Framingham Parks, Recreation and Cultural Affairs

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

Register on-line:
www.FraminghamParks.com

2013 – 2014 WINTER PROGRAMS

*** * REGISTRATION BEGINS THURSDAY, DECEMBER 5, 2013 * ***

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

PRESCHOOL PROGRAMS

Baby Ballet - Ages 3-5 yrs.
Tuesdays, February 18 – March 25
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, January 4 – February 22 (no class 1/18, 2/15)
9:30 – 10:30am ~~ $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.

Creative Music, Movement & Dance Class - Ages 2 - 4
Mondays, February 24 – March 31
10:30-11:15am ~~ $65 per child
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.

Goldfish Swim Lessons - Ages 6mo.-3 yrs.
Fridays, January 10 – February 14
10:00-10:30am ~~ $85 per child
Classes held at and sponsored by Suburban Athletic Club. 10 Roxanna St. Framingham ~ A responsible adult must accompany the child in the water in order to participate in this class.

Micro Athletics - Ages 2 - 4
Mondays, February 24 – March 31
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 2½ – 4 yrs.
Week of January 6 – Week of March 17
Wednesdays for age 2½ yrs. **~ OR ~** Thursdays for ages 3 & 4 yrs.
9:45 - 11:15am
$40 per child
Proof of age REQUIRED @ registration! (2 yrs. by 7/1/13)
Teacher-led playgroup. Includes story time, arts & crafts, play time, and more. Parental participation required. Classes held at the Cushing Bldg. in Cushing Memorial Park.

Start Smart Basketball - Ages 3 – 5 yrs.
Saturdays, January 11 – February 8
9:00 – 10:00am **OR** 10:00 – 11:00am
$55 per child
Class will be held at Potter Rd. Elem. School. Fundamentals and proper basketball techniques will be taught. Parent MUST participate with child. Children keep their equipment at the end of the program.

Tiny Trotters Riding Program - Ages 4-6 yrs.
Tues., Wed., or Thursdays - January - February
9:30am – 11:30am **OR** 1:00pm – 3:00pm ~~ $240 per child
This is a 5 week drop off program 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 call Nancy at Lil Folk Farm at 508-429-1700 or visit their website at www.lilfolkfarm.com

Whimsical Wednesdays - Ages 3 – 5
Wednesdays, January 8 – 29
11:00 – 11:45am ~ $48 per child
If you enjoyed our 'Kids Just Love Crafts' program, then you'll LOVE 'Whimsical Wednesdays'!! Class held at Whimsy Arts and Crafts Studio, 686 Worcester Road, Framingham.

YOUTH PROGRAMS

Aikido - Ages 8 – 14 yrs.
Saturdays, January 4 – February 8
10:15 - 11:15am
$45 per child
Martial art system of self-defense.
Classes held at Framingham Aikikai, 61 Fountain St.

40th Annual Basketball Clinic - Grades 4 – 8
Thursdays, March 6 – April 10
6:00 - 8:00pm
$35 per child
Clinic will be held at Walsh Middle School. Instruction in individual skill development and team play.
Registration begins Wednesday, February 12th at the Parks & Rec. Office.

Please Note

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

BLAST - Babysitter Lessons and Safety Training - Ages 11-15 years
Thursday, April 3 (early release day)
1:00pm – 4:00pm ~~ $45 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.

Basketball - Grades 1 – 3 Boys & Girls
Saturdays, January 4 – February 8
9:30 - 11:00am **OR** 11:00am - 12:30pm **OR**
12:30 - 2:00pm **OR** 2:00 - 3:30pm (Girls Only)
$35 per child
Class will be held at Stapleton School, and will focus on skill development with some limited team play.

Basketball - Grades 4 – 6 Boys & Girls
Saturdays, January 4 – February 8
11:15am - 12:45pm (Boys Only) **OR** 12:45 - 2:15pm (Girls Only)
$35 per child
Class will be held at Potter Rd. School, and will focus on skill development with some limited team play.

Beginner Ballet - Ages 5 – 7 yrs.
Tuesdays, February 18 – March 25
4:15 - 5:00pm
$60 per child
Class will be held at the Academy Bldg. at Cushing Memorial Park.

Bricks and Motors Engineering Class - Ages 6-8
Mondays, January 6 – February 24 (no class 1/20 & 2/17)
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.

February Vacation Riding Camp - Ages 6 – 16 yrs.
Monday, February 17 – Friday, February 21
Class held at Lil Folk Farm, Holliston. Riding boots and helmet required. All riding levels available. Heated warm-up facilities, group riding lessons, and other activities. Please bring a lunch and snack. For more information & to register, please call Nancy at Lil Folk Farm at 508-429-1700 or visit their website at www.lilfolkfarm.com

Futsal Academy - Ages 5-14 yrs.
Futsal Leagues (all ages) will start January 6th. This Academy will be a combination of lessons & games. Futsal is the official indoor soccer game of FIFA. Class will be held at Suburban Athletic Club, 10 Roxanna St. For more information, please contact Suburban Athletic Club at 508-879-6544.

