

# Framingham Parks, Recreation and Cultural Affairs

www.FraminghamParks.com



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



## 2015 FALL PROGRAMS



REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 30, 2015

\* ON-LINE & AT THE RECREATION OFFICE (9am – 5pm) \* UNLESS OTHERWISE NOTED \*

### PRESCHOOL PROGRAMS

#### Baby Ballet - Ages 3-5 yrs.

Tuesdays, November 10 - December 15  
3:30-4:15pm -- \$68 per child

Class will be held at the Academy Bldg. in Cushing Memorial Park.



#### Gymnastics I - Ages 2 - 3

Mondays, October 19 - November 23  
9:30-10:15am -- \$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

Mondays, October 19 - November 23  
10:30-11:15am -- \$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.



#### Jam Time Indoor Play Wednesdays - Ages Infant - 6 yrs.

Wednesdays, September 30 - November 25

9:00am - 5:30pm -- \$7 per child / per visit

Framingham residents get a reduced rate at Jam Time Indoor Play + Enrichment Center all day on Wednesdays! Please just show a valid ID! Jam Time is full of climbing structures, slides, and monkey bars! It also has a bouncy house, ball pit, fireman pole, and a separate infant zone with soft toys and kiddie equipment! Jam Time is located at 251 West Central Street in Natick, in Natick Crossings next to the Commuter Rail T stop, just over the Framingham town line on Rt. 135.



#### Lil Rockers - Ages 2 - 4 yrs.

Thursdays, October 22 - December 3 (no class Nov 26)  
10:00am - 10:45am -- \$68 per child

Get your child moving through dance and music while using unique equipment. Class will be filled with stretches, music, games and activities. Scarves, ribbons, parachutes, musical instruments and much more will help to create gross motor development, self expression and fun! Classes will be held at the Academy Building in Cushing Memorial Park.



#### Pre-School Playgroup - Ages 1-5 yrs.

Week of Sept. 29 - Week of Dec. 10  
Tuesday - Sibling Class for ages 1 - 5 yrs (parents mostly stay with 1 yr olds)  
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)

**Proof of age will be required at registration.** Classes held at the Cushing Bldg., Cushing Memorial Park. (Please use the Winter Street entrance at Keefe Tech.)

\*\*\*REGISTRATION BEGINS SEPTEMBER 22\*\*\*



#### Start Smart Soccer - Ages 3-5 yrs.

Saturdays, Oct. 24 - Nov. 21

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.



#### STEM for Tots - Ages 3-5 yrs.

Tuesdays, October 13 - November 24 (no class Nov. 3)

3:30-4:30pm -- \$75 per child

Spark your children's interest in Science, Technology, Engineering, and Math! With each class, the children will learn through simple experiments ideal for little hands. Take-home activities and newsletters will also be provided. Classes will be held at the Academy Building in Cushing Memorial Park.



#### 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 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](http://www.lilfolkfarm.com)

### YOUTH PROGRAMS

#### Aikido - Ages 8-14 yrs.

Saturdays, Oct. 17 - Nov. 21

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.

Wednesdays, October 7 - 28

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 5-7 yrs.

Tuesdays, November 10 - December 15

4:30-5:15pm -- \$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. in Cushing Memorial Park.



#### Beginner Ballet II - Ages 6-8yrs.

Tuesdays, November 10 - December 15

5:30pm - 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. The recommendation of moving on to the next level will come from the instructor. Class will be held at the Academy Building in Cushing Memorial Park.



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

Thursday, November 12

4:00pm - 7:00pm -- \$48 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 15 - December 10 (no class Nov. 26)

4:45-5:45pm -- \$100 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.

#### Frozen Science - Ages 5 - 11 yrs

Mondays, November 9 - December 14

4:00-5:00pm -- \$75 per child

Go on a Wicked Cool Frozen Science expedition! Make frozen slime, six-pointed snowflakes, and indoor snow! Grow cold crystals, make a spectacular density-based snow globe and warm-up by making your own homemade hand warmers! Classes will be held at the Academy Building in Cushing Memorial Park.



#### Groovin' to the Music - 5 - 7 Yrs

Mondays, November 16 - December 21

4:00-5:00pm ~ \$75 per child

A music class what will incorporate classic songs and jam sessions with real instruments and exciting musical activities in a fun, safe environment! Children will learn to express themselves musically and learn about the various aspects of music including crescendos, decrescendos, forte, piano, and much more. The children will write a song, record the song and have it on CD to bring home! Classes will be held at the Academy Building in Cushing Memorial Park.



#### Home Alone Safety - Ages 8-11 yrs.

Thursday, November 19

2:00pm - 4:00pm -- \$43 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.



