

NYSで夏を過ごそう

Vini pase ete ak NYS

Yazı NYS ile Geçirin

ਮਾਝੇ Summer ਨਾਲ NYS

Przyjdź i spędź lato z NYS

Ejani të kaloni verën me NYS

Dodite, provedite ljeto s NYS

ਆਤਨੁਹੋਸ੍ NYS ਸੰਗ ਗਰਮੀਂ ਬਿਤਾਤਨੁਹੋਸ੍

Verbringen Sie den Sommer mit NYS

NYS এর সাথে গ্রীষ্ম কাটান

Vieni a trascorrere l'estate con NYS

Ελάτε να περάσετε το καλοκαίρι με το NYS

Töltsd a nyarat a NYS-sel

Come Spend Summer with NYS

taeal waqada' alsayf mae NYS

NYS ਨਾਲ ਗਰਮੀਆਂ ਬਿਤਾਉਣ ਲਈ ਆਓ

Приходите провести лето с NYS

Ven a pasar el verano con NYS

NYS સાથે ઉનાળો ગાળવા આવો

Kom och tillbringa sommaren med NYS

Njoo Utumie Majira ya joto na NYS

Hãy đến dành mùa hè với NYS

Venez passer l'été avec NYS

和纽约州一起度过夏天

Venha Passar o Verão com a NYS



Explore More!
NEWBURYPORT YOUTH SERVICES

بیا بیاید تابستان را با NYS بگذرانید

تعال وقضاء الصيف مع NYS



SPRING & SUMMER 2023
ACTIVITY GUIDE



Photo Credit: Bob Watts

From the Director

Another season is upon us.

We have an amazing spring and summer lined up for you. While we still have to limit some of our offerings due to space in the spring- what we have is great. And our summer is absolutely packed FULL of offerings. We have over 40 summer programs! We have redone some of our middle school offerings to fit in better with summer schedules.

We are very excited to be able to offer auto payment plans. Please contact us prior to registration and you will receive a promo code that lets you register without payment. Then we will set up a payment plan that will automatically charge your card.

We have faced some staffing challenges, like many, this year and are looking for NYS quality people for our summer team! If you or someone you know is interested please have them reach out asap.

As always- please share this guide with your child(ren), be open to trying new things and when in doubt- sign up with a friend!

Best,
Andi Egmont, NYS Director



REGISTRATION & RESERVATION HUB

Recreation, Youth Services,
City Parks & Facilities

You will notice our registration page looks different. we are now using it as a city wide site for program registrations and rentals.

If you have trouble finding anything try the program search feature or call the NYS office for help.

Please note that changes may be made. The online registration info is always the most up to date.

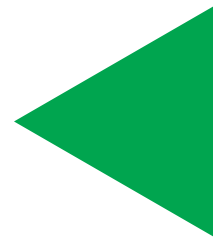
CONTACT US

NYS Main Number 978-465-4434

Andrea Egmont, Director ext. 1351
Recreation & Enrichment Division ext. 1352
Youth Programs ext. 1353
Services & Supports 978-572-6189



DIVERSITY, EQUITY & INCLUSION at NYS



Payment plans

We are excited to announce we now have electronic payment plans through our registration system. you have the option to pay 10% of your total at registration. You can then contact NYS and we will set up a payment plan with you that will automatically charge you and you will be paid in full before the program starts.

Global Codes for Financial Aid/ Scholarships

We have also worked out a plan to allow families who are requesting financial aid (full or partial scholarships) to no longer risk missing out on programs that fill quickly. If you need support, please contact our Supports Coordinator, Trish Boateng (TBoateng at cityofnewburyport.com). She will speak with you to determine supports and provide you with a Promo Code that will allow you to register as soon as programs open- without needing to put down any money.

Therapeutic Recreation Support

All young people need support. Our goal is always to set kids up for success. our therapeutic Rec program ensures that NYS knows and understands you child's needs and that we have the supports in place to support them. We invite all families to reach out and speak with us.

Translation Services

We have funding to provide translation services should a parent or child need support accessing our office staff, programming or a community event.

On the Cover: Henry Barnhart and NYS Staff Matthew Desimione-Mahoney at the Clipper playground Program last year.

All 26 languages on the front cover are spoken in the home of families in Newburyport, based on a list we asked for from the newburyport Public Schools.

Friends of
NEWBURYPORT YOUTH SERVICES



**NYS can't do what they do,
without superheros like you**

Formed in 2016 as a 501(c)(3) non-profit, our mission is to fundraise and advocate for the City of Newburyport's department of Youth Services (NYS)



FRIENDS OF NYS is looking for individuals to join us in supporting Youth Services. We are always willing to work with your interests, with respect for your level of participation.

The money we raise for NYS may be used for:

- Securing a permanent location
- Need-based program scholarships
- Onsite medical staff enabling participation
- Programs & staff
- Membership subsidies



HOW TO GET INVOLVED

COMMUNITY EVENTS

We hold regular events as well as attend community events. Join us or volunteer. Visit our website or Facebook page to see what's coming up.

TEEN INVOLVEMENT

We actively involve teen volunteers from Newburyport Public Schools to promote their engagement in the community, as well as make events more fun and successful!

JOIN OUR BOARD OR A COMMITTEE

Bring a friend, too! Or refer someone who know who would be a good fit.

ADVOCACY



We are looking for individuals with the following interests and skills; marketing, design, social media, grant writing, photography, etc., to advocate for one-time and ongoing issues. We also need individuals to write testimonials, letters, and/or attend public meetings, as needed.



**GO TO FRIENDSOFNYS.ORG
AND CLICK ON
"GET INVOLVED"
OR EMAIL:**

FRIENDSOFNYS.PRESIDENT@GMAIL.COM

Resident Registration Opens

Wednesday, March 15th at 6pm.

Non-Resident Registration Opens

Mon, April 1st.

**NO
PROGRAMS
ON JULY 4th**

Please register early!!

Often programs must be cancelled a few weeks prior to the start if the minimum number of participants has not been met. Please continue to check our website. We do update the programs if changes are made. The info in the online registration is the most accurate.

How To Register

Online: If you are a returning family, you already have an account with us. Please use the same email we have on file and you will be connected. Update your information: address, phone numbers, medical (include medications and allergies) and behavioral information*. You may need to add a member of your family if they are new to our programs. Please add them to your family account.

In Person: Come down to the NYS Office @ City Hall

Policies and Procedures

Fees: Tuition varies for each course and is specified in each course description. Tuition must be paid at the time of registration. A \$10 fee is applied to non-residents per program. There is a \$5 convenience charge online. All fees include a \$10 administration cost.

Cancellations: Youth Services reserves the right to cancel any program due to under enrollment or unforeseen circumstances.

Withdrawals: Students withdrawing are asked to give notice at least two weeks prior to program start date. A participant who withdraws at least two weeks prior to the class start date will be given an account credit (or refund), minus a \$10 administration fee. *There are no refunds if you withdraw within two weeks of the start.* In the event NYS cancels a program, a complete refund to the student will be made.

Refunds: Location of classes and/or fields is subject to change. This is out of the hands of NYS and there will be no refunds for class location changes. Refunds are not given for weather cancellation of less than 25% of the program time and only then if make-ups can not be offered. Refunds are not given for special events involving ticket purchase or if NYS has incurred an expense on your behalf. Consult the NYS office. You must request a refund in writing.

Weather Related Cancellations: Programs do not run if Newburyport Public Schools are cancelled. Outdoor programs may be cancelled due to inclement weather or extreme heat. Cancellations are emailed and texted. If possible make-ups will be offered.

Deadlines/Late Fee: Registration deadlines are 1 week before the program's start date. After the deadline a \$15 late fee is added. Programs are cancelled if a minimum isn't met. Please register early.

Location Codes

We have a new layout in this activity guide. We have codes for each location. All programs will have a confirmation with exact address and directions.

AAA Archers Artemis Amesbury

BRS Bresnahan School

BRG Bres Gym

BRO Bres Outdoors

BSP Brown School Playground

CC Central Congregational

CH City Hall Auditorium

CP Cashman Park

ELK Elks

FF Fuller Field

HTA High Tail Acres

MCS Mom Comm Studio

MSP Maudslay State Park

MW Moseley Woods

NCM NBPT Community Media

NHS Newburyport High School

NHD Newburyport High Baseball Diamond

NHG NHS Gym

NMS Nock/Molin School

NMC Nock/Molin Cafeteria

NMF Nock/Molin Fields

NMG Nock/Molin Gym

ST NHS Stadium

NSP Newburyport Skate Park

PP Perkins Park

RVG River Valley Charter School Gym

SPOT The Spot on Purchase St

TBD To be determined

TNK Tinkerhaus

VRD Varied Locations

* All grades listed for spring programs are for the current year. All grades for summer programs are for the year entering in the fall.



AhoyBaby

Curious Crawlers

This group focuses mainly on transitions—floor & side play, into and out of sitting, hands and knees as well as crawling, standing, and even walking skills. This course is designed to help parents and children be successful in meeting these essential gross motor milestones. We will talk about use of equipment/toys, make sensory bottles, and busy boards. Ages: Ages 7 months to Walking

F Apr 7-May 5 1:30-2:15pm \$110/\$120 CC Crawlers

Super Sailors

This group will help caregivers learn to set up purposeful play environments, go over tummy time ideas, and rolling & sitting exercises. These activities will help parents confidently lead their child to reaching important gross motor milestones. We will make DIY water mats, sensory bags, and tummy time hoops. Grades: Ages: Ages Birth-6 months

F Apr 7-May 5 12:30-1:15pm \$110/\$120 CC Sailors

Kin Fitness

Jr Superhero Training

Focusing on functional movements, children work through age-appropriate obstacle courses and games that build their fitness superpowers - strength, endurance, balance, coordination and flexibility - so they can go save the world! Ages: 3-5

F Mar 24- May 19 9:30-10:15am \$160/\$170 CC Jr Training

Storybook Adventures

Join us for an action-packed story, where kids don't just sit and listen, but act out the adventure with exercises that increase their body awareness, balance, strength & cardio fitness. From space exploring to pirate treasure hunts - it's imagination and exercise together! Ages: 2.5-5

F Mar 24- May 19 10:30-11:15am \$160/\$170 CC Storybook



NYS OPEN GYM!

Open gym runs on Wednesday and Friday from 10am-Noon at the Elks Club (on Low Street).
Open gym is Free with a NYS Family Membership!
You can sign up on site!

For Ages 0-5



NYS is offering free indoor play for little ones this winter. Join us!



CHECK OUT OUR DEMO DAYS AT PRESCHOOL OPEN GYM

AhoyBaby

Come join us for a free Demo Class to get an idea of the fun and stimulating programs AhoyBaby offers! Grades: **Ages: 0-6**

F Mar 3 10am-Noon FREE
ELK Info Table

Kin Fitness

Come join us for a free Demo Class where Kin Fitness will give your children a taste of some of the fun programs they offer! **Ages: 2.5-5**

F Mar 10 10-11am FREE
ELK Free Demo

MUSIC ROCKS- FREE

Weekly music for the under 5 scene. Join Miss Claudia for rhythm and movement. This is a great way to get out of the house, meet some other families and get your tiny groove on.

Wednesdays 9-9:45am CC Drop in- no reg required

Sky Hawks Baseball Tots

Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment by local Skyhawks staff. All athletes regardless of skill level will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. All participants will come away with new friends, new skills and love for the game.

Ages: 2

F Apr 14- May 12 10-10:45am \$89/\$99 PP Batters

Ages: 3-4

F Apr 14- May 12 11-11:45am \$89/\$99 PP Hitters

Ages: 4-5

F Apr 14- May 12 Noon-12:45pm \$89/\$99 PP Homers

Multisport

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Ages: 2

F May 26- Jun 23 10-10:45am \$89/\$99 PP Multisport 1

Ages: 3-4

F May 26- Jun 23 11-11:45am \$89/\$99 PP Multisport 2

Ages: 4-5

F May 26- Jun 23 12-12:45pm \$89/\$99 PP Multisport 3

PRE-SCHOOL PROGRAMS

Soccer Shots

Soccer Shots North Shore and New Hampshire 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, communication and curriculum. 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.

