



New Bedford Parks, Recreation & Beaches

# Fall / Winter Programs 2014-15



PHOTO: VALERIA SILVA

**SIGN UP NOW!**  
Programs fill  
up fast!



PHOTO: HEIDI BRENNER

# 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.



PHOTO: ISAAH RAJHECO

## Welcome!

Autumn in New Bedford is a wonderful time. The air is crisp, the colors of nature are vibrant, and we settle into familiar routines. On page 5 you will find a full list of the parks and playgrounds throughout the city. Take advantage of these great public resources to get fit, socialize and enjoy nature.

This fall, we are introducing two new facilities, the expansion of the Andrea McCoy Recreation Center and River's End Park in the north end. This brochure has details on the programs offered at the

Andrea McCoy Recreation Center and other city facilities. Take a look inside, there is something for everyone. Don't see what you are looking for? Give us a call. We are open to new ideas and programs to meet your needs.

The River's End Park on the banks of the Acushnet River on River Rd. features a new take on playgrounds. Nature Explore, a collaboration of the Arbor Day Foundation and Dimensions Educational Research Foundation, has designed a playground to provide "intentional experiences

and create space that give children the opportunity to better understand and appreciate the natural world". The playground features a Nature Art Area, Building Area, Music and Movement Area, a Dig in the Dirt Area, and more fun and interactive spaces. See page 12 for more information on the Grand Opening at River's End Park. We hope to see you there.

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

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***"Early experiences with the natural world have been positively linked to the sense of wonder. This way of knowing, if recognized and honored, can serve as a life-long source of joy and enrichment, as well as an impetus and motivation, for further learning."***

Ruth A. Wilson, "The Wonders of Nature: Honoring Children's Way of Knowing".



# Fall / Winter 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. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. Youth programs require the same code of conduct as is expected during school hours. If a participant fails to cooperate with the rules, the Director reserves the right to dismiss or suspend a participant in any program without a refund of fees. New Bedford Parks, Recreation & Beaches is not a day care or babysitting service. Please read and understand the policies. If they are unclear to you, please ask questions. ALL participants must pre-register for ALL applicable programs. Please be on time dropping off and picking up children from their programs. Failure to do so will result in additional cost penalties or suspension from programming.

#### 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.

#### 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

Registrations will be accepted on a first come first serve basis until the program is full prior to the start date. All forms must be filled out completely or they will not be accepted.

#### 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 the \$25 fee is paid.

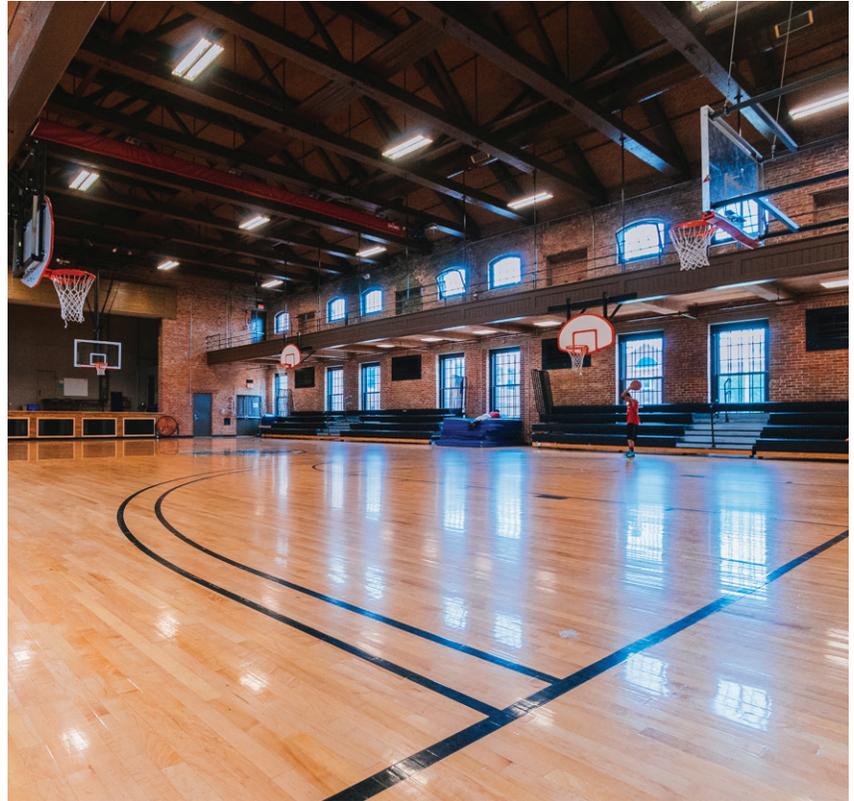
#### Internet Usage Policy

The New Bedford Parks, Recreations and Beaches only provide access to the internet. The department cannot control and is not able to monitor any information on the Internet for either content or accuracy. The user is the ultimate judge of appropriateness, usefulness and value of all material accessed. In the case of minors, this responsibility rests with their parents or legal guardians. The New Bedford Parks, Recreations & Beaches are not responsible for any negative consequences that may occur as a result of the recreation center internet connection. In the case that the internet is being used inappropriately, the user will receive three warnings before their rights to usage and membership are revoked.

