



SIGN UP NOW! PROGRAMS FILL UP FAST!



New Bedford Parks, Recreation & Beaches Spring / Summer Programs

2014



Spend some time in New Bedford's Big Backyard!

The Parks Recreation & Beaches Department is dedicated to planning, implementing, and supervising recreational, educational and cultural activities designed to enhance and improve the quality of life for all city residents. Our office promotes the engagement in and constructive use of all open and recreational spaces by the residents of the City of New Bedford and provides safe, well-maintained, and aesthetically pleasing parks, playgrounds, and outdoor recreation facilities. The City of New Bedford Parks Recreation and Beaches works in collaboration with other city departments to accomplish this mission while preserving our natural resources, promoting conservation, and educating city residents on our natural environment.

The department provides year –round recreational and educational programs for New Bedford residents in an environment that is safe and supportive for both youth and adults to explore their talents, build self esteem and empower healthy decision making. The health and wellness of people in New Bedford is dependent upon our recreational facilities, natural resources, and opportunities. The positive experience of this engagement enriches and strengthens the fabric of our community for today and the future. The department manages over 30+ parks, playgrounds, beaches, and recreational facilities through the governance of the Park Board of Commissioners.



Welcome!

Spring and summer are exciting times to be outdoors exploring our beautiful urban green spaces. These public spaces belong to us all and should be enjoyed, cherished and respected as common spaces for us to meet, play, be active, and re-create. We are blessed with beautiful parks all across our city and sparkling beaches in the south end. Inside this brochure, you will find many diverse programs for families, youth and adults to get moving, try new activities, or socialize ranging from one day events to on-going classes. We are confident that there is something here for everyone. Enjoy.

- Mary S. Rapoza, Director of Parks Recreation & Beaches



Spring / Summer Programs

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General Program Policies and Registration

Participants Responsibility

We ask that all participants respect the staff, other participants, age requirements, and the equipment. Youth programs require the same code of conduct as is expected during school hours. Please thoroughly read and review all policies prior to enrolling a program. If they are unclear to you, please ask questions. All participants must pre-register for all applicable programs. 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.

Andrea McCoy Recreation Center

To utilize the programs and activities at the recreation center you must be a member and your membership ID is required upon entering the facility. Your membership provides you the opportunity to participate in all open gym activities. Memberships will be issued at the Recreation Center during normal business hours. To obtain membership you must provide proof of residency. Acceptable proofs of residency include a current utility bill, voter registration card or driver's license. For children, a report card or school I.D. card with an address will serve as valid proof.

Weather Cancellations

When the New Bedford Public Schools are closed because of emergencies or weather conditions, all Recreation Department programming will be cancelled for the entire day. If a storm develops later in the day please call the Parks, Recreation & Beaches office for an update.

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.

Refunds

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

**PLAY IN
THE PARK**
& SUMMER FOOD PROGRAM

Join us at one of the following locations Monday through Friday from 10am to 2pm starting June 30th and ending August 29th.

Each location will serve a nutritious meal along with games, physical fitness programs and special events!



Andrea McCoy Recreation Center
Ashley Park
Blue Meadows Housing
Brickenwood Housing
Brooklawn Park
Buttonwood Park
Clasky Common Park
Dottin Place Housing
Hayden McFadden School Playground
Hazelwood Park

Magnett Park
Montes Park
Nashmont Housing
Parkdale Housing
Riverside Park Playground
Roberto Clemente Park
Ruth Street Tot lot
Satellite Housing
Shawmut Housing
Westlawn Housing

*subject to change

For more information call New Bedford Parks, Recreation and Beaches at (508) 961-3015 or email at infoPRB@newbedford-ma.gov



Look for us at AHA! nights where each month we participate with family and kid friendly activities, every second Thursday.

Free Fitness Fun in the Park!

