

FALL & EARLY WINTER

ACTIVITY GUIDE 2021



PROGRAMS

We have some fun new programs, including the new Blue Blocks!

PRE-SCHOOL

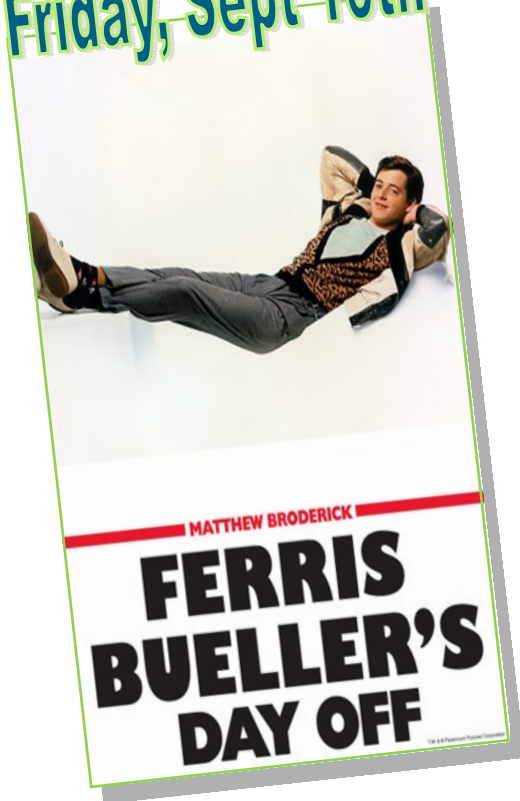
Check out the full Family membership for families with kids under 5!

REC CENTER

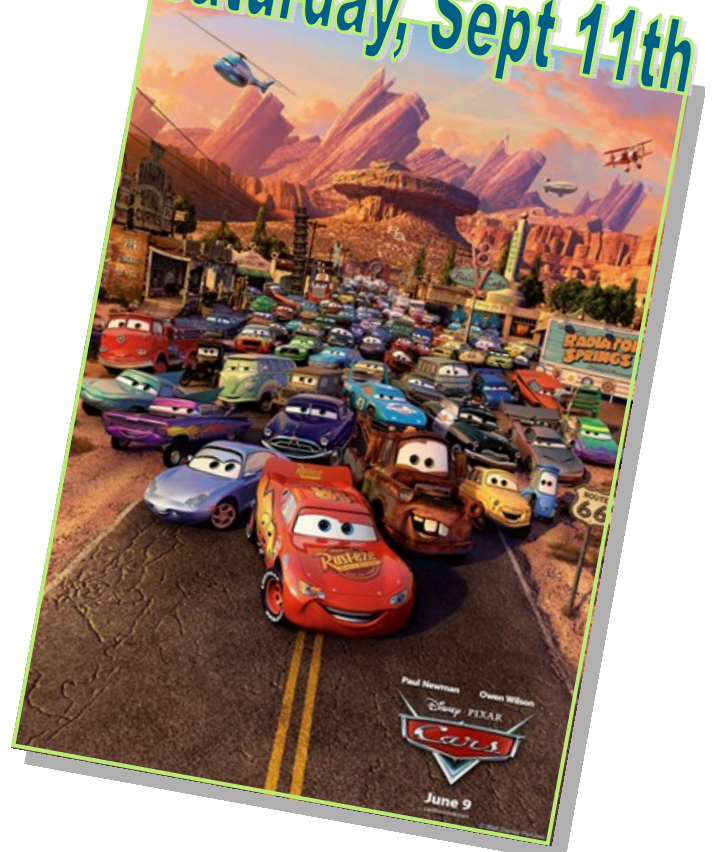
The Rec Center is better than ever! Plenty of clubs and activities for grades 6-8 and 9+

Friends of
NEWBURYPORT YOUTH SERVICES

Friday, Sept 10th



Saturday, Sept 11th



\$25/ car Buy tickets in advance to guarantee your spot! [Facebook.com/friendsofnys](https://www.facebook.com/friendsofnys)

Lot opens at 6pm! Movie starts at Dusk! All proceeds benefit NYS!



Letter from NYS

Dear NYS Family,

If no one has told you lately– you are doing a great job! These last 2 years have challenged many of us in a variety of ways. However, your children are resilient and amazing... and you are to thank for that!

Our goal this year is to continue to create spaces for young people to reconnect with one another as well as activities and experiences that will help them on their journey and may provide a new passion.

YOUTH THRIVE

We are continuing our Youth Thrive campaign. The Youth Thrive campaign is a community initiative to foster independence and resiliency in young people. It is based on our

5 to Thrive: the City's commitment to Value, Inspire, Engage, Empower and Support young people.

These themes are woven into all NYS programs and supports. Youth Thrive is a cornerstone of our Parent Speaker Series (see page 14).



As always, we ask that you share this activity guide with your children. It's easy to assume what they will and will not do, but let them surprise you. And when in doubt... sign up with a friend. Everything's better with a friend!

Andi Egmont
Director, NYS

How to Register:

Registration is open!

In person at NYS or Online- Go to Newburyportyouthservice.com and Click on "Online Registration"

Financial Aid is always available– please contact us for assistance.

For a full list of NYS policies, go to the Parent Portal on our website!

NYS DIVISIONS

Main office: 978-465-4434

NYS is located at
40 Milk Street,
Newburyport, MA

Recreation & Enrichment Programs

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



To Be Announced
Associate Director of
Recreation
(ext. 1352)



Isa Maginnis
Activity Coordinator,
Rec Division

Youth Programs: 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)



Tarah MacGregor
Activity Coordinator,
Youth Programs

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

Learning Enrichment Center

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



Chris Cain
Learning Enrichment
Center Coordinator
(ext. 1356)

NYS Administration



Andrea Egmont
Director
(ext. 1351)



Stacy Gijbers
Administrative Coordinator
(ext. 1355)



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FALL ENRICHMENTS: ART, COOKING, STEM ETC

FALL RECREATION: SPORTS, EQUESTRIAN, SKATEBOARDING, ETC.

