

East Longmeadow Recreation Department

FALL & WINTER PROGRAMS 2008/09

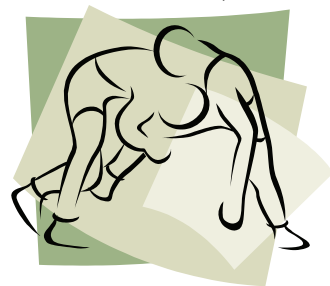
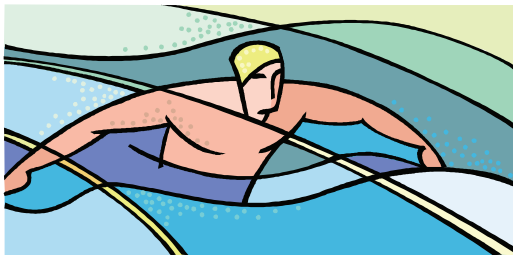
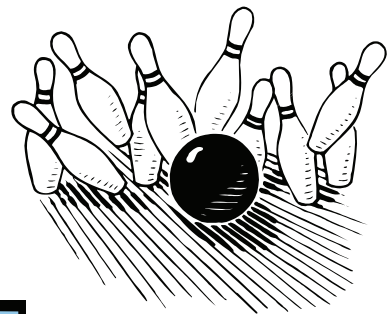
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Registration after Jan 2, 09



Administrative Staff

Carolyn Porter, M.Ed.,
Recreation Director

Carol E. Shank
Secretary

Jean La Broad
Part Time Secretary

Recreation Commission

Richard Paige, Chair
Nancy Roberts, 1st Vice Chair
Michael O'Neill, 2nd Vice Chair
Carolanne Elmendorf
Faith Leahy
Richard Matuszczak
John O'Heir
Mike O'Shea
Mike Salvon

OFFICE LOCATION & HOURS

Pleasant View Building

328 North Main Street

Phone: 525-5437

Office Hours: Monday – Friday

8:00 a.m. to 4:00 p.m.

Web Page: www.eastlongmeadowma.gov

All Program Descriptions, Fees, Dates and Times are Subject
to Change.

GENERAL REGISTRATION INFORMATION

Registration for programs can be completed in person at the Recreation Department, 328 North Main Street in East Longmeadow. Children under 18 must have the registration form signed by their parent or guardian as it includes a liability waiver.

However **Mail-In Registration** saves time waiting in line.

Registration and Medical Forms are available 3 ways:

1. On line at eastlongmeadowma.gov under Recreation
2. Pick up at the office 8am -4pm Mon -Fri
3. After hours pick up outside the office door in the Pleasant View building when the building is open for programs or meetings.



Please follow the following steps:

1. Fill out the Application Form completely. Multiple children and programs can be listed on the same form. Fill-in the appropriate fees and total all fees at the bottom of the form.
2. Medical Forms must be completed on all new participants. Birth Certificates must be on file.
3. **Make checks payable to: "Town of East Longmeadow"**
4. Mail registrations to: East Longmeadow Recreation Department
328 North Main Street
East Longmeadow, MA 01028
5. You will receive a confirmation receipt once the registration is processed into the computer. Additional information you may need to participate in the selected program(s) maybe mailed along with the confirmation or under separate cover.

REFUND POLICY

Full refunds are granted only if the program is canceled, the participant did not make the team based on try-outs or if the participant withdraws before the program begins. There will be a service charge of \$5.00 for participants that withdraw the first quarter of a program. Requests to withdraw later will result in a pro-rated refund. No refunds are granted once a program is closed. A complete copy of the refund policy is available at the Recreation Department.

Additional Program Notes **Non-Resident Registration**

Some Programs are closed to non-residents due to the limited number of spaces.
Please register early and ask the Department staff regarding the availability of slots for non-residents.

Non-Resident Fee \$15.00 per program session.

