

**Town of Dover Recreation Program**  
**Additional New Recreation Programs for 2017**

**New Programs:**

**Youth Basketball Clinic -**

- \$65.00 per child / Instructor/Coach – Mr. David Green / Mr. John Savoy
- Schedule: June 26, 2017 – June 30, 2017 – 8:30 AM – 12:30 PM
- Instructors will teach all basic fundamental skills, and game play.
- For all Boys and Girls in 3<sup>rd</sup> grade and up.
- Location: Boyce Park Basketball Courts. (Rain: inside at Dover High School)

**Youth Volleyball Clinic –**

- \$35.00 per child / Instructor/Coach – Jen Smith – Dover High School JV Coach
- Schedule: July 10, 2017 – July 14, 2017 – 9 AM – 11 AM
- Instructors will teach all basic skills and game situations.
- 3<sup>rd</sup> – 5<sup>th</sup> grades – (on one court)
- 6<sup>th</sup> – 8<sup>th</sup> grade – (on another court)
- Location: Dover High School Gymnasium

**Adult Fitness Program:**

**The Resistance: Personal Performance Training** – Instructor Mr. Jon Vitolo – Instructor

The Resistance is a unique blend of strength and conditioning training utilizing kettlebells and bodyweight exercise. The program is designed to improve cardio and strength endurance, overall strength, increase the metabolism and accelerate fat loss. Groups are led by Certified Trainer, Strength Coach (NCSF) and National Record Holder, Jon Vitolo. All equipment provided, water and a towel highly encouraged.

- Program fee is \$60.00 for an 8 week program
- Schedule: April 18, 2017 - June 8, 2017
- Location: Astor School Gym from 7 PM – 8 PM

**Senior Trips: (Only have 2 trips so far)**

June 1, 2017 - Culinary Institute of America–(Hyde Park New York –\$76.00 per person

July 13, 2017 – Silver Birches (Hawley Pennsylvania) Fee - \$42.00 per person

Adopted 03-29-17