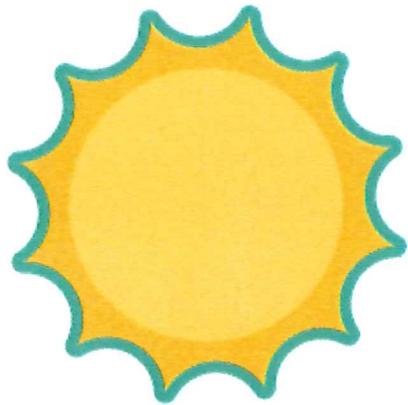


Town of Eastham Recreation & Beach Department



SUMMER

Summer 2015 Brochure

Eastham Recreation & Beach Department

Registration Information

Date: Saturday, June 20, 2015

Time: 9.00am until 12.00pm



Swimming Lessons, Swim Team, Junior Lifeguard and Paddle Board registration will be held at Wiley Park (Herringbrook Road).

For all other programs, please register at the Eastham Recreation & Beach Office (Route 6).

~ Payment must be made the day of registration. We accept checks (made payable to "Town of Eastham") or cash payments.

~ No refunds after the first class/session.

~ Some of our programs have limited space. Programs are filled on a first come, first served basis. We do not "hold" spots.

~ We reserve the right to cancel classes due to low enrollment.

~ Non-residents of Eastham may register for programs beginning June 30.

An additional \$5.00 fee for all programs, except the Summer Recreation Program is an additional \$20.00.

Please contact the Recreation Department directly.

~ Fees charged for programs help cover the cost of materials, pay instructors and defray other costs associated with the program.

Please feel free to contact the department with any questions!



(508) 240~5974 or recreation@eastham-ma.gov

Thank you and Happy Summer!

Summer Recreation Program

Program runs from Wednesday, July 1 - Wednesday, August 12.

Meets Monday - Friday, 9:00am - 12:00pm at

Nauset Regional High School (No session Friday, July 3).

Grades: Kindergarten - 6th Grade and 5 year olds!

To register a 5-year old child, please contact
the Recreation Department directly.

Full program, July 1 - August 12, \$120

Session 1, July 1 - July 22, \$70

Session 2, July 23 - August 12, \$70

One Week. Any one week, \$40

***Registration for 2nd Session will be Thursday, July 16 at
NRHS (Eastham Summer Rec Program) from 9:00am - 12:00pm.

Weekly field trips will be offered for an additional fee per trip.

Children should dress for outdoor activities!

Lunch is included in the fee!

***Limited Registration.



Recreation-Leader-In-Training

Program is designed for individuals, ages 13 - 17, who are interested in
becoming better leaders. 12 year olds, may be accepted, with an interview

RLT's will work with and be evaluated by the staff at the
Summer Recreation Program. Fee is \$100.00 for the
full program or \$55.00 for one session.

Must complete the R-L-T application, be accepted into
the program and attend a mandatory orientation class.

Swimming Lessons

Additional registrations every Monday,
8:30am - 9:00am, June 22 thru August 3
at Wiley Park.

Ages: 2 - 13 years old.

Fee is \$40.00 per swimmer.

Lessons run Monday thru Friday, July 1 - August 12, 2015,
9:00am - 12:00pm. Class times will be set after registration.
(No lessons on Friday, July 3).

Lifeguards start on Saturday, June 27 at the pond.
Stop by and talk to them for additional swim lesson information!



Swim Team

Fee is \$40.00 per swimmer. Ages: 10 thru 16 years old.

Begins July 7 and ends August 8, 2015.

Meets Tuesday & Thursday 12:00pm - 1:00pm and
Saturday 9:00am - 10:00am at Wiley Park.

Swim meets with other towns or clubs!

Junior Lifeguard Program

Increase your self-confidence, physical condition and water awareness
through an intro to water safety, first-aid and rescue techniques.

Develop "skills for life" in a fun and safe aquatic environment!

Thursdays, July 9 thru August 13, 6:30am - 8:00am
for ages 12 thru 16.

Mandatory pre-test on the first day.

Main location will be Wiley Park,
program may include classroom time and off-site days.
The fee for the 6-week program is \$55.00/participant.