PHONE MESSAGES

Call 525-5437, after 4:00 p.m. for a listing of all programs scheduled for that evening or for cancellations

Messages can be left on the office phone after hours.

Program Drop off & Pick up Policy:

Parents should not drop off their children at an activity without confirming the presence of a responsible adult due to unexpected cancellation of a program or a coach or instructor not arriving on time. Please arrange to pick up children promptly at the end of the activity as volunteer coaches are not babysitters.

Shaker Bowl After School Bowling Programs:

Students enrolled at:

Mountain View and Mapleshade Schools

10 week bowling program on Mondays

Beginning Sept 15 through Nov 17 from 2:45-5:00pm

(No Session Oct 13th)

Students enrolled at Birchland

8 week bowling program on Tuesdays

Beginning Sept 16 - October 29 from 2:30-4:00pm



Parents pick up children at Bowling Center at end of the Session

Cost: \$11 per week. **Includes:** 1.5 hrs of bowling, shoe rental, One-way bus transportation from School to Shaker Bowl. Free party at the end of the program

Payments can be made weekly or in advance.

Late registrations accepted at Shaker Bowl - 525-7198

(Detach Here and Return to EL Rec Dept by 9/15
or to Shaker Bowl after that.)

Parent or Guardian Info:

Print Name: _____
Adult (1) Adult (2)

Address: _____
Street Town

Phones Adult (1): _____
WORK HOME CELL

Phones Adult (2): _____
WORK HOME CELL

Participant Info: _____
Child (1) Print Full Name Child (2) Print Full Name

School	Age	Date of Birth	Grade	School	Age	Date of Birth	Grade
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SIGN BELOW: I am fully aware of the risk inherent and hereby give consent for the above named applicant to participate in the program offered by the East Longmeadow Recreation Department, and hereby release the town of East Longmeadow, East Longmeadow School Dept., any of its elected or appointed officials or instructors, & Shaker Bowl, from any and all liability from injuries, claims, demands, costs, loss of services, expenses, and/or damage which may be sustained by me or us or our children on account of his or her participation in said program or associated activities and events.

Signature by Parent or Guardian

Date

East Longmeadow Basketball Program

Try Outs begin the week of October 13th

Registration Ends for Travel October 3rd, In-Town October 10th

This program is being offered to boys and girls from 1st grade through High School. Balanced Teams will be formed for in town program. Evaluation Sessions for most age groups will take place beginning in October. See dates and times below. Practices & games are scheduled to run Dec to Feb for in-town and November to March for Travel.

The more competitive traveling programs are the Suburban & CYO. Players are selected in an evaluation process. To participate in Travel Evaluations please register at that level. Adjustments will be made to accounts once teams are selected. Travel Teams are available for 3rd through 8th Grades



CYO PROGRAM:

3rd/4th GRADE Boys – 240100-I **\$85.00**
 3rd/4th GRADE Girls - 240100-J **\$85.00**

5th/6th GRADE Boys – 240100-K **\$90.00**
 5th/6th GRADE Girls – 240100-L **\$90.00**

7th/8th GRADE Boys – 240100-M **\$90.00**
 7th/8th GRADE Girls – 240100-N **\$90.00**

SUBURBAN:

5th/6th GRADE Boys – 240100-Q **\$100**
 5th/6th GRADE Girls – 240100-R **\$100**
 7th/8th GRADE Boys – 240100-S **\$100**
 7th/8th GRADE Girls – 240100-T **\$100**

IN-TOWN PROGRAM:

1st/2nd GRADE Boys – 240100-A **\$55.00**
 1st/2nd GRADE Girls – 240100-E **\$55.00**

3rd/4th GRADE Boys – 240100-B **\$65.00**
 3rd/4th GRADE Girls - 240100-F **\$65.00**

5th/6th GRADE Boys - 240100-C **\$75.00**
 5th/6th GRADE Girls - 240100-G **\$75.00**