#### Intermediate Ballet - Ages 7 - 9 yrs.

Tuesdays, November 10 - December 15

6:30-7:30pm -- \$73 per child

Participants MUST have taken 2 sessions of our Beginner Ballet II class, and have been recommended by the instructor, prior to enrolling in this class. Class will be held at the Academy Bldg. in Cushing Memorial Park.



#### Karate - Ages 7-12 yrs.

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

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

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



#### Lifeguard Training - Ages 15+ yrs.

Saturdays, September 26 - November 28 (no class Oct. 17 or 31)

12:30 - 3:30pm

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

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

\* Residents register on **TUESDAY, SEPTEMBER 22<sup>nd</sup>** from 5:30-6:30pm at the Academy Bldg. in Cushing Memorial Park. Non-Residents may register on **Sept. 23<sup>rd</sup>** at the recreation office if space is still available \*

#### PAL Gym Schedule - Grades 6-12

September 28 - April 2016

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

Saturdays, November 7 - 28

9:00 - 9:50am - Introductory Keyboard Class - Grades 1 & 2 -- \$102 per child

10:00 - 10:50am - Introductory Keyboard Class - Grades 3 & 4 -- \$102 per child

11:00 - 11:50am - Introductory Software Class - Grades 5 - 8 -- \$102 per child

Class will be held at Piano Pear, 1 Edgell Road, Suite 2, Framingham.

#### Plastic Bricks and Motors Engineering Class - Ages 6-8

Wednesdays, October 14 - December 2 (no class Nov. 11, 25)

4:30 - 5:30pm -- \$73 per child

This is our 'Pirate Session!' Using LEGO educational products and our own unique Bricks 4 Kidz model plans, children will build a pirate ship, a helm, a chomping crocodile, and more! Principals of engineering, architecture physics and more will be taught first hand. Class will be held at the Microsoft Store in the Natick Mall.

#### Pony Club - Ages 6+

4:00pm - 6:00pm

Learn to interact with the ponies, goats, sheep, rabbits, cows, and llamas. A weekly pony ride is also included. Classes held at Lil' Folk Farm, Holliston. For more info., and to register, please visit their website at [www.lilfolkfarm.com](http://www.lilfolkfarm.com)

~ PLEASE NOTE ~

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

Do you have a program idea ?? Tell us about it !! E-mail us at  
[Parks.Recreation@FraminghamMA.gov](mailto:Parks.Recreation@FraminghamMA.gov)

### EV3 Robotics - Ages 9-14 yrs.

Thursdays, October 15 – November 19  
4:30 - 6:00pm -- \$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.



### Skating Lessons - Ages 5-11 yrs.

Saturdays, Nov. 7 – Dec. 12 -- 9:00am-10:00am ~ OR ~ 10:00am-11:00am  
\$43 per child (\$48 non-residents)  
**\*APPROVED SKATE HELMETS REQUIRED FOR ALL SKATERS!\* Birth Certificates REQUIRED for all 5 year olds! \* Instructors/volunteers needed! Please contact the Parks & Rec. Office at 508-532-5960 if interested! \*\* Residents register from 5:30-6:30pm, Monday, Oct. 5<sup>th</sup> at Loring Arena, Non-Residents may register on Oct. 6<sup>th</sup> at the recreation office if space is still available. \*\***



### Social Netiquette - Ages 10 – 12yrs.

Thursday, November 19 -- 4:00pm – 6:00pm -- \$38 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.



### Special Needs Swim Lessons - Ages 4 – 18 yrs.

Saturdays, October 10 – November 28 (no class Oct. 17 or 31)  
\$125 per swimmer (\$150 non-residents)  
One-on-one swim lessons for children with special needs. Based on Angelfish Therapy applications and techniques. Only 6 spots available. Classes held at Keefe Tech Pool, Winter Street.  
**\* Residents register on TUESDAY, SEPTEMBER 22<sup>nd</sup>, from 5:30-6:30pm at the Academy Bldg. in Cushing Memorial Park. Non-Residents may register on Sept 23<sup>rd</sup> at the recreation office if space is still available \***



### Start Smart Sports Development for Children with Special Needs - Ages 5 – 10 yrs.

Saturdays, October 24 – November 21  
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.

### STEM for Kids - Ages 5-8 yrs

Tuesdays, October 13 – November 24 (no class Nov 3)  
5:00-6:00pm -- \$75 per child  
Spark your children's interest in Science, Technology, Engineering, and Math! In each class children will think, construct, experiment, discover, and develop the desire to learn more. Take-home activities and newsletters will also be provided. Classes will be held at the Academy Building in Cushing Memorial Park.



