

Framingham Parks, Recreation and Cultural Affairs

Register Online:
www.FraminghamRec.com



475 Union Avenue
Framingham MA 01702
Telephone 508-532-5960



2016 FALL PROGRAMS



REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 21, 2016

* ON-LINE AT 9:00am @ www.FraminghamRec.com * UNLESS OTHERWISE NOTED *

The Framingham Parks & Recreation Department is proud to introduce 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

Baby Ballet - Ages 3-5 yrs.

Tuesdays, October 18 - December 13 (no class Nov. 8)
3:30-4:15pm ~ \$88 per child
Class will be held at the Academy Bldg. in Cushing Memorial Park.



Explorations - Ages 6mo.-2 yrs.

Mondays, October 17 - November 21
10:00-10:45am ~ \$68 per child



Each week your teacher will create a class filled with activities to enhance gross motor and fine motor skills, hand/foot/eye coordination, balancing & walking, physical activity, and provide a whole lot of fun! Classes will be held at the Academy Building in Cushing Memorial Park.

Gymnastics I - Ages 2-3 yrs.

Mondays, October 17 - November 21
1:00-1:45pm ~ \$68 per child



This class will focus on the fundamentals of gymnastics, creative movement, & flexibility. Emphasis will be on gross motor skill development through cooperative play. Classes will be held at the Academy Building in Cushing Memorial Park.

Gymnastics II - Ages 4-5 yrs.

Mondays, October 17 - November 21
2:00-2:45pm ~ \$68 per child



This class will focus on the fundamentals gymnastics, creative and rhythmic movement, & flexibility. Emphasis will be on gross motor skill development by using apparatus and through cooperative play. Classes will be held at the Academy Bldg. in Cushing Mem. Park.

Literacize - Ages 1-3 yrs.

Mondays, October 17 - November 21
11:00-11:45am ~ \$68 per child



This program consists of three parts; reading aloud an athletically inspired picture book, creating an athletic activity that coincides with the book's theme, and free play designed to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Classes will be held at the Academy Building in Cushing Memorial Park.

Pre-School Playgroup - Ages 2.5- 5 yrs.

Week of Sept. 28 - Week of Dec. 5
Wednesday for ages 2 1/2 - 3 1/2
Thursday for ages 3 1/2 - 5



9:45-11:15am ~ \$43 per child (Wednesday Class \$39)
Classes held at the Cushing Bldg., Cushing Memorial Park. (Please use the Winter Street entrance at Keefe Tech.)

Scientist at Work - Ages 2-4 yrs.

Tuesdays, October 18 - November 22 (no class Nov. 8)
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 Building in Cushing Mem. Park.

Start Smart Soccer - Ages 3-5 yrs.

Saturdays, Oct. 8 - Nov. 5

9:00-10:00am ~ OR ~ 10:00-11:00am ~ \$58 per child/parent pair

Fundamentals and proper soccer techniques will be taught. Parent MUST participate with child. Children keep their equipment at the end of the program. Maximum 20 children. Classes held at the Brophy School Gym.



Tiny Trotters Riding Program - Ages 4-6 yrs.

9:30am - 11:30am ~ OR ~ 1:00pm - 3:00pm

This is a 5 week drop off program offered on Tues., Wed., or Thurs. to learn to ride, 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



YOUTH

Aikido - Ages 8-14 yrs.

Saturdays, Oct. 15 - Nov. 19

10:15-11:15am ~ \$53 per child

Martial art system of self-defense.

Classes held at Framingham Aikikai, 61 Fountain St.

Archery - Ages 10 - 15yrs.

Thursdays, October 13 - November 3
4:00pm - 5:00pm ~ \$91 per child

A fun and unique activity! Learn the fundamentals of archery; including safety, skill technique, range procedures, scoring, and fun competition. Classes held off of Dr. Harvey Cushing Way.

Beginner Ballet I - Ages 5-8 yrs.

Tuesdays, October 18 - December 13 (no class Nov. 8)
4:30-5:15pm ~ \$88 per child



It is recommended that children take at least 2 sessions of Beginner Ballet I prior to moving on to Beginner Ballet II (offered next session) by the recommendation of the instructor. Class will be held at the Academy Bldg. in Cushing Memorial Park.

BLAST - Babysitter Lessons and Safety Training - Ages 11-15years

Thursday, December 1

3:00pm - 6:00pm ~ \$53 per child

You'll learn how to react responsibly to medical emergencies, perform first-aid for common childhood injuries and illnesses, set-up and run your own babysitting business and how to entertain with games & songs. You'll receive an easy-to-follow sitter checklist you can copy for each job and a wallet-sized certificate of completion. Class will be held at the Academy Building in Cushing Memorial Park.

