Northborough Recreation Guide

Spring & Summer | 2015

NON-RESIDENTS WELCOME!

Register NOW

for spring & summer programs, including
RECREATION'S FULL DAY CAMP, CLUB ASSABET, AND MORE!

Spring & Summer Programs for Ages 2 & Up
Half Day & Full Day Summer Camps

NORTHBOROUGH RECREATION
63 Main Street, Northborough | **508-393-5034** | www.northboroughrecreation.com

THE RIGHT CHOICE

MAKES ALL THE DIFFERENCE

Michael L. Durkin is the superior choice when it comes to choosing a Realtor. An excellent reputation coupled with notable recognition for service and commitment to his community, Michael has led the sales market in this region for decades.

From traditional to modern, existing homes to new construction, buying or selling a home can be a life changing decision. You need to choose an experienced Realtor that will be by your side every step of the way and get you the best advice for your investment. Michael L. Durkin Realtor ALC, CBR not only sells a diversity of homes, he becomes part of your team for years to come. Over the past 30 years he has helped Northborough residents navigate the home buying and selling process whether it was a first home or the one to retire in.

Building ever-lasting relationships with the families of Northborough is part of the 'Durkin' Difference'. Contact Michael today, he wants to hear from you.

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ALC CBR Realtor
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CONTACT INFORMATION

Address: Town Offices Building, ground floor
63 Main Street, Northborough, MA 01532
Phone: 508-393-5034 • **Fax:** 508-393-6996
Recreation Director: Allie Lane
Email: alane@town.northborough.ma.us
Recreation Assistant: Michelle Lyseth
Email: mlyseth@town.northborough.ma.us

Spring Hours: Mon/Wed/Thurs 8am-4pm;
Tues 8am—7pm; Fri 8am—noon
Summer Hours: Mon—Fri 8am—4pm

NORTHBOROUGH PARKS & RECREATION COMMISSION

Sean McCann - Chairman, Mark Awdycki,
Sean Durkin, David Putnam

Laugh! LEARN! Play!
NORTHBOROUGH RECREATION

REGISTRATION INFORMATION

Pre-registration is required for all of our programs and events (unless otherwise noted). Participation is not limited to Northborough residents, non-residents are welcome to register for no additional fees (unless otherwise noted). All registrations are handled on a first-come, first-serve basis. Registration is required for every individual participating in our programming. Payment in full must accompany registration. Incomplete registration forms are subject to being returned to the sender. We cannot be held responsible for lost or misdirected mail.

Options for Registration:
Walk-in: Visit our office to pay with cash, check or credit card.
Mail-in: Download a registration form from our website and mail with payment payable to the Town of Northborough.
Online: Visit www.northboroughrecreation.com to register with a credit card. **We are not able to take payments over the phone.*

Acceptable Forms of Payment: We accept cash, checks, and credit cards (MasterCard, Visa and Discover).

Late Fees: If you wait, you may be too late! Registrations processed the day of a program starting or after will incur a $10 late fee in order to offset the additional administrative costs that arise due to late registrations. All programs require a high level of coordination, including facility scheduling, staffing, advertising, and purchasing of supplies. Register early to guarantee a spot and save money!

Refunds and Withdrawals: Refunds are only issued when a class is canceled due to low enrollment or the course requested is already full. No other refunds will be given. Classes are non-transferable. The deadline to withdraw from a class is no later than 5 business days before the start of a class. Those withdrawing will receive a credit toward another recreation program. Credits are honored for 12 months from the date issued. All refunds are paid with a check from the Town. Please allow for approximately 10-14 business days.

Financial Assistance: Financial assistance is available for Northborough residents who meet eligibility guidelines, for the full time Recreation Summer Camp only. The deadline to apply for assistance is April 1, 2015; forms will be available online and in the office in January. Assistance is available thanks to the efforts of the Friends of Northborough Recreation and those who support it's causes.

Age Requirement: For spring grade school & middle school programs, please sign your child up according to the grade he/she is currently enrolled in. For summer programs, please sign your child up according to the grade he/she will be enrolled in for Fall 2015. For preschool programs, the child must be the specified age by the last day of the activity. Exceptions to these rules are at the discretion of the Recreation office or instructor of the desired program.

Email Blasts: Program delays or cancellations due to weather will be communicated through e-mail only due to our steadily increasing customer base. Please contact us if you need us to use an alternate source of communication. We will use the email address provided in your household account at www.northboroughrecreation.com.

Regarding Inclement Weather: No refunds will be issued due to inclement weather. One make up date may be offered as scheduling allows but is not guaranteed.

Questions? Please contact our office at 508-393-5034 or recreation@town.northborough.ma.us.

Please note that advertising contained herein does not constitute an endorsement by the Town of Northborough or its employees.

ST. PATRICK'S DAY DANCE WITH THE FRIENDS OF NORTHBOROUGH RECREATION

Come join the Friends of Recreation for our annual dance! This year we are celebrating in Green with a St. Patrick's Day Dance. We hope that you will join in helping us raise money for Northborough kids to attend summer camp. Last year, we were able to send 22 kids to summer camp who may not have been able to attend without your help! This dance is being sponsored by Karen Scopetsky of Coldwell Banker Residential Brokerage, Gamache Construction, GPS Financial and Putnam Pipe.Tickets are available at Lowe's Market, 255 West Main St., and the Rec Department, 63 Main St, cash and check only.

Date: Saturday, March 14, 2015, 7—11pm • **Cost:** $40/ticket or $75/couple

Location: Acacia at Indian Meadows Golf Course

NORTHBOROUGH ROTARY CLUB 5K AND 10K TRAIL/ROAD RACE

Date: Sunday, May 3

Time: 9am: 10k run, 10am: 5k run/walk

Race Location: The race will start at 119 Bearfoot Rd; it will be 3/4 road and 1/4 trail on the aqueduct

To Register: Register online at www.active.com or in person on the day of race

Cost: Early Registration: $25 for 5K, $35 for 10K;
Day of Race: $30 for 5K, $40 for 10K

For More Info: www.northboroughrotary.org

THE NORTHBOROUGH COMMUNITY AFFAIRS COMMITTEE 2015 FREE SUMMER CONCERT SERIES

All concerts will be held on Thursdays at Ellsworth-McAfee Park (Rt. 135) from 6-8 pm. Bring a lawn chair or blanket. Don't feel like cooking? Bring cash to buy dinner from our food vendors at each concert. Make sure to like us on Facebook!

Save the Dates: July 9, July 23, August 6, August 20

For more information about the Northborough Community Affairs Committee visit www.northboroughcac.weebly.com.

LOUISE HOULE ANNUAL TOWN CLEAN-UP

Sponsored by the Northborough Community Affairs Committee and Northborough Women's Club. Let's clean up Northborough! This is a great opportunity to teach kids about helping out in the community. Meet at Melican Middle School to pick up gloves, bags and assignments between 7:45am-10am; cleanup is between 8am5—12pm. If you can't clean up that day/time, you can still participate anytime that weekend, just contact the committee to let them know where you will be cleaning. Join our Facebook page "Northborough Community Affairs Committee" to keep up with this event and more! Reserve Your Spot: Have a favorite area you like to clean? Starting March 15, you will be able to reserve a street/area online. Morning check-in still required. Link to sign up can be found on our Facebook page or our website http://northboroughcac.weebly.com/. Contact northboroughcac@gmail.com with any questions. Also, a free cookout by the Knights of Columbus (St. Augustine council) will be provided for volunteers of the clean up. The cookout will be held from 12:15—1:30pm at the Ellsworth-McAfee Pavilion on South Street/Rt 135.

Date: Saturday, April 25th (rain date: Sunday, April 26th)

Time: 8am—noon (check in between 7:45—10am)

Location: Morning check-in at Melican Middle School; Cookout at Ellsworth-McAfee Park

Michael Benway, 4, jumps into the Splash Pad at Assabet Park on its opening day of the season, June 18. Photo/Ed Karvoski Jr.

SPLASH PAD AT ASSABET PARK

Sponsored by Northboro Junior Women's Club

The Splash Pad is of one our most popular spots in Northborough for toddlers and preschoolers! The Splash Pad is adjacent to the toddler playground at Assabet Park. Roughly the same dimensions as a basketball court, it offers several different water features such as bubblers, misters, and geysers to delight everyone from babies to preschool-aged kids. Since it is on an asphalt surface, we recommend water shoes to protect sensitive toes. Bring your beach chair and a picnic lunch and enjoy the day while your little ones run and play in the water! This facility is open to the public for no charge. The Splash Pad will not be open in inclement weather. Don't forget the water toys!

Dates: June 20—September 1, 2015

Times: Schedule pending possible sponsorships

Location: Assabet Park, Rt 135, Northborough (corner of Gale Road and Route 135)

Sponsors needed to keep this facility open daily! Please contact Allie in the Rec Dept. at 508-393-5034 or email alane@town.northborough.ma.us

NEW YORK CITY TRIP

At last... a chance for you to get away to New York, New York! The Big Apple! Do some shopping, spend the day sightseeing, or visit New York's world class museums. From the latest fashion on Fifth and Madison Avenues to quaint antique shops in Greenwich Village, from Macy's, the world's largest department stores, to discount and bargain shops, the Big Apple has it all!

Depart from Melican Middle School on your luxury Silver Fox Motor Coach. A coffee stop will be made along the way. For your convenience, a map of NYC illustrating points of interest will be provided for all. On arrival in New York, stops will be made at both Rockefeller Center and Macy's for your convenience. You're on your own to enjoy the 'Big Apple' and see the sights, including the Rockefeller Center, Saint Patrick's, Tiffany's and more! You can visit one of Broadway's exciting shows, attend one of New York's world famous museums, the Metropolitan Museum of Art, the Guggenheim or similar, or enjoy shopping and sightseeing on Fifth Avenue. New York's the place to be! You'll depart at 6:30 PM from New York City, before returning home after spending a wonderful day in 'The Big Apple.'

Date: Saturday, May 16, 2015

Time: 6am Departure from Northborough, 6:30pm Departure from NYC

Tour Includes: Transportation via Luxury Silver Fox CD/DVD/WiFi Motor Coach, NYC Map and Attractions list

Location: Board the bus at Melican Middle School, 145 Lincoln St.

