

BARNSTABLE RECREATION/HYCC

FALL PROGRAM BROCHURE

2024

141 Bassett Lane, Hyannis, MA 02601 508-790-6345 <https://townofbarnstable.us>



RESIDENT REGISTRATION BEGINS:
WEDNESDAY, SEPTEMBER 4, 2024
NON-RESIDENT REGISTRATION BEGINS:
WEDNESDAY, SEPTEMBER 11, 2024

On-line (Begins 8:45 AM) Walk-in (8:45 AM-4:30 PM)

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IN CASE OF AN "OOPS"

Complete details of program policies, procedures and guidelines are omitted from the program brochure because of space limitations. Errors in days, times, registration requirements and fees may occur as well. We apologize for any errors that may occur in this brochure. Thank you for your patience and understanding when these situations occur.

PROGRAM LOCATIONS

BHS	Barnstable High School 744 West Main Street, Hyannis
BIS	Barnstable Intermediate School, 895 Falmouth Road, Hyannis
BUES	Barnstable United Elementary School, 730 Osterville-W. Barnstable Road, Marstons Mills
CCA	Cotuit Center for the Arts, 4404 Falmouth Road, Cotuit
FORTE FIT	Forte Fitness, 865 Attucks Lane, Hyannis
HY WEST	Hyannis West, 549 West Main Street, Hyannis
HYCC	Hyannis Youth & Community Center, 141 Bassett Lane, Hyannis
MCBARRON	McBarron Field, 940 Old Falmouth Road, Marstons Mills
WV COURTS	West Villages, 760 Osterville-W. Barnstable Road, Marstons Mills

WEATHER CANCELLATIONS

Cancellations due to weather will be decided by the Program Coordinator as soon as possible. Phone calls will be made to schools and we will make every effort to post program cancellations/closings on our Facebook/Instagram pages. We will also send out emails through our registration software to accounts we have on file. Call 508-790-6345 for updated cancellation information.

CANCELLATIONS/CHANGES

We reserve the right to change class dates or times. We may also cancel classes due to low enrollment or other reasons beyond our control.

SOCIAL MEDIA

Instagram: Barnstable_Recreation
 Facebook: @BarnstableRec



If English is your second language, you can translate this brochure here: <https://translate.google.com/?tr=f&hl=en>

ANNUAL MEMBERSHIPS

\$20 Residents / \$40 Non-Residents
Ask about discounted Family Memberships!



- **FREE Membership for all Barnstable students**
- **Walking Track**
- **Public Open Gym**
- **Game Room**



WAYS TO REGISTER

www.townofbarnstable.us/recreation

- **Online** registration is available beginning at 8:45 AM on the first day of registration (Residents - Wednesday, September 4, 2024/ Non-Residents - Wednesday, September 11, 2024) and ongoing until program are full. You may log onto our online registration feature at www.townofbarnstable.us/recreation and click on the "On-line Registration" button. You will need a user name and password in order to utilize the online program registration system. Call the Recreation Office during regular office hours (M-F, 8:30AM-4:30PM) if you need assistance with the online registration software. We HIGHLY recommend that you sign into the on-line system a few days before registration to make sure your account is working properly. **Please be advised that our software system WILL NOT allow parents/ guardians to UPDATE the birth date, age, or grade of their child(ren). Please verify that this information is correct. If it needs to be changed, please contact the Recreation Division at 508-790-6345, or recweb@town.barnstable.ma.us** Unfortunately, if you do not randomly review your household account for accuracy, your child(ren) may be locked out of a program because of age/grade restrictions.
- **Walk-in** registration hours are Monday through Friday, 8:45AM to 4:00PM, at 141 Bassett Lane, Hyannis, MA 02601. If you choose to visit our facility to enroll in a program, you may download a registration form at www.townofbarnstable.us/recreation. For your convenience, printed forms are also available at 141 Bassett Lane, Hyannis, MA.

Payment in full must be received prior to the start of the program (MasterCard, Visa, Money Order, or Check payable to the Town of Barnstable).