Ages: 2

Th Apr 6-May 25 4-4:30pm \$172/\$182 PP Spring Mini

Ages: 3

Th Apr 6-May 25 4:40-5:15pm \$172/\$182 PP Classic 1

Ages: 4-5

Th Apr 6-May 25 5:25-6:05pm \$172/\$182 PP Classic 2

MomComm Programs

A class designed for the curious minds, who like to explore through hands-on challenges. Kids will engage in open-ended real-life problems where they are meant to be the leader! During each class we will explore a new question through trial and error. Kids will have a blast building, creating, and discovering in a playful manner! Come explore with us! Who knows, you may help build your own raft, create the tallest tower, or even build the farthest launching catapult! Your child must be potty-trained. Please provide a water bottle for your child, and an allergy-friendly snack. Taught by former Elementary Education Teacher, Elizabeth Sche-na M. Ed Ages: 4-7

Th Mar 16-Apr 13 3:30-5pm \$115/\$125 MCS Curious STEM



The NYS FAMILY CLUB MEMBERSHIP

Open to All Families

Residents and Non-Residents

Annual Fee \$25/family (\$100/5 year membership) *Financial Aid available

Discounts on NYS programs, Members only events and activities

BIG WHEELS 500!

PRE-SCHOOL BIG WHEEL RACE!



SATURDAY

MAY 20TH

10:00-11:30PM

AT CUSHING PARK

AGES: 2-6

FREE EVENT

PLEASE REGISTER

**JOIN US AT CUSHING PARK FOR THE NYS BIG
WHEELS 500!**

**PARTICIPANTS AGES 2-6 YEARS OLD WILL RACE
AROUND OUR TRACK ON BIG WHEEL BICYCLES,
DODGING OBSTACLES ALONG THE WAY, WHILE
TRYING TO WIN THE TOP SPOT ON THE PODIUM!**

**PARTICIPANTS WILL NEED TO BRING THEIR OWN
HELMET, BIG WHEEL BICYCLES WILL BE PROVIDED
FOR THE RACE.**

**DURING THE EVENT WE WILL AWARD PRIZES FOR
CRAZIEST HELMET DESIGNS SO GET THOSE
HELMETS READY FOR THE BIG DAY!**





SPRING REC & ENRICHMENT

Archers Artemis

This is a four week class that will introduce the beginner to the basics of archery. In week 1, you will learn how to safely handle the equipment and to use proper shooting form. You will be shooting in the first class. In week 2, we will expand on the form. In week 3, we will continue to advance form as we work on the mental aspects of archery. In week 4, we will review everything you learn while you are doing a mini pin shoot to include learning tournament rules scoring. There are no refunds. If we are rained out we will use the make up class slotted. **Ages: 8-14**

Su Apr 2-23 8:30-9:40am \$155/\$165 AAA Session 1
Sa Apr 29-May 20 8:30-9:40am \$155/\$165 AAA Session 2
Su Apr 30-May 21 8:30-9:40am \$155/\$165 AAA Session 3
Sa Jun 3-24 8:30-9:40am \$155/\$165 AAA Session 4
Su Jun 4-25 8:30-9:40am \$155/\$165 AAA Session 5

Garden Club

Our Instructor/Bresnahan Teacher Katara Harding, has recently started the Bresnahan Community Learning Gardens in the back of the school building and they have been thriving all summer long! She's very passionate about this project and looks forward to getting kids involved in these gardens and this program is a great way to do so! Katara and the kids will focus on learning about gardening, how to properly water, weed, plant, harvest, etc. This will be an outdoor program with the option to move indoors to her classroom if the weather is inclement. **Grades: K-3**

M Apr 24-Jun 5 2:45-3:45pm \$75/\$85 BRS Garden Club 1
T Apr 25-May 30 2:45-3:45pm \$75/\$85 BRS Garden Club 2

Games, Games, Games W/ Ms Farrell

This 7 session program is designed to allow students a chance to actively participate in friendly fun competition with peers. This program will be led by physical education teacher, Emily Farrell. Students will participate in a variety of different organized outdoor activities. Activities will include wiffleball, kickball, or any type of yard games such as cornhole, spikeball or Kanjam. **Grades: 6-8**

M Apr 3-May 22 2:15-4:30pm \$219/\$229 NMG Games

Minds in Motion

Electricity and Magnetmania

Learn all about electronics, magnetism, and more in this fun and educational hands-on workshop! Take part in our Minds in Motion electronic lab and take home your very own circuit kit. With the aid of your instructor, simply follow the colorful pictures in your manual to build up to 100 exciting projects such as a flying saucer, alarm, and doorbell! All parts are mounted on plastic modules and snap together with ease. You will also take part and witness many cool magnetic experiments including making and taking home the World's Simplest Motor! Watch electricity being produced by a hand held generator and take part in a cool activity involving a very powerful magnet. Behold a special magnetic top levitating and much much more! **Ages: 7-12**

T Apr 4-May 16 2:45-3:45pm \$145/\$155 BRS Elec Mag

East Coast Soccer - Late Winter Warmup

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.

Ages: 5-6

W Mar 1-22 5-6pm \$100/\$110 RVC Session 3

Ages: 7-9

W Mar 1-22 6-7pm \$100/\$110 RVC Session 4

Clipper Boys Basketball

Newburyport Boys Basketball and NYS are excited to offer two nights of a Boys Basketball Shooting and Offensive Skills Sessions for student-athletes in grades 4th-11th. Coaches will focus on all players developing the necessary skills needed to compete in the game of basketball. We will focus on shooting, ball handling, passing, finishing at the rim and decision making. Skills will be taught, practiced, and then applied in small sided games. Space is limited so sign up today! **Grades: 4-11**

T Apr 25-May 23 7-8:30pm \$83/\$93 NHG CBB Off 1
W Apr 26-May 24 7-8:30pm \$83/\$93 NHG CBB Off 2

Clipper Volleyball

These sessions will give players of all levels and abilities the opportunity to learn and develop skills to play the game of volleyball. Individualized instruction and effective drills will focus on passing, setting, hitting, and serving. Players will benefit from repetition to reinforce skill development and scrimmages to put their skills into action. Instructor: Lori Solazzo & NHS volleyball program coaches and players.

Grades: K-3

M/W Apr 3-Jun 5 3-3:45pm \$200/\$210 BRO Spring 1

Grades: 4-6

M Mar 27-May 22 6-7pm \$150/\$160 NMG Spring 2

Grades: 7-8

M Mar 27-May 22 7-8pm \$150/\$160 NMG Spring 3

Ultimate Frisbee

Ultimate (Frisbee) is an exciting, fun, non-contact team sport that mixes elements of soccer, basketball, and American football into one high energy game. Top level Ultimate players require an unmatched degree of speed, stamina, and agility, yet the simplicity of the rules means it is easy and fun for newcomers to pick up. The sport embraces the philosophy of "Spirit of the Game" which means the sport is self-refereed, emphasizing mutual respect between players. The spring session of Ultimate is open to all levels of players introducing both the fundamentals as well as opportunities to compete in games. All sessions will be in Newburyport with the opportunity to travel to a regional tournament on June 4th. The sessions will be co-ed with a 7th & 8th grade session and high school session on Sundays from April 23rd to June 4th.

Grades: 7-8

Su Apr 23- Jun 4 1-2:30pm \$100/\$110 TBD Ultimate 1

Grades: 9-12

Su Apr 23- Jun 4 3-4:30pm \$100/\$110 TBD Ultimate 2

Boston Casting

Using fun scripts from recent films and television shows, students will learn the basics of acting for the camera! From hitting your mark, to slating, blocking, facial expressions, set etiquette, and more – this class will cover everything an aspiring young actor needs to know to get started in the television and film industry! Class work includes performing on-camera with playback, how to break down a script, technical requirements of the camera, improv techniques (how to audition WITHOUT a script) and tips & tricks to navigating the virtual audition world! This class is brought to you by Boston Casting, Inc. – the largest television and film casting company in New England. Recent projects include 'I WANNA DANCE WITH SOMEBODY', 'CODA' (AppleTV+), 'JULIA' (HBO), 'DEFENDING JACOB' (AppleTV+) and 'DEXTER: NEW BLOOD' (Showtime). Learn more about us at bostoncasting.com **Grades: 4-6**

W Mar 22-Apr 12 2:15-3:45pm \$120/\$130 NMS Acting

Buildwave

Want to foster your child's interest in STEM, while igniting their creative spark at the same time? Buildwave is a creative building program that feels like a video game! Over the course of 8 sessions students create with over 50 different building materials, including Lego®, PlusPlus®, and custom-made Buildwave materials. Each session of the program is a new "level" of the Buildwave game, with an audiovisual setup featuring animations and music that guide students through the different building waves. As your child creates with wave after wave of new objects, they build creative confidence, become better collaborators, and encounter design and engineering fundamentals in a unique and memorable context. Learn more by visiting www.buildwave.com.

Grades: 4-8

W Apr 5-May 31 2:15-3:15pm \$200/\$210 NMS Buildwave 1

Grades: K-3

Th Apr 6-Jun 1 2:45-3:45pm \$200/\$210 BRS Buildwave 2

Buildwave Demo

Come join us for a free Demo Class to see what our Buildwave Program is all about! This is a STEM based program with a fun twist! Grades: K-8

Su Mar 19 10-11am FREE CH Grades K-3
Su Mar 19 11-Noon FREE CH Grades 4-8



APRIL VACATION

Clipper All Sport

The All Sports Clinic will introduce activities to youth who enjoy a variety of sports and recreational games. Youth are taught skills and given the opportunity to compete in a variety of sports such as soccer, basketball, flag football and more while also enjoying some recreational games such as dodgeball, capture the flag, meatball and more plus use of the playground during break time. The day will begin with active dynamic stretching and plyometrics to focus on balance and coordination. Our highly qualified staff make sure our days are high paced and non stop fun for every child! An emphasis of sportsmanship, playing with character and having fun! **Grades:** K-3

T-F Apr 18-21 9am-2pm \$220/\$230 BRS All Sport

Clipper Volleyball

These sessions will give players of all levels and abilities the opportunity to learn and develop skills to play the game of volleyball. Individualized instruction and effective drills will focus on passing, setting, hitting, and serving. Players will benefit from repetition to reinforce skill development and scrimmages to put their skills into action. Instructor: Lori Solazzo & NHS volleyball program coaches and players. **Grades:** K-3

T-W Apr 18-19 9am-Noon \$60/\$70 BRO Vacation Volleyball

Music w/ Miss Alicia

Come sing and dance with music teacher, Alicia! Glee club is a great way to meet new friends who love to get involved in music. We will learn new songs, choreography, and practicing performing them together. Glee club is all about learning to work together as a team and have fun. Please pack a lunch for our noon time lunch break. We will have a performance on the last day for parents to watch at 1pm. **Grades:** 4-8

T-F Apr 18-21 11am-1:30pm \$200/\$210 BRS VacGlee

Minds in Motion

Code and Control Robo Dozer

Build and take home your very own powerful robotic bulldozer and sleek handheld wireless controller! With your own colored manual and the aid of your instructor, you will each assemble your Robo Dozer that consists of over 40 different robotic parts, including a speaker, circuit board, motors, LED lights, and much more. Learn the advantages and disadvantages of tracked vehicles as well as examples of robots with continuous tracks. Use the controller to command your robot to move around in all directions, play sounds, and light up its cab roof lights! The special Code and Control wireless unit enables you to either directly control your Robo Dozer in real time, or write and save sequences of commands for the robot to perform at the push of a button. Once completed, you can try a few experiments with your new Code and Control Robo Dozer and compete with your fellow classmates! **Ages:** 8-12

T-F Apr 18-21 9am-Noon \$150/\$160 BRS Robo Dozer

Future Engineers

If you like to create and build things, this program is for you! Take home your very own engineering kit! You will build up to 8 working models including a material lift, stationary bike, crane bridge, construction crane, and a windmill! With the aid of your instructor and the easy-to-follow manual, you will learn different scientific principles involving pulleys and mechanics. You will also learn about basic circuits as you construct a Maze Challenge, Flying Disc, Turbo Air, and Alarm System with our STEM Lab kit! As future engineers, the STEM lab will teach you how to comprehend a schematic diagram and interpret the flow of electricity. Design your own diagrams and watch your confidence soar as you transform wires, springs, and plastic parts into fully functioning circuits. Come obtain the necessary skills and experience to take on the technological challenges of the future! **Ages:** 8-12

T-F Apr 18-21 12:30-3:30pm \$150/\$160 BRS Future Eng

APRIL VACATION

Vacation Parkour

Movement classes that are designed to jump start your child's day with a healthy dose of movement, exploration, and fun! Skills sessions are a great way to learn the basics, build on techniques, or master certain movements in a small-group instruction context. This class is for youth of all ability and fitness levels, and will include instruction in the basic movements and techniques of parkour, as well as exercises designed to improve general fitness and ensure the long-term practice of parkour.

