

BOWLING ALLEYS & POOL ROOM

Five alleys (fee), two pool tables and ping pong are available.
Must be five or older to bowl.

Mon - Thurs 55+ (no kids) 1:00PM – 5:00PM*

Fridays 5:00PM – 9:00PM

Saturdays 1:00PM – 9:00PM

SUNDAYS 1:00PM – 6:00PM

*LIMITED USE

Season: September 10 - June 21

BOWLING PRICES

Single String - \$3.00 incl shoes w/HCH Membership

\$5.00 incl shoes w/o HCH Membership

WHITIN COMMUNITY CENTER

All **Hopedale resident Community House members** only can use the two pools at the Center in Whitinsville. Check the schedule at www.ourgym.org Swim lessons and exercise classes in the pool are \$6 per class. Must have Community House membership card.

EVENT/MEETING SPACE

Space is available for special activities, meetings and functions to all members. There are some guidelines and restrictions. Call for more information.

COUNCIL ON AGING

The Town of Hopedale utilizes space on the first floor of the Community House as their Senior Center. Programs and service information is available. Open weekdays. Call 508-634-2208 for information.

BIRTHDAY PARTIES

Reserve the All Purpose Room and 2 bowling alleys for your celebration. Call for info and to book a date! Membership, refundable cleaning deposit and room fee are required. Forms on website.

RUG HOOKING

Weekly gatherings to practice age old craft! Share ideas, techniques and conversation

Wednesdays: 1:00PM – 3:00PM – Ladies Parlor

MEN'S BASKETBALL

Pick-up games at Draper Gym.

Residents: \$5.00 Non-Residents: \$20

Mondays - 7:30pm – 9:30pm

COED VOLLEYBALL

Recreational pick-up games for adult members of the Community House at Draper Gym

Wednesday: 7:00 PM – 9:00 PM

Residents: \$5.00 Non-Residents: \$20

WOMEN'S BOWLING LEAGUE

Looking for subs. **Tuesday 6:30PM – 9:30PM**

MEN'S BOWLING LEAGUE

Looking for subs. **Monday 6:30PM - 9:30PM**

KIDS KARATE (Christine/Julie)

Children learn practical life skills while exercising. Develops self-discipline, self-confidence, focus and concentration.

Children work at their own pace. Taught by

9th Degree Master Julie Guido and

6th Degree Sensei Christine Howard.

Class is open to children ages 5 to 11.

Sept 20 – Oct 25

Friday: 4:00PM – 4:50PM

Res: \$30 Non-Res: \$40

POUND FOR KIDS (Rebecca)

Perfect for dance fans ages 7 - 11, get the chance to be active and jam out to their favorite music.

Thursday: 3:30PM – 4:30PM

Res: \$30 Non-Res: \$40

Sept 20 – Oct 25



Hopedale

Community House

43 Hope Street, Hopedale, MA 01747

508.473.0820

www.hopedalech.org

Fall/Winter -2019-2020

The Community House and Draper Gymnasium are managed by the private, non-profit Hopedale Community House, Inc. Both facilities were gifts from the Draper family to Hopedale residents, to provide a variety of recreational opportunities. Meeting and event space is available to members with reservations. Membership is required for all activities.

2019-2020 MEMBERSHIP FEES

(September 2019 – June 2020)

<u>Resident</u>		<u>Non-Resident</u>
\$25	Family (children <18)	\$40
\$15	Adult (18 – 69)	\$25
\$5	Juniors (<18)	\$10
\$5	Seniors (70 & over)	\$5

OFFICE HOURS

Monday – Friday 10:00AM – 1:00PM

HCH WILL BE CLOSED SEPT 2, OCT 14, NOV 11,28,29, DEC 23 – JAN 3, 21 CLOSED AT NOON NOV 27

ADULT PROGRAMS

Session 1 : Sept 9 – Feb 1

NEED MINIMUM OF 10-12 prior to start of session to hold any class.

Drop in rate for any class is \$10.00 must have exact change.

YOU CANNOT DROP IN ON A STEP CLASS

6 consecutive weeks with less than 5 in class will result in class being cancelled.

No Refunds and we do not prorate class fees.

