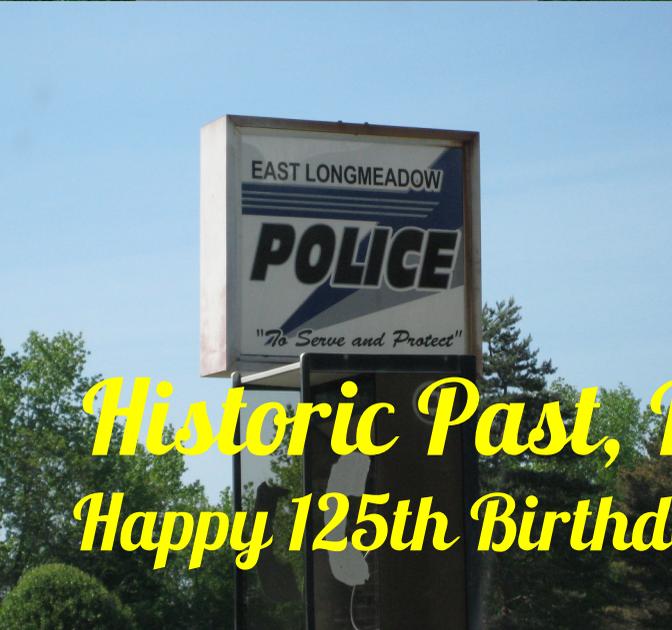
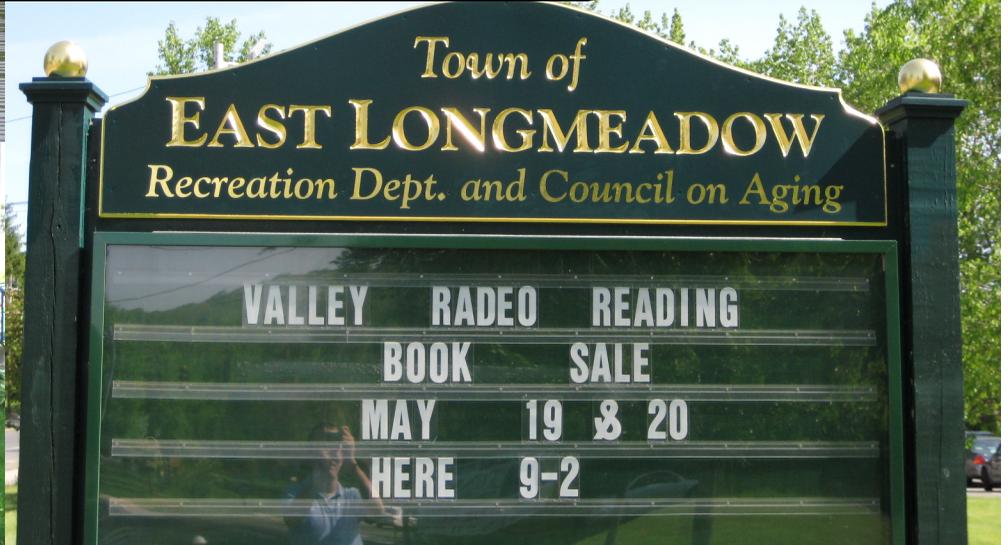


# East Longmeadow Recreation Department



FALL 2019



Historic Past, New Beginnings.  
Happy 125th Birthday East Longmeadow!





# TOWN OF EAST LONGMEADOW RECREATION

*Fun Happens Here.*

## Mission Statement...

To connect generations of residents by providing enriching programs and experiences that inspire healthier living, increased social engagement and the love for our community.

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### Recreation Department Staff

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### Recreation Commission Members

Tom Kaye- Chair  
Nancy Roberts- Vice Chair  
Brian Davis

Kevin McLoughlin  
Carolanne Elmendorf  
Donald Lepage

### **NOTICE**

Please be aware that all programs listed in the brochure are subject to change. For the most up to date information, please visit [elrec.recdesk.com](http://elrec.recdesk.com).

### Follow Us!



East Longmeadow  
Recreation  
Department



ELRecDept



[elrec.recdesk.com](http://elrec.recdesk.com)

### Contact Us!

Phone: 413-525-5437

**Cancellation Hotline:**  
413-525-5437, option 1

Fax: 413-526-9746

**Address:** 328 North Main St.,  
East Longmeadow, MA 01028

**Office Hours:** Monday-Friday  
from 8:00a.m. - 4:00p.m.

# General Information

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## How do I register?



### ONLINE

Visit [elrec.recdesk.com](http://elrec.recdesk.com) to register for programs online!



