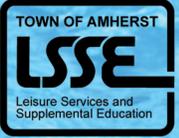


LEISURE TIMES

Amherst

Spring & Summer 2020



Your FREE Recreation & Education Guide



413.259.3065 • Stay Connected   www.lsse.org



Food, Music, Live Entertainment!
Fireworks begin at 9:30PM

Amherst Leisure Services invites you to our

4th of July Celebration!

Starts at 5:00PM

at the UMass Fields adjacent to the McGuirk Alumni Stadium



Spring 2020 Program Catalog

Amherst Leisure Services & Supplemental Education

Address: 170 Chestnut St., Suite 1, Amherst Regional Middle School
 Phone: (413) 259-3065 Fax: (413) 259-2407 Email: lsse@amherstma.gov
 Hours: Mon.-Fri. 8:00 a.m.- 4:30 p.m.

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Message from our Director

Are you ready for spring and summer? We are and we can't wait for the grand opening of our brand new Groff Park Spray Park and Playground this summer! Stay tuned for details. I'm also pleased to announce we have some exciting new programs making their debut as warmer weather approaches. This spring we are collaborating with Amherst Youth Lacrosse to offer a girls and a boy league as well as Mini Mights, an introductory program for K-2nd graders. This summer we will offer our first ever Counselor in Training program for teens ages 13-16 at our Adventure Playground and Early Adventures Day Camps. In addition, we have expanded our summer sports programs with more sessions of basketball, a golf camp at Cherry Hill, and more! There are also new programs for adults this summer. Mountain Biking and Geocaching will be offered for the first time ever. And don't forget to enroll your child in swim lessons this summer. We offer lessons for beginners up to advanced swimming levels. Finally, please join us for the 4th of July celebration at UMass as our community gathers to celebrate our nation's Independence Day!



- Barb Bilz, Director

P.S. Our new strategic plan is sure to bring exciting changes this Fall! Stay tuned...

LSSE Commission

Meg Rosa- Chair
 Stephanie Jackson
 Becky Demling
 Youssef Fadel
 Victor Nunez-Ortiz
 Sarah Marshall

About the Cover

The 'Leisure Times' logo is adapted from our Summer 1988 issue. Cover photo by Grace Marczuk.

Our Staff:

GENERAL INFORMATION:

Registration 259-3065
 Cancellation Line..... 259-3066

ADMINISTRATIVE STAFF:

Director Barb Bilz..... bilzb@amherstma.gov 259-3138
 Operations Manager, Adult & Youth Ed..... Donna Roy..... royd@amherstma.gov 259-3285
 Registration & Marketing Coordinator Marion Jordan jordanm@amherstma.gov 259-3186
 Registrar..... Steven KaCey..... kaceys@amherstma.gov..... 259-3065

PROGRAMMING STAFF:

Afterschool Site Coordinator (Crocker Farm) Grace Marczuk marczukg@amherstma.gov 259-3177
 Aquatics Diana Fordham..... fordham@amherstma.gov 259-3230
 Adult Sports, Youth Sports, Cherry Hill Golf Course
 Sports Camps..... Nick Walas..... walasn@amherstma.gov 259-3144
 Special Events, Camps, Outreach Nicole Abelli..... abellin@amherstma.gov 259-3151

Thank you to all our Sponsors!

MAJOR SPONSORS

BEACON COMMUNITIES & SUMMERLIN FLOORS

FEATURED SPONSORS

Amherst Business Improvement District,
Amherst Copy and Designworks, Atkins Farms Country Market,
Greenfield Savings Bank, Marney Electrical Services, Muddy Brook Farm, PeoplesBank,
TDBank, University of Massachusetts External Relations,
The Mill District, Yankee Candle Company

COMMUNITY SPONSORS

Amherst Area Chamber of Commerce, Amherst Nurseries, Amherst Pediatrics, BUMDRUMS,
Cooley Dickinson Health Care, Encharter Insurance, NEPM-New England Promotional
Marketing, North Amherst Motors, Rotary Club of Amherst, The Bement School, Thrivent,
Kushi Farms

WINTERFEST SNOWBALL SPONSORS

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Welding, Boyden and Perron, Philip C. Ciccarelli, Atty at Law, Florence Bank, Jones
Properties, Mercedes-Benz of Springfield, Rigali & Walder Orthodontics, Lichtenberg
Veterinary Hospital

MEDIA SPONSOR

Daily Hampshire Gazette

SPECIAL THANKS

Amherst Area Chamber of Commerce, Amherst Business Improvement District,
Amherst Department of Public Works, Amherst Police Department, Amherst Regional Public
Schools, Amherst Montessori School, Cushman Scott Children's Center Inc.,
2020 WinterFest Amherst Committee and its Chair Youssef Fadel and the many
volunteers from UMass and our Amherst Community.

**WINTERFEST
AMHERST**

Policies and General Information

Registration for most programs will begin on **March 2**. We accept registrations on a first-come, first-serve basis until the maximum number of persons per program is reached. We must receive **complete payment (including nonresident fees)** at the time of registration. If the program has filled, we will place your name on our waiting list. Early registration helps us reach the minimum class numbers and ensures your space in a popular class.

Please note: Camp Registrations MUST include physical and immunization medical records.

You can register...

In Person

Come into our office located on the North side of the Amherst Regional Middle School. Our office is right across where the buses park. We'll be happy to assist you in registering for any of our programs!

By Phone (413)259-3065

Call us during our office hours, Monday-Friday 8:00 a.m.-4:30 p.m, and pay with Visa, Mastercard, or Discover to register for most programs over the phone!

Online

Register online at www.lsse.org to register 24 hours a day, 7 days a week. Use our online system to check the number enrolled, location and descriptions. We accept VISA, Mastercard, and Discover.

By Mail

Send the registration form **page 31** along with a check payable to the Town of Amherst. Upon receipt of your mail-in registration form and fee, you will be enrolled (space permitting).



Policies and General Information

Personal Information Online, by Phone & by Mail

Customers purchasing tickets and registering for programs and classes are added to our LSSE database automatically and will receive information by mail regarding our programs, classes, events and performances. Customers transacting business with us online will also be added to our email list and may receive emails about our programs, performances and classes. Please note you may opt out of the mail or email list if you contact our registration desk by phone (413) 259-3065 or by email. Once you have opted out of these lists you will permanently be removed from the email list but will be added to the mailing list whenever you purchase tickets or register for a program. LSSE does not sell, lease or rent its email list to third parties. LSSE is a municipal department within the Town of Amherst. In situations where personal or identifying information is submitted (i.e. email messages or forms), this information will not be released unless required to do so by the Massachusetts Public Record Law. With certain exceptions, emails and letters to Town officials and departments are public documents under State law.

Fee Reduction Program

The LSSE Department and Commission recognize that the charging of fees for programs may place such an economic hardship on some individuals that they are unable to participate. For that reason, LSSE is pleased to announce that all programs are available at a reduced rate to qualified Amherst residents (certain restrictions will apply). Contact the LSSE office to apply. See page 5 for application.

Insurance/Liability

Many leisure activities have inherent risks associated with participation. The Amherst Leisure Services and Supplemental Education Department is not able to provide accident or hospitalization insurance for program participants. Therefore, all participants are strongly advised to have adequate personal coverage. Participation in all department programs shall be at the registrant's own risk.

No Smoking Policy

Please be aware that smoking is prohibited in school buildings and on school grounds at all times. Smoking is also prohibited in town buildings.

Nonresident Fee

Some LSSE administrative and programmatic costs are covered by Amherst tax dollars. Therefore, those who are not residents of Amherst will be assessed a \$10 surcharge for each program in which they register.

Photographs of Activities

Occasionally, LSSE will have a photographer take pictures of our programs for use in our "Leisure Times" program guide, website and other media. If you or any member of your family are a participant of a program and DO NOT wish to have your picture used by LSSE, please contact our office before the end of the program.

Postponements and Cancellations

In instances of bad weather during the day or on weekends, announcements regarding program cancellations will be available after 4:30 p.m. at the LSSE office, (413) 259-3066. If there is insufficient registration or other reasons to prevent an acceptable presentation of an activity, LSSE reserves the right to cancel a program.

Refunds

Ticket purchases are non-refundable. For Programs or class registrations: We know things come up and schedules change. You can cancel from a program at least 5 business days PRIOR to the start of the program. You will receive a refund back in the form of the original registration payment minus a \$10 processing fee. After the class has begun, you may cancel your registration and receive a credit on your account (minus \$10 processing fee) to use for a future LSSE program. Once a session begins, refunds are NOT permitted unless there are extenuating circumstances and are accompanied with proper documentation (i.e. medical). All refund/transfer requests MUST be made in writing. All cancellations/transfers are subject to a \$10 processing fee. If LSSE makes the decision to cancel a class for any reason and we are unable to make up the class, we will issue partial account credit for cancelled class sessions.

Inclusion & Accessibility

Requests for special needs accommodations must be made in writing, email, or faxed three weeks prior to the start of a program. We will do our best to successfully accommodate your need. Questions? Contact: Barb Bilz at (413) 259-3138; email: bilzb@amherstma.gov.



School Lunch Program Fee Reduction Application

170 Chestnut St., Suite 1
Amherst MA 01002
413-259-3065

Applicable for Amherst Town Residents ONLY. All information provided on this application is strictly confidential.

Household

Parent/Guardian _____
(First) (Last) (M.I.)

Parent/Guardian _____
(First) (Last) (M.I.)

Residential Address: _____
(Street) (Town) (State) (Zip)

Phone Number: _____ Email: _____
(Home) (Work)

Child(ren)

Please list all dependent minors living at the above address.

Name _____ Date of Birth ___/___/___ ___ Male ___ Female
(Last) (First)

Name _____ Date of Birth ___/___/___ ___ Male ___ Female
(Last) (First)

Name _____ Date of Birth ___/___/___ ___ Male ___ Female
(Last) (First)

Name _____ Date of Birth ___/___/___ ___ Male ___ Female
(Last) (First)

Qualification

Free or Reduced Lunch? Free _____ Reduced _____ Neither _____

_____ OR Attach Free/Reduced Lunch Award Letter
Authorizing School Official's Signature

I verify that all information contained in this application is accurate and true to the best of my knowledge. I understand that I am required to notify LSSE immediately of any changes to the above information.