RULES AND REGULATIONS

- Participants and Parents must follow Recreation/HYCC Discipline Procedures and Parent Code of Conduct when participating in a program or at the HYCC. These documents can be found on our website.
- Town of Barnstable is not responsible for any lost or stolen property at any of our programs.
- Barnstable Recreation follows regulations stating that participants are not allowed to wear jewelry while participating in sport activities.
- All times, dates, and programs are subject to change. Contact the Program Coordinator in charge of your program for any updated schedules or changes.
- Resident registration will begin Wednesday, September 4, 2024.
- Non-Resident registration will begin on Wednesday, September 11, 2024.
- Pre-Registrations, early sign ups, emails, mail ins and faxes are not accepted.
- Non-Resident fees are doubled unless otherwise specified.
- Registration is conducted on a first-come, first-served basis and age/grade guidelines are strictly observed. You may only register one household at a time.
- Proof of residency: Tax bill, vehicle registration and/or personal check. PO BOXES ARE NOT ACCEPTED AS PROOF OF RESIDENCY.
- Financial Aid is available for all qualifying applicants. To apply, complete and submit a Financial Aid form with your Tax Returns and ANY OTHER DOCUMENTATION EVIDENCING ASSISTANCE YOU ARE CURRENTLY RECEIVING such as Sec. 8, Disability, child support, etc.
- Financial Aid applicants must pay 50% of the program costs at the time of registration.
- Prior to the start of the program, refunds will be given minus a \$10 Administration fee.

CONTACTS

For details on any program, you can reach a staff member by calling 508-790-6345 during business hours (Mon-Fri 8:30 AM -4:30 PM) or email anytime using the following format: firstname.lastname@town.barnstable.ma.us

NAME, TITLE	PHONE EXT.
John Gleason, Recreation Director	128
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Michele Arigo, Administrative Assistant .....	114
Kellie Crawley, Program Coordinator .....	129
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Mark Boardley, HYCC Manager .....	116
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**BARNSTABLE POLICE OFFICER
BRIAN MORRISON**

Officer Morrison provides all of the staff and guests at the Hyannis Youth & Community Center with dedicated service! He has an office inside the HYCC and offers fun and educational programs and events like the annual Bike Safety Rodeo in the parking lot, assistance with crucial holiday time support through Stuff a Bus and Toys for Tots. Plus he's just an all around great guy! Thank you Officer Morrison!



BARNSTABLE SKATE PARK

9:00 AM—8:00 PM (or Dusk)

Closing November 24th!

The Skate Park will be unsupervised by Recreation staff. Users of the facility must follow the rules. In the event of rain or wet ramps, we will not open and/or will close early. Admission to the park is free!

AFTER SCHOOL PROGRAMS

HALF DAY OF PLAY: GRADES 4-7	BUES/BIS & HYCC	\$30
Friday, September 13	Mini Golf	Dismissal-4:00 PM
Tuesday, November 12	Bowling	Dismissal-4:00 PM
Thursday, November 14	Movie	Dismissal-4:00 PM
Friday, December 13	Color Me Mine	Dismissal-4:00 PM
Friday, January 10	Nova Trampoline Park	Dismissal-4:00 PM
Friday, February 7	Xtreme Craze	Dismissal-4:00 PM
Friday, March 14	Upside Down Escape Room	Dismissal-4:00 PM
Friday, April 11	Adventure Park @ Heritage	Dismissal-4:00 PM

Students will be picked up by Recreation staff in a red van parked in the lot by the entrance of the school. Parent pick-up will be at the HYCC Game Room at 4:00 PM. **(Lunch is provided)**
Contact: Kellie Crawley, Jack Kapanke & Michelle Davies

FLAG FOOTBALL	BUES/BIS	\$75
Grades 6+7: Tue & Thur	September 17-October 29	Dismissal-4:30 PM
Grades 4+5: Wed & Fri	September 18-November 1	Dismissal-4:30 PM

Play flag football in this fun and competitive program. We will start with a brief training camp to practice skills and scrimmage before making teams and playing regular season games. The season will conclude with playoffs and a championship. This program welcomes boys and girls of all skill levels.
Contact: Jack Kapanke

VOLLEYBALL: GRADES 4+5	BUES	\$85
Tuesdays & Thursdays	September 17-November 7	Dismissal-4:30 PM
No Program: 10/8 & 11/5		

This program is designed for the players of all skill levels. The first three weeks of the program will consist of clinics that will review the basics of volleyball including, setting, passing, serving, and attacking. The last four weeks will consist of games. Sneakers are required, knee pads optional.
Contact: Kellie Crawley

VOLLEYBALL: GRADES 6+7	BIS	\$85
Wednesdays & Fridays	September 18-November 1	Dismissal-4:30 PM

This program is designed for the players of all skill levels. The first three weeks of the program will consist of clinics that will review the basics of volleyball including, setting, passing, serving, and attacking. The last four weeks will consist of games. Sneakers are required, knee pads optional.
Contact: Kellie Crawley

BABYSITTING: GRADES 6+7	BIS ROOM 110	\$65
Tuesdays	September 17-November 26	Dismissal-4:30 PM
No Program: 10/22, 11/5, 11/12		

