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NYS DIVISIONS

Main office: 978-465-4434

Recreation & Enrichment Programs

Seasonal, year round offerings and community events for all ages, 0-18



Caitlin Sullivan Associate Director of Recreation (ext. 1352)



Stacy Gijsbers Administrative Coordinator (ext. 1355)

Rec Center & Teen Trips

A membership based youth center, with seasonal programs, trips, workshops, and events for grades 6-12 (with jr. memberships for 4th and 5th grade).



Lee Gordon Associate Director of Youth Programs (ext. 1353)



Andrea Egmont Director (ext. 1351)

Services & Supports

Mentoring, support groups parent speaker series, The Beacon Coalition, and other city initiatives to promote healthy youth development.



Tina Los Associate Director of the ECAB Network (ext. 1354)



Trish Boateng Support Coordinator



The Learning Enrichment Center

Academic and cultural enrichment for school age children who need extra support.



Chris Cain Learning Enrichment Center Coordinator (ext. 1356)



Isa Maginnis Program Staff



NYS Family Membership

NYS has created a Family Membership for families with children under the age of 6. Our goal is to meet the needs of and connect families with younger children in the Greater Newburyport area and to all the resources NYS has to offer.

This membership is open to residents and non-residents. With your \$25 per year (or lifetime) membership, you will have access to:

- NYS programming and event updates, as part of the NYS mailing list
- Early registration for programs for ages 0-5
- · Open Gym 2-3 times per week during the winter months
- Free Music Rocks classes
- Playgroup Matching Assistance by age
- Annual Early Education Fair
- Seasonal Family Dance Parties (Open Gym After Dark)
- Seasonal Kid and Family Outings (apple picking, sleigh rides, etc.)*
- Opportunities to meet other families and form life-long friendships
- Parent Social Events, such as movie nights, exercise classes, and couples mixers*

*Additional Fees may apply - fees will be at a member rate



In all our programs, we:



Masks are worn at all times indoors, and when not spread out over 6' apart outdoors



W use non-contact greeting methods (i.e. elbows instead of high 5s)



Wash or sanitize hands at the door and have **regular hand washing** reminders



Disinfect surfaces like doorknobs, tables, and shared materials regularly



Increase ventilation by opening windows and using air purifiers

Balancing social distance with social needs

We want to make sure we are clear about how we are balancing the physical health and safety with the social emotional needs of your children while they are with us.

- Snack and lunch will be eaten outside or at tables which are more than 6' apart.
- Outdoor play requires masks but children can play freely on the playground- hands are washed on the way out and on the way back in.
- During play or activity time children must wash their hands upon entering before play or an activity.

All families must **complete a pre-screen** and keep children home if
there is any question of illness

Stay home if...

- You are feeling sick
- You have a sick family member at home



We know that this year has been especially hard on some children. And we want to help support them by recognizing anxiety, social insecurity and other challenges. please let us know up front if you know your child may need some extra support!

SAVETHE

FOR SUMMER FUN WITH

NYS



"Get Hooked" Youth Fishing Tournament







Thursday, FAMILY
July CORNHOLE
8th TOURNAMENT!

NYS Family Membership-infants, toddlers and pre-school

Pre-K Drums & Music

If your kid can hold the sticks, they're old enough to learn to play drums! Give your little musician a solid musical foundation with ZFDM's Pre-K Drums and Music Class. This class is a ton of fun and gives children the opportunity to play various percussion instruments including hand drums, shakers, woodblocks and maracas. We work together as a group using call and response techniques, introducing the kids to basic rhythm reading. The benefits of this class far exceed rhythm play – students learn how to follow directions, practice their listening skills and enjoy music while working with others. *Instructor: Dave Pierce of ZFDM, Location: Rec Center Playground*

Ages 3-5 with adult

Thu · May 6-June 10 · 10:00-10:45am · \$100/\$110

Family Connections

Story Hour & Kit

Join Family Connections for a morning of fun with stories and activities that encourage development of early literacy skills in young children. Family Connections is funded by the Massachusetts Coordinated Family & Community Engagement (CFCE) grant awarded to the Triton Regional School District by the Massachusetts Department of Early Education and Care. Links to register on the NYS MyRec page! Instructor: Family Connections, Location: Rec Center Playground

Ages2-5 with adult

Wed · Apr 28-June 16 · 10:00-11:00am · Free

Music Rocks!

