



**Sailing Registration: Sat. May 18th 7:00AM-9:00AM**  
 Veteran's Park Beach, 480 Ocean Street, Hyannis

**All Other Programs: Registration Begins Wed. May 22nd**  
**Non-Resident Registration Begins Wed. May 29th**  
**8:30AM to 4:00PM**  
 Hyannis Youth & Community Center, 141 Bassett Lane, Hyannis



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*Have Fun With Us This Summer!*



**SUMMER LEISURE PROGRAM**

Hyannis Youth & Community Center, 141 Bassett Lane, Hyannis, MA 02601

**BARNSTABLE RECREATION SUMMER LEISURE PROGRAM**

**For Children Entering Grades 1-8 in the Fall of 2013**

Enjoy 7 weeks of fun in the sun with us!!

Mon.–Fri. from 8:30 am—4:30 pm Just \$700 for the whole summer!

Professional Red Cross Certified Staff / Arts & Crafts / Games / Sports

Field Trips / Theme Days / Talent Show on the Village Green / Cookouts

Swimming at Local Ponds & Beaches / And lots more!!

**Questions? Call Michelle Davies 508.790.6345 x107**

**Program Locations**

Barnstable High School (BHS)	744 West Main St, Hyannis	508.790.6445
Barnstable Intermediate School	895 Falmouth Rd, Hyannis	508.790.6460
Barnstable Skate Park (BSP)	141 Bassett Lane, Hyannis	508.790.6345
Barnstable West Elementary	2463 Main St, W. Barnstable	508.362.4949
BCHMCPS	165 Bearses Way, Hyannis	508.790.6485
Beth Walsh Dance Studio	2792 Falmouth Rd, Osterville	508.420.9095
Centerville Elementary	658 Bay Ln, Centerville	508.790.9890
Centerville Recreation	524 Main St, Centerville	no phone
Covells Beach	857 Craigville Beach Rd, Centerville	508.790.9887
Craigville Beach	997 Craigville Beach Rd, Centerville	508.790.9888
Dowses Beach	348 East Bay Rd, Osterville	508.420.2403
Gymport	70 Corporation St, Hyannis	508.771.5227
Hyannis West Elementary	549 W. Main St, Hyannis	508.790.6480
Hyannis Youth & Community Center (HYCC)	141 Bassett Ln, Hyannis	508.790.6345
Joshua's Pond	290 Tower Hill Rd, Osterville	508.420.2407
Kalmus Beach	670 Ocean Street, Hyannis	508.790.9884
Loop's Beach	281 Ocean View Ave, Cotuit	508.420.2405
Millway Beach	307 Millway, Barnstable	508.362.4795
Sandy Neck Beach	590 Sandy Neck Rd, W. Barnstable	508.362.8300
Veteran's Park Beach	480 Ocean Street, Hyannis	508.790.9885
West Barnstable Community Building (WBCB),	Rte 149, West Barnstable	no phone
2 Wequaquet Lake	Shootflying Hill Rd, Centerville	508.362.5953

## WAYS TO REGISTER

Registration forms are available:

- to download online at [www.town.barnstable.ma.us/recreation](http://www.town.barnstable.ma.us/recreation).
- at the Recreation Office in the Hyannis Youth & Community Center, 141 Bassett Lane, Hyannis, MA 02601

Registration Hours are: 8:30AM-4:00PM Monday thru Friday at the Hyannis Youth & Community Center. NO REGISTRATION ON SATURDAYS, SUNDAYS OR HOLIDAYS.

### Payment:

Checks / Money Order/ Master Card / Visa

Payable to: "The Town of Barnstable." Payment must be received in full prior to the start of the program.

### Barnstable Recreation Division

[www.facebook.com/BarnstableRec](http://www.facebook.com/BarnstableRec)



## Rules and Regulations

- Anyone using obscenities or a threatening manner will be asked to leave the facility and will be taken out of the program— NO EXCEPTIONS!
- 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, May 22nd, 2013. (Sat, May 18th from 7:00AM-9:00AM for Sailing only)
- Non-Resident registration will begin on Wednesday, May 29, 2013.
- Pre-Registrations, early sign ups, emails, mail-ins and faxes are not accepted. We do not offer online registration.
- Non-Resident fees are doubled unless otherwise specified.
- Registration is conducted on a first-come, first-serve basis and age/grade guidelines are strictly observed. You may only register one household at a time.
- Proof of residency: Driver's license, Vehicle Registration 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.
- REFUNDS ARE NOT ISSUED ON OR AFTER THE START OF THE PROGRAM. NO SWITCHING OF CLASSES WILL BE ALLOWED AFTER YOUR FIRST SCHEDULED CLASS OF THE SEASON.
- Participants who are absent from a class will not be allowed to make up the class.

***Special Events***

Fun & Affordable Family Events

**Big BEACHES OPEN FOR THE SEASON!**

Saturday, May 25th  
Weekends only until June 22nd when they all fully open!

**BIKES ON ICE**

“Father’s Day Motorcycle Showcase”  
Sunday, June 16th @ 10AM-4PM  
Hyannis Youth & Community Center

**SWIM & SAFETY WEEK**

Mon-Fri, July 8th-12th  
Barnstable Beaches (see pg. 5)

**BOSTON BRUINS STREET BRIGADE**

Tuesday, July 9th  
Hyannis Youth & Community Center

**CELEBRATING OUR 4TH  
ANNIVERSARY OF BARNSTABLE  
SMOKE-FREE BEACHES** with the  
Barnstable Recreation Commission

Saturday, July 13th  
Raindate - Saturday, July 20th  
Craigville Beach @ 2PM

**USFS NATIONAL SHOWCASE  
COMPETITION**

Thursday-Sunday, August 1st-4th  
Hyannis Youth & Community Center

**INTER-BEACH SWIM MEET**

Competition for all swim program  
participants only, Ages 3-12  
Friday, August 2nd  
Kalmus Park Beach @ 12:30PM

**BEACH WATER CARNIVALS**

For swim lesson participants only  
Wed-Fri, August 7th-9th  
Various Beach Sites, different days

**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.

**WEATHER CANCELLATIONS**

Cancellations due to weather will be decided by the program coordinator as soon as possible. Phone calls will be made to the radio stations, schools and participant’s homes. We will make every effort to post program cancellations and closings on our website and FaceBook page as well.

