

North Reading Parks & Recreation
235 North Street
North Reading, MA 01864
978-664-6016
MC/Visa/Discover

Like us on Facebook!



WINTER ADULT PROGRAMS

Rolling Registration with new sessions being added on a regular basis.

Please check our website for more opportunities to come out and play!!

Recreation welcomes and encourages children and adults of **ALL abilities** participate in our programs.
If you require an accommodation or have any questions, please give us a call.

Adult Volleyball

Come join the fun with NR P&R and learn to play one of America's finest recreational and competitive team sports. This program is co-sponsored by local sports club BSSC. Program is a beginner/intermediate level 6 on 6 league with instruction as needed. BSSC performance dri-fit shirt included! **Space is limited**

8 week sessions

Ages: 18 years and over

Session 1

Dates: Thurs, 1/29-3/26
No Program 2/19

Session 2

Dates: Mon, 2/2-3/30
No Program 2/16

Cost: \$135

Time: 7:00-9:00 PM

Location: Hood School Gym
298 Haverhill St, NR



Pickleball with Recreation

Beginner Pick-Up Play

Gym time for those who have taken our beginner pickleball class or have some experience playing. Practice your skills with other beginner players in this non-competitive pick up program. Space is limited. **No Instruction provided**

6 week sessions

Ages: 18 years and over

Dates: Thurs, 1/8-2/12
Time: 5:30-7:00 PM

Dates: Fri, 1/9-2/13
Time: 2:00-3:30 PM

Dates: Sat, 1/10-2/14
Time: 2:00-3:30 PM

Cost: \$70 resident
\$75 non-resident

Location: NR Town Hall Gym
235 North St, NR



Pickleball with Michael Messier

Beginner/Learn to Play

Introduction to the game and rules, terms, paddle grips, basic strokes and shots, scoring, positioning and play. Designed for individuals that have never picked up a paddle or have had limited playing time. This program is essential for all new players who want to have more fun learning and playing pickleball the right way. All equipment provided including paddles!

5 week session

Ages: 18 years and over

Dates: Tues, 1/6-2/3

Time: 4:30-5:30 PM

Cost: \$80 resident
\$85 non-resident

Location: NR Town Hall Gym
235 North St, NR



Men's 30 & Over Basketball



A recreational basketball program for men ages 30 and over. A non-competitive pickup program consisting of games only. Bring a ball if you have one! **No Instruction provided**

Ages: 30 years and over

Session 1
Dates: Wed, 1/14-2/11
Cost: \$60

Session 2
Dates: Wed, 2/25-4/1
Cost: \$70

Time: 7:00 - 9:00 PM

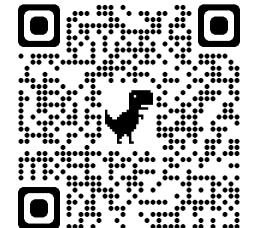
Location: Hood School Gym
298 Haverhill St, NR

5 week session

6 week session



WINTER ADULT PROGRAMS (Continued)



Intro to Kettlebells with Fueling Strong



North Reading Parks & Recreation is excited to partner with local fitness center, Fueling Strong!

Join Coach Rachel for this 6-week Introduction to Kettlebells program designed to help you build confidence, strength, and skill with one of the most versatile training tools out there.

This series focuses on kettlebell fundamentals including the Turkish Get-Up, swing, clean, and press while emphasizing proper form, safety, and control. Each week you'll develop the technique and strength to move efficiently and powerfully, setting a solid foundation for future training.

Perfect for beginners or anyone looking to refine their kettlebell skills in a supportive, coached environment.

6 week session

Ages: 18 years and over

Dates: Mon, 1/12-3/2
No Program 1/19, 2/16

Time: 5:30-6:30 PM

Cost: \$150
Location: Fueling Strong
48 Main St, #2 NR



Intro to Strength Training with Fueling Strong



North Reading Parks & Recreation is excited to partner with local fitness center, Fueling Strong!

