



# 2015 FALL-WINTER CATALOG

**SIGN UP  
NOW!  
PROGRAMS  
FILL UP FAST!**

## WHAT'S NEW?

- Build your birthday party - PG. 6
- After School Programs and School Vacation Camps - PG. 7
- Babysitting Certification Program - PG. 9
- Lacrosse - PG. 9
- Oil Painting for Adults.- PG. 10

[www.newbedford-ma.gov/parks-recreation-beaches](http://www.newbedford-ma.gov/parks-recreation-beaches)

For real time updates follow us on Facebook / [www.facebook.com/NBParksRecreationBeaches](http://www.facebook.com/NBParksRecreationBeaches)



**Welcome!**



Welcome to another season full of fun activities in New Bedford! The Parks, Recreation & Beaches Department is dedicated to enhancing the quality of life of all city residents. The department provides year-round recreational and educational programs for an environment that is safe and supportive for both youth and adults to explore their talents, build self-esteem, and empower healthy living. We pride ourselves on the quality of our services, and we hope you and your family take advantage of all that the City has to offer.

Jon Mitchell  
Mayor

**FROM THE EXECUTIVE DIRECTOR**

**Welcome!**

We have lots of great activities planned for this fall and winter. We continue to offer your favorite programs such as yoga, Zumba, and Karate. We are adding new programs that you have requested such as oil painting and Baby Sitter Training. Look for some great new programs and specials from our staff such as Game Nights and Frequent Participant Rewards cards.

We are committed to ensuring that area youth have a safe, fun place to be when school is out. Our free open gym continues this year as well as the Vacation Week Camps and Let's Move Beyond the Bell After School Program.

For information about these programs, take a look inside! Hope to see you at one of our programs.

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



**The Board of Park Commissioners of the City of New Bedford**

**Welcome**

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**Our Mission**

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.

**Contact Us**

Telephone  
 508-961-3015 - Parks Recreation & Beaches Office  
 508-991-6298 - Andrea McCoy Recreation Center  
 Mary Rapoza, Director of Parks, Recreation & Beaches ..... mary.rapoza@newbedford-ma.gov  
 Alex Bettencourt, Facility, Field and Finance Operations..... alex.bettencourt@newbedford-ma.gov  
 India Russell-Pena, Recreation Program Manager ..... india.russell@newbedford-ma.gov  
 Shawnie Reynolds, Clerk/Typist ..... shawnie.reynolds@newbedford-ma.gov  
 General questions or requests ..... infoPRB@newbedford-ma.gov  
 Weather Cancellations - For information on weather cancellations please check the  
 New Bedford, Parks, Recreation & Beaches Facebook page at  
[www.facebook.com/NBParksRecreationBeaches](http://www.facebook.com/NBParksRecreationBeaches)  
[www.newbedford-ma.gov/parksrecreation&beaches](http://www.newbedford-ma.gov/parksrecreation&beaches)

## 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	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	X		X					X
Flora B. Peirce 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
Loretta Borque Park	X								
Magnett Park	X		X	X					X
Marine Park at Pope's Island	X								X
Monte Park	X	X		X					X
Pine Hill Park	X			X					X
Pulaski Park	X			X			X		
River's End Park	X								X
Riverside Park	X	X		X	X		X	X	X
Roberto Clemente Park	X	X		X					
Ruth St Common	X	X							X
Victory Park	X				X	X	X		
Washburn Park	X			X					X
Washington Square	X								
West End Playground	X	X		X					X

### City of New Bedford Rules and Regulations for City Parks and Playgrounds

This beautiful public space is yours to enjoy for relaxation and recreation. Please respect others and keep our park clean. Parks and playgrounds are open dawn to dusk.

#### PROHIBITED ACTIVITIES:

- Use of or possession of alcohol or illegal drugs
- Use of vulgar or threatening language
- Operation of unauthorized vehicles on park property
- Parking on the lawn
- Bicycles on the lawn
- Dumping or littering
- Vandalism of a tree, plant, or park structure
- Unleashed animals or any animal within 100 ft of a recreational area
- Fires, fireworks, or firearms of any kind
- Feeding birds or wildlife
- Use of metal detectors without a permit
- Golfing
- Smoking
- Performances, solicitations, or commercial activity without license from Parks, Recreation & Beaches
- Use of the park after it is closed
- Skateboarding except where indicated
- Sleeping

LOOKING FOR SOMETHING FOR YOUR CHILD TO DO NEXT SUMMER?

## Try the Kennedy Summer Day Program!

This summer program is an opportunity for children to engage in a variety of sports, games, crafts, and outdoor fun while making new friends.

The Kennedy Summer Day Program operates out of beautiful Fort Taber Park and includes breakfast, lunch and transportation. This summer camp is open to children who are eligible for kindergarten in September of 2016 through the age of fourteen. Call to register or for more information.