This babysitter's training course, developed by the Red Cross, will give you the safety skills and confidence to be a great babysitter. You'll learn what to expect from parents, plus the skills you need to help you handle any real life babysitting situation. **YOU MUST ATTEND SEVEN OF THE EIGHT CLASSES TO GET YOUR CERTIFICATE!** Pick up at the front door of BIS.
Contact: Michelle Davies

INTRO TO FENCING: GRADES 4+5	BUES/BIS	\$60
Tuesdays	September 17-November 5	Dismissal-4:30 PM
No Program: 10/1		

This six week program is designed to introduce your child to the basic skills and proper techniques of fencing. Children will be taught by Jim Rose of Buzzards Bay Fencing Club. **Contact: Michelle Davies**

FIELD HOCKEY: GRADES 4+5 BUES \$75
Mon & Wed September 16-October 30 Dismissal-4:30 PM
 This program will focus on the basic skills and fundamentals of field hockey and increase experienced players skills, knowledge and game strategy. Our goal is to work as a team to learn the game in a modified, safe setting that promotes good sportsmanship, teamwork, and most of all fun. All skill levels are welcome! Stick, shin guards, goggles and mouth guard are required. **Contact: Kellie Crawley**

NINJA FOR KIDS: GRADES 1-8 FORTE FITNESS \$125
Tuesdays September 24-October 29 4:00-5:00 PM
or 7:00-8:00 PM
Saturday (both classes) November 2 12:00-1:00 PM

In our classes, they will learn about obstacle course racing, receive instruction on proper technique, participate in cardiovascular and strength-building activities, and have plenty of time to enjoy our ever-growing array of obstacles. Ninja classes are not only FUN, they aid in building self-esteem, confidence, and a sense of accomplishment. Our structured classes help children improve their self-control and experience the importance of discipline. **Contact: Jack Kapanke**

KIDS BOXING: GRADES 3-8 FORTE FITNESS \$125
Mondays September 23-October 28 4:30-5:30 PM
Saturday November 2 11:00 AM-12:00 PM

These classes will teach proper boxing technique, include agility and strength training, emphasize the importance of mental focus and self-discipline, and provide a safe and fun environment for learning how to strike! In a supportive group, led by dedicated coaches, your child will build as much confidence and self-esteem as he will strength and technique. **Contact: Jack Kapanke**

OUTDOOR ADVENTURES: GRADES 4+5 BUES \$85
Tuesdays October 1-November 19 Dismissal-5:00 PM
No Program: 10/22, 11/5, 11/12

Hike and explore different sanctuaries and conversation areas each week Ms. Andrea Higgins (instructor/naturalist). Bring water, snacks, and dress for the weather. Andrea will meet all Adventures in the front lobby of the school and transport them to their adventure. Parent pick up is at the front of the Hyannis Youth & Community Center at 5:00 PM. **Contact: Michelle Davies**

TOYS FOR TOTS CLUB : GRADES 6+7 HYCC FREE
Thursdays October 3-November 7 Dismissal-4:30 PM
No Program: 10/24

Create a fabulous, festive Toy for Tots Box and enter it into the Town's Toy for Tots Box Challenge! After our box is created, we dress as festive elves on the last day of class and fill our box at the front of the HYCC. Have a great time while giving back! Participants will be transported by the bus that picks up the children for the HYCC SOAR After School Program at Parent pick up dismissal time. **Contact: Michelle Davies**

LEARN TO SEW: GRADES 4-8 BIS \$55
Mondays September 23-November 4 5:00-7:00 PM
No Program 10/14

This program is geared towards children interested in learning to sew. The program will focus on learning the basics and making some items to take home, with instruction from members of the Crazy Quilters of Cape Cod Guild. We would ask you to bring your own sewing machine in good working order along with the sewing machine manual. No sewing experience necessary to participate. **Contact: Kellie Crawley**

ADVANCED SEWING/ QUILT MAKING: GRADES 4-8 BIS \$65
Mondays September 23 - November 4 5:00-7:00 PM

No Program: 10/14

This program will focus on learning the basics of making a quilt. In this program participants will select complimentary fabrics, learn how to cut fabric, piece the quilt, and learn basic machine quilting to quilt their pieces together, with advanced instruction from members of the Crazy Quilters of Cape Cod Guild. Participants must already know how to sew or have taken our Learn to Sew class. We would ask you to bring your own sewing machine in good working order along with the sewing machine manual. **Contact: Kellie Crawley**

TENNIS IN THE PARKS

ORANGE BALL (GRADES 4+5) Tuesdays	WV TENNIS COURTS September 24—October 29	\$80 3:30-4:30 PM
RED BALL (GRADES 1-3) Tuesdays	WV TENNIS COURTS September 24—October 29	\$80 4:30-5:30 PM
GREEN BALL (GRADES 6-8) Wednesdays	WV TENNIS COURTS September 25— October 30	\$80 4:00-5:00 PM

