

2019 Winter Programs



Medway Parks & Recreation
155 Village Street, Medway, MA 02053
(508) 321-4740

www.MedwayParksRec.com



@MedwayParkandRec

TABLE OF CONTENTS

DEPARTMENT INFORMATION	2	ART PROGRAMS	7
REGISTRATION INFORMATION	2	MEDWAY COUNCIL ON AGING	7
GENERAL INFORMATION	3	YOUTH PROGRAMS	8
MEDWAY YOUTH SPORTS	4	ADULT PROGRAMS	9
COMMUNITY EVENTS	5	MONTHLY CALENDARS	10-11
VACATION BREAK PROGRAMS	6	SUMMER CONCERT SERIES	12
PRESCHOOL PROGRAMS	7		

PARKS & RECREATION STAFF

Julie Harrington, jharrington@townofmedway.org
Director of Parks & Recreation

DEPARTMENT INFORMATION

Park & Recreation Number: 508-321-4740
Website: **MedwayParksRec.com**
Field Closings: Website/Facebook will be updated with closures

TOWN INFORMATION

Town Hall: 508-533-3200
Department of Public Service: 508-533-3275
Town Website: www.townofmedway.org

OFFICE HOURS

Monday: 7:30am—5:30pm
Tuesday: 7:30am—4:30pm
Wednesday: 7:30am—4:30pm
Thursday: 7:30am—4:30pm
Friday: 7:30am—12:30pm



@MedwayParkandRec



@MedwayParksandRec

PARK & RECREATION COMMISSION

Michael Tudino (Chairperson)

Debi Rossi

Sean Murphy

OFFICE LOCATION

Medway High School 88 Summer Street Medway, MA 02053

MAILING ADDRESS

155 Village Street Medway, MA 02053

THANK YOU FOR THE BROCHURE PHOTOS:



REGISTRATION INFORMATION

Online Registration is **STRONGLY RECOMMENDED** at MedwayParksRec.com and is the **PREFERRED METHOD**. We accept **Walk-in Registration**, as long as space is available. We accept **Cash, Check, & Credit Card**. Creating an online account prior to registration is encouraged. Please make sure your email is accurate as we send out confirmation, cancellations and updates via email.

PLEASE NOTE: Registration for all programs ends 3 days before the program start date, unless otherwise noted.

WINTER RECREATION REGISTRATION FOR MEDWAY RESIDENTS: Tuesday, December 4 at 9:00am

WINTER RECREATION REGISTRATION FOR NON-RESIDENTS: Friday, December 7 at 9:00am

SUMMER CAMP REGISTRATION WILL BE HELD IN FEBRUARY (LOOK FOR THE BROCHURE IN JANUARY)

GENERAL INFORMATION

GENERAL/MEDICAL REFUNDS

Refunds are only available if a class is cancelled or if there is a medical reason. A refund will be issued if a participant is unable to attend a class due to an unexpected prolonged illness or injury. This request must be made prior to the end of the program session and may require a doctor's note. Medical refunds may be prorated for classes missed. Classes missed due to common illness or schedule conflicts cannot be refunded. Refund checks are issued by the Town of Medway and may take up to four weeks to process.

LOW ENROLLMENT

Classes that do not meet the minimum enrollment are not the best use of our limited resources, and usually are not very fun for the kids. Classes with low enrollment will be notified that the class is in danger of being cancelled one week prior to the class starting. The actual class will be cancelled within 48 hours prior to the scheduled start date and a full refund will be issued. The Recreation Department reserves the right to reschedule, postpone, combine or change classes. You will be notified via email or phone call if your class is cancelled; otherwise plan on attending.

TRIAL CLASSES

In most cases, trial classes are not permitted. It is recommended to visit and observe the current session if you are unsure if your child may be ready for the next session.