#### Refunds

All programs are non-refundable, unless the department cancels a program. New Bedford parks Recreation & Beaches reserves the right to cancel or consolidate any program that does not meet the minimum participation registration requirements.

**Andrea McCoy Recreation Center** seeks to strengthen our community by enhancing the quality of life for all residents of the City of New Bedford through the execution of high-quality programs, activities, and events emphasizing the development of a healthy body, mind, and spirit. Throughout the year, the recreation center serves the community by offering a number of free and affordable fitness, sports, and educational courses for all ages.



### **Fitness**

Whether your fitness level falls under advanced or beginner, our highly qualified instructors work at all levels to ensure that each student is successful in their program. If you are interested in trying a class, but are not ready to commit to a program, a single fee of \$5 is a great way to ease your self into a fitness program. With a mission to also make all of programs widely accessible, we offer affordable classes, as low as \$20 for 12 weeks of fitness. For more information about classes or instructors, please contact the Andrea McCoy Recreation Center.

### **Sports**

In our efforts to help families be more active, the Andrea McCoy Recreations Center works with local athletic organizations to prepare, train and develop the athletic skills of our youth members throughout the year. With the constant addition of new athletic classes including basketball, soccer, lacrosse, and more, we set out to feed the interests of our young athletes. For more information about classes or instructors, please contact the Andrea McCoy Recreation Center.

### **Education**

Where fitness and sports are important in maintaining good physical health, exercising our minds is important in maintaining our mental health and enhancing self esteem. With a wide variety of music, arts, dance classes, as well as reading groups, the Andrea McCoy Recreation Center is focused on providing

our members with the opportunity to learn and grow. For more information about classes or instructors, please contact the Andrea McCoy Recreation Center.

If you would like to see a new program, or are interested in instructing a new program, contact [india.russell@newbedford-ma.gov](mailto:india.russell@newbedford-ma.gov).

### **Rentals**

The Andrea McCoy Recreation Center is available to rent for your next gathering. Reserve the gymnasium or the new function room for your next event. Whether be a formal gathering or a child's birthday party, our venue will meet the needs of your gathering.

### **Enrichment Center**

The Enrichment Center is located in the lower level of the Andrea McCoy Recreation Center. The Enrichment Center has been designed to support our growth in membership and programming providing great new opportunities. The Enrichment Center consists of two new class room spaces, one having a sink and a refrigerator, a computer lab, and a conference room, which doubles as a rentable function room.

Join us on Saturday, September 13th when we will be holding an Opening Ceremony for the Andrea McCoy Enrichment Center from 10am-2pm! Light refreshments will be served.



For more information on weekly schedules, giveaways and upcoming events follow us on Facebook @ New Bedford Parks, Recreation & Beaches

**Spend some time in New Bedford's Big Backyard!**

## 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	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	X
Buttonwood Park	X	X	X	X	X	X	X		X
Camara Field					X				
Clasky Common Park	X	X		X				X	X
Custom House Square	X	X							
Eddie James Playground	X								
Flora B. Pierce Nature Trail	X						X		
Fort Taber Park	X	X				X	X		X
Gomes School Park	X	X		X	X				X
Harrington Park	X	X		X				X	X
Hazelwood Park	X	X	X	X		X			X
Hillman St. Park	X								
Loretta Borque Park	X								
Magnett Park	X			X	X				X
Marine Park at Pope's island	X								X
Monte Playground	X	X		X					X
Pine Hill Park	X			X					X
Pulaski Park	X						X		
River's End Park	X								X
Roberto Clemente	X	X		X					
Ruth St. Common	X								X
Victory Park	X				X	X	X		
Washburn Park	X			X					X
Washington Square	X								
West End Playground	X	X		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](mailto: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.

Our school vacation camps promote social interaction with peers while participating in a fun and educational environment. Each day camp will begin with ice breakers, allowing the members to get to know each other. Throughout the day, staff will offer special projects incorporating health and fitness and the arts. Expect to see special guests and events. At the completion of the program we will celebrate the week with a party.

Camp members receive a nutritious lunch and healthy snack 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 16th-20th

**Session 2 (April Vacation)** - April 20th-24th

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

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

## Let's Move Beyond the Bell After School Program



On school days, 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 program is for elementary age students and is limited to 30 students. Parents must arrange transportation and children must be picked up no later than 5pm each day. Programs only run on days which the students are in school (no holiday classes or schools vacation days).

