

BARNSTABLE RECREATION/HYCC

FALL PROGRAM BROCHURE

2026

<https://barnstablema.myrec.com/info/default.aspx>



RESIDENT REGISTRATION BEGINS: WEDNESDAY, SEPTEMBER 9, 2026

NON-RESIDENT REGISTRATION BEGINS: WEDNESDAY, SEPTEMBER 16, 2026

On-line (Begins 8:45 AM) Walk-in (8:45 AM-4:30 PM)

141 Bassett Lane, Hyannis

508-790-6345

Archery	9	Marine Explorers Club	8
Arts	8, 11, 13	Ninja	6
Boxing	7	Public Gyms/Game Room	14
Brazilian Ju-Jitsu	8, 9	Pickleball	12, 13
Build A Bevin Skiff	10	Public & Stroller Skating	14, 15
Color Guard	13	Sewing	7, 11
Cooking	6, 9	Skate Park	4
Cross Country Running	10	S.O.A.R. Program @HYCC	12
Dodgeball Tournament	7	Soccer	9
Field Hockey	10	Special Events	back cover
Flag Football	6, 10	Stick Practices	14, 15
Gardening	7	Talkin' Money	14
General/Registration Information 2-5		Tennis	8, 10
Half Day of Play	6	Tots Open Play	13
Holiday Gift Making	8	Volleyball	6, 9, 13
HYCC Membership	5	Walk-on Freestyle Skating	15
Inclusive Programs	11	Yoga	11
Knee Hockey	13	Youth Track & Field	13
Learn to Figure Skate	15	Youth Wrestling	10

BARNSTABLE RECREATION & HYCC

IMPORTANT ANNOUNCEMENT

We've upgraded! We're excited to announce that our online registration and facility reservation system has moved to MyRec! Please scan the QR code to create a new household account. Thank you!

<https://barnstablema.myrec.com>



SCAN ME




MYREC ACCOUNT CREATION

1. Enter the primary adult first.
2. Add other members of your household from the Account Members portion of your account.
3. You can now make registrations and other purchases using the site navigation.

"HOW TO" GUIDE FOR MYREC REGISTRATION

1. Click on the Register icon at the top your account or click the Register from the navigation bar and select a program of interest.
2. Click "Register Now" or "Register (selected member)" next to the desired activity.
3. Check the box next to the names of the members you are registering or, when applicable, choose the option that best fits your desired registration for a single member.
4. If available and seats are full, check the box next to the names of any members you wish to waitlist.
5. Click Check Out to view the cart and items within it.
6. Once added to the cart you will get options to "Return to the Program", "Continue Shopping", (if you need to add other items to the cart) or "Check Out" if you are ready to process.
7. Click Check Out to review your shopping cart, then Continue to move forward with your order.
8. Choose Check Out Online (when available) or Create a Pre-Registration Form (if available) and follow the steps.

WAYS TO REGISTER

- **Online** registration is available beginning at 8:45 AM on the first day of registration (Residents-Wednesday, September 9, 2026/Non-Residents-Wednesday, September 16, 2026) and ongoing until programs are full. You may log onto our MyRec online registration feature at barnstablema.myrec.com/info/default.aspx. If you are new to the MyRec system, please create an account. We HIGHLY recommend that you sign into the online system a few days before registration to make sure your account is accurate and working properly. **Please be advised that our software system WILL NOT allow parents/ guardians to UPDATE the birth date, age, or grade of their child(ren). Please verify that this information is correct. If it needs to be changed, please contact the Recreation Division at 508-790-6345, or Rec.HyccAdmin@barnstable.gov.** Unfortunately, if you do not review your household account for accuracy, your child(ren) may be locked out of a program because of age/grade restrictions.
- **Walk-in** registration hours are Monday through Friday, 8:45AM to 4:30PM, at 141 Bassett Lane, Hyannis, MA 02601. If you choose to visit our facility to enroll in a program, you may pick up a printed registration form or download one from our website barnstable.gov/Departments/Recreation/.

Payment in full must be received prior to the start of the program. Financial Aid is available for qualified households. Forms are located on our website or at the front desk of the Hyannis Youth & Community Center.

RULES & REGULATIONS

- Participants and Parents must follow Recreation/HYCC Discipline Procedures and Parent Code of Conduct when participating in a program or at the HYCC. These documents can be found on our website.
- Town of Barnstable is not responsible for any lost or stolen property at any of our programs.
- Barnstable Recreation follows regulations stating that participants are not allowed to wear jewelry while participating in sport activities.
- All times, dates, and programs are subject to change. Contact the Program Coordinator in charge of your program for any updated schedules or changes.
- Resident registration will begin Wednesday, September 9, 2026.
- Non-Resident registration will begin on Wednesday, September 16, 2026.
- Pre-Registrations, early sign ups, emails, mail ins and faxes are not accepted.
- Non-Resident fees are doubled unless otherwise specified.
- Registration is conducted on a first-come, first-served basis and age/grade guidelines are strictly observed. You may only register one household at a time.
- Proof of residency: Tax bill, vehicle registration and/or personal check. PO BOXES ARE NOT ACCEPTED AS PROOF OF RESIDENCY.
- Financial Aid is available for all qualifying applicants. To apply, complete and submit a Financial Aid form with your Tax Returns and ANY OTHER DOCUMENTATION EVIDENCING ASSISTANCE YOU ARE CURRENTLY RECEIVING such as Sec. 8, Disability, child support, etc.
- Financial Aid applicants must pay 50% of the program costs at the time of registration.
- Prior to the start of the program, refunds will be given minus a \$10 Administration fee.
- REFUNDS ARE NOT ISSUED ON OR AFTER THE START OF THE PROGRAM. NO SWITCHING OF CLASSES WILL BE ALLOWED AFTER YOUR FIRST SCHEDULED CLASS OF THE SEASON.
- Participants who are absent from a class will not be allowed to make up the class.

