

Children's Programs Preschool

Twigs, Leaves, Recycle Please! Craft Class – Sticks, stray mittens, an empty juice box container- all junk right? Not if you use your imagination! You'd be amazed at all the fun things we can create (like a gnome home and a tin can robot) using a variety of recyclable materials and treasures from nature. Parents are welcome to drop off or stay. **Please choose day when registering. First session begins January 9. Second session begins February 27.**

Instructor: Jane Kelly

5 Weeks

Ages: 4-6

Mondays 1:00-2:00 or Tuesdays 1:00-2:00

Fee: \$54/session

Drama Tykes – Songs, poems & creative movements are used to develop vocabulary, articulation and coordination. Kids learn skills to communicate both verbally and physically. In each class children are taken on a differently themed "story adventure" such as the Old McDonald's Farm Adventure, Great Bear Hunt Adventure, Rainforest Adventure, and Outer Space. **Begins January 12.**

Instructor: Trish McAleer

6 weeks

Ages: 3 & 4

Thursday 9:30-10:15 am

Fee: \$75

Playgroup – Children and a parent have the opportunity to enjoy unstructured playtime. As there is no instructor, parents will be responsible for the safety of their children, as well as picking up toys, food, etc., at the end of the playgroup. **Begins January 11 - March 28.**

Ages: Infant - 5yrs.

Wednesday 9:00 – 10:30am

Fee: \$30

Parent & Me Story Time/Clay Project- Bring in your child to explore their creativity in a fun environment. We will share a story appropriate to the month and each child will hand build with clay and paint an item related to the story. Each clay creation will be glazed and kiln fired. All items may be picked up at **Claychick** in Plymouth 2 weeks after the program. **Please pick date(s) when registering.**

Session dates: January 4, February 1, and March

Instructor: Chickie Celli, Artist Potter from Claychick

Ages: 3 – 6

Wednesday 10:00 – 11:15am

Fee: \$20/session

Acrobatics – Come have fun with tumbling, muscle development & coordination skills. Kids will learn fun ways to build strength and flexibility. Activities will also include hula hoops, streamers, scooters, balance beam, and trampoline. Great for boys and girls. Wear loose fitting clothing and/or leotards. **First Session begins January 6. Second Session begins February 17.**

Instructor: Tracey O'Brien

6 week program

Fee: \$55/session

Age: 2yrs

Friday

10:00 – 10:30am

Age: 3yrs

Friday

10:30 – 11:15am

Ages: 4 & 5

Friday

2:30-3:30pm

Kinder Drama- A structured introduction to drama within a non competitive and playful environment. This program includes improvisation, speech exercises, creative movement, dialogue development, mini-plays and high impact activities which enhance verbal skills, encourage creativity and build confidence. **Begins January 12.**

Instructor: Trish McAleer

6 Week Program

Ages: 4 & 5

Thursday 10:15-11:15

Fee: \$90

Winter Programs at the Kingston Public Library – Story Play in February and April, as well as drop-in programs. Check the library website, www.kingstonpubliclibrary.org, for more info.

Children's Special Needs Programs

Sensory Art - This fun program will allow children to enjoy a variety of sensory experiences through art. Texture rubbings, Obleck, and mixing colors with their feet are among some of the art activities. Each week will include a different activity to explore. This class is great for children with challenges and their siblings as well. **Begins January 11. Sponsored by a grant from the Edwin Phillips Foundation.**

Instructor: Mellissa Morrison

4 week program

Ages: 4 – 11

Wednesday 4:00 – 5:00pm

Fee: \$5

School Age

Indoor Rock Climbing Adventure - This program will focus on bringing new obstacles to even the most thrill seeking individual. Soaring down the 90 foot indoor zip-line, stacking crates up to 20 feet high, climbing vertically and horizontally on the indoor rock wall and across the ceiling high monkey bars, and rappelling and down climbing our multilevel staircase will give even the most daring individual a rush of a lifetime! **First Session begins January 10. Second Session begins March 13.**