Pick-up Beach Volleyball

Bring a team to First Encounter Beach or join one there!

Dates: Tuesdays July 7, 14, 21 and 28

Time: 5:00pm until 6:00pm.

No fee!

Must be 10 years of age or older.

Beach Checkers and Chess

Test your skills on our giant board at First Encounter Beach!

Dates: Mondays July 6, 13, 20 and 27

Time: 5:00pm until 6:00pm.

No fee!

Fun for all ages!



Adventures in Clamming!

Join us on Monday, August 10th for a clamming adventure on Cape Cod Bay off Dyer Prince Road. Learn from a Natural Resource Officer the do's & don'ts of clamming.

Start digging at 2pm and some clamming good fun!

\$5.00 per digger, ages 8+, limited space.

To sign-up, please call Friday 8/7 from 1pm-4pm.



Waterways Bike Ride!

Saturday, June 27th enjoy a 5.5 mile bicycle ride from First Encounter Beach to Nauset Light Beach.

Celebrate Cape Cod Smart Transportation Week!

Enjoy a scenic bike ride from bay to ocean and celebrate all the natural beauty of Eastham in between!

Registration starts at 10:00am and the

Ride begins at 10:30am. No fee!

All ages welcome. Helmets required, no training wheels.



Attention Kids



Kick off summer with Arnold's Restaurant!

Wear your Eastham Recreation t-shirt on Thursday,

June 18th between 4-8pm and receive

a free kids meal with a drink and a discount mini-golf coupon!

Don't forget...you must wear your Eastham Rec t-shirt!



Karaoke!

Tuesday, July 21

Karaoke and Ice Skate! Charles Moore Arena, 7pm - 9pm.

\$10.00 or \$5.00 if you wear your Eastham Recreation t-shirt!

and...

Thursday, August 20



Kids Karaoke on the Windmill Green! The fun starts at 6pm!

Bring your beach chairs and blankets and listen to the kids sing their favorite songs!



Tug-of-War Night!

2nd Annual Tug-of-War! Bring a team or form one at the beach!

Thursday, July 30th at First Encounter Beach at 6pm!

Bring your muscle!



Softball Clinics

Learn to play or enhance your skills!

Focus on fundamentals and proper mechanics of the game!

Saturday mornings, July 25 - August 15 from 9:00am until 11:00am.

Location: Field of Dreams

Grades: 3 thru 6

Fee: \$10.00 per player





Paddle Board

Join Pump House Surf Shop at Great Pond!

Come alone or sign-up the whole family for stand-up paddle board.

We can all paddle together and have a blast!

Offered on Mondays or Wednesdays, July 6 through August 12
from 10:00am - 11:00am.

Fee is \$40.00 per participant per day. Must be at least 8 years old
and able to swim. Maximum of 10 Participants.

Additional registrations and information available at Pump House
Surf Shop, (508) 240~2226.

Early Bird Fitness on the Beach



Core strength, balance, cardiovascular endurance
and overall fitness! Use a variety of equipment.

New and exciting workouts that will be geared towards
strengthening all major muscle groups.

Come start your day on a fun and healthy note!

Tuesdays, July 7 thru August 11, class starts at 6:30am at First
Encounter Beach. Ages 18 and up. \$25.00 for the 6-week program.
Maximum and minimum participants required.

Pickle Ball!

The Field of Dreams basketball courts (behind Town Hall)
have been marked out for pickle ball!

Through June, the court is reserved for pickle ball on

Wednesdays from 1:00pm to 3:00pm and

Thursdays from 6:00pm to 9:00pm.

Ages 18 and up.

Summer hours will be changing and will be posted on the court.



Kids Climb Night

Climb the rock wall at Willy's!

All ages welcome, certified coaches will be there to help!

Wednesday, August 5 ~ 6:00pm - 7:30pm

\$12.00/climber

Please call the Recreation Department on 8/4 from 2-4pm
to sign-up. Waiver required to climb.



Parents Nights Out

It may be called Parents Night Out, but let's be honest...it's really for
the kids! Drop off your children at Willy's Gym for a fun
supervised night of dinner, water fun, turf games and more!