Ages: 6-9

T-F Apr 18-21 9:30am-Noon \$170/\$180 MW Parkour 1

Ages: 10-13

T-F Apr 18-21 12:30-3pm \$170/\$180 MW Parkour 2

Skateboard 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 to the big bowl! These lessons are about skills and also skate park etiquette (how to stay safe around other skaters). **Grades: 3-8**

April Vacation

T-F Apr 18-21 9-10am \$120/\$130 NSP April Vaca 1

T-F Apr 18-21 10-11am \$120/\$130 NSP April Vaca 2

T-F Apr 18-21 11am-Noon \$120/\$130 NSP April Vaca 3

Spring Sessions

Sat Apr 1-22 9-10am \$120/\$130 NSP Spring 1

Sat Apr 1-22 10-11am \$120/\$130 NSP Spring 2

Sat Apr 1-22 11am-Noon \$120/\$130 NSP Spring

Lego Robotics and Engineering

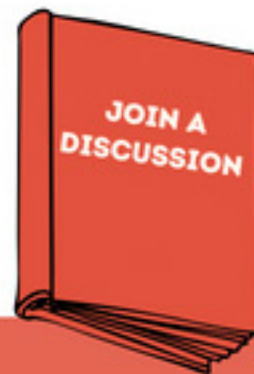
Using the latest LEGO robotics technology participants will have an opportunity to explore the amazing world of LEGO(R) robotics and engineering. See full description on page 22. **Grades 1-5**

T-TH Apr 18-20 9-11:45am \$80/\$90 BRS Lego R&E

Scratch Coder

In this fun and action-packed class participants will learn how to program several games including their very own mobile-friendly Mario Kart style game! See description on page 22! Participants will need a flash drive in order to save and take their games home with them. **Grades 3-6**

T-TH Apr 18-20 12:15-3pm \$80/\$90 BRS Scratch Coder



"LONG DAYS, SHORT YEARS; A CULTURAL HISTORY OF MODERN PARENTING"

BY ANDREW BOMBACK

APRIL READ

DISCUSSIONS MAY 7TH-20TH

EXTRA COPIES AVAILABLE THROUGH
THE PUBLIC LIBRARY AND NYS

IN PERSON DISCUSSIONS

Monday, May 8, 6-7:30 pm

Wednesday, May 10, 6-7:30 pm

Dads and Dudes Discussion, May 18th 7pm
(local Spot TBD)

VIRTUAL DISCUSSION

NYS Couch Chat (virtual from the comfort
of your home), Tuesday, May 16th 7-8:30pm

Look for more information coming! Also, if
you would like to host a group discussion
for your own friends/ family/ group- NYS
will provide a \$25 gift card!



DEI Alliance
Diversity, Equity, & Inclusion
Newburyport MA

KNOW YOUR NEIGHBORS!

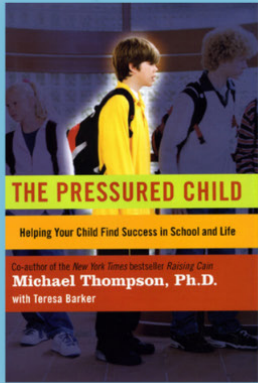
SAVE THE DATE

WE'RE HOSTING A
COMMUNITY WIDE BLOCK PARTY
4 OR 5 SITES THROUGHOUT THE CITY AT
THE SAME TIME!

WE ARE LOOKING FOR
COMMUNITY MEMBERS WHO
WANT TO HELP HOST THE BLOCK
PARTY IN YOUR NECK OF THE
PORT! LOOK FOR MORE INFO
SOON!

**SATURDAY,
MAY 20, 2023**





.....
THE PARENTING YEARS
**SPEAKER
SERIES**

NEWBURYPORT YOUTH SERVICES
RIVER VALLEY CHARTER SCHOOL PARENTS' ALLIANCE
NEWBURYPORT PTO
.....

COLLEGE ADMISSIONS- A FAILED RITE OF PASSAGE: LOOKING AHEAD TO COLLEGE

Our Speaker:
Dr. Michael Thompson

Author, Psychologist and Speaker



Wed. March 29, 2023



7pm



R.A. Nock Auditorium
Low St, Newburyport



**PARENTS & HIGH
SCHOOLERS
WELCOME**

This talk is an emotional survival guide to looking ahead to college for high schoolers, as well as their parents. To the extent that people think the process is just about the RIGHT college, or worse yet the ONE AND ONLY GREAT college, both parents and child are at risk for alienation from one another and disappointment in themselves. Everyone survives the college application process, more or less gracefully. Dr. Thompson gives a number of suggestions regarding how families can develop a philosophy about the process and enjoy it more.

Affinity Groups Offered:

Grandparents Raising Grandchildren

Meets on the 2nd Wednesday from 5:30–7 PM. Dinner and childcare included. @ YWCA Childcare Center, 13 Pond Street. RSVP required.

NAGLY North

A group for LGBTQ+ youth in grades 6–12 from any town. Meets on the 1st and 3rd Wednesdays from 5:30–7 PM, at the Newburyport Senior Center, 331 High St, 2nd Floor.

Multicultural Families

Connecting families of non-majority racial identities, ethnicities, countries of origin, and/or family structures including LGBTQ+ and adoptive families. Meets monthly on the 4th Sat at 10 AM @ Cashman Park

Growing Humanitarians

Brings together families with young children to volunteer together, strengthening our community and building benevolence in our children. Monthly activities on our website and social media pages.



Mentoring Program

We partner with Family Services of the Merrimack Valley's Big Friends Little Friends mentoring program for children ages 6–14. If you are interested in signing up for a mentor for your young person, or are interested in learning more about becoming a mentor, Please reach out to our Support Coordinator 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

DO YOU HAVE EVERYTHING YOU NEED?

Call or text us!

- Clothing
- Housing/Rent
- Food
- Bills
- And more



LOCAL RESOURCES!

Newburyport Youth Services

Newburyport residents:

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

Newburyport Council on Aging

Newburyport elder residents/residents with disabilities

Ann Freeman, Outreach Specialist 978-462-0430, afreeman@cityofnewburyport.com

Pettengill House: 978-463-8801

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

Families with Children:

Lisa Prendergast 978-243-9743

Senior Support (60 years and older):

Allison Helie, 978-243-4992

Adults:

Ann Champagne, 978-243-9744

Substance Misuse, Addiction and Recovery Services:

Lauri Murphy, 978-243-9746

Community Service of Newburyport

(Newbury, Newburyport, West Newbury)

Pam Gray, Program Administrator, 978-465-7562

Mental Health Resources:

Eliot emergency psychiatric care:
888-769-5201

Samaritans Suicide Hotline: Call or text 9-8-8 anytime- day or night

Connect with a crisis counselor: Text HOME to 741741, available 24/7

Find a therapist:
Psychologytoday.com

Walk & Roll to School



NATIONAL WALK, BIKE, AND ROLL TO SCHOOL MAY 3RD KICK-OFF!

Newburyport students and families - join us as we walk & roll to school. Let's get out of our cars and school buses and meet up as neighbors and friends to walk, bike, or roll to school. Walking and rolling is a great way to start the day!



JOIN THE

Fun

THIS SPRING!

HELP LEAD THE WAY!

- Good exercise!
- Boosts brain health & self-esteem!
- Earth friendly!
- Fun & develops social skills!
- Connects us as a community !
- Promotes independence & empowerment!



**NYS is thankful for our
partnership with
Moriarty's Driving
School, which allows us
to offer discounted
Driver's Ed
to families in need.**



MORIARTY'S DRIVING SCHOOL

**Moriarty's is Veteran and Law Enforcement owned,
with over 20 years of experience teaching driver's
education.**



**FOR NEED-BASED
SCHOLARSHIPS,
PLEASE CONTACT
TRISH, NYS
SUPPORT
COORDINATOR**

978-572-6189
tboateng@cityofnewburyport.com





SUMMER ENRICHMENT

Minds in Motion

Bridges & Building

Do you ever wonder how bridges span huge distances and how skyscrapers stay standing? Get ready to get your mind in motion as you work with and take home your very own Bridges and Skyscrapers Set! Learn all about basic structural elements and witness firsthand the forces acting on structural components! With your kit, you can build up to 20 model building experiments that each demonstrate a basic principle of mechanical physics or structural engineering in a hands-on way. Learn about the strength of materials as you compete with your classmate to see who can build the tallest tower using the pieces in this kit! Challenge yourself building different types of bridges such a suspension bridge or cable stayed bridge. Come bring out the architect side of you as you enter the fascinating world of structural engineering and explore the magic of STEM! **Ages: 8-12**

M-TH Aug 7-10 12:30-3:30pm \$159/\$169 NMS

Code & Control- Robo Dozer

Build and take home your very own powerful robotic bulldozer and sleek handheld wireless controller! With your own colored manual and the aid of your instructor, you will each assemble your Robo Dozer that consists of over 40 different robotic parts that includes a speaker, circuit board, motors, LED lights, and much more. Learn the advantages and disadvantages of tracked vehicles as well as examples of robots with continuous tracks. Use the controller to command your robot to move around in all directions, play sounds, and light up its cab roof lights! The special Code and Control wireless unit enables you to either directly control your Robo Dozer in real time, or write and save sequences of commands for the robot to perform at the push of a button. Once completed, you can try a few experiments with your new Code and Control Robo Dozer and compete with your fellow classmates! **Ages: 8-12**

M-TH Aug 14-17 9am- Noon \$159/\$169 NMS

Electricity & Magnet Mania

Learn all about electronics, magnetism, and more in this fun and educational hands-on workshop! Take part in our Minds in Motion electronic lab and take home your very own circuit kit. With the aid of your instructor, simply follow the colorful pictures in your manual to build up to 100 exciting projects such as a flying saucer, alarm, and doorbell! All parts are mounted on plastic modules and snap together with ease. You will also take part and witness many cool magnetic experiments including making and taking home the World's Simplest Motor! Watch electricity being produced by a hand held generator and take part in a cool activity involving a very powerful magnet. Behold a special magnetic top levitating and much much more! **Ages: 8-12**

M-TH Aug 14-17 12:30-3:30pm \$159/\$169 NMS

Future Engineers

If you like to create and build things, this program is for you! Take home your very own engineering kit! You will build up to 8 working models including a material lift, stationary bike, crane bridge, construction crane, and a windmill! With the aid of your instructor and the easy-to-follow manual, you will learn different scientific principles involving pulleys and mechanics. You will also learn about basic circuits as you construct a Maze Challenge, Flying Disc, Turbo Air, and Alarm System with our STEM Lab kit! As future engineers, the STEM lab will teach you how to comprehend a schematic diagram and interpret the flow of electricity. Design your own diagrams and watch your confidence soar as you transform wires, springs, and plastic parts into fully functioning circuits. Come obtain the necessary skills and experience to take on the technological challenges of the future! **Ages: 8-12 *No July 4th**

M-F Jul 3-7 12:30-3:30pm \$159/\$169 NMS

Reco Robot

Build and take home your very own RE/CO Robot! RE/CO robot is a mechanical off-roading adventure! It comes equipped with an infrared sensor and artificial intelligence. Its ability to be controlled wirelessly, and its tank-like tracks, make it perfect for rugged conditions! With the wireless remote control added, RE/CO Robot can access new play modes like storytelling, singing, dancing, and even programming. Students can enjoy guiding it over all sorts of terrain or allow the friendly robot to lead the way, using its infrared sensor to find a clear path in patrol mode. For parents who look to get the most out of their children's time, RE/CO Robot is a great all in one package! It combines assembling with 106 pieces, STEAM learning with infrared sensors, programming with easy directional commands, and having fun with the freedom of a handy wireless remote control! **Ages: 8-12 *No July 4th**

M-F Jul 3-7 9am- Noon \$159/\$169 NMS

Solar Bot

Come and take home your very own 14 in 1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Take part in one of the alternative energies that is used most widely across the globe. Use your own creativity, put your mind in motion, and create your own designs! **Ages: 8-12**

M-TH Aug 7-10 9am- Noon \$159/\$169 NMS

Cooking and Baking Classes

Pastry Arts Come whip up sweet based concoctions from crème puffs to cake pops. Along with prep, measuring, time management, sanitation, etc. you will make a variety of doughs. This clinic will delight the pastry artist in training. (Some decorating techniques will be taught as well.)

