



2014 SPRING & SUMMER PROGRAMS

*** * REGISTRATION BEGINS THURSDAY, APRIL 3, 2014 * ***
*** * AT THE RECREATION OFFICE (9am – 5pm) * * UNLESS OTHERWISE NOTED * ***

PRESCHOOL

ASD Athletics Program - Ages 3 – 6 yrs.

(Autism Spectrum Disorder)

Tuesday - Friday, April 22 – 25 (April Vacation Week)

1:00pm – 2:00pm ~ \$45 per parent/child pair

This class provides an engaging, diverse and fun athletics program for those with intellectual and developmental disabilities. Participants will be engaged in a program that emphasizes creative play, along with teaching different aspects of art, math, nature, science, and social studies. Classes will be held at the Academy Building in Cushing Memorial Park.



Baby Ballet - Ages 3-5 yrs.

Tuesdays, April 29 – June 3 ~ 3:30 – 4:15pm ~ \$60 per child

Class will be held at the Academy Bldg. in Cushing Memorial Park.



Bricks Building Class - Ages 3-5

Saturdays, May 3 – June 28 (no class 5/24)

10:30 – 11:30am ~ \$60 per child

In these fun, hands-on classes, participant use our unique Bricks 4 Kidz model plans and Duplo/LEGO bricks to create sailboat, goat, ice cream cone and more. A new project will be built each week. Class will be held at Edward Church Hall Building, 39 Edwards Street, Framingham. For additional classes, please call 508.735.0534.

Creative Music, Movement, & Dance Class - Ages 2 – 4 yrs.

Mondays, April 28 – June 9 (no class 5/26)

10:30am – 11:15am ~ \$65 per child/parent unit

Each week your teacher will create a class filled with stretches, music, games, dances and activities. Your teacher will use scarves, ribbons, musical instruments and a parachute to encourage self-expression, movement, gross motor development and fun! Classes will be held at the Academy Building in Cushing Memorial Park.

Micro Athletics - Ages 2 - 4

Mondays, April 28 – June 9 (no class 5/26)

9:30-10:15am ~ \$65 per child

This program is designed to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Each class your child will play a myriad of different, skill enhancing athletic activities and games. Your child will be active and having fun while developing a passion for play that will stay with them! Sneakers are required. Classes will be held at the Academy Building in Cushing Memorial Park.



Pre-School Playgroups - Ages 1 – 5yrs.

Week of April 7 – June 5 from 9:45am – 11:15am (no class week of 4/21)

Tuesday – Sibling Class for ages 1 - 4 (parents most stay with 1 yr olds) Wednesday for age 2 ½ - 3 ½ ~ Thursday for ages 3 ½ - 5

\$32 per child ~ ~ Proof of age REQUIRED @ registration! (1yrs. by 9/1/13)

Class held at Cushing Bldg. at Cushing Memorial Park. Please enter Park through the Keefe Tech. entrance on Winter Street.

Pre-School Soccer - Ages 4 – 5 yrs.

Fridays, March 28 – May 2 ~ 10:00am – 10:45am ~ \$65 per child

Please call Suburban Athletic Club at 508.879.6544 for more info. and to register.



Skyhawks MiniHawk Sports Clinic - Ages 4 – 6 yrs.

Monday - Thursday, July 21 – July 24 (7/25 rain day if needed) ~ **OR** ~

Monday – Thursday, August 11 – August 14 (8/15 rain day if needed)

9:00am – 12:00pm ~ \$90 per child per session

Clinic will be held at the Long's Field Complex on Dudley Rd.



Start Smart Baseball - Ages 3 – 5 yrs.

Saturdays, May 10 – June 14 (no class 5/24)

9:00am – 10:00am **OR** 10:00am – 11:00am

\$55 per child ~ ~ Parent MUST participate with child.

Class will be held at the Hemenway School baseball field. Focus is on fundamentals and proper techniques. Children keep their equipment.