Cost: $69 per person

GLOUCESTER LOBSTER CRUISE

Depart this morning from Melican Middle School, on your luxury Silver Fox Coach for the scenic Massachusetts North Shore. Later this morning, you'll arrive in Gloucester and board the new and luxurious Beauport Princess Cruise Ship for a delicious buffet and cruise. During the course of the 2 1/2 hour cruise, your Captain will provide narration about the sights you will be seeing while you enjoy a bountiful clam bake. Jazz music will be playing for your enjoyment, and you can walk out onto the outside deck if you wish for a salty sea breeze. Your cruise will return to the dock at 2:00pm and then you'll travel over to nearby Rockport, a most scenic and quaint town, for shopping and sightseeing. What a delightful day on the Massachusetts North Shore! New England Clam Bake Menu (subject to change): Classic Caesar Salad, New England Clam Chowder, Saint Joseph's Bread of the Fishermen, Steamed Lobster and Baked Haddock Steamer Clams with broth and drawn butter, Corn on the Cob, Chocolate Mousse (Vegetarian Option is available).
Date: Saturday, July 18, 2015

Time: 9:30am Departure from Northborough, Return Approximately 5:30pm

Tour Includes: Transportation to and from Gloucester Harbor onboard a Luxury Silver Fox CD/DVD/WiFi Motor Coach, 2 1/2 hour cruise aboard the Beauport Princess Cruise Ship, Buffet Meal, time for shopping and sight-seeing

Location: Board the bus at Melican Middle School, 145 Lincoln St.

Cost: $94 Per Person

NANTUCKET TRIP

Depart from Melican Middle School at 7:00am onboard your luxury Silver Fox CD/DVD/WiFi Motor Coach and join us for a tranquil voyage and a refreshing day on beautiful Nantucket Island. Nantucket has emerged as one of the premier vacation and fun spots in North America. You will be transported to the Nantucket Ferry dock in Hyannis where you'll set sail at 9:20 AM in Hyline's First Class Cabin, where you'll enjoy complimentary danish and coffee on a private sundeck as you cruise towards Nantucket. Once on Nantucket Island, you have free time to take in the exciting shops, explore the art galleries, and experience its Colonial American architecture and atmosphere, along with its wide variety of activities and miles of sandy beaches. Great restaurants and shops, as well as The Old Historic Town, whaling museums, and much more all await your visit! You'll sail back to the mainland at 4:00 PM, first class, while enjoying complimentary beverages, crackers and cheese. You'll then board your coach for your return trip home after a great day in Nantucket.

Date: Saturday, August 1, 2015

Time: 7am Departure from Northborough, Return Early Evening

Tour Includes: First Class Cabin Ferry Service to Nantucket (incl. private sundeck, snack/beverage), sight-seeing time on Nantucket, and transportation to and from Ferry onboard a Luxury Silver Fox CD/DVD/WiFi Motor Coach.

Location: Board the bus at Melican Middle School, 145 Lincoln St.

Cost: $89 per person

BOSTON DUCKS!

Let's travel to Boston, the 'Home of the bean and the cod'! On arrival, you will tour the Boston Common where you'll view the beautiful Public Gardens. You'll have time to take a Swan Boat Ride (on your own) or just take in the beautiful horticulture. Next, you're off to Quincy Market, where you can enjoy lunch (on your own) or you can walk the short distance to Boston's famous North End, home of outstanding Italian cuisine. This afternoon, you'll take a narrated tour on one of the famous Boston Ducks, amphibious vehicles formerly used by the U.S. Army. Your narrator will point out all the Boston sights and you'll actually take a plunge into the Charles River for a brief cruise. If it looks and swims like a duck - then it must be a Boston Duck!!! Arrival home is expected at 5:30pm with fond memories of your ducky Boston day.

Date: Saturday, August 8, 2015

Time: 8:30am Departure from Northborough, Return approximately 5:30pm

Tour Includes:: Boston Duck Tour and Cruise, Boston Common Visit, Quincy Market & North End visit, Luxury Silver Fox CD/DVD Motor Coach

Location: Board the bus at Melican Middle School, 145 Lincoln St.

Cost: $69 Per Person

SPEND THE SUMMER WITH NORTHBOROUGH RECREATION!

GRADES K – 8 IN FALL 2015

(must be 5 yrs old by 9/1/15) (Non-residents welcome at no extra charge)

FULL DAY CAMP: Mon—Fri, 8am—4pm / **EXTENDED DAY**: 4—6pm AVAILABLE (see below)
Our enthusiastic and creative camp counselors will engage your kids in a variety of fun activities throughout the summer. Every day is a new adventure; sports, games, water play, crafts, science and cooking projects, playground fun, weekly field trips, and more! Campers are placed in groups by grade and planned activities are safe and age appropriate. Older kids enjoy separate fun from younger children.

What does a typical day at camp look like? When your child arrives at camp, they will be greeted by the camp director and directed to their group leader to say hello to friends (or be introduced to new ones), discuss the day's fun, and sign up for afternoon activities. Each age group (K/1, 2/3, 4/5, & 6-8) will then participate in morning activities which will include snack time. After lunch, the kids are separated into groups by the activity they have chosen (older kids have different choices than younger). We also have weekly field trips and water fun days (including a water slide, and lots of water games to keep cool).

We pride ourselves on hiring the best staff: All camp counselors are trained to work with children, are CPR/First Aid certified, and references and background checks have been obtained.

"Our boys had a blast at Northborough Recreation's Summer Camp. It was their first camp experience, and they came home every day with a new story to tell and a new game to teach us. (How else could we play it with them?) The staff was also excellent. They clearly cared about our boys, and were more than willing to take the time to answer the odd question or two that my wife or I might have had. It was an excellent experience for us all!" - Brendan Mahan

Grades: K – 8 in Fall 2015 (must be 5 yrs old by 9/1/15)
Director: Stefanie Youssef
Location: Sessions 1-6 will be held at Melican Middle School, 145 Lincoln St. Sessions 7-8 will be held at Zeh School, 33 Howard St.
Hours: Monday—Friday 8am—4pm
Extended Day: Working late? Extended Day Camp available from 4—6pm for an additional fee

Field Trips: Each week campers will go on a field trip *(included in camp cost)*. Field trips will be on Wednesdays, see next page for locations & choices. Campers must attend the field trip or stay home, there is no option to remain at camp.
Camp Lunch: Lunch and snacks are available for purchase, please see our website for more details.

2015 SUMMER CAMP DATES

WEEK #1: June 29th—July 2nd (no camp on Friday 7/3)
WEEK #2: July 6th—July 10th
WEEK #3: July 13th—July 17th
WEEK #4: July 20th—July 24th – LAUGH OLYMPICS WEEK!
WEEK #5: July 27th—July 31st
WEEK #6: August 3rd—August 7th – OLYMPICS WEEK!
WEEK #7: August 10th—August 14th
WEEK #8: August 17th—August 21st

FINANCIAL AID

Applications are available for download on our website, www.northboroughrecreation.com, or in our office at 63 Main St.

Aid is available for Northborough residents only, to be used towards FULL day Recreation Camp.

ALL FINANCIAL AID APPLICATIONS MUST BE SUBMITTED BY APRIL 1st – NO EXCEPTIONS

*Please note that all forms must be submitted to the Northborough Recreation office directly. Applications

63 Main St., Northborough / **508-393-5034** / **www.northboroughrecreation.com**

RECREATION SUMMER CAMP REGISTRATION AND FEES

Registration: Registration is now open online @ www.northboroughrecreation.com* and in our office at 63 Main St. 508-393-5034.

You may reserve as many weeks as you like with only one week's payment per child; all weeks must be paid in full by May 26th. Non-residents are welcome to sign up for no additional fees.

Cost: $230/week (M-F);
Week #1, 6/29-7/2 (no camp 7/3) - $190

Extended Day: +$50/FAMILY/week (not per child)

Sibling Discount: -$20/week– Siblings must be enrolled in the same week of Rec Camp and/or Club Assabet.

Incentive!: Register and pay in full by March 14th and receive a $10 credit on your Northborough Recreation account for every week your child is registered. Credits may be used for camp, other rec programs, etc.

Refunds & Withdrawals: The deadline to withdraw from camp and receive a full refund is June 9th. No refunds will be issued after that date. You can withdraw from camp no later than one week before a session begins in order to receive a household credit for future programs at www.northboroughrecreation.com. Transferring weeks, with at least one week's notice, is permitted as long as space allows.

**Please note that online registration requires payment in full, as the online system does not allow for partial payments. If you wish to just pay a deposit of one week to hold multiple weeks, please come in person to register or contact our office at 508-393-5034.*

SUMMER CAMP FIELD TRIPS

All Field Trips are scheduled for Wednesdays*.
*(*Please Note: If a rain day makeup is necessary we will move the trip to Thursday.)*

WEEK #1/July 1st – SKYZONE INDOOR TRAMPOLINE PARK

WEEK #2/July 8th – choose from ROGER WILLIAMS PARK ZOO or SIX FLAGS* *(Amusement Park option for grades 4-8 only)*

WEEK #3/July 15th – choose from CANOBIE LAKE PARK* or AMF BOWLING

WEEK #4/July 22nd – choose from SIX FLAGS WATER PARK* or CHUNKY'S CINEMA

WEEK #5/July 29th – choose from JUMP ON IN or ROLLER KINGDOM

WEEK #6/August 5th – choose from CANOBIE LAKE PARK* or AMF BOWLING

WEEK #7/August 12th – choose from SIX FLAGS WATER PARK* or CHUNKY'S CINEMA

WEEK #8/August 19th – choose from SKYZONE INDOOR TRAMPOLINE PARK or PUMP IT UP

**PLEASE NOTE: CAMPERS GOING TO CANOBIE LAKE PARK AND SIX FLAGS FIELD TRIPS WILL RETURN LATE, BY 6PM.*

CLUB ASSABET!

Club Assabet is the best place to be in Northborough this summer for 3, 4 & 5 year-olds!

Your children will be entertained and cared for by Northborough Recreation's well-trained staff who are certified in CPR and First Aid. Kids will interact with our staff and children their own age and get lots of outside physical activity while playing on the Assabet Park playground, splashing around in the Splash Pad, making arts and crafts and having story time. Let us create wonderful summertime memories for your child! This is a drop-off program. (Children do NOT have to be potty trained but would need to wear a swim diaper for the splash pad.)

Director: Beth McShane

Ages: 3 – 5 years old (Your child must be at least 3 years old by the end of the week he/she is registered.)

Ratio: The ratio of Counselor to child is 1:5

Days/Time: Monday—Thursday; 9am—12pm

Cost: $115/week/child. You can register for as many weeks as you need by putting down a deposit of only one week per child; full payment due by May 30th. Please note that our online registration only accepts full payments. If you wish to make a one week deposit, please call or stop by our office.

Sibling Discounts: -$20/week. Siblings must be enrolled in the same week of Rec Camp and/or Club Assabet.

Location: Assabet Park (Route 135), Northborough

Rain Location:

Wk 1: Rec Center/Gym, 63 Main St.;
Wk 2-7: Melican Middle School, 145 Lincoln St.
Wk 8: Zeh School, 33 Howard St

Dates:

Week #1: June 22—June 25
Week #2: June 29—July 2
Week #3: July 6—July 9
Week #4: July 13—July 16
Week #5: July 20—July 23
Week #6: July 27—July 30
Week #7: August 3—August 6
Week #8: August 10—August 13

FIRST KIX SOCCER

Let your child's imagination run wild! A friendly and fun introduction to dribbling, stopping, and controlling the ball. Our non-competitive curricula introduces soccer players to simple skills with fun games. Players will also be taught how to interact on a team and how to be a good sport. All equipment will be provided.