DATE NIGHT DROP-OFF

HALF DAY @ THE REC FOR 4TH AND 5TH

THERAPEUTIC REC

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(MIDDLE AND HIGH SCHOOL AGE)

YOUTH COUNCIL

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EARLY RELEASE DAYS

FRIDAY NIGHTS

SKI TRIPS



On the cover:
Lyla Erikson, River Valley Charter
School



Keeping Us All Healthy

Fall 2021

This fall at NYS, we will:



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



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



Encourage folks to 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

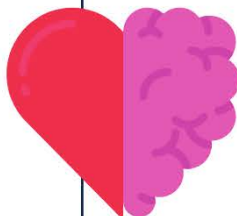
We want to make sure we are clear about how we are balancing the physical health and safety with the social emotional needs of your children while they are with us.

- We will not be enforcing social distancing during most programs. We will encourage it and will set spaces up for effective distancing.
- Snack and lunch will be done outside when possible or at tables with people spread out.
- Outdoor play is encouraged and outdoor classrooms will be utilized as much as we can.
- During play or activity time children must wash their hands upon entering before play or an activity.

All families are expected to **self 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



Taking care of emotional and mental well-being

We know that this year has been especially hard on some children. 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!

A photograph of a man, a woman, and a young child sitting together and reading a colorful children's book. The man is on the left, the woman is in the background, and the child is on the right, looking at the book. The book has illustrations of various animals and the title 'NIMCRO' is visible.

**PARENTING IS
HARD.
FRIENDS
MAKE MAKE
IT EASIER.
OR AT LEAST MORE
FUN! JOIN US!**

Memberships are just \$25.00 a year (or a 5 year membership) and get your family the following:

- Discounts on pre-school age programs
- Playgroup Matching
- Dads, Dudes & Donuts Saturday group and special events
- Early registration for Family Membership events
- Invitations to Parent Only events
- Invitations to Member Only Family Activities and Events
- Free Open Gym all Winter Long!
- Access to Parent Supports and more...

**NYS Families
Membership**

**THE NYS FAMILIES
MEMBERSHIP IS
DESIGNED TO HELP
CONNECT AND MEET
THE NEEDS OF
FAMILIES WITH
CHILDREN UNDER
THE AGE OF 5 IN THE
GREATER
NEWBURYPORT
AREA.**

NYS Families Membership



DADS, DUDES, AND DONUTS

Join us on the 1st and 3rd Saturdays of the month, October- April
9-11am at the Rec Center, 40 Milk Street, NBPT



**FREE WITH
NYS FAMILY
MEMBERSHIP**



You meet other dads/male caregivers and kids meet new friends



We'll provide toys and activities (and donuts!)



A playgroup for male caregivers with children 0-5
*Siblings welcome

New Parent Social Group

WEDNESDAYS
10:30AM-12PM
@ NYS
FOR NEW PARENTS WITH
CHILDREN UNDER 9
MONTHS



come as you are

Family Connections

INDOOR playgroups with Miss Cindy!

We are so excited to be back in person this fall with our full schedule of playgroups! It's been too long and we miss seeing our friends! Join us each Thursday at 9:30 a.m. for free play, art, gross motor activities and story time. Registration is required. Please note that this is a parent/caregiver and child(ren) playgroup, not a drop off. Siblings of different ages are welcome. Links to register on the NYS MyRec page!

Instructor: Family Connections, Location: Rec Center Playground

Ages 2-5 with adult

Thurs Sept 7—Dec 16 9:30-10:30am 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!

****If Wednesdays become too busy, a Tuesday session will be added.**

Instructor: Miss Claudia, Location: Facebook

Ages 0-5 with adult

Wednesday · Sept 15— Dec 15 9:00-9:30am Free



Family Connections

Newbury, Rowley, Salisbury & Newburyport



NYS Families 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 · Sept 17-Oct 18 · 10:00-10:45am· \$69/\$79

Ages 4-5

Session 2 Fri · Sept 17– Oct 18 *· 11:00-11:45am· \$69/\$79

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.

Fall Mini (8-Weeks)

Instructor: Soccer Shots, Location: Mon-Cherry Hill, Wed– Perkins Park

Age 2

Session 1 Mon · Sept 13– Nov 1 9:00-9:30am · \$140/\$150

Session 2 Wed · Sept 15– Nov 3 4:00-4:30pm \$140/\$150

Fall Classic (8-Weeks)

Instructor: Soccer Shots, Location: Mon-Cherry Hill, Wed– Perkins Park

Age 3

Session 3 Mon· Sept 13– Nov 1 9:40-10:15am· \$155/165

Session 4 Wed Sept 15– Nov 3 4:40-5:15· \$155/\$165

Ages 4-5

Session 5 Mon· Sept 13– Nov 1 10:25-11:05am· \$155/\$165

Session 6 Wed Sept 15– Nov 3 5:25-6:05 \$155/\$165

*Skip Oct 11

Multisport Tots

Instructor: Skyhawks, Location: Perkins Park

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

4-5yrs Multi-SportTots (Legends)

