

MEDWAY
PARKS & RECREATION

WINTER 2027

123 HOLLISTON STREET
MEDWAY, MA 02053

PARKS & RECREATION STAFF

Julie Harrington
Director of Parks & Recreation
Jharrington@medwayma.gov

Marissa Hartman
Assistant Director of Parks & Recreation
Mhartman@medwayma.gov

Peter Pelletier
DPW Director
Ppelletier@medwayma.gov

Steve Carew
Parks Superintendent
Scarew@medwayma.gov

Nolan Lynch
Assistant DPW Director
NLynch@medwayma.gov

DEPARTMENT INFORMATION

Parks & Recreation Number:
508-321-4740

Website:
MedwayParksRec.com

General Parks Email:
parksandrec@medwayma.gov

Office Location:
123 Holliston Street, Medway, MA 02053

Mailing Address:
155 Village Street, Medway, MA 02053

OFFICE HOURS

Monday: 8:00-5:30pm
Tuesday: 8:00-4:30pm
Wednesday: 8:00-4:30pm
Thursday: 8:00-4:30pm
Friday: 8:00-12:00pm

FIND US ON SOCIAL MEDIA

Facebook:
@MedwayParksandRec

Instagram:
@MedwayParksandRec

PARKS & RECREATION COMMISSION

Debi Rossi (Chairperson)
Rob Condon
Lyle Core
Tim Rice

TABLE OF CONTENTS

Department Information — 2
Registration Information — 2
General Information — 3
2027 Community Events — 4
Winter Preschool Programs — 5-7
Birthday Parties — 7
No School Programs — 8
Winter Youth Programs — 9-11
Winter Youth and Teen Programs - 12-13
Winter Teen Programs — 14
Winter Adult Programs — 15-17
Winter Programs for All Ages — 18-19
Summer Camps & Clinic Registration — 20

REGISTRATION NOTES

Online Registration is **STRONGLY RECOMMENDED** at MedwayParksRec.com and is the **PREFERRED METHOD**. We accept Cash, Check, & Credit Card. Creating an online account prior to registration is encouraged. Please make sure your email is accurate as we send out confirmation, cancellations, and updates via email. **PLEASE NOTE:** Registration for all programs ends 3 days before the program start date, unless otherwise noted.

Winter Recreation Registration for Medway Residents: Monday, November 23, at 9:00AM

Winter Recreation Registration for Non-Residents: Monday, November 30, at 9:00AM

THANK YOU TO OUR SPONSORS!

THANK YOU TO OUR SUMMER CONCERTS SERIES SPONSORS!

Middlesex Savings Bank®
right there with you

Charles River Bank
Personal Connections. Powerful Solutions.

COVER PHOTO CREDIT

Tim Rice Photo

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.

DROP-OFF PROGRAMS

Parents/guardians of children under 12 years of age participating in Parks & Recreation programs are required to accompany their children to and from the program location (e.g., classrooms, gymnasium, etc.). Parents are welcome to leave during the program; however, they must ensure the contact number on record is accurate and accessible. If a parent or guardian chooses to leave the area, they must inform the instructor where they can be reached in case of an emergency. This policy is in place to ensure the safety and well-being of all participants in our 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.

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 more information or contact Jharrington@medwayma.gov.

COMMUNITY EVENTS









PRESCHOOL PROGRAMS

BABY RAVE

INSTRUCTED BY MEDWAY PARKS & RECREATION

Get ready to glow! Wear your neon, grab a glowstick, and hit the dance floor for a high-energy baby rave! Children ages 0-5 and their caregivers are invited to dance, wiggle, and bounce along to fun music, colorful lights, and floating bubbles.

AGES 0-5 | F | 10-11AM | FEB 26 | P&R BUILDING | $10

BUNNY BRUNCH

INSTRUCTED BY MEDWAY PARKS & RECREATION

Join us for a fun-filled morning of brunch, books, coloring, and games — plus a special visit from some bunny very special! Enjoy a relaxed, family-friendly atmosphere where kids can play, create, and celebrate the season together. It's the perfect way to spend a spring morning with family and friends — full of smiles, treats, and a little bunny magic!

AGES 1-5 | W | 10-11AM | MAR 24 | P&R BUILDING | $5

LITTLE TIKES DRIVE-IN ADVENTURE

INSTRUCTED BY MEDWAY PARKS & RECREATION

Get ready for a morning of fun! Preschoolers can decorate their own cars, cruise through playful activity stations, enjoy silly games, and finish with a short cartoon and snack. It's a drive-in experience with lots of moving, playing, and exploring!

AGES 1-5 | F | 10-11AM | JAN 15 | P&R BUILDING | $5

PINT SIZED PICASSOS

INSTRUCTED BY MEDWAY PARKS & 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. We'll look for inspiration in Storybooks, Seasons, Holidays, Nature... and explore many different ways to create, getting our hands into lots of different mediums! ***No class: 2/15 (session I)**

AGES 3-5 | M | 1-1:45PM | JAN 25-FEB 22 | P&R BUILDING | $60

AGES 3-5 | M | 1-1:45PM | MAR 22-APR 12 | P&R BUILDING | $60

BE MY VALENTINE

INSTRUCTED BY MEDWAY PARKS & RECREATION

Do you have a special valentine this year? Join us for Valentine's crafts, books and dancing for preschoolers that will make your heart skip a beat.

