

# EAST LONGMEADOW RECREATION

Registration opens on 3/17/2020 at 8:00 a.m.



# SUMMER 2020 BROCHURE

# General Information

## 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.

### 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.

### Recreation Commission Members

Tom Kaye- Chair  
Nancy Roberts- Vice Chair  
Brian Davis  
Carolanne Elmendorf  
Donald LePage  
Kevin McLoughlin

## 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).

### Recreation Department Staff

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# General Information

## 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 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

Birchland Park Middle School: *50 Hanward Hill*

Center Field: *60 Center Square*

East Longmeadow High School: *180 Maple Street*

East Longmeadow Recreation: *328 North Main Street*

Little Red School House: *35 School Street*

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

## 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).

## 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).

## East Longmeadow Recreation 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.

# Special Events

## TOWN WIDE TAG SALE

Come shop till you drop in our Spring 2020 Town Wide Tag Sale! Participants can purchase a 10' x 20' plot for \$25 to sell their household items. Not interested in selling? Come shop at over 20 plots! Food will also be available for purchase.

Plots are first come first serve, so sign up quick! Please see the map for plot locations and numbers.

Date: May 9  
Rain Date: May 16  
Cost: \$25.00/plot  
Time: 9:00 a.m. - 3:00 p.m.  
Location: Recreation Department (Front Lawn)



## RED SOX VS. YANKEES BUS TRIP

The rivalry returns in 2020 for another nail biting year! The East Longmeadow Department is having a bus trip to the world famous, Yankee Stadium! Witness the rivalry up close on this special bus trip.

Included in admission is ticket costs, transportation service and a sandwich on the bus. First pitch is scheduled for 4:05 p.m. with the bus departing at 11:30 a.m. from the Recreation Dept.

Date: May 9  
Cost: \$130.00/person  
Time: 11:30 a.m. - 12:00 a.m.  
Location: Recreation Department



# Special Events

## DISCOUNTED TICKET PROGRAM

Purchase discounted tickets to some of the most popular amusement places in New England!

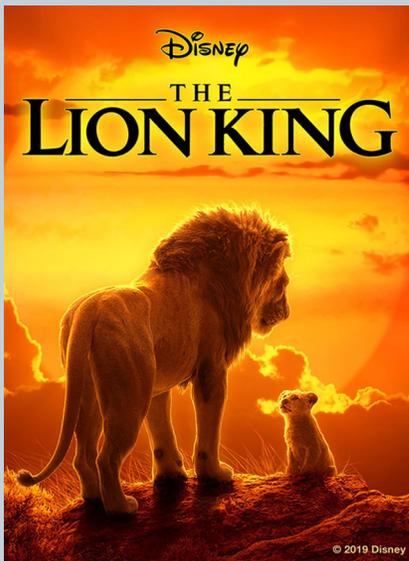
All tickets must be purchased at the Recreation Office. Profits generated will be used for the East Longmeadow Recreation Department Scholarship Fund. No refunds or exchanges after purchase. Tickets are only good for 2020.

Lake Compounce	\$40.00/adult	\$35.00 (under 52")
Six Flags New England	\$55.00/adult	\$45.00 (under 54")
Connecticut Science Center	\$20.00/person	

**SAVE UP TO \$30.00 WHEN PURCHASING  
DISCOUNTED TICKETS!**

**SALES BEGIN TENTATIVELY ON JUNE 2, 2020**

## SUMMER 2020 MOVIE NIGHT SERIES



Date: July 10  
Rain Date: July 17  
Time: 8:30 p.m.  
Location: Center Field



Date: August 4  
Time: 8:15 p.m.  
Location: High School (Near tennis courts and turf field)

# Special Events

## NATIONAL NIGHT OUT

Join the East Longmeadow community in celebrating National Night Out! Share an evening with your neighbors, friends, and family to get to know your local public safety officials, other Town departments, church, social service/civic organizations, and local businesses who support and promote the community. Food, raffle prizes, and giveaways, and its all FREE! Plus, join the Recreation Department for an outdoor movie night immediately after National Night Out! (Movie Night information on page 5).

