

# MAY

## Monthly Motivator

### POINTS OF INTEREST:

- Mother—Son Kickball & Ice Cream
- Rise & Shine Children's Yoga
- Pick-Up Soccer
- Flax Summer programs
- Yarmouth Summer Celebration Kick-Off!
- Summer Movie Nights
- Lifeguard Certification

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## MOTHER - SON KICKBALL & ICE CREAM

**SATURDAY, MAY 7th 3:00PM-6:00PM**  
**At FLAX POND RECREATION AREA**

**GRADES K - 5**

**\$20 & PRE-REGISTRATION REQUIRED**

**Sponsored by:**



## PICK-UP SOCCER

COED

**SATURDAYS**  
@ Peter Homer Park  
front field

**April 30th - June 25th**  
(no play on May 28th)

40-60 yr olds 9:00am-10:30am  
25-45 yr olds 10:45am-12:30pm



General soccer rules apply - no slide tackling





# Rise & Shine Children's Yoga at Flax Pond Recreation Area



31 Dupont Avenue, South Yarmouth



## Saturday Mornings

6-week session: \$65

May 14, 21, 28

June 4, 18, 25

8:00am - 9:00am

2&3 year olds

9:30am - 10:30am

4&5 year olds

Instructor:  
Anina Theroux



**REGISTER TODAY!**  
[www.yarmouth.ma.us](http://www.yarmouth.ma.us)  
508.398.2231 ext 1520

### A SNEAK PEEK

at themes & poses for the kids:

**Cape Cod:** crab, lighthouse, surfing, windmill

**Ocean:** starfish, shark, clown fish

**Camping:** canoe, tent, bear

**Pond:** turtle, frog, worm, duck

**Pirates:** plank, shark, parrot, boat

**Please bring your yoga mat & water**

Parental attendance welcome, but not required

Restrooms on site

Pavilion & Gazebo for shade

Sunday rain date if necessary



# KARATE

**Age 5 to Adult**

*Lorusso Lodge at Flax Pond, 31 Dupont Ave, South Yarmouth*

**Tuesday Evenings**

**6:00pm - 7:30pm**

**Session: May 3rd - June 21**

**Cost: \$85.00 per session**

Stretching, karate kata's, basic kicks, blocks and punches as well as basic jujitsu holds and history of martial arts. Grand Master John W. Morash M. Ed has been a student of the martial arts for over 50 years.

This is a family oriented program.

Register for the session by contacting Yarmouth Recreation  
508.398.2231 ext. 1520 [recreation@yarmouth.ma.us](mailto:recreation@yarmouth.ma.us)



# TAICHI

***For Adults***

*Lorusso Lodge at Flax Pond, 31 Dupont Ave, South Yarmouth*

**Monday evenings**

**6:00pm - 7:30pm**

**Session: May 2 - June 20**

**Cost: \$85/session**

Guang Ping Yang Taichichuan is the Yang family's secret Taichi form. It is known throughout the world for its health benefits and promotes youthful flexibility, wellness and a happier healthier life style.

Register for the session by contacting Yarmouth Recreation  
508.398.2231 ext. 1520 [recreation@yarmouth.ma.us](mailto:recreation@yarmouth.ma.us)



**DO YOU LOVE TO BE AT THE BEACH?  
DO YOU ENJOY HELPING OTHERS?  
ARE YOU 16 OR OLDER?**



# **BE A YARMOUTH LIFEGUARD!**

**Seasonal Employment:**  
Memorial Day through Labor Day  
\$13/hour

**ALREADY CERTIFIED?**  
Pass the Swim Test  
**April 30th & May 21st**  
1:00pm - 3:00pm  
at Cape Cod YMCA off exit 6

**HOW TO GET CERTIFIED?**  
**Take a Lifeguard Certification Course**  
at Flax Pond Recreation Area  
June 15,16,17,22: 4:00-8:30pm, 18th: 8:00am-4:00pm, 23rd: 4:00-8:00pm  
\$300 (financial assistance available)

at Camp Wingate\*Kirkland  
June 17th through 19th  
9:00am - 5:00pm  
\$385.00 (financial assistance available)  
\*Possible Junior Lifeguard positions available (15 yrs)