[www.town.barnstable.ma.us/hycc](http://www.town.barnstable.ma.us/hycc)

**FREQUENTLY ASKED QUESTIONS**

When will the 4th of July Fireworks be held in Hyannis?  
Date: July 4, 2013, Place: Lewis Bay, Time: Dusk.

What Swim Level should I enroll my child in? Check our web site [www.town.barnstable.ma.us](http://www.town.barnstable.ma.us) for the Red Cross Swim Level information.

Is a particular beach parking lot full? Join our facebook page [www.facebook.com/BarnstableRec](http://www.facebook.com/BarnstableRec) and find out before you arrive.

***In Case of an “Oops...”***

Complete details of program policies, procedures and guidelines are sometimes 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 in the brochure. Thank you for your patience and understanding when these situations occur.

**JOHN F. KENNEDY SAILING PROGRAM**

Mon/Wed/Fri or Tue/Thu Veteran's Beach, Ocean St \$75.00  
 June 25th-Aug 6th See below for times Ages 10-13  
 Pre-requisite - must pass a Red Cross Level 5/Intermediate swim test in order to participate. Full refunds will be issued if participant cannot pass the swim test the first day. **Birth Certificates may be required if age is questioned.**

Monday-Wednesday-Friday

Begins: Wednesday, June 26th, Ends: Monday, August 5th  
 9:00AM - 10:45AM - Novice/Intermediate  
 11:00AM - 12:45PM - Novice  
 1:30PM - 3:15PM - Intermediate\*  
 3:30PM - 5:15PM - Advanced\*\*

Tuesday-Thursday

Begins: Tuesday, June 25th, Ends: Tuesday, August 6th  
 8:00AM - 10:30AM - Novice/Intermediate  
 10:30AM - 1:00PM - Novice  
 1:30PM - 4:00PM - Intermediate\*  
 No Lessons on July 4th

\*Intermediate class participants have sailed before, feel pretty confident in their skills, and have participated in the program for at least 1 year.

\*\*Advanced class participants were informed last year of their ability to enter this class.

**JFK EXTENDED YOUTH SAILING PROGRAM**

Tuesday Veteran's Beach, Ocean St \$75.00  
 June 25th-July 30th 5:30PM-7:30PM Ages 14-18  
 Pre-requisite - must pass a Red Cross Level 5 swim test the first night in order to participate. **THIS IS A BEGINNER LEVEL.** \*Full refunds will be issued if participant cannot pass the swim test.

**SANDY NECK JUNIOR RANGER PROGRAM**

Tuesday Sandy Neck Beach (meet at Gatehouse) \$60.00  
 July 9th-Aug 6th 9:30AM-12:00PM Ages 9-13  
 Come explore the Sandy Neck barrier beach ecosystem as a Jr. Ranger. Jr. Rangers will earn their badge by participating in outdoor hikes, identifying local plants and animals including endangered species, learning how to rescue marine mammals such as dolphins and seals, and most of all having fun. Junior Rangers must be able to attend four out of five sessions to be eligible for the program. Space is limited to twelve, however, more sessions may be added if needed. Meet at the Sandy Neck Gatehouse. Instructor, Mary Richmond, Art and Nature Specialist.

**SWIM & SAFETY WEEK** July 8th-12th Free  
 Schedules will be posted at each of the beach houses. During this week the Town of Barnstable Aquatic staff will host different presentations to help educate the patrons at the beach. We hope that this will open eyes to what the Lifeguard staff is certified to handle; why rules and regulations are enforced; and what we all can do to keep our beaches safe. See you there!!



**SWIMMING LESSONS**

**Water Babies: I**  
 Must be 6 months old. **Parent is required to participate in the water with child and instructor.** Beginning to get comfortable in the water using toys, repetitive songs, and games.  
 Beach: **Joshua's Pond**  
 Level Mon & Wed or Tue & Thu  
**WBI** 1-1:30 10-10:30

**Water Babies: II**  
 Must be 2 years old. **Parent is required to participate in the water with child and instructor.** A step above WBI, with more games and songs which practice head submersion in water.  
 Beach: **Kalmus**  
 Level Mon & Wed or Tue & Thu  
**WBII** 10-10:30 10-10:30

Beach: **Wequaquet Lake**  
 Level Mon & Wed or Tue & Thu  
**WBII** 12:30-1 2:45-3:15

Beach: **Joshua's Pond**  
 Level Mon & Wed or Tue & Thu  
**WBII** 1:30-2 10:30-11

**Swim Level Program Information**  
**3 + Years**

Beach: **Covells & Loop**  
 Level Mon & Wed or Tue & Thu  
 1 10-10:30 10-10:30  
 2 10:30-11 10:30-11  
 3 11-11:45 11-11:45  
 4 11:45-12:30 1:30-2:15  
 5 1-1:45 2:15-3  
 6 2:30-3:15 —  
 \*Adv. Progressive Swim Mon & Wed  
 1:45-2:30 —

Beach: **Millway**  
 Levels 1~Adv. Progressive\* offered on a rotating schedule based on seasonal tides.

