



SALEM
PARK, RECREATION & COMMUNITY SERVICES
SPRING 2016



GETTING STARTED



▶ IMPORTANT SALEM UPDATES

- ▶ Next Page

▶ PROGRAMS FOR KIDS

- ▶ Low Tide Discovery
- ▶ Nature Explorers
- ▶ Challenge Accepted
- ▶ Brooksby Adventures
- ▶ Field Day at Salem Common
- ▶ Video Boot Camp
- ▶ Play Rugby Program
- ▶ Kids Can Cook
- ▶ Acting for Youngstars
- ▶ Tennis Lessons
- ▶ Salem Willows Fishing Clinic
- ▶ Summer Basketball League
- ▶ Kids Paddle Program
- ▶ Forest River Adventure Day Program



▶ PROGRAMS FOR ADULTS

- ▶ Evening Yoga for Strength & Flexibility
- ▶ Beginner Ballroom Dance
- ▶ Continuing Ballroom Dance
- ▶ Beginner Barre Class
- ▶ Zumba the Night Away w/ Miss Cynthia
- ▶ Painting by the Sea
- ▶ Tennis
- ▶ Women's Softball



▶ PROGRAMS FOR SENIORS

- ▶ Spring Party
- ▶ Mother's Day Lunch
- ▶ Pizza Party
- ▶ Father's Day Barbeque
- ▶ Carnival Night
- ▶ The Half Day of the Big Bands & Pop Goes the 4th
- ▶ The Spirit of Boston
- ▶ Lobster Bake
- ▶ Gloucester Harbor Cruise
- ▶ The Scallop Festival

▶ PROGRAMS FOR ALL AGES

- ▶ Cribbage Tournament
- ▶ Friends of Salem Woods
- ▶ Willows Concerts
- ▶ Paddleboard and Kayak Rentals





GENERAL INFORMATION

We will be putting out online brochures every three months which will highlight the activities that are taking place in the upcoming months. Please visit www.salemrec.com for information on all activities.

Salem Park, Recreation and Community Services encourages online program registration. Unfortunately, programs occasionally may be cancelled if registration is low. We usually have a minimum number of participants required to run each program. Therefore, register early!

For additional information about programs and services offered through Salem Park, Recreation and Community Services,

Visit:

- [Winter Island Park](#)
- [Olde Salem Green Golf Course](#)
- [Witch House](#)

Connect with Salem.com to get updated information on Salem's special events & happenings!

YOUTH PROGRAMS



Low Tide Discovery (School Vacation)

Age: 6-15

Price: \$5 per person

Dates: Tuesday April 19th

Time: 2:30-5:30 pm

Place: Forest River Park

Spend the afternoon exploring tidal pools and the rocky outcropping along Forest River Beach. Conversation topics to include crustaceans, water and land habitats, adaptability, camouflage and survival techniques. Participants will leave with a better understanding of the ocean, tides, and the animals that live close to the shore.

REGISTER NOW

Nature Explorers (School Vacation)

Age: 6-15

Price: \$5 per person

Dates: Wednesday April 20th

Time: 9am-12 pm

Place: Salem Woods

Spend the morning using your investigating skills as we locate and identify animal tracks, tree and bird species and learn about how important Salem's woods are to nature. Part of the day will include light hiking and a fun arts and crafts project.

REGISTER NOW

Challenge Accepted (School Vacation)

Age: 6-15

Price: \$5 per person

Dates: Thursday April 21st

Time: 1-4 pm

Place: Salem Common

Spend the day showing off your skills. Compete in activities like kickball, dodgeball, soccer and more. We will be scoring participants after each event and the day will end in an awards ceremony. Parents, awards begin at 3:30. Please feel free to come early to watch the presentation of the ribbons and medals.

REGISTER NOW

Brooksby Adventures (School Vacation)

Age: 10-15

Price: \$10 (Space is limited to 10 participants)

Dates: Friday April 22nd

Time: 12-5 pm

Place: Brooksby Farm, Peabody MA

Spend the day climbing! Join us as we team up with Peabody Parks and Recreation and attempt to overcome their 45ft. outdoor rock wall! With three unique climbing walls, you will be challenged at every turn. We will supply harnesses, helmets and climbing shoes. First time climbers are welcome.