## **LIFEGUARD EVENTS**

**Annually in August**  
42nd Annual Cape Cod Lifesaving Competition  
*[www.facebook.com/CapeCodLifesavingCompetition](http://www.facebook.com/CapeCodLifesavingCompetition)*

**Annually in August**  
Baywatch Games - Yarmouth vs. Dennis Guards

Please contact Mary Franklin for more information or to apply!  
[mfranklin@yarmouth.ma.us](mailto:mfranklin@yarmouth.ma.us) 508.398.2231 ext. 1522

# Yarmouth Tennis Lessons

YOUTH AND ADULT



Bill MacDonald has been with our Tennis Program since 2009 and has been the Program Coordinator since 2013. He has recruited wonderful kids to make the program possible and the program thrives on his leadership and enthusiasm for the sport!

Bill is an 18-year certified teaching pro with PTR. He works very well with the variety of ages that this program supports. He looks to bring in assistant instructors that have significant tennis experience and whom are willing to work with the children throughout the summer sessions.

The Tennis program is such an affordable opportunity for kids wanting to try the sport for the 1st time or to help elevate their game for school teams.

## Monday through Thursday

(rain dates on Fridays if needed)

9am-10am—13 years old to Adult

10am-11am—10 year old to 12 year old

11am—12pm—6 year old—9 year old

**COST: \$30.00 per week**

Program Dates:

