

# BARNSTABLE RECREATION/HYCC FALL PROGRAM BROCHURE 2025

141 Bassett Lane, Hyannis, MA 02601 508-790-6345 <https://townofbarnstable.us>



**RESIDENT REGISTRATION BEGINS:  
WEDNESDAY, SEPTEMBER 10, 2025**  
**NON-RESIDENT REGISTRATION BEGINS:  
WEDNESDAY, SEPTEMBER 17, 2025**  
**On-line (Begins 8:45 AM) Walk-in (8:45 AM-4:30 PM)**

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**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
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



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

**ANNUAL MEMBERSHIPS**

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

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



## WAYS TO REGISTER

[www.townofbarnstable.us/recreation](http://www.townofbarnstable.us/recreation)

- **Online** registration is available beginning at 8:45 AM on the first day of registration (Residents - Wednesday, September 10, 2025/ Non-Residents - Wednesday, September 17, 2025) and ongoing until program are full. You may log onto our online registration feature at [www.townofbarnstable.us/recreation](http://www.townofbarnstable.us/recreation) and click on the "On-line Registration" button. You will need a user name and password in order to utilize the online program registration system. Call the Recreation Office during regular office hours (M-F, 8:30AM-4:30PM) if you need assistance with the online registration software. We HIGHLY recommend that you sign into the on-line system a few days before registration to make sure your account is 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 [recweb@town.barnstable.ma.us](mailto:recweb@town.barnstable.ma.us)** Unfortunately, if you do not randomly 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 4:00PM, at 141 Bassett Lane, Hyannis, MA 02601. If you choose to visit our facility to enroll in a program, you may download a registration form at [www.townofbarnstable.us/recreation](http://www.townofbarnstable.us/recreation). For your convenience, printed forms are also available at 141 Bassett Lane, Hyannis, MA.

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

## RULES AND 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 10, 2025.
- Non-Resident registration will begin on Wednesday, September 17, 2025.
- 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 EVINCING 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.

**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: [firstname.lastname@town.barnstable.ma.us](mailto:firstname.lastname@town.barnstable.ma.us)*

<b>NAME, TITLE</b>	<b>PHONE EXT.</b>
John Gleason, Recreation Director .....	128
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Michele Arigo, Administrative Assistant .....	114
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**BARNSTABLE POLICE OFFICER  
BRIAN MORRISON**



Officer Morrison provides all of the staff and guests at the Hyannis Youth & Community Center with dedicated service! He has an office inside the HYCC and offers fun and educational programs and events like the annual Bike Safety Rodeo in the parking lot, assistance with crucial holiday time support through Stuff a Bus and Toys for Tots. Plus he's just an all around great guy! Thank you Officer Morrison!

**BARNSTABLE SKATE PARK**

**9:00 AM—8:00 PM (or Dusk)**

**Closing December 1st!**

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!



## AFTER SCHOOL PROGRAMS

<b>HALF DAY OF PLAY: GRADES 4-7</b>	<b>BUES/BIS &amp; HYCC</b>	<b>\$30</b>
Friday, September 12	Adventure Park @ Heritage	Dismissal-4:00 PM
Friday, November 7	Skating	Dismissal-4:00 PM
Tuesday, November 18	Bowling/Inflatable	Dismissal-4:00 PM
Thursday, November 20	Movie	Dismissal-4:00 PM
Friday, January 16	Nova Trampoline Park	Dismissal-4:00 PM
Friday, February 6	Xtreme Craze	Dismissal-4:00 PM
Friday, March 13	Upside Down Escape Room	Dismissal-4:00 PM
Friday, April 10	Mini Golf	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*

<b>FLAG FOOTBALL</b>	<b>BUES/BIS</b>	<b>\$75</b>
Grades 6+7: Tue & Thur	September 23-October 30	Dismissal-4:30 PM
Grades 4+5: Wed & Fri	September 24-November 5	Dismissal-4:30 PM
<i>No Program: 10/10 &amp; 10/31</i>		

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*

<b>VOLLEYBALL: GRADES 4-7</b>	<b>BUES/BIS</b>	<b>\$85</b>
Tuesdays & Thursdays	September 23-November 6	Dismissal-4:30 PM
Wednesdays & Fridays	September 24-November 7	Dismissal-4:30 PM
<i>No Program 10/3 &amp; 10/31</i>		

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*

<b>BABYSITTING: GRADES 6+7</b>	<b>BIS ROOM 110</b>	<b>\$65</b>
Tuesdays	September 16-November 25	Dismissal-4:30 PM
<i>No Program: 10/21, 11/11, 11/18</i>		

