



2025 Winthrop Recreation Dept  
Summer Program



# COOKING WITH KIDS

## Session 2

9:00am Boys & Girls Grade 3-4-5

10:00am Boys and Girls Grade 6-7-8

# August 11-12-13-14

Rec Building 29 Town Hall Lane

# \$30.00

One of our most popular summer offerings, we are excited to have Debbie Barnett return to offer Cooking For Kids. This is a unique program that allows children a chance to learn safe, fun, and nutritious recipes. They will have a chance to explore various types of cooking, and different styles of food. Program cost covers all the food in the program, and participants will bring home ideas they can cook for their families.

*We ask if your child has any food allergies you let us know so we can adjust the program for everyone to have a safe and tasty time.*

**Please sign up for only 1 session**



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# WINTHROP REC RAMBLERS TRACK AND FIELD

June 24 to August 8

Boys and Girls ages 7 to 15

Practices will be at Track and  
Grass areas around

**\$40.00**

Team will practice 2 times a week usually Monday and Wednesday and meets will be on Thursdays, as schedule becomes available you will be sent an updated schedule.

Once you register Coach van Tassel will be in touch about practices, meets, and team shirts.

Each practice will consist of a dynamic warm up that focuses on running skill development. After the warmup, practice consists of stations run by members of the high school track and field team. Athletes will get to learn and practice high jump, long jump, triple jump, hurdles, shot put, discus, javelin, race walk, running events, and relays. Practice often ended with a game or group challenge followed by a static stretch.

We encourage athletes to try all the events as part of the learning experience and to help them find out where their strengths are.

Team Shirts - will be the same as in past years. This year we are going to include an option for a tank top (they run small) as well. If you need any, please fill out the form. Choose the size and include info for the name on the back. Most kids have chosen to have their last name on the shirt. The cost for a shirt is \$20 paid to Ed Van Tassel - they are a Forest Green moisture wicking tech-shirt.