**Week 1: June 27—June 30**

**Week 2: July 4—July 7**

**Week 3: July 11—July 14**

**Week 4: July 18—July 21**



**Week 5—July 25—July 28**

**Week 6—August 1—August 4**

**Week 7—August 8—August 11**

**Week 8—August 15—August 18**

# SUMMER CELEBRATION SCHEDULE OF EVENTS

SUMMER CELEBRATION KICK-OFF 2016		
DATE & TIME	ACTIVITY	LOCATION
<b>Friday June 24th</b>		
8:00 PM - 10:00 PM	Fireworks	South Shore Dr Beaches
<b>Saturday June 25th</b>		
All Day	Sand Sculptures being built all around town	All Around Town
9:00 AM - 1:30 PM	Bass River Farmer's Market	301 Old Main/Cultrl Ctr
10:00 AM - 11:30 AM	Nature Walk with Connie Boyce	Gray's Beach
4:30 PM - 6:30 PM	Sandy Feet Beach Walk & Fun Run REGISTER ONLINE	Bass River Beach
5:30 PM - 8:00 PM	Beach BBQ	Bass River Beach
<b>Sunday June 26th</b>		
All Day	Sand Sculptures being built all around town	All Around Town
12:00 AM - 3:00 PM	Taylor Bray Farm Day	Taylor Bray Farm
10:00 AM - 3:00 PM	Amateur Sand Sculpting	Bass River Beach
7:00 PM - 8:00 PM	Sunset with Neighborhood Yoga	Bass River Beach
5:00 - 7:00 PM	Kite Night - Synchronized Kite Expo with Archie Stewart & Friends	Bass River Beach
5:00 PM - 8:00 PM	Y-D Red Sox vs Mariners	Red Wilson Field
5:30 PM - 8:00 PM	RAIN DATE: Beach BBQ	Bass River Beach
<b>Monday June 27th</b>		
All Day	Sand Sculptures being built all around town	All Around Town
7:00 AM - 8:00 AM	Sunrise with Neighborhood Yoga	Bass River Beach
10 AM - 3:00 PM	Kite Fun - Learn to fly with Archie Stewart & Friends	Bass River Beach
10:00 AM - 11:30 AM	Nature Walk with Connie Boyce	Gray's Beach
5:00 - 7:00 PM	Kite Night - Synchronized Kite Expo with Archie Stewart & Friends	Bass River Beach
8:00 PM - 10:00 PM	RAIN DATE: Fireworks	Bass River Beach
<b>Tuesday June 28th</b>		
All Day	Sand Sculptures being built all around town	All Around Town
10 AM - 3:00 PM	Kite Fun - Learn to fly with Archie Stewart & Friends	Bass River Beach
5:00 PM - 8:00 PM	Y-D Red Sox vs Firebirds	Red Wilson Field
5:00 - 7:00 PM	Kite Night - Synchronized Kite Expo with Archie Stewart & Friends	Bass River Beach
4:30 - 6:30 PM	Volleyball Challenge!	Bass River Beach
8:00 - 9:00 PM	Big Screen on the Beach with Cartoons and Finding Nemo!	Bass River Beach
6:30 - 8:00 PM	Ice Cream Social	Bass River Beach
<b>Wednesday June 29th</b>		
All Day	Sand Sculptures being built all around town	All Around Town
10 AM - 3:00 PM	Kite Fun - Learn to fly with Archie Stewart & Friends	Bass River Beach
10:00 AM - 11:30 AM	Nature Walk with Connie Boyce	Gray's Beach
10:00 AM - 1:00 PM	Plein Air Paint Class	Packets Landing
4:30 - 7:30	Kids Fishing Clinic & Derby	Bass River Beach
5:00 - 7:00 PM	Kite Night - Synchronized Kite Expo with Archie Stewart & Friends	Bass River Beach
<b>Thursday June 30th</b>		
All Day	Sand Sculptures being built all around town	All Around Town
10 AM - 3:00 PM	Kite Fun - Learn to fly with Archie Stewart & Friends	Bass River Beach
9:00 AM - 1:30 PM	Bass River Farmer's Market and Cooking Demonstration	301 Old Main & Cultrl Ctr
5:00 - 8:00 PM	Dirty Dance Party with Ballroom Bliss	Bass River Beach
5:00 - 8:00 PM	<i>Beer &amp; Wine Tasting (Pending final approvals)</i>	Bass River Beach
<b>Friday July 1st</b>		
All Day	Sand Sculptures being built all around town	All Around Town
10:00 AM - 11:30 AM	Nature Walk with Connie Boyce	Gray's Beach
10:00 AM - 3:00 PM	Amateur Sand Sculpting	Bass River Beach
4:00 PM - 5:00 PM	Sand Sculptors Awards Pro & Amateur	Bass River Beach
6:00 PM - 7:30 PM	Zumba on the Beach with Peg Taylor	Bass River Beach
<b>Saturday July 2nd</b>		
10:00 - 11:30 AM	Bark in the Park Dog Parade	New Dog Park
1:00 PM - 2:30 PM	Blessing of the Boats	Bass River Beach Fish Pier
9:00 AM - 1:30 PM	Bass River Farmer's Market	301 Old Main & Cultrl Ctr
<b>Sunday July 3rd</b>		
5:00 PM - 8:00 PM	Y-D Red Sox vs Hyannis Harbor Hawks	Red Wilson Field

# MOVIE NIGHTS

All movies start at dusk.

Bring your chairs, blankets, & snacks!

## M o v i e s o n t h e B e a c h

Bass River Beach - Volleyball Court Area  
220 South Street, South Yarmouth

June 28<sup>th</sup> (rain date 29<sup>th</sup>) – Cartoons and Finding Nemo  
(in conjunction with the Summer Kick off Festival Ice Cream Social)