ERRORS IN ADVERTISING

Complete details of program policies, procedures and guidelines are omitted from the program brochure because of space limitations. Errors in days, times, registration requirements and fees may occur as well. We apologize for any errors that may occur in this brochure. Thank you for your patience and understanding when these situations occur.

PROGRAM LOCATIONS

BHS	Barnstable High School, 744 West Main Street, Hyannis
BIS	Barnstable Intermediate School, 895 Falmouth Road, Hyannis
BUES	Barnstable United Elementary School, 730 Osterville-W. Barnstable Road, Marstons Mills
CCA	Cotuit Center for the Arts, 4404 Falmouth Road, Cotuit
DGA	92 Barnstable Road, Hyannis, MA 02601
FORTE FIT	Forte Fitness, 865 Attucks Lane, Hyannis
HY WEST	Hyannis West, 549 West Main Street, Hyannis
HYCC	Hyannis Youth & Community Center, 141 Bassett Lane, Hyannis
MCBARRON	McBarron Field, 940 Old Falmouth Road, Marstons Mills
M. Farm	2135 Meetinghouse Way, West Barnstable, MA 02668
WBCB	2377 Meetinghouse Way W, West Barnstable, MA 02668
WV COURTS	West Villages, 760 Osterville-W. Barnstable Road, Marstons Mills

WEATHER CANCELLATIONS

Cancellations due to weather will be decided by the Program Coordinator as soon as possible. Phone calls will be made to schools and we will make every effort to post program cancellations/closings on our Facebook/Instagram pages. We will also send out emails through our registration software to accounts we have on file. Call 508-790-6345 for updated cancellation information.

CANCELLATIONS/CHANGES

We reserve the right to change class dates or times. We may also cancel classes due to low enrollment or other reasons beyond our control.

SOCIAL MEDIA

Instagram: Barnstable Recreation

Facebook: @BarnstableRec

HYCC Instagram: capecodhycc

HYCC Facebook: @CapeCodHYCC



If English is your second language, you can translate this brochure here: <https://translate.google.com/?tr=f&hl=en>

BARNSTABLE SKATE PARK

9:00 AM—8:00 PM (or Dusk)

Closing December 7th!

The Skate Park will be unsupervised by Recreation staff. Users of the facility must follow the rules. In the event of rain or wet ramps, we will not open and/or will close early. Admission to the park is free!



RECREATION CONTACTS

For details on any program, you can reach a staff member by calling 508-790-6345 during business hours (Mon-Fri 8:30 AM-4:30 PM) or email anytime using the following format: first name.last name@barnstable.gov

NAME, TITLE	PHONE EXT.
John Gleason, Recreation Director	128
George Noonan, Assistant Recreation Director	127
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Administrative Assistant .....	114
Kellie Crawley, Program Coordinator .....	129
Michelle Davies, Therapeutic Program Coordinator...	107
Aneta Dokuzova-Robbins, PT Division Assistant .....	120
Sandra Merritt, Principal Division Assistant .....	113
Jack Kapanke, Program Coordinator .....	105
Brian Puopolo, PT Division Assistant .....	120

## HYCC CONTACTS

*For details on any program, you can reach a staff member by calling 508-790-6345 during business hours (Mon-Fri 8:30 AM-4:30 PM) or email anytime using the following format: first name.last name@barnstable.gov*

NAME, TITLE	PHONE EXT.
Mark Boardley, HYCC Manager .....	116
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Kefron Grant, Facility Supervisor	108
Jeremy Hatstat, Rink Operations Manager	133
Stephen Headley, Youth Center Manager	102
Jacqueline Keaney, Program Coordinator	112

ANNUAL MEMBERSHIPS

\$20 Residents / \$40 Non-Residents
Ask about discounted Family Memberships!