Ages: 3 - 5 years old
Days: Mondays or Saturdays
Schedule:
Saturdays:
May 2—June 13
(skip May 23), 8:30—9:15am
Mondays:
May 4—June 15th
(skip May 26), 9:15—10am
Location: Ellsworth McAfee fields, Route 135/South Street
Instructors: BEST Soccer
Cost: $90

NEW! GET READY TO READ WITH BACKYARD BOOKWORMS

This program will help your preschooler spring into reading by combining fun gross motor multi-sensory activities with developmentally appropriate foundational concepts that are important to become successful readers. While playing activities in the gym or outside this program will integrate sounds and the segmentation of sounds that are important learn to read. Research shows that children with strong phonological and phonemic awareness are more successful readers. In the PS Level One Class, your child will be introduced to the 7 phonemic awareness skills, manipulation of sounds by deleting and replacing different sounds, and strengthen rhyming. (Important to note that your child does not need to be able to recognize the letters of the alphabet.)

Ages: 4 and 5
Days: Fridays
Dates:
Session 1: March 20—April 10; Session 2: May 1—May 22
Times: 9:15am—10am
Location: Town Hall Gym and Rec Center
Instructor: Kim MacGillivray is an experienced teacher who has taught students with various types of learning styles. She has taught many multisensory phonetic programs such as Wilson Reading System and Barton Reading and Spelling program.
Cost: $70

GET SET FOR KINDERGARTEN

Help your preschooler get ready for kindergarten with the award winning Get Set For School Program from the creators of Handwriting Without Tears. Each week your preschooler will be engaged in active hands on multi-sensory fine motor, pre-writing, math, and literacy activities that will help the children prepare for school. Today's kindergarten classroom expectations are similar to what we as parents experienced in first grade. Even as these expectations have increased, instruction should still keep in mind the developmental level and needs of preschoolers. Developmentally, preschoolers benefit from opportunities for hands on active learning with materials and activities designed for their small hands and their need for movement, excitement and fun! During our sessions your preschooler will learn how to hold a crayon correctly, the beginnings of correct letter formation, a developmental approach to writing their name and drawing skills. They will participate in activities that help develop early number sense and early literacy skills. All of this while having fun!

Ages: 3.5 - 5 years old
Days: Fridays
Dates:
Session 1: March 13—April 17 (skip April 3, Good Friday),
Session 2: May 1—May 29
Time: 11am—noon
Location: Children's Room in Northborough Library, 34 Main Street
Instructor: Terri Foster Occupational Therapist and National Workshop Presenter for Get Set For School and Handwriting Without Tears
Cost: $60 (5 weeks)

MARTIAL ART LITTLE TIGERS

Little Tigers learn to reach their full potential through our confidence-building Taekwondo program. This Little Tigers class focuses on learning respect for other people, developing a friendly level of discipline and building up their confidence by having them achieve high goals. We also do an activity workout in the middle of class to keep their focus. Master Kim and his certified instructors pay special attention to the student gross motor development, coordination, concentration and flexibility. Uniform provided.

Ages: 4 – 6 years old
Days: Any 2 days/week between Monday and Thursday
Dates:
Session 1: March 16—April 30
(skip April vacation April 20—23)
Session 2: May 4—June 11
Times: 5pm—5:35pm
Location: Kim's Taekwondo, 247 West Main St. Northborough
Instructors: Kim's Taekwondo Staff
Cost: $85 (6 weeks)

MIXED AGE MOVE AND GROOVE

The class is structured to take advantage of the new found awareness experienced by your growing child—incorporating recorded listening and movement activities centered on sounds your child may hear every day. The growth in aural awareness happens daily and continues to be nurtured with songs, stories and dances appropriate for this magical age. The mixture of ages offers older children a chance to model for the younger ones, and the younger children the opportunity to enjoy watching the older children, who are more comfortable in a group learning environment.

Ages: 1 – 4 years old
Days: Thursdays
Dates:
Spring 1: March 19—April 30 (skip April 23)
Spring 2: May 7—June 11
Times: 11—11:45am
Location: Gym at Northborough Town Hall, 63 Main St.
Instructors: Miss Shannon from Appletree Arts
Cost: $70 (6 weeks)

PAINTING PARTIES

Kids LOVE to paint...parents hate the clean-up! This one day program is the perfect solution! Your child will get to paint using a variety of different brushes, rollers, and other fun painting techniques. Please have your child wear play clothes, it may get messy! This is a drop-off program. A nut-free snack will be provided. Minimum of 5, max of 10.

Ages: 3 – 6 years old
Days: Tuesdays
Time: 12—2pm
Dates: March 17, April 14, May 12
Location: Recreation Center, Town Hall, 63 Main St.
Instructor: Stefanie Youssef
Cost: $20 per child, per party

PRE-K COOK & CREATE

What a great way to spend time with your little ones! You and your child will enjoy making and baking yummy treats and crafts. Your child will love eating foods that they make themselves and creating a new work of art each week! These hands-on fun activities will nourish their creativity (and stomachs), and foster their imagination. All recipes are nut free.

Ages: 2 – 5 years old with parent/adult
Days: Thursdays (4 week session)
Dates:
Session 1: March 19—April 9
Session 2: April 30—May 21
Time: 1—2pm
Location: Recreation Center, Town Hall 63 Main St.
Instructor: Stefanie Youssef
Cost: $55

PRE-K T-BALL

Children will learn the basic skills of fielding, throwing, hitting and base running. This is an easy introduction to t-ball where learning and skill development are our priorities. Kids will need to bring a glove.

Ages: 3 – 6 years old
Days: Sundays
Dates: April 26—June 7 (skip May 24)
Time: 9—10am
Location: Ellsworth-McAfee Park, Rt 135
Instructors: F.A.S.T. Athletics
Cost: $85

PRIMARY PAINTERS

Come create with us in this fun, warm and loving studio where imaginations soar. The guidance of our highly qualified instructors with over 35 years of combined painting instruction and degrees in painting and the fine arts gives your child the freedom to explore, create and paint. Through brainstorming and learning the basic foundation to painting, your child's creative muscle takes shape and your child will develop a personal sense of individual creative style. The basic foundation and elements to painting is established and the child will leave with a masterpiece uniquely their own. All materials are provided (canvas, paints, brushes, smocks and peanut free snacks). Drop off program. Kids must be potty-trained.

Ages: 3 – 6
Days: Tuesdays
Dates: April 7—May 5
Time: 4—6pm
Location: The Painted Pink Cat Studio at the San Francisco Gallery and Framing, 10 SW Cutoff, Northborough
Instructor: Kristen, Erika and Bryan
Cost: $95 (5 weeks)

STEM FOR TOTS

It's never too early to spark our little children's interest in the fields of Science, Technology, Engineering, and Math. It is during the early years that children start to wonder, ask, think, explore and discover things around them. With each class, the children will learn STEM concepts through hands-on activities, engaging stories, music and movement, challenges and even simple experiments ideal for little hands. Each day will be a fun, learning experience for your little ones!

Ages: 3 – 5 years old
Days: Tuesdays
Dates:
Session 1: March 10—April 14
Session 2: April 28—June 2
Times: 9:30—10:30am
Location: Rec Center at Town Hall, 63 Main Street, Northborough
Instructor: STEM Beginnings
Cost: $85/session (6 weeks)

NEW! TENNIS SQUIRTS: SPRING TENNIS LESSONS WITH US SPORTS

US Sports Institute's Tennis Squirts program is a fun-filled learning adventure that introduces children aged 3 to 5 to the world of tennis. Children will have great fun learning the fundamental skills and tennis strokes in a low pressured, fun environment. Following guidelines set out by the US Tennis Association (USTA), children will quickly develop their tennis skills, using the highly appraised '10 and Under Tennis' model.

Ages: 3 – 5 years old
Times: 8:30—9:30am
Days: Saturdays
Dates: May 2—June 13 (skip May 23)
Location: Melican Middle School Tennis Courts, 145 Lincoln St, Northborough
Instructors: US Sports Institute
Cost: $95

PRESCHOOL FUN! (DROP-OFF)

Drop your preschooler/toddler off with us for a morning full of FUN! This four week program will give your young ones time for socialization with other children and provide a break for you! Nut-free snacks will be provided. Activities will include gym games, play time on the playground outside of Town Hall (weather permitting), arts & crafts, as well as supervised free play in our Rec Center, which has lots of toys, blocks, games, and more! Children do not need to be potty trained. Please send your child with diapers and a change of clothing, if necessary. Minimum of 5, max of 10.

Ages: 2.5 – 5 years old
Days: Thursdays
Time: 9—11am
Dates:
Session 1: March 19—April 9; Session 2: April 30—May 21
Location: Town Hall Gym & Rec Center, 63 Main Street
Instructor: Stefanie Youssef
Cost: $65 first child, $50 siblings

PRESCHOOL OUTDOOR ADVENTURES

In these one day drop off programs, kids will enjoy socializing with other kids their own ages while going on new adventures and getting exercise outside. Kids must be potty-trained. If signing up for the afternoon program, please send your child with a lunch and we can enjoy a picnic. Kids must wear sneakers and bring a water bottle. Please apply sunscreen at drop-off.

Monday Outdoor Adventure at Edmund Hill: Let's experience the joy of discovery, the thrill of adventure and the peace of being in nature! Children will go on a nature hike, play adventure games, explore the pond, make crafts and enjoy a snack. Meet at Senior Center parking lot by the trail head for Edmund Hill.

Friday Outdoor Adventure at Assabet Park: Children will play at the park socializing with children their own age, getting lots of exercise and fresh air while having fun on the playground, playing games, making crafts and enjoying a nut-free snack. Please drop off at Assabet Park, corner of Gale and South Streets.

Ages: 3 - 6 years old (must be potty-trained)
Days, Dates:
Mondays (Edmund Hill), May 4, 11, 18, June 1, 8, 15
Fridays (Assabet Park), May 8, 15, 22, 29, June 5, 12, 19
Time: 10:30am—12pm or 12pm—2:30pm
(please send a lunch if signing up for afternoon)
Location: Mondays: drop off at Northborough Senior Center, kids will be exploring Edmund Hill
Fridays: drop off at Assabet Park
Instructor: Beth McShane
Cost: $15/day

STEM IS FUN FOR KIDS

"STEM is FUN!" But for the summer, STEM goes STEAM (science, technology, engineering, art and math) for more fun! Through hands-on activities, STEM challenges, arts and crafts, indoor and outdoor games, children will think, construct, experiment, discover, and develop the desire to learn more. The children will explore the use of different STEM toys, like Lego bricks, Kapla blocks, Knex education sets, Toobalink, Smart Circuits, solve problem-solving challenges and games, create interesting crafts, and do experiments using the simplest everyday materials. In every class, we will learn something new and experience a different kind of fun. After all, learning is BEST when kids are having FUN! STEM education is an interdisciplinary approach to learning. It integrates the four disciplines of Science, Technology, Engineering, and Mathematics into relevant but fun activities meant to build and sustain interest as well as establish foundational knowledge in young children.