The tennis program where kids play while they learn! Led by an approved USTA Net Generation tennis coach. The program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are developed, participants will play fun matches with other players. We use modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All players in their first session receive a new age-appropriate racket and a program t-shirt! **Contact: Kellie Crawley**

CODING PROGRAMS

MINECRAFT CODING: AGES 8-12 Wednesday	ONLINE October 16-November 20	\$150 4:00-5:00 PM
Wednesday	October 16-November 20	5:00-6:00 PM
Wednesday	October 16-November 20	6:00-7:00 PM

Explore, create or survive! Mine deep into the Minecraft world and create the future! In our modding with Minecraft course, you'll challenge the odds, craft your own kinds of weapons and build dream worlds using code. You will do this while also learning fundamental programming concepts, level design and problem solving skills. **A PC or a MAC is required. A Chromebook will NOT work for this class!**
Contact: Kellie Crawley

ROBLOX GAME DEVELOPMENT: AGES 7+ Wednesday	ONLINE October 16-November 20	\$150 4:00-5:00 PM
Wednesday	October 16-November 20	5:00-6:00 PM
Wednesday	October 16-November 20	6:00-7:00 PM

Anyone can build a game in Roblox! Roblox studio has all the tools to make your wildest gaming imaginations a reality. You tell us what game you want to make and we'll teach you the fundamentals and coach you through bringing that game to life! Whether you're new to coding or have some experience, you will be challenged and have fun while bringing your game to life. Through drag and drop techniques or pure scripting, you'll be creating extensions to the Roblox game while fostering your creativity and learning real-world computer coding. **A PC or a MAC is required. A Chromebook will NOT work for this class!** **Contact: Kellie Crawley**

FALL DODGEBALL TOURNAMENT BUES/BIS FREE
Grades 4+5 @ BUES Wednesday, November 13 Dismissal-5:30PM
Grades 6+7 @ BIS Friday, November 15 Dismissal-5:30PM
 This bracket-style tournament is a chance to make a team with friends and become the dodgeball champions of the school! Anyone who wants to play in the tournament needs to sign up. **Each team must have six players.** Once you have your team of six please email the team name and all team members' names to jack.kapanke@town.barnstable.ma.us. Those who are signed up but are not a part of a team will be put into teams on the day of the tournament. Show up in a fun uniform and get ready to play your way to Barnstable Dodgeball History!
Contact: Jack Kapanke

HOLIDAY GIFT MAKING: GRADES 4+5 BUES ROOM 116 \$35
Wednesdays December 4-18 Dismissal-4:30PM
 Join Barnstable Recreation and Cape Cod Can for this wonderful Gift Making inclusive art class! Help us celebrate holidays with many multi-media handmade gifts that you will be sure to love! Come create and have fun in this inclusive, supportive environment. Please bring a snack and water bottle. Pick up will be at BUES front lot at 4:30 PM.
Contact: Michelle Davies

CREATIVE ARTS (OUTSIDE THE LINES): GRADE 4+5 BUES: ROOM 116 \$35
Wednesdays September 25-October 30 Dismissal-4:30 PM
 Join Barnstable Recreation and Cape Cod CAN for this wonderful fall inclusive art class! Help us celebrate the colors of fall in many multi-media art projects that you will be sure to love! Come create and have fun in this inclusive, supportive environment. Please bring a snack and water bottle. **Contact: Michelle Davies**

WEEKEND PROGRAMS

ARCHERY: GRADES 4-7 MCBARRON \$65
Saturdays September 21-October 19 8:00-9:00 AM
 This five week program will teach your child the proper techniques of Archery. The program will consist of one week safety/shooting techniques and 4 weeks of target shooting. Please wear closed toed shoes and comfortable clothes for the weather. **Participants must attend the first day of class to complete the safety training.**
Contact: Michelle Davies & Kellie Crawley

INTRO VOLLEYBALL: GRADES 2+3 HYCC \$65
Saturdays September 21-November 9 10:00-11:00 AM
No Program: 10/26
 This one hour, weekly clinic, focuses on the basic skills of volleyball such as setting, passing, serving, and attacking. This is a great introduction to the sport of volleyball. Participants will receive instruction from Barnstable High School players. Sneakers are required, knee pads optional. **Contact: Kellie Crawley**

SOCCER: GRADES PK-5 MCBARRON \$70
Saturdays September 14-November 2 See below
No Program: 10/26
Pre K (Ages 3-5): 12:30-1:15 PM Grades K+1: 1:30-2:15 PM
Grades 2+3: 2:30-3:15 PM Grades 4+5: 3:30-4:15 PM
 Join us on Saturday afternoons to kick it with some friends! The program starts with practices that focus on learning and developing soccer skills before moving into games. This is a fast-paced and fun program for all skill levels. **Contact: Jack Kapanke**

