

FALL 2016

Peabody Recreation Department

Presented by Mayor Edward A. Bettencourt Jr.

Sign up for email updates on our website:

www.peabodyrecreation.com



Follow us on Twitter!: @PeabodyRec

Find us on Facebook: peabodyrec



PROGRAM REGISTRATION & RELEASE FORM

Please check if Address below is New

Parent/Guardian First Name _____ Last Name _____ Relationship to participants: _____

Street: _____ City: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Email: _____

Emergency Contact (other than self) _____ Phone 1: _____ Phone 2: _____ Relationship: _____

Does the participant have any allergies, medical conditions or behavior issues the staff should be aware of? Yes No

If Yes, please be specific _____

PARTICIPANT INFORMATION

LAST NAME	FIRST NAME	M/F	AGE	GRADE	BIRTHDAY	PROGRAM NAME	PROGRAM	FEE
					(MM/DD/YYYY)		DATE, DAY, & TIME	

**PLEASE MAKE CHECKS OR MONEY ORDERS PAYABLE TO:
PEABODY RECREATION DEPARTMENT**

Total Program Fees	
Credit (subtract)	
Subtotal	
TOTAL	

How to Register?

ONLINE, MAIL, or DROP OFF at the office

**Credit card /debit card info due on emails

Peabody Recreation, Parks & Forestry Department



- 1. Online:** www.peabodyrecreation.com
- 2. Mail or Drop off:** 50 Farm Avenue Peabody, MA
- 3. Questions:** peabodyrecreation@gmail.com

Please Check One

Cash Check # _____

Money Order # _____

Credit/Debit Card: type: _____

Name on card: _____

Exp. ____/____ (mm/yy)

CVC Code: _____

EMERGENCY RELEASE WAIVER

I give my permission for my child to take part in all activities and field trips related to the Peabody Recreation, Parks & Forestry Department. I, the undersigned parent/guardian of this applicant, a minor, do hereby authorize the program directors and/or instructors as Agents for the undersigned to consent to Medical, Surgical or Dental Examination, treatments, etc. In addition, I hereby release the City of Peabody, its facilities or employees from any and all claims for personal injuries, which may result from the usual involvement of these activities. I agree that pictures taken during the program hours may be used for future promotional purposes.

X _____
Parent/Guardian Signature Date

HOW TO REGISTER

ONLINE

www.peabodyrecreation.com



BY MAIL

Peabody Rec. Dept.
50 Farm Ave.
Peabody, MA 01960



BY FAX

(978) 535-0483
Use your credit card



WALK IN

50 Farm Ave.
M-TH. 8:00-4:00
F: 8:00-12:30

REGISTRATION PASSWORDS: The Peabody Recreation Department encourages online program registration. You will need a username and password in order to utilize the online program registration system.

AGE POLICY

⇒ **Children must be the proper age on the FIRST DAY of the class.**



REGISTRATION POLICIES

- ⇒ ***Registration & payments are not accepted at program sites.**
- ⇒ ****Phone registrations are NOT accepted.**
- ⇒ Online registration = digital registration/ waiver form.
- ⇒ If you do not wish to register online please complete the Program Registration form and fax, or drop off.
- ⇒ Payment is due at time of registration unless otherwise stated or unless a payment plan has been previously set up with the Recreation Department.
- ⇒ If a program is full by the time we process your registration we will add you to the waiting list and contact you immediately. We urge you to register ONLINE and EARLY.
- ⇒ Online registration is live.
- ⇒ If paying with a check, please indicate the program registering for in the memo & amounts.
- ⇒ There is a \$25.00 charge for all returned checks.
- ⇒ **PLEASE NOTE THAT PROGRAM LOCATIONS ARE SUBJECT TO CHANGE. Please check our website for most updated information.**

REFUND POLICY

- ⇒ If you are dissatisfied with a program for any reason or need to cancel, the Recreation Dept. must be notified **before** the beginning of the **second class** to receive a refund minus a **\$10.00 processing fee**. Otherwise, a pro-rated credit will be placed in your account from the date you notify the office of your cancellation.
- ⇒ One Day Programs or Workshops cancellations must be made **at least 7 days in advance** to receive a refund. No refunds will be issued if the time requirement is not met.
- ⇒ Refunds will be given in check form only. Refunds will take 2 - 3 weeks to process.