Ages: 5 - 8 years old

Times: 9am—12pm

Days: Monday-Thursday

Dates: Session 1: July 13—16
Session 2: July 27—30
Session 3: August 10—13

Location: Session 1: Proctor Elementary
Session 2 & 3: Rec Center, 63 Main St

Instructors: STEM Beginnings

Cost: $130/session

NEW! JUNIOR LITTLE EASY GOLF

Great program for golfers of all abilities. Instructors work with students individually within the group. Five one-hour classes encourage gradual improvement over five weeks. No cleats required, clubs provided but feel free to bring your own if you have them.

Ages: 5 and 6 year olds

Times: 10am—12pm

Days: Monday, Tuesday, Wednesday

Dates:
Session 1: June 29—July 1
Session 2: July 13—15
Session 3: July 20—22
Session 4: July 27—29
Session 4: Aug. 10—12

Location: Juniper Hills Golf Course, School St., Northborough

Cost: $120/session

SOCCER: FIRST KIX WITH BEST SOCCER

Let your child's imagination run wild! A friendly and fun introduction to dribbling, stopping, and controlling the ball. Our non-competitive curricula introduces soccer players to simple skills with fun games. Players will also be taught how to interact on a team and how to be a good sport. All equipment will be provided.

Ages: 3 - 5 years old

Time: 9—10:30am

Days: Monday-Friday

Dates:
Session 1: July 6—10
Session 2: August 10—14

Location: Ellsworth McAfee fields, Route 135/South Street

Instructors: BEST Soccer

Cost: $85/session

TENNIS SQUIRTS: SUMMER TENNIS LESSONS

US Sports Institute's Tennis Squirts program is a fun-filled learning adventure that introduces children aged 3 to 5 to the world of tennis. Children will have great fun learning the fundamental skills and tennis strokes in a low pressured, fun environment. Following guidelines set out by the US Tennis Association (USTA), children will quickly develop their tennis skills, using the highly appraised '10 and Under Tennis' model.

Ages: 3 - 5 years old

Times: 9—9:45am

Days: Monday—Friday

Dates:
Session 1: July 13—17
Session 2: August 3—7
Session 3: August 10—14

Location: Melican Middle School Tennis Courts, 145 Lincoln St.

Instructors: US Sports Institute

Cost: $80/session

Save the Date! T-BALL

REGISTRATION BEGINS MAY 5
CREATE WONDERFUL SUMMERTIME MEMORIES FOR YOUR FAMILY!
Non-Residents Welcome!

Children will learn the basic skills/ rules of t-ball in a fun, "everyone wins" atmosphere! All kids will be on teams coached by parents from the community.

One of Recreation's most popular programs! Kids learn the basics of t-ball and how to work together as a team. The first half hour of each class is spent learning how to play and then learning how to build on those skills. The next half hour of each class is spent playing the game against an opposing team. Kids should bring a glove, foam bats will be supplied. T-shirts are included and will be distributed on the first day of the program. Kids will be coached by parent volunteers. Want to coach your child's team? Please see info below.

Ages: 4 - 6 years old (must be 4 years old by the time the program begins)

Days: Tuesdays or Wednesdays

Dates: Tuesdays: June 23—July 28
Wednesdays: June 24—July 29

Time: 6:30pm—7:30pm (half-hour of practice time/half-hour game)

Location: Ellsworth-McAfee lower fields (Rt. 135 park/South Street)

Cost: $65 per child

Coordinator: Katie Weaver

Coaches: Parent Volunteers (see below)

To register: Registration starts Tuesday, May 5 at 8am, online and in the office. We highly recommend online registration at www.northboroughrecreation.com in order to avoid lines and to increase the likelihood of being on the team of choice!

VOLUNTEER T-BALL COACHES NEEDED

We are in need of two coaches per team, for approximately 18 teams. No experience is necessary and training will be provided. Non-residents are welcome. If you would like to volunteer, please contact the Recreation Department and specify which night (Tuesday or Wednesday) you would like to coach. All coaches will be CORI'd by the Recreation Department. You do not need to be a Northborough resident to coach or play!

Your child/children will automatically be registered for your team. To apply as a volunteer, please email recreation@town.northborough.ma.us or call the office at 508-393-5034.

AT WESTBOROUGH TENNIS AND SWIM CLUB

Description of Levels

Level #1: Water Exploration. The objective is to make the child feel comfortable in the water and develop good attitudes and safe practices in the water. Children will learn the elementary aquatic skills, putting their face in the water, blowing bubbles, entering and exiting the water safely, etc. Appropriate for children 3-5 years old.

Level #2: Primary Skills. Children will learn to float without support, and recover to a vertical position, hold their breath, kick and begin to move their arms. Appropriate for children ages 5-7 years old.

Level #3: Stroke Readiness. Builds the skills through practice. Children will learn to coordinate the front and back crawl. The elementary backstroke will be introduced, as well as treading water. Appropriate for children 7-10 years old.

Ratios: 1:4 for Levels 1-3 classes, 1:5 for Level 4

Location: Westborough Swim & Tennis Club, 35 Chauncy Street, Westborough. Lessons are inside until the bubble is removed, which is generally after Memorial Day.

Cancellations: Classes will not be held if there is the threat of lightning. Make-ups will only be scheduled at the discretion of WTSC staff. Otherwise, make-up classes are not available.

Location: All lessons take place at Westborough Tennis & Swim Club, 35 Chauncy Street, Westborough

Registration: Registration dates are listed at www.northboroughrecreation.com

SPRING SCHEDULE

Days: Saturdays or Sundays

Dates: March 21/22—May 16/17 (skip April 5, 25, 26)

Times: Level 1: 12—12:30pm
Level 2: 12:30—1pm
Level 2: 1—1:30pm
Level 3: 1:30—2pm

Cost: $160 (8 weeks)

SUMMER SCHEDULE

Days: Saturdays or Sundays

Dates: July 11/12—August 8/9

Times: Level 1: 9:30—10am
Level 2: 10—10:30am
Level 2: 10:30—11am
Level 3: 11—11:30am

Cost: $90 (5 weeks)

SPRING AFTER SCHOOL PROGRAMMING

Sign your child up for these fun after school enrichment programs! These take place at Northborough's public schools. Kids who attend the school where the program is taking place will be dismissed directly to the program. Children from other schools are welcome to sign up, but parents must provide transportation to the school. NEDP are welcome to join also!

SPECTACULAR SCIENCE

Come join this very cool and fun science program! Each day, kids will explore weird and wacky hands-on science experiments and will make and take home different projects. Our scientists are fast paced and funny and your kids will be thoroughly entertained while learning some interesting things as well! We will explore weird motions and flying things, air and water pressure, crazy chemistry, light and sounds, science magic, electricity, magnets, astronomy and more.

Grades: K - 5

PEASLEE: Wednesdays: May 6—June 10, 3:30—4:30pm

PROCTOR: Tuesdays, April 28—June 2, 3—4pm

LINCOLN ST: Wednesdays, March 11—April 15, 3:30—4:30pm

Instructor: Michael Bergen, Top Secret Science

Cost: $85 (6 weeks)

YOUNG REMBRANDTS CARTOONING CLASS

Make this spring a memorable season for your child. Young Rembrandts Cartooning students will learn the essential skills they need to create exciting cartoon characters with expressive faces and dynamic poses. They will develop their visual story telling skills as they draw sequential images and jokes. Students will learn to create fun, off-the-wall characters based on people, animals, and even food. All this and more await our students. Enroll your student today!

Grades: K - 5

PEASLEE: Wednesdays: March 18—April 29 (skip April 22), 3:30—4:30pm

PROCTOR: Thursdays: April 2—May 14 (skip April 23), 3—4pm

LINCOLN ST: Tuesdays: April 28—June 2, 3:30—4:30pm

Instructor: Young Rembrandts Staff

Cost: $80

SPORTS JAM

NEW!

Play, play, and play some more...the ultimate multi-sport program! Baseball, basketball, and soccer will be core sports in which some skills will be emphasized. But that's not all. Other sports mixed may include – flag football, floor hockey, volleyball, dodgeball, disc golf, ultimate frisbee, whiffle ball, and kick ball. Unique games such as shark attack and safari will also be played. Program is coed, and every participant receives a t-shirt.

Grades: 1 – 5
Days, Dates: Tuesday, Wednesday & Thursday, April 21—April 23
Time: 9am—12pm
Location: Town Hall Gym
Instructor: Thundercat Sports
Cost: $90

GOLF – APRIL VACATION PROGRAM

The number one goal this week is to make sure your children enjoy themselves while playing golf. Instruction, fun and exciting games, and imitation are combined to keep kids' interest level high. Putting, chipping, full swing, on-course instruction, etiquette and the rules of golf will be covered using video analysis, training aids, and games. Cleats are not required- golf clubs, golf balls, and snacks will be provided. Kids should wear sunscreen and bring a hat and water.

Ages: 7 years old & up
Days, Dates: Monday-Friday, April 20—24
Times: 9am—12pm
Location: Juniper Hill Golf Teaching School, School St. Northborough
Cost: $250

SPECTACULAR SCIENCE- APRIL VACATION PROGRAM

Each day, kids will explore weird and wacky hands-on science experiments and will make and take home different projects. Our scientists are fast paced and funny and your kids will be thoroughly entertained while learning some interesting things as well! We will explore weird motions and flying things, air and water pressure; crazy chemistry, light and sounds, science magic, electricity, magnets, astronomy and more. Kids will have up to 20 hands-on experiments each day. We will have 50% new experiments from last year.

Grades: 1 – 5
Dates: Tuesday-Friday, April 21—24
Times: 9am—12pm or 9am—3pm
Location: Melican Middle School, 145 Lincoln St.
Instructor: Top Secret Science
Cost: Half Day: $95, Full Day: $165

SOCCER - APRIL VACATION WEEK

Ages 5 & 6: Players learn the importance of a good warm up through fun games and activities. Coaches will develop the basic foot skills, passing and shooting through structured games with every player actively involved. Players will also learn the basics of soccer match play via 3v3 tournaments focusing on positions, start of play and dead ball situations. The games and matches develop safe play, teamwork, communication and interest in soccer while still having lots of FUN!!

