

BARNSTABLE RECREATION/HYCC SPRING PROGRAM BROCHURE 2025

141 Bassett Lane, Hyannis, MA 02601
508-790-6345 <https://townofbarnstable.us>

RESIDENT REGISTRATION BEGINS: **Wednesday, March 5, 2025**
NON-RESIDENT REGISTRATION BEGINS: **Wednesday, March 12, 2025**



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IN CASE OF AN "OOPS"

Complete details of program policies, procedures and guidelines are omitted from the program brochure because of space limitations. Errors in days, times, registration requirements and fees may occur as well. We apologize for any errors that may occur in this brochure. Thank you for your patience and understanding when these situations occur.

PROGRAM LOCATIONS

- Bay Lane** 625 Bay Lane, Centerville (across from the elementary school)
- BHS** Barnstable High School, 744 West Main Street, Hyannis
- BIS** Barnstable Intermediate School, 895 Falmouth Road, Hyannis
- BUES** Barnstable United Elementary School, 730 Osterville-W. Barnstable Road, Marstons Mills
- Cotuit CTR** 4404 Falmouth Road, Cotuit, MA 02635
- CRB** 524 Main Street, Centerville
- Forte Fit.** 865 Attucks Lane, Hyannis, MA 02601
- DGA** 92 Barnstable Road, Hyannis, MA 02601
- HYCC** Hyannis Youth & Community Center, 141 Bassett Lane, Hyannis
- HY WEST** 549 West Main Street, Hyannis, MA 02601
- Lombard** Lombard Field, 2367 Meetinghouse Way, West Barnstable
- Lorusso** 165 Bearses Way, Hyannis
- McBarron** 940 Old Falmouth Road, Marstons Mills
- M. Farm** 2135 Meetinghouse Way, West Barnstable, MA 02668
- Ost. Bay** 99 West Bay Road, Osterville
- WBCA** 135 Crooked Cartway, Marstons Mills, MA 02648
- WV Courts** 760 Osterville-W. Barnstable Road, Marstons Mills
- YMCA** 2245 Iyannough Road, West Barnstable, MA 02668

WEATHER CANCELLATIONS

Cancellations due to weather will be decided by the program coordinator as soon as possible. Phone calls will be made to schools and we will make every effort to post program cancellations and closings on our Facebook/Instagram pages and through emails we have on file. Call 508-790-6345 for updated cancellation information.

CANCELLATIONS/CHANGES

We reserve the right to change class dates or times. We may also cancel classes due to low enrollment or other reasons beyond our control.

SOCIAL MEDIA

Facebook: @BarnstableRec
 Instagram: Barnstable_Recreation



If English is your second language, you can translate this brochure here: <https://translate.google.com/?tr=f&hl=en>

ANNUAL MEMBERSHIPS

\$20 Residents / \$40 Non-Residents
Ask about discounted Family Memberships!



- **FREE Membership for all Barnstable students**
- **Walking Track**
- **Public Open Gym**
- **Game Room**



- **Online** registration is available beginning at 8:45 AM on the first day of registration (Residents - Wednesday, March 5, 2025/ Non-Residents - Wednesday, March 12, 2025) and ongoing until program are full. You may log onto our online registration feature at www.townofbarnstable.us/recreation and click on the "On-line Registration" button. You will need a user name and password in order to utilize the online program registration system. Call the Recreation Office during regular office hours (M-F, 8:30AM-4:30PM) if you need assistance with the online registration software. We HIGHLY recommend that you sign into the on-line system a few days before registration to make sure your account is working properly. **Please be advised that our software system WILL NOT allow parents/ guardians to UPDATE the birth date, age, or grade of their child(ren). Please verify that this information is correct. If it needs to be changed, please contact the Recreation Division at 508-790-6345, or recweb@town.barnstable.ma.us** Unfortunately, if you do not randomly review your household account for accuracy, your child(ren) may be locked out of a program because of age/grade restrictions.
- **Walk-in** registration hours are Monday through Friday, 8:45AM to 4:00PM, at 141 Bassett Lane, Hyannis, MA 02601. If you choose to visit our facility to enroll in a program, you may download a registration form at www.townofbarnstable.us/recreation. For your convenience, printed forms are also available at 141 Bassett Lane, Hyannis, MA.

Payment in full must be received prior to the start of the program. Financial Aid and Grant Funding is available for qualified households. Forms are located on our website or at the front desk of the Hyannis Youth & Community Center.

RULES AND REGULATIONS

- Participants and Parents must follow Recreation/HYCC Discipline Procedures and Parent Code of Conduct when participating in a program or at the HYCC. These documents can be found on our website.
- Town of Barnstable is not responsible for any lost or stolen property at any of our programs.
- Barnstable Recreation follows regulations stating that participants are not allowed to wear jewelry while participating in sport activities.
- All times, dates, and programs are subject to change. Contact the Program Coordinator in charge of your program for any updated schedules or changes.
- Resident registration will begin Wednesday, March 5, 2025.
- Non-Resident registration will begin on Wednesday, March 12, 2025.
- Pre-Registrations, early sign ups, emails, mail ins and faxes are not accepted.
- Non-Resident fees are doubled unless otherwise specified.
- Registration is conducted on a first-come, first-served basis and age/grade guidelines are strictly observed. You may only register one household at a time.
- Proof of residency: Tax bill, vehicle registration and/or personal check. PO BOXES ARE NOT ACCEPTED AS PROOF OF RESIDENCY.
- Financial Aid is available for all qualifying applicants. To apply, complete and submit a Financial Aid form with your Tax Returns and ANY OTHER DOCUMENTATION EVIDENCING ASSISTANCE YOU ARE CURRENTLY RECEIVING such as Sec. 8, Disability, child support, etc.
- Financial Aid applicants must pay 50% of the program costs at the time of registration.
- Prior to the start of the program, refunds will be given minus a \$10 Administration fee.
- REFUNDS ARE NOT ISSUED ON OR AFTER THE START OF THE PROGRAM. NO SWITCHING OF CLASSES WILL BE ALLOWED AFTER YOUR FIRST SCHEDULED CLASS OF THE SEASON.
- Participants who are absent from a class will not be allowed to make up the class.

