



NEWTON SOUTH RECREATION COMPLEX

At the Newton South High School

Operated by the Newton Parks and Recreation Department, the Newton South Recreation Complex offers state of the art health and wellness facilities including a gym, indoor track, fitness room, wrestling/dance room, wellness classroom, and locker rooms.

A variety of sport and recreational activities are offered on Sundays beginning January 5, 2020. Registration is required.

Get out of the house and enjoy one of Newton's many resources!

The Newton South Recreation Complex is located at the Newton South High School in the Athletic Complex, 140 Brandeis Rd, Newton, MA 02459



Ruthanne Fuller, Mayor
Robert J. DeRubeis, Commissioner
Channon Ames DiCiurcio, Recreation Manager

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EASY WAYS TO REGISTER

1. **Mail or Walk In** your registration form and payment (checks made payable to City of Newton) to Newton Parks and Recreation, 246 Dudley Rd, Newton, MA 02459

2. **Register Online** at www.newtonmarec.com and look under Newton South Recreation Complex

3. **Call Newton Parks and Recreation** at (617) 796-1500 for a registration form or visit our website at www.newtonma.gov/gov/parks

2020 Newton South Recreation Complex

All programs run on Sundays January 5, 12, 19, 26, February 2, and 9 2020 unless otherwise noted.
Register online at www.newtonmarec.com

Pickleball

Pickleball is a sport similar to tennis played with wooden paddles and a small, plastic ball similar to a wiffle ball. Play round robin style games with others. Some basic instruction will be offered for beginners. Equipment will be provided or feel free to bring your own.



This is a drop in program for adults and is \$5.00 per day. Please bring cash with you and pay at the door. Everyone participating will need to sign a waiver form. Participation will be limited to 24 people per day.

Fee: \$5.00, register online or pay cash at the door

Time: 12:30 - 2:30

Tennis - Quick Start

Quick Start - Strokes, instructional games, hitting, running and rallying fun. We are proud to bring you Quick Start. This new way of teaching kids uses modified nets and balls so everybody can succeed, learn quickly and have a blast! Presented by the world famous Newton Parks and Recreation Tennis staff.

Time: 12:00 - 12:45	ages 5 & 6	\$130.50
12:45 - 1:45	ages 7 - 9	\$174.00
1:45 - 2:45	ages 6 - 10	\$174.00
2:45 - 4:00	ages 10 - 14	\$217.50
4:00 - 5:00	ages 6 - 10	\$174.00



Tennis - Cardio

Cardio - Get your cardio workout right here! If you love to sweat you'll love cardio. Here's the drill - warm up, stretch, 40 minutes of non-stop ball hitting cardio, cool down. Cardio tennis is for intermediate to advanced players and is not technical instruction. This class takes place in a gym.

Time: 5:00 - 6:00 Cardio Tennis for Adults

Fee: \$174.00

Badminton Instruction

For grades 2 and older. Learn the rules and how to play, or improve on your current techniques and skills. Participants may bring their own racquet or borrow one from the instructor.

Fee: \$125.00

Time: 12:15 - 1:30 Grades 2 - 8
1:30 - 2:45 Ages 14 & over



Family Badminton

Reserve a court to play badminton with your family and friends. All ages are welcome. Maximum 6 people per court. Nets will be set up, but players must bring their own equipment.

Fee: \$70.00

Time: 2:50 - 3:50, 3:50 - 4:50, or 4:50 - 5:50

Drop In Badminton

For ages 13 and older, individuals meet up to play round robin style games with each other. Nets will be set up, but players must bring their own equipment. Participants may sign up for individual days or all of the days in the session.

Fee: \$5.00 per day

Time: 3:00 - 5:30

Badminton Tournament for B and C Level Singles, Doubles and Youth

Men's, women's, mixed double, youth and over 50 doubles and singles divisions are offered. Please go online to www.newtonmarec.com to register.

Fee: \$20.00/open division, \$15.00/youth division

Time: 10:30 - 7:30 pm

Dates: March 14 & 15, 2020

Walking on the Indoor Track

Get out of the house and meet up with friends for walking on the indoor track.

Fee: \$30.00 "Over 55" \$10.00

Drop In Daily Fee: \$5.00

Time: 12:15 - 2:30



Open Workout

For Ages 14 & Older. Tone your muscles and get in some extra workout time before the spring. Treadmills, rowing machines, stair climbers, stationary bikes, free weights and more are available.

Fee: \$30.00 "Over 55" \$10.00

Drop In Daily Fee: \$5.00

Time: 1:00 - 5:00