Music Rocks! on Facebook Live! Join Miss Claudia on the Family Connections of Newbury, Rowley, Salisbury and Newburyport Facebook page as we sing and dance our way through early literacy embedded in music and movement. We'll do wiggles, tickles, bounces, silly songs, finger plays, instrument playing, and more! There is no cost or registration required for the program. Be sure to "like" the Family Connections Facebook page and follow along! *Instructor: Miss Claudia, Location: Facebook*

Ages 0-5 with adult

Tue · Apr 6-June 29 (skip April 20th) · 9:00-9:30am· Free

Soccer Shots

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication. Our coaches are the best-trained in the business. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards. In addition, we provide an exceptional customer experience and ongoing communication with parents.

Spring Mini (8-Weeks)

Instructor: Soccer Shots, Location: Cashman Soccer Field

Age 2

Session 1 Tues · April 6-June 1* · 9:30-10:00am · \$115/\$125

Spring Classic (8-Weeks)

Instructor: Soccer Shots, Location: Cashman Soccer Field

Age 3

Session 2 Tues · April 6-June 1*· 10:15-10:50am· \$120/

\$130

Ages 4-5

Session 3 Tues · April 6-June 1*· 11:00-11:40am· \$125/ \$135

NYS Family Membership-infants, toddlers and pre-school

Sky Hawks

Baseball Tots

Instructor: Skyhawks, Location: Perkins Park

3-4yrs BaseballTots (Hitters) 4-5yrs BaseballTots (Homers)

BaseballTots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game! Parent participation required for ages 2-3.5 years.

Ages 3-4

Session 1 Fri · Apr 9-May 7* · 10:00-10:45am · \$69/\$79

Ages 4-5

Session 2 Fri · Apr 9-May 7 *· 11:00-11:45am· \$69/\$79

*skip April 23rd

Multisport Tots

Instructor: Skyhawks, Location: Perkins Park

3-4yrs Multi-SportTots (All-Stars)4-5yrs Multi-SportTots (Legends)

Introduce your little superstar to sports in our most popular program! This soccer and basketball class uses ageappropriate games and activities to explore balance, hand/ eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years.

Ages 3-4

Session 1 Fri · May 21-June 11 · 10:00-10:45am · \$69/\$79

Ages 4-5

Session 2 Fri · May 21-June 11 · 11:00-11:45am · \$69/\$79

Stroller Bootcamp Series

Early Summer Bootcamp

A 45 minute full body, low impact workout using your stroller! We will combine barre, strength, and cardio together with your babe in tow! Babies in carrier also welcome. No equipment necessary but if you have light weights and/or resistance bands, and want to bring for an extra burn, feel free! Pre & Post Natal modifications will be provided. All fitness levels welcome. We recommend waiting until you are at least 6 weeks postpartum or have doctor's approval to workout before joining.

Instructor: Kristen Bonito Health & Fitness, Location: Bartlett Mall Basketball Courts

Adults with baby/toddler

Tue · June 8-29 · 9:30-10:15am · \$80/\$90

Nature for Tots

Lisa Hutchings, or "Miss Lisa" from Mass Audubon's Joppa Flats is coming to lead science and nature programs and walks for youth and their favorite adult! Each 60-minute program may involve live animals, hands-on science activities, or a guided nature walk at some of our special "green spaces" in the area. Our first program will be in the riverside yard of Joppa Flats where we will go on a short guided walk and meet some live creatures from the salt marsh including minnows, crabs, and snails. Each week we will meet at a different location for our next family adventure! Instructor: Lee Grover from Mass Audubon's Joppa Flats, Location: Various Parks Around Town