Drama Kids - Ages 5 - 11yrs

Thursdays, October 13 - December 8 (no class Nov. 24)

4:45-5:45pm ~ \$118 per child

A children's drama class that uses improvisation skills to develop strong speaking and movement skills, teamwork and leadership skills as well as acting and directing skills. Class is directed to be inclusive to everyone and helps each student to find their voice. Class will be held at the Academy Building in Cushing Memorial Park.



Home Alone Safety - Ages 8-11 yrs.

Monday, November 7

4:00pm - 6:00pm ~ \$48 per child

Learn different techniques to help you stay safe when you are home alone. Class will be held at the Academy Bldg. in Cushing Memorial Park.



Karate - Ages 7-12 yrs.

Wednesdays, Oct. 5 - Nov. 16 (no class Oct. 12)

6:00-6:45pm ~ \$73 per child

Classes held at Nick Cerio's, 885 Waverly Street Studio.



Kid Fit - Ages 8-12 yrs.

Available daily, Mon. - Thurs. from 4:30-5:30pm. A weekly group exercise class for kids aimed at getting in shape while having fun. Kids will have the experience of working out in a boxing gym in a group environment. Exercises are focused on improved strength, agility, and footwork while self defense techniques and exercises are taught to improve their overall health. Classes held at Bancroft Boxing, 701 Waverly Street. For more information, and to register, please contact Mike Meares at 508-446-2387 or visit www.bancroftboxing.com



Lifeguard Training - Ages 15+ yrs.

Saturdays, October 1 - November 19 (no class Oct. 15 or Nov. 12)

1:00 - 4:30pm

\$280 per resident (\$305 non-resident)

Lessons will be held at the Keefe Tech. Pool, Winter Street.

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

Thursday, December 1 ~ (early release day)

1:00pm - 3:00pm ~ \$48 per child

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



PAL Gym Schedule - Grades 6-12

September 19 - April 2017

Mondays - 6-8pm - Grades 6-8 - Woodrow Wilson Gym

Wednesdays - 7-9pm - Grades 9-12 - Danforth Gym

Thursdays - 7-9pm - Grades 9-12 - Danforth Gym

Fridays - 7-9pm - Grades 9-12 - Danforth Gym

Sundays - 6-9pm - Grades 6-12 - Danforth Gym

Piano Lessons - Ages 6-9

Tuesdays, October 4 - 25 ~ Ages 6 & 7 ~ 3:40 - 4:30pm

Saturdays, October 1 - 22 ~ Ages 8 & 9 ~ 8:30 - 9:20am

\$102 per child

Class will be held at Piano Pear, 5 Edgell Road, Suite 5, Framingham.

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

Do you have a program idea ?? Tell us about it !! E-mail us at
Parks.Recreation@FraminghamMA.gov

Plastic Bricks and Motors Engineering Class - Ages 6-8

Wednesdays, October 19 - November 23

5:00pm - 6:00pm ~ \$75 per child

This is our 'Air, Land & Sea Session!' Using LEGO educational products and our own unique Bricks 4 Kidz model plans, children will build some exciting ways to get from here to there. Principals of engineering, architecture physics and more will be taught first hand. Class will be held at the Microsoft Store in the Natick Mall. (Use PF Chang entrance to Mall)

Horsemanship Classes - 1 - 6 Grade

Weekdays 3:30pm - 5:30pm or Saturdays 10:00am-12:00pm or 12:30-2:30pm

For riders who wish to learn not only how to ride a horse, but to care for their equine friends and how to tack & untack. Classes held at Lil' Folk Farm, Holliston. For more info., and to register, please visit their website at www.lilfolkfarm.com

EV3 Robotics - Ages 9-14 yrs.

Mondays, October 17 - November 21

5:00 - 6:30pm ~ \$98 per child.

Learn to build a variety of robots using the NXT graphic programming language and the Bricks 4 Kidz model plans. Students will also learn to download demonstration programs to make the robot work. It's easy to learn and teaches you basic programming logic. Classes held at the Microsoft Store in the Natick Mall. (Use PF Chang entrance to Mall)

Skating Lessons - Ages 5-11 yrs.

Saturdays, Nov. 5 - Dec. 10 ~ 9:00am-10:00am ~ OR ~ 10:00am-11:00am

\$43 per child (\$48 non-residents)

APPROVED SKATE HELMETS REQUIRED FOR ALL SKATERS!

Instructors/volunteers needed! Contact Parks & Rec. Office at 508-532-5960 if interested.

Social Netiquette - Ages 10 - 12yrs.

Tuesday, November 29 ~ 4:00pm - 6:00pm ~ \$48 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. Class held at the Academy Bldg. at Cushing Memorial Park.

