

SUMMER

2024



Town of Belchertown—Parks, Beach & Recreation Department

Kyle Thibeault, Director

66 State Street, Bldg. 1,

Belchertown MA 01007

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

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-paid 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: 10 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.



WHO: Boys and Girls entering grades 1 to 7
WHEN: 8:00 am to 4:00 pm (Monday to Friday)
Week 1 June 24 to June 28
Week 2 *July 1 to July 3
Week 3 July 8 to July 12
Week 4 July 15 to July 19
Week 5 July 22 to July 26
Week 6 July 29 to Aug 2
Week 7 Aug 5 to Aug 9
WHERE: Belchertown High School
COST: \$150.00 - resident/\$160.00 non -resident per full week.
*\$90.00 – resident/\$100.00 non-resident week 3



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

REGISTRATION DEADLINE: 10 days prior to the start of each week (Space is limited)
Information regarding this program can be found at www.belchertownrec.com

CHCS RECREATION AREA SURVEY

Chestnut Hill Recreation Area has been improved over recent years with basketball courts, pickleball courts and renovations to the building. Soon a parking lot will be constructed in this area as well.

We are looking at the available spaces in CHCS and would like feedback from the community. Please take this a moment for this 3 question survey



<https://forms.gle/ruNkxf4nfZBNruH9>

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.

WHO:	Boys and Girls ages 4 & 5	Boys & Girls ages 6-10
WHEN:	Monday - Wednesday Aug. 19 & 21 5:00 – 5:30pm	Monday - Wednesday Aug. 19 & 21 5:30 - 6:15pm
WHERE:	Old Town Hall	Old Town Hall
COST:	\$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.

WHO:	Boys & Girls ages 3 & 4		
WHEN:	Mon.-Thurs. July 8-11		
	3 year olds 9:00-9:45 am	4 year olds 10:00-10:45am	3 & 4 year olds 5:00-5:45
WHERE:	Swift River Fields		
COST:	\$40.00 resident/\$50.00 non-resident		



FULL COUNT BASEBALL

This fun baseball clinic will provide beginner-level instruction to those interested in learning the basics of baseball. Throughout the week, all participants will have a chance to learn proper techniques of throwing, fielding multiple positions, hitting, and base running that will help them progress to the next level. The focus will be on learning the game while having fun with others in a relaxed environment.

WHO:	Boys & Girls,	Ages 4 & 5	Ages 6 & 7	Age 4-7
WHEN:	Mon.-Thurs. 9:00 – 10:15am	July 8-11	July 15-18	July 22-25
WHERE:	Chestnut Hill Front Field			
COST:	\$55.00 res./\$65.00 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. 9:30-12:30pm,		
	Session I: July 15-18	Session II: July 22-25	Session III: July 29-Aug 1
WHERE:	Recreation Center		
COST:	\$105.00 res./\$115.00 non-res. per session		

TINKER ARTS

Our Saturday Tinker Arts group will do a little bit of everything! Students will have the opportunity to explore a variety of materials and techniques. We will experiment with painting, printmaking, drawing, sculpture and collage!

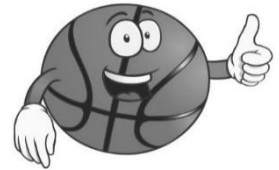
4th of July week-Tinker Arts group will explore working with different fiber materials to make beautiful themed projects! We'll use different materials like wool, silk and cotton to make our projects for the week!

WHO: Boys & Girls age 3 & 4 5-7 - 9:00-10:30am Ages 8-10 - 1:00-2:30pm
WHEN: Saturdays 6/22-7/6 Saturdays 5/18-6/15 Mon.-Thurs. 7/1-3 & 7/5
COST: \$60.00 res/\$70.00 non res \$90.00 res/\$100.00 non res \$85.00 res/\$95.00 non res
WHERE: Recreation Center

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 & 3
WHEN : Monday—Thursday, July 15-18
 1st grade 9:00 to 10:00a.m.
 2nd grade 10:15-11:15a.m.
 3rd grade 11:30-12:30p.m.
WHERE: Old Town Hall
COST: \$65.00 resident/\$75.00 non-resident



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 3-July 31.
WHERE: Practice Swift River Fields, Games State School Fields
COST: \$85.00 resident/\$95.00 non-resident

BOYS BASKETBALL SUMMER LEAGUE

This basketball program helps prepare players for next season, working on fundamentals including, dribbling passing, shooting & defense. Drills and non-competitive fun games will be played on the outdoor courts on Wednesday evenings.