Beach: **Kalmus**  
 Level Mon & Wed or Tue & Thu  
 1 10:30-11 10:30-11  
 — 2:30-3  
 2 11-11:30 11-11:30  
 3 11:30-12:15 11:30-12:15  
 4 1-1:45 1-1:45  
 5 1:45-2:30 —  
 6 — 1:45-2:30

**The Milk Family returns to operate the Snack Bar at Kalmus. Great food and friendly business as seen at the Old Kennedy Rink & Sea St Beach!!**

Beach: **Wequaquet Lake**  
 Level Mon & Wed or Tue & Thu  
 1 10-10:30 10-10:30  
 2 10:30-11 10:30-11  
 — 1-1:30  
 3 11-11:45 1:30-2:15  
 4 11:45-12:30 11-11:45  
 5 2-2:45 12-12:45  
 6 — 2:15-3  
 \*Adv. Progressive Swim Mon & Wed  
 9:15-10 —

Beach: **Dowes**  
 Level Mon & Wed or Tue & Thu  
 1 9:30-10 10:45-11:15  
 1-1:30 —  
 2 10-10:30 9:30-10  
 — 11:30-12  
 3 10:30-11:15 10-10:45  
 2:15-3 —  
 4 11:30-12:15 12:45-1:30  
 5 3-3:45 12-12:45  
 6 1:30-2:15 1:30-2:15  
 \*Adv. Progressive Swim Tue & Thu  
 — 2:15-3

Beach: **Joshua's Pond**  
 Level Mon & Wed or Tue & Thu  
 1 10-10:30 11-11:30  
 2 10:30-11 11:30-12  
 3 — 1-1:45  
 4 1-1:45 —  
 \*Adv. Progressive registration requires passing level 6\*

**Fees For Swim Classes:** \$30 for 30 min Classes – Waterbabies & Levels 1 & 2  
 \$40 for 45 min classes—Levels 3-6 \$45 for Adv. Progressive Swim  
**Programs Start: June 26th and run through August 5th (Mon/Wed classes) or**  
**June 25th and run through August 6th (Tues/Thurs classes) \*No lessons on July 4th\***





# EVENING SWIM LESSONS / LIFEGUARD TRAINING

## EVENING SWIM PROGRAM TO HELP WORKING PARENTS

Every Child in the Town of Barnstable needs to learn how to swim. By offering evening classes, we hope to accommodate working parents of Barnstable. **For Resident Taxpayers Only! Very Limited Enrollment. First come, first served!**

Monday and Wednesday	<b>DOWSES BEACH ONLY</b>	
June 26th-August 5th	5:30PM	
Water Babies I (Must be 6 months)	(parent/child 30 minute classes)	\$45
Water Babies II (2 years)	(parent/child 30 minute classes)	\$45
Levels 1 & 2	(30 minute classes)	\$45
Levels 3-6	(45 minute classes)	\$60

This fee is different from our daytime lessons as this is not a taxpayer funded program. This is called a revolving program, which costs more because the program pays for all staff required to operate the entire beach operation for that one hour. Must have enough enrollment to cover costs.

## JUNIOR LIFEGUARD TRAINING

Tuesday & Thursday	Craigville Beach, Centerville	\$60.00
June 25th-Aug 6th	10:00AM-12:00PM	Ages 13-14

This class prepares you for Lifeguard Training. It is necessary to pass a Red Cross Level 6 swim test the first night in order to participate. This class will prepare you to some day be a lifeguard. \*Full refunds will be issued if participant cannot pass the swim test. No Lessons on July 4th.

## LIFEGUARD TRAINING

Tuesday & Thursday	Craigville Beach, Centerville	\$160.00
June 25th-Aug 13th	1:00PM-3:00PM	Ages 15+

This 6-8 week class includes CPR, First Aid & LGT Waterfront Certifications. Pass it and you're certified to guard! Cannot miss any classes! This class prepares you for Lifeguard Training. It is necessary to pass a Red Cross Level 6 swim test the first night in order to participate. \*Full refunds will be issued if participant cannot pass the swim test.

### !!!! IMPORTANT NOTICE !!!! IMPORTANT NOTICE !!!!

In order to park your vehicle at any of the beaches where programming takes place, you will need to obtain a Resident Beach Sticker from the Town of Barnstable Recreation Division at the Hyannis Youth & Community Center, 141 Bassett Lane, Hyannis, MA 02601 or call 508-790-6345, Ext. 120. Non-residents are encouraged to sign up for swimming lessons, but they must know that parking at resident beaches is not an option. Only residents with valid Beach Stickers will be allowed to park. Non-residents should choose their lessons at Public Beaches. For further information, please visit [town.barnstable.ma.us/recreation/beachstickers.asp](http://town.barnstable.ma.us/recreation/beachstickers.asp)

### *Beach Water Carnivals: Wed-Fri, August 7th-9th*

*Fun and games for Barnstable Recreation Swim Program participants! Stay tuned for details and more info! Your swim instructor will fill you in.*



### CROSSFIT KIDS



Monday & Wednesday Sea Street Beach (Keyes Beach) \$80.00  
 July 8th-Aug 14th 5:30PM-6:30PM (Entering Gr. 6-8)  
 July 8th-Aug 14th 6:45PM-7:45PM (Entering Gr. 9-12)

This six week program is designed to introduce your child to fitness training. Participants will be taught by certified CrossFit Kids Instructor, Bridget Armstrong, of CrossFit Hyannis. Participants will work on: cardiovascular/respiratory endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance, and coordination. Participants will also gain knowledge about nutrition, goal setting, and self-esteem. Fees will include instructor, use of equipment, and a t-shirt. Limited to 24 participants. John Gleason, x128 john.gleason@town.barnstable.ma.us

## SCHOOL AGE PROGRAMS

### BEACH SOCCER LEAGUE



Monday Kalmus Beach FREE!  
 July 8th-August 5th 5:30PM-Dusk Ages 10-16  
 Instructor: Coach Lee "Doc" Docherty. This FREE league is open to anyone ages 10-16 looking to get involved in this growing sport!  
 Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us

