

ROCKLAND RECREATION

WINTER GUIDE '22-'23

REGISTER
www.rocklandrec.org

CONTACT
394 Union Street
rocklandrec@rockland-ma.gov
781-871-1730



ABOUT US



www.rocklandrec.org
rocklandrec@rockland-ma.gov
781-871-1730

Mission: To provide the community with inclusive, engaging, and year-round comprehensive programs, services, and events to residents of all ages.

Rockland Recreation proudly services the community by providing recreational and enrichment programs and activities.

- Youth Sports Programs
- Babysitter and Home Safety Training
- Science
- Creative Arts
- Adult Health & Wellness Programs
- Hartsuff Park Summer Program
- Rockland Teen Center
- Tot Enrichment Preschool Program "Chipmunks"

Rockland **Teen Center** (RTC) offers middle school students a welcoming opportunity to interact with peers while enjoying recreational, entertaining, and social activities. RTC is open on Friday evenings during the school year.

The Tot Enrichment Preschool Program, affectionately known as **Chipmunks**, provides children ages three to five with an enriching and educational environment that encourages creativity, while interacting with other children. The preschoolers work to develop social, emotional, and academic maturity necessary for the transition from their home environment to a school environment.



ABOUT US

Community Programs & Events:

Family-friendly activities encourage fun, support local businesses, and attract residents, community members, and visitors.

Rockland Markets provides community-driven farmers markets that connects the town to talented crafters, farmers, artists, and small, local businesses. This bi-monthly event held from spring to fall has flourished to include food trucks, games, live music, brewers, and themed events such as the popular Family Fun Day. Rockland Farmers Market takes place at Hartsuff Park.

Rockland Recreation partners with town organizations, committees, and local businesses including Rockland Holiday Magic, REiMAGINE ROCKLAND, Rockland Day, and Holiday Stroll.



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The department is excited to offer winter events from November through February:

- Rockland Winter Markets - 11/27, 12/4, 12/17
- Candy Cane Hunt - 12/10
- Rockland Markets Last Minute Sip & Shop - 12/21
- Nerf Wars - 1/5, 1/16, 2/4

CONTACT US: ROCKLAND RECREATION

394 Union Street
Rockland, MA 02370

Office Hours

Monday - Friday | 8:30 a.m. to 4:30 p.m.

781-871-1730

rocklandrec@rockland-ma.gov

www.rocklandrec.org



RECREATION STAFF



www.rocklandrec.org
rocklandrec@rockland-ma.gov
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Jeanne Blaney, Director | As the Director, Jeanne is actively involved in the supervision of recreational staff, programs, activities, and events.

Olivia McCormack, Administrative Assistant | Olivia got her start as Chipmunk Director at the Hartsuff Park Summer Program. Over the past two years, Olivia has been managing daily office operations.

Casey Regan, Program Leader | Casey grew up with the Recreation program having worked in the summer program as a teen. Now a part-time program leader, Casey is pursuing a career in education as a middle school math teacher.

Alyson Le Phipps, Market Manager & Event Coordinator | Alyson joined the department two years ago as the Rockland Farmers Market Manager then naturally took on the role of event coordinator. Popular events such as Rockland Fall Festival and Terror on the Trails originated through Alyson.

Terri Lombardi, Assistant Marketing Manager | Terri assists Alyson with the Rockland Farmers Market and special events.

Christine Flaherty, Project Manager | Assists Recreation team with marketing and communication projects.



ADVISORY BOARD

About Us: A five-member board appointed by the Board of Selectmen that acts in an advisory capacity. The Board works closely with the Recreation Department and other Town of Rockland departments to help provide opportunities for the community.

CHAIR

Mike Garofolo

MEMBERS

Kathleen Fulton

Richard Furlong, Sr.