CANCELLATION POLICY

- ⇒ We will do our best to reschedule a make up for a cancelled class, however we cannot guarantee it. If we are unable to offer a make up class, we will issue a credit for that class.

WEATHER CANCELLATION

- ⇒ If you are questioning if your class is cancelled due to weather call our **OUTDOOR PROGRAMS CANCELLATION HOTLINE :**
- ⇒ (978) 536-0600 Press 3, then press 2 when prompted
- ⇒ Hotline will be updated within 12 hours of the start of impacted programs.

DON'T HESITATE! Unfortunately, programs occasionally may be cancelled if registration is low. There is a minimum number of participants required to run each program. We encourage everyone to register in advance and early.

SPECIAL EVENTS

Nightmare on Main Street: October 27th

After the success of events years past, we will once again hold Nightmare on Main Street. Peabody Recreation has teamed up with the Peabody Downtown Association to expand this community event to include several free activities for you and your family to enjoy an evening of downtown fun.



Costume Contest & festivities begin at 5:30

Open to families and children ages 0-12.

Winners will be announced by age category and prizes awarded.

Games, crafts, refreshments and entertainment

Come in costume to the Peabody Veterans Memorial Park on Walnut St. Activities are free but donations are kindly appreciated.

Trick or Treating on Main St. 5:00-7:00pm

Several businesses will be offering trick-or-treating. Have some family fun while supporting our Peabody downtown!



“R U TUFF-E-NUFF CHALLENGE”

YOUTH OBSTACLE COURSE CHALLENGE

Are you tough, determined and willing to do anything to finish an obstacle course? Yes? Well this is the challenge for you! Run, walk and crawl through mud, dirt and leaves for over a mile as you tackle one obstacle after another. DO expect to finish exhausted and satisfied! DON'T expect to be clean! Prizes for the best times will be awarded by age category. Refreshments to follow at farm store. Limited availability. Pre-registration required to guarantee participation.

DATE: SATURDAY, NOVEMBER 5, 2016

Ages: 8-10 at 10:00

Ages: 11-12 at 10:30

Ages: 13-15 at 11:00

Cost: \$20

Location: Brooksby Farms



Fall Harvest Father/ Daughter Ball

Share a fun filled evening with your special guest. Enjoy a light dinner followed by an ice cream sundaes bar, dancing, games and prizes.

Friday, October 14, 2016

6 - 8 pm

Peabody City Hall Wiggins Auditorium

\$50 per couple

\$20 each additional child

Semi-formal attire requested

All little girls will receive a corsage



Tickets available at Peabody Recreation Department

50 Farm Ave. Peabody, MA

(978)536-7130

www.peabodyrecreation.com

Calling all GAGA Enthusiasts!

1st Annual Gobble Gaga Tournament!

Come join us for our 1st annual Gobble Gaga Tournament. We will have teams of 5 compete against each other in a bracket style, by age group: 8-10, 11-13, and 14-16.

REGISTRATION IS REQUIRED

When: Saturday, November 19, 2016

Where: Brooksby Farm

Cost: \$25 per team of 5 (register your team captain)

Time: Check in begins at 9:00; Tournament begins promptly at 10:00

Registration ends Monday, November 14 to finalize team play



Information will be sent out with guidelines and rules upon registration.

You are invited to stay for awards ceremony afterwards!

Questions: email Maureen.sammon@peabody-ma.gov

OUTDOOR ADVENTURES

**Attention
Teens!!!**

ADVENTURE TEEN LEADERS CLUB

If you're a teen in grades 6 through 8, you can become a part of a unique Adventure Teen Leaders Club. For those interested in developing skills as a leader of outdoor adventure pursuits this is the club for you. As a Leader you will have volunteer opportunities to help others, work on community service projects, learn leadership skills, participate in special activities, and most of all, have fun! You also might be able to earn school credit helping people in your community.

When: Wednesdays Sept 21- Nov 9 (We will be planning outings and other opportunities during the meeting times)

Time: 2:45-4:00 PM

Meeting Location: Higgins Middle School

Questions or for more information contact Maureen at 978-536-7132 or email Maureen.sammon@peabody-ma.gov



Letterboxing

KIDS!

