

### REVERE PARKS & RECREATION

### **MAYOR'S CORNER**

Dear Friends,

Welcome to the Fall months! Our Parks and Recreation Department have a full slate of fun, family-oriented programming planned for this Autumn. Our seasonal events are excellent opportunities to make friends, engage with family, and make lasting memories. I invite you to join us at one or many of our events this season: Can't wait to see you there!

Warm regards, Patrick M. Keefe Jr. Mayor, City of Revere

### **DIRECTOR'S CORNER**

Fall is one of the most exciting times of the year in Revere, and our team is thrilled to bring you a packed season of programs, activities, and community events that celebrate the spirit of the season. From the return of our annual All Hallows' Eve celebration to new fitness and recreation programs, there's something for everyone to enjoy -whether you're looking to stay active, get creative, or spend time with friends and family. Our parks and public spaces are beautiful places to enjoy the changing seasons, and we encourage you to take full advantage of them. Be sure to follow us on social media and check our website for the latest updates and registration info. We're proud to serve this community and can't wait to see you out and about this fall!

> Michael Hinojosa Michael Hinojosa

### STAY CONNECTED



Address: 150 Beach Street
Main Phone: 781-286-8190
Email: revererec@revere.org

Facebook: City of Revere Parks and Recreation

Twitter: @RevereRec

**Instagram:** @RevereRecreation **Website:** www.revererec.org



Address: 321 Charger Street Main Phone: 781-286-8187

Email: haashealthwellness@revere.org
Facebook: @HaasHealthandWellness
Instagram: @haas.health.wellness.center

Website: www.revererec.org



Address: 176 Garfield Ave Main Phone: 781-286-8190 Email: aquatics@revere.org

Facebook: @CityofRevereAquatics

Instagram: @coraquatics
Twitter: @coraquatics
Website: www.revererec.org

### **REGISTRATION INFORMATION**

### **HOW TO REGISTER/PAY**

If you are registering for the first time with the Revere Parks and Recreation Department, you will need to visit our website at www.revererec.org and select "Register Your Family Household." If you experience any difficulties, please call the office at 781-286-8190.

You may register and pay for programs in person, online or over the phone. Please note, payment must be made at the time of registration. Checks should be made payable to City of Revere.

Our department accepts cash, check or credit card. Participants will be issued an additional \$50 fee for any returned check. We offer sibling discounts for select programs!

### **ELIGIBLE ASSISTANCE**

Revere Parks and Recreation Department is committed to offering programs, classes, and special events that are available to all residents, regardless of economic status. The Parks and Recreation Department determines all fee assistance for qualified residents. A confidential application is available at the Parks and Recreation Office, should anyone wish to inquire. Please contact the Director with any questions.

### **REFUND POLICY**

Refunds will be issued to all parties if a program is canceled. If a program is not canceled, refund requests must be submitted in writing to the department email, revererec@revere.org, and the Director, mhinojosa@revere.org. Refund requests must be submitted no later than one week prior to the start of the program. **Refunds** will not be issued once a program begins. Household credits will be issued in the event of an issue once a program begins.

### **NON-RESIDENTS**

Revere Parks and Recreation programming is open to non-residents. However, Revere residents have first priority for all programming and are the only participants eligible for fee assistance.

### **HELPFUL INFORMATION**

Please enroll as early as possible. Enrollment determines whether or not a class or program runs.

We reserve the right to cancel or postpone due to low enrollment or inclement weather. If a multisession program must be canceled for these reasons or unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program. All program cancellations are announced on our social media platforms.

All participants are encouraged to bring water. If programs require snacks, please do not pack or send items containing peanuts or tree nuts for the safety of individuals with allergies.

### **OFFICE HOURS**

Monday - Thursday: 8:15AM - 5:00PM Friday: 8:15AM - 12:15PM

\*Due to the many activities we have planned, the office may be closed during certain times. Please call 781-286-8190 to ensure someone will be there to assist you.

### **VOLUNTEER OPPORTUNITIES**

Revere Parks and Recreation greatly depends on volunteers to support our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Please email revererec@revere.org Thank you to each and every one of you who have already given their time and energy.