Home Alone Safety - Ages 8 – 11 yrs.
Thursday, April 3
4:30 - 6:30pm
$40 per child
Class held at the Academy Bldg. at Cushing Memorial Park.

Intermediate Ballet - Ages 6 - 9 yrs.
Tuesdays, February 18 – March 25
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.

Lazer Tag - Ages 7 – 14 yrs.
Early Release Day Field Trips to LazerZone! (Rt. 20, Marlborough)
Thursday, February 6 **~ OR ~** Thursday, February 27
2:15pm - 5:30pm (drop off at 2:15pm, pick up at 5:30pm from Bowditch Field)
$25 per child
Fee includes transportation to and from LazerZone, a Nova Mission of Lazer Tag, small fountain drink, and 8 arcade/game tokens.

Soccer Clinic - Ages 5 – 13 yrs.
Tuesday, February 18 – Friday, February 21 (Vacation Week)
9:00am - 12:00pm
$90 per child ~ Sponsored by Mass. Premeir Soccer.
Held at the Barbieri School Gym. Please use door #18.

COME FOR ONE .....
STAY FOR ANOTHER!

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 16 – Friday, April 19 (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.

Lifeguard Training - Ages 15+ yrs.
Saturdays, March 1 – April 19
12:30 - 3:30pm
$275 per resident
Register on Tuesday, February 11th from 5:30 - 6:30pm at the Academy Bldg. at Cushing Memorial Park.

PAL Gym Schedule ~ Dec. 2013 - April 2014 - Grades 6 – 12
September 23 – April 2014
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
***** Watch for PAL v. NE Patriots in April! *****

Piano Lessons - Ages 6 – 9 yrs.
Saturdays, March 8 – 29
9:00 – 9:50am – Introductory Class – Ages 6 & 7 ~~ $99 per child
10:00 – 10:50am – Introductory Class – Ages 8 & 9 ~~ $99 per child
Class will be held at Piano Pear, 1 Edgell Road, Suite 2, Framingham.

Robotics 101 - Ages 9-14
Mondays, January 6 – February 24 (no class 1/20 & 2/17)
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.

Skating Lessons - Ages 5 – 11 yrs.
Saturdays, January 4 – February 8
9:00 - 10:00am **OR** 10:00 - 11:00am
$40 per child ($45 non-residents)
* APPROVED SKATE HELMETS ARE REQUIRED FOR **ALL** SKATERS! *
* Birth Certificates REQUIRED for all 5 year olds! *
Please contact the Parks & Recreation Office if you have any questions.
***** Residents register from 5:30-6:30pm, Dec. 2nd at Loring Arena. Non-Residents may register on December 3rd at the Recreation Office if space is still available. *****

Ski & Snowboard Lessons at Nashoba Valley - Grades 4 – 12
Sundays, January 5 – February 9
7:30am - 1:30pm (1 hr. lesson, 2 hour open ski)
$285 per child / includes transportation (plus $100 extra for rentals)
Transportation from Bowditch Field.

Swim Lessons - Ages 3 – 18 yrs.
Saturdays, March 1 – April 19
$40 per swimmer
* NEW THIS SESSION - BIRTH CERTIFICATES REQUIRED FOR ALL 3 YEAR OLDS! *
***** Residents register from 5:30pm – 6:30pm, Tuesday, February 11th at the Academy Bldg. in Cushing Memorial Park. Non-Residents may register on February 12th at the Recreation Office if space is still available. *****

Taekwon-Do - Ages 4 – 6 yrs.
Mondays, January 27 – March 10 (no class 2/17)
3:30 - 4:15pm ~ $75 per child
Intro. class to martial arts instruction and games. Classes held at 25 School St.

Tennis Lessons - Ages 4 – 14 yrs.
Session I: Sundays, January 5 – February 9
Session II: Sundays, March 2 – April 6
2:30 – 3:15pm = Ages 4 & 5 ** 3:15 – 4:00 = Ages 6 & 7
4:00 – 5:00pm = Ages 7 & 8 ** 5:00 – 6:00pm = Ages 8 - 10
6:00 – 7:00pm = Ages 10 – 14
$75 per child ~ Classes held at the Longfellow Club in Wayland.

Wrestling - Grades 4 – 8
Tuesdays & Thursdays, December 12 – February 13
6:30 – 8:00pm
$90 per child
Registration fee includes uniform and t-shirt. Class held at the Brophy School Gym.

FAMILY PROGRAMS

Adult & Family Day Trips
December 7th – NYC Shopping
February 6th - Foxwoods
**Look for Atlantic City trip in April!
Detailed information available at the Recreation Office.

! Count the Canes !
December 2 – 20
As you enter the foyer of the Parks & Recreation Office, you will see a huge jar of candy canes!! If you guess the correct amount in the jar, or are the closest, without guessing over, you will win a $30 program voucher!!!