REGISTER NOW

YOUTH PROGRAMS



Field Day at Salem Common

Age: 6-12

Price: \$5 per day

Dates: Friday, April 6th & Wednesday, May 25th

Time: 1:00-3:00 pm

Place: Salem Common

Join Erik McCarthy of Salem Parks and Recreation for an afternoon of fun on the Common. Various games played. Bring a snack. Weather permitting.

REGISTER NOW

Video Boot Camp

Age: 8-14

Price: • Free for Salem children
• \$10 per session for non-residents

Dates: Session 1 - Wednesdays 4/6 – 4/27
Session 2 - Wednesdays 6/8 – 6/28

Time: 3:45-5:00 pm

Place: Salem Access TV Studio, 285 Derby Street

Instructor: Patrick Kennedy

Learn basic operation of SATV digital camcorders, as well as video editing. Class is limited to 10

REGISTER NOW

Play Rugby Program

Age: 8-18

Price: \$80 for the season

Dates: Season begins 4/12

Come learn the skills necessary to play this exciting International and Olympic sport. In addition to registering as salemrec.com, rookie elementary and middle school players will need to register with North Shore Youth RFC-Trailblazers. High School players will register with North Shore colts at www.myrugby.org.

For additional information, contact Des Crowley at tarugby@nsrfc.com

REGISTER NOW

Kids Can Cook

Age: 10-17

Price: \$50.00 includes all food, equipment & apron

Dates: 4/20 10am-12pm or 4/21 5-7pm

Place: Ferreira Foods, 211 Bridge St. Salem

Instructor: Mary Ferriera

A fun interactive class where kids will learn cooking basics and kitchen safety, using hands on instruction. Class will focus on food prep, correct use of utensils, ingredient identification, building flavor and proper seasoning.

REGISTER NOW

YOUTH PROGRAMS



Acting for Youngsters

Age: Grades K-5

Price: \$75 for the 6 week program

Dates: Thursdays from May 5th – June 9th

Time: 2:30-4 pm

Place: Witchcraft Heights School

Instructor: Jape Payette

Explores techniques required to perform onstage, increase speaking skills and build overall confidence and creativity.

REGISTER NOW

Tennis Lessons

Age: 6-13

Price: \$40 per person

Dates: Tuesdays from June 7th – 28th

Time: 5-6 pm

Place: Salem Willows Tennis Courts

Instructor: Andrew Fritz

Learn the elements of the tennis courts and how to keep score. Lessons focus on the proper way to serve and hit.

REGISTER NOW

Salem Willows Fishing Clinic

Age: 7-15

Price: Free!

Dates: Saturday June 18th (Rain Date June 19th)

Time: 10 am – 1 pm

Place: Salem Willows Pier

Join us for a fun day of fishing at Salem Willows. Marine Fisheries biologists from the Massachusetts Division of Marine Fisheries will be on hand to teach basic saltwater angling skills. This is a free event! Fishing equipment and bait will be provided. Space is limited for this event.

Registration forms are available through the Massachusetts Division of Marine Fisheries or at Salem Park, Recreation and Community Services.

REGISTER NOW

Summer Basketball League

Age: 9-15

Price: Free!

Dates: Late June – Late August

Teams will play one game and one practice each week.

Games scheduled either at 6 pm, 7 pm, or 8 pm

- Boys: Ages 9-11 – Mondays
- Girls: Ages 9-15 – Tuesdays
- Boys: Ages 12-15 – Wednesdays

Registration is required and ongoing.

