



# LEOMINSTER Recreation

# Spring

Registration Begins  
March 11th, 2025



# DEPARTMENT INFORMATION

## MISSION STATEMENT

The mission of the Recreation Department is to provide a wide variety of recreational programs that the residents desire and request along with maintaining recreational property, facilities and equipment.

## STAFF

Lisa Comeau, Director  
Nick Abruzzi, Assistant Director  
Douglas Munroe Jr., Maintenance Supervisor  
Deborah Mathieu, Program Assistant/Office  
Trevor Osterberg, Recreation Supervisor  
Connie Breed, Bookkeeper

## OFFICE

Leominster Recreation Department  
40 Barrett Parkway, Leominster, MA 01453

### Office Hours:

Mon.-Wed. & Friday, 8:30 a.m. - 4:00 p.m.  
Thursday 8:30 a.m. - 5:30 p.m.  
Phone: 978 534-7529 Fax: 978-534-7549

Mail: Leominster Recreation Department  
25 West Street, Leominster, MA 01453

E-mail: [recdept@leominster-ma.gov](mailto:recdept@leominster-ma.gov)

Website: [www.leominster-ma.gov](http://www.leominster-ma.gov)

The Leominster Recreation Department reserves the right to correct any mistakes in this brochure. We also reserve the right to cancel any program because of low enrollment, poor weather, etc.

## GENERAL INFORMATION

It is our goal to offer quality recreational activities for all ages. These activities provide for a cooperative partnership between the Leominster Recreation Department, the School Department, and the City of Leominster.

## FACILITY LOCATIONS

Doyle Field	206 Priest Street
Doyle Tennis & Pickleball Courts	171 Priest Street
Barrett Park	40 Barrett Parkway
Arthur A. Fournier Park	525 Litchfield Street
Prospect Park	321 Prospect St.
Carter Park	125 Main Street
Fay Scharmett Memorial Playground	300 Merriam Ave.
Third Street Playground	163 Third Street
Southeast Playground	95 Viscoloid Ave.
Johnson Street Park	101 Johnson Street
Bennett School	145 Pleasant Street
Priest St. School	115 Priest Street
Fallbrook School	25 DeCicco Dr.
Frances Drake School	95 Viscoloid Ave.
Johnny Appleseed School	845 Main Street
Northwest School	45 Stearns Ave.
Samoset School	100 DeCicco Dr.
Sky View Middle School	500 Kennedy Way
Leominster High School	122 Granite Street
Carter Jr. High Field	261 West Street
Lassie League Fields	20 Bassett Street
Bachand Little League Fields	40 American Way
National Little League Field	45 Stearns Ave.
Justin DeSantis Little League Field	40 Bernice Ave.
Leominster State Pool	111 Viscoloid Ave.

**NO Smoking, NO Littering, NO Drinking and NO Drugs on Recreation and School Property. FINES WILL BE IMPOSED!**  
**NO Dogs are allowed at Barrett Park or any fenced in playing area.**

## RECREATION COMMISSIONERS

Maureen Donatelli, Chair

Jeff O'Neill, Vice Chair

Thomas Bissonnette, Douglas Cormier

Theresa McEwen, Peggy Stephenson



Follow Leominster Recreation Department on Facebook and Instagram



# MEDICAL POLICY

The City of Leominster Recreation Department will not prohibit any person's participation in an activity due to a medical condition or disability, unless such condition is likely to cause injury to those individuals or other participants in that activity. A participant, who has been notified by a qualified medical professional, that he/she has a medical condition that is likely to cause injury to themselves or other participants, is obligated to inform the Leominster Recreation Department. The Leominster Recreation Department will work with families to make accommodations or recommend a program that will ensure a safe and successful experience.

## REGISTRATION INFORMATION AND POLICIES



Registration begins on Tuesday, March 11, 2025. Our office hours are Monday – Wednesday & Friday, 8:30 a.m. - 4:00 p.m., and Thursday until 5:30 p.m. Registrations are done on a first come first served basis with priority given to Leominster residents. The Recreation Department reserves the right to cap the registrations for any program based on availability of personnel, facilities, or any other factors affecting the programs.

**\*\*NOTE: ALL OUR PROGRAMS ARE PEANUT/TREE NUT FREE\*\***

Register online at <https://leominsterma.myrec.com/info/default.aspx>  
or in the office at 40 Barrett Parkway, Leominster.

Registration closes a week before the program begins or once programs are full.  
If you do not receive an email receipt back after you register, then your registration is not complete and will not be added to the program until the registration is completed.

