

Framingham Parks & Recreation Department

Fall
2019
Programs



Registration Begins September 18, 2019
(unless otherwise noted)

The Framingham Parks and Recreation Department offers programs year round and publishes seasonal brochures. Registration is held three times a year.

All Recreation Department programs are self-supporting and the fees that are charged are used for purchasing materials along with vendor fees and instructor salaries. In addition, non-residents may participate in certain recreational activities for an additional fee.

OUR MISSION

The purpose of the Framingham Parks, Recreation and Cultural Affairs Department is to create recreation opportunities, preserve open space, manage public athletic fields and parks, and administer recreation programs and facilities for the varied population of Framingham.

Parks and Recreation Commission

Policies for all recreation programming and facilities are determined by the Framingham Parks and Recreation Commission, which consists of a 5-member board appointed by the Mayor.

Current Board Members:

- Joan Rastani, Chair (2021)
- David Gudejko (2020)
- Kathleen F. Hauck (2021)
- Joe Kaufman (2020)
- Bob Berman (2019)

Parks and Recreation Staff Members

Director – James Snyder

Deputy Director – Thomas Begin

Supt. of Maintenance – Christopher McGinty

Superintendent of Recreation – Trisha Powell

Financial Manager – Dan Murphy

Operations Manager – Tyler Radicioni

Activities Supervisor – Elaine Prue

Recreation Supervisor – Anthony Tolson

Administrative Assistant – Maria Soma

Field Scheduler – Nicole Leone

Important City Numbers

DPW	508.532.5600
Health Department	508.532.5470
Public Schools	508.626.9117
City Hall	508.532.5411
Police Department	508.872.1212
Fire Department	508.532.5930
Loring Arena	508.532.5950
Callahan Center	508.532.5980

The City of Framingham values inclusion. When seen next to a program, this symbol notates that people with and without disabilities are welcome to register.



The City 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 to attend with participants.

How to Contact Us

Main Line: 508.532.5960

Weather Hotline: 508.532.5962

Fax: 508.872.2591

Email: parcs.recreation@framinghamma.gov

Instagram: FramParksandRec

Facebook: City of Framingham Parks and Recreation Department



Parks & Recreation Administration Building

Bowditch Field Athletic & Cultural Complex
475 Union Avenue
Framingham, Massachusetts 01702
508.532.5960

Office Hours

Monday – Friday, 8:30am – 5:00pm
Saturday – Closed
Sunday – Closed
(Holiday Hours May Vary)

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OOPS!

The Framingham Parks & Recreation Staff has made every effort to prepare this brochure as accurately as possible. Circumstances may require that adjustments to program dates, times, locations, fees, etc. may be made. We apologize for any inconveniences these adjustments may cause.

Registration Begins SEPTEMBER 18, 2019 ~ unless otherwise noted.

Register at www.framinghamrec.com

All Recreation Programs are non-refundable, limited, and based on a first-come, first-served basis. REGISTER EARLY!

PLEASE NOTE – IMPORTANT INFORMATION

- *All services and fees are subject to change.*
- *Spanish & Portuguese translations available & provided by the Parks & Recreation Dept.*
- *Class sizes are limited and based on a first come, first served basis.*
- **REGISTER EARLY!**

Non-Residents Participation

Non-residents may join classes with the Framingham Parks and Recreation. Non-residents may register one day after enrollment period with an additional non-resident fee. Non-resident fees are not listed in this brochure. Please look on-line to see the additional fee.

Course Confirmation

We do not send or call to confirm registrations. Consider your registration accepted upon receipt of email and report to your class unless the department notifies you of a cancellation.

Inclement Weather

All programs day or night will start accordingly unless otherwise noted. Our inclement weather cancellation hotline is available 24/7, 508.532.5962. When available, social media posts will be made and an email blast will also be sent.

Filled Programs

Should programs fill, you may be placed on a waiting list. If a spot becomes available, you will be contacted.

Cancellations

The Department will make every effort to reschedule a class that has been cancelled due to inclement weather. The Department is not responsible for missed classes due to the participant's inability to attend. In addition, refunds are not given for lack of attendance.