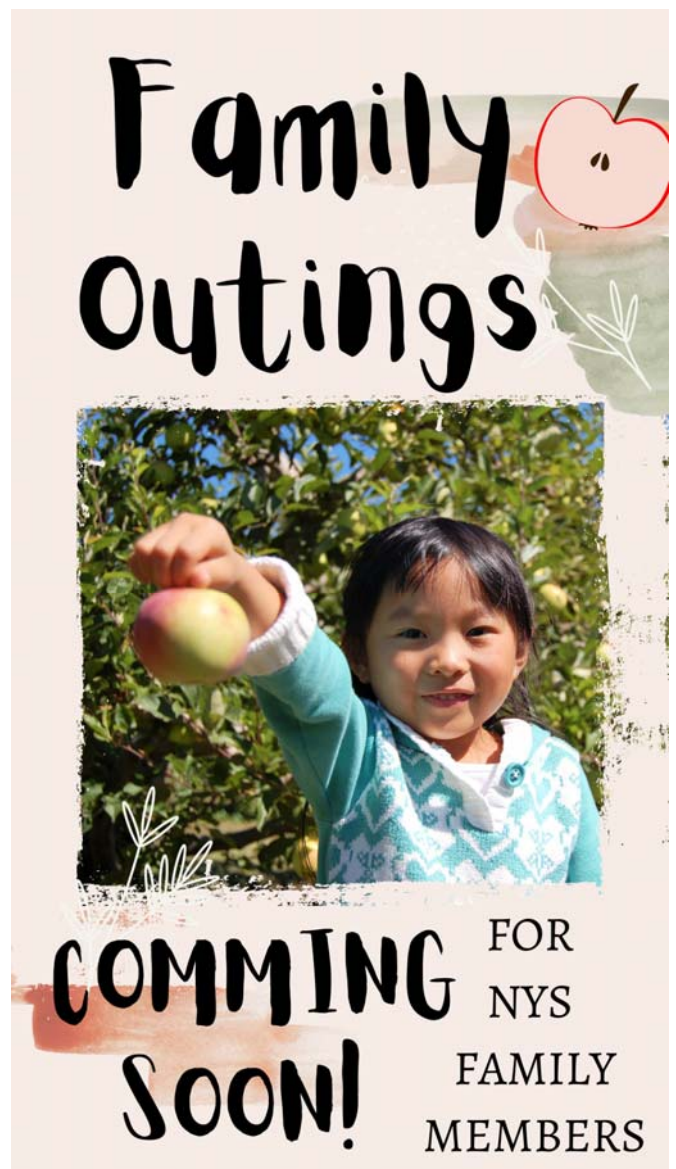
Introduce your little superstar to sports in our most popular program! This soccer and basketball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years.

Ages 3-4

Session 1 Fri · Oct 29– Nov 19 · 10:00-10:45am· \$69/\$79

Ages 4-5

Session 2 Fri · Oct 29– Nov 19 · 11:00-11:45am· \$69/\$79





Blue Blocks Workshop encourages unstructured, child-directed (staff guided) free play-- a critical part of a child's social, intellectual and physical development.

Using life-sized blue foam blocks, children have an opportunity to engage with their imagination and creativity while learning important fundamentals about structure, building, teamwork and moving parts. Weekly topics for design will include: balance, engineering, momentum and environment.

Blue Blocks

Mondays

Ages 4+5 2-3pm

Grades K-3 3:30-4:30pm

Session 1: 9/13 - 10/4

Session 2: 10/18 - 11/8

Session 3: 11/15 - 12/6

Session 4: 12/13 - 1/10

Session 5: 1/24 - 2/14

Thursdays

Ages 4+5 1:30-2:30pm

Session 1: 9/16 - 10/7

Session 2: 10/14 - 11/4

Session 3: 11/18 - 12/16

Session 4: 1/6 - 1/27

Session 5: 2/3 - 3/2

Cost: \$35.00

Discount for Family Memberships

PRE-SCHOOL OPEN GYM!

SIGN UP TODAY! FREE WITH FAMILY MEMBERSHIP

FOR FAMILIES WITH YOUTH AGES 0-5, TUES, WED AND FRI, 10-11:30AM



PLAY, DANCE, RELAX

NBPT Youth Services Open Gym After Dark

Saturday, Nov 6th, Feb 26, April 23rd,
5-7:30pm at the Rec Center Gym

FREE

For Families with Youth Ages 5 & Under - Pizza and Snacks for Sale



TOUCH-A-TRUCK

Saturday, Oct 23rd 10am-1pm

*quiet hour from 12-1 (no horns or sirens)

FREE Family Event @ Cashman Park

Come climb on in and explore all
kinds of vehicles!



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

LIL' PICASSOS



HANDS ON ART
NEWBURYPORT YOUTH SERVICES



TUESDAYS 10:45am-11:30am

At the Newburyport Rec Center (40 Milk St)

SESSION 1:

Sep 14th - Oct 5th

SESSION 4

Dec 7th - Jan 4th

SESSION 2:

Oct 12th - Nov 2nd

SESSION 5

Jan 11th - Feb 1st

SESSION 3:

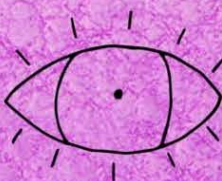
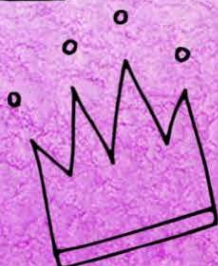
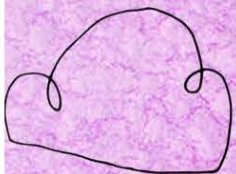
Nov 9th - Nov 30th

SESSION 6

Feb 8th - Mar 8th

\$35 per session
\$5.00 discount for members

**For ages
2-4!**



Looking for families with kids
the same age?
We will be matching families twice
a year.
Early Fall and Early Spring!



Play Group Matching

Connecting Parents
through Play

Sign Up Today!
Link on the Membership page on MyRec

Services & Supports

Visit Newburyportyouthservices.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!

Holiday Program **FAMILY TO FAMILY** Fulfilling Family Wishes





Holiday Program **FAMILY TO FAMILY** Fulfilling Family Wishes

WE ARE LOOKING FOR BOTH ELVES AND FAMILIES IN NEED IN NEWBURYPORT, SALISBURY, AMESBURY, NEWBURY, WEST NEWBURY, AND ROWLEY. MORE INFO, FAMILY APPLICATIONS, & ELF SIGN UP AVAILABLE ON OCT. 1ST!



NEWBURYPORT COMMUNITY
MENTORS

Big Friends, Little Friends

We are looking for both mentors and youth to join our program!

Mentors are matched with local youth and spend time together a few times a month, for a year. By simply spending time together, our "Bigs" help our "Littles" to gain self-confidence and make a big difference in their lives.

For more info, please email Trish at tboateng@cityofnewburyport.com





HAPPY BIRTHDAY BANK!

In need of a birthday gift for your child this month? NYS now offers a birthday bank for families.

Contact Trish for more info: 978-572-6189 or tboateng@cityofnewburyport.com

Also accepting brand new toys for the bank!