Program opens for registration March 2016.

## SUMMER VACATION CAMP!

Looking for something for your child to do next summer?

Contact the Parks, Recreation & Beaches Department and ask about our weekly summer camps at the Andrea McCoy Recreation Center.



LOOKING BACK!



# Andrea McCoy Recreation Center



The Andrea McCoy Recreation Center is a fun and safe place for families to visit for recreational activities and educational opportunities. Our programs are designed to build relationships, life long bonds between staff and members, provide mentorship, and increase intergenerational opportunities for relationship building. The recreation center offers a variety of programs, ranging from open gym times to self defense programs, and a little bit of something for everyone in between. Stop by for more information or call 508-991-6298.

**Memberships are FREE for all New Bedford residents. Find out what we have been working on for you!**

**India Russell-Pena, Recreation Program Manager**  
[India.russell@newbedford-ma.gov](mailto:India.russell@newbedford-ma.gov)

## How do I become a member?

If you are a New Bedford resident then your membership to the Andrea McCoy Recreation Center is free.

Come in, fill out a membership form, show proof of address, and if you are under the age of 18, have a parent or guardian sign.

## Birthday Parties

The Andrea McCoy Recreation Center is now offering birthday party packages to make your big day special. Work with a Parks and Recreation professional to coordinate your custom birthday party theme. Choose an athletics theme, arts & crafts theme, or video game theme. Cost will be accessed according to needs.



Want to coordinate your own function? Rent the space. The Andrea McCoy Recreation Center offers a variety of rental options and competitive pricing. Give us a call and see how we can help you. 508-991-6298

All events must be scheduled at least 30 days before the date of the event.

*"The Andrea McCoy Recreation Center is a great place for family activities. We are there almost every day. The instructors are great, the staff is always helpful and the classes are affordable. We couldn't ask for a better place to stay active and have a good time."* – ANONYMOUS, PARENT

*"My son was enrolled in the afterschool program at the recreation center. Some days it was difficult to get him to leave. He enjoyed the company of the staff and became a more confident little boy in a few short months. I found out about the program after the school vacation camp which was also a blast. The rec programs are a great bargain for the value quality of activities."* –LISA, PARENT

*"I come to the rec afterschool to play basketball. It is one place where I can hang out with my friends and feel safe. The staff are cool and play basketball with us. I love coming to the rec."* – BRANDON, YOUTH MEMBER

*"The recreation center programs are fantastic. Zumba with Linda is a blast every week. I have been participating for years now. Great bang for your buck. Best quality and lowest prices!"* – ONE OF LINDA'S ZUMBA DOLLS, PARTICIPANT

## Events

### LET'S MOVE BEYOND THE BELL - AFTERSCHOOL PROGRAM

The Andrea McCoy Recreation Center offers an afterschool program for families interested in sending their children somewhere safe and fun during the afterschool hours. The afterschool program includes home work assistance, snack, and active play with a Parks, Recreation & Beaches afterschool employee. Children will enjoy games, arts, crafts, and will be given full access to the Enrichment Center computer laboratory.

The session runs Monday - Friday

Time: 3pm - 5pm Monday-Thursday; 1pm - 5pm Fridays

Session 1: Monday, September 28 - Wednesday, December 23 (13 weeks)

Session 2: Monday, January 4 - Friday, March 25 (11 weeks)

Session 3: Monday, March 28 - Friday, June 17 (11 weeks)

There will not be programming on non-school days.

No program on:

October 12, 29 / November 11, 25-27 / January 18 & 25

February 15 - 19 - Vacation camp available.

April 18 - 22 - Vacation camp available.

Check out our Recreation Day programming for the days that schools are closed.

Fee: \$200 per member per session

Sibling discount\*: \$150.00 for one additional child registered at the same time.

### BLACK FRIDAY DEALS

Come into the Recreation Center for Black Friday Deals beginning November 23rd - November 30th. During these dates, the Andrea McCoy Recreation Center will be offering a BOGO deal on all eligible programs.

#### BUY ONE AND GET ONE FOR 50% OFF

Ask a Parks and Recreation professional for more details.

Andrea McCoy Recreation Center Youth Programming  
 Program dates, rates and times are subject to change. Cancellations will be made of programs that do not meet minimum enrollment.

### PARENTS NIGHT OUT- WINTER WONDERLAND!

Send your children to the Andrea McCoy Recreation Center for winter games, holiday crafts & movies. Join the fun or take some time to do some last minute holiday shopping. Children must be registered recreation center members. Permissions slips must also be signed for each participating child. Food and drink will be available.