### Swim Lessons - Ages 3-18 yrs.

Saturdays, September 26 – November 28 (no class Oct. 17 or 31)  
\$43 per swimmer (\$48 non-residents)  
Lessons will be held at the Keefe Tech. Pool, Winter Street.  
**\*BIRTH CERTIFICATES REQUIRED FOR ALL 3 YEAR OLDS!\***  
**\* Residents register on TUESDAY, SEPTEMBER 22<sup>nd</sup>, from 5:30-6:30pm at the Academy Bldg. in Cushing Memorial Park. Non-Residents may register on Sept 23<sup>rd</sup> at the recreation office if space is still available \***



### Swim Start & Turn Clinic - Grades 4-10

Saturday, November 7  
4:30 – 6:30pm at Keefe Tech Pool -- \$33 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  
\$120 per child  
**Registration will be on Wednesday, October 14 from 6:30-7:30pm at the Academy Bldg. in Cushing Memorial Park.**



### Taekwon-Do - Ages 4-6 yrs.

Mondays, Oct. 19 – Nov. 23  
3:30pm- 4:15pm -- \$78 per child -- Classes held at 25 School St. Class for first time beginners only. *We ask that children who would like to repeat the class to please wait until Oct. 7<sup>th</sup> to register if space is available.*



### Tennis Lessons - Ages 4-14 yrs.

Sundays, Oct. 18 – Nov. 22  
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  
\$81 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](http://www.lilfolkfarm.com)

## FAMILY PROGRAMS

### Intro to Guitar - Ages 13+

Monday, November 9  
6:30pm – 9:00pm -- \$62 per student  
In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and will have you playing along with your favorite songs right away! Class will be held at the Academy Building in Cushing Memorial Park.



### New York Shopping Spree

December 5 -- \$50 per person  
7:00am departure from Bowditch Field ~ 11:00pm return to Bowditch Field  
Travel by motor coach and be dropped off near Rockefeller Center. 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 3 – December 20 -- \$4 per adult / \$2 per child  
(No swimming on 10/17, 10/31, 11/1, 12/5, 12/6 - *dates subject to change without notice*)  
Saturdays, 3:00-4:30pm \* Sundays, 2:00-3:30pm



### Public Skate

September 13, 2015 – 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 -- Call Loring Arena at 508-532-5950 or check [www.framinghamma.gov/index.aspx?NID=678](http://www.framinghamma.gov/index.aspx?NID=678) for more information.



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

Saturday, Oct. 31 -- 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. 23<sup>rd</sup>**



## BOWPITCH EVENT



*- MetroWest Visitors Bureau Presents -*  
**MetroFest 2015 ~ Arts, Music & Food Truck Festival**  
Saturday, September 26 – 11am – 5pm -- Rain or Shine -- Bowditch Field  
25 Food Trucks, 100 Exciting Exhibitors! Main Stage Entertainment, Obstacle Course, Video Game Truck, an American Girl Doll Red Carpet Extravaganza and all-day entertainment on two stages and throughout the grounds!  
Admission is \$7 per person, \$3 for children ages 5-12, and under 5 yrs. are free!  
Visit [www.metrowestvisitors.org/metrofest/](http://www.metrowestvisitors.org/metrofest/) for more information!

## ADULT PROGRAMS

### Adult Aikido

Saturdays, Oct. 17 – Nov. 21  
11:30-12:30pm -- \$78 per person  
Martial art system of self-defense.  
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 Trips - detailed forms available in the Recreation Office

**October 1** – Foxwoods      **October 4** – Long Island Day Trip  
**November 4-6** – Atlantic City      **November 14** – Rocketts in NYC  
**December 27** – Bright Nights in Springfield

### Cardio Tennis

Fridays, Oct. 16 – Nov. 20  
11:00am-12:00pm -- \$81 per person  
Get your cardio in while hitting tennis balls to fun, upbeat music! Classes held at the Longfellow Club in Wayland.

### Glassblowing - Fused Glass Dishes

Sunday, October 18 -- OR -- November 8  
2:30pm - 4:00pm -- \$40 per person  
Students will learn the process of manipulating glass by using a torch. Students MUST be at least 16 yrs. old to participate. All materials will be provided. Class will be held at Denault Studios, 55 Main Street, Maynard, MA 01754.



### Heart Saver First Aid & CPR

Thursday, November 19  
6:00pm – 9:00pm -- \$68 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.



### Open Gym Schedule

September – April 2016 -- \$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](http://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. 18 – Nov. 22 -- 7:00pm-8:00pm (Beginner & Intermediate)  
\$81 per person -- Classes held at the Longfellow Club in Wayland.

### Yoga

Mondays, October 19 – December 21  
6:00pm-7:00pm -- \$85 per adult (\$90 Non-Resident)  
New Instructor. Gentle, Kripalu Yoga classes held at Brophy School gym.



## 55+ ADULT PROGRAMS

### 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 3 - December 20 at Keefe Tech. Pool  
(No swimming on 10/17, 10/31, 12/5 - *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 30, 2015 \*\***

**\*\* ON-LINE & AT THE RECREATION OFFICE (9am – 5pm) \*\* 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. On-line registration included. 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**

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