



City of New Bedford  
Parks, Recreation and Beaches

**Administrative Offices of  
Parks, Recreation and Beaches**  
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**Andrea McCoy Recreation Center**  
181 Hillman St.  
Phone: (508) 991-6298

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New Bedford Parks, Recreation and Beaches



**Sign up now! Programs fill up fast!**



**Spend Some Time  
in New Bedford's  
Big Back Yard.**



# New Bedford Parks Recreation & Beaches Winter Programs

## 2014



## Program Policies and Registration

All programs are offered to New Bedford residents on a first come, first serve basis. New Bedford Parks, Recreation & Beaches reserves the right to cancel or consolidate any program that does not meet the minimum participation registration numbers. Carefully read each program description you are interested in to see specific rules and regulations regarding your desired program.

## Membership Registration

All Andrea McCoy Recreation Center program participants must register to become a member. If you would like to participate in a city-wide event you DO NOT have to be a member. To become a member you must:

- Be a resident of the City of New Bedford (Photo ID Required)
- Complete the membership application
- Membership is FREE for all New Bedford Residents

## Program Registration

If you're interested in registering for a program please visit the Andrea McCoy Recreation Center at 181 Hillman St., New Bedford, MA 02740 or call the PRB Administrative Offices at (508) 961-3015. Registrations will be accepted until the program is full. All forms must be filled out completely or they will not be accepted. Pre-registration is preferred, so sign up quickly!

## Payment

For programs that have a fee associated the payment is due at the time of registration, acceptable form of payment is a: Check, or Money Order made payable to CITY OF NEW BEDFORD. A fee of \$25 will be charged to any check returned for insufficient funds. No new registration of programming will be allowed until \$25 fee is paid.

## Program Course Confirmation

No confirmations are sent out. A participant is registered only when payment is received, unless the department notifies you otherwise. We will only notify you if there are any problems.

## Refunds

All programs are non-refundable, unless the department cancels a program.

## Give the Gift of Fun and Fitness with a GIFT CERTIFICATE OR SPONSORSHIP to one of our programs!!



A Gift Certificate can be given to a son, niece, grandchild or neighbor as a great gift of an experience that they can enjoy and build on. You will receive a Gift Card for you to give to the recipient.



A Sponsorship is a Gift to a child in need in our City. We will select a child for you who could not attend class without your help. You can choose the class or allow the receiving child to choose it themselves.

*Thank you in advance for helping to promote  
Fun and Fitness.*

# Andrea McCoy Recreation Center

## Winter 2014 Calendar Overview

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### Little Ones Playtime

A daytime open gym for little ones (ages 0-5) and their grownups!

For two hours per day the gym will be stocked with balls, hula hoops, games, tumbling mats, and more! It's a great opportunity for children too young to go to school to have a safe, indoor place to play games, socialize and exercise! Best of all it's free of charge!

**Ages:** 5 & Under w/ Guardian  
**Day:** Monday / Wednesday  
**Length:** Year Round Activity  
**Summer Hours:** 1pm to 3pm  
**Total Cost:** Free with membership!  
No Registration Required



### Homeschool Family Open Gym

We can accommodate your special needs. Contact us for more details.

**Ages:** Home schooled children and groups w/ Guardians  
**Day:** Monday / Wednesday  
**Length:** Year Round Activity  
**Summer Hours:** 1pm to 3pm  
**Total Cost:** Free!  
No Registration Required



### Let's Move! Beyond The Bell After School Program

Let's Move! Beyond the Bell After School Program for New Bedford elementary age students on early release Fridays. Students will participate in fun, educational programming taught by our staff. Activities will include sports and games, arts and crafts, and outdoor nature studies.

This free program for elementary school age children is on a first come, first serve basis and will be limited to 30 students. Parents must provide transportation and children must be picked up no later than 4pm each day. Program will only be run on days in which the students are in school (no holiday classes).

