

# SUMMER

# 2023



Town of Belchertown—Parks, Beach & Recreation Department

Kyle Thibeault, Director

66 State Street, Bldg. 1,

Belchertown MA 01007

[www.belchertownrec.com](http://www.belchertownrec.com)

413-323-0419

#### Office hours

Mondays - Thursdays

8:30 a.m. to 4:00 p.m.

Fridays & Saturdays

8:30 a.m. to 12:00 noon

Program details are subject to change.

# REGISTRATION INFORMATION

[www.belchertownrec.com](http://www.belchertownrec.com)

## **Registration Policies:**

Online registration must be done for all programs once you open an online account.

In-office registrations are accepted during our normal business hours of:

Monday – Thursday from 8:30am to 4:00pm

Friday & Saturday from 8:30am to 12:00pm

Registration by mail will be accepted with the proper on-line registration form and payment. Please DO NOT mail a check without an on-line registration form.

Out-of-town, non-resident registrations are welcome for indicated programs with a \$10.00 additional fee added.

All programs are offered on a first-come, first-serve basis.

Late registrations will be accepted based on availability. Late fees apply.

Any check returned for insufficient funds is subject to a \$20.00 charge.

All dates, times, and prices are subject to change at the discretion of the Parks & Recreation Director.

## **Refund/Cancellation and Transfer Policy:**

The Belchertown Recreation Department reserves the right to cancel, postpone or combine classes, adjust costs and change coaches, instructors and locations. In the event a program is cancelled by the Recreation Department, you will receive a full refund of the cost of the program. Unfortunately convenience fees charged by the processor for online payment are NOT eligible for a refund.

A refund will be granted to all individuals if a request is received before the program deadline date minus a \$10.00 fee. After the deadline date a refund will ***ONLY*** be processed if we are able to ***fill the spot*** for that program.

Please register during the designated registration period as each program requires a minimum number of participants to run. Signing up late will NOT resurrect the program.

Anyone looking to transfer into another program is allowed to request the transfer as long as it is before the deadline date. All transfers may be considered with the approval from the Recreation Director.

## **Registration Deadlines: 5 days prior to the start of the program**

Deadlines are used to determine whether there is enough interest in a program to run it. Late registrations will be accepted based on availability. Please register during the designated registration period as each program requires a minimum number of participants to run. Programs may have a maximum capacity, therefore **SPACE MAY BE LIMITED**. Signing up late will NOT resurrect the program.

## **Late Fees:**

Late fees for all activities will be assessed the first day after the registration deadline in the amount of \$10.00. Late fees are not assessed to penalize, but to encourage residents to register on time so the staff has sufficient time to plan programs, order enough program supplies and meet various league requirements. Late fees are NOT refundable.

## **Waiting lists:**

All registrations are accepted on a first come-first serve basis. If your desired program is filled, you will be notified and placed on a waiting list. When and if an opening becomes available, we will go to the waiting list to fill the spot.

## **Promotional/Social Media:**

For promotional purposes, photographs/videos may be taken of participants and posted in printed material, posted on a website, social media or other promotional material. If you do not wish to have your child's photo taken, please notify the Belchertown Recreation Department in writing prior to the program start as well as notifying the photographer and/or class instructor or coach.

## SUMMER D.A.Y.S. (Daytime Activities Youth Sports)

Choose one week or many and relax while your children enjoy a well supervised, friendly atmosphere. Participants will pass the days away playing games; participate in daily crafts or playing structured sports. Children will spend Tuesday at the Town Beach (weather permitting) includes lunch, Thursdays experiencing a field trip, such as bowling, a water park, movies or the zoo. Every Mon., Wed. & Fri. afternoon the children will spend an hour in the CHCS pool. Tues. Wed. & Fri. swim lessons will be offered for an additional fee. Monday, Wednesday & Friday lunch will be provided by Summer Eats at Chestnut Hill Community cafeteria



WHO: Boys and Girls entering grades 1 to 7  
WHEN: 8:00 am to 4:00 pm (Monday to Friday)

Week 1 June 26 to June 30

Week 2 \*July 5 to July 7

Week 3 July 10 to July 14

Week 4 July 17 to July 21

Week 5 July 24 to July 28

Week 6 July 31 to Aug 4

Week 7 Aug 7 to Aug 11

WHERE: Belchertown High School

COST: \$135.00 - resident/\$145.00 non -resident per full week.

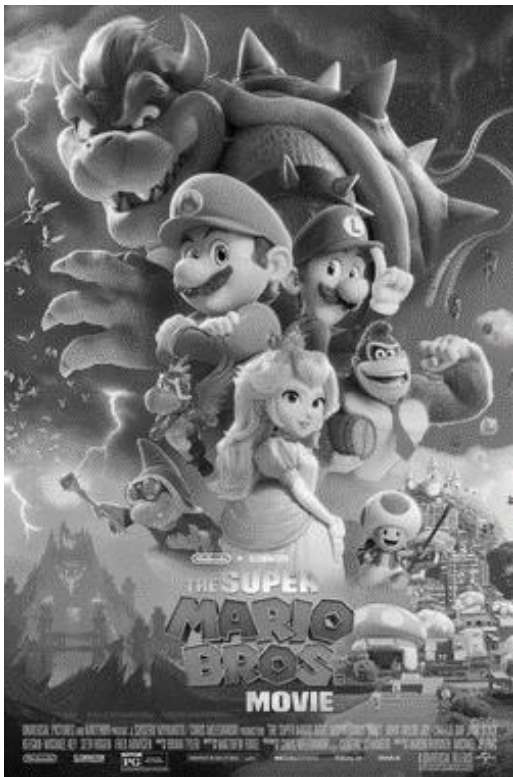
\*\$91.00 – resident/\$101.00 non-resident week 2



An additional \$25.00 per week for T-W-F morning swim lessons

REGISTRATION DEADLINE: 5 days prior to the start of each week (Space is limited)

Information regarding this program can be found at [www.belchertownrec.com](http://www.belchertownrec.com)



## MOVIE NIGHT ON THE BEACH

Come watch a movie under the stars! Join us at the Town beach, Lake Arcadia, Old Town Beach Rd. before going back to school for a fun filled family night. Movie goers should bring blankets and beach chairs. Picnics are welcome. Refreshments sold at the concession stand.