Anthony Tanzi

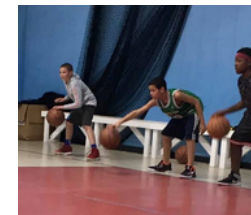
Susan Egan-Tasker



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Rockland Recreation Director, Jeanne Blaney, received a Regional Community Impact Award by the MA Recreation and Park Association for her outstanding service and dedication to the community.



IMPORTANT NOTICE: REGISTRATION

PLEASE READ BEFORE YOU REGISTER

- • • Go to **rocklandrec.org** to register for programs.
- • • ***The website is your main source of timely details and information about Recreation programs. They continually change throughout each season.***

Make sure your child is age appropriate at the start of the activity.

Registration and payment must be received at least one week prior to the start of the program to ensure the program is not cancelled due to lack of enrollment.

We accept **check, credit card, or money order** as payment. Cash payments are not accepted. All refunds will be posted to your credit card.

FEES:

As of 11/23/2020 you will see a **3% service fee** to process your credit card. You will see the charge on your statement.

There will be a **\$10 processing fee** for all refunds/credits.



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REFUNDS:

Refund requests must be made at least five business days before the start of the program in order to receive a refund/credit to your account.

After you request your refund, it will take 2-3 weeks to receive your check. No refunds or credits will be given after the start of the program.

All credits must be used within one year.

SAFETY: We ensure the safety of all participants in our programs. Therefore, we hold the right to decline/remove any child from any program provided that the child is:

- Potentially putting themselves at risk of injury
- Potentially putting others at risk of injury through their actions
- Blatantly disregarding proper safety rules as set forth by the instructor of the program

PLEASE REMEMBER: *Filling out a registration form online does not register you or hold a spot for you in the class. You are only registered and a spot held when payment is received.*



F.A.S.T / YOUTH SPORTS



www.rocklandrec.org
rocklandrec@rockland-ma.gov
781-871-1730

Tots to Teens: Ages 3-13 | November - December



Ages 3-6

Wednesdays | 4:45-5:30 PM
Community Center Gym
Fee: \$95



This class is created for 3-6 year olds and will work on having fun while learning some fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children! Dribbling, passing, and shooting will be the three main fundamental focuses throughout this program.



Ages 3-5

Wednesdays | 5:30-6:15 PM
Community Center Gym
Fee: \$95



Our soccer program will teach the fundamental skills of dribbling, trapping, passing and shooting. The students will work on these fundamentals through a variety of unique, non-traditional games. Parents are also encouraged to participate if their child needs the extra support.



Ages 7-13

Wednesdays | 6:15-7:15 PM
Community Center Gym
Fee: \$99



Have street hockey fun! Fundamentals of hockey will be taught through training stations the first portion of the course. One-timers, passing, shooting and dribbling will be some of the training focus in the beginning. After the instructional period is over, each day will end with a good old fashion street hockey game. Students will learn safety and good sportsmanship.

YOUTH ACTIVITIES



www.rocklandrec.org
rocklandrec@rockland-ma.gov
 781-871-1730

Explorers to Teens: Ages 6+ | November - December



Ages 6-9 | 12/1-12/22
 Thursdays, 6:00-6:50 PM
Ages 10-14 | 12/1-12/22
 Thursdays, 7:00-7:50 PM
 Community Center Gym
 Fee: \$125



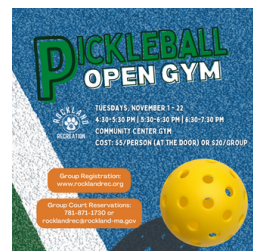
During each session elite **Premier Hoops** instructors will work on drills to help each player perform at a higher level such as shooting, footwork and repetition, and ball-handling moves and strength. Instructors will spend individual time with your child to help them improve their skills, technique, and confidence.



