

Sports and Recreation

Program	Description	Day	Time	Member Fee	Program Member Fee
Gymnastics					
<i>Held both Summer A & B</i>					
<i>Tumblers (2-3 year olds)</i>	This beginner class starts your child off on a rolling and tumbling good time. Working with parents, your toddler will work on somersaults, jumps and more as our staff leads your child with fun and games that will have your little one ready for more.	Sunday	10:00-10:30 AM	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
<i>Flippers (4-5 year olds)</i>	This infant/toddler program is designed to work on a child's tumbling and balance skills while introducing beginner gymnastic skills such as jumping. The session concludes with a routine in the last week.	Sunday	10:35-11:05 AM	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
<i>Twisters (6-9 year olds)</i>	A youth class designed for beginners who want to establish confidence in basic gymnastic functions such as tumbling, jumps and routines. All classes begin with a fun warm-up of aerobics, stretching, and body positions and enhance social skills, gross motor skills, and coordination.	Sunday	11:10-11:55 AM	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
Youth Sports					
<i>Track & Field (Ages 9-12)</i>	Our experienced staff will introduce your child to proper techniques, practice do's & don'ts, nutrition tips and more. Our session will focus on sprint and distance runners, long and triple jump, and the shot put.	Saturdays	11:00-12:30 PM	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
<i>Flag Football (6-9 yr olds & 10-12 yr olds)</i>	Get ready for the fall football season by sharpening your skills in our instructional summer flag football league. Our staff, led by Chris Love, will lead your child through passing, catching, running and blocking skills that will have your child ready for Sundays.	NCAA Saturday	9:00-9:55 AM 6-9 yr. olds	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
		NFL Saturday	10:00-10:55 AM 10-12 yr. olds		
Teen Sports					
<i>Teen Basketball League (Ages 13-17 yr olds)</i>	Join us this summer for our outdoor basketball league. Our 9-week league includes game play and play-offs. 8 player maximum, and players must be pre-registered. Held at Camp Massasoit.	Tuesdays	6:00-8:30 PM	Summer A & B \$60 Per player	Summer A & B \$120 Per player
Adult Sports					
<i>Adult Basketball League (Ages 18+)</i>	Join us this summer for our outdoor basketball league. Our 9-week league includes game play and play-offs. 8 player maximum, and players must be pre-registered. Held at Camp Massasoit.	Thursdays	6:00-8:30 PM	Summer A & B \$60	Summer A & B \$120