This babysitter's training course, developed by the Red Cross, will give you the safety skills and confidence to be a great babysitter. You'll learn what to expect from parents, plus the skills you need to help you handle any real life babysitting situation. **YOU MUST ATTEND SEVEN OF THE EIGHT CLASSES TO GET YOUR CERTIFICATE!** Pick up at the front door of BIS. *Contact: Michelle Davies*

<b>BRAZILIAN JIU-JITSU : AGES 4-12</b>	<b>DANIEL GRACIE ACADEMY</b>	<b>\$85</b>
Little Warriors (Ages 4-7):	Thursdays: Sept. 18-Oct. 23	5:00-6:00 PM

This class focuses on basic Jiu Jitsu techniques and movement skills in a playful, interactive environment. Kids will learn respect, teamwork, and coordination while having a blast!

Kids Jiu Jitsu (Ages 8-13):	Fridays: Sept. 19-Oct. 24	5:00-6:00 PM
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Designed for slightly older kids, this program offers more advanced techniques, with a focus on self-defense, strength, and character development. It's a great way to boost confidence, improve focus, and get in shape! *Both programs emphasize safety, respect, and personal growth, making them perfect for children to thrive both on and off the mat!* *Contacts: Kellie Crawley*

**FIELD HOCKEY: GRADES 4+5** **BUES** **\$85**  
 Mondays/Wednesdays September 22-November 5 Dismissal-4:30 PM  
 No Program 10/13

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**

**NINJA FOR KIDS: GRADES 1-8** **FORTE FITNESS** **\$125**  
 Tuesdays September 23-October 28 4:00-5:00 PM  
 or 7:00-8:00 PM  
 Saturday (both classes) November 1 12:00-1:00 PM

In our classes, they 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. **Contact: Jack Kapanke**

**KIDS BOXING: GRADES 3-8** **FORTE FITNESS** **\$125**  
 Mondays September 22-October 27 4:30-5:30 PM  
 Saturday November 1 11:00 AM-12:00 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 he will strength and technique. **Contact: Jack Kapanke**

**FALL DODGEBALL TOURNAMENT** **BUES/BIS** **FREE**  
 Grades 4+5 @ BUES Thursday, November 13 Dismissal-5:30 PM  
 Grades 6+7 @ BIS Wednesday, November 12 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@town.barnstable.ma.us](mailto:jack.kapanke@town.barnstable.ma.us). 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**



**INTRO TO FENCING: GRADES 4+5** **BUES** **\$60**  
 Mondays September 22-November 3 Dismissal-4:30 PM  
 No Program: 10/13

This six week program is designed to introduce your child to the basic skills and proper techniques of fencing. Children will be taught by Jim Rose. **Contact: Michelle Davies**



**TOYS FOR TOTS CLUB : GRADES 6+7**      **HYCC**      **FREE**  
 Thursdays      September 25-October 9      Dismissal-4:00 PM  
 Create a fabulous, festive Toy for Tots Box and enter it into the Town's Toy for Tots Box Challenge! After our box is created, we dress as festive elves on the last day of class and fill our box at the front of the HYCC. Have a great time while giving back! Participants will be transported by the bus that picks up the children for the HYCC SOAR After School Program at Parent pick up dismissal time. *Contact: Michelle Davies*

**BIG SPROUTS-GARDENING: GRADES 4+5**      **MEETINGHOUSE FARM RTE. 149**      **\$70**  
 Tuesdays      September 16-October 28      Dismissal-5:00 PM  
 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*

**HOLIDAY GIFT MAKING: GRADES 4+5**      **BU ES**      **\$35**  
 Wednesdays      December 3-17      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*

**INCLUSIVE CREATIVE ARTS: GRADES 4&5**      **BUES**      **\$35**  
 Wednesdays      September 24 -October 29      Dismissal-4:30 PM  
 Join Barnstable Recreation and Cape Cod Can 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**

**ORANGE BALL (GRADES 4+5)**      **WV TENNIS COURTS**      **\$80**  
 Mondays      September 22–October 27      Dismissal-4:30 PM  
**RED BALL (GRADES 1-3)**      **WV TENNIS COURTS**      **\$80**  
 Mondays      September 22–October 27      4:15-5:15 PM  
**GREEN BALL (GRADES 6-8)**      **WV TENNIS COURTS**      **\$80**  
 Tuesdays      September 23– October 28      4:00-5:00 PM  
 The tennis program where kids play while they learn! Led by an approved USTA Net Generation tennis coach. The 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 developed, participants will play fun matches with other players. We use 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 a new age-appropriate racket and a program t-shirt! *Contact: Kellie Crawley*