Friday, August 25, 8:00pm

Adults (13 & older): \$5.00 each,

Children (4-12): \$3.00 each

Children 3 & under: Free

## TINY TWIRLERS / INTRODUCTION BATON TWIRLING

This introduction to baton twirling will be a great way for your little one to learn basic twirling skills. Come & learn some basic tricks, play games & have fun! Baton twirling is an excellent way of developing hand-eye coordination, rhythm, timing, endurance, self-discipline, and overall total body coordination. Baton Twirling is a sport that brings so many positives to our lives such as physical fitness, flexibility, friendship and so much more.

<b>WHO:</b>	Boys and Girls ages 4 & 5	Boys & Girls ages 6-10
<b>WHEN:</b>	Monday – Wednesday Aug. 14-16 9:00 – 9:30am	Monday-Wednesday, Aug. 14-16 9:30 - 10:15am
<b>WHERE:</b>	Old Town Hall	Old Town Hall
<b>COST:</b>	\$35.00 resident/\$45.00 non-resident	\$40.00 resident/\$50.00 non-resident

### PRE-SCHOOL SOCCER

This program is designed to teach youth skills and drills soccer. This program is all about fun! Come learn the basic skills necessary to play organized soccer. Focus will be on teaching children skills while playing age appropriate games. The goal is to develop motor skills, coordination, creative thinking, positive interaction with other children and an enjoyment for soccer.

<b>WHO:</b>	Boys & Girls ages 3 & 4		
<b>WHEN:</b>	Mon.-Thurs. July 10-13		
	3 year olds 9:30-10:15 am	4 year olds 10:30-11:15am	3 & 4 year olds 5:00-5:45
<b>WHERE:</b>	Swift River Fields		
<b>COST:</b>	\$35.00 resident/\$45.00 non-resident		



### FULL COUNT BASEBALL

This fun pre-school baseball clinic will provide beginner level instruction to those interested in learning the basics of baseball. Whiffle balls will be used and many fun games will be played to learn proper techniques of throwing, fielding multiple positions, hitting, and base running. The focus will be on learning the game while having fun with others in a relaxed environment.

<b>WHO:</b>	Boys & Girls,	Ages 4 & 5	Ages 6 & 7
<b>WHEN:</b>	Mon.-Thurs.	July 10-13 9:00 - 10:30am	July 17-20 9:00-10:30am
<b>WHERE:</b>	Chestnut Hill Front Field		
<b>COST:</b>	\$50.00 res./\$60.00 non-res.		

### KICKING IT OLD SCHOOL

Children will learn fun games, activities and useful skills from days gone by. Before there were cell phones and video games there was still plenty of fun and learning to be had! Cats Cradle, Chinese jump rope, marbles, hopscotch, yo-yos, hand clapping games, traditional crafts, paper making, and more!

<b>WHO:</b>	Boys & Girls ages 6-11
<b>WHEN:</b>	Mon. – Thurs. July 31 – Aug. 3 9:00-11:00am
<b>WHERE:</b>	Foley Field
<b>COST:</b>	\$50.00 res./\$60.00 non-res

## NATURE ADVENTURE

Join us for a daily walk around the Lake Wallace Sensory Trail to observe turtles, frogs, heron, bees, butterflies, birds and more. We will create nature crafts, play games and have some fun with wildlife yoga.

**WHO:** Boys & Girls ages 4 - 7

**WHEN:** Mon. - Thurs. 9:00-12:00pm,

Session I: July 17-20

Session II: July 31-Aug. 3

Session III: Aug. 14-17

**WHERE:** Recreation Center

**COST:** \$100.00 res./\$110.00 non-res. per session

## HIKING CLUB

In this club we will take daily hikes throughout various trails along Lake Wallace.

Each child will receive a compass and journal. Along the way your child will learn hiking guidelines, identify wild berries, gain map-reading skills, basic first aid, a bit of trailside cooking and above all experience the joy of being together in the wilderness. We will document our adventures in a nature journal. We will hike rain or shine – come dressed for the weather!

**WHO:** Boys & Girls ages 5–7

**WHEN:** Mon. – Wed. June 26, 27, 28 9:00-11:00am

**WHERE:** Recreation Center

**COST:** \$45.00 res./\$55.00 non-res.

Boys & Girls ages 8-11

Mon. – Wed. July 24, 25, 26 9:00-11:00am

Recreation Center

\$45.00 res./\$55.00 non-res.

## INSTRUCTIONAL BASKETBALL CLINIC

This 4 day basketball program for boys and girls will emphasize fundamental skills such as dribbling, passing, shooting, and most importantly, having FUN! Skills, drills, and instruction will be individualized to age level/grade.

**WHO:** Boys and Girls entering grades 1 & 2

**WHEN:** Monday—Thursday, July 17-20

1<sup>st</sup> grade 9:00 to 10:00a.m.

2<sup>nd</sup> grade 10:15-11:15a.m.

**WHERE:** Old Town Hall

**COST:** \$70.00 resident/\$80.00 non-resident



## TINKER ART

Come to Tinker Arts for colorful and fun art projects! This art program allows children to have a playful, natural, and sensory experience with art. We'll do engaging activities that explore all the various colors and include a variety of ocean themed activities and will make mermaid tails that shimmer and shine! The goal is to encourage opportunities for creative expression and learning.

**WHO:** Boys & Girls age 4-5

**WHEN:** 9:00-10:30am Session I: Mon.-Thurs. 6/26-6/29

Session II: Mon.-Thurs. 7/10-7/13

**WHERE:** Recreation Center

**COST:** \$60.00 res/\$70.00 non-res per session

## NFL FLAG FOOTBALL

NFL Flag football provides the opportunity to experience fun, focus on teamwork and learn the skills of the sport. Flag football offers non-contact continuous action, while requiring minimal equipment. Each player will play every position and ensures equal playing time. This program includes NFL team jersey, flag belt, flags, mouth guard and trophy. Dream Big, Play Big!