#### SATURDAY, DECEMBER 19, 2015

Time: 4:00 pm - 8:00 pm  
 Location: Andrea McCoy Recreation Center  
 181 Hillman Street  
 New Bedford, MA 02740  
 Ages: All age family event. Children 5 and under must be accompanied by a guardian.  
 Fee: \$5.00 per child

### VACATION CAMP

Vacation camps are a fun way to keep your children active and learning while school is out of session. Movies, field trips, games, and crafts are only a few of the many ways that we entertain your youngsters. Light breakfast and lunch will be served daily. Drop-off time is 8:00 am sharp, and pick up time is 4:00 pm. An additional fee of \$5.00 for every 5 minutes late will be charged for tardiness at pick up time. Ask a recreational professional about our Summer Vacation Camps.

#### SPACES FILL UP QUICKLY!

Register today, and keep an eye out for our great Black Friday Deals.  
 February Vacation Camp- February 15, 2016 - February 19, 2016

April Vacation Camp- April 18, 2016 - April 22, 2016

Time: 8 am - 4 pm

Location: Andrea McCoy Recreation Center

181 Hillman Street

New Bedford, MA 02740

Fee: \$100.00 per member/ \$120.00 for non-residents

Sibling discount\*: \$50.00 for one additional child registered at the same time.

At time of registration, ask about permission slips. Please notify staff of any medical requirements.

### ANNUAL HALLOWEEN PARTY

Join the Parks, Recreation & Beaches Department for the largest ALL AGES Halloween Party in the city. If you did not make it last year, make sure you come and find out what all of the fuss is about. Join us for games, tricks, treats and spooky snacks. Dress to impress and participate in our costume contest. Wow the judges in the categories or best overall costume, spookiest costume, and most original costume. Winners will walk away with great prizes, so be sure to enter.

#### FRIDAY, OCTOBER 30, 2015

6:00 PM - 9:00 PM

Andrea McCoy Recreation Center / 181 Hillman Street / New Bedford, MA 02740

All age family event. Children 6 and under must be accompanied by a guardian.

Sponsors:



# Youth

## Floor Gymnastics

Instructor: Diane Hodge  
 Students will be taught the proper techniques used at the beginner levels of the sport and progress through to more advanced levels.  
 Thursdays: 5 pm – 6pm  
 Ages: 6-12  
 Fee: \$60 members/ \$70 non-residents  
 Session Dates: Session 1: September 24 – October 29  
 Session 2: January 7 – February 17  
 Session 3: March 3 – April 14  
 Walk-in dates: 11/5, 11/12, 11/29, 12/3, 12/10, 12/17, 2/24  
 Between sessions, participants may participate in intersession classes. The fee for these classes is \$8.00 per class. 24 hour notice must be given to the Parks and Recreation staff in order to reserve a spot. Failure to show for this program will result in a \$4.00 fee for holding a space in the program. Walk-ins are welcome at a rate fee of \$10.00 per class. These intersession classes may also be used for snow days if necessary.

## Kenpo Karate for Self Defense

Instructor: Donna Bosworth  
 Students will learn defensive techniques against grabs, pushes, punches, kicks and holds. This class will be taught by 3rd Degree Black Belt and 2013 Creative Weapons World Champion Donna Bosworth of Dan Donfro's World Class Kenpo Karate Academy.  
 Tuesday: 5 pm – 6pm  
 Ages: 6 to adult  
 Fee: \$30 members/ \$40 non-residents  
 Session Dates: Session 1: September 22 – October 27  
 Session 2: November 3 – December 8  
 Session 3: January 5 – February 9  
 Session 4: March 1 – April 4  
 Walk-in dates 12/15, 12/22, 12/29, 2/16, 2/23  
 Between sessions participants may participate in intersession classes. The fee for these classes is \$5.00 per class. 24 hour notice must be given to the Parks and Recreation staff in order to reserve a spot. Failure to show for this program will result in a \$2.00 fee for holding a space in the program. Walk-ins are welcome at an additional fee of \$7.00 per class. These intersession classes may also be used for snow days if necessary

## Tonka's Tumblers

Instructor: Toi Fortes  
 Tonka's Tumblers is a tumbling program that will instruct participants ages 3 to 18 proper tumbling technique. With over 50 years experience, instructor Antone "Toi" Fortes is safety certified, First Aid certifies and CPR certified. This program is designed to keep children active and involved and provide a positive environment for growth and development. Payments for this program are to be made directly to Mr. Fortes.  
 Wednesday: 5:30pm -7:30pm  
 3 to 18 / Weekly – Beginning September 30th  
 Fee: \$5.00 Walk-in  
 All participants must complete a registration form and issue all payments at to Mr. Fortes.