Refunds

If a program is cancelled, a full refund will be issued to the account on file. Refunds are not eligible after a participant is enrolled into the class **UNLESS** someone on the waitlist can fill your spot prior to the start of class.

Pumpkins in the Park



Join us for our annual Pumpkins In The Park event!

Pumpkin painting, arts & crafts, music, a hayride, a costume parade, and MORE!

This is a rain or shine event. Pre-Registration is mandatory. If you are interested in making a donation, or for more information, please call our office at 508-532-5960.

Ages	Day	Time	Dates	Location	Fee
3 - 12 yrs.	Saturday	1:00pm - 3:00pm	October 26 *MUST PRE-REGISTER*	Cushing Memorial Park (near playground)	\$5 per child

Family Programs

Adult & Family Trips

Please check our website at www.framinghamrec.com for an ongoing list of all of our Trips!

Bowditch & Winch Tennis Court Lights

Depending on weather and court conditions, the lights at both Bowditch and Winch are active from early-May through mid-October until 10:00pm.

DCR Parks Pass

This pass entitles the bearer to free parking for one vehicle at over 50 facilities in the MA State Parks System! Residents may reserve this pass up to 7 days in advance by leaving a \$35 refundable deposit. The Framingham Parks & Recreation Office only has 1 of these passes and it is issued on a first-come, first-served basis.

OutdoorsRx

Through a prescription from a healthcare provider, Outdoors Rx® encourages children and their families to get more physically active outdoors by joining an AMC-guided Outdoors Rx activity in their community. Families are also encouraged to register on the Outdoors Rx website.. Check out our activity listings to learn more about the exciting programs offered in your local parks & community!

Public Skate Hours



Please check the Loring Arena website at <https://www.framinghamma.gov/1017/Public-Skating>
\$5 per person (all children 12 and under must be accompanied by an adult) ~~ CASH ONLY PLEASE

Ages	Day	Time	Dates	Location	Fee
1 - 99 yrs.	Monday	10:00am - 2:00pm	Sept. 9, 2018 - April 13, 2019	Loring Arena	\$5

Public Swim Hours



Open swim at Keefe Tech School. Please check our website for exclusion dates.
\$4 per adult / \$2 per child ~~ CASH ONLY PLEASE

Ages	Day	Time	Dates	Location	Fee
1 - 99 yrs.	Saturday	3:00pm - 4:30pm	October 19, 2019 - April 18, 2020	Keefe Tech School	\$4 / \$2
1 - 99 yrs.	Sunday	2:00pm - 3:00pm	October 6, 2019 - April 19, 2020	Keefe Tech School	\$4 / \$2

Baby Ballet



Basic Ballet poses and moves along with Creative movement, expression, and rhythm concepts will be taught to boys and girls. Please wear comfortable clothes and have bare feet or ballet shoes. Please bring a water bottle to class. This is a perfect class to introduce movement and rhythm to your child!

Ages	Day	Time	Dates	Location	Fee
3 - 5 yrs.	Tuesday	3:30pm - 4:15pm	November 12 – December 17	Academy Building	\$75

Start Smart Soccer



Developmentally appropriate introductory baseball program for children 3-5 years old. The program prepares children and parents for organized soccer in a fun non-threatening environment without the intimidation of competition or the fear of getting hurt. Parent **MUST** participate with child. Children keep equipment at the end of class. This is a rain or shine class as it will be held in the Brophy Gymnasium.

Ages	Day	Time	Dates	Location	Fee
3 - 5 yrs.	Saturdays	9:00am - 10:00am	October 12 – Nov. 9	Brophy School	\$65
3 - 5 yrs.	Saturdays	10:00am - 11:00am	October 12 – Nov. 9	Brophy School	\$65

Swim Lessons – Adaptive Aquatics / Special Needs



One-on-one private swim lessons for children with special needs or children who may not be ready for group swim lessons due to attention difficulties or anxiety in or around the water. Our teachers use strategies, applications, and techniques that allow children with sensory challenges, physical difficulties, and Autism Spectrum Disorder, the tools needed to reach their potential in the pool. It is their goal to create a safe environment where your child will feel confident and comfortable with their abilities.

