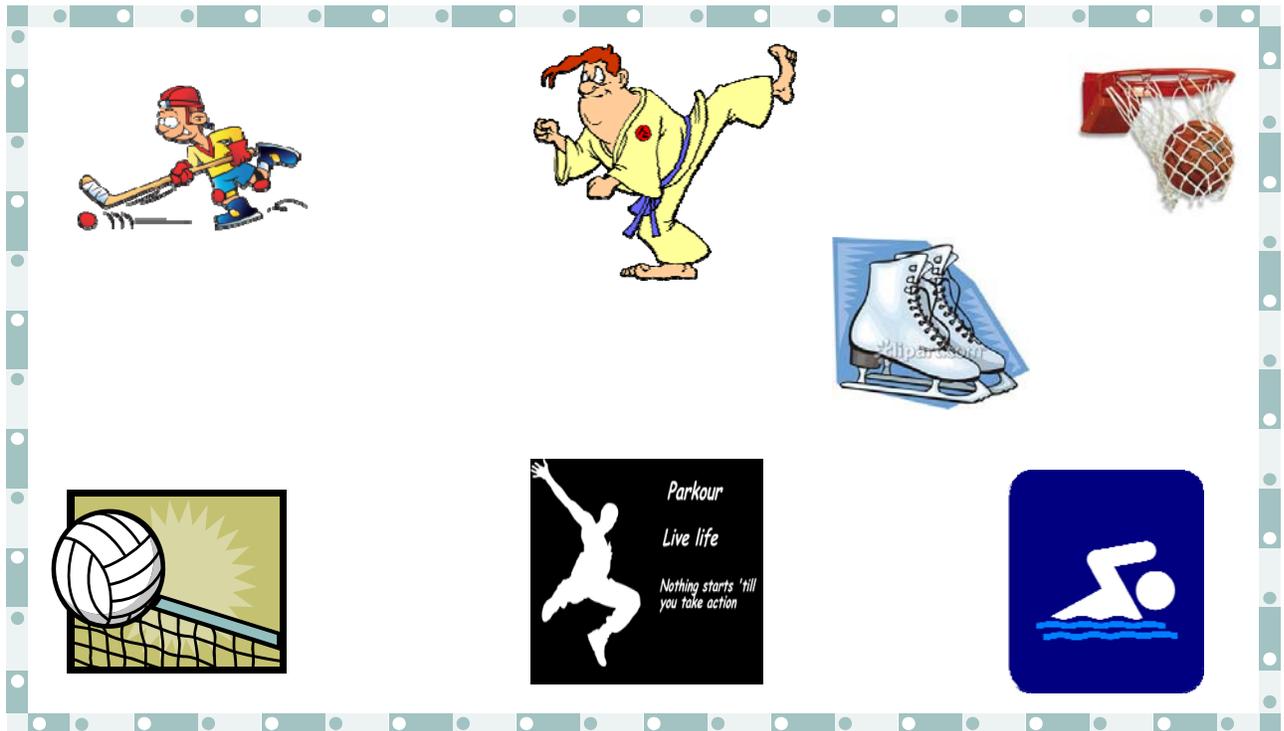


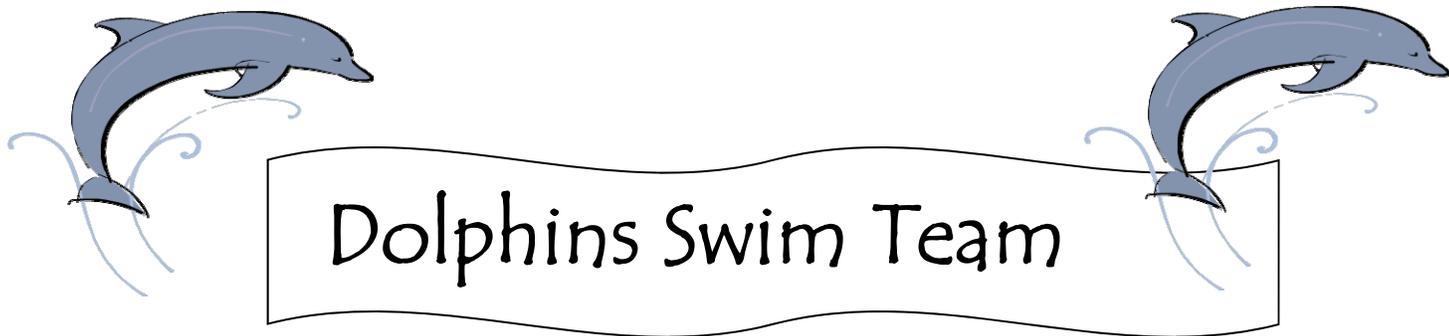
Belmont Recreation Department
A Division of Belmont's Department
of Public Works
2016-2017
School Year Programs, Events and Activities