**WHO:** Boys & Girls 5-14 years old Children are placed in Divisions: ages 5-7, ages 8-10 and ages 11-14.

**WHEN:** Season will run Mon. and Wed. evenings June 5-July 31.

**WHERE:** Foley Field

**COST:** \$80.00 resident/\$90.00 non-resident



## CUPCAKE CREATION

Have some fun decorating sweet and delicious cupcakes. This program children will learn that it's easy to decorate, learn how to use a pastry bag, frost, use different piping tips and basic decorating techniques. The theme for this class will be "Summer Picnic". At the end of the class participants will take home 4 different cupcakes they've created to share with their family.

**WHO:** Boys & Girls ages 6-8

**WHEN:** Monday, July 31, 9:00-10:30a.m.

**WHERE:** Recreation Center

**COST:** \$35.00 res./\$45.00 non res.

## BOYS BASKETBALL SUMMER LEAGUE

This non-competitive fun summer league is to gather one evening a week to play on the outdoor courts. This league will help prepare players for next season working on fundamentals including, dribbling passing, shooting & defense.

**WHO:** Boys entering grades 4-7

**WHEN:** July 10-Aug. 25

**WHERE:** CHCS Outdoor courts

**COST:** \$60.00 res./\$70.00 non-res.

## BASEBALL FOR KINDERGARTEN - T-BALL

This instructional T-Ball program is designed to acquaint young boys and girls with the game of baseball, learning basic fundamentals such as team work, batting, throwing, catching, positioning and rules. A schedule is established only for the purpose of control. Scores and standings will not be kept in this division. The competitive pressures of winning or losing the game is eliminated to assure that each player benefits from participation and has fun! Volunteer coaches and assistants will be needed to run this program.

**WHO:** Boys & Girls currently in Kindergarten  
(5 years of age by September 1, 2022)

**WHEN:** Season begins mid-May and ends early July

**WHERE:** Constantino Field

**COST:** \$40.00 resident

## PAPER MAKING

Papermaking is a fun and messy hands-on process that kids love! We will explore a variety of techniques with a variety of materials to learn how to make our own paper and other crafts with the paper we create. Remember to wear clothes appropriate for art making or bring a smock/art shirt.

Papermaking involves water and you might get wet!

**WHO:** Boys & Girls Ages 6 to 12

**WHEN:** Mon. – Wed. June 26, 27, 28 10:00-12:00pm

**WHERE:** Recreation Center

**COST:** \$50.00 res./\$60.00 non res.

## OUTDOOR LEARNERS

The goal of this program is to get kids back outdoors while using their imagination and creativity to care for nature, create projects using simple materials, garden, and prepare no-cook foods. Gathering at the Swift River pavilion, we will do simple hands-on science projects, grow plants, follow no-cook recipes, craft, and learn basic skills to be prepared and resourceful.

June-Make guacamole, grow an avocado tree, make bubble solution, tarp tents, solar ovens & gardening

July-Make and use a compass, make a first aid kit, make GORP, make energy bars, tarp tents, solar ovens & gardening

August-Learn different types of knots, tying shoes and friendship bracelets, craft miniature cabins with sticks, fish printing art with real fish, origami, solar ovens, tarp tents & gardening

**WHO:** Boys & Girls entering grades 1 - 3

**WHEN:** Mon.-Thurs. 9:00-11:30am

Session I: June 26-29 Session II: July 10-13 Session III: Aug. 7-10

**WHERE:** Swift River Pavilion

**COST:** \$70.00 res./\$80.00 non-res. per session

## JUNIOR GOLF, COLD SPRING COUNTRY CLUB

These 3-day clinics are designed to help young golfers in developing their basic mechanics for putting, chipping, pitching, iron play, wood play and driving. We will work on proper grip, stance and alignment along with introducing rules, golf etiquette and safety. All skill levels are welcome. You may bring your own clubs but if you don't have any clubs will be provided by the Pro for the lesson.

**WHO:** Boys and Girls ages 6 to 15

**WHEN:** Mon-Wed 10:00-11:30am

Session I: June 26-28

Session II: July 10-12

**WHERE:** Cold Spring Golf Course

**COST:** \$110.00 residents/\$120.00 non-residents per session



## GLOW IN THE DARK ART

Come spend the morning with Mrs. Majka and creating glow in the dark art with clay, paint and paper. You will leave with multiple artworks and your own black light.

**WHO:** Students entering grades 1-4

**WHEN:** Tuesday, July 25, 9:00-12:00pm

**WHERE:** Swift River Art Room

**COST:** \$110.00 res/\$120.00 non-res.

## KIM'S QUILTS & CRAFTS

Have fun making your own pencil case, makeup bag or I-Phone carrying case for you or for a gift. You will learn the basics of sewing, sewing safety, how to make a proper seam and how to properly assemble a project.

**WHO:** Boys and Girls ages 8-13

**WHEN:** Monday -Thursday, June 12-15 10:30-12:30pm

**WHERE:** Belchertown Recreation Center

**Cost:** \$85.00 res./\$95.00 non res.

## LEGO PLAY-WELL TEKNOLOGIES



Adventures in STEM-Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

Video-Level up your LEGO® Engineering skills in this video game-inspired experience. Our Play-Well instructors bring your favorite video game characters and experiences to real life. Using LEGO®, learn Link's signature moves to defeat enemies, build mechanisms to make sonic spin and take out Robotnik, and even build go-karts to challenge Mario and friends in a race for the Mushroom Cup. All the fun of a video game adventure without the screen!

**WHO:** Boys & Girls ages 5 to 7

**WHEN:** Session I:Adventure 7/17-7/21, 9:00-12:00pm

Session II: Video 8/14-8/18, 9:00-12:00pm

**WHERE:** Recreation Dept.

**COST:** \$145.00 res/\$155.00 non-res per session

Explorations-Master your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Level Up Gaming-Come and join our exciting "offline" video game experience where we give the controllers a rest and put your building skills to the test as we bring your favorite characters from the virtual world to the real world. Using LEGO®, we will build worlds for Mario to jump through, mechanisms to make Sonic spin and take down Robotnik, as well as your own custom Smash Bros. arenas to battle in. Under the guidance of a Play-Well instructor, you will gear up to take down the final boss. Are you game?

**WHO:** Boys & Girls ages 8 to 12

**WHEN:** Exploration 7/17-7/21, 1:00-4:00pm

Session II: Level Up 8/14-8/18, 1:00-4:00pm

**WHERE:** Recreation Dept.

**COST:** \$145.00 res/\$155.00 non-res per session

## BUILD YOUR OWN DOLL HOUSE

Come spend two days with Mrs. Majka to create a doll house. On day one we will build and construct. On day two we will decorate and add furniture.