**Date:** August 4  
**Time:** 6:00 p.m. - 8:00 p.m.  
**Cost:** FREE!  
**Location:** East Longmeadow High School

## COACHES APPRECIATION

Our youth sports coaches are one of the biggest assets to our programs. And now, we want to celebrate! Food and beverages will be served and entertainment will be provided. Pine Knoll Pool will be open and available for use. Coaches and families from all sports are welcome! Please pre-register at [elrec.recdesk.com](http://elrec.recdesk.com).

**Date:** August 22  
**Time:** 12:00 p.m. - 3:00 p.m.  
**Location:** Pine Knoll Recreation Area

## DROOL IN THE POOL

Close out Summer 2020 with the annual Drool in the Pool Event! Come take your pooch for one last swim of the summer at the Pine Knoll Pool. This event is FREE for residents and non-residents. Donations for the Bark Park are encouraged upon admission.

**Date:** September 8  
**Time:** 5:00 p.m. - 7:00 p.m.  
**Location:** Pine Knoll Recreation Area

## COMMUNITY GARDENS

Rent a 20' x 20' plot in our community gardens! Plant vegetables, flowers, or both! Plots will be available through November 2020 with water available on site.

Half-sized plots are \$15.00 and full-sized plots are \$30.00.

For more information and to register for a plot, please visit [elrec.recdesk.com](http://elrec.recdesk.com)

# Pine Knoll Day Camp

## CAMP INFORMATION

Pine Knoll Day Camp is back for another great summer! Children from ages 3-12 can enjoy nature, and fun of being outdoors!

**Deposit:** Don't want to pay in full right away? No problem! At checkout, we require a \$25.00 deposit per session. Full payment is due at noon the Thursday before the session begins. Refunds are non-refundable, but are transferable between weeks.

**Parent Information:** There is an optional parent information session scheduled for Friday, June 19, 2020 from 4:00 p.m. - 5:00 p.m. at Pine Lodge at Pine Knoll. Come learn more, and meet the camp staff! Pizza will be served. **Please pre-register at [elrec.recdesk.com](http://elrec.recdesk.com).**

**Before/After Care:** Parents have the opportunity to sign their children up for before care (7:30 a.m. - 8:30 a.m.) or after care (4:00 p.m. - 5:00 p.m.) for an additional cost of \$25.00 per week.

**Camp Hours:** Monday - Friday: 8:30 a.m. - 4:00 p.m.

**Sprouts:** Full-Day: 8:30 a.m. - 3:30 p.m.  
Half-Day: 8:30 a.m. - 11:30 OR  
12:30 p.m. - 3:30 p.m.

**Cost:** \$165.00/participant Sessions 1, 3-9  
\$130.00/participant Session 2

**Sprouts:** 1/2 Day: \$83.00/participant (\$70 Session 2)  
Full-Day: \$165.00/participant (\$130 Session 2)

## CIT Program

The goal for the Counselor-in-Training (CIT) program is to create individuals that can flourish as staff members at Pine Knoll. The CIT program is a leadership development program designed to provide hands-on learning and educational information for students entering 9th or 10th grade. Topics taught will include first-aid procedures, effective discipline techniques, enhancing individual leadership styles and planning activities. The cost of the program is \$115 per week.

**Applications Open:** March 17

**Application Deadline:** May 22

**Selection By:** June 4

**Payment Deadline:** June 18

**Location:** Pine Knoll Recreation Area

**Session 1:** June 22 - June 26

**Session 2:** June 29 - July 2 \*

**Session 3:** July 6 - July 10

**Session 4:** July 13 - July 17

**Session 5:** July 20 - July 24

**Session 6:** July 27 - July 31

**Session 7:** August 3 - August 7

**Session 8:** August 10 - August 14

**Session 9:** August 17 - August 21

\*No Camp on July 3

## WIN A FREE WEEK OF CAMP!

Want to win a free week of camp? Register by Friday, May 15, 2020 at 4:00 p.m. to be considered! To enter, just pay a deposit for any week! Drawing will be held the week of May 18. The winner will be contacted by phone, so make sure your RecDesk information is up to date!