Join Coach Morgan for this 6-week Introduction to Strength Training course. This program is the perfect place to start if you're new to lifting or looking to build confidence in the gym.

In this supportive group setting, we'll cover the fundamentals of strength training, learning proper form, key movement patterns, and how to safely use weights and equipment. Each week, you'll build strength, improve mobility, and gain the confidence to train on your own or in any group class.

6 week session

No experience required, just a willingness to show up and get stronger!

Ages: 18 years and over

Dates: Thurs, 1/15-2/26
No Program 2/19

Time: 6:00-7:00 PM

Cost: \$150
Location: Fueling Strong
48 Main St, #2 NR

Archery with On Site Archery



Why let the kids have all the fun? This is an indoor archery class designed for beginners. Archers will learn a step-by-step approach to shooting a bow.

Start by learning the range safety rules and procedures before moving onto the fun part, shooting! Some things you will experience include learning how to keep a scorecard and participating in some fun shooting games. Some benefits include improved focus, patience, strength, coordination, and confidence.

Everything you need for the class is supplied by OSA. You may bring your own bow, but it must be approved by the Instructor. Class is taught by OSA owner and club Coach Bob Wait.

5 week session

No experience needed!
All equipment provided

Ages: 18 years and over

Dates: Wed, 1/14-2/11

Time: 6:30-7:30 PM

Cost: \$155
Location: NR Town Hall Gym
235 North St, NR

Sculpt & Stretch

Come join Instructor Deb Luciano for a weekly morning class focusing on strength, balance, mobility and core.

**Complete program description
and details COMING SOON!!**

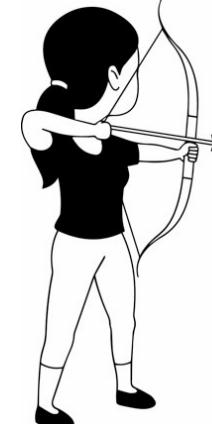
All fitness levels are welcome and encouraged. Bring a Yoga mat and water.

Bands provided

6 week session

Ages: 18 years and over

Location: Town Hall Gym
235 North St, NR





WINTER

PRE SCHOOL PROGRAMS & EVENTS



Rolling Registration with new sessions being added on a regular basis.

Please check our website for more opportunities to come out and play!!
 Recreation welcomes and encourages children of **ALL abilities** participate in our programs.
 If you require an accommodation or have any questions, please give us a call.



Pee Wee Basketball

Join us for a program of fun while learning the fundamentals of basketball. Kids will learn shooting, dribbling and passing in a non-competitive fun environment.

6 week session

Ages: 3-5 years

Session 1

Dates: Mon, 1/26-3/9
No Program 2/16

Time: 12:45-1:30 PM

Session 2

Dates: Wed, 1/21-3/4
No Program 2/18

Time: 12:45-1:30 PM

Cost: \$75

Location: NR Town Hall Gym
235 North St, NR



InclYOUsion Sports

INCLYOUSSION SPORTS
 Join us for a fun 6-week sports program for children of all abilities to learn the fundamentals of **Baseball AND Soccer!** Classes are non-competitive and are perfect for beginners or for children who are looking for small class sizes taught by well-trained coaches. Inclyouision Sports provides all equipment. This program is designed for children with and without disabilities to learn and play together. **Skill building is focused on running, throwing, catching, hitting and shooting,** and is modified to each child's experience level.

6 week session

Dates: Sun, 1/11-2/15

Session 1

Ages: 2-4 years
Time: 9:00-9:50 AM

Session 2

Ages: 5-7 years
Time: 10:00-10:50 AM

Cost: \$200

Location: Town Hall Gym
235 North St, NR



Wolf Pack Cub Basketball

Coach Lee Wilson is back with another session of this fun program all about honing skills like dribbling, shooting, passing, and defense while fostering a love for the game. Program blends structured training, skill-building drills, and teamwork to ensure players not only learn but also have a blast on the court.