**Recreation Activities for Every Family Member
Program Registration and Membership Sales begin
September 14, 2016**



Administrative Staff

June Howell, Program Supervisor
Heidi Barberio, Program Coordinator
Ernest S. D'Agnelli, Coordinator
Susan Weiner, Special Needs Program Director



Tryouts for potential new Dolphins: @ Belmont High School, Higginbottom Pool

ages 10 and under. Sept. 20 ages 11 and over. Sept. 21

Tryout registration begins at 5:30 pm...tryouts begin at 6 pm

Minimum Requirements:

Children ages 8 and under must be able to swim 1 length of the pool using 2 of the 4 competitive strokes

Children ages 9 and 10 must be able to swim 1 length of the pool using 3 of the 4 competitive strokes

Children ages 11 and over must be able to swim 2 lengths of the pool using 3 of the 4 competitive strokes

All ages must be able to dive.

Parents are not allowed in the pool or locker room area during try-outs, no exceptions

This popular swim program is a wonderful opportunity for children interested in competitive swimming to try the sport for the first time and has helped develop youngsters into very talented swimmers throughout past seasons. The Dolphin coaching staff places a tremendous emphasis on skill development in all four competitive strokes.

Our belief is that long-term, proper swim technique translates into outstanding swimming performance.

In addition to proper mechanics, the program focuses on competition, teamwork and fun. The team is part of the Middlesex League (Winter Suburban Swim League), which consists of 14 teams from around the region.

Swim meets are held from December through mid-March usually on Sundays. Team members typically have the opportunity to swim all events throughout the season allowing them to develop speed and skill in all strokes. Twice weekly workouts are tailored to meet the individual needs of each swimmer

Meet the Coaching Staff

Megan Olowinski, our head coach, has been with the Dolphin program for over 20 years as a swimmer and assistant coach and is returning for her 14th season as head coach

Amanda Matarese lives and works in Boston and grew up swimming in Rhode Island

James Saidnaway is a former Dolphin Captain who lives and works in the Boston area

Philip Saidnaway returns to the team after his service with the USMC. Philip is also a former team Captain

As well as Kara O'Neil, Stephanie Scanlon, Kristen Maynard and Joci Philips.

All of our coaches are committed to helping swimmers be the best they can be and achieving all their personal bests

About "Parents of Dolphin Swimmers" (PODS)

Parents of Dolphins (PODS) is a not-for profit (tax exempt) parent volunteer organization dedicated to supporting the Dolphins team and coaching staff. PODS organizes equipment sales, team pictures, stroke technique clinics and a number of other events throughout the season. The most important function of PODS, however, is to organize and run the swim meets. All of the swim meets your child will participate in are run almost entirely by parent volunteers. Volunteers time, score, judge, oversee pool safety and manage the snack bar. Parents of all team members are expected to volunteer in running the swim meets and other PODS activities.

PODS raises money for program support through: equipment sales, stroke clinics and the snack bar. Please be aware that, in cases of financial hardship, PODS may be able to contribute toward the cost of the Dolphins Program Fee charged by the Recreation Department. Funds are very limited and are given only after documentation of enrollment in Mass Health or the free school lunch program. Please contact PODS for further information.

2016-2017 School Year Membership Fees

<u>Resident</u>		<u>Non-Resident</u>
Family	\$195.	Family \$250.
Adult	\$140.	Adult \$150.
Child	\$110.	Child \$120.

Day Passes are available for Residents Only: \$5.00

Membership or a day pass is required for admission to the Higginbottom Pool, Wenner Field House and the Viglirolo Skating Rink. **Membership Fees are Non-Refundable**
Membership may also be required for participation in some Recreation Programs.

The Recreation Department has updated their registration system! The new software will be much more user friendly and will be extremely beneficial to the department. Go online and create your family account as soon as possible in order to make the registration process as quick and easy as possible.