Clinic is taught by Nadine Holohan M.Ed- Culinary based Nutrition teacher and owner and operator of Hope & Confetti Confections. **Grades: 4-8**

M-Th Aug 7-10 9am-Noon \$225/\$235 NHS Pastry Arts

Sweet/Savory Baking Learn and practice baking, roasting and oven techniques. Along with prep, measuring, time management, sanitation, etc. you will create new and exciting baked dishes both sweet and savory. From quick breads to baked Mac & cheese, this clinic is perfect for the budding baker. Clinic is taught by Nadine Holohan M.Ed- Culinary based Nutrition teacher and owner and operator of Hope & Confetti Confections. **Grades: 4-8**

M-Th Jul 10-13 9am-Noon \$225/\$235 NHS Session 1

M-Th July 24-27 9am-Noon \$225/\$235 NHS Session 2

Music w/Miss Alicia Glee Club

Come sing and dance with music teacher, Alicia! Glee club is a great way to meet new friends who love to get involved in music. We will learn new songs, choreography, and practicing performing them together. Glee club is all about learning to work together as a team and have fun. Please pack a lunch for our noon time lunch break. We will have a performance on the last day for parents to watch at 1pm. **Grades: 4-8**

T-F Jul 11-14 11am-1:30pm \$200/\$210 BRS Session 1

T-F Jul 18-21 11am-1:30pm \$200/\$210 BRS Session 2

T-F Aug 1-4 11am-1:30pm \$200/\$210 BRS Session 3

NCM Hub

Movie Makers Let's make a movie! In this two week workshop, participants will work together in writing, directing, acting and camera work to create their own movie. This is a kid-made project mentored throughout the weeks with tailored instructions based on their skill levels. No prior experience is required. This workshop will encourage creativity, experimentation, collaboration and time-management. It's a lot of work to put a movie together in two weeks! **Grades: 4-8**

M-F Jul 17-28 9am-1pm \$400/\$410 NCM Movie Makers

Music Production for Kids Looking for kids who are passionate about music! The goal of this program is to have fun and play music. Participants will create original music using introductory tools like Garage-Band. No experience is required. No instrumental experience is required. All that is required for this program is a passion for music! Youth will work together to create original music tracks and assemble them into a final project to be shared with the community. Kids may bring any musical instruments or equipment that they are already using. Instructors are Oliver Looker and Ryan Rothberg. Please bring a nut free snack and water for a break. **Grades 5-8 *Skips July 4**

M-F Jun 26- Jul 7 9am-1pm NCM \$360/\$370 Music Pro

Finding Your Radio Voice Find your radio voice with radio personality Drew Moholland, reporter and editor for WBZ News Radio Boston and local radio host of Live at Drew's House - Joppa Afternoon Drive on WJOP 96.3 FM Newburyport. Interested in Sports Commentary? Sports Play by Play? Interviews? Promos? Jingles? Musicians? Radio Production? You will have a chance at it all with hands-on opportunities in production and talent as assistant producers of Joppa Afternoon Drive! Come meet musicians and other on-air personalities. Sharpen your interview skills with practice in the field and studio. No experience required, just an interest in radio! 6 Sessions **Grades: 7-12**

T July 11- Aug 15 1-3pm NCM \$200/\$210 Radio

"GET HOOKED" YOUTH FISHING TOURNAMENT

8:30am Registration & Fishing Clinic

9-Noon Fishing

SATURDAY
JUNE 10TH

1st, 2nd, and 3rd
prizes awarded
in 3 categories of
fish!

Head out to the Artichoke, Turkey Hill Road
for a few hours of fishing, sun, and splash-
splashing fun!

Ages 3-14 with adult

\$10/\$20 - Register early to save your spot!

ART ON THE RAIL TRAIL WITH TINKERHAUS

Wednesday mornings
at 10 am July and August
weekly one hour art session near the toy
train between Low St & Washington St
Come make a simple, free art project.
Families welcome.
Register ahead at www.tinkerhaus.org to
let us know who's coming Grades: 4+



ART & CREATIVE

Summer Art Adventures

Your child will have fun making art that is too messy to do at home! We will explore with paint, chalk, face paint, glitter, glue, tie dye, slime, and more! These art projects are rewarding, promote expression, use of color, and finding beauty in a little bit of chaos. Please have your child bring a nut-free snack and water and wear clothing appropriate for messy art. This class is instructed by Tran Jost of Newburyport, who has worked in graphic design, marketing, advertising and education. She holds an M.Ed. (California Lutheran University) and BFA (Massachusetts College of Art & Design). **Grades:** K-5

M-F Jul 31-Aug 4 9am-Noon \$160/\$170 BRS Grades K-2
M-F Aug 7-11 9am-Noon \$160/\$170 BRS Grades 3-5

Tinkerhaus is a place full of paint, glue and scraps. Dress for mess.

Build a Robotic Car

The intersection of imagination and patience, where aspiring robotics designers learn to follow steps and practice fine motor skills with lots of itsy-bitsy parts. Our electronics engineer, Maurice, returns to lead the way to a completed project and lots of learning throughout the week. **Ages:** 11-14

M-F Jun 26-30 9am-2pm \$300/\$310 TNK

Castle of Your Dreams

Each child will decorate and furnish a wooden play castle into the playset of their dreams, maybe with knights and royalty, but maybe with a family of mice or a frolic of fairies. Veteran miniature magic maker, Erin Cotton, will lead this group for the 3rd year in a row!

Ages: 5-8

M-F Jun 19-23 9am-2pm \$300/\$310 TNK

Little Stitches Fiber Arts

Tinkerhaus director and MiniMakers teacher, Mary, will lead this adventure. A little weaving, simple yarn embroidery, some felting and working with fabric, stringing beads, making pompoms and tassels! **Ages:** 5-8

M-F Jul 10-14 9am-2pm \$275/\$285 TNK

Maker Chess

Using arts supplies and a variety of small hardware pieces, you will create chess pieces and a lightweight travel board. Then practice strategies and improve your game! STEM teacher and chess officiano, Dave Medvetz, will lead you on your way. **Ages:** 11-14

M-F Aug 7-11 9am-2pm \$200/\$210 TNK

Making All The Ways

For littles who really love art, this is the week for you! Try out different kinds of paint, work on drawings small and large and build some fun structures too! Tinkerhaus is a place full of paint, glue and scraps. Dress for mess. Wear closed toe shoes, bring peanut free lunch, snacks and a water bottle. **Ages:** 5-8

M-F Jul 24-28 9am-2pm \$275/\$285 TNK

The World's Not Flat

Amesbury Elementary art teacher during the school year, leader of delightful weeklong projects during the summer. Working with paper, clay, wire & wood, Sara Ramos, will guide young sculptors through 3 dimensional projects that involve bending, folding, cutting, etc. **Ages:** 9-12

M-F Jul 17-21 9am-2pm \$275/\$285 TNK



TINKERHAUS

www.Newburyportyouthservices.com

Seacoast Tech

Using the latest **LEGO Robotics and Engineering** technology participants will have an opportunity to explore the amazing world of LEGO(R) robotics and engineering. We will learn about gears, circuits, and computer programming as we design, build, and program a variety of different robotics and engineering projects. Over 50 different projects are available including motorized cars and walkers, remote-controlled tanks, and amusement park rides. Projects are available for all skill levels. Note: Participants DO NOT take projects home
Grades: 1-5

M-TH Jun 26-29 9-11:45am \$135/\$145 BRS Lego R&E

Our popular **LEGO Robotics Master** summer program returns! Participants will have access to thousands of specialized LEGO bricks including motors, sensors, and so much more! Then, using a laptop and kid-friendly LEGO WeDo 2.0 software, teams will create programs to bring their creations to life! Daily challenges will include amusement park rides, vehicles, animals, and much more! Many new projects will be available for returning LEGO Masters! This is a can't miss one-of-a-kind program for LEGO fans! Note: Participants do not get to take LEGO projects home.
Grades: 1-5

M-TH Jun 26-29 12:15-3pm \$135/\$145 BRS Lego Master

Scratch Coder In this fun and action-packed class participants will learn how to program several games including their very own mobile-friendly Space Invaders game. 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! We will learn how to use motion, sound, events, control, and sensing blocks. Participants will also learn how to draw and create their very own game sprites! This popular NYS program is a hit with budding coders and game designers! Participants will need a flash drive in order to save and take their games home with them.
Grades: 3-6

M-TH Jun 26-29 12:15-3pm \$135/\$145 BRS Scratch Coder

Video Game Designer Stop playing video games and start creating them! In this introductory class participants will learn how to program and create their very own video games. Using GameMaker software we will learn how to create sprites, objects, levels, backgrounds, sound effects and much more as we create several games that can be shared with family and friends! We'll create a multi-level, customized adventure game complete with zombies, potions, coins, trap doors, and so much more! Participants will need a flash drive in order to save and take their games home with them. **Grades: 3-6**

M-TH Jun 26-29 9-11:45am \$135/\$145 BRS Game Designer



Join us to kick off summer, meet the summer staff and hit the water slide!

Thursday, June 22nd
5-6:30pm
Food Truck Onsite



Clipper All-Sports Clinic

The All Sports Clinic will introduce activities to youth who enjoy a variety of sports and recreational games. Youth are taught skills and given the opportunity to compete in a variety of sports such as soccer, basketball, flag football and more while also enjoying some recreational games such as dodgeball, capture the flag, meatball and more plus use of the playground during break time. The day will begin with active dynamic stretching and plyometrics to focus on balance and coordination. Our highly qualified staff make sure our days are high paced and non stop fun for every child! An emphasis of sportsmanship, playing with character and having fun!

Grades: 5-8

M-F Jul 31-Aug 4 9am-3pm \$297/\$307 NHG Session 1

Grades: K-5

M-F Aug 7-11 9am-3pm \$297/\$307 BRG Session 2

M-F Aug 14-18 9am-3pm \$297/\$307 BRG Session 3

Clipper Baseball

This clinic will be designed to teach baseball skills for various age levels alongside people who have been around the game. The camp will be run by Coach Dom Massi.

Our goal of this program is to first off, have fun, but more importantly, teach kids the fundamentals of playing baseball. We will focus each day on getting drills and skills done during the first portion of the day and making sure we are having fun and playing games by the end of each daily session. **Grades: 3-8**

M-Th Jun 26-29 9am-Noon \$156/\$166 NHD Session 1

M-Th Jul 17-20 9am-Noon \$156/\$166 NHD Session 2

Clipper Boys Lacrosse

Please join Newburyport Boys Lacrosse Varsity Coach, Josh Wedge, at Newburyport High School for a weekly clinic. Players of all skill levels can learn the fundamentals and techniques of strong lacrosse players. Each week will feature 45 min of instruction, and 45 of small sided games. We will structure drills to meet all levels of skill from beginner to advanced. Short sticks only. No previous experience required. During the drills we will focus on the fundamentals of shooting, dodging, footwork, agility, as well as offensive IQ develop in the game of lacrosse.

(Helmet, Gloves, and Short Sticks Required)

Grades: 3-8

W Jun 28-Aug 2 5:30-7pm \$120/\$130 ST Session 1

Grades: 9-12

W Jun 28-Aug 2 7-9pm \$120/\$130 ST Session 2

Weekly Clipper Cross Country

Join Coach Valli as we learn and practice cross-country running. Coach Valli is an assistant coach for Newburyport High School Cross Country. Athletes will learn warm up and cool down routines while doing different drills and workouts. We will practice developing good running form, running endurance, and a love for the sport. This program is a great way to get your child active and interested in running in a safe and fun environment. We can't wait to start running with you!

Grades: 3-5

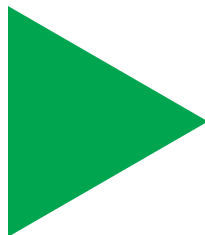
T Jun 20-Jul 25 8-9:30am \$200/\$210 BRO Session 1

Grades: 3-8

Th Jun 22-Jul 27 6-7pm \$180/\$190 MSP Session 2

Grades: 6-8

T Jun 20-Jul 25 9:45-11:15am \$200/\$210 BRO Session 3



SUMMER CLIPPER ATHLETICS

Clipper Field Hockey

Join Coach Shannon Haley for a clinic to learn and develop your field hockey skills. Players will learn the basics of field hockey, while getting a chance to practice in skill sessions that help develop individual and team skills. All levels are welcome! Please bring: field hockey stick, mouth guard, shin pads, field hockey goggles. If you need to borrow a field hockey stick, please email coach Haley at shaley@newburyport.k12.ma.us **Grades:** 1-8

M-F Jul 10-14 9am-Noon \$195/\$205 ST Session 1
M-F Jul 17-21 9am-Noon \$195/\$205 ST Session 2

Clipper Football

Come join your NHS football coaching staff and players for a great experience learning the skills and techniques that make up a complete football player. All youth are welcome to learn and experience all facets of the game in offense, defense, and special teams. Participants will learn techniques in all positions and work on group and team drills that will demonstrate proper technique. On top of this, players will compete in 7 on 7 tag football, learning routes and pass-coverages, along with an assortment of other games that are football related. Youth will also learn the Clippers values instilled in our NHS football players. This clinic is a fundraiser to assist the NHS football program in purchasing equipment for the team. **Grades:** 5-8

M-Th Jun 26-29 2-4:30pm \$135/\$145 ST Football Clinic

Clipper Girls Volleyball

This camp will give players of all levels and abilities the opportunity to learn and develop skills to play the game of volleyball. Individualized instruction and effective drills will focus on passing, setting, hitting, and serving. Players will benefit from repetition to reinforce skill development and fun games to put their skills into action. This camp will be run by NHS coaches and players.

