

Small Fry - Location: Kingston Elementary School Gym – Children participate in a variety of games and age-appropriate activities. **Begins May 25th** .

Instructor: Tim Kennedy

4 week program

Ages: 3-6

Tuesdays. 4:00 – 5:00pm

Fee: \$45

School Age

Fiesta – Come and make a Pinata and learn about celebrations in Spain, play maracas and have a fun filled time.

Instructor: Senorita Lisa

Grades: 2 -5

Friday, April 30

4:00 – 6:00pm

Fee: \$18

Kingston Kid's Chorus - Location: Faunce School Students will have fun while singing and learning choral techniques un a positive non-competitive environment. At this age, singing in a group setting is considered essential for voice development. Repertoire will include a variety of songs from many styles, including pop, rock, Boradway, and folk. The session will conclude with a short, informal choral concert. Concert on June 2nd at 5pm at the Reed Community Building. **Begins April 7th** .

Conductor/Instructor: Matt Mello (Orff Cert)

8 Week Program

Grades: K - 2

Wednesday's 4:00 – 4:40pm

Fee: \$50

Grades: 3 – 4

Wednesday's 4:50 – 5:30pm

Fee: \$50

Teen Group Power - Location: Plymouth Fitness, Plymouth “Your Hour of Power!” This barbell program strengthens all major muscles in an inspiring, motivating group setting with fantastic music! Simple athletic movements such as squats, lunges, presses, and curls will be taught which can be performed by all levels of fitness. **Begins April 8th** .

Instructor: Marlene Velez-O'Brien

8 week program

Ages: 11 – 15 yrs.

Thursdays 6:45 – 7:45pm

Fee: \$121

Junior Golf Program - Location: Ridder Country Club This spring golf program is a 1 hour class for 5 weeks. This group program will provide instruction in the full swing, putting, and pitching. Program is held rain or shine under a covered hitting area. Fee includes rental clubs if needed. Choose day of class when registering. **Begins May 11th** .

Instructor: Mary Ellen Stanghellini

5 week program

Ages: 7 and up

Tuesday or Thursday 5:00 – 6:00pm

Fee: \$85

Quick Start Tennis - Location: Reed Community House Tennis Courts – Get your kids in “the game for life.” With the Quickstart program your child will progress faster by using size appropriate equipment and kid size courts that combine to make learning fun. **Begins April 28th** .

Instructor: Kingsbury Club Pro

8 week program

Ages: 7 – 9yrs.

Wednesdays 4:00 – 5:00pm

Fee: \$80

Ages: 10 – 12yrs.

Wednesdays 5:00 – 6:00pm

Junior Racquetball Clinic - Location: Plymouth Fitness, Plymouth Learn how to play racquetball with Racquetball Pro Mary Ottani. Racquets and goggles will be available to demo and purchase. This fast-paced activity is great for those looking to have fun and enjoy a new way to cross train. **Begins April 5th.**

Instructor: Mary Ottani, Racquetball Pro

8 week program

Ages: 11 – 15 yrs.

Mondays 4:30 – 6:00pm

Fee: \$79

Joy of Music - Location: Kingston Intermediate School The lessons are for the following instruments: flute, clarinet, saxophone, trumpet, trombone, bells/drums, and keyboard beginning the week of April 1st. Contact Mrs. Johnson for specific information regarding lesson times. New keyboard lessons forming call for new lesson days and times.

Instructor: Vikki Johnson 774-313-0682,

JOMlessons@gmail.com www.JOMlessons.com

10 week program

Advanced Musicians (Band and Lessons)

Fee: \$128

10 week program

Keyboard and Beginners (lessons only)

Fee: \$108

Tuccelli Chocolate Dipping Party – Tuccelli comes fully equipped with chocolate, 3 dippers and 3 toppers for 1.5 hours of customizing chocolate covered items including pretzels, grahams and oreos. When completed, you get to package and label the delightful pieces you've just created with colorful markers.

