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# PARKS & RECREATION STAFF

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#### DEPARTMENT INFORMATION

Park & Recreation Number: 508-321-4740

Website: MedwayParksRec.com

General Parks Email: parksandrec@medwayma.gov

#### OFFICE HOURS

Monday: 8am-5:30pm

Tuesday: 8am-4:30pm

Wednesday: 8am-4:30pm

Thursday: 8am-4:30pm

Friday: 8am-12pm



@MedwayParksandRec



@MedwayParksandRec

#### **FALL TEEN PROGRAMS** 12-13 FALL ADULT PROGRAMS 14-16 FALL PROGRAMS FOR ALL AGES 17 18-19 MONTHLY CALENDARS 2025 PUMPKIN WALK 20

### PARK & RECREATION COMMISSION

Debi Rossi (Chairperson)

Lyle Core

Richard D'innocenzo

John Farrell

# 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.

#### MAILING ADDRESS

155 Village Street Medway, MA 02053

#### OFFICE LOCATION

123 Holliston Street Medway, MA 02053



COVER PHOTO BY TIM RICE

FALL RECREATION REGISTRATION FOR MEDWAY RESIDENTS: MONDAY, AUGUST 11 AT 9:00AM MONDAY, AUGUST 18 AT 9:00AM **FALL RECREATION REGISTRATION FOR NON-RESIDENTS:** 

# CONCE

Thank you to our Sponsors:





# 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 Parks & 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.) 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 Parks & 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 Parks & 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 Parks & 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.

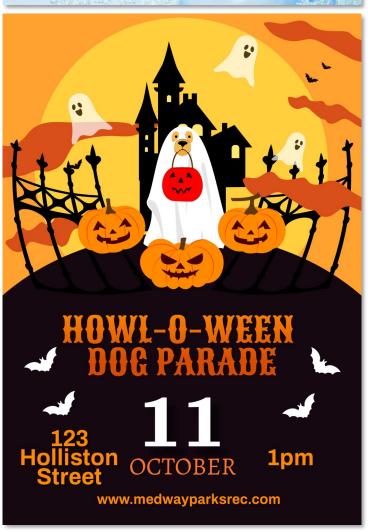
#### FIELD/FACILITY RENTAL POLICY

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









#### SUPER SOCCER STARS

Instructed by Super Soccer Stars

Set in a fun, non-competitive environment, we offer age-specific programs which introduce children to the fundamentals of soccer through creative programming and imaginative games. Our dynamic coaching staff, consisting of early childhood educators, and soccer specialists, utilize a unique curriculum which is crafted to improve soccer skills, build self-confidence, and develop socialization skills. \*No class: 10/12. Rain Date: 11/16.

| AGE | DAY | TIME            | DATES            | LOCATION     | FEE   |
|-----|-----|-----------------|------------------|--------------|-------|
| 2-3 | SU  | 8:30 - 9:10am   | Sep. 14 - Nov. 9 | Up. Memorial | \$235 |
| 3-4 | SU  | 9:15 - 10:00am  | Sep. 14 - Nov. 9 | Up. Memorial | \$235 |
| 2-3 | SU  | 10:10 - 10:50am | Sep. 14 - Nov. 9 | Up. Memorial | \$235 |
| 4-5 | SU  | 11:00 - 11:50am | Sep. 14 - Nov. 9 | Up. Memorial | \$235 |

#### PINT SIZED PICASSOS

Instructed by Medway Parks and Recreation

A fun, dynamic way for Preschool-Age children to develop their own creativity, sharpen fine motor skills, and build confidence while meeting new friends. Class will be held at the Parks and Recreation building, located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES            | LOCATION     | FEE  |
|-----|-----|---------------|------------------|--------------|------|
| 3-5 | Μ   | 1:00 - 1:45pm | Sep. 15 - Oct. 6 | P&R Building | \$50 |
| 3-5 | М   | 1:00 - 1:45pm | Nov. 3 - Nov. 24 | P&R Building | \$50 |

#### INTRO TO FLAG FOOTBALL

Instructed by Medway Parks and Recreation

A fun, non-contact introduction to the basics of flag football! Players will learn fundamentals like throwing, catching, and teamwork through age-appropriate drills and games. \*No 10/13. Class will be held at the Parks and Recreation Field, located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES             | LOCATION  | FEE  |
|-----|-----|---------------|-------------------|-----------|------|
| 4-5 | М   | 5:30 - 6:30pm | Sep. 22 - Oct. 27 | P&R Field | \$40 |

#### GOBBLE GOBBLE BASH

Instructed by Medway Parks and Recreation

Join us for a turkey-rific time at our Gobble Gobble Bash!

We will enjoy a tasty snack, stuff our very own turkey friend to take home, and have a blast playing themed games. It's the perfect way to kick off the holiday season with friends, fun, and feathers. Class will be held at the Parks and Recreation building, located at 123 Holliston Street.

| AGE | DAY | TIME            | DATES   | LOCATION     | FEE  |
|-----|-----|-----------------|---------|--------------|------|
| 2-5 | F   | 10:00 - 11:00am | Nov. 21 | P&R Building | \$25 |

#### **PARK PALS**

Instructed by Medway Parks and Recreation

If your child loved Jr. Park Pals, they'll enjoy this exciting next step! Each week, children will explore a new theme while engaging in fun activities like songs, art, games, and gross motor play. Join us for another season of fun, friendship, and exploration! Registration is open. \*No class 11/11 (Tuesdays). Class will be held at the Parks and Recreation building, located at 123 Holliston Street.

| AGI | E DAY | TIME           | DATES             | LOCATION     | FEE   |
|-----|-------|----------------|-------------------|--------------|-------|
| 3-5 | TU    | 9:00 - 12:00pm | Sep. 23 - Nov. 25 | P&R Building | \$350 |
| 3-5 | TH    | 9:00 - 12:00pm | Sep. 25 - Nov. 20 | P&R Building | \$350 |

#### **TREASURE HIKES**

Instructed by Medway Parks and Recreation

Are you and your grown-up ready for an adventure?! Meet at the playground at Choate Park for a Treasure Hike! Each week we will "hike" to a different part of the park and find some treasure! We will also see what nature has to offer!

| AGE | DAY | TIME            | DATES             | LOCATION    | FEE  |
|-----|-----|-----------------|-------------------|-------------|------|
| 2-5 | TH  | 10:00 - 10:45am | Sep. 25 - Oct. 23 | Choate Park | \$50 |
| 2-5 | TH  | 10:00 - 10:45am | Nov. 13 - Dec. 11 | Choate Park | \$40 |

#### CAN YOU DIG IT?

Instructed by Medway Parks and Recreation
Who doesn't love to dig in the dirt? This program will do just
that! Each session will have a theme, be sure to bring your
shovel, get ready to get dirty and have some fun. \*Class
will be held at 123 Holliston Street.

| AGE | DAY | TIME            | DATES   | Тнеме       | FEE  |
|-----|-----|-----------------|---------|-------------|------|
| 2-5 | F   | 10:00 - 10:50am | Sep. 26 | Space Dig   | \$10 |
| 2-5 | F   | 10:00 - 10:50am | Oct. 17 | Haunted Dig | \$10 |

#### SAFARI SNUGGLES

Instructed by Medway Parks and Recreation
Get ready for a wild adventure! Join us for Safari Snuggles, where kids will stuff their very own cuddly giraffe, play safari games, and enjoy animal-themed fun. It's a roarin' good time for your little explorers. Class will be held at the Parks and Recreation building, located at 123 Holliston Street.

| AGE | DAY | TIME            | DATES  | LOCATION     | FEE  |
|-----|-----|-----------------|--------|--------------|------|
| 2-5 | F   | 10:00 - 11:00am | Oct. 3 | P&R Buildina | \$25 |

#### PIRATE PARTY

Instructed by Medway Parks and Recreation
Ahoy Matey! Climb aboard and give us your best ARGGG
while we have some fun playing pirate games. It is no
coincidence our Pirate Party is on National Talk like a Pirate
Day! Class will be held at the Parks and Recreation
building, located at 123 Holliston Street.

| AGE | DAY | TIME            | DATES   | LOCATION     | FEE  |
|-----|-----|-----------------|---------|--------------|------|
| 1-5 | F   | 10:00 - 11:00am | Sep. 19 | P&R Building | \$15 |

#### JR. PARK PALS

Instructed by Medway Parks and Recreation
Do you have a 2 to 3.5-year-old who is eager to explore, learn, and make new friends? Our preschool curriculum-based drop-off class is the perfect opportunity for little ones to gain independence and socialize with peers in a fun and nurturing environment. This 1.5-hour class is designed to ease the transition into preschool and longer drop-off programs. Children will engage in handson activities, creative play, and early learning experiences that foster curiosity and confidence. Join us for a wonderful first school experience filled with learning, laughter, and friendship! Registration is open. Class will be held at the Parks and Recreation building, located at 123 Holliston Street.

| AGE   | DAY | TIME            | DATES             | LOCATION     | FEE   |
|-------|-----|-----------------|-------------------|--------------|-------|
| 2-3.5 | W   | 9:00 - 10:30am  | Sep. 24 - Nov. 19 | P&R Building | \$170 |
| 2-3.5 | W   | 10:30 - 12:00pm | Sep. 24 - Nov. 19 | P&R Building | \$170 |

#### LIL NINJA WARRIORS

Instructed by Knucklebones

Ninja Warrior is the perfect class. Each week your child will participate in stretching, obstacles, and games to help gross motor skills, fitness, as well as fun. From swinging on a high bar to balance beams, tumbling on mats to leaping into a ball pit -your child is sure to have a blast! Proper sneakers and long pants are required. Parents/guardians must stay for class. \*No class 10/13. Class will take place on the P&R Facility Field located at 123 Holliston Street.

| AGE | DAY | TIME           | DATES            | LOCATION  | FEE   |
|-----|-----|----------------|------------------|-----------|-------|
| 2-5 | Μ   | 9:30 - 10:20am | Sep. 22 - Nov. 3 | P&R Field | \$150 |

#### PRESCHOOL DANCE

Facilitated by Step by Step Dance Studio

Preschool dance 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. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE | DAY | TIME          | DATES             | LOCATION     | FEE  |
|-----|-----|---------------|-------------------|--------------|------|
| 3   | TH  | 4:15 - 5:00pm | Sep. 18 - Oct. 16 | Step by Step | \$90 |