YOUTH PROGRAMS

Adventures in Space - Grades 1 – 5

Monday – Thursday, July 28 – July 31 ~ 9:00am – 12:00pm ~ \$80 per child

Learn about flying, how rockets work, and find out what it is like to live and work in space! You will also design your own space station and build and launch your own model rocket! Class will be held at the Academy Building in Cushing Memorial Park.

Aikido - Ages 8 – 14 yrs.

Saturdays, April 26 – June 7 (No class May 24)

10:15am – 11:15am ~ \$45 per child

Class held at Framingham Aikikai, 61 Fountain St.

Archery - Ages 9 – 16yrs.

Thursdays, May 29 – June 19

4:00pm – 5:00pm ~ \$80 per child

A fun and unique activity! Learn the fundamentals of archery; including safety, skill technique, range procedures, scoring, and fun competition. Classes held at Galvani Field.



3 on 3 Basketball Tournament - Grades 5 – 8

Saturday, May 10 ~ 9:30am – 3:00pm

\$25 per team – up to 4 players

For more information call Kim at the Boys & Girls Clubs of Metrowest at 508.620.7145



Basketball Clinic - Ages 7 – 16 (girls) & 7 – 15 (boys)

June 23 – June 26 from 9:00am – 3:00pm

\$95 per child ~ Clinic held at Framingham High School.



Beginner Ballet - Ages 5 – 7 yrs.

Tuesdays, April 29 – June 30 ~ 4:30pm – 5:15pm ~ \$60 per child

Class will be held at the Academy Bldg. at Cushing Memorial Park.

Bricks and Motors Engineering Class - Ages 6-8

Thursdays, May 1 – June 19

4:00 – 5:00pm ~ \$65 per child

This is a hands-on class where participants build unique, machines, vehicles and other moving structures out of LEGO Technic Bricks and our own unique Bricks 4 Kidz model plans. Classes will be held at Edward Church Hall Building, 39 Edwards Street, Framingham. For additional classes, please call 508.735.0534.

Fitness Training Program - Ages 8 – 14yrs.

Wednesdays, April 16 – May 28 (no class 4/23)

6:00 – 7:00pm ~ \$65 per child

This program will include dynamic cross training activities that will improve the participants fitness, agility, stamina, and muscle conditioning. Classes will be held at Bowditch Field.



Flyer Football Clinic - Ages 8 – 16 yrs.

Tony Gonzalez Skills Clinic (no contact)

July 7 – 10 (7/11 rain day if needed)

9:00am – 12:00pm ~ \$90 per child

Clinic held at the Framingham HS turf field.



Intermediate Ballet - Ages 6 - 9 yrs.

Tuesdays, April 29 – June 30

5:30-6:30pm ~ \$65 per child

Participants MUST have taken our Beginner Ballet class prior to enrolling in this class. Class will be held at the Academy Bldg. in Cushing Memorial Park.

Karate & Practical Self Defense- Ages 6 – 12+ yrs.

Wednesdays, April 16 – May 28 (no class 4/23) ~ \$70 per child

6:00pm – 6:45pm – Ages 6 – 11 yrs ~ 7:00pm – 7:45pm – Ages 12+

\$70 per child ~ Class held at Nick Cerio's Studio, 885 Waverly Street.



Kids Golf - Ages 7 – 12 yrs.

Tuesdays, April 29 – May 20

4:00pm – 5:00pm ~ \$120 per child – equipment supplied

Class held at Southborough Golf & Learning Center, 20 Turnpike Rd, Southborough.

Additional Summer programs TBA.

McCarthy Day Center

Special Needs Day Center. Activities encourage social interaction and emotional development. Call Recreation Office in early May for additional information. Appointment needed for first year campers.

My 1st First Aid Class - Ages 8 – 11 yrs.

Wednesday, August 20 ~ 4:00pm – 6:00pm ~ \$35 per child

Kids will learn simple & effective techniques to respond in an emergency. Class will be held at the Academy Bldg. at Cushing Memorial Park.