Grades: 4-6

M-Th Jul 10-13 9:30-11:30am \$115/\$125 NHG Session 1

Grades: 7-8

M-Th Jul 10-13 Noon-2pm \$115/\$125 NHG Session 2

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. All aspects of basketball will be covered with daily skills and drills and competitive contests including "Queen of the Court" and "Queen Clipper". Space is limited so don't miss out on a fun basketball program! Join NHS Varsity Coach Karen Grutchfield and other NHS players and coaches.

Grades: 4-9

M-Th Jun 26-29 8:30am-12:30pm \$208/\$218 NMG Session 1

Grades: Pre K-3

M-Th Jun 26-29 1-3pm \$105/\$115 BRG Session 2

Clipper Boys Basketball

The NHS Boys Basketball Program is thrilled to offer four separate Boys Basketball Clinics for student-athletes this summer! Varsity Coaches and High School players will focus on players developing the fundamentals of the game through skill work. We will also work to improve basketball decision making through small sided games. Each participant will then have the opportunity to apply those skills while they compete in two games a day. Along with the skills necessary to play basketball, all coaches will educate campers on the importance of being great teammates, communicating on/off the court with peers, competing at a high level and sportsmanship. It will be a fun learning environment that will challenge participants' skills to help him become a complete basketball player.

Grades: K-4

M-Th Jun 26-29 8:30-10:30am \$105/\$115 BRG Session 1

M-Th Jul 17-20 8:30-10:30am \$105/\$115 BRG Session 2

Grades: 5-10

M-Th Jul 10-13 8:30am-12:30pm \$208/\$218 NMG Session 3

M-Th Jul 24-27 8:30am-12:30pm \$208/\$218 NMG Session 4

Clipper Track & Field

This program will be an opportunity for young athletes to learn proper running and jumping techniques while being introduced to many of the events that make up track and field. Proper technique will be emphasized in a fun, game oriented environment. The goal is developing a life-long enjoyment of fitness. The coach is Mike McCormick, who is the head coach for NHS spring track, as well as the head coach for the Winner's Circle Running Club and has completed 38 Boston Marathons!

Grades: 3-5

M-Th Jul 10-13 9-10:30am \$94/\$104 FF Session 1

Grades: 6-8

M-Th Jul 10-13 10:45am-12:15pm \$94/\$104 FF Session 2



GROUP TRANSPORTATION AVAILABLE FROM NEWBURYPORT.
BUS AT 4:30PM



FAMILY TICKETS

\$39

PLUS FREE BUS
TRANSPORTATION
(OPTIONAL)

RED SOX

VS

ROYALS

AUGUST 7TH
7:10PM GAME
SEATS:
SECTION 41



SUMMER TENNIS PROGRAM

**NEWBURYPORT
TENNIS CLUB**

Tennis Lessons for Beginners and Intermediate Learners

Club Tennis is geared towards getting kids excited about the sport, concentration on tennis fundamentals, and FUN activities. Players will begin each day with a focus on tennis fundamentals, including grips, swing path, footwork, and rules of the game. Using USTA Net Generation curriculum, low-compression tennis balls, smaller racquets, and modified court dimensions, Club Tennis will teach younger players how to rally, engage in proper courtesy and sportsmanship, and compete. Players may be differentiated based on ability.

Indoor Tennis

Instructor: Newburyport Tennis Club,
Location: NBPT Tennis Club



Club Tennis Gr 1-8 Mon-Fri · 9am-12pm · \$230/\$240

Club Tennis Gr 1-8 Mon-Fri · 1pm-4pm · \$230/\$240

PM Sessions only offered weeks of 6/26,7/24,7/31,8/21

Outdoor Tennis

Instructor: Newburyport Tennis Club,
Location: Atkinson Courts/ NBPT Tennis Club

Club Tennis 1 Gr 1-8 Mon-Fri · 9am-12pm · \$230/\$240

- 20% Sibling Discount (same week)
- Private Lessons available through the Club



Session 1 - Jun 26-30 *
Session 2 - July 5-7 *Adjusted Fee
Session 3 - July 10-14
Session 4 - July 17-21
Session 5 - July 24-28 *
Session 6 - July 31-Aug 4 *
Session 7 - Aug 7-11
Session 8 - Aug 14-18
Session 9 - Aug 21-25 *
Session 10 - Aug 28- Sep 1

***Weeks w/PM Sessions**



Family Tennis

Designed for adults and youth to learn together, these 4 sessions will give you the basics (or a refresher) on tennis fundamentals, including grips, swing path, footwork, and rules of the game.

Instructor: NBPT Tennis Club Staff,
Location: NBPT Tennis Club

Wed night - 5-6:30pm

Session 1 July 5-July 26

Session 2 Aug 2- Aug 23

\$80/\$90 each for 1st two Family Members

***Additional family member \$50**

Newburyport Tennis Club (NTC) has been an ongoing tennis club in the community for more than 40 years! In 2018, NTC underwent a change of ownership and we are excited to bring new life to the club and to the sport of tennis! Newburyport Tennis Club encourages both the fun and the competitive nature of tennis. We are extremely pleased to partner with Newburyport Youth Services by offering the city's summer tennis program in a safe and comfortable indoor tennis center.

SUMMER at a GLANCE

PROGRAM	June 20	June 26	July 3	July 10	July 17	July 24	July 31	Aug 7	Aug 14	Aug 21
Summer Art Adventures							o	o		
Tinkerhaus	o	o		o	o	o		o		
NCM Hub		o	o		o	o				
Music w/Miss Alicia				o	o		o			
Cooking and Baking Classes				o		o		o		
Clipper All-Sports Clinic							o	o	o	
Clipper Baseball		o			o					
Clipper Boys Basketball		o		o	o	o				
Clipper Boys Lacrosse		o	o	o	o	o	o			
Clipper Cross Country	o	o	o	o	o	o				
Clipper Field Hockey				o	o					
Clipper Football		o								
Clipper Girls Basketball		o								
Clipper Girls Volleyball				o						
Clipper Track & Field				o						
Clipper PlayGround Kids, Mates, Crew		o	o	o	o	o	o	o	o	
Little Aces		o	o	o	o	o	o	o	o	
Kin Fitness				o	o					
All Sports Boosters Flag Football		o								
Archers Artemis		o	o	o	o	o	o			
East Coast Soccer			o	o	o	o	o	o		
High Tail Acres Horsemanship				o	o			o		
Mountain Biking				o			o			
NBBA	o	o	o	o	o	o	o	o	o	
Newburyport Tennis Club		o	o	o	o	o	o	o	o	o
NYS Wiffleball			o							
Parkour		o				o			o	
Skateboard Lessons			o	o	o					
Skyhawks						o	o	o		
Soccer Shots	o	o	o	o	o	o	o	o	o	
Wrestling							o			
Seacoast Technology		o								
Minds in Motion			o					o	o	
www.Newburyportyouthservices.com										

GRADES
1-6

CLIPPER PLAYGROUND PROGRAM

at Perkins Playground

NEW HOURS 8:30AM-3PM

Flexible Drop Off between 8:30-9am

Early pick up available at 1pm (discounted)

Flexible Pick Up from 2:30-3pm

PERKINS



8 Weeks of Summer Fun!

**NO
PROGRAMS
ON JULY 4th**

**Arts & Crafts | Fun Games | Free Time | Weekly
Themes | Music & Dance | Slip n Slide Fridays
And a Lot More...**

Clipper Kids	Grades 1 & 2
Clipper Mates	Grades 3 & 4
Clipper Crew	Grades 5 & 6

**\$230/
WEEK**

CLIPPER PLAYGROUND PROGRAM

at Perkins Playground

20%
SIBLING
DISCOUNT

WEEKLY THEMES

June 26 **week 1**
Summer Celebration

July 24 **week 5**
Carnival

July 3 **week 2**
Hop through the
Holidays

July 31 **week 6**
Super Hero Week

July 10 **week 3**
Animal Adventures

Aug 7 **week 7**
Lights Camera Action

July 17 **week 4**
Mystical Magical
Week

Aug 14 **week 8**
Aloha Summer

**WEEKLY
DRESS UP
DAY**

**WEEKLY
SPECIAL
ACTIVITIES**

Activities Visitors
Shows

With a longer day we have
**New Weekly Adventures &
Privileges** for our Clipper
Crew!

Lil' Aces



SUMMER PROGRAM

AGES 4-6
20% Sibling
Discount

Low 1:5
Ratio



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. 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.

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

NO
PROGRAMS
ON JULY 4th

Weekly Themes

June 26 **week 1**
Summer Celebration

July 10 **week 3**
Animal Adventures

July 24 **week 5**
Carnival

Aug 7 **week 7**
Lights Camera Action

July 3 **week 2**
Hop through the
Holidays

July 17 **week 4**
Mystical Magical Week

July 31 **week 6**
Super Hero Week

Aug 14 **week 8**
Aloha Summer

Limited seats

20 Participants
Only/ Week

COST

\$163

Hours

**9am-
Noon**

ADD ON LUNCH BUNCH 'Till 1pm

\$25/week

Held at the Nock/ Molin School



Kin Fitness

Kids will have a blast with our NSCA-Certified Personal Trainer and ACE Youth Fitness Specialist leading them in exercises, games, and obstacle courses that will get their heart pumping while building a solid foundation of fitness skills. Fit Club will have a fun blend of exercises focused on body awareness, balance, mobility, cardio, and age-appropriate strength building using body-weight exercises such as pushups, squats, & lunges. We will have plenty of time for rest as well as educational and mindful recovery activities. Great for not only developing their overall fitness, but also creating a positive early experience with exercise and its many benefits, which can lead to a lifetime of healthy choices! **Grades: 1-3**

M-Th Jul 10-13 9:30-Noon \$\$210/\$\$220 NMF Fit Club 1
M-Th Jul 17-20 9:30-Noon \$\$210/\$\$220 NMF Fit Club 2



All Sports Boosters Flag Football

Kids will get the opportunity to learn about Flag Football as well as participate in multiple activities relating to football. At the beginning of the week the children will participate in the "Clipper Combine" which will include a variety of fun drills while also allowing the coaches to create balanced teams that they will stay in for the week. Teams will play multiple games each day and the week will culminate with a playoff style tournament. **Grades: 4-7**

M-F Jun 26-30 8am-Noon \$200/\$210 NMF Flag Football

Archers Artemis

Weekly Archery This is a four week class that will introduce the beginner to the basics of archery. In week 1, you will learn how to safely handle the equipment and to use proper shooting form. You will be shooting in the first class. In week 2 we will expand on the form. In week 3 we will continue to advance form as we work on the mental aspects of archery. In week 4 we will review everything you learn while you are doing a mini pin shoot to include learning tournament rules scoring. There are no refunds. If we are rained out we will use the make up class slotted. **Ages: 8-14**

Sa Jul 8-29	8:30-9:40am	\$155/\$165	AAA	Session 6
Su Jul 9-30	8:30-9:40am	\$155/\$165	AAA	Session 7
Sa Aug 5- 26	8:30-9:40am	\$155/\$165	AAA	Session 8
Su Aug 6- 27	8:30-9:40am	\$155/\$165	AAA	Session 9

Archery: Mind, Body and Spirit; it helps to calm the mind, strengthen the body and access the spirit within. Archery can help improve concentration and attention and strengthen the upper body muscles that, in women, are typically the weakest. Many people find that when they are doing archery they have a connection to an inner peace that helps them tap into spirit. Archers Artemis is dedicated to helping everyone attain this mind body spirit balance. **Ages: 8-14**