PLEASE NOTE - When creating your account, please be transparent with your child's disability. This information is only used by the administration to ensure your child receives the proper assistance while in this class.

** The intent of these swim lessons are to offer a service to children who currently have an IEP/504 Plan, are receiving services through OSERS, or have been recently been diagnosed with a special need. These classes are **NOT** intended to be private 1 on 1 swim lessons for able children.

Ages	Day	Time	Dates	Location	Fee
4 - 18 yrs.	Saturdays	Times Vary – Please Check Website	November 2 – 23	Keefe Tech Pool	\$85

Swim Lessons (Preschool)

Small group lessons for non-swimmers who have no experience. This class will introduce and help make the swimmer familiar and comfortable in the water. **PARENTS DO NOT PARTICIPATE** and are asked to stay in the bleachers during class. Flotation devices (bubbles) are provided. Personal flotation aids will not be allowed. Preschool classes run for 35 minutes.

Ages	Day	Time	Dates	Location	Fee
3 - 5 yrs.	Saturdays	Times Vary – Please check Website	November 2 – 23	Keefe Tech Pool	\$40

Archery



REGISTRATION BEGINS MONDAY, SEPTEMBER 9!

Learn the martial art sport of archery! Participants will use traditional recurve bows and arrows to experience this unique all-inclusive Olympic sport that increases focus, hand eye coordination and muscle memory through repetition and practice. Physical benefits include muscle memory, posture alignment and balance and archery is a great individual sport that offers a healthy alternative to traditional team competitive sports. Archers will learn the fundamentals in simplified steps of the shot process in the beginner section and then further develop their skills with more in-depth instruction in session II for intermediates. All equipment is provided and no prior experience necessary!

Ages	Day	Time	Dates	Location	Fee
9 - 99 yrs.	Thursdays	4:15pm - 5:15pm	September 19 – October 17	Ashland Recreation Dept.	\$130

Ballet



Ballet class for beginners! Please wear your hair pulled back, footless tights, and a leotard of any color. Gym clothes are also acceptable. Ballet poses and moves along with creative movement, expression, and rhythm concepts will be taught to boys and girls.

Ages	Day	Time	Dates	Location	Fee
5 - 8 yrs.	Tuesdays	4:45pm - 5:30pm	November 12 – December 17	Academy Building	\$75

BLAST – Babysitter Lessons & Safety Training



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.

Ages	Day	Time	Dates	Location	Fee
11 - 15 yrs.	Wednesday	6:00pm - 8:30pm	November 13	Academy Building	\$58

Drama Kids



No Auditions! No Pressure! 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! No experience required...only the willingness to have fun and get creative! We are Drama Kids, we are different from other programs, and the difference is DRAMATIC!

Ages	Day	Time	Dates	Location	Fee
5 - 11 yrs.	Thursdays	4:30pm – 5:30pm	October 3 – December 12	Academy Building	\$138

Home Alone Safety Class



Learn different techniques to help you stay safe when you are home alone. Participants will take home instructions of what to do in an emergency and who to call, as well as other important tools.

Ages	Day	Time	Dates	Location	Fee
8 - 11 yrs.	Thursday	4:30pm – 6:00pm	November 7	Academy Building	\$52

Learn to Sew



Sew Studio is offering 3 fun projects this Fall! Wow your friends with your creations! Beginners welcome! NO experience necessary. Basic machine and hand sewing techniques will be taught.

Please visit www.sewstudiosouthborough.com or contact sewstudiosouthborough@gmail.com for more information and to register.

Ages	Day	Time	Dates	Project	Location
6 - 16 yrs.	Wednesday	9:00am - 11:30am	October 9	Cuddly Cat	Sew Studio, Southborough
6 - 16 yrs.	Wednesday	12:00pm - 2:30pm	October 9	Owl Backpack	Sew Studio, Southborough
6 - 16 yrs.	Friday	9:00am - 12:00pm	November 29	Gift Making Marathon	Sew Studio, Southborough



Outdoor Adventure Clinic

REGISTRATION BEGINS MONDAY, SEPTEMBER 9!