### BEACH SOCCER CLINIC

Monday-Friday Kalmus Beach \$75.00  
 August 19th-August 23rd 9:00AM-12:00PM Ages 10-16  
 Instructor: Coach Lee "Doc" Docherty. This new form of soccer is growing and is a part of the Barnstable beaches! Don't miss out on this program, it fills up fast. You must have a resident parking permit to park. Drop offs will be permitted. Barnstable Recreation is not responsible for expenses related to parking.  
 Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us

### YOUTH POLICE ACADEMY



Wednesday BCHMCPS, Room 6 \$30.00  
 July 3rd-August 7th 9:00AM-10:00AM Entering Gr. K-3  
 Head Instructor: Officer Reed Hall (Barnstable Police Department)  
 This new program is geared towards children interested in learning about police work. The program will consist of daily police duties, safety instruction, K-9 demonstration, a tour of the Barnstable Police Station, and more. All fees will go to the Michael Aselton Scholarship Fund and the Adam Prentice Scholarship. (A class may be canceled due to unforeseen police business). Limited to 24 participants.  
 John Gleason, x128 john.gleason@town.barnstable.ma.us





SCHOOL AGE PROGRAMS

C.S.I.: BARNSTABLE



Wednesday BCHMCPS, Room 6 \$40.00
July 3rd-August 7th 10:15AM-11:30AM Entering Gr. 4-7
Head Instructor: Officer Reed Hall (Barnstable Police Department)

This new program is geared towards children interested in learning about police crime scene investigation. The program will consist of daily police duties, evidence gathering, K-9 demonstration, guest lectures, a tour of the Barnstable Police Station, and more. All fees will go to the Michael Aselton Scholarship Fund and the Adam Prentice Scholarship. (A class may be canceled due to unforeseen police business). Limited to 24 participants. John Gleason, x128 john.gleason@town.barnstable.ma.us

SUMMER ARTS & CRAFTS

Tuesday WBCB \$45.00
July 9th-August 13th 9:00AM-10:00AM (Session I) Ages 6-8
10:30AM-11:30AM (Session II) Ages 9-11

Participants will have the opportunity to express themselves through a wide variety of crafts projects and mediums. Each class will focus on a different form of art and expression. Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us

GYMNASTICS

Tuesday & Thursday Gymport, Hyannis \$45.00
July 9th-August 15th 12:00PM-1:15PM (Session I) Gr. 1-7
1:30PM-2:45PM (Session II)

Participants will be divided into groups the first week based on age and ability. Instructors will focus on improving basic skills, flexibility, and goal achievement in floor exercise, bars, beam, vault, and tumbling. Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us

DANCE

PRESCHOOL

Thursday Beth Walsh Dance Studio \$45.00
July 11th-August 15th 9:00AM-9:45AM Ages 3-5

INTRO TO HIP HOP

Thursday Beth Walsh Dance Studio \$45.00
July 11th-August 15th 9:50AM-10:35AM Ages 6-8

HIP HOP

Thursday Beth Walsh Dance Studio \$45.00
July 11th-August 15th 4:00PM -5:00PM Ages 9-12

These programs will focus on entry level technique. Participants will have the opportunity to learn in a fun, safe, and creative dance studio with top level instruction by Beth Walsh. Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us



## 10 AND UNDER TENNIS

Ten and Under Tennis is about fitting tennis to kids based on age and physical size. By modifying the court dimensions, racquets and balls, and net height coupled with a play component, kids develop better technical and tactical skills. Kids will achieve early success and stay in the game. No programs on July 4th. Program Coordinator for all Tennis Programs: John Gleason, x128 john.gleason@town.barnstable.ma.us

### TENNIS PROGRAMS

#### TENNIS FOR TOTS

Monday/Wednesday	BHS Tennis Courts	\$30.00
July 1st - July 31st	9:00AM-9:30AM	Ages 4&5
Tuesday/Thursday	WV Tennis Courts	\$30.00
July 2nd - August 6th	9:00AM-9:30AM	Ages 4&5

Children will learn how to use their racquets and judge the flight and path of the ball using fun activities; ultimately enjoying the experience of hitting balls back and forth. Limited to 16 participants per class time.\* Parent/Guardian is required to participate on the tennis court with child and instructor.

#### TEN AND UNDER TENNIS: Grades K&1

Monday/Wednesday	BHS Tennis Courts	\$45.00
July 1st - August 7th	9:45AM-10:15AM	
Tuesday/Thursday	WV Tennis Courts	\$45.00
July 2nd - Aug 13th	9:45AM-10:15AM	

Children will learn how to use their racquets and judge the flight and path of the ball using fun activities; ultimately enjoying the experience of hitting balls back and forth.

#### TEN AND UNDER TENNIS: Grades 2&3

Monday/Wednesday	BHS Tennis Courts	\$45.00
July 1st - August 7th	10:30AM-11:15AM	
Tuesday/Thursday	WV Tennis Courts	\$45.00
July 2nd - Aug 13th	10:30AM-11:15AM	

Children will have an opportunity to rally and play during each session.

#### TEN AND UNDER TENNIS: Grades 4&5

Monday/Wednesday	BHS Tennis Courts	\$45.00
July 1st - August 7th	11:30AM-12:30PM	
Tuesday/Thursday	WV Tennis Courts	\$45.00
July 2nd - Aug 13th	11:30AM-12:30PM	

Children will learn the basics of a rally by using forehand and backhand ground strokes so players can hit balls back and forth over the net with a partner. From that point, skills will be introduced so these players can begin to have an understanding of singles and doubles play. Shot selection and court positioning are important to introduce to this age group so these players can have fun learning and competing.