Sponsored by Down to Earth Natural Foods
Supported by Parks Recreation & Beaches



SCHEDULE: CLASSES WILL RUN 8 WEEKS FROM JUNE 23 TO AUGUST 13

BUTTONWOOD PARK

MONDAYS

Tai chi: 7:30am to 8:30am
Yoga: 8:30am to 9:30am
Family Boot Camp: 6:00pm to 7:00pm
Hula Hoop: 7:00pm to 7:30pm

HAZELWOOD PARK

WEDNESDAYS

Tai Chi: 7:30am to 8:30am
Yoga: 8:30am to 9:30am
Family Boot Camp: 6:00pm to 7:00pm
Hula Hoop: 7:00pm to 7:30pm

City of New Bedford Parks and Playgrounds

PARK NAME	WALKING	PICNIC AREA	TENNIS	BASKETBALL	RECREATION FIELDS	COMMUNITY CENTER	NATURE PATHS	SPLASH PAD	PLAYGROUND
Ashley Park	X				X	X		X	X
Baby Kenney Tot Lot	X								X
Beauregard-Pina Playground	X								X
Ben Rose Field	X							X	X
Bonney St. Playground	X								X
Brooklawn Park	X		X	X	X	X	X	X	X
Buttonwood Park	X		X	X	X	X	X		X
Camara Field					X				
Clasky Common Park	X			X				X	X
Custom House Square	X								
Eddie James Playground	X						X		
Fort Taber Park	X					X	X		X
Gomes School Park	X			X	X				X
Harrington Park	X			X					X
Hazelwood Park	X			X					
Hillman St. Park	X			X		X			X
Loretta Borque Park	X								
Magnett Park	X			X	X			X	X
Marine Park	X								X
Monte Playground	X			X				X	X
Pine Hill Park	X			X					X
Pulaski Park	X						X		
River's End Park	X						X		X
Roberto Clemente	X			X					X
Ruth St. Common	X								X
Victory Park	X								
Washburn Park	X			X					X
Washington Square	X								
West End Playground	X								X

For more information on locations, hosting an event in a park, and further amenities contact the Parks Recreation & Beaches Office at (508) 961-3015 or email infoPRB@newbedford-ma.gov

Day Camps and Family Fun

School Vacation Day Camps

A structured day camp for children who want to be active and have fun during the February and April school vacation weeks. Camp members will also receive a nutritious lunch and healthy snacks each day. Families must arrange transportation and children must be picked up by 4pm each day. Space is limited and these camps will fill up fast! Pre-registration is required. Contact The McCoy Rec Center for more information.

Ages: 5 to 13

Day: Monday through Friday

Time: 8am to 4pm

Session 1 (February Vacation) - February 17th-21st

Session 2 (April Vacation) - April 21st-25th

Cost: \$100 per week + \$50 per week for each sibling

Daily Cost: \$25 per day + \$15 per day for each sibling

Kennedy Summer Day Program at the Fort Taber Community Center & Kennedy Summer Day Program Satellite at the Andrea McCoy Rec Center



A fun, exciting summer experience for ages 5-13 yrs. Participants take part in outdoor activities, on site learning exploration, arts and crafts, nature studies, and more. Participants can access a Free lunch and breakfast. Free

transportation is available to Fort Taber only.

Dates: June 30- Aug. 22, 4 - 2 week sessions

Time: 8 am – 3 pm

Ages: 5-13

Cost: \$135 per session per child for New Bedford Residents (Some financial aid is available.)

\$155 non-residents per session per child

For more information or a registration packet, contact the PRB office.

Let's Move! Beyond the Bell After School Program

Each early release Friday, students participate in fun, educational programming taught by our staff. Activities will include homework help, 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, is limited to 24 students, and has a strict attendance policy. Parents must arrange transportation and children must be picked up no later than 4pm each day. Program only runs on days in which the students are in school (no holiday classes).

Ages: Students Grades 1-5

Day/Length: Every Friday during the school year

Time: 1:30pm to 4pm

Total Cost: FREE (Limited space)

Members only / Registration is required

Family Open Gym

Every Saturday morning 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!

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!

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

Fitness

One Year to A New You!

Are you serious about getting in shape this year? Would you like to explore a variety of different types of fitness classes to find out which ones suit you best? We have just the program for you! Beginning in the Spring we will offer a fitness package that allows you to **take any (5) fitness courses offered at the McCoy Rec Center for only \$120**. These are good for any fitness class we offer and you have a full year to use them!

Total Cost: \$120 members / \$140 non-residents

**All 5 classes must be taken within the following 4 seasons after purchase and cannot be extended, refunded, or transferred to another person.*

Zumba TM!

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.

Spring Session: March 20th to June 5th (12 weeks)

Summer Session (held at the air conditioned Ft. Taber Community Center): (12 Weeks) June 12th to August 28th

Ages: 16 to Adult

Day/Time: Thursdays from 7pm to 8pm

Total Cost: \$30 members / \$40 non-residents

(This class may also be taken for \$8 per week w/ no commitment)

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 in time see an overall improvement in physical fitness and an improvement in mental clarity and focus.