# XTREME Teen Adventure Camp

## CAMP INFORMATION

Get your teen ready to go XTREME! This is an adventure camp for teenagers that have completed grades 5 - 10. A full list of trips is posted below!

**Deposit:** Don't want to pay in full right away? No problem! At checkout, we require a \$50.00 deposit per session. Full payment is due at noon the Thursday before the session begins. Refunds are non-refundable, but are transferable between weeks.

**Parent Information:** There is an optional parent information session scheduled for Friday, June 19, 2020 from 5:30 p.m. - 6:30 p.m. at Pine Lodge at Pine Knoll. Come learn more, and meet the camp staff! Pizza will be served. **Please pre-register at [elrec.recdesk.com](http://elrec.recdesk.com).**

**Before/After Care:** Parents have the opportunity to sign their children up for before care (7:30 a.m. - 8:30 a.m.) or after care (4:30 p.m. - 5:00 p.m.) for an additional cost of \$25.00 per week for morning care, and \$12.50 for PM care.

**Camp Hours:** Monday - Friday: 8:30 a.m. - 4:30 p.m.

**Cost:** \$265.00/participant Sessions 1, 3-8  
\$225.00/participant Session 2

**Location:** Pine Knoll Recreation Area

**Session 1:** 6/22 - 6/26      **Session 6:** 7/27 - 7/31  
**Session 2:** 6/29 - 7/2 \*      **Session 7:** 8/3 - 8/7  
**Session 3:** 7/6 - 7/10      **Session 8:** 8/10 - 8/14  
**Session 4:** 7/13 - 7/17      \*No Camp on 7/3/2020  
**Session 5:** 7/20 - 7/24

	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	Lake Compounce	Movies & Pinz	Ocean Beach State Park*	Dave & Busters	Pine Knoll Camp Day
Session 2	Six Flags	IT Ropes Course	Red Sox vs. Mariners *	Central Rock Gym/Swimming	NO CAMP
Session 3	Canoeing	Sonny's Place	WNBA Game Mohegan Sun Camp Day	Brownstone Park*	Pine Knoll Camp Day
Session 4	Breezy Picnic Grounds & Waterslides	Mall & Round 1	Ocean Beach State Park*	Adventure Park	Pine Knoll Camp Day
Session 5	Indoor Nomads/Swimming	Hartford Yard Goats Baseball Game	Six Flags*	Farmington River Tubing	Pine Knoll Camp Day
Session 6	Brownstone Park	All-In Escape Room & Pinz	Lake Compounce*	Mystic Aquarium	Pine Knoll Camp Day
Session 7	Nomads Outdoors	Sonny's Place	Ocean Beach State Park*	Bounce & Movies	Pine Knoll Camp Day
Session 8	Six Flags	Dave & Busters	Brownstone Park*	ZOAR Outdoors Kayaking	Pine Knoll Camp Day

\* = Late Day

**Trips Subject to change**

## WIN A FREE WEEK OF CAMP!

Want to win a free week of camp? Register by Friday, May 15, 2020 at 4:00 p.m. to be considered! To enter, just pay a deposit for any week! Drawing will be held the week of May 18. The winner will be contacted by phone, so make sure your RecDesk information is up to date!

# STEM Programs

## Intro to STEM

Ratchet up your imagination with tens of thousands of LEGO parts! Design and build as never before, and explore your craziest ideas in a supportive environment. Projects include steamboats, moon bridges, and airports.