WHO: Boys entering grades 4-8
WHEN: Wednesdays evenings, 6pm, July 10-Aug. 21
WHERE: CHCS Outdoor courts
COST: \$70.00 res./\$80.00 non-res.

CUPCAKE CREATION



Have some fun decorating sweet and delicious cupcakes. 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. There is a specific theme for each class. 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 6-9

WHEN: Father's Day theme - Thursday, June 13, 5:30-7:00p.m.

Summer Fun – Wednesday, July 17, 1:00-2:30pm

Back to School theme – Monday, Aug. 12, 10:00-11:30am

WHERE: Recreation Center

COST: \$40.00 res./\$50.00 non res.

T-BALL - BASEBALL FOR KINDERGARTEN

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, 2023)

WHEN: Season begins mid-May and ends early July

WHERE: Constantino Field

COST: \$45.00 resident



MAD SCIENCE

Energy, Forces & Flight ~ Explore inertia, gravity and centripetal force with race cars and spinning bike wheels, ping-pong balls, and rubber band powered catapults. Learn about tension and compression, which shapes are strongest, make an earthquake proof building from toothpicks and marshmallows. Learn about flight and build the coolest paper airplanes!

E2 - Engineering Explorers ~ If a child loves to build things or destroy them, this week includes lots of both! The junior engineers will design & build bridges & "skyscrapers" using simple tools and their imagination. Kids will even construct a geodesic dome big enough for all the campers to sit inside! Then the machine madness starts as they discover, build, and invent simple machines, & solve problems with contraptions.

WHO: Boys & Girls entering grades K-6

WHEN: Energy/Forces Mon.-Fri. 6/24-6/28

9:00-12:00pm

Engineering Mon.-Fri. 8/5-8/9

9:00-12:00pm

WHERE: Recreation Center

COST: \$190.00 res/\$200.00 non-res



CHESS WIZARDS

Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our program include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each participant receives a Chess Wizard T-shirt, trophy, and Chess Wizard puzzle workbook folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend part of your vacation with Chess Wizards!

WHO: Boys & Girls Ages 6 to 12

WHEN: Mon. – Fri. July 22-26 Half-Day AM: 9:00 am - 12:00 pm Half-Day PM: 12:00 pm - 3:00 pm
Full day: 9:00 am - 3:00 pm

WHERE: Recreation Center

COST: Half Day \$235.00 res/ \$245 non-res Full Day \$335.00 res/\$345.00 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, use a compass, camp in a tent, cool off under the sprinklers collect insects make solar oven s'mores, make bubble solution, make energy bars, wear an ice necklace along with learn basic skills to be prepared and resourceful.

WHO: Boys & Girls entering grades 1 - 3

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

Session I: June 24-27 Session II: July 8-11 Session III: Aug. 12-15

WHERE: Swift River Pavilion

COST: \$75.00 res./\$85.00 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: Tues-Thurs 10:00-11:30am

Session I: June 25-27

Session II: July 16-18

WHERE: Cold Spring Golf Course

COST: \$75.00 residents/\$85.00 non-residents per session



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 9 to 14

WHEN: Friday June 28, 9:00-11:30am

WHERE: Recreation Center

COST: \$45.00 resident/\$55.00 non-resident (includes supplies)

CONDITIONING FOR YOUNG ATHLETES

Join us this summer for a program designed to prepare young athletes for the fall sports season. No matter your sport, speed, agility and strength will help improve your performance. We will focus on a dynamic warm-up, speed development, agility development, quickness training, aerobic/anaerobic conditioning, warm-down and static stretching post-workout. Participants will need proper workout attire, sneakers, water and sunscreen.

WHO: Athletes entering grades 3 - 8.

WHEN: Mondays & Thursdays July 8 – Aug 15 6:00-7:00pm

WHERE: CHCS track

COST: \$40.00 res/\$50.00 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!

Adventures in STEM with LEGO® Materials - 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.

STEM Explorations with LEGO® Materials - Master your engineering skills with Play-Well Technologies 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.

WHO:	Boys & Girls ages 5 to 7	Boys & Girls age 8 to 12
WHEN: AdventureStem	7/8-7/12, 9:00-12:00pm	7/8-7/12, 1:00-4:00pm
Animal/ Bash'em	7/29-8/2, 9:00-12:00pm	7/29-8/2, 1:00-4:00pm
WHERE:	Recreation Center	
COST:	\$155.00 res/\$165.00 non-res per session	

Animal Adventures with LEGO® Materials

Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

Bash'em Bots using LEGO® Materials

Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

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: Fri. July 12

Session II: Fri. Aug. 2

WHERE: Recreation Center

COST: \$85.00 resident/\$95.00 non-resident per session

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.