CONTACTS

For details on any program, you can reach a staff member by calling 508-790-6345 during business hours (Mon-Fri 8:30 AM -4:30 PM) or email anytime using the following format:

firstname.lastname@town.barnstable.ma.us

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John Gleason, Recreation Director.....	128
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**BARNSTABLE POLICE OFFICER
BRIAN MORRISON**

Officer Morrison provides all of the staff and guests at the Hyannis Youth & Community Center with dedicated service! He has an office inside the HYCC and offers fun and educational programs and events like the annual Bike Safety Rodeo in the parking lot, assistance with crucial holiday time support through Stuff a Bus and Toys for Tots. Plus he's just an all around great guy! Thank you Officer Morrison!



BARNSTABLE SKATE PARK

9:00 AM—8:00 PM (or Dusk)

Opening April 22!

The Skate Park will be unsupervised by Recreation staff. Users of the facility must follow the rules. In the event of rain or wet ramps, we will not open and/or will close the Skate Park early.

AFTER SCHOOL PROGRAMS

LITTLE MONSTER TEE BALL: AGES 5&6 **BAY LANE/LORUSSO** \$100
 Wednesdays & Saturdays April 30-June 21 5:30 PM/9:00 AM
 Learn the basics of the game in an easy-going and fun environment. Team practices will be on Wednesdays at 5:30 at Bay Lane in Centerville. Games will be played on Saturday mornings at the Lorusso Fields next to the HYCC starting at 9:00 AM. Participants need their own baseball glove, and batting gloves are strongly encouraged for this program. This program welcomes both boys and girls. *Contact: Jack Kapanke*

FLAG FOOTBALL: GRADES 4&5 **BUES** \$75
 Tuesdays & Thursdays April 29-June 12 Dismissal-4:30 PM
 Play flag football in this fun and competitive program. We will start with a brief training camp to practice and develop football skills before making teams and playing games. The season will conclude with playoffs and a championship. This program welcomes boys and girls of all skills levels. *Contact: Jack Kapanke*

SURVIVAL DAY: GRADES 4-7 **HYCC** \$35
 Friday April 18 8:00 AM-4:30 PM
 Join us on your day off from school for the 2nd Annual Barnstable Recreation Survival Day, based on the hit television show Survivor! Participants will compete in challenges throughout the day to survive and advance. At some point during the day survivors will be voted out and join the jury to decide the sole survivor. Bring you're A-Game as you'll have to outwit, outlast, and outplay your way through a day filled with twists and turns. *Lunch will be provided. Contact: Jack Kapanke*

KIDS BOXING: GRADES 3-8 **FORTE FITNESS** \$125
 Mondays April 28-June 9 4:30-5:30 PM
 Saturday June 14 11:00 AM-12:00 PM
No Program: 5/26

These classes will teach proper boxing technique, include agility and strength training, emphasize the importance of mental focus and self-discipline, and provide a safe and fun environment for learning how to strike! In a supportive group, led by dedicated coaches, your child will build confidence and self-esteem as well as strength and technique. *Contact: Jack Kapanke*

NINJA FOR KIDS: GRADES 1-8 **FORTE FITNESS** \$125
 Tuesdays April 29-June 410 4:00-5:00 PM
 or 7:00-8:00 PM
 Saturday June 14 12:00-1:00 PM
No Program: 5/27

In our classes, kids will learn about obstacle course racing, receive instruction on proper technique, participate in cardiovascular and strength-building activities, and have plenty of time to enjoy our ever-growing array of obstacles. Ninja classes are not only FUN, they aid in building self-esteem, confidence, and a sense of accomplishment. Our structured classes help children improve their self-control and experience the importance of discipline. *Contact: Jack Kapanke*

TEAM SPORTS **BUES** \$45
 Fridays May 2-June 13 Dismissal-4:30PM
No Program 5/23

Join us for a spring full of different team sports where you'll get to play recreation classics and learn new ones! Each day we'll play pickup games of a certain sport such as dodgeball, soccer, ultimate frisbee, kickball, handball and more. This is a co-ed program. *Contact: Jack Kapanke*

INTRO TO FENCING: GRADES 4+5

Mondays

No Program: 4/21

This six -week program is designed to introduce your child to the basic skills and proper techniques of fencing for the first time. Children will be taught by Jim Rose of Cape Cod Fencers Club. Fee includes instructor, use of equipment, and t -shirt. Registration is on a first come, first served basis. We have limited enrollment in this fencing program. The maximum number of participants is 14. **Contact: Michelle Davies**

BUES GYM

April 7-May 19

Dismissal-4:30 PM \$60

BIG SPROUTS-GARDENING: GRADES 4+5

Tuesdays

April 29- June 3

Dismissal-5:00 PM \$70

Join Deirdre Detjens, Master Gardener, for this six-week class in the Greenhouse at Meeting House Farm. Each participant will learn science and hands on experience of growing vegetables and herbs. Later they will take them home to continue in their own garden. What a great and fun way to learn and stay active after school with friends! Children will be transported from BUES to the Farm. Parent pickup-will be at the HYCC front lot at 5:00PM. Please bring a snack and a drink.

Contact Michelle Davies

DODGEBALL: GRADES 4-7

Tuesdays: BIS

March 18-April 15

Dismissal-4:30 PM \$25

Thursdays: BUES

March 13-April 17

Dismissal-4:30 PM

No Program: 3/20 (for 4+5 Grade)

Dodgeball mania! This is a fun five-week dodgeball program. We will play different variations of the game such as medic, trenches, pinball and more. **Registration is ongoing from winter program registration.**

Contact: Jack Kapanke

WINTER DODGEBALL TOURNAMENT

Wednesday: BIS

BIS/BUES

March 5

Dismissal-5:30 PM FREE

Thursday: BUES

March 6

Dismissal-5:30 PM

This bracket-style tournament is a chance to make a team with friends and become the dodgeball champions of the school! Anyone who wants to play in the tournament needs to sign up. **Each team must have six players.** Once you have your team of six please email the team name and all team members' names to jack.kapanke@town.barnstable.ma.us. Those who are signed up but are not a part of a team will be put into teams on the day of the tournament. Show up in a fun uniform and get ready to play your way to Barnstable Dodgeball History! Registration for the tournament is open now! **Contact: Jack Kapanke**



USTA TENNIS IN THE PARKS: GRADES 1-8 WV TENNIS COURTS

\$75

Tuesdays**April 29-June 3****Grades 4+5 (Orange Ball)****Dismissal-4:00 PM****Grades 1-3 (Red Ball)****4:15-5:15 PM****Grades 6-8 (Green Ball)****5:15-6:15 PM**

The tennis program where kids play while they learn! Led by an approved USTA Net Generation tennis coach. The program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are developed, participants will play fun matches with other players. We use modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All players in their first session receive a new age-appropriate racket.

