

BARNSTABLE RECREATION/HYCC

SUMMER PROGRAM BROCHURE

2025

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

RESIDENT REGISTRATION BEGINS: **Wednesday, May 7, 2025**

NON-RESIDENT REGISTRATION BEGINS: **Wednesday, May 21, 2025**



MINI GOLF TOUR 2024

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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.

WEATHER CANCELLATIONS

Cancellations due to weather will be decided by the program coordinator as soon as possible. Phone calls will be made to home/schools and we will make every effort to post program cancellations and closings on our Facebook and Instagram pages and email households with active email addresses.

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>



HYCC ANNUAL MEMBERSHIP

\$20 Residents / \$40 Non-Residents

Ask about discounted Family Memberships!

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

- **Online** registration is available beginning at 8:45 AM on the first day of registration (Residents - Wednesday, May 7, 2025/ Non-Residents - Wednesday, March 21, 2025) and then 24/7 each day after. 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 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.

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, May 7, 2025.
- Non-Resident registration will begin on Wednesday, May 21, 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 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.

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 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.

PROGRAM LOCATION KEY

BHS	744 West Main Street, Hyannis
Beth Walsh Dance Centre	2792 Falmouth Road, Osterville
Craigville Beach	997 Craigville Beach Road, Centerville
Daniel Gracie Academy	92 Barnstable Road, Hyannis
Dowses Beach	348 East Bay Road, Osterville
Forte Fitness	865 Attucks Lane, Hyannis
Hyannis Fire Department	95 High School Road, Hyannis
Hyannis Youth & Comm. Center	141 Bassett Lane, Hyannis
Kalmus Beach	670 Ocean Street, Hyannis
Lorusso Complex: Little Fenway	165 Bearses Way, Hyannis
McBarron Field	940 Old Falmouth Road, Marstons Mills
Sandy Neck Beach (Bodfish Park)	590 Sandy Neck Road, W. Barnstable
Veteran's Beach	480 Ocean Street, Hyannis
WBCA	135 Crooked Cartway, Marstons Mills
West Villages Elementary	760 Ost.-W. Barnstable Road, Marstons Mills
YMCA	2245 Iyannough Road, West Barnstable

RECREATION 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: first-name.lastname@town.barnstable.ma.us

NAME, TITLE	PHONE EXT.
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!



PLAYGROUNDS & OUTDOOR PARKS

DISC GOLF

Burgess Park Rt. 149, Marstons Mills

DOG PARK

Barnstable Dog Park 1431 Phinney's Lane, Barnstable

OUTDOOR BASKETBALL

Barnstable High School 744 West Main St, Hyannis

Hyannis West Elementary School 549 West Main St., Hyannis

Hyannis Youth & Community Center 141 Bassett Ln, Hyannis

PLAYGROUNDS

Barnstable-West Barnstable Elementary School

2463 Main St, Rt. 6A, W. Barnstable

BCIS Playground 165 Bearses Way, Hyannis

Centerville Elementary School 658 Bay Ln, Centerville

Centerville Playground 524 Main St, next to Centerville Rec. Building

Luke's Love All-Inclusive Playground 2377 Meetinghouse Way, Rt. 149, W. Barnstable

Osterville Bay Playground 99 West Bay Road, Osterville

Veteran's Park Beach 480 Ocean St, Hyannis (Must have a parking permit to park or pay \$25 to park between 8:30AM to 4PM).

West Villages & Barnstable United Elementary Schools 760 & 730

Osterville-W. Barnstable Road, Marstons Mills

TENNIS & PICKLEBALL* COURTS

(*Both Tennis & Pickleball Courts are available unless indicated)

Barnstable High School 744 W. Main St, Hyannis (Tennis only)

BWB Elementary School 2463 Main St, Rt. 6A, W. Barnstable

West Villages, 760 Osterville-West Barnstable Road, Marstons Mills

Cotuit Off Main Street, across from Todd Way, Cotuit

Osterville Village First Ave, Osterville

GOLF COURSES

Hyannis Golf Course 1800 Iyannough Road, Hyannis

Olde Barnstable Golf Course 1460 Rte. 149, Marstons Mills

BARNSTABLE SKATE PARK Monday-Sunday 9:00 AM—8:00 PM

APRIL 22 - NOVEMBER 16

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 early. Admission to the park is free!

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.

