

Spring/Summer
2019

Upton Recreation
One Main Street, Box 14
Upton, MA 01568

UPTON REC MAGAZINE



UPTONREC.COM

Letter from the Director



Recreation Director Andrew St. George (Right) receiving the 2019 New Professional of the Year from the Massachusetts Recreation and Park Association President, Barry DeBlasio (left).

Do you have an idea for the Recreation Commission? Feel free to reach out to us and share it! You can Call, E-mail, or suggest something on our Facebook Page!

The Recreation Commission is proud to unveil our 2019 Concert Series bringing back some of your favorites! Check out the back cover for our full concert lineup, and be on the lookout for a schedule coming through in June that you can hang on your fridge!

As always, we are very excited for the Kids @ Play program and our Next Gen 01568 Leader in training program. Both programs were extremely popular last year and we are excited to see them further grow and develop!

The Recreation Commission is especially grateful to the members of the community who came out to support our master plan and to help guide the future of recreation in Upton! Without your support, advice, and recommendations, we would not have been able to be as successful in our planning process!

Whatever you do for recreation, I hope you have a great summer and look forward to seeing everyone out having fun and enjoying our beach, fields, and trails!

Andrew St. George

Andrew St. George, CPRP
Recreation Director, Town of Upton
astgeorge@uptonma.gov 774-216-1438

How do I register for programs?

Register for all our programs on our website, www.UptonRec.com. If you do not have an account, it only takes a minute to create one. If you are registering other members of your household (such as registering your kids), create an account for you, then add them as members on your account. The system will automatically notify you if a program is full, or if some criteria is not met (i.e. child too old/young for program).

When do I register?

Many of our classes run in 8 week sessions and some offer drop in options. The best practice is to go to the website and check when sessions start. Usually the next session registration opens up a few weeks before it begins.



Facebook.com/uptonrec



@uptonrec



@uptonrec

UPTONREC.COM



Payment:

On our website, we accept all major Credit Cards. To pay by Cash or Check, register online, and select the option to "Print and Mail" the registration form. Checks and Cash can be delivered to the Town Hall. **Your registration is not complete until payment is received.**

Americans with Disabilities Act:

The Upton Recreation Department is committed to making recreation available to all residents. If needed, please contact the Recreation Director by phone, mail, e-mail or in person so that all efforts for reasonable accommodations can be made.

Are you part of the FASTEST GROWING SPORT in America? Have you seen the craze that has spread COAST TO COAST? If not, then what are you waiting for! Pickleball is a fun engaging sport for all ages. The Upton Pickleball Club allows for adults to gather multiple days a week and play Pickleball in a fun and encouraging environment. Don't know the rules? No Problem! Learn as you go. The Pickleball Club loves seeing new members and teaching them how to play the sport they all love! All fitness levels are welcome to participate!

Exact days/times TBD, based on the interest and availability of the members. Membership gives you the ability to play at any/all play times.

\$25 Membership - Valid From April - October

Looking to take your pickleball game to the next level? Want to have a fun and exciting with old and new friends on the pickleball court? Find a partner and enter the 1st Annual Rena Richard Classic Pickleball Tournament! Date to be Announced!

RENA RICHARD

2019

PICKLEBALL TOURNAMENT
UR
CLASSIC

UPTON REC WELLNESS PROGRAMS

The Upton Recreation Commission is proud to bring you a variety of fitness programs over the course of the year. Many of our classes run in 8 week sessions, and many of them have a drop in option as well. Be sure to go to uptonrec.com to see the full schedule with dates and times as they are subject to change from one session to another!

Yoga - Our yoga classes are great for all ability levels. These classes are sure to leave you feeling refreshed and relaxed, but if you're looking for a bit more intensity, the instructor offers modifications thorough out the class so you can get what you're looking for!

Zumba - Who says fitness can't be fun? Get your feet and your heart racing with this super fun, very popular program!

Bombshell Boxing - Sure to bust away the stress of the day, Join our women's boxing program that is sure to have you coming back for more!

Drop in Adult Co-ed Volleyball - Longtime Volleyball player? Haven't played in a while? Never played? Join us for drop in volleyball! Learn as you go or just come out for a fun workout that will definitely leave you feeling fun and excited!

Plus New Programs - Be sure to follow us on facebook and go to uptonrec.com to see when new sessions start and when we add new classes!

Next Gen

Too old for Kids @ Play?

