

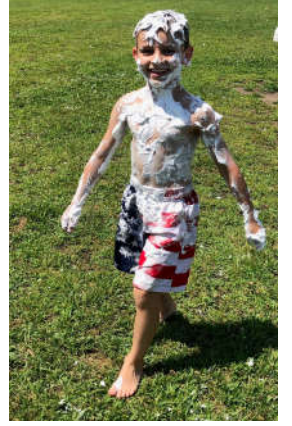
# North Reading Parks & Recreation

235 North Street,  
North Reading, MA 01864  
978-357-5216 or 978-664-6016 [www.northreadingma.gov/parks-recreation](http://www.northreadingma.gov/parks-recreation)



## 2020 Summer Programs

**DISCLAIMER.** Participating in recreational activities may cause high levels of laughter and fun. It may also result in unforgettable experiences and friendships. Recreation may be habit forming.



**Summer 2020 programming.** North Reading Recreation has been working to bring the best programming we can to the community while meeting all State guidelines of minimum requirements for Health and Safety. We have limited offerings with limited maximums on registrations in order to help keep our community well. We will desperately miss our large community of children this summer.

### Yoga in the Park

#### Gentle Yoga

Come to your mat to slow down with us! This class is a slow paced, softer, more nurturing practice. It is designed for yoga newbies, And those with tight bodies, stiffness injury or recovering from illness or surgery. We will mainly focus on relaxing the mind and stretching the body. We welcome all levels. This is a perfect way to unwind and relax after a long day! Participants must bring mat, towel and plenty of water. **6 week session**  
Ages: teens and adults (14 and up)  
Dates: Thursday's, July 9th—August 13th  
Time: 4:45-5:45pm  
Cost: \$60



#### Mommy or Daddy and Toddler Yoga

Come practice with your little one! This 30-minute class is A fun way to introduce your child to a healthy lifestyle. The main goal of this class is to have fun and stretch the body. This is a perfect class to strengthen the bond between you and your little yogi. Participants must bring a mat for both adult and child, a towel for both and plenty of water for both.



**4 week mini**  
Ages: Adult 18+ / Toddler 2-5yrs (flexible on child ages)  
Dates: Thursday's, July 9th—30th  
Time: 4:00-4:30pm  
Cost: \$40

#### YOGA for Every body

Come flow with us! This class is designed for every body type. We will start class with a breathing exercise, warm up the body and get the heart rate up then finish class with some relaxing and restorative poses. This is a perfect way to end the week and start the weekend off relaxed, restored and renewed. Participants must bring mat, towel and plenty of water. Note: 1 child/adult  
**6 week session**

Ages: Adult 18+ / adults  
Dates: Friday's, July 10th-August 14th  
Time: 4:15-5:15pm  
Cost: \$60



### Recreation Tennis Clinic & Match Play

Parks and Recreation Tennis Pro, Matt Tiberii is returning this summer with his exciting clinic and tournament! This is a really fun program of skill development and training followed by Match play! Kids are separated by skill level and age. Pee Wee and Elementary are one week programs and Middle School is a once/week program.



- **Red Ball—Ages 4-6** Young players begin with a Red Ball which is larger slower and lighter. The smaller court and lower net are sized up with their ability to cover the court hit more balls and build confidence.
- **Orange Ball—Ages 7-10** Orange Balls are the same size as a yellow ball but are lighter and bounce lower. Play is on 60" court with regular sized net and kids will begin technical skills and tactical work.
- **Green Ball- Ages 9-12** Kids grow into a full size court with the Green Ball. The ball is slightly lighter and slower than a standard yellow ball which gives them more time to get to their shots and keep it in play.
- **Yellow Ball- Ages 12+** For intermediate and advanced players looking to make their middle and high school tennis teams. Focusing on strokes and tactics for singles and doubles play.