BEACH PROGRAMS

SANDY NECK JR. RANGER: GRADES 4-7 SANDY NECK \$65
Wednesdays July 9—August 6 9:30 AM-12:00 PM
Become a Jr. Ranger and Explore the Wonders of Sandy Neck! Join us for an exciting adventure at Sandy Neck, where you'll get up close to nature and earn your Jr. Ranger badge! As a Jr. Ranger, you'll embark on thrilling outdoor hikes, discover local plants and animals (including rare and endangered species), and even learn life-saving skills like how to rescue marine mammals such as dolphins and seals. Best of all, you'll have a blast while exploring this unique and beautiful barrier beach ecosystem. To earn your Jr. Ranger hat, you'll need to attend at least four out of five sessions. Space is limited to just 12 participants, so don't miss out on this unforgettable experience! **Meet us at the Sandy Neck Gatehouse to begin your adventure! Contact: Kellie Crawley**

BEACH VOLLEYBALL: GRADES 4-7 CRAIGVILLE BEACH \$50
Thursdays July 10—Aug 21 4:30-5:30 PM
 Looking for a fun activity to wrap up a beautiful summer day? Come to Craigville Beach and play beach volleyball with your friends! We will practice serving, passing, setting, and attacking with fun drills before getting into games. **Contact: Jack Kapanke**

JR. LIFEGUARD TRAINING CRAIGVILLE BEACH \$70
Tuesdays & Thursdays July 8—August 14 10:00-11:30 AM
 Ages 13-14. This class prepares you for Lifeguard Training. It is necessary to pass a Red Cross Level 6 swim test the first day in order to participate. Full refunds will be issued if participant cannot pass the swim test. **Contact: George Noonan**

LIFEGUARD TRAINING CRAIGVILLE BEACH \$200
Tuesdays & Thursdays July 8—August 14 1:00-3:00 PM
 Ages 15+. This six week class includes CPR, First Aid and LGT Waterfront Certifications. Pass it and you're certified to guard! It is necessary to pass a Red Cross Level 6 swim test the first day in order to participate. Full refunds will be issued if participant cannot pass the swim test. **Contact: George Noonan**

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

SWIM LESSONS

Mondays & Wednesdays Classes: June 23 through July 30
or
Tuesdays & Thursdays Classes: June 24 through August 5
(No Program July 3rd)

SWIM LESSON FEES

- \$50 **Water Babies & Levels 1 & 2 (30 Minute Classes)**
- \$65 **Levels 3-6 (45 Minute Classes)**
- \$70 **Advanced Progressive Swim (Requires Passing Level 6)**
(Unless otherwise specified)

WATER BABIES I: Must be **6 months old**
Parent is required to participate in the water with child and instructor. Beginning to get comfortable in the water using toys, repetitive songs, and games.

LOCATION MON DAYS & WEDNESDAYS
Kalmus Beach 10:00AM-10:30AM

WATER BABIES II: Must be **2 years old**
Parent is required to participate in the water with child and instructor. A step above WBI, with more games and songs with practice head submersion in water.

LOCATION TUESDAYS & THURSDAYS
Kalmus Beach 10:00AM-10:30AM

** Swim lessons and locations are based on the number of lifeguards we have on staff for the summer. If staffing allows, we will add more lessons and locations.*



IMPORTANT NOTICE: BEACH PARKING FOR SWIM LESSONS
In order to park your vehicle at any of the bathing beaches where programming takes place, you will need to pay for daily parking or obtain a Resident Parking Permit. Non-residents are encouraged to sign up for swimming lessons, but they must know that parking at resident bathing beaches is not an option. Only residents with valid Parking Permits will be allowed to park. Non-residents should choose their lessons at Public Bathing Beaches.

SWIM LEVEL PROGRAM INFORMATION

Must be 3+ years old

DOWSES BEACH

LEVEL	MON & WED	or	TUE & THU
1	9:30-10:00 AM		11:15-11:45 AM
1	12:00-12:30 PM		—
2	10:00-10:30 AM		10:00-10:30 AM
2	—		11:45 AM-12:15 PM
3	10:30-11:15 AM		10:30-11:15 AM
3	1:30-2:15 PM		—
4	11:15 AM-12:00 PM		1:00-1:45 PM
5	3:00-3:45 PM		12:15-1:00 PM
6	12:30-1:15 PM		1:45-2:30 PM
*Adv. Progressive Swim	2:15-3:00 PM		9:15-10:00 AM