Join us for our second year of Next Gen 01568, Upton Rec's **Leader in Training (L.I.T.)** program. We are making improvements over last year and the program is designed to use the unique experiences available in a summer recreation environment and raise up the next generation of leaders. We take a broad view of leadership, in the sense that we believe everyone is a leader to some extent. Through the course of the summer, The L.I.T.'s will have several volunteer opportunities, get to learn the process of working together to conceptualize, plan, and execute some events for the younger kids in the Kids @ Play program. We will also feature "Lunch with Leaders" where a leader in the community will come and have lunch with the L.I.T.s to talk to them about what leadership means to them and in their role in the community or business. Through this, the L.I.T.s will learn that there are all sorts of paths to leadership and that no matter where they end up, leadership shares the same core values of **hard work, determination, integrity, respect, commitment, and vision**. Developing these skills will help push our L.I.T.s to be the Next Gen of leaders.

Hopkinton Center for the Arts!

We are constantly offering new classes through our **exclusive partnership** with Hopkinton Center for the Arts. Check out our website to see upcoming and current classes! We add new classes frequently, so if you don't see what you want, keep checking!

UPTON REC COMMISSION'S
SUMMER THEATER PROGRAM

PRESENTS:

PETER PAN!

SESSION RUNS JULY 8TH-JULY 19TH

**FREE SHOW ON JULY 19TH
11 AM @ NIPMUC AUDITORIUM**

Ferdie's Soccer Magic!



Coming back to Upton this year by popular demand! This is where we teach you the skills and train you to become good at them. We focus 100% on this, so you see improvement very quickly. If you want to play on a better team or at a higher level, Ferdie's Soccer Magic program is the fastest way to get there. Sign up, bring some water and a ball, and watch your game change right before your eyes. Come as one, a group, or a team.

July 22nd-26th 8:30am-4:30 pm 8-16 years old

Kids @ Play

Kids @ Play is back and its **better than ever!** Don't waste your summer sitting inside when you could be out enjoying the water, beach, fields, and courts at Kiwanis Beach in Upton! Come with your friends, or make new ones here! We have games, sports, crafts, boating, swimming, and so much more—all the ingredients to make a perfect summer!

Monday - Friday from 9:00am - 4:00 PM (Drop-off begins at 8:00am and pickup ends at 5:00pm)

Extended Day Options: Drop off as early as 7:30am and pickup as late as 5:30pm.

Weekly Pricing: \$225 per Week (\$210 for second child, \$180 for 3rd+ children)

Daily Pricing: \$50 per day (\$45 for second child, \$40 for 3rd+ Children)

Extended Day: \$6 per time block. Field Trips vary from \$15-\$30

Games!

- * Dodge Sponge! * GatorBall! * Endzone!
- * Watusi! * Newcombel! * 21
- * 4 Square Tournaments! * WGE!
- * Chair Soccer! * 3 Ball!
- * Protect The Fort!
- * Rock-Paper-Scissor-Hoops!

Crafts!

- * Friendship Bracelets! * Rainbow Loom!
- * Sand Art! * Bag/Sock Puppets!
- * Slime and Ooblek! * Sand Castles!
- * Animal and Superhero Masks!
- * Painting and Coloring!
- * Weekly Theme Crafts!



Activities!

- * Swimming! * Fishing!
- * Archery! * Team Building!
- * Counselor Basketball Game!
- * Boardgames & Pokémon Games!
- * Color Day * Weekly Theme Spirit Days!
- * Kayaks, Standup Paddleboards, Pedal Boats!

Field Trips!

- * Southwick's Zoo!
- * Ski Ward Summer Tubing!
- * Boundless Adventures!
- * Breezy Acres Water Slides!
- * Worcester Bravehearts Baseball Game!
- * 5Wits Foxboro & Splitsville Lanes!

At Upton Rec, we understand the importance of kids making decisions and taking responsibility for their day. Unlike many summer recreation programs, we balance the freedom of choice with the controlled safety of a schedule. Each day, the Kids choose what they want to do for the day. Each day there is a new schedule of activities that includes Kayaking, Fishing, Swimming, Arts and Crafts, and Fun Games, both old favorites and new soon-to-be favorites. Your kid doesn't want to do arts and crafts? No problem, they can pick game and waterfront activities all day. Are they tired of swimming? Got you covered with LEGOs and Games during swim time. Whatever type of day they want, we challenge them to **"CHOOSE YOUR OWN ADVENTURE!"**

Stay **SAFE** ^{In} ^{The} **WATER**

Swimming is a fun activity and a great way to keep cool during the hot summer months, but it's important to know how to stay safe in and around water. Drowning is swift and silent and there may be little splashing or cries for help. It can take as few as 20 seconds to sink below the water and only minutes to drown, but you can stay safe by following these tips whether around a pond, lake, river, ocean, or pool. Follow these tips, and always be alert around any body of water!

