

Framingham Parks, Recreation and Cultural Affairs



Register on-line:
www.framinghamma.gov/parks



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

2010 SPRING & SUMMER PROGRAMS

* * REGISTRATION BEGINS THURSDAY, APRIL 1, 2010 * *

* * AT THE RECREATION OFFICE (9am – 5pm) * * UNLESS OTHERWISE NOTED * *

(Due to the construction at Bowditch Field, please use the PERINI PARKING LOT, located across the street, on registration day!)

PRESCHOOL PROGRAMS

Construction & Measurement - Ages 3 – 4 yrs.

Fridays, April 30 – June 4
10:00 – 11:00am ~ \$40 per child
Introduce your child to the world of Science & Math. Curiosity leads to learning in this class filled with active participation and hands-on experiments. Class held at the Academy Building in Cushing Memorial Park.



Edible Fun Shop - Ages 3 – 6 yrs.

Saturday, May 8 from 1:00 – 2:00pm ~ \$10 per child
Yummy fun for starving artists! Bring your imagination and an empty stomach. Class held in Cushing Memorial Park.



Goldfish Swim Lessons - Ages 6 mo. – 3 yrs.

Tuesdays, April 6 – May 18 (no class April 20)
9:30am – 10:00am ~ \$75 per child
Classes held at Suburban Athletic Club. Parent participation required.

Kids Just Love Crafts - Ages 2 – 4 yrs.

SESSION I: Tuesdays, April 27 – June 1 ~ \$40 per child
SESSION II: Tuesdays, July 6 – July 27 ~ \$33 per child
10:45am – 11:30am ~ Classes held in Cushing Memorial Park.



Mommy/Daddy and Me Kayaking - Ages 2 – 5 yrs.

Session I – July 7, 8, & 9 from 8:00am – 9:30am
Session II – Saturdays, August 21, 28, & Sept. 4 from 3:00pm – 4:30pm
\$90 per child & 1 adult, \$50 additional adult
Classes will be at the Farm Pond boat ramp, Mt. Wayte / Dudley Rd.

Pre-School Playgroups - Ages 2½ – 4 yrs.

Week of April 26 – Week of June 7 from 9:45am – 11:15am
Wednesdays for age 2 ½ yrs. ~ ~ Thursdays for ages 3 & 4 yrs.
\$28 per child ~ ~ Proof of age REQUIRED @ registration! (2yrs. by 9/1/09)
Classes held at Cushing Bldg. at Cushing Memorial Park.



Skyhawks MiniHawk Sports Clinic - Ages 4 – 6 yrs.

Session I – July 6 – July 9
Session II – August 16 – August 19
9:00am – 12:00pm ~ \$85 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 15 – June 12
9:00am – 10:00am OR 10:00am – 11:00am
\$55 per child ~ ~ Parent MUST participate with child.
Class will be held at Hemenway School. Focus is on fundamentals and proper techniques. Children keep their equipment.



YOUTH PROGRAMS

Adventure Kids - ages 8 – 14 yrs.

July 7 – 9 from 9:30am – 12:30pm ~ \$100 per child
Recreational kayaking & skill development. Fun, challenging games while learning teamwork. Held at the Farm Pond boat ramp, Mt. Wayte/ Dudley Rd.



Aikido - Ages 8 – 14 yrs.

Saturdays, April 24 – June 5 (No class May 29)
9:30am -10:30am ~ \$40 per child
Classes held at Framingham Aikikai, 61 Fountain St.



Around the World Creativity Tour - Ages 6 – 12 yrs.

Wednesday, April 21 (Vacation Week)
10:00am - 12:00pm ~ \$25 per child
Map reading, geography, culture, & art. Class held at the Academy Bldg. at Cushing Memorial Park.

Baby Sitting Class - Ages 11 – 15 yrs.

Saturdays, May 1 & May 8 ~ ~ Student MUST attend BOTH classes.
9:30am – 2:30pm ~ \$75 per child
Classes held at the Academy Bldg. at Cushing Memorial Park.

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

June 21 – 24 from 9:00am – 3:00pm ~ \$95 per child
Clinic held at Framingham High School.