KALMUS BEACH

LEVEL	MON & WED	or	TUE & THU
1	10:30-11:00 AM		10:30-11:00 AM
1	—		2:30-3:00 PM
2	11:00-11:30 AM		11:00-11:30 AM
3	11:30 AM-12:15 PM		11:30 AM-12:15 PM
4	1:00-1:45 PM		1:00-1:45 PM
5	1:45PM-2:30PM		—
6	—		1:45-2:30 PM
*Adv. Progressive Swim	2:45-3:30 PM		—

Contact: George Noonan

** Swim lessons and locations are based on the number of lifeguards we have on staff for the summer. If staffing allows, we will add more lessons and/or locations.*

SCAN FOR SWIM LEVEL INFORMATION



JFK SAILING PROGRAM

JOHN F. KENNEDY SAILING PROGRAM VETERAN'S BEACH \$110
Ages 10-13. Pre-requisite - must pass a Red Cross Level 5/Intermediate swim test in order to participate. Full refunds will be issued if participant cannot pass the swim test the first day. Birth Certificates may be required if age is questioned. **Contact: George Noonan**

MONDAYS & WEDNESDAYS **June 30-August 6**
Novice / Intermediate 8:00–10:30 AM
Novice 10:30 AM–1:00 PM
Intermediate/ Advanced 1:30 PM–4:00 PM

TUESDAYS & THURSDAYS **July 1-August 12**
No Program: 7/3
Novice / Intermediate 8:00–10:30 AM
Intermediate/ Advanced 10:30 AM–1:00 PM

****Novice class participants have never sailed before and are looking to gain skills necessary for sailing.***

***** Novice/Intermediate class participants are new to sailing and/or have sailed before on a limited basis.***

******Intermediate/Advanced class participants have sailed before, feel pretty confident in their skills, and have participated in the program for at least one year.***

FK EXTENDED YOUTH SAILING PROGRAM VETERAN'S BEACH \$200
Mondays & Wednesdays June 30-August 6 5:30–7:30 PM
Ages 14-18. Pre-requisite - must pass a Red Cross Level 5 swim test the first night in order to participate. THIS IS FOR Novice/Intermediate Participants. *Full refunds will be issued if participant cannot pass the swim test. **Contact: George Noonan**

JFK MEMORIAL TRUST FUND COMMITTEE: MULTICULTURAL SCHOLARSHIPS

AWARD: Twelve (12) \$110 Scholarship

ELIGIBILITY: Eligible applicants must be:

1. A resident of the Town of Barnstable
2. Between the ages of 10-18 years old (must be 13 by the start of the program)
3. Of African American/Black, Hispanic/Latin, Asian, Native American, Alaskan Native or Pacific Islander ancestry
4. Able to pass an American Red Cross Level 5 swim test (scan QR code on page 10 for more details)
5. Able to attend a 6-week session of the sailing program

APPLICATION: To be considered, please complete and submit the online application: <https://forms.gle/oDe2DrsS9H517nXD7> (paper application can be found at the Hyannis Youth and Community Center)

Note: All applications must be received by 12 PM ET on Friday, May 2. Applications will be disqualified if submission is incomplete, or criteria is not met. A lottery drawing will be conducted if there are more than 12 qualified applicants. Applicants will be notified on Monday, May 5 about the scholarship. First time sailors will take priority consideration in the selection process. Contact: John Gleason

PROGRAMS

SUMMER VOLLEYBALL PROGRAM HYCC \$180
Monday-Thursday **June 23 – June 26** **8:30 AM-2:30 PM**

Setters Division (Entering Grades 3 & 4)

Diggers Division (Entering Grades 5 & 6)

Spikers Division (Entering Grades 7 & 8)

The Barnstable Recreation Summer Volleyball Program is one of our most reputable offerings, designed to introduce volleyball skills to youngsters in a fun and informative environment. Our primary goals are to develop an enjoyment of the game and teach proper techniques and rules. Participants will learn to serve, pass, set, hit, and engage in fun situational games. Please ensure participants bring sneakers, proper clothing, water, snacks, and lunch daily. **Contact: Kellie Crawley**

Coach Turco Bio:

Coach Turco is currently the Girls' Volleyball Coach at Barnstable High School and the Director of the Cape Cod Junior Olympics Volleyball Program. He holds training through the CAP (Coaches Accreditation Program) and has led his high school girls' team to 18 Division I State Championship victories with an overall record of 681-87 (89% winning percentage). Coach Turco has earned numerous accolades, including being named the Boston Globe Division I Volleyball Coach of the Year and the American Volleyball Coaches Association National High School Coach of the Year in 2009.