## Tae Kwon Do

Instructor: Ricardo Rosa  
 Day: Monday, Wednesday & Friday  
 Times: Kids - 5pm -6pm / Family- 6pm – 7:20pm  
 Ages: 6 to adult  
 Duration: Monthly  
 Fee: \$60.00/ Mo.  
 All participants must complete a registration form and issue all payments to Mr. Rosa

## Zumba Kids JR

Instructor: Dina Brasseur  
 Perfect for our younger Zumba® fans! Kids 3-10 years old get the chance to be active and jam out to their favorite music.  
 Days: Saturdays  
 Time: 10am – 11am (additional times may be added to accommodate all age groups).  
 Ages: 3-6 & 7-10  
 Fee: \$20 members/ \$30 non-residents  
 Session Dates: Session 1: September 26 – October 31  
 Session 2: November 7 –December 19 (No class 11/28)  
 Session 3: January 9 – February 27 (No class 2/20)  
 Session 4: March 5- April 9 Walk in dates 12/19, 1/2, 2/27 (No class 2/26)

### LEGO Engineering

Instructor: Wicked Cool Kids  
 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.

WEDNESDAY: 4:30 PM – 5:30 PM  
 AGES: 8-13: \$90 MEMBERS/ \$100 NON-MEMBERS  
 SESSION 1: SEPTEMBER 30 – NOVEMBER 4

## The Science Behind Superheroes

Instructor: Kerrie Cummins  
 What makes a superhero super? Physics! Conduct gravity experiments to learn what it would take for Superman to leap over tall buildings in a single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. Investigate how Spiderman (and real spiders) can walk up walls. Examine Batman's super gadgets that help him fight crime. Morph into the world of superheroes using the science that could make superheroes a reality.  
 Day: Wednesdays  
 Times: 5:30 pm- 6:30 pm  
 Ages: 8-13  
 Fee: \$50 members/ \$60 non-residents  
 Session Dates: Session 1: September 30 – November 4

# Youth

## Homeschoolers Karate

Instructor: Donna Bosworth  
 Students will learn defensive techniques against grabs, pushes, punches, kicks and holds. This class will be taught by 3rd Degree Black Belt and 2013 Creative Weapons World Champion Donna Bosworth of Dan Donfro's World Class Kenpo Karate Academy.  
 Day: Thursdays  
 Times: 12am – 1pm  
 Ages: 6-15  
 Fee: \$30 members / \$40 non-residents  
 Session Dates: Session 1: September 24 – October 29  
 Session 2: February 4 - March 10

## Pre K Soccer

Instructor: Fast Athletics  
 Day: Saturdays  
 Times: 10am – 11am  
 Ages: 3-6  
 Fee: \$70 members / \$80 non-residents  
 Session Dates: Session 1: September 26 – October 31  
 Session 2: November 7 –December 12  
 Session 3: January 9 – February 20  
 Session 4: March 5- April 9

## Pre K Basketball

Instructor: Fast Athletics  
 Day: Saturdays  
 Times: 11am – 12pm  
 Ages: 3-6  
 Fee: \$70 members / \$80 non-residents  
 Session Dates: Session 1: September 26 – October 31  
 Session 2: November 7 –December 12  
 Session 3: January 9 – February 20  
 Session 4: March 5- April 9

## Baby Sitter Training: American Red Cross

Day: Monday and Tuesday  
 Times: 4pm -7:45pm (total of 7.5 hrs of training, including 30 minute lunch).  
 Ages: 11-15  
 Fee: \$120.00  
 Session Dates: September 28 – September 29.

## Games

Visit the Andrea McCoy Recreation Center and play some of your favorite, "REC approved" video games.  
 Day: Daily  
 Times: 3pm – 5pm  
 Fee: \$1.00 per day. (All participants must have received bracelets at the time of payment.)  
 Start date: TBA

## Recreation Fridays

Every second Friday of the month, the Andrea McCoy Recreation Center will open up its doors to family and friends looking for a fun and safe place to have a good time. From 4 – 6:30 pm, the Enrichment Center will offer group activities, games, crafts, movies, and prizes. In the gym, friendly athletics competitions will be held. Stay tuned for program demonstrations, snacks and surprise visitors.  
 2ND FRIDAY OF EACH MONTH: 4PM – 6:30PM  
 ALL AGES: FREE WITH MEMBERSHIP  
 Beginning: October 9th - TBA

## Mentor Mondays

This open gym is designed for mentors and their mentees. From 3 – 4:40pm on Mondays, the gym will be set for an assortment of group activities. Each Monday will be an alternating program with two activities.  
 MONDAYS: 3PM – 4:40PM  
 FREE WITH MEMBERSHIP

## Lacrosse

Girls and Boys  
 We are hosting lacrosse clinics this Fall in partnership with local area coaches. Clinic will focus on fundamentals of lacrosse, catching, throwing, movement and teamwork. No equipment will be provided, please call with questions. Participants will be divided by age and skill level.  
 Day: Mondays  
 Times: 5:30 pm – 7 pm  
 Ages: 9-16  
 Fee: \$60 members / \$70 non-residents  
 Session Date: September 21 –November 9  
 Location: Riverside Park

## Instructional Rugby

Let's play Rugby! Rugby is a team sport which originated in England in the first half of the 19th century. At the youth level Rugby is played with little to no contact, though it is still a very physical sport. Learn more about this up an coming sport in the U.S.  
 Day: Thursdays  
 Times: 6 pm – 7 pm  
 Ages: 3-4 grades & 5-7 grades  
 Fee: \$60 member / \$70 non-resident  
 Session Dates: Session1: October 1 – November 19



## Life Guard Training

Are you interested in serving as a lifeguard next summer at your local New Bedford Beaches? Contact us in January of 2016 and find out more about lifeguard training.