#### COMBO DANCE

Facilitated by Step by Step Dance Studio

A combination class consisting of 1/2 hour of ballet and 1/2 of tap. This class teaches the basics of dance in a happy way. You'll see pointed toes, straight knees, jumping, skipping and chasses, and hear flaps, hops, shuffles, and more. A joy for young dancers as their excitement shines while they dance with props and music. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE | DAY | TIME            | DATES             | LOCATION     | FEE   |
|-----|-----|-----------------|-------------------|--------------|-------|
| 4   | SA  | 10:30 - 11:30am | Sep. 20 - Oct. 18 | Step by Step | \$100 |

#### MICRO BASKETBALL

Instructed by Knucklebones

This clinic focuses on the basic fundamentals beginning with dribbling, shooting, passing and catching as well as defense. Using age appropriate equipment, this class enables your child to learn at their own pace while having a blast! Each class will be structured with stretching, learning a skill, rule of the day, skill game and finally a fun filled game for all to enjoy. Sneakers are required. Class will take place at the P&R Facility located at 123 Holliston Street.

| AGE | DAY | TIME           | DATES             | LOCATION     | FEE   |
|-----|-----|----------------|-------------------|--------------|-------|
| 2-5 | М   | 9:30 - 10:20am | Nov. 10 - Dec. 15 | P&R Building | \$150 |

#### **SOCCER TOTS**

Facilitated by Skyhawks

Soccer Tots is our flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Above all else we promote fun, fun, fun! Class will take place on the P&R Facility Field located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES             | LOCATION  | FEE  |
|-----|-----|---------------|-------------------|-----------|------|
| 2   | W   | 3:45 - 4:20pm | Sep. 24 - Oct. 22 | P&R Field | \$99 |
| 3   | W   | 4:30 - 5:15pm | Sep. 24 - Oct. 22 | P&R Field | \$99 |
| 4-5 | W   | 5:30 - 6:15pm | Sep. 24 - Oct. 22 | P&R Field | \$99 |

#### PRESCHOOL SOCCER

Instructed by Viking Sports

Our preschool soccer class is fun and instructional. Classes are engaging and fast-paced, focusing on improving balance, coordination, and fundamental soccer skills. We utilize creative games to help kids develop listening skills, cooperation, and teamwork. Pre School soccer classes are designed to have children participate independently. Viking Sports participants receive a Viking T-shirt. \*No class 10/11. Rain Date: 11/8.

| AGE | DAY | TIME          | DATES            | LOCATION     | FEE   |
|-----|-----|---------------|------------------|--------------|-------|
| 3-5 | SA  | 9:00 - 9:50am | Sep. 20 - Nov. 1 | Up. Memorial | \$150 |

#### **ADVANCED COMBO DANCE**

Facilitated by Step by Step Dance Studio

A combination class consisting of 1/2 hour of ballet and 1/2 of tap. This class teaches the basics of dance in a happy way. You'll see pointed toes, straight knees, jumping, skipping and chasses, and hear flaps, hops, shuffles, and more. A joy for young dancers as their excitement shines while they dance with props and music. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE | DAY | TIME            | DATES             | LOCATION     | FEE   |
|-----|-----|-----------------|-------------------|--------------|-------|
| 5   | SA  | 11:45 - 12:45pm | Sep. 20 - Oct. 18 | Step by Step | \$100 |

#### PRESCHOOL MULTISPORT

Instructed by Viking Sports

Viking Sports Pre-K Multisports programs introduce kids to a variety of sports and activities including soccer, t-ball, tag, dodgeball, kickball, floor hockey, capture the flag, reindeer tails, and many more! \*No 10/11. Rain Date: 11/8.

| AGE | DAY | TIME            | DATES            | LOCATION     | FEE   |
|-----|-----|-----------------|------------------|--------------|-------|
| 3-5 | SA  | 10:00 - 10:50am | Sep. 20 - Nov. 1 | Up. Memorial | \$150 |

#### ALL SPORTS (AGES 2-3 AND 3-6)

Instructed by Medway Parks and Recreation

Our parent-child all sports 2-3 and 3-6 yr. old class will focus on developing both fine and gross motor skills, lots of running around, following directions, and game play. Activities will include games, basic sports, obstacle courses, and tag games. Get ready to SCORE GOALS, HIT HOME RUNS, and HAVE FUN!! Class will take place on the P&R Facility Field located at 123 Holliston Street.

| AGE | DAY | TIME            | DATES             | LOCATION  | FEE  |
|-----|-----|-----------------|-------------------|-----------|------|
| 3-6 | TU  | 1:30 - 2:15pm   | Sep. 16 - Oct. 21 | P&R Field | \$75 |
| 2-3 | W   | 9:30 - 10:10am  | Sep. 17 - Oct. 22 | P&R Field | \$75 |
| 3-6 | W   | 10:30 - 11:15am | Sep. 17 - Oct. 22 | P&R Field | \$75 |

#### **MULTISPORT TOTS**

Facilitated by Skyhawks

Begin an athletic journey with Multi-Sport Tots! This program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. Parent participation is required for the 2 yr old class and the first 2 weeks of the 3 yr old class. Skyhawks will provide all equipment. \*No class 11/26. Class will take place on the P&R Facility located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES            | LOCATION     | FEE  |
|-----|-----|---------------|------------------|--------------|------|
| 2   | W   | 3:45 - 4:20pm | Nov. 5 - Dec. 10 | P&R Building | \$99 |
| 3   | W   | 4:30 - 5:15pm | Nov. 5 - Dec. 10 | P&R Building | \$99 |
| 4-5 | W   | 5:30 - 6:15pm | Nov. 5 - Dec. 10 | P&R Building | \$99 |

#### **SCAVENGER HUNT HIKES**

Instructed by Medway Parks and Recreation Get out and enjoy fall at Choate Park. Each meeting will

have a new puzzle to solve and adventure to have. The best part? There is a prize or treasure to find. Grab your friends and come have some fun.

| AGE  | DAY | TIME          | DATES   | Тнеме          | FEE  |
|------|-----|---------------|---------|----------------|------|
| 6-12 | W   | 4:00 - 4:45pm | Oct. 29 | Halloween      | \$10 |
| 6-12 | М   | 4:00 - 4:45pm | Nov. 24 | Tom the Turkey | \$10 |

#### MUSICAL THEATRE JAZZ DANCE

Facilitated by Step by Step Dance Studio

A fun and uplifting class combining aspects of jazz with stage presentation and facial expressions. The dancers not only dance, they get the opportunity to do some non-vocalized acting. The style commonly seen in Broadway productions and will have you snapping and jumping. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE  | DAY | TIME          | DATES             | LOCATION     | FEE   |
|------|-----|---------------|-------------------|--------------|-------|
| 9-12 | TU  | 5:00 - 6:00pm | Sep. 16 - Oct. 14 | Step by Step | \$100 |

#### **CREEPY CHARCUTERIE**

Instructed by Medway Parks and Recreation Grab your friends and head to the park to make a creepy charcuterie board for Halloween! It is sure to be spoooooktacular! Class will be held in the Parks and Receation Building located at 123 Holliston Street.

| AGE  | DAY | TIME          | DATES   | LOCATION     | FEE  |
|------|-----|---------------|---------|--------------|------|
| 6-14 | TH  | 4:00 - 5:00pm | Oct. 16 | P&R Building | \$20 |

#### ACRO II

Facilitated by Step by Step Dance Studio

This class involves conditioning, stretching, balancing, and flexibility skills in addition to floor gymnastic moves. Rolls, cartwheels, round-offs, walkovers and more. Come join us for this thrilling class. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

|            | AGE  | DAY | TIME            | DATES             | LOCATION     | FEE   |
|------------|------|-----|-----------------|-------------------|--------------|-------|
|            | 9-12 | SA  | 11:45 - 12:45pm | Sep. 20 - Oct. 18 | Step by Step | \$100 |
| SUGAR CLUB |      |     |                 |                   |              |       |

Instructed by Medway Parks and Recreation Let your child's wildest sweetest dreams come true in these decorating adventure workshops. Each person will have a baked dessert for that class and be led step by step with

instructions in how to decorate the dessert to take home to share with their family. Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE  | DAY | TIME          | DATE    | Тнеме                 | FEE  |
|------|-----|---------------|---------|-----------------------|------|
| 7-13 | TU  | 4:00 - 5:00pm | Sep. 30 | Mermaid & Pirate Cake | \$30 |
| 7-13 | TU  | 4:00 - 5:00pm | Oct. 28 | Spooky Cakes          | \$30 |
| 7-13 | TU  | 4:00 - 5:00pm | Dec. 16 | Holiday Cupcakes      | \$30 |

#### THANKSGIVING CENTERPIECES

Instructed by Medway Parks and Recreation Create a unique centerpiece for your holiday gatherings using a variety of materials. Perfect for all skill levels! Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE  | DAY | TIME          | DATES   | LOCATION     | FEE  |
|------|-----|---------------|---------|--------------|------|
| 8-16 | TU  | 5:00 - 6:00pm | Nov. 25 | P&R Building | \$25 |

#### KIDS HIP HOP

Facilitated by Step by Step Dance Studio

Dance inspired by todays hit songs & Hip Hop music. Its style is commonly seen in music videos. Wear comfortable clothes, sneakers and get ready to move and groove. Stretching, isolations, floor progressions and combinations will get you ready to show your stuff. \*No Class 10/13. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| GR. | DAY | TIME          | DATES             | LOCATION     | FEE   |
|-----|-----|---------------|-------------------|--------------|-------|
| 1-2 | М   | 4:00 - 5:00pm | Sep. 15 - Oct. 20 | Step by Step | \$100 |

#### BALLET, TAP & JAZZ

Facilitated by Step by Step Dance Studio Dance foundation focusing on the core subjects: Ballet, Tap and Jazz. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| GR. | DAY | TIME           | DATES             | LOCATION     | FEE   |
|-----|-----|----------------|-------------------|--------------|-------|
| 1-2 | SA  | 12:45 - 2:15pm | Sep. 20 - Oct. 18 | Step by Step | \$110 |

#### ACRO I

Facilitated by Step by Step Dance Studio

This class involves conditioning, stretching, balancing, and flexibility skills in addition to floor gymnastic moves. Rolls, cartwheels, round-offs, walkovers and more. Come join us for this thrilling class. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AG  | E DAY | TIME            | DATES             | LOCATION     | FEE   |
|-----|-------|-----------------|-------------------|--------------|-------|
| 5-8 | SA    | 10:45 - 11:45am | Sep. 20 - Oct. 18 | Step by Step | \$100 |