**\*\*\*No registrations will be accepted after the deadline**

Non-residents wishing to register for a program will be allowed only if space permits, with a *\$20.00 increase in fee.*

**ALL registrations are non-refundable unless the Recreation Department cancels a program.**

**\*A \$10 processing fee will be charged if a refund becomes necessary.**

**\*There is a \$25 service charge for all returned checks.**

**Please make note of these important policies.**

# FREE ATTRACTION PASSES AVAILABLE

**ALL PASSES MUST BE RETURNED WITHIN 24 HOURS OF PICKUP TIME**

## TOWER HILL BOTANIC GARDEN PASS

11 French Drive, Boylston

### FREE DAY PASS FOR UP TO 3 PEOPLE

Visit Tower Hill in Boylston all four seasons to view their exquisite gardens, shop in the garden store, hike the trails, take in an event, educational seminar or picnic on the grounds with magnificent views. Open daily from 10am-5pm. Email the Recreation Dept. to reserve your pass with the day and time you'd like to visit.

## DCR STATE PARKS PASS

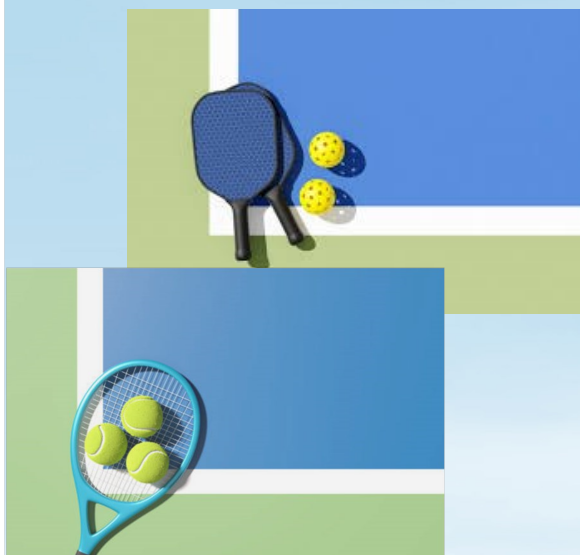
### FREE DAY PASS FOR 1 VEHICLE

Leominster residents can borrow a 2025 MA Parks pass free of charge to visit over 50 facilities in the Massachusetts State Parks System. This pass entitles the bearer to free parking for one vehicle (excluding buses and passenger vans) but does not guarantee entry. Email the Recreation Dept. to reserve your pass with the date you'd like to visit. For a list of MA park facilities where Park Passes may be used, please visit [www.mass.gov/dcr](http://www.mass.gov/dcr).

# DOYLE FIELD TENNIS & PICKLEBALL

## KEYS TO DOYLE FIELD TENNIS & PICKLEBALL COURTS

Court keys are \$30.00 for residents and \$50.00 non-residents. A \$5 discount is available upon request for seniors over 65 and active/retired military. Proof of residency or military identification are required for the reduced rate. One discount per individual. Keys are available March 11th at the Recreation Department office. Courts will be opened when weather allows. (If you do not wish to purchase a key for the season, you may leave a \$30.00 refundable deposit for 24 hours). New keys will be issued annually. Key holders are required to review & abide by the tennis etiquette and court usage rules. Rules are posted online, and can be found [here](#). For additional information or questions, please email the Recreation Department.



# FAMILY ACTIVITIES

## FAMILY YOGA NIGHT

Tuesday, April 22nd 5:30-6:15 p.m.

All Ages

Family Yoga Night will be a 45 minute yoga class intended for individuals of all ages and yoga backgrounds. During class we will utilize breathing techniques, practice yoga poses, play a yoga game, and finish with relaxation. Prior yoga experience is not necessary and modifications will be offered and encouraged throughout the class to make sure everyone gets what they need. Please wear comfortable clothing and bring a yoga mat. You are also welcome to bring a small towel and/or water bottle if you'd like. Come join us for an evening of mindful movement!

**All children must be accompanied by a participating adult.**

**Location: City Hall Tata Auditorium**

**Cost: FREE**

## TOP SECRET SCIENCE FAMILY NIGHT

Wednesday, April 23rd 5:30-7:00 p.m.