**Pee Wee** Age: 4 years—entering Kindergarten  
Time: 8:15-9:00 AM  
Cost: \$40.00

**Elementary** Age: Entering grades 1-5  
Time: 9 AM—12 PM  
Cost: \$140.00  
Location: North Reading High School Tennis Courts

**Session 1:** Monday-Friday, June 29th-July 3rd  
**Session 2A:** Monday-Friday, July 6th—10th  
**Session 2B:** Monday-Friday, July 27th-31st  
**Session 3A:** Monday-Friday, August 10th-14th  
**Session 3B:** Monday-Friday, August 17th-21st

**ONCE/WEEK PROGRAM FOR MIDDLE SCHOOL (6 week session)**  
Middle School Age: Entering grades 6-9  
Dates: Mondays, July 6th—August 10th  
Time: 5:00-6:30 PM  
Cost: \$90.00  
Location: North Reading High School Tennis Courts

### Adult Sunset Cardio Tennis

Local Tennis Pro, Matt Tiberii, will join us again this summer to bring his popular tennis course with a twist to North Reading. Learn tennis with a cardio workout and drill playing. You will love this class! This program is geared towards experienced tennis players. Matt, a USPTA Certified Instructor has been involved with our programs since 1998! **6 week session**  
Date: Mondays, July 6th—August 10th  
Time: 6:30- 8:00 PM  
Cost: \$90.00  
Location: NR High School Tennis Courts



### Jr. Summer Golf Lessons

Kids ages 9-13 years come together with Hillview's golf pro, Chris Carter, and his staff to learn the fundamentals of golf. Everyone will have fun while learning grip, stance, set-up, swing and much more. One day of class will be played on the golf course. Clubs provided if needed. **3 day session**

Ages: 9-13 years  
Time: 9:00—11:00 AM  
Cost: \$105.00  
Location: Hillview Country Club

**Session 1:**  
Date: Tuesday, Wednesday and Thursday  
July 7th, 8th, 9th

**Session 2:**  
Date: Tuesday, Wednesday and Thursday  
August 4th, 5th, 6th



# NORTH READING RECREATION

## Abbreviated Summer Enrichment Programs

These programs all meet the states guidelines for summer programming 2020 with social distancing and limited group size. Please see our informational packets on our website and registration site for precautions being taken to meet state guidelines.

We ask that each child comes to all programs with a clear plastic zip bag labeled with their name with general supplies to cut back on sharing materials. Please supply the following: 1 pkg. crayons, 1 pkg. markers, 1 pair of scissors, 1 glue stick. All children should also come with a mask clearly labeled as well as a water bottle and snack that is pre-packaged or completely prepared. (no cutting etc. needed.) and labeled. Children will have their own cubby for supplies.

We ask that you do not sign up for a morning and afternoon program in same week as these are repeat programs and we would like to have as many children participant as we can. We encourage you to sign up for wait list if program is full. If State restrictions open up in Phase 3, we will contact those on wait list!

**PLEASE READ PAGE 3 COVID PROGRAM RELATED DETAILS IN RED.**

### Silly Scientist

Science has never been so much fun! Kids won't even realize they are learning. Make an egg glow in the dark or squeeze through a little bottle opening! Create explosions and eruptions! Make cups disappear and flowers change color. Have some fun with static electricity and making and playing with oobleck! Skittles and elephants toothpaste and dinosaur eggs add to the fun! This has some outdoor fun but indoor activities will be with children spaced 6 feet apart at their stations and each get their own experiment supplies.



Ages: 7-12  
 Dates: Monday—Thursday, July 6th-9th  
 Time: 8:30-11:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

Ages: 7-12  
 Dates: Monday—Thursday, July 6th-9th  
 Cost: \$160.00  
 Time: 12:30-3:30  
 Location: Recreation Center at IRP

### Outside the lines

Join us for a week of really fun creative art working with several different mediums to make some amazing art projects! Kids will try their skills at drip painted terracotta pots, creative tee shirts, straw blowing art, shaving cream art, puff paint, frozen paint, Tape resist canvas art, painted rocks and smush painting! Kids will bring home several projects at weeks end and will enjoy some outdoor art time, when indoors registrants will be spaced 6 feet apart at their art tables. Each child will receive their own supplies and will not be sharing. Any shared materials will be sanitized after each use.