YOUTH POLICE ACADEMY HYCC \$40

No Program: 7/2

Wednesdays: K-3

June 25–August 13

9:00-9:45 AM

Wednesdays: 4-7

June 25–August 13

10:00-10:45 AM

This program is geared towards children interested in learning about police work. The program will consist of daily police duties, evidence gathering, K-9 demonstration, guest lectures, a tour of the Barnstable Police Station, and more. The program will end with a graduation ceremony at Kids Day. **Contact: Jack Kapanke**

BRAZILIAN JIU-JITSU: AGES 4-12 DANIEL GRACIE ACADEMY \$85

Little Warriors (Ages 4-6): Thursdays: July 10-August 14 4:00-4:45 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: July 11-August 15 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**

SANDBLOT BASEBALL: GRADES 4-7 LORUSSO FIELDS \$35

Mondays

July 7–August 18

1:30-3:00 PM

Play ball! This old-school summer baseball program will bring back the fun vibes of the legendary baseball movie, The Sandlot. This program is for kids with experience playing baseball as we'll be playing pickup games. **Contact: Jack Kapanke**

MINI GOLF TOUR: GRADES 4-7

HYCC

\$100

Tuesdays

July 8—Aug 19

12:00-3:00 PM

This exciting and competitive program takes the participants on a tour of Cape Cod's best mini golf courses. With a scoring system just like the pros, the participant with the best score across the seven weeks will be crowned the champion. Pick-up times could change slightly due to summer travel.

Contact: Jack Kapanke



WIFFLE BALL: GRADES 2-7

LORUSSO COMPLEX: LITTLE FENWAY

\$15

Tuesdays

July 8—August 19

4:30-5:30 PM

Come to Little Fenway for our seven-week wiffleball program. We'll practice skills, play pickup games, and have a home run derby where we try to hit it over the Green Monster! **Contact: Jack Kapanke**

MONDAY MANHUNT: GRADES 4-7

BHS FIELDS

\$30

Mondays

July 7—August 11

7:30-9:00 PM

Make some memories with friends as we play manhunt in the dark! Each night the group will be split into two teams, and then we'll play the classic game of manhunt - one team is trying to tag all of the hiders, while the hiders try to sneak or sprint their way to their base. The game ends when all the hiders are either in jail or at their base. Flashlights will be provided, and participants must wear sneakers!

Contact: Jack Kapanke

WACKY WEDNESDAYS: GRADES 2-7

HYCC

FREE

Wednesdays

July 9—August 20

1:30-3:30 PM

Are you looking for some free fun? Come join Jackie and Jack to play organized games with friends. Drop-off is at the HYCC lobby. Everyone who would like to participate must register for this program, even if you are only coming once. **Contact: Jackie Keane & Jack Kapanke**

CROSSMAN SPEED AND AGILITY TRAINING: GRADES 4-12

BHS TURF

\$75

Monday-Wednesday

Session 1: August 4-6

8:30-10:00 AM

Session 2: August 11-13

8:30-10:00 AM

This program is led by Brian Crossman, who is a former Team USA runner and Massachusetts State Track and Field Hall of Famer as both a runner and a coach. Crossman Speed and Agility is a program dedicated to Fundamental skills that improve the athletic experience and performance of young athletes. Our goal is to help improve speed, agility, strength, and power with drills and exercises that will take you to the next level of athletic explosiveness. Athletes are tested in the following activities: 40 yard dash, broad jump, the Illinois test, and the L-Drill. **This fun, intense, high-energy program is for athletes looking to take their game to the next level.** Turf cleats are recommended for the program but are not required. **Contact: Jack Kapanke**

YOUTH FIRE ACADEMY: AGES 7-11

Monday-Friday

HYANNIS FIRE

July 14–July 18

FREE
8:00-4:00 PM

This structured program will introduce children to fire service, physical exercise, and fire & life safety. Each day will have set schedule with a variety of demos and joint evolutions with professional firefighters. Firefighter/instructors will supervise children the entire time. Free breakfast and lunch will be provided. The last day will have a short graduation ceremony with a presentation by the children. Parents, friends, and public will be encouraged to attend. **Hyannis children will receive preference in registration.** 2024 Youth Fire Academy participants are not eligible to be enrolled for this year's program.