PAL Gym Schedule - Grades 6 – 12

Mondays – 6:45pm-9:00pm – Danforth Gym

Wednesdays – 6:45pm-9:00pm – Danforth Gym

Thursdays – 6:45pm-9:00pm – Danforth Gym

Friday – 7:00pm-9:00pm – Danforth Gym

Sundays – 6:00pm-9:00pm – Danforth Gym



Robotics 101 - Ages 9-14

Thursdays, May 1 – June 19

4:00 – 5:30pm ~ \$80 per child.

The hottest selling LEGO brand, Mindstorms combines classic LEGO building with Bricks 4 Kidz unique models, using motors, sensors and software. You'll learn how to design and program 'bots that can perform all kinds of tasks. Classes held at Edward Church Hall Building, 39 Edwards Street, Framingham. For additional classes, please call 508.735.0534.

Skyhawks Flag Football Clinic - Ages 7 – 14 yrs.

Monday – Thursday, July 21 – 24 ~ (7/25 rain day if needed)

9:00am – 12:00pm ~ \$90 per child

Clinic will be held at the Long's Field Complex on Dudley Rd.

Skyhawks Co-Ed Lacrosse Clinic - Ages 7 – 10 yrs.

Monday – Thursday, August 11 – 14 ~ (8/15 rain day if needed)

9:00am – 12:00pm ~ \$90 per child

Clinic will be held at the Long's Field Complex on Dudley Rd.



Skyline

Programs for persons with disabilities. Please call 508-647-6530 for more info.

Soccer Clinic - Ages 5 – 13 yrs.

Session I – April 22 – 25 ~ Inside @ Barbieri School (school break week)

(please use school door #18)

**** Registration for Session I begins on Monday, March 24th ****

Session II – July 7 – 10 (7/11 rain day if needed) ~ Outside @ Long's Field

Session III – August 4 – 7 (8/8 rain day if needed) ~ Outside @ Long's Field

9:00am – 12:00pm ~ \$90 per child per session



Come for Session I of the Soccer Clinic and Stay for the Athletic Games Clinic!

Pack a lunch! Supervision will be provided for those children who choose to attend both clinics!

Athletic Games Clinic - Ages 5 – 13 yrs.

Tuesday, April 22 – Friday, April 25 (school break week)

12:30pm – 3:00pm ~ \$90 per child

Knucklebones Staff brings the fun with this unique class! Playing athletic games from all over the world including Castle Ball, Gaga, Kinball, Capture the Flag Universe, and Guards. Traditional games such as Kickball and Basketball will also be played.

Held at the Barbieri School Gym – please use school door #18.

**** Registration begins on Monday, March 24th ****

Social Netiquette - Ages 10 – 12yrs.

Wednesday, August 20 ~ 1:00pm – 3:00pm ~ \$35 per child

This program is designed to teach attendees how to make safe choices regarding social networking. Focus is on staying safe and protecting identity as youth regularly navigate through online social networks. Class held at the Academy Bldg. at Cushing Memorial Park.

Softball Clinic - Ages 7 – 14yrs.

Monday – Thursday, July 14 – 18 (7/19 rain day if needed)

9:00am – 12:00pm ~ \$90 per child

Skill building sessions will cover all aspects of the game.

Classes will be held at Merloni Field (behind Loring Arena).



Supervised Playgrounds - Ages 5 – 13 yrs.

Monday – Fridays ~ July 7 – August 15

9:30am – 11:30am at Mary Dennison Park

1:00pm – 3:00pm at Danforth Park

Informal, supervised structure will include games and crafts. This program is free to residents. Register on site.



**** * ALL RECREATION PROGRAMS ARE NON-REFUNDABLE ~ CLASSES ARE LIMITED & BASED ON A FIRST COME FIRST SERVED BASIS * ****
REGISTER EARLY!