Ages 7+
Dates to be determined
 Saturdays | 8:00-8:45 AM
 SSTKD, 342 Union Street
 Fee: \$85



South Shore Tae Kwon Do's self-defense program is designed to teach self-discipline, develop self-confidence, respect, and other mental aspects of martial arts. Physical emphasis will be on basic skills such as blocking drills, punches and kicks. *Please wear comfortable, loose clothing to class sweatpants and a t-shirt.*



Age 16+
 11/1-11/22
 Tuesdays | 4:30-5:30 PM,
 5:30-6:30 PM, 6:30-7:30 PM
 Community Center Gym
 Fee: \$5/person or \$20/group



Pickleball Open Gym provides adults with 60 minutes of competitive fun playing the highly popular new sport in the Community Center Gym. Join as an individual or come as a group. Details available on the pickleball registration page.

YOUTH / STEM ACTIVITIES



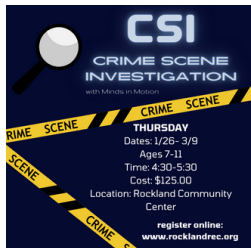
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Explorers & Preteens: Ages 6+ | January - March



Kids will be challenged to build skyscrapers, farms, bridges, space stations, and more! Right Brain instructors will review the history of what the kids will build. Then, they will create a model of each type of structure out of an enormous assortment of Legos and present creations as we photograph and document it.

Grades 2-5 | 1/10-2/14 | Tuesdays | 5:30-6:30 PM
Community Center | Fee: \$125



Kids become their very own crime scene investigator. They'll learn about forensics, searching for evidence, and gathering clues. Working groups will conduct many experiments and learn about fingerprinting. Be amazed at how much science plays a part in solving a crime.

Ages 7-11 | 1/26-3/9 | Thursdays | 4:30-5:30 PM
Community Center | Fee: \$125



Kids will build models including a material lift, stationary bike, crane bridge, construction crane, and a windmill! With the aid of an instructor and the easy-to-follow manual, the students will learn different scientific principles involving pulleys and mechanics. They will also learn about basic circuits with our STEM Lab kit and much more!

Ages 6-11 | 1/26-3/9 | Thursdays | 5:30-6:30 PM
Community Center | Fee: \$125



Instructors will guide kids along the way as they form architectural firms and create the building of their dreams. They will consider the environment, transportation, parking, and green space as you create a working blueprint for your creation. Then you'll bring it to life as a Lego model!

Grades 3-5 | 1/10-2/14 | Tuesdays | 4:30-5:30 PM
Community Center | Fee: \$125

YOUTH ENRICHMENT

Tots to Teens: Age 4 - Grade 8 | November - February



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Ages 4-5 & 6-7

11/9-12/21

Tuesdays | 4:30-5:15 PM & 5:15-6:00 PM

Community Center

Fee: \$60

Dance ballet with Miss Sabrina who has ballet danced at South Shore Conservatory in Duxbury and Jose Mateo Ballet Theatre. She is part of the Youth Works Program at Jose Mateo and currently a dance minor at UMass Boston.



Grades 3-5

1/10-2/28/23

Tuesdays | 4:30-5:30

PM Community Center

Fee: \$155

Students will have an opportunity to explore new or familiar foods. Then, prepare and cook until they have a finished dish. Lessons are planned to celebrate seasonal produce and offer ideas for quick and healthy family meals. *Please clearly disclose all food allergies and/or dietary restrictions upon registration.*



K-Grade 8

1/18-5/3/23

Wednesdays | 5:00-6:00 PM

Community Center

Fee: \$225

Drama Kids Spring Performance Session: This session culminates in a staged performance of *Big Mystery Under the Big Top*. DK1 is the perfect after school activity to have fun, be creative, and team up with others to create great performances.

Performance Fee: \$10 paid directly to DK1 in April



Grades 1-8

11/3 & 11/17 | 12/1 & 12/15

45 Minutes/Age Group

Community Center

Fee: \$20

Join Alyson on Thursday afternoons during November and December for a follow-along paint tutorial! Each Session will be 45 minutes for each age group. Supplies will be provided.