Ages 7 and above: As players learn and grasp the basic fundamentals of soccer, focus can shift towards the WHEN, WHERE, and WHY, in order to get a better understanding of the game The players will also develop their positional sense and spatial awareness in a tournament played at the end of every session. Players will be divided by age and skill level to ensure an appropriate environment for a challenging and fun camp week.

Ages: 5 – 14 years old
Dates: Monday—Friday, April 20—24
Times: 9am—12pm
Location: Ellsworth McAfee fields, Route 135/South Street
Instructors: BEST Soccer
Cost: $135

RECREATION FUN DAYS

Drop your child off with Northborough Recreation staff for a fun-filled day! **GYM GAMES * SPORTS GAMES * ARTS & CRAFTS * MOVIE * WII GAMES * OUTSIDE PLAY**
Drop your kids off with us so they can socialize with others their age and play in a fun safe environment. Non-residents welcome. For about $6.25/hour, your child will enjoy the day playing in the gym and outside (weather permitting), making crafts, playing games with lots of other kids, and more. Isn't that better than getting a babysitter? Max of 35 children.

Grades: 1 – 5 in Fall 2015
Dates: June 22, 23, 24, 25, 26
Time: 8am—4pm
Cost: $45 first child, $30 siblings
Instructors: Northborough Rec staff
Location: Town Hall Gym & Rec Center, 63 Main St.

ARCHERY

The fundamentals of archery will be taught in a fun and safe environment. Equipment will be provided for you. Parents can sign up too! Taught by Archery USA.

Ages: 8 years old and up
Days: Thursdays
Dates: May 7—June 11
Times: 4pm—5:30pm
Location: Ellsworth-McAfee Park, Route 135/South Street, meet at the pavilion
Instructor: Delicious Bow and Arrows Elite Archers JOAD
Cost: $110 (6 weeks)

NEW! CALLING ALL HOMESCHOOLERS!

Come join this innovative gym class that combines multisensory game and fundamental phonetic reading skills. The goal is to help children of all learning styles develop a strong foundation in phonological and phonemic awareness to become strong readers and writers. This class will help your child increase phonemic awareness, learn methods to distinguish between different vowel, consonant and digraph sounds, identify closed syllables, and add exceptions to the rules. Instructor Kim MacGillivray is an experienced teacher who has taught students with various types of learning styles. She has taught many multisensory phonetic programs such as Wilson Reading System and Barton Reading and Spelling program.

Ages: 6—9
Days: Fridays
Dates:
Session 1: March 20—April 10,
Session 2: May 1—May 22
Times: 10:15am—11:15am
Location: Town Hall Gym and Rec Center, 63 Main Street, Northborough
Instructor: Kim MacGillivray
Cost: $70/session

FLAG FOOTBALL

Throw it, catch it, punt it! Participants will learn fundamental skills from coaches through unique drills, games, teaching techniques, trivia and more. Emphasis will be on learning, participating, and having FUN in an appropriately competitive atmosphere. Skills taught include passing, catching, offensive/defensive strategies, and more. The clinic culminates with a mini Super Bowl tournament! Please bring sneakers, appropriate clothing for outdoor play, and a water bottle.

Grades: 1—3 and 4—6
Days: Tuesdays
Dates: May 5—June 2
Times: Grades 1—3: 4:15—5:15pm
Grades 4—6: 5:30—6:30pm
Location: Ellsworth McAfee Park, rt 135/South Street, pavilion area
Cost: $85
Instructor: Thundercats Sports

GIRLS VOLLEYBALL FOR BEGINNERS & ADVANCED LEVELS

Come and join us for a fun hour of volleyball! Kids will be taught the fundamentals of volleyball from bumping and setting, to spiking and serving. The emphasis will be on teaching the correct techniques so that kids can excel in all phases of the game. The hour is broken down into 40 minutes of drills and 20 minutes of scrimmage. Kids will also learn how to communicate on the court, create a cheer or two, learn some cool volleyball jargons, meet new friends, and, along the way learn to love volleyball. The main emphasis is to teach kids to compete within themselves and against others.

Grades: 5 - 8
Times: 5:30—6:30pm
Days: Beginners: Tuesdays, Advanced: Thursdays
Dates:
Beginners, Tuesdays
Session 1: March 17—April 28 (skip April 21);
Session 2: May 5—June 9
Advanced, Thursdays,
Session 1: March 19—April 30 (skip April 23);
Session 2: May 7—June 11
Cost: $100/session
Location: Town Hall Gym, 63 Main Street
Instructor: Jack Wong

NEW! KIDS' YOGA

This Kids' Yoga class will engage children through movement exploration, music, theme-related games and inspired yoga-play to capture their attention and their imaginations as they refine their physical, social and emotional skills. Classes end with visual imagery and relaxation exercises, teaching children to quiet both mind and body. Each week we focus on thematic ideas such as peace, respect, gratitude and healthy living, presented at an age-appropriate level, expanding upon them as children become capable of deeper awareness and comprehension. Please bring a yoga mat with your child's name on it. Instructor Stephanie Coutant-Matsen, MSW, E-RYT has been a student and teacher of yoga for fifteen years working with both children and adults. She has been a Registered Yoga Teacher with Yoga Alliance since 2006 and received over 200 hours of Yoga Therapy training with the school of Integrative Yoga Therapy. Stephanie was certified as a ChildLight Yoga TM Teacher in 2013 and is also a Yoga 4 Classrooms TM Licensed Professional Trainer and offers professional development workshops to educators on how to implement yoga and mindfulness tools into the daily classroom.

Ages: 6 - 10 years old
Days: Mondays
Dates: March 16—April 27 (skip April 20)
Times: 4:30—5:30pm
Location: Town Hall Gym, 63 Main St., Northborough
Instructor: Stephanie Coutant-Matsen
Cost: $80

LITTLE HOOPSTERS (BASKETBALL FUNDAMENTALS)

This co-ed program has been designed to teach the fundamental skills of basketball in a fun, co-operative environment. Participants will be taught the proper way to catch, dribble, pass, and shoot the ball. Individual skill development is the main focus of this program. Equipment will be provided, but be sure to come with water.

Grades: K – 1
Times: 4:15—5:15pm
Days: Thursdays
Dates: April 2—May 14 (skip April 23)
Location: Town Hall Gym, 63 Main Stre
Instructors: Marty Murphy
Cost: $60

MARTIAL ARTS CLASS

Children learn to reach their full potential through our confidence-building Taekwondo program. Children's classes concentrate on skills and the core values of respect, discipline and leadership. Master Kim and all his certified instructors pay special attention to the student's gross motor development, coordination, concentration, and flexibility.

Ages: 7 – 12 years old
Days: Any 2 days/week between Monday and Thursday
Dates: Session 1: March 16—April 30 (skip April vacation April 20—23); Session 2: May 4—June 11
Time: 5:40—6:25pm
Location: Kim's Taekwondo, 247 West Main St., Northborough
Cost: $85/session
Instructor: Kim's Taekwondo Staff

SECONDARY PAINTERS

Come create with us in this fun, warm and loving studio where imaginations soar. The guidance of our highly qualified instructors with over 35 years of combined painting instruction and degrees in painting and the fine arts gives your child the freedom to explore, create and paint. Through brainstorming and learning the basic foundation to painting, your child's creative muscle takes shape and your child will develop a personal sense of individual creative style. We will explore all the elements of painting, form, line, color, value, perspective, positive and negative space, 2 & 3 dimension. Other mediums explored will include printmaking, silkscreen and mixed media. While learning about the masters, we will incorporate their styles into their own unique creations. While embarking on a visual journey studying different painting styles and Masters and through much open discussion the child will leave a masterpiece uniquely their own. All materials are provided. (Canvas, paint, brushes, smocks and nut snacks.)

Grades: 1 – 6
Days: Fridays
Dates: April 10—May 15 (skip April 24)
Time: 4pm—6pm
Location: The Painted Pink Cat at the San Francisco Gallery and Framing, 10 SW Cutoff Northborough
Instructor: Kristin, Erika and Bryan
Cost: $125 (5 weeks)

SAILING LESSONS

Deckhands (Ages 9-15): Whether the child is an experienced sailor or just starting out, Deckhands provides an opportunity learn or advance sailing skills while working with others in a cooperative environment. It is open to children 9-15 years old with the swimming capability of 75 yards and treading water for 3 minutes. Lifejackets are provided. This program allows for each participant to learn the required skills to skipper their own boat.

Guppies (Ages 7-9): RPCS has taken the Deckhands program and customized it for the younger sailor.

Deckhand Ages: 9 - 15 years old
Days/Dates: Deckhands: Wednesdays, May 6—June 12;
Guppies: Tuesdays, May 5—June 11
Time: 4—5:30pm
Location: Lake Quinsigamond, Shrewsbury, MA
Instructor: Regatta Point Community Sailing, Shrewsbury
Cost: $105/session

STRONG BODY, STRONG MIND PROGRAM FOR TEEN GIRLS

The Strong Body, Strong Mind Program is a program for teen and pre-teen girls who are looking for a non-competitive, full body fitness program. Through a series of exercises, participants will increase flexibility while improving posture and core strength. We promote self-confidence in girls by showing them they are strong and capable and can achieve any goal they set for themselves. Fee includes both classes as your schedule allows each week.

Teen Pilates & Strength Training (Tuesdays, 4:30pm):
A series of Pilates mat work and body movement focused on core strength and flexibility. We teach proper alignment and postural techniques that work the core, back and glutes. We also add small weights for resistance training to strengthen and energize the entire body including arms, legs, chest and shoulders. This is designed to improve posture, strength and coordination.

Teen Yoga (Wednesdays, 4:30pm):
This yoga class promotes inner calm and focus that can help girls reduce stress and increase mental and emotional serenity. Girls will gain a deeper awareness of their body as well as higher levels of focus, clarity, strength, flexibility and endurance.

Ages: 12 – 15 years old
Days: Tuesdays and/or Wednesdays
Times: 4:30pm—5:20pm
Dates: March 10—May 6 (skip April 21 and 22)
Instructors: Rita Matraia and Caitlin Borsini, The Core Connection
Location: The Core Connection, 290 West Main Street, Northborough (Lala Java plaza)
Cost: $110 for both classes, attend as many as your schedule allows

TEEN BARRE

Teens now have their own Barre class! Teen Barre is an upbeat and incredibly effective workout that uses ballet barre support and small props. You don't have to be a ballerina to take this class and get the benefits of an energizing, total-body workout that will sculpt long, lean muscles and work your core. In fact, it's a great workout for athletes between seasons! Class can be taken in bare feet or grip socks.

