# Framingham Parks, Recreation and Cultural Affairs

PARKS & RECREATION
TOWN OF FRAMINGHAM, MA

**Register Online:**
**www.FraminghamRec.com**

475 Union Ave.
Framingham MA 01702
Telephone 508- 532-5960

# 2016 SPRING & SUMMER PROGRAMS

## * * REGISTRATION BEGINS THURSDAY, MARCH 31, 2016 * *
## AT 9:00am ONLINE @ www.FraminghamRec.com * * UNLESS OTHERWISE NOTED

The Framingham Parks & Recreation Department is proud to have our activity registration system and website. This program will allow you to streamline the registration process, eliminate repeat registration forms, give the ability to use credit & debit cards, and give you the freedom to register for programs after normal business hours, from home, or on the go!

**Create an Account at www.framinghamrec.com** with all your household information as soon as possible. By doing this, you'll be able to provide us with emergency contacts, allergy/medical information & more so we can serve you better. Please add all of your household members to the account. Your new household account will provide you with registration history, financial history and much more.

All of our programs will be offered in real time and 100% of our spaces are available for all programs (unless otherwise noted) on a first-come, first-served basis. Therefore, programs will only be kept in your 'shopping cart' for a maximum of 15 minutes before they are released for someone else to take advantage of. **All programs are non-refundable**.

You may still come into the office to register for our programs if you prefer, but we will need everyone to create an account. We have a kiosk available for you to do it yourself and staff members will be on hand to walk you through the process.

When you're ready to fill out a registration form for **activities**, be sure to review the **How to Register for an Activity** page.

## PRESCHOOL PROGRAMS

**Baby Ballet** - Ages 3-5 yrs.
Tuesdays, May 3 – June 21 ~ 3:30 – 4:15pm ~ $68 per child
Class will be held at the Academy Bldg. in Cushing Memorial Park.

**Literacise** - Ages 2 – 4 yrs.
Wednesdays, May 4 – June 8
9:30am – 10:15am ~ $70 per child
Reading & Exercise! Two important needs in a child's life. This class will focus on both. Each week the teacher will read aloud a book, create an athletic activity that coincides with the book's theme, and free-play with a diverse mix of products. Through this program, your child will develop a joy of reading while working on motor and social skills. Sneakers are required. Classes will be held at the Academy Building in Cushing Memorial Park.

**Micro Wheels** - Ages 2 - 4
Wednesdays, May 4 – June 8
10:30-11:15am ~~ $70 per child
This program is designed to enhance the gross motor skills and fundamentals of riding a bicycle! Each class will introduce a new activity involving wheeled vehicles such as scooter boards, three wheeled scooters, balance bikes, and finally progressing to a bicycle. Class will also include an array of games and activities to help keep your determined drivers develop the skills needed to ride safely and successfully! Sneakers are required. Classes will be held at the Academy Building in Cushing Memorial Park.

**Pre-School Playgroups** - Ages 2 ½ – 5yrs.
Week of March 30 – June 2 from 9:45am – 11:15am (no class week of 4/18)
Wednesday for age 2 ½ - 3 ½ ~ Thursday for ages 3 ½ - 5
$36 per child ~ ~ Proof of age REQUIRED @ registration!
Class held at Cushing Bldg. at Cushing Memorial Park. Please enter Park through the Keefe Tech. entrance on Winter Street.

**Scientist at Work - Ages 2 – 4**
Tuesdays, April 26 – May 31
10:00am – 10:45am ~~ $38 per child
Children are naturally curious and ask questions about the world around them. We will teach simple science concepts using familiar materials that will build on the young child's natural interests. Through the class, we will conduct experiments and show cause and effect. Come and join us! Class will be held at the Academy Bldg. in Cushing Memorial Park.

**Start Smart Baseball** - Ages 3 – 5 yrs.
Saturdays, May 7 – June 11 (no class 5/28)
9:00am – 10:00am **OR** 10:00am – 11:00am
$58 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.

**Tiny Trotters Riding Program** - Ages 4-6 yrs.
This is a learn to ride program, develop horsemanship skills and learn about farm animals. Classes held at Lil Folk Farm, Holliston. For more info. and to register, please visit their website at www.lilfolkfarm.com

**Thundercat Co-Ed Kiddie Cat Jam Sports Clinic** - Ages 4 – 6 yrs.
Monday - Thursday, July 18 – July 21 (7/22 rain day if needed) **~ OR ~**
Monday – Thursday, August 8 – August 11 (8/12 rain day if needed)
9:00am – 12:00pm ~ $88 per child per session
Soccer, as well as t-ball, basketball, hockey, kickball, and other activities will be played. Emphasis will be on basic skills, developing hand-eye coordination, teamwork and FUN! Clinic will be held at the Long's Field Complex on Dudley Rd.