DROP-OFF PROGRAMS

Parents/Guardians of children under 12 years of age participating in our programs are required to accompany their children to and from the location of the program (i.e. class rooms, gymnasium, etc.) and must remain on the premises should they be needed. Should a parent or guardian leave the area of the program, they MUST inform the instructor where they can be found, including contact information. This procedure has been established for the protection and safety of all children within Recreation programs.

MAKE-UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather, instructor absence, or other unforeseen circumstances. Typically a program that meets weekly will extend another week at the same day and time. Check with your instructor to confirm. Classes missed due to participant absence because of scheduling conflicts or personal reasons cannot be made up.

PHOTO / VIDEO POLICY

The Recreation Department may make, have, use, publish and reproduce photographs and/or video of participants for its record, public relations purposes, recognition, and/or other projects related to the wholesome promotion of its program unless permission is denied in writing.

FINANCIAL AID

Some programs are able to offer financial assistance or scholarships to qualifying applicants. In many cases the most recent tax forms, and other supporting documentation is required. Contact us for more information.

AGE POLICY

Children must meet the age requirement for a program by the FIRST DAY of a class. Children must be toilet trained to attend programs unaccompanied by an adult.

RESIDENTS / NON RESIDENTS

Our programs are supported solely by user fees and residents have priority registration periods. Registration is first-come, first served; Medway residents have priority through advance enrollment periods. Unless otherwise noted, programs are available for non-residents.

CALENDAR

Calendars found in the back of the brochure list the start date of all programs as well as holiday hours, closings, community events and other important event date information.

INCLEMENT WEATHER POLICY

All classes (day and evening) will be cancelled when Medway Public Schools are closed. If Medway Public Schools have a delayed opening, all Recreation department programs will still start at their regularly scheduled time, unless you are informed otherwise. In the event we need to cancel evening or weekend classes it will be listed on our website and Facebook page. We will also attempt to email participants who have registered for these classes.



INCLUSION

We welcome kids and adults of all ages and abilities to participate in any of our Recreation programs. To help visually identify programs that are specifically designed for participants with disabilities, please look for this inclusion logo throughout the brochure. For questions, adaptations, and accommodations please email Jharrington@townofmedway.org. If necessary, parents or aides are welcome to attend with participants.

FIELD/FACILITY RENTAL POLICY

Our fields and facilities are available to be rented to the public, with a certificate of liability insurance. Please check our website for more information or contact Jharrington@townofmedway.org.

A NOTE FROM THE DIRECTOR

Welcome to Medway Parks and Recreation

Dear Medway Community,

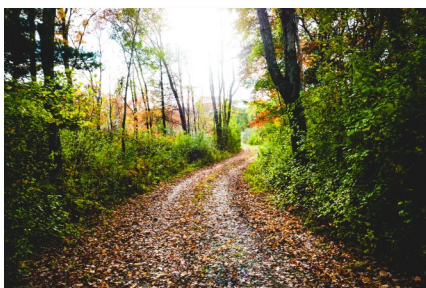
I would like to introduce myself and welcome you to Medway Parks and Recreation. My name is Julie Harrington, and I am the Director of Medway's new Parks and Recreation Department. I have been involved in the recreation field for over 12 years, in multiple capacities. I am very excited to start the Parks and Recreation Department in our wonderful community. We have so many incredible amenities to offer residents: trails, fields, parks, and the new and improved playgrounds that have recently opened at Choate and Oakland Parks. I hope to expand on the programming already offered to the community and plan on developing new programs to truly find something for everyone. My goal is to also create community events that everyone can enjoy and participate in. This Spring we are looking to host our first fishing derby at Choate Park. In the Summer, the annual Summer Concert Series will debut in July.

In today's hectic world, it's easy to forget that taking time to enjoy each day is so important to our health and well-being. Medway Parks and Recreation is committed to insuring that every resident has an opportunity to experience outstanding recreational activities and park facilities that enhance our quality of life by helping us stay healthy and fit, build relationships with family and friends, and enhance our already amazing sense of community pride.