### PRE-SCHOOL PROGRAMS (AGES 2-5)

### **DROP-IN PLAY**

Our drop-in play program provides children with their caregivers an interactive space of activities needed for a child to thrive in a social setting. Our goal is to provide socialization skills and build the foundation needed for your child to enter kindergarten. We focus on kindness, respect, sharing, taking turns, making new friends and give social support to every family. FreePlay, snack and singalong are also included.

Dates: Mondays, Wednesdays, Fridays, September 8

Time: 10:00AM - 11:30AM

**Location:** Parks and Recreation Department

\$6 per class - drop-ins are welcome

Ages: 5 months & up | Instructor: Miss Sally

### **TODDLER SOCCER**

Preschool soccer allows your little one to acquire practical knowledge about teamwork, sportsmanship, taking turns, and cooperation, all while engaging in physical fitness and learning the rules of the game. Parents will guide their children through a variety of soccer games and activities to acquire new fine gross motor skills and have fun!

Dates: Tuesdays, 9/16, 9/23, 9/30, 10/7

Time: 5:30PM - 6:30PM

Location: Community Center Gymnasium (Garfield

School

Cost: \$24 per session - Pre-registration required

Ages: 3 - 4 | Instructor: Parks and Recreation Staff

TODDLER BASKETBALL

Toddler Basketball classes are designed to transition

children into non-competitive game play. Children

learn basic basketball skills (dribbling, passing,

scoring, and defense). We will focus on building

teamwork and helping players understand how to

required to participate with each child. Please limit

apply skills in game situations. One parent or adult is

spectators as it distracts players at this age and skill

### LITTLE CHEF'S COOKING CLASS

From breakfast, dessert and everything in between, this class gives young chefs the opportunity for some hands on fun. From measuring, mixing, stirring and serving, little chefs will have a blast whipping up these meals and tasting the end results of all their efforts!

**Dates:** Tuesdays,

Session #1: 9/23, 9/30, 10/7, 10/14, 10/21, 10/28 Session #2: 11/18, 11/25, 12/2, 12/9, 12/16, 12/23 Session #3: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10 Session #4: 2/24, 3/3, 3/17/, 3/24, 3/31, 4/7

Time: 12:00PM - 1:30PM

**Location:** Parks and Recreation Department \$42 per 6 week session pre-registration required

Ages: 3 - 5 | Instructor: Miss Sally

### level. **Dates:** Thursdays, 9/18, 9/25, 10/2, 10/9

Time: 4:30PM - 5:30PM

Location: Community Center Gymnasium (Garfield

School)

\$20 per session

Ages: 3 - 4 | Instructor: Parks and Recreation Staff

### TIC TAC SPLAT

Let your little one's creativity run wild in Tic Tac Splat, a fun and messy art and sensory class designed just for toddlers! Each week, children will explore colors, textures, and simple art techniques through handson projects. This class helps develop fine motor skills, encourages self-expression, and gives toddlers a chance to socialize in a playful, nopressure setting. Best of all, your child will be able to take home some of their masterpieces each week to proudly display.

Dates: Thursdays, September 11

Time: 10:00AM - 11:15AM

**Location:** Parks and Recreation Department

\$6 per class - drop-ins welcome Ages: 2 - 5 | Instructor: Miss Sally



### **BASEBALL LESSONS**

Join Coach John Leone for five small-group baseball sessions focused on pitching, batting, fielding, and other fundamentals. With a 10-person max, players get personalized instruction and oneon-one attention to help improve their game. All skill levels welcome!

Dates: Mondays and Wednesdays, 9/8, 9/10, 9/15,

9/17, 9/22, 9/24, 9/29, 10/1 Times: 4:00PM - 5:00PM

Location: Griswold Park (formally known as St.

Marys)

\$100 - pre-registration required

Ages: 10 & up | Instructor: John Leone

### SKILLS AND DRILLS

The Revere Parks and Recreation Department facilitates a number of basketball skills and drills clinics throughout the fall and winter for both boys and girls. These clinics vary in terms of length and when they operate due to the demands of other leagues and programs in which Revere athletes participate in.