ADULT PROGRAMS

Adult Aikido - Ages 15 – Adult

Saturdays, April 26 – June 7 (No class May 24)
11:30am – 12:30pm ~ \$50 per person
Class held at Framingham Aikikai, 61 Fountain St.

Adult Golf Lessons

Tuesdays, April 29 – May 20 ~ 6:00pm - 7:00pm
\$120 per person ~ equipment supplied ~ Class held at Southborough Golf & Learning Center's Golf Range, 20 Turnpike Rd, Southborough.

Basic Doggie Good Manners

Mondays, April 28 – June 23 ~ 7:30-8:30pm ~ \$120 per canine/human pair
For dogs and puppies over the age of 20 weeks. Topics include attention, sit, down, come, loose leash walking, greetings, wait, stay, leave it, give, and take. Class will be held at the Academy Building in Cushing Memorial Park.

Framingham High School Fitness Center

Open Monday – Thursday from 5:00pm – 7:30pm ~ \$20 per month / per person
Strength-training and cardiovascular equipment are avail. at this wonderful facility. For more information, please contact Mike Bissanti at 508-620-4963 x27493.

Heart Saver First Aid & CPR

Wednesday, August 20 ~ 6:00pm – 9:00pm ~ \$65 per person
American Heart Association Certificate – good for 2 years. First aid, Medical emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, & Pediatric CPR will be covered. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Class will be held at the Academy Building at Cushing Memorial Park.

Ladies Golf Clinic

Wednesdays, April 30 – May 21 ~ 9:00am – Noon ~ \$120 per person
Class includes 1 hour of instruction, 5 holes of golf on course, and lunch. Class held at Millwood Golf Course, 175 Millwood Street, Framingham.

Men's 'Over 40' Basketball League

Monday evenings at the Long's Field Basketball Court. ~ Full Teams Only ~ End of May – July. Uniforms & referees supplied. Deadline May 5th. \$450 per team
Contact Rich at 508-320-6543 or celticsp1@aol.com for more information.

Men's Slow Pitch Softball

\$575 (team registration only) ~ League plays May through August.

Open Gym Schedule

Danforth Gym ~ ~ Basketball Court Only ~ \$2 per person
Tuesdays – 5:30pm-8:00pm * Sat. – 3:30pm-7:00pm * Sun. – 12:00pm-3:00pm

Puppy 101

Mondays, April 28 – May 19 ~ 6:30-7:15pm ~ \$60 per canine/human pair
For puppies between the ages of 10 & 20 weeks old. Topics include house training, nipping, jumping, basic obedience and socialization. Puppies MUST have received their first 2 DHLPP Vaccinations. Class will be held at the Academy Building in Cushing Memorial Park.

Tai Chi

Tuesdays, April 29 – June 3
7:45am – 8:45am ~ \$60 per person
Early morning stretching and increasing your Chi (energy) will help you find balance throughout the day. Classes will be held at Edward Church Hall Building, 39 Edwards Street, Framingham.

Tennis Lessons

Monday – Beginner ~ Tuesday – Advanced Beginner
Wednesday **OR** Thursday - Low Intermediate
Week of April 28 – Week of June 5 ~ \$75 per person
6:30pm – 8:00pm ~ Class held at Bowditch Courts - Enter on Walnut Street

Water Aerobics

Longfellow Athletic Club is offering a workout that provides a combination of cardiovascular training, muscle endurance, flexibility, and core strengthening in shallow or deep water. Please call Jane at 508.653.4633 for more information and class times.

Yoga

Mondays, March 31 – May 19 (no class 4/21)
6:00pm – 7:00pm ~ \$55 per adult (\$60 Non-Residents)
Classes will be held at the Brophy School gym.
** Registration for this session begins March 24th **

Zumba Gold

Mondays, March 31 – May 19
7:00 – 8:00pm ~ \$35 per adult (\$40 Non-residents)
This is a low-impact class designed to be fun, yet effective. Appropriate for any dance or fitness level. Classes held at Brophy School Gym.
** Registration for this session begins March 24th **

SENIOR PROGRAMS

Play Pickleball

Ongoing Classes at The Longfellow Club in Wayland ~ First session is FREE!
\$10 per person. Please call 508-358-7355 to reserve a court or ask about lessons!