If you create your account before OCTOBER 14th, you could win a FREE 2017 summer pool membership!

Registration General Information

Registration may be completed by mail, in the Recreation Office or online at www.belmont-ma.gov/recreation

Forms of Payment Accepted

Cash

Check

*Visa

*Master Card

*Discover

*American Express

*Please Note that processing fees will be assessed if using these forms of payment, whether online or in the office..

Belmont Recreation Department

PO Box 56, Belmont MA 02478

Phone: 617-993-2760 Fax: 617-993-2761

Recorded Information: 617-993-2768

www.belmont-ma.gov/recreation

Mission of the Recreation Department

The Belmont Recreation Department promotes opportunities for Town residents to participate in a variety of healthy and enjoyable activities year round, which satisfy the diverse interests of Belmont residents.

The Recreation Commission has ZERO TOLERANCE for misconduct by a participant or parent while at a Recreation Department program or facility. Any person who willfully disregards Recreation Commission policies may be removed from the program and/or have their membership privileges revoked.

The use of tobacco is prohibited in any school building and on all school and Town grounds.

The Recreation and Health Departments encourage you to use skin protection whenever participating in outdoor activities.

All programs are subject to change or cancellation. Refunds for programs are reviewed upon request but not guaranteed and refunds are NOT given once a program has begun.

Children's Swimming Lessons

at the Higginbottom Pool
Ages 18 months and Over



Levels 2-7

Due to the depth of the shallowest end of the pool, children uncomfortable in the water must be at least 48 inches tall. Children will progress and be evaluated throughout the session as levels and skills increase.

Please be respectful of the rules of the Belmont School Department and DO NOT BRING FOOD OR DRINKS INTO THE POOL AREA. FAILURE TO ABIDE BY THIS RULE COULD RESULT IN YOU BEING ASKED TO LEAVE THE POOL AREA.

Please review the descriptions and choose your child's swimming level at registration

- Level 2: **Very Comfortable** in the water, will learn floats, rhythmic breathing, start the crawl stroke
- Level 3: Work on crawl stroke, elementary backstroke and back crawl stroke.
A level 3 swimmer should be able to swim 15 yards independently
- Level 4: Introduction to breaststroke and sidestroke development
- Level 5: Continue working on breast and sidestroke development
- Level 6: Competitive skill development, work on butterfly
- Level 7: Concentration on stroke refinement and endurance



Parent/Toddler Swimming: ages 18 mos - 4 yrs

Children and their parents will participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. The 30 minute classes are not designed to teach your toddler to swim but to expose them to the water in a safe, fun environment. Parents are provided with information and techniques to help lay the foundation for future swimming lessons. This program is a fun and positive bonding experience for both parents and children.

Level Times

Levels 3-7	9:00-9:45am	on testing days	5:00-5:45pm
Level 2	9:45-10:30am	on testing days	4:15-5:00 pm
Parent /Toddlers	11-11:30am	on testing days	3:45- 4:15pm

Fees: (a 2016-17 school year membership is required)

- Sessions 1 & 3: \$65.00 (6 classes)
- Session 2: \$ 55.00 (5classes)
- Session 4: \$75.00 (7 classes)

Session Dates:

- Session One: October. **1, 8,15,22,29** November 5
- Session Two: November 12,19, December **3,10,17**
- Session Three: January 7,14,21,**28** February 4,**11**
- Session Four: February 25, March **4,11,18,25**,April 1,**8**

**Dates in red indicate that class will be held in the afternoon due to college testing at Belmont HS
Please Note: Classes are NOT offered as either/or**

Private Swimming Lessons

Our certified instructors are available to offer either private or semi-private swimming lessons to you or your child. Please note that the Recreation Dept. does not pair students. Register by mail or at the Recreation Dept. office. A 2016-2017 school year membership is required.

Cost:

- 4 - 30 minute private lessons: \$140. (one student only)
- 4- 30 minute semi private lessons: \$200. (2 students maximum)
- 4- 30 minute mini group lessons: \$240. (3 students maximum)

Children's Ice Skating Lessons



Beginners: Ages 3, 4 and Kindergarten: 30 MINUTE CLASS and 10 MINUTES PRACTICE TIME AT END OF CLASS

This class focuses on developing the coordination and strength needed to maneuver on skates. Our goal is for the children to learn proper technique and have fun.