# Adult

## Andrea McCoy Recreation Center Adult Programming

Program dates, rates and times are subject to change. Cancellations will be made of programs that do not meet minimum enrollment.

### Butts and Guts

Instructor: Starlette  
Day: Mondays  
Times: 7:30pm - 8:30 pm  
Ages: 16 and older (no children allowed).  
Fee: \$30 members/ \$40 non-residents  
Session Dates: Session 1: September 21- November 2 (No class 10/12)  
Session 2: TBA

### Yoga for Life

Instructor: Dana Brown  
Day: Tuesday  
Times: 6:30 pm - 7:30pm  
Ages: 16 to adult (no children allowed).  
Fee: \$30 members/ \$40 non-residents  
Session Dates: Session 1: September 22 - October 27  
Session 2: November 3 - December 8  
Session 3: January 5 - February 9  
Session 4: March 1 - April 4  
Walk-in dates 12/15, 12/22, 12/29, 2/16, 2/23  
Between sessions participants may participate in intersession classes.  
The fee for these classes is \$7.00 per class. 24 hour notice must be given to the Parks and Recreation staff in order to reserve a spot. Failure to show for this program will result in a \$2.00 fee for holding a space in the program. Walk-ins are welcome at an additional fee of \$9.00 per class. These intersession classes may also be used for snow days if necessary.

### Zumba

Instructor: Deolinda Barbosa  
Day: Tuesday  
Times: 7:30 pm - 8:30 pm  
Ages: 16 to adult (no children allowed).  
Fee: \$30 members/ \$40 non-residents  
Session Dates: Session 1: September 22 - November 10  
Session 2: November 17 - January 5  
Session 3: January 12 - March 1  
Session 4: March 8 - April 26  
Day: Thursday  
Time: 7:00 pm - 8:00 pm  
Ages: 16 to adult (no children allowed).  
Fee: \$30 members/ \$40 non-residents  
Session Dates: Session 1: September 24 - November 12  
Session 2: January 7 - February 25  
Session 3: March 3 - April 28  
Walk-in dates: 11/9, 12/3, 12/10, 12/17  
Fee: \$5.00 per class - 24 hour notice must be to given the Parks and Recreation staff in order to reserve a spot. Failure to show for this program will result in a \$2.00 fee for holding a space in the program Walk-ins are welcome at an additional fee of \$7.00 per class. These intersession classes may also be used for snow days if necessary.

The Andrea McCoy Recreation Center is now the proud owner of Futsal equipment that will become available for rental during the Fall of 2015. For more information on rental please call the recreation center at 508-991-3015



### OIL PAINTING

Instructor: Ryan Santos  
Day: Wednesdays  
Times: 6pm - 7:15pm  
Ages: 16 and older

Fee: \$10.00 per class 24 hour notice must be given to the Parks and Recreation staff in order to participate. Walk-ins are welcome at an additional fee of \$12.00 per class. Failure to show for this program will result in a \$2.00 fee for holding a space in the program.  
Session Dates: Session 1: October 1 - TBA (ongoing program)

### Adult Basketball League

Grab a group of your buddies and join our Second Annual Adult Basketball League. Participants will receive a T-Shirt and will be assigned to a team if they do not register as one. All participants must pay in full at the time of registration.

Day: Mondays  
Times: 7:00 pm -9:00 pm  
Ages: 21 & older  
Fee: \$60 members / \$70 non-residents  
Dates: Beginning October 5, 2015 - TBD

# Adult

### Chair Yoga

Day: Wednesday  
Times: 11:00 am - 12:00 am  
Ages: 16 & Older. Designed for 55 plus.  
Fee: \$30 members/ \$40 non-residents  
Session Dates: Session 1: September 23 - October 28  
Session 2: November 4 - December 16 (No class 11/11).  
Session 3: January 6 - February 10  
Session 4: March 2 - April 5

### 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.  
Day: Monday @ (South End) Hazelwood Community Center; 553 Brock Avenue, New Bedford, 02744  
Times: 11:00 am - 12:00 pm  
Wednesdays @ (West End) Andrea McCoy Recreation Center; 181 Hillman Street, New Bedford, 02740  
Times: 9:00 am - 10:00 am (No program on October 28)  
Fridays @ (North End) Brook lawn Community Center; 1997 Acushnet Avenue, New Bedford, 02745  
Times: 9:00 am - 10:00 am  
Ages: 16 & Older. Designed for 55 plus.  
Fee: Free  
Session Dates: Session 1: Beginning September 7 - TBD



The Department of Parks, Recreation & Beaches is a proud partner in the New Bedford Fitness Challenge. Stay tuned for the kick-off dates and schedules.