- 1-1:45 PM: Grades 1-3
- 2-2:45 PM: Grades 4-6
- 3-3:45 PM: Grades 7-8

SAFETY CLASSES

Preteen & Teens: Grades 4+ | February 2023



www.rocklandrec.org
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Ages 11-16

Friday, February 3rd
6:00-8:00 PM
Community Center
Fee: \$65

When parents entrust their most treasured gifts to a babysitter, remember that they will feel more secure and will be more likely to hire someone who has taken Babysitter Safety Training. Boys and girls who are trained in *Babysitter Safety* will have more confidence in dealing with the challenges that may face them while caring for children of all ages and stages. While the focus of this training is safety first, emphasis is also placed on responsibility, practical knowledge of childcare, and developing a positive attitude when caring for children.

HOME ALONE SAFETY CLASS

Friday, February 10th

TIME: 6:00PM-8:00PM

GRADES: 4-6

COST: \$65

LOCATION: COMMUNITY CENTER (394 Union St, Rockland)

Register online:
www.rocklandrec.org



Grades 4 - 6

Friday, February 10th
6:00-8:00 PM
Community Center
Fee: \$65

This class will prepare children to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/kitchen safety, choking prevention and Heimlich Maneuver on self and others, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! *Please bring a peanut free snack and drink.*

TEEN ACTIVITIES

Preteen & Teen: Ages 10-17 | November - January



Ages 10-13

12/27-12/30

Tues-Fri | 9:00-11:30 AM

Location Varies

Fee: \$100

Winter Adventures with the NSRWA: Rockland Recreation is partnering with the *North and South Rivers Watershed Association* to offer fun and safe outdoor activities to South Shore area youth this winter break. Youth will gain valuable outdoor skills, all while having fun outside in the winter landscape! Drop-off and pick-up will be at a predetermined location for each day.

- **Tuesday, 12/27:** Capture the Flag at Jacobs Pond
- **Wednesday, 12/28:** Geocaching at Stetson Meadows
- **Thursday, 12/29:** Animal Tracking & Navigation Skills at Twin Ponds Trail in Rockland
- **Friday, 12/30:** Fire Building Survival at Couch Beach in Marshfield



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Grades 6-12

November - January

Fridays | 7:00-10:00 PM

Teen Center

Fee: \$8/Night

December: Football Target Toss in the Gym, Minute to Win It, Kickball, Murder Mystery Night, Dodgeball, and Holiday Party will wrap up RTC 2022

January: Kids will start the new year with Whiffleball, Movie night/Red Carpet, Basketball Tournament, Escape Room, Volleyball & Gym Games, Talent Show, Dodgeball Tournament, Bad Art Night



Join this volleyball skills class, mixed with strength and conditioning! Teens will build on their previous volleyball skills. Part of the class will be solely volleyball tips, tricks, and skills, while the other part will focus on strength and conditioning to elevate their game.

Ages 14-18 | December-February | Sundays
10 AM and 12 PM | Community Center Gym
Fee: \$15/day



WINTER BREAK FUN / DEC. 27-29

Recreation Activities | Ages 5-13

Time: 9:00 AM-3:00 PM

Fee: \$70/Day or \$199/Session

*Extended AM: 7:30-9:00 AM | Fee: \$7/Day

*Extended PM: 3:00-5:00 PM | Fee: \$10/Day



Girls and boys pack your bags! December Break will be a fun three days taking field trips to enrich your days with games, activities, and friendship. Children will bring peanut-free snacks and lunch in clearly marked backpacks or bags with nutritious snacks, lunch and drinks. Sneakers required.

