, ages 14 and up and is for all ability levels. The cost is \$10 per the entire fall session that concludes November 24th. Another season is offered in the spring.

Adult Fitness Classes:

Aquacise: This one hour low impact water exercise class combines a variety of programs to promote cardiovascular fitness, improved flexibility and strength training in a low impact environment. Excellent for all fitness levels from the beginner to the advanced swimmer. The instructor is Carol Kelliher. Participants may register at the first class.

- **Fall Session I:** September 8 – October 29, 2009 (16 total classes)
- **When:** Tuesday and Thursday nights.
- **Where:** Michael E. Smith Middle Pool
- **Time:** 7:30 – 8:30pm
- **Cost:** \$80 for residents/\$85 for non residents. Registration for one night is permitted for ½ the fee.

Total Body Blast: This fall the Recreation Department will be offering **Total Body Blast**, a new and exciting adult fitness program instructed by Certified Group Fitness Instructor and Personal Trainer Tanya Ryan. Each class will be different, combining weight training, interval training and even some cardio kickboxing. This total body workout that will challenge all major muscle groups by using cardio, strength, endurance, power and flexibility.

- **Fall Session I:** September 16 – October 31, 2009 (14 total classes)
- **When:** Wednesday nights from 6-7pm and Saturday mornings from 9-10am.
- **Where:** South Hadley Town Hall Auditorium
- **Cost:** \$70 for residents/\$75 for non-residents. Registration for day per week is permitted for ½ the fee.

Zumba: Join our newest class, ZUMBA® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Class will begin September 29.

- **Fall Session I:** September 29 – October 27
- **When:** Tuesday nights from 6-7pm.
- **Where:** South Hadley Town Hall Auditorium
- **Cost:** \$25 for residents/\$30 for non-residents.

Ballroom Dance Classes – Foxtrot, Waltz, Salsa and Swing: Looking for something to do on date night? Join the South Hadley Recreation Department and instructor John Treworgy for ballroom dance classes on Friday evenings. Lessons are for beginners or those looking to brush up on their old moves! We will offer basic ballroom at 6:30pm, Waltz, Foxtrot, East Coast Swing and West Coast Swing. At 7:30pm, we will focus on the Salsa. Classes run for one hour in length and individuals are accepted and encouraged to signup!

- **When:** Friday nights October 16 – November 20.
- **Time:** 6:30-7:30pm Foxtrot, Waltz and Swing or 7:30-8:30pm Salsa.
- **Where:** South Hadley Town Hall Auditorium
- **Cost:** \$40 per residents/\$45 for non-residents. This is a per person fee.

Over 30 Men's Basketball: South Hadley's Over-30 Men's Basketball program will begin Sunday, November 8 and will run into March 2010. Play will be held weekly on Sunday mornings from 8:30am – 10:30am in the South Hadley High School gymnasium. The playing format is pickup games that are divided onto two courts based on ability/age of the participant. If you are interested in playing, just show up on Sunday morning ready to play! The cost is \$30 for residents and \$35 for non-residents.

Registration Hours/Information:

- 8:30am – 4:30pm Monday through Friday in the Town Hall Recreation Office and
- Selected Monday evenings from 6 – 8:30pm.
- Online registration is available for certain youth sport activities.
- For our adult fitness classes, registration is accepted at the class; however, each class has a limited enrollment that is first come, first served.

Recreation Department Contact Information:

- Phone number: 538-5039
- Email: recreation@southhadley.org.
- Website: www.southhadleyrecreation.org