M-W Jun 26-28 9:15-11:30am \$205/\$215 AAA MBS 1

High Tail Acres Horsemanship

The Summer Horsemanship Program at High Tail Acres, LLC is the perfect opportunity to quench your child's interest in horses and riding. What a great opportunity for the student to experience the workings of a stable with hands on activities and to also experience 2 riding lessons per day, group activities and horse related projects. All riding abilities are invited. Our program groups students by ability and experience levels, taking into consideration their age and maturity. The staff at High Tail Acres, LLC stresses the importance of safety, and every precaution is taken to provide the student with a positive learning experience. The Summer Horsemanship Program provides the student with a comprehensive learning experience. The curriculum will include a classroom atmosphere to provide for knowledge attainment of basic horsemanship, etc. Two riding lessons each day, hands-on involvement in the operations of a stable and team building activities will give each student a rewarding experience and prepare the student for the end of camp mini horse show to which parents and friends are invited. The art/craft project will complement the classroom experience. (Art/craft materials will be provided.) 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 students. The High Tail instructors are Massachusetts licensed, with years of teaching experience. Each student will receive a High Tail Acres, LLC T-shirt and Certificate of Completion. Please bring a bag lunch. Peanut free snacks and juice boxes are provided. **Grades: 6-14**

M-F	Jul 10-14	9am-2pm	\$510/\$520	HTA	Summer 1
M-F	Jul 17-21	9am-2pm	\$510/\$520	HTA	Summer 2
M-F	Aug 7-11	9am-2pm	\$510/\$520	HTA	Summer 3

Mountain Biking

Beginner In just days, you will learn the fundamentals of mountain biking, such as climbing, descending, braking, shifting, and general bike handling techniques. You will also be introduced to trail etiquette, bike safety, and basic trail side repairs. Limited to 10 bikers. Mountain bike and helmet required. If your child is interested in signing up, but doesn't have a mountain bike, please let NYS know and we will see if we can find one to rent/borrow. (Fri rain day) **Grades: 4-8**

M-Th	Jul 10-13	1-3pm	\$105/\$115	MSP	Beg Session 1
M-Th	Jul 31-Aug 3	9-11am	\$105/\$115	MSP	Beg Session 2

Intermediate/Advanced Learn more advanced mountain biking skills such as log hopping, bunny hops, wheelies and technical descents. This program is for riders with some fitness and ability to maintain a steady pace over time. (Fri rain day) **Grades: 4-8**

M-Th	Jul 31-Aug 3	1-3pm	\$105/\$115	MSP	Int/Adv Session 1
M-Th	Jul 10-13	9-11am	\$105/\$115	MSP	Int/Adv Session 2

Skateboard 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 to the big bowl! These lessons are about skills and also skate park etiquette (how to stay safe around other skaters). 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. Helmet and knee and elbow pads required. **Grades: 3-8 *Skip July 4- runs Friday**

M-F	Jul 3-7 *	9-10am	\$120/\$130	NSP	Summer 1
M-F	Jul 3-7 *	10-11am	\$120/\$130	NSP	Summer 2
M-F	Jul 3-7 *	11am-Noon	\$120/\$130	NSP	Summer 3

M-Th	Jul 10-13	9-10am	\$120/\$130	NSP	Summer 4
M-Th	Jul 10-13	10-11am	\$120/\$130	NSP	Summer 5
M-Th	Jul 10-13	11am-Noon	\$120/\$130	NSP	Summer 6

M-Th	Jul 17-20	9-10am	\$120/\$130	NSP	Summer 7
M-Th	Jul 17-20	10-11am	\$120/\$130	NSP	Summer 8
M-Th	Jul 17-20	11am-Noon	\$120/\$130	NSP	Summer 9



Parkour

Movement classes that are designed to jump start your child's day with a healthy dose of movement, exploration, and fun! Skills sessions are a great way to learn the basics, build on techniques, or master certain movements in a small-group instruction context. This class is for youth of all ability and fitness levels, and will include instruction in the basic movements and techniques of parkour, as well as exercises designed to improve general fitness and ensure the long-term practice of parkour. Classes will focus on exploring and moving within one's environment and will include a number of games, exercises, and drills to improve balance, coordination, strength, spatial awareness, and flexibility, while having fun. All classes are taught by ADAPT certified coaches.

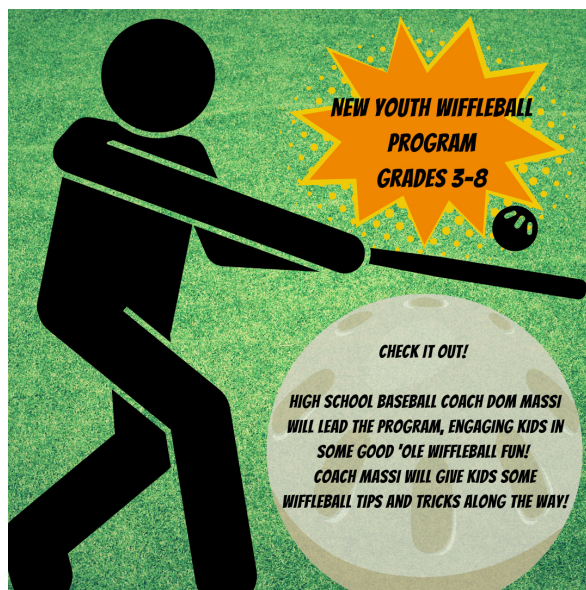
What to bring: Weather-appropriate clothing (this class will run regardless of the weather- rain, sleet, snow, sun- be prepared), water bottle, face mask, individual container of hand sanitizer, a small bag to hold your belongings (Note: Parkour Generations Boston takes no responsibility for the safe-keeping of items)

Ages 6-9

T-F Jun 27-30 9:30am-Noon \$170/\$180 MW Session 1
M-Th Jul 24-27 9:30am-Noon \$170/\$180 MW Session 2
M-Th Aug. 14-17 9:30am-Noon \$170/\$180 MW Session 3

Ages 9-13

T-F Jun 27-30 12:30-3pm \$170/\$180 MW Session 4
M-Th Jul 24-27 12:30-3pm \$170/\$180 MW Session 5
M-Th Aug. 14-17 12:30-3pm \$170/\$180 MW Session 6



NBBA

The Newburyport Boys Basketball Association (NBBA) offers the opportunity for all boys living in the Newburyport area to exercise, develop skills and play structured, competitive basketball games.
NBBA Website

Grades: 1-4

M-Th Jul 31- Aug 3 8am-Noon \$215/\$225 BRG NBBA 1

Grades: 5-8

M-Th Aug 7-10 8am-Noon \$215/\$225 NMG NBBA 2

NBBA HS

The NBBA invites all boys who live in Newburyport and attended NHS during the 2022/23 academic year to play in this summer's Rec League. Teams are evenly balanced and all players receive equal playing time as they compete for the prestigious Rec League Cup. All teams make the playoffs and all players will receive a league t-shirt. **Ages: 14-19**

T Jun 20-Aug 15 5-7:15pm \$150/\$160 CP NBBA HS League

Wrestling

Come learn how to wrestle, in a week! River Rival Wrestling presents a 1-week introduction to wrestling for boys and girls in grades 4-8. In addition to teaching rules, scoring and providing an overview of the sport, attendees will learn basic positions and techniques, and engage in live wrestling! We will also play some games (mostly wrestling-related) and provide an overall safe and fun environment. By the end of the week, they should know if they like the idea of wrestling with a club next winter. If they do, they will be several steps ahead of other first year wrestlers! Participants will have a break in the mid-morning each day and are welcome to bring peanut-free snacks. The program is led by River Rival Wrestling coaches, and counselors are local high school wrestlers.

Grades: 4-8

M-F Jul 31-Aug 4 9am-Noon \$150/\$160 NMC Wrestle 1

6TH GRADE SUMMER SENDOFF

AUGUST 24TH • 6:00-7:30 PM NOCK
BASKETBALL COURTS
FREE

COME CELEBRATE THE END OF SUMMER AND START OF
THE SCHOOL YEAR WITH NYS! WE'RE INVITING ALL
INCOMING 6TH GRADERS TO COME HANG WITH SOME
SUMMER CLIPPER STAFF AND MEET SOME OF THE NYS
AFTER SCHOOL STAFF.

FREE PIZZA, AN ICE CREAM TRUCK, CRAFTS, AND MORE!



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. *Costs now include \$10 for a t-shirt. **Skips July 4- runs Fri.

Ages: 3-5

M-Th Jul 24-27 8:30-10am \$104/\$114 CP Junior

Grades: K-6

M-F Jul 3-7** 8-11am \$197/\$207 CP Session 1

M-Th Jul 10-13 8-11am \$197/\$207 CP Session 2

M-Th Jul 24-27 8-11am \$197/\$207 CP Session 3

M-Th Jul 31-Aug 3 8-11am \$197/\$207 CP Session 4

M-Th Aug 7-10 8-11am \$197/\$207 CP Session 5

Grades: 5-9

M-Th Jul 17-20 8am-Noon \$209/\$219 CP Elite Coed



Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.
Ages: 5-8

M-F Jul 24-28 9am-Noon \$175/\$185 NMF Beginner Golf

Skyhawks Flag Football Experience the excitement of football, fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

Ages: 7-10

M-F Aug 7-11 9am-Noon \$175/\$185 NMF Flag Football 1

Ages: 10-14

M-F Aug 7-11 9am-Noon \$175/\$185 NMF Flag Football 2

Multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Grades: 7-10

M-F Jul 31-Aug 4 9am-Noon \$175/\$185 NMF Multisport 1

Soccer Shots

Soccer Shots North Shore and New Hampshire 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, communication and curriculum. 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.

Summer Mini- 2yr olds

TH Jun 22-Aug 17 4-4:30pm PP \$172/ \$182

Summer Classic 3yr olds

TH June 22- Aug 17 4:40-5:15pm PP \$172/ \$182

Summer Classic 4-5 yr olds

TH June 22- Aug 17 5:25-6:05pm PP \$172/ \$182

SUMMER REC



After School Rec

**GRADES 6-8. REGISTER FOR
A FREE MEMBERSHIP**

*Transportation is provided daily at dismissal time from the
Nock and RVCS to the NYS Spot, at 64 Purchase St.*



High School Hours

**GRADES 9-12
DROP-IN. NO CHARGE
TUESDAYS 5:30-7:30PM**

NYS Black Party

Hang out after school before heading to the NYS Spot. We'll be hanging on the black top for pick-up basketball, capture the flag, 4-square, crafts and more. Open to all middle school youth.

**GRADES 6-8
PART OF THE YOUTH
CENTER MEMBERSHIP**

**MONDAYS AND
WEDNESDAYS
2:15-3:30PM**

RETURNING APRIL 24TH



WWW.NEWBURYPORTYOUTHSERVICES.COM



NYS Block Party

**MONDAYS AND
WEDNESDAYS
2:15-3:15PM**

After School Rec Schedule

BUSES DEPART NOCK /
RVCS TO NYS SPOT

5:00PM
CLOSE

MON

2:15PM

**NYS BLOCK PARTY
AT THE NOCK**



3:15PM

ACTIVITIES, CLUBS AND HANGOUT
NYS SPOT AT
64 PURCHASE ST

TUE



2:30PM



ACTIVITIES, CLUBS AND HANGOUT
NYS SPOT AT
64 PURCHASE ST

WED

2:15PM

**NYS BLOCK PARTY
AT THE NOCK**



3:15PM

ACTIVITIES, CLUBS AND HANGOUT
NYS SPOT AT
64 PURCHASE ST

THU



2:30PM



ACTIVITIES, CLUBS AND HANGOUT
NYS SPOT AT
64 PURCHASE ST

FRI



2:30PM



ACTIVITIES, CLUBS AND HANGOUT
NYS SPOT AT
64 PURCHASE ST

**FRIDAY NIGHT
EVENTS**

**NYS BLOCK PARTY AT THE NOCK
(MONDAYS AND WEDNESDAYS).**
LOCATED ON THE BLACK TOP SPACE.
YOUTH WILL MEET UP WITH THEIR
FRIENDS AND NYS STAFF TO SHOOT
HOOPS, PLAY STREET HOCKEY, DO
SOME ARTS AND CRAFTS, PLAY KICK
BALL AND OTHER GAMES. AFTER
DECOMPRESSING FROM THE SCHOOL
DAY, THEY CAN THEN HOP ON THE BUS
AND HEAD TO THE NYS SPOT AT 3:15PM
OR HEAD IN THEIR OWN DIRECTION.