Printed Name Signature Date

OFFICE USE ONLY

Date _____ % _____ Clerk _____



Amherst Leisure Services
Community Theater *says*

thank you

ROALD DAHL'S

Matilda

THE MUSICAL

E. Wayne Abercrombie
Monte Belmonte
Barbara Bilz
Marybeth Bridegam
Rosemary Caine
The Dallmann Family
Sandy Dias
Anna Domings
Sue Dunbar
Chuck and Ginnie Duryee
Trish Farrington and Jim Ellis
Susan and Paul Fleischman
Shirley and Dick Floyd
Barbara Ford
Thomas Gajewski
Judy Gatland and Jon Lord
Daniel and Jane Giat
Fran Goodwin and Jerry Bryant

Barbara Graf
Maureen Grout
Mary Hocken
Marion Jordan
Nikunj Kapadia
Becca Karlin
Richard and Rosemary Kofler
Wendy and Walt Kohler
Stacey LeCuivre
Marisha Marks
Judy McNamara
Becky and Sandy McNiven
Betsy and David Mullins
Cindy and George Naughton
Lee Nerney and Paul Garbarini
Liana Page
Dorothy Pam
Barbara and Jim Pistrang

Judy Pistrang
Amy Putnam
Jennifer Reynolds
Linda Riley
Dan Rist
Barbara and David Rothenberg
Donna Roy
Rupert Roy-Clark
Dennis Shiao
Ann and Larry Steinhauser
Neida Torres Manzano
Lori Tuominen
Nancy Wilson and Nick Simms
Triin Vallaste
Greg Wardlaw
Bernadette Wyman
Michael Zide

-and-

Amherst Copy & Designworks
Amherst Regional Middle School
and High School Custodians
Bangs Community Center
Custodians
Belly of the Beast
Big Y
Bruno's Pizza

The Hanley Foundation
Home Depot
Learning Solutions
Lowes
Marketing Doctor
Pelham Auto
Pioneer Valley Transit Authority
River Valley Market

Sherman-Williams Paint Store
Sibie's Pizza
Trader Joe's
UMass Community Relations
UMass EH&S
UMass Fine Arts Center Staff
UMass Parking Services
Ziomek & Ziomek

Special Thanks To:
Guilford Mooring & the Ladies and Gentlemen of the Amherst DPW
UMass Student Crew
Amherst Leisure Services Staff

University of
Massachusetts
Amherst

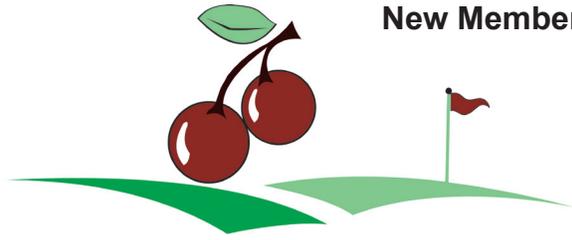


Amherst
College



Join us *Under the sea* next year for





New Member Special - 20% Off!

CHERRY HILL GOLF COURSE
Town of Amherst

	<u>Resident</u>	<u>Non-Res.</u>
Regular	\$609	\$660
Junior added to Regular	\$150	\$170
62 + Senior	\$494	\$545
17 and Under (Junior)	\$168	\$187
Couple	\$1103	\$1210
Senior Couple	\$935	\$1029
College Student w/ ID	\$399	
Corporate (call 259-3138)		

Best Value
in Western MA!



A Course for Everyone!

Call (413) 259-3138
 or (413) 256-4071 after April 1st
www.cherryhillgolf.org

Tuesday Shoot Out Challenge

You must be a Cherry Hill member and have a U.S.G.A. handicap to participate in this league. Open to men and women, players can tee off with another participant anytime after 12:00 noon. This is a competitive program and there are different formats each week. Participation every Tuesday is not mandatory. Dates subject to change call Golf course for details.

April-Sept. *Call for Details*
 Tee off any time after Noon
 \$6/week

Friday Play Hooky From Work

Amherst Area Chamber of Commerce members and their guests are invited to tee off on Fridays any time between 1:00 p.m.-3:00 p.m. for a special 9 hole rate of \$15 per player.

Spring Specials

- Two Seniors and a Cart \$30: Mon.-Fri. 7:00 a.m -1:00 p.m.
- Twilight Rates \$13: after 5:00 p.m.

Wednesday Low-Key Women's League

No handicap is necessary. This is a fun non-competitive league for beginners and intermediate golfers. There will be a contest holes every Wednesday. This is a great way to play more golf in a non-threatening and supportive environment.

Bonus!! Get Acquainted Scramble May 20!!!

May 20-July 29
 Tee off any time between 3:30 p.m. and 6:00 p.m.
 \$165 for non-members; \$35 for members (league fee)

Cherry Hill Women Only Golf Clinic

Thursdays, Apr. 23-May 21, 6:00-7:00 p.m.
Only \$39 for 5 Lessons!!!

Never played golf before but want to learn the basics before you hit the course? Have you been playing over the years and want to brush up on your swing? If so, then this women only golf clinic is for you! You do not need to own clubs. All sessions will take place at Cherry Hill Golf Course located at 323 Montague Rd., North Amherst, MA.

(413) 259-3065

Name _____
 Address _____
 Email _____
 Phone _____

Make checks payable to "Cherry Hill Golf Course"
 Send to: Barbara Bilz, Amherst Leisure Services
 170 Chestnut St, Suite 1, Amherst, MA 01002
 Or drop check off at the Cherry Hill Golf Course Club House
Preregistration is required--SPACE IS LIMITED

Spring Youth Programs

Spring Vacation Camp

Location: Crocker Farm School

201712 Wide World of Sports Ages 5-11
The sun is starting to shine, the days are getting warmer and all sorts of animals are starting to come out! Love animals? We do too! Big ones, little ones, furry ones, and not so furry ones. Will have a chance to see all of them whether they come to visit us at camp or we travel to see them. All though programming for this week will be focused on animals, participants will have the opportunity to engage and many other activities such as sports and arts-n-crafts.

Location: Crocker Farm School
Tue.-Fri., Apr. 21-24, 8:30 a.m.-4:45 p.m. \$229



Photo by Grace Marczuk

202214 Red Cross First Aid & CPR/AED

Ages 12-18

The first aid training and certification process takes just a few hours to complete, but can help you deliver the care that someone needs while waiting for medical professionals to arrive. When you successfully complete any of our in-person or blended learning courses, you'll receive a two-year certification.

Location: Bangs Center
Sat. May 2, 9:00 a.m.-3:30 p.m., \$169

202213 Red Cross Babysitters Course

Ages 11-15

The American Red Cross babysitting course will help you provide quality care to children of all ages. Developed by experts in the industry, this course includes topics such as choosing age-appropriate activities, basic child care, like bottle feeding, child behavior, leadership, professionalism, safety, starting a babysitting business, and more.

Location: Bangs Center
Sat. Apr. 25, 9:00 a.m.-4:30 p.m., \$149



201214 Rock Climbing

Ages 13-17

Michelle Lloyd

Learn the basics of rock climbing with a certified rock climbing coach in a safe, controlled environment. Teens will learn not only the technical skills of climbing, but also have the transformative experience of gaining self-esteem. After 5 indoor sessions, the group will be allowed to culminate this adventure by putting new-found skills to the test of an outdoor rock climb. All climbing gear will be provided.

Location: First 5 climbs are indoors at Central Rock Gym, Final climb will be outdoors at location TBA
Tues. Mar. 10-Apr., 7, 5:30-7:00 p.m.
Plus outdoor climb on Sat. Apr. 11, 9:30 a.m.-12:30 p.m., \$172

202215 Mad Science Secret Agent

Lab

Grades 1-5

Develop your special agent and detective skill in this super hands-on program! Uncover the science involved in evidence gathering and analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of a secret agent. Identify and collect evidence – from fingerprints to tracks to trash! Use science and technology for investigation & sleuthing.

Location: Bangs Center
Tue., Apr. 28-Jun. 2, 4:00 p.m.-5:00 p.m., \$129



202216 Mad Science BRIXOLOGY

Grades 1-5

Using LEGO® bricks, kids build a different engineering-themed project in each class. They explore different engineering fields including mechanical, structural, aerospace, nautical, and bioengineering. They use critical thinking and creative problem-solving to test and improve their creations.

Location: Bangs Center
Thur., Apr. 30-Jun. 4, 4:00 p.m.-5:00 p.m., \$129



Spring Youth Sports

202561 Active BEAST One Day Clinic Ages 12-18 *Cedric Gonnet*

This program is designed to promote a mental and physical edge in and outside of sports. We will learn techniques for strength training, healthful nutritional guidance, mind-body advice, and most importantly a fun and positive mindset that will mentor and guide you to be your best personal self.

Location: Amherst Reg. Middle School Track
Sat., May 2, 9:00 a.m.-12:00 p.m., \$40



202562 Spring Ultimate Clinic and MS Prep 6th Grade ONLY

Jim Pistrang

This session is designed for 6th graders ONLY who want to play Ultimate in the spring. Play alongside 7th and 8th graders in the ARMS Intramural program. Emphasis is placed on participation and the teaching of fundamental skills and strategies. If you have questions or need more information call Jim Pistrang (coach) at 256-1737 or send him an email at ultimate@jpcr.com.

Location: Fort River Elementary School
Mon. & Thur. Mar. 23- May 21, 3:30 p.m.-5:00 p.m., \$57

202563 Spring Co-Ed Flag Football League Ages 6-12

Chris Ehorn

Amherst HS Football coaching staff and Amherst Varsity Football volunteers have run an instructional program to teach the game of non-contact flag football to boys and girls of all abilities in grades 1-6. Learn the sport and improve football skills in a fun and interactive environment. The flag football concept allows children to learn and develop the necessary skills and concepts in a safe and fun setting with no equipment necessary (cleats recommended). Coaches will divide players by similar age and ability.