- **FREE Memberships for all Barnstable Public School students**
- **Walking Track**
- **Public Open Gym**
- **Game Room**



AFTER SCHOOL PROGRAMS

HALF DAY OF PLAY: GRADES 4-7

BUES/BIS & HYCC

\$30

September 16: Mini Golf**Dismissal-4:00 PM****November 4: Skating****Dismissal-4:00 PM****November 17: Bowling/Inflatable****Dismissal-4:00 PM****November 19: Movie****Dismissal-4:00 PM****January 13: Nova Trampoline****Dismissal-4:00 PM****February 3: Xtreme Craze****Dismissal-4:00 PM****March 12: Urban Air (*subject to change*)****Dismissal-4:00 PM****April 9: Heritage Adventure Park****Dismissal-4:00 PM**

Students will be picked up by Recreation staff in a red van parked in the lot by the entrance of the school. Parent pick-up will be at the HYCC Game Room at 4:00 PM. (*Lunch is provided*)

Contact: Kellie Crawley, Jack Kapanke & Michelle Davies

FLAG FOOTBALL

BUES/BIS

\$80

Grades 6+7: Tue & Thur**Sept. 22-Nov. 3****Dismissal-4:30 PM****Grades 4+5: Wed & Fri****Sept. 18-Nov. 6****Dismissal-4:30 PM****No Program: 10/9 & 11/4**

Play flag football in this fun and competitive program. We will start with a brief training camp to practice skills and scrimmage before making teams and playing regular season games. The season will conclude with playoffs and a championship. This program welcomes boys and girls of all skill levels. **Contact: Jack Kapanke**

VOLLEYBALL: GRADES 4+5

BUES

\$90

Tuesdays & Thursdays September 22-November 5 Dismissal-4:30 PM

Bump, set, spike – Join the fun! Whether you're new to the sport or looking to sharpen your game, this action-packed program is perfect for all skill levels. We'll kick things off by building your skills through training sessions focused on serving, passing, setting, and attacking. Then, you'll hit the court for an exciting game where you can put your new skills to the test in a fun, team-based environment. Get ready to learn, improve your game, have a blast, and play some awesome volleyball! Sneakers are required; knee pads are recommended. **Contact: Kellie Crawley**

KIDS COOKING: GRADES 4+5

BUES

\$150

Wednesdays**September 23-October 28****Dismissal-4:30 PM**

Get ready to mix, measure, taste, and explore in this fun, hands-on cooking class! Each week, participants will prepare a kid-friendly recipe while learning basic cooking skills, kitchen safety, healthy eating, and nutrition. Working together in a fun and supportive environment, participants will measure, chop, mix, assemble, and taste their creations. No cooking experience is required, and all ingredients and supplies are provided; please notify Recreation staff of any food allergies or dietary restrictions at registration. **Contact: Kellie Crawley**

NINJA FOR KIDS: GRADES 1-8

FORTE FITNESS

\$125

Tuesdays**September 29-November 3****4:00-4:50 PM**

In our classes participants will learn about obstacle course racing, receive instruction on proper technique, participate in cardiovascular and strength-building activities, and have plenty of time to enjoy our ever-growing array of obstacles. Ninja classes are not only FUN, they aid in building self-esteem, confidence, and a sense of accomplishment. Our structured classes help children improve their self-control and experience the importance of discipline. **Includes a final bonus session on Saturday, November 7 from 12:00-12:50pm.**
Contact: Jack Kapanke

KIDS BOXING: GRADES 3-8

FORTE FITNESS

\$125

Mondays**September 28-November 2****4:00-4:50 PM**

This class will teach proper boxing technique, include agility and strength training, emphasize the importance of mental focus and self-discipline, and provide a safe and fun environment for learning how to strike! In a supportive group led by dedicated coaches, your child will build as much confidence and self-esteem as they will strength and technique. ***Includes a final bonus session on Saturday, November 7 from 11:00-11:50am.***

Contact: Jack Kapanke

FALL DODGEBALL TOURNAMENT

BUES/BIS

FREE

Grades 4+5**November 20****Dismissal-5:30 PM****Grades 6+7****November 18****Dismissal-5:30 PM**

This bracket-style tournament is a chance to make a team with friends and become the dodgeball champions of the school! Anyone who wants to play in the tournament needs to sign up. **Each team must have six players.** Once you have your team of six please email the team name and all team members' names to jack.kapanke@barnstable.gov. Those who are signed up but are not a part of a team will be put into teams on the day of the tournament. Show up in a fun uniform and get ready to play your way to Barnstable Dodgeball History! **Contact: Jack Kapanke**

BIG SPROUTS-GARDENING: GRADES 4+5

MEETINGHOUSE FARM RTE. 149

\$70

Tuesdays**September 15-October 27****Dismissal-5:00 PM****No Program: 10/20**

Join Deirdre Detjens, Master Gardener, for this six-week class in the Greenhouse at Meeting House Farm. Each participant will learn science and hands on experience of growing vegetables and herbs. Later they will take them home to continue in their own garden. What a great and fun way to learn and stay active after school with friends! Children will be transported from BUES to the Farm. Parent pickup-will be at the HYCC front lot at 5:00PM. Please bring a snack and a drink.