For only \$5.00 receive access to over 10 fitness facilities and weekly fitness programs. Join as a team and make living a fit, fun and fabulous life a group effort.

## ONE YEAR TO A NEW YOU!

Take any (5) fitness classes offered at the Andrea McCoy Recreation Center for only \$120.

These are for any classes we offer and you have a full year to use them!

Total Cost: \$120

\*All 5 classes must be taken within one year of purchase.

## Frequent Participant Rewards

Get a punch for every \$5.00 spent on eligible recreation programs. Once you hit the , receive a credit for one free walk-in. Card must be present at time of class to receive credit.



Ask a Parks and Recreation professional how you can get a card!

# Parks, Recreation & Beaches Events

## Thursday, October 29- Recreation Day!

School is out! Join us at the Andrea McCoy Recreation Center for an extended day of play. Doors open early. Call ahead for details. 508-991-6298

## Friday, October 30 - Parks and Recreation Annual Halloween Party

6 pm – 9 pm Andrea McCoy Recreation Center.

## Monday, November 23 - Black Friday

Program Sale Begins - One week of discounts. 11/23-11/30. Andrea McCoy Recreation Center

## Saturday, December 19 - Parent Night Out

4 pm – 7 pm- Andrea McCoy Recreation Center-Fee: \$10.00 per student.

## Monday, January 25 - Recreation Day!\*

Andrea McCoy Recreation Center – Ages (See rec. schedule).

## Thursday, March 17- Four Leaf Clover Hunt

Ages 3-8 – 3 pm – 5 pm – Andrea McCoy Recreation Center, Outdoor Classroom.



### AHA!

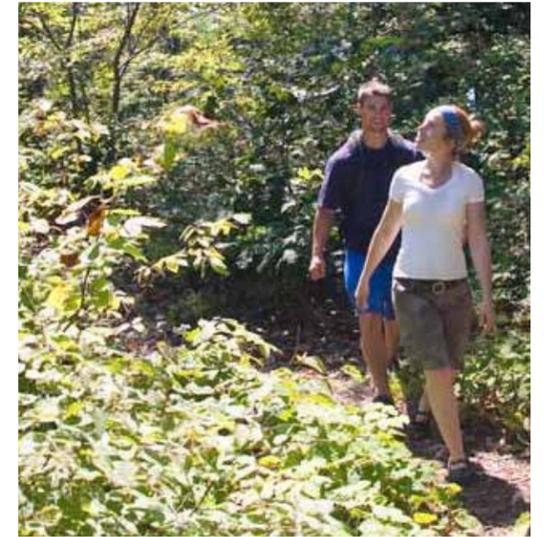
Join us for hands on fun Every 2nd Thursday of the month at AHA! (Art, History and Architecture) Free arts and culture celebration from 5-9pm, Downtown. [www.ahanewbedford.org](http://www.ahanewbedford.org)

September 10, 2015	Festa, Fiesta, Fete: Celebrate Nb Cultures
October 8, 2015	Down On the Farm
November 12, 2015	No Place Like Home
December 10, 2015	Made In Nb

# 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 spring and summer 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. Enjoy the trails at **Flora B. Peirce Nature Trails** on New Plainville Rd, the **Ross. C. Mathieu Trail** at Pulaski Park and the **Ricketson Nature Trail** at Brooklawn Park. We continue to improve these trails with better signage, boardwalks and maintenance to enhance the urban trail experience.

**ART • HISTOY • ARCHITECTURE**

**AN ARTS & CULTURE CELEBRATION**

**IN DOWNTOWN NEW BEDFORD**

**2ND THURSDAY OF EVERY MONTH**

**FREE!**

**5-9PM**

**ARTISANS & EXHIBITS**

LECTURES & FILMS

MUSEUMS & GALLERIES

**PERFORMANCE ART**

LIVE MUSIC

WORKING WATERFRONT

**ECLECTIC EATERIES**

FAMILY ACTIVITIES

WALKING TOURS

[ahanewbedford.org](http://ahanewbedford.org)

# Parks

## 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 scenic Clark's Point 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 Rodman, built between 1857 and 1871 as part of the nation's sea coast defense system. The fort is features 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. 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 Clark's Point, overlooking scenic Clark's Cove. The park is offers both passive and active recreation areas. There is a historic bowling green, tennis courts, basketball courts, a playground, picnic areas, and a gazebo. 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. It contains groves, expansive lawns, and three historic structures, one of which has been rehabilitated for use as a Community Center. The park, 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 areas; with 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, tennis courts, a universal accessible playground, a Community Center, library, and walking paths. The brand new basketball courts are a major attraction.