July 20<sup>th</sup> (rain date 21<sup>st</sup>) – Inside Out

August 3<sup>rd</sup> (rain date 4<sup>th</sup>) – JAWS

August 17<sup>th</sup> (rain date 18<sup>th</sup>) – Dolphin Tale

## M o v i e s i n t h e P a r k

Peter Homer Park Soccer Field  
144 Old Townhouse Road, South Yarmouth

July 13<sup>th</sup> (rain date 14<sup>th</sup>) – The Good Dinosaur

July 27<sup>th</sup> (rain date 28<sup>th</sup>) – Peanuts

August 10<sup>th</sup> (rain date 11<sup>th</sup>) – Big Hero 6

August 24<sup>th</sup> (rain date 25<sup>th</sup>) – Aladdin





## **FLAX POND ADVENTURE PROGRAM**

***Traditional Summer Program for the Next Generation***

**June 27 - September 2, 2016**

***Flax will be a Free Lunch Site for the Summer of 2016***

***Flax Pond Recreation Phone Number : 508-760-4815***

Flax Pond Recreation Program is an 8 week summer program broken into weekly sessions for children entering grades 1- 9. The children participate in a variety of daily activities such as kayaking, canoeing, archery, swimming in the fresh water kettle pond, sports, arts & crafts, wellness programs, a low elements initiatives area, and a nature program with live animals. The program operates every day, rain or shine. Each child is required to bring a healthy snack and beverage in a protective container. Children should also have additional clothing in case of a sudden change in temperature. Sun block, insect repellent, and hats are recommended. **Closed toe shoes are required.** For the full calendar of events, please see the website. ***A copy of the child's shot record must be submitted at the time of registration,*** if not already on file.

Monday – Friday **8:00 am - 4:00pm**

**For Grades 1– 6** (Grade child enters in Fall 2016)

**Cost: \$125 per week (resident) \$155 per week for (non-resident)**

### **Extended Care**

Cost: \$24/hour

### **Flax Session Dates**

**Week 1:** June 27-July 1

**Week 2:** July 4 - 8

**Week 3:** July 11 - 15

**Week 4:** July 18 - 22

**Week 5:** July 25 - 29

**Week 6:** Aug 1 - 5

**Week 7:** Aug 8 - 12

**Week 8:** Aug 15 - 19

**KIDS CARE WEEK: August 22 - August 26**

**SCHOOLS IN: August 29 - Sept 2**

For **Grades 1 - 6** **Cost: \$125.00 (resident), \$155 (non-resident)**

Extended Care is available; see charges above

**(fees prorated Wed, Thur, Fri if school is delayed)**

## **EXPLORER & ADVENTURER PROGRAM**

**Grades 7, 8 & 9: Cost \$140 per week \$170.00 (non-resident)**

This grade level has activities that are in tune with teen interests. Weekly field trips are taken to such places as the beach, baseball games, bowling, & ice skating. Two on site overnights are offered each summer. A calendar of events is available online. Trips are subject to change or cancellation due to weather, staffing and safety. No older than 14 yrs old. **Dates and extra care rates run the same as the regular Flax Program.**

# FLAX POND ADVENTURE PROGRAM

## “Celebration of the Nations”

In conjunction with the Summer Olympics in Rio de Janeiro, we will be hosting our own summer-long festival of the nations. Each week in our daily adventures we will focus on a particular nation featured in the Summer Olympics, we will learn about and participate in their sports, arts, culture, cuisine, and entertainment! Additionally, we will be posing weekly challenges for the age groups to compete against their fellow camp participants in both sport and non-sport activities, this includes participation in our Daily Rivalry Challenges! The children will have the opportunity to earn Team Medals for overall participation and embodying the spirit of Flax Pond throughout their week with weekly prizes for the winners! Each week will culminate in our very own Special Event Day highlighting the nation’s cultural festivals and celebrations!

### Week 1 Theme: Olympic Opening Ceremony Celebration

Tuesday, June 28<sup>th</sup>: Tie Dye Day

Wednesday, June 29<sup>th</sup>: *Explorer’s Beach Trip*

Friday, July 1<sup>st</sup>: Opening Game Ceremonies and “A Taste of the Nations”

### Week 2 Theme: Australia!

Wednesday, July 6<sup>th</sup>: *Explorer’s Six Flags Trip*

Friday, July 8<sup>th</sup>: Down Under Safari Adventure

### Week 3 Theme: Brazil!

Thursday, July 14<sup>th</sup>: *Explorer’s Overnight*

Friday, July 15<sup>th</sup>: Child’s Day Carnival

### Week 4 Theme: Japan and Annual Gaga Tournament!

Wednesday, July 20<sup>th</sup>: *Explorer’s Water Country Trip*

Friday, July 22<sup>nd</sup>: International Ninja Competition

### Week 5 Theme: China!

Wednesday, July 27<sup>th</sup> *Explorer’s Six Flags Trip*

Thursday, July 28<sup>th</sup>: Quest Seeker Overnight

Friday, July 29<sup>th</sup>: Chinese New Year Party

### Week 6 Theme: Mexico!

Thursday, August 4<sup>th</sup>: *Explorer’s Overnight*

Friday, August 5<sup>th</sup>: Fiesta Day!