Please reach out with any questions, concerns or suggestions.

Thank you,

Julie Harrington



MEDWAY YOUTH SPORTS

MEDWAY AMATEUR BASKETBALL ASSOCIATION



www.Medwaybasketball.org

MEDWAY YOUTH BASEBALL



www.Medwayyouthbaseball.com

MEDWAY YOUTH FLAG FOOTBALL



www.Medwayflagfootball.com

MEDWAY YOUTH FOOTBALL AND CHEER



www.Medwaycolts.com

MEDWAY YOUTH LACROSSE



www.Medwaylax.com

MEDWAY YOUTH SOCCER



www.MedwaySoccer.com

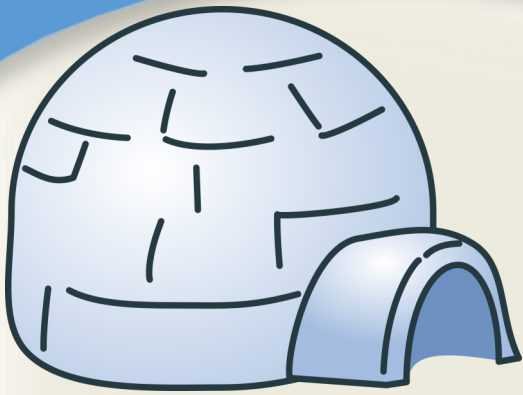
MEDWAY YOUTH SOFTBALL



www.Medwayyouthsoftball.org

Have a Medway Youth Sport you would like to include? Contact us to be listed in the next brochure!

2019 Snow Sculpture Contest



Medway Park and Recreation presents the 1st annual snow sculpture contest! Throughout this winter season, create your best snow sculpture and submit a photograph to our judges for a chance to win a prize from Medway Parks and Recreation!

Submissions must be sent via e-mail to jharrington@townofmedway.org and include: title or name of snow sculpture, full name(s) of sculptor(s), home address, and photograph of sculpture. The Town of Medway reserves the right to use photo submissions in Town media. All entries must be in good taste. Entries are due Monday, March 11th. Primary consideration will be given to creativity of the title, concept, and execution. Participants must be Medway residents. Sculptures will be judged and winners will be awarded in Mid-March.



Saturday, June 8th

**1st Annual Medway
Park and Recreation
Fishing Derby**

At Choate Park

Co-hosted with Medway High School Fishing Club



VACATION BREAK PROGRAMS



UP, UP & AWAY! AND ENERGY EXPLORERS

Instructed by Wicked Cool for Kids

UP, UP & AWAY! Take off into the stratosphere where we'll examine things that go up! Create blast off rockets, planes, and copters that use different methods to reach the skies. Take in a birds-eye view to learn about our feathered friends. Experiment with the four forces of flight and test how gravity brings everything back to Earth.

GRADE	DAY	TIME	DATES	LOCATION	FEE
1-5	TU-F	9:00 - 12:00pm	Feb. 19 - Feb. 22	HS 112-1	\$210

ENERGY EXPLORER—Energy is everywhere and it can't be created or destroyed! Investigate the wide world of energy and build your own simple circuit as we experiment with electrical energy. Delve into the properties of potential and kinetic energy by making your own balloon cars and catapults. We'll experiment with chemical energy and concoct our own secret recipes. Energizing fun!

GRADE	DAY	TIME	DATES	LOCATION	FEE
1-5	TU-F	1:00 - 4:00pm	Feb. 19 - Feb. 22	HS 112-1	\$210

UP, UP & AWAY! AND ENERGY EXPLORER—Want to do both? You can! Spend the day with us! Be sure to pack water, snacks and a lunch.