Children Ages 5 +

Come join this very cool and fun program! Over the past 26 years, Top Secret Science ([www.TopSecretScience.org](http://www.TopSecretScience.org)) has worked hands-on with over 1.5 million children. Each family will explore 5-6 weird and wacky hands-on science experiments and will make and take home all of these projects. The scientists are fast paced and funny, and your kids will be thoroughly entertained (they'll even learn some interesting things too). We will explore weird motions, crazy chemistry, crystals, and science magic. Be prepared for lots of fun stuff. A wonderful 1 ½ hours of science. Hope to see you there!! **Children must be accompanied by an adult.**

**Location: City Hall Tata Auditorium**

**Cost: \$25 Res./\$45 Non-Res. per child**

## BINGO NIGHT

Thursday, April 24th, 5:30-7:00 p.m.

All Ages

Join us for a family night filled with fun. Our Family Bingo Night is a great way to have a night out and spend quality time with family. Play is not only for amusement but also for a chance to win fun prizes! **Children must be accompanied by a participating adult. Pre-Registration is required.**

**Location: City Hall Tata Auditorium**

**Cost: \$5 Res./\$10 Non-Res.**



# FAMILY ACTIVITIES



## TROUT STOCKING EVENT

Friday, April 25th, 10:00 a.m.  
All Ages

The public is invited to help Mass Wildlife stock trout during school vacation week. Participants will assist with stocking the pond and learn about places to fish near you!

**Location: Barrett Park Pond**  
**Cost: FREE**



## FISHING DERBY

Saturday, April 26th 7:00-11:00 a.m.  
Ages 14 and under

Join us for our annual fishing derby for youth ages 14 and younger. **Children under 12 years of age must be accompanied by an adult.** Please bring a bucket for fish caught and a bait container. There is a three trout limit. The derby is sponsored by the Leominster Recreation Department, local businesses, contractors, and The Massachusetts Division of Fisheries and Wildlife. A great weekend activity! Prizes awarded to all participants. **Pre-Registration not required. Just check in that morning in the Program Building prior to fishing.**

**Location: Colburn Pond at Barrett Park**  
**Cost:**



## WOOSOX TICKETS

Saturday, May 24th  
4:05 p.m. Game

Come join the Leominster Recreation Department for a night out at Polar Park as the WooSox take on the Durham Bulls on Saturday, May 24th at 4:05 p.m. The tickets are located in section 104. **The cost includes game ticket and a \$10.00 dollar credit built into each ticket for concessions at the park.** You will also have field access after the game. Tickets are limited so sign up and watch the future stars of the Boston Red Sox!

**Once registered, pick up your tickets at the Recreation Department office at 40 Barrett Parkway by 4:00 p.m. on Friday, May 23rd!** Transportation is not included.

**Location: Polar Park, 100 Madison Street,  
Worcester, MA**  
**Cost: \$35 per ticket**

# PRESCHOOL PROGRAMS



## MULTI SPORT TOTS WITH SKYHAWKS Soccer and T-ball

Give your little superstar an awesome first step into sports with Multi-Sport Tots! This class uses age-appropriate games and activities across multiple sports to explore balance, hand/eye coordination, fitness, sport skills and child development. Please wear athletic clothing and bring a water bottle.

**Parent participation required for 2 yr old class and first 2 weeks of 3 yr old class.**

**INSTRUCTOR:** Skyhawks

**DATES:** April 29– May 27 (5 weeks)

**DAYS:** Tuesdays

**COST:** \$90 Res./\$110 Non-Res.

**SITE:** Barrett Park Field

### Three Age Groups and Their Times Below:

**AGES:** 2– 2 years 11 months

**TIME:** 4:00-4:35 p.m.

**AGES:** 3– 3 years 11 months

**TIME:** 4:45– 5:30 p.m.

**AGES:** 4 & 5

**TIME:** 5:45– 6:30 p.m.

## PRESCHOOL ZUMBINI

Zumbini is a music and movement program for a caregiver and young child. (4 months - 4 years) Caregivers and children participate together, singing, dancing, and playing instruments, all while experiencing the many benefits that movement and music have to offer! Zumbini classes allow caregivers and children opportunities to bond, and build social-emotional, cognitive, and motor skills. Caregivers and children should wear comfortable shoes and clothing.

**INSTRUCTOR:** Megan

**DATES:** April 3 - May 15 (6 weeks, no program on April 24)

**DAYS:** Thursdays

**TIME:** 10:00-10:45 a.m.

**AGES:** 4 mo.– 4 years

**COST:** \$75 Res./\$95 Non-Res.

**SITE:** Barrett Park Program Building



# YOUTH PROGRAMS

## ARTS 'R' US

Bring out your inner artist with our fun youth art program! Each week will be filled with fun and exciting art activities like air dry foam clay, painting and more.