Levels 1-8: 40 MINUTE CLASS (30 MINUTES INSTRUCTION FOLLOWED BY 10 MINUTES OF INDIVIDUAL PRACTICE)

This program will introduce the fundamental moves, forward and backward skating, stops, crossovers and turns. Upon completion of these levels, skaters will have the basic knowledge of the sport enabling them to advance to more specialized areas of skating such as figure skating, dance and hockey.

PARENTS: PLEASE REMEMBER THAT IF YOUR CHILD HAS ANY ISSUES SUCH AS ATTENTION, BEHAVIOR, LANGUAGE BARRIER, ETC.,

- YOU SHOULD LET YOUR INSTRUCTOR OR OUR DIRECTOR, SU RIBIERO KNOW .
- YOUR CHILD WILL GET THE MOST THEY CAN OUT OF THE PROGRAM IF WE ARE AWARE OF YOUR CONCERNS
- YOUR CHILD SHOULD BE COMFORTABLE IN A GROUP LESSONS SETTING
- THESE LESSONS ARE NOT DESIGNED FOR ONE-ON-ONE INSTRUCTION.

HELMETS MUST BE WORN DURING THESE LESSONS; NO CHILD WILL BE PERMITTED ON THE ICE WITHOUT A HELMET. BIKE HELMETS ARE NOT ACCEPTABLE. NO DOUBLE RUNNER SKATES

Skates should be no larger than the child's shoe size; bigger skates hinder progress. We recommend you purchase from a good Sporting Goods shop to insure proper fit. Do not have the picks shaved off. One pair of light socks should be worn.

- When lacing skates remember they should be comfortable to snug through the toe area, snug over the arch and tight through the ankle. (use small makeup sponges if the ankle is tender) You should be able to insert one finger behind the tongue at the top of the boot, to first knuckle, when laced.
- Hats, mittens and a warm jacket should be worn during the lesson. Elbow and knee pads are NOT recommended.
- Please put child's FIRST and LAST NAMES on the FRONT of the HELMET so that it can be seen by the instructor.
- *Children need to arrive on time for class, please arrive early so that skaters can be ready on time. Be sure your 3 or 4 year old child is prepared to be away from you with the group for the 30 minute class.*
- Parents are not allowed on the ice, NO EXCEPTIONS.
- Please see the Director, Su Ribeiro for questions during class, instructors will be available after class if you wish.
- *The first few weeks, as children's abilities emerge, coaches may move children to the class that will benefit them most.*

If you plan to leave the rink during your child's class, PLEASE let the director know and leave a number where you can be reached, even if it's only for a short time.

A 2016-2017 School Year Membership is required

Session Dates

Session 1: Nov. 5,12, 19, 26 Dec.3,10,17, 2016
FEE: \$75.00

Session 2: Jan. 7, 14,21,28 Feb. 4,11,18, 25
FEE: \$85.00

Class Times

Ages 3, 4 & 5.....10-10:40 a.m.

Ages 6 & over.....10:40-11:20 a.m.

OR

11:20 a.m.-12 noon





SKI NASHOBA VALLEY ON SATURDAY NIGHTS



The Recreation Dept. sponsors a Saturday night Ski Program to Nashoba Valley Ski Area in Westford, MA for children in **Grades 5 – 12**. Transportation is provided by coach bus from Belmont High School.

Departure is at 5 p.m. and the group returns at approximately 11 p.m.

Parent volunteers are needed to chaperone this popular program.

All chaperones are offered a lift ticket, rentals and optional lessons at no charge

Enjoy a night of skiing or you may choose to spend the evening by the fire in their cozy lodge or dine at Nashoba's Outlook Restaurant.

Group lessons are available at no additional charge for all registered skiers and chaperones.