Did you ever dream of being... an adventurous **pirate** in search of hidden treasure? ...or an early American **explorer** discovering new uncharted lands? ...or maybe a famous **detective** following clues to solve a mystery?

Wouldn't it be really cool if you could go out on your very OWN adventures with your friends and family?... and maybe even search for clues to REAL hidden treasures?

"Letterboxing Kids!" is a great place to learn how to go on a real-life treasure hunt with your friends and family. You will discover a fun outdoor activity that combines treasure hunting with rubber stamping and journaling. We will even show you how to create your very own rubber stamps and give you a trail name. Soon you will be able to make a letterbox and hide it for your friends to find.



A: Ages 8-12: Tuesdays, October 4-25

B: Ages 6-8: Thursdays, October 6-27

Location: Brooksby Farm

Time: 3:30-4:30 pm

Cost: \$50.00

All supplies and a snack are included



YOUTH PROGRAMS

Art, Science and Technology

OOEY GLUEY CRAFTS

It's fun to get messy. It's fun to get creative! Each week students will create at least one project. They'll have fun with glue, paint, paper, beads, and much more! **Grades: K-5** **Choose from 2 locations**
Please send an extra shirt that they can wear over their school clothes.

Brown School:

Mondays, September 26- December 19
(No classes 10/3, 10/10 and 12/4)

Instructor: Michelle Capo

Time: 3:00-4:00

Cost: \$60



Center School:

Tuesdays, September 27- December 6
(No classes 11/8)

Instructor: Michele Capo

Time: 3:00-4:00

Cost: \$60

AFTER SCHOOL MEDIA CLUB

Do you know a young person who would want to create their own TV show? Register for the Peabody Youth TV Media Club! We are offering a 13- week after school session in TV Production and students will use their knowledge to broadcast their own TV shows on Channel 8 for the community to see!

What you'll learn:

- ◆ Pre-production
- ◆ Filming
- ◆ Digital video editing with Adobe software
- ◆ Studio production with state of the art equipment



Ages: 11-14

Dates: Wednesdays, September 21- December 14

Time: 3:30-5:30 pm

Location: Peabody Access Telecom, 119 Foster St.,

Cost: \$90 Residents / \$100 Non Resident

WICKED GROSS SCIENCE

Wicked Cool Discovery Lab

Six fun and exciting science lessons wrapped up into one fun-filled program! Explore the Earth by making Mesozoic volcanoes and delve deep into the ocean to the coral reefs. Get electrified creating simple circuits and become a chemist to make rainbow slime. Each week we'll get into fun science and engineering challenges — all tried and true favorites!

Ages: 8—11 (Grades: 3-5)

Dates: Tuesdays, September 27—November 1

Location: Brown School Art Room

Time: 3:30-4:30

Cost: \$120 residents/ \$130 non-resident



LEGO Robotics

We will introduce kids to robotics programming. Kids create bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techies.

Ages: 8—11 (Grades: 3-5)

Dates: Wednesdays, November 9—December 21 (No class 11/23)

Location: Brown School Art Room

Time: 3:30-4:30

Cost: \$120 residents/ \$130 non-resident

YOUTH PROGRAMS

Sports and More

ARCHERY

Back by popular demand! Try out traditional recurve archery this fall and see for yourself why one of the world's oldest sports is making a comeback! This introductory course emphasizes the fundamentals that lead to success and the importance of consistent shooting. Students will compete individually and in team challenges through a variety of games and tournaments. Classes led by two certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment provided. **Cost:** \$98 resident / \$108 non-resident



Ages: 10 & up

Dates: Tuesdays, November 15- December 6

Time: 3:30- 4:30

Location: Burke School

CHALLENGER OPEN GYM

Children with physical and mental challenges will be able to play basketball, T-ball, and other activities and games every Monday with Tom Gould and his volunteers. **Cost: Free!**

Ages: 5 & up

Dates: Mondays, November 7- March 27 (*Program follows school calendar for no program dates*)

Time: 6:30—7:30 pm

Location: Carroll School

Contact: Tom Gould (978)-531-7374

LEARN TO SKATE

8 Week Program

Tuesdays, October 11- December 6

*\$120.00

4:15-5:05 pm

*\$10.00 Discount for extra sibling

10 Week Program

Sundays, September 25 - November 27

*\$150.00

11:05-11:55am



Register Directly with the Peabody Skating Rink
Call: 978.535.2110 or Visit: 511 Lowell St. Peabody, MA
Program Details: www.peabodyskating.org

LET'S DO IT" TAEKWON-DO IT!