NYS SPOT-LOCATED AT 64 PURCHASE ST.
TRANSPORTATION FROM THE NOCK AND RVCS IS
PROVIDED DAILY. PARTICIPANTS ARE ALSO
ENCOURAGED TO RIDE THEIR BIKES, WALK, AND
DROP-IN FOR THE ACTIVITIES THEY ARE
INTERESTED IN. ON A DAILY BASIS, KIDS CAN
USE THIS SPACE TO HANG OUT, SOCIALIZE, DO
ARTS AND CRAFTS, PLAY BOARD GAMES, AND
PARTICIPATE IN ANY OF OUR CLUBS. THE NYS
SPOT IS OPEN TUE, THU, AND FRI 2:15-5:00PM AND
MON AND WED 3:30-5:00PM. TRANSPORTATION
FROM SCHOOL IS PROVIDED

**TRANSPORTATION PROVIDED BY SALTER
BUS CO. DEPARTS FROM NOCK AT
DISMISSAL TIME (2:15PM) TUE, THUR, AND
FRI... MON AND WED TRANSPORTATION WILL
LEAVE THE NOCK AT 3:15PM AFTER "NYS
BLOCK PARTY". TRANSPORTATION FROM
RVCS IS ALSO PROVIDED EVERY DAY TO THE
NYS SPOT AND ARRIVES IN TIME FOR ANY
PLANNED ACTIVITIES AND CLUBS.**



RVCS



Nock

**GRADES 6-8
PART OF THE YOUTH
CENTER MEMBERSHIP**

SUMMER YOUTH PROGRAMS

GRADES
7+

Geocaching

The ultimate scavenger hunt using GPS coordinates all around the world! Get outside and follow the clues right outside your door as we unlock the secrets of Newburyport's geocaching world.

M-Th Jun 26-29 Noon-2pm \$38/\$48 VRD Geocaching

Astrology

What is written in the stars for you? With just a few simple facts, we are decoding just that as we make and dive into our astrological natal charts and see what lies in store!

M-Th Jun 26-29 3-4pm \$20/\$30 BSP Astrology

Puzzle Lab

Jigsaw, cryptogram, crossword – we love them all! Pass the time with a leisurely indoor hobby brought outside to soak up some sun while keeping your brain sharp.

M-Th Jun 26-29 4-5pm \$35/\$45 BSP Puzzle Lab

Hammock Hang

We supply the hammocks, you supply the lunch. We're snagging a perfect shady spot right on the river to enjoy the dog days of summer swaying in the breeze!

M-Th Jul 10-13 11am-1pm \$35/\$45 MW Session I
M-W Jul 24-26 11am-1pm \$29/\$39 MW Session II
M-Th Aug 14-17 11am-1pm \$35/\$45 MW Session III

Craft Trendz

We're exploring some of the latest and greatest tik-tok craft crazes. Try your hand and maybe find your new hobby!

M-Th Jul 10-13 1:30-3pm \$48/\$58 BSP Session I
M-W Jul 24-26 1:30-3pm \$40/\$40 BSP Session II
M-Th Aug 14-17 1:30-3pm \$48/\$58 BSP Session III

Cottagecore Tea Time

Journey back to the simpler days of summertime picnics, afternoon tea, and all things cottagecore as we go tech free and connect the old-fashioned way.

M-Th Jul 17-20 2:30-4pm \$35/\$45 BSP Tea Time



Iphone Photography

Cell phone cameras just keep getting better and better, and we are harnessing the new tech advances to create some new art in our historic city.

M-Th Jul 17-20 4-5pm \$35/\$45 BSP Iphone Photography

Cooking to Connect

Appetizer, entrée, and dessert, we're learning how to cook a 3 course meal over the course of 3 days. It may seem daunting, but we're breaking it down to help you learn your way around the kitchen.

T-Th Aug 8-10 Noon-2pm \$48/\$58 NHS Cooking

Mini Golf League

Are you a hole in one champ? Do you spend your summers putting around? We are hitting some of the coolest local mini golf spots and seeing who has the skills!

T-Th Aug 15-17 5:30-7:30pm \$65/\$75 VRD Mini Golf League





Grades 6-8 NYSESSIONS

@ PERKINS PARK

A program of sports, playground, and field games. We'll be hanging out with some casual summer fun of all your favorite games and sports including flag football, soccer, kickball, capture the flag, basketball,, yard games and more! This program is perfect for youth and young teens who are looking for pick-up games and camp style fun.

\$65
MONDAY-WEDNESDAY
3:30-5:30PM
SESSION 1: JUNE 26-28
SESSION 2: JULY 17-19

Dungeons and 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.

Spring Weekly

TH April 6 – May 4 3:30-5:00pm \$52/\$62 SPOT Spring 1
T May 9-June 6 3:30-5:00pm \$52/\$62 SPOT Spring 2

GRADES
6+

Summer Week Clubs

M-Th Jul 10-13 3:15-5:15pm \$52/\$62 BSP Session I
M-W Jul 24-26 3:15-5:15pm \$45/\$55 BSP Session II
M-Th Aug 14-17 3:15-5:15pm \$52/\$62 BSP Session III

GRADES
7+

Dog Walkers

Leash up your pooch and come meet us around town, we're walking the local parks with our canine pals! Leashes (and poop bags) required, No registration needed. Dogs must be well socialized and friendly with other dogs.

M- Th July 17- 20 Noon-2pm Free VRD Dog Walkers

Monday 7/17 at Moseley Woods
Tuesday 7/18 Cashman Park
Wednesday 7/19 Atkinson Common
Thursday 7/20 Joppa Park





NYS

Y A N K E E
H O M E C O M I N G

Monday 7/31

T E E N
D A N C E

Tuesday 8/1

S C A V R
H U N T S

Wednesday 8/2

S U M M E R
O L Y M P I C S

Thursday 8/3

B E D
R A C E

Friday 8/4

F L O A T
D E C O R

Sunday 8/6

P A R A D E

M O R E I N F O
C O M I N G S O O N !



High School ONLY Trips

Six Flags We're headed out to a day at Six Flags New England for the thrills of the most extreme rollercoasters like Bizarro, Buzzsaw and, Goliath. Lunch is provided.

Th Jul 27 8am-8pm \$98/\$108 NMS

Portland Pizza Tour We're driving up to Portland to explore some of downtown's best pizza shops. We'll walk around town to 3 different slice shops and compare our favorites. We may even stop into the famous Holy Donut before heading out of town! The price of pizza is included.

Th Jul 13 10am-4pm \$55/\$65 NMS

** See the **High School Surf Week**

GRADES
7+

TEEN TRIPS

Multi Day- Surf Week Surfs up brah! We're headed to Summer Sessions at Rye Beach! This five day surf camp is perfect for any beginner who is looking to jump into the sport or for the intermediate looking to hone their skills. The classes are taught by professional instructors working hands on with participants in the water.

M-F Jun 26-30 8:30am-12:30pm \$350/\$360 NMS Week 1
M-F Jul 17-21 8:30am-12:30pm \$350/\$360 NMS Week 2
M-F Jul 31-Aug 4 8:30am-12:30pm \$350/\$360 NMS Week 3
M-F Aug 7-11 8:30am-12:30pm \$350/\$360 NMS HS Week*
(*Gr 9-12)

Multi Day - Golf Learning Core Values, Life Skills, and Healthy Habits through the Game of Golf. We will run golf activities and lessons that tie in the proper etiquette and learning environment for the game of life. This is a fun first, activity based teaching approach with a focus on self discovery and asking questions.

T-Th Jul 25-27 3-7pm \$138/\$148 NMS Golf

Multi Day- Glass Bead Making Learn the basic skills of glass bead and jewelry making. We'll be heading to Essex, MA at the Bubble Factory, a hot glass studio. We'll get hands on lessons flameworking to sculpt your own beads and glass jewelry.

M-W Jul 24-26 9:30-1:45pm \$180/\$190 NMS Beads

GRILL & CHILL

@ Perkins Park
5:30-7:30pm
Mondays 6/26-8/14

For Middle and High School

Do you love food? Do you love hanging out? Then you'll thoroughly enjoy Grilling and Chilling. We're firing up the grill for burgers and hotdogs each week while we hang at the Rec Center playground playing cornhole, 4 square, and just chilling out on these hot summer nights!

\$5/night



DAY TRIPS

GRADES
7+

Lunch On a Mountain Pack your lunch and lace up your hiking boots! We're headed up to NH to hike Mt. Major. We'll take our time on this 4 mile hike, relax at the top and stop for ice cream on the way home.

W Jun 28 9:00-4:00pm \$45/\$55 NMS

Canobie Lake You and Your friends can spend the evening at Canobie Lake Park. Pack your food or bring some spending money.

Th Jun 29 1:00-7:00pm \$65/\$75 NMS
M Aug 14 12:00-6:00pm \$65/\$75 NMS

Paddle at Pawtuckaway We're driving up to Pawtuckaway State Park to do your choice of paddleboarding, kayaking or canoeing. We'll explore the pond and have some lunch on the beach.

Th Jul 10 8:00am-3:00pm \$68/\$78 NMS

Take Flight We're headed to York, Maine for a challenge of high ropes course. Climb and swing up to 30 feet in the air through levels of difficulty. When we're done, we'll take a van ride over to Mount Agamenticus and check out 360 degree views of the coast and mountains.

Th Jul 11 10:00-3:00pm \$80/\$90 NMS

Saco Tubing Join us for one of the most relaxing days of the summer as we tube down the Saco River. Pack a lunch and float along. We'll stop to swim and enjoy the scenery of Bartlett, NH.

W Jul 12 8:00-3:00pm \$68/\$78 NMS

Six Flags We're headed out to Six Flags New England for the day for the thrills of the most extreme rollercoasters like Bizarro, Buzzsaw and, Goliath. Lunch is provided. *Note many minimum height requirements to ride the rollercoasters is 54".

Th Jul 27 8:00am-8:00pm \$98/\$108 NMS

Skyzone Come jump around, play dodgeball, and climb on their warrior course in Danvers. Pack some money and we'll stop for ice cream.

T Aug 8 4:00-7:00pm \$45/\$55 NMS

Diana's Baths This waterfall, natural pool, and rock landscape is a must see when in the North Conway area. Wear your bathing suit and we'll hike out to Diana's Baths to take a dip in the water, hang out, and relax in nature. Afterwards we'll head into town, so bring some money and we'll grab some food and shop around.

W Aug 9 8:00-3:00pm \$45/\$55 NMS

**Youth Council
MOVIE
Nights**

WEDNESDAYS 8 PM
June 28, July 12, 19, 26,
Aug. 2, 8

*keep an eye out for locations
and movie selections
coming soon!*

Boda Borg Boda Borg is described as interactive gaming. Working as a group we will literally maneuver through different rooms of quests that challenge our mental and physical strength. After we successfully quest our way through, we will replenish our bodies with some great food, so bring some \$\$.

Th Aug 10 9:30-2:30pm \$58/\$68 NMS

Zipline Hop in the NYS van as we head up to Gunstock Mountain to fly down one of the longest zipline tours in the US. On the way home we'll stop for ice cream!

T Aug 15 9:00-3:00pm \$80/\$90 NMS

Paintball Spend the afternoon running wild outside. OSG of New Hampshire's outdoor paintball courses. With 11 fields and 43 acres, OSG is New England's largest paintball field. Gloves, long sleeves, and thick clothing like jeans are recommended. All other paintball equipment is provided for a low impact game.

W Aug 16 11:30-5:30pm \$98/\$108 NMS

Water Country Geranimooo! You and your friends can head to Water Country in Portsmouth, NH. Pack some food, or bring money to Spend.

Th Aug 17 9:00-3:00pm \$76/\$86 NMS



COLLEGE KICK OFF

College is right around the corner, and it's never too early to start kicking off the next adventure! Come share all of your burning questions with a panel of real college students, dive into potential schools, and learn more about DEI missions on campus in these FREE sessions for recent high school graduates and students entering their senior year.

Tues, Aug 8th - College Student Panel Q&A
Wed, Aug 9th - Taking the First Step - Applications
Thurs, Aug 10th - Diversity, Equity, & Inclusion in College

3-5pm at City Hall Auditorium



White Water Rafting We're headed up to the Kennebec River for a one night overnight. We'll depart Wednesday at 10am to head up to Adventure Bound; a youth campground complete with a pool, hot tub, climbing wall, volley ball court, arcade and b-ball court. We will wake up early Thursday morning for a long day of white water rafting class 4 rapids guided by the A.B. professionals. We will get back to camp late afternoon Wednesday head home to Newburyport.