7th/8th GRADE Boys - 240100-D **\$75.00**
 7th/8th GRADE Girls - 240100-H **\$75.00**

HIGH SCHOOL BOYS – 240100-O **\$80.00**
 HIGH SCHOOL GIRLS – 240100-P **\$80.00**
Registration open till HS Team tryouts end

All participants must be pre-registered with the Rec. Dept before attending

EVALUATIONS:

CYO & Suburban at the High School

3rd & 4th Grade **Girls** 5:45 to 7:00pm TUE 10/14
 3rd & 4th Grade **Boys** 6:45 to 8:00pm “
 5th & 6th Grade **Boys** 5:45 to 8:30pm THUR 10/16
 5th & 6th Grade **Girls** 5:45 to 8:30pm MON 10/20
 7th & 8th Grade **Boys** 5:45 to 8:30pm WED 10/22
 7th & 8th Grade **Girls** 5:45 to 8:30pm MON 10/27

EVALUATIONS: In-town Program

All below held at Birchland

3 rd Grade	<u>Girls</u>	5:45 pm	Wed 10/29
4 th Grade	<u>Girls</u>	6:15 pm	“
3 rd Grade	<u>Boys</u>	6:45 pm	“
4 th Grade	<u>Boys</u>	7:15 pm	“
5 th Grade	<u>Girls</u>	5:45 pm	Wed 11/5
6 th Grade	<u>Girls</u>	6:30 pm	“
5 th Grade	<u>Boys</u>	7:15 pm	“
6 th Grade	<u>Boys</u>	8:00 pm	“
7 th Grade	<u>Girls</u>	5:45 pm	Thurs 11/6
8 th Grade	<u>Girls</u>	6:30 pm	“
7 th Grade	<u>Boys</u>	7:15 pm	“
8 th Grade	<u>Boys</u>	8:00 pm	“

Become a Basketball Official:

Training program seven weeks long
 Being offered at Holyoke High School.
 Begins soon. Go to:
www.IAABO31.org for more info.



For up to date info all season long, visit the website: events, clinic info, schedules

elrecbasketball.org

FALCONS ICE HOCKEY DISCOUNT TICKETS

The East Longmeadow Recreation Department and the Springfield Falcons are pleased to announce the Sale of Discount Tickets at the Recreation Office. We are pleased to be able to offer these tickets at A Great Low Discount Price of \$11.00 per ticket for Adult, Seniors and Children, with \$1 per ticket returned to the Recreation Department for Youth Activities . All tickets purchases may be used for any home game in the regular 2008-2009 Season. Schedules are available at the Rec. Dept Office.



COMPETITIVE SWIM – HIGH SCHOOL POOL

This program is offered to boys and girls ages 6 – 18 who want to develop their swimming skills, be part of a team and make new friends. Swimmers get in excellent physical condition as they learn and improve the four competitive swimming strokes. **Swimmers must be able to complete 25 yards freestyle to participate in the program.**



Practices are offered Monday through Thursday. Swim Meets are usually held on Saturdays. The season starts with practices on Monday, October 6th and ends with a Championships at the end of January. Coaches will determine the best practice schedule for your child.

The program fee is **\$110.00 resident swimmer** and **\$130 nonresident swimmer.**

Reduced price of **\$60 for EL High School swimmers who are also participating in a Fall Sport.** Activity # (110206-A) Register at the Rec Office after 9/1 Mon - Fri 8am - 4pm or go to the **Evening Registration at the High School - Mon 9/15 or Tues 9/16 6:30-8pm**

Strength Training Program

This 12 week program is designed for adults interested in maintaining and strengthening over all muscles without seeking to build bulk.

Wed at 5pm.
Starts Oct 1. \$35
#220100 E

AEROBICS PROGRAMS – PLEASANT VIEW

Open to 16 yrs of age and Older. Cost for each (10) week program will be \$35.00 resident. Additional \$15 non-resident fee.