*The program funded in part through assistance from the U.S. Department of Housing and Urban Development, Community Development Block Grant from the city of New Bedford Office of Housing and Community Development.*

**Ages:** Students Grades 2-5

**Day/Length:** Monday through Friday

**Sessions:**

Fall - September 29<sup>th</sup> - December 19<sup>th</sup> (12 weeks)

Winter - January 5<sup>th</sup> - March 27<sup>th</sup> (11 weeks)

Spring - March 30<sup>th</sup> - June 18<sup>th</sup> (11 weeks)

**Time:** 3-5pm Monday through Thursday & 1-5pm Friday

**Total Cost:**

\$200 for 12 weeks sessions

\$175 for 11 week sessions

**Members Only/ Registration required**



PHOTO: VALERIA SILVA

## Family Open Gym

Every Saturday afternoon the gym will be stocked with balls, hula hoops, games, tumbling mats, and more! We also lower some of the hoops for our younger basketball enthusiasts. It's a great opportunity for families to spend time together and to interact 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:** 12:30pm to 2pm

**Total Cost:** Free with membership!

## Little Ones Playtime

A daytime open gym for homeschoolers and little ones age 10 & under. For one hour, three days per week, the gym will be stocked with equipment for your child's enjoyment.

**Ages:** 5 and under & Homeschoolers ages 10 & under

**Day:** Monday, Tuesday & Wednesday

**Length:** Year Round Activity

**Time:** 12pm to 1pm

**Total Cost:** Free with membership!

## Saturday Learning Series

Beginning in September of 2014, we will be hosting one day classes on a wide variety of subjects in our brand new Enrichment Center located in the basement of the Andrea McCoy Recreation Center. This diverse series will cover a wide range of subjects taught by local experts. The weekly schedule will be available at the Rec Center. Our agenda will touch upon topics of health, fitness, nutrition and self expression through a variety of instructional classes and interactive workshops.

**Ages:** Varies by class

**Day/ Time:** Saturday 11am to 12:30pm

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

\*Contact the Andrea McCoy Rec. Center or follow us on Facebook for updates.

# 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 Fall, 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 for any classes 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.

## 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.

This affordable class will include a combination of stretching and breathing exercises designed to relieve stress, calm the mind and increase agility, mobility, balance and body awareness. The Yoga poses used are traditional poses adapted for senior adults and are done either standing or seated. Chairs and props are provided to keep everyone safe and supported. There is no need to bring a Yoga mat.

**Fall Session:** 10 Weeks / September 15 - November 17

**Winter Session:** 10 Weeks / January 5 - March 9

**Ages:** Ages 55+

**Day/ Time:** Mondays 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)

## 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.

**Fall Session:** 12 Weeks / September 15 - December 1

**Winter Session:** 12 Weeks / December 15 - March 2

**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 \$5 per week w/ no commitment)

## Boot Camp Fitness in the Park- Buttonwood Park

**Fall Session:** 10 Weeks / September 3 - November 5

**Ages:** 16 to Adult

**Day/ Time:** Wednesday from 6pm to 7pm

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

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



PHOTO: NAZAREEN ALI

## Meditation for Stress Relief

A comprehensive introduction to the art of meditation, this course provides the opportunity to learn and practice meditation in a supportive setting. Meditation includes practices that help us become more easeful, less distracted, 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.

**Fall Session:** 12 Weeks / September 16 - December 9 (no class November 11)

**Winter Session:** 12 Weeks / December 16 - March 10

**Ages:** 16 to Adult

**Day/ Time:** Tuesday from 6pm to 6:30pm

**Total Cost:** \$15 - per session.

(This class may also be taken for \$5 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 over time see an overall improvement in physical fitness and an improvement in mental clarity and focus.

**Fall Session:** 12 Weeks / September 16 - December 9 (no class 11/11)

**Winter Session:** 12 Weeks / December 16 - March 10

**Ages:** 16 to Adult

**Day/ Time:** Tuesdays from 6:30pm to 8 pm

**Total Cost:** \$25 member / \$35 non-resident

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

## Pilates- Enrichment Center

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.

**Fall Session:** 12 Weeks / September 18 - December 11

**Winter Session:** 12 Weeks / January 8 - March 26

**Ages:** 16 to Adult

**Day/ Time:** Thursdays from 5pm to 6 pm

**Total Cost:** \$25 member / \$35 non-resident

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

### Vinyasa Flow Yoga- Enrichment Center

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.

**Fall Session:** 12 Weeks / September 18 – December 11

**Winter Session:** 12 Weeks / January 8 – March 26

**Ages:** 16 to Adult

**Day/ Time:** Thursdays from 6pm to 7 pm

**Total Cost:** \$25 member / \$35 non-resident

(This class may also be taken for \$5 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. Participants receive a pedometer and workbook to monitor their progress.