**Dates:** July 13 - July 17  
**Time:** 8:30 a.m. - 11:30 a.m.  
**Cost:** \$160.00/participant  
**Ages:** 5-6 years old  
**Location:** East Longmeadow High School  
**Instructor:** Play-Well TEKnologies

## STEM Challenge

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects include tea cup rides, cuckoo clocks, and the Wright Flyer.

**Dates:** July 13 - July 17  
**Time:** 12:30 p.m. - 3:30 p.m.  
**Cost:** \$160.00/participant  
**Ages:** 7-12 years old  
**Location:** East Longmeadow High School  
**Instructor:** Play-Well TEKnologies

## App Inventors

Want to know how to build the devices of the future? This no-experience-required course introduces students to the fundamentals of electronics, circuitry, and computer programming using Arduino microcontrollers and MIT App Inventor Software.

After experimenting with the basics, we will explore open-ended, creative projects using sensors, wireless communication, and custom-designed Android apps. Projects include making custom apps for phones and tablets, wirelessly controlling lights, building autonomous robot cars, designing our own game controllers, and more. Each class day gives participants the chance to design a hands-on project with the guidance of Circuit Lab instructors.

**Dates:** August 10 - August 14  
**Time:** 8:00 a.m. - 2:30 p.m.  
**Cost:** \$300.00/participant  
**Ages:** 9-13 years old  
**Location:** Birchland Park Middle School  
**Instructor:** Circuit Lab

## Jedi Engineering

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles with LEGO materials as we construct the Ewok Village on Endor, fly through space on our X-Wings, and defend the Echo base on Hoth. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

**Dates:** August 3 - August 7  
**Time:** 8:30 a.m. - 11:30 a.m.  
**Cost:** \$160.00/participant  
**Ages:** 5-6 years old  
**Location:** East Longmeadow High School  
**Instructor:** Play-Well TEKnologies

## Jedi Master Engineering

The Force is strong in this advanced engineering course for young Jedi! Use the force and tens of thousands of LEGO parts to raise your X-Wing from the Dagobah swamp, challenge the AT-AT walkers on Hoth, and fly the Millennium Falcon through the Kessel Run. Apply real-world concepts in physics, engineering, and architecture while you explore a galaxy far, far away.

**Dates:** August 3 - August 7  
**Time:** 12:30 p.m. - 3:30 p.m.  
**Cost:** \$160.00/participant  
**Ages:** 7-12 years old  
**Location:** East Longmeadow High School  
**Instructor:** Play-Well TEKnologies

## Witness the rivalry!

Join us for this special bus trip to YANKEE STADIUM! Trip is on May 9. See page 5 for more details.



# STEM Programs

## Minds in Motion

### Titan Tank Technology

Build and take home your very own Titan Tank! The Titan moves using six wheels that can move forward, backward, right and left. Learn how the Titan Tank works by its use of remote control, infrared transmitting modules, motors, battery terminals, circuit boards, many gears, and more! Come join and take part in Titan Tank tons of educational fun in this very exciting program! **SPECIAL: Select both Minds in Motion classes and receive \$20.00 off!**

**Dates:** August 17 - August 21  
**Time:** 9:00 a.m. - 12:00 p.m.  
**Cost:** \$150.00/child  
**Ages:** 8 - 13 years old  
**Location:** Little Red School House

### Roller Coasters and Amusement Park Rides

Team up with other classmates in building some of the most mind-blowing and electrifying amusement park rides you have ever seen! Select the thrill ride of your choice and work together to assemble an amazing construction that can tower to over four feet tall! **SPECIAL: Select both Minds in Motion classes and receive \$20.00 off!**

**Dates:** August 17 - August 21  
**Time:** 1:00 p.m. - 4:00 p.m.  
**Cost:** \$150.00/child  
**Ages:** 8 - 13 years old  
**Location:** Little Red School House

### FREE Supervised Lunch!

FREE lunch supervision for Titan Tank Technology and Roller Coasters and Amusement Park Rides Minds in Motion classes. **A lunch must be packed for your child.** Please pre-register for the full day option to receive this offer.