#### PAINT NIGHT

Instructed by Let's Paint Club

Join Letiana from Let's Paint Club for a Fall paint night. Participants will listen to music, be creative, and have fun. At the end of the session, each painter will have their own 11" x14" painting to keep. All art supplies and instruction are provided to let yourself enjoy a night away from screens! Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

|   | AGE  | DAY | TIME          | DATES   | LOCATION     | FEE  |
|---|------|-----|---------------|---------|--------------|------|
|   | 6-12 | TH  | 6:00 - 7:00pm | Sep. 18 | P&R Building | \$30 |
| ı | 6-12 | TH  | 6:00 - 7:00pm | Oct. 16 | P&R Building | \$30 |
|   | 6-12 | TH  | 6:00 - 7:00pm | Nov. 13 | P&R Building | \$30 |
|   | 6-12 | TH  | 6:00 - 7:00pm | Dec. 11 | P&R Building | \$30 |



Visit **MedwayParksRec.com** for updates and to register

#### LEARN TO FISH

Instructed by Massachusetts Division of Fisheries & Wildlife

Have you ever wanted to learn how to fish? Now's your chance, let the MassWildlife Angler Education Program be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics, from casting out, to baiting up, and the best part - you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun! Pre-registration is required. Please note: This family friendly program is intended for beginners.

| AGE | DAY | TIME          | DATES   | LOCATION    | FEE |
|-----|-----|---------------|---------|-------------|-----|
| 7+  | TU  | 4:30 - 6:30pm | Sep. 30 | Choate Park | \$5 |

#### LEGO BRICK BUILDERS

Instructed by Sports Zone 101

Come join us as we explore and create our wildest imaginations. We will also re-create some real-world buildings, landscapes, feats of engineering, and Wonders of the World! We also will have special themed kits to build that include Star Wars, Pokemon, Movie Makers, and other fun surprises! We supply all Lego blocks and building guides for classes, but there will also be some time for free building during our workshop if your child wants to bring in their own project. Make it an afternoon with pizza and two workshops (register online). The program will be held at the Parks and Recreation Building.

| GR. | DAY | TIME           | DATES   | LOCATION      | FEE  |
|-----|-----|----------------|---------|---------------|------|
| K-5 | SU  | 12:00 - 1:00pm | Nov. 16 | P&R Builiding | \$30 |

#### MARBLE FUN RUN

Instructed by Sports Zone 101

A Marble Machine is a creative ball-run contraption, made from familiar materials, designed to send a rolling marble through tubes and funnels, across tracks and bumpers, and into a catch at the end! Sure, We will supply all Marble Run sets for classes, but there will also be some time for free building during our classes if your child wants to bring in their own Marble Run set. We will also have some creative building challenges using household items, so your child may ask for extra materials like toilet paper rolls, pool noodles, or cardboard. We accept most material donations for class, but do not feel obligated to contribute! Make it an afternoon with pizza and two workshops (register online). The program will be held at the Parks and Recreation Building.

| GR. | DAY | TIME           | DATES   | LOCATION     | FEE  |
|-----|-----|----------------|---------|--------------|------|
| K-5 | SU  | 12:00 - 1:00pm | Sep. 14 | P&R Building | \$30 |
| K-5 | SU  | 1:30 - 2:30pm  | Nov. 16 | P&R Building | \$30 |

#### **DODGEBALL**

Instructed by Sports Zone 101

This program will introduce children to the nearly endless different styles of dodgeball. We will be teaching Dr. Dodgeball, Prize Ball, Elimination, Army, Ring of Fire, and many more... Time to find the next Ultimate Dodgeball Player! Make it an afternoon with pizza and two workshops (register online). The program will be held at the Parks and Recreation Building.

| GR. | DAY | TIME           | DATES   | LOCATION     | FEE  |
|-----|-----|----------------|---------|--------------|------|
| K-5 | SU  | 12:00 - 1:00pm | Oct. 19 | P&R Building | \$30 |
| K-5 | SU  | 12:00 - 1:00pm | Dec. 14 | P&R Building | \$30 |

#### **CHESS WIZARDS**

Instructed by Chess Wizards

Chess Wizards is so popular with kids because of our unique structure. First, we let kids get the wiggles and giggles out with 10 minutes of free play and review of past taught topics. We then go right into the week's lessons. We separate students based on skill levels and teach different lessons best suited to their individual needs. Chess has been taught for thousands of years because of its emphasis on logic, tactics and sportsmanship. Let us coach your kids to a higher level of education! \*No class 11/29.Class will be held in the Parks and Recreation Building.

| GR. | DAY | TIME            | DATES            | LOCATION     | FEE   |
|-----|-----|-----------------|------------------|--------------|-------|
| 1-5 | SA  | 10:00 - 11:00am | Nov. 1 - Dec. 13 | P&R Building | \$150 |

#### **NERF BATTLEGROUNDS**

Instructed by Sports Zone 101

Come join the Sports Zone Lieutenants as we test our individual and team effectiveness in battle! This awesome program puts a fresh spin on traditional games like capture the flag, while also allowing children to get great exercise, learn some strategic planning skills, and make new friends. There will be no shortage of fun in this program, and we provide all the necessary supplies, so join the excitement today! Make it an afternoon with pizza and two workshops (register online). The program will be held at the Parks and Recreation Building.

| • | GR. | DAY | TIME          | DATES   | LOCATION     | FEE  |
|---|-----|-----|---------------|---------|--------------|------|
| k | <-5 | SU  | 1:30 - 2:30pm | Sep. 14 | P&R Building | \$30 |
| k | <-5 | SU  | 1:30 - 2:30pm | Oct. 19 | P&R Building | \$30 |
| k | <-5 | SU  | 1:30 - 2:30pm | Dec. 14 | P&R Building | \$30 |

#### KIDS GAME NIGHT

Instructed by Medway Parks and Recreation
Grab some friends and join us for a night of games such as minute to win it. Pizza will be served for dinner! Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE  | DAY | TIME          | DATES  | LOCATION     | FEE  |
|------|-----|---------------|--------|--------------|------|
| 7-12 | Μ   | 4:30 - 6:00pm | Dec. 1 | P&R Building | \$15 |

## DODGEBALL/MINI-GOLF/FLOOR HOCKEY

Facilitated by Skyhawks

Join us for this fun filled multi-sport program! Each week will focus on one of the highlighted sports. In dodgeball we will play multiple versions of this very popular cooperative team game. Soft coated foam dodgeballs are used to ensure games remain safe and fun for all. During Mini-Golf participants will learn and practice putting fundamentals as well as tap into their creative side while designing and playing the holes they have created. For Floor Hockey we will practice key concepts of passing, shooting, defense, stick handling in a safe, non-checking environment. Skyhawks will provide all equipment. Please wear sneakers and bring water. \*No Class 11/27. Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES            | LOCATION     | FEE   |
|-----|-----|---------------|------------------|--------------|-------|
| K-2 | TH  | 4:00 - 5:00pm | Nov. 6 - Dec. 11 | P&R Building | \$115 |
| 3-5 | TH  | 5:15 - 6:15pm | Nov. 6 - Dec. 11 | P&R Building | \$115 |

#### BEGINNER SKATEBOARDING

Facilitated by Knucklebones

Skateboarding is for participants with little to no skateboarding experience. Teaching fundamental skateboarding skills such as accelerating, balance, stopping, transitions and some tricks, dropping in and Ollies, we help participants develop confidence to apply these skills on their own. Proper safety equipment (knee pads, elbow pads and helmets) must be worn at all times during class. A skateboard and athletic shoes are required. If you do not have proper safety equipment or a board, please let us know at registration and they can be borrowed during the class...for the love of play! Class will be held on the Memorial Basketball Court.

| AGE  | DAY | TIME           | DATES   | LOCATION        | FEE  |
|------|-----|----------------|---------|-----------------|------|
| 7-14 | SA  | 9:00 - 12:00pm | Sep. 20 | Memorial School | \$65 |
| 7-14 | SU  | 1:00 - 4:00pm  | Oct. 5  | Memorial School | \$65 |

#### **BASKETBALL**

#### Facilitated by Skyhawks

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court! Please wear sneakers and bring water. \*Class will take place at Oakland Park Basketball Court.

| GR. | DAY | TIME          | DATES             | LOCATION | FEE   |
|-----|-----|---------------|-------------------|----------|-------|
| K-2 | TH  | 4:00 - 5:00pm | Sep. 25 - Oct. 23 | Oakland  | \$115 |
| 3-5 | TH  | 5:15 - 6:15pm | Sep. 25 - Oct. 23 | Oakland  | \$115 |

#### **CROSS COUNTRY CLUB**

Instructed by Medway Parks and Recreation

Youth will be introduced to the sport of cross country. They will train to run distances of up to 5K, depending on their age, and will finish the season with a fun run. Emphasis will be on physical fitness and individual improvement. Our final class will be a mini race! \*No class 10/13.

| GR. | DAY | TIME          | DATES             | LOCATION    | FEE  |
|-----|-----|---------------|-------------------|-------------|------|
| K-4 | М   | 4:45 - 5:30pm | Sep. 29 - Oct. 27 | Choate Park | \$40 |

#### YOUTH TRAVEL FIELD HOCKEY

Facilitated by Medway Parks and Recreation

Has your child been wanting to try a new and fun sport? Youth Field Hockey is back in Medway this fall! No prior skills required. Fall Travel team is for grades K to 8 (for next school year starting in Sep. 2024). The travel team will participate in the Commonwealth Field Hockey League. Players will receive instruction during practice time and Saturdays will be games against teams in the surrounding area. The team will finish up the season with a league jamboree. **Registration is OPEN!** 

| GR. | DAY      | TIME          | DATES            | LOCATION  | FEE   |
|-----|----------|---------------|------------------|-----------|-------|
| K-2 | M, W, SA | 6:00 - 7:00pm | Aug. 25 - Nov. 1 | HS Fields | \$150 |
| 3-4 | M, W, SA | 6:00 - 7:00pm | Aug. 25 - Nov. 1 | HS Fields | \$150 |

#### TINY TOTS SKATE

Facilitated by Norfolk Ice Arena

Our Tiny Tots program consists of 20 minutes of instruction as well as 20 minutes of supervised practice time. **Norfolk Ice Arena is located at 1 Dean Street Norfolk**.

| S | AGE | DAY | TIME            | DATES             | LOCATION | FEE   |
|---|-----|-----|-----------------|-------------------|----------|-------|
| I | 2-7 | TU  | 10:00 - 10:40pm | Sep. 2 - Oct. 21  | Norfolk  | \$155 |
| П | 2-7 | TU  | 10:00 - 10:40pm | Oct. 28 - Dec. 16 | Norfolk  | \$155 |