Contact: Jack Kapanke

DANCE

Thursdays

Preschool: Ages 3-5

Introduce your little one to the joy of movement! Our Preschool Dance class is designed to encourage creativity and self-expression through fun, age-appropriate activities in a safe, welcoming environment. Your child will develop basic dance skills while having fun with music and movement!

BETH WALSH DANCE CENTRE

July 3–August 7

\$70

9:00-9:45 AM

Intro to Hip Hop: Grades 1-4

10:00-10:45 AM

Get ready to groove! This energetic class introduces young dancers to the exciting world of hip hop. Through lively routines and beginner-level techniques, students will learn the fundamentals of hip hop dance, while building confidence and coordination in a high-energy, supportive setting.

Hip Hop/Acro Class: Ages 4-8

4:00-4:45 PM

A perfect mix of two dynamic styles! This class combines the rhythmic moves of hip hop with acrobatic tricks to create a fun and exciting learning experience. Students will explore basic tumbling, stretches, and hip hop choreography, all while boosting their flexibility, strength, and creativity. **Contact: Kellie Crawley**

MOUNTAIN BIKING: GRADES 3–12

WBCA

RESIDENT \$130/\$180*

NON-RESIDENT \$150/\$200*

Fridays

August 29–October 3

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 August 29. 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**

BRAZILIAN UNITED SOCCER CLINIC

MCBARRON

FULL DAY (AGES 9-14) - \$250

HALF DAY (AGES 7-14) - \$210

FUTURE STARS (AGES 4-6) - \$90

Monday-Friday

June 23-June 27

See times below

Full-day program is 9:00am-3:00pm, half-day is 9:00am-12:00pm, and the Future Stars program is 8:00am-8:45am. This program is led by professional coaches from Brazilian United Soccer. Participants will develop soccer skills, improve their knowledge of the game, and play in fun and competitive drills and games. If you are in the full-day program please bring plenty of water, as well as lunch and snacks. Half-day program participants should bring plenty of water and snacks. Future Stars should bring water. **Contact: Jack Kapanke**

CAPE COD SCENIC TOUR: GRADES 3-7 HYCC \$75
Thursdays July 10-August 21 10:30 AM-2:30 PM

Sightseeing adventures await us on the Cape Cod Scenic Tour! Participants will ride in the Recreation van as we visit places such as Heritage Museum and Gardens, Massachusetts Audubon, the Knob, and other iconic and beautiful locations all over the Cape. Drop off and pickup are at the HYCC, and pickup times may vary depending on the distance of our visit and summer traffic. This program is weather dependent, and participants need to wear closed-toe shoes.

Contact: Jack Kapanke

TENNIS IN THE PARKS

United States Tennis Association of New England partners with local parks and recreation departments to deliver affordable and accessible turnkey tennis programs to all. These tennis programs focus on developing the skills to serve, rally, and play more quickly utilizing modified tennis balls, age-appropriate racquets, and court sizes. The latest fun and engaging activities will help all players successfully learn and play the game of tennis quicker!

RED BALL (GRADES 1 & 2) WV TENNIS COURTS \$80
Tuesdays July 1–August 5 3:00-4:00 PM

ORANGE BALL (GRADES 3-5) WV TENNIS COURTS \$80
Tuesdays July 1–August 5 4:00-5:00 PM

For brand-new, beginner, or returning novice players. Led by a USTA approved coach, we focus on FUN and learning the basics. Get great exercise while developing the skills to serve, rally, and play tennis. Each youth participant in their first session will receive a free tennis racket! There is a minimum of 7 players and maximum of 8 players to run this program. **Contact: Kellie Crawley**

GREEN BALL (GRADES 6-8) WV TENNIS COURTS \$80
Wednesdays July 2–August 6 4:30-5:30 PM

For players who have completed at least one session of Tennis in the Parks or a similar introductory program and are now ready to practice, improve their game and have FUN! This program is run by a USTA-approved coach, players will receive instruction and do rotating match play to gain experience. There is a minimum of 7 players and maximum of 8 players to run this program. **Contact: Kellie Crawley**

ADULT PROGRAMS

ADULTS 18+ WV TENNIS COURTS \$85
Wednesdays July 2–August 6 5:30-7:00 PM

For players who have completed at least one session of Tennis in the Parks or a similar introductory program and are now ready to practice, improve their game and have FUN! This program is run by a USTA-approved coach, players will receive instruction and do rotating match play to gain experience. There is a minimum of 7 players and maximum of 8 players to run this program. **Contact: Kellie Crawley**

ADULT BOXING: 18+ FORTE FITNESS \$125
Tuesday and Friday July 8-August 15 8:00-8:50 AM

These classes will teach proper boxing technique, include agility and strength training, emphasize the importance of mental focus and discipline, and provide a safe and fun environment for learning how to strike. Led by dedicated coaches, you'll build confidence as well as strength and technique. All experience levels are welcome.

