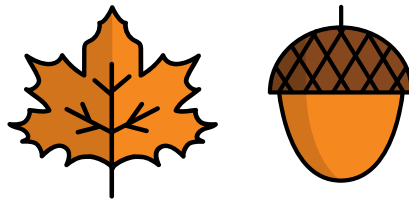


# Cohasset Recreation

The Benefits are Endless

## 2022

### Fall Programs



- Open PDF
- Click on Program Title
- This will take you directly to the Program Registration

# Adult Relaxation

## Ashtanga w/Cindy Mathieson

### Ashtanga Yoga Foundations (Introductory)

This class will begin with yin poses (meditative, seated stretching) then focus on sun salutations, including proper breath and alignment, standing poses and some seated poses. Class will conclude with a modified finishing sequence and rest.

#### Fall Session 1

Tuesdays Ashtanga Foundations 8:30-10:00am  
Sept 13 through Oct 18  
6-week series \$72 Drop-in \$15/class

#### Fall Session 2

Tuesdays Ashtanga Foundations 8:30-10:00am  
Oct 25 through Dec 13  
NO classes November 22 and 29  
6-week series \$72 Drop-in \$15/class

### Thursdays Ashtanga Half-Primary Series

This class includes sun salutations, standing poses, half of the seated poses, modified finishing sequence and rest.

#### Fall Session 1

Sept 15 through Oct 20  
6-week series \$72 Drop-in \$15/class

#### Fall Session 2

Thursdays Ashtanga Half-Primary Series  
Oct 27 through Dec 15  
NO classes November 24 and December 1  
6-week series \$72 Drop-in \$15/class  
Recreation Department

## Therapeutic Roll & Flow w/Amy Di Lillo

Join certified Yoga Therapist, Amy Di Lillo, this Autumn to roll and flow away your stress, breathe more deeply and boost your immune system! Each session will focus on unique yogic and therapeutic ways to open your body and reset your nervous system by using therapeutic tools and yogic practices. This series is beginner friendly and will leave you feeling refreshed and inspired to try a few techniques each day! Sessions take place in Cohasset Rec, 2nd Floor Activity Room. Please Park in Paul Pratt Library parking lot, 35 Ripley Road and enter from the side door.

8:00-9:15 a.m.

September Series - Sat., 9/10 & 9/17

October Series - Sat., 10/1 & 10/15

November Series - Sat., 11/5 & 11/19

December Series - Sat. 12/3 & 12/10

Rec Department

\$35/\$20 drop-in

## Gentle Yoga w/Elizabeth Rogers

This class is appropriate for EVERYONE, regardless of experience or age! A gentle and relaxing class, incorporating breath work, meditation, extensive stretching, yoga poses, and peace. An opportunity to escape the daily stresses of life, to care for yourself, to come away feeling invigorated and whole again-in body, mind, and spirit.

Wed., 9/21-12/7

11:00-12:00 p.m.

Rec Department

\$165/\$15 drop-in

## Tai Chi w/ Fred Willette

Tai Chi is an internal martial art that raises vitality, nourishes the spirit and helps to release stress. Tai Chi as a moving meditation promotes being in the moment and is an excellent opportunity for personal growth. Fred has studied Tai Chi for more than thirty years. Wear loose comfortable clothing.

Wed., 9/21/22-11/16

6:15-7:15 p.m.

Rec Center

\$144/\$20 Drop-in

# Kids Fitness

## Running Club w/Kelly Grech

Calling all Deer Hill Runners! Come after school on Tuesdays and get a great workout with your friends! Proper stretching technique, warm-up, drills, and plenty of games that will keep you moving and energized! Positive and inclusive atmosphere, everyone is expected to promote and support each other while learning the values of adding some running to their day.

Grades 3-5

Session 1: Tues., 9/20-11/1 (No Class 10/4)

Sessions 2: Tues., 11/8-12/13

3:30-4:30 p.m.

Deer Hill School

\$90

## Running Club Jr. w/Kelly Grech

Calling all Osgood runners. Join us after school on Wednesday for a great time getting some energy out! Proper stretching, warm-up, drills and lots of running based games will be included! Support and encouragement for all while we run and have a great time together.

