

**NEW THIS YEAR
NBPT REC CENTER
PROGRAMS
GRADES 4-12**

0195 YO!

**YOUTH OPPORTUNITIES
NEWBURYPORT**



**FLIP IT OVER
FOR the NYS
PROGRAMS**



Many small people, in many small places, do many small things, that can alter the face of the world.

~Anonymous

Youth Council FAQ:

Who can be a member? Anyone! The Youth Council is open to all youth in the community grades 7-12.

When does the group meet? Middle School Council meets Tuesdays at 3:30pm and the High School Council meets on Thursdays at 6pm. Both groups meet at the Rec Center (middle school members can take the bus after-school and stay at the Rec Center until the meeting).

What do they do? Youth Council members, along with NYS staff, bring ideas and suggestions to the group. The group looks for projects, campaigns, and events that they are interested in doing as a group. All projects have the goal of improving the community for children and/or families.

Who runs the group? The Youth Council is a youth-led group. NYS hires and provides support to teen leaders.

How do I learn more? Call NYS today!



Rec Center

Membership Information

The NBPT Rec Center is a safe place for youth to socialize, try new things, and be part of the community. Daily activities are planned and members have a choice to create their own activities from the materials, games and equipment at the Rec Center.

Regular Hours:

2-5:30pm Monday-Friday

*following the Newburyport School calendar

Early Release Days: Join us each month (except Nov) from dismissal time to 4pm at the Rec Center.

Feb Vacation Hours

Tues- Thurs 5-8pm

Staff

The NBPT Rec Center is staffed with both professional adult staff, as well as positive high school role models. All staff are trained by NYS and are CPR/First Aid certified, CORI checked and receive NYS training on positive youth development.

What's offered?

- The Center offers many options: **Gym Space** for full court basketball games, indoor soccer, indoor floor hockey, dodgeball, capture the flag and more! A **Game Room** with pool table, foosball, ping pong, board games, Nintendo Wii and Play Station. **Art Studio** space provided with materials for painting, drawing, ceramics, wire working, jewelry making, and more. Students may freely use supplies or participate in a group lead craft. We also have a **Snack Bar** with many of your favorites!
- **Open Gym** nights are planned monthly on Fridays
- **Homework Help** and quiet space available daily from 3-4pm, or as needed. NYS staff and volunteers will be available for anyone who needs help with their homework assignments or extra tutoring
- **Computers and Study Room** are available for members to work quietly and independently.
- **Club Opportunities** for special interests including art, video games such as Minecraft, Dungeons and Dragons, engineering, cooking, chess, and more.
- **Special Events and Trips** for senior and junior members monthly.
- **Transportation** is provided daily from the Nock and from the Molin on early release days.

Junior Memberships

Grades 4-5

Includes 9 early release days and discounts on special Jr Member only monthly events.

Transportation will be provided to the Rec Center from the Molin School.

Annual memberships available for early release days. Spots per month are on a first come first serve basis for members.

Annual: \$82

Senior Memberships

Grades 6-8

Includes every school day, early release days and discounts on special NYS events offered throughout the year. Transportation is provided to the Rec Center from the Nock and RVCS.

Full Year and seasonal memberships available

Annual: \$357

Seasonal: \$165 (fall, winter, spring)

Punch Pass (10 visit): \$121

(Seasons are: Sept-Dec, Jan-Mar, Apr-Jun)

High School

Memberships

Grades 9-12

Includes Open gym and Hang Out Nights/ Friday Night events and discounts on trips.

Annual: \$50

DUNGEONS AND DRAGONS

Dates and Times to be Announced

Battle legendary monsters, plunder hoards of treasure, and explore subterranean labyrinths! This club will meet on a weekly basis.

Members Free/Non \$10

BOWLING CLUB

Mondays, Oct 31, Nov 28, Jan 30, Feb 27, Mar 27,

2:30-4:30pm, Meet at Rec Center

Once a month we're headed to Leo's Super Bowl for a few strings of candle pin! Sign up just for fun, for practice, or to challenge your friends in a monthly score keep!