JR. TEAM TENNIS Grades 4-7

Monday/Wednesday	BHS Tennis Courts	\$45.00
July 1st - August 7th	1:00PM-2:30PM	
Tuesday/Thursday	WV Tennis Courts	\$45.00
July 2nd - August 13th	1:00PM-2:30PM	

This six-week program will consist of participants improving their forehand, backhand, volley, and serve. The program will also help develop the technical skills that will enable players to develop the tactics for different playing situations associated with the game of tennis. This is a great way to introduce your child to competition in a fun, safe, and positive environment. The program will follow the USTA's QuickStart format. Participants will be matched up by age and ability.

HIGH SCHOOL TENNIS

Wednesday	BHS Tennis Courts	\$99.00
July 10th - August 14th	6:00PM-7:30PM	Grades 8-12

Instructor: Hedley Smith (BHS Girls Varsity Coach & Teaching Professional)

This new tennis program is geared towards the beginner to intermediate tennis player and will consist of instruction, hitting, review of skills, and implementing what is learned into game play. It will develop the basic skills of tennis, tactics and game strategy, rules, court positioning, and shot selection; a great way to get top level instruction at an affordable price. Come play and have some fun while learning the sport of tennis!

ADULT TENNIS (18+)

Monday	BHS Tennis Courts	\$99.00
July 8th - August 12th	6:00PM-7:30PM	

Instructor: Hedley Smith (BHS Varsity Coach & Teaching Professional)

This new tennis program is geared towards the beginner to intermediate tennis player. The program will consist of instruction, hitting, review of skills, and implementing what they have learned into game play. This program will teach and develop the basic skills of tennis, tactics, and game strategy, rules, court positioning, and shot selection.

SUMMER RUNNING PROGRAM

Tuesday & Thursday	BHS Track	\$80.00
June 25th-Aug 6th	6:00PM-7:30PM	Entering Gr. 2-7

Barnstable Recreation and the Cape Cod Harriers are partnering together to offer a great running program for boys and girls. The program will consist of proper warm-up routines, stretching, running drills focusing on proper techniques, and running cool down routines. Participants will test their skills and fitness by competing in weekly "Mini-Mets" consisting of entry-level running and field events, with prizes going to top finishers. No program on July 4th!

John Gleason, x128 john.gleason@town.barnstable.ma.us

TENNIS & RUNNING PROGRAMS



### BARNSTABLE SKATE PARK - FREE ADMISSION

April-June 23rd , 2013

June 25th -Sept 1st

Sept 3rd-Nov 18th

Tues-Fri: 3PM-8PM

Tues-Sun: 1PM-9PM

Tues-Fri: 3PM-8PM

Sat & Sun: 12PM-8PM

Sat & Sun: 12PM-8PM

Closed Monday and for foul weather\*\*

\*Helmets must be worn at all times in order to ride. These may be rented for \$1 each from the Skate Shack located in the park.

\*\* In the event of foul weather after opening, BSP will be closed and will not reopen until the next day. If there is foul weather or wet ramps, prior to opening, BSP will have a delayed opening once the ramps are dry and safe to ride.

Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us

## SKATE PARK / DISC GOLF

### SKATE PARK TOUR

Wednesday

BSP

\$60.00

July 10th-Aug 14th

9:00AM-4:00PM

Ages 8-15

Drop off and pick up will be at the Barnstable Skate Park. Visit different parks across Cape Cod with BSP staff! Participants must bring their own safety equipment, skateboard, money, lunch, and plenty to drink. This program is limited to 12 participants per session. No BMX Riders for this program.

Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us

### LEARN TO SKATEBOARD

Friday

BSP

\$45.00

July 12th-August 16th

9:00AM-12:00PM

Ages 8-14\*

\*This is a beginner's only program. Learn how to skateboard from BSP instructors and have the whole park to learn and improve. Fee includes t-shirt and use of safety equipment, if needed. Bring your own skateboard, snack, and plenty to drink.

Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us

### INTRO TO DISC GOLF



Saturday

Burgess Park

\$40.00

July 20th-Aug 24th

10:00AM-11:30AM

Ages 10-15

Barnstable Recreation has teamed with Cape Cod Disc Golf to offer an introduction to this growing sport! Participants will learn the basics of disc golf from the area's leading golfers. Fee includes use of discs (participants may bring their own, if preferred) instruction, and a t-shirt. Participants should wear sneakers and bring plenty of water. Drop off and pick up will be at the Burgess Park on Rt. 149 in Marstons Mills.

Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us



### ZUMBA

Sunday	WBCB	\$55.00
June 30th-August 25th	9:00AM-10:00AM	Ages 14+

Want to experience a unique and fun workout with great music and fun dance moves? You can burn 500-1000 calories in a one-hour Zumba class! This eight-week class offers a great aerobic work out for all skill levels. Instructor: Caryl Steward. No class August 18th. Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us

### ZUMBA TONING

Thursday	WBCB	\$55.00
June 27th-August 29th	5:45PM-6:45PM	Ages 14+

Zumba Toning combines elements of a regular Zumba class with small weights for a total body workout! Check out a class with certified Zumba instructor, Caryl Steward! If you can only make a few classes, we offer a \$10 drop-in fee per class paid to the instructor. Participants must bring their own 1-3 lb. hand weights. No classes July 4th or August 22nd. Melanie Van Kleeck, x129 melanie.vankleeck@town.barnstable.ma.us

### SEASIDE YOGA – Instructor: Virginia Ryan, RYT

Monday & Friday	Veteran’s Beach	\$75.00
July 1st-August 23rd	7:00AM-8:15AM	(\$5 daily if available)

There’s no better place to practice yoga than on a beach in the summer. Build strength, flexibility and balance while reducing your stress. This gentle Hatha Yoga class will incorporate a gentle flow that is appropriate for beginners as well as more experienced practitioners. Bring a towel or two (mats are slippery in the sand) and wear loose, comfortable clothing.