Contact: Kellie Crawley

INDOOR TENNIS: GRADES 4&5

BUES GYMNASIUM

\$75

Wednesdays & Fridays**March 19-March 28****Dismissal - 4:30 PM**

The program is geared towards all skill levels and will consist of instruction, hitting, review of skills, and implementing what is learned into game play. This program uses modified tennis balls, age-appropriate rackets, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All players will be provided with a tennis racquet to borrow. **Contact: Kellie Crawley**

SOCCER: GRADES 4 + 5

BUES

\$70

Wednesdays**April 30-June 11****Dismissal-4:30PM**

This after school soccer program will start with a brief training camp where we will learn and develop different soccer skills such as dribbling, passing, goal-scoring, defense and more. Then we will form teams and play matches. This program is for boys and girls of all skill levels.

Contact: Jack Kapanke

CREATIVE ARTS: GRADES 4-5

BUES

\$35

Wednesdays**April 16-May 28****Dismissal-4:30 PM****No Program: 4/23**

Join Recreation and Cape Cod CAN for a wonderful spring inclusive art class! *Local Artists help us* explore our personalities, nature, and the beautiful surroundings around us through art. Come create multi-media projects and have fun in this inclusive, supportive environment. Please bring a snack and water bottle. Pick up will be at BUES front entrance.

Contact: Michelle Davies

BABYSITTING: GRADES 6+7

BIS ROOM 110

\$65

Tuesdays**March 18-May 13****Dismissal-4:30 PM**

This babysitter's training course, developed by the Red Cross, will give you the safety skills and confidence to be a great babysitter. You'll learn what to expect from parents, plus the skills you need to help you handle any real-life babysitting situation. **YOU MUST ATTEND SEVEN OF THE EIGHT CLASSES TO GET YOUR CERTIFICATE!** Pick up at the front entrance of the school. **Contact: Michelle Davies**

MOUNTAIN BIKING

WBCA

RESIDENTS: \$130/\$180 BIKE

Fridays: Age 9-17**May 2—June 6**

NON-RESIDENTS: \$150/\$200 BIKE

4:30-6:00 PM

Thanks to our friends at Sea Sports we are offering this exciting program. We will meet at Sea Sports for a brief orientation on May 2. After that the program will meet at the trails off Crooked Cartway in Marstons Mills for five weeks of riding! **If you need a bike, there is limited availability.**

Contact: Jack Kapanke

GIRLS SOFTBALL

Welcome to Barnstable Recreation Girls Softball! We offer three leagues for girls in grades K through 8, designed to promote skill development, teamwork, and fun. Our leagues are organized by age group and focus on both instruction and competition. Every player who registers will be placed on a team. Both Major and Minor programs will compete in the Cape Cod Canal Softball League. Below, you'll find details about each league.

INSTRUCTIONAL LEAGUE: K-2 GRADE OSTERVILLE BAY FIELD \$80
Saturdays **May 3-June 14** **10:00-11:00 AM**

No Program: 6/7

The Instructional League is designed for girls in Kindergarten - 2nd grade. The focus of this league is on skill-building in a fun, non-competitive environment. Girls will be divided into small groups to engage in various skill stations and enjoy friendly games throughout the season. Coaches will either pitch to players or use a tee, with safety being a priority. We use 11" safety softballs to build confidence and ensure a positive experience. Fees included team shirt, socks, and equipment. Participants must provide their own glove.

MINOR LEAGUE: GRADES 3-5 OSTERVILLE BAY FIELD \$100
Evaluation Day **March 29** **1:30-3:00 PM**
Mondays & Wednesdays **March 31-June 25** **5:30-7:00 PM**
Fridays **April 4-June 27** **Scheduled by Coach**

The Minor League is for girls in grades 3-5 and blends instruction with competition. Teams are selected after player evaluations on March 29th. Teams will practice for 2-3 weeks before beginning the season, which includes a minimum of 10-12 games, followed by playoffs. Games are played on Mondays and Wednesdays and are 6 innings long (USA 10U rules), depending on weather and daylight. Friday practice dates will be scheduled by coaches. Games will be played at our home field, as well as at other towns within the Cape and Islands. Fees included team shirt, socks, equipment, USA Softball membership, and umpires. Participants must provide their own glove and black pants.

MAJOR LEAGUE: GRADES 6-8 LOMBARD FIELD \$100
Evaluation Day **March 29** **3:00-4:30 PM**
Tuesdays & Thursdays **April 1-June 26** **5:30-7:00 PM**
Saturdays **April 5-June 28** **Scheduled by Coach**

The Major League is for girls in grades 6-8, offering a mix of instruction and competitive play. Teams are selected after player evaluations on March 29th, followed by 2-3 weeks of practice. Teams will play a minimum of 10-12 games, leading to playoffs. Games are played on Tuesdays and Thursdays and are 7 innings long (USA 12U rules), weather permitting. Saturday practice dates will be scheduled by coaches. Games will be played at our home field, as well as at other towns within the Cape and Islands. Fees included team shirt, socks, equipment, USA Softball membership, and umpires. Participants must provide own glove and black pants.

Our softball programs rely on parent volunteer coaches. Please let us know during registration if you're interested in coaching. This program will not run without your support! Thank you.