GRADE	DAY	TIME	DATES	LOCATION	FEE
1-5	TU-F	9:00 - 4:00pm	Feb. 19 - Feb. 22	HS 112-1	\$325



WICKED PHAB PHYSICS LAB AND EXTREME EARTH

Instructed by Wicked Cool for Kids

WICKED PHAB PHYSICS LAB Join Wicked Cool For Kids for a fun exploration of physics! Build zooming cars that can keep a passenger safe in case of a crash! Send a marble spinning down a shoot. Create a crazy cannon to fling a ping pong ball and build a rolling racer as we learn about Newton's laws of motion and how things move in our universe.

GRADE	DAY	TIME	DATES	LOCATION	FEE
1-5	TU-F	9:00 - 12:00pm	Apr. 16 - Apr. 19	HS 112-1	\$210

EXTREME EARTH—Junior geologists and elementary engineers: harness Earth's extremes as we investigate its awesome powers in the form of wind, water, weather, and sunlight. Build a working anemometer to gauge wind speed. Experiment with magnetic rocks and solve mysteries of what's buried below the surface. Dig deep into earth science when we build a better volcano and classify some real fossils to take home.

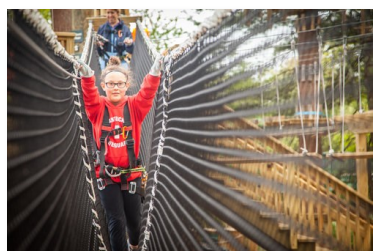
GRADE	DAY	TIME	DATES	LOCATION	FEE
1-5	TU-F	1:00 - 4:00pm	Apr. 16 - Apr. 19	HS 112-1	\$210

WICKED PHAB PHYSICS LAB AND EXTREME EARTH—Want to do both? You can! Spend the day with us! Be sure to pack water, snacks and a lunch.

GRADE	DAY	TIME	DATES	LOCATION	FEE
1-5	TU-F	9:00 - 4:00pm	Apr. 16 - Apr. 19	HS 112-1	\$325

VACATION BREAK TRIPS

No School? No problem! We have trips that will make those days off FUN! All trips will leave from Medway High School. (May 17th early release day, will leave from Medway Middle School). Join Medway Parks and Recreation and pack your sense of adventure.



TRIP	LOCATION	DATE	DAY	TIME	GRADES	FEE
Nashoba Tubing	Littleton, MA	Dec. 27	TH	10:00 - 3:00pm	6-8	\$65
APEX Entertainment	Marlboro, MA	Jan. 22	TU	10:00 - 3:00pm	6-8	\$65
Urban Air	Bellingham, MA	Feb. 19	TU	10:00 - 3:00pm	6-8	\$65
Patriot Place-Ice Skating and 5 Wits	Foxboro, MA	Feb. 20	W	10:00 - 3:00pm	6-8	\$65
Nashoba Tubing	Littleton, MA	Feb. 21	TH	10:00 - 3:00pm	6-8	\$65
APEX Entertainment	Marlboro, MA	Apr. 16	TU	10:00 - 3:00pm	6-8	\$65
Treetop Adventures	Canton, MA	Apr. 17	W	10:00 - 3:00pm	6-8	\$65
Boston Paintball	Ashland, MA	Apr. 18	TH	10:00 - 3:00pm	6-8	\$65
Treetop Adventures	Canton, MA	May 17	F	11:30 - 5:00pm	6-8	\$65

PRESCHOOL PROGRAMS

PARENT AND ME BASKETBALL

Instructed by Game Time Training

Join Game Time Training in this interactive session where players learn the basics of basketball along with their parents. Each session will be a mix of passing, shooting and dribbling drills that both parent and child participate in. This class will make learning basketball fun by playing music, creating fun competitions and ensuring positive energy each week. Classes will be held in the Burke/Memorial Burke Gym. The fee includes both the parent and child.