Ages 4-6 with adult

Tue · Apr 27-June 1 · 10:00-11:00am· \$175/child + parent (siblings who can be worn are welcome)

NEIGHBORHOOD MEET UPS

WE'RE ON A MISSION TO BRING BACK NEIGHBORHOOD PLAY! A GREAT WAY TO DO THAT IS FOR THEM TO START MEETING UP EARLY AND NEIGHBORS TO GET TO KNOW EACH OTHER!

HEAD TO YOUR NEIGHBORHOOD PARK ON IT'S WEEKLY ROTATION BETWEEN 10-11:30AM, AND MEET SOME OTHER FAMILIES. YOU NEVER KNOW WHEN NYS MAY SHOW UP WITH A SURPRISE!

PARK PLAY GROUPS

- MONDAY CASHMAN PARK AND JASON
- SAWYER (PLUM ISLAND)
 - TUESDAY WOODMAN PARK AND BARTLETT
 - MALL
- WEDNESDAY PERKINS PARK AND AYERS
 - PLAYGROUND/CUSHING PARK
 - THURSDAY BROWN SCHOOL PLAYGROUND
 - FRIDAY MOSELY PARK AND INN STREET

Please be mindful of mask wearing, social distancing and group size and adjust accordingly

We will be matching families twice a year.

Early Fall and Early Spring!

Sign Up Today!

Link on the Membership page on MyRec





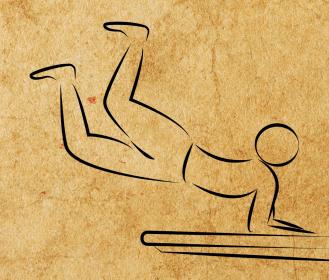
Children ages 0-5 (siblings welcome)



CONFIDENTIAL

e'reway
tartingsay
dultay
inimay
eagueslay

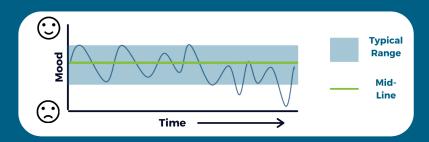
Do Kids even know pig-latin any more?



It says: we're starting adult mini leagues...

SYMPTOMS OF DEPRESSION AND ANXIETY IN YOUTH

Fluctuations in mood are normal, but if a person's mood begins to consistently fall outside the typical range, it may be a sign of the bigger issue. If your child experiences this or multiple symptoms from the list below, we encourage you to reach out to your doctor to discuss things further.





Biological

- Changes in energy level
- Changes in eating or sleeping patterns
- Increased reporting of stomachaches/headaches/illness



Social/Emotional

- Decreased interest in activities
- Avoiding friends (even virtually)
- Frequent crying, seeking parent proximity or reassurance
- Emotional outbursts
- Feeling worthless, overly selfcritical, low self-esteem



Cognitive

- Constant worry/negative thoughts
- Trouble concentrating/making decisions
- Difficulty completing schoolwork
- Decline in grades



Behavioral

- Decrease in proper hygiene
- Increased conflict with family/peers
- Self-injury or self-destructive behavior
- · Isolating in bedroom

CRISIS HELPLINES

If you need help, a great first step is to talk with your Primary Care Physician

National Suicide Prevention

Call 800.273.8255 or text TALK to 741741 Web chat available: https://suicidepreventionlifeline.org/

Psychology Today - find a therapist

psychologytoday.com/us

Online Counseling

betterhelp.com

24/7 LGBTQ+ Support trevorproject.org

WE ARE HERE FOR YOU

We are here to support youth and families during the pandemic. Visit our website for information on:

- Remote Schooling
- Mental Health
- Self-Care
- Parenting Tips
- Support Groups & More