#### **TENNIS**

#### Instructed by USTA

The tennis program where kids play while they learn! Led by an approved USTA tennis coach, the program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are there, participants will play fun matches with other players in the program. All players in their first session receive and keep a new age-appropriate racket. \*No Class: 9/20, 9/27, 10/11. Rain Date: 11/8.

| GR. | DAY | TIME            | DATES           | LOCATION        | FEE  |
|-----|-----|-----------------|-----------------|-----------------|------|
| 1-2 | SA  | 10:00 - 11:00am | Sep. 6 - Nov. 1 | HS Tennis Court | \$65 |
| 3-5 | SA  | 11:00 - 12:00pm | Sep. 6 - Nov. 1 | HS Tennis Court | \$65 |

#### MINDFUL MOVE & MAKE

Instructed by Sprouting Tree Yoga

Join Katie from Sprouting Tree Yoga for a fun blend of children's yoga, mindfulness, and art expression! Together we will engage our senses and self-expression. Each class includes a physical yoga practice, mindfulness practice, and a themed mindful art project/craft. Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| G  | R. | DAY | TIME          | DATES             | LOCATION     | FEE  |
|----|----|-----|---------------|-------------------|--------------|------|
| 2- | -5 | W   | 4:00 - 5:00pm | Sep. 17 - Oct. 8  | P&R Building | \$90 |
| 2- | -5 | W   | 4:00 - 5:00pm | Oct. 22 - Nov. 12 | P&R Building | \$90 |

#### FIELD HOCKEY PRE SEASON CLINIC

Facilitated by Medway Parks and Recreation

Join Coach Ali and crew for a week long field hockey program! Great for returning players and new players. Each day will include fun high energy skill drills, game development activities, scrimmages, and field hockey inspired games. No experience needed.

| AGE  | DAY | TIME           | DATES             | LOCATION | FEE  |
|------|-----|----------------|-------------------|----------|------|
| 8-12 | M-F | 9:00 - 12:00pm | Aug. 18 - Aug. 22 | Oakland  | \$60 |

#### LEARN TO PLAY HOCKEY

Facilitated by Norfolk Ice Arena

"Learn to play hockey" offers children ages 6 through 12 the fundamental skills to gain a competitive edge while making the game fun. Players gain confidence, develop fundamental skills and gain knowledge to compete and enjoy the game at every age and skill level.. Each lesson will consist of 35 minutes of instruction followed by 15 minutes of supervised practice time. Full Hockey equipment is required. Norfolk Ice Arena is located at 1 Dean Street Norfolk.

| S | AGE  | DAY | TIME          | DATES             | LOCATION | FEE   |
|---|------|-----|---------------|-------------------|----------|-------|
| I | 6-12 | TU  | 5:00 - 5:50pm | Sep. 2 - Oct. 21  | Norfolk  | \$155 |
| П | 6-12 | TU  | 5:00 - 5:50pm | Oct. 28 - Dec. 16 | Norfolk  | \$155 |

#### SPIRIT SQUAD

Instructed by Little Scholars

We have school spirit, yes we do! We have school spirit, how about you? From high-energy routines to creative choreography, we'll learn the moves that make the crowd go wild. Our Spirit Squad will develop their cheerleading, dance, and leadership skills while fostering camaraderie and pride. GO TEAM! \*No class 10/2. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR.            | DAY | TIME          | DATES             | LOCATION     | FEE   |  |
|----------------|-----|---------------|-------------------|--------------|-------|--|
| K-5            | TH  | 3:30 - 4:30pm | Sep. 18 - Oct. 30 | P&R Building | \$180 |  |
| No School Fun! |     |               |                   |              |       |  |

Instructed by Medway Parks and Recreation
Join us for No School Fun! When school is out, the fun
begins. Enjoy playground activities, exciting games,
scavenger hunts, and special guests. Sign up for one or all
the days and make the most of your time off! Class will
take place at the Parks and Recreation Building located at
123 Holliston Street.

| GR  | DAY | TIME          | DATE    | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| K-5 | TU  | 9:00 - 3:00pm | Sep. 23 | P&R Building | \$50 |
| K-5 | TU  | 9:00 - 3:00pm | Oct. 2  | P&R Building | \$50 |
| K-5 | TU  | 9:00 - 3:00pm | Dec. 29 | P&R Building | \$50 |
| K-5 | W   | 9:00 - 3:00pm | Dec. 30 | P&R Building | \$50 |
| K-5 | F   | 9:00 - 3:00pm | Jan. 2  | P&R Building | \$50 |

#### WINTER FARIY CASTLE CREATION CLASS

Instructed by Medway Parks and Recreation

Join Miss Ali to create your own Winter Fairy Castle before
the holiday break. All magical materials will be provided.

Class will take place at the Parks and Recreation Building
located at 123 Holliston Street.

| AGE  | DAY | TIME          | DATES   | LOCATION     | FEE  |
|------|-----|---------------|---------|--------------|------|
| 4-12 | W   | 4:00 - 5:30pm | Dec. 17 | P&R Building | \$15 |



#### **ELEMENTARY EARLY RELEASE ADVENTURES**

Instructed by Medway Parks and Recreation
Looking for something to do on an early release day? We have you covered, hop on the bus and go on an adventure! Each early release day, we will go on a new and exciting trip. Bus will leave from Burke/Memorial School and travel over to McGovern to pick up kids from both locations. Pick up after the trip will be at the Parks and Recreation Building (123 Holliston Street). \*Trips are subject to change.

| GR  | DAY | TIME           | DATE    | LOCATION     | FEE  |
|-----|-----|----------------|---------|--------------|------|
| K-4 | W   | 11:30 - 3:00pm | Nov. 19 | Xtreme Craze | \$50 |
| K-4 | W   | 11:30 - 3:00pm | Dec. 10 | Pinz         | \$50 |

#### **SLIME DAYS**

#### Facilitated by Fun4All

Get ready for a gooey, hands-on experience with slime-making fun! Students will create stretchy monster slime and vibrant bubblegum slime, exploring different textures and letting their creativity run wild. This one-day program is perfect for a day of messy, hands-on excitement! \*Class will take place in Choate Park the snack shack.

| A  | GE | DAY | TIME          | DATES   | LOCATION    | FEE  |
|----|----|-----|---------------|---------|-------------|------|
| 6- | 12 | TH  | 9:00 - 3:00pm | Oct. 2  | Snack Shack | \$65 |
| 6- | 12 | TU  | 9:00 - 3:00pm | Nov. 11 | Snack Shack | \$65 |

#### **ELF PUPPET MAKING & SNOWFLAKE ART**

Instructed by Medway Parks and Recreation It's that time of year! Our homes are looking for Elf's and snowflakes. Join Miss Ali for a puppet and snowflake

snowflakes. Join Miss Ali for a puppet and snowflake making experience! Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 4-8 | TU  | 4:00 - 5:30pm | Dec. 16 | P&R Building | \$15 |

#### CHILDREN CONVERSATION SKILLS WORKSHOP

Instructed by New England School of Protocol

For many children, striking up a conversation or joining one in progress may come naturally, but for others, it can be a challenging endeavor. Our Children's Conversation Skills workshop address these nuances, teaching children not only how to engage in small talk, but also how to confidently initiate and sustain meaningful conversations. \*Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 2-7 | W   | 5:30 - 7:00pm | Oct. 22 | P&R Building | \$75 |

#### CHILDRENS DINING ETIQUETTE WORKSHOP

Instructed by New England School of Protocol ne Children's Dining Etiquette Workshop is a

comprehensive and interactive program meticulously crafted to instill vital social skills and refined dining decorum in young learners. Specifically designed for children this workshop transcends basic table manners, placing emphasis on fostering self-awareness, respect, and consideration for others. \*Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 2-7 | W   | 4:00 - 5:30pm | Oct. 22 | P&R Building | \$75 |

#### XIN1 ROBOT FUN

Instructed by Minds in Motion

If you are new to robot building, this is for you! Come assemble up to five different vehicles, three different dinosaurs, and two windmills as you work on and take home your very own X in1 Robot kit! You will construct ten animated building options with child friendly parts that function indoors with the use of a Hand Generator, outdoors with the use of the XL Solar Panel, and indoors and outdoors with the Wind Powered LED. Developing manual dexterity and building confidence has never been this fun! You will also learn three separate renewable energy concepts: Hand Generator power, Solar power, and Wind power. With X in 1 Renewable Energy Kit, the fun never has to end. Come unleash your inner robot engineer! Class will take place at Parks and Recreation Building located at 123 Holliston Street.

| AGE  | DAY | TIME          | DATES           | LOCATION     | FEE   |
|------|-----|---------------|-----------------|--------------|-------|
| 6-10 | Μ   | 6:30 - 7:30pm | Nov. 3 - Dec. 8 | P&R Building | \$150 |

#### MECHANICAL CONTRAPTIONS WORKSHOP

Instructed by RoboThink

In this workshop, students will be introduced to several different engineering concepts, such as kinetic and potential energy, gear ratios, transferring motion and more. Using gears, axles, motors and RoboThink's own proprietary hardware, students will get an opportunity to be introduced to STEM education in a way they won't ever forget! No experience necessary, just come ready and willing to learn! Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE  | DAY | TIME          | DATES   | LOCATION     | FEE  |
|------|-----|---------------|---------|--------------|------|
| 7-14 | F   | 4:30 - 6:00pm | Nov. 14 | P&R Building | \$45 |

#### **ROBOPETZ WORKSHOP**

Instructed by RoboThink

Get a taste of the wildlife with RoboThink! In this workshop, students will be using gears, axles motors and RoboThink's own proprietary hardware to build from a variety of different wildlife of all sizes, from a turtle to an elephant. Get all the animal experience with none of the animal smell– no animal or robotic experience necessary! Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE  | DAY | TIME          | DATES   | LOCATION     | FEE  |
|------|-----|---------------|---------|--------------|------|
| 7-14 | F   | 4:30 - 6:00pm | Dec. 12 | P&R Building | \$45 |

#### **DEVELOP GAMES USING "PYTHON"**

Instructed by Escout Academy

This course introduces foundational computing skills and provides a smooth transition from block coding to text-based programming. Participants will learn Python basics, including variables, loops, and functions. Using these skills, they will create visuals, artwork, simulations, and interactive games like Bounce!, Race, and more, using loops, conditionals, and functions. This comprehensive introduction sets the stage for more complex programming tasks and project-based learning, complemented by a lot of unplugged activities each week. Class will take place online. No 10/13.

| GR. | DAY | TIME          | DATES           | LOCATION | FEE   |
|-----|-----|---------------|-----------------|----------|-------|
| 5-8 | Μ   | 5:30 - 6:30pm | Sep. 8 - Nov. 3 | Online   | \$165 |