### Brooklawn Park

Located on Acushnet Ave.

This 85 acre park is a multi-use complex with baseball and softball fields, basketball and tennis courts, a skate park, playground, splash-pad, and nature trails. In an effort to remove himself from the bustle of the city's center, the prominent New Bedford Quaker, Daniel Ricketson built a country estate in what is now Brooklawn Park. Literary greats, such as Henry David Thoreau and Ralph Waldo Emerson, often visited Ricketson at his estate. Responding to the needs of a rapidly growing population due to the success of the textile industry, this land became a city park at the end of the 19th century.

# Other Sponsors



CHILD & FAMILY SERVICES



Community  
Development  
Block  
Grant

## NEW BEDFORD ROWING CENTER

New Bedford Rowing Center provides access to the sport of rowing for people of all ages...  
youth programs for ages 12-18... adult programs for ages 19 and up!

We offer a fun and inclusive experience, beginning with our Learn-to-Row program, in which participants can give rowing a try in a relaxing and safe environment. Following that, one can continue rowing recreationally, or move on to the challenges of competitive racing.

Even if you think you've never done anything athletic, we welcome you! We operate out of the southeast corner of Pope's Island, rowing on the Acushnet River where it forms the upper reaches of New Bedford's historic harbor.

We look forward to having you join us, either as a member of a 4-oared or 8-oared crew, or in a single or double scull. Registrations are ongoing.

**Rowing is a life-long sport... It's never too late to get started.**

For more information  
[www.newbedfordrowing.org](http://www.newbedfordrowing.org)



## Policies and General Information

### Program Registration

Registrations will be accepted until the program is full prior to the start date. All forms must be filled out completely or they will not be accepted.

### Program Age Requirements

Participants must be of noted age or grade by the first day of the program in which they are enrolled.

### 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.

### Program Course Confirmation

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

### Refunds

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

### Non-Residents

For some programs non-residents may register if space allows.

Additional fees will be charged.

### Personal Belongings

Please do not bring any valuables, toys or games to our programs. The department is not responsible for lost or stolen items. To be safe, leave articles at home unless necessary for the program.

### Photo Policy...Smile ☺

New Bedford Parks, Recreation & Beaches and/or press take pictures and video on occasion of participants for publicity purposes and for local cable. If you don't want to have your child photographed, please let us know.

### Additional Parent/Guardian Responsibilities

It is the responsibility of the parent/guardian to notify the Parks, Recreation & Beaches office if there are any orders, ie. restraining, no contact, etc. currently issued. Your child's safety is of the utmost importance to us.

If your child is walking or using public transportation to or from our programs please notify us. Additional permission slip may need to be on file.

Participants who continually exhibit behavioral and /or discipline problems will be subject to suspension and /or termination from the program. Please review the Participants Responsibilities for more information.

### 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, after-school care program 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 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.

### Weather Cancellations

When city offices are closed due 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.

### Special Needs & Medication

Children and adults with special needs are encouraged to participate in recreation programs. Staff members are sensitive to your needs and will do everything possible to assist you. If you are interested in participating in a program, please contact the office to discuss to program details and accommodations necessary for the success of your child's participation.

Please review the medication policy for summer day program if applicable.

### Program Policies

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. Remember nothing terminates a program faster than waiting until the last minute to register. Avoid disappointment and register promptly.

Carefully read each program description you are interested in to see specific rules and regulations regarding your desired program.

### 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.



# Reserve Your Event!

Wedding Ceremonies  
Birthday Parties  
Work/Company Events  
Conferences  
Family Reunions  
Much more!

Please call to inquire about any and all of our locations for any rental.  
The city has some of the best locations and best rates around!

**FORT TABER COMMUNITY CENTER**  
**BUTTONWOOD PARK COMMUNITY CENTER**  
**BROOKLAWN PARK COMMUNITY CENTER**  
**ANDREA MCCOY RECREATION CENTER**  
**MANY OTHER LOCATIONS!**



**Call PRB - (508) 961-3015**  
**or email [alex.bettencourt@newbedford-ma.gov](mailto:alex.bettencourt@newbedford-ma.gov)**

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

★ **GIFT CERTIFICATE** ★

TO: \_\_\_\_\_

FROM: \_\_\_\_\_

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

★ **SPONSORSHIP** ★

TO: \_\_\_\_\_

FROM: \_\_\_\_\_

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.