FALL TENNIS: GRADES PRE K+K BHS TENNIS COURTS \$80
Saturdays **September 21-November 2** See below

Pre K (Ages 3-5): 8:00-8:30 AM

Kindergarten: 8:45-9:30 AM

The program is geared towards all skill levels and will consist of instruction, hitting, review of skills, and implementing what is learned into game play. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and 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 racket, and a program t-shirt! **Contact: Kellie Crawley**

INTRO FIELD HOCKEY: 2+3 BHS TURF FIELD \$65
Saturdays **September 14-October 26** **9:00-10:00 AM**

This program instructed by Barnstable High School Field Hockey coaches and players will focus on the basic skills and fundamentals of field hockey and increase experienced players skills, knowledge, and game strategy. Our goal is to work as a team to learn the game in a modified, safe setting that promotes good sportsmanship, teamwork, and most of all fun. All skill levels are welcome! Stick, shin guards and mouth guards are required, goggles are optional. **Contact: Kellie Crawley**

LEARN TO PLAY FLAG FOOTBALL: GRADES 1-3 HYANNIS WEST \$70
Saturdays **September 14-November 2** **8:30-9:30 AM**

No program: 10/26

This program is focused on teaching the skills of flag football. We will work on catching, throwing, and defense before playing scrimmages to learn the game. **Contact: Jack Kapanke**

CROSS COUNTRY RUNNING: GRADES 1-7 HYANNIS WEST \$55
Saturdays **September 14-November 2** **10:00-11:00 AM**

No Program: 10/26

This running program will focus on proper warm-up routines and running form. We will practice building up stamina before doing solo races as well as team races. Each session will end with a fun all-group running game. **Contact: Jack Kapanke**

THERAPEUTIC+INCLUSIVE PROGRAMS

ADAPTIVE MULTI-SPORT PROGRAM HYCC GYM FREE
Thursdays **September 26-May 8** **1:00-1:45 PM**

This program is open to all Day Habilitation Facilities with HYCC memberships. Each Thursday, we will play a different sport including kickball, broom hockey, whiffle ball, Pickleball and much more. Members are also welcome to use the HYCC Game Room and Indoor Walking Track as well during this time. Schedules of activities can be found on our website under Therapeutic/Inclusive Programs or at the HYCC.

Contact: Michelle Davies

FRIDAY NIGHT SOCIAL PROGRAM: AGES 16+ \$100/YEAR
Fridays **July-June** **6:30-9:00 PM (time may vary)**

This program was designed for individuals with developmental, cognitive or physical disabilities ages 16 and up looking for a venue to socialize. We go out to lunch, play mini golf, go to the movies, play bingo, watch plays, dances and much more. **Activities/locations will be announced in a schedule sent to your email.** **Contact: Michelle Davies**

SATURDAY SUNSHINE PROGRAM: AGES 16+ \$100/YEAR
Saturdays **September-May** **1:00-3:00 PM**
 This program was designed for individuals with developmental, cognitive or physical disabilities ages 16 and up looking for a venue to socialize. We participate in the Special Olympic Bowling. On alternating weekends we go out to lunch, play mini golf, go to the movies, play bingo, watch plays and much more. **Activities/locations will be announced in a schedule sent to your email. Contact: Michelle Davies**

INCLUSIVE ART CLASSES CCA \$30/SESSION
Saturdays **10:00-11:00 AM**
 Join Barnstable Recreation and CapeCodCAN for Saturday Art Classes, led by a local professional artist, featuring a new project and medium each week. This inclusive program will stretch your creativity and build your artistic skills in a friendly, supportive environment that is sure to be a fun time! Visit artsonthecape.org/cape-cod-can for more information and to register. All supplies will be provided. **Contact: Michelle Davies**

ADULT PROGRAMS

TENNIS: ADULTS 18+ WV TENNIS COURTS \$85
Wednesdays **September 25 - October 30** **5:00-6:00 PM**
 Learn and Play Tennis! Led by a USTA Approved Coach, participants will have fun and get great exercise while developing the skills to serve, rally, and play tennis. The program is perfect for first-time and beginner players, as well as returning novice players. All players in their first session receive and keep a new tennis racket! There is a minimum of 7 players and maximum of 8 players to run this program.
Contact: Kellie Crawley

OUTDOOR PICKLEBALL: ORGANIZED PLAY

Weather Permitting: There will be organized free play on Monday-Saturday from 8:00 AM to 12:00 PM at the Barnstable Pickleball Courts this fall. Courts are located at 760 Osterville West Barnstable Road in Marstons Mills.