#### INTERGALACTIC SPACE BATTLES WORKSHOP

Instructed by RoboThink

Blast off into a universe of creativity and engineering at our Galactic Robotics Workshop! Young engineers aged 6 to 12 are invited to join us for an exhilarating adventure where they will design, build, and pilot robots inspired by iconic spacecraft from beloved sci-fi movies. Utilizing axles, gears, motors, and mainboards, participants will learn the fundamentals of robotics and mechanical engineering in a fun, interactive environment. Once the build is complete, the young pilots will test their skills, navigating their robots through exciting challenges and missions designed to mimic epic galactic battles and explorations. Join us for this interstellar journey to inspire the next generation of inventors and adventurers! Class will take place at Parks and Recreation Building located at 123 Holliston Street.

| AGE  | DAY | TIME           | DATES   | LOCATION     | FEE  |
|------|-----|----------------|---------|--------------|------|
| 7-14 | W   | 12:30 - 2:00pm | Oct. 22 | P&R Building | \$45 |

#### Animation & Develop Games - Level 1&2

Instructed by Escout Academy

Dive into the world of digital creativity with our Animation and Game Development course, designed specifically for young learners in grades 2 and 3. In this interactive course, students are introduced to code puzzles, express and apply computing steps, Build and play with code blocks (Animation, music/sound blocks). Build fun games and animations using Events, Conditional and Repetition concepts. As students progress, they will delve into more advanced game design, constructing platform and multiplayer games, as well as memory-based games. \*No class 9/23 (Tuesday). Class will take place online.

| GR. | DAY | TIME          | DATES             | LOCATION | FEE   |
|-----|-----|---------------|-------------------|----------|-------|
| 2-4 | TU  | 5:30 - 6:30pm | Sep. 9 - Nov. 4   | Online   | \$145 |
| 2-4 | W   | 5:30 - 6:30pm | Sep. 10 - Oct. 29 | Online   | \$145 |

#### **ANIMATION & DEVELOP GAMES - LEVEL 3**

Instructed by Escout Academy

Students build foundational coding skills and computational thinking through interactive, block-based game design. They'll start with basic programming, create maze games, and move on to arcade and sports games using loops, conditionals, and math. Lessons also include fun unplugged activities to reinforce key concepts. \*No class 10/13. Class will take place online.

| GR. | DAY | TIME          | DATES           | LOCATION | FEE   |
|-----|-----|---------------|-----------------|----------|-------|
| 4-5 | М   | 5:30 - 6:30pm | Sep. 8 - Nov. 3 | Online   | \$155 |

# KINDERBOTS ROBOTICS

Instructed by Snapology

Children will begin to explore the world of robotics as they build simple models that teach the fundamentals of robotic design. Students will learn about sensors while building drills and magic wands and discover ways that gears and pulleys create movement while building helicopters and robotic dogs. When it all comes to life with picture-block coding, kids have so much fun they don't realize they're learning! Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES           | LOCATION     | FEE   |
|-----|-----|---------------|-----------------|--------------|-------|
| K-1 | Μ   | 5:30 - 6:30pm | Nov. 3 - Dec. 8 | P&R Building | \$150 |

#### **TENNIS**

#### Instructed by USTA

The tennis program where kids play while they learn! Led by an approved USTA tennis coach, the program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are there, participants will play fun matches with other players in the program. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All players in their first session receive and keep a new age-appropriate racket and a program tee shirt! \*No Class: 9/20, 9/27, 10/11. Rain Date: 11/8.

| GR. | DAY | TIME           | DATES           | LOCATION        | FEE  |
|-----|-----|----------------|-----------------|-----------------|------|
| 6-8 | SA  | 12:00 - 1:00pm | Sep. 6 - Nov. 1 | HS Tennis Court | \$65 |

#### **BLAST BABYSITTING**

Instructed by Juanita Kingsley Allen

BLAST - Babysitter Lessons and Safety Training is an American Academy of Pediatrics course that covers how to handle some of the basics of infant and childcare, and how to react responsibly to medical emergencies and injuries. We'll learn how to call 911, how to perform first aid for common childhood injuries and illnesses, and how to build your own babysitting business. Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES  | LOCATION     | FEE  |
|-----|-----|---------------|--------|--------------|------|
| 5-8 | TU  | 3:30 - 6:30pm | Oct. 7 | P&R Building | \$90 |

#### TEEN ESCAPE ROOM

Facilitated by Medway Parks and Recreation

Think you have what it takes to escape? Join us for the Teen Escape Room Challenge! Work with friends to solve puzzles, find clues, and beat the clock. It's a thrilling race against time that will test your teamwork and problem-solving skills. Are you up for the challenge? Snacks will be served. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 5-8 | TH  | 6:00 - 7:00pm | Nov. 13 | P&R Building | \$10 |

#### YOUTH TRAVEL FIELD HOCKEY

Facilitated by Medway Parks and Recreation Has your child been wanting to try a new and fun sport? Youth Field Hockey is back in Medway this fall! No prior skills required. Fall Travel team is for grades 3 to 6 (for next school year starting in Sep. 2024). The travel team will participate in the Commonwealth Field Hockey League. Players will receive instruction during practice time and Saturdays will be games against teams in the surrounding area. The team will finish up the season with a league jamboree. Registration is OPEN!

| GR. | DAY      | TIME          | DATES            | LOCATION  | FEE   |
|-----|----------|---------------|------------------|-----------|-------|
| 5-6 | M, W, SA | 6:00 - 7:00pm | Aug. 25 - Nov. 1 | HS fields | \$150 |
| 7-8 | M, W, SA | 6:00 - 7:00pm | Aug. 25 - Nov. 1 | HS fields | \$150 |

#### **CROSS COUNTRY CLUB**

Instructed by Medway Parks and Recreation

Youth will be introduced to the sport of cross country. They will train to run distances of up to 5K, depending on their age, and will finish the season with a fun run. Emphasis will be on physical fitness and individual improvement. Our final class will be a mini race! \*No class 10/13.

| GR. | DAY | TIME          | DATES             | LOCATION    | FEE  |
|-----|-----|---------------|-------------------|-------------|------|
| 5-8 | Μ   | 3:30 - 4:30pm | Sep. 29 - Oct. 27 | Choate Park | \$40 |

#### TEEN KARAOKE NIGHT

Facilitated by Medway Parks and Recreation Ready to belt out your favorite tunes? Join us for Teen Karaoke Night! Bring your friends and sing your heart out to the latest hits or classic jams in a fun, relaxed atmosphere. No singing experience needed—just bring your enthusiasm and enjoy an evening full of music, laughter, and unforgettable performances. Let's make it a night to remember! Snacks will be served. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES  | LOCATION     | FEE  |
|-----|-----|---------------|--------|--------------|------|
| 5-8 | TH  | 6:00 - 7:00pm | Oct. 2 | P&R Building | \$10 |

#### PRE-TEEN TEXTING, EMAIL AND SOCIAL MEDIA WORKSHOP

Instructed by New England School of Protocol

Master the Art of Digital Etiquette with Our Netiquette Workshop! In today's digital age, being equipped with the knowledge and skills to communicate effectively and respectfully is paramount. Whether for academic, professional, or personal purposes, understanding and practicing proper netiquette can be a game-changer, leading to more positive and productive online interactions. \*Class will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 5-8 | W   | 7:00 - 8:15pm | Oct. 22 | P&R Building | \$75 |

#### MIDDLE SCHOOL ADVENTURE - BOUNDLESS ADVENTURE

Facilitated by Medway Parks and Recreation Early release day on a Wednesday = FUN! Kick off your early release day with some adventures. Grab your friends, and hop on the bus. We will leave from and return to the Medway Middle School.

| GR. | DAY | TIME           | DATES   | LOCATION             | FEE  |
|-----|-----|----------------|---------|----------------------|------|
| 5-8 | W   | 11:00 - 4:00pm | Oct. 22 | Boundless Adventures | \$75 |



#### TEEN WORKSHOP AT MOLLYS

Facilitated by Molly's Apothecary

Join us for a Teen afternoon at Molly's Apothecary. Have fun making and customizing 4 products, using natural ingredients and choosing from essential and fragrance oils. We will be doing a lotion project, a sugar scrub and two others! Take home an aromatic goody bag of delightful bath and body products. Enjoy shopping the store before or after the class. Class will be held at Molly's

| AGE   | DAY | TIME           | DATES   | LOCATION          | FEE  |
|-------|-----|----------------|---------|-------------------|------|
| 13-18 | SA  | 11:30 - 1:00pm | Oct. 11 | Mollys Apothecary | \$65 |

Apothecary located at 163 Main Street.

#### TEEN TRIVIA NIGHT

Instructed by Medway Parks and Recreation
Test your knowledge and challenge your friends at our
Teen Trivia Night! Join us for a fun-filled evening of
brain-busting questions, exciting prizes, and lots of laughs.
Show off your smarts and see who will be crowned the
ultimate trivia champion! The program will take place at
the Parks and Recreation Building located at 123 Holliston
Street.

| GR. | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 5-8 | TH  | 5:30 - 7:00pm | Nov. 20 | P&R Building | \$10 |

#### COMIC CREATIONS—MANGA EDITION

Instructed by Little Scholars

Step into the pages of Japanese manga. Learn how to bring your characters and stories to life—manga style! Dive into the unique features of manga, create your own original characters, design storylines, and illustrate your very own short manga comic. Whether you're a total beginner or already a sketchbook superstar, this class is the perfect place to grow as an artist, storyteller, and manga creator \*No class 10/2. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES            | LOCATION     | FEE   |
|-----|-----|---------------|------------------|--------------|-------|
| 5-8 | TH  | 4:45 - 5:45pm | Sep.18 - Oct. 30 | P&R Building | \$180 |

#### TWEEN HIP HOP

Facilitated by Step by Step Dance Studio

Dance inspired by todays hit songs & Hip Hop music. Its style is commonly seen in music videos. Wear comfortable clothes, sneakers and get ready to move and groove. Stretching, isolations, floor progressions and combinations will get you ready to show your stuff. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| GR. | DAY | TIME          | DATES             | LOCATION     | FEE   |
|-----|-----|---------------|-------------------|--------------|-------|
| 6-8 | TH  | 6:15 - 7:15pm | Sep. 18 - Oct. 16 | Step by Step | \$100 |