Member \$10/Non \$15 (per session)

CLIMBING CLUB

Mondays, Nov 14, Dec 12, Jan 9, Feb 13, March 13
2:30-4:30pm, Meet at Rec Center

We're hanging around MetroRock for a casual afternoon of climbing. No matter your skill level of climbing, this club is for anyone. All equipment is provided.

Member \$20/Non \$25 (per session)



CHEF CLUB

Days of the week vary, Oct 5, Nov 1, Dec 21, Jan 11, Feb 1, March 29

2:30-4:30pm

Meet at NBPT Rec Center

Join us once a month to sharpen your skills in the kitchen. Each time we meet, we'll be learning to cook something new, chowing down on our recipes, and learning the rules of the kitchen.

Member \$5/Non \$10

ART CLUB

Mondays, Oct 3, Nov 7, Dec 5, Feb 6, March 6,

3-4:30pm, Rec Center

Come get creative at the Rec Center. Artists can explore a variety of mediums including paints, print-making, oil pastels, mixed media, and ceramics! Come get your hands dirty!

Members Free/Non \$10

IMPROV CLUB

Mondays, Oct 24, Nov 21, Dec 19, Jan 23, March 20

3-4:30pm, Rec Center

Each week we meet, we'll be playing some hilarious improv style games. This club is all about goofy antics, quick wit, and hanging with friends.

Members Free/Non \$10

MIDDLE SCHOOL CLUBS (6-8TH ONLY)

Registration deadlines are one week before the program begins. A \$15 late fee is applied after that date.

Acapella

Session 1 Thurs Oct 13-Dec 15 (no Nov 24, Dec 1)
Session 2 Thurs Jan 12- March 30 (no Feb 2, 23 and March 2, 16)
4pm-5:30pm, NBPT Rec Center
Grades 5th-8th

Acapella music is specifically group or solo singing without instrumental accompaniment. This acapella singing group, formed by Anne Upton of The NYS Glee Club, is open to teens who love to express themselves through singing, rapping, beat boxing and vocal percussion. Experience self confidence and team work through your love of music and creativity. Bring your sense of humor, your individuality and passion for eclectic music.
Member \$125/Non \$135

Fiction Writing Workshop

Wednesdays, Oct 26, Nov 2, 9, 16
3pm-4pm, NBPT Rec Center
6th-8th

If you're in to writing or table top gaming this club is perfect for you! Local writer, Matt Phillion, will show you what it takes to create a fictional world within your stories. Learn how to create engaging heroes, devise multi-faceted villains, and create a distinct universe for your characters to inhabit in this four-week workshop. You'll also learn tips for staying on-track when creating your story, and figuring out the right style for the story you want to tell.

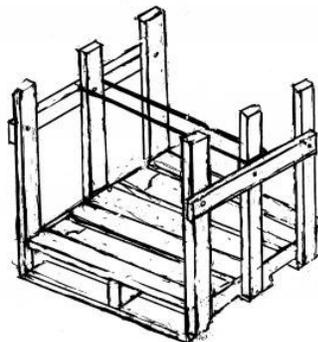
Member \$10/Non \$20

Terrarium Workshop

Monday, Oct 17
3:30-5pm, Meet at NBPT Rec Center
6th-8th

We're headed to Nest in Amesbury to create a one of a kind terrarium. You'll get to hang with your friends, get your hands a little dirty, and go home with a unique creation.

Member \$32/Non \$37



MIDDLE SCHOOL PROGRAMS

Glass Bead Demo and Bracelet Making

Session 1 Tuesday, Dec 13
Session 2 Tuesday, Feb 7
3pm, NBPT Rec Center
Grades 6-12th

Live demonstration of glass bead making called Lampworking and an opportunity to create a necklace or bracelet using glass beads handmade by Kailey Burke of Newbury. Lampworking is a form of glassblowing that dates back to the 14th century which uses a torch to melt and shape glass into beads.