ONLINE REGISTRATION IS NOT AVAILABLE

2017 Dates: Jan. 7, 14, 21, 28, Feb. 4, 11

****Please note you must write out three separate checks****

\$150 Payable to Town of Belmont (Bus Transportation)

\$190 Payable to Nashoba Valley (Program fee)

\$110 Rentals (optional) Payable to Nashoba Valley

\$ 45 Helmet Rental

\$60 Helmet purchase

Please bring your check for rentals on the night of the pre-fit, December 5, 2016 from 4:30-5:30 pm at the Recreation Dept. office

Cost of rentals increases if rented after the pre-fit on Dec. 5, 2016

A complete registration form can be found in the back of this brochure or on the Department's website

All participants must sign the Recreation Department's code of conduct before

SNOW TUBING

Date:

**Planned for the Saturday night
immediately after our ski program ends**

Cost: TBA

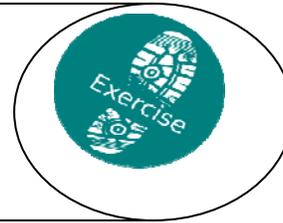
Enjoy a night at Nashoba Valley's Tubing Park. Planned for the 1st Saturday night after our ski program ends which is tentative, depending on weather related cancellations during the ski program. Space is limited!

We will travel by school bus, leaving Belmont High at 5 p.m. and returning at 11 p.m.

Register at the Recreation Department.

Please check the website for updates and details.

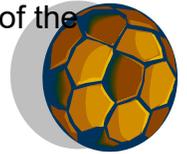
Fitness and Exercise
Programs
For Adults



Teen/Adult Soccer
Ages 16 and over

**Fee: \$50. with 2016-2017 membership
\$110. non members**

Join others who just can't seem to get enough soccer! Informal games three days a week, Sundays and Tuesdays at the BHS Field House and Thursday evenings at the Winn Brook School. A complete schedule of dates and times will be posted on the Adult Soccer page of the Recreation Dept. website, www.belmont-ma.gov/recreation



Zumba

At the Beech St Center, Wednesday evenings

7-8 p.m.

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Our goal is simple: we want you to work out, to love working out, to get hooked!
Zumba Fanatics achieve long term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life

Session Dates/Costs

Session 1:

Sept. 7, 14, 21, 28 Oct. 5, 12, 19, 26

Cost: \$80.00

Session 2

Nov. 2, 9, 16, 30 Dec. 7, 14, 21, 28

Cost: \$80.00

Session 3:

Jan. 4, 11, 18, 25 Feb. 1, 8, 15, 22

Cost: \$80.00

Session 4:

Mar. 1, 8, 15, 22, 29 Apr. 5, 12, 19, 26

Cost: \$80.00

Session 5

May 3, 10, 17, 24, 31 June 7, 14, 21, 28

Cost: \$80.00

Adult Hockey Programs



Men's Program

Fee: Members: \$185.
Non-members: \$210.

Begins Monday, November 7, 2016 through Monday, March 6, 2017

A no check league for 2 hours on Monday nights beginning between 9:15 pm and 9:30 pm. All players should have knowledge of the sport and must wear helmets with face shields. Rob Leighton will continue as Coordinator this year.

Women's Program

Fee: Members: \$139.
Non-members \$157.

Begins Sunday, November 6, 2016 through Sunday, March 12, 2017

Sunday evenings for 90 minutes beginning at 6:45 pm. A portion of the ice time is devoted to skill and skating drills and the remainder is used for scrimmages. All players should be advanced skaters and have a basic knowledge of the game.

Senior Hockey

NO FEE Begins Monday, November 7, 2016 through Friday, March 10, 2017
Ages 50+

Love the sport? Looking for some fun and exercise. Join friends on Monday, Wednesday and Friday mornings from 10-11:30 am. All players MUST wear proper hockey safety equipment, HELMETS REQUIRED.

ALL PLAYERS MUST REGISTER WITH THE RECREATION DEPARTMENT

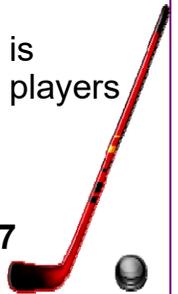


Figure Skating for Adults



Sundays, 5:00- 6:30 p.m.
GRADE 5 AND OVER

A 2016-17 school year membership required

All levels, beginner through advanced...learn to skate or improve your skills

Advanced skaters should be able to complete the following skills; strong forward crossovers, three turns, forward edges (curves on one foot) both directions and strong forward stroking. Skaters will begin to learn the more advanced elements of the sport including backward stroking, backward crossovers, footwork, edges, turns, jumps and spins.