Join us for an exciting day of Outdoor Adventure! Learn kayaking, canoeing, fishing, & archery all in 1 location in 1 afternoon! All participants must bring a backpack with a change of clothing, a snack, and a water bottle. Please dress appropriately and wear water repellent/proof shoes.

**** PLEASE NOTE - This class needs a MINIMUM of 12 participants to run - so call your friends and come as a group!**

Grades	Day	Time	Dates	Location	Fee
3 - 8	Saturday	10:00am - 2:00pm	October 5	Learned Pond	\$45

PAL Basketball Gym Schedule

Open Gym / pick-up games for grades 6 – 12. When using the facility at Woodrow Wilson Elementary, please enter the building through the front door.

Grades	Day	Time	Dates	Location	Fee
6 - 8	Monday	6:00pm - 8:00pm	September 12 – June 2020	Woodrow Wilson Gym	N/A
6 - 8	Wednesday	6:00pm - 8:00pm	September 12 – June 2020	Woodrow Wilson Gym	N/A
9 - 12	Thursday	6:00pm - 9:00pm	September 12 – June 2020	Woodrow Wilson Gym	N/A
9 - 12	Friday	6:00pm - 9:00pm	September 12 – June 2020	Woodrow Wilson Gym	N/A
6 - 12	Sunday	6:00pm - 9:00pm	September 12 – June 2020	Woodrow Wilson Gym	N/A

Skateboard Clinic

Designed for beginner skateboarders with little to no experience, this class teaches fundamental skateboarding tricks and skills. Concentrating on balance, turning, accelerating, stopping, transitions, dropping in, Ollies, and a variety of other skills, we not only teach tricks but help participants develop confidence to apply them on their own. Proper safety equipment (helmet, knee pads, elbow pads, wrist guards) and skateboards are required. Participants must keep all safety gear on at all times and wear athletic shoes.

Ages	Day	Time	Dates	Location	Fee
7 - 12 yrs.	Saturday	9:00am - 12:00pm	October 12	Skate Park @ Farm Pond	\$35

Skating Lessons



Lessons will teach proper, basic ice skating skills in a fun atmosphere. All skaters must wear approved helmets – there is a helmet guideline link available on our website (bicycle helmets are NOT allowed). Please dress in layers and wear mittens and gloves. Ice skates will be available to rent from the Skate Shop. No double-runners allowed. Each 50 minute class is instructed to have a 10 minute warm-up, 30 minute lesson, and 10 minutes to practice. Children will be assigned a instructor according to their skating ability.

Ages	Day	Time	Dates	Location	Fee
5 - 12 yrs.	Saturdays	9:00am - 9:50am	November 2 – December 7	Loring Arena	\$55
5 - 12 yrs.	Saturdays	10:00am - 10:50am	November 2 – December 7	Loring Arena	\$55

Swim Lessons – Adaptive Aquatics / Special Needs

One-on-one private swim lessons for children with special needs or children who may not be ready for group swim lessons due to attention difficulties or anxiety in or around the water. Our teachers use strategies, applications, and techniques that allow children with sensory challenges, physical difficulties, and Autism Spectrum Disorder, the tools needed to reach their potential in the pool. It is their goal to create a safe environment where your child will feel confident and comfortable with their abilities.

PLEASE NOTE - When creating your account, please be transparent with your child's disability. This information is only used by the administration to ensure your child receives the proper assistance while in this class.

** The intent of these swim lessons are to offer a service to children who currently have an IEP/504 Plan, are receiving services through OSERS, or have been recently been diagnosed with a special need. These classes are NOT intended to be private 1 on 1 swim lessons for able children.

Ages	Day	Time	Dates	Location	Fee
4 - 18 yrs.	Saturdays	Times Vary – Please Check Website	November 2 – 23	Keefe Tech Pool	\$85

Swim Lessons (Levels 1 – 7)

Small group lessons provide an introduction to the aquatic environment as well as build upon existing skills. **PARENTS DO NOT PARTICIPATE** and are asked to stay in the bleachers during class. Descriptions of the different levels, as well as times offered and age requirements can be found on our webpage. Classes run for 45 minutes.