Ages: Ages 7- 12  
 Dates: Monday—Thursday July 13th-16th  
 Time: 8:30- 11:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

Ages: Ages: 7-12  
 Dates: Monday—Thursday July 13th-16th  
 Time: 12:30-3:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

### Nuts about Nature!

Kids will go on small hikes in the park and enjoy doing tree rubbing, nature scavenger hunts, color hunts, play "Finding North" and collecting some nature for bracelets and pinecones to make bird feeders. Kids will also make cereal bird feeders, shadow art, Nature wands, painted rocks and play nature matching games and animal track matching games! Let's enjoy the outdoors and what we have right in our own back yards! This is an Outdoor program with indoor class/project time. Students will be spaced 6 feet apart at their work stations when indoors.



Ages: 7-12  
 Dates: July 20th-23rd  
 Time: 8:30-11:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

Ages: 7-12  
 Dates: July 20th-23rd  
 Time: 12:30-3:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

### Pay it Forward fun

Kids will be busy all week making some wonderful things for some of our favorite organizations and some of our Heroes from the recent pandemic! Projects include blankets for Project Linus, Sun catchers for residents of nursing home/assisted living that have been through a tough season, dog play ropes and bandanas for animal shelters, Paint kindness rocks for IRP rock garden, cards for Nurses, military, fire and police! Pipe cleaner flowers in a pot and lollipop flowers that the staff will turn into a thank you bouquet for some of our essential workers. Kids will have fun spreading kindness and love and gain a real sense of community! Although this is community driven, all participants will be at their own station six feet apart and have their own supplies! Staff will deliver items to their recipients.



Ages: 7-12  
 Dates: July 27th-30th  
 Time: 8:30-11:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

Ages: 7-12  
 Dates: July 27th-30th  
 Time: 12:30-3:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

### It's all Fun and Games!

We have gathered up a list of our all time favorite fun and squeezed it into this one week! Kids will have fun with some active competition when they try their luck at some of our funniest and wackiest relay races including popcorn shoe race, marshmallow shooter, crab races, spoon race, egg toss, water balloon/colander toss, feather blow, cookie face The fun continues with some funny minute to win it competition and our chalk obstacle course! This is an Outdoor program with some indoor time. Kids will compete individually not as a group. If we move inside, students will be spaced 6 feet apart at their stations.



Ages: 7-12  
 Dates: August 3rd-6th  
 Time: 8:30-11:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

Ages: 7-12  
 Dates: August 3rd-6th  
 Time: 12:30-3:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

**YOU CAN NEVER HAVE TOO MUCH FUN!  
 LET'S ADD A SECOND WEEK OF "FUN AND GAMES" FOR THOSE THAT MISSED OUT!**

### It's all Fun and Games Session 2

Same course as above. We are hopeful those that missed the first week can join us. for those that may be repeating the program, still loads of fun, we may even throw some new games in!

Ages: 7-12  
 Dates: August 10th-13th  
 Time: 8:30-11:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP



Ages: 7-12  
 Dates: August 10th-13th  
 Time: 12:30-3:30  
 Cost: \$160.00  
 Location: Recreation Center at IRP

## P & R Committee & Staff

### Committee Members

Ron Kern, Chairperson  
Billie Luker, Vice Chairperson  
Rita Mullin, Clerk  
Sergio Coviello, Patricia Fillmore,  
Mike Fitzpatrick, Sheila Sturdevant

### Staff

Maureen Stevens, Operations Director/  
Dept. Head  
Lynne Clemens, Recreation Director  
Marty Tilton, Parks Director  
Nancy Ursino, Recreation Programmer  
Maria Brown, Department Secretary  
Lena Giordano, Instructor  
Casey Taylor, Instructor  
Rebecca Lowe, Instructor  
Mike Marciano, Parks Foreman  
Brian Auld, Parks Equipment Operator  
Rich Giordano, Parks Maintenance



Please visit our website for all current COVID-19 Program related information. Some of our policies have changed for this year.