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

THE PARENTING YEARS SPEAKER SERIES

2021-2022

WE ASKED, YOU ANSWERED, WE LISTENED

THIS YEAR'S TOPICS WILL INCLUDE

- BUILDING INDEPENDENCE SKILLS
- HELPING YOUR YOUNG PERSON COPE WITH ANXIETY
- TEENS AND RISKY BEHAVIOR
- TALKING WITH CHILDREN ABOUT RACE

MORE INFO TO COME!
BROUGHT TO YOU BY NYS, RVCS PTA, &
NEWBURYPORT ELEMENTARY PTO

*The virus has made things
harder for everyone.*

DO YOU HAVE EVERYTHING YOU NEED?

Please let us help. We have the
connections, resources and funds
available.

Our support team works
in confidence and with respect for
all who reach out.



Call or text us!

Newburyport Youth Services

Newburyport residents:

Trish Boateng, Support Coordinator
Call or Text 978-572-6189

Pettengill House: 978-463-8801

(Amesbury, Groveland, Merrimac, Newbury, Newburyport,
Rowley, Salisbury, West Newbury)

Families with Children:

Anna Nash, 978-243-9747

Senior Support (60 years and older):

Amanda Fisher, 978-243-4494

Adults:

Ann Champagne, 978-243-9744

Substance Misuse, Addiction and Recovery Services:

Lauri Murphy, 978-243-9746

Food Pantry:

Lou Lessard, 978-243-9745



NYS AFFINITY GROUPS

40 MILK STREET, NEWBURYPORT

VISIT NEWBURYPORTYOUTHSERVICES.COM

YOUNG PEOPLE OF COLOR (YPOC)

A social group for youth in grades 7-12 who identify as a person of color. Meets on the 3rd Monday from 6-7 PM. Begins 9/20.

GRANDPARENTS RAISING GRANDCHILDREN

Meets on the 2nd Wednesday from 5:30-7 PM. Dinner and childcare included. Begins 9/8.

NAGLY NORTH

A group for LGBTQ+ youth in grades 7-12 from any town. Meets on the 1st and 3rd Wednesdays from 6 -8 PM. Begins 10/6.

DADS, DUDES, & DONUTS

A special time for male caregivers and children ages 0-5. Open play in the gym on the 1st and 3rd Saturdays from 9-11 AM. Begins 9/18.

MULTICULTURAL FAMILIES OF THE NORTH SHORE

Connects families of non-majority racial identities, ethnicities, countries of origin, and/or family structures including LGBTQ+ and adoptive families. Meets on the 4th Sat at 10 AM. Begins 9/25.

SIBLINGS OF CHILDREN WITH SPECIAL NEEDS

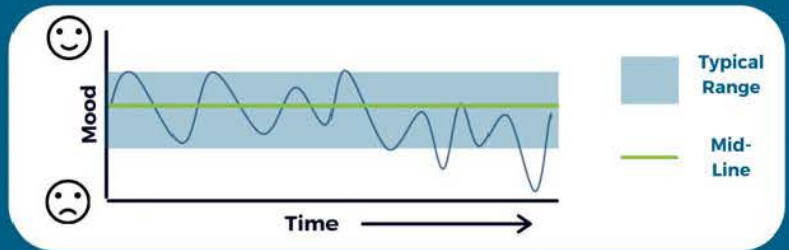
A play group for children who have siblings with special needs. Meets on the 2nd Saturday at 10 AM. Begins 10/9.

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



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 self-critical, 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:

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

ECABNETWORK.ORG



essex county

ASSET BUILDER
network

YOUTH THRIVE

Community Free Play Clubs

Relaunching this Fall!

- Perkins Park Playground Thursdays 3pm- dusk
- Cushing Park Mondays 3pm- dusk
- Moseley Pines Tuesdays 3pm-dusk
- Woodman Park Wednesdays 3pm- dusk

What is a Free Play Club?

It's a set time where parents know that others may be sending their kids to play at a park or playground. Parents may be on site or allow older kids to go on their own. However, the goal is for children to play independently and have adults for emergencies only (like a lifeguard).

The social skills children learn through play, risky activities and conflict, build resiliency and reduce anxiety and depression.

By focusing on the **5 to Thrive**

we will continue to build developmental youth assets in our young people!



YOUTH THRIVE is a multi-year plan to:

- Help the community as a whole **VALUE** our young people and see them as a resource in our community
- **ENGAGE & EMPOWER** young people to increase independence and coping skills to take into adulthood
- **SUPPORT** young people and their families to make sure they are able to live their best lives
- And **INSPIRE** young people to find their spark and ignite their own fire!

Join the Let Grow Challenge!

Work with your children to choose a new activity every week for them to try on their own! Maybe it's walking the dog, doing laundry, running in the store for you or smaller like taking out the trash or getting their own bowl of cereal!

Learn more at newburyportyouthservices.com



Fall Enrichment

CREATIVE STREAK

With Isa Maginnis

**A multi-medium art class
for k-3rd graders
on THURSDAYS
from 3:30-4:45pm**



Session 1 Sept 16th - Oct 21st

Clay and 3D art!

Session 2 Oct 28th - Dec 16th

Painting / printing

Session 3 Jan 6th - Feb 10th

Collage / paper art

Session 4 Feb 17th- March 24th

Weaving / textiles



Explore More!
NEWBURYPORT YOUTH SERVICES

\$45 per session

@ NEWBURYPORT REC CENTER

WIRE BY RYAN

Wire Art

Join local award winning wire sculptor Ryan Kelley as you create wire art.

Instructor: Ryan Kelley,
Location: NBPT Rec Center

Gr 3-5

Wed · Nov 17-Dec 15

· 3:45-5:15pm ·

\$75/\$85



NINJA NERFERS FALL BATTLE

Ninja Nerfers

Fall Battle

Lock and load! This multi-week program is filled with friends, fun and foam darts! Each week will be a different Nerf War competition including teams, every person for themselves, tag, and target practice. Nerf guns, darts and obstacles all included!