ECABNETWORK.ORG



Services & Supports

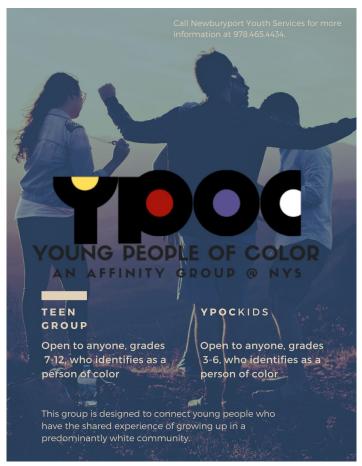
Visit Nebwuryportyouthservices.com and click on the icon for Services & Supports. There you can complete an interest form for one or more of these programs to get information!





Multicultural Families

Welcome multicultural families and friends! We are a diverse group of people from different races, ethnicities, abilities, and family structures (including LGBTQ and adoptive families). We hope this becomes a community for friendship, support, resources and fun- a place to share our experiences.





Big Friends Little Friends is a community-based mentoring program in which the Big and Little consistently meet 2-4 times a month for a minimum of one year. Matches are made with considerations to such things as geographic location, interests, and personalities.

For more info visit newburyportyouthservices.com





Deadlines are one week prior to start date. Register at Newburyportyouthservices.com or call NYS for help.

Little Aces

Little Aces is a great first step into NYS programs for new families, and a favorite of some of our summer regulars.

Designed as an early education program, a week in Little Aces is filled with elements your child will love. This year more than ever, we will focus on social and emotional health and connecting with peers.

The program has a 1:5 ratio, giving lots of personal attention from our amazing teen and adult staff. The day is set up to create a predictable routine filled with circle time, outdoor play, art/ theme activities, games, snack time and free play.

Little Aces runs indoors and out. This program also includes time for free play...Pure unstructured time with peers (where staff take a step back) where creativity and imagination are the boss, and important social skills are developed. Kids are encouraged to work out issues before asking an adult to help. When they do ask for help, Little Aces staff help guide them rather than fix it for them.

Each week the books, activities and games are based on the theme.



Little Aces

Ages 4-6 Mon-Fri · 9:00am-12:00pm \$150/\$160 Instructor: NYS Staff, Location: Rec Center

Session 1 Alice in Wonderland June 28-July 2

Session 2 Very Hungry Caterpillar & Friends July 5-9

Session 3 Under the Sea · July 12-16

Session 4 Fun Forks & Silly Spoons · July 19-23

Session 5 Slumber Party July 26-30

Session 6 Ooey-Gooey Messy-Yummy · Aug 2-6

Session 7 Outer Space · Aug 9-13

Add on: Stay and enjoy lunch and more outdoor play! 1:00pm pickup \$25/week









We also have a 20% discount for siblings!

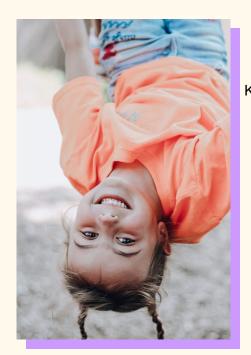
OR

A 20% discount if you sign up for

3 weeks or more!

Back and Better than Ever! Clipper is back for an amazing summer. 8 weeks this year. We have expanded our hours and have an early drop off option!

Clipper Kids and Crew is designed to recreate summer the way we all remember. Clipper is a summer play-ground program. It offers a playground, sports court, craft area, a field and baseball diamond. NYS Staff are there to plan activities and events and keep the days fun and exciting! This program also includes time for free play...Pure unstructured time with peers (where staff take a step back) where creativity and imagination are the boss.



Each week includes a water day, a theme day and new this summer we hope to have an entertainer visit each week!

Clipper is more than a camp, it's a community.

Kids grow up at Clipper year after year and we can't wait for your family to join.