*If you would like to become a volunteer coach, please contact Erik McCarthy at 978 744-0180

REGISTER NOW

YOUTH PROGRAMS



Kids Paddle Program

Age: 7-12

Price: \$145 per person (*\$130 if registered by 4/15*)

Time: 9 am - 12 pm

Place: Salem Willows Beach

Dates: Monday - Thursdays

- Session One: June 27th – 30th
- Session Two: July 11th – 14th
- Session Three: July 25th – 28th
- Session Four: August 8th – 11th
- Session Five: August 22nd – 25th

Coast to Coast Paddle will be offering a Kids Paddle Program designed for young paddlers of all levels! Paddlers will learn basic paddle techniques, water safety and a few tricks to impress their friends and family. All equipment provided. No paddle experience necessary, however paddlers must be able to swim without assistance.

REGISTER NOW

Forrest River Adventure Day Program

Age: 6-12

Price: \$125.00 per week for first child
+ \$80.00 per additional children

- A \$25.00 non-refundable deposit due when registering.
- Fee for the week of July 5th – 8th is \$100.00 first child, \$65.00 per additional children

Time: Monday – Friday 8 am to 4 pm

Place: Forest River Park

Dates: 7 Sessions to choose from:

1. July 5th – 8th (only 4 day week)
2. July 11th – 15th
3. July 18th – July 22nd
4. July 25th – 29th
5. August 1st-5th
6. August 8th – 12th
7. August 15th – 19th

This summer we will be running a day program at Forest River. Join us as we participate in crafts, exploration, science and nature, sports and games, swimming and lots more! Children are placed in age appropriate groups with an assigned instructor.

REGISTER NOW

Please visit our home page for additional information on all these programs and a preview on all the upcoming summer programs!

VISIT NOW

ADULT PROGRAMS



Evening Yoga for Strength and Flexibility

Date:

- Tuesdays, April 19th – May 31st
- Tuesdays, June 7th – July 12th
- Tuesdays, July 19th – August 30th

Time: 6:00-7:00 pm

Fee: \$45 for a 6 weeks or \$9 drop in rate

Place: Salem Community Center, 5 Broad St.

Instructor: Mark Taylor

Participants will be introduced to Rasamaya Yoga, which features smooth, flowing transitions. This class will include movements and postures that stretch and strengthen feet, hamstrings, glutes, back and upper body. Exercise complements serious running and other aerobic exercise programs.

[REGISTER NOW](#)

Beginner Barre Class

Date:

- Tuesdays, May 10th – June 14th
- Tuesdays, June 21st – July 26th

Time: 6:30-7:30 pm.

Fee: \$75 for a 6 week session or \$15 drop in rate

Place: Salem Community Center, 5 Broad St.

Instructor: Miss Cynthia

Participants will work out with a chair and strengthen legs, ankles and abs all at the same time. Class also includes floor workout on legs and abs. Suggested equipment includes yoga mat, towel and water bottle.

[REGISTER NOW](#)

Beginner Ballroom Dance

Date: Wednesday, April 27th – June 1st

Time: 7:00-8:00 pm

Fee: \$50

Place: Salem Community Center, 5 Broad St.

Instructor: Bonnie Peruffo

This six week class is designed to introduce students to basic ballroom dance. Learn the magic of leading and following while learning the waltz, foxtrot, swing and rumba.

[REGISTER NOW](#)

Continuing Ballroom Dance

Date: Wednesday, April 27th – June 1st

Time: 6:00-7:00pm

Fee: \$50

Place: Salem Community Center, 5 Broad St.

Instructor: Bonnie Peruffo

New dances and steps will be introduced.

[REGISTER NOW](#)

ADULT PROGRAMS



Zumba® the Night Away with Miss Cynthia

Date:

- Thursdays, March 24th – April 28th
- Thursdays, May 12th – June 16th

Time: 6:30-7:30 pm.

Fee: \$55 for a 6 week session or \$12 drop in rate

Place: Salem Community Center, 5 Broad St.

Instructor: Miss Cynthia

Dance to lively music, enjoy others company, and participate in a great workout! Guaranteed to make you smile while losing those unwanted pounds!

[REGISTER NOW](#)

Tennis

Date: Tuesdays, June 7th – 28th

Time: 6:00-7:00 p.m.

Fee: \$40

Place: Salem Willows Tennis Courts

Instructor: Andrew Fritz

Lessons focus on the proper way to serve and learning the different strokes

[REGISTER NOW](#)

Painting by the Sea

Date: Saturday, May 21, 2016

Time: 9:00 a.m.-12:00 p.m.

