

Salem Park, Recreation and Community Services

July 2023

Cardio Boxing and Kickboxing

Build the foundations of kickboxing with a circuit-style workout that will improve balance and coordination. No experience necessary. Ages 16+

Tuesdays, July 11th—August 1st
5:30-6:15pm at the Community Life Center

\$70.00 for the session.

Register at salemma.myrec.com

Afternoon Social at the COA

Seniors are invited to join us for an Afternoon Social on Tuesday, July 25th from 3:30-6:30pm. Pizza, live music, and dancing will be part of a late day gathering to relax and be with friends.

\$8.00 per person

Contact Rosanna to register at 978-744-0924.

Coach KC's Tball Time

A great introduction to the game of baseball for younger children ages 4-6. Covered will be the basics of hitting, throwing, catching and running the bases. Children will need to have their own baseball glove. This program will be led by KC Bloom.

Thursdays, July 6th—27th
5:00-6:00pm at Furlong Park
\$90.00 per child/ \$45.00 per additional sibling.
Register at salemma.myrec.com

Save the Date!

Our annual Derby Street Mile Road Race will be held on Friday, August 18th. Special thanks to the Salem Harbor Station for their full sponsorship of this race.

Use this link to register : <https://register.chronotrack.com/r/73299>



Congratulations to the King and Queen of our recent Senior Prom!

Ballroom and Swing Dance

We are excited about this new program at the Council on Aging. Dust off your shoes and get back on the dance floor. This is an introductory class led by Bonnie Peruffo. Come with a partner or bring yourself.

Mondays at 11:30 beginning on July 24th.
Register with Rosanna at 978-744-0924.

Real Pirates Salem



The Salem Council on Aging will be having a guided tour of the Real Pirates Museum on Thursday, July 27th at 11:00. Cost is \$12.00 per person. Register with Rosanna at 978-744-0924.

Summer Tennis Lessons



We are thrilled to have Suzanne Lazzaro, USPTA certified teaching professional, leading our summer tennis lessons this year. Tennis is for all ages and is a great way to stay in shape, build friendships and relieve stress. Our summer clinics are intended to introduce or build on emerging skills with fun activities and games tailored to each age group.

Lessons are held at the Salem High School Tennis Courts on Wednesday, July 12th-August 16th

Ages 6-12—4:30-5:30pm

Ages 13-17—5:30-6:30pm

Adult—6:30-7:30pm

\$60.00 for the 6 week session. Register at salemma.myrec.com

Plein Air—The Act of Painting Outdoors

Youth ages 13-16 are invited to join James Eric Rogers for this two day outdoor painting class at Palmer Cove.

Monday & Tuesday, July 10th & 11th
9:00-11:00am

Register at salemma.myrec.com.

Free for Salem youth. This program is being funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.



Miss Shelley's Fun Yoga Week—ages 4-9

Salem children ages 4-9 are invited to participate in a children's yoga class offered by Shelley Powell at Palmer Cove.

Monday- Thursday, July 10th -13th
8:30-9:30am

Register at salemma.myrec.com
This class is free for Salem children and is funded by the City of Salem Department of Planning and Community Development and the U.S. Department of Housing and Urban Development.



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