AGES 1-5 | F | 10-11AM | FEB 12 | P&R BUILDING | $10

ALL SPORTS

INSTRUCTED BY MEDWAY PARKS & RECREATION

Our parent-child all sports 2-3 and 3-5 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 homeruns and have fun! **No class 2/18.**

AGES 2-3 | TH | 9:30-10:10AM | JAN 28-MAR 11 | P&R BUILDING | $80

AGES 3-5 | TH | 1:30-2:15PM | JAN 28-MAR 11 | P&R BUILDING | $80

CAN YOU DIG IT?

INSTRUCTED BY MEDWAY PARKS & 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.**

AGES 2-5 | F | 10-10:45AM | MAR 19 | POT OF GOLD | $10

AGES 2-5 | F | 10-10:45AM | APR 9 | DINO DIG | $10

TREASURE HIKES

INSTRUCTED BY MEDWAY PARKS & 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! ***No class 4/22.**

AGES 2-5 | TH | 10-10:45AM | APR 8-MAY 6 | CHOATE PARK | $40

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 2/15.**

AGES 2-5 | M | 9:20-10:30AM | JAN 25-MAR 22 | P&R BUILDING | $180

THE GREAT TREASURE ADVENTURE

INSTRUCTED BY MEDWAY PARKS & RECREATION

Grab your grown-up and get ready for an adventure! Follow clues, explore, and search for hidden treasures at Choate Park or indoors at 123 Holliston Street if the weather doesn't cooperate. Let the treasure hunt begin!

AGES 2-5 | F | 10-11AM | JAN 29 | P&R BUILDING | $10

PRESCHOOL PROGRAMS

PAWS & PALS: STUFF YOUR OWN DOG PARTY

INSTRUCTED BY MEDWAY PARKS & RECREATION

Join us for a paws-itively adorable party! Kids will stuff their very own puppy to take home, enjoy a tasty snack, and play a fun puppy-themed game. It's sure to be a dog-gone good time!

AGES 2-5 | F | 10-11AM | JAN 22 | P&R BUILDING | $25

WINTER PLAYTIME FUN

FACILITATED BY MEDWAY PARKS & RECREATION

Grab your friends and head to the Park & Rec Center for a weekly drop-in playtime! We'll have the space set up for all kinds of fun, including sensory activities, building blocks, and plenty of room to burn off some energy during the winter months. It's the perfect way to stay active, socialize, and get out your sillies in a warm, welcoming environment! Please note, there is no formal instruction. ***Drop in weekly, except school holidays and early release.**

AGES 1-5 | TU | 10AM-12PM | DROP-IN | P&R BUILDING | $5

PRESCHOOL MULTISPORT

INSTRUCTED BY VIKING SPORTS

Viking Sports Pre-K Multisports classes 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! Pre-K participants take multiple water breaks throughout the class. Class will be held in the Medway High School Gym. ***No class 2/14.**

AGES 3-5 | SU | 10-10:50AM | JAN 24-MAR 7 | MHS GYM | $150

LITTLE MEDICAL SCHOOL

INSTRUCTED BY YOUTH ATHLETES UNITED

Little Medical School's Pre-K Doctor Program introduces young learners to the exciting world of medicine through imaginative role-play, hands-on activities, and interactive STEM lessons. Children discover how doctors help others while exploring healthy habits, caring for patients, and practicing with real medical equipment. Every child receives their own real, working stethoscope to take home and continue the fun! ***No class 2/20.**

AGES 4-6 | SA | 9-9:45AM | JAN 23-MAR 6 | P&R BUILDING | $175

MULTISPORT

INSTRUCTED BY SPORTBALL

Multi-Sport is the perfect way for little movers to explore the world of sports! This fun and engaging program lets kids try a variety of sports, including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis. Along the way, they'll develop coordination, teamwork, and fundamental motor skills while staying active and having fun in a positive, encouraging environment. ***Ages 2-3.5 is parent and child. No class 2/20.**

AGES 2-3.5 | SA | 9-9:40AM | JAN 23-MAR 20 | P&R BUILDING | $150

AGES 3.5-5 | SA | 10-10:55AM | JAN 23-MAR 20 | P&R BUILDING | $150

JR. PARK PALS

INSTRUCTED BY MEDWAY PARKS & RECREATION

Do you have a 2.5 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 2-hour class is designed to ease the transition into preschool and longer drop-off programs. Join us for a wonderful first school experience filled with learning, laughter, and friendship! ***No 1/27 OR 2/17 (Winter), 4/21 (Spring).**

AGES 2-3.5 | W | 9:15-11:15AM | JAN 13-MAR 17 | P&R BUILDING | $195

AGES 2-3.5 | W | 9:15-11:15AM | APR 7-MAY 26 | P&R BUILDING | $170

PRESCHOOL BASKETBALL

INSTRUCTED BY VIKING SPORTS

Minihoops, miniballs and a ton of fun! This class is created for 3-5 year olds and will work on having fun while learning some fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children! Dribbling, passing, and shooting will be the three main fundamental focuses throughout this program. Class will be held in the Medway High School Gym. ***No class 2/14**.

AGES 3-5 | SU | 9-9:50AM | JAN 24-MAR 7 | MHS GYM | $150

FIND THAT POT OF GOLD

INSTRUCTED BY MEDWAY PARKS & RECREATION

We are on a hunt for that pot of gold at the end of the rainbow. First we need to make binoculars to help in our search for the gold. We will also need the help of a lucky leprechaun. What kind of treasure will be found? Join us and find out.