Spring Session: 10 Weeks / April 1st to June 3rd

Summer Session: 10 Weeks / June 24th to August 26th

Ages: 16 to Adult

Day/Time: Tuesdays from 6:30pm to 7:45pm

Total Cost: \$25 members / \$35 non-residents

(This class may also be taken for \$5 per week w/ no commitment)

Vinyasa Flow Yoga

Yoga is beneficial for reducing stress, increasing strength, and centering the mind. This class is a vinyasa flow, which focuses on the connection between breath and movement. All levels are welcome as variations to modify or intensify poses will be offered.

Summer Session (held at the air conditioned Ft. Taber Community Center)

12 Weeks / June 12th to August 28th

Ages: 16 to Adult

Day/Time: Thursdays / 7pm to 8pm

Total Cost: \$25 members / \$35 non-residents

(This class may also be taken for \$5 per week w/ no commitment)

Chair Yoga

Senior Yoga provides older adults an opportunity to become active in their community while improving their strength, flexibility and overall mobility. Our Senior/Chair Yoga class is designed to meet the specific needs of seniors and is structured to benefit everyone at any level of health and fitness.

Spring Session: March 31st to June 2nd (No class May 26th)

Summer Session: June 23rd to August 25th

Ages: Designed for ages 55+ but open to all

Day/Time: Monday from 11am to 11:50am

Total Cost: \$20 members / \$30 non-residents

(This class may also be taken for \$4 per week w/ no commitment)

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.

Starts July 8th

Tuesdays 9am, Buttonwood Park Community Center

Thursdays 530pm, Fort Taber Community Center

Total Cost: FREE

Boot Camp Fitness

A 60 minute workout that focuses on increasing cardiovascular level, muscular endurance, core strength, balance, and overall functional stability. This 10 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.

Spring Session: March 31st to June 9th

(7pm class start on April 14th, No class May 26th)

Summer Session: June 23rd to August 25th

Ages: 16 to Adult

Day/Time: Mondays from 6pm to 7pm

Total Cost: \$30 members / \$40 non-residents

(This class may also be taken for \$8 per week w/ no commitment)

Pilates

Each 60 minute class teaches the essential level Pilates repertoire using various Pilates routines; The workout will strengthen the core, develop leaner, longer-looking muscles and heighten mind-body awareness using a variety of equipment.

Summer Session (held at the air conditioned Ft. Taber Community Center)

Length: 12 Weeks / June 12th to August 28th

Ages: 16 to Adult

Day/Time: Thursdays / 5pm to 6pm

Total Cost: \$25 members / \$35 non-residents

(This class may also be taken for \$5 per week w/ no commitment)

Tai Chi

Tai chi and Qi gong are exercises that promote health, flexibility, stability, longevity, and well-being. Based on the principles of traditional Chinese medicine and philosophy, these arts build new vitality and deep relation with continued practice and age. Classes are suitable for beginners and intermediates of all ages. Wear loose fitting clothes and sneakers.

Day/Time: Tuesdays / 6pm to 7pm

Length: 10 Weeks / June 24th to August 26th

Ages: 16 to Adult

Total Cost: \$25 members / \$35 non-residents

(This class may also be taken for \$5 per week w/ no commitment)

Meditation

A comprehensive introduction to the art of Buddhist meditation, this course provides the opportunity to learn and practice meditation in a supportive setting. Buddhist Meditation includes practices that help us become more easeful, less distracted, and more emotionally positive and creative. The class will explore ways to develop mindfulness with a focus on establishing an effective practice.

Participants benefit from practicing regularly with a consistent group and check-ins on individual practice. Classes are suitable for beginners and intermediates of all ages. Wear loose fitting, comfortable clothes.

Day/Time: Tuesdays / 7pm to 8pm

Length: 10 Weeks / June 24th to August 26th

Ages: 16 to Adult

Total Cost: \$25 members / \$35 non-residents

(This class may also be taken for \$5 per week w/ no commitment)

Sports

Youth United Summer Basketball

New Bedford Youth United and Parks Recreation & Beaches are teaming up to offer a recreational summer basketball league where youth meet at different parks across the city to learn and play the game of basketball. Youth United is going on its tenth year operating the summer league, providing youth the opportunity to learn the game and meet new friends at the same time.