Contact Michelle Davies

KIDS SEWING: PILLOWCASE MAKING

HYCC

\$65

Grades 4&5: Fridays**September 18-October 16****Dismissal-5:00 PM****No Program 10/9**

Get creative and learn to sew in this fun, hands-on Pillowcase Making class! Participants will choose colorful fabrics and create their own custom pillowcase while learning basic sewing skills, including measuring, stitching, and using a sewing machine. With step-by-step guidance from staff, each participant will complete a pillowcase to take home or give as a gift. No sewing experience is required, and all sewing machines, tools, and materials are provided. **Transportation:** Students will be picked up in the Recreation Van and transported to the Hyannis Youth & Community Center (HYCC). **Contact: Kellie Crawley**

KIDS SEWING: BOOK POCKET BAG

HYCC

\$65

Grades 4+5: Fridays**October 30-November 20****Dismissal-5:00 PM**

Get creative and learn to sew in this fun, hands-on Book Pocket Bag class designed just for kids! Participants will create a custom fabric bag with pockets for books, notebooks, pencils, and other school supplies while learning basic sewing skills, including measuring, cutting, stitching, and using a sewing machine. With step-by-step instruction from staff, each participant will complete a personalized bag to use at home, school, or on the go. No sewing experience is required, all materials are provided, and transportation to the Hyannis Youth & Community Center (HYCC) will be provided in the Recreation Van. **Contact: Kellie Crawley**

HOLIDAY GIFT MAKING: GRADES 4+5

BUES : ROOM 116

\$35

Wednesdays**December 2-16****Dismissal-4:30 PM**

Join Barnstable Recreation and Cape Cod Can for this wonderful Gift Making inclusive art class! Help us celebrate holidays with many multi-media handmade gifts that you will be sure to love! Come create and have fun in this inclusive, supportive environment. Please bring a snack and water bottle. Pick up will be at BUES front lot at 4:30 PM.

Contact: Michelle Davies

MARINE EXPLORERS CLUB

BIS GRADES 6-8

\$100

Mondays**September 14-October 26****Dismissal-5:30 PM****No Program: 10/12**

Join the Cape Cod Maritime Museum and Taylor Irwin for a six-week hands-on adventure! Students will explore Cape Cod's coastal habitats, collect scientific data, investigate marine life, and discover how science helps us better understand and protect our oceans. Perfect for curious middle schoolers who love the outdoors and marine life. A Recreation van will pick up at the school at Dismissal; the instructor will meet you by the front office. Pick up is at the HYCC at 5:30 PM. **Contact: Michelle Davies**

INCLUSIVE CREATIVE ARTS: GRADES 4+5

BUES: ROOM 116

\$35

Wednesdays**September 23-October 28****Dismissal-4:30 PM**

Join Barnstable Recreation and CCCan for this wonderful fall inclusive art class! Help us celebrate the colors of fall in many multi-media art projects that you will be sure to love! Come create and have fun in this inclusive, supportive environment. Please bring a snack and a water bottle. Pick up will be at BUES front lot at 4:30 PM.

Contact: Michelle Davies

TENNIS IN THE PARKS: GRADES 4-8

WV TENNIS COURTS

\$80

Tuesdays: Grades 4+5**September 15-October 20****Dismissal-4:00 PM****Tuesdays: Grades 6-8****September 15-October 20****4:00-5:00 PM**

This tennis program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are there, participants will play fun matches with other players in the program. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All first time participants in their first session receive and keep a new age-appropriate racket **Contact: Kellie Crawley**

BRAZILIAN JIU-JITSU: LITTLE WARRIORS (AGES 4-6)

DANIEL GRACIE ACADEMY

\$100

Little Warriors (Ages 4-6): Tuesdays: Sept. 15-Oct. 20 4:00-5:00 PM

Perfect for young beginners! Children will be introduced to basic movement, balance, coordination, and simple Jiu-Jitsu techniques through fun games and age-appropriate activities. The focus is on building confidence, listening skills, and teamwork while learning the fundamentals of Brazilian Jiu-Jitsu. **Contacts: Kellie Crawley**

BRAZILIAN KID'S JIU-JITSU: AGES 7-13 DANIEL GRACIE ACADEMY \$100
Kids Jiu Jitsu (Ages 7-13): Fridays: Sept. 18-Oct. 23 5:00-6:00 PM
This beginner-friendly program teaches the core foundations of Brazilian Jiu-Jitsu, including basic positions, movement, self-defense concepts, and essential techniques. Students will improve focus, confidence, coordination, and physical fitness while learning in a positive and structured environment. **Contacts: Kellie Crawley**

WEEKEND PROGRAMS

ARCHERY: GRADES 4-7 MCBARRON \$65
Saturdays September 12-October 17 8:00-9:00 AM
This five-week program will teach your child the proper techniques of Archery. The program will consist of one week safety/shooting techniques and four weeks of target shooting. Please wear closed toed shoes and comfortable clothes for the weather. **Participants must attend the first day of class to complete the safety training.**
Contact: Michelle Davies & Kellie Crawley

INTRO VOLLEYBALL: GRADES 2+3 HYCC \$65
Saturdays September 12-October 31 10:00-11:00 AM
No Program: 9/19 & 10/24
This one hour, weekly clinic, focuses on the basic skills of volleyball such as setting, passing, serving, and attacking. This is a great introduction to the sport of volleyball. Participants will receive instruction from Barnstable High School players. Sneakers are required, knee pads optional. **Contact: Kellie Crawley**

SOCCER: GRADES PK-5 MCBARRON \$70
Saturdays September 19-November 7 See below
No Program: 10/24
Pre K (Ages 3-5): 1:15-2:00 PM Grades K+1: 2:15-3:00 PM
Grades 2+3: 3:15-4:00 PM Grades 4+5: 3:15-4:00 PM
Join us on Saturday afternoons to kick it with some friends! The program starts with practices that focus on learning and developing soccer skills before moving into games. This is a fast-paced and fun program for all skill levels. **Contact: Jack Kapanke**



