



Mayor Jon Mitchell

# ANDREA MCCOY RECREATION CENTER



NEW BEDFORD PARKS, RECREATION & BEACHES

## FALL PROGRAM PREVIEW 2017

For a digital brochure visit our website at [www.newbedford-ma.gov](http://www.newbedford-ma.gov). Facebook: @NB ParksRecreationBeaches

**Open House**  
**Sat, September 9th,**  
**11am-1pm**

Tour the facility, meet  
instructors & register for  
classes.

Check out page 2 for teen  
and adult programs, birthday  
parties & Zumba!

**OPEN GYM: Weekdays**  
**3-4pm**

Open gym available  
specifically for children  
17 & Under and mentors  
and their mentees.



**EMPOWER  
YOUR CHILD**

Give your child the  
building blocks for success.

Students in afterschool  
programs improve grades,  
make gains in reading &  
math, develop strong  
social skills and have  
higher graduation rates.

Children will receive home  
work help, a healthy snack,  
active play, games, arts,  
crafts, and the computer  
lab. Contact us for  
Transportation  
information.

Group 1: Ages 6-9

Group 2: Ages 10 & 11

Mon – Fri: 3:30–5:00pm

**JOIN TODAY!**

### YOUTH PROGRAMS

Activity	Ages	Day(s)	Time	Join by	Starts/Ends	Class Fees	
						Resident	Non-Resident
<b>KARATE</b>	6 & Up	TUE	5-6pm	The 1 <sup>st</sup> of each month	1 <sup>st</sup> & last Tue of Each month	\$20-\$25	\$25-\$30
<b>FLAG FOOTBALL</b>	6-7	SUN	12-1pm	9/10/17	Sep 10- Nov 5; Off: Oct 7	\$60	\$75
	8-9	SUN	1-2pm				
	10-11	SUN	2-3pm				
	12-13	SUN	3-4pm				
<b>LEARN to SKATE at Hetland Arena</b>	4-10	SUN	8:30-9:20am	9/15/17	Sep 17 – Nov 5;	\$90	\$90
<b>FISHING CLINIC</b>	Youth	SUN	10am-1pm	See Below	Sep 24	FREE	FREE
<b>DANCE for 4th &amp; 5th Graders</b>	9-11	Fri	7-9pm	NA	Oct 20	\$5	\$10
					Nov 17	\$5	\$10
<b>JR. POLICE ACADEMY</b>	11-13	WED & 2-SAT	3:30-5pm	9/30/17	Oct 4 – Dec 6; Sat; Oct 14/Nov 4	FREE	FREE
<b>CIRCUS ARTS</b>	7 & Up	THU	4-5pm	9/30/17	Oct 5 – Nov 30; Off: Nov 23	\$5	\$10
<b>LITTLE KIDS BASKETBALL</b>	5-7	SAT	10:45-11:45 am	10/12/17	Oct 14 – Dec 16 Off: Nov 11 & 25	\$40	\$45

#### Kenpo Karate with World Champion Donna Bosworth

Learn defensive techniques against grabs, pushes, punches, kicks and holds. Instructor, Donna Bosworth, is a 4<sup>th</sup> Degree Black Belt of Dan Donfro's World Class Kenpo Karate Academy.

#### NFL Flag Football League with Boston FF Association at Buttonwood Park (Rockdale Ave side)

This is non-contact football where girls & boys can develop their passing, catching, offensive & defensive skills. Players receive a jersey with NFL team colors/logos & flag belt for games.

#### Southcoast Panthers "Learn to Skate" for Ice Hockey; Save \$10 when you Register at the AMRC

Learn agility, balance & coordination! Required USA Hockey Membership (\$40) and equipment (ice skates, helmet & gloves) not included. Questions? Email Erin Connors: erinbc78@gmail.com

#### Youth Fishing Clinic – To register call (978) 282-0308 or email: kimberlytrull@state.ma.us

Free youth fishing clinic at Fort Taber pier in New Bedford! The Marine Fisheries, NB Parks and Rec. Dept, and the Buzzards Bay Anglers Club have collaborated to teach basic saltwater angling.

#### Junior Police Academy with New Bedford Police Department

Introduction to Police Services & Team Building taught by Detective Alberto Silva. He is a Fugitive Investigator with the US Marshalls & will be joined by Staff from the Family Services Unit.