Location: Groff Park
Wed. & Fri., Apr. 8-May 8, 5:00 p.m.-6:30 p.m., \$79

202564 Sugarloaf Youth Track League Ages 6-14 *Sydney Henthorn*

Boys and girls of all abilities will be placed on a team and can compete in both relay and individual events. Parents, brothers, sisters and friends are invited to bring a picnic dinner and cheer on their favorite team. Non-team member children 2-14 yrs. will be able to enter an open 100-meter dash each night. There will be an organizational meeting to group teams, meet coaches and run an informal series of practice races May 21. Please note: we may reach the maximum number of participants before that and will close entries when that number is reached. *Last meet is award night. Makeup date is June 25

Location: Amherst Reg. High School Track
Thur., May 21-Jun. 18, 5:00 p.m.-7:00 p.m., \$49

202565 Youth Volleyball Clinic Ages 10-14 *Sue Adair*

For those in grades 5-8 who would like to improve their volleyball skills. The emphasis will be on having fun while learning good fundamentals, with the eventual goal of playing competitive games. This is an excellent program for individuals interested in playing competitive volleyball at the high school level in the future. There is no clinic on April 21 or 23.

Location: Amherst Reg. Middle School Gym
Tues. & Thur., Mar. 31-May 14, 5:00 p.m. -6:30 p.m., \$99

ADVERTISEMENT



TheCommonSchool

Working together with families to support and engage our children socially, emotionally and academically since 1967.

Applications welcome for children 3 to 12 years old. Call us at 413-256-8989 to schedule a tour.

www.commonschool.org

Photo by Nick Damren



www.lsse.org

Spring Youth Sports

202566 Co-Ed Football Clinic Ages 8-14 Mike Isabelle and Suburban Football League Coaching Staff

FREE Tackle Football Clinic! No helmets or pads needed. This clinic is for ALL experience levels. Try agility ladders, 40 yard dashes, and other fun and competitive drills. Learn proper “Heads Up” tackling fundamentals from USA Football certified instructors. These improved safety techniques have made the game we love even better, and new training techniques put your child’s safety first! Parents are encouraged to attend, ask questions to coaches of all levels, and sit back and enjoy watching this exciting sport. Please bring sneakers or cleats, athletic clothing, and a water bottle.

Location: Groff Park

Sat. May 30, 10:00 a.m.-12:00 p.m. (Rain date Sunday May 31st)



202567 Amherst Youth Lacrosse Amherst Youth Lacrosse Coaching Staff

Amherst LSSE is happy to announce that we have partnered with Amherst Youth Lacrosse to offer a comprehensive program that will turn any athlete into a fundamentally sound lacrosse player by the end of the season!

8U ‘Mini-Mites’: K-2nd Grade This division will consist of basic instruction, and outline the fundamentals of the sport. Teams in this division meet once a week on Saturdays or Sundays. *The season runs from March 29 (weather permitting) to early June.*

Location: Amherst Middle School fields
Boys and Girls \$70

10U ‘Bantams’’: 3rd-4th Grade AYL Juniors are open to beginners through advanced players with a season that includes home and away games across Western Massachusetts, Southern Vermont, and Northern Connecticut. Teams practice 2 times per week. The season includes 10-12 games plus tournaments and jamborees. Games are primarily on weekends *The season runs from March 23 (weather permitting) to early June.*

Location: Kiwannis Park
Boys \$205 Girls \$195

12U ‘Juniors’’: 5th-6th Grade AYL Juniors are open to beginners through advanced players with a season that includes home and away games across Western Massachusetts, Southern Vermont, and Northern Connecticut. Teams practice 2 times per week. The season includes 10-12 games plus tournaments and jamborees. *The season runs from March 23 (weather permitting) to early June.*

Location: Groff Park
Boys \$205 Girls \$195

Prime Time Afterschool Program

At the Crocker Farm Elementary School
\$68/ day per month or \$306/ 5 days a week per month
After school each day 3:15-5:30 p.m.



Field Trips State Licensed

CPR & First Aid Certified Staff

**Experienced Directors
& Staff**

Homework Help

60% Fee Subsidy for income eligible Amherst Residents for Prime Time Afterschool Programs

About the Instructors

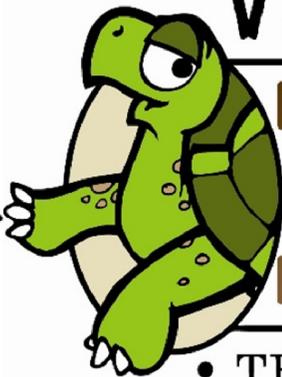
See page 21

Auditions March 30 at 4 pm!
Amherst Middle School cafeteria

THE TORTOISE

VERSUS THE

HARE



• THE GREATEST RACE •

It's a fun and fabulous original, full-scale
musical production with local cast members
in **ONLY ONE WEEK!**
For everyone--grades K-12!
*See alsct.org for audition information
and more!*

TWO PERFORMANCES! • Saturday, April 4th • 1:30 & 4 pm
Amherst Middle School Auditorium

Amherst Leisure Services
Community Theater

MISSOULA
CHILDREN'S
THEATRE

A PRODUCTION OF MCI, INC.

Youth Swim Lessons

Choose the level that best suits your swimmer. Registration is on a first-come first-serve basis.

Parent-Child Program Ages 6 mos. to 3 yrs.

Guppies is an introduction to water with parent or guardian.
Skills emphasized are: • Water comfort • Blowing bubbles • Socialization

Preschool Program

Children in the preschool levels should be between the ages of 3 to 5 years old

Tadpoles	Tiny Tuna	Frog	Duckling	Dolphin
Entry Level class for preschoolers without parent	Child shows little to no fear in water. Able to float on back/front with support and encouragement. Blows bubbles/ attempts to submerge face	Can do 5 bobs. Floats on back/ front with support. Swims independantly for 3 body lengths. Jumps in. Shows no fear	Can do 10 bobs and tread for 5 seconds. Back crawls with support. Jumps into deep water, recovers, swims to wall. Swims with face submerged for 3 body lengths	Can do 15 bobs and tread for 10 seconds. Can do sitting or kneeling dive. Can do front/ back glides and back crawls using arms across width of pool. Attempts rotary breathing while swimming across width of pool

Youth Program

Children in the progression levels should be between the ages of 6 and 14 years old

Level 1	Entry Level class
Level 2 Can do 5 bobs. Demonstrates supported front/ back floating & kicking.	Enters/exits water independantly. Attempts to "reach & pull"
Level 3 Can do 10 bobs and treads for 10 seconds. Retrieves underwater objects.	Front/Back floats. Combines stroke with rhythmic breathing
Level 4 Can do deep water bobs and treads for 15 seconds. Retrieves underwater objects with eyes open.	Front & back crawl 1 pool length. Performs supported breast stroke kick. Dives in kneeling position
Level 5 Front & back crawl with rotary breathing. Breast stroke kick and attempts arm stroke.	Can tread for 30 seconds. Building endurance with ability to increase distances
Level 6 Demonstrates shallow dive. Performs open turn. Performs butterfly	kick. Able to increase distances in front, back crawl and breast stroke

General Pool Rules:

- Food/drink are not allowed in the swimming areas or locker rooms.
- Children under 12 must be accompanied by a person 16 or older.
- Children must be 13 or older to attend lap swim.
- Only Coast Guard-approved flotation devices permitted.
- Any child using a flotation device must be accompanied in the pool by an adult.
- All children under 16 must pass a swim test in order to swim in the deep end.
- Handicap accessible lift is available.
- Locker room doors lock 15 minutes after closing.



Spring Swim Lessons

Amherst MS Pool
170 Chestnut St.
Amherst, MA 01002



Spring 2020

*Tuesdays
& Thursdays*

	Sessions	Price
202421	Session 1: April 14 - April 30	\$50

5:05 p.m. -5:30 p.m.		5:35 p.m.-6:00 p.m.		6:05 p.m.-6:30 p.m.	
A	Guppies	I	Tadpole	Q	Tiny Tuna
B	Tadpole	J	Tiny Tuna	R	Duckling
C	Frog	K	Frog	S	Dolphin
D	Level 2	L	Level 2	T	Level 1
E	Level 3	M	Level 4	U	Level 3
F	Level 4	N	Level 5	V	Level 6

Amherst MS Pool
170 Chestnut St.
Amherst, MA 01002



Spring 2020

Saturdays

	Sessions	Price
202422	Session 1: Mar. 28 - April 25	\$65

10:00a.m.-10:40a.m.		10:45a.m.-11:25a.m.		11:30a.m.-12:10p.m.	
A	Tadpole	I	Guppies	Q	Frog
B	Tiny Tuna	J	Tiny Tuna	R	Duckling
C	Level 1	K	Frog	S	Dolphin
D	Level 2	L	Level 1	T	Level 2
E	Level 3	M	Level 3	U	Level 5
F	Level 4	N	Level 4	V	Level 6

Feb. 1 - May 16*
*Closed 4/12

Indoor Lap & Open Swim

*Saturdays
& Sundays*

Lap Swim - 1:00 p.m. to 2:00 p.m.

Open Swim - 2:00 p.m to 4:30 p.m.

**Open Swim & Lap Swim only at
Amherst Middle School Pool**

170 Chestnut St.
Amherst, MA 01002

Daily Admission Prices

Adult	\$4
Youth/Senior	\$3

Summer Swim Lessons

Mill River Pool
Mill River Recreation Area
Montague Rd.
Amherst, MA 01002

War Memorial Pool
Community Fields
Matoon St. (near ARHS)
Amherst, MA 01002



Summer 2020

*Monday
thru Friday*

		Sessions	Price
203421	203424	Session 1: June 29 - July 10	\$70
203422	203425	Session 2: July 20 - July 31	\$70
203423	203426	Session 3: Aug. 10 - Aug. 21	\$70

5:00 p.m.-5:25 p.m.		5:30 p.m.-5:55 p.m.		6:00 p.m.-6:25 p.m.		6:30 p.m.-6:55 p.m.	
A	Tadpole	G	Guppies	M	Tadpole	S	Frog
B	Tiny Tuna	H	Tadpole	N	Tiny Tuna	T	Duckling
C	Frog	I	Tiny Tuna	O	Level 1	U	Dolphin
D	Level 1	J	Level 1	P	Level 2	V	Level 2
E	Level 3	K	Level 2	Q	Level 3	W	Level 5
F	Level 4	L	Level 3	R	Level 4	X	Level 6

4th of July Festivities at the Pools

Weekend Hours
Each pool will have fun and games for kids!