**Dates**: 9/17, 9/20, 9/24, 9/27, 10/1, 10/8, 10/11, 10/15, 10/18

	Wednesdays	Saturdays
K - 2nd:	6:00PM	11:00AM
3rd - 5th:	7:00PM	12:00PM
6th - 8th:	8:00PM	1:00PM

Location: Susan B. Anthony School (107 Newhall

Street)

Cost: \$110 - pre-registration required

### TRAVEL BASKETBALL

The City of Revere Parks and Recreation Department is now on its seventh year of facilitating travel basketball. This program is highly competitive for the advanced basketball player. We compete in the Metrowest Basketball League and compete against teams from across the Commonwealth. Travel is required.

Tryout Date: Friday, October 3 and October 10

	Boys	Girls
4th Grade	6:00PM	11:00AM
<b>5th Grade</b>	6:00PM	11:00AM
<b>6th Grade</b>	9:00AM	11:00AM
7th Grade	10:00AM	11:00AM
8th Grade	10:00AM	11:00AM

Location for tryout: Revere High School Gym (101

School Street)

Pre-registration required

### \* Season schedules to follow

### **WOMEN'S BASKETBALL LEAGUE**

Grab a friend and sign up for our women's basketball league on Tuesday nights. This league was designed to give women a night dedicated to themselves where they can play in an organized basketball league. The cost of the league will also include a reversible that will be the jersey for all teams. The league will include 8 games and then playoffs and championship to follow. Reversibles will be included

Dates: Tuesdays, Playoffs and championship game

to follow season

Time: 6:00PM - 9:00PM Location: Hill School

Cost: \$100 Ages: 21+

Pre-registration is required

### WINTER BASKETBALL

Get ready for an exciting season of basketball with our Winter Basketball League! Open to both boys and girls, this league is designed to provide young athletes with a chance to develop their skills, enjoy competitive play, and have fun on the court. Players must attend an evaluation night to join this

**Evaluation Date: December 3rd** 

**Boys & Girls** 

 3rd & 4th:
 6:00PM

 5th & 6th:
 7:00PM

 7th & 8th:
 8:00PM

Location for evaluation: Susan B. Anthony School

(107 Newhall Street)

\$100 - pre-registration required

### K - 2 BASKETBALL CLINIC

An instruction focused co-ed program that teaches the fundamentals of basketball to young players in Kindergarten through 2nd grade. This program incorporates a variety of fun drills and activities designed to improve their skills. The K-2 hoop clinic welcomes children of all abilities as is perfect for either those just starting out or with advanced skills and knowledge of the game of basketball.

Dates: Saturdays, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17,

1/24, 1/31

Times: 11:00AM -12:00PM

Location: Susan B. Anthony School (107 Newhall

Street)

\$90 - pre-registration required

Grades: K - 2 | Instructor: John Leone

<sup>\*</sup>Season schedules to follow

### STIR CRAZY COOKING CLASS

Kids come and create your own edible masterpieces. Learn the basics of cooking by working with Miss Sally and your peers in preparing a fun and delicious meal. Dates: Tuesdays,

Session #1: 9/23, 9/30, 10/7, 10/14, 10/21, 10/28 Session #2: 11/18, 11/25, 12/2, 12/9, 12/16, 12/23 Session #3: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10 Session #4: 2/24, 3/3, 3/17/, 3/24, 3/31, 4/7

Time: 3:00PM - 4:15PM

**Location:** Parks and Recreation Department **Cost:** \$42 per 6 week session pre-registration

required

Ages: 5 & up | Instructor: Miss Sally

### **JAZZ WITH MADISON**

Get ready to move, groove, and express yourself in this high-energy Jazz dance class! Dancers will learn fundamental jazz techniques, across-the-floor progressions, and fun combinations set to upbeat, age-appropriate music. This class builds strength, flexibility, coordination, and confidence — all while having a blast! Perfect for dancers of all levels who love to perform and want to improve their style and stage presence.