Registration and work-out dates (All participants must attend):

Registration Dates:

March 29th, 10am-12pm Andrea McCoy Recreation Center

April 26th, 10am-12pm Andrea McCoy Recreation Center

Workout Dates:

Saturday, May 10th & 11th 10am-12pm –Buttonwood Park

Saturday, May 25th & 26th 10am-12pm – Buttonwood Park **Ages:** Sophomore Division: 9-11; Junior Division: 12-15; Senior Division 16-18 (Girls and Boys welcome)

Days: Mondays and Thursdays

Location: Parks throughout the city

Time: 5pm-8pm (Game Schedule will be provided)

Starts: June 16th Ends: July 25th

Total Cost: \$25

Adult Beach Volleyball League

Have fun and exercise in the sun with this great beach sport! League will consist of a competitive 2on2 division (Mens/Ladies) and a recreational co-ed 4on4 division. Traditional beach volleyball rules; will be held on the courts at East Beach.

Ages: 16+

Length: 8 weeks (6 week reg. season; 2 weeks of playoffs)

Day/Time: Mens/Ladies 2on2 Div. – Weds Nights 6pm; coed 4on4 Thurs. Nights 530pm

Total Cost: \$25/ person

Marcus Will's All-Net Basketball

New Bedford High School's all time leading scorer and college basketball star Marcus Wills' 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

Spring Session: March 29th to June 7th (No class May 24th)

(Spring non-resident enrollment opens March 17th)

Summer Session: June 28th to August 30th

(Summer non-resident enrollment opens June 9th)

Day/Time: Saturdays from 12pm to 1:15pm

Total Cost: \$35 members / \$45 non-residents

Youth Developmental Basketball Clinic

Loyola University and Cape Verde National team star Brian Rudolph's clinic will focus on the basic fundamentals of basketball. Designed for our youngest enthusiasts, this clinic will place an emphasis on dribbling, footwork, shooting, passing, and defending.

Ages: 5 to 9

Day/Time: Mondays from 5pm to 5:50pm

Spring Session - March 31st to June 9th (No class May 26th)

(Spring non-resident enrollment opens March 17th)

Summer Session- June 23rd to Aug.25th

(Summer non-resident enrollment opens June 9th)

Total Cost: \$25 members / \$35 non-residents

Leaders Basketball Clinic

This **advanced** clinic is for high school players that want to take their game to the next level. Taught by Loyola University and Cape Verde National team star Brian Rudolph, each intense 90 minute class will be full of drills and techniques used at the collegiate and professional levels.

This class will cover all aspects of the game and each student is expected to go game speed through each of the drills, scrimmages and conditioning exercises.

It's highly recommended that participants of this clinic have played at least Junior Varsity high school basketball.

Ages: 14 to 18

Day: Saturday

Length: 10 Weeks / June 23rd to August 25th

(Non-resident enrollment opens June 9th)

Time: 1:30pm to 3pm

Total Cost: \$60 members / \$70 non-residents

Instructional Lacrosse Clinics

Girls and Boys

In partnership with local area coaches and the Greater New Bedford Breakers PRB will be hosting lacrosse clinics this summer. Clinic will focus on fundamentals of lacrosse, catching, throwing, movement and teamwork. Equipment is limited, please call with questions. Participants will be divided by age and skill level.

Ages: 9-16

Day/Time: Girls - Tues. 530pm-730pm (Ben Rose Park); Boys Weds. 530-730pm (Normandin Middle School)

Summer session: July 1st -August 22nd (8 weeks)

Total Cost: \$35 residents/ \$40 non-residents

Adult Tennis Under the Lights

Two open court nights at the Andrea McCoy Athletic Complex located on Hunter St. in New Bedford, MA. Courts will be lit from 7:30pm-9:30pm for players of all skill levels. Matches can be arranged with similar skill levels if a player pre-registers.

Tuesdays and Thursdays starting June 24th

Tennis Courts located off of Hunter St adjacent to the complex

Youth Tennis

Learn the basics of tennis this summer at the Andrea McCoy Athletic Complex. Instructors will provide small group instruction over three week sessions. All program curriculum are provided by the USTA New England. Courts are located on Hunter St. side of complex.

