



Enrichment Programs
Summer 2019

Enrichment Programs:

Summer 2019

Bay Farm is excited to offer Enrichment Programs this Summer! We provide a variety of classes in a warm and caring environment and this summer we have some exciting new offerings.

A complete list of Summer Enrichment Programs, schedules, and rates can be found within this brochure.

In order to properly prepare for classes and sport games, timely registration is very important. If you would like to enroll your child/children in any of these programs, please complete and return the application form to the office no later than May 31.

Please note: All classes are contingent upon adequate enrollment. All classes are filled on a first-come, first-served basis and may fill up before the deadline.

If you have any questions regarding Summer Enrichment 2019, please email enrichment@bfarm.org.

Summer Offerings

Rock Climbing

Softball and Baseball Skills

Golf

Soccer Skills

Yoga and Mindfulness for Children

Archery

Swimming Lessons

Rock Climbing



Location: Challenge Rocks in Hingham

For kids ages 6 and up | \$150

Instructor: Frederic Sontag

The goal of the Rock Climbing program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. No climbing experience is required, just enthusiasm! Members will participate in climbing activities that encourage positive emotional, social, mental, and physical development. Students should wear sneakers and athletic clothing. Students bring a water bottle to all practices. All climbing gear and safety equipment will be provided by the Challenge Rocks.

3:30-5:00pm

Monday, June 10

Wednesday, June 12

Thursday, June 13

Friday, June 14

*** Parents are responsible for transportation to and from Challenge Rocks Rock Climbing Gym in Hingham.

Softball & Baseball Skills

Location: Bay Farm Montessori Academy

For kids ages 7-12 | \$150
Instructor: Natalie Dickinson

Students will enjoy practicing their skills such as throwing, catching, hitting, and the rules of the game. Emphasis on teamwork and collaboration will highlight this outdoor event. Students should be prepared to wear running shoes and bring a water bottle to all practices. Please send your child in with a baseball glove.

About the Coach: Natalie played varsity all four years of high school and was a Catholic Conference All Star. She was recruited to play in college after her High School career. She has played on many tournament teams throughout her softball career and currently plays on two slow pitch leagues in the area.

3:30-5:30pm
Monday - Friday, Week of June 17-21

Golf



Location: North Hill Golf Club Duxbury

For kids 5- 12 | \$175

Instructor: Bill Allen, PGA Professional

This program is designed to introduce beginners to golf and also to provide the experienced player with a jump-start for the new golf season. We will have 6 or 7 students per instructor and at this point there will be 1 or 2 instructors including Bill Allen, PGA Professional.

About the Coach: Bill Allen joined the ranks of the Professional Golfers Association in 2000 after nearly five years in the PGA's arduous apprenticeship program. Bill has enjoyed playing golf since he was 11 years old. His love of the sport lead him to teach. He believes true success comes with the knowledge that each student comes away with the feeling of excitement for the sport that he does.

Monday - Friday, Week of June 24-28

Ages 5-7: 3:30-4:30pm

Ages 8-12: 4:30-5:30pm

*** Parents are responsible for transportation to and from North Hill Country Club in Duxbury



Soccer Skills

Location: Bay Farm Montessori Academy

For kids ages 6-14 | \$150

Instructor: Justin Keating

Our week long intensive program is designed for players ages 6 and up who have a strong motivation to be their best. Children with all skills and abilities are welcome to join. This program is co-ed for students ages 6-14. Students will be coached by college soccer player Justin Keating. Justin has been playing soccer for 13 years and is an accomplished goalie. His enthusiasm for the sport is matched by his skill. Have your child be the best they can be for the fall soccer season!

About the Coach: Justin Keating started his soccer career at the age of 5. He was the starting varsity goalie and Captain for D1 Silver Lake Regional High School and top-ranked Liverpool Football Club. He played for years in the field as well as in the net so he can train both keepers and field players! Justin was named All Scholastic, Patriot League All Star and was the starting (and only) goalie for the Liverpool US Club Soccer National Cup winning team. He is currently an Assistant Coach for Liverpool Football Club. Justin is a member of the National Honor Society and Student Council at Silver Lake and will be attending USC in the Fall.

Monday - Friday, Week of July 8-12
3:30-5:30pm

Yoga and Mindfulness for Children: A Journey Through the Senses.



