

East Longmeadow Recreation Department

NEW PROGRAMS - NOV - DEC 2009

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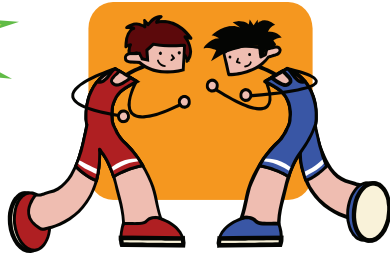
Page 3 - **Friends of Recreation Kick off 11/10 & April Benefit with *Dan Kane EL Youth Idol***

Page 4- **Adults 35+ Rec Basketball & 7/8th-HS Wrestling pre-season conditioning program**

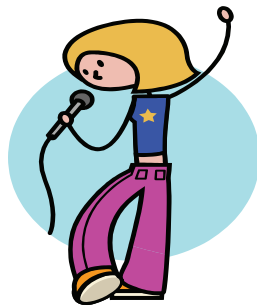
Page 4 - **Enrichment FOUR Saturdays at 1:00pm with *Inspire Works* 11/21 - 12/12**



Pre-season conditioning



Adults 35- 80+



New Programs
New Partners



OFFICE LOCATION & HOURS

Administrative Staff

Carolyn Porter, M.Ed.
Recreation Director

Carol E. Shank
Secretary

Jean La Broad
Part Time Secretary

David Benjamin
Bookkeeper

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

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

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

Finally Rec. Programs for Children under the age of 6!!

**Attain Sports Performance and
the EL Rec Dept**

are partners in this new venture to offer a
fabulous movement-based
Child Play Group

**Children 1 - 3 and 3 -5 years of age
Tuesday and Thursdays**

Nov 10 -Dec 3rd

9:30 - 10:25 & 10:35 -11:30

\$40 for 8 classes or \$5/class

5:1 ratio of children to leaders

Activity # 221602 A

for full session enrollment.

Registration form and medical form available

at ww.eastlongmeadowma.gov

Open to all - Rolling registration

WHERE: 80 Denslow Road
East Longmeadow

For a listing of other programs offered
at Attain go to

www.attainsportsperformance.com



**Community
Partnership for Children
and EL Rec Dept**

are offering a

Wednesdays 9:30 -11:00am

Play Group

For caregivers and children

Nov 13th - June 30th

Infants to Pre-school age

Program designed to
support families and includes:

Educational materials

Parenting support resources

Play activities and Snack

Cost \$2.00 per session

**Pay as you go -drop in
or pre register**

Activity #221602 B

Where: St Luke's
400 Prospect St
East Longmeadow

*Additional pre-school leaders are still being
encouraged to apply thru the Rec Dept.
Job application available on EL web site.*

*Don't delay in registering
to show the need for these types of services in EL.*



**Friends of Recreation
Kick-Off Organizational Meeting
Nov 10th 7pm at EL Rec Dept**

Committed to Capital Improvements
to recreation facilities.
including fields, courts, gyms and pools.

Seeking individuals with business experience
to create the Board to operate this 501c3 non-profit entity.

Be a part of the future development of open space. Bring the
dream of new facilities to life - gyms - courts - pool.

Create space for running, biking,
x-country skiing, birding and so much more.

Not all to be accomplished at once,
but any project needs to
begin with the first steps.

Come be apart of this first leap.



**Dan Kane - East Longmeadow Idol
Youth Performance Training**

April 19-23 Vacation Week Mon - Fri, 9 -2

Location and Cost TBA

Open to youth ages 8 -14 or 3rd - 8th grade

Registration is limited.

Residents can begin registering Dec 1st - Non residents Dec 10th

“Finale” to week of training culminates in a

Dinner Show - at Elmcrest Country Club

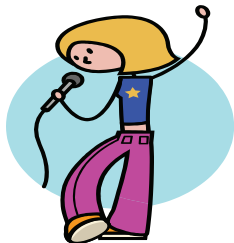
Performances by participants solo or in chorus

Friday, April 23 at 6:00 - 9:00pm

Benefit for Friends of Recreation

Limited Tickets Available for Sale after Jan 4th

Kid Friendly Buffet Dinner



Adult Basketball

35 - 80+ years of age.
NEVER STOP PLAYING

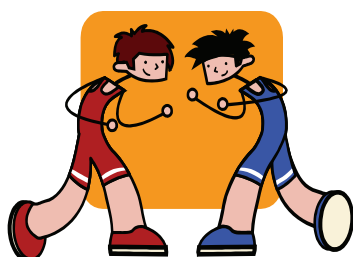
And you're never too old to start.

Attain Sports Performance has opened its doors
80 Denslow Road in East Longmeadow
for this friendly pick-up recreational activity.

Register on site or in advance for \$5.00 per session

Starts Nov 12 Thursdays 5:00 - 6:30pm

Registration & Medical Forms required and available at www.eastlongmeadowma.gov



Wrestling 7/8th grade and HS Pre-Season Conditioning Program

Nov 2nd- 23rd at the HS small gym

Mon & Wed 6 -7:30

Tues & Fri 3-4:30

2 sessions a week encouraged

Open enrollment for EL students only

\$30, #610100B Register on site or at Rec Office

Registration & Medical Forms required and available at
www.eastlongmeadowma.gov

4 Saturdays - Enrichment Programs with Inspire Works

Open to 2nd - 5th graders

\$20 per class or \$60 for all 4 Activity # 610500 A, B, C, D

Future Engineers- November 21st 1-3 pm Have fun building your own bridge then testing it out! Basic engineering will be learned using a hands-on approach. The “How To’s” of the designs will be taught but ultimately your imagination will lead the way.



Simply Sculpting- November 28th 1-3 pm- Explore the exciting world of 3-D sculpture! Learn how to talk about art, different techniques, and styles. Create masterpieces using different types of mediums.

Slime and Polymers- December 5th 1-3 pm-What is a Polymer?

Its something ooey, gooey, sticky, stretchy or slimey! In this class you will experiment and play with all kinds of crazy substances, and you will even get to make and take home your own slime!



Cooking Wizards December 12th 1-3 pm- Join us in the kitchen as you learn a brand new recipe. In this class you will learn essential cooking skills, kitchen safety and how to follow recipe directions. The best part of this class is you will get to eat everything you make!

All Sessions Held at the EL Rec Department at 328 N. Main St.