Fee: \$40 (includes all supplies)

Place: House of the Seven Gables

Instructor: Linda Abbene

Join Linda Abbene on the back lawn of the historic House of the Seven Gables as she leads the group in painting a Salem waterfront scene.

[REGISTER NOW](#)

Women's Softball

To participate in this league, players may put together their own team or join one.

Call: Barb Pelletier at 978 922-2135.

Please visit our home page for additional information on all these programs and a preview on all the upcoming summer programs!

[VISIT NOW](#)

SENIOR PROGRAMS



TO RESERVE A SPOT FOR ANY OF THESE EVENTS:
Please contact Rosanna Donahue at (978) 744-0924 x15

Spring Party

Sponsored by:

Salem Chamber of Commerce and Eastern Bank

Date: Thursday, May 5th

Time: 4-7 pm

Place: The Salem Council on Aging (5 Broad Street)

Price: Free

Mother's Day Lunch

Sponsored by:

Care One at Peabody and Beverly

Date: Tuesday, May 10th

Time: 10 am

Place: The Salem Council on Aging (5 Broad Street)

Price: Free

Carnival Night

Date: Thursday, June 23rd

Time: 4-7 pm

Place: The Salem Council on Aging (5 Broad Street)

Price: \$8 per person

Pizza Party

Date: Thursday, May 26th

Time: 4-7pm

Place: The Salem Council on Aging (5 Broad Street)

Price: \$8 per person

Father's Day Barbeque

Date: Friday, June 17th

Time: 10:00 am

Place: Olde Salem Greens Golf Course

Price: \$10 per person

The Half Day of the Big Bands & Pop Goes the 4th

Date: Tuesday, July 19th

Location: Wrentham, MA

Price: \$79 per person

SENIOR PROGRAMS



TO RESERVE A SPOT FOR ANY OF THESE EVENTS:
Please contact Rosanna Donahue at (978) 744-0924 x15

The Spirit of Boston

Date: Tuesday, July 26th

Location: Boston Harbor

Price: \$79

Lobster Bake – Kennebunk

Date: Wednesday, July 27th

Location: Kennebunk, Maine

Price: \$89

Gloucester Harbor Cruise

Date: Thursday, July 28th

Location: Gloucester

Price: \$85

The Scallop Festival

Date: Thursday, September 23rd

Location: Cape Cod

Price: \$69

For a listing of all daily activities and services, please click the button below for our monthly newsletter.

MONTHLY NEWSLETTER

ALL AGES PROGRAMS



Cribbage Tournament

Date: Saturday, April 2nd

Time: 2 pm

Fee: \$5

Place: Winter Island Function Hall

Volunteer Tournament Director Steve Dibble leads this fun double elimination tournament. Trophies and prizes will be awarded. The tournament is open to everyone. Pre-registration is encouraged. Event is limited to 64.

[REGISTER NOW](#)

Willows Concerts

Dates: Tuesday, 6/28 – 8/2

Times: 7:00-9:00pm

Fee: Free

Place: Salem Willows Shell

The North Shore Concert Band will perform its annual summer series of free outdoor concerts at the Robert Hayes Band Shell. Concerts will feature a variety of programs including Patriotic, Broadway, Big Band, Classical, and Disney as well as special soloists.

Call Gordon Bowman (978) 531-9339

Friends of Salem Woods

Date: First Saturday, Monthly: 4/2 – 11/5

Time: 9 am

Fee: Free

Place: Salem Woods

Members of The Friends of Salem Woods lead a 2.5 mile walk. Walkers meet at the trailhead at the rear of the parking lot at Olde Salem Greens Golf Course.

Call Chris Burke (978) 210-9937

Paddleboard and Kayak Rentals

Standup paddleboard and kayak rentals will be available from the right of the Salem Willows pier.

Click the button below for more information:

COASTTOCOASTPADDLE.COM

Please visit our home page for additional information on all these programs and a preview on all the upcoming summer programs!

[VISIT NOW](#)