KIDS COOKING: GRADES 1+2 WBCB \$150
Grades 1&2 Saturdays Sep 12-Oct 17 1:30-3:00 PM
Get ready to mix, measure, taste, and explore in this fun, hands-on cooking class! Each week, participants will prepare a kid-friendly recipe while learning basic cooking skills, kitchen safety, healthy eating, and nutrition. Working together in a fun and supportive environment, participants will measure, chop, mix, assemble, and taste their creations. No cooking experience is required, and all ingredients and supplies are provided; please notify Recreation staff of any food allergies or dietary restrictions at registration. **Contact: Kellie Crawley**

YOUTH WRESTLING: AGES 5-18

DANIEL GRACIE ACADEMY

\$115/\$120

Saturdays**September 19-October 24****Ages 5-12: 8:00-9:00AM****Ages 13-18: 9:00- 10:30AM**

This program teaches fundamentals of folkstyle wrestling, including takedowns, positioning, escapes, and pinning combinations. It's an excellent way to build strength, coordination, confidence, and athleticism in a fun and structured environment. No wrestling shoes required – just come ready to learn and move! **Contact: Kellie Crawley**

CROSS COUNTRY RUNNING: GRADES 1-7 HYANNIS WEST

\$55

Saturday**September 19-November 7****10:30-11:30 AM****No Program 10/24**

This running program will focus on proper warm-up routines and running form. We will practice building up stamina before doing solo races as well as team races. Each session will end with a fun all-group running game.

Contact: Jack Kapanke

LEARN TO PLAY FLAG FOOTBALL: GRADES 1-3 HYANNIS WEST

\$70

Saturdays**September 19-November 7****9:00-10:00 AM****No program: 10/24**

This program is focused on teaching the skills and rules of flag football. We will work on catching, throwing, defense and more before playing scrimmages. **Contact: Jack Kapanke**

BUILD A BEVIN SKIFF PROGRAM GRADES 6-8

CCMM

\$50

Saturdays**September 12- November 14****9:30 AM-12:30 PM**

This program is a collaboration with the Cape Cod Maritime Museum. This program is a unique opportunity to learn how to build a Bevin Skiff rowboat. If weather permits, participants will be able to launch and row the boat in the Museum harbor. This program is instructed by experienced volunteers and is made available with a grant from the JFK Memorial Trust Fund. Children should wear appropriate clothing and shoes and be ready to get dirty. **Contact: Michelle Davies**

FIELD HOCKEY: GRADES K-7

BHS: TURF FIELD

\$85

Saturdays**September 12-October 31****K-3 Grade: 8:00-9:00 AM****4-7 Grade: 9:15-10:30 AM****No Program 10/17**

This program instructed by Barnstable High School Field Hockey coaches and players will focus on the basic skills and fundamentals of field hockey and increase experienced players skills, knowledge, and game strategy. Our goal is to work as a team to learn the game in a modified, safe setting that promotes good sportsmanship, teamwork, and most of all fun. All skill levels are welcome! Stick, shin guards and mouth guards are required, goggles are optional. **Contact: Kellie Crawley**

FALL TENNIS: GRADES 1-3

WV TENNIS COURTS

\$80

Saturdays**September 19-October 24****See below****Session 1: 8:00-9:00 AM****Session 2: 9:00-10:00 AM**

The program is geared towards all skill levels and will consist of instruction, hitting, review of skills, and implementing what is learned into game play. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All players in their first session receive and keep a new age-appropriate racket, and a program t-shirt! **Contact: Kellie Crawley**

THERAPEUTIC+INCLUSIVE PROGRAMS

ADAPTIVE MULTI-SPORT PROGRAM

HYCC GYM

FREE

Thursdays

September 24-May 8

1:00-1:45 PM

This program is open to all Day Habilitation Facilities with HYCC memberships. Each Thursday, we will play a different sport including kickball, broom hockey, whiffle ball, Pickleball and much more. Members are also welcome to use the HYCC Game Room and Indoor Walking Track as well during this time. Schedules of activities can be found on our website under Therapeutic/Inclusive Programs or at the HYCC.

Contact: Michelle Davies

INCLUSIVE ART CLASSES: 16+

CCA

\$30/SESSION

Saturdays

10:00-11:00 AM

Join Barnstable Recreation and CapeCodCAN for Saturday Art Classes, led by a local professional artist, featuring a new project and medium each week. This inclusive program will stretch your creativity and build your artistic skills in a friendly, supportive environment that is sure to be a fun time! RSVP artsonthecape.org/cape-cod-can to reserve your spot today. All supplies will be provided. Visit <https://artsonthecape.org/cape-cod-can> for more information and to register. **Contact Michelle Davies**

ADULT PROGRAMS

ADULT SEWING: BAG MAKING

HYCC

\$65

Fridays

October 2-October 23

5:30-7:30 PM

Learn how to create your own stylish and functional fabric bag in this hands-on sewing class for adults! Participants will be guided through each step, from cutting fabric to sewing seams, attaching handles, and assembling a finished bag. This class is perfect for beginners and experienced sewers alike, offering the opportunity to build skills while creating a personalized bag. All experience levels are welcome.