	AGE	DAY	TIME	DATES	LOCATION	FEE
I	3-5	SU	9:00 - 9:50am	Jan. 6 - Feb. 10 *No 1/20	Burke Gym	\$125
II	3-5	SU	9:00 - 9:50am	Mar. 3 - Mar. 31	Burke Gym	\$125

PRESCHOOL DANCE

Instructed by Step by Step Studio of Dance

Preschool is a class where little ones develop coordination, rhythm, flexibility and ballet fundamentals in a fun-loving way. Dancers will be kicking, jumping, turning, galloping, and skipping across the floor. Scarves, hula hoops, batons and many inspiring props will be incorporated in class. Dress for class is dance attire and ballet slippers. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

	AGE	DAY	TIME	DATES	LOCATION	FEE
I	3-5	TH	3:00 - 3:45pm	Jan. 10 - Mar. 7 *No 2/21	Step by Step	\$130
II	3-5	TH	3:00 - 3:45pm	Mar. 14 - May 9 *No 4/18	Step by Step	\$130

ART PROGRAMS

THREE WEEK HAND BUILDING POTTERY

Instructed by The Ceramics Garage

Looking for something new, fun and innovative to do? Enroll for this three week pottery/ clay class to explore your creative interest. Taught by an experienced and nationally recognized ceramic artist. All levels welcome! Students will discover the transformational qualities of clay and learn, using different techniques, how to hand build a favorite bowl, a personalized mug and so much more. They will learn to decorate the surface using various patterns, textures and glazes. A new project will be taught each week and all finished work will be fired and returned a couple weeks after the class ends. The class offers a fun and creative learning environment with step by step instructions, personal attention and regular demonstrations. Sign up today and create something unique and one of a kind with your hands! The Ceramics Garage is located at 1 Summit Lane, Ashland.

AGES	DAY	TIME	DATES	LOCATION	FEE
6+	W	6:00 - 7:30pm	Jan. 9 - Jan. 23	Ceramics Garage	\$230

POTTERY GLAZING

Instructed by The Ceramics Garage

Fire up your creativity and discover your inner artist! Each student will start with a blank canvas (blank piece of pottery in this case) and glaze their masterpiece using various painting techniques, design principles and color theory. Guided instructions from an experienced ceramic artist makes this a one of a kind experience. Finished work will be left behind for firing and will be ready for pick up in a couple of weeks. This fun class/event is open to all adults and children. It's a great activity to do with your kids, friends, co-workers, neighbors and family members. No prior experience necessary. The Ceramics Garage is located at 1 Summit Lane, Ashland.

AGES	DAY	TIME	DATES	LOCATION	FEE
6+	F	4:30 - 5:30pm	Jan. 18	Ceramics Garage	\$50
6+	F	4:30 - 5:30pm	Feb. 8	Ceramics Garage	\$50

MEDWAY COUNCIL ON AGING PROGRAMS

The Medway Council on Aging offers a variety of fitness classes. A \$3 donation is asked per class, Tai Chi is \$5. The Council on Aging also has a treadmill, stationary bike and upper arm machine available for use. Please be sure to sign a waiver before class. For more information contact the Medway Council on Aging: **508-533-3210**.

CLASS	DAYS/TIMES
Yoga	Mondays, Wednesday 10am
Tai Chi	Tuesdays at 2 and 6pm
Zumba	Wednesday at 10:30am
Aerobic Chair Exercise	Wednesdays and Fridays at 12pm
Revitalizing Fitness	Mondays at 11am
Line Dancing	Tuesdays at 10am

GENEALOGICAL RESEARCH

Presented at the Medway Council on Aging

Wednesday, December 12th at 10:00 am at the Medway Senior Center, we will have a presentation by Seema Jayne, expert in genealogic research. She will give tools and ideas of how to begin your own genealogical research. This event is free and open to all. RSVP by calling the Medway Senior Center at 508-533-3210.