Dates: Mondays, 9/15, 9/22, 9/29, 10/6

Time: 5:00PM - 5:45PM

Location: Community Center Auditorium (Garfield

School)

Cost: \$24 for session - pre-registration required -

(15 person max)

Ages: 6 & up | Instructor: Madison

### **LEGO MAKERS**

Bring your creativity to life with LEGO Crafts! In this hands-on class, kids will use LEGO bricks in new and exciting ways to design and build their own unique creations. Each week features fun craftstyle projects that combine imagination, problemsolving, and a love for building. Guided by our Recreation staff, this class encourages creativity, teamwork, and plenty of playful fun—perfect for LEGO fans of all skill levels!

Dates: Tuesdays, 9/16, 9/23, 9/30, 10/7

Time: 5:00PM - 6:00PM

Location: Community Center Classroom(Garfield

School)

Cost: \$20 for session - pre-registration required -

(15 person max)

Ages: 7 & up | Instructor: Parks and Recreation

Staff

### YOUTH DODGEBALL

This may be intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class.

**Dates:** Thursdays, 9/18, 9/25, 10/2, 10/9

Time: 5:45PM - 6:45PM

Location: Community Center Gymnasium (Garfield

School)

**Cost:** \$24 per person - pre-registration required

(30 person max)

Ages: 7 - 12 | Instructor: Parks and Recreation Staff

### ADULT PICKLEBALL

Get ready to move, groove, and express yourself in this high-energy Jazz dance class! Dancers will learn fundamental jazz techniques, across-the-floor progressions, and fun combinations set to upbeat, age-appropriate music. This class builds strength, flexibility, coordination, and confidence — all while having a blast! Perfect for dancers of all levels who love to perform and want to improve their style and stage presence.

Dates: Wednesdays, starting September 3

Time: 5:45PM - 8:45PM

Location: Community Center Gymnasium (Garfield

School

Cost: \$24 for session - pre-registration required -

**Ages: 21 & up** 

## ART PROGRAM FOR ADULT WITH DISABILITIES

Our Art Program is designed to provide adults with disabilities a welcoming and inclusive space to explore their creativity, build confidence, and express themselves through various forms of art. Whether you're a beginner or have experience, this program offers a range of fun, hands-on projects.

Dates: Tuesdays Time: 5:30PM - 6:30PM

**Location:** Parks and Recreation Center

Cost: \$6 per class

Ages: 16 and up | Instructor: Parks and Recreation

Staff

### WORLD RHYTHMS DRUMMING AND PERCUSSION

In this class, we'll explore rhythm as a universal language spoken all around the world and learn to play rhythmic forms from different cultures. We'll use authentic instruments to create percussion compositions rooted in solid music theory and the students' creative ideas. Through all of this, we'll develop teamwork and self-confidence, key ingredients to the lifelong creative learning process.

Dates: Tuesdays, 9/23, 9/30, 10/7, 10/19, 10/21, 11/18,

11/25, 12/2, 12/9, 12/16 Time: 6:00PM - 7:15PM

Location: Community Center Auditorium (Garfield

School)

Cost: \$5 per class- pre-registration required - (15

person max)

Ages: 6 & up | Instructor:

### INTRO TO UKULELE

Discover the joy of music in our beginner-friendly ukulele class! Students will learn the basics of strumming, chords, and simple songs while developing rhythm and confidence. No prior experience is needed—just bring your ukulele and get ready to make music in a fun and supportive environment.

Dates: Fridays, 9/19, 9/26, 10/3, 10,10

Time: 4:00PM - 5:00PM

Location: Community Center Auditorium (Garfield

School)

Cost: \$20 for session - pre-registration required -

(15 person max)

Ages: 7 & up | Instructor: Kenson Germain

### **LEARN TO DRAW**

Get ready to bring your imagination to life! In this fun drawing class, kids will learn the basics of sketching, shading, and creating cool pictures step by step. Each week includes playful activities and creative projects that help build confidence, sharpen art skills, and let every young artist shine!