Instructor: NYS Staff Location: Brown School Gym

Gr 3-5

Session 1 Mon · Sept 27- Nov 1 · 3:30-4:15 · \$55/\$65

Session 2 Mon · Nov 8- Dec 6 · 3:30-4:15 · \$55/\$65



Explore More!
NEWBURYPORT YOUTH SERVICES



Fall Enrichment

Dungeons & Dragons Club

Whether you've spent hours rolling dice and adventuring or are not even sure what D&D is, this program is perfect for you! D&D is a collaborative improvisational role-playing game where players create characters, adventure, roll dice and work together to have as much fun as humanly possible. Join us each week for fantasy adventures in the world's greatest role-playing game.

We need Dungeon Masters!

If you or someone you know is interested in running some D&D Games, please contact us!

Cozy Cooking in the Kitchen

Now is the time to enjoy a hot soup, a vegetable based main dish, warm bread and healthy dessert. Come join in a fun filled cooking class where you will prepare simple, delicious food items that your family members will enjoy, while you learn basic cooking skills, and interesting nutrition and food facts. Recipes will include international items, and are tailored for available ingredients and possible substitutions. All recipes will clearly specify when an adult assist is needed for e.g. use of the stove, to ensure safety. I hope to see you in the kitchen!

Instructor: Fran Kaplan

Newburyport Senior/Community Center \$115.00 Res, \$125.00 Non-Res

Around the World Cooking Fall Gr 4 - 5 Tues 10/05/2021 - 10/26/2021 3:30 - 5:00 PM

Around the World Cooking Winter Gr4 - 5 Tues 11/09/2021 - 11/30/2021 3:30 - 5:00 PM

BLUE BLOCKS WORKSHOP k-3rd grade sessions

Mondays 3:30-4:30pm

Session 1: 9/13 - 10/4

Session 2: 10/18 - 11/8

Session 3: 11/15 - 12/6

Session 4: 12/13 - 1/10

Session 5: 1/24 - 2/14

35\$ Per session



What are Blue Blocks?

Using Imagination Playground blocks, kids build a new world every day. They make objects like animals, rocket ships, and robots. They make imaginary places like houses, factories, and cities. They make new dramatic scenarios, settings, and games to play. Most important, they make the rules. Because Imagination Playground is child-directed and open-ended, it encourages self-expression through deep, joyful play.

Unstructured, child-directed play is a critical component of healthy social, emotional, and intellectual development. Unlike toys and games, Imagination Playground blocks don't dictate to children the way they're meant to be played.

With Imagination Playground, kids literally make their own open-ended fun. There's no right or wrong way to play with them. That's also why they're only available in one color. This facilitates more imaginative play, without any distraction or competition that might arise from having multi-colored toys.

Deadlines are one week prior to start date. Register at [Newburyportyouthservices.com](https://newburyportyouthservices.com) or call NYS for help.



Date Night
DROP OFF!

NYS is providing child care 5 Friday nights this fall for only \$15 per child. NYS staff will serve your child dinner & fun while you enjoy an evening out on the town!

If you have more than 2 kids, it's just \$10 each!

Must register by Tuesday PM

Friday Nights from 5:30 - 8:30pm

Sep. 17th
Oct 8th
Oct 29th
Nov 19th
Dec 10th

Grades K-5
\$15 per child



LEGO® Robotics

Using the latest LEGO(R) robotics technology, participants will explore the amazing world of robotics. Our differentiated instruction provides students with an opportunity to explore robotics and programming at an appropriate level. Using the LEGO Education WeDo, younger students will learn about gears, circuits, and computer programming as they design, build, and program a variety of different robots. Our more experienced students will design and build incredible machines using the new LEGO(R) Mindstorms EV3! All students will have an opportunity to program using drag-and-drop software as they bring their creations to life! Note: Participants do not take projects home.

Newburyport Recreation Center Program Room \$75.00 Res, \$85.00 Non-Res

Lego Robotics Gr1 - 9 Thurs 10/07/2021 - 10/28/2021 4:00 PM - 5:30 PM

Coding with Scratch

In this fun and action-packed class participants will learn how to program their very own Space Invaders game that can even be played on a mobile device! Each week children will learn to think creatively and learn important problem-solving strategies as they design and program a game that is truly out of this world!

Newburyport Recreation Center Program Room \$75.00 Res, \$85.00 Non-Res

Coding with Scratch Gr 3 - 6 Tues 11/02/2021 - 11/23/2021 4:00 PM - 5:30 PM

Minds in Motion: Bridges and Buildings

Have you ever been across a bridge and wondered how it works? Get ready to get your mind in motion as you work with and take home your very own Structures Set! Learn all about buildings and bridges and how they literally support our lives! Experiment with different types of bridges and find out how their architectural design provides massive weight support. Discover all the types of forces applied and how engineers manage to reduce their effects. With your kit, you can build up to nine working models such as a house, pyramid, and various types of bridges: beam, arch, truss, cable-stayed and suspension bridge. You will study theory and learn the history of some amazing structures and historical landmarks. Come bring out the architect side of you as you enter the fascinating world of bridges and buildings and explore the magic of STEM!

Newburyport Recreation Center Program Room

\$125.00 Res, \$130.00 Non-Res



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



PET FIRST AID



In this course, you will learn the basics in caring for cats and dogs through a variety of topics – from understanding and checking your pet's vital signs, to preventative care for cats and dogs, to caring for the most critical emergency situations – including breathing and cardiac emergencies, wounds, bleeding, and seizures. Certificate offered by ASHI.

This session is designed for families, children must be 10+ with a caregiver.

Instructor: Greater Boston
Safety Training,
Location: Brown School Gym

Ages 10+ with
caregiver, or 13+ alone

Check Back! Date TBA
• \$100/ \$110



Safe Sitter Essentials

Designed for young people in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do in severe weather. The lessons are filled with fun activities and role playing exercises. Students even get to use CPR manikins to practice choking rescue and CPR!

Instructor: Andi Egmont (NYS)

Location: Rec Center

Grades 6-8

Session 1 Saturday October 16 9am-3pm \$135/\$145

NEWBURYPORT PUBLIC LIBRARY

The Newburyport Public Library offers free activities and programs all summer long, for every age group from infants to adults.

- Online Summer Reading Program
- Book bundles
- Take & Make crafts
- New digital resources & more!

Visit us at newburyportpl.org or call us at 978-465-4428 for more information.