YOUTH PROGRAMS



VIDEO GAME DESIGN

Instructed by Empow Studios

Go from gamer to designer. Kids love playing video games, but they have even more fun playing games designed by them and their friends! One of Empow Studios' most popular classes, Video Game Design encompasses storytelling, pixel art, and object-oriented programming, all through user friendly, 2D game design platform. Our non-violence policy keeps the games cringe-free and shareable once the kids bring their games home for you to play!

GRADES	DAY	TIME	DATES	LOCATION	FEE
3-8	M	6:00 - 7:00pm	Jan. 7 - Mar. 11 *No 1/21, 2/18	HS 112-1	\$190



SCRATCH COMPUTER PROGRAMMING

Instructed by Empow Studios

Scratch the surface of programming with Scratch! Developed by M.I.T., the Scratch platform is one of the most engaging ways to teach kids to code. Students learn the basics of computer programming by arranging puzzle-like blocks into lines of code in a drag-&-drop graphical interface. Possible projects include video games, animations, simulators, and even role-playing games. After the class, projects are shared with family and friends, and kids can continue to work on their projects from home.

GRADES	DAY	TIME	DATES	LOCATION	FEE
2-6	TU	5:15 - 6:15pm	Jan. 8 - Mar. 5 *No 2/19	HS 112-1	\$190



LEGO ANIMATION

Instructed by Empow Studios

Bring your kid's love for LEGO to the big screen! Empow Studios expert instructors work with students to develop storytelling skills, learn animation software, and capture the action of their LEGO movies. After filming, students work on post-production process to add titles, transitions, sounds and music to make their movies complete! Movies can be taken home to share with family & friends.

GRADES	DAY	TIME	DATES	LOCATION	FEE
2-6	TU	4:00 - 5:00pm	Jan. 8 - Mar. 5 *No 2/19	HS 112-1	\$190

PAWS TO READ

Medway Public Library

Interested in reading to a cuddly friend? Each child will get a 15 minute one-on-one reading session with our wonderful visiting therapy dogs. Children must be able to read independently as this is not a tutoring session but rather an opportunity to practice reading skills with a good listener. Sign up by calling 508-533-3217 or come in and talk to our staff at the circulation desk to register.

GRADES	DAY	TIME	DATES	LOCATION	FEE
2-6	W	6:00 - 7:15pm	First Wed. of the Month	Medway Library	Free

ARCHERY

Instructed by On the Mark Archery

Ready to try something new, exciting and engaging? Learn the sport of recurve archery and find your inner strength and focus while developing muscle memory and confidence with each arrow shot. This course will take you on a journey through the fundamentals needed to succeed in the sport with fun skill building drills and games mixed into each lesson. **Please check www.MedwayParksRec.com for the class location.**

AGES	DAY	TIME	DATES	LOCATION	FEE
13+	W	7:00 - 8:00pm	Jan. 16 - Feb. 6	TBD	\$130
13+	W	7:00 - 8:00pm	Feb. 27 - Mar. 20	TBD	\$130

ULTIMATE KIDS

Instructed by USMMA

In our Ultimate Kids Martial Arts Program, kids ages 7-12 will gain the knowledge and skills of both martial arts: Thai Boxing (the art of eight limbs) and Jiu Jitsu (submission wrestling aka grappling). In a fun, safe and challenging environment, they will engage in both striking and grappling to gain confidence, have fun, stay fit and active, and learn the art of self defense. USMMA is located at 316 Hartford Ave. in Bellingham.

AGES	DAYS	TIME	DATES	LOCATION	FEE
7-12	M,W,F	4:30 - 5:30pm	Jan. 7 - Mar. 1	USMMA	\$250
7-12	M,W,F	4:30 - 5:30pm	Mar. 4 - Apr. 26	USMMA	\$250



ADULT PROGRAMS

CARDIO THAI BOXING

Instructed by USMMA

Thai Boxing, the national sport of Thailand, is a martial art that involves striking with the hands, feet, elbows and knees. Known as the "Art of the Eight Limbs". In Tom's class you will learn to execute these strikes in a fun, cardio based, circuit class. If high energy, fun, burning plenty of calories, all while gaining a skill is your thing, then this class is for you! USMMA is located at 316 Hartford Ave. in Bellingham.

