



SUMMER

Recreation Classes

June through September 2025

Class Registration Opens on
Monday, May 19th at 8AM

[Register for Classes here](#)



Dance, Music, Theater

Hip Hop Dance

Type: Standard Activity
Location: Ryan Park Activity Room Patio
Fee: Standard charge: \$105.00
7 Week Session
Thu, June 19 - Thu, July 31

Ages: At least 5 but less than 11

Come move n'groove with coach Kristen! In addition to learning basic dance choreography, students will learn fun hip hop dances like "The Cha Cha Slide" and the latest TikTok dance craze. We'll end the session with a performance for all your fans.



[12386](#) Ryan Park Activity Room Patio 3:30pm to 4:30pm Thu, June 19 - Thu, July 31 Th DeLeo, Kristen

Sing & Dance Early Childhood Music & Movement

Type: Standard Activity
Location: Fireside Room at Hesse Park
Fee: Standard charge: \$150.00
8 Week Session
Thu, July 10 - Thu, September 11

Ages: Less than 1y 2m

A sensory play-based early childhood program that incorporates nurseryrhymes counting songs, rhythm games, action songs, creative dancing,imagination, yoga, children?s literature and more. A large selection of percussion instruments and props such as parachutes, puppets, scarves, balls, books and more, are all used in each class to complement our weekly theme. Our classes are structured around early childhood education with an emphasis on Language and Communication, Expressive Art, Physical Development.



[12414](#) Fireside Room at Hesse Park Noon to 12:45pm Thu, July 10 - Thu, September 11 Th Bradford, Joanne

Sing & Dance Early Childhood Music & Movement

Type: Standard Activity
Location: Fireside Room at Hesse Park
Fee: Standard charge: \$150.00
8 Week Session
Wed, July 9 - Wed, September 10

Ages: At least 1 but less than 4

A sensory play-based early childhood program that incorporates nurseryrhymes counting songs, rhythm games, action songs, creative dancing,imagination, yoga, children?s literature and more. A large selection of percussion instruments and props such as parachutes, puppets, scarves, balls, books and more, are all used in each class to complement our weekly theme. Our classes are structured around early childhood education with an emphasis on Language and Communication, Expressive Art, Physical Development.

[12415](#) Fireside Room at Hesse Park 10am to 10:45am Wed, July 9 - Wed, September 10 W Bradford, Joanne

Sing & Dance Early Childhood Music & Movement

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$150.00

8 Week Session

Wed, July 9 - Wed, September 10

Ages: At least 2 but less than 5

A sensory play-based early childhood program that incorporates nurseryrhymes counting songs, rhythm games, action songs, creative dancing,imagination, yoga, children?s literature and more. A large selection of percussion instruments and props such as parachutes, puppets, scarves, balls, books and more, are all used in each class to complement our weekly theme. Our classes are structured around early childhood education with an emphasis on Language and Communication, Expressive Art, Physical Development.



[12416](#)

Fireside Room at Hesse Park

11am to 11:45am

Wed, July 9 - Wed, September 10

W

Bradford, Joanne

Sing & Dance Early Childhood Music & Movement

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$150.00

8 Week Session

Wed, July 9 - Wed, September 10

Ages: Less than 1y 2m

A sensory play-based early childhood program that incorporates nurseryrhymes counting songs, rhythm games, action songs, creative dancing,imagination, yoga, children?s literature and more. A large selection of percussion instruments and props such as parachutes, puppets, scarves, balls, books and more, are all used in each class to complement our weekly theme. Our classes are structured around early childhood education with an emphasis on Language and Communication, Expressive Art, Physical Development.

[12417](#)

Fireside Room at Hesse Park

Noon to 12:45pm

Wed, July 9 - Wed, September 10

W

Bradford, Joanne

Sing & Dance Early Childhood Music & Movement

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$150.00

8 Week Session

Thu, July 10 - Thu, September 11

Ages: At least 1 but less than 4

A sensory play-based early childhood program that incorporates nurseryrhymes counting songs, rhythm games, action songs, creative dancing,imagination, yoga, children?s literature and more. A large selection of percussion instruments and props such as parachutes, puppets, scarves, balls, books and more, are all used in each class to complement our weekly theme. Our classes are structured around early childhood education with an emphasis on Language and Communication, Expressive Art, Physical Development.