### IN-PERSON

Visit our office Monday-Friday between the hours of 8:00a.m.-4:00p.m.



### MAIL IN

Registrations can be mailed to 328 North Main Street, East Longmeadow, MA 01028.

## Cancellation of Programs

In the event of inclement weather, or other unforeseen circumstances, the Recreation Department reserves the right to cancel programs/events. Participants will be notified via e-mail or phone in regards to cancellation information. For weather related cancellations, please call the cancellation hotline at 413-525-5437, option 1.

## Updating Household Information

Prior to registering for summer programs, it is crucial to remember to update your household information in your RecDesk account. Many of our programs are age and grade specific, and you **WILL NOT** be able to register for a program if the child's age or grade does not match the program requirements. It is also important to check the primary e-mail that is listed on your account. E-mail is the main form of communication to relay crucial and last minute information on a program. Before registering, make sure your information is up to date!

## Facility Locations

Pine Knoll Recreation Area: *1974 Allen St. Springfield*

Birchland Park Middle School: *50 Hanward Hill*

East Longmeadow High School: *180 Maple Street*

Little Red School House: *35 School Street*

Center Field: *60 Center Square*

East Longmeadow Recreation: *328 North Main Street*

## Refund Policy

### A full refund will be awarded if:

- The Recreation Department cancels a program/event due to low enrollment or other unforeseen circumstances. Registrants will be notified via e-mail for the option to transfer into another program, or to fill out a Refund Form.
- For a non-league program, participants notify the Recreation Department seven (7) calendar days before the program/events scheduled start date.
- The child is enrolled in a youth sport, the Recreation Department must be notified twenty-one (21) days before the scheduled start time for the team/league.

### A partial refund will be awarded if:

- A program/class is not canceled by the Recreation Department and the participant chooses not to attend and the program has already started.
- The participant cannot continue due to a medical emergency. In this case, the circumstances will be reviewed by the Recreation Director for evaluation of refund amount.

### No refund will be awarded if:

- Once the program/event has completed.
- After youth sports team placement has been announced to the public by our office.

## Financial Assistance

Scholarship opportunities are available to those who are available. Applications must be filed with the Recreation Office and will be reviewed by the Recreation Director for determination of scholarship and amount. Any questions please e-mail: [recreation@eastlongmeadowma.gov](mailto:recreation@eastlongmeadowma.gov).

## Brochure Information

Brochures are distributed to Town Offices and East Longmeadow Public Schools three times per year:

Fall: Mid-August  
Winter/Spring: Early December  
Summer: Mid-March

Brochures are also available at the East Longmeadow Recreation Department or online at [elrec.recdesk.com](http://elrec.recdesk.com).

# Special Events

## Town Wide Tag Sale

Come shop till you drop! Participants can purchase a 10' X 20' plot for \$25 to sell their household items. The Recreation Department will also be selling clothing, appliances, and other items! Register at [elrec.recdesk.com](http://elrec.recdesk.com)!

**Date:** September 21  
**Rain Date:** September 28  
**Time:** 9:00 a.m. - 3:00 p.m.  
**Location:** Recreation Department

## Bike Rodeo

Presented by the East Longmeadow Health Department in conjunction with the Recreation Department, join us for the Bike Rodeo! More information, call the Health Department (413) 525-5400, extension 1103.

**Date:** September 7  
**Time:** 9:00 a.m. - 12:00 p.m.  
**Location:** East Longmeadow High School

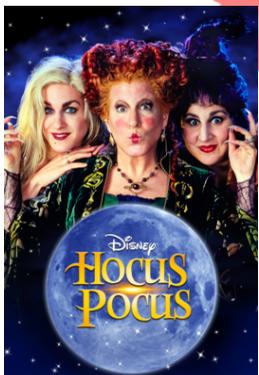
## The Monster Dash 5K Road Race

Do you have the need for speed? Join us for the first Halloween 5K Road Race! This is a 3.5 mile course designed for both runners and walkers alike. Activities will include photo area, a costume contest, and much more! Get creative and wear a costume to the event! Participants will have the opportunity to run/walk in their costumes if they prefer.

**Date:** Saturday October 26  
**Rain Date:** Saturday November 2  
**Cost:** \$20.00 per runner  
**Time:** Event starts at 8:00 a.m.  
 Race begins at 9:00 a.m.  
**Location:** East Longmeadow High School

## Holiday Movie Nights

Celebrate Halloween and Thanksgiving with these two movie nights! Events include popcorn and refreshments!