Senior Discount: \$5 for 60 and up.

Monday and Wednesday 6:00 to 7:00 p.m.

Fall program	Sept 8th to Nov 20th.	Program (220101-A)
Early Winter program	Nov 24th to Feb 4th	Program (220101-B)
Late Winter program	Feb 9th to April 22th	Program (220101-C)
Spring Program	April 14th to July 1st	Program (220101-D)

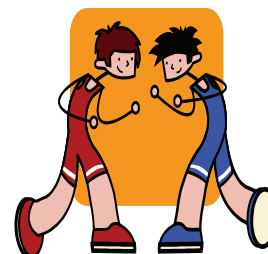


Tuesday and Thursday 5:00 to 5:55 p.m. or 6:05 to 7:00pm

Fall Program	Sept 9th to. Nov 21th	5pm Program (22103-A)	6pm Program (220102-A)
Early Winter	Nov 25th to Feb 5th	5pm Program (22103-A)	6pm Program (220102-B)
Late Winter	Feb 10th to April 23rd	5pm Program (22103-A)	6pm Program (220102-C)
Spring	April 15 to July 2nd	5pm Program (22103-A)	6pm Program (220102 -D)

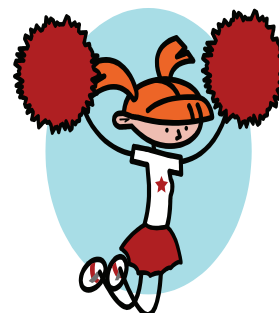
Youth Wrestling Program

Youth Wrestling is an Instructional Program to introduce youth in grades 1st through 8th to the basic wrestling skills and conditioning exercises. T-shirts and Headgear are provided. Competitions are not offered within this program but Youth Tournaments are available to sign up for once sufficient skills are acquired. **Program # (610100 A) Cost is \$55.00**
Program Meets Tues & Thurs Nov 25th thru Feb 12th 6:00-7:30pm



Winter Cheer

Winter Cheer is an instructional program designed to introduce new participants to the skills and conditioning exercises required for cheerleading. Skills include Tumbling, Stunting, Jumping and Dance. For girls or boys currently in 2nd to 7th Grades. Open to Cheerleaders from Fall Program as well. Program will run January thru March 6-7:30pm. Meeting Tuesdays and Thursdays **Program # (210801 I) Cost \$35.00**



Instructional Swim Program

The East Longmeadow Recreation Department is looking for a certified swim instructor and program coordinator to run the winter/spring swim lessons which are offered for 6 weeks March through May 5:30 -8:30pm. This is an American Red Cross Program and offers classes to a wide range of ability levels. Certifications required include: Water Safety Instructor, First Aid and CPR. Please watch the Reminder in January 09 for more information.



Lifeguards and Assistant Coach Wanted for the Competitive Swim Program.
 Please apply at the Recreation Department.
 Must be 16 years of age and LGT certified.

PHOTO POLICY

The Department reserves the right to photograph program participants for publicity purposes. If for any reason you do not want to be photographed, please notify the Recreation Director or program Instructor / Coordinator. However parents and guests are asked not to photograph program participants without their knowledge and consent. Please do not post photos of other people's children on your website without their parent's written consent.

SCHOOL BUILDING RULES

1. Smoking is NOT permitted in any building and/or school grounds.
2. Food and Drink are prohibited in all areas.
3. Individuals whose language and/or behavior is deemed inappropriate will be asked to leave the program.
4. Persons doing physical damage to the facility will be held financially responsible.
5. Children will not be allowed to attend programs, unless designated "Family".
 Nor should they wait unattended outside the activity.
6. Please follow direction on all posted signage and verbal directions from Hall Monitors and Custodial Staff
7. Concerns and problems relating to the program, staff and/or facilities should be directed to the Rec. Director immediately.