Contact: Kellie Crawley

BRAZILIAN JIU-JITSU: AGES 4-12 DANIEL GRACIE ACADEMY \$85
Little Warriors (Ages 4-7): Thursdays: March 6-April 10 5:00-6:00 PM
 This class focuses on basic Jiu Jitsu techniques and movement skills in a playful, interactive environment. Kids will learn respect, teamwork, and coordination while having a blast!
Kids Jiu Jitsu (Ages 8-13): Fridays: March 7-April 11 5:00-6:00 PM
 Designed for slightly older kids, this program offers more advanced techniques, with a focus on self-defense, strength, and character development. It's a great way to boost confidence, improve focus, and get in shape! **Both programs emphasize safety, respect, and personal growth, making them perfect for children to thrive both on and off the mat! Contacts: Kellie Crawley**

WEEKEND PROGRAMS

ARCHERY: GRADES 4-7 MCBARRON \$65
Saturdays April 5-May 3 8:00-9:00 AM
 This five week program will teach your child the proper techniques of archery. The program will consist of one week of safety/shooting technique and four weeks of target shooting. Participants must attend first day of class to complete safety training. Includes access to equipment. **Contacts: Michelle Davies & Kellie Crawley**

TENNIS: GRADES PRE K-2 BHS TENNIS COURTS \$70
Saturdays April 5-May 10 8:00-8:45 AM
Grades PreK & K 9:00-9:45 AM
Grades 1 & 2:
 The program is geared towards all skill levels and will consist of instruction, hitting, review of skills, and implementing what is learned into game play. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! There will be tennis racquets available to borrow. **Contact: Kellie Crawley**

SOCCER MCBARRON \$70
Saturdays May 3-June 14
Pre-K: 12:30-1:15 PM
K & 1: 1:30 - 2:15 PM
Grades 2 & 3: 2:30 - 3:30
 Join us on Saturday afternoons to kick it with some friends! The program will start with practices that focus on learning and developing soccer skills before moving into games. **Contact: Jack Kapanke**

CROSS COUNTRY RUNNING: GRADES 1-7 HYANNIS WEST \$35
Saturdays March 8-April 12 11:00 AM-12:00 PM
 No Program: 3/22
 This five-week running program will focus on proper warm-up routines and running form. We will practice building up stamina before forming running teams and having official races. Each session will conclude with a fun all-group running game. **Contact: Jack Kapanke**

VACATION PROGRAM

APRIL VACATION PROGRAM: GRADES 1-5 CRB \$150/SESSION
Tuesday-Friday April 22-25 8:30AM-4:00PM
 Join us for Arts and Crafts, Games, Fieldtrips and much more. Children should bring a lunch and drink each day. Wear clothing that is weather appropriate for outdoor play. All children and staff will be wearing masks inside the Centerville Recreation Building. **Contact: Michelle Davies**

INCLUSIVE PROGRAM

ADAPTIVE MULTI-SPORT PROGRAM HYCC GYM MEMBERSHIP REQUIRED
Thursdays **September 19-May 8** **1:00-1:45 PM**

This Program is open to all Day Habilitation Facilities Please get a membership at the HYCC for your clients to participate. Each Thursday, we will play a different sport. We have played kickball, broom hockey; whiffle ball, pickle ball and much more. This program is free and meets in the Hyannis Youth & Community Center gymnasium. Members are also welcome to use our Game room and Indoor Walking track as well during this time. Schedules of activities can be found on our website under Therapeutic/inclusive Programs or at the HYCC.

Contact: Michelle Davies



INCLUSIVE SATURDAY ART CLASSES COTUIT CTR \$33/3 SESSIONS
Saturdays, March 8, 15, 22

Barnstable Recreation and CapeCodCAN are at it again! Cape Cod Collaborative Arts Network (CapeCodCAN) and Recreation provide opportunities for inclusion and active participation in the arts for people with unique talents and all abilities on Cape Cod. Come explore a new form of art each week with projects led by local professional artists. Three week sessions run almost continuously. For information about the program and more available sessions contact: capecodcan@gmail.com also reserve your spot at: artsonthecape.org/cape-cod-

Contact: Michelle Davies

ADULT PROGRAMS

USTA TENNIS IN THE PARKS: ADULTS 18+ WV TENNIS COURTS \$70
Wednesdays **April 30 - June 4** **6:00-7:30 PM**

Learn and Play Tennis! Led by a USTA Approved Coach, participants will have fun and get great exercise while developing the skills to serve, rally, and play tennis. The program is perfect for first time and beginner players, as well as returning novice players. All players in their first session receive and keep a new tennis racket! There is a minimum of 7 players and maximum of 8 players to run this program.

Contact: Kellie Crawley

ADULT SEWING: BIS \$65
Mondays **April 7-May 19** **6:00-8:00 PM**
No Program: 4/21

This program is designed for adults who are interested in learning how to sew! Whether you're a complete beginner or just want to refresh your skills, this course will guide you through the basics of sewing using a sewing machine. We will start with a simple project to get you comfortable with the machine and sewing techniques and then progress to a more advanced project as the course continues. All basic sewing supplies are included in the fee. We ask participants to bring their own sewing machine in good working order, along with the machine's manual. However, if you don't have a machine, we will gladly lend you one for the duration of the program. No sewing experience is necessary—just bring your enthusiasm and get ready to learn! **Contact: Kellie Crawley**

Straight-Up Pickleball

All Barnstable Rec pickleball lessons are taught by Straight-Up Pickleball, founded by Laura and Karl Uggerholt. Straight-Up's experienced and caring Coaching Team will offer comprehensive pickleball lessons, allowing players to advance through a consistent curriculum at their own pace. The instructors are excited about the season and look forward to sharing what they know about a sport they love with great people!

PICKLEBALL CLINIC: BEGINNER (1 SESSION) WV PICKLEBALL COURTS \$60
Monday: May 5 (Rain date: May 6) 5:00-7:30 PM
Wednesday: May 14 (Rain date: May 15) 5:00-7:30 PM

Learn to play pickleball in one 2.5-hour lesson with Straight-Up Pickleball! The course will include learning the rules of the game, player positioning and the various shots (ground strokes, volleys, serves, dinks, etc.) Instruction will include exercises to learn shots and game playing to put the skills learned into practice. You will be off and playing upon course completion!

PICKLEBALL CLINIC: BEGINNER (2 SESSIONS) WV PICKLEBALL COURTS \$65
Thursdays: June 5 and 12 (Rain date: June 19) 4:30-6:00 PM

Learn to play pickleball in two 90-minute lessons with Straight-Up Pickleball! The course will include learning the rules of the game, player positioning and the various shots (ground strokes, volleys, serves, dinks, etc.) Instruction will include exercises to learn shots and game playing to put the skills learned into practice. You will be off and playing upon course completion!