**Ages:** Students Grades 1-5  
**Day/Length:** Fridays beginning December 6<sup>th</sup> - Remainder of the school year  
**Time:** 1:30pm to 4pm  
**Total Cost:** Free (Limited to 30 students!)  
Registration is required



### Family Open Gym

Saturday mornings the gym is stocked with balls, hula hoops, games, tumbling mats, & more! We lower some of the hoops for our younger basketball enthusiasts. It's a great opportunity for families to spend time together and to socialize with other families and kids. Best of all, it's free of charge!

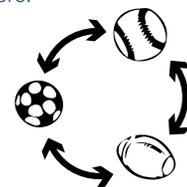
**Ages:** 12 & Under w/ Guardian  
**Day:** Saturday  
**Length:** Year Round Activity  
**Time:** 10am to 12pm  
**Total Cost:** Free with membership!



### Game of the Week!

Saturday afternoons consist of structured games lead by McCoy Rec Center staff. Each week we will pick a new game and all members ages 11 to 16 are welcome to stop in and play. Examples include T-Ball, Zero Contact Football, Dodgeball, Basketball, Soccer, and more.

**Ages:** 11 to 16  
**Day:** Saturday  
**Length:** Year Round Activity  
**Time:** 3pm to 5pm  
**Total Cost:** Free with membership!  
No Registration Required



### Dodgeball

The gym will be reserved for supervised youth Dodgeball. Both Traditional and Sit Down Ball. Traditional Dodgeball uses two teams and a half court line. Sit Down Ball is every player for themselves! Sneakers are required.

**Ages:** 11 to 15  
**Day:** Wednesday  
**Length:** Year Round Activity  
**Time:** 3pm to 5pm  
**Total Cost:** Free with membership!  
No Registration Required



### R.A.D. – Recreational Adult Dodgeball

"If you can dodge a wrench, you can dodge a ball!"

The rumors are true! Every Thursday night is adult only dodgeball at the Andrea McCoy Rec Center. Are you looking for a fun way to stay fit over the winter? I bet you didn't consider dodgeball! Each two hour session is more fun than work. We play music, laugh a lot, and even run a few glow-in-the-dark games each night complete with strobe lights!

While the goal on the court is to eliminate your opponents, the social part of our weekly dodgeball night is just as important. Our soft foam rubber "no sting" balls help to create an environment that welcomes people of all experience levels. If you haven't played dodgeball since 3rd grade, it's OK! Our goal is to provide a fun and active alternative to people looking for a new type of social scene in the South Coast area.

Everyone 16+ is welcome (Rec Center membership is not required). We will use a co-ed 'open gym' format meaning that you can just show up and you will be assigned to a team.

**Ages:** 16+ Only  
**Day:** Thursday  
**Length:** Year Round Activity  
**Time:** 8pm to 10pm  
**Total Cost:** \$4 per week (no commitment required)  
No Registration Required! Open to non-residents!



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## Kickball

Everyone knows and loves kickball! Games will be played in the gym with the stage marking a homerun! Staff participate with the kids in this exciting game loosely based on the rules of baseball.

**Ages:** 11 to 15  
**Day:** Friday  
**Length:** Year Round Activity  
**Time:** Fridays 4pm to 5pm  
**Total Cost:** Free with membership!  
No Registration Required



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## Low Rim Basketball

The basketball hoops in the gym will be lowered to 8' (instead of 10') and youth sized basketballs will be provided for our younger basketball enthusiasts who are too small to play on a regulation hoop.

This is a free open gym session for kids ages 12 and under only.

**Ages:** 12 & Under  
**Day:** Mondays  
**Length:** Year Round Activity  
**Time:** 3pm to 5pm  
**Total Cost:** Free with membership!  
No Registration Required



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## McCoy Chess Club

Chess is a game that challenges the mind. Tactful strategies and concentration are part of learning the fundamentals of this challenging board game. Players will learn both the fundamentals and rules of the game, as well as proper chess etiquette and good sportsmanship.

Every Thursday the Andrea McCoy Rec Center will host chess matches on the stage. Participants who already know how to play will have the opportunity to match their skills against other players while new players are also encouraged to join us as we love to teach!