# Youth Programs

## Safe@Home Course

The Safe@Home by SafeSitter is a program designed to prepare kids to be safe when they are home alone. This program teaches students how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the SafeSitter First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

**Date:** August 22  
**Time:** 10:00 a.m. - 11:30 a.m.  
**Cost:** \$20.00/child  
**Ages:** 4-6 grade  
**Location:** Recreation Department (Activity Room)

**SAFE@HOME**  
by SAFESITTER

## 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. **\*NEW: All students will receive CPR/First Aid training and certifications upon completion.\*** Sign up early! Maximum number is 15 participants per session.

Certifications will be received after taking one class.

**Date:** August 15  
**Time:** 9:00 a.m. - 2:00 p.m.  
**Cost:** \$75.00/participant  
**Ages:** 10-15 years old  
**Location:** Little Red School House

# Pine Knoll Recreation Area Rentals

Looking for that perfect place to rent for a party or corporate event? Look no further! Pine Knoll Recreation Area is up for rent!

## Facility Rental Rates:

- One Building- 4 hour block: \$150/residents, \$165/non-residents
- Both Buildings- 4 hour block: \$250/residents, \$265/non-residents
- All Day one building- 8 hour block: \$250/residents, \$265/non-residents
- All Day both buildings- 8 hour block: \$350/residents, \$365/non-residents

## Pool Rental Rates:

- 1-45 people: \$90/hour- residents; \$110/hour non-residents
- 46-90 people: \$140/hour- residents; \$165/hour non-residents



## Youth Programs

### 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. The Pine Knoll Pool will be open from 4:30 p.m. - 7:00 p.m. to swim!

**Date:** August 28  
**Time:** 4:30 p.m. - 8:30 p.m.  
**Cost:** \$30.00/child  
**Ages:** 4-12 year olds  
**Location:** Pine Knoll Recreation Area

### Inclusive Program Opportunities

If you are a parent of a youth with different abilities that struggle with traditional activities, East Longmeadow Recreation wants to hear from you. This summer, we would like to facilitate play dates for parents who seek interaction with other children for their child as well as "talk time" for parents. More information, please contact Donna Prather at [donna.prather@eastlongmeadowma.gov](mailto:donna.prather@eastlongmeadowma.gov) or by phone at 413-525-5400, extension 1301.

## Adult Programs

### Outdoor Yoga

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 a better health!

**Days:** Wednesdays or Saturdays  
**Session 1:** July 8 - July 29  
**Session 2:** August 5 - August 26  
**Time:** 7:00 a.m. - 8:00 a.m. on Wednesdays  
8:00 a.m. - 9:00 a.m. on Saturdays  
**Cost:** \$30.00/person, \$25.00 senior discount  
**Location:** Little Red School House

### Adult Tennis Lessons

Join for exercise and fun! Designed for beginners and those just coming back to the game after a long layoff.

**Dates:** Tuesdays, May 5 - June 2 (6:30pm - 7:30pm)  
Tuesdays, June 16 - August 18 (6:30pm-8pm)  
**Cost:** \$110 (5 weeks), \$200 (10 weeks)  
**Location:** High School Tennis Courts

# Summer Sports Programs

## Skyhawks Co-ed Sports & Games Camp

A variety of skill-building games and activities will be offered to give each athlete a complete understanding and overview of many different popular sports and games. **Register at [skyhawks.com](http://skyhawks.com).**

**Days:** Monday-Friday  
**Dates:** July 13 - July 17  
**Fee:** \$155.00/person  
**Ages:** 7 - 11 years old  
**Time:** 9:00 a.m. - 3:00 p.m.  
**Location:** Heritage Park

## Skyhawks Co-ed Mini Hawk Camp

This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and focus on fun. **Register at [skyhawks.com](http://skyhawks.com).**

**Days:** Monday-Friday  
**Dates:** July 13 - July 17  
**Fee:** \$125.00/person  
**Ages:** 4 - 7 years old  
**Time:** 9:00 a.m. - 3:00 p.m.  
**Location:** Heritage Park