Session One (Jul.15th - Jul.31st); Session Two (Aug. 5th - Aug. 21st)

Ages: 8-14

Day: Tuesdays and Thursdays

Time: 8am-9:45am

Start Date: July 10th

Cost: \$35 per child

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 15 are welcome to stop in and play. Examples include T-Ball, Zero Contact Football, Dodgeball, Basketball, Soccer, and more.

Ages: 11 to 15

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.

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

The rumors are true! Every Thursday night is adult only dodgeball at the Andrea McCoy Rec Center. Are you looking for a fun, social way to stay fit? Each 2 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! 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: 3rd Thursday of every month

Time: 8pm to 10pm

Total Cost: \$5 per week (no commitment required)

No Registration Required! Open to non-residents!

Kickball

Everyone knows and loves kickball! Games will be played in the gym with the stage marking a homerun! Staff participates 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

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

30+ Open Gym Basketball

Every Monday night from 7pm to 9pm is open gym basketball pickup games for ages 30 & over. This session is open to everyone (membership is not required) and is a walk in session (no team required).

Ages: 30 & Over

Day: Every Monday (*beginning April 21st*)

Length: Year Round Activity

Time: 7pm to 9pm

Total Cost: \$5 per week (no commitment required)

No Registration Required! Open to non-residents!

Educational

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 also learn defensive techniques against grabs, pushes, punches, kicks and holds. This class is taught by 3rd Degree Black Belt and 2013 Creative Weapons World Champion Donna Bosworth of Dan Donfro's World Class Kenpo Karate Academy.

Successful completion of the Spring course will result in the opportunity to test for yellow belt ranking. The Summer class will be an 'All Skills' program, meaning it is appropriate for both beginner and advanced students.

Spring Session (Beginners): 10 Weeks / April 1st to June 3rd

(Spring non-resident enrollment opens March 17th)

Summer Session: 10 Weeks / Jun. 24th to Aug. 26th

(Summer non-resident enrollment opens June 9th)

Ages: 6 to Adult

Day/Time: Tuesdays from 5pm to 6pm

Total Cost: \$25 members / \$35 non-residents

Swim Lessons

The Parks Recreation & Beaches waterfront staff will be offering swim lessons at Fort Taber Beach starting July 9th through August 23rd. The lessons will be facilitated by PRB lifeguarding staff and will be offered for beginner swimmers. Times and swimmer levels are listed below:

Group A (Level 1-2) Tues. -Thurs. from 9am-945am

Group B (Level 3+) Tues. - Thurs. from 10am - 1045am

Location: Fort Taber Beach

Total Cost: FREE

Registration: MUST PRE-REGISTER

McCoy Chess Club

Every Thursday the Andrea McCoy Rec Center will host chess matches.

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

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

Day/Time: Thursdays from 5pm to 5:50pm

Spring Session: 10 Weeks / April 3rd to June 5th

(Spring non-resident enrollment opens March 17th)

Summer Session: 10 Weeks / June 26th to August 28th

(Summer non-resident enrollment opens June 9th)

Total Cost: \$25 members / \$35 non-residents

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 to 12

Day/Time: Thursdays from 6pm to 6:50pm

Spring Session: 10 Weeks / April 3rd to June 5th

(Spring non-resident enrollment opens March 17th)

Summer Session: 10 Weeks / June 26th to August 28th

(Summer non-resident enrollment opens June 9th)

Total Cost: \$60 members / \$70 non-residents

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 pace and are encouraged to do so. *Keyboards will be provided. If you have your own keyboard, you are welcome to bring it.

Ages: 9 to Adult

Day/Time: Mondays 6pm to 7pm

Spring Session: 10 Weeks / Mar. 31st to Jun. 9th (**No class May 26th**)

(Spring non-resident enrollment opens March 17th)

Summer Session: 10 Weeks / June 23rd to August 25th

(Summer non-resident enrollment opens June 9th)

Total Cost: \$25 members / \$35 non-residents

Superheroes Anonymous: Superhero Academy

People of all ages can realize their superhero potential through a series of fun and educational workshops designed to enhance self-confidence, physical fitness, and imagination, as well as encourage community involvement and creative altruism. Workshops will include: costume making, meditation, self defense, and leadership. Mission planning and volunteer opportunities will also be included in the curriculum.

Ages: Designed for ages 6-12 but fun for the whole family!

Day/Time: Saturday / 2pm

Spring Session: 6 Weeks / May 3rd to June 14th (**No class May 24th**)

Summer Session: 6 Weeks / June 28th to August 2nd

Total Cost: \$60 individual / \$100 family

Marionette Makers

Marionettes are puppets with movable joints that are controlled by a puppeteer and manipulated using wire, strings, rods, or by hand. This puppet building class will focus on building marionettes together to create enough characters to perform a puppet show.