SocialSKLZ - Ages 8-12 yrs.

Monday, November 28

4:00-6:00pm ~ \$48 per child

In today's fast paced world, the ways in which we interact are constantly evolving. This fun & interactive workshop will teach making good first impressions, greetings and introductions, starting conversations, patients, thoughtfulness, self-control, respect, consideration, dining and phone skills. Class will be held at the Academy Building in Cushing Memorial Park.

Special Needs Swim Lessons - Ages 4 - 18 yrs.

Saturdays, October 1 - November 19 (no class Oct. 15 or Nov.12)

\$125 per swimmer (\$150 non-residents)

One-on-one swim lessons for children with special needs. Uses strategies, applications and techniques that allow children with sensory challenges, physical difficulties, and Autism, the tools needed to reach their potential in the pool. Only 9 spots available. Classes held at Keefe Tech Pool, Winter Street.

Start Smart Sports Development

for Children with Special Needs - Ages 5 - 10 yrs.

Saturdays, October 8 - November 5

11:00am - 12:00pm ~ \$68 per child

Class will be held at Brophy School. Learn fundamental sport skills. Parent MUST participate with child. Children keep their equipment.

Swim Lessons - Ages 3-18 yrs.

Saturdays, October 1 - November 19 (no class Oct. 15 or Nov. 12)

\$43 per swimmer (\$48 non-residents)

Six weeks of 40 min. lessons (pre-school 30 min). Limited spots. Register early! Lessons will be held at the Keefe Tech. Pool, Winter Street.

Swim Start & Turn Clinic - Grades 4-10

Saturday, October 22

4:30 - 6:30pm at Keefe Tech Pool ~ \$43 per swimmer

Focus will be on basic forward start technique and basic turns. Swimmers must be able to perform a basic standing dive from the side of the pool into deep water PRIOR to registering for this class.

Swim Team - Ages 6-18 yrs.

Begins in November ~ Evening practice times TBA

\$125 per child

**** Registration begins at 9:00am on October 13th ****

Taekwon-Do - Ages 4-6 yrs.

Thursdays, October 13 - November 17th

3:30pm- 4:15pm ~ \$78 per child

Introductory class to martial arts. Will include instruction and games! Wear comfortable clothes and please leave shoes in rack provided at the door. Classes held at 25 School St.

Tennis Lessons - Ages 4-14 yrs.

Sundays, Oct. 16 - Dec. 4 (no class 10/23, 11/27)

2:30pm- 3:15pm = Ages 4 & 5 ** 3:15pm-4:00pm = Ages 6 & 7

4:00pm-5:00pm = Ages 7 & 8 ** 5:00pm-6:00pm = Ages 8 - 10

6:00pm-7:00pm = Ages 10 - 14

\$83 per child ~ Classes held at the Longfellow Club in Wayland.

Therapeutic Riding Lessons - Ages 2-16 yrs.

This program combines the enjoyment and freedom of horseback riding with important occupational, physical and speech therapy goals. This program uses Equine-assisted Activities and Therapies (EAAT) to provide sensory, cognitive, physical, emotional, and social stimulation for children with a variety of disabilities. EAAT integrates therapeutic interventions within the riding experience, helping riders develop strength, flexibility, and confidence. Classes held at Lil' Folk Farm, Holliston. For more info., and to register, please visit their website at www.lilfolkfarm.com

New York Shopping Spree

December 3 ~ \$55 per person

7:00am departure from Bowditch Field ~ 11:00pm return to Bowditch Field

Travel by motor coach and be dropped off near Grand Central Station. Shop until you drop, and meet the bus for a relaxing ride home! An optional Yankee Gift Swap will help to pass the time on your return trip. No stops will be made between Framingham and New York City. All children under the age of 18 must be accompanied by an adult.

Public Swim

All Ages - at Keefe Tech. Pool

October 1 - December 18 ~ \$4 per adult / \$2 per child

(No swimming on 10/15, 10/16, 11/12, 11/13, 12/3, 12/4 - *dates subject to change without notice*)

Saturdays, 3:00-4:30pm * Sundays, 2:00-3:30pm

Public Skate

September 11, 2016 - April 15, 2017 ~ \$5 per adult / \$3 ages 12 and under

Mondays - 10:00am-2:00pm * Tues. - Fridays - 9:00am-Noon

Saturdays & Sundays 2:00pm-3:45pm

Special Friday Evening Hours - 6:50pm - 8:40pm

12/16/16, 1/6/17, 1/20/17, 2/3/17, 2/17/17

Stick Time: (Helmets Required!) ~ Tues. - Fri. - 12:00pm-2:00pm ~ \$7 per person

Call Loring Arena at 508-532-5950 or check www.framinghamma.gov/index.aspx?NID=678 for more information.