	AGES	DAY	TIME	DATES	LOCATION	FEE
I	18+	M	9:00 - 10:00am	Jan. 7 - Feb. 25	USMMA	\$120
II	18+	M	9:00 - 10:00am	Mar. 4 - Apr. 22	USMMA	\$120

FLOW YOGA

Instructed by USMMA

Our FLOW Yoga class is a heated (90-95 degrees), 75 minute, Vinyasa flow class. FLOW is designed to tone and sculpt the muscles of the body as well as stretch, lengthen and release areas that have become stuck and rigid over time. Mindful breath and strong alignment will connect you to and carry you through standing, twisting, balancing and opening poses. You will cultivate a deeper awareness and more healthful connection to the body. This class is open to and designed for the benefit of all levels, with modifications given and encouraged for both beginner and more advanced students. USMMA is located at 316 Hartford Ave. in Bellingham.

	AGES	DAY	TIME	DATES	LOCATION	FEE
I	18+	W	9:00 - 10:15am	Jan. 2 - Feb. 6	USMMA	\$90
II	18+	F	9:15 - 10:30am	Jan. 4 - Feb. 8	USMMA	\$90
III	18+	W	9:00 - 10:15am	Feb. 13 - Mar. 20	USMMA	\$90

SNOWSHOE THE TRAILS

Instructed by Medway Park and Recreation

Just because the weather is turning cooler doesn't mean you can't get out and enjoy it. Grab your snow shoes and meet us at a trail. We will spend each week exploring a new trail and getting a great workout. You must provide your own snowshoes. Please pre-register at www.MedwayParksRec.com.

AGES	DAY	TIME	DATES	LOCATION	FEE
All ages	SU	1:00 - 2:00pm	Feb. 3 - Mar. 3 *No 2/17	Trails of Medway	Free

Winterfire!



A family outdoor event organized by Medway Trail Club. Take a winter walk, find a warm spot by the fire, get outside and meet your neighbors in a beautiful open meadow! Watch for signs! Date will be weather dependent.

ADULT FITNESS

Instructed by Step by Step Studio of Dance

This energizing class is a mixture of Zumba and Boot Camp combined for an all-around workout that is also fun! Zumba fuses hypnotic Latin rhythms with easy to follow moves to create a one of a kind fitness program. Fast and slow rhythm and resistance training are combined to tone and sculpt your body while burning fat. The boot camp side includes exercises, repetition and light weights to help strengthen and tone the body. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

	AGES	DAY	TIME	DATES	LOCATION	FEE
I	18+	TH	8:00 - 9:30pm	Jan. 10 - Mar. 7 *No 2/21	Step by Step	\$160
II	18+	TH	8:00 - 9:30pm	Mar. 14 - May 9 *No 4/18	Step by Step	\$160

JU JITSU COMBO CLASS

Instructed by USMMA

Jiu Jitsu is a grappling centered martial art. The aim is to gain a dominant position over your opponent and cause them to submit through the use of joint locks. A core principle is that a smaller or weaker person can easily defend themselves against a larger stronger opponent through the use of leverage and technique. This is the perfect opportunity to get in shape, learn how to defend yourself on the ground and gain confidence! The 30 min. fundamentals class will build an understanding of body position and transitions to then segway into the 60 min. instructional and live rolling class. USMMA is located at 316 Hartford Ave. in Bellingham. USMMA is located at 316 Hartford Ave. in Bellingham.