HELMETS ARE REQUIRED FOR EVERY SKATER

Session 1: November 6,13,20,27 December 4,11,18
FEE: \$96.00 (7 classes)

Session 2: January 8, 15, 22, 29, Feb.5, 12,19,26
FEE: \$110.00 (8 classes)



Training and Certification



LIFEGUARD TRAINING:

Dates, times and fees for this course are still TBA.

This American Red Cross training course will be held at Belmont High School's Higginbottom Pool. Participants must be at least 15 years of age at the start of the course.

WATER SAFETY INSTRUCTOR COURSE:

Dates, times and fees for this course are still TBA

This training course will be held at the Higginbottom Pool at Belmont High School. Participants must be at least 16 years of age at the start of the program.

Babysitter Training

A 2 night course

Tuesdays, Oct. 18 & 25, 2016

This course will be held in the Conference Room at the Beech Street Center.

A minimum of 5 participants are needed

Participants must be at least 11 years of age at the start of the program.

Cost: \$40 per person. Must attend both classes

Learn valuable information to help you land that great babysitting job.

Local Youth Organization Contacts

Belmont Youth Soccer Assoc.	Grades 3 and up	www.belmontsoccer.com
Belmont Second Soccer Assoc.	Grades K-2	www. Belmont2ndsoccer.org
Belmont Youth Basketball Assoc.	Grades 3 and up	www.belmontyouthbasketball.com
Belmont Youth Baseball, Softball	Ages 7 and up	www.belmontyouthbaseball.org
Belmont Youth Hockey	Ages 4 and up	www.belmontyouthhockey.org
Junior Marauders Football	Grades 7 & 8	www.leaguelineup.com/jrmarauders
Belmont/Watertown Youth Football and Cheer	Grades 1-6	www.wbyouthfootball.com
Belmont Youth Lacrosse	Grades 1-8	www.belmontyouthlacrosse.org
Belmont Field Hockey	Ages 10 & over	belmontfieldhockey@gmail.com
Generation Tennis	Ages 4 and over	www.generationtenniscta.com
Super Soccer Stars	Ages 1-5	http://boston.supersoccerstars.com



Director: Susan Weiner
A Division of Belmont Recreation
The Recreation Department's Award Winning S.P.O.R.T. program
(Special Programs Organized for Recreation Time)

A year round program which provides activities for individuals with intellectual disabilities. Participants of all ages and levels are welcome to enroll. Funding for this program is provided by the Towns of Belmont and Watertown, user fees and private donations. Dedicated volunteers enable the S.P.O.R.T. Program to offer many outstanding programs at nominal fees. We promise continued excellence in recreation programming for individuals with special needs.

Belmont S.P.O.R.T. consistently sends one of the largest contingencies of athletes to the Massachusetts Special Olympics

The Belmont S.P.O.R.T. program offers year round, rewarding volunteer and community service opportunities.

Call the Recreation Department at 617-993-2760 for more information.

Registration Information

Registration for the Belmont S.P.O.R.T. 2016-2017 season is currently underway. Complete brochures are available at the Recreation Department, on the Dept. website

Like Belmont Watertown S.P.O.R.T. on Facebook

Or Follow us on Twitter



You miss 100% of the shots you don't take

Facilities Schedules

Please remember to check the Recreation Calendar or call 617-993-2768 for daily updates.
These schedules serve as a guide and are subject to change.

Higginbottom Pool At Belmont High School

September 26, 2016 through May 20, 2017

Generally, the Higginbottom Pool will be open for lap swimming Monday and Wednesday evenings from 8:15-9:15 pm beginning September 26, 2016 . The pool will also be open for public and lap swimming on Friday evenings beginning September 30,2016 as well as Saturday and Sunday beginning Oct 2,2016

Check the Recreation calendar for daily schedule or call the recorded information line at **617-993-2768**.

The pool will be closed on all school holidays and may be closed for swim meets or other special events and school testing

The Recreation calendar and recorded information line will have up to date information on pool schedules.

Wenner Field House Schedule Sept. 26, 2016-May 25, 2017

The Wenner Field House is located at Belmont High School

A current Recreation membership or day pass is required for admission to the Field House.

Open Monday through Wednesday evenings for **adults only** from 7:30-9:30 pm.

Thursday Night is Family Night/Open Gym: 7:30-9:30 pm.

Facilities may be used for individual activity or participation in Recreation programs. The Field House offers an indoor track, basketball and volleyball courts and a variety of activities for the whole family.