Instructor: Dale Tuccelli-Tucker

Grades: 1-8

May 11, Tuesday 4:00 – 5:00pm

Fee: \$18

Adventure For Girls – This program will engage the girls in fun exercises such as obstacle courses, kickboxing, “survivor” type challenges and other fun things to keep moving. The girls will also learn about the importance of overall wellness, such as a healthy mind and body, nutrition, how to read food labels, meditation techniques, and the essential need for positive self image. **Begins April 27th.**

Instructor: Julie Bonney

5 week program

Ages: 10 and up

Tuesdays 5:30 – 6:30pm

Fee: \$50

Acrobatics – Come have fun with tumbling, muscle development & coordination skills. Kids will learn fun ways to build strength and flexibility. Activities will also include building tunnels, relay races, and obstacle courses. Great for boys and girls. Wear loose fitting clothing and/or leotards. **Begins April 9th.**

Instructor: Tracey O'Brien

8 week program

Grade: K-2

Friday's 3:45 – 4:45pm

Fee: \$72

Starcreations Theater – Starcreations Theater presents the musical theater workshop “**Bedbugs**”.

This workshop will instruct students on theater, including improvisation and characterization and will culminate in a live performance at the end of the program. Through acting development, this workshop will help build student's self-esteem and explore their creativity. No prior theater experience necessary. June 3, Dress Rehearsal: 3:45-6:30pm. Final performances on Thursday and Friday, June 10 & 11 at 5pm. **Begins April 1st.**

10 week program

Ages 7 – 14

Thursday's 3:45pm-6:15pm.

Fee: \$158

Discover Spring - Children will discover the signs of Spring through this exciting theme based enrichment class. Watch caterpillars grow into butterflies and ladybugs come to life in their habitat. Children will plant a variety of seeds and observe what happens to the world around them as Spring emerges. Hands on experiences, crafts and stories will be integrated in to each session. **Begins April 28th.**

Instructor: Paula White

4-week program

Grades: K-2

Wednesdays 4:00 – 5:00pm

Fee: \$40

Sports Time – Location: Kingston Intermediate Gymnasium Kids participate in a variety of games including soccer, football and floor hockey. **Begins April 8th.**

Instructor: Tim Kennedy

8-week program

Grades: K - 3

Thursday: 4:00 – 5:00pm or

Fee: \$60

Grades: 3 – 6

Thursday 5:00 – 6:00pm

“56 Club” Parties – Guidelines have changed, Please Read Carefully – Due to safety concerns all children must have a ticket to enter the party. If a ticket has been lost, another will need to be purchased if there are any available. The number of children losing their tickets has increased and has made it unmanageable for the Recreation Staff the night of the parties. Tickets will be sold until they are sold out.

Tickets will not be sold on the Friday of the party, no exceptions. A booklet of tickets for the 3 parties will be sold for \$25 (230 to be sold) and individual tickets will be sold for \$10 (40 to be sold).

Kids will enjoy game room activities, and partying down to DJ music. **Parents are needed to chaperone.**

Kingston residents only.

Grades: **5 and 6 only**

Fri: Apr. 16, May 7, & June 4

Time: 7:15 – 9:00pm

Fee: \$25 for 3 parties

booklet or \$10 for individual tickets

Adult/Multigenerational Programs

“Girls on the Go” Walking/Running Group – Location: Meet at the Reed Parking Lot A

non-competitive friendly walking and running group. Lace up your favorite kicks and grab a friend for a 3 mile walk/run around our beautiful town of Kingston. Participants can be divided into 3 groups – walking group, running/walking group, and a running group. Pick the group you wish to participate with and there will be a leader for each group. The running group will run a “rolling” course. Fee includes a “Go” bag which will include a t-shirt, water bottle and nylon gym bag and other fun incentives. **Begins April 11th – June 13th (no group May 9th and 30th)**

Instructor: Erin Brenton and Colleagues

Sundays

7:45am

Fee: \$48

Zumba – A fusion of Latin and International music that creates a dynamic and exciting fitness program. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the entire body to create a one of a kind workout. Zumba targets areas of the body such as glutes, legs, arms, abs, and the most important muscle...your heart! **Begins April 27th.**

Instructor: Elizabeth Ahola

6-week program

Tuesdays 9:45 – 10:45am

Fee: \$58

Knitting – Relaxed atmosphere. For any level, from beginners, to individuals who may need help on a specific pattern. **Begins April 12th.**

Instructor: Carole Merrill

8-week program

Mondays 6:30 – 8:30pm

Fee: \$40

Ladies Spring Golf – Each lady will receive instruction in the full swing, putting, and pitching. Classes are held rain or shine under a covered hitting area. Fee includes range balls and rental clubs if needed.