Explosions, tornados, meteors! In these high intensity live action movies the special effects will blow your mind. In groups, you'll get to direct, act, and even choose special effects to incorporate into your movies. Make a movie that will surprise all your friends and family!

Make a Minecraft MOVIE, a Roblox MOVIE, or make a mashup MOVIE! Work in groups to create a stopmotion movie full of games or challenges for your character to overcome. Students will create their sets out of construction paper, make their Minecraft blocks, film, add some cool effects, and do voice-overs!

Join us for the full day combo for a discount plus free lunch supervision! Please see both half day descriptions. Bring snacks, lunch and drink.

WHO: Boys & Girls ages 7 to 13

WHEN: Mon – Fri. July 8 - 12 Half Day: 9:00-12:00pm or 1:00-4:00pm Full Day 9:00-4:00

WHERE: Recreation Center

COST: **Half day** \$190.00 res/\$200.00 non-res Full day \$355.00 res/\$365.00 non res

FINE ARTS

Come spend the week with Mr. Gould and Mrs. Majka to create new artworks using many different art materials. You will play instruments, sing, learn piano and explore early music theory. We will offer breaks in our art and music making for snacks, so please pack your student with one - two snacks and a water bottle. We aim to provide your children with a comprehensive fine arts experience.

WHO: Students entering grades 1-6

WHEN: Mon.-Fri. July 8-12 8:30am-12:30pm

WHERE: Swift River Art room & Music room

COST: \$230.00 res/ \$240.00 non-res

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 2024 who are residents of Belchertown and 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

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. Each attendee will be supplied with a water bottle, hat, and a shirt. Attendees should bring a lunch and a snack each day. Shorts are acceptable, and sneakers or athletic shoes should be worn each day.

WHO: Boys & Girls entering grades 8 - 11

WHEN: Monday—Friday, July 15 – 19, 8:30—3:30pm

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

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

(space is limited)



BELCHERTOWN
MASSACHUSETTS
POLICE DEPARTMENT

TENNIS IN THE PARKS

Led by a USTA-approved coach, the Tennis in the Parks program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. We focus on FUN and learning the basics through play. This program uses modified tennis balls, age-appropriate rackets and the latest engaging activities that help players successfully learn and play the game quicker. All players in their first session receive and keep a new age-appropriate racquet and ball!

WHO: Boys & Girls entering grades 1-2

WHEN: Mon-Wed, July 15-17 & Mon.-Wed. July 22-24 9:00-10:00am

WHO: Boys & Girls entering grades 3-5

WHEN: Mon-Wed, July 15-17 & Mon.-Wed. July 22-24 10:00-11:00am

WHO: Boys & Girls entering grades 6-8

WHEN: Mon-Wed, July 22-24 & Mon.-Wed. July 29-31 5:00-6:00pm



WHO: Adults 18 & older

WHEN: Mon-Wed, July 22-24 & Mon.-Wed. July 29-31 6:00-7:30pm

WHERE: Belchertown High School Tennis Courts

COST: Youth - \$75.00 res/\$85.00 non res per session Adults - \$85.00 res/\$95.00 non res per session

FOOTBALL SKILLS

Looking to enhance your child's football skills? Join us at our exciting Football Skills Clinic! Our highly experienced and knowledgeable coaches from Belchertown-Granby Youth Football Organization and surrounding high schools will provide your child with the necessary skills to succeed in the upcoming 2024 Football Season.

Players will learn proper throwing and catching techniques, running footwork, the rules of the game, and even have the opportunity to play 7v7 passing games. But most importantly, we want our young athletes to have fun and enjoy the game of football.

Saturday players will play a 7v7 passing game to honor Owen Sedlacek. All profits from this game go directly to Owen's Family.

WHO: Boys and Girls entering grades 2-8 All High School/Alumni
WHEN: Clinic Thurs & Fri, June 27-28, 6:00-8:00pm Sat. June 29 12:00pm-4:00pm
WHERE: TBD
COST: \$50.00 res/\$60.00 non res. Clinic Saturday only \$25.00 per player



CHEERLEADING SKILLS PROGRAM

The purpose of this clinic is to introduce youth to an introductory level of cheer. We will work on stretching, conditioning, listening skills, team work, sportsmanship, basic tumbling skills as well as basic stunts and safety.