Camp Arrowhead

Day Camp in Natick for youths who are physically challenged. Please call 508-532-5960 for more information.

McCarthy Day Center

Special Needs Day Center. Activities encourage social interaction and emotional development. Call in early May for info. Appt. needed for first year campers.

Creative Movement Dance Class - Ages 5 – 7 yrs.

Wednesdays, April 28 – June 2
4:15pm – 5:00pm ~ \$50 per child
Class will be held at the Academy Bldg. at Cushing Memorial Park.



Flyer Football Clinic - Ages 8 – 16 yrs.

Tony Gonzalez Skills Clinic (no contact)

July 19 – 22
9:00am – 12:00pm ~ \$85 per child
Clinic held at the Framingham HS turf field.



Home Alone Safety - Ages 8 – 11 yrs.

Thursday, June 24
2:00pm – 4:00pm ~ \$35 per child
Class will be held at the Academy Bldg. at Cushing Memorial Park.

Introduction to Kayaking for Youth - Ages 10 – 15 yrs.

Saturdays, August 21, 28, & September 4
4:30pm – 6:30pm ~ \$80 per child
Classes will be at the Farm Pond boat ramp, Mt. Wayte / Dudley Rd.

Karate - Ages 7 – 12 yrs.

Mondays, April 26 – June 7
6:00pm – 6:45pm (no class May 31) ~ \$70 per child
Classes held at Nick Cerio's Studio, 885 Waverly Street.



Keyboard

Saturdays, May 1 – May 29 ~ 1:00pm – 2:00pm ~ ~ Grades K-3
Saturdays, May 1 – May 29 ~ 2:00pm – 3:00pm ~ ~ Grades 3-5
Sundays, April 25 – May 23 ~ 2:30pm – 3:30pm ~ ~ Grades 2-5
\$50 per child ~ Class held at Paula Giles' Studio, 44 Lake Rd. (508-877-8143).



Kid Fit - Ages 5 – 17 yrs.

Begins April 26 at Suburban Athletic Club
Days & Times vary ~ \$50 per child for 13 weeks
Fitness program with emphasis on weight loss and control.

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

Thursday, June 24
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 - Ages 8 – 18 yrs.

Mondays – 6:00pm-8:00pm – Ages 8-14 – Woodrow Wilson Gym
Wednesdays – 6:00pm-9:00pm – Ages 8-14 – Danforth Gym
Thursdays – 6:00pm-9:00pm – Ages 8-14 – Danforth Gym
Friday – 7:00pm-9:00pm – Ages 14-18 – Danforth Gym
Sundays – 6:00pm-8:00pm – Ages 8-14 – Woodrow Wilson Gym
Program will change in July.



Skyhawks Cheerleading Clinic - Ages 6 – 10 yrs.

July 26 – 29
9:00am – 12:00pm ~ \$85 per child
Clinic will be held at the Long's Field Complex on Dudley Rd.



Skyhawks Flag Football Clinic - Ages 7 – 14 yrs.

July 26 – 29
9:00am – 12:00pm ~ \$85 per child
Clinic will be held at the Long's Field Complex on Dudley Rd.



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

August 16 – 19
9:00am – 12:00pm ~ \$85 per child
Clinic will be held at the Long's Field Complex on Dudley Rd.



Skyhawks Volleyball Clinic - Ages 7 – 14 yrs.

July 6 – 9
9:00am – 12:00pm ~ \$85 per child
Clinic will be held at the Long's Field Complex on Dudley Rd.



Skyline

Programs for persons with disabilities. Bowling, Art, Sports, etc.
Please call 508-647-6530 for more info.

Summer Recreation Centers - Ages 5 – 13 yrs.

Session I – July 6 – July 16
Session II – July 19 – July 30
Session III – August 2 – August 13
9:00am – 3:30pm ~ ~ Prices TBA
Register at the Academy Bldg. at Cushing Memorial Park on April 29th from 5:30pm – 6:30pm.

* Centers located at Barbieri and Potter Rd. Schools. *
* Parents are responsible for transportation to and from Centers. *

Swim Lessons - Ages 3 – 18 yrs.