Wachusett Ski Trip
Wednesday, February 19 (Vacation Week)
Bus will depart from Bowditch Field. Anyone under the age of 13 must be accompanied by an adult. More Information will be available on our website at www.framinghamparks.com

Public Swim
All Ages - at Keefe Tech. Pool - Through April 19, 2014 ~ $4 per adult / $2 per child
(No public swim on the following dates; 12/7, 12/8, 1/25, 1/26, 2/8, 2/9 – Dates are subject to change without notice)
Saturdays, 3:00-4:30pm * Sundays, 2:00-3:30pm

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

Public Skate
September 8, 2013 – April 2014 ~~ $5 per adult/$3 ages 12 and under
Mondays – 10:00am-2:00pm * Tues.- Fridays – 10:00am-Noon
Saturdays – 2:00pm-3:45pm * Sundays – 2:00pm-3:45pm
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

***** SPECIAL EARLY RELEASE / PUBLIC SKATE ICE TIME! *****
Friday, January 31 from Noon – 2pm ** $5 per adult/$3 ages 12 and under
Join us for free hot chocolate while you skate!
(skate rentals NOT available during this time)

"Santa's Little Sports"
Re-create the Holiday Spirit with the Recreation Department. If you know a needy family, please call the Office at 508-532-5960. Names will be taken from November 4 – December 13, 2013. If you would like to donate a toy for a child (birth – 10 yrs.), please drop it off at the Recreation Office anytime until Dec. 13th. The Recreation Office is open Monday – Friday from 9:00am - 5:00pm.

ADULT PROGRAMS

Adult Aikido
Saturdays, January 4 – February 8
11:30 – 12:30pm ~ $50 per person
Martial art system of self-defense for ages 15 – adult.
Classes held at Framingham Aikikai, 61 Fountain St.

Adult Pickleball
Ongoing Classes at The Longfellow Club in Wayland
Please call 508-358-9675 to reserve a court or ask about lessons!

Adult Swim Lessons
Wednesday January 8 – February 12
6:00- 6:45 pm ~~ $85 per adult
Classes held at and sponsored by Suburban Athletic Club. 10 Roxanna St. Framingham

Cardio Tennis
Session I: Fridays, January 3 – February 7
Session II: Fridays, March 7 – April 11
11:00am – 12:00pm
$75 per person
Get your cardio in while hitting tennis balls to drills & fun, upbeat music! Classes held at the Longfellow Club in Wayland.

Framingham High School Fitness Center
Open Monday – Thursday from 6:00pm – 8:00pm
$20 per month / per person
Don't get cabin fever - Stay in shape for the Winter! Take advantage of the strength-training and cardiovascular equipment at this wonderful facility. For more information, please contact Mike Bissanti at 508-620-4963 x27493.

Heart Saver First Aid & CPR
Thursday, April 3
6:30pm – 9:30pm ~~ $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 Mem. Park.

Open Gym Schedule ~ October 2013 – April 2014
Danforth Gym (Basketball Court) ** **$2 per person**
Tuesdays – 5:00 - 8:00pm * Saturdays – 3:30 - 7:00pm
Sundays – 12:00 - 3:00pm

Tennis Lessons
Session I: Sundays, January 5 – February 9
Session II: Sundays, March 2 – April 6
7:00-8:00pm (Beginner & Intermediate)
$75 per person ~ Classes held at the Longfellow Club in Wayland.

Yoga
WINTER SESSION: Mondays, February 3 – March 24 (no class 2/17)
SPRING SESSION: Mondays, March 31 – May 19 (no class 4/21)
6:00 - 7:00pm ~ $55 per adult ($60 Non-Residents) – 7 sessions
Classes held at Brophy School gym.

Zumba Gold
Mondays, January 6 – March 10 (no class 1/20 & 2/17)
7:00 – 8:00pm ~ $45 per adult ($50 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.

SENIOR PROGRAMS

Computer Classes at the Callahan Senior Center
Learn the basics of your Personal Computer! How to use the internet, e-mail, and Microsoft Word Processing! For more information, and to register, please call the Callahan Senior Center directly at 508-532-5980 x4118.

Senior Exercise
Ongoing Classes at the Callahan Center
Tuesdays – 10:00 - 11:00am ~ No Fee!
Additional classes have been arranged at Focus on Fitness ,
63 Fountain St. Classes held on Wednesdays at 10:30am. $5.00 per class.

Senior Swim
October – April 19, 2014 at Keefe Tech Pool
Saturdays – 2:00 - 3:00pm ~ No Fee!
(No senior swim on the following dates; 12/7, 1/25, 2/8 – Dates are subject to change without notice)

**** REGISTRATION BEGINS THURSDAY, DECEMBER 5, 2013 ** AT THE RECREATION OFFICE (9am-5pm) ****
**** UNLESS OTHERWISE NOTED ****

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.

**** * CLASSES ARE LIMITED AND BASED ON A FIRST COME FIRST SERVED BASIS * * ALL RECREATION PROGRAMS ARE NON-REFUNDABLE * ****

Residents Register on first day of Registration, Non-Residents the next day if space available. On-line registration included. All services and fees are subject to change. Spanish & Portuguese translations available and 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 ~*