Register For A Class Today!

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger brothers or sisters, or babysitting.



CLIPPER BASKETBALL

CLIPPER BOYS BASKETBALL

Newburyport High School Boys Basketball and NYS are excited to offer Boys Basketball Clinics for student-athletes this Fall! This clinic will focus on all players developing the fundamentals of the game through skill work and small sided games focusing on dribbling, passing, footwork, defense, and shooting form.



Academic clinics 4th & 5th: 9/23- 10/28

Academic clinics 6th & 8th: 9/21-10/26

2:15-5pm

CLIPPER GIRLS BASKETBALL



Our focus will be to help players gain confidence and knowledge while teaching the proper fundamentals in a fun atmosphere.

Daily emphasis will include: footwork, balance, ball handling, shooting, attacking defender, post play, defensive concepts, boxing out and rebounding, goal setting, positive affirmations, plus other fun activities and games.

3:30-5pm

Fall Clinic 4th&5th: 9/20-10/25

Fall Clinic 6th&8th: 9/22-10/27

Fall Recreation

Skateboarding Lessons

Join NYS' master skate instructor, Lee Biddle. Lee will work with your child whether just learning to balance on the board, or ready to drop in the big bowl! These lessons are about skills and also skate park etiquette (how to stay safe around other skaters). Whether you've never stepped on a skateboard before or are more advanced and just want to progress, this is the class for you! A one-on-one skateboard lesson that will move at your own pace! These are listed as private lessons. However, if you would like to add a sibling or friend to your session, please email or call NYS.

NBPT Skatepark \$165.00 Res, \$175.00 Non-Res

Ages 5 - 16 Sat 09/25/2021 - 10/23/2021

Fall Skate Lessons 1 8:00 AM - 9:00 AM

Fall Skate Lessons 2 9:00 AM - 10:00 AM

Fall Skate Lessons 3 10:00 AM - 11:00 AM

Fall Skate Lessons 4 11:00 AM - 12:00 PM

East Coast Soccer

Let your child be a part of something big! Join East Coast Soccer at any age! Learn the basic skills of soccer from kicking to passing and the important elements of teamwork and good sportsmanship. We have one of the best instructors to child ratios and our staff love the sport and bring a wealth of soccer knowledge to our programs. This has made East Coast Soccer one of the premier soccer programs to learn soccer or to increase your soccer skills on the North Shore.

Newburyport Recreation Center Gymnasium \$60.00 Res, \$70.00 Non-Res

Winter Warmup Session 1 Ages 5 - 6 Wed 12/01/2021 - 12/15/2021 5:00 PM - 6:00 PM

Winter Warmup Session 2 Ages 7 - 9 Wed 12/01/2021 - 12/15/2021 6:00 PM - 7:00 PM

Mountain Bike Club

1 hour a week to ride with others! Adult and/or high school age staff lead the way and provide assistance and guidance. You must have experience to participate in the club. Completion of beginner course is highly recommended. Ages 10+

Moseley Woods and Woodsom Farm \$85.00 Res, \$95.00 Non-Res

Fall Biking Club Gr 5 - 9 Fri 09/24/2021 - 10/29/2021 4:00 PM - 5:00 PM

High Tail Acres Horsemanship

What a great opportunity for the youth to experience the workings of a stable with hands on activities and to also experience 2 riding lessons, group activities and horse themed projects. The school day off program offered at High Tail Acres, LLC is open to all ability levels, therefore giving the opportunity to the intermediate rider to improve upon their skills and the beginner rider to develop the necessary foundation of basic skills. The counselors at High Tail have all participated in the horsemanship programs at High Tail and are eager to share their own experiences through interaction with the youth. The instructors are MA licensed, with years of teaching experience. We do have a limited number of boots and helmets available. If you need to purchase equipment, please call High Tail Acres directly @ 978-465-4142 and we will guide you in the right direction.

High Tail Acres, Newbury \$105.00 Res, \$115.00 Non-Res

Horsemanship Session 1 Columbus Day Gr 6 - 12 Mon 10/12/2021 9:00 AM - 2:00 PM

Horsemanship Session 2 Veteran's Day Gr 6 - 12 Thurs 11/11/2021 9:00 AM - 2:00PM

Horsemanship Session 3 MLK Gr 6 - 12 Mon 01/18/2022 9:00 AM - 2:00 PM

Early Release Days for 4th and 5th grade!

\$25 FOR RESIDENTS/ \$35 FOR NON
@THE REC CENTER 10:45-4PM

4TH AND 5TH GRADE STUDENTS ARE CUTTING CLASS EARLY! THE REC CENTER IS HOSTING THIS AGE GROUP FOR AN AFTERNOON OF GAMES, SPORTS AND HANGING OUT ON THEIR EARLY RELEASE DAYS. TRANSPORTATION FROM MOLIN PROVIDED.

SEPTEMBER 17TH

OCTOBER 8TH

NOVEMBER 2ND

DECEMBER 10TH

JANUARY 14TH

FEBRUARY 11TH

MARCH 18TH



Fall Recreation
NYS

Therapeutic Recreation & Accessibility

Our goal is for every child to be able to participate and be successful in NYS programs. We are committed to working with families to provide the supports and accommodations your child may need.

Contact us to learn more.



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

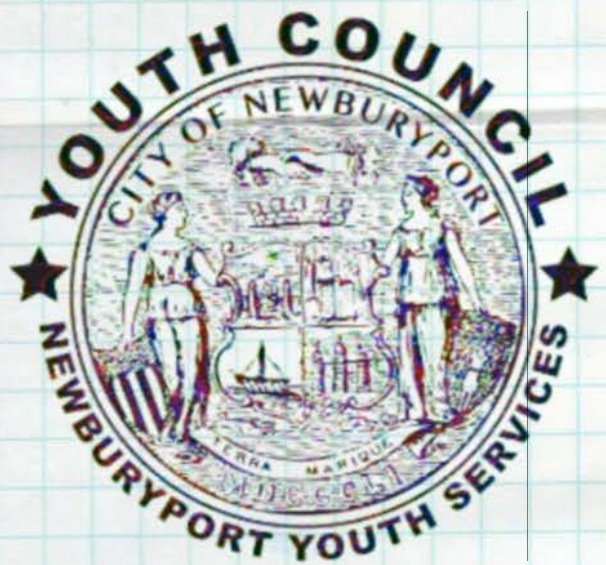
YOUTH COUNCIL

**THURSDAYS
5:30-6:30 PM
NO
APPLICATION
NEEDED**

Open to ALL young people grades 7-12

NYS is actively seeking dedicated, enthusiastic, and motivated teens to join the Youth Council. Council members have the important duty of advising NYS staff on the programs and issues that concern the youth and teens in the City and may serve as advisors to the Mayor as well.