## WEEKEND PROGRAMS

**ARCHERY: GRADES 4-7** **MCBARRON** **\$65**  
 Saturdays September 20-October 18 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 4 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 27-November 15 10:00-11:00 AM  
 No Program: 10/4 & 10/25  
 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*

**SOCER: GRADES PK-5** **MCBARRON** **\$70**  
 Saturdays September 20-November 8 See below  
 No Program: 10/25  
 Pre K (Ages 3-5): 12:45-1:30 PM Grades K+1: 1:45-2:30 PM  
 Grades 2+3: 2:45-3:30 PM Grades 4+5: 3:45-4:30 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*

**FALL TENNIS: GRADES PRE K+K** **WV TENNIS COURTS** **\$80**  
 Saturdays September 20-October 25 See below  
 Pre K (Ages 3-5): 8:00-8:30 AM  
 Kindergarten: 8:45-9:30 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*

**INTRO FIELD HOCKEY: 2+3** **BHS TURF FIELD** **\$65**  
 Saturdays September 20-October 25 9:00-10:00 AM  
 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*

**LEARN TO PLAY FLAG FOOTBALL: GRADES 1-3** **HYANNIS WEST** **\$70**  
 Saturdays September 20-November 8 8:30-9:30 AM  
 No program: 10/25  
 This program is focused on teaching the skills of flag football. We will work on catching, throwing, and defense before playing scrimmages to learn the game. *Contact: Jack Kapanke*



**YOUTH WRESTLING**

**DANIEL GRACIE ACADEMY**  
 Saturdays September 20-October 25

Ages 5-12: 8:00-9:00 AM \$115  
 Ages: 13-18: 9:00-10:00 AM \$120

This program teaches athletes the essential techniques of wrestling including takedowns, positioning, escapes, and pinning combinations, all in a supportive and energetic environment. It's a great way to build strength, coordination, and self-confidence while having fun. No wrestling shoes required - just come ready to move, learn, and grow!  
*Contact: Kellie Crawley*

**CROSS COUNTRY RUNNING: GRADES 1-7 HYANNIS WEST \$55**  
 Saturday September 20-November 8 10:00-11:00 AM  
 No Program 10/25

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*

**THERAPEUTIC+INCLUSIVE PROGRAMS**

**ADAPTIVE MULTI-SPORT PROGRAM HYCC GYM FREE**  
 Thursdays September 25-May 7 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 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](https://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**

**TENNIS: ADULTS 18+ WV TENNIS COURTS \$85**  
 Tuesdays September 23 - October 28 5:00-6:00 PM

Learn and Play Tennis! Led by a USTA Approved Coach, participants will have fun and get great exercise while developing the skills to serve, rally, and play tennis. The program is perfect for first-time and beginner players, as well as returning novice players. All players in their first session receive and keep a new tennis racket! There is a minimum of 7 players and maximum of 8 players to run this program.  
*Contact: Kellie Crawley*

**ADULT SEWING: 18+** **HYCC** **\$65**  
 Tuesdays September 23 - October 28 7:00-8:30 PM  
 No Program 9/30

This program is designed for adults who are interested in learning how to sew! Whether you're a complete beginner or just want to refresh your skills, this course will guide you through the basics of sewing using a sewing machine. We will start with a simple project to get you comfortable with the machine and sewing techniques and then progress to a more advanced project as the course continues. All basic sewing supplies are included in the fee. We ask participants to bring their own sewing machine in good working order, along with the machine's manual. However, if you don't have a machine, we will gladly lend you one for the duration of the program. No sewing experience is necessary—just bring your enthusiasm and get ready to learn! **Contact: Kellie Crawley**

**COMMUNITY YOGA: ADULTS 18+** **HYCC** **FREE**  
 Tuesdays September 2-Ongoing 8:30-9:30 AM  
 Come strengthen your Mind, Body, and Soul all the while relieving some of the stress in your life. 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**  
 Wednesday September 3-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.  
**Contact: Michelle Davies**

**OUTDOOR PICKLEBALL: ORGANIZED PLAY**

**Weather Permitting:** There will be organized free play on Monday-Saturday from 8:00 AM to 12:00 PM at the Barnstable Pickleball Courts this fall. Courts are located at 760 Osterville West Barnstable Road in Marstons Mills.



**PICKLEBALL PROGRAMS**

All Barnstable pickleball lessons will be taught by Straight-Up Pickleball, founded by Laura and Karl Uggerholt. Straight-Up's five experienced and caring Coaches will offer comprehensive pickleball lessons, allowing a player to advance through a consistent curriculum at one's own pace. The instructors are excited about the season and look forward to sharing what they know about a sport they love with great people!