**WHO:** Students entering grades 3-5

**WHEN:** Monday Aug. 14 & Tuesday, Aug. 15, 9:00-12:00pm

**WHERE:** Swift River Art Room

**COST:** \$185.00 res/ \$195.00 non-res



## SAFE @ HOME

Safe@Home by Safe Sitter® is a program designed to prepare kids to be safe when they are home alone and care for themselves when parents are away for short periods of time. Students are taught how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students will also review basic first aid, injuries and illnesses.

Safe@Home is ideal for students that have expressed interest in assuming the responsibility of staying home alone.

**WHO:** Boys & Girls ages 10 to 13

**WHEN:** Wednesday Aug. 9, 9:00-11:30am

**WHERE:** Recreation Center

**COST:** \$35.00 resident/\$45.00 non-resident (includes supplies)

## MAD SCIENCE



Crazy Chemworks-We'll learn about the tools scientists use in their laboratories, as well as atoms, molecules and reactions, acids and bases, fluorescence, and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling. We'll also see some very cool dry ice demonstrations!

Secret Agent Labs-This program features fun-filled, hands-on, secret agent-themed science activities that allow kids to play detective, explore forensic science, sharpen their surveillance skills, and crack encrypted messages. Kids become super sleuths!

**WHO:** Boys & Girls entering grades 1-6

Session I: Chemworks Mon.-Fri. 6/26-6/30

9:00-12:00pm

Session II: Secret Agent Labs Mon.-Fri. 8/7-8/11

9:00-12:00pm

**WHERE:** Recreation Dept.

**COST:** \$179.00 res/\$189.00 non-res

## WOODWORKING

Come spend the morning with Mrs. Majka to build your own candy dispenser with wood. Students will be handling basic tools.

**WHO:** Students entering grades 3 - 5

**WHEN:** Tuesday, July 18, 9:00-12:00pm

**WHERE:** Swift River Art Room

**COST:** \$110.00 res/\$120.00 non-res.

## INCREDIFLIX

Live Action Flix-Discover your Filmmaking talents! You don't have to be an actor to take part, as we'll guide you through the Hollywood process to create, direct, Film, act, and more. You won't just make an incredible movie, you'll have the skills to make your own movies with friends.

Claymation Flix-Love The Nightmare Before Christmas, Wallace and Gromit, or Boxtrolls? Then join us to create your own Claymation movie! You'll even get to create your own clay character to star in a movie you'll Film, direct, and voice-over in small groups.

**WHO:** Boys & Girls ages 7 to 13

**WHEN:** Mon – Fri. July 24-28, Session I: Live Action 9:00-12:00pm, Session II: Claymation 1:00-4:00pm

**WHERE:** Recreation Center

**COST:** \$185.00 res/\$195.00 non-res per session

## **HIGH SCHOOL RECREATION DARE BASKETBALL – Summer**

This program is open to boys and girls entering grades 9-12 in the fall as well as seniors who graduate in June of 2023 who are residents of Belchertown and also available to school choice students.

This program is for all participants to have fun and enjoy the game of basketball. The season will start late June or early July and end in mid-August.

Games will be played on the Outdoor Basketball Courts at Chestnut Hill Community School

## **SAFE SITTER**

Safe Sitter is a medically accurate, hands-on, one day class that teaches boys and girls how to handle emergencies when caring for children, what to do when a child chokes, safety for you the sitter, babysitting business skills, basic child care skills, diapering, and how to entertain children and keep them safe.

**WHO:** Boys & Girls ages 10-14

**WHEN:** 9:00 to 1:30pm

Session I: Wed. July 12

Session II: Wed. July 26

**WHERE:** Recreation Center

**COST:** \$70.00 resident/\$80.00 non-resident per session

## **BELCHERTOWN YOUTH POLICE ACADEMY**

The Belchertown Youth Police Academy offers students an opportunity for an in-depth view of policing. This hands-on academy consists of instruction and participation in such subject areas as: patrol procedures, motor vehicle crash response & investigation, crime scene investigation, evidence collection, fingerprinting & photography, report writing, conflict resolution, responding to crimes in progress, building searches, radio communications, K-9 operations, physical agility training, community relations, drug abuse prevention, and traffic & criminal law. This academy may be of special interest to those students interested in the fields of law, criminal justice, or the military. Working together, this academy will provide positive interactions and trust between young people and their town police officers; with a goal of building stronger, inspiring relationships and enhancing the student's knowledge and attitude towards public safety. On day one, each attendee will be supplied with a water bottle, hat, and a shirt. This program will open to non-residents on 7/17 if there is space available.

**WHO:** Boys & Girls entering grades 8 - 11

**WHEN:** Monday—Friday, July 24 – 28, 8:30—3:30pm

**WHERE:** Starting and ending at the police station training room.

**COST:** \$40.00 residents/ \$50.00 non-res.  
(space is limited)



## **FINE ARTS**

Come join Mr. Gould and Mrs. Majka for a program all about fine art. Half of your day will be dedicated to visual art, and the other half to music education. On a typical day in the Fine Arts, you may play piano, strum a ukulele, sing your heart out, create a watercolor painting, work in your own sketchbook, and sculpt wild creatures. And, that is just one day! We may venture outside to make art and perform, so please prepare your child accordingly.

**WHO:** Students entering grades 1-3

**WHEN:** Mon.-Fri. July 10-14 10:00-2:30pm

**WHERE:** Swift River Art room/Music room

**COST:** \$360.00 res/ \$370.00 non-res

## FOOTBALL SKILLS

The purpose of this clinic is to introduce players to the sport of football. Participants will learn throwing and catching technique, running footwork, the rules of the game, and kids will have a chance to play 7v7 passing games. Most importantly having fun.

**WHO:** Boys and Girls entering grades 2-12

**WHEN:** Wed-Fri, July 26-28, 5:00-8:00pm      Sat. July 29 12:00pm-8:00pm

**WHERE:** CHCS Football field

**COST:** \$50.00 res/\$60.00 non res.      Saturday only \$25.00 per player



## TENNIS

In these four day clinics, players will have fun developing the skills and learn basic strokes to match play. It's perfect for beginners, first-time players as well as advanced players. Our philosophy is to have fun while learning a game for life.