Member \$10/Non \$15

Palette Woodworking

Thursdays, Oct 13, 20, 27, Nov 3rd.
3:00pm-4:30pm, NBPT Rec Center
Grades 6th-8th

We're going to get our hands dirty while we learn to repurpose wood palettes. The possibilities are endless for what can be made! We'll be learning new skills with tools, team work, and communication.

Member \$5/Non \$15

Visit us at the NYS Office or register online at www.newburyportyouthservices.com

FRIDAY NIGHTS @ THE REC CENTER

DISCO DODGEBALLERS Nov 4th 7:30-9pm

This night is all about fun as the lights go down and the disco black lights go on! Wear white clothing for the black light and feel free to come in a disco theme! We'll be playing some classic dodgeball games.

OPEN MIC February 24th 6-8pm

Come sing, play, read poetry, or sit back and enjoy a snack. We provide mics, amps, and speakers. Feel free to bring your own instrument.

PICK UP BASKETBALL March 31st 6-8pm

Come by the Rec Center for some pick up basketball!

HIGH SCHOOL FRIDAYS

Members are
Free/Non \$5

HIGH SCHOOL HANG OUT AND OPEN GYM

Sept 16, Oct 21,
Nov 18, Dec 16,
Jan 20, Feb 17,
March 17
6-8:30pm
9th-12th

The 3rd Friday of every month we open the Rec Center up for high-schoolers. Come hang in the game room, shoot hoops in the gym, play some video games, and eat some snacks!

Free/\$5

GAME NIGHT AND ICE CREAM SOCIAL Sept 23rd

Grab some friends and stop by the Rec Center for an awesome night of board games and icecream!

VIDEO GAME NIGHT October 14th

We're setting up the big screen for some Mario Kart and we'll have the playstation or N64 on the tv. Bring your ipads, handheld devices and games.

PAINT PARTY Dec 9th

Come hang at the Rec Center for paint night! Painters will be issued an easel, an 11 x 14" canvas, a palette of paint, paintbrushes and water for blending. The instructor will break down the steps and techniques to make sure everyone goes home with a Masterpiece!

Members \$25/Non \$30

MOVIE NIGHT January 6th

We're making some popcorn and relaxing in front of the big screen for a 4th and 5th grade only movie night.

ART NIGHT Feb 3rd

Come get your hands dirty and get creative in the art room! Choose from a variety of medias to create a beautiful masterpiece, explore your talent or learn a new technique!

HANG OUT Feb 10th

The Rec Center is open to play games, shoot pool, play foosball, get some arts and crafts going and to just HANG OUT!

OPEN GYM March 24th

The gym is open just for 4th and 5th grade to shoot hoops, play soccer, dodgeball, or whatever you want to do!

ALL 4th & 5TH Grade
Fridays are:
6-8pm
Members \$5/Non \$10

4TH AND 5TH GRADE FRIDAYS

HANG OUT Sept 9th
6-8pm

The Rec Center is open to play games, run around in the gym, get some arts and crafts going and to just HANG OUT!

GIRLS NIGHT OUT Sept 30th
6:30-9pm

A night for middle school girls to celebrate friendship, explore new activities, and speak their minds.

GUYS NIGHT OUT Oct 7th
6:30-9pm

An opportunity for middle school guys to try new activities, learn about opportunities in the community and share some laughs.

HALLOWEEN DANCE Oct 28th
6:30-9pm

Wear a costume and come prepared to dance, play games and eat some food. Prize for best costumes!

DISCO DODGEBALLERS Nov 4th
6-7:15pm

This night is all about fun as the lights go down and the disco black lights go on! Wear white clothing for the black light and feel free to come in a disco theme!

MIDDLE SCHOOL FRIDAYS

MIDDLE SCHOOL OPEN GYM

Sept 23, Oct 14,
Dec 9, Jan 6,
Feb 10, March 10

6-8pm
Rec Center

Join us for one of these Fridays at the Rec Center gym. We will stay open late! Come by to shoot hoops, join in a pick-up game, play floor hockey, mat ball, volleyball, jumbo 4-square or whatever everyone feels like playing!