**Ages:** All Ages  
**Day:** Thursday  
**Length:** Year Round Activity  
**Time:** 4pm to 7pm  
**Total Cost:** Free with membership!  
No Registration Required



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## Hip Hop Dance For Kids

This is a class for kids who have little or no dance experience and want to learn all the latest moves in Hip Hop, Jazz, Pop, and Modern dance. Taught by Miss Amanda from A&M Dance Academy, students will learn to dance to their favorite age appropriate pop songs in no time! Students should wear loose fitting, comfortable clothes (no jeans) and sneakers.

**Ages:** 6 to 11  
**Length:** 10 Weeks / January 9<sup>th</sup> to March 13<sup>th</sup>  
**Day/Time:** Thursday 5pm to 5:45pm  
**Total Cost:** \$20  
Members only



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## Zumba™!

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, calorie-burning, Latin-inspired, dance-fitness party! The red-hot international music and contagious steps come together to form a class that is downright addictive.

Zumba Fitness classes are suitable for anyone 16 & up. Participants at any fitness level can get a great workout that doesn't feel like "work". So what are you waiting for? Ditch the workout and join the party! Sneakers are required.

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### Two Classes Available!!!

**Class 1**  
**Day:** Thursdays w/ Linda Dossantos  
**Length:** 10 Weeks / January 9<sup>th</sup> to March 13<sup>th</sup>  
**Ages:** 16 to Adult  
**Time:** 7pm to 8pm  
**Total Cost:** \$25 members / \$35 non-members

**Class 2**  
**Day:** Saturday mornings w/ Zumba Mike  
**Length:** Weekly Walk-in (*no commitment*)  
**Ages:** 16 to Adult  
**Time:** 9am to 10am  
**Weekly Cost:** \$8 per class – (cash, check, money order only)  
No membership required

**This class begins Saturday, December 7<sup>th</sup> and will run all Winter**



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## Yoga For Life

This program is designed for adults (ages 16+) of all fitness levels to increase flexibility, muscle strength, stamina, and lung capacity. Through Yoga postures, breathing exercises, and meditation techniques, participants will over time see an overall improvement in physical fitness and an improvement in mental clarity and focus.

**Ages:** 16 to Adult  
**Day:** Tuesday  
**Length:** 10 Weeks / January 7<sup>th</sup> to March 11<sup>th</sup>  
**Time:** 6:30pm to 7:45pm  
**Total Cost:** \$25 members / \$35 non-members



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## Walk With Ease

The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease. Benefits to You: Motivate yourself to get in great shape, walk safely and comfortably, improve your flexibility, strength and stamina, reduce pain and feel great!

**Day:** Monday  
**Length:** December 2<sup>nd</sup> – March 10<sup>th</sup>  
**Time:** 11am to 12pm  
**Total Cost:** FREE



### Boot Camp Fitness

An hour long workout that focuses on increasing cardiovascular level, muscular endurance, core strength, balance, and overall functional stability. This 9 week course will consist of a variety of different exercises and traditional movements. The primary goals of this class are to get a great overall workout, learn more about fitness, and to have fun in a challenging but rewarding environment.

**Ages:** 16 to Adult  
**Day:** Monday  
**Length:** 9 Weeks (no class January 20<sup>th</sup>)  
**Dates:** January 6<sup>th</sup> to March 10<sup>th</sup>  
**Time:** 6pm to 7pm  
**Total Cost:** \$30 members / \$40 non-members



### Kenpo Karate for Self Defense

American Kenpo Karate is a comprehensive, scientific, and analytical system of self defense that consists of basic stances, blocks, parries, punches, strikes, finger techniques, kicks, and foot maneuvers. Students will also learn defensive techniques against grabs, pushes, punches, kicks and holds. This class will be taught by 3<sup>rd</sup> Degree Black Belt and 2013 Creative Weapons World Champion Donna Bosworth of Dan Donfro's World Class Kenpo Karate Academy. Successful completion of this course will result in the opportunity to test for yellow belt ranking.