**WHEN:**      Session I: Mon-Thurs, July 17-20      Session II: Mon-Thurs July 24-27

<b>WHO:</b>	Ages 4 & 5	Ages 6-8	Ages 9-15
<b>TIME:</b>	8:30 to 9:30am	9:30 to 10:30am	10:30-11:30am

**WHERE:** Belchertown High School Tennis Courts

**COST:** \$60.00 resident/\$70.00 non-resident per session

## JUJITSU

Shoshin Ryu Jujitsu is a self-defense and character development oriented martial arts system in which the practitioner will learn skills to handle self-defense situations, as well as traditional martial arts techniques to create a well-rounded individual. Younger students are taken on a case by case basis.

**WHO:** Boys & Girls 8 to 15 years of age

**WHEN:** Every Tues. & Thurs. of each month 4:30- 5:30pm  
Session I-June    Session II-July    Session III-August

**WHERE:** Recreation Center

**COST:** \$60.00 res/\$70.00 non-res per session



## FALL INSTRUCTIONAL SOCCER

This instructional soccer program is designed to acquaint young boys and girls with the game of soccer, learning basic fundamentals such as team work, kicking, passing, throw-ins, positioning and rules. A schedule is established only for the purpose of control. The competitive pressures of winning or losing the game is eliminated to assure that each player benefits from participation and has fun! Division: Entering Kindergarten, 1st & 2nd grade Girls, 1st & 2nd grade Boys

**WHO:** Boys & Girls entering grades K-2

**WHEN:** Season begins the last week of August and ends late October

**WHERE:** Swift River Fields

**COST:** \$40.00 resident

## GIRLS BASKETBALL CLINIC

This 1 week basketball program for girls entering grades 5 – 8. Emphasis will be placed on fundamental skills such as dribbling, passing, shooting and movement patterns. Instruction will also include “Chalk Talk”, discussing various strategies and knowledge about how to play the game of basketball (i.e. zone vs. man defenses, purpose of a setting a pick, etc.). Skills, drills, and instruction will be individualized to age level/grade.

**WHO:** Girls entering grades 5-8  
**WHEN:** Mon-Fri July 24-28 9:00-11:00am  
**WHERE:** Jabish Brook Middle School  
**COST:** \$60.00 resident/\$70.00 non-resident

## VOLLEYBALL

This 1 week volleyball program for boys & girls. Emphasis will be placed on fundamental skills such as passing, setting, serving, spiking and proper moving mechanics. Instruction will also include developing “Volleyball IQ”, discussing the basic rules of volleyball, rotation patterns, positions, etc. Skills, drills, and instruction will be individualized to age level/grade.



**WHO:** Boys & Girls entering grades 4-6  
**WHEN:** Mon-Fri Aug. 7-11 8:00-10:00am  
**WHERE:** Belchertown High School  
**COST:** \$60.00 resident/\$70.00 non-resident

Boys & Girls entering grades 7 - 9  
Mon-Fri, Aug 7-11, 10:30-12:30pm  
Belchertown High School

## YOUTH PICKLE BALL

An introduction to this popular sport, pickle ball is a paddle sport similar to tennis and badminton but on a smaller scale. It can be played as doubles or singles. The rules are simple and the game is easy to learn.

<b>WHO:</b> Boys & Girls,	Ages 8—11	Ages 12-16
	9:00-10:00am	10:15-11:15am
<b>WHEN:</b> Mon.-Thurs.,	July 31-Aug. 3	
<b>WHERE:</b> Chestnut Hill School Gym		
<b>COST:</b> \$60.00 res./\$70.00 non-resident		

## BOYS BASKETBALL CLINIC

This 5-day program is designed to instruct at every level. The concept is to focus on the basic fundamentals of basketball including dribbling, passing, rebounding, shooting, individual and team defense, offensive strategies and game play. At the end of the week, each individual will receive a t-shirt and basketball. Participants will take a dip in the pool each day.



**WHO:** Boys entering grades 3 to 9  
**WHEN:** Monday - Friday, July 24 - July 28, 9:00 - 3:00 pm  
**WHERE:** Belchertown High School Gym  
**COST:** \$200.00 resident/\$210.00 non-resident (includes basketball and t-shirt)

## FIELD HOCKEY

In this three-day clinic participants will be taught the fundamentals of field hockey through both drills and scrimmaging. Core skills will include basic rules, proper grip and posture, ball and stick control, passing and receiving along with basic offense and defense skills which will help the players to prepare for the upcoming fall season. This is made for players brand new to the sport at any age- including those planning to try out for the high school program. It is also ideal as a refresher and to have some fun before the fall season starts for our younger veteran players. Fun and fundamentals will be our focus.

**WHO:** Boys & Girls entering grades 1 to 12  
**WHEN:** Sunday-Tuesday, Aug. 13, 14 & 15 5:30-7:00 p.m.  
**WHERE:** Foley Field  
**COST:** \$60.00 res/\$70.00 non-res



## BOYS & GIRLS BASKETBALL CLINIC

Make Em Believe Skilled Academy is designed to help kids of all ages reach their full potential in basketball. Starting a professional career in 2014, Chaz Williams started this program to give back and help the youth to learn and enjoy the game of basketball.

**WHO:** Boys & Girls ages 6-17  
**WHEN:** Mon.-Fri. July 10-14, 9:00-2:00pm  
**WHERE:** Belchertown High School  
**COST:** \$185.00 res/\$195.00 non-res

## EXTRA INNINGS BASEBALL CLINIC

Whether you're a young, aspiring athlete in search of getting an edge on the competition, or an elite level athlete seeking the advice from our expert staff to fine tune your performance, you will reach your goals through our result-driven program. This outdoor baseball clinic staffed by Extra Innings will focus on fielding, hitting, throwing, base running, defense and game play. Children will be divided according to skill and age levels.