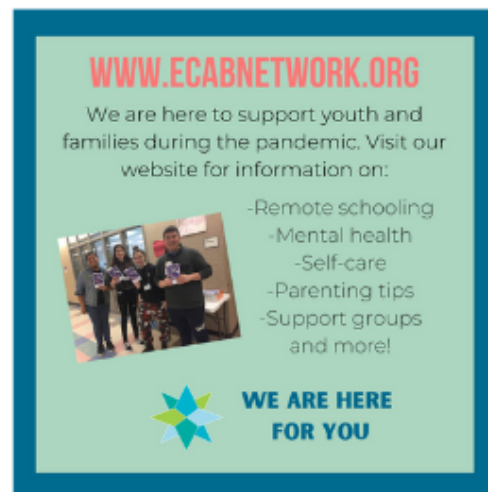
W-Th Jul 5-6 \$395/\$405 NMS

NEWBURYPORT

A regional approach to helping all youth thrive



The Beacon Coalition (TBC) is Newburyport's city-wide partnership to support healthy youth development and substance use prevention supporting youth and families for over 15 years. It uses a positive youth development approach to build skills, supports and qualities in youth that we know help them thrive. TBC is built on strong community partnerships, strengthened overtime that include schools, local law enforcement, social service and religious organizations, local government, parents and young people. TBC seeks to integrate its programming within existing work of its partner organizations to build sustainability, buy-in, and shared goals across the community. Current initiatives include Youth Thrive; building independence in youth; affinity groups providing safe spaces for like-minded individuals to meet; and annual events such as the Asset Awards and Mental Health Providers Luncheon.



Every two years all youth in grades 6-12 are surveyed to get a sense of the strengths and needs of the young people in the Network. This survey includes a measure of the 40 Developmental Assets (protective factors) as well as questions about risky behaviors such as alcohol or drug use and time spent watching screens. There are also questions about stress, anxiety and mental health. This data gives us a picture of the highest needs of our young people and programming is built to support those needs. This packet includes the results from the 2021 administration of this survey. We feel it is important for everyone in the community to have access to this data and join in the conversation about how we can support the youth and families in Newburyport.



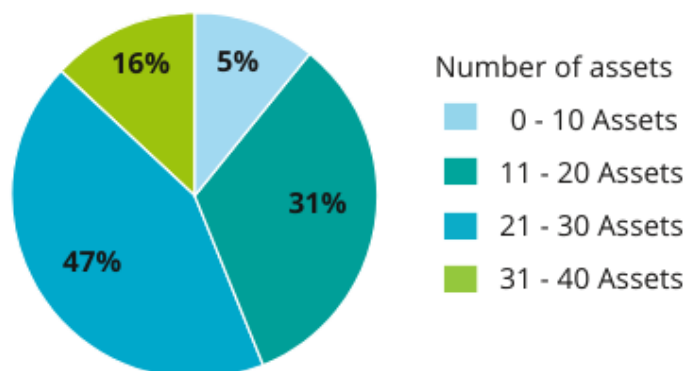
The Essex County Asset Builder Network is a partnership of communities (Amesbury, Georgetown, Newbury, Rowley, Salisbury and Newburyport) who are adopting a positive youth development (PYD) approach to provide supports for youth to grow into healthy adults. We utilize the 40 Developmental Asset® framework and promote a PYD approach through trainings, resources, and building connections among community partners.

THE ASSET CHALLENGE IN OUR COMMUNITY

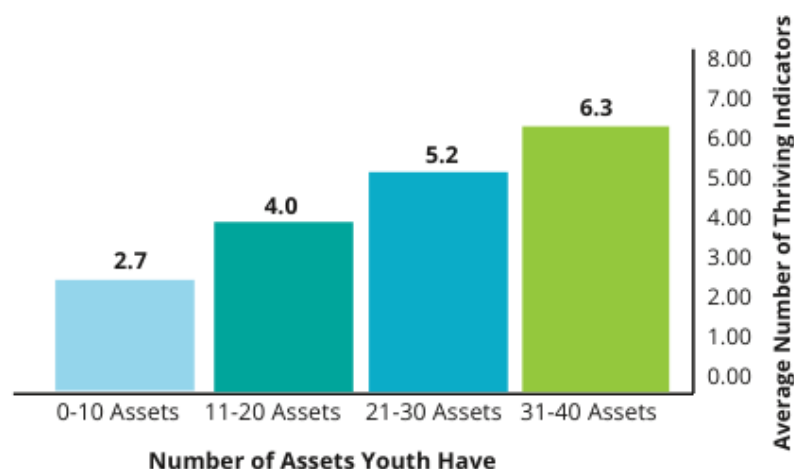
(Newburyport specific data)

HOW MANY ASSETS DO YOUTH HAVE?

This graph shows the number of youth who fall into each Asset category. The average number of assets for young people in the region is 23. While there is no "right number" of assets for young people, there is the greatest decline in risk behaviors for youth who have over 20 assets.

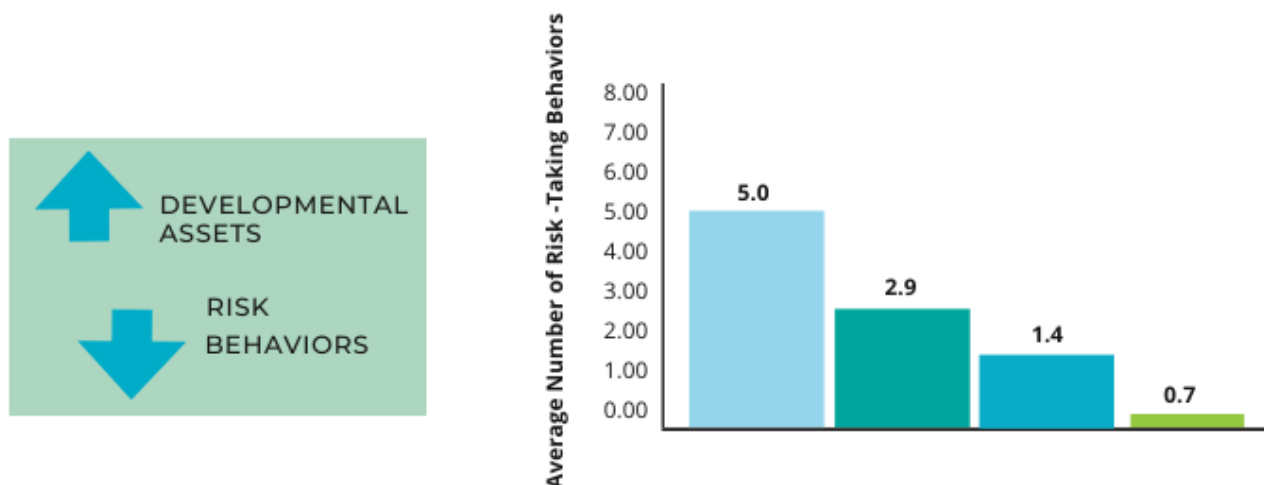


POWER OF DEVELOPMENTAL ASSETS TO PROMOTE THRIVING INDICATORS



We know that the more assets youth have, the more likely they are to thrive (Left). The opposite is also true. The more assets youth have, the less likely they are to participate in risk behaviors (Below).

POWER OF DEVELOPMENTAL ASSETS TO PROTECT AGAINST RISK-TAKING BEHAVIORS



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40 DEVELOPMENTAL ASSETS® : ATTITUDES AND BEHAVIORS

SUPPORT: Young people need to be surrounded by people who love, care for, appreciate, and accept them.

1. Family Support - Family life provides high levels of love and support.	85%
2. Positive Family Communications - Young person and her or his parent(s) communicate.	42%
3. Other Adult Relationships - Young person receives support from three or more nonparent adults.	62%
4. Caring Neighborhood - Young person experiences caring neighbors.	49%
5. Caring School Climate - School provides a caring, encouraging environment.	41%
6. Parent Involvement in School - Parent(s) are actively involved in helping young person succeed in school.	34%

EMPOWERMENT: Young people need to feel valued and valuable. This happens when youth feel safe and respected.

7. Community Values Youth - Young person perceives that adults in the community value youth.	28%
8. Youth as Resources - Young people are given useful roles in the community.	44%
9. Service to Others - Young person serves in the community one hour or more per week.	42%
10. Safety - Young person feels safe at home, school, and in the neighborhood.	60%

BOUNDARIES AND EXPECTATIONS: Young people need clear rules, consistent consequences for breaking rules, and encouragement to do their best.

11. Family Boundaries - Family has clear rules and consequences, and monitors the young person's whereabouts.	57%
12. School Boundaries - School provides clear rules and consequences.	67%
13. Neighborhood Boundaries - Neighbors take responsibility for monitoring young people's behaviors.	49%
14. Adult Role Models - Parent(s) and other adults model positive, responsible behavior.	52%
15. Positive Peer Influence - Young person's best friends model responsible behavior.	87%
16. High Expectations - Both parent(s) and teachers encourage the young person to do well.	63%

CONSTRUCTIVE USE OF TIME: Young people need opportunities - outside of school - to learn and develop new skills and interests with other youth and adults.

17. Creative Activities - Young person spends three or more hours per week in lessons or practice in music theater, or other arts.	14%
18. Youth Programs - Young person spends three or more hours per week in sports, clubs or organizations at school and/or in community organizations.	68%
19. Religious Community - Young person spends one or more hours per week in activities in religious institution.	21%
20. Time at Home - Young person is out "with nothing special to do" two or fewer nights per week.	54%

* This data is from the 2021 administration of Search Institute's Profiles of Student Life: Attitudes and Behaviors survey to students in grades 6-12 in the Newburyport school district. The percentages listed indicate the number of young people who report experiencing that asset.

SURVEY RESULTS (2021) NEWBURYPORT DATA

COMMITMENT TO LEARNING: Young people need a sense of the lasting importance of learning and a belief in their own abilities.

21. Achievement Motivation - Young person is motivated to do well in school.	81%
22. School Engagement - Young person is actively engaged in learning.	85%
23. Homework - Young person reports doing at least one hour of homework every school day.	58%
24. Bonding to School - Young person cares about his or her school.	70%
25. Reading for Pleasure - Young person reads for pleasure three or more hours per week.	20%

POSITIVE VALUES: Young people need to develop strong guiding values or principles to help them make healthy life choices.

26. Caring - Young person places high value on helping other people.	78%
27. Equality and Social Justice - Young person places high value on promoting equality and reducing hunger and poverty.	80%
28. Integrity - Young person acts on convictions and stands up for his or her beliefs.	79%
29. Honesty - Young person tells the truth even when it is not easy.	76%
30. Responsibility - Young person accepts and takes personal responsibility.	79%
31. Restraint - Young person believes it is important not to be sexually active or to use alcohol or other drugs.	49%

SOCIAL COMPETENCIES: Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.

32. Planning and Decision Making - Young person knows how to plan ahead and make choices.	43%
33. Interpersonal Competence - Young person has empathy, sensitivity, and friendship skills.	59%
34. Cultural Competence - Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.	67%
35. Resistance Skills - Young person can resist negative peer pressure and dangerous situations.	58%
36. Peace Conflict Resolution - Young person seeks to resolve conflict nonviolently.	60%

POSITIVE IDENTITY: Young people need to believe in their own self-worth and to feel that they have control over the things that happen to them.

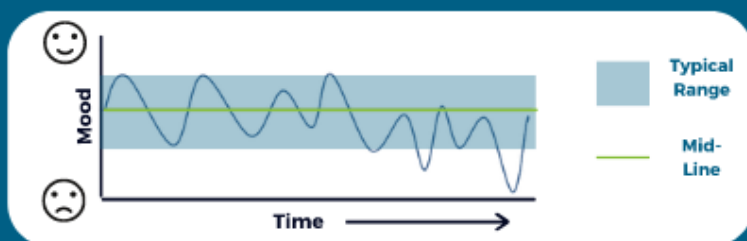
37. Personal Power - Young person feels he or she has control over "things that happen to me."	46%
38. Self-Esteem - Young person reports having a high self-esteem.	46%
39. Sense of Purpose - Young person reports that "my life has a purpose."	63%
40. Positive View of Personal Future - Young person is optimistic about his or her personal future.	69%

To learn more about how you can build Assets® for youth, visit our website and contact us at www.ECABNetwork.org



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**

Call 988 National Suicide Prevention and Mental Health Crisis Hotline

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

the **BEACON**
coalition

WE ARE HERE FOR YOU

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

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

ECABNETWORK.ORG



essex county

ASSET BUILDER
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