Senior Citizen Exercise

Ongoing Classes at the Callahan Center
Tuesdays 10:00am – 10:45am ~ No Fee!
Additional classes have been arranged at Focus on Fitness, 63 Fountain St. Class held on Wed. at 10:30am. \$5.00 per class.

Senior Softball

Age 55 & Over ~ Weeknight & Weekend League Play, Various Levels Available
www.emass-seniorsoftball.com
Contact Gerry Yaffe at 508-877-7244 or gyaffe@aol.com

Join our "Notify Me" mailing list to receive Parks & Recreation News, Updates, Announcements & Cancellations!
www.framinghamma.gov/list.aspx

* REGISTRATION BEGINS THURSDAY, APRIL 3, 2014 *
* AT THE RECREATION OFFICE (9am – 5pm) * UNLESS OTHERWISE NOTED *

ALL CLASSES ARE LIMITED AND BASED ON A FIRST COME FIRST SERVED BASIS - ALL PROGRAMS ARE NON-REFUNDABLE - REGISTER EARLY!

Residents Register on first day of Registration, Non-Residents the next day if space is available.
Online reservation included. All services and fees are subject to change based on budget appropriations. Spanish & Portuguese translations available at the Parks & Recreation Dept.

The Town of Framingham intends to comply with the Americans With Disabilities Act, if you need a reasonable modification of policies, auxiliary aides, or services. Please contact us at least two weeks before the event or as soon as possible.

For more information on any recreation programs call:
Dan Avery, Elaine Intze or Trisha Powell at 508-532-5960

~ Dedicated to Excellence in Public Service ~

Summer Recreation Centers - Ages 5 – 13 yrs.

Session I – July 7 – July 18
Session II – July 21 – August 1
Session III – August 4 – August 15

9:00am – 3:30pm ~ \$240 per child per session
** **Please Note** – Centers are located at **Barbieri** and **Potter Road** Schools.
HOWEVER, location may change due to school availability. **

Register at the Academy Bldg. in Cushing Memorial Park on Thursday, April 10th from 5:30pm – 6:30pm.

Swim Lessons at the Town Beaches - Ages 3 – 18 yrs.

Session I – July 7 – July 16 ~ Register June 27 from 9:30-10:30am
Session II – July 28 – August 6 ~ Register July 18 from 9:30-10:30am
\$35 per child per session ~ **Register at the office on the dates above.**

Swim Team - Ages 6 – 18 yrs.

Practice times TBA ~ \$110 per swimmer

Register at the Academy Bldg. at Cushing Memorial Park on Tuesday, May 13th from 5:30pm – 6:30pm.

Taekwondo for Beginners - Ages 4 – 6 yrs.

Mondays, April 28 – June 9 (no class 5/26)
3:30pm – 4:15pm ~ \$75 per child ~ Class held at Baystate Taekwondo Academy, 25 School St. Fram. Class for first time beginners only. We ask that children who would like to repeat the class to please wait until April 22nd to register if space is avail.

Therapeutic Riding Lessons - Ages 2 – 16 years

Half-hour private riding lessons at Lil Folk Farm in Holliston. We welcome children with all ranges of disabilities. Please e-mail Nancy at lilfolkfarm@verizon.net to schedule an Intake Evaluation. Your class time will be established once this is completed. Please visit www.lilfolkfarm.com for more information.

Track Clinic - Ages 8 – 14 yrs.

Mondays, April 14 – May 27 (no clinic April 21 or May 26, but will meet on May 27)
6:00pm – 7:00pm ~ \$30 per child ~ Clinic is held at Bowditch Field.

Tennis Lessons - Ages 5 – 17 yrs.