12/27: FUN Z Trampoline Park**

12/28: Dave & Buster's

12/29: To be announced soon



www.rocklandrec.org
rocklandrec@rockland-ma.gov
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3-Days of Artful Creations | Grades 2-5

Time: 9:00 AM-3:00 PM

Community Center 1st Floor Community Room

Fee: \$129/Session

*Extended AM: 7:30-9:00 AM | Fee: \$7/Day

*Extended PM: 3:00-5:00 PM | Fee: \$10/Day



Join Rockland Recreation's Alyson Le Phipps for three full days of Artful Creations. Your child will explore mediums they love and mediums they've never experimented with. Whether

you're a beginning artist or already familiar with many techniques, this experience will offer you new and exciting ways to express your artistic vision. On the last day we will invite parents and guardians to tour the gallery of creations from 4pm-5pm! *Please let us know if your child will not be participating in the Gallery so we can pack up their creations to go home.*

*Extended times in the morning and afternoon will be available as long as five children per day register.

**Parents must fill out online waiver at www.funzbrockton.com/online-waiver

ACTIVITIES SPOTLIGHT

FREE Kids Flag Football Clinic | Nov. 20th



Ages 4-17/Co-Ed
Sunday | 10:30 AM-1:30 PM
Hartsuff Park
Free

Rockland Recreation is teaming up with **Total Sports Plus (TSP)** and Shruumz to bring an all-NEW Flag Football league for boys and girls ages 4-17. Total Sports Plus flag football is a no contact sport, allowing boys and girls of all abilities a chance to develop their fundamental football skills in a positive, inclusive environment. The clinic will provide your child with skills needed to play the game including running, flag pulling, throwing, catching, hand-offs, snapping, defense, routes, positions and more. Kids and families will enjoy skills, food trucks, games, and prizes. Trained Flag Football coaches will run this free clinic.



www.rocklandrec.org
rocklandrec@rockland-ma.gov
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Indoor Sports | December - February



TSP Lacrosse is bringing indoor Learn to Play and Skills & Drills program. Children will work on fundamentals (i.e., stick handling cradling, passing and shooting) through drills in a fun, non-contact environment. Kids will work on shooting and defense, as well. This program is for children of all ages and will be tailored to the experience of the group. *Players will need to bring stick, face mask, and water.*

K-Grade 7 | 1/9-2/13 | Mondays, 5 PM, 6 PM, 7 PM
Community Center Gym | Fee: \$90



TSP Soccer brings a new 4 vs 4 & goalie indoor league for boys and girls ages 5-12. Kids will play 8 weeks of games, one skills night a week, plus playoffs and championships per division.

Ages 5-12 | 12/2-2/3 | Fridays, 4:30 PM, 5:30 PM, 6 PM
Community Center Gym | Fee: \$129

ACTIVITIES SPOTLIGHT



www.rocklandrec.org
rocklandrec@rockland-ma.gov
781-871-1730

Adult Fitness | October - December



Age 20+

11/6-11/20

Sundays | 7:30-8:30 AM
or 8:30-9:30 AM

Community Center Gym
Fee: \$12/class



Sunday Morning Boost is designed to target all major muscles groups utilizing a mix of resistance bands, medicine balls, and body weight exercises to complete each workout.



Age 18+

10/24-12/5

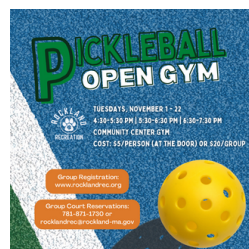
Mondays | 6:15-7:15 PM
Community Room

Fee: \$60



Cardinal Yoga and Body Work's Gentle Flow Yoga is a beginner friendly, mat-based class for all abilities.

Instructor, Greg Belcher, will be teaching using the mirror method to help teach the poses. Bring a yoga mat, towel, and water. This class is suited for ages 18 and older. If you have a child 14 and older that would like to attend the program with you, please call the office or email us to register for the class.