Swim Memberships

Full Summer
June 27-Aug. 30

1st Half of Summer
June 27-July 29

2nd Half of Summer
July 29-Aug. 30

Membership Type	Half Summer	Full Summer
Family (2+)	\$129	\$209
Adult	\$85	\$129
Senior(62+) / Teen(13-18)	\$75	\$109

Day Pass	Price
Adult	\$4
Youth / Senior	\$3

Non-Resident Fee:
+\$1 for day pass
+\$10 for membership

Mill River	Monday - Friday		Weekend		War Memorial	Monday - Friday		Weekend	
Adult Lap Swim	6:30am -9:00am		8:00am -1:00pm		Adult Lap Swim	8:00am -9:00am			
		10:00am -1:00pm				Day Camp Lessons	10:00am -11:30pm		
Open/ Lap Swim	7:00pm -8:00pm				Open/ Lap Swim	7:00pm -8:00pm	11:00am -12:00pm		
Open Swim	1:00pm -5:00pm		1:00pm -6:00pm		Open Swim	11:30pm -5:00pm	12:00pm -7:00pm		
Youth Swim Lessons	5:00pm -7:00pm				YouthSwim Lessons	5:00pm -7:00pm			

Mill River Phone Number: (413) 549-6875

War Memorial Phone Number: (413) 362-9256

Summer Youth Education

203159 Rocket Week

Ages 10-16

During this week we will design, construct, and launch rockets. Lots of them! We will experiment with rockets of various kinds, including solid fuel and air pressure models, rockets with payloads and parachutes, water propelled rockets, and Estes rockets. The laws of mechanics and aerodynamics will guide our high flying fun. Mature 10 year olds are welcome to join us. There is a \$20 materials fee due to the instructor at the first class.

Location: Amherst Reg. Middle School

Session A: Mon.-Fri., Jul. 13-17, 9:00 a.m. -12:30 p.m., \$199

Session B: Mon.-Fri., Aug. 10-14, 9:00 a.m. -12:30 p.m., \$199



203160 Math Week

Ages 10-16

Explore exciting, beautiful, advanced material in math. If you like to play with ideas and numbers, and time and space (and rule the universe and grasp epic truths), this is the program for you. Those good at math or not can grow and have fun with math unrelated to state standards. Even if you don't consider yourself a "math person" you may love it, others have. For more information on Math Circles, please visit www.mathcircles.org. There is a \$10 materials fee due to the instructor at the first class.

Location: Amherst Reg. Middle School

Session: Mon.-Fri., Aug. 3-7, 9:00 a.m.-12:00 p.m., \$169



203161 Mad Science Gross-O-Rama

Entering Grades 1-5

Get ready for the science of grossness and ickiness! Discover the yucky Science of bodies, chemistry, polymers, germs and nature. Discover how to extract DNA from various products, discover how to spread germs and more, all through hands on play! Eeew... THAT'S GROSS!

Location: Amherst Reg. Middle School

Session: Mon.-Fri., Jul. 20-24, 9:00 a.m. -12:00 p.m., \$199

203162 Mad Science Brixology: Engineering with LEGO

Entering Grades 1-5

Brixology sets the foundation for our next generation of makers! Kids learn about different types of engineering and then team up to construct a different engineering themed project using LEGO bricks. They learn about aerospace engineering while assembling a space station. Let the tinkering begin!

Location: Amherst Reg. Middle School

Session: Mon.-Fri., Jul. 27-31, 9:00 a.m. -12:00 p.m., \$199



203163 Mad Science Secret Agent Lab

Entering Grades 1-5

Develop your special agent and detective skill in this super hands on fun! Uncover the science involved in evidence gathering and analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of a secret agent. Secret agents-in-training will use science to sniff out the suspects in this investigation into the science of sleuthing. Children should be reading at a 1st grade level to participate in this program.

Location: Amherst Reg. Middle School

Session: Mon.-Fri., Jul. 13-17, 9:00 a.m. -12:00 p.m., \$199



Amherst LSSE Summer Sports Programs 2020

Date	Time	Program	Location	Instructor
6/29-7/2	9AM-1PM	Baseball	Community Field	Greg Vouros
	9AM-1PM	Volleyball	MS Gym	Kacey Schmitt
6/29-7/3	9AM-3PM	Footlocker Basketball (A)	HS Gym	Dennis Jackson
	9AM-12PM	Ultimate Frisbee (A+B)	Groff Park	Tiina Booth
	9AM-12PM	Ace Tennis (A+B)	MS Tennis Courts	Jamie Morrell
	9AM-12PM	Soccer	MS Fields	Michael Rudd
7/6-7/10	9AM-12PM	Ace Tennis (C+D)	MS Tennis Courts	Jamie Morrell
	9AM-3PM	Blue Chip Basketball (A)	HS Gym	Dennis Jackson
7/13-7/16	9AM-3PM	All-Star Girls Basketball	HS Gym	Ralph Loos
7/13-7/17	9AM-12PM	Boys Lacrosse	HS Lacrosse Fields	Charlie Edwards
	9AM-12PM	Girls Lacrosse	HS Lacrosse Fields	Melanie Sharick
	9AM-12PM	Wrestling	MS Side Gym	Cedric Gonnet
	9AM-12PM	SMAC Track	HS Track	Sydney Henthorn
7/20-7/24	9AM-12PM	Ace Tennis (E+F)	MS Tennis Courts	Jamie Morrell
	9AM-12PM	Ultimate Frisbee (C+D)	Groff Park	Tiina Booth
	9AM-3PM	Footlocker Basketball (B)	HS Gym	Dennis Jackson
	9AM-12PM	Flag Football	Community Field	Chris Ehorn
7/27-7/31	9AM-12PM	Ace Tennis (G+H)	MS Tennis Courts	Jamie Morrell
	9AM-3PM	Blue Chip Basketball (B)	HS Gym	Dennis Jackson
	9AM-12PM	Ultimate Frisbee (E+F)	Groff Park	Tiina Booth
	9AM-12PM	Beginner Basketball	Crocker Farm Gym	Dustin James
8/3-8/7	9AM-12PM	Golf	Cherry Hill Golf Course	Leo Desmarais
8/10-8/14	9AM-12PM	Ace Tennis (I+J)	MS Tennis Courts	Jamie Morrell
	9AM-3PM	Complete Player Basketball	HS Gym	Jamahl Jackson
8/17-8/21	9AM-3PM	HS Elite Boys Basketball	HS Gym	Jamahl Jackson



Information:

For any questions or registration please visit lsse.org, or call (413) 259-3065

Your child can do it all! With *SportsPLUS*, attend a sports program in the morning and a vacation camp in the afternoon. *SportsPLUS* offers parents the option to add *Adventure Playground* to their child's day. (*SportsPLUS ONLY* applies to programs ending at 12:00 or 1:00 p.m.)

All camps are staffed by responsible administrators, counselors, and coaches who are selected for their special abilities, qualifications, and their desire to work with children in a camp setting. Adventure Playground operates until 4:00 p.m. and is located at Amherst Middle School. An extended day feature can also be added which allows your child to stay at camp until 5:00 p.m.

All Early Adventure and Adventure Playground camps comply with all regulations of the Massachusetts Department of Public Health and are licensed by the local Board of Health.
Physicals & immunization records are required at the time of registration.

Summer Basketball Programs

203105 Beginner Basketball Clinic Ages 6-12

Dustin James

This clinic is for boys & girls who want to learn about the fundamentals of basketball. Participants will learn the basic skills to succeed within a team environment, and how to have fun while playing and learning the game of basketball. This clinic is intended for beginner/intermediate players who want to play better basketball at the recreational level. Each participant should bring a water bottle.

Location: Crocker Farm Elementary School Gym
Mon.-Fri., Jul. 27-31, 9:00 a.m.-12:00 p.m., \$189



Photo by Grace Marczuk

203107 Complete Player Basketball Ages 8-17

Jamahl Jackson

Complete player basketball is a co-ed basketball clinic with a wellness component for players. The premise is to teach and cultivate the fundamentals of the game of basketball. Build skill and confidence through instruction, mastering the fundamentals and live play. The Wellness component of the clinic incorporates daily exercises/stretching to improve strength, balance, elasticity, with a lot of focus on the body's core. We value respecting our bodies, getting daily exercise, making healthy choices when eating. We send our players home at the end of the week with the tools to continually improve their basketball skills and their overall mind & body.

Location: Amherst Reg. High School Gym
Mon.-Fri., Aug. 10-14, 9:00 a.m.-3:00 p.m., \$219

203106 HS Elite Boys Basketball

Boys ONLY Ages 14-17

Jamahl Jackson

This Elite Program is for the motivated, experienced player, with travel team, freshman, junior varsity & varsity playing experience. The focus will be on teaching & mastering fundamentals. Designed to be like a high school/college practice, it will be a competitive yet fun place for the top players in the pioneer valley to play with one another in preparation for the Fall basketball season.

Location: Amherst Reg. High School Gym
Mon.-Fri., Aug. 17-21, 9:00 a.m.-3:00 p.m., \$219

AYBL

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AMHERST HURRICANES
YOUTH FOOTBALL

Amherst Boys & Girls Club

Summer Basketball Camps

203109 “Blue Chip” Basketball Ages 8-17

Dennis Jackson

FOR MORE ADVANCED PLAYERS. The Blue Chip Basketball is designed for more advanced players ages 8-17 years old who are inspired to become one of the best at their position. We specialize in basketball skills development for youth focusing on: dribbling, shooting, rebounding, defense, and passing with excellent in-game competition. You will learn how to get prepared to make your suburban, travel, AAU, seventh and eighth grade, JV or high school varsity teams. If you are committed to the game of basketball, we guarantee to help you reach your at the level you desire to play. Each participant will receive a “Blue Chip” tee shirt, team picture, and certificate. Blue Chip Basketball ends at 2:00 p.m. on Fridays.

Location: Amherst Reg. High School Gym

Session A: Mon.-Fri., Jul. 6-10, 9:00 a.m.-3:00 p.m., \$219

Session B: Mon.-Fri., Jul. 27-31, 9:00 a.m.-3:00 p.m., \$219



Photo by Grace Marczuk



Photo by Grace Marczuk

203127 Girls All-Star Development Clinic

Girls ONLY Ages 12-17

Ralph Loos

The Girls All-Star Clinic is a developmental program which focuses on individual skill development, teamwork, and proper mechanics in a fun and high-energy environment. Players will participate in individual and group drills, contests and competitive scrimmages.