**All Materials provided*

Ages: 6-12

Days/Times: Wednesday / 6pm to 8pm

Length: 10 Weeks / June 23rd to August 25th

(Summer non-resident enrollment opens June 9th)

Cost: \$60 members / \$70 non-residents

Intro to Manga Graphic Novel Illustration

Manga are comics from Japan that have their own artistic signature. Drawing and creating Manga is an art form that takes practice and creativity. You will learn the different styles, such as shonen and shoujo, and the differences between them both in the techniques and artistic relevance. Learn how to draw a Manga and tell a story in pictures. Using your knowledge of the Manga styles, develop an individual style and narrative to match. This class meets twice per week for 8 weeks.

**All Materials provided*

Ages: 9 to adult

Day: Wednesday

Length: 10 Weeks / April 2nd to June 4th

(Non-resident enrollment opens March 17th)

Time: 6pm

Total Cost: \$30 members / \$40 non-residents

Drawing from Nature

We will be Drawing from Nature this summer in the McCoy Outdoor Classroom. Participants will create art with various materials including pencils, chalk, markers, etc. using the outdoor space as the artistic reference. Draw trees, gardens, birds, the built environment and more. **all materials provided*

Ages: 9 to adult

Day: Tuesday

Length: 10 Weeks / June 24th to August 26th

(Non-resident enrollment opens June 9th)

Time: 10am

Total Cost: \$30 members / \$40 non-residents

Saturday Learning Series

Beginning in June of 2014, we will be hosting a collection of one day classes on a wide variety of subjects in our brand new Enrichment Center located in the basement of the Andrea McCoy Rec. This diverse series will cover a wide range of subjects taught by local experts. Everything from 'Learning to Read Tarot Cards' and 'Raising Urban Chickens', to 'Resume Building' and 'Basic Bicycle Repair and Maintenance'. The full schedule of classes will be available at the Rec Center and updated frequently.

Ages: Varies by class

Day: Saturday

Total Cost: Class cost will range from Free to \$25 (depending on the class)

**Contact the Andrea McCoy Rec Center for class schedules and more details.*

Events

Monthly Family Movie Nights

Your family is invited to enjoy an evening with friends and neighbors as we transform the McCoy Rec Center into a neighborhood theater! This **FREE** monthly event will feature only "G" or "PG" movies for the whole family. Bring a blanket and get comfortable for this fun, family event! **Movie night is the 3rd Saturday of each month.** Start times will vary by month (call the Rec Center for more details). Food and beverages will be available for purchase. No outside food or drinks allowed.

Upcoming titles include:

March – **March of the Penguins**

April – **Good Burger**

May – **Pee-Wee's Big Adventure**

June – **Wreck-It-Ralph**

July – **The Iron Giant**

August – **E.T.**

Greater New Bedford Youth Mile

Sponsored by the Greater New Bedford Track Club
The youth mile is a run to promote healthy habits for students K-8 in the Greater New Bedford area. Participants will run 1 mile on the Andrea McCoy track and will be split into heats according to their age group (Kindergarten, Grades 1-3, 4-6, and 7-8). The day will also host track and field workshops by local high school athletes.

June 21st, 10am

**Andrea McCoy Athletic Complex
New Bedford, MA 02740**

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, March 15th

Time: 1pm

Total Cost: Free!

TOURNEY #2

Ages: 15 & Under

Day: Saturday, September 6th

Time: 1pm

Total Cost: Free!

Andrea McCoy Re-Grand Opening

Celebrate the Opening of the Enrichment Center at the Andrea McCoy Center featuring a Computer Lab, Classroom, Kitchen, Studio and Conference Center and the official opening of the McCoy Outdoor Classroom.

Date: June 21st

Time: 10am 2pm

Everyone is Welcome! Free!

Annual Spring Egg Hunt

Join us for this annual celebration of all things spring. We will play traditional and new games including sack races, egg relays, and more. This year's egg hunt will be a little different so come on out and join the fun.