AGES 2-5 | TU | 10:00-11:00AM | MAR 16 | CHOATE PARK | $10

PRESCHOOL PROGRAMS

PRESCHOOL DANCE

INSTRUCTED 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. This is an independent class for the little ones. **Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.**

AGES 3-4 | S | 9:30-10:15AM | JAN 9-FEB 6 | STEP BY STEP | $90

LITTLE RESTAURANT TAKEOVER

INSTRUCTED BY MEDWAY PARKS & RECREATION

Little Restaurant Takeover! Calling all little chefs and restaurant owners! Preschoolers will take over their very own restaurant for the day. From creating their own menus and preparing pretend meals to taking orders and serving customers, kids will enjoy imaginative play while learning the fun of running a restaurant. Get ready to cook up some fun!

AGES 2-5 | F | 9:00-10AM | MAR 5 | P&R BUILDING | $10

COMBO DANCE WITH HIP HOP OPTION

INSTRUCTED 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. There is an add on Hip Hop (12:45-1:15pm) available with this class for an additional $40. **Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.**

GRADE K | SA | 11:45-12:45PM | JAN 9-FEB 6 | STEP BY STEP | $100

HANDS ON MUSIC WITH VIVIANA

INSTRUCTED BY VIVIANA

Join us for this marvelous music and movement program! Music will help jump start your child's learning process! This 10-week "my special someone & me" class combines massage rhymes, lullabies, floor and lap games, action songs, dance and introduction to musical instruments. Active adult involvement required for these classes! Siblings over 6 months must register for a spot in the class to ensure appropriate class size and material availability. **Please check the website for dates, times and fees.**

PLEASE CHECK THE WEBSITE FOR DATES AND FEES



NO SCHOOL DAY PROGRAMS

ELEMENTARY EARLY RELEASE TRIPS

INSTRUCTED BY MEDWAY PARKS & 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.**

GRADE K-4 | W | 11:30-3PM | DEC 9 | XTREME CRAZE | $50

GRADE K-4 | W | 11:30-3PM | MAR 3 | LAUNCH | $50

CHEMICAL CREATIONS & ROBOTICS

INSTRUCTED BY MINDS IN MOTION

A full day of hands-on science and technology fun! Start the day conducting exciting chemistry experiments, creating slime, bouncy glob, UV bracelets, and more while exploring the world of science. In the afternoon, dive into robotics by building your very own AI SmartCore 4 Robot to take home! With four different robotic designs to explore, kids will discover the fun of engineering, problem-solving, and creative building. Two exciting programs in one action-packed day! **The program will be held at the Parks and Recreation Building.**

AGES 6-10 | TU-F | 9-12:00PM | FEB 16-19 | CHEMICAL CREATIONS | $190

AGES 6-10 | TU-F | 12:30-3:30PM | FEB 16-19 | ROBOTICS | $190

SLIME DAY

INSTRUCTED 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!

AGES 6-12 | TH | 9-3PM | DEC 31 | P&R BUILDING | $65

AGES 6-12 | F | 9-3PM | MAR 26 | P&R BUILDING | $65

GAME SHOW CHALLENGE

INSTRUCTED BY FUN4ALL

Come on down for a high-energy day of original game-show-style fun! Participants will take on a lively mix of trivia, puzzles, skill challenges, and creative competitions in individual and team formats. The variety rewards different strengths and gives every participant opportunity to contribute.

AGES 6-12 | F | 9-3PM | FEB 19 | P&R BUILDING | $65

NO SCHOOL FUN!

INSTRUCTED BY MEDWAY PARKS & 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!

GRADE K-5 | M | 9-3PM | DEC 28 | P&R BUILDING | $55

GRADE K-5 | TU | 9-3PM | DEC 29 | P&R BUILDING | $55

GRADE K-5 | W | 9-3PM | DEC 30 | P&R BUILDING | $55

GRADE K-5 | TU | 9-3PM | FEB 16 | P&R BUILDING | $55

GRADE K-5 | W | 9-3PM | FEB 17 | P&R BUILDING | $55

GRADE K-5 | TH | 9-3PM | FEB 18 | P&R BUILDING | $55

GRADE K-5 | TU | 9-3PM | APR 20 | P&R BUILDING | $55

GRADE K-5 | W | 9-3PM | APR 21 | P&R BUILDING | $55

GRADE K-5 | TH | 9-3PM | APR 22 | P&R BUILDING | $55

SNL 360 WINTER WONDERLAND

INSTRUCTED BY SNL SPORTS ACADEMY

Every day brings something new! Children will rotate through five exciting stations: Multisports, Arts & Crafts, Story Builders, Coding Explorers, and LEGO Builders Lab. From winter-themed creations and active games to hands-on building and collaborative challenges, there's something for everyone! All five activities are included in the core program, and every child gets to experience each station daily. Thayer House address is 2B Oak Street. **Optional early care is available from 8-9 AM, with extended day from 3-5 PM.**

GRADE K-5 | TU-F | 9-3PM | FEB 16-19 | THAYER HOUSE | $270

NO SCHOOL WITH SNL

INSTRUCTED BY SNL SPORTS ACADEMY

School may be out, but the fun is on! Join SNL Youth Academy for a day of multisports, art, LEGO building, photography, and stop motion. Five exciting experiences packed into one fun-filled day!