Session I – July 6 – July 15 ~ Register June 30 from 9:30-10:30am
Session II – August 2 – August 11 ~ Register July 21 from 9:30-10:30am
\$25 per swimmer per session
Register at the Park & Rec. office on the dates listed above.

Keep an eye out for news on the Celebration of the
Grand Re-Opening of Bowditch Field !!!

Swim Team - Ages 6 – 18 yrs.

Practice times TBA

\$110 per swimmer

Register at the Academy Bldg. at Cushing Memorial Park on Tuesday, May 18th from 5:30pm – 6:30pm.



Soccer Clinic - Ages 5 – 13 yrs.

Session I – April 20 – 23 @ Barbieri School (school break week)

Session II – July 12 – 15 @ Long's Field

Session III – August 2 – 5 @ Long's Field

9:00am – 12:00pm ~ \$85 per child per session



Taekwon-Do - Ages 4 – 6 yrs.

Mondays, May 3 – June 14 (No Class May 31)

3:30pm – 4:15pm ~ \$65 per child

Classes held at 495 Worcester Rd.

Take a Kid Fishing Day - Ages 4 – 17 yrs.

Saturday, June 19 (rain date June 20)

7:00am – 2:00pm

Free Event! Prizes will be awarded!

Register on site at Farm Pond on Dudley Road (at the horseshoe parking lot across from Long's Field)



Track Clinic - Ages 8 – 14 yrs.

Mondays, April 26 – June 7 (no clinic May 31)

6:00pm – 7:00pm at Bowditch Field ~ \$30.00 per child

Tennis Lessons - Ages 5 – 17 yrs.

Mondays - Thursdays – July 6 – August 10

9:15am for ages 5 – 8 yrs. ~ 10:15am for ages 9 – 12 yrs.

11:15am for ages 13 – 17 yrs.

\$50 per child for 6 classes (additional classes \$10 each)

Classes held at Winch Tennis Courts at FHS.

Tennis Clinic - Ages 5 – 17 yrs.

August 16 – 19

9:00am – 12:00pm ~ \$100 per child

Clinic will be held at the Winch Tennis Courts at FHS.



Weight Lifting - Grades 7 – 12

Begins July 6th (Mondays – Thursdays) Subject to change.

7:00am – 9:00am @ Framingham High ~ Register on-site.

Wrestling - Ages 13 – 19 yrs.

Begins Wednesday, March 24

6:00pm – 8:00pm

\$30 per child for USA Wrestling Membership, payable first evening

Class held at Framingham High School in the back gym.

** For more Wrestling Information, please call Wrestling Coach Jon Kanavich at 508-733-3979 **

Important Note:

Please enter the Bowditch Field Facility from WALNUT STREET for all Tennis & Track programs!

Public Beaches

Open June 24 – August 19 ~ 10:00am – 7:00pm

Learned Pond ~ Lake Waushakum ~ Saxonville Beach

Beach Tags go on sale, at the Parks & Recreation Office, June 21, from 10:00am – 4:00pm.

* Special evening hours on Monday, June 21, from 5:00pm – 6:00pm *
\$15 per resident / \$40 Maximum per resident family, Non-Res. rates avail.



Track Meets - All Ages

Wednesdays, June 9 – August 11

5:30pm at Framingham State College Track

Register on-site each week. Sponsored by the Greater Framingham Running Club.



ADULT PROGRAMS

Adult Aikido - Ages 15 – Adult

Saturdays, April 24 – June 5 (no class May 29)

11:00am – 12:00pm ~ \$45 per person

Classes held at Framingham Aikikai, 61 Fountain St.

Adult Keyboard - Ages 15 – Adult

Tuesdays, April 27 – May 25

6:15pm – 7:15pm ~ \$50 per person

Intro. classes held at Paula Giles' Studio, 44 Lake Road (508-877-8143).



Golf Lessons

Five week program ~ Prices & Times TBA

Register May 4th at the Parks & Recreation Office.