April 12, 2014

10am – 2 pm (FREE)

Riverside Park



The new **McCoy Outdoor Classroom** will be in bloom and full production with the help of our volunteer members and youth. Participants will plant and harvest vegetables and herbs in the raised beds each Friday afternoon beginning in late March and continuing throughout the summer. Produce will be shared among the participants. For more information or to get involved, contact the Andrea McCoy Recreation Center"

Celebrate Parks and Recreation Month when "Out is In"

Great Outdoors Day with Parks Recreation & Beaches, the National Park Service, 3rd Eye and others. Adventures in all things outdoors including camping lore, nature studies, conservation, and more.

Buttonwood Park. July 19, 2014

10 am – 3pm

Join us for the First Annual Daniel Ricketson's Day in Brooklawn Park

Sat., May 17, 2014

10 am – 3 pm

Opening ceremony for Brooklawn Trails with guided trail walks throughout the day. Family Activities include Rural Calendar participation. We will build on Ricketson's records of the natural ecology of Brooklawn Park with Birds counts, recording of blooms, also scavenger hunt.

- Sing along Picnic

- Shanty Play – by Carl Simmons

- Speakers will discuss Ricketson's role in New Bedford including

Ricketson A New Bedford Naturalist and A History of Brooklawn Park.

Beaches

Spend some time in the sand!

New Bedford has wonderful beaches all throughout the South End of the city. Beaches are guarded by a professional waterfront team from the last weekend in June through Labor Day. Come on down and enjoy the sand, the sun, and all of the fun!



East Beach (East Rodney French Blvd.)

New Bedford is blessed with clean, safe, family friendly beaches. **Come and enjoy the sparkling waters and sun bathe on the sandy shores** at East Beach which is also home to our new improved beach volleyball courts as well as the newly formed Adult Recreation Beach Volleyball League.



West Beach (West Rodney French Blvd.)

West Beach is a swimmers paradise with a fully accessible pavilion providing shade, cool breezes, beautiful sunsets and a fully accessible bathhouse.



Beach at Fort Taber Park

Fort Taber beach boasts sweeping views of New Bedford Harbor all on the backdrop of historic, beautiful Fort Taber Park. Sit with your toes in the sand or take a walk throughout the park to enjoy the incoming boats from our working waterfront, the wide-array of wildlife, and the park's historic nature.

BEACH PARKING PROGRAM

Throughout the summer the City of New Bedford hosts a beach parking program at West, East and Fort Taber Beaches. The program requires residents and non-residents to acquire a seasonal parking pass or pay a daily rate for parking. Parking permits can be acquired on site during the season or at the following locations:

**Parks Recreation and Beaches
Administrative Offices
181 Hillman St.
New Bedford, MA 02740**

**City Clerk's Office
133 Williams St.
New Bedford, Ma 02740**

Volunteer!

***Do you love New Bedford's great outdoor spaces?
Are you interested in promoting recreational activities?
Do you have a skill such as birding or orienteering that would help us
bring nature studies to New Bedford?***

We have volunteer opportunities for youth and adults to: keep our parks clean and safe, promote and facilitate recreational and nature programs, and more. For more Information contact the PRB Offices at (508) 961-3015 or infopr@newbedford-ma.gov

Looking for a place to host a function?

Available Community Centers



Fort Taber Community Center

1000A S. Rodney French Blvd.
Available Mon.-Thurs. 6am-9pm
Frid.-Sund. 6am-10pm

Fort Taber Community Center is located in historic Fort Taber Park. The center provides sweeping views of New Bedford's beaches and bustling harbor. The community center boasts a beautiful function hall with a small kitchen, large restrooms, an adjacent lawn area, and outdoor picnic style seating. It is great for all types of functions and can comfortably seat up to 150-175 with substantial parking for all.

Residents: \$50/hr
Non-residents: \$80/hr
*3 Hr minimum rental



Buttonwood Park Community Center

1 Oneida St.
Available
Mon.-Frid.. 5pm-9pm
Sat.-Sund. 6am-10pm

The Buttonwood Park Community Center is located in the middle of historic Buttonwood Park. The community center is adjacent to a variety of walk pathways, gardens, the Buttonwood Park Zoo, the playground and much more. The community center can accommodate a party of up to 100 and is best used for birthday parties, small family gatherings, meetings and other small group functions.

Residents: \$40/hr
Non-residents: \$80/hr
*3 Hr minimum rental



Brooklawn Park Community Center

1997 Acushnet Ave.
Available
Mon.-Frid.. 5pm-9pm
Sat.-Sund. 6am-10pm

The Brooklawn Park Community Center is located off of Acushnet Avenue in the eastern section of Brooklawn Park. It is adjacent to many walking pathways, the brand new Playground and Splashpad, and can host approximately 40 people. The community center is a perfect place for small group needs such as birthdays, meetings, and educational classes.