We have picked some great programs with science, nature, art and more. All programs will appeal to both boys and girls and a wide range of ages. We are starting our programs this summer at age 7 as we feel that is a good age to understand social distancing. **If you feel your child is within the correct age group but not able to understand social distancing requirements and staying at their station, please consider not registering at this time.**

Please note our prices did go up slightly to cover the cost of additional expenses in cleaning and sanitizing and to cover small class registrant numbers required by guidelines. We are sure your kids will enjoy these programs and you will find it was worth the increase! .

We can only allow a very limited amount of children daily under the current guidelines regarding social distancing square footage/participant. We thought due to the small amount of children that can participate, we would offer two three hour sessions daily. This would allow more parents a window of opportunity to work from home without children under foot! **Please do not sign your child up for both morning and afternoon session of the same program** as the afternoon is a repeat of the morning session. This also is the best way to let more children have a small opportunity of socially distant fun! If a program is full, **we encourage you to sign up for the waitlist.** If guidelines open during phase 3, we will revisit those wait lists and offer your child placement. **North Reading residents get priority at registration.** Non-residents will only be allowed in if classes do not fill. All participants must be a Massachusetts resident.

Parents will be **required to fill out a Daily Health & Wellness check/participant screening form (found on our website and registration site) each day for each child. This form includes taking a child's temperature daily. Any child that does not pass this screening will not be allowed into program. Parent must be sure emergency contact phone number can be reached at ALL TIMES. Emergency contact MUST be a legal guardian who can pick up a child who may showing symptoms of COVID-19.**

The facility will be cleaned following the States guidelines after/between each program. **Children will be required to bring a mask for times they cannot social distance,** however our plans are set up so children should not need to wear them during most of the day. We will have indoor and outdoor activities.

We wish everyone continued health and a peaceful summer! Please tell all the kids we haven't seen that **WE MISS THEM!** They are the light in our days and we can't wait to see them all again!

## General Information

### REGISTRATION:

Accepted @  
[www.northreadingma.gov/parks-recreation](http://www.northreadingma.gov/parks-recreation)  
Over the Phone, 978-664-6016

### POLICIES & PROCEDURES

There will be **No Refunds** or **Credits** issued this season with the exception of medical withdrawal. See policy below.

#### Medical Withdrawals

Should a participant need to withdraw from a program due to a major injury/illness after the withdrawal period has passed or program start, we will issue a **Refund** only if a Doctor's note is submitted within 5 days of notification but **No refunds or credits** will be issued if notification is made after the program has ended.

#### Note:

- 1) Medical Withdrawals are allowed for major injury or major illness which is defined as not able to participate in the program. Common colds, ear, nose & throat infections and general distress will not be covered under a medical withdrawal.
- 2) Refunds will be pro-rated for any dates that the participant has attended.

North Reading Parks & Recreation reserves the right to set minimums and maximums for all programs and may cancel due to insufficient registrations to run the program. We reserve the right to change the date, time or location of any program because of unforeseen circumstances.

#### **If a Program is cancelled by North Reading Parks & Recreation due to low enrollment;**

We will notify you by e-mail of the cancellation and a full credit will be placed on your account to be used by any household member. Should you prefer a refund check, please respond to the e-mail promptly.

#### **WEATHER & OTHER CIRCUMSTANCE CANCELLATIONS/POSTPONEMENTS**

#### **North Reading Parks & Recreation Cancellations/Postponements:**

If we have a cancellation due to weather or other circumstance;  
We send out an e-mail and post to our website.  
Please check your e-mails, as it may cancel OR change a location.

In the instance that no make-up can be achieved a credit will be made to your account.

**Weather Policy: Outdoor Summer Programs** rely on fair weather conditions. When conditions are not considered ideal whether it be heat/cold/rain, North Reading Recreation and/or the Vendor work together for a solution. We will **make every effort and attempt** to make up cancelled programs but we cannot guarantee all program dates/hours will be made up. When that occurs, there are no refunds or credits.

#### **VENDOR PROGRAMS:**

*North Reading Recreation contracts with some fantastic vendors who offer expert instruction, top of the line materials and many take home completed projects. Due to the requirement of the vendor to plan and schedule instructors and have the appropriate amounts of materials, they may have their own refund policy that is specific to their programs. We will list the refund policy on our website and at checkout.*