Grades K-2

Session 1: Wed., 9/21-11/2 (No class 10/5)

Session 2: Wed., 11/9-12/14

3:30-4:30

Osgood School

\$90

## Super Soccer Stars

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

Sats., 9/17-10/29 (No Class 10/8)

2-3 YO 9:00-9:40 a.m.

3-4 YO 9:45-10:30 a.m.

3-4 YO 10:35-11:20 a.m.

4-5 YO 11:25 a.m.-12:15 p.m.

Rec Department Field

\$160 - Resident Registration 9/7 Non-Res 9/9

## Ultimate Frisbee w/Coach Sheffield

Ultimate Frisbee is an exciting, fast-paced, non-contact, strategy-minded team sport played with a flying disc (or frisbee). Boys and girls will learn the sport or improve their skills in one of the fastest-growing and fun sports in the world. Used as mental and physical conditioning for many other field sports, the Cohasset Ultimate Program will focus on competitive play, strategy, and skills, and will include matches with local schools. We are committed to providing gameplay in which fun, fundamentals, playing time, and Spirit of the Game are the goals for each player!

Grades 7-12

10:00-11:30 a.m.

9/25-11/6 (No Class 10/9)

Milliken Field

\$89

## Girls Basketball Clinic

Jump start your travel season with a three day clinic hosted by the Cohasset High School Girls Basketball team and coach Mike Sacchitella. This three day clinic will include skills training and position specific instruction in all 5 phases of the game, including ballhandling, shooting, passing, footwork and rebounding. Each player should be equipped with all necessary basketball apparel, adequate water to last them the duration, and a basketball. Pre-registration is required. All funds will go directly to Cohasset High School Girls Basketball.

Grades 4-8

October 3, 5 & 7

6:30-8:00 p.m.

Cohasset High School Gym

\$75

## Tennis & Pickleball Lessons

Cohasset Recreation will offer our fall Sunday afternoon tennis clinics taught Jeffrey Grossman.

Suns., 9/11-10/30

(No Class 9/18, 10/9, 10/16)

12:00 p.m. - Beginner (ages 6 - 7)

1:00 p.m. - Beginner (ages 7-10)

2:00 p.m. - Intermediate (ages 8-12)

Milliken Field Tennis Courts

\$59- 6 weeks

# Kids Enrichment

## Babysitter Training

When parents entrust their most treasured gifts to a babysitter, remember that they will feel more secure and will be more likely to hire someone who has taken Babysitter Safety Training. Kids who are trained in Babysitter Safety will have more confidence in dealing with the challenges that may face them while caring for children of all ages and stages, from accidents to tantrums. This class covers child development, basic first aid, choking rescue, feeding, changing diapers, safe marketing and much more. Certificate of Completion included. Please bring a doll/stuffed animal to class.

Grades 5-8  
Friday, 9/23 (Half Day)  
2:00-4:30 p.m.  
Rec Department  
\$50

## Home Alone Staying Safe

This class will prepare kids (4th-6th grade or maturity appropriate) to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/kitchen safety, choking prevention and Heimlich Maneuver, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! This dynamic class is serious business made fun.

Grades 4-6  
Thursday, 10/20  
2:00-4:30 p.m.  
Rec Department  
\$60

## Kids Test Kitchen

On a mission to get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! We are redefining kid food! Lessons are planned to celebrate seasonal produce, whole grains, and legumes. This October & November, we're getting up close and personal with Brussels sprouts, sweet potato, onion, carrot, kale, lettuce, and more! \*  
October/November Menu: Balsamic Brussels sprout grilled cheese, Root 'n Toot Chili, Seasonal Slaw, Boston Wrap and more! \*

Grades 1-5  
Wed., 10/19-11/30 (No Class 11/23)  
4:00-5:00 p.m.  
Rec Department  
\$165

## 2022 CALENDAR Xplosion Dance Center

### Monday Classes

4:30-5:30pm T/J/B 1st & 2nd gr.  
5:30-6pm Hip Hop 1st-4th gr.  
6-7pm T/J/B 3rd & 4th gr.  
7:15-8:15pm Pom Contemporary ages 10-13  
8:15-9:15pm Pom Contemporary ages 14-18