Dates: Thursdays, 9/18, 9/25, 10/2, 10/9

Time: 5:30PM - 6:30PM

Location: Community Center Classroom(Garfield

School)

Cost: \$20 for session - pre-registration required -

(15 person max)

Ages: 7 & up | Instructor: Rodrigo

### **STORY MAKERS**

In this creative class, kids will learn how to bring their own stories to life through writing and drawing! Students will explore the basics of character design, storytelling, and comic-style artwork while creating short stories and mini comics of their very own. This class encourages imagination, self-expression, and confidence as young artists combine words and pictures to share their ideas in a fun, supportive environment.

Dates: Mondays, 9/15, 9/22, 9/29, 10/6

Time: 5:30PM - 6:30PM

Location: Community Center Classroom(Garfield

School)

Cost: \$20 for session - pre-registration required -

(15 person max)

Ages: 7 & up | Instructor: Hannaa

### **STEAM ROLLERS**

This four-week STEM class will allow kids to explore science and engineering through exciting, hands-on projects! Each week brings a new challenge—build and race a wind-powered car, create a bubble ejector, erupt a volcano, and design a floating boat—while learning real STEM concepts in a fun and engaging way.

Dates: Thursdays, 9/18, 9/25, 10/2, 10/9

Time: 4:30PM - 5:30PM

Location: Community Center Classroom (Garfield

School)

Cost: \$20 for session - pre-registration required -

(15 person max)

Ages: 7 & up | Instructor: Kenny Germain

### FLAG FOOTBALL

Players will learn the fundamentals of the game, including passing, catching, teamwork, and sportsmanship, all in a fun and non-contact environment. Taught by our Recreation Department staff, this program is designed to keep kids active, build confidence, and encourage a love for the game. Whether you're new to football or already know the basics, everyone is welcome

**Dates:** Mondays, 9/15, 9/22, 9/29, 10/6

Time: 4:00PM - 5:00PM

Location: Community Center Gym (Garfield

School)

Cost: \$20 for session - pre-registration required -

(15 person max)

Ages: 7 & up | Instructor: Parks and Recreation

Staff

### **GAGA BALL**

.Get ready to dive into the fast-paced fun of Gaga Ball! Known as a kinder, gentler version of dodgeball, Gaga Ball is played in an enclosed pit where players use quick reflexes, agility, and strategy to hit the ball at opponents below the knees. Taught by our Recreation staff, this class focuses on skill-building, fair play, and plenty of exciting gameplay. Perfect for kids of all skill levels who want to stay active and have fun!

Dates: Tuesdays, 9/16, 9/23, 9/30, 10/7

Time: 6:45PM - 7:45PM

**Location:** Community Center Gymnasium (Garfield

School)

Cost: \$6 per person - pre-registration required -

(45 person max)

Grades: 6 - 8 | Instructor: Parks and Recreation

Staff

### **TABLETOP GAMES**

Roll the dice, draw your cards, and get ready for some friendly competition! In this class, kids will explore a variety of tabletop games that encourage strategy, teamwork, and problem-solving—all while having fun. From classic board games to exciting new favorites, participants will build social skills, practice good sportsmanship, and enjoy plenty of laughs along the way. Guided by our Recreation staff, this program is perfect for kids who love games and want to connect with friends in a fun, screen-free setting.

Dates: Fridays, 9/19, 9/26, 10/3, 10,10

Time: 5:00PM - 6:00PM

Place: Community Center Gymnasium

Cost: \$10 per person, per night - pre-registration

required (25 person max) Ages: 9 - 14 | Instructor:

### KIDS NIGHT OUT

The second Friday of every month at the Community Center! Drop the kids off for two hours of fun, including individual play, coloring pages, and pizza! It's a great way for kids to unwind and enjoy a night out in a relaxed and creative setting — while you get a little break too!