Location: Amherst Reg. High School Gym

Mon.-Thur., Jul. 13-16, 9:00 a.m.-3:00 p.m., \$199

203108 “Footlocker” Basketball Ages 7-16

Dennis Jackson

FOR ALL SKILL LEVELS. Basketball is a skilled game with intensive play. We will assist participants in all aspects of the game. The basketball skills taught (shooting, ball handling, passing, and defense) will elevate your game dramatically and teach the essential tools needed to uplift your play in this fast-paced game today. Each participant will receive a camp tee shirt, team picture, and certificate. Footlocker Basketball ends at 2:00 p.m. on Fridays.

Location: Amherst Reg. High School Gym

Session A: Mon.-Fri., Jun. 29-Jul. 3, 9:00 a.m.-3:00 p.m., \$219

Session B: Mon.-Fri., Jul. 20-24, 9:00 a.m.-3:00 p.m., \$219



Summer Sports



Photo by LSSE

203120 SMAC Track Program *Sydney Henthorn*

Ages 6-13

Boys and girls of all abilities can participate in the Sugarloaf Track Camp. This program is run by Sydney Henthorn who also runs our Sugarloaf Youth Track League in the Spring. In this clinic you will learn the fundamentals of track & field events and test them out in action. Each participant should wear proper athletic gear and bring a water bottle.

Location: ARHS Track
Mon.-Fri., Jul.13- 17, 9:00 a.m.-12:00 p.m., \$189



203130 Co-Ed Flag Football Clinic *Chris Ehorn*

Ages 6-12

Learn the game of football through non-contact drills, challenges and games for both girls and boys. This clinic will provide a beginner and recreational approach to the game for children interested in learning or improving in the sport of football. The flag football concept allows for children to learn and develop skills and concepts in a safe and fun setting. Cleats are recommended, and all participants should bring a water bottle.

Location: Community Fields (Amherst Regional High School)
Mon.-Fri., Jul. 20-24, 9:00 a.m.-12:00 p.m., \$189

203125 Youth Cross Country Running Ages 6-13 *Sydney Henthorn*

Experience the joy of distance running! Learn exercises to improve your speed, endurance and strength. Cross country is a fun one-and-a-half mile run over fields and trails.

Location: Mill River Recreation Area
Wed., Jul. 8-29, 6:00 p.m.-7:00 p.m., \$39

204110 Co-Ed Suburban Amateur Football League (SAFL)

Ages 8-14

The fun and excitement of youth football continues this fall in the Suburban Amateur Football League (SAFL) of Western Massachusetts, the 50th season of safe instruction for the Valley's youth in football. Everybody Plays. All Staff is USA Football "Heads up" Tackle Certified. Children from 8 years of age to those who turn 15 after January 1, 2020 are eligible. Player weight does not prevent participation but position restrictions may apply for safety reasons. Teams compete in three divisions based on age and grade.

- Pee Wee - 3rd & 4th grades (2nd w/ waivers) ages 8-10
 - Junior - 5th & 6th grades ages 10-12
 - Senior - 7th & 8th grades ages 12-14

Registration deadline is July 15. Practices start Monday, August 3 with equipment distributed to registered players Thursday July 30 from 4:00 p.m.-8:00 p.m. at Groff Park. Practices will be Mon-Thurs from 5:30 p.m.-7:30 p.m. during the month of August. Once school starts, practices are 5:00 p.m.-7:00 p.m. on Tuesdays, Thursdays, and 10:00 a.m.-12:00 p.m. on Saturdays.

Location: All practices are at Groff Park.
\$209 (\$20 LATE FEE BEGINNING JULY 1st)

Cancellation Line
413-259-3066



Photo by AYF

Summer Sports

203121 Youth Golf Lessons

Ages 10-14

Leo Desmarais

This program for boys and girls will emphasize the fundamentals of golf: grip, stance, swing, putting and the mental approach to the game. Participants are encouraged to bring their own clubs, but some equipment will be available. Each participant should bring a water bottle.

Location: Cherry Hill Golf Course
Mon.-Fri., Aug. 3-7, 9:00 a.m.-12:00 p.m., \$189



Meet our Instructors

To learn more about our awesome instructors and coaches, check out the Program Instructor information on page 21.

203110 Ace Tennis

Ages 5-18

Jamie Morrell

The ACE Tennis program is designed for new players and those looking to improve their current racquet skills. Players will learn and review ground strokes, volleys, overheads, and serves, scorekeeping, and the basics of singles and doubles court positioning. These skills will be put to the test in a fun environment through various games and contests. Participants will be grouped by both age and skill level. Participants should wear t-shirts, shorts, tennis shoes, and bring their own rackets and water bottles. Tennis rackets can be provided on a request basis only.



Location: Amherst Reg. Middle School

WEEK 1 - Mon.-Fri., Jun. 29-Jul. 3

Session A	9:00 a.m.-10:00 a.m.	Ages 5-7	\$79
Session B	9:00 a.m.-12:00 p.m.	Ages 8-18	\$189

WEEK 2 - Mon.-Fri., Jul. 6 - Jul. 10

Session C	9:00 a.m.-10:00 a.m.	Ages, 5-7	\$79
Session D	9:00 a.m.-12:00 p.m.	Ages 8-18	\$189

WEEK 3 - Mon.-Fri., Jul. 20-Jul. 24

Session E	9:00 a.m.-10:00 a.m.	Ages, 5-7	\$79
Session F	9:00 a.m.-12:00 p.m.	Ages 8-18	\$189

WEEK 4 - Mon.-Fri., Jul. 27-Jul. 31

Session G	9:00 a.m.-10:00 a.m.	Ages 5-7	\$79
Session H	9:00 a.m.-12:00 p.m.	Ages 8-18	\$189

WEEK 5 - Mon.-Fri., Aug. 10- Aug. 14

Session I	9:00 a.m.-10:00 a.m.	Ages 5-7	\$79
Session J	9:00 a.m.-12:00 p.m.	Ages 8-18	\$189

203103 Baseball

Ages 8-12

Greg Vouros

For all levels. This clinic is for boys and girls who want to learn and/or improve on the fundamental skills of pitching, batting, fielding, and position play. The clinic is a perfect complementary program for those children already involved in league play and/or for those who are interested in refining their skills. Each participant should bring a water bottle.

Location: Community Field (Amherst Regional High School)
Mon.-Thu., Jun. 29-Jul. 2, 9:00 a.m.-1:00 p.m., \$189

Summer Sports

203115 Boys Lacrosse *Charlie Edwards*

Ages 7-12

The clinic will focus on the fundamentals of lacrosse, including: stick protection; ground balls; throwing and catching; footwork; and shooting on goal. Learn and improve your stick skills and understand basic strategies of the game through team play and stimulated games. Participants should bring their own lacrosse stick, helmet, pads, and water bottle to the clinic. Equipment available and provided on a request basis only.

Location: Amherst Reg. High School Lacrosse Field
Mon.-Fri., Jul. 13-17, 9:00 a.m.-12:00 p.m., \$189

203116 Soccer *Michael Rudd*

Ages 5-12

Players will develop a comfort with the ball while having lots of fun competing in games and challenges. Both new and experienced players are welcome. Each player should bring a water bottle and soccer ball.

Location: Amherst Reg. Middle School Fields

Session A Ages 5-7
Mon.-Fri., Jun. 29-Jul. 3, 9:00 a.m.-10:00 a.m., \$79

Session B Ages 8-12
Mon.-Fri., Jun. 29-Jul. 3, 9:00 a.m.-10:00 p.m., \$189



203126 Active BEAST One Day Clinic *Cedric Gonnet*

Ages 12-18

This program is designed to promote a mental and physical edge in and outside of sports. We will learn techniques for strength training, healthful nutritional guidance, mind-body advice, and most importantly a fun and positive mindset that will mentor and guide you to be your best personal self.

Location: Amherst Reg. Middle School Track
Sat., Jul. 18, 9:00 a.m.-12:00 p.m., \$40

203104 Girls Lacrosse *Melanie Sharick*

Ages 7-12

The clinic will focus on the fundamentals of lacrosse, including: stick protection; ground balls; throwing and catching; footwork; and shooting on goal. Learn and improve your stick skills and understand basic strategies of the game through team play and stimulated games. Participants should bring their own lacrosse stick, goggles, mouthguard, and water bottle to the clinic. Equipment available and provided on a request basis only.

Location: Amherst Reg. High School Lacrosse Field
Mon.-Fri., Jul. 13-17, 9:00 a.m.-12:00 p.m., \$189



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- Barbecues
- Electricity available (limited)
- Good for parties of up to 120 people!



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www.lsse.org

Summer Sports

203128 Youth Volleyball

Ages 8-14

Kacey Schmitt

This camp is directed by Kacey Schmitt, varsity volleyball coach at ARHS and experienced physical education teacher. This camp is designed to give both beginner and intermediate players a great opportunity to learn and improve their skills. Campers will be grouped according to their age and experience level. Volleyball is a fun and active sport that requires quickness, agility, and teamwork. All equipment will be supplied, but participants should wear sneakers and bring a water bottle and a snack.

Location: Amherst Reg. Middle School Gym
Mon.-Thu., Jun. 29-Jul. 2, 9:00 a.m -1:00 p.m., \$189



203118 Ultimate Frisbee Day Camp

Tiina Booth & Staff

Whether you are brand new to the sport or have some playing experience, we offer a camp that matches a camper's level of interest and skill. Ultimate Frisbee is a non-contact sport that combines the fast-paced action of soccer with skills and strategies similar to basketball and football. Learn basic throws, defensive skills and offensive patterns through drills, exercises and actual games. Each participant should bring cleats, a water bottle and snack and will receive a camp disc and shirt.

Location: Groff Park

WEEK 1 - Mon.-Fri., Jun. 29-Jul. 3, 9:00 a.m.-12:00 p.m

Session A Beginner Co-ed Ages 8-12 \$189

Session B Advanced Co-ed Ages 11-16 \$189

WEEK 2 - Mon.-Fri., Jul. 20-24, 9:00 a.m.-12:00 p.m.