## YOUTH PROGRAMS

**Adventures in Space** - Grades 1 – 5
Monday – Thursday, August 1 - 4 (8/5 rain day if needed)
9:00am – 12:00pm ~ $88 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 Bowditch Field.

**Aikido** - Ages 8 – 14 yrs.
Saturdays, April 23 – June 4 (No class May 28) ~ 10:15am – 11:15am ~ $53 per child
Class held at Framingham Aikikai, 61 Fountain St.

**Archery** - Ages 10 – 15yrs.
Thursdays, May 19 – June 9 **~ OR ~** Monday – Thursday, August 15 – 18
4:15pm – 5:15pm ~ $91 per child
A fun and unique activity! Learn the fundamentals of archery; including safety, skill technique, range procedures, and scoring. Classes held on Harvey Cushing Way.

**Basketball Clinic** - Grades 1 - 10
June 27 – June 30 from 9:00am – 3:00pm
$98 per child ~ Clinic held at Framingham High School.

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

**Beginner Ballet I** - Ages 5 – 7 yrs.
Tuesdays, May 3 – June 21 ~ 4:30pm – 5:15pm ~ $68 per child
It is recommended that children take at least 2 sessions of Beginner Ballet I prior to moving onto Beginner Ballet II by the recommendation of the instructor. Class will be held at the Academy Bldg. at Cushing Memorial Park.

**Beginner Ballet II** - Ages 6 - 8 yrs.
Tuesdays, May 3 – June 21 ~ 5:30-6:15pm ~~ $68 per child
It is recommended that children take at least 2 sessions of Beginner Ballet II prior to moving onto Intermediate Ballet (avail. in the Fall) by the recommendation of the instructor. Class will be held at the Academy Bldg. in Cushing Memorial Park.

**Ballet Clinic** - Ages 5 - 8 yrs.
Monday – Thursday, August 22 – 25 ~~ 9:00am – Noon ~~ $90 per child
This clinic will help develop the student's love for dance. Different concepts and routines will be taught. Class will be held at the Academy Building in Cushing Memorial Park.

**Drama Kids - Ages 5 - 11yrs**
Thursdays, April 7 – June 9 (no class April 21)
4:45-6:00pm ~~ 9 weeks $125 per child
ACT UP with PURPOSE! Develop your SPEAKING skills, learn to EXPRESS yourself, build your CONFIDENCE and have FUN! Drama Kids will help your child develop the skills they need to succeed in school and in everyday activities. This session we will work on a original play to be presented to friends and family! Class will be held at the Academy Building in Cushing Memorial Park.

**Fitness Training Program** - Ages 8 – 14 yrs.
Wednesdays, May 18 – June 22 ~~ 6:00 – 7:00pm ~ $70 per child
This program will include dynamic cross training activities that will improve fitness, agility, stamina, and muscle conditioning. Classes will be held at Bowditch Field.

**Home Alone Safety** - Ages 8 – 11 yrs.
Tuesday, August 2
2:00pm – 4:00pm ~~ $48 per child
Class held at the Office Building at Bowditch Field.

**Karate & Practical Self Defense**- Ages 6 – 12+ yrs.
Wednesdays, April 27 – June 1
6:00pm – 6:45pm – Ages 6 – 11 yrs ~ 7:00pm – 7:45pm – Ages 12+
$73 per child ~ Class held at Nick Cerio's Studio, 885 Waverly Street.

**Kids Golf** - Ages 7 – 12 yrs.
Tuesdays, April 26 – May 24
4:00pm - 5:00pm ~ $123 per child ~ equipment supplied
Class held at Southborough Golf & Learning Center, 20 Turnpike Rd, Southborough.

**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.

**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

**Social Netiquette** - Ages 10 – 12yrs.
Tuesday, August 2 ~ 4:00pm – 6:00pm ~ $48 per child
Designed to teach attendees how to make safe choices regarding social networking. Focus is on staying safe and protecting identity. Class held at the Office Building at Bowditch Field.

**Soccer Clinic** - Ages 5 – 13 yrs.
Session I – April 19 – 22 ~ Inside @ Barbieri School (school break week)
(please use school door #18)
*** Registration for Session I begins on Monday, March 7th ***
Session II – July 11 – 14 (7/15 rain day if needed) ~ Outside @ Long's Field
Session III – August 1 – 4 (8/5 rain day if needed) ~ Outside @ Long's Field
9:00am – 12:00pm ~ $98 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 19 – Friday, April 22 (school break week)
12:30pm – 3:00pm ~ $93 per child
Traditional backyard/playground games such as kickball, basketball, capture the flag will be played as well as other fun games from around the world.
Held at the Barbieri School Gym – please use school door #18.
*** Registration begins on Monday, March 7th ***