Age 16+

11/1-11/22

Tuesdays | 4:30-5:30 PM,
5:30-6:30 PM, 6:30-7:30 PM

Community Center Gym
Fee: \$5/person or \$20/group



Pickleball Open Gym provides adults with 60 minutes of competitive fun playing the highly popular new sport in the Community Center Gym. Join as an individual or come as a group. Details available on the pickleball registration page.

ACTIVITIES SPOTLIGHT

Adult Sports | Union Point Night Softball



www.rocklandrec.org
rocklandrec@rockland-ma.gov
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**ADULT SOFTBALL
LEAGUES**

7 GAMES GUARANTEED
FULL FIELD GAMES
MEN'S & COED DIVISIONS
\$1,275.00 PER TEAM

SESSION I
DECEMBER-JANUARY

South Shore Health

UNION POINT
SPORTS

Coed 10v10 Softball

Wednesdays | 12/7- 1/25

League Format

- ASA Rules will be in effect
- 7 games guaranteed (plus playoffs for those who qualify)
- 60-minute game or 7 innings (whichever comes first)
- Coed teams must play w/ three female players on the field at all times

Men's 10v10 Softball Session 1

Thursdays | 12/8-1/26

League Format

- ASA Rules will be in effect
- 60-minute game or 7 innings (whichever comes first)

Register: www.unionpointsportscomplex.com/adultleagues



ARTS SPOTLIGHT



www.rocklandrec.org
rocklandrec@rockland-ma.gov
781-871-1730



POTTERY Community Center
Kids POTTERY PAINTING
Tuesdays in December

Grades 2-4
Dates
12/6, 12/13, 12/20
Time
5:15 PM-6:15 PM
Cost
\$60
Register Now
www.rocklandrec.org
781-871-1730

All supplies provided. Painted pieces will be taken, clear glazed and fired in a kiln. Finished projects will be returned one week later to the Community Center.

Spend Tuesday evenings in December at Rockland Community Center! **South Shore Pottery Shop** is taking their creative touch to area towns to bring communities fun and enchanting pottery painting classes.

Kids: 12/6, 12/13, 12/20 | 5:15 PM | Cost: \$60 (Series)

Adults: 12/6, 12/13, 12/20 | 6:45 PM | Cost: \$35 - \$45*

**See fee details at www.rocklandrec.org under Programs*



POTTERY December Series
Adult Pottery Painting
Join us on Tuesday evenings. All supplies provided. Pieces will be kiln fired after painting and returned one week later to the Community Center.

Light Up Snowman
Dec. 6th | 6:45 PM | Community Center | Cost: \$45.00

Christmas or Hanukkah Cookie Plate
Dec. 13th | 6:45 PM | Community Center | Cost: \$40.00

Pair of Wine Glass Painting
Dec. 20th | 6:45 PM | Community Center | Cost: \$35.00

Register | southshorepotteryshop.com/workshops-and-events

In partnership with Rockland Recreation
781-871-1730 | rocklandrec@rockland-ma.gov

Children will make a plaque, waffle sundae bowl, and light up snowman in this three-class series. All supplies are provided. Pieces are kiln fired after painting and returned one week later to the Community Center at 394 Union Street.

Children register with **Rockland Recreation:**
www.rocklandrec.org

Adult classes must register with **South Shore Pottery:**
www.southshorepotteryshop.com/workshops-and-events



COMMUNITY EVENTS



www.rocklandrec.org
rocklandrec@rockland-ma.gov
781-871-1730



Rockland Winter Markets | Nov. 27th and Dec. 4th & 18th

Rockland Markets hosts a trio of Winter Markets to celebrate local businesses and entrepreneurs during the holiday season. Engaging in our community endeavor supports local artisans, crafters, and vendors. Products are one-of-a-kind and handmade; top-notch quality not found in retail. Join Rockland Markets from 11 AM - 3 PM in November and December. 'Tis the season to shop small business!