GRADE K-5 | TH | 9-3PM | MAR 25 | P&R BUILDING | $70

COMIC BOOK CREATORS

INSTRUCTED BY FUN4ALL

Bring your imagination to life in Comic Book Creators! Invent characters, create fun adventures, and use drawing and writing to make your own comic. No experience needed—just creativity and a willingness to give it a try!

AGES 6-12 | F | 9-3PM | APR 23 | P&R BUILDING | $65

YOUTH PROGRAMS

YOUTH WRESTLING

INSTRUCTED BY MEDWAY PARKS & RECREATION

Be part of Medway's pioneer youth wrestling program! Medway Youth Wrestling offers children ages K-4 the opportunity to learn from experienced former wrestlers and varsity coaches with 20+ years of experience. Learn the basic foundational skills of wrestling and safe technique while building confidence as well as mental and physical toughness along with sportsmanship. **No meeting 1/18.**

GRADE K-4 | M&W | 5-6PM | JAN 4-FEB 10 | P&R BUILDING | $125

CROSS COUNTRY CLUB

INSTRUCTED BY MEDWAY PARKS & RECREATION

Introduce your child to cross country in a fun, supportive environment! Kids will build endurance, improve running skills, and stay active through games, drills, and fun activities. The session wraps up with a mini cross country race where everyone can show off their progress!

GRADE K-4 | M | 4:30-5:15PM | MAR 15-APR 5 | CHOATE PARK | $40

MULTISPORT

INSTRUCTED BY VIKING SPORTS

Get ready for nonstop action and fun! Viking Multisport introduces kids to a wide range of exciting sports and classic gym games in a positive, team-oriented environment. Each class features a mix of skill-building, friendly competition, and creative play designed to keep everyone active and engaged. Sports and activities may include soccer, baseball, flag football, dodgeball, kickball, capture the flag, floor hockey, team handball, watermelon, reindeer tails, and many other favorites — all led by Viking's energetic and experienced coaches.

GRADE K-2 | TH | 4-5PM | FEB 25-APR 1 | P&R BUILDING | $150

MINI FLOOR HOCKEY LEAGUE

INSTRUCTED BY VIKING SPORTS

Join us for a fun and fast-paced mini street hockey league at 123 Holliston Street! Players will develop their hockey skills, practice passing, shooting, stickhandling, and teamwork while participating in friendly games each week. Whether you're new to hockey or already love the game, this program offers a relaxed, encouraging environment to learn, improve, and have fun. Grab your stick, bring your energy, and enjoy some friendly competition while staying active all winter long!

GRADE 3-5 | TH | 5-6PM | FEB 25-APR 1 | P&R BUILDING | $150

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. **Skaters must possess level 1 U. S. Figure Skating Basic proficiency in order to participate Norfolk Ice Arena is located at 1 Dean Street Norfolk.**

AGES 6-12 | TU | 5-5:50PM | JAN 5-FEB 23 | NORFOLK | $155

AGES 6-12 | TU | 5-5:50PM | MAR 2-APR 20 | NORFOLK | $155

SWIMMING CLINICS

INSTRUCTED BY MEDWAY PARKS & RECREATION

Dive right in and get ready for summer swim team with our Stroke & Turn Clinics! These sessions are designed to help swimmers refine their technique, build confidence, and master the key elements of competitive swimming. Each clinic will focus on a specific stroke, incorporating starts, turns, and stroke-specific skills to help participants swim more efficiently and effectively. Participants should be able to complete 25 yards unassisted to join. Whether you're looking to improve your competitive edge or simply strengthen your skills, these clinics are the perfect way to prepare for a successful swim season. **Clinics are held at the Milford High School Pool.**

AGES 5-18 | SA | 9-10AM | MAR 13 | MILFORD HS | $40

AGES 5-18 | SA | 9-10AM | MAR 20 | MILFORD HS | $40

REBEL YOUTH: STRENGTH, SPEED & AGILITY

INSTRUCTED BY REBEL ATHLETICA

Build strength, move better, and grow confidence! This six-week program introduces kids to age-appropriate strength training, speed, agility, coordination, and movement skills in a fun, supportive small-group environment. Through games, challenges, and purposeful coaching, participants will develop physical skills, build confidence, and discover what they're capable of. No sports experience necessary! Activities are adapted for all abilities and experience levels. ***Rebel Athletica is located at 23 Jayar Road in Medway.**

AGES 7-11 | TU&TH | 4-5PM | JAN 5-FEB 11 | REBEL ATHLETICA | $199

YOUTH PROGRAMS

PARENTS NIGHT OUT

INSTRUCTED BY SNL YOUTH ACADEMY

Enjoy a fun-filled evening of games, group activities, creative projects, and time with friends! Kids will have a chance to play, create, and socialize in a safe, supervised environment while parents enjoy a night out. Pizza will be served, making it the perfect evening of fun for everyone!

AGES 5-14 | F | 5:30-8:30PM | JAN 22 | P&R BUILDING | $45

ROBOT EXTRAVAGANZA - PARENTS NIGHT OUT

INSTRUCTED BY SNAPOLOGY OF HOPEDALE

In this exciting Snapology mash-up robotics extravaganza, our most popular robots will be chosen from across our curricula. The guided builds will teach participants about pulley wheels, gear ratio, tilt and motion sensors, combining simple machines, and basic programming. On the companion application connected via Bluetooth, students will then use picture-block coding to bring their race cars, helicopters, animals, (and much more) to life! A great experience in engineering design and practical robotic problem solving, children will be challenged in fun ways that will captivate their interests and grow their technical skills!