**Swim Lessons at the Town Beaches** - Ages 3 – 18 yrs.
Session I – July 5 – July 14 ~ Registration begins June 27 online
Session II – July 25 – August 3 ~ Registration begins July 18 online
$38 per child per session

# Summer Recreation Centers - Ages 5 – 13 yrs.

**Session I** – Tuesday, July 5 – Friday, July 15 ~ $240 per child
**Session II** – Monday, July 18 – Friday, July 29 ~ $260 per child
**Session III** – Monday, August 1 – Friday, August 12 ~ $260 per child
**Session IV** – Monday August 15 – Friday, August 19 ~ $135 per child (ACADEMY LOCATION ONLY)

- Centers are located at ACADEMY BLDG IN CUSHING PARK & POTTER ROAD SCHOOL
- Extended Day program available from 8:30am – 5:00pm for $55 PER WEEK/PER CHILD
- Extended Day program available at Academy Location Only
- Parents are responsible for transportation to and from Centers
- 1:7 Leader to Child Ratio

**Centers run from 9:00am – 3:30pm**
~ ~ ~
Designed to offer a wide variety of activities including crafts, games, and playground sports. Exciting field trips such as roller-skating, mini golf, bowling and more will also be included!

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

**Summer Riders & Junior Farmers**
Spend your summer vacation riding or learning all about barnyard animals! These programs are perfect if you are looking to develop or advance your riding skills or if you are looking to learn how to lead a pony, llama, or alpaca! Please visit www.lilfolkfarm.com to register and for more information.

**Swim Team** - Ages 6 – 18 yrs.
Practice times TBA ~ $125 per swimmer

**Therapeutic Riding Lessons**
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.

**Thundercat Co-Ed Baseball/Softball Clinic** - Ages 7 – 12 yrs. NEW!
Monday – Thursday, August 8 – 11 ~ (8/12 rain day if needed)
9:00am – 12:00pm ~ $88 per child
From running bases to developing the perfect swing, kids will improve skills through fun and active drills. There will be theme days, trivia contests and a mini-World Series Tournament! Clinic will be held at the Long's Field Complex on Dudley Rd.

**Thundercat Co-Ed Sports Jam Clinic** - Ages 7 – 12 yrs. NEW!
Monday – Thursday, July 18 – 21 ~ (7/22 rain day if needed)
9:00am – 12:00pm ~ $88 per child
The ultimate multi-sport program. Core sports will be played along with others that may include – flag football, ultimate frisbee, and kickball. Daily scrimmages, contests and some unique games will be tossed in to mix things up and keep the kids engaged and having FUN! Clinic will be held at the Long's Field Complex on Dudley Rd.

**Track Clinic** - Ages 8 – 14 yrs.
Mondays, April 25 – May 16 (5/23 rain date if needed)
6:00pm – 7:30pm ~ $33 per child ~ Clinic is held at Bowditch Field.

**Tennis Lessons** - Ages 5 – 17 yrs.
Monday - Thursday– July 5 – August 4
9:15am for age 5 – 8 yrs. ~ 10:15am for age 9 – 12 yrs. ~ 11:15am for age 13 – 17 yrs.
$53 per child for 6 classes (additional classes $10 each)
Class held at the Bowditch Tennis Courts.

**Tennis Clinic** - Ages 5 – 17 yrs.
Monday – Thursday – August 8 – 11 (8/12 rain day) **~ OR ~** August 15 – 18 (8/19 rain day)
9:00am – 12:00pm ~ $103 per child
Clinic will be held at the Bowditch Tennis Courts.

**Weight Lifting** - Grades 7 – 12
July 5 – August 4 (Mondays – Thursdays) Subject to change. ~ Register onsite.
7:00am – 9:00am @ Framingham High ~ Please call 508-782-7650 with questions.

## FAMILY PROGRAMS

**Adult & Family Trips**
April 6 – Mohegan Sun — May 18-20 – Atlantic City
July 16 – Red Sox v. Yankees — July 31 – Lake Winnipesaukee — August 13 - Tanglewood

### An EGGciting Event

**At Cushing Memorial Park**
**Saturday, March 26 at 10:00am**
**(rain, snow, or shine)**
**Ages 3 – 12 yrs. - $5 per child**

**REGISTER beginning March 7th**
**Meet the Bunny at the Academy Building and help collect eggs! Egg hunt, games, crafts, and prizes!**
**PLEASE DRESS FOR THE WEATHER & MUD!**
**A great family event for Framingham residents! Sponsored by TD Bank.**
***Must pre-register no later than Monday, March 21st***

**Bowditch & Winch Park Tennis Court Lights**
Beginning of May – Mid-October from dusk to 10:00pm

**Bowditch Family & Movie Night!**
Thursday, August 25 ~ 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.

**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 Town Beaches*
**Open June 23 – August 18 ~ 10:00am – 7:00pm**
*Learned Pond ~ Lake Waushakum ~ Saxonville Beach*
***NEW THIS YEAR - Beach Tags will be sold ONLINE ONLY and go on sale, June 15th***
$15 per resident / $40 Maximum per resident family, Non-Res. rates avail.