Members \$5/Non \$10

LUAU Dec 2nd
6:30-9pm

Wear your Hawaiian shirt and grass skirt! We're throwing a Luau at the Rec Center. Come to dance, play games, eat food and hang out!

**GAME NIGHT AND ICE CREAM SOCIAL
Jan 27th**
6-8pm

Stop by the Rec Center and play some new or classic board games! We have Risk, Sorry, Monopoly, and new games such as BANG, Fluxx, and King of New York. We'll be hanging and eating ice cream too!

LIP SYNC BATTLE Feb 3rd
6-8pm

Get your crew, practice your moves and bust out your best lip sync! Come prepared to perform.

PAINT PARTY March 3rd
6-8pm

Come hang at the Rec Center for paint night! Painters will be issued an easel, an 11 x 14" canvas, a palette of paint, paintbrushes and water for blending. The instructor will break down the steps and techniques to make sure everyone goes home with a Masterpiece!

\$25/\$35

MOVIE NIGHT March 24th
6-8pm

We're making some fresh popped corn, hanging out and watching a movie on the projector!

Members \$5/ Non Members \$10

Register early to save a spot or pay at the door. First come- first serve!

PARKOUR

Session 1 Tuesdays,
Oct 4-25
Session 2 Tuesdays,
Jan 10-31
4-5:15pm
NBPT Rec Center
Grades 6th-8th



Learn the art of movement through parkour and free-running. We'll learn how to breeze over obstacles, run ninja style up walls, and even begin to dabble in the world of flips under the careful instruction of highly trained parkour professionals.

Member \$75/Non \$85



IF YOU
HAVE A
FAVORITE
ACTIVITY
YOU'D
LIKE TO
SEE OR

WOULD LIKE
TO START A
CLUB OR
PROGRAM,
TALK TO
LEE OR
BREEZY!



FALL SURF SESSIONS

Mondays

Sept 12-Oct 3

Dismissal-5pm, Pick up at the Nock and
NHS

Grades 6th-12th

Don't let the end of summer kill your vibe for the school year. Keep it going with this 4 week session of surf. We'll hop in the van from school and head up to Summer Sessions Surf Shop, just like in the summer. Surf boards and wetsuits are provided.

Member \$250/Non\$260

"0195YO" Podcast

More info to come later this fall!

Ever want to be a radio celebrity? NYS is creating their own monthly podcast by teaming up with PortMedia's internet radio station.



Participants will learn what it takes to produce and record an hour long radio show. The podcast will focus on you sharing your favorite music with listeners, interviewing local celebrities, and talking about upcoming NYS programs and events.

All participants will be required to purchase a PortMedia membership and attend an orientation to use all their equipment.

DODGEBALL LEAGUES: MIDDLE SCHOOL AND HIGH SCHOOL DIVISIONS

Tuesdays, Nov 8th-29th @ Rec Center

MS League Grades 6th-8th 2:30-4pm
HS League Grades 9th-12th 4:15-5:45pm

Sign up individually and create your team at the start of the League. This 4 week battle series will host a different dodgeball game each week ranging from classic, cannonball, ultimate and the Rec Center's own, quad ball!



Member \$25/Non \$35

HOOPING

Session 1 Wednesdays,
Nov 30-Dec 21
Session 2 Tuesdays,
March 7-28
4-5:00pm
NBPT Rec Center
Grades 6th-8th

Hooping is a fun, full body workout that builds core strength, increases flexibility, balance and coordination! In this 4 week series we'll cover the basics-how to choose the right hoop, waist hooping, turning & moving, hand hooping, passing and more. Then discover how to combine moves, and finish by learning a choreographed group hoop dance!

Member \$125/Non \$135

GOLF

Wednesday, Oct 12-26
Dismissal-6pm, Pick up at Nock and NHS- Drop off at the Rec Center
Grades 6th-12th

Learning core values, life skills, and healthy habits through the game of golf. We will run golf activities and lessons that tie in the proper etiquette and learning environment for the game of life. This is a fun first, activity based teaching approach with a focus on self discovery and asking questions.