The field house will be closed on all school holidays and may be closed for other special events.

The Recreation calendar and recorded information line will have up to date information on Field House schedules.

MEN'S PICKUP BASKETBALL Monday and Wednesday evenings.

ADULT SOCCER: Tuesday nights for registered players.

WOMEN'S BASKETBALL Tues. nights in the main gym. Women are invited to join informal games.

VOLLEYBALL This co-ed program on Mon. & Thurs. evenings organized by our Field House Supervisors.

OPEN GYM/FAMILY NIGHT Every Thursday evening from 7:30-9:30 p.m. Students welcome!

Public Skating at the Viglirolo Rink

Public Skating Calendars are published monthly November through March. These schedules are available online, at the skating rink or in the Recreation Department Office. You may also find the schedule on the Recreation Dept. calendar on the Dept.'s website or call the recorded information line, 617-993-2768

The rink will open November 1, 2016 and close on March 12, 2017 (tentative date)

Conley League



Tee Ball and Baseball
Ages 3 through 2nd grade
For boys and girls
Season begins the first week in May if fields
are in playable condition
Registration Begins March 9, 2017
Fee: \$70.



TEE BALL

An instructional program for boys and girls beginning at age 3. Children must be age 3 by May 1, 2017. Batting is from a tee and teaches the basic fundamentals of hitting. Kids field the balls and learn the basics of base running and throwing. Each team is named for a AAA affiliate of a major league team and each child receives a tee shirt and hat to experience the feeling of being on a team. All players in this league receive a medal at the conclusion of the season. Great way to meet new kids and discover the joy of baseball. Games are played at Payson Park.

BASEBALL

Designed for boys and girls in grades who have previously played tee ball and are ready for coach pitching. Each team is named for a Major League team and each child receives a tee shirt with a number imprinted on the back and a team hat. The rules and fundamentals of baseball are coupled with a fun, non-competitive atmosphere to promote good sportsmanship and team cooperation. Games are played at the Belmont Hill School.

General Information

- Registration deadline is 4 p.m., Thursday, April 13, 2017. If space permits after that, you may still register but will be assessed a \$20. per player late fee. There are **NO EXCEPTIONS!**
- Placement requests will be honored to the best of our ability. Please try to limit your request to siblings or one friend. Requests **cannot** be honored after the April 13th deadline.
- Teams average 2 games per week. All games begin at 6 p.m.
- Coaches are parent volunteers and we truly appreciate their talents and efforts in this league.
- Parents, please let us know if you are willing to help out.
- All coaches must have a current CORI on file with the Recreation Department.
- New Coaches Informational Meeting and equipment pick up at 5 pm, Tuesday, April 25, 2017.
- There will be a fun kickoff event the week before the season begins. We will notify teams where and when after registration is complete.
- Equipment should be returned after the season is over, no later than June 23, 2017.

After School/Evening Programs for School Year 2016-2017



KARATE

With Grand Master Steve Nugent and his staff
Wednesday Afternoons at the Beech St Center
Please only sign up for one session at a time .



Age/Class Time

Little Dragons Ages 3 & 4 4:30-5 pm
A fun filled 30 minute class focusing on listening, balance, gross motor skill, basic stances and FUN!

Little Ninjas Ages 5-7 5-5:45 pm
A 45 minute class concentrating on proper form, punches, blocks and kicks

Juniors Ages 8-14 5:45-6:30 pm
A 45 minute class that gets into deeper understanding of techniques and forms

Session Dates/Fees

<u>Session #1</u>	Sept. 7- Dec.14 (no class 11/23)	\$308.00
<u>Session #2</u>	Jan. 4 - Mar 29 (no 2/22)	\$264.00
<u>Session #3</u>	April 5 – June 28 1 (no 4/19)	\$242.00



School Vacation Fun

All Sports Clinics

Dec. 28-30	9 am—3 pm	Butler Elementary School	\$150. weekly	\$55. daily
Feb. 21-24	9 am—3pm	Butler Elementary School	\$200. weekly	\$55. daily
Apr. 18-21	9 am—3 pm	Butler Elementary School	\$200. weekly	\$55. daily

Flag Football

Apr. 18-21	9 am—3 pm	Wellington Elementary School	\$240. weekly	\$65. daily
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Note:

Registration for these programs is not available online.
Registration forms for these programs on the Department's website.