**Length:** 10 Weeks / January 7<sup>th</sup> to March 11<sup>th</sup>

**Ages:** 6 to adult  
**Days/Times:** Tuesday – 5pm to 6pm  
**Total Cost:** \$25 Individual / \$40 Family  
*Members only*



### Youth Soccer Clinic

Get your young player ready to play soccer by learning proper ball skills. All teaching is done indoors in a fun environment. This class covers all aspects of the game with special emphasis on dribbling, passing, shooting, good defensive habits, and game scrimmages.

Students should come with shorts and sneakers. Shin guards are recommended.

**Ages:** 8-13  
**Day/Time:** Thursday – 4pm to 5pm  
**Length:** 10 Weeks / January 9<sup>th</sup> to March 13<sup>th</sup>  
**Total Cost:** \$25  
*Members only*



### Marcus Will's All-Net Basketball

New Bedford High School's all time leading scorer and college basketball star Marcus Will's offers his well known training clinic 'All-Net Basketball' every Saturday at the Andrea McCoy Recreation Center. Through targeted drills and game play, each 60 minute class will teach students the proper fundamentals required to become a successful player at any level of the game.

**Ages:** 7 to 14  
**Day:** Saturday  
**Length:** 10 Weeks / January 4<sup>th</sup> to March 15<sup>th</sup>  
(no class January 25<sup>th</sup>)  
**Time:** 12pm to 1:15pm  
**Total Cost:** \$35  
*Members only*



### Floor Routine Gymnastics

Students will be taught the proper techniques used at the beginning levels of gymnastics and will progress towards more advanced techniques. Each student will be encouraged to develop and advance their skills according to their own abilities. Gymnastics helps build strength, flexibility, coordination, fitness, balance, and self confidence. The primary focus of this class will be floor routine exercises.

**Ages:** 6-12  
**Day:** Thursday  
**Length:** 10 Weeks / January 9<sup>th</sup> to March 13<sup>th</sup>  
**Time:** 6pm to 6:50pm  
**Total Cost:** \$60  
*Members only*



### Beginner Piano Lab

Want to learn to play the piano? This hands-on lab introduces note positions on the keyboard, the musical alphabet, vocabulary, time signatures, intervals and octaves, sharps and flats and fundamental practicing strategies. Further exploration will include foundation level finger positions, rhythm, theory, reading and comprehension and drills of short melody with both hands. Students progress at their own pace and are encouraged to do so.

Keyboards will be provided. If you have your own keyboard, you are welcome to bring it.

**Length:** 9 Weeks (no class January 20<sup>th</sup>)  
**Dates:** January 6<sup>th</sup> to March 10<sup>th</sup>  
**Day/Time:**  
Beginners – Mondays / 5pm to 6pm  
Advanced – Mondays / 6pm to 7pm  
(Advanced students have successfully completed a previous piano class at McCoy Rec Center or equivalent)  
**Ages:** 9 to Adult  
**Total Cost:** \$25  
*Members only*



### Acoustic Guitar for Beginners

Acoustic Guitar for the beginning student covers the fundamentals of guitar playing in a workshop setting. Exploration will include foundation level finger positions, plucking or strumming, rhythms, reading, and comprehension.

\*Note: Students are required to provide their own guitar

**Length:** 10 Weeks / January 7<sup>th</sup> to March 11<sup>th</sup>  
**Ages:** 7 to 12  
**Day/Time:** Tuesday - 5pm to 6pm  
**Total Cost:** \$25



### Art a la Carte - Holiday Art Workshop

Holidays getting too expensive? Join us for a creative penny pinching workshop. In this three week class, students will be able to create cost effective, handmade gifts for the holidays! Students will learn to make greeting cards, embellished picture frames, ornaments, stocking stuffers, cat toys and garlands for the winter season. This is a great class for the whole family! This class meets twice a week during school break.