PICKLEBALL CLINIC: NOVICE (2 SESSIONS) WV PICKLEBALL COURTS \$65
Thursdays: June 5 and 12 (Rain date: June 19) 6:15-7:45 PM

Designed for people who recently learned to play pickleball and are ready to refine their skill sets. The Straight-Up Pickleball Coaches will focus on topics such as shot selection, skills refinement, positioning, and serve/return consistency. Qualified participants know the rules, how to serve and return, and how to keep score.

COME PLAY WITH COACHES! WV PICKLEBALL COURTS \$35
Monday: May 12 (Rain date: May 19) 6:30-7:30 PM
Monday: June 2 (Rain date: June 16) 3:30-4:30 PM
Monday: June 9 (Rain date: June 16) 7:00-8:00 PM

This fun and engaging one-hour lesson format includes playing games with three students on a court with one of two experienced Straight-Up Pickleball Coaches. Strategy and shot selection are reviewed and discussed to hone in on what transpired and identify alternative options. Students receive specific and actionable feedback. Appropriate for Intermediate and Advanced students. **Note:** Students will be grouped based on level of experience. This clinic is for people who are comfortable with the basics of pickleball. Students looking to learn the game or who are newer to the game should check out the Beginner and Novice Clinics.



SKILLS CLINIC: THE DREADED POP-UP: HOW TO AVOID IT! WV PICKLEBALL COURTS \$40
Monday: May 12 (Rain date: May 19) 4:45 - 6:15 PM

It's a sinking feeling...I popped-up the ball and my team is going to pay for it! Pop-ups happen in this game, but the frequency is minimized with these adjustments: proper shot technique, improved court movement, and thoughtful shot selection. Fewer pop-ups lead to more offense and a rewarding experience! Appropriate for Intermediate and Advanced students. Option: follow-up with "Come Play with the Coaches" to continue working on implementation. **Note:** Students will be grouped based on level of experience. This clinic is for people who already know the rules and the basics of pickleball. Students looking to learn the game or who are newer to the game should check out the Beginner and Novice Clinics.

SKILLS CLINIC: FAST HANDS! WV PICKLEBALL COURTS \$40
Monday: June 9 (Rain date: June 16) 5:15-6:45 PM

"Fast Hands" are more than simply having great hand-eye coordination. Players with "Fast Hands" know where to stand, how to hold their paddles, and how to quickly execute push volleys, punch volleys, and resets. This clinic will teach students to prepare for a "Fast Hands" reaction and start creating new muscle memory to bring on the best shot. Appropriate for Intermediate and Advanced students. Option: follow-up with "Come Play with the Coaches" to continue working on implementation. **Note:** Students will be grouped based on level of experience. This clinic is for people who already know the rules and basics of pickleball. Students looking to learn the game or who are newer to the game should check out the Beginner and Novice Clinics.

PICKLEBALL BOOT CAMP! THREE HOURS OF FUN! WV PICKLEBALL COURTS \$90
Monday: June 2 (Rain date: June 16) 5:00-8:00 PM

Straight-Up Pickleball is excited to introduce new 3-hour Boot Camps for players serious about improving! Here is how the fun will unfold: complete a multi-faceted assessment on two skills while being videoed, receive individualized coaching points through video review, improve each skill with focused exercises and application games, wrap up with a final assessment. The camp will be structured to bring out the best in each student, playing off of individual's experience levels. You may sign up for one or two Boot Camps (2nd is 8/18) as each will give you new focus skills and additional video feedback. Note: contact Laura if you would like further information - laurau@straightuppb.com. **Note:** Students will be grouped based on level of experience. This clinic is for people who already know the rules and basics of pickleball. Students looking to learn the game or who are newer to the game should check out the Beginner and Novice Clinics.

TWO AND A COACH (ONE SLOT) WV PICKLEBALL COURTS \$90/GROUP
Thursday with Todd: May 8 (Rain date: May 15) 5:15-6:15 PM

Wednesday with Todd: May 14 (Rain date: May 15) 3:45-4:45 PM

Wednesday with Sophie: June 11 (Rain date: June 18) 4:00-5:00 PM

Wednesday with Sophie: June 11 (Rain date: June 18) 5:15-6:15 PM

Are you interested in more personalized coaching with a fellow player? If so, this one-hour coaching session is perfect for you! The lesson will be led by a fun and knowledgeable Straight-Up Coach and will allow full, focused, and personalized instruction for 2 players signing up for a lesson together (one slot). The participants will have the opportunity to focus on strategies and mechanics, leaving the hour with an improvement plan and a sense of accomplishment. **Note:** the "Two and a Coach" lessons are for players who already know how to play pickleball. It is recommended those interested in learning pickleball for the first time sign up for a Beginner Clinic.

PRIVATE: ONE TO ONE LESSON WV PICKLEBALL COURTS \$80
Thursday with Todd: May 8 (Rain date: May 15) 4:00-5:00 PM
Wednesday with Sophie: June 11 (Rain date: June 18) 6:30-7:30 PM
Thursday with Tony: June 12 (Rain date: June 19) 3:15-4:15 PM

This one-hour lesson is perfect for the player interested in focusing on a specific skill or strategy to increase his or her consistency on the court. Drop shots, serve consistency, footwork, mindfulness, soft hands, effective return of serve, overheads, lobs, the coach will be there for you! Fun and focused! **Note: Private lessons are for players who already know how to play pickleball. It is recommended those interested in learning pickleball for the first time sign up for a Beginner Clinic.**

MINOR LEAGUE PICKLEBALL TOURNAMENT WV PICKLEBALL COURTS \$10
Wednesday: May 28 (Rain date: May 29) 5:30-7:30 PM

It's all the rage! Minor League Pickleball is a fun and competitive team event! Participants will be organized by skill level and put into teams of 4. Teams will go head-to-head against each other in varying doubles matchups. There is sure to be some ribbing and heckling, of course! AND Straight-Up Pickleball will teach you how to rally score. This Minor League event will be a great way to get to know people and improve your game!