Dates: Fridays, 9/12, 10/10, 11/14, 12/12, 1/9

Time: 6:00PM - 8:00PM

Location: Community Center Gymnasium (Garfield

School)

Cost: \$15 per person, per night - pre-registration

required - (50 person max)

Grades: 1 - 6 | Instructor: Parks and Recreation

Staff

### **BUBBLE BALL**

Bubble Ball, participants will wear an inflatable bubble suits that allows them to safely bounce off other players and roll over completely. Once you put on your bubble suit you can play games like Bubble Soccer, Capture the Flag, Sharks & Minnows, Bubble Football, and more!

Date: Fridays, 9/19, 9/26, 10,17

Time: 6:30PM - 8:00PM

**Location:** Community Center Gymnasium

(Garfield School)

Cost: \$10 per person, per night - pre-registration

required Minimum of 8 kids

Ages: 10 -15 | Instructor: Parks and Recreation Staff

### **CHESS CLUB**

Sharpen your mind and challenge your skills at Chess Club! This program introduces kids to the fundamentals of chess—including strategy, tactics, and sportsmanship—while giving experienced players the chance to practice and improve their game. Guided by our Recreation staff in a fun and supportive setting, participants will learn to think ahead, solve problems, and enjoy friendly competition with their peers. All skill levels are welcome!

Dates: Wednesdays, 9/17, 9/24, 10/, 10/8

Time: 6:00PM - 8:00PM

Location: Community Center Gymnasium (Garfield

School)

Cost: \$10 per person - pre-registration required -

(45 person max)

Grades: 6 - 8 | Instructor: Parks and Recreation

Staff

### ADULT CRAFT NIGHT

Join us on the Friday nights of every month for a relaxing and creative evening at Adult Craft Night! Each month features a new hands-on project, perfect for beginners and seasoned crafters alike. Bring a friend, sip on something fun, and leave with something handmade. All supplies provided—just bring your imagination!

Dates: Friday, October 10th

**Time:** 6:00PM

**Location:** Parks and Recreation Department

Cost: \$10 per person - pre-registration required -

(45 person max)

**Instructor:** Parks and Recreation Staff



# SPECIAL EVENTS



### **TOUCH-A-TRUCK**

All ages - Saturday, September 27th - 10:00AM - 12:00PM - Rumney Marsh Academy

Join us for our Annual Touch-A-Truck event — a family-friendly experience where kids (and kids at heart!)

can get up close and explore a variety of vehicles, big and small! From fire trucks and police cruisers to

construction equipment and specialty vehicles, this hands-on event gives children the chance to climb

aboard, honk horns, and learn about the important work these machines and their operators do in our

community.

### **FALL FESTIVAL**

All ages - Saturday, October 4th- 1:00PM - 6:00PM - Suffolk Downs

Celebrate the season with us at Revere's Fall Festival & Porch Fest, a lively community event that will take over Suffolk Downs with something for everyone! Enjoy an afternoon filled with live music performances, a festive beer garden, delicious food, and a kids', games, and family-friendly entertainment. Residents of all ages are encouraged to attend.

### **BARKTOBER FEST**

All ages - FREE - Saturday, October 11<sup>th</sup> - 11:00AM - 1:00PM - Susan B. Anthony School
This pup-friendly event will feature a variety of activities and treats designed to get tails wagging, including
a doggy costume contest, agility games, photo ops, and more. Local pet vendors will be on site with
giveaways, samples, and goodies for your four-legged companions. Whether your dog loves to play, pose,
or just soak up the fall fun, there's something for every pup at Barktober Fest!

### FRIGHT NIGHT

All ages - FREE - Saturday, October 18th - 4:00PM - 7:00PM - Rumney Marsh Academy
Our city's annual Halloween event is back and better than ever with Trunk-A-Treat! Local city officials
and organizations have been invited to decorate their vehicle's trunks for an entertaining and festive candy
give away! In addition to our Trunk-A-Treat Lane, the event will feature inflatables, amusement and pony
rides, DJ, and more!