### WOMENS’ LIGHT HIKING PROGRAM

Friday	Various Conservation Trails (TBA)	\$30.00
July 5th-August 9th	10:00AM-11:00AM	18+ (Women)

Instructor: Jane Simpson  
Do you enjoy the outdoors and the pleasure of walking in the unique forests & conservation trails in Barnstable and the Cape? Join this invigorating 6-week class for the avid or wannabee hikers! Cape hiking trails are plentiful and beautiful during the summer and provide a fun way to exercise and meet new people! Sturdy walking shoes are strongly recommended. This is not a nature walk, just a way to enjoy the great outdoors.

### FITNESS BOOT CAMP (Veteran’s Beach) \$100.00 per Session

Tuesday, Thursday & Saturday	6:00AM-7:00AM	Ages 16+
Session I (July 2nd-July 30th)	Session II (Aug 1st-Aug 31st)	Session III (Sept 3rd-Sept 28th)

The hardest workout you’ll ever love! No two classes are ever the same. Experience creative, fun, motivating, and incredibly effective workouts for fat loss, strength, cardio, and more. Fitness and Sports Medicine professional, Tony Colesano of Crescendo Sport & Fitness will challenge you with a cutting edge approach to health and fitness. All levels are welcome.

## ADULT PROGRAMS



**HYCC SCHOOL AGE PROGRAMS**

**HYCC BAKING PROGRAM**



Thursday  
July 11th-August 15th  
No program August 1st

HYCC Shepley Room  
2:00PM-4:00PM

\$75.00  
Grades 4-7

Create delicious bakery treats for your friends and family. Also, learn culinary skills such as mixing, measuring, and serving food. As part of the program, we will host an afternoon tea for the participants' family and friends.  
George Noonan, x127 george.noonan@town.barnstable.ma.us

**HYCC CHESS PROGRAM**



Thursday  
July 11th-August 15th  
No program August 1st

HYCC Shepley Room  
10:00AM-11:00AM

\$30.00  
Grades 4-7

Learn basic strategy, defenses, and moves in this introductory program. Program is mainly game play against other participants. Sharpen your skills or come learn this classic game of strategy.  
George Noonan, x127 george.noonan@town.barnstable.ma.us

**HYCC GAME OF THE WEEK**



Wednesday

Butler Dry Floor Free to HYCC Members  
\$5 Non-Members

May 15th-July 3rd

6:00PM-7:00PM

Grades 4-7

Every week it is a new game or activity. It could be Ultimate Frisbee or Street Hockey. You won't know unless you come; or you can check the HYCC Facebook page to find out what we are playing that day.  
George Noonan, x127 george.noonan@town.barnstable.ma.us

**HYCC SUMMER GAMES**



Tues, July 9th (Gr. 4-5)

HYCC Butler Dry Floor

\$20.00

Wed, July 10th (Gr. 6-7)

6:00PM-9:00PM

Grades 4-7

The HYCC is in its 4th year of operation, meaning it is time for our first ever HYCC Olympic games. This one-night event will test the endurance and stamina of the modern athlete. Such events as dizzy bat, scooter races, and more will foster the Olympic spirit of all who participate. Participants will be divided into even teams, representing different countries. Fee includes t-shirt, awards, and snacks. 20 participants needed to run program.  
George Noonan, x127 george.noonan@town.barnstable.ma.us

**HYCC VACATION PROGRAM**



Monday-Friday

HYCC

\$150.00 per Session

Session I (August 19th-23rd)

8:30AM-4:30PM

Entering Grades 1-7

Session II (August 26th-30th)

Two more weeks of summer and nothing to do with the kids? This program will offer a variety of activities that will entertain your child such as gym games, arts and crafts, and other activities. Fee includes field trips, to be announced. T-shirt is provided. Snacks and lunch are not provided.

George Noonan, x127 george.noonan@town.barnstable.ma.us



**HYCC BOYS' & GIRLS' HIGH SCHOOL SUMMER BASKETBALL LEAGUES**

\*Open to all Cape Cod High School Basketball Players\*

Tues: Boys' League/Wed: Girls' League    HYCC Gym    \$450 per team  
June 25th-August 21st    Games begin at 5:30PM    All H.S. Players

This league is meant to help JV & Varsity Basketball Players stay in shape and give them an opportunity to play organized basketball throughout the summer. 8 week, 8 game season with a 1 week playoff season. Games start at 5:30 pm and run every hour until 8:30 pm. Fee includes shirts, referees, and championship shirts. Rules and Registration will be made available for your team by contacting Youth Center Manager, Mark Boardley, 508-790-6345, x116.

**HYCC 2013 GIRLS HIGH SCHOOL SUMMER VOLLEYBALL LEAGUE**

\*Open to all Cape Cod High School Girl Volleyball Players\*

Monday Night Games    HYCC Gym    \$250 per team (up to 10 players)  
July 1st-August 19th    Times listed below    H.S. Girls

This league is meant to give high school players an opportunity to play with their team during the summer and to work on their skills. 6 week regular season, 1 week playoffs. Match times are 6 pm, 6:45 pm, 7:30 pm and 8:15 pm. League is limited to 10 teams. Fee includes shirts and championship shirts. Rules and registration will be made available for your team by contacting Youth Center Manager, Mark Boardley, 508-790-6345, x116.

**HYCC ALL SPORTS WEEK** 

Monday-Friday    HYCC Gym    \$150 per week, unless noted  
Dates listed below    9:00AM-4:00PM    Ages 7+

The All Sports Week is a multi-sport & activity offering, designed to allow children the opportunity to experience and participate in the excitement of several sports and activities throughout the week. Sports and activities include, but are not limited to: soccer, ice skating, basketball, capture the flag, dodgeball, crafts, board games, wiffleball, kickball, pickleball, volleyball, and touch football. Dates:

\*Week #1 - July 1st-July 5th. No program July 4th. \*Cost \$120

Week #2 - July 15th-July 19th

Week #3 - July 22nd-July 26th

Week #4 - August 12th-August 16th

EARLY & EXTENDED DAY: 8AM Drop-off and 5PM Pick-up is available for an additional \$50 per week.