All children need activity away from electronics. Through Taekwondo, they can build self-confidence and body awareness while gaining strength, focus, and discipline. Under Master Han's guidance, the students will experience the joy of teamwork and find leadership within themselves. Includes uniform and white belt testing promotion. *Rates are for new members only. One session per person.*

Dates: Mondays and Wednesdays OR Tuesdays and Thursdays

Fall Session 1: September 12-October 8

Fall Session 2: October 3-28

Fall Session 3: November 7-December 9

Ages: 3-6
Time: 3:40

Ages: 6-12
Time: 4:55 (M & W)
or 4:10(Tu), 4:55(Th)

Location: US Taekwondo Center, Market Basket Plaza 232 S Main St, Middleton **Cost:** \$60 per session

YOUTH PROGRAMS

December Vacation Week

Tuesday, December 27th: Sky Zone and a Movie

Come meet us at the Liberty Tree Mall as we spend the morning jumping around at Sky Zone, eat lunch in the food court and then go to the AMC movie theater and watch a movie! Movie to TBA



Ages: 9-13 .

Time: 10:00am-3:00pm

Location: Liberty Tree Mall Food Court

Cost: Residents: \$50 Non-residents: \$60



Wednesday, December 28th: Ice Skating & Outdoor Adventure

Come show us your skill on the ice as we skate at the rink! After skating we will make our way back to Brooksby Farm to warm up with some hot cocoa, make a fire and roast marshmallows!

Ages: 7-13

Time: 9:00am-3:00pm

Location: Drop off: McVann Skating Rink (Lowell St.) Pick up: Brooksby Farm

Cost: Residents \$35 Non-residents \$40



Thursday, December 29th: Dodgeball Mania and Open Gym

Get your kids off the couch! We will get them running, dodging and laughing away the winter, stuck-in-the-house boredom blues with a high energy day of dodge ball and other active games.

Ages: 8-14

Time: 9:00am-3:00pm

Location: Higgins Middle School gym

Cost: Residents: \$35 Non-residents: \$40



Thursday, December 29th: Coco Keys Waterpark

Dreaming of warm summer fun? Send your kids with us to float down a lazy river, slide down some crazy water slides and have a blast splashing and swimming.

Ages: 7-12

Time: 9:00am-3:00pm

Location: Depart from Higgins Middle School

Cost: Residents: \$50 Non-residents: \$60

How to Register?

Online: www.peabodyrecreation.com

Mail or Drop off: 50 Farm Avenue Peabody, MA

FAX: (978)535-0483

Email : peabodyrecreation@gmail.com

YOUTH PROGRAMS

Early Release and No School Days

FALL FARM FEST

Back by popular demand. Fall is a beautiful time of year in New England, especially at Brooksby Farm. Drop your children off at Brooksby Farm and we will paint pumpkins, feed the animals, hike through the woods, and enjoy some fresh apple cider while going on a hayride through the orchards.

Thursday, October 20

Ages: 5-11 or in K-5th grade

Time: 1:00-4:00pm

Location: Brooksby Farm

Cost: \$ 25



BROOKSBY OUTDOOR ADVENTURE DAY



Who doesn't love a good adventure? Especially on a day off from school! Participants will enjoy the challenges of the ropes courses, explore the woods of beautiful Brooksby Farm, learn how to make a campfire and more. Pack a snack, lunch and plenty of water.

Tuesday, November 8

Ages: 9-13

Time: 9:00am-3:00pm

Location: Brooksby Farm

Cost: \$45

GINGERBREAD HOUSE WORKSHOPS

Making gingerbread houses is one of the highlights of the Holiday Season. Join us after school and we'll provide everything you need to create an edible masterpiece. Parents are welcome to drop their children off or stay and work with them. **Early registration recommended! (Space is limited)**

Monday, December 5th

Location: West Branch Library

Time: 1:30-2:30pm

Ages: 6-12

Cost: \$15

Tuesday, December 13th

Location: South Branch Library

Time: 3:30-4:30pm

Ages: 6-12

Cost: \$15



ADULT PROGRAMS

Health and Wellness

HATHA YOGA

Come turn inward, stretch, breath, and relax. In this yoga class you will be practicing yoga flow stretching into deep relaxation. Hatha yoga is a gentle basic practice, great for beginners.
A yoga mat is necessary.