PICKLEBALL PROGRAMS

All Barnstable pickleball lessons will be taught by Straight-Up Pickleball, founded by Laura and Karl Uggerholt. Straight-Up's five experienced and caring Coaches will offer comprehensive pickleball lessons, allowing a player to advance through a consistent curriculum at one's own pace. The instructors are excited about the season and look forward to sharing what they know about a sport they love with great people!

PICKLEBALL CLINIC: BEGINNER (2 SESSIONS) WV PICKLEBALL COURTS \$65
Wednesday: Oct 2 & 9 (Rain date: Oct 10th) **4:30-6:00 PM**
 Learn to play pickleball in two 90-minute lessons! The course will include learning the rules of the game, player positioning and the various shots (ground strokes, volleys, serves, dinks, etc.) Instruction will include drills to learn shots and game playing to put the skills learned into practice. You will be off and playing upon course completion!

All outdoor Pickleball programs/organized free play questions, please contact: John Gleason

COME PLAY WITH COACHES WV PICKLEBALL COURTS \$35
Monday: September 16th (Rain date: September 23) 5:45-6:45 PM

This fun and engaging one-hour lesson format includes playing games with three students on a court with one of two experienced coach and is appropriate for intermediate and advanced students. Strategy and shot selection are reviewed and discussed to hone in on what transpired and identify alternative options. Students receive specific and actionable feedback. Note: Students will be grouped based on level of experience. This clinic is for people who are comfortable with the basics of pickleball. Newer to the game? Check out our Novice Clinics!

SKILLS CLINIC: FOOTWORK, MOVEMENT, & COURT POSITIONING \$40
Monday: September 16 (Rain date: September 23) 4:00-5:30 PM

When done correctly, these three skills will impact every aspect of your game in all locations on the court. Questions to ask yourself...what am I doing with my feet after a shot? How do I move appropriately to set myself up for a shot in front of my body? Where do I go after my shot? Where should I be in relation to my partner? Your coaches will address these questions with the goal of you developing new neuro-pathways in your brain, so proper footwork, movement, and court positioning become second nature over time. Appropriate for intermediate and advanced students, the first 60 minutes will focus on technique while the last 30 minutes will be practice with implementation through game play. Option: follow-up with "Play with the Coaches" to continue working on implementation.

Note: Students will be grouped based on level of experience. This clinic is for people who already know the rules and basics of pickleball. Students looking to learn the game or who are newer to the game should check out the Beginner and Novice Clinics.

TWO AND A COACH WV PICKLEBALL COURTS \$90/GROUP
Thursday: September 12 (Rain date: September 19) 4:30-5:30 PM

Are you interested in more personalized coaching with a fellow player? If so, this one-hour coaching session is perfect for you! The lesson will be led by a fun and knowledgeable Straight-Up Coach and will allow full, focused, and personalized instruction for 2 players signing up for a lesson together (one slot). The participants will have the opportunity to focus on strategies and mechanics, leaving the hour with an improvement plan and a sense of accomplishment. Note: the "Two and a Coach" lessons are for players who already know how to play pickleball. It is recommended those interested in learning pickleball for the first time sign up for a Beginner Clinic.

PRIVATE: ONE-TO-ONE LESSON WV PICKLEBALL COURTS \$80
Thursday: September 12 (Rain date: September 19) 5:45-6:45 PM

This one-hour lesson is perfect for the player interested in focusing on a specific skill or strategy to increase his or her consistency on the court. Drop shots, serve consistency, footwork, mindfulness, soft hands, effective return of serve, overheads, lobs, the coach will be there for you! Fun and focused! Note: Private lessons are for players who already know how to play pickleball. It is recommended those interested in learning pickleball for the first time sign up for a Beginner Clinic.

PICKLEBALL: ROUND ROBIN WV PICKLEBALL COURTS \$10
Wednesday: September 4 (Rain date: September 5) 5:00-7:00 PM

A fun and competitive event, which is organized by skill level. Participants will play six games with varying partners and opponents. The Round Robin will be a great way to get to know people and improve your game!

PUBLIC GYM: VOLLEYBALL

HYCC

MEMBERSHIP OR DAY PASS

Sundays

Ongoing-November 24

This is time dedicated to those who want to play and work on their skills with others, or to play recreational pickup games. Please check our website's event calendar for up to date times, age restrictions, and cancellations if any. **Contact: Stephen Headley**

PUBLIC GYM: BASKETBALL

HYCC

MEMBERSHIP OR DAY PASS

Saturdays

Ongoing-November 23

This is time dedicated to those who want to play and work on their skills with others, or to play recreational pickup games. Please check our website's event calendar for up to date times, age restrictions, and cancellations if any. **Contact: Stephen Headley**

WEEKDAY PUBLIC GYM

HYCC

MEMBERSHIP OR DAY PASS

Monday-Friday

Ongoing

Please check website for other weekday dates and times. Open to the public, our Public Gym time is a great way to spend time, relax, energize, and to shoot around or play recreational pick up basketball. Please check our website's event calendar for up to date times and age restrictions.