Member \$110/Non \$120

DISC GOLF

Session 1 Grades 6-8 Tuesday, Oct 11th
Session 2 Grades 9-12 Wednesday, Oct 18th
2-4pm, Pick up at the Nock
Grades 6th-8th

No matter your level of disc golf, come hang out, enjoy the outdoors, and throw a disc! We're headed to Amesbury Pines for this 18 hole course. Discs provided.

Member \$5/Non \$10

Teen Yoga @Roots to Wings
Session 1 Tuesdays, Sept 20-Nov 8
Session 2 Tuesdays, Dec 6-Jan 31
(no Dec 27)
5:45-6:45pm,

8 week yoga series to help teens release stress and tension, improve strength and flexibility, and develop greater mind-body awareness through yoga postures, breath-work, meditation, group activities, restorative postures and deep relaxation.
Sign up online at rootstowings.com or contact Beth at 978-463-9642

\$75/ \$10 drop-in

COMMUNITY SERVICE

AMMEUS HOUSE CLEAN UP

Thursday, September 22nd
11am-5pm, Pick up at the Nock and NHS
Grades 6th-12th

We are heading to the Ammeus House in Haverhill, an organization that provides shelter and services to homeless families and individuals. We will be doing yard work and cleaning to help the organization maintain a clean wonderful environment for their guests.

Free

NEVINS FARM MSPCA

Thursday, October 6th
11am-3pm, Pick up at the Nock and NHS
Grades 6th-12th

We are heading to Nevins Farm in Methuen to work with the MSPCA. Get ready to roll your sleeves up and get your hands dirty. Help needed will be everything from mucking horse stalls, cleaning dirty cages, walking dogs, sorting donations, or cleaning the chicken coop.

Free/Donations are accepted. A wish list from the farm will be sent to those who register.

BOSTON FOOD BANK

Thursday, December 1st
11am-5pm, Pick up at the Nock and NHS
Grades 6th-12th

Head in and help us pack grocery bags for families and seniors in need. A few hours of your time will help feed hundreds of people.

Free

DAY OFF OUTINGS

DAY OFF ADVENTURE 1

Tuesday, Nov 8th
9am-4pm, Meet at NBPT Rec Center
Grades 4th-8th

We're headed to Jordan's Furniture for this 3 in 1, action packed, adventure. We'll be climbing on their indoor ropes course, eating lunch at Fuddruckers, and stopping in for an Imax movie.

Member \$70/Non \$80

DAY OFF ADVENTURE 2

Thursday, March 16th
9am-4pm, Meet at NBPT Rec Center
Grades 4th-8th

Sign-up for this action packed day! We'll meet at the Rec Center in the morning before we jump on a bus and head to Skyzone for a morning of jumping, dodgeball, and their warrior course. After that, we'll head to Dave & Busters for a buffet lunch and free reign of the arcade games!

Member \$70/Non \$80



Registration deadlines are one week before the program begins. A \$15 late fee is applied after that date.

MT. CARDIGAN HIKE

Sept 10th, 8am-4pm

Grab your hiking boots, pack a lunch and let's head to Mt Cardigan! This moderately challenging 3 mile hike gains over 1,200 ft of elevation with some beautiful views along the way.

Member \$45/Non \$55

SCREEEMFEST

October 8th, 4-10pm

Where fear meets fun! We're off to Haunted Canobie Lake Park SCREEEMFEST. We have hours to explore all haunted rides, shows and haunted attractions - PLUS entrance to ROCKtoberfest.

Member \$45/Non \$55

K1 RACING

November 19th, 12-4pm

K1 is Boston's brand new indoor go kart track. These 20 hp electric charged karts are super fun, fast and safe! These go karts and tracks are unlike any other racing experience you've had before. All participants must be over 4' 10" tall.

Member \$75/Non \$85

ICE SKATING @BOSTON COMMON

December 17th, 12-6pm

Tis' the season for ice skating, city strolling and hot cocoa. Grab your own ice skates as we head to Boston for some skating in Boston Common (rentals available). We'll have time to poke around the park, eat some lunch and maybe have a snowball fight!?