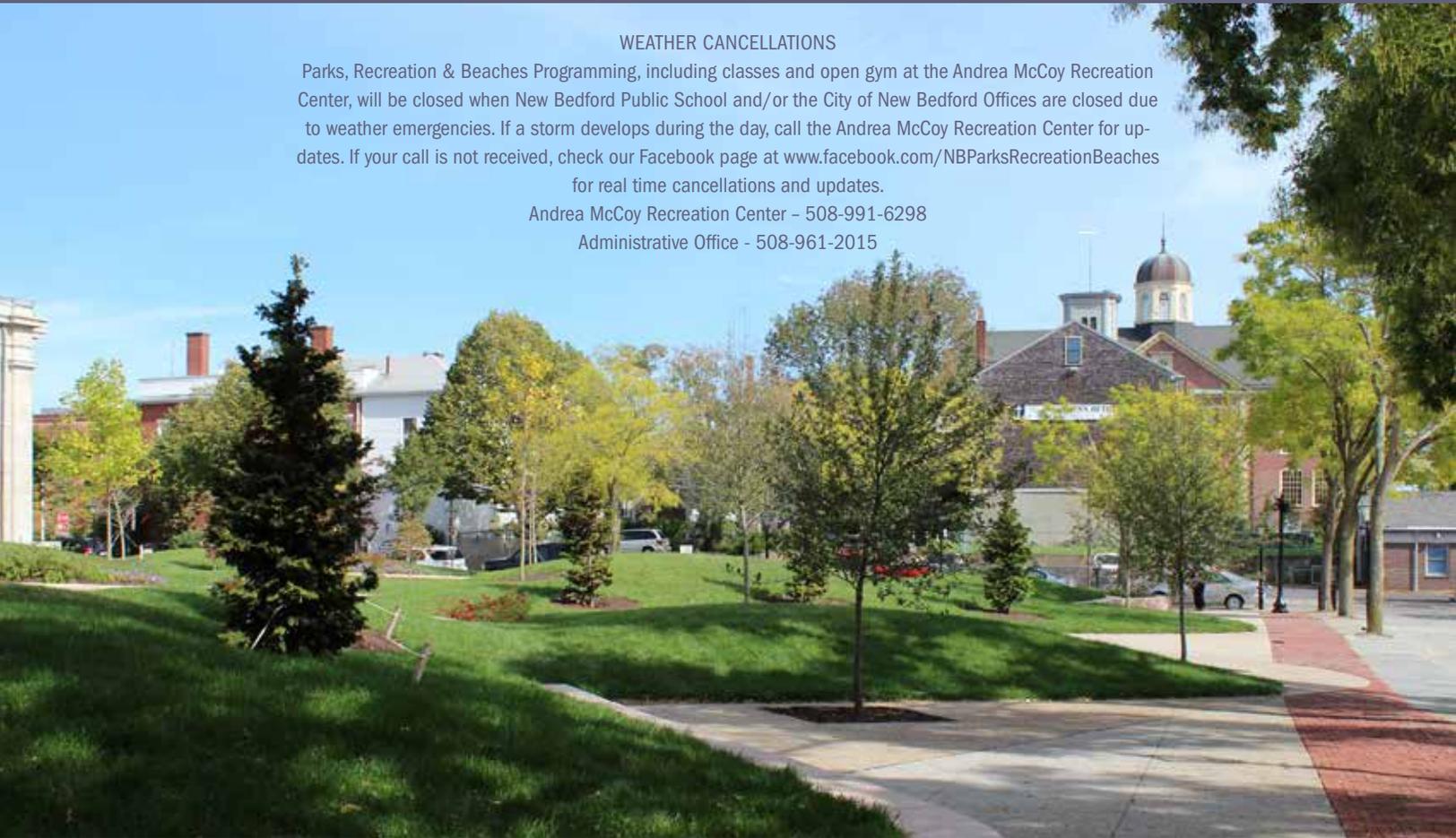
**Our Sponsorship Program allows children in need of financial aid to participate in Andrea McCoy activities and afterschool programming. With your donation, we will access the needs of our applicants and reward the sponsorship for you. You may donate towards a specific class, or allow the recipient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

## WEATHER CANCELLATIONS

Parks, Recreation & Beaches Programming, including classes and open gym at the Andrea McCoy Recreation Center, will be closed when New Bedford Public School and/or the City of New Bedford Offices are closed due to weather emergencies. If a storm develops during the day, call the Andrea McCoy Recreation Center for updates. If your call is not received, check our Facebook page at [www.facebook.com/NBParksRecreationBeaches](http://www.facebook.com/NBParksRecreationBeaches) for real time cancellations and updates.

Andrea McCoy Recreation Center – 508-991-6298

Administrative Office - 508-961-2015



**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](mailto:infoPRB@newbedford-ma.gov)

**Andrea McCoy Recreation Center**  
181 Hillman St.  
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