Ages: 12 – 15 years old
Days, Dates: Wednesdays, March 11—May 6
Times: 3:30pm—4:20 pm
Location: The Core Connection, 290 West Main Street, Northborough (Lala Java plaza)
Cost: $80

NEW! FIRST PLAY TENNIS AND DEVELOPMENTAL PLAY TENNIS FOR AGES 6-14

USSI's first play tennis class follows developmental curriculums and guidelines laid out by the USTA, including their highly appraised 10 and Under Tennis format. Regardless of age, participants will learn the basic fundamentals of stroke production, court movement and footwork skills in a low pressured, yet energetic environment. Most importantly it's all about fun, with games, games and more games during each session! This class is for beginner level players. All players must provide their own racquet.

Developmental Play (Intermediate Level): USSI's Development Play Tennis caters to intermediate players looking to take their game to the next level. Using curriculums and guidelines set out by the USTA, Development Play Tennis allows participants to work towards refining fundamental skills of stroke production, rally consistency and court awareness, all essential aspects to successful match play. All players must provide their own racquet.

Ages: 6 – 14 years old
Day: Saturdays
Dates: May 2—June 13 (skip May 23) June 20th rain make up day
First Play (Beginners) Times: Ages 6—8: 9:45—10:45am; Ages 8-10 and 11-14: 11am—12pm
Developmental: Times: 12:15—1:15pm Developmental Play Tennis Ages 8—11 and Ages 11—14 (Inter. & Adv. Play)
Location: Melican Middle School tennis Courts
Cost: $130
Instructors: US Sports Institute

GOLF: JUNIOR GROUP SERIES

Great program for golfers of all abilities. Instructors work with students individually within the group. Five one-hour classes encourage gradual improvement over five weeks. No cleats required, clubs provided but feel free to bring your own if you have them.

Ages: 7 & up
Beginners: Tuesdays, April 28—May 26, 4:30—5:30pm
Thursdays, April 30—May 28, 4:30—5:30pm
Saturdays, May 2—June 6 (skip May 23), 10—11am
Sundays, May 3—June 7 (skip May 24), 10—11am
Intermediate: Sundays, May 3—June 7 (skip May 24), 11am—12pm
Parent/Child: Saturdays, May 2—June 6 (skip May 23), 11am—12pm
Location: Juniper Hills Golf Course, School St. Northboro
Cost: $105/person

HORSEBACK RIDING LESSONS

In these fun group lessons, riders will be introduced to the basics of riding with other horse enthusiasts. Riders will learn to groom, tack up, as well as the basics of hunt seat English riding. This is a great way to get familiar with horses and riding! Riders should come in long pants and a shoe with a heel. Lessons run in all weather, indoor and outdoor arenas.

Ages: 5 – 12 years old
Days/Dates: Mondays: May 4—June 15 (skip May 25);
Fridays: May 8—June 12
Times: 4:30—5:30pm
Location: Highland Acres, Grafton
Cost: $220/session
Instructor: Certified Equestrian Instructors from Highland Acres

INTRODUCTION TO RUNNING: GRADE SCHOOL TRACK

Cross country and track running involve strength, endurance, power, coordination, and speed. Learn all of these athletic skills while having fun and meeting new training partners. At the end of the program, kids will be able to run faster and further by concentrating on form drills, endurance training, and speed work. Whether kids are training for their first cross country season, getting in shape for a spring or summer sport, or just want to get out and exercise regularly, this program will certainly teach them all about how to run faster and further. This program will also include advice on workouts kids can do on non-meeting days during the program. Instructor Chris Benestad is a USA Track and Field Level 2 certified coach and has over 20 seasons coaching experience in high school cross country and track and field. Grade School kids' focus will be on the track and field and Middle School kids will focus on cross country running. Please wear comfortable clothing for exercise, wear running sneakers and bring a water bottle.

Grades: 1 – 5
Days: Sundays
Dates: May 3—June 14 (skip May 24)
Times: 12:30—1:30pm
Cost: $95
Location: ARHS Track (and fields), Bartlett Street, Northborough
Instructor: Christopher Benestad, USA Track and Field Level 2 certified coach

KIDS NIGHT OUT

ONE OF OUR MOST POPULAR EVENTS! Kids get a chance to go out for the night! They will play gym and sports games including jailbreak, basketball, pillow polo, and soccer AND get to make art projects, watch movies, and more! A pizza dinner is included. Register early to save a spot or sign up at the door, space permitting. Kids will also play outside on the playground, weather permitting.

Grades: K - 5 for March—June dates,
Grades 1 – 6 in Fall for July and August dates
Days: Saturdays
Dates: March 14, April 11, May 16, June 13, July 18, August 15
Time: 4pm—10pm
Cost: $30/night for one child and $15/night each for siblings
Location: Town Hall Gym & Recreation Center
Instructors: Northborough Recreation staff

ARCHERY

The fundamentals of archery will be taught in a fun and safe environment. Equipment will be provided for you. Parents are welcome to sign up too!

Ages: 8 years and up
Days: Monday—Friday
Dates: Session 1: July 6—10; Session 2: August 17—21
Times: 9am—11am
Location: Ellsworth-McAfee Park, Rt 135, pavilion
Instructor: Delicious Bows and Arrows Elite Archers JOAD
Cost: $110/session

BASKETBALL CLINIC WITH BRIAN DOHERTY

Your child will develop the fundamental skills of basketball while developing their skills through competitive game instruction and 1-on-1 instruction. This is fun way for your child to develop the needed skills to be a great basketball player. No experience needed.

Grades: 1 - 8 in Fall
Days, Dates: Monday—Thursday, June 29—July 2
Time: 9am—noon
Instructor: Brian Doherty, ARHS Boys Varsity Coach
Location: Town Hall Gym or ARHS (tba)
Cost: $100

COUNSELOR-IN-TRAINING ('C.I.T.') PROGRAM

This program is designed for kids entering grades 9-11in Fall 2015 who are looking for a "hands-on" leadership training experience. Working under the supervision of our veteran camp counselor/group leader, Kelley Scholl, C.I.T.'s will learn and practice the skills necessary to become successful counselors. Participants will have interaction with Recreation Summer Camp kids and will help Counselors supervise the campers at our weekly Wednesday field trips. 5 max/session.

Please Note: This is a two week program. All participants must attend and pass both Session 1 and Session 2 (sessions do not have to be taken consecutively) to receive a Certificate of Completion. CIT is a program for kids interested in becoming counselors; it is not childcare. We are looking for enthusiastic individuals that want to learn how to work with children. Completion of this program does not guarantee a position working with Northborough Recreation.

Grades: 9 - 11 in Fall 2015
Days: Monday—Friday
Dates: Session 1a: June 29—July 2 (no camp on Friday 7/3
Session 2a: July 6—July 10
Session 1b: July 13—July 17
Session 2b: July 20—July 24
Session 1c: July 27—July 31
Session 2c: August 3—August 7
Session 1d: August 10—August 14
Session 2d: August 17—August 21
Times: 9am—4pm
Location: Melican Middle School, 145 Lincoln St.
Cost: $220/session ($170 for Session 1a/short week)

FIELD HOCKEY-DEVELOPMENTAL CLINIC

This developmental level clinic is for girls entering 5-9 grades and is intended to instruct girls that have previously been introduced to the sport of field hockey or are looking for their first exposure to the sport. This clinic will teach stick skills, passing and hitting, and other basic fundamentals. Please bring a mouth guard and shin pads. Sticks will be provided if you don't have one.

Grades: 5 - 9 in Fall
Days/Dates: Monday—Friday, July 13—17, 9am—11am
Location: Algonquin Regional H.S., meet at the concession stand
Instructor: Dan Welty, ARHS Field Hockey coach, MetroWest Daily News field hockey coach of the year 2010 & 2011, Central MA Champions 2010 & 2011, and State Finalists 2010
Cost: $95

FIELD HOCKEY: PRE-SEASON CLINIC

This pre-season clinic will help develop the player for tryouts and get a jump on the fall field hockey season. Players will review the fundamentals of push passing, elimination skills, hitting, tackling and goal shooting. Each 2 hour session will consist of 90 minutes of skills and 30 minutes of scrimmaging. This clinic is for field players only (no goalies). Equipment needed includes: stick, shin guards, mouth guard, goggles, cleats or sneakers, and water/snack.

Grades: 9 - 12 in Fall
Days/Dates: Sunday—Tuesday, August 23—25
Times: 5:30—7:30pm
Instructor: TBA
Location: Algonquin Regional H.S., meet at the concession stand
Cost: $70

SOCCER WITH BEST SOCCER

Ages 5 & 6 years old: Players learn the importance of a good warm up through fun games and activities. The coaches will develop the basic foot skills, passing and shooting through structured games with every player actively involved. Players will also learn the basics of soccer match play via 3v3 tournaments focusing on positions, start of play and dead ball situations. The games and matches develop safe play, teamwork, communication and interest in soccer while still having lots of FUN! Half-day only for ages 5 & 6.

Ages 7 years old and above: As players learn and grasp the basic fundamentals of soccer, focus can shift towards the WHEN, WHERE, and WHY, in order to get a better understanding of the game of soccer. For example, the player will learn WHEN to dribble, WHERE to dribble and WHY we dribble. The coaches ensure that foot skills, passing and shooting are reinforced and developed through a variety of coaching activities. Conditioned games (4v4, 5v5 and 6v6) are used to focus on the WHEN, WHERE, and WHY, we perform certain skills. The players will also develop their positional sense and spatial awareness in a tournament played at the end of every session. Players will be divided by age and skill level to ensure an appropriate environment for a challenging and fun camp. Kids ages 7 and up have the option of attending either the half day or full day program.

Days: Monday—Friday
Times: 9am—noon or 9am—3pm
Dates: Session 1: July 6-10; Session 2: August 10-14
Cost: $135 half day / $200 full day (ages 7+ only)
Location: Ellsworth McAfee fields, Route 135/South Street
Instructors: BEST Soccer

WICKED COOL VET SCHOOL

Do you dream of becoming a veterinarian? Grab your lab coat, animal lovers, as we learn about our favorite furry, flying and fishy friends! Make amazing animal models, build big bones and investigate animal intestines from our favorite vertebrates-birds, mammals, reptiles, amphibians and fish. Dissect an owl pellet to discover a predator's diet. Try your hand at catching some invertebrates as we study insect exoskeletons, and get into tiny worlds to look at animal cells and parasites. End the week with a featured live animal visit with tips for animal care and keeping pets healthy!

Grades: 1 - 5 in Fall
Times: 9am—4pm
Days: Monday—Friday
Dates: Session 1: July 20—24; Session 2: August 10—14
Location: Proctor Elementary art room
Instructors: Wicked Cool for Kids
Cost: $280/session

NEW! GOLF FOR AGES 5 & 6: JUNIOR LITTLE EASY GOLF

Great program for golfers of all abilities. Instructors work with students individually within the group. Five one-hour classes encourage gradual improvement over five weeks. No cleats required, clubs provided but feel free to bring your own if you have them.