GRADE K-5 | F | 6-8PM | FEB 26 | P&R BUILDING | $45

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 3/27.**

GRADE K-5 | SA | 10-11AM | FEB 27-APR 10 | P&R BUILDING | $150



POKEMON STRATEGY ACADEMY

INSTRUCTED BY SNL YOUTH ACADEMY

Join fellow Pokémon fans for a fun, interactive program focused on card strategy, fair trading, and friendly competition! Participants will compare card numbers and types, practice gameplay using game mats and damage counters, and build their skills while learning good sportsmanship.

GRADE 1-8 | W | 4-5PM | FEB 24-MAR 31 | P&R BUILDING | $125

THEATER ENRICHMENT

INSTRUCTED BY SNL YOUTH ACADEMY

Build confidence and creativity through fun, interactive theater games! Participants will explore improvisation, character development, storytelling, voice, and movement while working together and expressing themselves. The program wraps up with an informal showcase where everyone can share what they've learned!

GRADE K-5 | W | 5:15-6:15PM | FEB 24-MAR 31 | P&R BUILDING | $125

STOP MOTION ANIMATION

INSTRUCTED BY FC FILM SCHOOL

Bring your imagination to life in this exciting Stop-Motion Animation class! Students will learn the fundamentals of animation while creating their own short films using a variety of materials provided by FC Academy, along with everyday objects. Participants will develop creativity and storytelling skills while exploring filmmaking techniques such as camera use, directing, editing, and scene creation. This hands-on class is perfect for aspiring young filmmakers and is open to students as young as Kindergarten. Please note: Participants will need a touchscreen device with access to the free Stop Motion Studio app (available for iOS and Android devices). ***No class 2/15.**

GRADE K-3 | M | 4-5:30PM | JAN 25-MAR 8 | P&R BUILDING | $195

LITTLE MEDICAL SCHOOL

INSTRUCTED BY YOUTH ATHLETES UNITED

Little Medical School's Doctor Program is a fun, hands-on STEM experience where students explore the human body, learn basic medical skills, and discover what it takes to become a doctor. Using real medical equipment, children investigate topics like the heart, lungs, brain, bones, and more while building confidence and critical thinking skills. Best of all, every student receives their very own real, working stethoscope to take home and continue the fun! ***No class 2/20.**

AGES 7-10 | SA | 10-10:45AM | JAN 23-MAR 6 | P&R BUILDING | $175

YOUTH PROGRAMS

MARCH "MINI STICKS" INDOOR FIELD HOCKEY

INSTRUCTED BY MEDWAY PARKS & RECREATION

Join us for a fun 5v5 indoor field hockey league for 1st-4th graders! Players will work on skills, teamwork, and game play over four sessions. Bring shin guards, a mouthguard, a field hockey stick (extras available), and a water bottle.

GRADE 1-4 | W | 6-7PM | MAR 3 - MAR 24 | P&R BUILDING | $80

KIDS GAME NIGHT

INSTRUCTED BY MEDWAY PARKS & RECREATION

Grab your friends and get ready for a fun-filled Kids Game Night! Join us for exciting games like Minute to Win It challenges and more. Pizza will be served for dinner, so bring your energy and appetite for a night of games, laughs, and good food!

AGES 6-10 | M | 4:30-5:30PM | MAR 8 | P&R BUILDING | $10

SCAVENGER HUNT HIKES

INSTRUCTED BY MEDWAY PARKS & RECREATION

Get out and enjoy winter 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. ***The program will be held at Choate Park**

AGES 6-12 | TH | 4:30-5:30PM | MAR 11 | POT OF GOLD | $10

AGES 6-12 | TH | 4:30-5:30PM | APR 8 | ALIEN TAKEOVER | $10

GLOW BOWLING PARTY

INSTRUCTED BY MEDWAY PARKS & RECREATION

Bowling gets a whole new look when the lights go down! Join us for a glow-in-the-dark bowling party featuring glowing pins, neon colors, and plenty of friendly competition. Test your aim, knock down the pins, and see who can score the most strikes!

AGES 6-12 | TH | 4:30-5:30PM | FEB 4 | P&R BUILDING | $10



YOUTH & TEEN PROGRAMS

ST. PATRICK'S DAY CHARCUTERIE

FACILITATED BY MEDWAY PARKS & RECREATION

Grab your friends and head to the parks and Rec building to celebrate St. Patrick's Day with a festive charcuterie board-making experience! Join us for a fun-filled time creating colorful boards with delicious, kid-friendly treats. It's the perfect mix of food, friends, and fun—don't miss out!

AGES 7-14 | W | 4-5PM | MAR 10 | P&R BUILDING| $15

CHILDREN'S SOCIAL SKILLS WORKSHOP

INSTRUCTED BY NEW ENGLAND SCHOOL OF PROTOCOL

Our Children's Social Skills workshop goes beyond the surface, focusing on the development of effective communication, interpersonal, and social skills. In today's fast-paced, high-tech society, teaching children manners is more crucial than ever. As parents and educators, one of our most important roles is to equip children with the social skills needed to navigate the world with kindness and respect.