**INSTRUCTOR:** Anna

**DATES:** April 9– May 21 (6 weeks, no program April 23)

**DAYS:** Wednesdays

**TIME:** 4:00-5:15 p.m.

**AGES:** Ages 6-9

**COST:** \$55 Res./\$75 Non-Res.

**SITE:** Barrett Park Program Building



## LEGO BUILDERS

Jump aboard our exciting Lego Builders class. This is a program where your child will embark on a creative journey of building, free play, and fun challenges! Children will tackle new challenges and let their imaginations run wild while free building. Whether they're a seasoned Lego enthusiast or just starting out, all skill levels are welcome. This program will further develop motor skills, creativity, problem solving, imagination, social skills, patience, and dexterity.

**INSTRUCTOR:** Trevor

**DATES:** April 9– May 21 (6 weeks, no program April 23)

**DAYS:** Wednesdays

**TIME:** 5:30– 6:45 p.m.

**AGES:** 6-9

**COST:** \$55 Res./\$75 Non-Res.

**SITE:** Barrett Park Program Building

## FIELD FUN SPORTS & GAMES

Join us for **Field Fun Sports and Games**, a program where kids will enjoy a mix of sports and gym games packed with energy, excitement, and variety. Each week will feature a different activity, ranging from classic sports to creative and exciting gym games that keep everyone engaged. The focus is on having fun, staying active, and building teamwork and sportsmanship in a supportive setting. Whether your child is trying something new or sharpening their skills, this program offers something for everyone. Please wear athletic clothes and bring a water bottle.

**INSTRUCTOR:** Trevor

**DATES:** April 28– June 9 (6 weeks, no program May 26)

**DAYS:** Mondays

**TIME:** 4:30– 5:45 p.m.

**AGES:** 8-10

**COST:** \$55 Res./\$75 Non-Res.

**SITE:** Barrett Park Back Field

## STREET HOCKEY

Boys and Girls will learn and develop playing street hockey in a fun organized setting. Sessions will begin with skill building drills and team bonding exercises. Followed by pickup games where kids will be split up into different teams each week. All players will learn how to pass, shoot, defend, and work as a team. By the end of the program kids will have a greater understanding of the game along with improved skills such as hand-eye coordination, balance, and agility. We welcome all playing abilities. We suggest bringing your own hockey stick but one will be provided if needed. We recommend that you bring a mouthguard and water bottle as well.

**INSTRUCTOR:** Trevor

**DATES:** April 29– June 3 (6 weeks)

**DAYS:** Tuesdays

**TIME:** 4:30– 5:45 p.m.

**AGES:** 6-9

**COST:** \$55 Res./\$75 Non-Res.

**SITE:** Samoset School blacktop, right side of the school back parking lot





# YOUTH PROGRAMS

## TENNIS LESSONS



<b>Ages 6-7</b>	Sundays	2:00-3:00 p.m.
<b>Ages 8-10</b>	Sundays	3:00-4:00 p.m.
<b>Ages 11-13</b>	Sundays	4:00-5:00 p.m.

Leominster Recreation is excited to offer tennis lessons run by Colleen Carlson. Colleen is PTR Certified and holds 3 accreditations from Emilio Sanchez Academy in Naples, FL. She is a Massachusetts's Adult Tennis Director for Nike as well as a Teaching Professional at Orchard Hills Athletic Club. Our Spring, classes are a wonderful introduction to tennis teaching the basics of grip and stroke production in a fun, structured environment. All of the children are asked to bring their own age-appropriate rackets easily purchased online. If a student were to forget their racket, there will be a couple that they may borrow for the lesson. Parents, please make sure to have your child apply sun-block, wear sneakers and bring plenty of water. The following is a guide to purchasing the right size racket based on the age of your child.

Children Ages 6 need a 21 inch racket  
Children Ages 7-8 need a 23 inch racket  
Children Ages 9-10 need a 25 inch racket  
Children Ages 11 and older need a 26 inch racket

**DATES:** April 27-June 8 (6 weeks, no program on May 25)  
**COST:** \$75 Res./\$95 Non-Res.  
**SITE:** Doyle Field Tennis Courts

## YOUTH PICKLEBALL WITH SKYHAWKS

Get in the game with Skyhawks Pickleball, gateway to the fastest-growing paddle sport! This program develops and sharpens pickleball skills like groundstrokes, volleys, and serves in a fun environment while focusing on teamwork, sportsmanship, and respect. Come experience this lively sport while building confidence and appreciation for pickleball! Participants are encouraged to bring their own paddle if they have them. Please bring water.