Participants will learn a few cheers. Most importantly they will have a lot of fun. Shirt included.

WHO: Boys & Girls entering grades Pre-K -12 grade
WHEN: Clinic: Thurs & Fri June 27 & 28 5:00-7:30pm, Game: Saturday, June 29 TBD by age
WHERE: TBD
COST: \$50.00 res/\$60.00 non res.

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
Beginner 4:30-5:15pm, Intermediate 5:30-6:15pm
Session I-June Session II-July Session III-August
WHERE: Recreation Center
COST: \$65.00 res/\$75.00 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 late August and ends late October
WHERE: Swift River Fields
COST: \$45.00 residents

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 4-8
WHEN: Mon-Fri July 22-26 9:00-11:00am
WHERE: Jabish Brook Middle School
COST: \$70.00 resident/\$80.00 non-resident

VOLLEYBALL

A 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. All participants will need athletic sneakers, their own volleyball, and water bottle/Gatorade.



WHO: Boys & Girls entering grades 4-6	Boys & Girls entering grades 7 - 9
WHEN: Mon-Fri Aug. 5-9 8:00-10:00am	Mon. – Fri. Aug 5-9 10:30am - 12:30pm
WHERE: Jabish Brook Middle School	
COST: \$100.00 resident/\$110.00 non-resident	

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.

WHO: Boys & Girls,	Ages 8-11	Ages 12-16	Age 13-17
WHEN: Mon.-Thurs.,	July 8-11 9:00-10:00am	July 8-11 10:15-11:15am	Sundays, 6/9-6/30 6:30-7:45pm
WHERE: Chestnut Hill School Gym			
COST: \$65.00 res./\$75.00 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 participant will receive a t-shirt and basketball. Participants will also have the opportunity to swim in the pool each day.



WHO: Boys entering grades 3 to 9
WHEN: Monday - Friday, July 22 - July 26, 9:00 - 3:00 pm
WHERE: Belchertown High School Gym
COST: \$250.00 resident/\$260.00 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: Mon. Tues. & Thurs. Aug. 5, 6 & 8 5:30-7:00 p.m.
WHERE: Foley Field
COST: \$65.00 res/\$75.00 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. June 24-28, 9:00-1:00pm
WHERE: Belchertown High School
COST: \$190.00 res/\$200.00 non-res

413 ATC EXTRA INNINGS BOYS 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. Players will be divided according to skill and age levels.

WHO: Boys entering grades 2 - 8
WHEN: Monday - Thursday, Aug. 5 - 8 9:00 - 12:00noon
WHERE: Chestnut Hill School Back Diamond
COST: \$115.00 resident/\$125.00 non-resident

413 ATC EXTRA INNINGS GIRLS 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 2 to 8
WHEN: Monday to Thursday, July 29-Aug 1 9:00-12:00noon
WHERE: Chestnut Hill Back Diamond
COST: \$115.00 resident/\$125.00 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 24 - 27
9:00 am to 12:00pm
WHERE: Belchertown High School Softball Field
COST: \$80.00 resident/\$90.00 non-residents

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. Wrestling shoes are required. Each participant will receive a t-shirt.

WHO: Boys & Girls entering grades K-2 entering grades 3-8
WHEN: Mon – Fri 7/29 - Aug 2 9:00-10:30am 11:00-12:30pm
WHERE: Swift River School Common Room A
COST: \$65.00 res/\$75.00 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
WHEN: July 8-12 9:00-11:00am
COST: Grades K-2, \$70.00/\$80.00 non-res.

WHO: Boys and Girls entering grades 3 - 8
WHEN: July 8-12 9:00-2:00pm
COST: Grades 3-8, \$160.00/\$170.00 non-res

WHERE: Foley Field



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. 13-15 1:30 - 3:30pm
WHERE: Constantino Field
COST: \$115.00 resident/\$125.00 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. 6-8 1:30 - 3:30pm
WHERE: Constantino Field
COST: \$115.00 resident/\$125.00 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 in the Quabbin Valley League which may include Chicopee, South Hadley and Palmer.

WHO: Boys & Girls entering grades 3-4
WHEN: Season runs late August to late October
COST: \$80.00 resident

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



ADULT 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.