	AGES	DAY	TIME	DATES	LOCATION	FEE
I	18+	M	5:30 - 7:00pm	Jan. 7 - Feb. 25	USMMA	\$120
II	18+	M	5:30 - 7:00pm	Mar. 4 - Apr. 22	USMMA	\$120

ROLL AND RECOVER

Instructed by USMMA

Roll, & Recover will help you erase tension in that spot right between your shoulder blades that's been nagging at you all day (along with the rest of your body). Stretch shortened muscles with restorative yoga poses. Roll out muscle tension using grippy, pliable massage balls. Recover joint range of motion with mobility exercises. All while breathing deeply to soothe your nerves. You will leave feeling stretchier than your yoga leggings! Be sure to bring: bring yoga mat, water bottle and arrive hydrated. USMMA is located at 316 Hartford Ave. in Bellingham.

	AGES	DAY	TIME	DATES	LOCATION	FEE
I	18+	TH	6:45 - 8:00pm	Jan. 3 - Feb. 7	USMMA	\$90
II	18+	TH	6:45 - 8:00pm	Feb. 14 - Mar. 21	USMMA	\$90
III	18+	TH	6:45 - 8:00pm	Mar. 28 - May 2	USMMA	\$90



We are always looking for new ways to serve you. If you have an idea for a new program, questions or concerns about programs or want to let us know how we are doing, contact our office at 508-321-4740. We would love to hear from you!

JANUARY/FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
30	31 NEW YEAR'S EVE	1 HAPPY NEW YEAR	2 - Flow Yoga Session I - Paws to Read	3 - Roll and Recover Session I - Balanced Yoga Session I	4 - Flow Yoga Session II	5
6 - Parent and Me Basketball Session I	7 - Video Game Design - Jiu Jitsu combo session I - Ultimate Kids Session I - Cardio Thai Boxing session I	8 - Lego Animation - Scratch Computer Program - Thai Boxing Combo Session I	9 - Three week hand building Pottery class	10 - Preschool Dance - Adult Fitness	11	12
13	14	15	16 - Archery Session I	17	18 - Pottery Glazing	19
20	21 	22 - Trip to APEX	23	24	25	26
27	28	29	30	31		

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 - Snowshoe the trails	4 Summer Camp Registration	5	6 - Paws to Read	7	8 - Pottery Glazing	9
10	11	12	13 - Flow Yoga Session III	14 - Roll and Recover Session II - Balanced Yoga Session II 	15	16
17	18 HAPPY PRESIDENTS DAY	19 - Up, Up & Away! and Energy Explorer - Trip to Urban Air February	20 - Trip to Patriot Place: 5 Wits/Ice Skating Vacation	21 - Trip to Nashoba Tubing	22	23
24	25	26	27 - Archery Session II	28		

MARCH/APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 - Parent and Me Basketball Session II	4 - Jiu Jitsu combo Session II - Cardio Thai Boxing Session II - Ultimate Kids Session II	5 - Thai Boxing Combo Session II	6 - Paws to Read	7	8	9 Shamrock Shuffle 7-11am 
10	11 Snow sculpture contest ends	12	13	14	15	16
17 	18	19	20	21	22	23
24 31 Lions Father Daughter Dance	25	26	27	28 - Roll and Recover Session III - Balanced Yoga Session III	29	30

SUN	MON	TUE	WED	THU	FRI	SAT
	1 - Balanced Yoga Session III	2	3 - Paws to Read	4	5	6
7	8	9	10	11	12	13
14	15	16 - Wicked Phab Physics Lab and Extreme Earth - Trip to APEX April	17 - Trip to Treetop Adventures Vacation	18 - Trip to Boston Paintball	19	20
21 Easter 	22 Spring programs begin	23	24	25	26	27
28	29	30				

Town of Medway

Parks & Recreation

155 Village Street

Medway, MA 02053

PRST STD AUTO

U.S. POSTAGE

PAID

Medway

Parks & Recreation

SUMMER CONCERT

Series

*Mondays 6-8pm
At Choate Park*

Sponsorship opportunities are available.

Please contact Julie Harrington at jharrington@townofmedway.org