GRADE 2-7 | M | 5:30-7:00PM | FEB 8 | P&R BUILDING | $75

GRADE 2-7 | TH | 5:30-7:00PM | MAR 25 | P&R BUILDING | $75

GALENTINE'S GLAM PARTY

INSTRUCTED BY MEDWAY PARKS & RECREATION

Grab your besties and get ready to celebrate friendship at our Galentine's Glam Party! Enjoy an evening filled with fun crafts, pizza dinner, sweet treats, music, dancing, photo ops and all things pink, sparkly and fabulous. It's the perfect way to celebrate your favorite people!

AGES 7-14 | TH | 5-6:30PM | FEB 11 | P&R BUILDING | $20

SUGAR CLUB

INSTRUCTED BY MEDWAY PARKS & 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. C**lass will take place at the Parks and Recreation Building located at 123 Holliston Street.**

AGES 7-14 | TU | 4-5PM | JAN 12 | HOT COCOA CUPCAKE | $30

AGES 7-14 | TU | 4-5PM | FEB 9 | LOVE BUG CAKE | $30

CHILDREN'S DINING ETIQUETTE WORKSHOP

INSTRUCTED BY NEW ENGLAND SCHOOL OF PROTOCOL

The 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.

GRADE 2-7 | M | 4-5:30PM | FEB 8 | P&R BUILDING | $75

CHILDREN'S 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.

GRADE 2-7 | TH | 4-5:30PM | MAR 25 | P&R BUILDING | $75

KIDS COOKING CLASS

INSTRUCTED BY SANDHYAS KITCHEN

Young chefs will have a blast cooking, baking, and creating delicious homemade dishes in this fun, hands-on class! Participants will learn essential kitchen skills while mixing, measuring, chopping, kneading, and cooking a variety of tasty recipes from scratch. Along the way, they'll build confidence, creativity, and independence in the kitchen while enjoying the delicious results of their hard work. Perfect for aspiring cooks who love to learn, create, and, of course, eat! ***No class 1/17 (Session 1).**

GRADE 4-8 | SU | 3-4PM | JAN 3-FEB 7 | P&R BUILDING | $150

GRADE 4-8 | SU | 3-4PM | FEB 21-MAR 21 | P&R BUILDING | $150

ESCOUT ACADEMY: ONLINE CODING

INSTRUCTED BY ESCOUT

Explore the exciting world of coding, robotics, game design, animation, filmmaking, and artificial intelligence with eScout! These engaging, hands-on technology classes help students build creativity, problem-solving skills, and confidence while learning today's most in-demand STEM concepts. Programs are available for a variety of ages and experience levels, with offerings ranging from Scratch animation and interactive game design to robotics, Python programming, AI, and digital filmmaking.

PLEASE CHECK THE WEBSITE FOR DATES, TIMES AND FEES.

YOUTH & TEEN PROGRAMS

KARAOKE NIGHT

FACILITATED BY MEDWAY PARKS & 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.

AGES 6-14 | TU | 4-5PM | JAN 26 | P&R BUILDING | $10

BESTIES COOKIE DECORATING

INSTRUCTED BY MEDWAY PARKS & RECREATION

Grab your bestie and join us for a sweet night of Valentine's Day fun at our Besties Cookie Decorating Workshop! Decorate delicious heart-shaped cookies with colorful icing, sprinkles, candies, and festive Valentine's designs while learning creative decorating techniques. Bring your favorite friend and enjoy an evening filled with laughter, creativity, and a little sweetness!

AGES 6-12 | M | 4:30-5:30PM | JAN 25 | P&R BUILDING | $15

THRIFT FLIP CHALLENGE

INSTRUCTED BY MEDWAY PARKS & RECREATION

Bring an old T-shirt or sweatshirt and give it a whole new look! Participants will use their creativity to customize, redesign, and transform their clothing into something unique. From adding designs and decorations to trying fun DIY techniques, everyone will create a one-of-a-kind piece they can wear with pride. No sewing experience necessary!

AGES 10-14 | TH | 5-6PM | FEB 25 | P&R BUILDING | $20

ESCAPE THE REC

INSTRUCTED BY MEDWAY PARKS & RECREATION

Can you beat the clock? Work together with your team to solve puzzles, crack secret codes, uncover clues, and complete challenges before time runs out! Put your problem-solving skills and teamwork to the test in this exciting escape room adventure. Do you have what it takes to escape?

AGES 10-14 | TH | 4:30-5:30PM | MAR 18 | P&R BUILDING | $15

WINTER WANDERERS

INSTRUCTED BY MEDWAY PARKS AND RECREATION

Winter doesn't mean hibernation! Bundle up for a fun hike, explore nature, and complete a winter scavenger hunt along the way!

AGES 6-12 | W | 4-5PM | FEB 10 | CHOATE PARK | $5

NERF NIGHT: LAST TEAM STANDING

INSTRUCTED BY MEDWAY PARKS AND RECREATION

Lock, load, and get ready for an epic Nerf battle! Team up with friends, take on exciting challenges, and compete to be the last team standing. Bring your game face—we'll bring the Nerf fun!

AGES 7-14 | SU | 3-4PM | JAN 31 | P&R BUILDING | $10

GLOW CAPTURE THE FLAG

INSTRUCTED BY MEDWAY PARKS & RECREATION

Get ready to light up the night! Teams will go head-to-head in an exciting glow-in-the-dark game of Capture the Flag. Find the glowing flag, sneak past the other team, and work together to bring home the win. Strategy, teamwork, and a little friendly competition make this a night to remember!