First Aid & CPR Certification

SESSION I: Thursday, May 6

SESSION II: Thursday, June 24

6:00pm – 9:30pm ~ \$65 per person

American Heart Association Certificate – good for 2 years. Class will be held at the Academy Building at Cushing Memorial Park.



Men's 'Over 40' Basketball League

Price, time, & location TBA

Contact the Parks & Recreation Office for more information.



Men's Slow Pitch Softball

\$550 (team registration only)

League plays May through August.



Open Gym Schedule

Danforth Gym ~ ~ Basketball Court Only ~ \$2 per person

Tuesdays – 5:30pm-8:00pm * Saturdays – 3:30pm-7:00pm

Sundays – 12:00pm-3:00pm

Tai Chi & Meditation

Wednesdays, June 23 – August 11

6:00pm – 7:15pm ~ \$50 per adult

Classes held at the Academy Building in Cushing Memorial Park.



Tennis Lessons

Monday – Beginner ~ Tuesday – Advanced Beginner

Wednesday OR Thursday - Low Intermediate

Week of May 3 – Week of June 7

6:30pm – 8:00pm ~ \$75 per person

Classes held at Bowditch Courts-Enter on Walnut Street

Yoga

Mondays, April 26 – May 17

6:00pm – 7:00pm ~ \$25 per adult (\$30 Non-Residents)

Classes held at Brophy School gym.



Zumba-Bollywood Fusion

Sundays, May 9- June 27th – 7 weeks (no class May 30)

10:30 – 11:30am ~ \$70 per person

Fat burning & body toning dance class for all fitness levels!

Classes held at 495 Worcester Rd.

FAMILY PROGRAMS

Adult & Family Trips

May 2-4 – Atlantic City

July 4 – James Taylor @ Tanglewood

June 4-6 – Baltimore

July 24 – Statue of Liberty

August 1 – Pops by the Sea (Hyannis)

August 14 – Clambake (Cabbage Is.)

Bowditch & Winch Park Tennis Court Lights

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

PAL VS Patriots

April 26

7:00pm ~ \$5.00 per person (at the door)

Framingham High School



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 \$35.00 refundable deposit. Passes will be issued on a first come first serve basis.

GREEN UP DAY!!! -- Volunteers Needed !!

Saturday, May 1 ~ ~ www.greenupday.org

Town-Wide Clean-Up ~ ~ Call 508-532-5960 for more info.



Introduction to Kayaking for Adults & Families

Saturdays, August 21, 28, & Sept. 4

6:30pm – 8:30pm ~ \$80 per person

Classes will be at the Farm Pond boat ramp, Mt. Wayte / Dudley Rd.

Mother's Day Kayak Trip

Saturday, May 8 ~ 2:00pm – 5:00pm

\$65 for ages 16 – Adult, \$30 for ages 6 – 15 years

Children 5 & under are free!

Class will be held on the Concord River in Concord.



Sassamon Trace Golf Course (9 hole, par 32), in Natick

Season packages are available. For more information, please call the Sassamon Trace Golf Course at 508-655-1330.



SENIOR PROGRAMS

Senior Citizen Exercise

Ongoing Classes at the Callahan Center

Tuesdays 10:00am – 11:00am

No Fee!

Additional classes have been arranged at Focus on Fitness, 63 Fountain St.

Classes held on Wed. at 10:30am. \$5.00 per class.



Senior Softball

Age 55 & over, League Play ~ ~ www.emass-seniorsoftball.com

Contact Gerry Yaffe at 508-877-7244 or gyaffe@aol.com



**** REGISTRATION BEGINS THURSDAY, APRIL 1, 2010 ****

**** AT THE RECREATION OFFICE (9am – 5pm) ** UNLESS OTHERWISE NOTED ****

(Due to the construction at Bowditch Field, please use the PERINI PARKING LOT, located across the street, on registration day!)

- ALL CLASSES ARE LIMITED AND BASED ON A FIRST COME FIRST SERVED BASIS -

- PAYMENT FOR ALL RECREATION PROGRAMS IS CASH OR CHECK ONLY - ALL PROGRAMS ARE NON-REFUNDABLE -

Residents Register on first day of Registration, Non-Residents the next day if space is available. On-line registration 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 ~

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