### Hocus Pocus

**Date:** October 25  
**Time:** 5:30 p.m. - 8:30 p.m.  
**Location:** Recreation Department



### Charlie Brown Thanksgiving

**Date:** November 22  
**Time:** 5:30 p.m. - 8:30 p.m.  
**Location:** Recreation Department

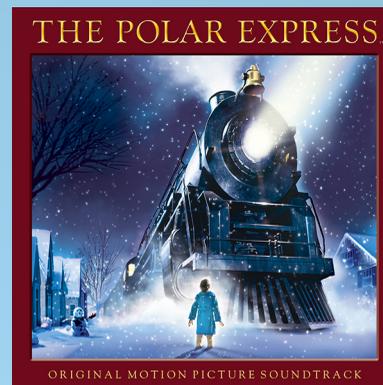
# Holiday Events

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## Holiday Movie Night!

All aboard! Come celebrate the Holiday season with a Christmas classic. Join us for a movie night to watch *The Polar Express* and enjoy refreshments, cookies, crafts, and more! The movie will begin at 6:45 p.m. in the auditorium of the Council on Aging.

**Date:** December 13  
**Cost:** FREE!  
**Time:** 5:30 p.m. - 8:30 p.m.  
**Location:** Recreation Department



## Santa Clause is Coming to Town!

You better watch out! Santa Clause is coming to town! This event is hosted by the Pleasant View Senior Center and the East Longmeadow Recreation Department. Activities will include face painting, entertainment by Noah Lis (Season 6 of The Voice), hot chocolate & refreshments, and pictures with Santa! From 9:00 a.m. - 9:30 a.m., bring your furry friend to take their pictures with Santa!

**Date:** Saturday December 7  
**Ages:** ALL AGES!  
**Cost:** FREE!  
**Time:** 9:00 a.m. - 12:00 p.m.  
**Location:** Council on Aging



## Send a Letter to Santa!

Get into the spirit of the season by writing letters to Santa Clause! Find special mailboxes at Heritage Park, the Recreation Department and some local businesses around town that will get your letters to Santa. The Jolly Man will be writing personalized letters back to your house, so make sure to put a return address on your letter!

**Dates:** December 2 - December 18  
**Cost:** FREE!



**SAVE THE DATE!**

**125TH ANNIVERSARY  
CELEBRATE EAST  
LONGMEADOW**

**SATURDAY OCTOBER 12, 2019**

More information to come soon...

# Bus Trips

7



VS.



## Orioles vs. Boston Red Sox

Come watch the Boston Red Sox take on the Baltimore Orioles! The 2018 World Series Champions will be hosting the Orioles at Fenway Park for a 1:05 p.m. game. Included is admission, transportation and food/beverage. Bus departs sharply at 9:15 a.m.

**Date:** September 28  
**Time:** 9:00 a.m. - 8:00 p.m.  
**Cost:** \$105/person  
**Location:** Recreation Department



## A Day in Times Square!

Visit Times Square during the most wonderful time of the year! The famous Rockefeller Center Christmas Tree, and many other attractions around the City that never sleeps! Included in price is transportation to Times Square. Tour the city at your leisure and see the things that are most suitable to you!

**Date:** December 7  
**Time:** 7:00 a.m. - 11:00 p.m.  
**Cost:** \$40/person  
**Location:** Recreation Department



VS.



## Patriots vs. New York Jets

Come watch Super Bowl Champions the New England Patriots take on the New York Jets! The Jets will be hosting the Patriots at Met Life Stadium in New Jersey. Included is admission, transportation and food/beverage.

**Date:** October 21  
**Time:** 2:30 p.m. - 3:00 a.m.  
**Cost:** \$140/person  
**Location:** Recreation Department

**Fazio's**  
Ristorante & Pizzeria Est. 1980

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- Catering Available
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- Old World Style Pizza

www.FaziosVilla.com | Facebook.com/FaziosVilla

# Fall Programs

## Minds in Motion: Chemical Creations

Come experience an exciting and hands-on world of fun as you conduct a variety of scientific experiments! Make and take home a wide assortment of formations like play-dough, flubber, and slime! Also, witness some fascinating science demonstrations from your instructor!

<b>Days:</b>	Tuesdays
<b>Dates:</b>	September 17 - October 8
<b>Time:</b>	4:00 p.m. - 6:00 p.m.
<b>Ages:</b>	6-12 years old
<b>Cost:</b>	\$135/residents, \$150/non-residents
<b>Location:</b>	Little Red Schoolhouse

## Minds in Motion: Solar Space Fleet Workshop

Build and take home your own Solar Space Fleet! It can transform into seven different lunar modules including a Space Station, Robot, Rover, Vehicle, Astronaut, Shuttle and a Dog. Watch as direct sunlight brings the kits to life!