Contact: Stephen Headley

PUBLIC SKATING

HYCC

\$8 ADULTS/\$6 STUDENTS/\$2 SENIORS

Join us for public skating at our local ice rink! Enjoy a fun and relaxing atmosphere where skaters of all levels can glide to music and make lasting memories. Skate rentals are available, so grab your friends and family for a great day/night out on the ice! (Ask about our money saving frequent skater punch cards! Senior and Veteran/active military discounts available.) **Days/Times subject to change.**

Contact: Jeremy Hatstat

STICK PRACTICES

HYCC

\$12/SKATER

Come play some pickup hockey with friends or work on developing your skills during our stick practice times. We offer different times for Adults (18+), Families (12 and under with an adult), Seniors (50+) and High School (Grades 8-12). Helmets are required and full gear is recommended. **Contact: Jeremy Hatstat**

COACHES STICK PRACTICE

HYCC

\$16

Specifically designed for participants who want to practice their skills with a HYCC approved, and USA Hockey certified coach who supervises up to (6) players max. There is a (4) coach limit per session and (24) player limit per session for a total of (28) individuals for a maximum capacity. This is a first come first serve process so don't hesitate to be early and eager to sign up for this great offering. USA Hockey coaches **MUST** be approved by HYCC Management. **Approved Coaches - No Charge**

Contact: Jeremy Hatstat

WALK-ON FREESTYLE SKATING

HYCC

\$16/SKATER

Open to certain levels of figure skaters to work on programs, moves in the field or freestyle elements. Private lessons with prior approval of coaching certification by HYCC Manager. Days/Times subject to change. Max 24 skaters/session. **Contact: Jeremy Hatstat**

STROLLER SKATE

HYCC

\$5 PARENT/STROLLER

Introduce the kids to the ice arena before they can walk. Bring the stroller on the ice alone or with the whole family.

Contact: Jeremy Hatstat

HYCC SKATING SCHOOL: CLINIC POLICIES

- Our Fall classes are 45 mins long and run for six weeks **unless otherwise noted.**
- Figure skates with toe picks are strongly recommended for Figure Skating Clinic. This includes the TOT Program. Invest in your own skates. **RENTAL SKATES ARE NOT AVAILABLE!**
- Gloves and hats should be worn. Also, a heavy sweater or short jacket is recommended for better mobility.
- Helmets are required for all participants enrolled that are 6 years old and under. Helmets are also recommended for beginner level participants (Tots, Badge 1 & 2).
- Each Instructor will teach two badge levels within the 45 minute lesson. Sometimes there will be more than two badges taught. Each group will spend up to 25 mins with the Instructor. The other 20 mins will be used for participants to practice any of the skills. Parents should encourage their child to practice.
- Discipline is necessary on the ice at all times to ensure each participant gets the most from their lesson and practice session. Children must be able to listen and take direction.
- Parents will NOT be allowed near the lesson areas or on the ice at any time. Parents are asked to stay away from the glass and ice area so they do not attract the attention of the skaters. This will help prevent disruptions to the class.
- Attendance will be taken on the ice by the skating instructor during each class. If the child misses half of the classes, he/she will not be permitted to test. There are no exceptions to this rule. **There are no make up classes.**
- **IT IS VERY IMPORTANT THAT YOUR CHILD IS ON TIME FOR THEIR LESSON.**
- The Hyannis Youth & Community Center strongly urges parents to stay during their child's lesson. In case of an emergency, it is beneficial to have the parent/guardian present.
- If your child comes off the ice and is cold, please have him/her remain in the warming house for 5-10 minutes or until warm before sending them back onto the ice.
- It is recommended that the participants practice their skills outside of their lesson. This may be done during public skating sessions. Schedules are available monthly in the rink rental room.
- Any cancellations due to inclement weather will be announced through email and on our HYCC Facebook page.
- NO REFUNDS WILL BE ISSUED AFTER THE FIRST SCHEDULED LESSON.
- Instructors reserve the right to move a child to the appropriate level class.
- Children in Kindergarten or 5 years old and first time participants should sign up for Badge 1.