#### Circus Arts with Sarah Bean & Melanie Alves

Learn juggling variations, clowning, and partner acrobatics designed by Overhead Arts, and featuring instructors who are certified by the New England Center for Circus Arts. .

#### Little Kids Basketball Clinic with Coach Ed Rodrigues

This clinic is designed by New Bedford H.S. coaching icon Ed Rodrigues. Learn Fundamentals, Develop Passion, and Have Fun!

#### Friday Night Dance for Youth Ages 9-11

Come to our youth dance on Fri., Oct 20 & Nov 17 from 7-9pm; live dj and more!



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### Dodgeball 4-5pm

Join us every Monday for a full court game of dodgeball. Parents and mentors are encouraged to participate in the fun!

**Ages 6-16**

### TEEN & ADULT PROGRAMS

Activity	Ages	Day(s)	Time	Register by	Starts/Ends	Class Fees:	
						Resident	Non-Resident
<b>PERSONAL Finance Bootcamp</b>	18+	WED	6-7:30pm	10/2/17	Wed Oct 4	FREE	FREE
		SAT	10a-12p	10/19/17	Sat Oct 21	FREE	FREE
<b>UKULELE SING-N-STRUM</b>	13 to Adult	MON	6-7pm	9/30/17	Oct 2 – Nov 27; Off: Oct 9	\$20/Month	\$25/Month
<b>3-V-3 BASKETBALL</b>	13-17	FRI	G:3-4pm	The 1 <sup>st</sup> of each month	1 <sup>st</sup> & last Fri of Each month	\$5/Month	\$10/Month
			B:4-5pm				

### FREE PERSONAL FINANCE BOOTCAMP

Stephen Barkhuff CFP/CFA

In these fast and interactive sessions, you will learn tips and tools to help you get ahead financially. Topics include budgeting, improving a credit score, paying down debt, buying a home, and saving for children's education or other goals.

Wed, Oct. 11; 6-7:30PM  
Sat, Oct. 21; 10am-12pm

### Sing n' Strum! Group Ukulele Class with Katie Driscoll

Open to all skill levels. Appropriate for beginners. Learn easy-to-play popular songs as a group and perform for friends & family at the end of the program. Please bring your own instrument.

### 3 on 3 Youth Basketball League

For girls & boys ages 13-17. Girls play separate from the boys. Create your own team or let us help you. Team Rosters may include up to 5 people; Champions crowned each month.

ZUMBA™	Monthly Packages	Day (Walk-Ins Welcome)	Register By	Starts/Ends
	<b>1-Day a Week</b>	Tue, Thu, or Sat	The 1 <sup>st</sup> of each month	1 <sup>st</sup> & last day of Each month
	<b>2-Days a Week</b>	Tue/Thu; Tue/Sat or Thu/Sat		
	<b>3-Days a Week</b>	Tue, Thu, & Sat		

Instructor: Linda Barbosa. An exhilarating, easy, Latin-inspired, dance-fitness party! Walk Ins Welcome! For Adults and Youth ages 10 & Older with Instructor Approval.

### **Birthday Party Packages, Rentals, and Vendors**

- Make your child's birthday party special at the AMRC. Choose an athletic or dance party theme. Cost determined according to needs.
- Want to coordinate your own function? Rent a space. We offer a variety of rental options and competitive pricing. *Events must be scheduled at least 30 days in advance.*
- Can you teach a class or run a program? Consider becoming a vendor us! Contact David Ponte by email: [david.ponte@newbedford-ma.gov](mailto:david.ponte@newbedford-ma.gov) or call 508-961-3015.

### Doodles Free Art Sessions SAT: 10am-12pm

For information email: [samia.hicks@aol.com](mailto:samia.hicks@aol.com)

**For kids of all ages**

For more information contact us:  
**(508) 961-3015**

**Facebook:**  
**@NBParksRecreationBeaches**

### **Free Halloween Dance Party**

Witches, warlocks, princesses, and pumpkins you are invited to our Annual ALL AGES Halloween Party! Join us at this family-friendly event for ghoulish games, tricks, and treats. Dress to impress and participate in our costume contest! Wow the judges for Best Overall Costume, Spookiest Costume, and Most Creative Costume. Be sure to enter for a chance to win a prize!

Date: Friday, October 27, 2017  
Time: 6:00pm – 8:00pm  
Location: Andrea McCoy Recreation Center  
181 Hillman Street (Building #8)  
New Bedford, MA 02740

Children 8 & under must be accompanied by a guardian at all times.