T-shirt included

6 week session

Ages: 3-5 years

Dates: Sat, 1/24-3/7
No Program 2/21

Session 1 9:00- 9:45 AM

Session 2 10:00-10:45AM

Session 3 11:00-11:45 AM

Cost: \$100

Location: NR Town Hall Gym
235 North St, NR



InclYOUsion Sports

INCLYOUSSION SPORTS
 Join us for a fun 6-week sports program for children of all abilities to learn the fundamentals of **Floor Hockey AND Basketball.**

Classes are non-competitive and are perfect for beginners or for children who are looking for small class sizes taught by well-trained coaches. Inclyouision Sports provides all equipment. This program is designed for children with and without disabilities to learn and play together. **Skill building is focused on running, dribbling, passing and shooting,** and is modified to each child's experience level.

6 week session

Dates: Sun, 2/22-3/29

Session 1

Ages: 2-4 years
Time: 9:00-9:50 AM

Session 2

Ages: 5-7 years
Time: 10:00-10:50 AM

Cost: \$200

Location: Town Hall Gym
235 North St, NR



Twinkle Tots with NRSB

Come dance, twirl and jump with us! Twinkle Tots is a creative movement class that is designed to introduce the joy of movement in our youngest dancers through dance, music and games. Ballet terms, storytelling, songs and rhymes, and props will add fun and excitement!! Class is assisted by a parent or guardian.

8 week session

Ages: 18 mo-3 years

Dates: Sat, 1/17-3/14, NP 2/21

Time: 9:15-9:45 AM

Cost: \$95

Location: NR School of Ballet
52 Main St, Ste 210, NR



Tiny Dancer with NRSB

Tiny Dancer is a wonderful intro to the joys of creative movement through music and dance. This 8 week class will focus on physical, cognitive and social development while channeling your dancer's energy to stimulate their imagination and explore their creativity—all while having fun and making new friends!

8 week session

Ages: 3-4 years

Session 1

Dates: Mon, 1/19-3/16, NP 2/16
4:00-5:00 PM

Session 2

Dates: Sat, 1/17-3/14, NP 2/21
9:45-10:45 AM

Cost: \$195 / 8 weeks

Location: NR School of Ballet
52 Main St, Suite 210, NR



Kids Karate Program w/Cervizzi Martial Arts

Proudly serving families on the North shore since 1995, Cervizzi has partnered with NRP&R to bring their Kid's Karate Program to our community at an affordable cost. This structured program designed for children ages 5-15, focuses on promoting physical fitness, personal development, and positive character building in a safe engaging environment.

Uniform and Belt Included!

6 week session

Ages: 5-15 years

Dates: Mon-Sat, 1/5 - 2/23

np 1/19, 2/26-2/22

Times: schedule available online

Cost: \$150

Location: Cervizzi Studio
6 Washington St, NR





WINTER

ELEMENTARY AND YOUTH PROGRAMS & EVENTS



Rolling Registration with new sessions being added on a regular basis.

Please check our website for more opportunities to come out and play!!

Recreation welcomes and encourages children of **ALL abilities** participate in our programs.

If you require an accommodation or have any questions, please give us a call!!

Kinder Basketball Skills League



Join Coach Mat Beaver of Rec Hoopz for this introductory basketball league. Kids will spend 15-20 minutes practicing skills followed by learning games that Coach Mat will teach and coach. This live game play will get each kid ready for the next level of basketball in a fun and non-competitive way. **T-shirt included**

8 week session

Ages: Kindergarten
Dates: Wed, 2/4-4/1
No Program 2/18
Time: 3:25-4:15 PM
Cost: \$135
Location: NR Town Hall Gym
235 North St, NR