Contact: Kellie Crawley

ADULT SEWING: HOLIDAY QUILT MAKING

HYCC

\$65

Fridays

October 30-November 20

5:30-7:30 PM

Celebrate the season by creating a festive handmade quilt in this welcoming sewing class for adults! Participants will learn quilting techniques, including cutting fabric, sewing blocks, and assembling a holiday-themed quilt with step-by-step instruction. Create a personalized quilt to display at home, enjoy during the holidays, or give as a handmade gift. All experience levels are welcome, and a fabric and supply list will be provided before class. **Contact: Kellie Crawley**

COMMUNITY YOGA: ADULTS 18+

HYCC

FREE

Tuesdays

September 8-Ongoing

8:30-9:30 AM

No Program: 10/13

Come strengthen your Mind, Body, and Soul all while relieving some of the stress in your life. Classes are taught by our Yoga Instructor Kris Quarella. Bring your own mat or use one of ours. No registration required, Drop-In any day. **Contact: Michelle Davies**

CHAIR SUPPORTED YOGA: ADULTS 18+ HYCC SHEPLEY ROOM

FREE

Mondays

September 14-Ongoing

11:30 AM-12:30 PM

Wednesday

September 16-Ongoing

10:00-11:00 AM

Chair supported Yoga is a simple Hatha yoga class focused on stretching, improving balance and building strength. This is an ideal class for anyone who struggles getting up and down off the floor. Classes are instructed by Kris Quarella. No registration required, drop-in any day.

Contact: Michelle Davies

OUTDOOR PICKLEBALL: ORGANIZED OPEN PLAY

There will be organized free play on Mondays-Saturdays at the Barnstable Pickleball Courts. Courts are located at 760 Osterville West Barnstable Road in Marstons Mills.

Contact: John Gleason

- Nets, balls and other supplies are provided by Barnstable Pickleball for the games, except that players must bring their own paddles (although a few may be available for newcomers).
- There are 10 dedicated Pickleball courts at the Barnstable Pickleball and Tennis Court Complex. In addition, there are up to six temporary Pickleball courts available for use if the number of players present warrant setting these courts up and there are no tennis players already using the tennis courts.
- There are three White Boards hanging on the fence outside entrance to the courts that are used for organizing games, one for ADVANCED Play, one for INTERMEDIATE Play and the third for NOVICE Play.
- Any player may elect to play may sign up for COMPETITIVE Play, and no other player may actively discourage or restrict them from doing so. However, players electing to play on a COMPETITIVE Court should understand that players on these courts are more advanced players expecting a challenging game and will not be expected to "go easy" on anyone during the game.
- To enter into a game, write your name into an open box on the appropriate White Board, either in a row which already contains other players' names, or in a blank row to organize a new game.
- If you want to play a game with a specific person or group you can write in the name(s) of the other players ONLY when all four in the group are actually waiting to play. There is NO reserving a row on the White Board until ALL players are available to actually play when the next court opens up.
- When a court is available the next row of players goes out for their game and their names should be erased from the respective White Board. The first available row on the White Board must be filled and those players go out to play before the following row can go out to play.
- All players must exit the courts upon completion of their game and add their names to one of the White Boards before going back out to play if there are any players waiting to play.

HYCC PROGRAMS

S.O.A.R.: GRADES 6+7

HYCC

FREE

Monday—Friday

September 21–November 24

2:30PM–5:30 PM

No Program: 10/9, 10/12, 10/20, 10/22, 11/4, 11/11, 11/17, 11/19

This structured after school program will offer a variety of recreational activities for children. Gym activities, game room tournaments, homework assistance, and special events. Transportation from BIS and an after school snack are included.

Contacts: Stephen Headley & Jackie Keaney

YOUTH TRACK & FIELD: GRADES 4-7

HYCC

\$60

Mondays**October 5-December 14****6:00-7:00 PM****No Program: 10/12**

Each week the participants will be practicing different running distances in a gradual build up towards a track meet at the end of the program! There will be an optional opportunity for participants to compete in a youth track meet in Boston in December! If you are interested in the sport of Track and Field or just want to improve your overall speed then this is the program for you! **Contact: Steve Headley**

INDOOR PICKLEBALL: ADULTS 18+

HYCC GYM

\$40/SESSION

Mon: Recreation Play**October 26-December 14****9:00-11:00 AM****Mon: Afternoon Play****October 26- December 14****12:00-2:00 PM****Wed: Competitive Play****October 28 -December 17****9:00-11:00 AM****Wed: Afternoon Play****October 28- December 17****12:00-2:00 PM**

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. Pickleball is played with a perforated plastic baseball (similar to a wiffle ball) and wood or composite paddles. It is easy to learn, and can develop into a quick, fast-paced, competitive game for experienced players. Four courts will be set up each day, so come and meet new people and play this fun sport.