Session C Beginner Co-ed Ages 8-12 \$189

Session D Advanced Ages 11-16 \$189

WEEK 3 - Mon.-Fri., Jul. 27-31, 9:00 a.m.-12:00 p.m.

Session E Beginner Co-ed Ages 8-12 \$189

Session F Advanced Co-ed Ages 11-16 \$189

203129 Junior Summer Ultimate

League of Amherst

Coed, Ages 7-13

Are you ready for the Ultimate experience? If the answer is yes, plan on joining us for another exciting summer of Ultimate Frisbee. This fun league is geared for people who want to enjoy the thrill and excitement of Ultimate Frisbee. Never played before? No problem, all levels of ability are welcome to join! All players will be assigned a team. Once registered through LSSE, players must also sign up at www.suladisc.org for team placement.

Location: Plum Brook Recreation Area

Tues., Jun. 23-Aug. 4, 6:00 p.m., \$39 Early bird: \$34 by May 24

Session A: Frisbee Activities for Kids Ages 7-8

Session B: Elementary Division Ages 9-11

Session C: Middle School Division Ages 12-13



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461 West Street Amherst, MA 01002
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www.hampshiregymnastics.com

Summer Sports

203119 Active BEAST 8-Week Program *Cedric Gonnet*

This program is designed to promote a mental and physical edge in and outside of sports. We will learn techniques for strength training, healthful nutritional guidance, mind-body advice, and most importantly a fun and positive mindset that will mentor and guide you to be your best personal self.

Location: Amherst Reg. Middle School Track

Session A - Cubs (Ages 6-11):

Mon. & Wed. Jun. 15-Aug. 5, 5:00-6:00 p.m., \$189

Session B - Lions (Ages 12-18):

Tues. & Thurs. Jun. 16-Aug. 6, 5:00-6:00 p.m., \$189

203117 Wrestling *Cedric Gonnet*

Ages 8-17

This program provides an overview of wrestling skills and fundamentals. Expect to learn the techniques and competitive mindset that goes into a wrestling match.

Location: Amherst Reg. Middle Side Gym

Mon.-Fri., Jul. 13-17, 9:00 a.m.-12:00 p.m., \$189

About the Instructors

Sue Adair is the coach of the ARMS Volleyball team and the Spring Volleyball Clinic Instructor.

Tiina Booth is a co-coach of UMass Men's Ultimate. She is the former ARHS boys varsity ultimate team coach and was recently inducted into the USAU Ultimate Hall of Fame. She is a co-author of Essential Ultimate, an introductory book for enthusiasts of the sport. Tiina is also the founder and director of the National Ultimate Training Camp, which is currently celebrating its 20th anniversary in 2020.

Leo Desmarais is the instructor for the Chery Hill Golf Course Women's League.

Charlie Edwards is the Varsity Boys Lacrosse Coach at ARHS and the Boys Lacrosse Summer Camp Director.

Chris Ehorn is the Varsity head football coach for ARHS. 2019 Mass. State Finalists.

Cedric Gonnet is a former Division 1 Football player at UMass Amherst, and High School Wrestling Star. Cedric's passions include fitness training and sports psychology.

Sydney Henthorn is the ARMS Cross Country Coach and Sugarloaf Youth Track Director.

Natalie Imbier is certified to teach Qi Gong through Lee Holden. She is a Nurse-Midwife by occupation with 30 yrs experience.

Dennis Jackson is the basketball director for both Blue Chip and Footlocker Camps and has coached basketball at all levels in Amherst for over 25 years.

Jamahl Jackson is the Varsity Boys Basketball coach for ARHS. Previously was Head Coach of Men's Basketball at Emmanuel College for 14 seasons, he's showed in 5 GNAC tournaments.

Dustin James is the ARHS Varsity girls coach and PE Teacher at Crocker Farm Elementary. He has over 5 years of experience coaching high school basketball in MA and NY.

Michelle Lloyd is an AMGA certified rock climbing guide and is a USA Climbing Coach. She is a wilderness first responder as well as a licensed social worker.

Ralph Loos is the current Girls Varsity Basketball Coach at ARHS, and has been running youth basketball clinics in the area for several years.

Suzanne Mente has been teaching Pilates since 2010 and is a Certified Pilates Teacher through Polestar Pilates and teaches at The Pilates Studio in Hadley. Her approach is to have fun while working with good form.

Jamie Morrell is Net Generation Certified and is currently the Club Pro at the Bay Road Tennis Club. Jamie has coached college tennis at the Division 1, Division 2, and Division 3 level, with over 20 years of total coaching experience.

Nancy Paglia received an MA in Health Education from Trenton State College and is a yoga instructor certified by Kripalu Center.

Jim Pistrang is head coach for the ARMS Ultimate team and director of the LSSE Fall MS and Elementary Ultimate Frisbee clinics. Jim was an Ultimate Frisbee player at Tufts University.

Michael Rudd is the ARHS Men's Soccer Coach. His teams' accomplishments and efforts awarded him MassLive D1 Coach of the year in 2012, 2014 and 2016.

Kacey Schmitt is the coach of the ARHS Volleyball team. Has run youth programs through LSSE for over 20 years.

Melanie Sharick is a former Wheaton College lacrosse player and current Girls Head Lacrosse Coach at Framingham High School.

Andrew Vecchio is an experienced certified Park Ranger and District Environmental Coordinator, prepared adult and youth interpretation programs in wildlife management, maple syrup production, wildlife behavior, tree identification, orienteering, camping, hiking and developed a Jr. Rangers nature programs and activities.

Greg Vouros is the Mohawk Trail Regional athletic director. He has coached baseball in Amherst for 14 years; 9 as a head coach. His team was the 2010 D1 State Champions, 2006 Western-Mass Champions, and 2015 Western Mass finalists.

Allison Willette RN ND Dr Allison has been working in the healthcare field for over 25 years starting out as a nurse's aide, RN, and for the last 12 years as a Naturopathic Doctor.

Early Adventures & Adventure Playground

A Message from Camp Director Nikki Abelli,

Growing up in Amherst and attending the LSSE Summer Day camps myself I have developed a unique perspective of our Early Adventures and Adventure Playground Summer Day camps. My vision for our camp programs has been formed over my time as a camper; through the eyes of a child remembering great memories and experiences I had while attending EA & AP. At 18 years old I became a camp counselor for Early Adventures. In the following years, I became Art Director, Cooking instructor and finally worked my way up to Camp Director. As Camp Director for the past 7 years, alongside the talented Directing staff we have continued to grow by adding interesting activities and new programming.

Part of what makes our camp special is our staff. We hire staff who are skilled in working with children of all ages, have experience and knowledge to provide a fun and safe camp environment. This year we are adding our first Official CIT (counselor in training) program in hopes of giving teens 13-16 experience and skills to hopefully one day become a part of our staff.

Summer camp is something I look forward to all year, building friendships, connections and creating memories. I hope to see you there!

203501 Adventure Playground		Ages 7-12	203500 Early Adventures		Ages 4,10-6
Week A:	8:30 a.m. -4:00 p.m.	\$185	Week A:	8:30 a.m. -4:00 p.m.	\$195
	8:30 a.m. -5:00 p.m.	\$200		8:30 a.m. -5:00 p.m.	\$232
Weeks B-H:	8:30 a.m. -4:00 p.m.	\$224	Weeks B-H:	8:30 a.m. -4:00 p.m.	\$241
	8:30 a.m. -5:00 p.m.	\$245		8:30 a.m. -5:00 p.m.	\$277

Summer Food Service Program

FREE BREAKFAST AND LUNCH ALL SUMMER!

We're excited to announce that all campers participating in the LSSE Early Adventures and Adventure playground programs this year will be offered free breakfast and lunch every day! This is part of a new partnership with the revamped ARPS Food Service department whose mission is to provide every camper with access to healthy, local, and flavorful meals. The Summer Food Service Program begins June 29th, 2020 and culminates with the last day of LSSE Early Adventures and Adventure playground programming, ending on August 21st, 2020. No Pre-registering for Free lunch required!

Free breakfast will be served from 8:30 – 9:15 A.M.
(only applicable to EA & AP)

Free lunch will be served from 12:00 – 12:30 P.M.
(only applicable to EA & AP)



All Early Adventure and Adventure Playground camps comply with all regulations of the Massachusetts Department of Public Health and are licensed by the local Board of Health. Physicals & immunization records are required at the time of registration.

Early Adventures & Adventure Playground

Week A: Camp Kick-off: June 29-July 2

We are here to start the summer season off right with as much fun as possible with our Camp Kick-Off Week!!! Campers will enjoy a week of water games, relays, amazing art projects, group activities and much, much more! **NO CAMP ON JULY 3rd**

Please Join LSSE and The Amherst /Surround Communities on July 4th at McGuirk Stadium for our Independence Day Celebration!

Week B: Welcome to the Jungle: July 6-July 10

Tame your boredom with our animal and nature week. We will capture the nature and animal lover in all of us based on various animal experiences and nature trips. We will also be visited by the amazing live animal presentation hosted by Animal Adventures!



Photo by Grace Marczuk

Week E: Challenge Week: July 27- July 31

This week is all about Sportsmanship, Relationship Building, and Friendly Competition. The entire camp will be split into 2 teams, RED and BLUE, earning points and showing off team spirit and pride. Olympic Games, capture the flag, treasure hunts and many other activities where teams go head to head in some friendly competition. Each team's points will be kept track of on a large display board that campers will be able to see throughout the day. That Friday, a winner will be announced and all campers will come together and participate in our Team purple Celebration!

Week F: Time Travelers Aug. 3- Aug. 7

The theme for this week is Time Travel! We will travel back in time, into the future, and everywhere in between through a series of activities, games, cooking, art projects, and adventurous scavenger hunts. Some of the periods of time we plan on exploring are Alkebulan Africa, Georgian Era Brittan, The Ottoman Empire, Revolutionary America, and ending the week in the Wild West!

Week G: Camps Got Talent: Aug. 10-Aug. 14

Attention- Actors, singers, dancers, musicians, karate experts, comedians, magicians, artists, or any talented individual, this week is for you! Week F is focused on our kids getting together to put on their acting caps! Each group will spend the week practicing a performance that they will present live during our **TALENT SHOW ON FRIDAY AUGUST 14th @ 1:20 PM**, mark your calendars ladies and gents because friends and family are invited to come and clap along!