**PICKLEBALL CLINIC: BEGINNER (1 SESSION)** **WV PICKLEBALL COURTS** **\$60**  
 Monday: Sept 8 (Rain date: Sept 9, Tuesday) 4:00-6:30 PM  
 Learn to play pickleball in one 2.5-hour lesson with Straight-Up Pickleball! The course will include learning the rules of the game, player positioning and the various shots (ground strokes, volleys, serves, dinks, etc.) Instruction will include exercises to learn shots and game playing to put the skills learned into practice. You will be off and playing upon course completion!

**COME PLAY WITH COACHES! WV PICKLEBALL COURTS \$35**  
**Monday: Sept 15 (Rain date: Sept 22) 5:45-6:45 PM**  
 This fun and engaging one-hour lesson format includes playing games with three students on a court with one of two experienced Straight-Up Pickleball Coaches. Strategy and shot selection are reviewed and discussed to hone in on what transpired and identify alternative options. Students receive specific and actionable feedback. Appropriate for Intermediate and Advanced students. *Note: Students will be grouped based on level of experience. This clinic is for people who are comfortable with the basics of pickleball. Students looking to learn the game or who are newer to the game should check out the Beginner and Novice Clinics.*

**SKILLS CLINIC: THE PERFECT PICKLEBALL BACKHAND WV PICKLEBALL COURTS \$40**  
**Monday: Sept 15 (Rain date: Sept 22) 4:00-5:30 PM**  
 A strong backhand is crucial for handling shots on both sides of the court, improving your versatility, especially in doubles where you can't always rely on your forehand. This clinic will focus both on one-handed and two-handed backhands. Option: follow-up with "Play with the Coaches" to continue working on implementation. *Note: Students will be grouped based on level of experience. This clinic is for people who already know the rules and basics of pickleball. Students looking to learn the game or who are newer to the game should check out the Beginner and Novice Clinics.*

**TWO AND A COACH (ONE SLOT) WV PICKLEBALL COURTS \$90/GROUP**  
**Thursday with Karl: Sept 11 (Rain date: Sept 18) 4:30-5:30 PM**  
 Are you interested in more personalized coaching with a fellow player? If so, this one-hour coaching session is perfect for you! The lesson will be led by a fun and knowledgeable Straight-Up Coach and will allow full, focused, and personalized instruction for 2 players signing up for a lesson together (one slot). The participants will have the opportunity to focus on strategies and mechanics, leaving the hour with an improvement plan and a sense of accomplishment. *Note: the "Two and a Coach" lessons are for players who already know how to play pickleball. It is recommended those interested in learning pickleball for the first time sign up for a Beginner Clinic.*

**PRIVATE: ONE TO ONE LESSON WV PICKLEBALL COURTS \$80**  
**Thursday with Karl: Sept 11 (Rain date: Sept 18) 5:45-6:45 PM**  
 This one-hour lesson is perfect for the player interested in focusing on a specific skill or strategy to increase his or her consistency on the court. Drop shots, serve consistency, footwork, mindfulness, soft hands, effective return of serve, overheads, lobs, the coach will be there for you! Fun and focused! *Note: Private lessons are for players who already know how to play pickleball. It is recommended those interested in learning pickleball for the first time sign up for a Beginner Clinic.*

**MINOR LEAGUE PICKLEBALL TOURNAMENT WV PICKLEBALL COURTS \$10**  
**Wednesday: Sept 3 (Rain date: Sept 4, Thursday) 5:00-7:00 PM**  
 It's all the rage! Minor League Pickleball is a fun and competitive team event! Participants will be organized by skill level and put into teams of 4. Teams will go head-to-head against each other in varying doubles matchups. There is sure to be some ribbing and heckling, of course! AND Straight-Up Pickleball will teach you how to rally score. This Minor League event will be a great way to get to know people and improve your game!

*All outdoor Pickleball programs/organized free play questions, please contact: John Gleason*

**HYCC PROGRAMS**

**S.O.A.R.: GRADES 6+7** **HYCC** **FREE**  
 Monday–Friday September 29–November 25 2:30PM–5:30 PM  
*No Program: 1/2 days or school holidays*  
 This structured after school program will offer a variety of recreational activities for children. Gym activities, game room tournaments, home-work assistance, and special events. Transportation from BIS and an after school snack are included. *Contacts: Stephen Headley & Jackie Keaney*



**YOUTH INDOOR TRACK: GRADES 4-7** **HYCC** **\$60**  
 Mondays October 6–December 15 6:00–7:00 PM  
 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*