Outdoor Pickleball Contact: John Gleason



INDOOR PICKLEBALL PROGRAMS

INDOOR PICKLEBALL: RECREATIONAL PLAY (ADULTS 18+) HYCC \$40/SESSION
Mondays 9:00-11:00 AM
No Program: 4/21
March 17-May 12

INDOOR PICKLEBALL: COMPETITIVE PLAY (ADULTS 18+) HYCC \$40/SESSION
Wednesdays 9:00-11:00 AM
No Program: 4/23
March 12-May 7

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. Pickleball is played with a perforated plastic baseball (like a wiffle ball) and wood or composite paddles. It is easy to learn, and can develop into a quick, fast-paced, competitive game for experienced players. Four courts will be set up each day, with balls and extra paddles if needed. Sign up with friends or individually and come out to meet new people and play this fun sport.

Indoor Pickleball Contact: Stephen Headley

HYCC PROGRAMS

S.O.A.R.: GRADES 6/7

Monday–Friday

No Program 4/11, 5/23, 5/26

This structured after school program will offer a variety of recreational activities for children. Gym activities, game room tournaments, homework assistance, and special events. Transportation from BIS and an after school snack are included. No Program on half days or school holidays.
Contacts: Steve Headley & Jackie Keaney

HYCC

March 24–June 13

FREE

Dismissal-5:30 PM

STREET HOCKEY: GRADES 4-7

Tuesdays

Novice: 5:00-6:00 PM

Experienced: 6:15-7:15 PM

Come play pick up street hockey! We will pick new teams each week. This program is weather dependent. Please dress with proper outdoor attire. **Contact: Jackie Keaney**

HYCC (PARKING LOT)

April 29–June 10

\$35

STREET SOCCER: GRADES 4-7

Thursdays

Novice: 5:00-6:00 PM

Experienced: 6:15-7:15 PM

Come play pick up soccer in our new street soccer cage! We will pick new teams each week. This program is weather dependent. Please dress with proper athletic outdoor attire. **Contact: Jackie Keaney**

HYCC (PARKING LOT)

April 30–June 11

\$35

VIDEO GAME NIGHT

HYCC

\$5/PLAYER OR FREE W/ HYCC MEMBERSHIP

Fridays: March 21, April 18, May 16, June 13

6:00-8:00 PM

Get ready for an evening of fun and friendly competition at our Video Game Night! Join us at the Hyannis Youth Community Center for an exciting event designed for gamers of all skill levels. Whether you're a casual player or a dedicated gaming enthusiast, there's something for everyone! **Contact: Jackie Keaney**

INDOOR YOUTH TRACK: GRADES 4-7

Mondays

No Program: 4/21

Each week the participants will be practicing different running distances in a gradual build up towards a track meet at the end of the program! There will be an optional opportunity for participants to compete in a youth track meet in May! If you are interested in the sport of Track and Field or just want to improve your overall speed then this is the program for you! **Contact: Steve Headley**

HYCC

March 10- May 5

\$60

6:00-7:00 PM



RECREATION/HYCC DROP-IN PROGRAMS

COMMUNITY YOGA: ADULTS 18+ HYCC SHEPLEY ROOM FREE
Tuesdays Ongoing year-round 8:30-9:30 AM
Come strengthen your Mind, Body, and Soul all while relieving some of the stress in your life. Classes are taught by our partners at Yoga Neighborhood. Bring your own mat, or use one of ours. No registration required, Drop-In any day. **Contact: Michelle Davies**

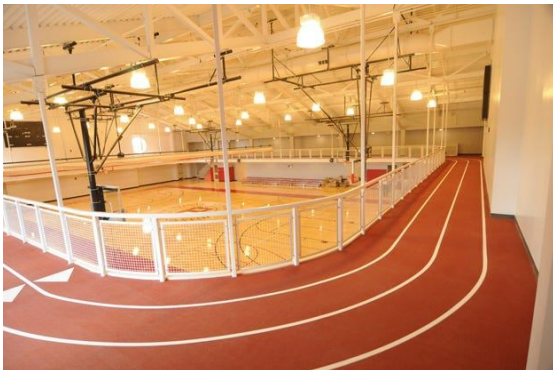
CHAIR-SUPPORTED YOGA: ADULTS 18+ HYCC SHEPLEY ROOM FREE
Wednesdays Ongoing year-round 10:00-11:00 AM
Chair supported Yoga is a simple Hatha yoga class focused on stretching, improving balance and building strength. This is an ideal class for anyone who struggles getting up and down off the floor. Classes are taught by our partners at Yoga Neighborhood. No registration required, drop-in any day. **Contact: Michelle Davies**

ADULT & COMMUNITY & DAY HAB GROUP GAME ROOM MEMBERSHIP OR DAY PASS
Monday–Friday Ongoing 9:00 AM-2:00 PM
No program: Barnstable Public School days off or half-days)
Adults (18+), Community Groups and Day Habs feel free to come and relive your younger years! Pool Tables, Ping Pong, and other games or take advantage of the free Wi-Fi. **Contact: Stephen Headley**

PUBLIC GYM: VOLLEYBALL HYCC MEMBERSHIP OR DAY PASS
Sundays Ongoing
This is time dedicated to those who want to play and work on their skills with others. Please check our website's event calendar for up to date times, age restrictions, and cancellations. **Contact: Steve Headley**

PUBLIC GYM: BASKETBALL HYCC MEMBERSHIP OR DAY PASS
Monday-Saturday Ongoing
Please check the website for other weekday dates and times. Open to the public, our Public Gym time is a great way to spend time, relax, energize, and to shoot around or play recreational pick-up basketball. Please check our website's event calendar for up-to-date times and age restrictions. **Contact: Stephen Headley**

INDOOR WALKING TRACK HYCC MEMBERSHIP OR DAY PASS
Open Daily 8:00 AM-8:00 PM
Join today and use our elevated walking track. Three lanes suspended above our gymnasium, come in out of the weather and enjoy a relaxing walk or jog. Please see staff for Memberships, Day Passes, and current time of operations. **Contact: Steve Headley**



DROP-IN RINK PROGRAMS

PUBLIC SKATING HYCC \$8 ADULTS/\$6 STUDENTS/\$3 SENIORS
Skate Rentals: \$6 Skate Sharpening: \$7