Location: Amherst Reg. Middle School



Photo by Grace Marczuk

Week C: Wacky Water: July 13- July 17

Bathing suits and towels are necessities for this week of camp with the fun and exciting water activities that are in store for each day. Slip N' Slide, Water Relays, and sprinkler games are just a few events for campers to look forward to, along with much more!

Week D: Around the World: July 20- July 24

This week we will travel the world in 5 days experiencing foreign cultures, food, values, activities, arts, and languages! This year we'll be exploring Bangladesh, Greece, Morocco, and Taiwan. This around the world adventure will be wrapped up with our Multicultural Festival where parents and guardians are welcome to come and enjoy food and performances from the countries above on:

Friday, July 24th beginning at 1:20 pm in the Auditorium.



Photo by Grace Marczuk

Week H: Carnival Week: Aug. 17-Aug. 21

This final week is all about being goofy, having fun, and celebrating all of the lasting relationships we have made throughout the summer! Each day campers will come in dressed as a theme and engage in activities that match up with those themes. Then on Friday, the kids will enjoy our annual Camp Carnival complete with games, prizes, face painting, dancing, and yummy concessions!

The Themes Days are as follows: Pajama day, Retro/Fancy day, Twin day and Costume day



NEW! LSSE Counselor In Training (C.I.T.) Program

LSSE is excited to announce the introduction of our NEW Counselor in Training (C.I.T.) Program.

You may be wondering what exactly it means to be a CIT. And what will this program offer? CIT's will take on the responsibilities of a camp counselor under the supervision of the Camp Directors and Lead camp staff, with the intention of learning leadership skills and acting as role models for our Early Adventures & Adventure Playground campers.

The goal of this program is to train teens & young adults on how to become Summer Camp Counselors with the potential of being hired as a counselor for summers ahead. Along with becoming a responsible young adult, authority figure and an example to the campers, this opportunity presents great professional development advantages, and the ability to use on future resumes and school scholarship opportunities.

Responsibilities include: Being a role model to the campers, making sure the campers are having fun, leading games/ activities, attending mandatory CIT Orientation and will receive CPR/First Aid Training prior to the beginning of summer camp. Each CIT will also receive an LSSE CIT T-Shirt to wear to camp.

CIT's will also participate in a weekly "Leadership conference" with the Camp Director Staff to evaluate performance, participation, opportunities to improve and strengthen one's leadership skills but most importantly having fun!

This program will run for the duration of the summer in correlation, with our Summer Day camp Programs from June 29- August 21 (please see Early Adventures and Adventure playground summer day camp descriptions for more details regarding week themes, pg. 23)

203502 CIT Program

Cost:

Week A	8:30 am-4:00 p.m. \$92
	8:30 am-5:00 p.m. \$100
Weeks B-H	8:30 am-4:00 p.m. \$112
	8:30 am-5:00 p.m. \$122

- CITs must be between 13-16 years old at the time of registration in order to participate
- This is a new program and we can only accept 8-10 CITs per week.
- CITs must sign up using the LSSE Camp Registration Form, submit payment and all medical paperwork at the time of registration
- Please Note: Registration of your child does NOT guarantee them a spot in the CIT program. All interested in this program must go through an application and interview process. CIT's will be chosen via a lottery system to ensure fairness.
- CIT's will also be able to take part in the free summer Breakfast and Lunch program. (Full details located in our Early Adventures and Adventure Playground Description)
- Additional assistance is always available please contact the LSSE Front Desk for more information



Adult Programs



202432 The Project: Naturopathic Solutions for the Adult Woman

Allison Willette RN ND

The Project: Naturopathic Solutions for the Adult Woman
A series of 6 classes focusing on women who want to review their health and wellness from the perspective of a naturopathic doctor. We will talk about how shifting hormones can affect our sleep, weight gain, mood and general outlook on life. Join naturopathic doctor and registered nurse, Allison Willette for 6 evenings of discussion and practical information. You will leave with simple tools and strategies for managing the symptoms that often come with the mid life phase many of us are enjoying.

Location: Munson Library

Wed., Mar. 11-Apr. 15, 6:00-7:00 p.m., \$120



Photo by Jeannette Beaudet

201431 Qi Gong

Natalie Imbier

QiGong (pronounced CHEE GONG) is a holistic system of cultivating and balancing the body's internal energy, called Qi. This mind-body awareness exercise is composed of gentle stretching and flowing exercises, rhythmic breathing and meditation. Enjoy greater flexibility, strength, balance, and vitality as well as decreasing stress, tension, and stiffness.

Location: Munson Library

Session B: Wed., Mar. 25-May 6, 9:30-10:30 a.m., \$99



No class Apr. 22



Session C: Wed., May 13-Jun.17, 9:30-10:30 a.m., \$99

Session D: Wed., Jul. 8-Aug. 19, 9:30-10:30 a.m., \$99



No class Jul. 15



Photo by Jeannette Beaudet

202401 Yoga

Nancy Paglia

This class teaches stretching, strengthening, relaxation, and breath awareness exercises to get rid of tension, joint stiffness, backaches, and pain, as well as to increase flexibility, improve your muscle tone, and experience deep relaxation. Please bring a mat or blanket to sit on and wear loose, comfortable clothing.

Location: Munson Library



Session A: Thur., Apr. 16-Jun. 25, 9:30-11:00 a.m., \$189

No class May 14



Session B: Thur., Jul. 9-Aug. 27, 9:30-11:00 a.m., \$151

Interested in Golf?

Go to Page 5 for Specials and League Information at Cherry Hill Golf Course



Meet our Instructors

To learn more about our awesome instructors and coaches, check out the Program Instructor information on page 21.

Adult Programs



202151 Mountain Biking

Ages 16+

Andrew Vecchio

Interested in Mountain Biking but not sure where to begin? How about here? In this "Introduction to Mountain Biking" course participants will learn about the different types of mountain bikes and their features, review basic maintenance, understand physical preparation and health benefits, learn safe outdoors behaviors, as well as develop skills and riding techniques.

Participants should have a bicycle in good working order and designed for trail use as well as a helmet and gloves.

Location: Meet at Amherst Reg. Middle School

Mon.-Fri., Jul. 13-17, 4:00-6:00 p.m. and a trail ride on Sat., Jul. 18, 9:00 a.m.-12:00 p.m., \$199



202152 Geocaching

Ages 13+

Andrew Vecchio

Want to get away? Interested in exploration the wilds of Hampshire County? Want to start Geocaching? In this Introduction to Orienteering course, participants will learn about different types of navigation aids, maps, technologies and techniques to explore the great outdoors. Geocaching protocol and tips will be featured. Basic outdoor survival and safety will also be covered.

Participants should be age 13 and up and have a basic compass, hand-held GPS unit or a smart phone with data plan and outdoor clothing.

Location: Amherst Reg. Middle School

Mon.-Fri., Jul. 27-31, 5:00-7:00 p.m., \$150



202560 Adult Active BEAST

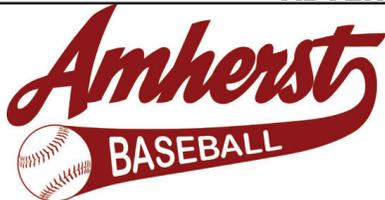
Cedric Gonnet

This program is designed to promote a mental and physical edge in and outside of sports. We will learn techniques for strength training, healthful nutritional guidance, mind-body advice, and most importantly a fun and positive mindset that will mentor and guide you to be your best personal self.

Location: Amherst Reg. Middle School Track

Fri., Jun. 19-Aug. 7, 5:00-6:00 p.m., \$99

ADVERTISEMENT



Register Now

www.amherstbaseball.org

Baseball program for boys and girls

ages 5-17

Softball program for girls ages 7-14

Spring training dates Saturday, March

14 and Sunday, March 22

For more information

www.amherstbaseball.org



Cancellation Line

413-259-3066

Tennis Court Availability

MILL RIVER TENNIS COURTS
APRIL-OCTOBER, SUNRISE TO SUNDOWN - FIRST
COME FIRST SERVE

MIDDLE SCHOOL TENNIS COURTS
CONTACT AMHERST REGIONAL ATHLETICS
SCHEDULES FOR CONFLICTS

Do you have a special skill you would like to teach to others?

If you are interested in teaching a program through us please contact Donna Roy
(contact info on page 1)

Adult Sports Programs



Photo by LSSE

205400 Adult “Sandlot” Volleyball

This program is set up for volleyball enthusiasts who just want to show up and play each night, without committing to a more formal league. There will be two courts set up so beginner/intermediate players can play with similarly skilled players on one court and stronger intermediate/advanced players can play against each other on the second court. Please wear non-marking sneakers. No games when school is closed.

Location: Amherst Reg. Middle School Gym

Tues., Nov. 3-Jun. 2, 7:00-9:00 p.m., \$5 daily or \$85 season pass



Congratulations to 2019 Champions - Team Trucculent Turkeys

203520 Coed Adult Softball League

The Amherst Adult Softball League will hold an organizational meeting for this upcoming season on March 19th 2020 at 6:00 p.m. in the ARMS Side Gym. The season runs May through August. It is a **Coed Non-Umpired Division**. If you are interested in participating in our Adult Softball league, please contact Nick Walas (*page 1*). A reminder will be sent to all 2019 managers. If you are new, please be sure to contact Nick.

**About the
Instructors**

See page 21

(413) 259-3065

205400 Adult “Sandlot” Baseball Ages 16+

Do you miss baseball? If so, we have the program for you—afternoons filled with playing catch, taking batting practice, fielding grounders, and playing pick-pick up baseball games. This is a VERY informal program with a focus on having fun. There will be NO leagues, NO uniforms, and NO tolerance for overly competitive players. You should bring a glove and a WOODEN bat (no aluminum) and we will supply the baseballs. All levels of ability are welcome.

Location: Amherst Reg. Middle School Baseball Field

Sun., Apr. 19-Oct. 25, 4:00-6:00 p.m.,
\$5 daily or \$70 for the season.