This is a great way to get involved in your community and make a difference. Youth Council also participate in an Annual Retreat and will plan and run some of their own events for peers at the Rec Center.



**RUN BY
YOUTH,
FOR THE
YOUTH**





- **Game room**
- **Art space**
- **Homework help**
- **Gym games**
- **Friday night events**
- **Pool table**
- **Snack bar**
- **Transportation from the Nock to the Rec Center daily**
- **Video games**
- **Hanging out!**

NBPT Rec Center

The Rec Center provides a community space for youth to socialize, participate in new activities, explore new hobbies, gain independence and have a space to call their own.

YOUTH ENTERING GRADES 6-8

Includes every full day after school until 5:30pm (excludes early release days), discounts on Friday night events, special clubs, and programs

TEENS ENTERING GRADES 9-12

Includes Rec Center hours just for High Schoolers Tuesdays and Thursdays 5:30-8pm, discounts on programs, clubs and events.

\$125 FOR GRADES 6-8 FOR THE WHOLE SCHOOL YEAR
\$50 FOR SEASONAL MEMBERSHIP FOR GRADES 6-8
\$25 FOR GRADES 9-12 FOR THE WHOLE YEAR



NEWBURYPORT YOUTH SERVICES

40 Milk Street
Newburyport, MA
978-465-4434

'Drop-In Programs'- For Grades 6-8 (No need to register) **Free for Members \$5/ visit for non-members**

Anime Club

Calling all Anime fans! Let's get together to view and discuss some shows, do some fun crafts, cosplay, and appreciate all things Japanese culture.

Mondays Sep 13-Mar 28 4:30-5:15pm

Makerspace

Get Creative in our Makerspace! Come learn how to use all the fun equipment in the Art Room to work on your own innovative projects, share ideas, and collaborate in a community environment.

Mon + Wed Sep 13-Mar 30 3:30-4:30pm

#ART

Come join our social media art challenge! Each week participants will be given a #hashtag and supplies to create a beautiful work of art for our Instagram page.



Tuesdays Sep 14-Mar 29 3-4pm

STEMtivities

We're taking on all things Science, Technology, Engineering, and Math this Fall! Let's put our brains together to solve fun challenges, build Rube Goldberg machines, and innovate together! We'll be switching it up each week. Sign up for all of them or just Drop-In.



Wednesdays Sep 15-Mar 30 4:30-5:15pm

Design-a-Door

It's Mural Mania, we are painting the doors of NYS! Join us every Thursday to plan, design, and paint a door here for all to see.

Mondays and Wednesdays Nov 1st-29th 3:30-4:30pm

Bob Ross Paint Along

It's a happy little paint along. Join us for this drop-in program while we watch a classic episode of Bob Ross and follow along with our canvases.



Friday Sep 24th 3:30-4:30pm

Mindfulness

The last year has been a challenging one, and we are coping with it as a community here at NYS using mindfulness. Let's relax and get in touch with ourselves in a safe and non judgmental environment, using breathing exercises, guided meditations, yoga, and other practices to relieve stress and relax the body and mind.

Fridays 4:30-5:15pm

Gym Power Hour (s)

Stop by the gym on these days to hop in to some organized games. We'll be pulling out some classic favorites and learning some new unique options, as well.

Tue and Thu

Sep 14-Mar 31

3-5pm

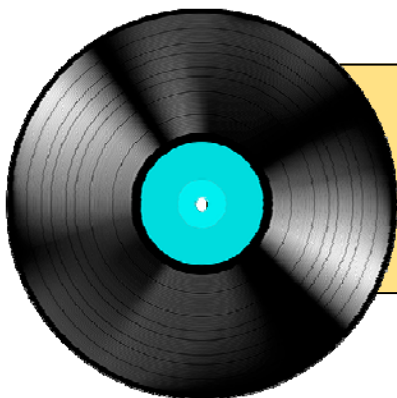
Dodgeball

Come join us every Friday to play Dodgeball! We will be playing variations of the game in the gym all season. The only question is, how quick are you on your feet?

Fridays

Sep 24-Mar 25

3-4pm



NYS REcOrd

Is your finger on the pulse of NYS?

Help us start a **brand new newspaper**, for middle schoolers by middle schoolers. Collaborate and create to help share the happenings with your friends!

Tue Sep 14-Mar 29

4:15-5:15pm

'Drop-In Programs'- For Grades 9-12 (No need to register)
Free for Members \$5/ visit for non-members

True Crime

Was Making a Murderer your favorite show? Do you binge watch Bailey Sarian videos? Is Serial the best podcast ever made? If you love all things true crime, come join us to debate popular cases, watch new documentaries, and even solve an elaborate crime of our own!



Grades 9-12

Tue Sep 14, 28 Oct 12, 26, Nov 9, 30, Dec 14, Jan 11, 25, Feb 8, Mar 8, 29

College Prep



Calling all 11th and 12th graders! Are college applications overwhelming? Could you use some peer feedback on your application essays? Do you have no idea what a FAFSA is? Do you wish you could talk to a college student about the real experience? Come join us the third Wednesday of each month to get prepped for college in all of these ways and more!

Grades 11-12 Tue Sep 21, Oct 19, Nov 16, Dec 21, Jan 18, Feb 15, Mar 15 6-8pm

Film Fest

Are you a film aficionado? This is your chance to write, film, act, direct, and edit your own movie. We will spend the fall making our own films, culminating in a red carpet Film Festival on December 3rd! Who is the next Steven Spielberg of NYS?