<b>Days:</b>	Tuesdays
<b>Dates:</b>	October 15 - November 5
<b>Time:</b>	4:00 p.m. - 6:00 p.m.
<b>Ages:</b>	7-12 years old
<b>Cost:</b>	\$135/residents, \$150/non-residents
<b>Location:</b>	Little Red Schoolhouse

## Minds in Motion: KIKO.893

Build and take home your very own KIKO.893 robot! KIKO.893 can follow and explore objects with infrared technology and artificial intelligence (AI). Create challenging mazes for KIKO.893 to navigate around, or just select follow-me and enjoy having the adorable robot pursue you!

<b>Days:</b>	Tuesdays
<b>Dates:</b>	November 12 - December 3
<b>Time:</b>	4:00 p.m. - 6:00 p.m.
<b>Ages:</b>	7-12 years old
<b>Cost:</b>	\$130/residents, \$145/non-residents
<b>Location:</b>	Little Red Schoolhouse

## XTREME Teen Adventure Camp EXTENDED!

Introducing XTREME Teen Adventure Camp (XTAC) Extended! In Summer 2019 ELRD introduced a brand new travel camp that takes teens on trips Monday-Thursday! Now, we want to continue the fun with a trip one Friday per month through the school year!

<b>Dates:</b>	September 20: Sonny's Place October 25: Lake Compounce November 15: Dave & Busters December 13: Six Flags
<b>Time:</b>	4:30 p.m. - 10:00 p.m.
<b>Ages:</b>	5-10 graders
<b>Cost:</b>	\$65.00/trip
<b>Location:</b>	Recreation Department

## Kids Night Out!

Send your child for a night out! These events are designed for parents who want a night out for dinner, shopping or relaxation with their significant other or friends!

Activities for Kids Night Out will include gym time, arts & crafts, music, games and much more! Children are required to wear non-marking sneakers (no sandals or boots) and are required to bring a packed dinner or snack.

<b>Dates:</b>	September 27 October 25 November 15
<b>Time:</b>	4:30 p.m. - 8:30 p.m.
<b>Ages:</b>	4-12 years old
<b>Cost:</b>	\$20.00 per participant
<b>Location:</b>	TBD (More info on Rec. Website)

# Fall Programs

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## Youth Programs    Adult Programs

### Mommy & Me Yoga Classes

Join certified Children's Yoga Instructor, Beth Haller, for six weekly sessions of Yoga & Mindfulness for Preschoolers! Each week of this evidence-based program, we will learn new yoga poses and breathing tools to make ourselves happy and healthy in a fun environment. This is a parent/caregiver and child class, so wear your comfy clothes as we explore balance, strength, and focus!

**Days:** Mondays  
**Session 1:** September 16 - October 28  
**Session 2:** November 4 - December 16  
**Time:** 11:00 a.m. - 11:45 a.m.  
**Ages:** 3-5 year olds  
**Cost:** \$45.00/session  
**Location:** Little Red Schoolhouse

### Babysitting Course

This is an entry level course designed to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention.

**Session 1:** October 5  
**Session 2:** November 9  
**Time:** 9:00 a.m. - 1:00 p.m.  
**Ages:** 10-15 years old  
**Cost:** \$60/residents, \$75/non-residents  
**Location:** Recreation Department

### Cardio Strength

Test your heart, muscles and come have fun together with our certified instructors! For any ability 18 years or older. Sign up now and start your path to better health!

**Days:** Tuesdays & Thursdays (8 Weeks)  
**Dates:** September 24 - November 14  
**Time:** 6:15 p.m. - 7:05 p.m.  
**Cost:** \$40/residents, \$55/non-residents  
**Senior Discount:** \$30/residents, \$45/non-residents  
**Location:** Little Red Schoolhouse

### Yoga

Our yoga class will test your mind and body as you gain greater balance, strength and peace in a supportive environment. Sign-up now to start your path to better health. For ages 18+.

**Days:** Thursdays (8 Weeks)  
**Dates:** September 26 - November 14  
**Time:** 7:15 p.m. - 8:05 p.m.  
**Cost:** \$30/residents, \$45/non-residents  
**Senior Discount:** \$35/residents, \$50/non-residents  
**Location:** Little Red Schoolhouse

### Adult Basketball

Grab your friends and come play a game of pickup! This program is for adults over the age of 18 that are looking to get on the court for a relaxed few hours of shooting around!