Keep Your Kids Safe!

Even when a lifeguard is on duty, always supervise your children. Infants and toddlers should always be within arms reach in the water. Always use USCG approved flotation devices—do not trust inflatable water wings/tubes/etc.



Remember, Kids can be fearless at times. Do not assume they will know or understand the dangers of water. Never over estimate their swimming ability. Even good swimmers can drown!

Water Safety Starts With You!

Swim with a buddy, never alone, even if you are a very good swimmer!



Do not swim during a storm or when there is lightning. If you can hear thunder, the lightning is close enough to strike!



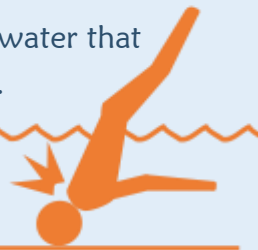
Know where you are and have a phone available to call for help. The more info you have, the better!



Make sure you know how to swim. If you can't swim, keep to shallow areas or use a U.S. Coast Guard-approved life jacket. If you don't know how to swim, take swim lessons. **Kids who take lessons may be 88% less likely to drown!**

Do not dive or jump into water that is not at least 12 feet deep.

Enter the water feet-first, never dive head-first into a river, lake or pond. You could severely injure your head, neck, or spine and drown.



Swim in designated areas, with a lifeguard present.

Listen to the guards and avoid non designated areas as they may have unsafe conditions (temperature, currents, cleanliness, underwater debris, etc.)

Swim Lessons @ Kiwanis Beach

The most important thing you can do to keep kids safe in the water is to ensure they know how to swim. At Upton Recreation, we know the importance that swim lessons play in the life of a child and we offer a high quality affordable swim lesson program for 4 weeks in the month of July. Lessons run 5 days a week, Monday - Friday and give 30 minutes (for level 1-2) or 45 Minutes (for Level 3-6) of swim instruction. This year, we are offering swim lessons in 2 week blocks and you can sign up for both 2 week blocks to receive a discount! Your Child will progress through the levels at their own pace when they are comfortable and competent at the needed skills.

Lessons are for Ages 5-12 (must turn 5 by 12/31/2019)

Schedule: July 1st-July 26th

9:00-9:45—Level 5 & 6

10:00—10:45—Level 3 & 4

11:00-11:30—Level 2

11:30—12:00—Level 1

Session 1 - July 1st - July 12th

Session 2 - July 15th - July 26th

*Contact us to Inquire
about Private Lessons!*

	1 Session	Both Sessions
1 Child	\$45	\$80
Two Children	\$85	\$155
Three or more Children (Family Price)	\$100	\$180

12th Annual Recyclable Boat Race - 8/7/19

Before those recyclables go off to make new things, why not make a boat and come on down to Kiwanis Beach for our 11th Annual Recyclable Boat Race? Unlike a "Cardboard Boat Race" our Recyclable Boat Race encourages you to be creative with unique materials. For the purists out there, you are welcome to enter an all cardboard boat, and for you more adventurous types, empty your recycling bin and see what you can make!

Everyone is welcome to come on down and join in the festivities. We will be awarding several prizes, having a cookout and ending with a concert!

Kiwanis Beach Info:

Upton Resident Daily Pass—\$12

Non-Resident Daily Pass—\$20

(daily passes are for up to 6 people per vehicle. \$2 per person over 6)

Upton Resident Season Pass—\$40

Non-Resident Season Pass—\$100

Beach Hours—Park open 8am—8pm.

Lifeguards on duty 10am-6pm
(weather dependent)

Snack Concessions are available at the gatehouse during staffed hours.

Take a Hike!



Did you know that we have miles and miles of trails available here in Upton? Check out the Upton State Forest, Stefans Farm, Peppercorn Hill Conservation Area, or any of the other trails! Head over to the website to check them out!

<https://www.uptonma.gov/land-stewardship-committee/pages/upton-conservation-land-and-trail-maps>

The 2019 Summer Concert Series

Free Event!

Live Music!

Grill!

Bring the Family!



7/10 Narragansett Soul

7/17 South Street Band

7/24 4Ever Fab

7/31 Classic Groove

8/7 Mac Odom

8/14 Fast Times

Local
Postal Customer

PRSR STD
ECRWSS
U.S. POSTAGE
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EDDM RETAIL

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