### Tuesday Classes

4-4:45pm Preschool Tap & Ballet  
4:45-5:30pm Kinder Tap & Ballet  
5:30-6pm Kinder Hip Hop  
6-7:30pm Mini Performance Team

### Wednesday Classes

3:15-3:45pm Hip Hop Tots  
3:45-4:30 Preschool Tap & Tumble  
4:30-5:15 Hip Hop 1st-4th gr.  
5:15-6pm Jr Performance Team  
6-7pm Classical Ballet ages 10-18  
7-7:30pm Pre Pointe

### Thursday Classes

4:15-5pm T/J 5th & 6th gr.  
5-5:45pm Kinder Tap & Tumble  
5:45-6:30pm T/J 7th & 8th gr.  
6:30-7:15pm T/J 9th-12th gr.  
7:15-8pm Adult Tap  
7:15-8pm Hip Hop 5th-8th gr.  
8-8:45pm Hip Hop 9th-12th gr.

### Saturday Classes

9:15-9:45am Hip Hop Tots  
9:45-10:30am Preschool Tap & Ballet  
10:30-11:15am Kinder Tap & Ballet  
11:15-11:45am Kinder Hip Hop  
11:45-12:45pm T/J/B 1st & 2nd gr.

Register @ [cohassetrecma.myrec.com](http://cohassetrecma.myrec.com)

# Kids Enrichment

## RAD KIDS

**RAD Stands for Resisting Aggression Defensively**  
radKIDS® comes to your community providing the most holistic and skill-based child safety instructor certification available today. We welcome parents, educators, counselors, law enforcement professionals, and children safety advocates to our trainings.

radKIDS® has helped save thousands of children's lives to date. Our dedicated alliance of educators and instructors remain united making a difference, every day, one child at a time.

radKIDS® will be taught by the following Cohasset Police Officers. Officer Greg Lowrance who has been with CPD for 5 years and Officer Greg Taylor who has been with CPD for 10 Years.

Grades 3-5

Tues., 10/4, 10/6, 10/11, 10/13, 10/18

4:00-6:00 p.m.

Location: TBA

\$20

## CMI Indoor Rowing Programs

### Youth Fall Rowing

Tuesdays and Thursdays, 3:45-4:45 pm, with Coach Frank Townsend. These sessions are limited to our fall on-the-water youth team. Students in grades 7-12 are welcome to join us for a session if they are curious about rowing.

Program runs September 8 through October 20.

### Youth Winter Training

Tuesdays and Thursdays 3:45-5:00, with Coach Townsend. Open to new and returning rowers in grades 7-12, we will build fitness and core strength while improving rowing technique. Program begins November 29 through approximately March 1.

### Adult Indoor Rowing

Tuesdays and Thursdays 7:00-8:15 Virtual over Zoom,  
Saturday 8-9:15 am at the Rec Center.

Fitness and technique with Coach Karen Shusterman.  
Program begins October 18 through approximately March 1.

Wednesdays 6:00-7:15 am

Sundays 7:30-9:00 am

With Coach Abi Kornet, flexibility & strengthening stretches to help with mobility and injury prevention, review form, and then apply it all on the erg with a variety of fun interval workouts. All levels welcome. Wednesdays begin October 19, Sundays begin November 20 through approximately March 1.

For More information and registration please go to  
<https://www.rowcmi.org/>

## RISE - Before and After care

RISE is the Cohasset Public School's Before and After School program, operated by the Cohasset Recreation Department.

The K-5 program will all be based at the Osgood Cafeteria from 7-9 a.m. and 3:15-6:00 p.m.. Deer Hill children will be walked to and from the Osgood in the AM and PM by RISE staff. (Half Days are 1:30-6:00 p.m. and are a separate registration)

We will be following all the school department's CoVid protocols and plan to be outside as much as possible this fall. Drop-off and pick-up procedures will involve parents not entering the school, and staff will be there for proper direction by the cafeteria door.

The program includes afternoon snacks.

Registration is required before attending the program. An online application is required before starting the registration for RISE. Please be prepared with a downloadable photo and immunization record that will be required to finalize the online application.