Begins May 12th.

Instructor: Mary Ellen Stanghellini, LPGA

4-weeks

Wednesdays

6:00 – 7:00pm

Fee: \$75

Yoga –The practice of yoga is a process of self-discovery. It is an awakening within ourselves of who and what we really are. Yoga implies perfect harmony of the body, mind and spirit. Learn how to help yourself and others by being healthy; mind, body, and spirit. **Session 1 Begins April 7th. Session 2 Begins May 19th**. Instructor: Tara Iula; Adult Hatha Yoga Certified Personal Trainer
5-weeks Wednesday's 7:15 – 8:15pm Fee: \$58/session

Sculpting Class – You asked for it – we got it! This is an exciting class designed for all fitness levels in mind – beginner to advanced. This combo class will firm, sculpt and tone. You will need to bring 3lb, 5lb, or 8lb weights & mat. With limited equipment, and working at your own pace, you'll discover the fitness in you! **Session 1 Begins April 5th. Session 2 Begins May 17th**.
Instructor: Tara Iula; Certified Personal Trainer
5 weeks Monday's & Fridays 8:30 – 9:30am Fee: \$75/session

Journey Dance™ - Journey Dance™ is a playful and intuitive method of using movement to discover and celebrate our inner dancers. Impulsed by world music, you will use elements of theater, visualization, vocalization, guided sequences, and improvisational movement. Journey Dance™ invites you out of your mind and into your body. This holistic fitness practice tones your body and strengthens your core, as you sweat away. **Begins April 5th**.
Instructor: Jacky Mendes
6 week program Mondays 9:30 – 10:30am Fee: \$58

"Get Fit" Intensives – Get moving with the help, support, and techniques you need to really make it happen! The class will entail getting baseline readings of lean body mass and metabolism, provide dietary guidelines to follow, and firming and toning exercises to tighten muscles and increase metabolism. This class will incorporate simple and effective weekly work (homework) , weighing in, and discussions about additional walks and exercise outside of these weekly sessions. **Session 1 Begins April 7th. Session 2 Begins May 19th**.
Instructor: Tara Iula; Certified Personal Trainer
5 weeks Wednesdays 6:00 – 7:00pm Fee: \$88/session

Instant Tennis "Get in the Game" – *Location: Reed Community House Courts* - Level 1 offers an introductory or "refresher" program focusing on fun and developing strokes. Level 2 builds on the fundamentals and introduces play. **Begins April 28th**.
Instructor: Kingsbury Club Pro
8 week program
Level One Wednesdays 9:00am – 10:00am Fee: \$80
Level Two Wednesdays 10:00am – 11:00am

Kick Boxing Fitness – Varied workouts consisting of calisthenics, stretches, cardio kickboxing, focus mitts, medicine balls and weights. **April 6th. Session 2 Begins May 18th**.
Instructor: Julie Bonney
5 week program Tuesdays & Thursdays 7:00 – 8:00pm Fee: \$50 for one day per week/session or \$85 for 2 days per week/session

Coed Volleyball - *Location: Kingston intermediate School Gymnasium*
Join this league to run April - June. This league is strictly for fun during the weekly games. Adults Only (Teams are created on a weekly basis depending on who shows up). **Begins April 8th – June 10th**.
League Coordinator: Mark Doherty Thursday's 7:00 – 9:00pm Fee: \$30

Blue Collar Boot Camp - You will work to YOUR full potential while receiving semi-private individualized attention by two experienced accredited trainers. The class will include cardio, plyometric, resistance, balance, and core conditioning circuit intervals. You will drastically improve stamina, cardiovascular endurance, strength, flexibility, balance, and agility. Enjoy inspiring music, and exciting drills while being motivated .by experienced trainers. **Begins April 27th.**

Instructor: Kelly Hillary & Tracie Sweeney, ACSM Certified Personal Trainers

8 week program

Tuesdays & Thursdays 8:30 – 9:30am

Fee: \$148

Spring Programs at the Kingston Public Library

The Kingston Public Library offers many programs for children during the Spring. Check the library website, www.kingstonpubliclibrary.org, for complete program information, including dates and times. Monthly calendars of library events are also available in the Children's Room.