First Grade Basketball Skills League



Join Mat Beaver of Rec Hoopz for this starter league combining 20 minutes of skills training followed by 40 minutes scrimmaging. In this fun program, kids will enjoy practicing their skills through friendly game play! **T-shirt included**

8 week session

Ages: First Grade
Dates: Wed, 2/4-4/1
No Program 2/18
Time: 4:15-5:15 PM
Cost: \$150
Location: Town Hall Gym
235 North St, NR

InclYOUsion Sports



Join us for a fun 6-week sports program for children of all abilities to learn the fundamentals of **Baseball AND Soccer!**

Classes are non-competitive and are perfect for beginners or for children who are looking for small class sizes taught by well-trained coaches. InclYOUsion Sports provides all equipment. This program is designed for children with and without disabilities to learn and play together.

Skill building is focused on running, throwing, catching, hitting and shooting, and is modified to each child's experience level.

6 week session

Dates: Sun, 1/11-2/15

Ages: 5-7 years
Time: 10:00-10:50 AM

Cost: \$200
Location: Town Hall Gym
235 North St, NR



InclYOUsion Sports



Join us for a fun 6-week sports program for children of all abilities to learn the fundamentals of **Floor Hockey AND Basketball**.

Classes are non-competitive and are perfect for beginners or for children who are looking for small class sizes taught by well-trained coaches.

InclYOUsion Sports provides all equipment. This program is designed for children with and without disabilities to learn and play together. **Skill building is focused on running, dribbling, passing and shooting, and is modified to each child's experience level.**

6 week session

Dates: Sun, 2/22-3/29
Ages: 5-7 years
Time: 10:00-10:50 AM
Cost: \$200
Location: Town Hall Gym
235 North St, NR



Kids Karate Program w/Cervizzi Martial Arts

Proudly serving families on the North shore since 1995, Cervizzi has partnered with NRP&R to bring their Kid's Karate Program to our community at an affordable cost. This structured program designed for children ages 5-15, focuses on promoting physical fitness, personal development, and positive character building in a safe engaging environment. **Uniform and Belt Included!**

6 week session

Ages: 5-15 years
Dates: Mon-Sat, 1/5 - 2/23
np 1/19, 2/26-2/22
Times: schedule available online
Cost: \$150
Location: Cervizzi Studio
6 Washington St, NR



Chess Hero



Unleash your inner Grandmaster!! Dive into the exciting world of strategy and critical thinking with our after-school chess classes! Whether a pawn-pusher novice or a budding knight, this immersive session is perfect for **all skill levels**, from beginners eager to learn the fundamentals to experienced players looking to enhance their game. Learn chess fundamentals, master the rules, piece movements and basic strategies. Let's checkmate boredom together!

6 week session

Ages: 7 years and over
Dates: Sun, 1/11-2/22
Time: 10:00-11:00 AM
Cost: \$210
Location: Code Wiz
347 Main St, Reading 01867



RoboThink Introduction to Video Game Design

Unleash your inner game designer at the Intro to Video Game Design Program! Have you ever dreamed of creating your very own video game? Now's your chance with RoboThink! In this program, students will embark on a journey of creativity and customization as they build and personalize their own simple games using RoboThink's exceptional software. Whether you're new to block-based coding or have some coding experience under your belt, this program welcomes coders of all skill levels. Basic computer skills are required, so bring your curiosity and let your imagination run wild as you dive into the exciting world of video game design!

6 week session

Ages: 7-14 years
Dates: Fri, 1/9-2/13
Time: 4:00-5:30 PM
Cost: \$265
Location: NR Town Hall Gym
235 North St, NR

INTRO TO GAME DESIGN Level 1: Introduction

WINTER

ELEMENTARY AND YOUTH PROGRAMS & EVENTS CON'T



Rolling Registration with new sessions being added on a regular basis.

Please check our website for more opportunities to come out and play!!

Recreation welcomes and encourages children of **ALL abilities** participate in our programs
If you require an accommodation or have any questions, please give us a call!!