We also have a 20% discount for siblings! OR
A 20% discount if you sign up for 3 weeks or more!

Clipper Kids

Instructor: NYS Staff, Location: Perkins Park

Gr 1-3 Mon-Fri · 8:45am-1:30pm· \$210/\$220

Session 1 June 28-July 2

Session 2 July 5-9

Session 3 July 12-16

Session 4 July 19-23

Session 5 July 26-30

Session 6 Aug 2-6

Session 7 Aug 9-13

Session 8 Aug 16-20



Add on: 8:00am drop off \$25/week

Clipper Crew

Instructor: NYS Staff, Location: Perkins Park

Gr 4-6 Mon-Fri · 8:45am-1:30pm· \$210/\$220

Session 1 June 28-July 2

Session 2 July 5-9

Session 3 July 12-16

Session 4 July 19-23

Session 5 July 26-30

Session 6 Aug 2-6

Session 7 Aug 9-13

Session 8 Aug 16-20

Add on: 8:00am drop off \$25/week





Grades listed below are for entering grades in the 2021/22 school year.

Programs in BLUE are afternoon or mid day programs.

Check descriptions for details.

SUMMER AT

June 21-25	June 28-July 2	July 5-9	July 12-16	July 19-23
Boys Basketball (Gr 5-10)	Boosters Classic Sports (G 4-8)	Animal Art (Gr 1-4)	Boys Basketball (Gr 5-10)	Boys Basketball (Gr 1-4)
	Boys Basketball (Gr 1-4)	Archery (Ages 8+)	Clipper Crew (Gr 4-6)	Clipper Cheer Clinic (Gr 6-8)
	Creative Juicery (Gr 1-4)	Clipper Kids & Crew (Gr 1-6)	Clipper Kids (Gr 1-3)	Clipper Kids & Crew (Gr 1-6)
Multi-week	Clipper Crew (Gr 4-6)	Pre-K Drum (Ages 3-5)	Creative Juicery (Gr 1-4)	D & D (Gr 3-5)
	Clipper Girls Basketball Clinic (Gr 4-9)	Clipper Volleyball Clinic (Gr 5-10)	East Coast Soccer (Gr K-6)	East Coast Elite Soccer-Boys (Gr 7-9)
ZFDM	Clipper Kids (Gr 1-3)	East Coast Soccer (Gr K-6)	Little Aces (Ages 4-6)	Little Aces (Ages 4-6)
Kids Run Club Music Rocks Family Connections Story Hour & Craft Intro to Archery	LEGO Robotics Master (Gr 1-5)	Horsemanship (Ages 6+)	Mountain Biking-Int/Adv (Gr 4-8)	Parkour (Gr 1-6)
	Little Aces (Ages 4-6)	Little Aces (Ages 4-6)	Private Skateboard Lessons (Gr 3+)	Private Skateboard Lessons (Gr 3+)
	Private Skateboard Lessons (Gr 3+)	Private Skateboard Lessons (Gr 3+)	Rube Goldberg Simple Machines (Gr 1-5)	The Young Engineer Challenge (K-4)
Family Tennis	NetGenerations Tennis (Ages 4-6)	Track & Field (Gr 3-8)	NetGenerations Tennis (Ages 4-6)	NetGenerations Tennis (Ages 4-6)
	Club Tennis (Gr 1-8) AM & PM	Young Engineer Challenge (Gr K-4)	Club Tennis (Gr 1-8) AM & PM	Club Tennis (Gr 1-8) AM & PM
	Clipper Girls Basketball Clinic (Gr PreK-3)	NetGenerations Tennis (Ages 4-6)	Mountain Biking-Beg (Gr 4-8)	Cooking (Gr 4-8)
	Video Game Designer (Gr 3-6)	Club Tennis (Gr 1-8) AM & PM	Creative Juicery (Gr 1-4)	East Coast Elite Soccer- Girls (Gr 7-9)
	Creative Juicery (Gr 1-4)	Football Clinic (Gr 5-8)		Horsemanship (Ages 6+)
				Nature Wire Art (Gr 3-5)
				Parkour (Gr 7-9)

Youth Center Programs are open to entering grades 7-12.