## Fall Cohasset Middle School Volleyball

### Rising 7th - 8th Graders

The Cohasset Middle School Volleyball (CMSV) program develops entry level indoor volleyball skills for young athletes, and enhances game familiarity, and teamwork. Sessions will be held at Cohasset's High School Gymnasium.

Practices will be held every Thursday starting September 15th - October 27th, from 6:30 pm until 8:00 pm. As a bonus, games are being scheduled on select Tuesday evenings against the Hingham Girls Volleyball 7-8th grade teams. Stay tuned for those dates.

BRING plenty of water to stay hydrated, and wear court gym shoes.

Knee pads are recommended but not required.  
\$180 for the season.

\*Proceeds go toward the NEW Cohasset High School Volleyball team.

# Recreation Center

MISS LINDA IS BACK!

## **KIDZ CLUB WITH MISS LINDA**

Linda Bolster will be hosting 5-4 week classes by day of the week. Classes will be held 9:00-12:00 \$180 per 4 week class. \$90 for 2nd sibling - 25 Parking Way - Ages 2-5 Years of age

### **Musical Mondays**

All things Music  
Instruments,  
crafts, musical  
games

9/12-10/3

### **Terrific Tuesdays**

Games, Crafts  
have a terrific  
Tuesday!

9/13-10/4

### **Wacky Wednesdays**

Wacky Hair,  
Wacky Clothes  
Wacky Crafts

9/14-10/5

### **Treasure Thursdays**

I spy the  
Treasures,  
games crafts

9/15-10/6

### **Fun Fridays**

Friday Fun,  
bubbles, chalk  
everything fun!

9/16-10/7

## Cohasset Rec Center

### **2022-2023 School Year Rates**

**\$49 - Returning Members**

**\$59 - New Members**

### **2022-2023 Calendar Snapshot**

#### **SEPTEMBER 2022**

Opening Event

Movie Night 

#### **NOVEMBER 2022**

? Trivia Night

Movie Night 

#### **JANUARY 2023**

 Board Game Night

Movie Night 

#### **APRIL 2023**

? Trivia Night

#### **OCTOBER 2022**

Halloween Party



#### **DECEMBER 2022**

Holiday Party



#### **FEBRUARY 2023**

Karaoke Night





#### **MAY 2023**

Movie Night  
Karaoke Night



#### **MARCH 2023**

St. Patrick's Day Party 

Movie Night 

#### **JUNE 2023**

End of Year Event



# Community Programs



## Cohasset Safe Harbor Coalition

<https://safeharborcohasset.org/>  
Cohasset Youth Ambassadors



Beginning September 14th  
Meetings take place every  
Wednesday, 6:30-7:30 p.m.  
PPML Meeting Room

### National Recovery Month

Every September, Safe Harbor partners with Paul Pratt Memorial Library and South Shore Arts Center's 'Upward Spiral' to incorporate literature and art in acknowledging this month. Recovery Month exhibit will be displayed within the Meeting Room of PPML all September long.

### National Prescription Drug Take Back Day

National Take Back Day is a day dedicated to safe, convenient, and responsible way to dispose of unused or expired prescription drugs, October 29th from 10-2. In partnership with Cohasset Police Department, we encourage the Cohasset community to drop off their unused/unwanted medication on this day at the 24/7 medication drop-off kiosk located in the lobby of Cohasset Police Department.

### Parent Advisory

This free and confidential service is offered to Cohasset residents who may have a family member, a friend, or a personal substance struggle, who would like to talk with someone who has gone through this before, and can help offer guidance.

For initial contact, please email Annemarie Whilton at [amwhilton@icloud.com](mailto:amwhilton@icloud.com). You will receive a reply within 24 hours via email, text or phone. Please provide your preference for a response in your email.

## Town Meeting Child Care

Monday, December 12  
Drop the kids off for a Night of fun for Toddlers to 5th Grade  
Pre-Register by 12/11

## Ground Level Cafe

Join us one Friday a month for music, games, coffee and camaraderie!



25 Parking Way  
Rec Center

September 23rd  
October 21st  
December 16th  
January 20th  
March 10th  
April 14th  
May 19th  
@6:00 p.m.