[12418](#)

Fireside Room at Hesse Park

10am to 10:45am

Thu, July 10 - Thu, September 11 Th

Bradford, Joanne

Sing & Dance Early Childhood Music & Movement

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$150.00

8 Week Session

Thu, July 10 - Thu, September 11

Ages: At least 2 but less than 5

A sensory play-based early childhood program that incorporates nurseryrhymes counting songs, rhythm games, action songs, creative dancing, imagination, yoga, children's literature and more. A large selection of percussion instruments and props such as parachutes, puppets, scarves, balls, books and more, are all used in each class to complement our weekly theme. Our classes are structured around early childhood education with an emphasis on Language and Communication, Expressive Art, Physical Development.

[12419](#) Fireside Room at Hesse Park 11am to 11:45am Thu, July 10 - Thu, September 11 Th Bradford, Joanne

Fitness

Aging Backwards Essentrics® Stretch

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$80.00

8 Week Session

Fri, July 4 - Fri, August 22

Ages: 18 and up

Essentrics® is a dynamic, full body low impact workout suitable for all fitness levels that simultaneously combines stretching and strengthening while engaging all 650 muscles. The class will increase flexibility and mobility for a healthy, toned, and pain free body.

[12378](#) McTaggart Hall at Hesse Park 10am to 10:45am Fri, July 4 - Fri, August 22 F Castro, Mary



Beginner Pilates

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$120.00

6 Week Session

Fri, July 4 - Fri, August 8

Ages: 18 and up

Get ready to build strength, mobility and stability in a safe and effective manner! Beginner Pilates is a full body low-impact workout that utilizes resistance bands in order to improve overall strength, core strength, flexibility, posture and mental awareness. Pilates will help you move better, feel better and live better. Ages 55+ are welcome. All you need to bring is a mat. Resistance bands will be provided.

[12379](#) McTaggart Hall at Hesse Park 9am to 9:50am Fri, July 4 - Fri, August 8 F Castro, Mary

Beginner Pilates

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$120.00

6 Week Session

Fri, August 15 - Fri, September 19

Ages: 18 and up

Get ready to build strength, mobility and stability in a safe and effective manner! Beginner Pilates is a full body low-impact workout that utilizes resistance bands in order to improve overall strength, core strength, flexibility, posture and mental awareness. Pilates will help you move better, feel better and live better. Ages 55+ are welcome. All you need to bring is a mat. Resistance bands will be provided.



[12380](#)

McTaggart Hall at Hesse Park

9am to 9:50am

Fri, August 15 - Fri, September 19

F

Castro, Mary

Beginning Yoga

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$140.00

10 Week Session

Thu, July 3 - Thu, September 11

Ages: 18 and up

Yoga addresses the whole person. Learn by practicing poses, breathing techniques, Use meditation to improve balance, posture, flexibility and strength. Gain an overall sense of well being. Please bring your own mat.

[12382](#)

McTaggart Hall at Hesse Park

10:30am to 11:45am

Thu, July 3 - Thu, September 11

Th

Borgida, Kathleen

Chair Yoga

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$140.00

10 Week Session

Tue, July 1 - Tue, September 9

Ages: 18 and up

Through the practice of Yoga you can gain the benefits of better breathing, balance, stretching, strengthening and relaxation. All enhance your health and well-being.

[12383](#)

Fireside Room at Hesse Park

9am to 10am

Tue, July 1 - Tue, September 9

Tu

Borgida, Kathleen

Chair Yoga

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$140.00

10 Week Session

Tue, July 1 - Tue, September 9

Ages: 18 and up

Through the practice of Yoga you can gain the benefits of better breathing, balance, stretching, strengthening and relaxation. All enhance your health and well-being.