**INSTRUCTOR:** Skyhawks  
**DATES:** May 1- May 29 (5 weeks)  
**DAYS:** Thursdays  
**COST:** \$90 Res./\$110 Non-Res.  
**SITE:** Doyle Pickleball Courts

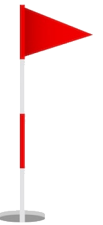
### Two Age Groups and Their Times Below:

**AGES:** 7-9  
**TIME:** 4:00-5:00 p.m.

**AGES:** 10-12  
**TIME:** 5:15-6:15 p.m.



## YOUTH BEGINNER GOLF WITH SKYHAWKS



Swing into Skyhawks Beginning Golf, powered by Payne Stewart Golf Experiences. This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities. Ideal for beginners and those wanting to improve. Join Skyhawks for rewarding progress with every shot! Skyhawks will provide all equipment. **Participants may NOT bring their own clubs.** Please bring water.

**INSTRUCTOR:** Skyhawks  
**DATES:** April 30-May 28 (5 weeks)  
**DAYS:** Wednesdays  
**COST:** \$90 Res./\$110 Non-Res.  
**SITE:** Barrett Park Field

### Two Age Groups and Their Times Below:

**AGES:** 5 & 6  
**TIME:** 4:00-4:45 p.m.

**AGES:** 7-10  
**TIME:** 5:00-6:00 p.m.



# SPRING BREAK/EARLY RELEASE

## ROBO THINK DREAM TEAM WORKSHOP



In this workshop, two heads are better than one, and the more, the merrier! Team up with your fellow students to build the longest roller coaster you can! Using rubber bands, gears, axles, motors and RoboThink's own proprietary hardware, students will have a great opportunity to be exposed to the world of STEM while being able to work together and make friends in a stress-free environment. No experience necessary, just prepare to have a bunch of fun!

**INSTRUCTOR:** RoboThink

**DATE:** Wednesday, May 7, 2025 (Early Release Day)

**TIME:** 1:30– 3:00 p.m.

**AGES:** Ages 7-13

**COST:** \$40/\$60

**SITE:** Barrett Park Program Building

## APRIL VACATION SPORTSMANIA PROGRAM

Get ready for three action packed days of non-stop sports and fun. Our April Vacation Sportsmania Program is designed for kids who like to stay active, compete, and make new friends. Each day features an exciting rotation of different sports, keeping everyone engaged and energized. With a mix of team sports, participants will build skills, improve teamwork, and enjoy friendly competition in a fun and supportive environment. Please wear gym clothes and sneakers. Bring a water bottle and a peanut/tree nut free snack to hold you over until you go home for lunch.

**INSTRUCTOR:** Trevor

**DATES:** April 23-25 (3 days)

**DAYS:** Wednesday-Friday

**TIME:** 9:00 a.m.– 1:00 p.m.

**AGES:** Ages 10-12

**COST:** \$80 Res./\$100 Non-Res.

**SITE:** Frances Drake gym

## APRIL VACATION PROGRAM with CHALLENGE ISLAND



We have a fun lineup of challenges ready to go for April vacation week! We are taking a few of our best challenges from some of our super fun islands! Some of the challenges the kids will be participating in are Flaming Hot Factory, Hop on Hop Off Highway, Medieval Menace, Rube Goldberg Roll, Avalanche Marble Race, and many more. As always, you will get your share of slime making with some of our brand-new recipes!

Participants are asked to bring their own snack, please note that **all programs are peanut and nut free.**



**INSTRUCTOR:** Challenge Island

**DATES:** April 22-25

**DAYS:** Tuesday-Friday

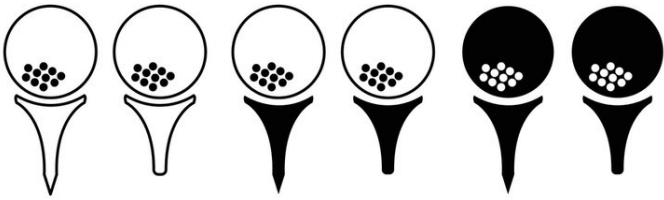
**TIME:** 9:00 a.m.– noon

**AGES:** Ages 6-9

**COST:** \$150 Res./\$170 Non-Res.

**SITE:** Barrett Park Program Building

# TEEN & ADULT PROGRAMS



## TEEN AND ADULT GOLF LESSONS

These golf lessons will consist of four, one-hour lessons designed to introduce golf fundamentals to players of all levels. Rob Brand will be leading our golf instruction and he comes to us following a very successful ten years in the golf industry as a Class A PGA professional. The lessons will focus on the basics of short game skills such as putting and chipping as well as working on your full swing. Please bring your own golf clubs. Limited golf clubs will be available if needed.