Instructor: Lighthouse fitness

8 Weeks

Ages: 7-15

Tuesday 3:30-5:00

Fee: \$120

Pizza Bingo – Calling all kids! Join us for a great night of Bingo, Kid Style. We will have pizza and drinks and great prizes. An adult must accompany children. **Tickets will be sold until sold out or the Monday prior to event for planning purposes.**

Grades: 1-5

Wednesday, March 14

5:30-7:00pm

Fee: \$5

Fencing - This program will train hand/eye and foot coordination in the Olympic sport of fencing. Start your quest to become a master of the blade. It's fun, fast and great conditioning. **Begins January 13.**

Instructor: Jim Mullarkey

5 Weeks

Ages: 8 & Up

Friday 5:00-6:00pm

Fee: \$54

Engineering FUNdamentals with Lego - Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering using over 100,000 pieces of LEGO material. From racecars to battle tracks, this is a hands-on and minds-on class suitable for LEGO novices to “maniacs”. Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension, all while having fun. **Begins January 11.**

Instructor: Jacob Weisberg

6 Weeks

Grades: 3-6

Wed. 4:00-5:30

Fee: \$108

Handball - The summer camp hit is back this winter! Join Summer Program Director Katie Hall and Outside Activity Coordinator Jon for non-stop action. In this game, teams work together to move the ball up the court and throw it in a goal or shoot it in a net. Looking to unwind after school, get some exercise or try something new? Come join in the fun game of handball. **Begins January 12.**

Instructor: Katie & Jon Hall

8 Weeks

Grades: 5-7

Thursday 6:30-7:45pm

Fee: \$68

Karate - Location: American Cadre Karate, Kingston - This curriculum is professionally designed to teach children important life skills in a fun, exciting and enriching way. The program focuses on self esteem, respect, discipline, focus, fitness, balance, self-control, and coordination while learning introductory karate skills. This is a 45 min. class. **Begins January 10.**

Instructor: Reesie Chahine

4 week program

Ages: 5 -9

Tues. 3:45-4:30

Fee: \$44

Acrobatics - Come have fun with tumbling, muscle development & coordination skills. Kids will learn fun ways to build strength and flexibility. Activities will also include hula hoops, streamers, and scooters. Learn basic skills on balance beam, and trampoline. Great for both boys and girls. Wear loose fitting clothing and/or leotards. **First Session begins January 6. Second Session begins February 17.**

Instructor: Tracey O'Brien

6 week program

Grade: K-2

Friday's 3:45 - 4:45pm

Fee: \$55/session

Indoor Rock Climbing - This program will teach basic rock climbing skills. Such things as equipment overview, climbing commands, rope handling, knots, communication, safety and instruction in belaying will be demonstrated and practiced in a fun environment. Students will practice climbing on our 20-foot indoor rock wall and will be introduced to techniques for moving on and across the wall. **First Session begins January 5. Second Session begins March 1.**

Instructor: Lighthouse Fitness Instructor

6 Week Program

Ages: 7-15

Thursday 5:00-6:00PM

Fee: \$98/session

Babysitter Safety Training - This is 4 hour certification childcare safety education program. Pizza, drink, and cookies are provided. Boys and girls who are trained in Babysitter Safety will have more confidence in dealing with the challenges that may face them while caring for children of all ages and stages.

Instructor: Bette Antonellis

Ages: 11 & up

Tuesday, March 6. 4:00pm - 8:00pm

Fee: \$36

Starcreations Theater - Presents the musical theater workshop "**The Ever After**" a musical. Students will be instructed on theater, some music & dance, and will culminate in a live performance at the end of the program. This workshop helps build children's self esteem and explore their creativity. Great roles for both male and female participants - no prior theater experience necessary. March 22 Dress Rehearsal: 3:45-6:30pm. Final performances on Thursday, March 29th and Friday, March 30th at 5pm.

Begins January 12.