Join us for public skating at our local ice rink! Enjoy a fun and relaxing atmosphere where skaters of all levels can glide to music and make lasting memories. Skate rentals are available, so grab your friends and family for a great day/night out on the ice! (Ask about our money saving frequent skater punch cards! Senior and Veteran/active military discounts available.) **Days/Times subject to change.**

Contact: Jeremy Hatstat

ROCK NIGHT: GRADES 6/7 HYCC \$6/SKATER \$6/RENTALS

Saturday: March 1

Saturday: March 22

Saturday: April 19

7:30-9:00 PM

Rock night at the HYCC! Rock night is a fun and exciting night of skating on the ice at the HYCC. There will be a DJ spinning your favorite tunes. If you have not experienced the fun of skating with cool lights and rocking sound, it is time to visit HYCC. Supervised fun for kids in grade 6 & 7. Bring a friend! **Contact: Jackie Keaney**



STICK PRACTICES HYCC \$12/SKATER & \$5/SKATER
Come play some pickup hockey with friends or work on developing your skills during our stick practice times. We offer different times for Adults (18+), Families (12 and under with an adult), Seniors (50+) and High School (Grades 8-12). Helmets are required and full gear is recommended. **Contact: Jeremy Hatstat**

COACHES STICK PRACTICE HYCC \$16/SKATER
Specifically designed for participants who want to practice their skills with a HYCC approved, and USA Hockey certified coach who supervises up to (6) players max. There is a (4) coach limit per session and (24) player limit per session for a total of (28) individuals for a maximum capacity. This is a first come first serve process so don't hesitate to be early and eager to sign up for this great offering. USA Hockey coaches MUST be approved by HYCC Management. **Approved Coaches - No Charge**
Contact: Jeremy Hatstat

WALK-ON FREESTYLE SKATING HYCC \$16/SKATER
Open to certain levels of figure skaters to work on programs, moves in the field or freestyle elements. Private lessons with prior approval of coaching certification by HYCC Manager. Days/Times subject to change. Max 24 skaters/session. **Contact: Jeremy Hatstat**

STROLLER SKATE HYCC \$5 PARENT/STROLLER
Introduce the kids to the ice arena before they can walk. Bring the stroller on the ice alone or with the whole family.
Contact: Jeremy Hatstat

HYCC SKATING

TOTS CLASS
Thursdays March 27- May 8 RESIDENT \$100/NON-RESIDENT \$110
No Program: 4/24 9:00-9:40 AM

Participants must be 3 or 4 by the start of the program. This is an unassisted class; parents will not be allowed on the ice. Note the class is 30 minutes with a 10 minute free skate.

TOTS CLASS
Saturdays HYCC March 22-May 3 RESIDENT \$100/NON-RESIDENT \$110
No Program: 4/26 11:20-11:50 AM

Participants must be 3 or 4 by the start of the program. This is an unassisted class; parents will not be allowed on the ice. Note the class is 30 minutes with a 10 minute free skate.

BASIC 1+2
Saturday March 22-May 3 RESIDENT \$100/NON-RESIDENT \$110
No Program: 4/26 9:00-9:40 AM

If you haven't taken any LTS classes, you will start here in Basic 1. This goes for first time participants that are 5 years old / Kindergarten age as well. The instructor will determine when you are ready to advance.

Skills to learn:

Basic 1: Sit and stand on ice, March forward, Dip, Two foot glide, Swizzles, Wiggles, Snowplow stop.

Basic 2: Scooter Push, One foot glide, Backward two foot glide, Rocking horse, Backwards swizzles, Two foot turn, Moving snowplow stop.

BASIC 2+3
Saturday March 22-May 3 RESIDENT \$100/NON-RESIDENT \$110
No Program: 4/26 9:45-10:25 AM

If you have not taken any Learn to skate classes, you will start here in Basic 1. This goes for first time participants that are 5 years old. The instructor will determine when you are ready to advance. Note the class is 30 minutes with a 10 minute free skate.

Skills to learn

Basic 2: Scooter Push, One foot glide, Backward two foot glide, Rocking horse, Backwards swizzles, Two foot turn, Moving snowplow stop.

Basic 3: Forward stroking, Half swizzle pump, two foot turn, Backward one foot glide, Backward Snowplow stop, Slalom.

BASIC 4-6
Saturday March 22-May 3 RESIDENT \$100/NON-RESIDENT \$110
No Program: 4/26 10:30-11:10 AM

Pre requisite must have passed Basic 4. Note the class is 30 minutes with a 10 minute free skate.

Skills to learn

Basic 4: Outside edge on circle, inside edge on circle, Crossovers, Backward swizzle pumps, Backward one foot glide, Two foot spin.

Basic 5: Backward outside edge, Backward inside edge, Backward crossovers, Forward outside three, Advanced two foot spin, Hockey stop.

Basic 6: Forward inside three turn, Moving backward two foot glide, Backward stroking, Beginning one foot spin, T-Stop, Bunny Hop, Forward spiral on a straight line.

CLINIC POLICIES: **All clinic polices can be found on the Hyannis Youth and Community Center website (capecodhycc.com). Please check policies before registration.**

Contact: Jackie Keaney

2025 LEISURE PROGRAM REGISTRATION INFORMATION

The Leisure Program is an all-day summer program for children entering grades 1-8 in the fall of 2025. A great way to play games, be creative and head out for the beach and fieldtrips on a hot summer day! Join us this summer and meet new friends. Monday - Friday: Seven weeks of fun in the sun!

REGISTRATION DATES: Wednesday, April 9 (Residents) & Wednesday, April 30 (Non-Resident)

FEE: \$1,400 (\$5/hr.)