#### TEEN HIP HOP

Facilitated by Step by Step Dance Studio

Dance inspired by todays hit songs & Hip Hop music. Its style is commonly seen in music videos. Wear comfortable clothes, sneakers and get ready to move and groove. Stretching, isolations, floor progressions and combinations will get you ready to show your stuff. \*No class 10/13. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| GR.  | DAY | TIME          | DATES             | LOCATION     | FEE   |
|------|-----|---------------|-------------------|--------------|-------|
| 9-12 | М   | 7:00 - 8:00pm | Sep. 15 - Oct. 20 | Step by Step | \$100 |

#### GLOW IN THE DARK CAPTURE THE FLAG

Instructed by Medway Parks and Recreation

Get ready for an epic night of strategy, speed, and glowing fun! Join us for Teen Glow in the Dark Capture the Flag, where teams will face off under neon lights and glowing gear. This high-energy game will keep you on your toes as you work with your team to capture the other side's flag—all in the dark! Grab your friends, bring your game face, and let the adventure begin! Pizza is served for dinner. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES  | LOCATION     | FEE  |
|-----|-----|---------------|--------|--------------|------|
| 5-8 | TH  | 6:00 - 7:30pm | Dec. 4 | P&R Building | \$10 |

#### **AFTER SCHOOL REC FUN**

Instructed by Medway Parks and Recreation

Head to Rec after school for a new activity each week! From dodgeball and cookie decorating to music bingo and more, there's always something fun waiting for you. Need transportation? Please contact the Parks and Recreation Department for assistance. Don't miss out—come join the fun! \*No meeting 11/27. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| GR. | DAY | TIME          | DATES             | LOCATION     | FEE  |
|-----|-----|---------------|-------------------|--------------|------|
| 5-8 | TH  | 2:30 - 4:00pm | Nov. 20 - Dec. 18 | P&R Building | \$40 |

#### **BEGINNER TEEN JAZZ**

Facilitated by Step by Step Dance Studio
An introduction to Jazz & Contemporary for a tween/teen dancer who would like to learn these subjects. No experience is necessary. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE | DAY | TIME          | DATES             | LOCATION     | FEE   |
|-----|-----|---------------|-------------------|--------------|-------|
| 11+ | TH  | 7:15 - 8:15pm | Sep. 18 - Oct. 16 | Step by Step | \$100 |

#### **BEGINNER TEEN BALLET**

Facilitated by Step by Step Dance Studio
Ballet class for an older beginner who wants to learn the fundamentals with fellow teens/tweens. This class consists of adagro, allegro, elevation and balance. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE | DAY | TIME          | DATES             | LOCATION     | FEE   |
|-----|-----|---------------|-------------------|--------------|-------|
| 11+ | TU  | 4:00 - 5:00pm | Sep. 16 - Oct. 14 | Step by Step | \$100 |

#### PUNCHING FOR EMPOWERMENT

Instructed by Sweet Science Metrowest Boxing
Adaptive & Inclusive program for athletes with disabilities
Join Nick Conner from Sweet Science Metrowest Boxing in
this adaptive and inclusive, non-contact, fitness boxing
program. The environment is safe, judgement free and
provides an opportunity to build self-confidence while
having fun working out with boxing equipment like heavy
bags and mitts. Reduced stress, improve mood, and
enhance your overall well-being this fall with Sweet
Science Metrowest Boxing! \*No class 10/31. Encompass
Fitness is located at 27 Milliston Road in Millis.

| AGE | DAY | TIME          | DATES            | LOCATION  | FEE   |
|-----|-----|---------------|------------------|-----------|-------|
| 13+ | F   | 5:30 - 6:30pm | Oct. 3 - Nov. 14 | Encompass | \$150 |

#### **TENNIS**

#### Instructed by USTA

Led by an approved USTA tennis coach, the program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are there, participants will play fun matches with other players in the program. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All players in their first session receive and keep a new age-appropriate racket. \*No Class: 9/20, 9/27, 10/11. Rain Date: 11/8.

| AGE D  | AY | TIME           | DATES           | LOCATION        | FEE  |
|--------|----|----------------|-----------------|-----------------|------|
| 16+ S. | Α  | 9:00 - 10:00am | Sep. 6 - Nov. 1 | HS Tennis Court | \$75 |

#### INTERMEDIATE ADULT TAP

Facilitated by Step by Step Dance Studio

Tap Fundamentals and basics including rhythm, timing, and precision. The class consists of foot and ankle warm-ups, floor progressions, and combinations will be learned. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE | DAY | TIME          | DATES             | LOCATION     | FEE   |
|-----|-----|---------------|-------------------|--------------|-------|
| 18+ | TU  | 7:00 - 8:00pm | Sep. 16 - Oct. 14 | Step by Step | \$100 |

#### LEARN TO PLAY: BEGINNER PICKLEBALL CLINIC

Instructed by Terri Attinello

Participants will learn the fundamentals of pickleball: basic strokes, serves, scoring, rules and game strategies. By the end of this clinic, participants will be able to play games on their own. Pickleball equipment, etiquette, and safety will also be covered.

| AGE | DAY | TIME           | DATES   | LOCATION  | FEE  |
|-----|-----|----------------|---------|-----------|------|
| 16+ | SU  | 8:00 - 10:00am | Aug. 17 | HS Courts | \$60 |
| 16+ | SU  | 8:00 - 10:00am | Sep. 14 | HS Courts | \$60 |

#### PICKLEBALL: INTERMEDIATE SKILLS CLINIC

Instructed by Terri Attinello

This clinic will focus on skills and strategies essential to success at the Intermediate level such as net play/dinking, punch volleys and blocks, third shot drives and drops, resetting/getting control of the point, and court positioning. All participants should be able to consistently execute all the basic shots and be able to handle spin and/or hard shots.

| AGE | DAY | TIME            | DATES   | LOCATION  | FEE  |
|-----|-----|-----------------|---------|-----------|------|
| 16+ | SU  | 10:00 - 12:00pm | Sep. 14 | HS Courts | \$60 |

#### PICKLEBALL: IMPROVER SKILLS CLINIC

Instructed by Terri Attinello

This class builds upon the Learn to Play Pickleball Clinic. We will review and practice all the pickleball shots and work on consistency, footwork and court positioning. Basic strategies will be reviewed and expanded on. Participants must know how to play and keep score, have an understanding of the basic shots and strategies, and should have some experience with playing games to get the most out of this session.

| AGE | DAY | Time            | DATES   | LOCATION  | FEE  |
|-----|-----|-----------------|---------|-----------|------|
| 16+ | SU  | 10:00 - 12:00pm | Aug. 17 | HS Courts | \$60 |

#### **ADULT BALLET**

Facilitated by Step by Step Dance Studio In this fun and rewarding class, students will learn a technique emphasizing proper body placement, ballet fundamentals and vocabulary. The class will consist of barre, center work, adagio, allegro, elevation and balance. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE | DAY | TIME          | DATES             | LOCATION     | FEE   |
|-----|-----|---------------|-------------------|--------------|-------|
| 18+ | W   | 8:00 - 9:00pm | Sep. 17 - Oct. 15 | Step by Step | \$100 |

#### **ADULT JAZZ**

Facilitated by Step by Step Dance Studio This class helps to develop a sense of rhythm and style. It consists of isolation warm-ups, major muscle warm ups, stretch, floor progressions and combinations. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE | DAY | TIME          | DATES             | LOCATION     | FEE   |
|-----|-----|---------------|-------------------|--------------|-------|
| 18+ | TU  | 8:00 - 9:00pm | Sep. 16 - Oct. 14 | Step by Step | \$100 |

#### SOCIAL PICKLEBALL LEAGUE

#### Facilitated by USTA

Join the Town of Medway and USTA New England for their Intermediate Social Pickleball League for Adults 19+! Bring your own paddle; balls and nets will be provided. Players must know the rules of Pickleball, how to keep score, and be able to serve and rally. Intermediate level description: Dependable shot control and serves, increased consistency with some ability to control height/depth. Sustains short to medium length rallies with the understanding of variations of pace and depth of shots. This is equivalent to a 3.0 to 4.0 DUPR rating. \*Rain Date: 10/29.

| AGE | DAY | TIME          | DATES             | LOCATION  | FEE  |
|-----|-----|---------------|-------------------|-----------|------|
| 19+ | W   | 6:00 - 8:00pm | Sep. 17 - Oct. 22 | HS Courts | \$65 |

#### **OUTDOOR PICKLEBALL**

Facilitated by Medway Parks and Recreation Join us for our Open Play Pickleball Program, where all four courts are dedicated exclusively to fun and competitive games! Whether you're a seasoned player or just looking to enjoy the game, this is the perfect opportunity to engage in friendly matches and meet fellow pickleball enthusiasts. Please note, there will be no formal instruction provided. Come ready to play, have fun, and improve your skills through game play! \*No meeting 10/12 (Sunday).

| AGES | DAY | TIME          | DATES             | LOCATION  | FEE  |
|------|-----|---------------|-------------------|-----------|------|
| 16+  | TH  | 6:00 - 8:00pm | Sep. 18 - Oct. 30 | HS Courts | \$30 |
| 16+  | SU  | 5:00 - 7:00pm | Sep. 21 - Nov. 2  | HS Courts | \$30 |

#### SENIOR PICKLEBALL

Facilitated by Medway Parks and Recreation

Come see why pickleball is such a big DILL! Each week, two to four courts will be reserved for registered participants. This time is dedicated to our seniors, with teams formed from those in attendance for friendly games. No formal instruction is provided, and participants must bring their own equipment. Join us for fun, fitness, and great company! \*No program 10/13.

| AGES | DAY | TIME          | DATES             | LOCATION  | FEE  |
|------|-----|---------------|-------------------|-----------|------|
| 60+  | Μ   | 7:00 - 8:00am | Sep. 15 - Oct. 27 | HS Courts | \$10 |

#### YOGA IN THE PARK & HATHA YOGA

Instructed by Sheila Hassan

Mindful Movement — This Hatha based yoga class is a slower paced class, focusing on alignment and linking breath and movement. Postures may be seated, kneeling, standing and reclined. Leave feeling stronger and refreshed. No yoga experience necessary. This class is for beginners as well as seasoned yogis. \*In the case of rain, class will be held at Medway Senior Center (Session I). No class 12/9 (Session II).

| AGE | DAY | TIME          | DATES             | LOCATION      | FEE  |
|-----|-----|---------------|-------------------|---------------|------|
| 16+ | TU  | 5:30 - 6:30pm | Sep. 2 - Oct. 7   | Oakland Park  | \$60 |
| 16+ | TU  | 5:30 - 6:30pm | Oct. 14 - Dec. 16 | Senior Center | \$80 |