Contact: Steve Headley

TOTS OPEN PLAY: AGES 3-4

HYCC (GYM)

\$65

Friday**October 9-December 4****1:00-2:00 PM****No Program: 10/23**

Our Toddler Open Gym Program provides a safe, fun, and engaging environment for young children to explore movement and play. The gym will feature mats, balls, tunnels, and age-appropriate activity stations designed to promote gross motor skill development, coordination, balance, and social interaction. Parents and caregivers are encouraged to join their child as they learn, play, and build confidence through active fun. **Contact: Jackie Keaney**

COLOR GUARD: GRADES 4 - 7

HYCC (GYM)

\$50

Wednesday**October 7-December 16****3:00-5:00 PM****No Program: 11/4,11/11,11/25**

Color Guard is an exciting and creative performance activity that blends dance, expressive movement, and precision equipment work to bring music to life. Using flags, mock rifles, sabres, and choreographed dance, participants learn how to transform musical pieces into dynamic visual performances full of energy, artistry, and storytelling. *Transportation is provided from BIS and BUES to HYCC.* **Contact: Jackie Keaney**

ARTS & CRAFTS: GRADES 4-7

HYCC (Shepley Room)

\$80

Saturdays**October 10-December 12****9:00-10:00 AM****No Program: 10/17, 10/24, 11/21**

Get creative this fall in our hands-on Arts & Crafts program! Participants will create unique projects such as fairy houses, pressed flower frames, door signs, pumpkin gnomes, travel tic-tac-toe games, and more using a variety of materials and techniques. Each week, young artists will build their creativity while making seasonal and coastal-inspired keepsakes to display, gift, or enjoy for years to come. **Contact: Jackie Keaney**

KNEE HOCKEY: GRADES 4-7

HYCC: GYM

\$65

Saturdays**October 17-November 21****2:00-3:30 PM****No Program: 10/24**

This exciting Knee Hockey Program gives participants the chance to play hockey in a safe, energetic, and inclusive environment using mini sticks, soft balls, and knee pads. **Contact: Jackie Keaney**

TALKIN' MONEY: JILL KENNEY

HYCC: GAME ROOM

FREE

Tuesdays**September 22-October 13****5:30-6:30 PM**

Jill Kenney of Eastern Bank will lead a series of financial literacy classes geared for all ages! Whether you are a kid just starting to earn money for the first time, or an adult looking for some financial guidance, this class can help point you in the right direction! We will cover how to budget, building credit, managing checking and savings accounts and how to open a Roth IRA! Come learn how to make your money work for you!

ADULT / COMMUNITY / DAY HAB GAME ROOM HYCC

MEMBERSHIP OR DAY PASS

Monday—Friday**Ongoing****9:00 AM-2:00 PM****No program on Barnstable Public School days off or half-days**

Ages 18+. Adults, Community Groups and Day Habs feel free to come and relive your younger years! Pool Tables, Ping Pong, and other games or take advantage of the free Wi-Fi. **Contact: Steve Headley**

FAMILY PUBLIC GYM

HYCC

MEMBERSHIP OR DAY PASS

Saturdays**Ongoing-November 21**

This is time dedicated for families to spend time playing basketball together in a fun, relaxing atmosphere. Children must be accompanied by a parent/guardian. Please check website's event calendar for up to date times and age restrictions. **Contact: Stephen Headley**

PUBLIC GYM: BASKETBALL

HYCC

MEMBERSHIP OR DAY PASS

Saturdays**Ongoing-November 21**

This is time dedicated to those who want to play and work on their skills with others, or to play recreational pickup games. Please check our website's event calendar for up to date times, age restrictions, and cancellations if any. **Contact: Stephen Headley**

PUBLIC GYM: VOLLEYBALL

HYCC

MEMBERSHIP OR DAY PASS

Sundays**Ongoing-November 22**

This is time dedicated to those who want to play and work on their skills with others, or to play recreational pickup games. Please check our website's event calendar for up to date times, age restrictions, and cancellations if any. **Contact: Stephen Headley**

WEEKDAY PUBLIC GYM

HYCC

MEMBERSHIP OR DAY PASS

Monday-Friday**Ongoing**

Please check website for other weekday dates and times. Open to the public, our Public Gym time is a great way to spend time, relax, energize, and to shoot around or play recreational pick up basketball. Please check our website's event calendar for up to date times and age restrictions.

Contact: Stephen Headley

PUBLIC SKATING

HYCC

\$9 ADULTS/\$7 STUDENTS/\$4 SENIORS

Skate Rentals: \$6**Skate Sharpening: \$7**

Join us for public skating at our local ice rink! Enjoy a fun and relaxing atmosphere where skaters of all levels can glide to music and make lasting memories. Skate rentals are available, so grab your friends and family for a great day/night out on the ice! (Ask about our money saving frequent skater punch cards! Senior and Veteran/active military discounts available.) **Days/Times subject to change.**

Contact: Jeremy Hatstat

STICK PRACTICES

HYCC

\$12/SKATER \$5/ 50+ SKATER

Come play some pickup hockey with friends or work on developing your skills during our stick practice times. We offer different times for Adults (18+), Families (Adult & Child), Seniors (50+) and High School (Grades 8-12). Helmets are required and full gear is recommended.