Monday - Thursday– July 7 – August 7
9:15am for age 5 – 8 yrs. ~ 10:15am for age 9 – 12 yrs. ~ 11:15am for age 13 – 17 yrs.
\$50 per child for 6 classes (additional classes \$10 each)
Class held at the Bowditch Tennis Courts.

Tennis Clinic - Ages 5 – 17 yrs.

August 11 – 14 (8/15 rain day if needed)
9:00am – 12:00pm ~ \$100 per child
Clinic will be held at the Bowditch Tennis Courts.

Weight Lifting - Grades 7 – 12

July 7 – August 7 (Mondays – Thursdays) Subject to change.
7:00am – 9:00am @ Framingham High ~ ~ Register onsite.

FAMILY PROGRAMS

Adult & Family Trips

April 30 – May 2 – Atlantic City May 29 – Foxwoods

Adult & Children Art Classes - Open House March 28th

Please call Framed In Time for more information at 508.405.1792

An EGGciting Event

At Cushing Memorial Park
Saturday, April 19 at 9:30am
(rain, snow, or shine)
Ages 3 – 12 yrs. - \$5 per child
- REGISTER NOW! -

Meet the Bunny at the Cushing Building and help collect eggs! Egg hunt, games, crafts, and prizes!
A great family event for Framingham residents! Sponsored by TD Bank.
Must pre-register no later than Tuesday, April 15th.

Bowditch & Winch Park Tennis Court Lights

End of May – Mid-October from dusk to 10:00pm

Bowditch Family & Movie Night!

Thursday, August 21 ~ Family night begins at 6:00pm ~ Movie to follow at Sunset
Come out to Bowditch field for a fun filled family night. Family friendly games and activities will be provided before the movie. This event is FREE to all Framingham residents.

Concerts on the Green

Fridays, June 20 – August 8 ~ 6:30pm – 8:30pm
Watch for our concert line-up on our website in late May!

DCR Parks Pass

This pass entitles the bearer to free parking for one vehicle at over 50 facilities in the Massachusetts State Parks systems that charge a day-use parking fee. (parks listed at www.mass.gov/dcr.) Framingham Residents can reserve the pass, 7 days in advance, by leaving a \$35 refundable deposit. Passes will be issued on a first come first serve basis.

Public Skate

Ongoing – April 11, 2014
Mon. – 10am-2:00pm * Tues.- Fri. – 10am-Noon * Sat. & Sun. – 2:00-3:45pm
\$5 per adult/\$3 ages 12 and under
Stick Time: (Helmets Required!) Tues.- Fri. – 12:00 – 2:00pm * \$7 per person
Call Loring Arena at 508-532-5950 for more information.

Public Town Beaches

Open June 19 – August 14 ~ 10:00am – 7:00pm

Learned Pond ~ Lake Waushakum ~ Saxonville Beach

Beach Tags go on sale, June 16 at the Parks & Rec. Office, from 10:00am – 4:00pm.
\$15 per resident / \$40 Maximum per resident family, Non-Res. rates avail.

Self Defense for College Entries

Heading off to college? This class is for you. Learn to protect yourself. Classes offered in June, July, and Aug. Call Nick Cerio's Studio, 885 Waverly St. at 508.879.6494 for more info.

SMART 911

Be Smart About Safety. The Framingham Police Dept. encourages all residents to sign up their families at www.smart911.com to be better protected in case of an emergency.

Track Meets - All Ages - Sponsored by the Greater Framingham Track Club

Wednesdays, June 4 – August 13
5:30pm at the Bowditch Field Track ~ Register onsite each week.

Bowditch Event

MetroFest: Cultural & Food Truck Festival

Saturday, September 20 ~ Bowditch Field

This first region-wide festival will showcase music, dance, and visual arts from more than 15 towns and many cultures. Enjoy headliner music performances and more than 20 offerings from Food Truck Festivals of New England! Stay tuned for more information!