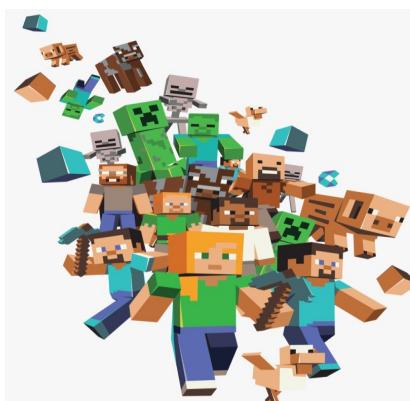
Minecraft Modding with Code Wiz

Do you love Minecraft?

Imagine creating your own mods, designing unique worlds, and coding custom gameplay features! Dive deep into the Minecraft world and create the future! In this six week class, challenge the odds, craft your own kinds of weapons and build dream worlds using code—all while learning fundamental programming concepts, level design, and problem solving skills. Make use of ready-made coding blocks to create mini versions of Minecraft games all through the session. Whether you're crafting new weapons, building dream worlds or designing unique challenges, you'll be using coding skills to shape the game your way. Perfect for Minecraft enthusiasts who want to turn their creativity into code and make the game truly their own!

6 week session

Ages: 8 -13 years
Dates: Tues, 1/6-2/10
Time: 5:00-6:00 PM
Cost: \$210
Location: Code Wiz
347 Main St, Reading 01867



Game Design Using Scratch with Code Wiz

Unleash your creativity as you bring your ideas to life with fun games, animations and stories. In this six-week beginner friendly program, kids will design space shooter games, interactive trivia, musical projects and stunning digital art - all while exploring the magic of Scratch. With each session, participants grow their coding confidence while having a blast!

6 week session

Ages: 7-10 years
Dates: Wed, 1/7-2/11
Time: 4:00-5:00 PM
Cost: \$210
Location: Code Wiz
347 Main St, Reading 01867



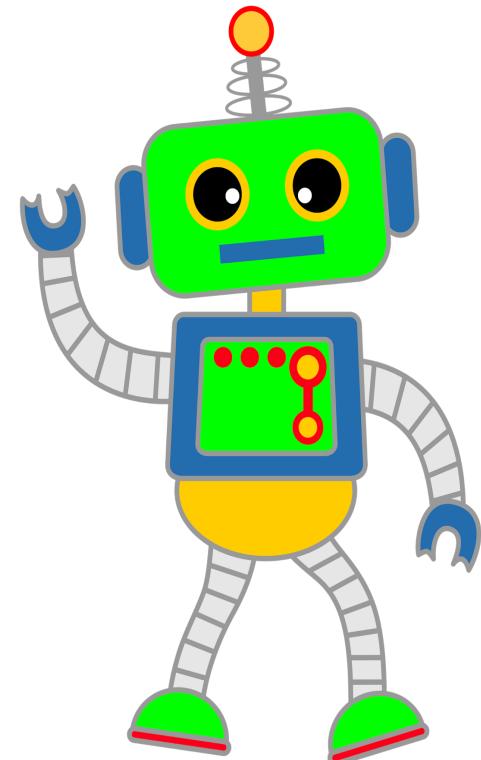
February Vacation Week Fun!!



Lego Robotics and 3D Design with Code Wiz

Ready, Set, Build! Join us for a thrilling journey into the world of robotics, where imagination meets technology! In this hands-on Lego Robotics camp, your engineers will dive into building and programming their own robots using Lego's cutting-edge technology. Whether you're constructing race cars, animal bots, or space rovers, every session is packed with creativity, problem solving and teamwork! **Perfect for all skill levels**, this class empowers kids to bring their ideas to life while learning the basics of coding, design, and mechanics. Perfect for young minds eager to explore the world of robotics and take their first steps in STEM! Get ready to create, complete, and discover the exciting future of robotics—one brick at a time!