Candy Cane Hunt | Saturday, December 10th

The Grinch figured out Rockland Recreation hides candy canes all over Hartsuff Park! Being a grinch, he turns them green. Now, we need kids to collect all the candy canes before the Grinch turns all of them green! So begins our annual family-friendly event, free to Rockland residents. Children 10 years and younger will gather at 10:30 AM, 11 AM, or 11:30 AM for a half-hour journey through Hartsuff Park. Find a special candy cane and win a prize.

VOLUNTEER! *We need all the help we can get with our highly popular events! Please contact the office at **781-871-1730** or rocklandrec@rockland-ma.gov to volunteer. Students, if you are looking for volunteer hours, contact the office to discuss opportunities for you.*

COMMUNITY EVENTS



www.rocklandrec.org
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Last Minute Sip & Shop | December 21st | 4:00 PM-8:00 PM

Join Rockland Markets for a last-minute local shopping event before the holidays at **Players Sports Bar & Grille!** What's better than stopping into Rockland's favorite sports bar for dinner or drink while finishing your shopping. There will have great handmade local artisans showcasing their talents.



Nerf Wars | January 5th and 16th & February 4th

Popular 2022 winter series is returning. Boys and girls bring their favorite nerf gun (for use with regular size darts) and enjoy 45 minutes of nerf games including Capture the Flag, Hostage, Team Deathmatch, Hunger Games, Humans vs. Zombies, and Civil War. Rockland Recreation supplies the darts. Times vary. Please visit www.rocklandrec.org to view details under Programs.

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HARTSUFF POND LIFEGUARD 2023



www.rocklandrec.org
rocklandrec@rockland-ma.gov
781-871-1730

Seasonal Summer Employment: 25-35 hours per week; Hourly Rate: \$17.00-\$19.00 per hour/ DOQ
Special Requirements: Must have Lifeguard Certification.

The Lifeguard provides supervision and ensures a safe environment for all at the Hartsuff Park waterfront activities. Assist in the management to the physical operation of the waterfront facilities and equipment. Lifeguards must have **Lifeguard Certification** and have preferably one year of experience. **Supervision:** Works under the direct supervision of the Waterfront Director and/or Camp Director. Responsible for the children and teens at all times during waterfront activities. There are no direct reports to supervise at this time.

Job Environment: Lifeguard's work is performed under typical outdoor recreational conditions including, water, woods, dirt and grassy surfaces, bugs and frequently exposed to inclement weather or outside weather conditions. The nature of the work performed will require regularly scheduled days Monday through Friday. The employee maybe exposed frequently to allergens, chlorine, dust and any outside weather conditions. **Essential Duties and Responsibilities include, but not limited to:** Supervise and guard all waterfront activities; Assist waterfront instructional staff in program areas such as swimming and swimming lessons (if provided); Assist in the management and care of the physical facilities and equipment in the waterfront program area. **Other Job Duties:** Participate in all program activities, planning and leading those as assigned; member of program staff team to deliver and supervise programs; Assist in the planning of special events on or near the waterfront; Serves as a camp counselor in a group setting when not on duty at the waterfront.



An application, letter of interest, and resume should be emailed to Rocklandrec@rockland-ma.gov. Applications can be found online at www.rockland-ma.gov. Go to Employment then scroll down to Application Documents section.

INFORMATION



www.rocklandrec.org
rocklandrec@rockland-ma.gov
781-871-1730

PARTY WITH US!

WE ARE OFFERING RENTAL SPACE FOR PARTIES!