## Skyhawks Co-ed Flag Football Camp

Campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging--all presented in a fun and positive environment! **Register at [skyhawks.com](http://skyhawks.com).**

**Days:** Monday-Friday  
**Dates:** July 20 - July 24  
**Half Day:** 9:00 a.m. - 12:00 p.m. OR  
**Full Day:** 9:00 a.m. - 3:00 p.m.  
**Fee:** \$125/half-day, \$155/full-day  
**Ages:** 7 - 12 years old  
**Location:** Heritage Park

## Spartan Basketball School

Learn skills and techniques from our experienced staff that have coached or competed at either the high school or college level. To register, please contact [coachbrendanabad@gmail.com](mailto:coachbrendanabad@gmail.com).

### Tennis Programs

#### Spring Tennis

##### **10 & Under After School Lessons**

Tuesdays May 5 - June 2 from 2:45 p.m. - 3:45 p.m. (ages 8-10), and 3:45 p.m. - 4:45 p.m. (ages 5-7). Program held at Mapleshade for \$55.00/participant.

##### **Middle School 101**

Tuesdays May 5 - June 2 from 6:00 p.m. - 7:30 p.m. for ages 10-14 years old. Program held at ELHS tennis courts for \$75.00/participant.

#### Summer Tennis Lessons

##### **Summer Junior Tennis Lessons & Play**

Group tennis lessons and play. Sign up for a week to dovetail with swim lessons! Offered at East Longmeadow HS weeks of June 22, July 13 and July 20. Program will run Monday-Friday.

Ages 4-6: 9:00 a.m. - 9:45 a.m. for \$45/week

Ages 6-10: 9:30 a.m. - 10:25 a.m. for \$60/week

Ages 10-14: 10:30 a.m. - 11:25 a.m. for \$70/week

##### **Summer Evening Clinics & USTA Junior Team Tennis**

Weekly team practice and match play in a league with other local teams. No experience necessary! Matches are optional. Dates run Mondays from June 22 - August 10 at the High School Tennis Courts.

##### **Red Ball Tennis (Ages 6-8) & Orange Ball (Ages 9-10)**

Time: 6:15 p.m. - 7:30 p.m.

Matches: Thursdays at various locations

Cost: \$85 for practice, \$125 for practice/matches

##### **Middle School Clinic & Junior Teams**

Time: 4:45 p.m. - 6:15 p.m.

Matches: Wednesdays at various locations

Cost: \$95 for practice, \$185 for practice/matches

##### **High School Clinic & Junior Team Tennis**

Time: 7:30 p.m. - 9:00 p.m.

Matches: Wednesdays at various locations

Cost: \$95 for practice, \$180 for practice/matches

# Fall 2020 Sports Programs

## Roots Travel Soccer League (RSL)

Registration: May 15 - July 15

Prices can be found online at [elrec.recdesk.com](http://elrec.recdesk.com).

### Age Groups

U8- Born after 8/1/2012      U9- Born after 8/1/2011  
U10- Born after 8/1/2010      U11- Born after 8/1/2009  
U12- Born after 8/1/2008      U13- Born after 8/1/2007  
U14- Born after 1/1/2006

Travel soccer is a competitive program for players that want to compete against the best teams in the area. Evaluations will be held in mid-June, date TBD. Teams compete in the Roots Soccer League.

## Recreation Soccer

Registration: May 15 - July 15

Prices can be found online at [elrec.recdesk.com](http://elrec.recdesk.com).

### Kindergarten      Grade 1 & 2      Grade 3-5

The East Longmeadow Recreation Soccer program is perfect for players of all ability levels! Players will practice one time a week and have one game on the weekend. Coaches Will contact families by the 3rd week of September. Full uniform (shirt, shorts, socks) will be provided.

## Soccer Heroes

Registration: May 15 - July 15

Prices can be found online at [elrec.recdesk.com](http://elrec.recdesk.com).