**INSTRUCTOR:** Rob Brand

**DATES:** May 5– June 2  
(4 weeks, no program May 26)

**DAYS:** Mondays

**TIME:** 5:30-6:30 p.m.

**AGES:** 14+

**COST:** \$140 Res./\$160 Non-Res.

**SITE:** Monoosnock Country Club



## TEEN AND ADULT HEALTH AND SAFETY CPR/AED CLASS

This adult and child CPR/AED training certification will teach participants the necessary skills for responding in an emergency. This class is designed for anyone that is interested in being certified to administer CPR/AED care. Participants that complete the class will receive a certification valid for two years through ASHI.

**INSTRUCTOR:** Nick Abruzzi

**DATE:** Wednesday, April 2, 2025

**TIME:** 5:00-7:00 p.m.

**AGES:** 14 and up

**COST:** \$50 Res./\$70 Non-Res.

**SITE:** Barrett Park



## TEEN NIGHT DODGEBALL

Join us for Teen Night Dodgeball, an action-packed evening of excitement. This exciting program is open to teens who want fun competition, make new friends, and showcase their dodgeball skills. Whether you're a dodgeball pro or just want to have some fun, all skill levels are welcome. Please wear athletic clothes and bring a water bottle.

**INSTRUCTOR:** Trevor

**DATE:** Friday, May 9, 2025

**TIME:** 6:00-8:00 p.m.

**AGES:** Ages 13-16

**COST:** \$10 Res./\$30 Non-Res.

**SITE:** Frances Drake gym

# ADULT PROGRAMS

## INTRO. TO PICKLEBALL (Beginner)

Introductory pickleball clinic for adults looking to learn the fastest growing sport in the United States. This clinic will provide an introduction of pickleball that includes basic fundamentals, terminology, etiquette and rules of play. Equipment will be provided.

**INSTRUCTOR:** Ben

**DATES:** March 31– May 12  
(6 weeks, no program April 21)

**DAYS:** Mondays

**TIME:** 6:00-7:15 p.m.

**AGES:** Adults 18 +

**COST:** \$65 Res./\$85 Non-Res.

**SITE:** Skyview Middle School



## INTRO. TO PICKLEBALL (Intermediate)

Intermediate pickleball clinic for adults looking to sharpen their skills for the fastest growing sport in the United States. Equipment will be provided.

**INSTRUCTOR:** Ben

**DATES:** March 31– May 12  
(6 weeks, no program April 21)

**DAYS:** Mondays

**TIME:** 7:15– 8:30 p.m.

**AGES:** Adults 18 +

**COST:** \$65 Res./\$85 Non-Res.

**SITE:** Skyview Middle School

## ADULT WOMEN'S VOLLEYBALL

Join us for well-organized pickup sand volleyball. This is the perfect way to meet new people and get some playing time without the commitment of a league. We make teams on site so you can sign up by yourself or with friends. All skill levels are welcome.

**CONTACT PERSON:** Julie Bergstrand

**DATES:** May 7– June 11 (6 weeks)

**DAYS:** Wednesdays

**TIME:** 6:00– 8:00 p.m.

**AGES:** 18 +

**COST:** \$30 Res./\$50 Non-Res.

**SITE:** Barrett Park Sand Volleyball Court



## KEYS TO DOYLE FIELD TENNIS & PICKLEBALL COURTS

Court keys are \$30.00 for residents and \$50.00 non-residents. A \$5 discount is available upon request for seniors over 65 and active/retired military. Proof of residency or military identification are required for the reduced rate. One discount per individual. Keys are available March 11th at the Recreation Department office. Courts will be opened when weather allows. (If you do not wish to purchase a key for the season, you may leave a \$30.00 refundable deposit for 24 hours). New keys will be issued annually. Key holders are required to review & abide by the tennis etiquette and court usage rules. Rules are posted online, and can be found [here](#). For additional information or questions, please email the Recreation Department.