**Framingham High School Wellness Center**
April – June, Monday – Thursday from 6:00pm – 8:00pm ~ $20 per month / per person
July – August, 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 and to register, please contact Mike Bissanti at 508-782-7493.

**Concerts on the Green**
Fridays, June 17 – August 5 (August 12 – Rain Date if needed) ~ 6:30pm – 8:30pm
Watch for our concert line-up on our website in late May!

### Bowditch Event

**MetroFest: Cultural & Food Truck Festival**
**SAVE THE DATE**
**Saturday, June 25 ~ Bowditch Field**
Stay tuned for more information!

**Public Skate at Loring Arena**
Ongoing Through – April 15, 2016 ~~ $5 per adult/$3 ages 12 and under
Mondays – 10:00am-2:00pm * Tues.- Fridays – 9:00am-Noon
Saturdays & Sundays – 2:00pm-3:45pm
**Stick Time: (Helmets Required!)**
Tues.- Fri. – 12:00pm-2:00pm * $7 per person
Hours are subject to change during Holidays and school vacation weeks. Please call Loring Arena at 508-532-5950 or check www.framinghamma.gov/index.aspx?NID=678

***** SPECIAL NO SCHOOL / PUBLIC SKATE ICE TIME! *****
***Friday, March 25th from 2:30 – 3:45pm ** $3 per adult/$2 ages 12 and under***
*(skate rentals NOT available during this time)*

**SAVE THE DATE - *Mary Dennison Park Informational Meeting ***
Saturday, May 14 at Mary Dennison Park – check our website for more details

**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 1 – August 10 (no meet 7/6)
5:30pm at the Bowditch Field Track ~ Register onsite each week.

## ADULT PROGRAMS

**Adult Archery** - Ages 16+ yrs.
Thursdays, May 19 – June 9 **~ OR ~** Monday – Thursday, August 15 – 18
5:30pm – 6:30pm ~ $91 per person
A fun and unique activity! Learn the fundamentals of archery; including safety, skill technique, range procedures, and scoring. Classes held on Harvey Cushing Way.

**Adult Golf Lessons**
Tuesdays, April 26 – May 24 ~ 6:00pm - 7:00pm
$123 per person ~ equipment supplied ~ Class held at Southborough Golf & Learning Center's Golf Range, 20 Turnpike Rd, Southborough.

**Heart Saver First Aid & CPR**
Tuesday, August 2 ~ 6:00pm – 9:00pm ~ $73 per person
American Heart Association Certificate – good for 2 years. Class will be held at the Office Building at Bowditch Field.

**Men's 'Over 45' Basketball League**
Monday evenings at the Long's Field Basketball Court. *~ Full Teams Only ~*
End of May – July. Uniforms & referees supplied. Deadline May 5th. $500 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

**Tennis Lessons**
Monday – Beginner ~ Tuesday – Low Intermediate
Wednesday – Advanced Beginner ~ Thursday – Low Intermediate
Week of April 25 – Week of June 2 ~ $78 per person
6:30pm – 8:00pm ~ Class held at Bowditch Courts - Enter on Walnut Street

**Yoga**
Mondays, April 4 – June 6 (no class 4/18, 5/30)
6:00pm – 7:00pm ~ $68 per adult ($73 Non-Residents)
Classes will be held at the Brophy School gym.

**Zumba**
Mondays & Wednesdays, April 25 – June 1 (no class May 30) ~~ 5:15 – 6:15pm
$60 per adult ($65 Non-Resident) **~ OR ~** Choose Mon. or Wed. for $35/$40 per person
Class held in Nevins Hall in the Memorial Building, 150 Concord Street. Easy routines that will tone your body while burning calories. Class taught by Sylvia Melnick & Rosa Garcia and is sponsored by the Town of Framingham Human Resource Department.

**Zumba Gold**
Tuesdays, April 12 – June 21 (no class April 19) ~~ 5:45pm – 6:45pm
$53 per adult per session ($58 Non-residents) - Taught by Jayne Carney
This is a low-impact class designed to be fun, yet effective. Appropriate for any dance or fitness level. Classes held at Ellison Hall, Plymouth Church, 87 Edgell Road.

## 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!

**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

**Additional Senior Activities** can be found at the Council on Aging Website
Please visit www.framinghamma.gov/360/Council-on-Aging for more information

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

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. Non-Resident fees may apply.***
***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 values inclusion.
When seen next to a program, this symbol notates that people with and without disabilities are welcome to register.
The Town of Framingham intends to comply with the Americans With Disa
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. If necessary, parents or aides are welcome to attend with participants.

***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 ~*