Ages: 5 and 6 year olds
Times: 10am—12pm
Days: Monday—Wednesday
Dates: Session 1: June 29—July 1
Session 2: July 13—15
Session 3: July 20—22; Session 4: July 27—29
Session 4: August 10—12
Location: Juniper Hills Golf Course, School St., Northborough
Cost: $120/session
Instructors: Juniper Hill Golf Teaching School Instructors

GOLF FOR AGES 7-12: JR GOLF SUMMER SERIES

The number one goal this week is to make sure your children enjoy themselves while playing golf. Instruction, fun and exciting games, and imitation, are combined to keep kids' interest level high. Putting, chipping, full swing, on-course instruction, etiquette and the rules of golf will be covered using video analysis, training aids, and games. Cleats are not required- golf clubs, golf balls, and snacks will be provided. Kids should wear sunscreen and bring a hat and water.

Ages: 7 years old & up
Times: 9am—12pm
Days: Monday—Friday
Dates: Session 1: June 29—July 3
Session 2: July 13—17
Session 3: Aug. 3—7
Session 4: Aug. 10—14
Cost: $250/session
Location: Juniper Hill Golf Course, Northborough
Instructors: Juniper Hill Golf Teaching School Instructors

LEARN TO SAIL

Guppies Learn to Sail (ages 7 - 9): Program is a summer half day (9—1pm) or full day (9—4pm) /full week session. This program is specifically designed for younger children to develop sailing skills. With a ratio of 7 young sailors to 1 instructor this program uses our new Optimist boats . They are perfect for the smaller child and are extremely easy to rig and handle. As with all of our sailing programs, sailors learn rigging and derigging, ropework and knots, steering and setting sails, and boating safety from a US Sailing certified instructor. It is open to children 7-9 years old with the swimming capability of 25 yards and able to enter the water and be able to tread while putting on a PFD. Lifejackets are provided.

Learn to Sail Camp (ages 9—15): Whether the child is an experienced sailor or just starting out, Learn to Sail camp provides an opportunity learn or advance sailing skills while working with others in a cooperative environment. It is open to children 9-15 years old with the swimming capability of 75 yards and treading water for 3 minutes. Lifejackets are provided. This program allows for each participant to learn the required skills to skipper their own boat. Parents are invited for a Friday afternoon sail with their new sailors. Come see what they have mastered! This is a full day program only.

Ages: 7 - 15 years old
Days/Dates:
Guppies: Monday—Friday: July 6—July 10, July 13—July 17, July 20—July 24, July 27—July 31
Times: Guppies: 9am—1pm or 9am—4pm
Learn to Sail: 9am—4pm (full day only)
Location: Regatta Point Community Sailing, Lake Ave, Worcester
Cost: Guppies (Ages 7 - 9): Half Day: $219; Full Day: $350
(Ages 9 - 15): $265 (9am—4pm)

Extended Day? Early drop off/late pick up is available after 8am and until 5pm, arrange for that separately by contacting Regatta Point at 508-757-2140.

FIRST PLAY TENNIS AGES 6-14

US Sports Institute's first play tennis clinic follows developmental curriculums and guidelines laid out by the USTA, including their highly appraised QuickStart Tennis format. Regardless of age, participants will learn the basic fundamentals in stroke production, court movement and footwork skills, in a low pressured, yet energetic environment. Most importantly it's all about fun, with games, games and more games during each session! This Tennis Clinic is suited to players who are of beginner to intermediate level. All children who attend the tennis week will have a great time playing and learning the number one racket sport in the US. Please Note: Children must provide their own racquet.

Ages: 6 - 9 years old and 10 - 14 years old
Times: 6 - 9 years old: 10—11:30am
10-14 years old: 11:30am—1pm
Days: Monday—Friday
Dates: Session 1: July 13—17; Session 2: August 3—7;
Session 3: August 10—14
Location: Melican Middle School Tennis Courts, 145 Lincoln St.
Instructors: US Sports Institute
Cost: $120/session

MINECRAFT MANIA

Wicked Cool For Kids is excited to introduce Minecraft Mania - a blend of virtual learning with companion hands-on activities that explore science and engineering using Minecraft. Kids use an interactive avatar to investigate a virtual educational environment. Minecraft Mania lessons have both virtual and real world components covering geology, engineering, physics, and biology. Serious Minecraft Maniacs will be excited to learn about the properties of rocks and minerals and take home their own rock collection. Kids use their skills to build skyscrapers & simple machines as well as plant their own crops in enjoyable experiential challenges. So join us for a week of fascination in our mobile virtual classroom!

Grades: 1 - 5 in Fall
Times: 9am—4pm
Days: Monday—Friday
Dates: July 13—17
Location: Rec Center at Town Hall, 63 Main St
Instructors: Wicked Cool for Kids
Cost: $320

NEW! MINECRAFT MASTER CRAFTERS

Mastercrafters, an advanced Minecraft program where educational gaming is offered in conjunction with our hands on science and engineering activities as focused, companion lessons. Think you've got what it takes to be a Mastercrafter? Hone your Minecraft skills in this teacher-controlled platform where we learn and interact virtually in a classroom setting. Student teams will explore, manipulate, problem-solve and build in worlds that have been customized for Wicked Cool learning activities. We will become Mastercrafters as we focus on energy, powering mechanisms, and using redstone to build and design our way through the tricky labyrinth of the "Mastercrafter Island".

Grades: 3 - 7 in Fall
Times: 9am—4pm
Days: Monday—Friday
Dates: Session 1: July 6—10; Session 2: August 3—7
Location: Rec Center at Town Hall, 63 Main St
Instructors: Wicked Cool for Kids
Cost: $320

SPECTACULAR SCIENCE

Come join this very cool and fun summer science program! Each day, kids will explore weird and wacky hands-on science experiments and will make and take home different projects. Our scientists are fast paced and funny and your kids will be thoroughly entertained while learning some interesting things as well! We will explore weird motions and flying things, air and water pressure, crazy chemistry, light and sounds, science magic, electricity, magnets, astronomy and more.

Grades: 1 - 5 in Fall 2015
Days/Dates: Monday—Friday, July 20—24
Times: 9am—12pm or 9am—3pm
Location: Peaslee Elementary Cafeteria
Instructor: Top Secret Science
Cost: $105 half day, $175 full day

LEGO PROGRAMS

Since 1997- Play-Well TEKnologies has been focused on learning through play. When kids are at play, they explore the world. When kids create, they express themselves. And when kids build, they solve problems. Our hands-on, engineer-designed curriculum helped over 80,000 kids build on the math and science skills, all through the medium of LEGO.

SUPER HERO ENGINEERING WITH LEGO FOR AGES 5-7 YEARS OLD: Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! We will help guide young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

Ages: 5 - 7 years old
Days/Dates: Monday—Friday, July 27—July 31
Times: 9am—12pm
Location: Proctor Elementary, music room
Instructor: Play-Well TEKnologies
Cost: $155

SUPER HERO MASTERS WITH LEGO FOR AGES 8-11: LEGO® Super Heroes need your help to defeat the destructive forces of evil arch-villains as they threaten LEGOpolis! Explore the tools and techniques of your favorite caped crusaders and learn what makes them not only Super Heroes, but super engineers. An engineering curriculum designed by Play-Well challenges heroes to design, build, and save a city where ingenuity and imagination can solve any conflict.

Ages: 8 - 11 years old
Days/Dates: Monday—Friday, July 27—July 31
Times: 1—4pm
Location: Proctor Elementary, music room
Instructor: Play-Well TEKnologies
Cost: $155

PRE-ENGINEERING WITH LEGO FOR AGES 5-7 YEARS OLD: Let your imagination run wild with over 100,000 pieces of LEGO! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNdamentals.

Ages: 5 - 7 years old
Days/Dates: Monday—Friday, August 24—28
Times: 9am—12pm
Location: Town Hall Gym, 63 Main St
Instructor: Play-Well TEKnologies
Cost: $155

ENGINEERING FUNDAMENTALS WITH LEGO FOR AGES 8-11 YEARS OLD: Power up your engineering skills with Play-Well Teknologies and over 100,000 pieces of LEGO! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battletrack! Challenging for new and returning students.

Ages: 8 - 11 years old
Days/Dates: Monday—Friday, August 24—28
Times: 1—4pm
Location: Town Hall Gym, 63 Main St
Instructor: Play-Well TEKnologies
Cost: $155

HORSEBACK RIDING WEEKLONG CLINICS

Have a horse crazy kid? This half day program is a perfect way to get started with riding or continue to build their skills! Riders will have a mounted lesson each day. Other activities will include grooming, tacking up, bathing, learning parts of the horse, and learning stable management! Extended hours are available if needed, contact Highland Acres directly. Riders should come in long pants, shoe with a heel, appropriate clothing for the day, and a snack.

Ages: 5 – 12 years old
Times: 9am—12pm
Days: Monday—Thursday
Dates: Session 1: July 6—9; Session 2: July 20—23
Session 3: August 3—6; Session 4: August 10—13
Cost: $245/session
Location: Highland Acres, Grafton

THEATER WITH SKYRISE

This is SkyRise's 4th year with Northborough Recreation! Each production provides an opportunity for significant growth for your child by creating confidence building and teamwork skills. The children will learn a 30 minute show in just 4 days, along with theater games, costume contest and other fun activities throughout the week. Rehearsals are 4 hours each day and consist of two 2-hour blocks of time with a 20-minute lunch break (peanut-free).

All cast members are to attend all rehearsals throughout the week. For the performance your child will be singing and dancing in costume & makeup in front of a scenic backdrop. All shows are comedic parodies of commonly known fairy tales, short stories, and folktales. On Monday, there will be auditions for an hour 1/2 and then parts are cast. Nothing needs to be prepared for these auditions! Just be ready to move and have fun! Open to ages 5-15! Everyone is cast! Performances will be on Fridays, friends and family are welcome to come see the show!

Need extended day? Extended day, or, 'Extended Performing Arts' is available from 1:15-3:15pm for shows 1 & 2, and is available by contacting Skyrise directly at 508-203-1759. Extended Performing Arts is a program to strengthen the craft of the performing arts for all levels. Each day we will focus on a different topic; this is to give more knowledge and opportunities for children to perform in different ways. These classes are not in any way connected to the production camp being put on that week.

Ages: 5 – 15 years old
Times: 9am—1pm
Days: Monday—Friday
Dates: SHOW 1: July 27—31: The Great Race, a Musical Parody of Tortoise and the Hare, Music inspired by 50's and 60's.
SHOW 2: Aug. 3—7:Stone Age: Musical Parody of The Prehistoric Times. Music inspired by Taylor Swift.
SHOW 3: Aug. 17—21: Seven Little Men-Musical Parody of Snow White and the Seven Dwarf's. Music inspired by the Beatles.
Location: Algonquin Regional High School, Northborough
Instructors: Skyrise Children's Theater
Cost: $200

NEW! INCREDIFLIX FILMMAKING PROGRAMS

Kids will learn brainstorming, story structure, and story boarding. In animation programs, kids will create characters, backgrounds, film, and do voice-overs. In filmmaking programs, kids will location scout, act, film, and learn filmmaking strategies. All flix will be professionally edited and downloadable within a month after camp ends. Lunch supervision included if signed up for both morning and afternoon sessions.