Contact: Jack Kapanke

PICKLEBALL COURTS

Calling all Pickleball players! There will be organized free play on Monday-Saturday from 8:00 AM to 12:00 PM at the Barnstable Pickleball Courts. Courts are located at 760 Osterville West Barnstable Road in Marstons Mills. Please scan QR code for more information.



Straight-Up Pickleball

All Barnstable Recreation pickleball lessons will be 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: July 7 (Rain date: July 21) **5:00-7:30 PM**
Monday: Sept 8 (Rain date: Sept 9, Tuesday) **4:00-6:30 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: Aug 14 and 21 (Rain date: Aug 28) **4:00-5:30 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: Aug 14 and 21 (Rain date: Aug 28) 5:45-7:15 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
Thursday: July 10 (Rain date: July 17) 6:45-7:45 PM
Monday: Aug 11 (Rain date: Aug 25) 6:30-7:30 PM
Monday: Sept 15 (Rain date: Sept 22) 5:45-6:45 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: HOW TO BEAT THE BANGER WV PICKLEBALL COURTS \$40
Thursday: July 10 (Rain date: July 17) 5:00-6:30 PM
Attacking is more popular than ever in pickleball...learn how to turn the tables and dominate against bangers in this clinic. The Straight-Up coaches will break down proven pickleball strategies and techniques that help you stay in control when facing aggressive players. Option: follow-up with "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: STRATEGIC ATTACKING WV PICKLEBALL COURTS \$40
Monday: Aug 11 (Rain date: Aug 25) 4:45-6:15 PM
Set you or your partner up for an attack shot! Strategic attacking involves forcing opponents into uncomfortable situations to create opportunities for put-away shots and then completing a clean and effective attack. It's the best feeling when a plan unfolds and ends with authority! Option: follow-up with "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.*

SKILLS CLINIC: THE PERFECT PICKLEBALL BACKHAND WV PICKLEBALL COURTS \$40
Monday: Sept 15 (Rain date: Sept 22) 4:00-5:30 PM
A strong backhand is crucial for handling shots on both sides of the court, improving your versatility, especially in doubles where you can't always rely on your forehand. This clinic will focus both on one-handed and two-handed backhands. Option: follow-up with "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 FOCUS & FUN! WV PICKLEBALL COURTS \$90
Monday: Aug 18 (Rain date: Aug 25) 4:30-7:30 PM

The Boot Camp leads to improvement: 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 (1st is June 2nd) as each will give you new focus skills and additional video feedback. 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
Monday with Todd: July 14 (Rain date: July 21) 4:00-5:00 PM
Monday with Todd: July 14 (Rain date: July 21) 5:15-6:15 PM
Wednesday with Sophie: Aug 13 (Rain date: Aug 20) 4:00-5:00 PM
Wednesday with Sophie: Aug 13 (Rain date: Aug 20) 6:30-7:30 PM
Thursday with Karl: Sept 11 (Rain date: Sept 18) 4:30-5:30 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
Monday with Todd: July 7 (Rain date: July 21) 3:45-4:45 PM
Monday with Todd: July 14 (Rain date: July 21) 6:30-7:30 PM
Wednesday with Sophie: Aug 13 (Rain date: Aug 20) 5:15-6:15 PM
Thursday with Karl: Sept 11 (Rain date: Sept 18) 5:45-6:45 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, overhands, 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
Monday: July 28 (Rain date: July 31, Thursday) 5:30-7:30 PM
Wednesday: Sept 3 (Rain date: Sept 4, Thursday) 5:00-7:00 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!