### **ALL HALLOW'S EVE**

All ages - FREE - Saturday, October 25th - 4:00PM - 7:00PM - City Hall

This community-wide Halloween celebration is perfect for all ages and will take place at the Revere Public Library and surrounding grounds. Families can enjoy crafts, games, and festive activities from 4:00–6:00 PM. For those seeking a scare, the Haunted Library and Spooky Stroll through the Rumney Marsh Burial Grounds will be open from 5:00–8:00 PM for guests ages 8 and up. Please note: the Spooky Stroll includes blood, guts, gore, and flashing lights. Adults can also enjoy seasonal brews in our Beer Garden, proudly sponsored by Bent Water Brewing Company

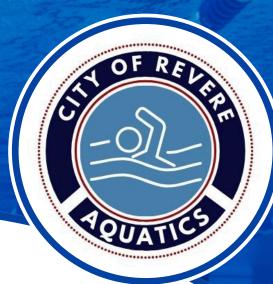
### TREE LIGHTING & WINTER FESTIVAL

All ages - FREE - Saturday, December 6th - - City Hall

Come join us for one of our biggest events of the year as we welcome in the holiday season. Join Santa and Mayor Patrick Keefe as they turn on the holiday lights at City Hall for the first time. There will be an ice sculptor, pony rides, trackless trains, ornament decorating, hot chocolate, gingerbread decorating, and pictures with Santa.



# SWIMMING LESSONS





September 8<sup>th</sup> - October 20<sup>th</sup> (7 weeks)

WEDNESDAYS

September 3<sup>rd</sup> - October 22<sup>nd</sup> (8 weeks)

FRIDAYS

September 5<sup>th</sup> - October 24<sup>th</sup> (7 weeks)

**SATURDAYS** 

September 6<sup>th</sup> - October 25<sup>th</sup> (8 weeks)

SUNDAYS

September 7<sup>th</sup> - October 26<sup>th</sup> (8 weeks)

### **PRICES**

Learn Levels (\$200)

Preschool Levels (\$175)

Adult+ Modest Swim (\$200)

**Open Swim** (\$10)

**Swim Team** (\$300 or \$200)

Private Lessons (\$360)

### MONDAYS, WEDNESDAYS OR FRIDAYS

**Preschool 1:** 4:00pm - 4:30pm **Preschool 2:** 4:30pm - 5:00pm **Preschool 3:** 5:00pm - 5:30pm

**Learn 1:** 4:00pm - 4:40pm

**Learn 2:** 4:45pm - 5:25pm

**Learn 3:** 5:30pm - 6:10pm

Learn 4: 5:30pm - 6:10pm

**Learn 5:** 6:20pm - 7:00pm

Learn 6: 6:20pm - 7:00pm

SCAN ME



Adult 1+2: 7:00pm - 8:00pm

Open Swim+Lap Swim: 4:00pm - 8:00pm

**Swim Club:** 6:00pm - 7:30pm (3 times a week)

### **SATURDAYS OR SUNDAY**

Parent Child 1+2: 9:30am - 10:00am

Preschool 1: 10:00am - 10:30am

Preschool 2: 10:30am - 11:00am

Preschool 3: 11:00am - 11:30 am

Learn 1: 10:00am - 10:40am

Learn 2: 10:45am - 11:25am

**Learn 3:** 11:30am - 12:10pm

**Learn 4:** 11:30am - 12:10pm

**Learn 5:** 12:15pm - 12:55pm

**Learn 6:** 12:15pm - 12:55pm

Adult 1+2: 1:00pm - 2:00pm

Modest Swim (Saturdays): 8:00am - 9:00am

*Open Swim:* 10:00am - 2:00pm

Swim Club: 12:00pm - 1:30pm (2 times a week)



176 Garfield Ave, Revere MA 02151

www.revererec.org

781-286-8190

### ROBERT J. HAAS JR. HEALTH & WELLNESS CENTER

### **BOOTCAMP**

Ready to push your limits? Our Bootcamp class at Haas Health & Wellness is a high energy, full-body workout designed to build strength, boost endurance, and torch calories. Expect a powerful mix of cardio drills, strength training circuits, and functional movements using body weight, free weights, resistance bands, and more. Come prepared to sweat, smile, and leave stronger than you came! \*cardio bootcamp adds extra cardio to your normal bootcamp class

### **STRENGTH**

Build muscle, improve balance, and boost confidence in our many strength classes. This full-body workout focuses on proper form, controlled movement, and progressive resistance training to help you safely and effectively increase muscular strength and endurance.