Animation Flix, August 10—14, 9am—12pm: Students will create up to 5 stop-motion animated flix. Each day you'll use a new style of stop-motion, combining the favorites of past years with some completely new styles. Campers create, direct, and film their movies in age-appropriate groups.

Imagination Flix, August 10—14, 1—4pm: In this exciting stop-motion animation camp, there are no limits to where your imagination can take you. You'll brainstorm, create your very own clay characters (that you keep), choose the backgrounds, film your movies using a green screen, and add voice-overs, while working in age-appropriate groups.

Live Action Flix, August 17—21, 9am—12pm: You don't have to be an actor to star in these movies that you make from "Action" to "That's a wrap." We'll guide you through the Hollywood process as you brainstorm, location scout, bring in props and costumes, act and direct in a collaborated movie that will be fun for the entire audience.

Lego Flix, August 17—21, 1—4pm: We know you love Legos and can create incredible Lego worlds, now it's time to bring those worlds to life in Lego Stop-Motion Animated Flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age-appropriate groups.

Ages: 7 – 13, working in age appropriate groups
Days: Monday—Friday
Dates: Session 1: August 10—14; Session 2: August 17—21
Times: 9am—12pm and 1—4pm
Location: Session 1: Peaslee Elementary Cafeteria
Session 2: Algonquin Regional High School, Northborough
Instructors: IncrediFlix
Cost: $180

STEM SUMMER PROGRAM

"STEM is FUN!" But for the summer, STEM goes STEAM for more fun! STEM integrates the four disciplines of **S**cience, **T**echnology, **E**ngineering, and **M**athematics into relevant but fun activities meant to build and sustain interest as well as establish foundational knowledge in young children. Children will explore the use of different STEM toys, like Lego bricks, Kapla blocks, Knex education sets, Toobalink, Smart Circuits, solve problem-solving challenges and games, create interesting crafts, and do experiments using the simplest everyday materials.

Ages: 5 – 8 years old
Days: Monday—Thursday
Dates: Session 1: July 13—16; Session 2: July 27—30
Session 3: August 10—13
Times: 9am—12pm
Location: Rec Center at Town Hall, 63 Main St., ground floor
Instructors: STEM Beginnings
Cost: $130/session

BODY SCULPTING FOR WOMEN

Women's strength training program designed to tone and strengthen muscles and improve posture using free weights and your own body resistance. Bring a work out mat and water.

Ages: 14 years old and up
Days: Sundays
Dates:
Spring: March 22—May 31 (skip April 5 and May 24)
Summer: June 7—August 23 (skip July 5 and August 2)
Time: 7pm—8pm
Location: Town Hall Gym
Instructor: Sharon Pugsley
Spring Cost: $70 (9 weeks)
Summer Cost: $75 (10 weeks)

GOLF LESSONS AT JUNIPER HILL GOLF COURSE

Great program for golfers of all abilities. Instructors work with students individually within the group. Five one hour classes encourage gradual improvement over five weeks. Golf equipment is provided, charge, cleats are not necessary.

Ages: 16 years old and up
Intermediate: Saturday, May 2—June 6, (Skip May 23), 12pm—1pm
Ladies Only: Fridays, May 1—May 29, 10am—11am
Beginners:
Wednesdays: April 29—May 27, 10am—11am
Thursdays: April 30—May 28, 6:30—7:30pm
Sundays: May 3—June 7, (Skip May 24) 9—10am
Location: Juniper Hill Golf Teaching Center, School Street
Cost: $125 per person

NEW!

CARDIO TENNIS

Cardio Tennis is one of the most recent fitness initiatives to hit the US. All activities within the class are designed to raise your heart rate into the aerobic training zone, providing a whole body work out and burning optimal calories, all while improving your basic tennis skills. No tennis playing experience is necessary to join this class.

Ages: 16 years old and up
Times: 8:30—9:30am
Days: Saturdays
Dates: May 2—June 13 (skip May 23)
Location: Melican Middle School Tennis Courts, 145 Lincoln St.
Instructors: US Sports Institute
Cost: $120

YOGA (GENTLE)

Yoga is an ancient practice uniting mind, body, and spirit. With an emphasis on concepts of mindfulness and healthy living, our class incorporates yoga postures, breathing, relaxation and meditative techniques. The gentle pace is geared toward beginners and those who are looking for a less focus on physically vigorous movement. You'll enjoy all the benefits of yoga including increased strength, flexibility and balance as well as stress reduction. Please bring a yoga mat (optional eye pillow & blanket if desired).

Ages: 14 years old and up
Days: Mondays
Times: 6—7pm
Schedule: Spring: April 13—June 22 (skip May 25);
Summer: July 6-September 28 (skip August 3, 10, September 7)
Location: Town Hall Gym
Instructor: Teresa Iapalucci
Cost: $95/session

YOGA (HATHA)

Yoga is an ancient practice uniting mind, body, and spirit. With an emphasis on concepts of mindfulness and healthy living, our class incorporates yoga postures, breathing, relaxation and meditative techniques. Yoga is a great tool to manage stress and anxiety - helping to balance the fast pace and challenges of life. It will also enhance your strength, flexibility and overall well-being. Please bring a yoga mat (optional eye pillow & blanket if desired).

Ages: 14 years old and up
Schedule:
Mondays: 7pm—8:15pm
Fridays: 6:30am—7:30am (summer class 7:15am—8:15am)
Mondays:
Spring: April 13—June 22 (skip May 25)
Summer: July 6—September 28
(skip August 3, 10, September 7)
Fridays:
Spring: April 10—June 26 (skip May 22 and May 29)
Summer: July 10—September 25
(skip August 7 and September 4)
Location: Town Hall Gym, 63 Main Street
Instructor: Teresa Iapalucci
Cost: $105/session

Do not use for SUMMER RECREATION CAMP or Club Assabet

Participant's Name: _____ DOB: _____ Age: ____ Grade: ____ School: _____
Participant's Name: _____ DOB: _____ Age: ____ Grade: ____ School: _____
Participant's Name: _____ DOB: _____ Age: ____ Grade: ____ School: _____

Address: _____ Town: _____ Home Phone: _____

Mother's Name (if filling out for a child): _____ Cell Phone: _____
Father's Name (if filling out for a child): _____ Cell Phone: _____
Name of person to contact in case of emergency (other than parent): _____
Relationship to the adult or child: _____ Phone: _____

Does your child attend NEDP? (Northboro after school program) ☐ Yes ☐ No
Please list any physical limitations/restrictions and/or medications being taken: _____
Does your child need an aide at school? ☐ Yes ☐ No

Adult email address : _____

PARTICIPANT'S NAME	PROGRAM SESSION DATES	DAY (S)	TIME	COST
			TOTAL:	

How to Register:

- Registration can be done online at: www.northboroughrecreation.com. You may pay with a credit card online with MasterCard, Visa or Discover.
- Registration forms can be mailed with payment made payable to the Town of Northborough. Mail registration forms to Northborough Recreation, 63 Main Street, Northborough, MA 01532.
- All classes must be paid in full at time of registration.
- Mail in registrations accepted on first come, first serve basis. Any forms dropped in the drop off box at Town Hall will be placed with the day's mail.
- Receipts will be provided via email when a current email address is provided.
- Registration closes when program is full or one week prior to start date.
- Please refer to policies for more details.

Waiver: In consideration of this application, I or my child, release the Town of Northborough, its employees, agents, representatives, and other persons or organizations for whose conduct it is responsible from any and all liability, loss, damage, costs, claims and/or causes of action, including but not limited to all bodily injuries and property damages resulting or arising from the use of premises, facilities, or equipment of the Town of Northborough, or caused in any way by the Town of Northborough, its employees, agents, representatives, and other persons or organizations for whose conduct it is responsible. I and/or my child upon the necessary physical condition to participate in the registered activity, I authorize the staff to seek emergency medical care on my behalf or child if needed. I will assume all costs. I have read the program policies and understand them and the code of conduct. I understand the refund policy. I understand my child may be photographed by local newspapers. I will notify the Recreation Department if I do not want my child photographed.

Parent/Guardian/Adult over 18 Signature: _____ **Date:** _____

PARTICIPATION IN PROGRAMS WILL NOT BE ALLOWED IF THIS WAIVER HAS NOT BEEN SIGNED.

DON'T WAIT—
YOU MIGHT BE TOO LATE!

Book your child's birthday with us,
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LOTS OF OPTIONS!

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CRAFTING
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& MORE!

Non-residents welcome!

www.northboroughrecreation.com
508-393-5034

NORTHBOROUGH YOUTH SPORTS INFORMATION

The Rec Dept is not affiliated with Northborough's youth sports leagues. Registration is done online on the sites shown below.

Youth Baseball/Softball:
www.northborobaseballsoftball.org

Youth Basketball:
www.northboroyouthbasketball.org

Youth Boys Lacrosse:
www.nysla.org

Youth Girls Lacrosse:
www.nsgl.org

Youth Football/Cheering:
www.jrthawks.com

Youth Soccer:
www.nysa.net

Youth Hockey:
www.starhawks.net

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508-393-8112

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Bill Deveaux
411 B Lake Avenue
Worcester, MA 01604
(508) 393-7605

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Laura Desper
ABR, GRI, CRS
978-807-0345

Lorna Helms
CBR, CRS
508-596-1776

LauraAndLornaTeam@gmail.com
www.TheLauraAndLornaTeam.com

kw KELLERWILLIAMS REALTY BOSTON NORTHWEST
200 BAKER AVENUE | SUITE 205 | CONCORD, MA 01742

Northborough Recreation
63 Main St.
Northborough, MA 01532

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Westboro Tennis & Swim Club has Fitness Fun for Everyone!

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- Indoor/outdoor 6 lane pool
- Playground and café with full food service
- 11 tennis courts—both hard and clay
- Large fitness center with basketball court
- Aerobic and cycling studios with over 50 free classes each week, including yoga and pilates
- Massage and nutritional counseling services
- Children's programs and camps

Stop by to see our NEW Kids Club (FREE with family memberships!) and our NEW Kids Gym (FREE access with any fitness membership!)

Westboro Tennis and Swim Club

Join ANY membership and receive $0 initiation fee!

Some restrictions may apply. Cannot be combined with other offers. With coupon only.
Expires 07/31/15.

Westboro Tennis and Swim Club

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New sessions only. Not valid on Tennis Camp. Some restrictions may apply. Cannot be combined with other offers. With coupon only.
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