Residents: \$40/hr
Non-residents: \$80/hr
*3 Hr minimum rental

Bring the whole family and explore New Bedford Parks Recreation and Beaches Nature Trails.



We have been making improvements to our Nature Trails to better accommodate your enjoyment of our great outdoors. Enjoy an outing at the Flora B. Pierce Trail on New Plainville Rd., the Ross C. Mathieu Trail at Pulaski Park- trail head directly behind the Pulaski School, or tour our newest trail the Daniel Ricketson Nature Trail at Brooklawn Park. Trail maps and more information are available at the PRB offices.



NB Line Shuttle Bus Explore New Bedford All Day

\$1

www.nps.gov/nebe/panyourvisit/nb-line.htm

Take a stroll in one of the City's many Beautiful Parks



Fort Rodman/Taber Park

Located on S. Rodney French Blvd.

A 50-acre waterfront park that provides over a mile of ocean frontage located on the southern peninsula of the city which projects into Buzzards Bay. The park incorporates historical landmarks, offers many amenities and various opportunities for passive and active recreation. The centerpiece of the park is the historic Fort Taber, built between 1857 and 1871 as part of the nation's sea coast defense system. The fort is highlighted with interpretive signage and a military museum. There is over one mile of walking, jogging or biking paths, natural areas, a beach for bathing, a pier for fishing, a playground, community boating, a youth summer camp, and picnic areas offering panoramic views. The park is handicap accessible including a newly installed Braille trail. A large multi-purpose lawn allows for cultural programming, such as military reenactments and public concerts.



Hazelwood Park

Located on Brock Ave.

Hazelwood Park is a 23-acre park located on the southern peninsula, overlooking scenic Clark's Cove. The park is comprised of both passive and active recreation areas. Once part of a large estate, named after the abundance of Hazel trees on the grounds. It contains ornamental trees, groves, expansive lawns, stone walls, and three historic structures, one of which has been rehabilitated for use as a senior community center. There is a historic bowling green, tennis courts, basketball courts, a playground, picnic areas, a gazebo, and several memorials. The park hosts many entertainment functions throughout the year. Public beaches and a historic bath-house and pavilion are located across the Boulevard at the bottom of the park. The park and the bath houses and pavilion make up the Hazelwood Park National Historic Register District.



Buttonwood Park

Located on Rockdale Ave.

This 97 acre multi-use park was initially planned in the 1890's by Charles Eliot of the famous landscape architectural firm of Olmstead, Olmstead and Eliot. Comprised of both active and passive recreation grounds; with roads, paths, forest, fields and a large pond, it is also home to one of the finest small zoos in the country. Retaining its historic landscapes, the park is a National Historic Register District, and has evolved to meet the needs of the community; with ball fields, basketball and tennis courts, a universal accessible playground, a senior center, library, and walking paths. The park is located in the West End and is the premier passive recreation space within this section of the city.



Brooklawn Park

Located on Acushnet Ave.

An 85 acre park in the northern section of the city; in the mid 1800's prominent New Bedford Quaker, Daniel Ricketson, in an effort to remove himself from the bustle of the city's center, built a country estate on a swamp he drained and called it Brooklawn. Literary greats, such as Henry David Thoreau and Ralph Waldo Emerson, often visited Ricketson at Brooklawn. At the end of the 19th century; responding to the needs of a rapidly growing population due to the success of the textile industry, the city developed this land into a city park, and it has since developed into a multi-use complex with baseball and softball fields, basketball and tennis courts, a skateboard area, playground and a walking path that winds through tree groves.

Give the Gift of Fun and Fitness with a
Gift Certificate OR **Sponsorship**
to one of our programs!!



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



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.



City of New Bedford
Parks, Recreation and Beaches

**Administrative Offices of
Parks, Recreation and Beaches**

181 Hillman St., Bldg 3
New Bedford, MA 02740
Phone: 508-961-3015

Fax: 508-991-6175 / email: infoPRB@newbedford-ma.gov

Andrea McCoy Recreation Center

181 Hillman St.
Phone: (508) 991-6298

Like us on Facebook —
New Bedford Parks, Recreation and Beaches