### Week 7 Theme: USA!

Tuesday, August 9<sup>th</sup>: *Explorer’s Family Fun Center Trip (Rhode Island)*

Wednesday, August 10<sup>th</sup>: Wet n’ Wild Water Wednesday

### Week 8 Theme: Greece!

Tuesday, August 16<sup>th</sup>: Tie Dye Day

Wednesday, August 17<sup>th</sup>: *Explorer’s Beach Trip*

Friday, August 19<sup>th</sup>: Closing Ceremonies and Parade

**Please note: All events in *italics* are for Explorer’s (7<sup>th</sup>-9<sup>th</sup> grade) only**

# Flax Pond: Meet the Camp Director



**Maria Cobill** is coming into her 6th summer as Camp Director and has worked within the program at Flax Pond for 13 years . She has a Master’s Degree in Clinical Social Work from Boston University and is a Licensed Certified Social Worker for the State of Massachusetts. She has received training from the American Camping Association Camp Director School and has attended the American Camping Association Conference multiple times.

Maria loves working with the children and families that attend Flax Pond and it pays dividends year round as she sees the kids throughout the community and in the schools.

We are so pleased that she continues to return every year to improve upon the program and recruit talented, caring, supportive staff to guide and counsel the kids.

Maria brings a progressive set of ideas and research to the table each summer to make the summer camp program even better than the last. This year’s theme will be following the Summer Olympics in Rio and each week will be centered around different countries.

Maria is always welcoming and available on the property so please don’t hesitate to stop in and say “Hello” to her and the rest of the staff throughout the summer!





## **DAY SAILING PROGRAM**

**June 27 - August 19**

**Youth and Adult Instructional Sailing**

*Englewood Beach, West Yarmouth*

This instructional program is designed to teach the basics of sailing to novices. The Parks & Recreation Division provides qualified instructors who teach how a sail works, parts of the sail, knotting techniques, docking and moorings procedures, and basic nautical terms. Sailors use Cape Cod Knockabouts each day. "Chalk Talks" take place on the beach during inclement days when sailing is not recommended. This is a great program for families as well as individuals.

Class size allows for 28 sailors per session. Ages 7 and up.

**Monday – Friday**

### **Available Class Times:**

Class 1: 7:45am - 9:45am

Class 2: 10:00am - 12:00pm

Class 3: 1:00pm - 3:00pm

**Cost: \$115** per week - resident

**Cost: \$145** per week - non-resident

**Week 1:** June 27 - July 1

**Week 2:** July 4 - 8

**Week 3:** July 11 - 15

**Week 4:** July 18 - 22

**Week 5:** July 25 - July 29

**Week 6:** Aug 1 - 5

**Week 7:** Aug 8 - 12

**Week 8:** Aug 15 - 19

### ***All Sailing Participants Must HAVE Their Own Life Jackets***

We recommend U.S.C.G. approved Type III for maximum comfort and mobility. A "swim test" with life jackets will be given on the first day for all children under 16 years of age. Sunscreen, closed-toed footwear and appropriate clothing are required.

*Prepare to get wet and have fun!*



## **RACING SAILING PROGRAM**

**June 27 - August 19**

**Youth and Adult Racing**

*Englewood Beach, West Yarmouth*

**Level I:** 8:00 am – 11:00 am For sailors that have sailing experience, but now want to develop their racing skills.

**Level II:** 12:00 pm – 3:00 pm For advanced skilled sailors or those sailors who have participated in the Level I Racing Program or have had Regatta Racing experience. Class size is limited. Professional coaching assists this program.