## FUN FITNESS WITH KATHI TEW

Come spend one hour twice a week working out and having fun! The hour is split between cardio training and large muscle training. You will need a good pair of sneakers, an exercise mat, hand weights and water. The weights should be 2 – 3 pounds (women) 5 pounds (men). If you have been exercising you may use 5 – 9 pounds (women) and 10-20 for men. Everything can be modified based on your level of fitness. Please come try it out!

**INSTRUCTOR:** Kathi Tew

**AGES:** 18+

**COST:** \$75 Res./\$95 Non-Res.

**SITE:** Barrett Park Program Building

### Two Sessions

#### SESSION 1

**DATES:** April 8– May 15  
(5 weeks, no classes April 22 or 24)

**DAYS:** Tuesdays and Thursdays

**TIME:** 5:30-6:30 p.m.

#### SESSION 2

**DATES:** May 20– June 19 (5 weeks)

**DAYS:** Tuesdays and Thursdays

**TIME:** 5:30-6:30 p.m.

# ADULT PROGRAMS



## YOGA WITH KATIE MONDAY EVENINGS

In this class you will stretch your muscles, relieve some stress, release some tension, and increase your range of motion. Taught by Katie, a local Massage Therapist, Lymphatic Drainage Therapist, and 200RYT. Participants will both passively and actively move their body to help realign and reactivate some muscles that may need readjustment. All new and imperfect yogis welcome. Mats, blocks, and straps provided, but please bring some water and a smile!

**INSTRUCTOR:** Katie

**DATES:** March 31– June 2  
(8 weeks, no program April 21 & May 26)

**DAYS:** Mondays

**TIME:** 6:00-7:00 p.m.

**AGES:** 18 +

**COST:** \$80 Res./\$100 Non-Res.

**SITE:** Barrett Park Program Building

## YOGA WITH KATIE WEDNESDAY MORNINGS

In this class you will stretch your muscles, relieve some stress, release some tension, and increase your range of motion. Taught by Katie, a local Massage Therapist, Lymphatic Drainage Therapist, and 200RYT. Participants will both passively and actively move their body to help realign and reactivate some muscles that may need readjustment. All new and imperfect yogis welcome. Mats, blocks, and straps provided, but please bring some water and a smile!

**INSTRUCTOR:** Katie

**DATES:** April 2– May 28  
(8 weeks, no program on April 23)

**DAYS:** Wednesdays

**TIME:** 10:00-11:00 a.m.

**AGES:** 18 +

**COST:** \$80 Res./\$100 Non-Res.

**SITE:** Barrett Park Program Building

## ADULT PICK-UP BASKETBALL

Stay active with our Adult Pick-Up Basketball program! Open to players ages 18 and older, this program offers a fun and casual environment to get on the court, improve your skills, and enjoy pick-up games with others who share your passion for basketball. Whether you're here for friendly competition or just some cardio, this program is perfect for basketball enthusiasts of all skill levels. Participants can register for the full program to reserve their spot each week, or drop-in and pay as you go.

**INSTRUCTOR:** Trevor

**DATES:** April 1– May 13 (6 weeks, no program April 22)

**DAYS:** Tuesdays

**TIME:** 6:00-7:30 p.m.

**AGES:** 18 +

**COST:** \$50 pre-registration/\$10 weekly drop-in

**SITE:** Samoset School gym

## ADULT TENNIS LESSONS

Leominster Recreation is excited to offer tennis lessons run by Colleen Carlson. Colleen is PTR Certified and holds 3 accreditations from Emilio Sanchez Academy in Naples, FL. She is a Massachusetts's Adult Tennis Director for Nike as well as a Teaching Professional at Orchard Hills Athletic Club. Our Spring classes are a wonderful introduction to tennis teaching the basics of grip and stroke production in a fun, structured environment. Adults are asked to bring their own rackets and water.

**INSTRUCTOR:** Colleen

**DATES:** April 27– June 8 (6 weeks, no program May 25)

**DAYS:** Sundays

**TIME:** 6:00-7:30 p.m.

**AGES:** 18 +

**COST:** \$85 Res./\$105 Non-Res.

**SITE:** Doyle Tennis Courts



# LEOMINSTER RECREATION DEPARTMENT

## Trail Stewards Spring Hiking Series

In this Hiking Series you will explore various Leominster Trails and out of town sites once a month.

Hikes are led by members of the Leominster Trail Stewards.