**Starts September 16<sup>th</sup>**

**Tuesday 9am,** Buttonwood Park Community Center

**Thursday 5:30pm,** FortTaber Community Center

**Total Cost:** FREE

### 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.



#### TUESDAY CLASSES

**Fall Session:** 12 Weeks / September 16 – December 9 (no class 11/11)

**Winter Session:** 12 Weeks / December 16 – March 10

**Ages:** 16 to Adult

**Day/ Time:** Tuesday from 7pm to 8pm

**Total Cost:** \$30 member / \$40 non-resident

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

#### THURSDAY CLASSES

**Fall Session:** 12 Weeks / September 18 – December 11

**Winter Session:** 12 Weeks / January 8 – March 26

**Ages:** 16 to Adult

**Day/ Time:** Thursdays from 7pm to 8pm

**Total Cost:** \$30 member / \$40 non-resident

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

#### SATURDAY CLASSES

**Fall Session:** 12 Weeks / September 20 – December 13

**Winter Session:** 12 Weeks / January 10 – March 28

**Ages:** 16 to Adult

**Day/ Time:** Saturday from 10am to 11am

**Total Cost:** \$30 member / \$40 non-resident

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



# Sports

## 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.

**Ages:** 12 & Under

**Day:** Monday

**Length:** Year Round Activity

**Time:** 3pm to 4:30pm

**Total Cost:** Free with membership!

## Leaders Basketball

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 though each of the drills, scrimmages and conditioning exercises.

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

**Fall Session:** 10 Weeks / September 15 - November 17

**Winter Session:** 10 Weeks / January 5 - March 9

**Ages:** 14-18

**Day:** Monday

**Time:** 4:30pm to 6pm

**Total Cost:** \$60 member / \$70 non-resident

## Youth Lacrosse Girls and Boys

In partnership with local area coaches and New Bedford High School, PRB will be hosting its 2<sup>nd</sup> lacrosse clinics this fall. The clinic will help participants improve their lacrosse skills and knowledge and help the game grow in the city and surrounding areas. The long term goal of PRB is to generate enough interest to field multiple teams. Please call with any questions. Participants will be divided by age and skill level.

**Ages:** 8-16

**Day/Time:** 5pm to 7pm Roosevelt Middle School Turf

**Session:** September 10<sup>th</sup> - October 29<sup>th</sup> (8 weeks)

**Total Cost:** \$30 residents/ \$35 non-residents

## New Bedford Youth Soccer Association

The vision of NBYSA is to develop and encourage good sportsmanship and fair play of all participants therein; to offer quality programs for youth boys and girls to participate in recreational and competitive soccer programs, educational programs and encourage the personal growth and development of individual players. The association encourages coaches, players and volunteers from all cultural and socioeconomic areas of the community to participate in the program. [www.nbysa.org](http://www.nbysa.org)

**Ages:** 4-13

**Day:** Saturday

**Time:** 9am to 2pm

**Start:** September 6<sup>th</sup>

**Length:** 8 weeks (including 2 rain make-up dates)

**Cost:** \$95 1<sup>st</sup> child, \$75 2<sup>nd</sup> child, \$55 3<sup>rd</sup> child, \$225 total family

**Location:** Carter Brooks School and Normandin Middle

## Vipers FC Youth Soccer

The Vipers are a competitive youth soccer club for both boys and girls running from ages, 9 to 15. Vipers FC is run out of our city of New Bedford and was founded in 2004 with the goal to provide competitive youth soccer for children out of the Greater New Bedford area. Please contact the club with any questions in regards to the information provided. [www.vipersfc.org](http://www.vipersfc.org) / [vipers@vipersfc.org](mailto:vipers@vipersfc.org)

**Ages:** 9-15

**Day/Time:** Varies by team

**Sessions:** Fall, Winter & Spring

**Cost:** \$140 (fall), \$140 (spring) uniforms included

## 2014 COMPLIMENTARY TICKET GOOD FOR ONE FREE ADMISSION



8/2	7:00 PM vs. Rhode Island Riptide
8/9	7:00 PM vs. Worcester Wildcats
9/20	7:00 PM vs. East Coast Ducks
9/27	7:00 PM vs. Middlesex Warlords
10/4	7:00 PM vs. Woonsocket Wardogs

Valid for ONE FREE Adult Admission to any  
2014 Regular Season Home Game

ALL HOME GAMES PLAYED AT PAUL F WALSH FIELD  
NEW BEDFORD HIGH SCHOOL

## Expo's Soccer Club

Expo's teams are formed with ability to compete against top organizations in the state, regional and national level. The club is committed to develop player's skills and knowledge of soccer, while helping them achieve their full potential in a fun, positive and motivating atmosphere. Expo's focuses on team pride, sportsmanship and the desire to excel. [www.exposoccer.com](http://www.exposoccer.com)

**Ages:** 15-19

**Day/Time:** varies per team

**Location:** Lot 13 Soccer Field (Brock Avenue)

**Session:** Winter & Spring

**Cost:** \$150 (winter each futsal season), \$450 (spring) uniform, MAPLE league, state cup, and 1 tournament

## New Bedford Whalers Youth Football

The New Bedford Whaler's Youth Football and Cheerleading teams are geared towards both city youth and surrounding community youth who may be interested in our diverse teams. We are organized by a great group of motivated volunteers, coached and parents.