**WHO:** Boys & Girls entering grades 2 - 8  
**WHEN:** Monday - Thursday, July 31 – Aug. 3 9:00 - 12:00noon  
**WHERE:** Chestnut Hill School Back Diamond  
**COST:** \$110.00 resident/\$120.00 non-resident



## EXTRA INNINGS SOFTBALL CLINIC

Whether you're a young, aspiring athlete in search of getting an edge on the competition, or an elite level athlete seeking the advice from our expert staff to fine tune your performance, you will reach your goals through our result-driven program. This outdoor softball clinic staffed by Extra Innings will focus on fielding, hitting, throwing, base running, defense and game play. Players will be divided according to skill and age levels.

**WHO:** Girls entering grades 3 to 9  
**WHEN:** Monday to Thursday, July 17-July 20 9:00-12:00noon  
**WHERE:** Chestnut Hill School Back Diamond  
**COST:** \$110.00 resident/\$120.00 non-residents

## SOFTBALL CLINIC

This four day softball clinic will prepare you for the next level of play on the playground, recreation softball, competitive high school, or travel ball. Each day focuses on a specific set of skills necessary to compete and above all have FUN!

**WHO:** Girls entering grades 3 to 9  
**WHEN:** Monday to Thursday, June 26 - 29  
9:00 am to 12:00 noon  
**WHERE:** Belchertown High School Softball Field  
**COST:** \$75.00 resident/\$85.00 non-residents

## BATON TWIRLING CLINIC

This three day mini-clinic will be a great way for your child to learn twirling skills or to strengthen the twirling skills they have already achieved. Come & learn new tricks, play games & have fun! Many fun twirling activities are planned for this week.

**WHO:** Boys and Girls ages 11 & older  
**WHEN:** Mon. – Wed. Aug. 14-16, 6:00 - 8:00pm  
**WHERE:** Old Town Hall  
**COST:** \$60.00 res./\$70.00 non-resident



## SUMMER LACROSSE

This clinic, sponsored by The Belchertown Lacrosse Association, is designed for beginners as well as experienced players. We will introduce children to the exciting game of Lacrosse. Participants will learn basic skills, throwing, catching, scoop and cradling, along with an introduction of the rules. Improve your skills, all levels are welcome!

**WHO:** Boys and Girls entering Grades K to 8  
**WHEN:** Mon.-Thurs. June 26-29, 6:00-8:00pm  
**WHERE:** Chestnut Hill Football Field  
**COST:** \$40.00 res/\$50.00 non-res

## WRESTLING

This program offers the opportunity to experience the sport of wrestling during a summer clinic. Each clinic will focus on skill development, strength and conditioning, games and live competition. **NO EXPERIENCE NECESSARY.** Discipline, accountability and hard work are just some of the life lessons the sport of wrestling instills in its participants.

**WHO:** Boys & Girls entering grades 1-8  
**WHEN:** Session I June 26-29, 9:00-12:00pm      Session II August 7-11, 5:00-7:00pm  
**WHERE:** Swift River School Common Room      Old Town Hall  
**COST:** \$45.00 res/\$55.00 non-res. per session

## ADVANTAGE SOCCER ACADEMY

Designed to enhance the skills of young soccer players in a fun, fast-paced learning environment. The curriculum is designed to meet the needs of the beginning recreational player to the travel team player. We will focus on fun ways to enhance skill development and love for the game.

**WHO:** Boys and Girls entering grades K to 2                      grades 3 - 8  
**WHEN:** July 17-21                      9:00-11:00am                      9:00-2:00pm  
**WHERE:** Chestnut Hill Community School Fields  
**COST:** Grades K-2, \$64.00/\$74.00 non-res.      Grades 3-8, \$144.00/\$154.00 non-res

### ADVANTAGE SOCCER ACADEMY ADVANCED-KEEPER CLINIC

This clinic is designed for Keepers with multiple years of playing experience, and keepers that have attended or received GK training in the past. We will work on tactical, technical, mental and physical aspects of the GK position. Individualized training will focus on catching form, angle play, distribution, footwork, decision making and communication. The demands of a GK as they move towards or continue to defend the 11 v 11 penalty area. The goal is to provide every GK with the tools they need to continue to improve after the conclusion of the clinic. All GK will learn how to best prepare for a match and how to improve the training they receive at team trainings during their soccer season.

**WHO:** Boys & Girls Ages 11-17  
**WHEN:** Tues. -Thurs. Aug. 15-17 1:30 - 3:30pm  
**WHERE:** Chestnut Hill Community Football Field  
**COST:** \$110.00 resident/\$120.00 non- resident



### ADVANTAGE SOCCER ACADEMY KEEPER CLINIC

Designed to enhance the technique of young keepers with a fun, form-based learning environment. Time will be focused on keeper's area of need, based on each keeper's level of ability and experience. All keepers will be introduced to the importance of footwork, starting position and diving form. The program is designed to get beginners comfortable with technique, while challenging the experienced keepers to expand their coverage of the penalty area.

**WHO:** Boys & Girls ages 7 - 12  
**WHEN:** Tues. – Thurs. Aug. 8-10 1:30 - 3:30pm  
**WHERE:** Chestnut Hill Community Football Field  
**COST:** \$110.00 resident/\$120.00 non- resident

### FALL SOCCER

This fall recreation youth soccer league welcomes players of all skill levels. Our goal is to teach or improve the players' fundamentals of soccer; build on teamwork, developing positions, attitudes and good sportsmanship. Each division is as follows, Boys 3/4 grade division, Girls 3/4 grade division. Teams will travel to surrounding towns which may including Chicopee, South Hadley and Palmer.

**WHO:** Boys & Girls entering grades 3-4  
**WHEN:** Season runs late August to late October  
**COST:** \$70.00 resident

Volunteer coaches and assistants will be needed to enable this program to run.