Kids Event on 9/24 and  
9/25  
100 Sohier

Our goal is to provide the local community with an opportunity to reduce our carbon footprint through cooperative clothing and footwear exchange for all ages.

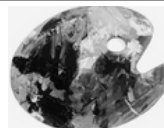
## PSO Merchandise

The Cohasset PSO has new merchandise for the school year. Tie dyed hoodies, joggers, totes, and new water bottles. Keep your eyes open for our pop-ups at the Recreation Dept. and around town. Check out our social media sites or website, [www.cohassetpso.org](http://www.cohassetpso.org) for more info.



## Veterans Services

9/11 Ceremony  
Sunday, 9:00 a.m. @ Cohasset Common  
Veterans Day Ceremony  
Friday, 11/11 9:00 a.m. @ Cohasset Common



**COHASSET**  
OPEN STUDIOS

Saturday & Sunday November 5 & 6  
[cohassetopenstudios.com](http://cohassetopenstudios.com)

# Mark the Calendar

## Thanks-For-Giving 5K Road Race

To benefit Cohasset Recreation & The Clark Chatterton Memorial Fund

November 24 @ 7:30 a.m. starts at Cohasset Town Hall

Register at [cohassetrec.com](http://cohassetrec.com) on October 1st.

Age 19 and under \$20 (\$25 after 11/14) Age 20 and older is \$25 (\$30 after 11/14)

Sponsors and Volunteers are welcome and appreciated.

## 2023 Summer Job Fair

Wednesday, January 11 - Cohasset Middle/High School Lunch  
and Cohasset Recreation @ 100 Sohier Street-2:00 p.m.

Summer Employment Applications due \*\*\*\*\*

## Summer Xtreme 2023 Registration

Middle School Summer Program for grades 6-8

Registration-Thursday, January 12 @ 7:00 p.m.

## 2023 Health and Recreation Fair

Sunday, March 26, 2023 from 1:00-4:00 p.m. at the Deer Hill School

## Special Thank you to our 2022 Summer Sponsors

This year, as in the past, we have had the good fortune of having many businesses and civic organizations who have made financial contributions to this program's operations, helping defray the ever-increasing costs of special events, including our weekly shows. This year's sponsors are as follows O'Donoghue Insurance Agency, Mathnasium, Rockland Trust, National Grid, South Shore Children's Dentistry, MKR Builders, Pacer Partners, Anderson Fuel, Cohasset Party Supply, Childish Spaces, James Clarke Electrical, Victoria's Pizza, Rosano Davis, Cohasset Police Association, Cohasset Firefighters Local 2804, Cohasset Harbor Marina, Inc, The Good Sport, The Corner Stop, WASi, NoCo, Megan Belson William Raveis Realtor, Tiryaki Architectural Design, Sestito & Sons Landscaping, Kennedy Country Gardens, Cohasset Collision Center, George H. Mealy Post 118, Leo J. Fiori & Sons, and special thanks to the South Shore Music Circus.

*Please take the time to support our friends and thank them for sponsoring our program.*

Cohasset Recreation Department  
100 Sohier Street  
781-383-4109  
[recreation@cohassetma.org](mailto:recreation@cohassetma.org)  
[cohassetrecma.myrec.com](http://cohassetrecma.myrec.com)

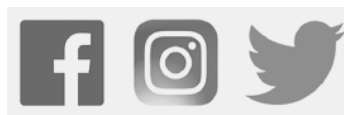
### Recreation Commission

Chair: Tim Burnieika

Vice-Chair: Jack DeLorenzo

Secretary: Julie Rollins

Members: Alison Bryan, Catie Campbell, Jeff Hartwell  
John McMahan



Recreation Director - Ted Carroll

[tcarroll@cohassetma.org](mailto:tcarroll@cohassetma.org)

Assistant Director - Ryan Walsh

[rwalsh@cohassetma.org](mailto:rwalsh@cohassetma.org)

Recreation Assistant - Jenna McCarthy

[jmccarthy@cohassetma.org](mailto:jmccarthy@cohassetma.org)

Town Manager - Chris Senior