Lessons are held multiple dates & times throughout the summer for Intro, Beginner, Novice, Intermediate & Advanced. Please see our website at www.Belchertownrec.com

ADULT YOGA

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: Wednesdays, June 19-Aug 21 5:45-6:45pm
WHERE: Recreation Center
COST: \$78.00 res./\$88.00 non-res.



Vinyasa with Brent

Vinyasa is one of the most common styles of yoga practiced in the West. Vinyasa is a term used to describe continuous or dynamic movements between yoga poses. This flow of movement is excellent for getting your heart rate going and working up a sweat. Vinyasa can also help increase flexibility, strength, stability, calmness, and focus. Participants are encouraged to bring a yoga mat, yoga blocks and water. Some mats and blocks will be available.

WHO: Adults 18 & older
WHEN: Fridays, July 19-Sept. 13 8:15-9:15am
WHERE: Recreation Center
COST: \$78.00 res./\$88.00 non-res.

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, 6:30 -8:00pm
WHERE: Recreation Center
COST: \$90.00 res/\$100.00 non-res per session



PORTFOLIO ALBUM - Mini Tri-Fold

Step by step instructions on how to make your own mini tri-fold portfolio album/scrapbook to store your special photos and keepsakes. You will choose a particular theme and bring your photos to the two day session. Possibly Disney themed, Beach themed, Vacation themed for example. All supplies are provided.

WHO: Adults 18 & older
WHEN: 6:00-7:30pm session I June 25 & 27 session II July 9 & 11 session III Aug 13 & 15
WHERE: Recreation Center
COST: \$65.00 res/\$75 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 once a week. All games will be played in accordance with USSSA softball rules unless modified under the Belchertown rules & regulations. Balls and bats will be supplied. Each team will be responsible for paying the umpires.

WHO: Adults 18 & older

WHEN: The season will run Labor Day thru the first week of November

WHERE: Chestnut Hill Community Softball Field

COST: \$240.00 per team

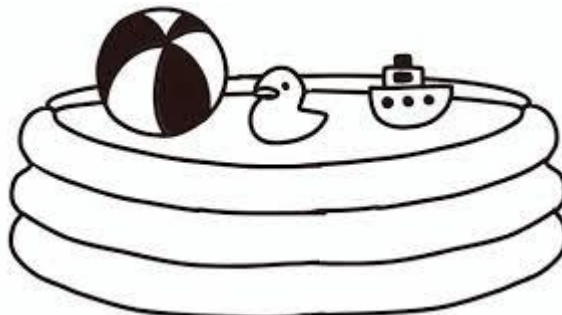
ADULT WATER AEROBICS

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 (1 -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 \$150.00

A 2 hour rental with two lifeguards that includes up to 40 swimmers is \$200.00

*There is an additional charge of \$20.00 per hour for a third and or fourth lifeguard.

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

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
Adult \$6.00 / \$8.00	10-Adult Tickets	\$48.00 res. / \$64.00 non res.
Child \$4.00 / \$6.00	10-Child Tickets	\$32.00 res. / \$48.00 non.res.

Pool Passes	6 Months		1 Year	
	Residents	Non-Residents	Residents	Non-Residents
Individual	\$210.00	\$235.00	\$365.00	\$415.00
Family of Four	\$315.00	\$365.00	\$520.00	\$625.00
Additional Member	\$25.00	\$50.00	\$25.00	\$50.00
Therapeutic *Physician note/ prescription is required.	\$155.00	\$170.00	\$285.00	\$315.00
Senior (60+)	\$105.00	\$120.00	\$185.00	\$210.00
Couples	\$235.00	\$285.00	\$415.00	\$470.00

SWIM LESSONS

Swimming Lessons are posted on the 1st of every month

American Red Cross Swim Lesson

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 1 – June 23th

Open 7 days a week: June 24th – Sept. 2nd

Monday-Thursday 12:00 p.m. - 6:00 p.m.

Friday-Sunday 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)	\$6.00	\$8.00
Child (4-17 yrs)	\$4.00	\$6.00
Resident Seniors (+60)	\$2.00	\$4.00

Season Passes		
	Resident	Non-Resident
Individual	80.00	120.00
Couple	110.00	150.00
Family of 4 (8 max)	150.00	200.00
*Additional family member	15.00	20.00
Senior (+60)	20.00	60.00

MOVIE NIGHT ON THE BEACH

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

Kung Fu Panda 4

Saturday, Sept. 14 Gate opens 7:00pm

Adults (13 & older): \$5.00 ea

Children (4-12): \$3.00 ea

Children 3 & under: Free

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 2 to 9 (not playing Varsity 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.