## PICKLEBALL

Pickleball is a paddle sport played on a badminton-sized court and can be described as a cross between tennis and ping pong. It can be played as doubles or singles. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, game for experienced players. These programs are offered to adults 18 & older

Beginner:	Thursdays 8:30-9:45am,	July 13 - Aug. 31	OTH
Beginner:	Thursdays 5:30-6:45pm,	July 13 – Aug. 31	Jabish Brook outdoor courts
Novice:	Tuesdays 8:30-9:45am,	July 11 – Aug. 29	Jabish Brook outdoor courts
Novice:	Mondays 6:30-7:15pm,	July 10-July 31	Chestnut Hill gym
Intermediate:	Sundays 5:30-6:45pm	July 9 - July 30	Chestnut Hill gym
Advanced Inter:	Sundays 7:00-8:15pm	July 9 - July 30	Chestnut Hill gym
Family	Mondays 5:00-6:15	July 10-July 31	Chestnut Hill gym

## ADULT YOGA

### Moderate Mindful Yoga with Kerry

Come join yoga with mindfulness practices such as short mediation, breathing exercises, and deep relaxation. Classes are formatted to include flowing yoga poses that will incorporate attention to breath, awareness of alignment, and finding your personal balance between strength and flexibility. Class will end or begin with a short breathing practice or meditation. The last class of a session includes a 30+ minute deep relaxation (also known as yoga nidra) in addition to movement. Modifications and alternative poses will also be offered.

**WHO:** Adults 18 & older  
**WHEN:** Tues mornings, May 23-July 11, 9:00-10:15am  
**WHERE:** Recreation Center  
**COST:** \$52.00 res./\$62.00 non-res. per session



### Ashtanga Inspired Yoga with CA

Ashtanga is an energetic yoga that focuses on synchronizing breath with movements, and building strength, flexibility and body awareness. Individual poses are presented in a sequence and are linked by flowing movements which will warm the body inviting deeper exploration of the practice. These sessions will begin with modifications accessible to all, and will build from there allowing each practitioner to explore their own expression of each posture.

**WHO:** Adults 18 & older  
**WHEN:** Wednesday evenings, 5:30-6:30pm  
 Session I: May 31-July 12, Session II: July 19-Aug. 30  
**WHERE:** Recreation Center  
**COST:** \$59.00 res./\$69.00 non-res. per session



## ADULT JIJITSU

Shoshin Ryu Jujitsu is a self-defense and character development oriented martial arts system in which the practitioner will learn skills to handle self-defense situations, as well as traditional martial arts techniques to create a well-rounded individual.

**WHO:** Individuals 16 years of age & older  
**WHEN:** Every Tues. & Thurs. of each month, 6:00 -8:00pm  
Session I- June      Session II- July      Session III- August  
**WHERE:** Recreation Center  
**COST:** \$85.00 res/\$95.00 non-res per session

## CHI-GONG

*Chi-gong* involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. People practice *Chi-gong* throughout China and worldwide for recreation, exercise, relaxation, preventive medicine, self-healing, alternative medicine, meditation, self-cultivation, and training for martial arts. Participants will use movement and breathing exercises to coordinate and harmonize their mind and body. Chi-gong helps relieve stress and anxiety while building vibrant health!

**WHO:** Adults 18 & older  
**WHEN:** Saturday mornings, June 10-July 15, 9:30-10:30am  
**WHERE:** Recreation Center  
**COST:** \$60.00 res/\$70.00 non-res

## ADULT TENNIS

This clinic will focus on basic strokes to match play. Participants may be beginners through novice experienced players. This is for fun and leisure to develop skills and play games at a non-competitive level.

**WHO:** Adults 18 & older  
**WHEN:** Sept. 9, 16, 23, 9:00-10:00am  
**WHERE:** High School Tennis Courts  
**COST:** \$60.00 res/\$70.00 non-res

## ADULT CO-ED FALL SOFTBALL LEAGUE

This slow-pitch, co-ed fall softball league is for resident and non-resident teams. Coaches will register as a team with a team roster submitted prior to the start of the season. 14 games will be played followed by a single elimination playoff. Doubleheaders will be scheduled. All games will be played in accordance with USSSA softball rules unless modified under the Belchertown rules & regulations. The cost includes umpire fees, balls and bats will be supplied.

**WHO:** Adults 18 & older  
**WHEN:** The season will run Labor Day thru the first week of November  
**WHERE:** Chestnut Hill Community Softball Field  
**COST:** \$560.00 per team

## POOL

### Chestnut Hill Community School

This is a 6 lane indoor facility available for use by both residents and non-residents year-round. It is staffed by American Red Cross Certified Lifeguards, trained in both CPR and First Aid for the professional rescuer. The facility provides locker rooms, heated showers, water exercise equipment, and life jackets. All patrons under 15 must pass a swim test to swim in the deep end. A monthly schedule is available online, at the pool, and Recreation office. Lap swim is on a first come, first serve basis. Swimmers must share lanes. An adult must be present with anyone under the age of 13. Lap swim etiquette must be maintained at all times.

Daily Rates (Cash only)		Discount Tickets
<b>Adult</b> \$5.00 / \$6.00	<b>10-Adult Tickets</b>	\$40.00 res. / \$48.00 non res.
<b>Child</b> \$3.00 / \$4.00	<b>10-Child Tickets</b>	\$24.00 res. / \$32.00 non.res.

Pool Passes				
	6 Months		1 Year	
	Residents	Non-Residents	Residents	Non-Residents
<b>Individual</b>	\$180.00	\$220.00	\$320.00	\$380.00
<b>Family of Four</b>	\$250.00	\$300.00	\$450.00	\$500.00
<b>Additional Member</b>	\$25.00	\$50.00	\$25.00	\$50.00
<b>Therapeutic</b> *Physician note/ prescription is required.	\$135.00	\$155.00	\$260.00	\$280.00
<b>Senior (60+)</b>	\$85.00	\$95.00	\$155.00	\$185.00
<b>Couples</b>	\$215.00	\$260.00	\$380.00	\$440.00

### ADULT WATER AEROBICS

This water aerobics program provides a low impact, low-energy challenge and includes all fitness levels. This program is designed to strengthen and tone muscles as well as promote cardiovascular fitness. Water fitness is a fun and invigorating way to exercise! People can enjoy working out at their own pace within a group atmosphere. Jump in and make this part of your weekly routine. Monday, Wednesday, and Friday mornings 9:00-10:00 a.m. Drop ins welcome.

### MOMMY/DADDY & ME

This fun program is a wonderful way to bond with your toddler and introduce basic water skills. Introducing your child to the water at an early stage allows them to progress quickly becoming more comfortable in the water as they mature and develop physically. The lessons are enjoyable, stress-free, educational, and a good source of exercise for both children and parents. This class is for Parents and Toddlers (12 months -3 years)

### POOL RENTAL

Saturdays between 12:15-3:00p.m.