New Bedford Whalers Youth Teams serve ages five (5) through fifteen (15) years old providing an opportunity to learn the game of football and cheerleading while getting physically fit and staying involved in a productive activity; building community ties and relationships.

Our goal is to provide our youth with more positive role models advocating character development, citizenship and sportsmanship; both on and off the football fields to improve safety within our community.

[www.whalersyouthfootball.org](http://www.whalersyouthfootball.org)

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### St. Michael Youth Soccer Club

St. Michael Youth Soccer, founded in 2006, is a youth soccer club that focuses on the development of young soccer players. Based on developing the skills and individuality needed to be a soccer player first, the club understands that child development through soccer is the primary goal of measurement. Game results are a by-product of taking the correct, disciplined steps towards developing the youth.

St. Michael Youth Soccer Club's importance on individual player development, both on and off the field, is the common thread that runs throughout the club. The ability to immerse the young players in an age-appropriate, challenging, and fun environment is the highest priority. For more information visit: [www.stmichaelyouthsoccerclub.com](http://www.stmichaelyouthsoccerclub.com)

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### Adult Basketball

If you are looking to work on your game or participate in a pick up game, the Andrea McCoy Recreation Center is the perfect place to be during the cooler season. Basketballs are available for use, and in the case of a full court game, keep score using our score board.

**Ages:** 25+ on Mondays.

**Days:** Monday

**Time:** 7-9pm

**Total Cost:** \$5 per week

**Ages:** 16 and up

**Days:** Tuesday through Friday

**Length:** Year round

**Time:** Tuesday 1-3pm

Wednesday 5-6pm

Thursday 1-3pm

Friday 7-9pm

**Total Cost:** Tuesday-Friday Free with membership!



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### Adult Basketball League

Gather your friends for the chance to play ball in the Andrea McCoy Adult Basketball League. Participants must be 21 and older and provide valid proof of identification. Sign ups will be held on September 3rd, 2014 at the Andrea McCoy Recreation Center. Shirt will be provided to each team. Games will take place on Wednesday evening from 6pm-10pm.

**Age:** 21 plus

**Dates:** September 10th - November 19th

(Sign ups- September 3rd 2014. Payment is due at the time of sign up).

**Day/Time:** Wednesdays. First games start at 6pm.

**Total Cost:** \$50 residents / \$60 for non-residents

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### 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 & Up

**Day:** Wednesday

**Length:** Year Round Activity

**Time:** 3pm to 4pm

**Total Cost:** Free with membership!

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### R.A.D. - Recreational ADULT Dodgeball

The rumors are true! Every Thursday night is adult only dodgeball at the Andrea McCoy Recreation Center. Are you looking for 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. Everyone 16+ is welcome. 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:** 3<sup>rd</sup> Thursday of each month

**Length:** Year Round Activity

**Time:** 8pm to 10pm

**Total Cost:** Free with membership! \$5 for 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! McCoy Staff participate with the kids in this exciting game loosely based on the rules of baseball.

**Ages:** 11 & Up

**Day:** Friday

**Length:** Year Round Activity

**Time:** 4pm to 5pm

**Total Cost:** Free with membership!

# Educational

## Magic Tree House Club - Stage

This group is for home-schooled children who share an interest in the Magic Tree House books. Weekly classes will convene beginning in September to discuss assigned readings and participate in cross-curricular activities related to themes in the selected books. Collaborative projects and field trips (at the expense of the member) will be included as they related to each book. The lessons and projects will be geared towards 5-10 year olds, but other ages are welcome to participate, as it is based on interest, and the reading will be done at home, either independently or with help.

**Start Date September 8th**

**Ages: 5-10** (but other ages welcome)

**Day:** Monday

**Time:** 10am to 12pm

**Total Cost:** Free with membership (additional costs may apply for fieldtrips)

## Beginner Piano Lab - Enrichment Center

This class is for beginner students who want to learn to play the piano. This hands-on lab introduces note positions on the keyboards, 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. Each student can move forward 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.

