



45C Post Office Park, Wilbraham, Massachusetts 01095  
[www.WilbrahamRec.com](http://www.WilbrahamRec.com)

## THE WILBRAHAM WHISTLE: E-Newsletter - September 2020

Our goal is to keep you informed of important information on a monthly basis. For more details on all our family-friendly programs, visit:

[www.WilbrahamRec.com](http://www.WilbrahamRec.com)

or visit Facebook: [Wilbraham Parks & Recreation Department](#)

### FALL ACTIVITIES:

- **Cross Country Track (Gr. 4-8)** - Registration ends 8/30.  
 Cross Country is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass it is also a great way to stay in shape and develop good habits. Come have some fun in the sun as we kick off this new program! This is a co-ed program. Youth will be introduced to the sport of cross country; they will train to run distances of up to 5K, depending on their age. There will be a strong emphasis on physical fitness and improving on their best individual times. Practices will be held weekly, on Tuesday Afternoons and Saturday Mornings at Minnechaug High School
- **Fall Softball Clinic (Gr. K-8)** - Registration ends 8/30.  
 The clinic will work on softball fundamentals to keep the participants in game form. Beginners to experienced players are welcome to come! Clinic will be held on Tuesday September 1, 8, 15 from 5:30-6:30pm at Spec McLaughlin Field.
- **Fall Tennis (Ages 4-6, 7-10, 11-14)** - Registration ends on 9/7.  
 Whether you are a beginner with little or no experience or an advanced player who wants to fine-tune skills, join instructors from the Enfield Tennis Club for some tennis fun! Athletes will learn and improve footwork, grips, strokes, volleys and serves to help develop the total player. All of the classes will include both instruction and games, but the last class will be more focused on the "games" component with a Team Challenge. Program will meet for 6 consecutive Saturdays starting September 12—October 17 at the Minnechaug tennis courts.
- **Multi-Sport Tots** - Registration starts 9/1.  
 Introduce your little superstar (ages 2 - 5) to sports in our most popular program! This multi-sport class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years.

Be on the lookout for information on possible Competitive Baseball Tryouts this fall for spring season. Also, we are hoping to once again offer the Stars of Tomorrow Dance Program (Ages 4 and up), so stay tuned for more information on these programs. We will post details as they become available!

**Looking for outdoor activities?** Our Disc Golf course on Crane Hill Road has been re-opened. For those of you who have never played, disc golf is a flying disc sport in which players throw a disc at a target; it is played using rules similar to golf. It is usually played on a course with 9 or 18 holes. NOTE: We are not able to offer rental of the discs at this time.

### Hiking Club

The Wilbraham Hiking Club has not posted any new hikes since March, but is looking forward to resuming its hiking program! It will continue its varied offerings of hikes within a 2-hour radius of Wilbraham as well as hikes within Wilbraham, and ultimately will, once again, offer special out-of-state day-trips and longer trips. The Club has not yet determined when hikes will resume, but once they do, all hikers will have to comply with the state's Phase 3, step 1 guidelines, or whatever guidelines are in place at that time.. To stay tuned for updates about the club's activities, please check future editions of The Whistle, the Wilbraham-Hampden Times, or join the club's Meetup Group at <https://www.meetup.com/Wilbraham-Hiking-Club-Meetup/>

### Girls on the Run (GOTR)

**GOTR is looking for coaches in the Wilbraham area for their fall program. This program encourages girls to recognize their individual strengths and to build connections with others. Coaches and girls do not need to be runners....all are welcome!**

**For more information, visit [www.girlsontherunwesternma.com](http://www.girlsontherunwesternma.com) or contact Molly Hoyt at [Molly.Hoyt@girlsontherun.org](mailto:Molly.Hoyt@girlsontherun.org) or 413-320-1845.**