Location: Bay Farm Montessori Academy

For kids 6-10 | \$50
Instructor: Melissa McKim

In this program, we will explore each of the five senses using mindfulness activities and yoga poses. Students will learn to tune into all of the senses assisting them in becoming fully aware and present of their bodies and the world around them. Classes are structured according to the Little Flower Yoga 5 Elements Method: Connect, Breathe, Move, Focus, and Relax. This class will also include activities and methods based on the Mindful Based Stress Reduction Program (MBSR) originally modeled by Jon Kabat-Zinn.

About the Teacher: Melissa is certified in Yin Yoga, Meridian Yoga, Little Flower Yoga Level 1, Vinyasa Krama, a Reiki Master, and completed the MBSR (Mindful Based Stress Reduction) program. She is currently completing her 300hr YTT and training to become a Ayurvedic Health Counselor.

Monday - Friday, Week of July 15-19
3:15-4:00pm

Archery



Location: Bay Farm Montessori Academy

For kids entering 2nd grade - 9th grade | \$175

Instructor: Dee Sacchetti

Archery is a sport that nearly anyone can pursue. Students will learn how to properly hold and load a bow, and gain appreciation for being patient and positive. Our youth archery program offers children the unique opportunity to discover the joy of shooting a bow as well as learning about the different disciplines of the sport. Students will learn proper shooting form based on the National Training System (NTS). The NTS method was created by USA Archery Head Coach Kisik Lee and is based on his analysis of body control, muscular requirements, and mental concentration needed to generate a good shot. A variety of creative and challenging target games are incorporated in every class to ensure that students have fun while learning proper techniques.

About the Coach: With 9 years of experience in the archery industry and over 20 years of experience working with children in various educational settings, Dee Sacchetti has had plenty of time to develop her own unique style of instructing archery techniques to children of all ages.

Monday - Thursday, Week of August 12-15
(Friday will be a make up day if needed due to weather)
3:30-5:30pm

Swim Lessons



Location: Bay Farm Pool

For kids ages 3*-12

Instructor: Jennifer Wiernicki

Have a new swimmer or a competent swimmer that needs some stroke work? This summer we are offering youth group and private swim lessons. Jennifer Wiernicki is offering 2-4 sessions of youth group swim lesson packages or individual sessions of private swim lessons.

About the Coach: Jennifer Wiernicki is a Red Cross Water Safety Swimming Instructor and has taught swimming for over 17 years. She comes with a strong aquatic background in coaching at the collegiate level at Harvard University, for over 12 years. Jennifer was an accomplished distance swimmer, two-time All-America selection, team captain and college record holder in the 1650-yard free-style. Jennifer is a swimming instructor at the Kingsbury Club and oversees the Lifeguard Training and Certification program.

Youth Group Swim Lesson Packages include 3-6 swimmers with similar goals and abilities (30 minutes).

2 sessions.... \$48 per person (Mon/Weds or Tues/Thurs)

4 sessions.... \$96 per person (Mon-Thurs)

Youth Private Swim Lesson Packages include 1 session of private swim instruction (30 minutes).

1 session.... \$45 per person

Sessions can be scheduled between 7:30-8:30am and 3:00-5:30pm all summer long.

*Must be fully potty trained.

Enrichment at a Glance

JUNE:

June 10, June 12-14, 3:30-5:00pm | Rock Climbing

June 17-21, 3:30-5:30pm | Softball & Baseball Skills

June 24-28, 3:30-4:30pm | Golf Ages 5-7

June 24-28, 4:30-5:30pm | Golf Ages 8-12

JULY:

July 8-12, 3:30-5:30pm | Soccer Skills

July 15-19, 3:15-4:00pm | Yoga & Mindfulness

AUGUST:

August 12-15, 3:30-5:30pm | Archery

Swim Lessons to be scheduled on demand.

Enrichment Registration

Summer 2019

Please complete and return this form with payment made in full to:
Bay Farm Montessori Academy, 145 Loring St., Duxbury, MA, 02332
Tel. 781-934-7101 | enrichment@bfarm.org

Name of Child: _____

Age: _____

Please Select Your Classes:

- Rock Climbing (\$150)
- Softball and Baseball Skills (\$150)
- Golf (\$175)
- Soccer Skills (\$150)
- Yoga & Mindfulness (\$50)
- Archery (\$175)
- Swim Lessons (Youth Group)
- Swim Lessons (Youth Private)

Please fill out the SWIM form as well.

Total Fee for All Classes: \$_____

Please select payment options:

- Check enclosed (made payable to BFMA) Please send me a bill
- Please charge my credit card on file

Please note: If a class is canceled due to weather, the class may not be made up or refunded.