#### LADIES NIGHT OUT WORKSHOP AT MOLLYS

Facilitated by Molly's Apothecary

Join us for a Ladies Night Out Workshop at Molly's Apothecary. Have fun making and customizing four products, using natural ingredients and choosing from essential and fragrance oils. We will be doing a lotion project, a sugar scrub and two others! Take home an aromatic goody bag of delightful bath and body products. Enjoy shopping the store before or after the class. Class will be held at Molly's Apothecary located at 163 Main Street.

| AGE | DAY | TIME          | DATES  | LOCATION          | FEE  |
|-----|-----|---------------|--------|-------------------|------|
| 18+ | TH  | 6:30 - 8:00pm | Sep 18 | Mollys Apothecary | \$65 |

#### **PAINTING WITH ANNIE**

Instructed by Annie Handy

Join Painting with Annie for a festive and relaxing night of acrylic painting. No painting experience needed – Annie will guide you step by step. Come with friends or treat yourself to fun night out! Class will be held at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES  | Тнеме         | LOCATION     | FEE  |
|-----|-----|---------------|--------|---------------|--------------|------|
| 18+ | W   | 6:00 - 8:00pm | Oct. 8 | Fall Signpost | P&R Building | \$45 |
| 18+ | W   | 6:00 - 8:00pm | Dec. 3 | Birdhouse     | P&R Building | \$45 |

#### **ADULT FITNESS FUN**

Facilitated by Step by Step Dance Studio
Strengthen and tone the body while burning fat. This class

incorporates cardio with strengthen exercise and repetition and the use of 'light' weights to help strength and tone the body. \*No class 10/13. Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.

| AGE | DAY | TIME          | DATES             | LOCATION     | FEE   |
|-----|-----|---------------|-------------------|--------------|-------|
| 18+ | М   | 8:00 - 9:00pm | Sep. 15 - Oct. 20 | Step by Step | \$100 |

#### **CHUNKY KNIT SCARF**

Instructed by South Shore Blankets

Come knit a cozy chunky knit scarf using just your two hands, no tools! You can choose to knit a cowl, infinity or stand style scarf. Includes 1 stein of yarn. Class will be held at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 18+ | TH  | 7:00 - 9:00pm | Nov. 13 | P&R Building | \$65 |

#### PET FIRST AID AND CPR

Instructed by Four Footed Family

Our pets are more than just animals living in our homes, they are family members that provide us with unconditional love, laughter, and tremendous comfort. We do the best we can for them yet so many people are unaware of what to do in the event of a sudden illness or accident involving our four footed friend. Join us for a hybrid Pet First Aid & CPR class hosted by our partners, Medway Parks and Recreation Department. This two day class takes place on Day 1 over Zoom from 6:00pm to 9:00pm followed by a 3 hour in person hands on workshop at the Parks and Recreation Building from 6:00pm to 9:00pm.

| AGE | DAY  | TIME          | DATES           | LOCATION     | FEE  |
|-----|------|---------------|-----------------|--------------|------|
| 16+ | TU-W | 6:00 - 9:00pm | Dec. 2 - Dec. 3 | P&R Building | \$85 |

#### VINAYSA YOGA

Instructed by JodiRene Harrington

A one-hour vinyasa yoga class accessible for all levels from beginners to advanced yogis. The class will have a therapeutic approach amid focus on bringing harmony between mind and body. Each class is different in sequence with offerings of yogic breath techniques and guided relaxation allowing for a deep sense of mindfulness, self-connection and ease. \*No class 10/13, (Session I Monday), 11/27 (Session II Thursday).

| AGE | DAY | TIME          | DATES             | LOCATION      | FEE  |
|-----|-----|---------------|-------------------|---------------|------|
| 16+ | Μ   | 6:30 - 7:30pm | Sep. 8 - Oct. 20  | Senior Center | \$70 |
| 16+ | TH  | 6:30 - 7:30pm | Sep. 11 - Oct. 23 | Senior Center | \$70 |
| 16+ | Μ   | 6:30 - 7:30pm | Nov. 3 - Dec. 15  | Senior Center | \$70 |
| 16+ | TH  | 6:30 - 7:30pm | Nov. 6 - Dec. 18  | Senior Center | \$70 |

#### **CHUNKY KNIT BLANKET**

Instructed by South Shore Blankets

When the winter weather arrives, a cozy throw helps to balance the temperature extremes. In this fun and easy workshop, our instructor will show you how to design and make your very own Chunky Knit Throw Blanket that will look and feel amazing on your couch and lap! Learn the lifelong skill of hand knitting - that's right, knitting with JUST your hands, no tools! The hand knitting technique is therapeutic, meditative and fun. Class will be held at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 18+ | TH  | 7:00 - 9:00pm | Nov. 13 | P&R Building | \$95 |



#### SOUND HEALING AND REIKI

Instructed by Amanda Johnson of Heartspark sound healing experience combined This minireiki sessions. As crystal singing bowls are played, certified life coach and reiki master, Amanda Johnson of Heartspark, will offer reiki energy healing to participants. Part guided meditation, part energy balancing and part sound bath, this deeply supportive session will offer a space to experience healing, relaxation and a sense of calm. \*The CANEY Salt + Wellness Studio. The office is located at 100

| AGE | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 16+ | W   | 6:30 - 7:30pm | Oct. 15 | Caney Studio | \$55 |
| 16+ | W   | 6:30 - 7:30pm | Nov. 12 | Caney Studio | \$55 |

Central Street, Holliston, MA 01746

#### SEA GLASS WORKSHOP

Instructed by ACDC Family Crafting

Create your own beautiful sea glass tree! We'll provide a 9inch cone, sea glass, lights, glue sticks, and use of glue guns. Sea glass colors will vary based on availability. No experience necessary—just bring your creativity! The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 16+ | TH  | 6:30 - 8:30pm | Dec. 11 | P&R Building | \$60 |

#### **DOUGH BOWL CANDLE WORKSHOP**

Instructed by ACDC Family Crafting

Join us for a hands-on workshop where you'll craft your own beautiful wooden dough bowl candle. Each registration includes your choice of scent, 200g of soy wax, a cedar wick, and all necessary supplies. You'll also have the option to add color or dried flowers — selections may vary based on availability. A relaxing and creative experience! The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES  | LOCATION     | FEE  |
|-----|-----|---------------|--------|--------------|------|
| 16+ | TH  | 6:30 - 8:30pm | Oct. 2 | P&R Building | \$40 |

#### ALCOHOL FREE & EMPOWERED: LIVING WELL WITHOUT WINE

Instructed by Lifestyle Refresh by Stephanie

This empowering and supportive workshop opens the door to a fresh perspective on alcohol-free living. Whether participants are sober curious, cutting back, or already alcohol-free, this workshop will meet them with education, encouragement, and mindset shifts. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES  | LOCATION     | FEE  |
|-----|-----|---------------|--------|--------------|------|
| 21+ | W   | 6:15 - 7:15pm | Oct. 1 | P&R Building | \$40 |

#### Adult Fitness Boxing - HIIT Fitness and Conditioning

Instructed by Sweet Science Metrowest Boxing Adult Fitness Boxing - HITT Fitness and Conditioning Join Nick Conner from Sweet Science Metrowest Boxing in this non-contact, adult fitness boxing program. environment is safe, judgement free and provides an opportunity to learn skills and drills of fundamental boxing while getting a great workout. For more details, fees and class times, visit the parks and recreation website.

#### PEBBLE ART

Instructed by The Orange Jellyfish

During this two-hour class, we will each create our own custom pebble heart or couples picture using various styles of beach stones, driftwood and shells directly hand picked off local New England beaches. This class is truly a wonderful opportunity to grab a couple friends for an evening or create a sentimental piece for your loved one. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 16+ | W   | 6:00 - 8:00pm | Nov. 12 | P&R Building | \$60 |

#### CHARCUTERIE BOARDS

Instructed by Red Apron Charcuterie

Join us for a charcuterie workshop with Red Apron Charcuterie. This interactive event will show you how to create a charcuterie board from start to finish. Each ticket includes a 1.5-hour interactive workshop on creating a charcuterie board, a take-home cheat sheet with tips and tricks on arranging, styling, and pairing meats and cheeses, and all ingredients needed to make your board, including four assorted cheeses, three cured meats, fruits, crackers, nuts, jam, and more. You'll also receive a 10" Palm Leaf Platter to take home and boxes for transporting your charcuterie board. Bring your friends and join us for a night of charcuterie and FUN! The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES   | THEME    | LOCATION     | FEE  |
|-----|-----|---------------|---------|----------|--------------|------|
| 21+ | TH  | 6:00 - 8:00pm | Dec. 18 | Holidays | P&R Building | \$75 |

#### BALANCED BITES: A REAL-LIFE NUTRITION SERIES

Instructed by Lifestyle Refresh by Stephanie

"Balanced Bites" is a 4 week educational and interactive series designed to simplify nutrition and empower participants to create sustainable, real-life healthy habits. In each session, we'll focus on a foundational nutrition topic, with practical takeaways that can be implemented right away—no diets, no shame, just real food and real solutions for real life. \*No class 10/13. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES             | LOCATION     | FEE   |
|-----|-----|---------------|-------------------|--------------|-------|
| 16+ | М   | 6:15 - 7:15pm | Sep. 29 - Oct. 27 | P&R Building | \$105 |

#### ALIGNED HARMONY: A MINDFUL WELLNESS EXPERIENCE

Instructed by Lifestyle Refresh & Healing with Heidi Join Stephanie and Heidi for an immersive wellness experience designed to help you reconnect, reset, and realign. Aligned Harmony is a unique blend of movement, mindset coaching, meditation, and energy healing perfect for anyone craving a deeper sense of balance and calm. Class includes a full-body stretch and mobility session designed to release tension and gently strengthen your connection to your body. Paired with guided mindset work and affirmations. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| 16+ | TU  | 6:00 - 7:30pm | Oct. 14 | P&R Building | \$65 |
| 16+ | TU  | 6:00 - 7:30pm | Dec. 2  | P&R Building | \$65 |

#### LEARN TO SKATE

Facilitated by Norfolk Ice Arena

The U.S. Figure Skating Basic Skills program was created to be the best beginning ice-skating program in the world. It is designed to serve the needs of both recreational and competitive skaters. The curriculum keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time. Norfolk Ice Arena is located at 1 Dean Street Norfolk.

| S | AGE | DAY | TIME            | DATES             | LOCATION | FEE   |
|---|-----|-----|-----------------|-------------------|----------|-------|
| 1 | 3+  | TU  | 5:00 - 5:50pm   | Sep. 2 - Oct. 21  | Norfolk  | \$155 |
| 1 | 3+  | SU  | 10:00 - 10:50am | Sep. 7 - Oct. 26  | Norfolk  | \$155 |
| П | 3+  | TU  | 5:00 - 5:50pm   | Oct. 28 - Dec. 16 | Norfolk  | \$155 |
| П | 3+  | SU  | 10:00 - 10:50am | Nov. 2 - Dec. 21  | Norfolk  | \$155 |