Session 1:

Dates: Mondays, September 12– October 31 (No classes 10/3 & 10/10)
Cost: \$72 (6 classes)

Session 2:

Dates: Mondays, November 7 – December 19
Cost: \$84 (7 classes)

Location: Brown School Cafeteria

Time: 7:15-8:15PM

Instructor: Dot McKeen

MINDFUL MEDITATION –RELAXATION FOR THE MIND, BODY AND SPIRIT

Learn to relax and quiet the mind will make you feel better, cope with everyday stress and maintain better health. Explore, experience and discover the various types of mindful techniques and individualize a meditation and self-care practice that works best for you.
Students should bring a favorite journal and a pen.

Dates: Wednesdays, October 5-November 16 (No classes 10/12)

Cost: \$72 (6 classes)

Location: Brown School Library

Time: 7:00-8:00PM

Instructor: Dot McKeen

LET'S DO IT" TAEKWON-DO IT! TEENS AND ADULTS!

Taekwondo is not just for kids. Get out there and build self-confidence and body awareness while gaining strength, focus, and discipline. Under Master Han's guidance, students will discover the joy of teamwork and find leadership within themselves. Anyone can do it, Taekwon-Do it! Includes uniform and white belt testing promotion. *Rates are for new members only. One session per person.*



Dates: Mondays and Wednesdays OR Tuesdays and Thursdays

Fall Session 1: September 12-October 8

Fall Session 2: October 3-28

Fall Session 3: November 7-December 9

Time: 6:35 PM (Mondays) and 7:20 PM (Wednesdays) OR 7:20 PM (Tuesdays and Thursdays)

Location: US Taekwondo Center, Market Basket Plaza 232 S Main St, Middleton

Cost: \$60 per session

ADULT PROGRAMS

Health and Wellness

REIKI I CERTIFICATE PROGRAM

Reiki (Ray-kee) is a Japanese word meaning universal life energy. Reiki is an ancient, hands on healing technique that helps to elicit the relaxation response and assists in restoration of the mind-body balance. Reiki has a positive effect on all forms of illness includes minor things like head or stomach aches, colds, flu, tension and anxiety as well as serious illness like heart disease, cancer etc. The course outline includes the history of reiki, exploring the health benefits, understanding the chakra system and learning the specific hand patterns to give a reiki treatment for themselves and others.

Students will receive a Reiki I certificate of completion.

Limit: 4 Students. Directions will be sent to students at enrollment.

Date: Sunday, October 16

Time: 9:00AM-5:00PM

Cost: \$165/person (Includes reference book)

Location: "Your Healing Spirit" in Peabody

Instructors: Dot McKeen, Usui and Karuna Reiki Master Teacher

Art Classes

A Walk in the Park

This scene in include all the beautiful colors of fall. A walk in the park learning to paint trees, people and a park bench. A great painting to display every fall season. Students choose the size and shape of canvas. Using acrylic paints and fall colors of choice. .

Dates: Tuesdays, September 13 - October 18

Location: South Branch library

Time: 6:30 - 8:30PM

Instructor: Jeanette Lerner

Cost: \$72 (*plus materials*)



A Walk in the Park

Painting on Wood

In this session students will have the freedom to paint on a variety of wooden items. Feel free to bring in items you may have already or new wooden items. Everything from a barrel stave to a wooden box to signs. Make holiday gifts or sell your artwork at fairs. The instructor will provide ideas and instruction.

Dates: Tuesdays, November 1 - December 13 (No class 11/8)

Location: South Branch Library

Time: 6:30-8:30PM

Instructor: Jeanette Lerner

Cost: \$72 (*plus materials*)

All levels of painters are welcome!

Join our email list to receive updates and information about our programs.

Go to www.peabodyrecreation.com to sign up today!

FAMILY PROGRAMS

LET'S DO IT" TAEKWON-DO IT! TEENS AND ADULTS!