Sundays between 11:30-2:00p.m.

A 1 hour rental with two lifeguards that includes up to 40 swimmers is \$145.00

A 2 hour rental with two lifeguards that includes up to 40 swimmers is \$195.00

\*There is an additional charge of \$18.00 per hour for a third and or fourth lifeguard.

\*\*\$100.00 charge for each additional hour over 2 hour rental

## SWIM LESSONS

### Sessions Posted on the 1<sup>st</sup> of every month

#### American Red Cross Swim Lessons

The Learn to Swim Program provides a safe and enriching environment to all participants. Our instructors are great kids of any level, whether beginner or advanced. Participants will have fun while working on important safety and swimming techniques. Each session has five, 25 minute classes. Class sizes are limited, so be sure to sign up early!

#### Swim Lesson Level Descriptions

**Level 1** – Children may not be excited about getting in the water, some maybe fearful others will separate easily from parents. Can follow directions but often need understanding and encouragement.

**Level 2** - Primary Skills Children are beyond “water adjustment”, they are comfortable in the water and may be swimming 4 or 5 feet without floatation. Will learn to reach & pull, put their face in the water, float and propel themselves through the water on their backs and stomachs.

**Level 3** – Stroke Readiness Children swim and float and are comfortable on top of and under water, they are ready to learn proper breathing technique (rotary breathing) and learn basic strokes such as front crawl, back crawl and begin elementary back stroke.

**Level 4** - Stroke Development Children are prepared to refine the basic skills they were taught in Level 3 and are introduced to more sophisticated skills such as breast stroke and standing dives.

**Level 5** - Stroke Refinement Children are ready to build up endurance and refine strokes and skills taught in level 4. They will learn skills such as Butterfly, flip-turns, and competitive starts



#### TOWN BEACH – LAKE ARCADIA

Located off Federal Street, 21 Town Beach Road, Belchertown.

Weekends only: June 3<sup>rd</sup> – June 18th

Open 7 days a week: June 19<sup>th</sup> – September 4th

Sunday-Thursday 11:00 a.m. - 6:00 p.m.

Friday-Saturday 11:00a.m. - 7:00p.m.

The Beach is staffed during all posted hours by American Red Cross Certified Lifeguards, trained in both CPR and First Aid for the professional rescuer. Lake water is tested weekly and results are posted at the facility. The Town Beach is equipped with BBQ facilities, picnic tables, restrooms, changing rooms, and outdoor showers. There are concessions for purchase at the entrance gate. Pedal boats are also available for rental, by the ½ hour or hour. All children under 12 must be accompanied by a paying adult. All flotation devices must be coast guard approved. The Town Beach is an alcohol and nicotine free facility.

Daily Rates		
	Resident	Non-Resident
Adult (18+ yrs)	\$5.00	\$6.00
Child (4-17 yrs)	\$3.00	\$4.00
Resident Seniors	*Free	\$2.00

Season Passes		
	Resident	Non-Resident
Individual	70.00	110.00
Couple	100.00	140.00
Family of 4 (8 max)	135.00	185.00
*Additional family member	15.00	20.00

## WHEN SHOULD I REGISTER ???

**FALL PRE-SCHOOL SOCCER SKILLS & DRILLS** Girls & Boys ages 3-5 not entering Kindergarten. Registrations begin in July. Participants will meet for 4/5 sessions in Sept./Oct.

**FALL INSTRUCTIONAL SOCCER** entering Kindergarten or 5 years of age before September 1, 2023, entering First Grade and/or Second Grade in September Registrations begin in June. Practices start the last week of Aug. Games are scheduled September and run through October.

**SPRING PRE-SCHOOL SOCCER SKILLS & DRILLS** Girls & Boys ages 3-5 not in Kindergarten. Registrations begin in March. Participants will meet for 4/5 sessions in April/May.

**SPRING INSTRUCTIONAL SOCCER** currently in Kindergarten, First Grade and/or Second Grade. Registrations begin the end of February. The season runs from April to mid-May.

**FIELD HOCKEY** Girls & Boys entering grades 1 to 8, registrations begin in July, Practices are held in August, games will begin in September and run through October.

**STINGRAYS SWIM TEAM** registrations for boys and girls grades K-12, Winter and Spring sessions. Check with the Recreation Dept. for details.

**PRE-SCHOOL BASKETBALL SKILLS & DRILLS** boys & girls, 4 and 5 years of age but not in Kindergarten. Registrations begin the beginning of December, participants will meet for 4/5 sessions in January/February.

**KINDERGARTEN BASKETBALL SKILLS & DRILLS** boys & girls currently in Kindergarten. Registrations begin in November, participants will meet for 4/5 sessions in January/February.

**INSTRUCTIONAL BASKETBALL** boys & girls currently in first and/or second grade. Registration will begin in mid October. Practices and games will start the first of January and end approximately beginning of March.

**SUBURBAN BASKETBALL** registrations and tryouts for boys & girls in grades 5th to 8th will be held in October. Practices begin the end of October, game season starts in December and ends the end of February/beginning of March.

**CYO BASKETBALL** registrations and tryouts for boys & girls in grades 3rd to 6th will be held in October. Practices begin in November, game season starts in December and ends the end of February/beginning of March.

**RECREATIONAL BASKETBALL** registrations will begin in October for girls and boys in grades 3 to 8. Evaluations will be held in mid-November with practices starting late November. Games begins January 1 and ends mid March.

**ROBERT CHARTIER 9th to 12th GRADE BASKETBALL (DARE)** registrations will start the end of November, evaluations will be held mid December with games starting in January. Season will end beginning of March. High school Basketball Varsity, JV and freshmen players are not eligible for this program.

**SOFTBALL** girls in grades 3 to 9 (not playing high school softball). Registrations begin in February. Evaluations and/or tryouts will be held in March. Practices will begin in April with the season starting May 1. The season runs to the end of June.

**PITCHING MACHINE** registration begins in March for boys and girls currently in first grade. The season begins mid-May and runs thru early July.

**CO-ED COACH PITCH BALL** registration begin in March for boys and girls currently in second grade. The season begins mid-May and runs thru early July.

**T-BALL** a coed instructional baseball program for girls and boys currently in Kindergarten. Registration begins late March. Season starts the end of May and runs thru mid July.