AGES 7-14 | TH | 5-6PM | JAN 14 | P&R BUILDING | $15

VALENTINE'S CRAFTS AND SWEET TREATS

INSTRUCTED BY MEDWAY PARKS AND RECREATION

Celebrate Valentine's Day with an afternoon of creative crafts, heartfelt cards, and delicious sweet treats! A fun way to spread a little love and sweetness!

AGES 5-12 | TU | 5:30-6:30PM | FEB 9 | P&R BUILDING | $20



TEEN PROGRAMS

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.

GRADE 5-8 | M | 3:30-6:15PM | MAR 29 | P&R BUILDING | $95

GRADE 5-8 | TU | 3:30-6:15PM | MAY 11 | P&R BUILDING | $95

BEGINNER TEEN TAP

INSTRUCTED BY STEP BY STEP STUDIOS

A Tap class for an older beginner who wants to learn the fundamentals with fellow teens. The class consists of warm ups, stretching, floor progressions and dance combinations.

AGES 11-18 | TH | 8-9PM | JAN 7-FEB 4 | STEP BY STEP | $100

GLOW DODGEBALL SHOWDOWN

INSTRUCTED BY MEDWAY PARKS & RECREATION

Glow Dodgeball Showdown Turn down the lights and get ready to glow! Grab your team, dodge the competition, and battle it out in an action-packed night of glow-in-the-dark dodgeball. Who will be the last team standing?

AGES 8-14 | SU | 5-6PM | FEB 7 | P&R BUILDING | $15

BUILD YOUR OWN PIZZA NIGHT

INSTRUCTED BY MEDWAY PARKS & RECREATION

Create your own personal pizza with your favorite toppings, then enjoy your delicious creation with friends. Come hungry and get creative!

GRADE 5-8 | M | 4:30-5:30PM | JAN 11 | P&R BUILDING | $20

DESSERT WARS

INSTRUCTED BY MEDWAY PARKS & RECREATION

Ready to satisfy your sweet tooth? Put your creativity to the test as you compete in fun dessert challenges, decorate delicious treats, and show off your skills. May the best dessert win!

GRADE 5-8 | M | 4:30-5:30PM | FEB 1 | P&R BUILDING | $20

MIDDLE SCHOOL EARLY RELEASE

INSTRUCTED BY MEDWAY PARKS & RECREATION

Early release day = 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. *Trips are subject to change.

GRADE 5-8 | W | 11-4:30PM | JAN 27 | NASHOBA VALLEY TUBING | $75

GRADE 5-8 | FR | 11-4:30PM | MAY 21 | TBD | $75

CROSS COUNTRY CLUB

INSTRUCTED BY MEDWAY PARKS & RECREATION

Do you enjoy running? This class will help us work on goal setting, setting up a plan to how to achieve those goals and then actually achieving them. We will have fun running setting new goals and getting fit with fun games.

GR. 5-8 | M | 3:30-4:15PM | MAR 15-APR 5 | CHOATE PARK | $40

FILMMAKING

INSTRUCTED BY FC FILM SCHOOL

Lights, camera, action! In this exciting, hands-on filmmaking class, students will work together to create an original short film from start to finish. Participants will develop skills in scriptwriting, storyboarding, improvisation, camera operation, and directing while collaborating with their peers in a fun and creative environment. Students with previous filmmaking experience will have the opportunity to build on their skills as they write, film, and edit their project using professional editing software, Adobe Premiere. Perfect for aspiring filmmakers who love storytelling, creativity, and teamwork! ***No Class 2/15.**

AGES 8-14 | M | 5:45-7:15PM | JAN 25-MAR 8 | P&R BUILDING | $195

REBEL YOUTH: STRENGTH, SPEED & AGILITY

INSTRUCTED BY REBEL ATHLETICA

Build strength, move better, and grow confidence! This six-week program introduces kids to age-appropriate strength training, speed, agility, coordination, and movement skills in a fun, supportive small-group environment. Through games, challenges, and purposeful coaching, participants will develop physical skills, build confidence, and discover what they're capable of. No sports experience necessary! Activities are adapted for all abilities and experience levels. ***Rebel Athletica is located at 23 Jayar Road in Medway.**

AGES 12-16 | TU&TH | 5-6PM | JAN 5-FEB 11 | REBEL ATHLETICA | $199

ADULT PROGRAMS

CANDLELIGHT YIN YOGA

INSTRUCTED BY SHEILA HASSAN

Yin is a style of yoga that involves long holds in various seated and reclined poses. It targets the deep connective tissue, focusing on stressing the tissue to restore its length and strength for enhanced stability & flexibility. During the stillness of the practice, meditation techniques are used to quiet the mind. You can expect to leave class feeling greater ease of motion and more relaxed. Many students find improved sleep after yin yoga

AGES 16+ | F | 6-7:15PM | JAN 8 | SENIOR CENTER | $15

AGES 16+ | F | 6-7:15PM | FEB 12 | SENIOR CENTER | $15

AGES 16+ | F | 6-7:15PM | MAR 19 | SENIOR CENTER | $15

AGES 16+ | F | 6-7:15PM | APR 9 | SENIOR CENTER | $15

ADULT FITNESS

INSTRUCTED BY STEP BY STEP STUDIOS

Strengthen and tone the body while burning fat. This class incorporates cardio with strengthen exercises and repetition and the use of 'light' weights to help strengthen and tone the body. **Step by Step Studio of Dance is located at 9 Lincoln Street in Medway.**