Soccer Heroes provides your young athlete with an opportunity to be introduced to the world's most popular game! Instruction-based sessions take place on Sundays every week. A t-shirt is provided. Cleats/sneakers and shin guards are recommended. Sessions will be held Saturday mornings at the Pine Knoll soccer fields. This program is for ages 3-5 years old and for residents only.

## Football

Registration: May 15 - July 15

Prices can be found online at [elrec.recdesk.com](http://elrec.recdesk.com)

### Flag (Grades 1/2)

### Pee Wee (Grades 3/4)

### Junior (Grades 5/6)

### Senior (Grades 7/8)

The East Longmeadow football program is for children in grades 3-8 (2020-2021 school year). Residency in East Longmeadow is required by the league. Flag football is offered for Grades 1/2. Non-contact program to introduce the game to your young athlete!

## Cheerleading

Registration: May 15 - July 15

Prices can be found online at [elrec.recdesk.com](http://elrec.recdesk.com).

### Grades 3-8

The Youth Cheerleading program begins practices in August and they will take place on Tuesday and Thursday evenings. Participants will attend fall youth football games to show off their skills! There will be additional uniform and team gear purchases required throughout the year.

## Field Hockey

Registration: May 15 - July 15

Prices can be found online at [elrec.recdesk.com](http://elrec.recdesk.com)

### Grades 2-4

### Grades 5/6

### Grades 7/8

The Field Hockey program hosts inter-town league play. The youngest ages will learn the basic skills, while older teams will be exposed to advanced skills and competition.

*Come join the East Longmeadow Recreation Department! Positions open frequently. Apply today!*



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# Aquatics Programs

## Summer Swim Lessons

- Location:** AM Lessons: High School Pool  
PM Lessons: Pine Knoll Pool
- Cost:** \$60/person Session 1  
\$70/person Sessions 2-4  
\$35/person Session 5
- Times:** Monday-Friday for 25 minutes
- Session 1:** June 22 - July 2 (No class 7/3)
- Session 2:** July 6 - July 17
- Session 3:** July 20 - July 31
- Session 4:** August 3 - August 14
- Session 5:** August 17 - August 21

## Private Swim Lessons

Looking for 1 on 1 with an instructor? Look no further! We are offering private swim lessons upon request. All lessons will be held at Pine Knoll Pool and will be coordinated with the Aquatics Director, and the Recreation Department. Cost is a 6 pack of lessons for \$90.00.

*Come swim with us!*

## Summer Pool Memberships

Cool off this summer at the Pine Knoll Pool! Pool passes are available at our office at 328 North Main Street. Once the pool opens, pool memberships and day passes will be sold at Pine Knoll Pool in addition to the Recreation Office. Pool passes go on sale Tuesday, March 17, 2020 at 8:00 a.m. Passes can be bought online or in-person, but must be picked up in person.

### Pool Hours (Expected Opening June 2020)

- Monday - Thursday: 9:00 a.m. - 7:00 p.m.  
Friday: 9:00 a.m. - 8:00 p.m.  
Saturday & Sunday: 11:00 a.m. - 6:00 p.m.

### POOL PASS COSTS:

- Day Passes:
  - Residents: \$5/person
  - Non-Residents: \$10/person
- Family Passes:
  - Residents: \$165/family
- Adult Passes:
  - Individual: \$100/person
  - Couple: \$140
- Senior Discount:
  - Individual: \$80/person
  - Couple: \$115

## Swim Lesson Session Calendar

	10:00am	10:30am	11:00am	11:30am	5:00pm	5:30pm	6:00pm	6:30pm
Infant/Toddler	X				X			
Level 1		X				X		
Level 2			X				X	
Level 3			X				X	
Level 4				X				X
Level 5				X				X
Level 6				X				X

# Aquatics Programs

## Swimming Lesson Descriptions

### 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.

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please contact the Recreation Office at 413-525-5437.**