PARKING AVAILABLE IN MEDICAL BUILDING ACROSS THE STREET FOR ALL ACTIVITIES NIGHTS AND WEEKENDS– DO NOT PARK THERE DURING THE DAY

BOOTY BARRE (Marcella/Shayna)

A high energy class that fuses fitness techniques from Pilates, Dance, Yoga and Athletic intervals. You will lift, firm, tighten tone as well as stretch the whole body. Bring Yoga socks or bare feet, small rubber ball, 1 – 2lbs weight, and a mat

Tuesday: 8:00AM - 9:00 AM or

Wednesday: 6:00PM – 7:00PM

Res: \$35

Non-Res: \$65

PILATES FUSION (Marcella)

Pilates is an unique form of exercise aimed to increase strength, flexibility, endurance and coordination without bulk or risking injury, by focusing on core stability, this will help maintain alignment of our spine. Pilates is for EVERYBODY!

Please wear loose, comfortable clothing.

Thursday 8:00AM – 9:00AM OR

Saturday 8:00AM - 9:00AM

Res: \$35

Non-Res: \$65

30/30 CARDIO PLUS (Robin)

30 Mins combining a variety of multi-level cardio for fat burn along with 30 min class focusing on Core and More. All levels Bring mat

Tuesday: 6:00PM – 7:00PM MAIN HALL

Res: \$35

Non-Res: \$65

Balance, Bands & BOSU (Linda)

The BOSU® Balance Trainer stands for “BOth Sides Utilized” allows you to train for multiple components of fitness, including balance, stability, strengthening the core and more

Thursday: 6:00pm – 6:45pm

Sept 12- Dec 19 Space Limited

Res: \$30

Non-Res: \$40

ALL LEVEL YOGA (Crystal)

You will move in flowing postures using the breath as guide.

You will stretch, strengthen, and relax as you take part in these all level classes. Bring mat

Tuesday or Thursday: 10:15AM – 11:15AM

Res: \$35

Non-Res: \$65

YOGA (Deb)

Classic yoga poses to develop flexibility, strength, balance and endurance. Reduce stress with breath control. Bring yoga mat and belt.

Wednesday: 6:00PM – 7:00PM OR

SATURDAY: 8:00AM – 9:00AM

Res: \$35

Non-Res: \$65

ALL LEVELS YOGA (Ann)

Class will include wide range of poses and styles. Provide a safe, supportive environment for you to practice your own ability and challenge yourself and grow in your practice.

Ultimate goal is to leave class feeling peaceful, powerful and full of bliss

Tuesday: 7:00 PM – 8:00 PM OR

WEDNESDAY 11:30PM – 12:30PM

Res: \$35

Non-Res: \$65

MUSCLE SCULPTING or STEP & TONE (Robin)

Build muscle strength and increase bone density. Tone up and look great with different muscle groups and abs each week. Bring fitness mat and weights.

Monday: 6:00PM – 6:45PM MUSCLE SCULPT OR

Thursday: 6:30PM – 7:15PM STEP & TONE

(THIS STEP CLASS LIMITED TO 20)

Res: \$35

Non-Res: \$65

Aerobics - Chair (Shirley)

Exercise and sing-along on and around chair. Improve balance, flexibility, strength, muscle tone and bone density. Bring hand weights

Monday/Wednesday: 10:00AM - 11:00AM

and Friday: 10:30AM – 11:30AM

Res: \$20

Non-Res: \$30

Fun and Functional (Christine) NEW CLASS

Set to up-beat music, this fun class, designed for all levels, will train the body for real-life movements and activities. Functional fitness is focused on building a body capable of doing real-life activities in real-life positions. Everyday movements such as walking, lifting, pushing, pulling, bending, twisting, standing, climbing and lunging will be made easier while training to improve functional strength. Special considerations will be provided for physical limitations.(such as Arthritis).

Friday: 9:00AM - 10:00AM

Pound Class (Rebecca)

POUND class uses a set of drumsticks. (They're specially made for the **workout** and called “rip sticks.”) This high-intensity interval **workout** incorporates rhythmic movements to get the **class** literally pounding the floor as they sweat.

... **POUND class** is a full-body rockout **workout**. Bring a Yoga Mat

Monday: 7:00pm – 7:50pm or

Wednesday: 7:15pm – 8:15pm

Res: \$ 35

Non-Res:\$65