Wear hiking boots, bring water to drink, a light snack, bug repellent, and wear a long-sleeved shirt and pants. Dress in layers. Hiking sticks are helpful to bring, if you have them. Bring a flashlight or headlamp for night hikes.

**COST:** Free (unless noted) -Hikers gather informally and hike at their own risk.

**CANCELLATIONS:** Hikes are cancelled if it rains or if we do not have at least 5 people signed up.

Please register if you are planning on joining us on each hike so we can notify you of any changes in the schedule or cancellation due to a low response or weather. Call the Recreation Department at 978-534-7529 for any updates.

### BOUTELLE CONSERVATION AREA HIKE (AKA HILL STREET)

**Saturday, March 8 @ 10:00 a.m.**

**Leader:** Deb Giovannucci

**Location:** Meet at Boutelle trailhead (193 Hill St., Leominster) parking lot.

This is a 2-mile, moderate hike through a meadow and wooded trails. See remnants of an old farm, a hidden vista of Leominster, and a chance to see wildlife such as deer and turkeys. Wear hiking boots, bring water to drink, a snack, and wear long-sleeved shirt and pants. Dress in layers. Hiking sticks are helpful to bring if you have them. Pets on leashes welcomed.

### PIERCE CONSERVATION AREA

**Sunday, April 13 @ 8:00 a.m.**

**Leader:** Neal Wynne

**Location:** Meet at Pierce Street trailhead (500 Pierce St., Leominster)

A 1-mile easy hike. Explore newly acquired 53 acre Pierce Conservation Area in North Leominster. Wear hiking boots, bring water to drink, a snack, and wear long-sleeved shirt and pants. Dress in layers. Hiking sticks are helpful to bring if you have them. Pets on leashes welcomed.

### FULL 9-MILE NORTH TO SOUTH MONOOSNOC TRAIL

**Saturday, May 10, 8:00 a.m.– 2:00 p.m.**

**Leader:** Annie Saball

**Location:** Meet at Sholan Farms (1125 Pleasant St., Leominster) parking lot and carpool to the West St. trailhead.

A 9-mile moderate to challenging hike. This is a chance to spend the day (5 to 6 hours) hiking the longest trail in Leominster. Along the route you will experience beautiful vistas, old farmhouse foundations, and get acquainted with other nature loving hikers. Wear hiking boots, bring water to drink, a snack, and wear long-sleeved shirt and pants. Dress in layers. Hiking sticks are helpful to bring if you have them.

### NATIONAL TRAILS DAY LEOMINSTER STATE FOREST HIKE

**Sunday, June 8 @ 10:00 a.m.**

**Leader:** Art O'Leary

**Location:** Meet at Leominster State Forest trailhead Parking lot (1022-992 Elm Street)

3-miles, moderate hike. Celebrate National Trails Day with other nature lovers and enjoy the diverse terrain that Leominster State Forest has to offer. Wear hiking boots, bring water to drink, a snack, and wear long-sleeved shirt and pants. Dress in layers. Hiking sticks are helpful to bring if you have them. Pets on leashes welcomed.



# RECREATION DEPARTMENT AND LEOMINSTER

## Trail Stewards Trail Information



If you enjoy hiking the Leominster trails and would like to volunteer in their maintenance, we have two options in which you can help the Leominster Trail Stewards:

OPTION ONE: Trail workdays are scheduled on Saturday mornings from 8am-12noon in a select area that needs our efforts. These work days are organized by Dick O'Brien. If you are interested in volunteering, email Dick at [dobrien578@gmail.com](mailto:dobrien578@gmail.com).

OPTION TWO: become a Volunteer Trail Adopter to help maintain a specific segment of trail on your determined schedule. If you are interested in becoming an adopter, contact Anne Seed at [anneseed8@gmail.com](mailto:anneseed8@gmail.com). A copy of the Leominster Trail Steward's [Trail Adopter's Handbook](#) can be found on the Recreation Department website.

If you would like to join the Leominster Trail Stewards committee, contact Neal Wynne at [nwynne51@gmail.com](mailto:nwynne51@gmail.com).

Trail maps can also be found on our website at <https://www.leominster-ma.gov/395/Trails-Hiking-Information-Maps>

To register for a hike, go to <https://leominsterma.myrec.com/info/default.aspx>  
For questions on the hikes, contact Dick O'Brien, Neal Wynne or Anne Seed with their emails above or Judith Sumner at [jsumner55@msn.com](mailto:jsumner55@msn.com).



Leominster Rec Dept Trails