Contact: Jeremy Hatstat

WALK-ON FREESTYLE SKATING HYCC \$16/SKATER
Open to certain levels of figure skaters to work on programs, moves in the field or freestyle elements. Private lessons with prior approval of coaching certification by HYCC Manager. Days/Times subject to change. Max 24 skaters/session. **Contact: Jeremy Hatstat**

COACHES STICK PRACTICE HYCC \$16
Specifically designed for participants who want to practice their skills with a HYCC approved, and USA Hockey certified coach who supervises up to (6) players max. There is a (4) coach limit per session and (24) player limit per session for a total of (28) individuals for a maximum capacity. This is a first come first serve process so don't hesitate to be early and eager to sign up for this great offering. USA Hockey coaches MUST be approved by HYCC Management. **Approved Coaches - No Charge**
Contact: Jeremy Hatstat

STROLLER SKATE HYCC \$5 ADULT/STROLLER
Introduce the kids to the ice arena before they can walk. Bring the stroller on the ice alone or with the whole family.
Contact: Jeremy Hatstat

LEARN TO SKATE: AGES 3+ HYCC \$100 RES/ \$110 NON-RESIDENT
Sundays **October 18-December 13** **See below**

No Programs: 11/29

Lace up your skates and join our HYCC Skating School, taught by U.S. Figure Skating-certified instructors. Our Learn to Skate program makes it easy and exciting for kids, teens, and adults to step on the ice with confidence. Through age-appropriate classes, energetic instruction, and a proven curriculum, skaters learn everything from their very first glides to crossovers, spins, and beyond!

TOTS **4:30-5:00 PM**
Participants must be 3 or 4 by the start of the program. This is an unassisted class; parents will not be allowed on the ice. Note the class is 30 minutes with no free skate after class.

BASIC 1 **5:05-5:50 PM**
Recommended for participants who have already taken Tots and or are 5 years old at start of program. Note the class is 35 minutes with a 10 minute free skate after class.

BASIC 2,3 & 4 **5:55- 6:40 PM**
Prerequisite must have passed Basic 2. Note the class is 35 minutes with a 10 minute free skate after class.

BASIC 5 & 6 **6:45-7:30 PM**
Prerequisite must have passed Basic 4. Note the class is 35 minutes with a 10 minute free skate after class.

ADULT **6:45-7:30 PM**
Adult learn to skate is a basic introduction for the beginner. We recommend a helmet, warm clothes, gloves or mittens. Note the class is 35 minutes with 10 minute free skate after class.

Contact: Jackie Keaney

2026 FALL SPECIAL EVENTS

SOAR OPEN HOUSE: BIS STUDENTS

HYCC

FREE

Friday, September 25

6:00-8:00 PM

Parents, siblings, and family members are invited to join us for a special evening of fun, games, and pizza! Come see what our SOAR program is all about while enjoying an exciting night with your kids. Bring your energy, your appetite, and your sense of fun — it's a night for the whole family to SOAR together! **Contact: Jackie Keaney & Stephen Headley**

ROCK NIGHT: GRADES 6+7

HYCC

\$7/SKATER \$7/RENTALS

September 26, October 17, November 21, & December 19

7:00-8:30 PM

Rock night is a fun and exciting night of skating on the ice at the HYCC. There will be a DJ spinning your favorite tunes. If you have not experienced the fun of skating with cool lights and rocking sound, it's time to visit HYCC. Supervised fun for kids in grades 6 & 7. Bring a friend! We will have contests and prizes each night. **Contact: Jackie Keaney**

MONSTER MASH: HALLOWEEN EVENT

HYCC

\$10

Saturday

October 24

11:00 AM-1:00 PM

Join us for some fun! There will be a DJ, dancing, games, arts & crafts (CapeCodCAN), tattoos, the Cotuit Art Bus, a raffle and more. Concession should be open for food. Children are encouraged to wear their costumes.

Contact: Michelle Davies

TURKEY SHOOT

HYCC

FREE

Saturday

November 21

K+1: 9:00-9:45 AM

2+3: 9:45-10:30 AM

4+5: 10:30-11:00 AM

6+7: 11:00-11:30 AM

This event is a fun adult/child basketball shooting contest. A parent/guardian is paired up with their child and each shoot ten foul shots. Hoops will be lowered and the shooting distance will be shortened for the K-3 groups. The duo that makes the most shots in the child's age group will win a Thanksgiving themed prize. **Contact: Jack Kapanke**

WINTER DANCE : ALL AGES (FAMILY EVENT)

HYCC

\$5/ PERSON

Friday, December 11

6:00-8:00 PM

Join us for a festive Family Winter Dance filled with music, movement, and cozy seasonal fun for all ages. Families can enjoy dancing together, winter-themed activities, and a warm, welcoming community atmosphere. Come celebrate the season with great music, light refreshments, and memories made on the dance floor. **A Parent or Guardian must be in attendance.**

Contact: Jackie Keaney

MEAL DISTRIBUTION

THURSDAY NIGHT MEALS

HYCC PARKING LOT

FREE

Thursdays Nights

2 x per month/ Ongoing

4:30-5:30 PM

In collaboration with Family Table Collaborative and their partners, we will be helping distribute free meals every other Thursday night from 4:30pm-5:30pm in our parking lot. For more info go to Family Table Collaborative on Facebook or capeculinary.org. **Contact: Stephen Headley**