FAMILY DISCOUNT: \$25 off each additional sibling

**THURSDAY NIGHT ADULT CO-ED VOLLEYBALL**

June 27th-August 15th    HYCC Gym    \$4 HYCC Member/\$5 Non  
No Program July 4th    6:30PM-9:00PM    Ages 18+

We will open the gym once again to our adult players looking to stay active. This night is limited to the first 42 players each night to ensure plenty of play for all. HYCC members must have their key tags to get discounted rate. Mark Boardley, 508-790-6345, x116.





## LEARN TO SKATE PROGRAMS

### HYCC SKATING SCHOOL SKATING CLINIC POLICIES

- Our Summer classes are 50 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. Rink rental skates are **NOT** available for Clinic participants.
- 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). Helmets with cages are strongly recommended for all hockey participants.
- Each Instructor will teach two badge levels within the 50 minute lesson. Sometimes there will be more than two badges taught. Each group will spend up to 25 mins with the Instructor. The other 25 mins will be used for participants to practice any of the skills. Parents should encourage their child to practice. Hockey Clinic structure will be different.
- 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.
- During show / exhibition rehearsals your child may only miss one rehearsal in order to participate.
- **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 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 on the local radio stations, on our Facebook page, and our website. **Lessons that are cancelled by the Hyannis Youth & Community Center / HYCC SKATING SCHOOL will not be rescheduled.**
- 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 should sign up for Badge 1.
- Any participant who has passed Badge 8 can sign up for any advanced class (unless otherwise noted). They may also sign up to be a Skating Assistant.

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

\$97 Resident / \$107 Non-Resident without a current USFSA Membership

\$85 Resident / \$95 Non-Resident with current USFSA Membership

\$5 will be taken off for any second class

\$250 Summer Skills & Performance Camp plus your USFSA Membership fee

\$12 USFSA Membership fee

***USFSA memberships are required by every participant and the valid dates are July 1st to June 30th.*** USA Hockey and MA Hockey do not take the place of the USFSA membership



## US FIGURE SKATING LEARN TO SKATE

**Registration: Starts Tuesday, June 4th for Residents and Tuesday, June 11th for \*Non-Residents.**

LEARN TO SKATE: BASIC SKILLS 1-8 \*\*New this year summer learn to skate will run for six weeks only!

Wednesday	HYCC	\$97-\$107
July 10th-August 14th	5:00PM-5:50PM	Ages 5+

LEARN TO SKATE: WEDNESDAY NIGHT TOTS \*\*New this year summer learn to skate will run for six weeks only!

Wednesday	HYCC	\$97-\$107
July 10th-August 14th	5:15PM-5:45PM	Ages 3&4

**\*\*THIS IS A 30 MIN CLASS ALL PARTICIPANTS MUST BE 3 & 4 YEARS OLD BY THE START OF THE CLASS. MAX 6 PARTICIPANTS ONLY.**

LEARN TO FIGURE SKATE: SUMMER SKILLS & PERFORMANCE CAMP

WED, THURS, FRI	HYCC	\$250
August 21st-August 23rd	10:00am-2:15pm	Basic 3 & Up

Participants will take part in rotating skill stations giving them the opportunity to experience different features of figure skating! The emphasis will be on performance! On the last day of our skills camp, parents and families will be treated to a performance by all of the participants. Make sure to send your child with a bag lunch - we will break each day and have snack / lunch. Come cool off with the HYCC Skating School! Schedule is subject to change.

Laura Kelliher, x106 [laura.kelliher@town.barnstable.ma.us](mailto:laura.kelliher@town.barnstable.ma.us)

### CAPE COD SKATING CLUB

The Cape Cod Skating Club, one of the oldest skating clubs in the Nation, is dedicated to the development and enrichment of figure skaters all over the Cape, by providing skaters and their families with the programs and events to enhance their love of all types of figure skating! For more information, please email or visit our web site!

[www.capecodskatingclub.com](http://www.capecodskatingclub.com)  
[info@capecodskatingclub.com](mailto:info@capecodskatingclub.com)

LEARN TO SKATE PROGRAMS

**2013 USFS NATIONAL SHOWCASE COMPETITION  
THURSDAY-SUNDAY, AUGUST 1st-4th, here @ HYCC  
Please visit [www.bourneskatingclub.com](http://www.bourneskatingclub.com) for details!**



SUMMER SKATE PROGRAMS

STICK PRACTICE

Ongoing HYCC Daily fee \$10
Please check the website or call for times. Men/Women/Lunchtime/
Parent/Child. Take some time to sharpen your skills and play some pick up
hockey!
George Noonan, x127 george.noonan@town.barnstable.ma.us

LEARN TO PLAY HOCKEY—Skills Clinic

Tuesday-Thursday HYCC \$250/player
Aug 20th-22nd 10:00AM-1:30PM
Professional instruction on power skating, shooting, passing and other
drills! On- and off-ice activities. Bring a lunch, water bottle and change of
clothes for off-ice activities. Cost includes a jersey!
George Noonan, x127 george.noonan@town.barnstable.ma.us

STROLLER SKATING

Ongoing HYCC \$5/adult or \$20 /family
9:30AM-10:30AM All Ages
The only requirement is you must have a stroller to skate. Come and
introduce your little one to the wonderful world of ice skating and get a
great workout while you're at it! Times are subject to change. Please call or
check our web site before you make the trip!
George Noonan , x127 george.noonan@town.barnstable.ma.us