Students will explore brainstorming, designing, and printing small objects using our 3D printer. Code Wiz utilizes Tinker card and Blender to teach the fundamentals of 3D design and printing, allowing students to apply their newly acquired skills in real time.



Key Learning Objectives:

- Intro to Robotics:
Learn how motors, sensors and gears work while exploring the world of robotics
- Robot Design & Programming:
Build your own robot from scratch and bring it to life using kid-friendly coding tools like LEGO Mindstorms EV3 or Spike Prime.
- Problem Solving & Engineering Concepts:
Tackle fun challenges that encourage critical thinking, creativity, and engineering.
- Teamwork & Collaboration:
Work in pairs or groups, share ideas, and participate in team-based missions to achieve common goals.

**All equipment and materials provided
No prior experience necessary**

Ages: 7-12 years
Dates: Mon, 2/16-Fri, 2/20
Location: Code Wiz
347 Main St, Reading 01867

Morning Session:

Time: 9 AM-12 PM
Cost: \$350

Afternoon Session:

Time: 12:30-3:30 PM
Cost: \$350

Full Day:

Time: 9:00 AM-3:30 PM
Cost: \$650

**See a program of interest but it is full? Please place your name on the wait list.
We will do our very best to accommodate!!**

**OOPS! Despite our best efforts, errors sometimes make it to print.
We apologize in advance for any inconvenience this may cause.**



WINTER

Rolling Registration with new sessions being added on a regular basis

Please check our website for more opportunities to come out and play!!

Recreation welcomes and encourages children and adults

of **ALL** abilities participate in our programs.

If you require an accommodation or have any questions, please give us a call!!

Parks & Recreation Committee & Staff



Committee Members

Ron Kern, Chairperson
Rita Mullin
Patricia Fillmore
Sheila Sturdevant
Bill Cannell

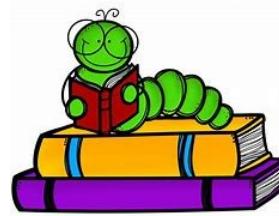
Staff:

Marty Tilton, Parks Director/DH
Maria Brown, Operations Director
Nancy Ursino, Recreation Director
Ashley Leboeuf, Recreation Programmer
Heidi Veaider, Administrative Assistant
Rebecca Lowe, Program Instructor
Beatriz Vautin, Program Instructor
Mike Marciano, Parks Foreman
Rich Giordano, Parks Maintenance

FLINT MEMORIAL LIBRARY

HOMEBOUND DELIVERY SERVICE

The Flint Memorial Library now offers home delivery services to North Reading residents with library accounts who are unable to visit the library in-person due to short or long term disability or hardship.



To learn more or register for home delivery, please call the reference desk at (978) 664-4942



Our Philosophy

The philosophy of NRP&R is to down play the competitive approach to sports by instilling a positive attitude, confidence, and sportsmanship while emphasizing participation and teaching basic fundamentals.

It is the goal of the NRP&R to encourage all participants, coaches, instructors and parents to:

Support and respect the coach, instructor and participants;
Demonstrate what it means to play fair;
Win or lose with grace and dignity;
Encourage children during programs keeping comments positive;
Leave coaching to the coaches;
Be a positive role model exhibiting sportsmanship, giving everyone the opportunity to have a positive and fun experience!



COMMUNITY SERVICE OPPORTUNITIES

High School students looking for community service hours....

Give us a call or check **sign up genius** for fun opportunities to fill your required hours.

978-664-6016



SPONSOR A CHILD

Do you want to help?

We accept donations year round to send a child to a Recreation program.

Your generosity makes a difference in a child's life.

Donations can be made on our registration page

THANK YOU!



VETERAN'S COFFEE HOUR



Where?

Edith O'Leary Senior Center
157 Park St, NR 01864

When?

Every Thursday at 10am