**Fall Session:** 10 Weeks / September 15 - November 17

**Winter Session:** 10 Weeks / January 5 - March 9

**Ages:** 9 to adult

**Day:** Monday

**Time:** 6pm to 7pm

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

## 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.

**Fall Session:** 10 Weeks / September 16 - November 25 (no class 11/11)

**Winter Session:** 10 Weeks / January 6 - March 10

**Ages:** 6 to adult

**Day:** Tuesday

**Time:** 5pm to 6pm

**Total Cost:** \$25 member / \$35 non-resident



## Floor Routine Gymnastics

Students will be taught the proper techniques used at the beginning levels and progress through to more advanced levels. Each student will be encouraged to develop and advance their skills according to their own abilities. Gymnastics will help each student build strength, flexibility, agility, coordination, fitness, balance, confidence, and self discipline.

**Fall Session:** 10 Weeks / September 18 - November 20

**Winter Session:** 10 Weeks / January 8 - March 21

**Ages:** 6 to 12

**Day:** Thursday

**Time:** 5pm to 6 pm

**Total Cost:** \$60 member / \$70 non-resident

## LEGO Robotics - Enrichment Center Computer Lab

LEGO Robotics introduces kids to robotics programming. Kids create bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techies.

**Fall Session:** 6 Weeks / September 19 - October 24

**Ages:** 8-13

**Day:** Friday

**Time:** 3pm to 4pm

**Total Cost:** \$80 members / \$90 non-resident

## Salsa Lessons

Learn the essential salsa footwork to move comfortably and confidently to Latin rhythms while getting a great workout. This class is designed for beginners and no prior knowledge is required. Learn the steps, listen to the music and build the confidence to take your very first steps as a salsa dancer.

Classes are intended to be fun. Bring a friend and have a great time! At the end of the program, we will be celebrating with a Salsa Dance Party.

**Fall Session:** 10 Weeks / September 19 - November 21

**Winter Session:** 10 Weeks / January 9 - March 13

**Ages:** 16 to adult

**Day:** Saturday

**Time:** 1pm to 2pm

**Total Cost:** \$50 members / \$60 non-residents

# Events

## Andrea McCoy Enrichment Center Opening

Celebrate the Opening of the Enrichment Center, located in the basement of the Andrea McCoy Center. This new space features two new class room spaces, a kitchenette, a computer lab, and a multipurpose room that is perfect for birthday rentals, fitness classes and more.

Do not miss the opportunity to be one of the first to see this great new space.

**Date: September 13<sup>th</sup>**

**Time: 10am-2pm**

**Everyone is welcome to this FREE family event!**

## Grand Opening of Rivers End Park

**Join us to celebrate the Grand Opening of River's End Park on River Rd, New Bedford 10 am - 2pm on Sat., Oct. 4, 2014**

This beautiful park on the banks of the Acushnet River features a patio for gatherings or quiet enjoyment and a unique play area designed by the national firm Nature Explore. Bring the family and experience a fun filled day with activities, prizes, and special guests. Bring a shell, stone, pine cone or other natural object to add to the Building and Nature Art Areas.

**Date: October 4, 2014**

**Time: 10am-2pm**

**Everyone is welcome to this FREE family event!**



## Monthly Family Movie Nights

Your family is invited to enjoy an evening with friends and neighbors as we transform the Andrea McCoy Rec. Center into a neighborhood theater. This FREE event will run monthly through the fall and winter seasons, featuring only "G" or "PG" movies for the whole family. Movie night is the 3<sup>rd</sup> Saturday of each month.

Start times will vary by month. Check our Facebook page, or call the Andrea McCoy Recreation Center for times. No outside food or drinks allowed.

**Each month, members will be given the opportunity to vote on which movie they would most like to see.** Follow us on Facebook. The results of the poll will be posted one day before. Voting may also take place at the Andrea McCoy Recreation Center. **(Cancellations will be posted on the New Bedford Parks, Recreations & Beaches Facebook page).**

Upcoming dates:

**September 20<sup>th</sup>, 2014**

**October 18<sup>th</sup>, 2014**

**November 15<sup>th</sup>, 2014**

**December 20<sup>th</sup>, 2014**

**January 17<sup>th</sup>, 2015**

**February 15<sup>th</sup>, 2015**

**March 15<sup>th</sup>, 2015**

## Andrea McCoy 'Not-So-Spooky' Family Halloween Party

Join the Andrea McCoy staff on Halloween (**Friday, October 31<sup>st</sup>**) for a not-so scary Halloween bash for the whole family. Trick or treat, play ghoulish games, watch Halloween movies, eat treats, have your face painted, and before the night is up, participate in the First Annual Andrea McCoy Costume Competition for a chance to win a prize. No outside food or drinks are allowed. Doors open at 6pm. \*We encourage parents and children to dress up.

**Day: Friday, October 31<sup>st</sup>**

**Time: 6pm - 9pm**

**Total Cost: Free family event!**

## Winter Wonderland Holiday Party

Join the Andrea McCoy staff in celebrating the holidays during our Winter Wonderland Holiday Party. Come in from the cold and participate in our seasonal activities, have your face painted, and make holiday presents at one of our many arts and crafts stations.