! PUMPKINS IN THE PARK ! - Ages 3-12 yrs.

Saturday, Oct. 29 ~ 1:00-3:00pm ~ \$5 per child

Join the Framingham Parks & Recreation Department along with the Framingham Police Department for a costume parade, pumpkin decorating, hay ride and some trick-or-treating fun!

This year's event will be held at Cushing Memorial Park!

Rain, Sleet, Snow or Shine!

Must Pre-Register no later than Friday, Oct. 21st

ADULT

Adult Pickleball

Ongoing Classes at The Longfellow Club in Wayland

Please call 508-358-9675 to reserve a court or ask about lessons!

Adult Trips - detailed forms available in the Recreation Office

October 12 ~ Foxwoods

October 2 ~ Autumn Days in Western MA

November 2-4 ~ Atlantic City

December 11 ~ Yankee Candle & Bright Lights

Cardio Tennis

Fridays, Oct. 7 - Nov. 18 (no class 11/11)

11:00am-12:00pm ~ \$83 per person

Get your cardio in while hitting tennis balls to fun, upbeat music! Classes held at the Longfellow Club in Wayland.

Heart Saver First Aid & CPR

Thursday, December 1

6:00pm - 9:00pm ~ \$73 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.

Jack's Abby Social Tennis League - 21-40 yrs.

Wednesday, September 14 - Wednesday October 26

6:00pm - 9:00pm ~ \$60 per resident / \$68 per non-resident

This league offers young professionals the opportunity to meet new people while having fun during hour-long tennis matches. Off-court activities will create a lively atmosphere! Team shirt included with registration. Matches played at the Butterworth Tennis Courts.

MELTed Yoga

Mondays, October 17 - December 5

6:00pm-7:00pm ~ \$65 per adult (\$70 Non-Resident)

You'll feel more balanced and connected in our gentle yoga class by incorporating this ground breaking self-treatment that helps to rehydrate your tissue and restore balance to your nervous system. Classes held at Brophy School gym.

Mommy (But Still) Me

Thursdays, October 6, 13, & 20

10:00am - 11:00am ~ \$105 per person

A workshop for parents who are considering a workplace change, or going back to the workplace after having stayed at home (part/full time) after having children. Explore how to decide if you are ready to return, and especially, how to prepare your children and family for the changes at home. Classes will be held at the Academy Building in Cushing Mem. Park.

Open Gym Schedule

September - April 2017 ~ \$2 per person

Danforth Gym (Basketball Court Only)

Tues. - 6:00pm-8:00pm * Sat. - 3:30pm-7:00pm * Sun. - Noon-3:00pm

Walk With The Parks & AMC ~ www.outdoorsRx.org

OutdoorsRx - A Project of the Appalachian Mountain Club

Check out www.OutdoorsRx.org, an online community, and tool to find outings in Framingham, trip planning ideas, blogs, discussions, and more!

Tennis Lessons - Ages 15 - Adult

Sundays, Oct. 16 - Nov.20 ~ 7:00pm-8:00pm (Beginner & Intermediate)

\$83 per person ~ Classes held at the Longfellow Club in Wayland.

FAMILY

! COMMUNITY BONFIRE AT BOWDITCH FIELD !

Wednesday, November 23, 2016

6:30pm ~ Free event!

Kick-off your Thanksgiving with a show of community spirit as your Framingham High Football Team prepares to take on Natick!

55+ ADULT

55+ Adult Exercise

Ongoing Classes at the Callahan Center ~ Tuesdays, 10:00am-10:45am ~ No Fee!

55+ Adult Open Swim ~ 2:00pm-3:00pm ** No Fee!

Saturdays, October 1 - December 17 at Keefe Tech. Pool

(No swimming on 10/15, 11/12, 12/3 - *dates are subject to change without notice*)

For additional 55+ Adult Programming, please visit <http://www.framinghamma.gov/1660/Callahan-Courier>



**** REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 21, 2016 ****

**** ON-LINE AT 9:00am @ www.FraminghamRec.com ** UNLESS OTHERWISE NOTED ****



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 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. If necessary, parents or aides are welcome, and may be asked to attend with participants.

**** CLASSES ARE LIMITED AND BASED ON A FIRST COME FIRST SERVED BASIS - REGISTER EARLY! ****

**** ALL RECREATION PROGRAMS ARE NON-REFUNDABLE ** ALL NON-RESIDENTS ARE SUBJECT TO AN ADDITIONAL NON-RESIDENT FEE ****

Residents Register on first day of Registration, Non-Residents the next day if space available. All services and fees are subject to change.

Spanish & Portuguese translations provided by the Parks & Recreation Dept.

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

~ Dedicated to Excellence in Public Service ~