[12384](#) Fireside Room at Hesse Park 10:30am to 11:30am Tue, July 1 - Tue, September 9 Tu Borgida, Kathleen

Karate for Bigger Kids and Adults

Type: Standard Activity

Location: Ryan Park - Picnic Area

Fee: Standard charge: \$195.00

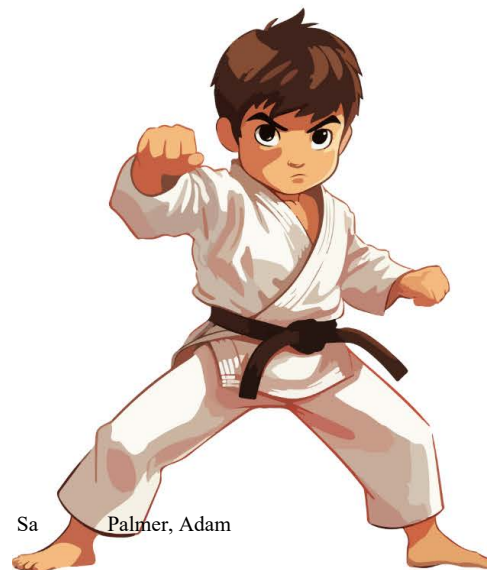
7 Week Session

Sat, August 9 - Sat, September 20

Ages: 12 and up

Bigger Kids together with Adults will learn Karate in a fun and Supportive atmosphere. They will learn basic kicks, blocks, punches, basic falls and more, from 2nd Dan Sensei Adam former student of Chuck Norris. All students will have the opportunity to test for a higher Belt. Outdoors under the Trees at Ryan Park.

[12391](#) Ryan Park - Picnic Area 12:30pm to 1:30pm Sat, August 9 - Sat, September 20



Sa Palmer, Adam

Karate for Individuals and Families

Type: Standard Activity

Location: Ryan Park -Picnic Area

Fee: Standard charge: \$195.00

7 Week Session

Thu, August 7 - Thu, September 18

Ages: 4 and up

Individuals and Entire Families learn and Train together...Increase Health, Well Being, Endurance and Learn Self-Defense - from 2nd Dan Sensei Adam former student of Chuck Norris. Learn basic kicks, blocks and punches, basic falls and more. All students have the opportunity to test for a higher Belt. Outdoors under the Trees at Ryan Park.

[12394](#) Ryan Park -Picnic Area 3:30pm to 4:30pm Thu, August 7 - Thu, September 18 Th Palmer, Adam

Karate for Kids

Type: Standard Activity

Location: Ryan Park - Picnic Area

Fee: Standard charge: \$195.00

7 Week Session

Sat, August 9 - Sat, September 20

Ages: At least 4 but less than 12

Kids will learn Karate in a fun and Supportive atmosphere. They will learn basic kicks, blocks and punches, basic falls and more, from 2nd Dan Sensei Adam former student of Chuck Norris. All students will have the opportunity to test for higher Belt. Outdoors under the Trees at Ryan Park.

[12396](#) Ryan Park - Picnic Area 11am to Noon Sat, August 9 - Sat, September 20 Sa Palmer, Adam

Karate for Preschoolers

Type: Standard Activity

Location: Ryan Park - Picnic Area

Fee: Standard charge: \$195.00

7 Week Session

Sat, August 9 - Sat, September 20

Ages: At least 2 1/2 but less than 5

A Rare Opportunity for Preschoolers to Learn Karate in a Fun and Supportive atmosphere. They will learn basic kicks, blocks and punches from 2nd Dan Sensei Adam former student of Chuck Norris. All students will have the opportunity to test for a higher Belt. Outdoors under the Trees at Ryan Park.

[12398](#) Ryan Park - Picnic Area 10am to 10:50am Sat, August 9 - Sat, September 20 Sa Palmer, Adam

Karate for Visually Impaired and Low Vision

Type: Standard Activity

Location: Activity Room at Hesse Park

Fee: Standard charge: \$125.00

4 Week Session

Sat, June 21 - Sat, July 12

Ages: At least 6 but less than 79

This is an innovated karate class for visually impaired and low vision students. Sighted students may be accepted if sensitive to the visually impaired. All will learn karate in a noncompetitive and supportive atmosphere.