11 week program

Ages: 7 - 14

Thursday 3:45pm-6:15pm.

Fee: \$158

Joy of Music Current Students Re-Registration -This is a reminder that all students need to re-register for the next session. Please fill out a new registration form and make payment and submit to the Recreation Department via mail or walk-in. Contact Mrs. Johnson at JOMlessons@gmail.com or call 774-313-0682 for more information. **Begins week of January 9.**

Instructor: Vikki Johnson 10 Lessons
Beginner Wind & Percussion Instrument, & Keyboard Fee: \$118
Advanced Instrument & Band Fee: \$138

Joy of Music-New classes in January for Beginning Flute and Beginning Keyboard- Location Kingston Intermediate School-Weekly 30 min. small group lessons offered Monday through Thursday between 2:40 and 8:00 PM. If you are interested in joining the program please contact Mrs. Johnson for available times. **Begins week of January 9.**

Instructor Vikki Johnson
Flute: Grades: 4-6 & Keyboard Grades: 3-6 Fee: \$118

Tennis- Location: Kingsbury Club, Kingston - Experience fun filled play based format, using age appropriate equipment and courts. A sure recipe for skill building success and FUN! **First Session begins January 8. Second Session begins March 4.**

Instructor: Kingsbury Club Pro
Ages: 7-10 years Sundays 12:00-1:00pm Fee: \$99/session I (5 weeks)
\$79/ session II (4 Weeks)

Sports Time - Location: Kingston Intermediate Gymnasium Kids participate in a variety of games including soccer, dodgeball and kickball. **Begins January 12.**

Instructor: Tim Kennedy
8 week program
Grades: K - 3 Thursday 4:00 – 5:00pm Fee: \$60
Grades: 3 – 6 Thursday 5:00 – 6:00pm

Learn to Cook- Location: Wildflower Cafe, Duxbury- Kids will see how the café works, and spark their creativity while learning to cook. Fee also includes an apron. Week1: learn to make pizza and chocolate chip cookies, week 2: lasagna and garlic bread, week 3: breakfast - pancakes, French toast and waffles. **Begins January 10.**

3 week Program
Grades: 3-6 Monday 5:00-6:15 Fee: \$55

"56 Club" Parties - 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: Jan. 6, Feb. 3, and March 2 Time: 7:15 – 9:00pm Fee: \$25 for 3 parties booklet / \$10 for individual tickets

Adult/Multigenerational Programs

Creative Pottery Painting – Location: Claychick, Plymouth – In these workshops you will discover how easy it is to create a stunning piece of pottery by using various techniques. Each session will provide a different project.

January 18: Winter Scene or Snowflake Platter

February 15: Winged Heart Platter

March 21: Windowsill Herb or Spring Garden Set

Instructor: Chickie Celli or Karyn DiNanno of Claychicks

Wednesdays 6:30 – 8:30pm

Fee: \$35/session

Ballroom Shenanigans – If you are like most couples, you have probably talked about taking ballroom classes but either never got around to it or one of you were plain chicken! This is the program for you. Beginner class focuses on the Foxtrot, Waltz and Swing. No prior Ballroom experience preferred! You won't get a better chance than this to learn to dance in a relaxed and fun environment. Just bring your dancing moves and comfortable shoes and the shenanigans will take care of themselves.

Instructor: Brett Outchunis

Friday, March 23; 7:00 – 8:30pm

Fee: \$45/couple

Kick Boxing Fitness – Varied workouts consisting of calisthenics, stretches, cardio kickboxing, focus mitts, medicine balls and weights. **First session begins January 10. Second session begins March 6.**

Instructor: Julie Bonney

6 week program

Tuesdays 7:00 – 8:00pm

Fee: \$60 /session

Yoga – We will work with your breath which is a very powerful tool, and these exercises will help deepen your breathing. This in turn feeds your muscles and allows you to function at a higher level. We will gently work your joints and muscles to increase strength, flexibility, and range of motion. **First session begins January 4. Second session begins February 29.**