2 Hour rental of either space- Gym or Community Room
\$105 for space for up to 20 children for a regular party in either space (additional charge of \$5/child up to 30)
\$135 for gym for up to 20 children for Nerf War Party (additional charge of \$5/child up to 30)

We will provide an attendant to help with set up of tables and chairs and to help with clean up

**To reserve your date contact the Recreation Office
(781) 871-1730 or email rocklandrec@rockland-ma.gov**

PARENT RESPONSIBILITIES

- Parent must arrive 30 minutes before for set up and remain 30 minutes after to clean
- Party Activities*
- Food/Cake and Drinks
- Paper Products/Plates/Flatware/Tablecloths
- Decorations/Goody Bags
- Remaining at the party the entire time

*We will provide gym equipment (no gymnastics equipment) An attendant will help with Nerf Wars



Special Olympics Inclusive Programming

Inclusive sports programming with Special Olympics is offered free of charge throughout the community to provide opportunity to athletes for their entire lives – not just in schools! Our youngest athlete right now is two, and our oldest is 79 – with some athletes competing in nine of our 23 sports throughout the year. View the list of programs close to Rockland:

- Young Athletes L1 (age 2-7) – Braintree, MA; Focus on activities that aid in motor skill development areas (running, jumping, throwing)
- Young Athletes L2 (Age 6-12) – Hanover, MA; Focus on basketball and track and field skills.
- All Town Tigers – Rockland, MA; Unified (for people with and without intellectual disabilities) flag football team for ages 12+ in the fall, and basketball in the winter.

For more information on how to sign up for sports and find teams near you:

- Visit www.specialolympicsma.org
- Email GetInvolved@SpecialOlympicsMA.org.

COMMUNITY PARTNERS

Rockland Recreation is honored to team up with the following programs, services, and local businesses year-round.



F.A.S.T. Athletics offers top-notch athletic programs for children of all ages and skill levels. Kids are encouraged and motivated to be the best they can be. Children build their confidence and gain a sense of teamwork and sportsmanship.



Union Point Sports offers year-round youth programming. Viking Sports run and organize inclusive programs which are all about fun through physical activity is recognized as crucial to a well-rounded lifestyle.



Viking Sports is a sports company who prides themselves on being specialists of fun. Fun should be the main component of a sports community, and this community should be freely available to everyone.



www.rocklandrec.org
rocklandrec@rockland-ma.gov
781-871-1730



Total Sports Plus is a new, groundbreaking club that offers elite staff, competition and game play across multiple sports. TSP mission is to compete at elite club/select levels, offer year-round skills along with fitness training at an affordable cost.



South Shore Tae Kwon Do has been offering instruction and training in Taekwondo since 2007. Located at 342 Union St., their goal is to produce champions in life as well as in the martial arts. The martial arts school is headed by Robert Whitman (5th Dan Black Belt).



Premier Hoops mission is to train and nurture youth basketball players through conditioning and developing skills, while instilling the importance of setting goals, working hard, and being a good citizen.

COMMUNITY PARTNERS



South Shore Adventures is an outdoor, educational, and adventure program offered to Rockland youth through a collaboration with *North and South Rivers Watershed Association, Inc. (NSRWA)*, a non-profit grassroots environmental organization located on the South Shore of Massachusetts dedicated to protecting our waters.



Babysitter Safety Training & Home Alone Safety Class co-founders and instructors Bette Antonellis, L.P.N. CTTS-M, and Denise Valentine Laiosa, C.S.N., are dedicated health educators with years of experience in their fields.



South Shore Pottery brings their creative touch on-site. Pottery painting, parties, and preschool story times are a few examples of their wide-ranging event opportunities.



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MASL programs focus on fun, competition, and safety. They build relationships with the community and strive for 100% customer satisfaction. With over a dozen employees trained in customer service excellence MA Sports Leagues can guarantee the best time ever!



Kids' Test Kitchen is on a mission to inspire healthy eaters and redefine kid food by providing students the opportunity to cook, taste, and then teach their families about nutrient-dense foods.



Drama Kids International offers unique and fun-filled drama programs, theater classes for kids, and after school acting lessons to help children and young adults develop confidence, self-esteem, creative thinking skills, acting abilities, and more.



SPRING GUIDE 2023

RECREATION DEPARTMENT

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Office Hours

Monday - Friday
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NEXT ISSUE | MID WINTER



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