**Days:** Saturdays  
**Session 1:** September 21 - October 19  
**Session 2:** November 2 - November 30  
**Time:** 8:30 a.m. - 10:30 a.m.  
**Cost:** \$5.00 at the door per session OR  
**Pre-pay \$20.00 for all 5 sessions!**  
**Location:** Birchland Park Middle School

# Basketball

## Fall Paid Clinics

These will give players an opportunity to accelerate their individual skills prior to the upcoming basketball season. Cost is \$5/session which can be paid at the door. Waivers can be signed at the door.

### Basketball Clinics

**Dates:** September 16 - September 19  
**Time:** 6:00 p.m. - 7:00 p.m. (3-5 grade)  
 7:15 p.m. - 8:15 p.m. (6-8 grade)  
**Location:** Birchland Park Middle School

### Open Gym Time

**Dates:** September 23 - September 26  
**Time:** 6:00 p.m. - 7:00 p.m. (3-5 grade)  
 7:15 p.m. - 8:15 p.m. (6-8 grade)  
**Location:** Birchland Park Middle School

## REGISTRATION TIMES FOR BASKETBALL:

Travel Basketball: 9/15/19 - 10/14/19

Recreation Basketball: 9/15/19 - 11/1/19

High School Basketball: 11/1/19 - 12/15/19

## Fall Free Clinics

These clinics provide any player that is already registered for the upcoming basketball season to work on their skills prior to tryouts/evaluations.

### Basketball Clinics

**Dates:** **Boys:** October 1 & October 9  
**Girls:** October 2 & October 8  
**Time:** 4:30 p.m. - 5:45 p.m. (3&4 grade)  
 6:00 p.m. - 7:15 p.m. (5&6 grade)  
 7:30 p.m. - 8:30 p.m. (7&8 grade)  
**Location:** Birchland Park Middle School

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Toddler - 6th Grade • [pvms.org](http://pvms.org) • 413-782-3108

# Winter 2019/2020 Youth Sports

**Wrestling**

**Marlins  
Swimming**

**Travel & Recreation  
Basketball**

**Cheerleading**

# Aquatics- Swim Lessons

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## Infant/Toddler

This is for ages 6 months to 5 years old who want to get comfortable with the water. Parents MUST participate with child.

## Level 1: Introduction to Water Skills

This course will help students feel comfortable in the water and enjoy the water safely.

*Skills Covered:* Entering the water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side.

## Level 2: Introduction to Water Skills

The goal is this course is to give students success with the fundamental skills of swimming.

*Skills Covered:* Back and front glide into vertical position, step or jump from side into shoulder-deep water, fully submerge and hold breath, back float for 15 seconds, roll from front to back and back to front and tread water for 15 seconds.

## Level 3: Stroke Development

This course will build on the skills from Level 2 through additional guided practices.

*Skills Covered:* Jump into the deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl for 15 yards, butterfly 15 feet and safe diving.

## Level 4: Stroke Improvement

The goal for this course is to develop confidence in the strokes learned thus far and improve other aquatics skills by swimming greater distances.

*Skills Covered:* Diving, underwater swimming, feet-first dive, 1 minute of survival floating, 15 yards of butterfly and elementary backstroke and sidestroke and compact jump from height in a life jacket.

## Level 5: Stroke Refinement

This course is designed for coordination and refinement of strokes.

*Skills Covered:* Shallow dive, tuck and pike surface times, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke and 2 minutes of survival swimming.

## Level 6: Swimming and Skill Proficiency

This level is to refine strokes so students swim with more ease, efficiency, power and smoothness.

*Skills Covered:* Continued practice of lap swim using front & back crawl, each breaststroke, elementary backstroke, sidestroke & butterfly and 100 yards choice of any strokes, survival floating and back floating for 5 minutes each, feet first surface dive and retrieve an object from 7 feet deep.

<b>Location:</b>	East Longmeadow High School Pool
<b>Cost:</b>	\$50.00/session
<b>Times:</b>	Saturday's for 25 minutes each
<b>Session 1:</b>	September 28 - October 19
<b>Session 2:</b>	October 26 - November 16
<b>Session 3:</b>	November 30 - December 21

## Swim Lesson Session Calendar

	10:00 a.m.	10:30 a.m.	11:00 a.m.	11:30 a.m.
Infant	X			
Tots	X			
Level 1		X		
Level 2		X		
Level 3			X	
Level 4			X	
Level 5				X
Level 6				X



Things end. But memories last forever.



Thank you for making memories with us!