Go out for a night feeling confident that your little ones are safe!

Two dates ~ both are from 5:00pm - 11:00pm and
the cost for each night is \$35.00/child.

1st ~ Thursday, July 16 (call Rec on 7/15 from 2-4pm to sign-up)
and...

2nd ~ Friday, August 14 (call Rec on 8/13 from 2-4pm to sign-up)
Minimum and maximum number of sign-ups required.

Speed & Agility Clinic

Learn the fundamental aspects of speed and agility from Coach
Jeff Moore. Coach Moore is the Assistant Strength & Agility Coach
at Quinnipiac University.

Program will take place at Willy's Gym.

Grades 2nd through 8th

July 7 through August 6, Tuesdays and Thursdays

3:00pm - 5:00pm, \$120.00/participant

Minimum number of sign-ups required.





Field of Dreams

Located behind Eastham Town Hall

Softball Field

Baseball Field

Lighted Basketball Court (court closes at 10pm)

Permits required for all groups.



Beaches and Ponds

Boat Meadow Beach

Campground Beach

Cole Road Beach

Cooks Brook Beach

First Encounter Beach

Great Pond

Herring Pond

Kingsbury Beach (no parking)

Sunken Meadow Beach

Thumpertown Beach (stairs)

Wiley Park (playground)



Town of Eastham Public Library

Located in the back corner of Eastham Town Hall Main Parking Lot

at 2500 State Highway.

Lots of great programs!

Visit www.easthamlibrary.org for full details



Finch Skateboard Park

Regional skateboard park located on the grounds of NRMS.

Weather permitting, the park is open year-round.

An attendant must be present for the park to be open.

Helmets are mandatory! Daily use fee required.



Areas

Dyer Prince

Hemenway Landing

Nauset Light Beach

Eastham Taxpayer section opens July 1st

Bath Houses ~ Seasonal

First Encounter Beach, Cooks Brook Beach, Wiley Park

Beach Wheelchairs

Campground Beach and First Encounter Beach



Dogs

No dogs on Town of Eastham beaches June 15 thru Labor Day



Parking

Beaches staffed June 27, 2015

Use Nature As Your Guide

Sponsored by The Department of Conservation & Recreation.

The Eastham Recreation Department is excited to again be participating in this great program!

We have a ParksPass which entitles the bearer to free parking for one vehicle at over 50 parks in Massachusetts.

Visit a MA state park this summer!

Please call our sticker office at (508) 240-5976 to make arrangements to use the pass or for more information.



Registration Form

Participant's Name: _____

Street Address: _____

Mailing Address: _____

Phone Number: _____

Email Address: _____

Participant's DOB: _____ Age: _____ Grade (14-15yr): _____

Parent/Guardian Name: _____

Parent/Guardian Phone: _____

Emergency Contact: _____

Allergies/Medical Concerns: _____

Is the participant currently capable of swimming on their own without the use of a personal flotation device? Yes No

Do you have medical insurance? Yes No

Please check off what you are registering for!

- | | | | |
|-------------------------|-------|-----------------------|-------|
| Summer Rec (Full) \$120 | _____ | Swim Lessons \$40 | _____ |
| 1st Session \$70 | _____ | Swim Team \$40 | _____ |
| 2nd Session \$70 | _____ | Jr. Lifeguard \$55 | _____ |
| Rec One Week \$40 | _____ | Beach Fitness | _____ |
| R-L-T (Full) \$100 | _____ | Agility Clinic \$120 | _____ |
| R-L-T (Session) \$55 | _____ | Clamming Day \$5 | _____ |
| Paddle Board (1) \$40 | _____ | Softball Clinics \$10 | _____ |

Please read releases and sign/date on the back!

I, the undersigned, understand that there is an inherent risk in recreational programs and the range of injury can be minor to severe. I also understand and accept that in case of injury, the Town of Eastham is responsible only for basic First Aid treatment. I further understand that participation in recreation programs require all participants and spectators to behave in a sportsman-like manner.

Media Release: Pictures/video taken in connection with these programs may be used for promotional purposes for the Town of Eastham.

Please circle one: Yes No

Parent/Guardian Signature

Date



Thank you for your support of recreation and happy summer!