### **Weekday Racing Classes**

**Cost: \$135** per week (resident) **\$165** (non - resident)

Week 1: June 27 - July 1

Week 5: July 25 - 29

Week 2: July 4 - 8

Week 6: Aug 1 - 5

Week 3: July 11 - 15

Week 7: Aug 8 -12

Week 4: July 18 - 22

Week 8: Aug 15 - 19

There is a \***\$25 fee per week** for the use of our boats. This is for the maintenance of the boats. If you do not pay the boat fee, **you must use your own boat for this program.**

If you would like to store the boat you are using at the Sailing Center, you must purchase a permit/sticker at our office and affix it to your boat. **Sticker Fee: \$105** for the season (June-Columbus Day)

“Chalk Talks” will be held on the beach during inclement weather or when sailing is not recommended. Lasers, Vanguard 420's and Cape Cod Knockabouts will be utilized and the course will cover setting spinnakers and match racing against other programs on Cape Cod. **A special Wednesday night series is available for an additional cost of \$40.00 for the season.**

The Yarmouth Recreation Sailing Program will host the Junior National Knockabout Regatta the weekend of August 5th at Englewood Beach. There will be other regattas for 420's as well and the annual Yarmouth Recreation Laser Invitational in August (*Additional fees apply for regattas*) *Cost varies per race!*

# 2016 SUMMER HOOPS

at Peter Homer Park  
Old Town House Rd, South Yarmouth

Youth Coed  
**2nd-12th**  
Grade

**July 5th - August 25th**  
Tuesday & Thursday Evenings

**Session 1: July 5th - July 28th**

**Session 2: August 2nd - August 25th**

**Cost: \$30 per session**

Grade Divisions: 1 hour sessions

## **NEW START TIMES**

2nd - 3rd grade: 4:45pm

4th - 5th grade: 5:45pm

6th - 7th grade: 6:45pm

8th - 10th grade: 7:45pm

**\*11th - 12th grade: 8:45pm**  
(new this year)

**Improve your tactical skills and court awareness  
through drills and scrimmages.**

## Picnic/W edding/Event Rental Information

**Picnic Areas:** Bass Hole & Flax Pond  
\$110.00 (*Picnic Area only*) \$85.00 (non-profits)

**Beach W eddings:** Available April through October  
\$110 (with permit)



**Events:** Lorusso Lodge at Flax Pond

W edding Receptions, Conferences, Birthdays, Family Gatherings  
508.398.2231 ext. 1529 [recreation@yarmouth.ma.us](mailto:recreation@yarmouth.ma.us)



**Yarmouth Parks & Recreation**  
424 Route 28  
West Yarmouth, MA 02673  
Phone: 508-398-2231 ext. 1520  
Fax: 508-790-9152  
parksandrecreation@yarmouth.ma.us

Parks & Recreation Staff:

Patricia M. Armstrong, - Director  
Mary Franklin - Asst. Recreation Director  
Mona Solmonte - Administrative Supervisor  
Dave Carlson - Parks Supervisor  
Ruth Nee - Principal Office Assistant  
Kate Beaman - Event Supervisor



## SENIOR BIKING PROGRAM

A new group is forming for seniors and their families to bike the new and enhanced CC Rail Trail. We are trying to gauge the community interest in this program.

INFORMATIONAL MEETING: Friday, June 17th

10:00 AM

**Yarmouth Senior Center**

528 Forest Road, West Yarmouth, MA. 02673



**SAVE THE DATE:**  
**September 24th**

**End of Summer**  
**Family Picnic**

at Flax Pond Recreation Area

*Stay tuned for details!*

## Assistant Director's Report

Well, who can believe that the 1st of May is upon us? Hopefully, mother nature will finally bring us some late spring and summer air and sunshine. The Recreation office is hopping with registrations for our summer programs and handling the over 120 seasonal employees we hire every summer between Parks, Recreation and Cemetery divisions.

We have a great team here at PRC and I wanted to thank each and every one of them for their support in getting the summer season up and running.

**Lastly**, we now have a **kiosk** at the Recreation Office which is available on Saturdays for **program registration** to allow parents the extra opportunity to register outside of the work week. The kiosk accepts payment by credit card only.

Hope to see you soon on the beach and in the parks,  
Mary