### YOGA

Find your flow, build strength, and create space on and off the mat. Our yoga classes at Haas offer something for everyone, from deep, restorative stretches to dynamic, energizing movement. Gentle yoga - focusing on relaxation and flexibility. Vinyasa - focusing on linked movements with breath. Power - focusing on stamina building sequence with strong poses.

### SPIN

Get ready to ride! our spin class at Haas Health and Wellness is a high-energy, rhythm-driven indoor cycling experience that boosts endurance, strengthens your lower body and torches calories. each class is different - some incorporate light hand weights for a full-body challenge.

### **BRAZILIAN STEP**

Strength meets rhythm in this one-of-a-kind class at Haas Health and Wellness! Brazilian Step kicks off with energizing step aerobics and strength-based movements to fire up your muscles and elevate your heart rate. Just when you think you've found your groove, we turn up the heat with fun, upbeat choreography set to infectious brazilian music.

### HIIT

(High Intensity Interval Training) push your limits, ignite your metabolism, and crush your workout in less time with hiit. Expect a mix of intense cardio, strength, and core work using body weight.

### **BARRE**

Lengthen, tone, and strengthen with our low-impact, high-results Barre class at Haas Health and Wellness. Inspired by ballet, pilates, and functional strength training, barre focuses on small, controlled movements, high repetitions, and deep muscle engagement to sculpt and define your entire body.

### **ZUMBA**

Get ready to move and groove! Zumba at Haas is a high energy, dance based cardio class set to international beats that will lift your spirits and get your heart pumping! It has easy-to-follow choreography and a party like atmosphere.

### **ACUMOVE**

Oigong is a practice which cultivates and promotes the free flow of qi (vital life force energy) utilizing postures, gentle flows with breathwork, meditations, healing sounds, tapping and self massage of acupressure points.

### **ADULT FITNESS TAP**

Step into rhythm and get your heart pumping with adult fitness tap at Haas! This upbeat class blends the fundamentals of tap dance with light cardio for a fun, full-body workout that improves coordination, musicality, and lower body strength.

### **PILATES**

Strengthen your core, improve your posture, and move with greater control in mat pilates at Haas. This low impact class focuses on precise movements, breath control, and alignment to target deep stabilizing muscles especially in the core, hips, and back.

### **BUTTS & GUTS**

Target, tone, and strengthen your core and lower body in butts & guts at Haas! This highenergy, muscle-focused class is all about building strength and definition in your glutes, abs, hips, and thighs.

### SALSA

Spice up your workout with this high-energy salsa dance class! Whether you're a total beginner or a seasoned dancer, you'll learn classic salsa steps, improve coordination, and break a serious sweat-all while having a blast!

# ROBERT J. HAAS JR. HEALTH & WELLNESS CENTER

MEMBERSHIPS



**PERKS:** 

BASIC | \$25

PRO | \$35

STEAM ROOM

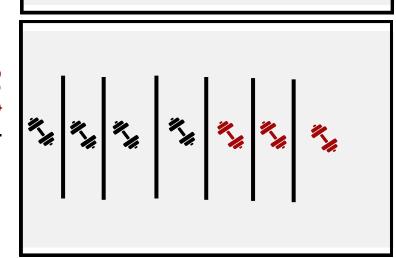
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**GYM HOURS:** \*NON REVERE RESIDENTS ARE SUBJECT TO AN OUT OF TOWN FEE ON ALL PLANS MON - THURS: 5AM - 10PM | 🕛 HAAS HEALTH & WELLNESS CENTER

SAT & SUN: 6AM - 6PM **FRI: 5AM - 9PM** 

\*\*GUESTS DO NOT HAVE ACCESS TO PERSONAL TRAINING SESSIONS.

\*SENIORS, FIRST RESPONDERS & MILITARY DISCOUNT: 10% \*GUEST PASS GRANTS ACCESS TO ONE GUEST PER VISIT

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