203530 Summer Adult Ultimate League of Amherst

Are you ready for the Ultimate experience? If the answer is yes, plan on joining us for another exciting summer of Ultimate Frisbee. This fun league is geared for people who want to enjoy the thrill and excitement of Ultimate Frisbee. Never played before? No problem, all levels of ability are welcome to join! All players will be assigned a team. If you have questions regarding women or recreational programs please call Nathan Salwen or Susan Morrello at 413-256-6463 or email salwen.1@gmail.com. Once registered through LSSE, players must also sign up at www.suladisc.org for team placement. EARLY BIRD SPECIAL - Sign up before May 24 and save \$10.

Location: Plum Brook Recreation Area

Session A Adult Recreational (Coed) Ages 14+
Thurs., Jun. 18-Aug. 6, 6:00 p.m., \$45

Session B Adult Competitive (Coed) Ages 15+
Wed., Jun. 17-Aug. 5, 6:00 p.m., \$45

Session C Women Only Ages 13+
Mon., Jun. 15-Aug. 3, 6:00 p.m., \$45



Special Thanks

A special thanks to the Amherst-Pelham Regional School District and to the excellent school department staff for their cooperation, which allows us to provide numerous activities in school facilities. We would also like to thank the staff at the Bangs Community Center, the Department of Public Works, and the Town Library Trustees for their assistance and support.



Thank
You!

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LSSE Registration Form

170 Chestnut St. Suite 1, Amherst, MA 01002
 Phone (413) 259-3065 Fax (413) 259-2407
 www.lsse.org lsse@amherstma.gov

Last Name _____

Adult Participant/Guardian (If a child's Program)

Name _____
 Street _____
 Town _____ State _____ Zip _____
 Phone _____ Work _____
 Cell _____
 Email _____

Secondary Guardian (If a child's Program)

Name _____
 Street _____
 Town _____ State _____ Zip _____
 Phone _____ Work _____
 Cell _____
 Email _____

Emergency Contact (Other than Guardian)

Name _____
 Phone _____

Participant's Full Name: _____ Male Female

School: _____ Date of Birth: _____ Grade: _____

Does participant have any special needs/concerns? yes no If yes, please ask for our Inclusion Form when registering (also online)

Program #	Session	Title	Fee	Nonresident*	Total
				\$10.00	
				\$10.00	
				\$10.00	

Participant's Full Name: _____ Male Female

School: _____ Date of Birth: _____ Grade: _____

Does participant have any special needs/concerns? yes no If yes, please ask for our Inclusion Form when registering (also online)

Program #	Session	Title	Fee	Nonresident*	Total
				\$10.00	
				\$10.00	
				\$10.00	

Indemnification Statement: I understand that Amherst Leisure Services and Supplemental Education Department does not provide accident or hospitalization insurance for any program participants. I also understand that all participants are strongly advised to have adequate personal coverage and that participation in all department programs shall be at my own or my child's risk.

Signature: _____

Please accept my tax deductible donation of \$ _____ for the _____ program.

PAYMENT:

- Cash
- Check Make payable to TOWN OF AMHERST
- Credit Card
 - Visa MasterCard Discover

*A nonresident is anyone residing outside of Amherst.

Town Facility Guide

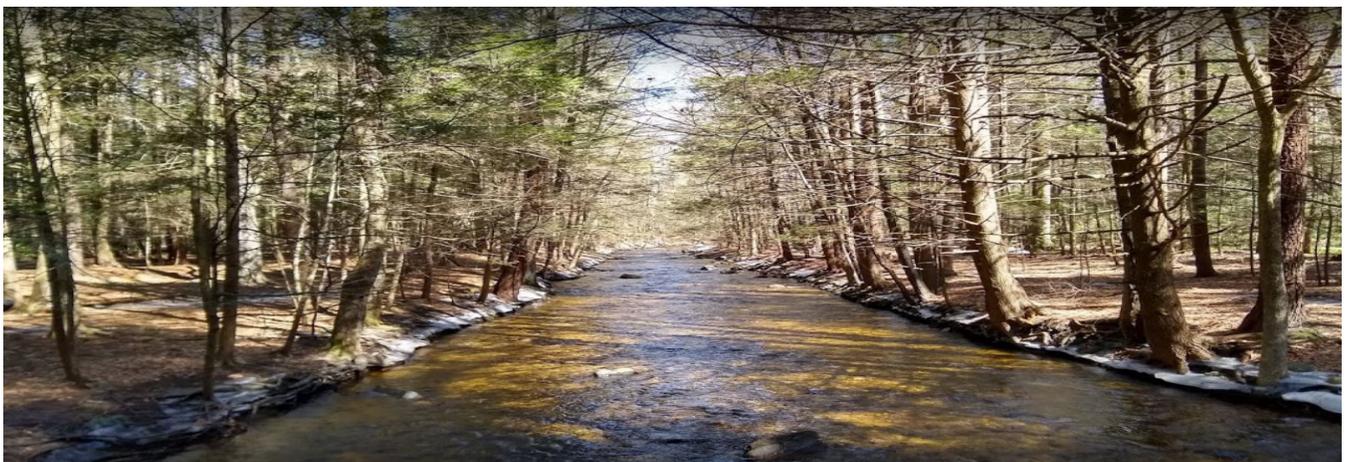
Town Recreational Facilities	Town Public Schools with Amenities
Cherry Hill Golf Course	Amherst Regional High School
Mill River Recreation Area	Amherst Regional Middle School
Community Field & War Memorial Recreation Area	Crocker Farm Elementary School
Kiwanis Park	Wildwood Elementary School
Groff Park	Fort River Elementary School
Kendrick Park	
Sweetser Park	UMass Facilities used by the Town of Amherst
Plum Brook Athletic Fields	Bowker Auditorium
Other Town Facilities	
Bangs Community Center	
Munson Memorial Library	
The Jones Library	
The North Amherst Library	

Town Conservation Areas, See:

<https://www.amherstma.gov/1279/Conservation-Areas-Ecological-Management>

For a complete list of addresses, maps and amenities please see our website:

<https://www.amherstma.gov/1415/Facilities>



Town of Amherst LSSE Program Sites



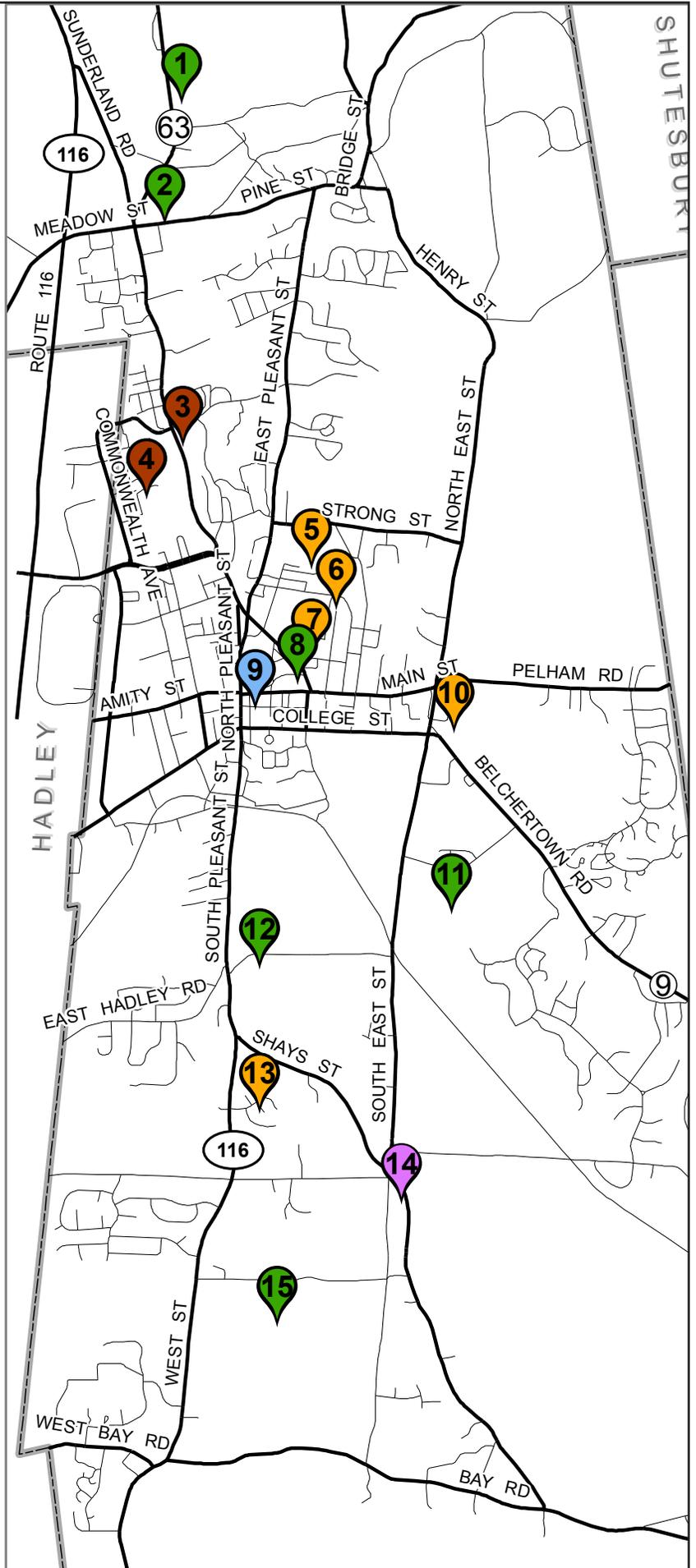
413-259-3065
www.amherstma.gov/lsse

Facility Type

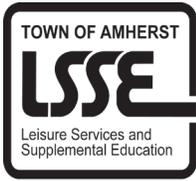
-  Libraries
-  Town Facility
-  Recreation
-  UMass Landmarks
-  Schools

List of Facilities

-  1 Cherry Hill Golf Course
-  2 Mill River Recreation Area
-  3 Totman Gymnasium
-  4 Bowker Auditorium
-  5 Wildwood Elementary School
-  6 Amherst Regional Middle School
-  7 Amherst Regional High School
-  8 Community Field & War Memorial Recreation Area
-  9 Bangs Community Center
-  10 Fort River Elementary School
-  11 Kiwanis Park
-  12 Groff Park
-  13 Crocker Farm Elementary School
-  14 Munson Memorial Library
-  15 Plum Brook Athletic Fields



The Town of Amherst and its mapping contractors assume no legal responsibility for the information contained herein.



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