HYCC PROGRAMS

SUMMER ARTS & CRAFTS: GRADES 1-4 HYCC \$70
Fridays **July 11–August 22** **3:00-4:30 PM**
 Participants will have the opportunity to express themselves through a wide variety of crafts, projects and mediums. Each class will focus on a different form of art and expression using lots of recycled materials! Make sure to wear “crafty” clothing in case we get a little messy!
Contact: Jackie Keaney

HYCC SUMMER ARTS PROJECT: GRADES 3-7 HYCC \$10/SESSION
Fridays **July 11, 25, August 8, & 22** **10:00 AM-12:00 PM**
 Join us for an inspiring Community Arts Project Series, where creativity and collaboration come together! This series offers a unique opportunity for kids to explore artistic expression, connect with fellow students, and contribute to meaningful collaborative projects to our community.
Contact: Jackie Keaney

STREET HOCKEY: GRADES 4-7 HYCC (PARKING LOT) \$35
Tuesdays **July 8–August 19** **4:00-5:00 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**



STREET SOCCER: GRADES 4-7 HYCC (PARKING LOT) FREE
Thursdays **July 10–August 21** **4:00-5:00 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**

GIRLS HS VOLLEYBALL LEAGUE

HYCC

\$85

Tuesdays & Thursdays**June 24–August 14****5:00-9:00 PM**

Two Division league - JV & Varsity. Twelve players max per team. This league is meant to give high school players an opportunity to play with their team during the summer and to work on their skills. This is a fun and competitive league. Don't hesitate, register your team before May 23rd! **Contact: Stephen Headley**

YOUTH BASKETBALL LEAGUE : GRADES 3-7

HYCC

\$80

Mondays & Wednesdays**June 25–August 6****5:00-8:00 PM**

This seven week program is a co-ed league for children entering grades 3-7. Grades 4 and 5 will be in one division while grades 6 and 7 will make up their own division. There will be regular season games followed by playoffs! Every participant will receive a team shirt at the beginning of the session. This league is designed so that kids can continue to develop their game during the summer! **Contact: Steve Headley**

HYCC GYM: DROP-IN PROGRAMS

Gym Drop-in Programs are scheduled monthly and subject to change. Please check the web site or call for updated schedules!

GAME ROOM

HYCC

MEMBERSHIP OR DAY PASS

Monday–Friday**Ongoing****9:00 AM-8:00 PM**

All Ages, Community Groups and Day Hab Programs feel free to come and get out of the heat and enjoy our Pool Tables, Ping Pong Tables, and other games or take advantage of the free Wi-Fi.

Contact: Stephen Headley

PUBLIC GYM: VOLLEYBALL

HYCC

MEMBERSHIP OR DAY PASS

Sundays**May 4–November 23**

This is time dedicated to those who want to play and work on their skills with others, or to play recreational pickup games. Please check our website's event calendar for up to date times, age restrictions, and cancellations if any. **Contact: Stephen Headley**

PUBLIC GYM: BASKETBALL

HYCC

MEMBERSHIP OR DAY PASS

Saturdays**May 3–November 22**

This is time dedicated to those who want to play and work on their skills with others, or to play recreational pickup games. Please check our website's event calendar for up to date times, age restrictions, and cancellations if any. **Contact: Stephen Headley**



RINK DROP-IN PROGRAMS

*Rink Drop-in Programs are scheduled monthly and subject to change.
Please check the web site or call for updated schedules!*



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

STICK PRACTICES HYCC \$12/SKATER & \$5/SENIOR 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 SCHOOL: CLINIC POLICIES

- Our summer classes are 45 mins long and run for six weeks **unless otherwise noted**.
- Figure skates with toe picks are strongly recommended for Figure Skating Clinic. This includes the TOT Program. Invest in your own skates. **RENTAL SKATES ARE NOT AVAILABLE!**
- Gloves and hats should be worn. Also, a heavy sweater or short jacket is recommended for better mobility.
- Helmets are required for all participants enrolled that are 6 years old and under. Helmets are also recommended for beginner level participants (Tots, Badge 1 & 2).
- Each Instructor will teach two badge levels within the 45 minute lesson. Sometimes there will be more than two badges taught. Each group will spend up to 25 mins with the Instructor. The other 20 mins will be used for participants to practice any of the skills. Parents should encourage their child to practice.
- Discipline is necessary on the ice at all times to ensure each participant gets the most from their lesson and practice session. Children must be able to listen and take direction.
- Parents will NOT be allowed near the lesson areas or on the ice at any time. Parents are asked to stay away from the glass and ice area so they do not attract the attention of the skaters. This will help prevent disruptions to the class.
- Attendance will be taken on the ice by the skating instructor during each class. If the child misses half of the classes, he/she will not be permitted to test. There are no exceptions to this rule. **There are no make up classes.**
- **IT IS VERY IMPORTANT THAT YOUR CHILD IS ON TIME FOR THEIR LESSON.**
- The Hyannis Youth & Community Center strongly urges parents to stay during their child's lesson. In case of an emergency, it is beneficial to have the parent/guardian present.
- If your child comes off the ice and is cold, please have him/her remain in the warming house for 5-10 minutes or until warm before sending them back onto the ice.
- It is recommended that the participants practice their skills outside of their lesson. This may be done during public skating sessions. Schedules are available monthly in the rink rental room.
- Any cancellations due to inclement weather will be announced through email and on our HYCC Facebook page.
- NO REFUNDS WILL BE ISSUED AFTER THE FIRST SCHEDULED LESSON.
- Instructors reserve the right to move a child to the appropriate level class.
- Children in Kindergarten or 5 years old and first time participants should sign up for Badge 1.