Ages	Day	Time	Dates	Location	Fee
5 - 18 yrs.	Saturdays	Times Vary – Please check Website	November 2 – 23	Keefe Tech Pool	\$40

Swim Start & Turn Clinic



The focus of this clinic will be on establishing and improvement of the ‘start’ position and technique, as well as basic turns.

** PLEASE NOTE – Swimmers MUST be able to perform a basic dive from the side of the pool into deep water prior to registering for this class. .

Grades	Day	Time	Dates	Location	Fee
4 - 10	Sunday	2:00pm - 3:30pm	October 20	Keefe Tech Pool	\$45

Swim Team



REGISTRATION BEGINS MONDAY, OCTOBER 7!

Framingham's Swim Team is a recreational swim team. Practices and home swim meets are held at Keefe Tech School located at 750 Winter Street, Framingham. Focus is on good sportsmanship, improvement, and having fun! Open to swimmers ages 6-18 years. **All new swimmers to the Swim Team MUST be evaluated.** Dates & practice times TBA – Please check our website for updates. \$135 per swimmer.

Taekwondo



Taekwondo is an integrated and complete system for self-defense and personal improvement. The aim of training is to improve the whole person: body, mind and spirit. Baystate Taekwondo is dedicated to helping your child develop confidence through physical activity and acquiring self-defense skills.

This is an introductory class to martial arts including instruction and games. Please wear comfortable clothes, and please leave shoes in rack provided at the door.

Ages	Day	Time	Dates	Location	Fee
4 - 6 yrs.	Tuesday	4:20pm - 5:00pm	October 1 – November 5	Baystate Taekwondo Academy	\$83
7 - 12 yrs.	Tuesday	5:00pm - 6:00pm	October 1 – November 5	Baystate Taekwondo Academy	\$83

Tennis Lessons



Tennis lessons are broken into age specific groups. This gives your child the opportunity to learn the fundamentals while building confidence in a competitive yet fun environment.

Ages	Day	Time	Dates	Location	Fee
4 - 18 yrs.	Sundays	Times Vary – Please check Website	October 20 – November 24	Longfellow Club, Wayland	\$88

Yoga Workshop



This workshop was developed to encourage parents and their children to move and spend time together by teaching them a simple yoga flow that they can do at home. Workshop is ideal for all experience levels and children in grades K-5. Please bring a yoga mat, towel, and water bottle to class.

This is a Parent/Child (team) workshop - Parent **MUST** participate with child.

Grades	Day	Time	Dates	Location	Fee
K - 5	Saturday	10:00am - 11:30am	October 19	Academy Building	\$25
K - 5	Saturday	10:00am - 11:30am	November 16	Academy Building	\$25

Archery

Registration begins Monday, September 9!

Learn the martial art sport of archery! Participants will use traditional recurve bows and arrows to experience this unique all-inclusive Olympic sport that increases focus, hand eye coordination and muscle memory through repetition and practice. Physical benefits include muscle memory, posture alignment and balance and archery is a great individual sport that offers a healthy alternative to traditional team competitive sports. Archers will learn the fundamentals in simplified steps of the shot process in the beginner section and then further develop their skills with more in-depth instruction in session II for intermediates. All equipment is provided and no prior experience necessary!

Ages	Day	Time	Dates	Location	Fee
9 - 99 yrs.	Thursdays	4:15pm - 5:15pm	September 19 – October 17	Ashland Recreation Dept.	\$130

Cardio Tennis

Get your cardio in while hitting tennis balls to fun, upbeat music!

Ages	Day	Time	Dates	Location	Fee
18+ yrs.	Mondays & Fridays	11:00am – 12:00pm	October 14 – November 22	Longfellow Club, Wayland	\$88

Golf

Learn the fundamentals of golf! Classes taught by Kevin Sullivan and held at the Southborough Golf & Learning Center. Please bring equipment if you have it, if not, it will be provided. *Please see website for additional class information

Ages	Day	Time	Dates	Location	Fee
18+ yrs.	Tuesday	6:00pm - 7:00pm	October 8 – November 5	Southborough Golf and Learning Center	\$126

First Aid & CPR Class

ASHI Pediatric CPR, AED and First Aid training program provides an ideal training solution for schools, child care providers, youth sports coaches and others required to learn how to respond to medical emergencies involving children and infants. Pediatric First Aid is covered as well as CPR for all ages. Recognized by EEC, ACA, and OSHA. Certificate – good for 2 years.