[12448](#) Activity Room at Hesse Park 2:30pm to 3:30pm Sat, June 21 - Sat, July 12 Sa Palmer, Adam

Tai Chi for Healthy Body and Mind

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$96.00

8 Week Session

Wed, July 2 - Wed, August 20

Ages: 18 and up

Short Tai Chi Form that's easy to learn for beginners. Perform exercises to better the mind and body health. help keep away from anxiety and control issues, and develop strong joints and ligaments to improve range of motion. Teaching methods include ancient forms with corresponding music. Students will be shown applicable self-defense of prescribed moves and be checked diligently by the instructor to assure integrity of forms.

12403	McTaggart Hall at Hesse Park	10:30am to 11:30am	Wed, July 2 - Wed, August 20	W	Arabe, Maria
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Walk, Talk, Stretch & Strengthen

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$126.00

9 Week Session

Mon, June 30 - Mon, September 8

Ages: 18 and up

Walk in the park, stretch and strengthen in the Fireside Room to improve strength, flexibility, balance and posture. *Students are to provide their own handheld weights and exercise mat.*

12404	Fireside Room at Hesse Park	9am to 10:15am	Mon, June 30 - Mon, September 8	M	Borgida, Kathleen
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Yoga and Meditation With Reiki

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$72.00

4 Week Session

Mon, June 30 - Mon, July 21

Ages: 18 and up

Here is a wonderful opportunity to experience Reiki. A simple stretching unwind your body and mind then meditation to calm your thoughts. After that Reiki will align your energy. This will be wonderful time of self-care. Aligning your mind, body and spirit at the beginning of the week will have a positive impact on your week. Reiki is for everyone. Come and join us with an easy mind. Just bring a mat or comfy blanket.

12401	McTaggart Hall at Hesse Park	9am to 9:45am	Mon, June 30 - Mon, July 21	M	Kabe, Chizuru
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Yoga and Meditation With Reiki

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$72.00

4 Week Session

Mon, July 28 - Mon, August 18

Ages: 18 and up

Here is a wonderful opportunity to experience Reiki. A simple stretching unwind your body and mind then meditation to calm your thoughts. After that Reiki will align your energy. This will be wonderful time of self-care. Aligning your mind, body and spirit at the beginning of the week will have a positive impact on your week. Reiki is for everyone. Come and join us with an easy mind. Just bring a mat or comfy blanket.

12426	McTaggart Hall at Hesse Park	9am to 9:45am	Mon, July 28 - Mon, August 18	M	Kabe, Chizuru
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Yoga and Meditation With Reiki

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$72.00

4 Week Session

Mon, August 25 - Mon, September 15

Ages: 18 and up

Here is a wonderful opportunity to experience Reiki. A simple stretching unwind your body and mind then meditation to calm your thoughts. After that Reiki will align your energy. This will be wonderful time of self-care. Aligning your mind, body and spirit at the beginning of the week will have a positive impact on your week. Reiki is for everyone. Come and join us with an easy mind. Just bring a mat or comfy blanket.

12427	McTaggart Hall at Hesse Park	9am to 9:45am	Mon, August 25 - Mon, September 15	M	Kabe, Chizuru
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Yoga for Monday Morning

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$126.00

9 Week Session

Mon, June 30 - Mon, September 8

Ages: 18 and up

Yoga is a practice for all of you: to improve balance, strength, and flexibility. Find inner peace, gratitude and joy through poses, breath work, meditation and relaxation. Students provide their own mats.

12405	Fireside Room at Hesse Park	10:30am to 11:45am	Mon, June 30 - Mon, September 8	M	Borgida, Kathleen
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Yoga for You

Type: Standard Activity
Location: McTaggart Hall at Hesse Park
Fee: Standard charge: \$140.00
10 Week Session
Thu, July 3 - Thu, September 11

Ages: 18 and up

You are invited to experience yoga as a way to connect physically, mentally, and spiritually. We will practice with movement, postures, breathing techniques, mudras, and mantras. All are tools to improve balance, strength, flexibility, posture, and a sense of well-being.

[12406](#) McTaggart Hall at Hesse Park 9am to 10:15am Thu, July 3 - Thu, September 11 Th Borgida, Kathleen

Zen Balance Yoga

Type: Standard Activity
Location: McTaggart Hall at Hesse Park
Fee: Standard charge: \$96.00
8 Week Session
Wed, July 2 - Wed, August 20

Ages: 18 and up

A combination of traditional, yet scientifically-designed and tested Hatha Yoga moves and poses that strengthen and develop muscles and joints. Practice will improve balance, coordination, and mindfulness.