LTS USA FEES AND MEMBERSHIP (UNLESS OTHERWISE NOTED):

LEARN TO SKATE FEES AND USFSA MEMBERSHIP (unless otherwise noted)

\$100 Resident / \$110 Non-Resident without a current USFSA Membership
\$16 USFSA Membership fee if you did not take a class starting on July 1st, 2025.

— LEARN TO —
SKATE
 — USA —

TOTS CLASS HYCC RESIDENT \$100/NON-RESIDENT \$110
No Program: 7/26
Saturdays **July 12–August 30** **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.

BASIC 1+2 HYCC RESIDENT \$100/NON-RESIDENT \$110
No Program: 7/26
Saturdays **July 12–August 30** **10:30-11:10 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 include:
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 HYCC RESIDENT \$100/NON-RESIDENT \$110
No Program: 7/26
Saturdays **July 12–August 30** **9:45-10:25 AM**
Pre requisite must have passed Basic 1. Recommended for participants who have already taken Basic 2 and are on track to completion. Note the class is 30 minutes with a 10 minute free skate.

Skills to learn include:
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 HYCC RESIDENT \$100/NON-RESIDENT \$110
No Program: 7/26
Saturdays **July 12–August 30** **9:00-9:40 AM**
Pre requisite must have passed Basic 3. Note the class is 30 minutes with a 10 minute free skate.

Skills to learn include:
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.

Due to program requirements, annual memberships to USFSA are required by every participant and the valid dates are July 1, 2025 to June 30, 2026. USA Hockey and MA Hockey cannot be used for a substitute.

Contact: Jackie Keaney



**BARNSTABLE
RECREATION**

SUMMER SPECIAL EVENTS 2025

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**

SWIM & SAFETY WEEK BEACHES FREE
Monday-Friday July 14–July 18
 Schedules will be posted at each beach. Aquatic staff will host demonstrations to help educate patrons and show the different situations Lifeguards are certified to handle; why rules and regulations are enforced; and what everyone can do to keep the beaches safe. See you there! **Contact: George Noonan**

INTER-BEACH SWIM MEET KALMUS BEACH SWIM PARTICIPANTS ONLY
Friday August 8 12:30 PM
 A fun competition for swim program participants at the end of the program. **Contact: George Noonan**

SWIM CARNIVALS SWIM LESSON LOCATIONS SWIM PARTICIPANTS ONLY
August 6-7 (tentative)
 For swim lesson participants only! Various bathing beach sites/different days. Swim instructors will provide details during the summer. **Contact: George Noonan**

LAWN GAME NIGHT HYCC \$10
August 13 6:00-8:00 PM
 Join us for a fun-filled Lawn Game Night, where friendly competition meets laid-back summer vibes! Grab your friends and family and enjoy a variety of classic and modern outdoor games, including cornhole, giant Jenga, bocce ball, ladder toss, and more. **Contact: Jackie Keaney**

END OF SUMMER DANCE: GRADES 4-7 HYCC \$10
August 22 6:00-8:00 PM
 Join us for a night of music, movement, and memories at the **End of Summer Dance!** As the summer winds down, let's celebrate with an unforgettable evening filled with great beats, fun games, and a lively dance floor. **Contact: Jackie Keaney**

MEAL DISTRIBUTION

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 other Thursday night from 4:30pm-5:30pm in our parking lot. For more info go to Family Table Collaborative on Facebook or capeculinary.org. **Contact: Stephen Headley**