Parkour Class



Test your strength, build your endurance and have fun! Parkour is a combination of running, climbing, swinging, vaulting, jumping, and rolling. Instructor Blake Evitt has competed all over the world in this sport.

Parkour Ages 11 –16

Location: Underwood Playground meeting location but will be exploring Belmont also

Dates: Wednesdays 9/14 - 11/16 (10 weeks) Rain or shine no cancellation

Time: 6:00 - 7:30pm

Price: \$100 for 10-week season, \$15 drop-in

Signup link: <https://goteamup.com/p/426162>

Description: Parkour, also known as freerunning or l'art du déplacement originally started outside of Paris in the late 1980's and has since become one of the fastest growing sports in the world. Parkour practitioners learn to navigate their environment and overcome mental and physical challenges in a safe and progressive manner in order to be able to move through any environment. Classes are designed to accommodate a wide range of fitness and ability levels, and are all taught by ADAPT-certified instruct

Jodi Adams' THEATER PRODUCTION



Musical Theatre Fall Production

September 14-December 14, 2016

Wednesday afternoons in the Town Hall Auditorium



Children will work together to create these magical, musical stage production!
Children build self esteem and confidence while gaining skills in acting, singing and dancing.

Grades 1-5 rehearse from 4-5:15pm (Disney Kids Show)

Grades 5 - 8 rehearse from 5:15-6:45 p.m. (High School Musical)

Cost:

Grades 1-5 \$199. Grades 5-8 \$225.

(5th graders may choose which production they would like to participate in)

Belmont Recreation Department Program Registration

*ONE REGISTRATION FORM PER PARTICIPANT .COMPLETE AND MAIL TO:
P.O. BOX 56, BELMONT MA 02478
PLEASE PRINT*

Participant	Age	Grade	DOB	M/F	School
Address	Town	Zip	e-mail address		
Parent/Guardian Name (print clearly)		Phone		Emergency Phone	
Medical /Allergies _____					
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	

Will your child require any special accommodations/placement? _____

I, the undersigned, waive Belmont Recreation Department of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

Participant/Parent/Guardian (must be 18 years or older) _____ Date _____

The Recreation Commission has a **ZERO TOLERANCE POLICY** for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policies may have their membership/participation privileges revoked.

Belmont Recreation Department Program Registration

*ONE REGISTRATION FORM PER PARTICIPANT .COMPLETE AND MAIL TO:
P.O. BOX 56, BELMONT MA 02478
PLEASE PRINT*

Participant	Age	Grade	DOB	M/F	School
Address	Town	Zip	e-mail address		
Parent/Guardian Name (print clearly)	Phone		Emergency Phone		
Medical /Allergies _____					
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	
Program Name	SESSION / DATE		LEVEL	TIME	

Will your child require any special accommodations/placement? _____

I, the undersigned, waive Belmont Recreation Department of all liability for any injuries, illnesses or loss of property while at Belmont Recreation Department's programs. In the event that I/my child should require any minor medical or surgical treatment and/or medication during Recreation Department programs, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take me/my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well being of myself/my child. It is understood, however, that if hospitalization or treatment of a more serious nature is required, I will be contacted by telephone for permission.

Participant/Parent/Guardian (must be 18 years or older) _____ Date _____

The Recreation Commission has a **ZERO TOLERANCE POLICY** for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policies may have their membership/participation privileges revoked.

This is an extra registration form just in case!!!!



Super Soccer Star is back this Fall!
You can register directly on their web-
site.

www.supersoccerstars.com

Ages 12 month to 5 years



Special Events

Students in Grades 5&6

Halloween Dance

Location: Beech Street Center

When: October 28th, 2016

Time: 7-9 pm

Prices: \$7 in advance
\$10 at the door

Sign up at the Recreation Department



Find Us on FACEBOOK

Like our Page

Belmont Recreation Department

Belmont S.P.O.R.T





The Recreation Department has updated their registration system! The new software will be much more user friendly and will be extremely beneficial to the department. Go online and create your family account as soon as possible in order to make the registration process as quick and easy as possible.

**If you create your account before
OCTOBER 14th, you could win a
FREE 2017 summer pool membership!**





Ms. Heidi at the Recreation Department likes pictures for her desk.
Please draw your favorite winter activity!
Make sure you put your name and age on it.
Send it to the Recreation Department