[12407](#) McTaggart Hall at Hesse Park 9:30am to 10:30am Wed, July 2 - Wed, August 20 W Arabe, Maria

Sports

EPIC Sports Camp with Sportball

Type: Standard Activity
Location: Picnic Area at Ryan Park
Fee: Standard charge: \$180.00
1 Week Session
Mon, August 4 - Fri, August 8

Ages: At least 6 but less than 12

Sportballers will learn and play 8 different sports throughout the week with our fun skill based games, drills and game play(soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Your Sportballer will be talking about the Epic Time (hosted daily) they had for the rest of the summer, with a different activity daily from water games, dodgeball tournaments, Lego building, Nerf Gun challenges, Dodgeball Tournaments, Battleship, Kickball, and so much more! Please send a nut free snack and lots of water daily with your child.

[12424](#) Picnic Area at Ryan Park 9am to Noon Mon, August 4 - Fri, August 8 M Tu W Th F South Bay, Sportball

Multi-Sport with Sportball

Type: Standard Activity
Location: Grass Field at Ryan Park
Fee: Standard charge: \$112.00
6 Week Session
Sun, July 6 - Sun, August 10

Ages: At least 3 but less than 5

Your child will love learning the fundamentals of 8 different sports in our fun and engaging classes. They'll get to play soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis - all in one place! Sportball classes are the perfect way to keep your child active and having fun. They'll build confidence, teamwork skills, and learn how to compete in a healthy way. Parents participation is required for children 3 yrs and under.Disclaimer: In the event class does not meet the minimum number of participants, registered families will be notified and given an alternative class time or location. If no alternative options work for the family, a refund request will be submitted to the city on your behalf. No Class 4/20/25.



[12399](#) Grass Field at Ryan Park 10am to 10:45am Sun, July 6 - Sun, August 10 Su South Bay, Sportball

Multi-Sport with Sportball

Type: Standard Activity
Location: Grass Field at Ryan Park
Fee: Standard charge: \$90.00
4 Week Session
Sun, August 24 - Sun, September 14

Ages: At least 5 but less than 7

Your child will love learning the fundamentals of 8 different sports in our fun and engaging classes. They'll get to play soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis - all in one place! Sportball classes are the perfect way to keep your child active and having fun. They'll build confidence, teamwork skills, and learn how to compete in a healthy way. Parents participation is required for children 3 yrs and under.Disclaimer: In the event class does not meet the minimum number of participants, registered families will be notified and given an alternative class time or location. If no alternative options work for the family, a refund request will be submitted to the city on your behalf.



[12400](#) Grass Field at Ryan Park 10am to 10:45am Sun, August 24 - Sun, September 14 Su South Bay, Sportball

Sports / Youth (5-12 Years)

Introduction to Lacrosse with Trident Lacrosse

Type: Standard Activity
Location: Ryan Park Field
Fee: Standard charge: \$125.00
8 Week Session
Tue, July 15 - Tue, September 2

Ages: At least 5 but less than 14

Introduction to the game of lacrosse for boys and girls in grades 1-8 with an emphasis on developing proper fundamentals and building a

solid foundation of lacrosse concepts. Players will be grouped by age, and taught skills in a fun and positive environment.

[12387](#) Ryan Park Field 4pm to 5pm Tue, July 15 - Tue, September 2 Tu Goeller, Alexis

Unique Activities

Beginning Dog Training
Type: Standard Activity
Location: Ken Dyda Civic Center - Grass Field
Fee: Standard charge: \$165.00
5 Week Session
Tue, July 1 - Tue, July 29

Ages: 18 and up
Teaching you to train your dog. Your dog will learn foundation behaviors to be a good companion and polite member of the community. You'll both learn teamwork and communication skills. Class teaches sit, wait, touch, come when called and polite walking. Problem solving, household manners, preventing behavioral issues will be reviewed. Dogs should be able to safely be near other dogs & people and be current on all vaccinations.

[12489](#) Ken Dyda Civic Center - Grass Field 9am to 10am Tue, July 1 - Tue, July 29 Tu Allison, Vita