What better family activity is there than Taekwondo! Together you can build self-confidence and body awareness while gaining strength, focus, and discipline. Under Master Han's guidance, you will work as a team and find that leadership within yourself. Together mom, dad, and the kids can do it, Taekwon-Do it! Includes uniform and white belt testing promotion.

Rates are for new members only. One session per family.



Dates: Mondays and Wednesdays

Fall Session 1: September 12-October 8

Fall Session 2: October 3-28

Fall Session 3: November 7-December 9

Ages: 3 to Adults

Time: 5:50PM

Location: US Taekwondo Center, Market Basket Plaza 232 S Main St, Middleton

Cost: \$120 per family

FENCERS CLUB

Come and learn with the best! Fencing promotes physical fitness, the ability to develop strategy and concentration as well as try to camaraderie and respect. Classes are free to start. It is unique in the fencing world because it is an all volunteer organization available to anyone interested in the sport. Founded in the 1960's by Joey Pechinsky, it is lead by a team of accomplished fencers who donate their time each week as coaches. Joining the club entitles you to two nights of fencing in addition to the lessons, use of club equipment, and private lessons. Tanner City Fencers Club has 7 trained coaches. In addition, informal instruction is always available from other members. There is no floor fee, but the nominal yearly membership dues help defray equipment costs.

Ages: All ages welcome

Dates: Tuesday and Wednesdays September 6 - June 14—Registration is ON GOING!

Time: 7:00pm

Location: Higgins Middle School Cafeteria

Cost: FREE! If you find that you want to continue after 2 weeks of lessons, then you are asked to join the Tanner City Fencers Club for a nominal fee.

Contact: Tanner City Fencing Club, (781) 275- 0864

www.tannercityfencersclub.com

Toppsfield & Fair

September 30—October 10, 2016

Admission: **\$9.00**

(Regularly \$11.00 weekday & \$15.00 weekend)

Ride Tickets: **10 Rides for \$24.00**

Food vouchers: **\$6.00 for \$8.00 of food** *Select Vendors only*

**Purchase tickets in person at Recreation Office at 50 Farm Avenue
From September 7-29**





PEABODY

RECREATION, PARKS & FORESTRY

We are proud to be a
Playful City USA
community!



STAFF DIRECTORY

Jennifer Davis *Director Recreation, Parks & Forestry*

Ann Gray *Recreation Program Supervisor*

Maureen Sammon *Outdoor Education Coordinator*

Brian Grant *Park and Forestry Superintendent*

Sally Ledbury *Principal Clerk*

OFFICE HOURS

Monday-Thursday 8am-4pm

Fridays: 8am-12:30pm

50 Farm Ave Peabody, MA 01960

Office: 978.536.7130 Fax: 978.535.0483

Email: peabodyrecreation@gmail.com

www.peabodyrecreation.com

New York City for the Holidays!

Shopping and Sightseeing

*At last... a chance for you to get away to New York City! The Big Apple!
Do some holiday shopping, go sightseeing, visit a museum or catch a Broadway show!*



DECEMBER 10, 2016

- ◇ **COST:** \$74 per person
- ◇ **DEPARTURE TIME:** 6:30am
- ◇ **DEPART FROM:** Peabody Senior Center at 79 Central St.
- ◇ **TOUR RETURNS:** 11:00pm (bus leaves NYC at 6:30pm)
- ◇ **TOUR INCLUDES:** Luxury Silver Fox CD/DVD/WiFi Motor Coach ~ New York City Map & Attractions List

For reservations please contact

Peabody Recreation Department (978)536-7130 or peabodyrecreation@gmail.com

www.peabodyrecreation.com

See what Brooksby Farm has to offer this fall!



- ◇ **APPLES AND PEACHES AND PEARS, OH MY!**
- ◇ **CIDER, FRESH MADE DOUGHNUTS AND PIES**
- ◇ **JAMS, JELLYS, DRESSINGS AND HONEY**
- ◇ **PUMPKINS AND DECORATIVE GOURDS FOR THE HARVEST SEASON**
- ◇ **LOCAL PRODUCE FOR ALL YOUR RECIPIES**

A trip to Brooksby Farm is sure to make your home and your cupboard more festive for Halloween, Thanksgiving, and the December holiday season!



Visit us online at www.brooksbyfarm.org Or give us a call at (978)-531-7456