Youth Cente

	Tuesdays	Wednesdays	Thursdays
2 sessions each	D and D 1-3pm	Hammock Hang 12- 1:30pm	Craft Trendz 3-4:30pm
June 29-Aug 19	Yoga 3-4pm	Nature Art 2-3pm	Roller Disco 5-6:30pm
	Anime 3:15-4:30pm Grill and Chill 5:30-7:30pm	Pick Up Ball 4-5:30pm Chess Club 4:15-5:45	Movie Night 8-10pm
1 session June 29 -July 20	GaGa Ball 2-3pm		
1 session July 27- Aug 17	Roller Hockey		

'A GLANCE

Grades listed below are for entering grades in the 2021/22 school year.

Programs in BLUE are afternoon or mid day programs.

Check descriptions for details.

July 26-30	Aug 2-6	Aug 9-13	Aug 16-20	Aug 23-27
Clipper Crew (Gr 4-6)	Clipper Cheer Clinic (Gr 3-5)	Clipper All Sports Clinic (Gr 1-6)	100 in 1 STEM Lab (Gr 2-5)	Net Generations Tennis (Ages 4-6)
Clipper Kids (Gr 1-3)	Clipper Crew (Gr 4-6)	Clipper Crew (Gr 4-6)	Creativity Juicery (Gr 1-4)	Club Tennis (Gr 1-8) AM & PM
Clipper Lacrosse Boys Clinic (Gr 4-8)	Clipper Kids (Gr 1-3)	Clipper Kids (Gr 1-3)	Clipper All Sports Clinic (Gr 1-6)	
Clipper Lacrosse Coed Clinic (Gr 1-3)	East Coast Soccer (Gr K-6)	Creative Juicery (Gr 1-4)	Clipper Crew (Gr 4-6)	
Creative Juicery (Gr 1-4)	Little Aces (Ages 4-6)	East Coast Soccer (Gr K-6)	Clipper Kids (Gr 1-3)	
CSI (Gr 1-5)	Mountain Biking-Beg (Gr 4-8)	Horsemanship (Ages 6+)	Parkour (Gr 1-6)	
East Coast Soccer Jr (Ages 3-5)	NBBA Summer Hoops Challenge (Gr 4-8)	Little Aces (Ages 4-6)	Private Skateboard Lessons (Gr 3+)	
Golf (K-3)	Private Skateboard Lessons (Gr 3+)	Private Skateboard Lessons (Gr 3+)	Net Generations Tennis (Ages 4-6)	
Little Aces (Ages 4-6)	Rollerblading Fun! (Gr 1-4)	NetGenerations Tennis (Ages 4-6)	Club Tennis (Gr 1-8) AM & PM	
Private Skateboard Lessons (Gr 3+)	Net Generations Tennis (Ages 4-6)	Club Tennis (Gr 1-8) AM & PM	Field Hockey (Gr 3-8)	
Net Generations Tennis (Ages 4-6)	Club Tennis (Gr 1-8) AM & PM	Field Hockey (Gr 3-8)	Creativity Juicery (Gr 1-4)	
Club Tennis (Gr 1-8) AM & PM	Cooking (Gr 4-8)	Flag Football (Gr 2-4) & (Gr 5-8)		
	Discover Design & Photo Editing (Gr 4-8)	Intro to Coding & Web Design (Gr 4-6)		
	Mountain Biking-Int/Adv (Gr 4-8)	Cooking (Gr 4-8)		

er Programs

1 Time Activities, Events, and Trips

Wilderness First Aid June 24th and 25th 8-5pm

Kayaking July 12th. 11am

Scavenger Hunt July 19th. 4-5:30pm

Paddleboard August 2nd, 1pm