As it is the season for giving, donations of toys and winter hats, gloves & scarves are a recommended donation. No outside food or drinks are allowed. Doors open at 2pm sharp!

All collections will be donated to a local charity.

**Date: Saturday, December 6th**

**Time: 2pm-5pm**

**Total Cost: Free family event!**

**\*Donation of toys, hats, gloves, and scarves are recommended.**

## Parents Night Out

With the holiday's right around the corner, "Parent's Night Out" gives parents the opportunity to drop their children off in a fun and safe environment while they do their last minute shopping or simply take a break. The 'Parent's Night Out' agenda will consist of fun fitness games, movies, and a pizza party which will be supervised by your favorite Andrea McCoy Staff.

**(Pre-registration is required.)**

**Date: Saturday, December 13th**

**Total Cost: \$5 per child**

**Time: 4-7pm**

## 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 14th**

**Time: 1pm**

**Total Cost: Free!**

**TOURNEY #2**

**Ages: 15 & Under**

**Day: Saturday, September 5th**

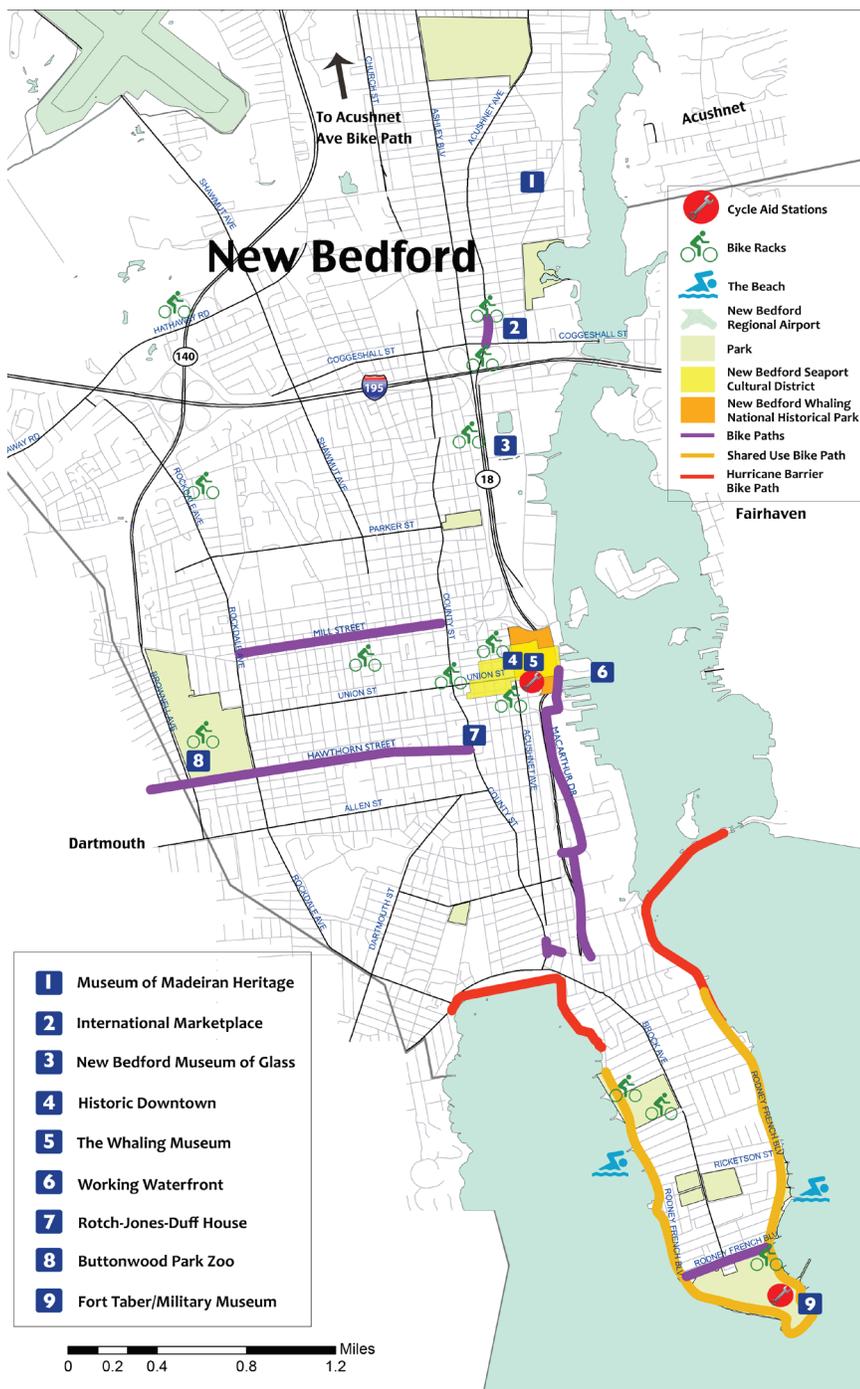
**Time: 1pm**

**Total Cost: Free!**

# Paths and Trails

## Discover New Bedford and stay fit on our bicycle and walking paths or exploring a city nature trail.

Join the many folks who daily walk the paths around parks throughout the city. This is a great way to stay fit in the great outdoors right in your neighborhood. Walking has many health benefits and is easy to do requiring no special equipment.