\* All Materials provided

**Ages:** 7 to Adult  
**Day/Time:** Monday & Wednesday  
**Length:** Bi-Weekly for 3 Weeks / December 2<sup>nd</sup> to 18<sup>th</sup>  
**Time:** 5pm to 6:30pm  
**Total Cost:** \$25 (individual) - \$35 (family)



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## Girl Scouts

Project Re-Runway focuses on teaching girls to start thinking green through fun and fashion! Girls will learn to recycle, reduce and reuse household materials to create fun fashion items and accessories. Girls will learn the importance of recycling and its impact on the environment, their lives, and the world they live in. They will also create wearable fashion as well!

**Ages:** Grades 5 to 8

**Day:** Fridays

**Time:** 3:30-4:30pm

**Total Cost:** Current Girl Scout members \$25

New members \$50 (this includes \$25 yearly membership fee)



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## Parent's Night Out

Kids, want to have a fun night running around playing games, eating pizza and enjoying time with your friends!?!? Parents, want to get a night out for yourself at the beginning of the **holiday** season? We have just the thing for you! Sign up for Parent's Night Out and let your kids have some fun playing sports and games and arts and crafts, while having dinner, and you are enjoying a stress free evening out!

**Ages:** 6 to 12

**Date:** Friday, December 6th

**Time:** 5pm to 9pm

**Total Cost:** \$15

No membership required



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## McCoy Winter Wonderland and Holiday Event

Join us to celebrate the Winter Season and the upcoming holidays. Bring your family to participate in winter activities and a Holiday Tree Lighting. The Holiday Tree is a Giving Tree. Your family can donate a winter hat, a pair of gloves, or socks to a child in need. All donations will be hung on the Tree and donated to a local non-profit to be distributed to kids. We will have fun winter-time activities for all ages, so come join us in celebrating the coming of Winter!



**Date:** December 14<sup>th</sup>

**Time:** 4pm-6pm

**Everyone is Welcome!**

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## Monthly Movie Nights

Your family is invited to enjoy an evening with friends and neighbors as we transform the McCoy Rec Center into a movie theater. This free monthly event will feature only "G" or "PG" movies for the whole family (movies to be announced). Bring out a blanket and get comfortable for this fun, family event!

Our first movie will be the holiday classic 'A Christmas Story'. We will begin at 6pm on Saturday, December 14<sup>th</sup>. Food and beverages will be available for \$1. No outside food or drinks allowed.

**Ages:** All Ages!

**Day:** Saturday, December 14<sup>th</sup>

*(future dates and times to be announced)*

**Time:** 6pm

**Total Cost:** Free!



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## 3-on-3 Youth Basketball Tournaments

We will be hosting two different 3-on-3 tournaments for New Bedford players to showcase their talents.

Players are responsible for assembling their own teams and each tournament will be limited to 16 teams. Entry is free of charge but teams must pre-register prior to the start of the event. Prizes will be awarded to the winning teams.

### Tourney #1

**Ages:** 15 & Under

**Day:** Saturday, December 14<sup>th</sup>

**Time:** 1pm

**Total Cost:** Free!



### Tourney #2

**Ages:** 15 & Under

**Day:** Saturday, March 15<sup>th</sup>

**Time:** 1pm

**Total Cost:** Free!

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## Babysitter Certification Training

Gain the knowledge and skills necessary to safely and responsibly care for infants and children up to the age of 10. Learn how to manage a babysitting business. Get hands-on skills practice, training in first aid, and communication skills with children and parents, and much more. This course is taught by staff of the American Red Cross and successful completion includes a dvd and certificate of completion.

**Ages:** 11 to 17

**Date:** Saturday, December 7<sup>th</sup>

**Length:** One Day

**Time:** 12pm to 6:30pm

**Total Cost:** \$90



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## Andrea McCoy Recreation Center Youth Leadership Initiative

We want you for our Youth Leadership Initiative. If you are between the ages of 13-18, you can participate and develop Youth Leadership, using a proven model. You will experience self exploration, learn different leadership styles, goal setting and effective communication. Youth will apply their learning, by taking ownership in the development of programming at the Andrea McCoy Recreation Center and assisting with community service projects. Members will also be exposed to job readiness, resume creation, career exploration and college preparation. This program is offered through Mass Promise Fellowship in conjunction with New Bedford Parks, Recreation & Beaches.