#### **PUZZLEPALOOZA**

Facilitated by Medway Parks and Recreation
Puzzlers, get your family/team together and come to the inaugural Puzzlepalooza jigsaw puzzle challenge! Teams of two to five people will compete to finish a 500-piece puzzle in the shortest amount of time! Puzzle is provided. Maximum of 12 teams, so register early. There is a prize for first- and second-place finishers. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES   | LOCATION     | FEE       |
|-----|-----|---------------|---------|--------------|-----------|
| All | SU  | 3:00 - 4:30pm | Nov. 23 | P&R Building | \$15/team |

#### **WALK THIS WAY**

Instructed by Medway Parks and Recreation
Bring on fall! Grab your shoes, friends and meet us at a trail. We will spend each week exploring a new trail and getting a great workout. \*No 10/21.

| AGE | DAY | TIME          | DATES             | LOCATION         | FEE  |
|-----|-----|---------------|-------------------|------------------|------|
| All | TU  | 8:00 - 9:00am | Sep. 30 - Oct. 28 | Trails of Medway | \$10 |

#### FAMILY TRIVIA NIGHT

Facilitated by Medway Parks and Recreation
Gather the family and test your knowledge at Family Trivia
Night! Enjoy an evening of friendly competition with
questions for all ages, covering a variety of fun topics.
Prizes, snacks, and lots of fun await! The program will take
place at the Parks and Recreation Building located at 123
Holliston Street.

| AGE | DAY | TIME          | DATES | LOCATION     | FEE  |
|-----|-----|---------------|-------|--------------|------|
| All | SU  | 5:00 - 6:00pm | Dec.7 | P&R Building | Free |

#### TAKE A HIKE!

Facilitated by Medway Parks and Recreation
Fall is a great time to explore the outdoors. Grab your shoes, friends, and meet us at a trail. We will spend each week exploring a new trail and getting a great workout.

| AGES | DAY | TIME          | DATES   | LOCATION         | FEE  |
|------|-----|---------------|---------|------------------|------|
| All  | SU  | 8:00 - 9:00am | Oct. 19 | Trails of Medway | Free |

#### **FAMILY BINGO NIGHT**

Facilitated by Medway Parks and Recreation
Unplug and tune in to old-fashioned family fun! Join us for a fun-filled BINGO night with your family and friends. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES   | LOCATION     | FEE  |
|-----|-----|---------------|---------|--------------|------|
| All | SU  | 5:00 - 6:00pm | Nov. 23 | P&R Building | Free |

#### PUZZLE MANIA!

Facilitated by Medway Parks and Recreation
Puzzlers, get ready to see who is the ULTIMATE PUZZLER!
Individuals will compete to finish a 300-piece puzzle in the shortest amount of time! Puzzle is provided. Maximum of 12 participants, so register early. There is a prize for first- and second-place finishers. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES  | LOCATION     | FEE  |
|-----|-----|---------------|--------|--------------|------|
| All | SU  | 3:00 - 4:00pm | Dec. 7 | P&R Building | \$10 |

#### HOLIDAY LIGHTS FUN RUN!

Facilitated by Medway Parks and Recreation
Join us for a Holiday Lights fun run this December! Gather
your family, friends, and running buddies at Choate Park.
We will go on a fun run of a twinkling 3-mile route. Feel free
to dress up!

| AGE | DAY | TIME          | DATES  | LOCATION    | FEE  |
|-----|-----|---------------|--------|-------------|------|
| All | Μ   | 5:00 - 6:00pm | Dec. 8 | Choate Park | Free |

#### **EVERGREEN DOOR HANGER**

Instructed by Medway Parks and Recreation

Join us for a festive and creative DIY evergreen hanger class! All materials will be provided. Work gloves recommended, extra sets will be available. The program will take place at the Parks and Recreation Building located at 123 Holliston Street.

| AGE | DAY | TIME          | DATES  | LOCATION     | FEE  |
|-----|-----|---------------|--------|--------------|------|
| All | TU  | 5:00 - 6:30pm | Dec. 2 | P&R Building | \$30 |





# SEPTEMBER/OCTOBER

| Sun  | Mon   | TUE  | WED  | Тни   | FRI   | SAT  |
|--|---|--|--|---|---|--|
| 31   | HAPPY<br>ABURDAY  | 2 Happy First Day of School Learn to Skate Learn to Play Hockey Tiny Tots Skate Yoga in the Park | 3  | 4   | 5   | 6<br>Tennis in the Parks   |
| 7<br>Learn to Skate  | 8<br>Develop Games<br>Animation<br>Vinyasa Yoga   | 9  | 10<br>Develop Games<br>Animation<br>Social Pickleball League   | 11<br>Vinyasa Yoga  | 12  | 13   |
| 14<br>Super Soccer Stars<br>Beginner Pickleball<br>Intermediate Pickleball<br>Outdoor Pickleball | Pint Sized Picassos<br>Kids Hip Hop<br>Teen Hip Hop<br>Senior Pickleball<br>Adult Fitness | 16<br>All Sports<br>Musical Theatre Jazz<br>Teen Ballet<br>Intermediate Tap                      | 17<br>All Sports<br>Mindful Move and Make<br>Ballet<br>Social Pickleball League  | Preschool Dance Paint Night Spirit Squad Comic Creations Tween Hip Hop Teen Jazz Ladies Night Out | 19<br>Pirate Party                                  | 20 Combo Dance Adv. Combo Dance Preschool Soccer Preschool Multisport Acro 1 & II Ballet, Tap & Jazz Skateboarding |
| 21<br>Outdoor Pickleball   | 22<br>Intro to Flag Football<br>Lil Ninjas  | 23<br>Park Pals<br>No School Fun   | 24<br>Jr. Park Pals<br>Soccer Tots   | 25<br>Park Pals<br>Treasure Hikes<br>Basketball   | 26<br>Can you dig it?                               | 27<br>Town Wide Yard sale  |
| 28   | 29<br>Cross Country<br>Balanced Bites   | 30<br>Sugar Club<br>Learn to Fish<br>Walk this way   |  |   |   |  |
| Sun  | Mon   | TUE  | WED  | Тни   | FRI   | SAT  |
|  |   |  | 1  | 2<br>No School Fun<br>Slime Day<br>Teen Karaoke<br>Dough Bowl Workshop                            | 3<br>Safari Snuggles<br>Punching for<br>Empowerment | 4<br>Police Chase  |
| 5<br>Skateboarding   | 6   | 7<br>Blast Babysitting   | 8<br>Painting with Annie   | 9   | 10  | Trunk or Treat<br>Howl o Ween<br>Teen workshop<br>At Mollys  |
| 12   | 13 Indigenous<br>Peoples' Day   | 14<br>Hatha Yoga<br>Aligned Harmony  | 15<br>Sound Healing & Reiki  | Creep Charcuterie<br>Paint Night  | 17<br>Can you dig it?                               | 18   |
| 19<br>Take a Hike<br>Dodgeball<br>Nerf Battle  | 20  | 21<br>Pumpkin Carving in the<br>Park   | 22<br>Mindful Move and Make<br>Middle School Early Release<br>Intergalatic Space Battle<br>Children Conversation<br>Children Diing<br>Pre-teen texting | 23  | 24 Pumpkin Walk                                     | 25   |
| 26   | 27  | 28<br>Sugar Club<br>Tiny Tots Skate<br>Learn to Skate<br>Learn to Play Hockey                    | 29<br>Scavenger Hunt Hike  | 30  | 31 UADDV  |  |



# NOVEMBER/DECEMBER

| Sun  | Mon   | TUE   | WED                            | Тни   | FRI                                | SAT                 |
|--|---|---|--------------------------------|---|------------------------------------|---------------------|
|  |   |   |                                |   | 1                                  | 1<br>Chess Wizards  |
| 2<br>Learn to Skate                            | 3<br>Pint Sized Picassos<br>Xin1 Robot Fun<br>Kinderbots Robotics<br>Vinyasa Yoga | 4   | 5<br>Multisport Tots           | 6<br>Dodgeball/Floor Hockey<br>Vinyasa Yoga   | 7                                  | 8                   |
| 9  | 10<br>Micro Basketball  | 11 Veterasn Day<br>Slime Day  | 12<br>Sound Healing & Reiki    | 13<br>Treasure Hikes<br>Paint Night<br>Teen Escape room<br>Chunky Knit blanket<br>Chunky Knit Scarf | 14<br>Mechanical Contrap-<br>tions | 15                  |
| 16<br>Lego Brick Builders<br>Marble Run        | 17  | 18  | 19<br>Elementary Early Release | 20<br>Teen Trivia<br>After School Rec   | 21<br>Gobble Gobble Bash           | 22                  |
| 23<br>Puzzlepalooza<br>Family Bingo            | 24<br>Scavenger Hunt Hikes<br>Thanksgiving Center-<br>pieces                      | 25  | 26                             | 27 Thanksgiving   | 28                                 | 29 Christmas Parade |
| Sun  | Mon   | TUE   | WED                            | Тни   | FRI                                | SAT                 |
| 30<br>Take a Hike                              | ]<br>Kids Game Night  | 2<br>Pet First Aid and CPR<br>Aligned Harmony<br>Evergreen Door Hangers | 3<br>Painting with Annie       | 4 Glow in the Dark Capture the Flag   | 5<br>Holiday Party                 | 6                   |
| <b>7</b><br>Family Trivia<br>Puzzle Mania      | 8<br>Holiday Lights Run   | <b>9</b><br>Medway Light Fight<br>Judging                               | 10<br>Elementary Early Release | 11<br>Paint Night<br>Sea Glass Workshop   | 12<br>RoboPetz                     | 13                  |
| 14 Hanukkah<br>Dodgeball<br>Nerf Battlegrounds | 15  | 16<br>Sugar Club<br>Elf Puppet Making                                   | 17<br>Winter Fairy Castle      | 18<br>Charcuterie   | 19                                 | 20                  |
| 21   | 22  | 23  | 24 Christmas Eve               | 25 Christmas  | 26 Kwanzaa                         | 27                  |
| 28   | 29<br>No School Fun   | 30<br>No School Fun   | 31 New Years Eve               | New Yeas Day  | 2<br>No School Fun                 | 3                   |

Town of Medway

Parks & Recreation 155 Village Street Medway, MA 02053



**Postal Customer** 

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