Member \$35/Non \$45

SATURDAY TEEN TRIPS (HIGH SCHOOL ONLY)

Are you sick of hanging around town doing the same old? Don't have a license? Want a ride to do something cool with your friends? Sign up for these trips and do something exciting!

SNOWSHOEING

January 21st, 9am-4pm

We'll be borrowing snowshoes from the AMC and headed to Harold Parker State Park in N.Andover. We'll explore the park, eat some lunch in the woods, and make some hot cocoa to stay warm!

Member \$45/Non \$55

MIDNIGHT MADNESS AT CROTCHED

February 11th, 8pm-6am

For the first time ever NYS is getting in to some Midnight Madness! We are headed to Crotched Mountain in Bennington, NH for an all night ski and snowboard session. We'll ski under the lights from 9pm-3am, head back after packing up and stop for breakfast on the way home!

Member \$95/Non \$105

BLUE MAN GROUP

March 18th, 12-6pm

Brace yourself for one of the most unique shows in Boston. You'll be tapping your toes, fist pumping, and laughing the whole time until the theater erupts in to a dance party!

Member \$79/Non \$89

All trips leave from the NBPT Rec Center. Grades 9-12

Visit us at the NYS Office or register online at www.newburyportyouthservices.com

EARLY RELEASE DAY SKI TRIPS

GUNSTOCK Friday, Jan 13th

WACHUSETT Thursday, Feb 2nd

PATS PEAK Thursday, March 2nd

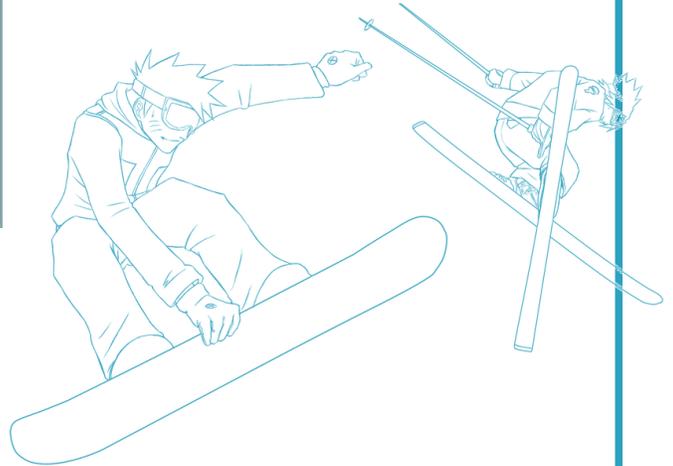
3 early release days-3 mountains-3 times the shred-tastic amazement! We pick you up at school with your ski or snowboard gear and head up to the mountain. The lights come on as the sun sets and then we ride until dinner time! All trips pick up at the Nock and NHS at dismissal times and drop off at the Nock for pick-up. We will be taking a **coach bus** to each mountain and watching a movie on the way.

11am-8pm

Pick up at the Nock and NHS (drop off only at Nock)

Grades 6th-12th

Member \$75/Non \$85



CHECK OUT
MIDNIGHT MADNESS
AT CROTCHED MT
SKI TRIP
February 11th,
8pm-6am
On the HS Trips Page

FEBRUARY BREAK SKI TRIP

Tuesday-Wednesday, Feb 21-22

Depart from NBPT Rec Center

Grades 6th-8th

Come Join NYS for a 2 day ski adventure! We depart early on the 21st from Newburyport for a full day of skiing at Attitash. After skiing we will check in to the Joe Dodge Lodge in Pinkham Notch with dinner and breakfast provided. We will pack up and spend another full day of skiing and boarding at Wildcat Mountain. We will return the evening of the 22nd. Bring your own skis or board (rental options are available), snow gear, helmets, and enough clothes for 2 days. Pack a lunch for the first day and bring some cash to buy lunch the second day.

Member \$195/Non \$205