The New Bedford Bike Committee bicycle tourism map has all the current bike lanes, and racks and the various attractions nearby in New Bedford. The New Bedford Bike Committee is a community organization that advocates and increases awareness for bicyclists in the city of New Bedford who use their bike for transportation and recreational activities. They hope to connect all of New Bedford by bike, allowing for a safe and enjoyable mode of transportation. Become a bicycling advocate and attend monthly meetings every third Wednesday from 6 - 7pm. Locations vary throughout the city but are posted on Facebook at [www.facebook.com/NewBedfordBicycleCommittee](http://www.facebook.com/NewBedfordBicycleCommittee). The New Bedford Bike Committee also hosts group fitness rides the 4<sup>th</sup> Wednesday of the month with varying routes. All levels are welcome and all routes are posted on Facebook.

Explore our great Nature Trails this fall and winter right here in the City of New Bedford! Kids love to explore nature and find it fascinating if given the opportunity. Wildlife can be found all around if you are observant. Use your five senses to discover new habitats. Observe the change in seasons up close as you hike the trails and become familiar with the plants and animals that live there. The **Flora B. Pierce Trail** off New Plainville Rd. was adopted this summer by the Trustees of Reservation's Youth Corp. They added boardwalks and cleared trails to enhance your experience. Boy Scout Troop 70 of New Bedford adopted the **Ricketson Nature Trails** at Brooklawn Park to improve these new urban Nature Trails. Fall and Winter are a great time to hike, so bundle up and enjoy these remarkable seasons and spaces.

# Are you looking for a place to host a function?

The Department of Parks, Recreations & Beaches welcomes you to use any of our available community center for your next function. If you are looking for a unique space to hold your special event, you are looking in the right place. With a variety of available venues ranging from water front views to views of lush parks and playgrounds, our community centers offer a number of unique rental locations for corporate affairs, events and kid's parties.

Rent the gym or the function room and throw your own party, or for an additional fee, let us lead activities for the birthday goers. Our services range from basic facility rentals all the way through party planning & management. Have a party planner work with you throughout the entire process to ensure a favorable turn out



## Fort Taber Community Center

**1000A S. Rodney French Blvd.**

Available:  
Mon.-Thurs. 6am-9pm  
Fri.-Sun. 6am-10pm

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

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.



## Buttonwood Park Community Center

**1 Oneida St.**

Available:  
Mon.-Fri.. 5pm-9pm  
Sat.-Sun. 6am-10pm

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

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.



## Andrea McCoy Recreation Center

**181 Hillman St.**

Available:  
Sat. 4pm-10pm  
Sunday. 10am-6pm

<b>RESIDENT:</b>	<b>NON-MEMBERS:</b>
Under 25 people: \$40/hr	Under 25 people: \$65/hr
25-40 people: \$50/hr	25-40 people: \$75/hr
Over 50 people: \$75/hr	Over 50 people: \$100/hr
*3 Hr minimum rental	*3 Hr minimum rental

The Andrea McCoy Recreation Center is located on the corner of Chancery Street and Hillman Street. Being that the center is commonly used for athletics recreations including sports, fitness and dance, equipment may be made available to fit the theme of your function. In addition to the gymnasium, the Outdoor Classroom and Enrichment Center may also be available for use. The space may be best utilized for educational classes, child's birthday party, formal dances, or family gathering.



## Brooklawn Park Community Center

**1997 Acushnet Ave.**

Available:  
Mon.-Fri.. 5pm-9pm  
Sat.-Sun. 6am-10pm

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

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.

# 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, Spalshpad, walking path that winds through tree groves and the Daniel Ricketson Nature Trail.

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to one of our programs!!

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*Thank you in advance  
for helping to promote  
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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.

Our Sponsorship Program allows children in need of financial aid to participate in Andrea McCoy activities and afterschool programming. With your donation, we will access the needs of our applicants and reward the sponsorship for you. You may donate towards a specific class, or allow the recipient to choose. No contribution is too small. Start investing in our future today.



**City of New Bedford**  
**Parks, Recreation and Beaches**

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

181 Hillman St., Bldg 3  
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**Andrea McCoy Recreation Center**

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

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

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