LTS USA FEES AND MEMBERSHIP (UNLESS OTHERWISE NOTED):

LEARN TO SKATE FEES AND USFSA MEMBERSHIP (unless otherwise noted)

\$111 Resident / \$121 Non-Resident without a current USFSA Membership

\$95 Resident / \$105 Non-Resident with current USFSA Membership

\$150 for Learn to Skate / Play Hockey

\$16 USFSA Membership fee if you did not take 2022 Summer Learn to Skate you must pay for this.

Due to program requirements, annual memberships to USFSA are required by every participant and the valid dates are July 1, 2024 to June 30, 2025. USA Hockey and MA Hockey cannot be used for a substitute.



TOTS CLASS RESIDENT \$111/NON-RESIDENT \$121
Thursday **September 12-October 17** **9:00-9:30 AM**
 Participants must be 3 or 4 by the start of the program. This is an unassisted class; parents will not be allowed on the ice. Note the class is 30 minutes and we need at least six participants.

BASIC 1-3 RESIDENT \$111/NON-RESIDENT \$121
Saturday **September 7-October 26** **10:30-11:15 AM**
Saturday **September 7-October 26** **11:15 AM-12:00 PM**
No Program: 10/12 & 10/19
 If you haven't taken any LTS classes, you will start here in Basic 1. This goes for first time participants that are 5 years old / Kindergarten age as well. The instructor will determine when you are ready to advance.

BASIC 4-6 RESIDENT \$111/NON-RESIDENT \$121
Saturday **September 7-October 26** **9:00-9:45 AM**
No Program: 10/12 & 10/19
 Pre-requisite must have passed out of the basic skills class prior to entering the next level.

CREATE TO SKATE/POWER SKATE RESIDENT \$111/NON-RESIDENT 121
Saturday **September 7-October 26** **9:45-10:15 AM**
No Program: 10/12 & 10/19
 Pre-requisite must be enrolled in Basic 4 class prior to entering the next level. This class will focus on the creative and artistic side of skating, as well as power skating. A great workout and fun skate!

BRIDGE RESIDENT \$111/NON-RESIDENT 121
Saturday **September 7-October 26** **11:15 AM-12:00 PM**
No Program: 10/12 & 10/19
 Pre-requisite must be enrolled in Basic 6 class prior to entering the next level. This class is a transitional program for skaters moving on from the Learn to Skate groups to a private one on one setting.

Contact: Jackie Keaney



2024 FALL SPECIAL EVENTS

ROCK NIGHT: GRADES 6+7 HYCC \$6/SKATER \$6/RENTALS
September 21, October 26, & November 23 7:30-9:00 PM

Rock night is a fun and exciting night of skating on the ice at the HYCC. There will be a DJ spinning your favorite tunes. If you have not experienced the fun of skating with cool lights and rocking sound, it is time to visit HYCC. Supervised fun for kids in grade 6 & 7. Bring a friend! We will have contests and prizes each night.

Contact: Jeremy Hatstat

NOT SO SCARY HALLOWEEN/SPOOKY SKATE HYCC \$10
**Saturday October 26 11:30 AM-1:30 PM
1:00-2:50 PM**

Join us for some fall fun: Magic, Mystery and a spook-tacular Spooky Skate. From 11:30AM-1:30PM there will be carnival games, food, a Trick or Treat Hunt, novelties, entertainment and much more. From 1:00pm-2:50PM, join us for a spooky skate. Children are encouraged to wear their costume.

Contact: Michelle Davies (Not -so -Scary Halloween)

Contact: Jeremy Hatstat & Jackie Keaney (Spooky Skate)

COMMUNITY DANCE/SOCIAL HYCC \$20/COUPLE \$5/ADDITIONAL PERSON
Friday November 22 6:00-8:00 PM

Grades K-5: Join us for an unforgettable evening of fun, laughter, and community spirit at our Semi Annual Community Dance! This lively event promises to be the highlight of the season with an exciting blend of music, games, and tasty refreshments. **Contact: Jackie Keaney**

TURKEY SHOOT HYCC FREE
Saturday November 23

**K+1: 9:00-9:30 AM 2+3: 9:30-10:00 AM 4+5: 10:00-10:30 AM
6+7: 10:30-11:00 AM 8-12 11:00-11:30 AM**

This event is a fun adult/child basketball shooting contest. A parent/guardian is paired up with their child and each shoot 10 foul shots. The team that makes the most shots in will win a Thanksgiving Themed Prize. **Contact: Jack Kapanke**

MEAL DISTRIBUTION

THURSDAY NIGHT MEALS HYCC PARKING LOT FREE
Thursdays Nights 2 x per month/ Ongoing 4:30-5:30 PM

In collaboration with Family Table Collaborative and their partners, we will be helping distribute free meals every other Thursday night from 4:30pm-5:30pm in our parking lot. For more info go to Family Table Collaborative on Facebook or capeculinary.org.

Contact: Mark Boardley