TIME: Registration begins at 8:45AM, On-line or In-Person, Hyannis Youth & Community Center

PROGRAM DATES: June 30- August 15, 2025 (**No Program 7/4**)

PROGRAM TIME: 8:30 AM—4:30 PM

PROGRAM SITES: TBA

PARENT ORIENTATION DATE: June 14, 2025

REGISTRATION PACKETS: Available starting early March

Located in the lobby of the Hyannis Youth & Community Center

Located on our website: www.townofbarnstable.us/recreation

You may also request one by email:

michelle.davies@town.barnstable.ma.us

ON-LINE REGISTRATION

Go to www.townofbarnstable.us/recreation. Click on the "Online Registration" button. You will need a user name and password in order to utilize the online program registration system. If you are new to the system, please create an account on the online registration system. We HIGHLY recommend that you sign into the online system a few days before registration to make sure your account is working properly. After you have registered online, you will need to get a Registration Packet and fill it out in its entirety and return it to us. Locations for packets are listed above. **You have one week after the date of your registration to return all paperwork.**

IN-PERSON REGISTRATION

Starting at 8:45AM- 4:00PM, Monday- Friday at the Hyannis Youth & Community Center. If you are coming In-Person to register, please have a completed Registration packet at the time of your registration. If you do not bring it: **You have one week after the date of your registration to return the remaining paperwork.**

RETURNING YOUR PACKET:

E-MAIL: michelle.davies@town.barnstable.ma.us

FAX: 508-790-6279 **ATT:** Michelle Davies (Also ask your physician to fax over your child's physical and vaccinations)

IN-PERSON: Make sure that packet is secure with a staple or in an envelope and drop it the black Parking Permit DROP BOX at the front of the HYCC.

- Please make sure the entire packet is completed.
- All major credit cards are accepted. Please fill out the bottom of your registration form with your information to make this process faster.
- Any household with an outstanding balance to the Town of Barnstable will not be able to register.

Financial Aid and Grant Funding is available for qualified households. Forms are located on our website or at the front desk of the Hyannis Youth & Community Center.

HOW TO OBTAIN A BEACH/WAYS TO WATER PARKING PERMIT

Below are the options by which you can obtain a 2025 Parking Permit. Please be advised that Parking Permits are no longer being issued in person.

Online: Beach stickers may be purchased online by logging into <https://barnstablema.viewpointcloud.com/categories/1089> and following the instructions to purchase your permit(s) (**ctrl + click to access**).

To access a step-by-step guide to online process, please click on link: <https://www.town.barnstable.ma.us/Departments/Recreation/Online%20Guide-Resident%20Parking%20Permits.pdf> (**ctrl + click to access**).

By Mail: Mail-in applications can be downloaded from [townofbarnstable.us](https://www.townofbarnstable.us) the link: <https://www.town.barnstable.ma.us/.../Beach-Stickers.asp> (**ctrl + click to access**). Permit applications are available at The Hyannis Youth & Community Center (HYCC) if you are unable to print the application.

Drop Box: Completed forms can be placed in the drop box located outside the front door of the HYCC. Permit applications may be picked up at the HYCC.

If you have questions, please call the Parking Permit hotline at 508-790-6345 X145 and a Recreation Division team member will get back to you as soon as possible.

LIFEGUARD TRYOUTS

April 26, May 10, & May 31

YMCA

Swim Test

9:30 AM

HYCC

Interviews/CPR and First Aid Demos

12:30 PM

Call 508-790-6345 x127 to sign up NOW! Applications for hire will be accepted beginning Thursday, February 1. You must complete the test on one of these dates with an 80% or better in each area to be considered for any Lifeguard, Lifeguard/Swim Instructor, Head Lifeguard, Head Swim Instructor or, Sailing Instructor positions. Qualifications required for these positions are Lifeguard Training (including First Aid) for Waterfront, CPR for the Professional Rescuer, Red Cross Certification and Water Safety Instructor Certification (preferred for hire). All Water Safety Staff must be 17 years of age or older (16 with one season as a Lifeguard Aide and approved prior to this season), with the exception of the Lifeguard Aide Position, which requires all the same certifications but you are eligible at age 15. All positions will be filled after the last tryout.

Contact: George Noonan

COME JOIN OUR AQUATICS TEAM!

POSITIONS

Lifeguard/WSI

Lifeguard Aide

Gate Attendant

Beach Aide

RATE OF PAY

\$19.00-\$19.50/hour

\$17.00/hour

\$17.00/hour

\$15.50/hour

SCAN TO APPLY





**BARNSTABLE
RECREATION**

SPRING SPECIAL EVENTS 2025

JOB FAIR HYCC FREE
Wednesday, March 5 **2:30-4:30 PM**
 The Barnstable Youth Commission presents the 8TH Annual Youth Job Fair for ages 14-18 taking place on Wednesday, March 5, 2025 at the Hyannis Youth & Community Center. All are welcome to attend and admission is free! **Contact: George Noonan**

BUNNIES EGG-CITING ADVENTURE SOCIAL MEDIA FREE
Friday, April 18
 Follow the Easter Bunny on this virtual bunny hop through the Town of Barnstable as he searches for his friend Sidekick Chick. This egg-citing adventure will take place on Friday, April 18. Families will have until 7:00 PM to post their answers and the winner will be announced on Saturday, April 19. Keep a look out for more information about this eggs-traordinary event which will be a hoppin' good time.
Contact: Kellie Crawley

PATRIOTS DAY KIDS RUNNING CHALLENGE SOCIAL MEDIA FREE
Monday, April 21
 In the comment section, post a picture or video of your walk or run today. Every family that posts a picture or video will be entered into a drawing to win a Patriots Day Kids Race shirt. We will select up to 10 families as winners at 6pm. Good luck! **Contact: Jack Kapanke**

FAMILY COMMUNITY DANCE HYCC \$10
Friday, June 13 **6:00-8:00 PM**
 Join us for an unforgettable evening of fun, laughter, and community spirit at our Semi Annual Community Dance! This lively event promises to be the highlight of the season with an exciting blend of music, games, and tasty refreshments. **Contact: Jackie Keaney**

BIKE RODEO HYCC FREE
Saturday, June 21 **11:00 AM-1:00 PM**
 Come practice safe riding, bicycle safety, and have some fun with events like slowest bike race, and rider's obstacle course in the parking lot at the Hyannis Youth & Community Center.
Contact: Jack Kapanke & Jackie Keaney

THURSDAY NIGHT MEALS HYCC PARKING LOT FREE
Thursdays Nights **2 x per month/ Ongoing** **4:30-5:30 PM**
 In collaboration with Family Table Collaborative and their partners, we will be helping distribute free meals every first and third Thursday night of each month from 4:30pm-5:30pm in our parking lot. For more info go to Family Table Collaborative on Facebook or familytablecollaborative.org.
Contact: Steve Headley