Ages	Day	Time	Dates	Location	Fee
16 - 99 yrs.	Thursday	6:00pm - 9:00pm	November 7	Academy Building	\$78

Jack's Abby Social Tennis League

The Jack's Abby Social Tennis League offers players ages 21-47, ranging from recreational to advanced players, the opportunity to meet new people through the game of tennis. The league will run for 6 weeks and feature a doubles team format with hour-long matches. After matches, we continue the fun at Jack's Abby Brewery, where players receive special discounts. Each league session is followed by an end-of-season celebration for all players. We do require a minimum number of players to run the league so a decision must be made after the first night based on registration numbers. So sign up today and share with friends and co-workers!

Ages	Day	Time	Dates	Location	Fee
21 - 47 yrs.	Wednesday	6:00pm - 8:30pm	September 4 - October 16	Butterworth Tennis Courts	\$68

Open Gym - Basketball Schedule

Basketball Court Only. Open Gym / pick-up games. When using the facility at Walsh Middle School, please enter the building through Door #5. \$2 per person per night ~ CASH ONLY PLEASE

Ages	Day	Time	Dates	Location	Fee
18+ yrs.	Tuesday	6:00pm - 8:00pm	September 2019 – March 2020	Walsh Middle School	\$2 per night
18+ yrs.	Saturday	3:00pm - 6:00pm	September 2019 – March 2020	Walsh Middle School	\$2 per night
18+ yrs.	Sunday	12:00pm - 3:00pm	September 2019 – March 2020	Walsh Middle School	\$2 per night

Yoga



You'll feel more balanced and connected in your yoga practice, enhancing stress reduction and overall well being. This practice is a gentle, Kripalu style Yoga class taught by Terri Vogel. Please wear comfortable clothes and bring a water bottle, towel, 2 yoga blocks (if you have them) and yoga mat to class.

Ages	Day	Time	Dates	Location	Fee
18+ yrs.	Monday	6:00pm - 7:00pm	October 21 – December 16	Academy Building	\$75

55+ Senior Adult Programs

55+ Senior Adult Exercise/Aerobics Class

Modified, 55+ Senior friendly exercise class. Ongoing classes held at the Callahan Center.

Ages	Day	Time	Dates	Location	Fee
55+ yrs.	Tuesday	10:00am - 10:45am	Year-Round	Callahan Senior Center	Free

55+ Pickleball @ the Longfellow Club in Wayland

Ongoing program. Monday, Thursday, and Friday from 12:00pm – 2:00pm for experienced players. New players & those interested in lessons, please contact Longfellow at 508-358-7355.

55+ Senior Swim

55+ Senior lap swim / open pool at Keefe Tech. Please check our website for exclusion dates.

Ages	Day	Time	Dates	Location	Fee
55+ yrs.	Saturday	2:00pm - 3:00pm	Oct. 19, 2019 - April 18, 2020	Keefe Tech School.	Free

Council on Aging / Callahan Center

535 Union Ave.
Framingham, MA 01702
(508) 532-5980

Hours

(Mid-April – November)

Monday, Wednesday and Thursday
8:30 a.m. - 4:30 p.m.

Tuesday ~ 8:30 a.m. - 7:30 p.m.

Friday ~ 8:30 a.m. - 1:30 p.m.

(November – Mid-April)

Monday – Friday ~ 8:30 a.m. – 4:30p.m.

For additional Callahan Center & 55+ Senior Adult program information, please visit <https://www.framinghamma.gov/360/Council-on-Aging>

It is the mission of the Framingham Council on Aging / Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to under-served groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

Council on Aging Regular Meetings occur on the 2nd Tuesday of the month



PARKS
FRAMINGHAM
& RECREATION

*Framingham Parks & Recreation Department
475 Union Ave.
Framingham, MA 01702*

*City of Framingham
Resident*