



Late Fall Programs

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FOOTSKILLZ

Are you the next Donovan, Messi or Ronaldo? Be the master of soccer Footskillz with Coach Kiaran McCormack, former professional player, college, premier and H.S. coach. Players will learn and become comfortable with the ball at their feet and learning many new skills. Emphasis is on technical development in a fun atmosphere with 100's of touches on the ball. Space is limited, register early!



Pre K / K: 5 weeks, \$40 Mondays 3:15-4pm Nov 7, 14, 21, 28 Dec 5 Memorial Gym
1st / 2nd Grade: 5 weeks, \$50 Tuesdays 3:15-4:15 Nov 8, 15, 22, 29 Dec 6 Dunn Gym
3rd / 4th Grade: 3 non-consecutive weeks, \$45 Wednesdays Nov 9, 30 Dec 7 Dunn Gym

MINI HOOPS

Mini Hoops is a new program designed just for really small hoopsters. This 4 week program will include all of the basic skills plus fun activities to keep their attention.

WEDNESDAYS
NOVEMBER 2 - 9 - 16 & 30
(no session on Nov 23rd)
2.5 TO 4 YEARS OF AGE
1 to 2 PM NEWBEGIN GYM
FEE: \$31 (includes a t-shirt)
Instructor: Courtney Kromko

NERF NIGHTS

Are you crazy for Nerf? Is mom yelling at you for shooting darts in the house? Well this will be an activity you don't want to miss. We will set-up walls & barriers for team battles and organized chaos. Please bring your Nerf gun (one that shoots standard darts), eye protection and a water bottle. We will supply all the darts you need. Prizes will be awarded for some of the contests.

November 4th: Grades 1 & 2 6-7:30
November 18th: Grades 6-8 6-7:30
December 2nd: Grades 4 & 5 6-7:30
December 16th: Grades 3 & 4 6-7:30

- participants, bring a water bottle
- Eye protection required

Fee is \$15 for each session.
Newbegin Gym
Parents welcome to watch on stage.

PATRIOT JR BASKETBALL

Our season consists of 7 Saturdays here at Newbegin Gym. The first 3 sessions cover all of the basic fundamentals of basketball with the remaining 4 sessions designated for games. Players will be placed on balanced teams of boys and girls. No basketball experience necessary. We offer experienced staff, enthusiastic coaching, skill building, team concepts, reduced size basketballs and hoop levels and much more.

SATURDAYS AT NEWBEGIN GYM
NOV 12-19 DEC 3-10-17 JAN 7 & 14
\$47 per player (includes team t-shirt)
1st Graders will meet at either 8:30 OR 9:30
Kindergarten will meet at either 10:30 OR 11:30
2nd Graders will meet at either 12:30 OR 1:30
(when games kick in, time may change slightly)

Rosters/game schedule available after November 4th
Parents: we need volunteer coaches, so please support this program with your expertise and time.



AMERICAN RED CROSS BABYSITTING COURSE

In a fun, interactive environment, participants will learn the responsibilities and qualities of being a good babysitter. The class focuses on injury prevention, first aid, basic childcare, decision making, problem solving and leadership skills. Ideal for current and future babysitters or young people ages 11-15 years old who find themselves home alone or with younger siblings at the end of the school day. A must class!

Saturday, December 10th, 9:30 to 4pm Pennell Town Hall
Fee: \$66 (includes book & certificate) * bring snack, lunch and drink.
Instructor: Gail Platts (R.C. Cert. Instructor, MS Adult & Higher Ed)



Designed for 4th to 6th graders who may be staying home alone, participants will talk about and find solutions to a variety of "home alone" issues including food preparation, safe internet and phone usage and stranger danger. Basic first aid skills and what to do in an emergency will be discussed as well. The goal of this class is to boost confidence and provide knowledge about staying safe at home.

THURSDAY, DECEMBER 8TH (3:30-5PM) PENNELL TOWN HALL
FEE: \$15 INSTRUCTOR: GAIL PLATTS * class minimum of 8 required



Total Body Awareness

During this class you will hit multiple muscle groups and burn calories in a workout that is designed to strengthen the cardiovascular system, tone muscles and boost balance, flexibility and endurance. All major muscle groups are challenged as you move from one muscle group to the next. This class is great for all abilities as you work to the best of your ability on each exercise. This class will use your own body weight, gliding discs and other progressions for each exercise. Join our fun group of highly motivated women and shine!

TUESDAYS Next session starting November 1st ends December 13th
6:30 to 7:30 pm Newbegin Gym 6 classes (no class on Nov 8th)
\$30 per person (there is a minimum of 9 to offer this class)

Instructor: Jenna Chase

(Jenna is the Wellness Coordinator for St. Joseph's College)

* exercise mat and hand weights are recommended but not required.
Water bottle, sneakers, hand towel and comfortable clothing are strongly recommended.

Next sessions of Mad Science at Russell School

“Take a Bite Out of Science” Oct 27th to Dec 8th Fee: \$81

“Radical Robotics” January 26th to March 9th Fee: \$85
(both sessions are from 3:30 - 4:30pm; Grades K to 4)



Enjoy a nice evening out without having to worry about the kids! It's the perfect time

to plan an awesome date for your Holiday shopping or a night out with friends during the Holiday season. We will keep the kids busy with fun activities both in the rec. room and in the gym at Newbegin.

Pack a snack, a drink and something for dinner and make sure they are dressed for fun and we will take care of the rest.

Date: December 9th

TIME: 5:30 to 9 pm

AGES: 4 to 12 (Pre K - 6)

FEE: \$16 per child

HALLOWEEN PARTY & PUMPKIN WALK

October 23rd

Newbegin Gym and Pennell Park
5 to 7:00pm

HAUNTED LABORATORY



FUN GAMES

PRIZES/TOYS

CRAFT TABLE

CONCESSIONS

BEVERAGES



ZUMBA®

gold

Perfect for the beginner and older active adult who is looking for a modified class that re-creates the original moves you love at a lower intensity. The design of the class introduces easy to follow Zumba choreography that focuses on balance, coordination and range of motion. Come ready to sweat, and prepared to leave empowered and feeling stronger and healthier.

Up-coming Holiday session

November 30, December 7 - 14 & 21
* Wednesday classes (4 classes for \$21)
9am to 10am in Newbegin Gym

Next full session:

Tuesdays, January 3rd to February 21st
Thursdays, January 5th to February 23rd

Fee(s): \$42 for once per week

\$84 for twice per week

Please pick the day (s) when you register online or in our office.

Instructor: Doreen Dunn



Sponsored by: Gray Recreation Department