Grades 9-12

Thu

Sep 23, Oct 7, 21, Nov 4, Dec 2 6-8pm



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

FIRST FRIDAY

TEEN NIGHTS 6-9 PM @ THE REC

9/10 Ice Cream Sundae Social

10/1 Smores' Bonfire

11/5 Sushi Soiree

12/3 Film Festival Red Carpet

1/7 Mario Kart Pizza Party

2/4 Taco Fiesta

3/4 Cup and Canvas

DROP IN FOR
GOOD FOOD
AND BETTER
FRIENDS

FREE FOR
MEMBERS
\$5 FOR NON
MEMBERS

TEEN NIGHTS 6-9 PM @ THE REC

TEEN TRIPPS!

9/24 BOSTON LIGHTS \$35/45

10/22 WITCHED WOODS \$45/55

11/12 SKATELAND \$22/32

12/10 ICE SKATING \$22/32

1/28 SAVERN \$5/10

2/18 G20 SALT CAVE \$60/70

3/25 BODA BORG \$35/45

FRIDAY NIGHTS
6PM-9/10PM

JUMP IN THE NYB VAN
FOR AN ADVENTURE
MORE INFO ONLINE

9/17 MOVIE NIGHT



10/8 BONFIRE NIGHT



**10/29 HALLOWEEN
COSTUME PARTY**



11/19 FAMILY POTLUCK



MIDDLE SCHOOL NIGHTS

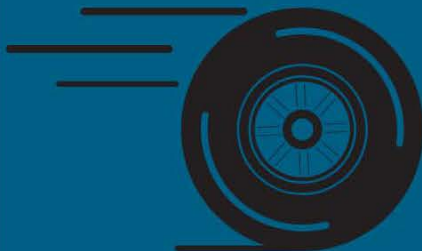
6th-8th grades are
taking over NYS 6-8
pm for after hours
hangouts!

\$5 formembers
\$10 for non members

12/17 MOVIE NIGHT



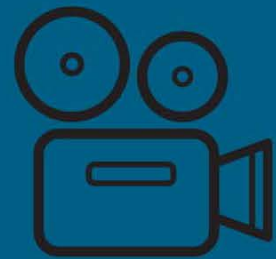
1/21 WHEELS NIGHT



2/11 PAINT PARTY



3/18 MOVIE NIGHT



WORKSHOPS & CLUBS

For Grades 6-8
REGISTRATION REQUIRED

Broadway Beats

Come learn choreography from your favorite Broadway shows! Each class will consist of a short warm up followed by learning original Broadway choreography or new dances set to your favorite showtunes.

Newburyport Recreation Center Program Room \$40.00 Mem/ \$50.00 Non-Mem

Broadway Beats: Session 1 Wed 09/22/2021 - 10/13/2021 3:30 PM - 4:30 PM

Broadway Beats: Session 2 Wed 10/20/2021 - 11/10/2021 3:30 PM - 4:30 PM

Dungeons & Dragons

Whether you've spent hours rolling dice and adventuring or are not even sure what D&D is, this program is perfect for you! D&D is a collaborative improvisational role-playing game where players create characters, adventure, roll dice and work together to have as much fun as humanly possible. Join us each week for fantasy adventures in the world's greatest role-playing game.

Newburyport Recreation Center Program Room \$68.00 Mem/ \$78.00 Non-Mem

Thurs 3:30-5pm

D & D: Session 1 09/16/2021 - 10/21/2021 D & D: Session 2 10/28/2021 - 12/16/2021

D & D: Session 3 01/06/2022 - 02/10/2022 D & D: Session 4 02/17/2022 - 03/31/2022

Ninja Nerfers

Lock and load! This multi-week program is filled with friends, fun and foam darts! Each week will be a different Nerf War competition including teams, every person for themselves, tag and target practice. Nerf guns, darts and obstacles all included!

Newburyport Recreation Center Gymnasium \$55.00 Mem, \$65.00 Non-Mem

Nerf Grades 6-8: Session 1 Mon 09/27/2021 - 11/01/2021 4:30 PM - 5:15 PM

Nerf Grades 6-8: Session 2 Mon 11/08/2021 - 12/06/2021 4:30 PM - 5:15 PM

Ski Trips



Early Release Days

When school is dismissed we're hoping on a coach bus and headed to the mountain. Lift ticket, transportation, and supervision provided. Bring money for food.

\$98/\$88. Grades 6-8 10:45-7pm

GUNSTOCK- FEBRUARY 11TH
WACHUSETT- MARCH 18TH

Day Off @ Sunapee

The Nock and RVCS both have no school today! We're hoping in a coach bus and headed to Sunapee for the day! Lift ticket, transportation and supervision provided. Bring money for food!

\$105/\$95 Grades 6+ 8am-5pm
January 14th

**Bradford After School
Program info to come
soon!**



NYS 6TH-8TH WORLD TOUR

We're travelling the world in our own
backyards on Early Release Days 10:45-4

9/17: Latinx

The Punto Urban Art
Museum and Howling
Wolf!



11/2: India

Peabody Essex Art
Museum and Passage
to India!



12/10: Italy

Learn to make pizza
at Tastebuds Kitchen!



1/14: Egypt

Museum of Fine Arts
and Boston Shawarma



\$48/trip for members
\$58/trip for non members
(includes lunch)



Feb. Vacation

6TH GRADE AND UP TRIPS!

- 2/22: Thrifting to Upcycle \$0/10
- 2/23: Amesbury Sports Park \$25/35
- 2/24: Skyzone \$35/45

12-4 PM

AND @ THE REC

Middle School Drop In hours
4:30-7pm

High School Drop In hours
7-9pm

★ the 22nd, 23rd, and 24th!



RVCS 6TH-8TH EARLY RELEASE TRIPS 12-3PM!

10/29 MARINI FARM MAZE
\$35/45

11/22 GRAF RINK
\$29/39

11/23 METROROCK CLIMBING
\$50/60

3/11 SNOWSHOEING
\$20/30

3/24 BOWLING
\$28/38

3/25 THRIFTING
\$25/35



MEMBER/NONMEMBER