Instructor: Tara Iula; Adult Hatha Yoga Certified Personal Trainer

6 week program

Wednesday's

7:15 – 8:15pm

Fee: \$68/session

Repeat students \$58/ session

Zumba- High and low impact Latin dance aerobics class with some hip hop incorporated, using moves like Salsa and Meringa to a variety of up beat Latin music. **Begins January 5.**

Instructor: Lindsey Vargas

Ages: 13 -Adult

6 week program

Thursday 6:15-7:15pm

Fee: \$61

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! **First session begins January 9. Second session begins March 5.**

Instructor: Tara Iula; Certified Personal Trainer

Monday's & Fridays

8:30 – 9:30am

Fee: \$88 1st session (6 weeks)

Fee: \$79 2nd session (5 weeks)

Knitting – Relaxed atmosphere for any level, from beginners to individuals who may need help on a specific pattern. **First Session Begins January 9. Second Session Begins March 5.**

Instructor: Carole Merrill

6 weeks

Monday's

6:30 – 8:30pm

Fee: \$30/session

Girls on the Go – Lace up your favorite kicks and grab a friend and come join these fun non-competitive groups. You can participate in all or one of the following programs: Walking/Running Group, Boot Camp, Stroll-n-Roll, you choose. These winter groups are contingent on the weather. Go to www.girlsonthego.info for weather updates and a full schedule of the programs. Purchase a 10 class card for use with any of the programs.
Instructor: Erin Brenton Fee: \$45/10 class card

Basic Life support (CPR/AED) for Healthcare Providers-Location Beal House-This Certification course is intended for nurses and other healthcare professionals, but you do NOT have to be a healthcare professional to take the course. Course includes infant child, and adult techniques for choking and CPR (for 1 and 2 rescuers), AED (defibrillator) training, and use of barrier devices. Course includes written exam. American Heart Association certificates issued.
Instructor: Barbara Augello, M.S., EMT-B
Sat. January 7 9:00am-1:00pm or Fee: \$45
Sat. March 10 9:00am-1:00pm

Heartsaver CPR AED: Adult/Pediatric-Location Kingston Library – This is a basic certification class designed for non-medical workers who need certification, or child care providers and the general public. Older siblings and babysitters also welcome (11 years old and up). Learn to save the life of an adult, child and infant. The course includes instruction in choking emergencies, CPR and AED (automatic external defibrillator). There is no written exam. American Heart Association certificates issued. For more program information go to www.healthednewengland.com.
Instructor: Barbara Augello, M.S., EMT-B
Sat. Feb. 4 9:00am-12:00pm Fee: \$40

Coed Volleyball - Location: Kingston intermediate School Gymnasium
Join this league to run January - March. 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 January 5 – March 29.**
League Coordinator: Tricia Ross & Kaitlyn Bergeron
Thursday's 7:00 – 9:00pm Fee: \$30

Special Events

Luminary Holiday Entertainment - Location: Reed Community House
Come listen to music performances by great family entertainers and other artistic groups. Get warm with cider and hot chocolate, and help us decorate the giving tree by bringing hats, scarves, mittens, or gloves to hang on the tree. Items will be donated to Pilgrims Hope, a local family shelter. Kids can enjoy various craft stations in the lower hall from 6:30-7:30pm.
Saturday, December 17 Time: 6:30 – 8:00pm Fee: Free

Flashlight Candy Cane Hunt – It has been rumored that someone has left some candy canes on the grounds at the Recreation Department. Bring your flashlight and help us find them. First, we'll decorate a bag for collecting the candy canes. After we collect the candy canes, we will enjoy cookies and cocoa and enjoy singing and puppet story with Mamasteph and puppet Snowy. **Parents must accompany children.** Dress according to the weather. **Pre-registration is required.**
Ages: 3 – 10
Friday, January 20 6:30 – 8:00pm Fee: \$5/child or
\$10/Family