FAMILY ROCK NIGHT

Friday HYCC Admission \$5/Rentals \$5
Ongoing 7:00PM-8:30PM All Ages
During the school year, this time is set aside for school aged kids, but for the
summer, we are offering Family Rock Night for everyone to enjoy! Come
and skate to the beat of popular music! Fun games and prizes will be
offered throughout the summer!
George Noonan, x127 george.noonan@town.barnstable.ma.us

PUBLIC SKATING

Daily, subject to availability HYCC \$7 Adults/\$5 Students/\$2 Seniors
Check web site or call for times \$5 Rentals All Ages
We have rental skates in sizes 10 Toddler to 13 Mens! Ask about frequent
skater punch card! After 10 paid sessions you get the 11th free!
George Noonan, x127 george.noonan@town.barnstable.ma.us

WALK ON FIGURE SKATING

Various Weeknights HYCC \$10 CCSC Members/\$15 Non
Ongoing Subject to availability Freestyle Skaters
This is a chance for you to work on your program for the next competition
or get ready for testing! 60 minute sessions. 23 skaters max. Open to certain
levels of figure skaters to work on programs, moves in the field, or freestyle
elements.
Laura Kelliher, x106 laura.kelliher@town.barnstable.ma.us

SKATE SHARPENING HOURS
Please call for days and times.
SHARPENING: \$5/Pair. Questions? 508-790-6345, ext. 130 or ext. 127



**COMMUNITY YOGA**—Instructor: Ginny Ryan, RYT  
 Tuesday HYCC GYM FREE  
 Ongoing 8AM-9AM All Ages  
 Come strengthen your Mind, Body and Soul all while relieving some of the stress in your life. Classes are taught by Cape Community Yoga! Bring your own mat, or use one of ours. Free thanks to support from Cape Cod Healthcare.  
 Mark Boardley, x116 mark.boardley@town.barnstable.ma.us

**CAPE COD HEALTHCARE BLOOD DRIVE**  
 Tuesday SHEPLEY ROOM FREE!  
 June 4th 10:00AM-4:00PM Ages 18+  
 Gibe blood for Cape Cod! Every pint of blood donated stays on Cape Cod to serve your community and save the lives of friends, family and neighbors. Visit [www.capecodhealthcare.org/give-blood](http://www.capecodhealthcare.org/give-blood). Call today to reserve a time for your donation and receive a free public skate coupon!  
 George Noonan, x127 george.noonan@town.barnstable.ma.us

**FATHER-DAUGHTER DANCE**  
 Friday HYCC GYMNASIUM \$15/couple  
 June 14th Time TBA Ages 4-15  
 This will be the first HYCC Father-Daughter Dance, celebrating the special bond between girls and their dads/male role-models! Live music and dancing in the Gymnasium, refreshments, and more. Stay tuned to our web site and Facebook page for more information or call 508.790.6345!  
 George Noonan, x127 george.noonan@town.barnstable.ma.us

**BOSTON BRUINS STREET BRIGADE CLINIC**  
 Tuesday HYCC BUTLER RINK FREE!  
 July 9th 3:00PM-5:00PM Ages 4-15  
 Bruins Alumni and staff bring all the equipment to start a summer street hockey league and go over rules and the basics of the game! Mites/Squirts 3:00-3:45 Peewees/Bantams 4:00-5:00! Reservations may be made in advance starting June 1st.  
 Amy Harwood, x112 amy.harwood@town.barnstable.ma.us

**SOME OTHER HYCC EVENTS THIS SUMMER:** BIKES ON ICE (pg. 4), CHOWDER CUP, USFS NATIONAL SHOWCASE (pgs. 4, 17), CAPE COD'S BEST LITTLE BEAD SHOW, SUMMER SPORTS CAMPS AND MORE! Check our web site for info as it's available! Do you have an idea for an event or program at the HYCC? Please call with your ideas or inquire about renting the facility! Joseph Izzo, x103 joseph.izzo@town.barnstable.ma.us

**Advertise at the HYCC!**

With more than 300,000 visitors each year, thousands of diverse events and programs at the HYCC offer a captive audience, making it a great way to promote businesses and organizations through the HYCC Enterprise Fund!  
 Amy Harwood, x112 amy.harwood@town.barnstable.ma.us

**Check out our programs on pgs 14-20!  
Fun Activities For The Whole Family!**

**HYCC**  
Hyannis Youth & Community Center  
141 Bassett Lane, Hyannis MA 02601  
508.790.6345 ~ town.barnstable.ma.us/hycc



**MAKING MEMORIES TO LAST A LIFETIME!**

**FAMILY ANNUAL MEMBERSHIP\*:**  
\$60 Barnstable Residents (\$15 ea. additional)  
\$120 Non Residents (\$30 ea. additional)

**INDIVIDUAL ANNUAL MEMBERSHIP:**  
\$20—Barnstable Residents  
\$40—Non Residents  
\$5—Day Pass

\*Includes 4 individual memberships.  
All members must live in the same household.  
Proof of residency is required.

- MEMBERSHIP BENEFITS:**
- Ping-Pong, Pool Tables, Wii
  - Flat Screen Televisions
  - Computer Lab with 8 PC stations and internet access
  - Scheduled Open Gym Times
  - Indoor Walking Track
  - Professional Staff
  - Age Appropriate Activities

**Have Your Birthday Party Here!**

Celebrate your special day with us! For as little as \$17.95 per guest, our party assistant will set up and clean up the party room for your exclusive use! Go skating with your guests and enjoy a delicious homemade cake, ice cream and juice provided by the Casual Gourmet! Call today to reserve! Space is limited to first come, first served! 508.790.6345 or click "Birthdays" at [www.town.barnstable.ma.us/hycc](http://www.town.barnstable.ma.us/hycc) and download the party request form.