**NEW MUSIC FRIDAYS : GRADES 6+7** **HYCC** **\$ 30**  
 Fridays September 19–November 21 6:00–7:30 PM  
*No Program: 10/31*  
 Dive into the pulse of the music world with “New Music Friday”. This guided program invites music lovers and curious minds to explore the ever-evolving soundscape of Spotify’s weekly New Music Friday playlist. Participants will discover new tracks, analyze trends, explore global sounds, and create personalized playlists and reflections. Each week focuses on a different theme—from genre deep-dives and lyrical analysis to behind-the-scenes spotlights and collaborative curation. Whether you’re a music enthusiast, musician, or just someone who loves staying on top of the latest music, this program blends listening, reflection, creativity, and sharing in a fun, thoughtful, and interactive format.  
*Contact: Jackie Keaney*

**INDOOR PICKLEBALL: ADULTS 18+** **HYCC GYM** **\$40/SESSION**  
 Mon: Recreation Play October 27–December 15 9:00–11:00 AM  
 Wed: Competitive Play October 29–December 17 9:00–11:00 AM  
 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*

**FAMILY PUBLIC GYM**  
Saturdays

**HYCC**  
Ongoing-November 22

**MEMBERSHIP OR DAY PASS**

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*

**ADULT / COMMUNITY / DAY HAB GAME ROOM** **HYCC**  
Monday-Friday Ongoing 9:00AM-2:00PM

**MEMBERSHIP OR DAY PASS**

*No program on Barnstable Public School days off or half-days*  
Ages 18+. Adults, Community Groups and Day Habs fell 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*



**PUBLIC GYM: VOLLEYBALL**  
Sundays

**HYCC**  
Ongoing-November 23

**MEMBERSHIP OR DAY PASS**

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: BASKETBALL**  
Saturdays

**HYCC**  
Ongoing-November 22

**MEMBERSHIP OR DAY PASS**

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**  
Monday-Friday

**HYCC**  
Ongoing

**MEMBERSHIP OR DAY PASS**

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** **\$8 ADULTS/\$6 STUDENTS/\$3 SENIORS**

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**



**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**

**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**

**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****HYCC****SUNDAYS/THURSDAYS**

Residents \$100 / Non-Resident \$110  
 \$16 USFSA Membership if not already

Session 1- Sundays, September 21-October 19  
 Session 2- Sundays, October 26-November 23  
 Session 3- Thursdays, Tots Only- September 25- October 23  
 Session 4- Thursdays, Tots Only- October 30- November 26 (Last class is a Wednesday)

**Important Information for all Learn to Skate classes:**

Rental skates are not available.

Helmets are required for all participants 6 years old and younger. We also recommend helmets for beginner level participants (Tots, Basic 1 & Basic 2).

Parents are strongly encouraged to stay at the HYCC during all LTS classes. Only registered participants and HYCC Instructors are allowed on the ice. All participants will be registered with United States Figure Skating. Additional program information will be provided at the first class.

**TOTS CLASS**

Sessions 1 & 2 4:30-5:15 PM  
 Sessions 3 & 4 10:00-10:45 AM

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 25 minutes with 20 minute free skate after class.

**ADULT**

Sessions 1 & 2 4:30-5:15 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 25 minutes with 20 minute free skate after class.

**BASIC 1 & 2**

Sessions 1 & 2 4:55-5:40 PM

*Recommended for participants who have already taken Tots and or are 5 years old at start of program.* Note the class is 25 minutes with a 20 minute free skate after class.

**BASIC 3 & 4**

Sessions 1 & 2 5:20-6:05 PM

*Prerequisite must have passed Basic 2.* Note the class is 25 minutes with a 20 minute free skate after class.

**BASIC 5 & 6**

Sessions 1 & 2 5:35-6:20 PM

*Prerequisite must have passed Basic 4.* Note the class is 25 minutes with a 20 minute free skate before class.

Contact: Jackie Keane





# 2025 FALL SPECIAL EVENTS

## ROCK NIGHT: GRADES 6+7

HYCC

\$6/SKATER \$6/RENTALS

September 27, October 25, & November 22

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 is time to visit HYCC.

Supervised fun for kids in grade 6 & 7. Bring a friend! We will have contests and prizes each night. *Contact: Jackie Keaney*

## MONSTER MASH: HALLOWEEN EVENT

HYCC

\$10

Saturday

October 25

11:30 AM-1:30 PM

Join us for some fun! From 11:30AM-1:30PM 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 22

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*



## MEAL DISTRIBUTION

### THURSDAY NIGHT MEALS

Thursdays Nights

### HYCC PARKING LOT

2 x per month/ Ongoing

FREE

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*