AGES 18+ | M | 8-9PM | JAN 11-FEB 8 | STEP BY STEP | $100

WATERCOLOR PAINTING

INSTRUCTED BY PAINTING WITH ANNIE

Join Painting with Annie for a festive and relaxing night of watercolor painting. No painting experience needed - Annie will guide you step by step. Come with friends or treat yourself to a fun night out! ***Classes will be held at the Parks & Recreation building.**

AGES 16+ | M | 6-8PM | JAN 11 | WINTER COZY CABIN | $45

AGES 16+ | TH | 6-8PM | FEB 18 | WINTER FOX | $45

INDIAN CUISINE MADE EASY

FACILITATED BY SANDHYA JAIN

Learn to cook delicious and healthy homemade Indian food! In this class, you'll prepare Aromatic Caramelized Onion and Cumin Rice Pilaf and Curried Chickpeas — a wholesome, gluten-free, and fiber-rich meal. Discover the uses and benefits of traditional Indian spices while sampling these flavorful dishes.

AGES 18+ | SU | 4:30-5:30PM | FEB 7 | P&R BUILDING | $40

HATHA YOGA: STRETCH & STRENGTHEN

INSTRUCTED BY SHEILA HASSAN

Find your perfect balance of effort and ease in this classic, all-levels yoga class. This 1-hour session combines deep relaxing stretches to improve flexibility and melt away stress with mindful strength-building postures to tone the core and limbs.

AGES 16+ | TU | 6-7:00PM | JAN 5-FEB 23 | SENIOR CENTER | $80

AGES 16+ | TU | 6-7:00PM | MAR 9-APR 27 | SENIOR CENTER | $80

PAINT YOUR PET SERIES

INSTRUCTED BY PAINTING WITH ANNIE

Join us for PAINT YOUR PET in this 3-class series. Learn various acrylic techniques from Annie over the series to paint an amazing picture of your loving pet. All the materials will be provided and all you will need to do is submit a photo of your pet before the class starts. Grab a couple friends and your favorite photo of your pet and get ready to paint the night away.

AGES 16+ | TH | 6-8PM | JAN 14-JAN 28 | P&R BUILDING | $115

INTRO TO ESTATE PLANNING

INSTRUCTED BY ELIZABETH M. FACEY

Join Elizabeth M. Facey, Esq. as she leads a session on the fundamentals of estate planning, designed for Massachusetts and Rhode Island members of the community who want to grow their wealth and better support their family in the future.

AGES 18+ | W | 6:30-7:30PM | JAN 20 | P&R BUILDING | FREE

MAH JONG WITH JULIE

INSTRUCTED BY MAH JONG WITH JULIE

Discover one of the world's most engaging and social games in this fun, beginner-friendly American Mahjong series! Over four classes, you'll learn the names of the tiles, how to read the 2026 National Mahjong League card, the Charleston, basic rules, strategies, and how to build a winning hand. Whether you're looking to learn a new hobby or connect with others, this welcoming class is the perfect place to get started.

AGES 18+ | M&W | 12:15-2:15PM | JAN 4-JAN 13 | P&R BUILDING | $85

AGES 18+ | M&W | 12:15-2:15PM | MAR 8-MAR 17 | P&R BUILDING | $85

ADULT PROGRAMS

WINTER DOOR SIGNS WORKSHOP

INSTRUCTED BY AC&DC FAMILY CRAFTING

Add a cozy, welcoming touch to your winter decor with our Winter Wood Sign Workshop! You'll create a beautiful, one-of-a-kind wooden welcome sign that's perfect for your front door or to display on a wall in your home. All supplies are included, so just bring your creativity and get ready to make something beautiful for your home this winter!

AGES 16+ | TH | 6:30-8:30PM | JAN 7 | P&R BUILDING | $45

PLANNING TODAY FOR TOMORROW

INSTRUCTED BY BRITTANY HINOJASA CITRON, ESQ.

Join Attorney Brittany Hinojosa Citron of Samuel, Sayward & Baler LLC for an informative session on estate planning. Learn the essentials of creating a plan that protects your wishes, avoids common pitfalls, and saves your loved ones time, stress, and expense.

AGES 18+ | TU | 6:30-7:30PM | MAR 2 | P&R BUILDING | FREE

WATERCOLOR PAINTING -EMILY LEX

INSTRUCTED BY PAINTING WITH ANNIE

Join me for an inspiring adult watercolor class where we'll work through a beautiful floral workbook together, written and illustrated by Emily Lex. This guided format is perfect for beginners and those who want to loosen up their style and build confidence with watercolor. We will explore simple techniques, soft color palettes, and add backgrounds and foliage to complete our paintings! **Students MUST purchase their own copy of the Emily Lex Studio WOODLAND: Watercolor Workbook.**

AGES 16+ | TH | 6-8PM | JAN 7 | P&R BUILDING | $45

AGES 16+ | TH | 6-8PM | FEB 11 | P&R BUILDING | $45

AGES 16+ | TH | 6-8PM | MAR 18 | P&R BUILDING | $45

AGES 16+ | TH | 6-8PM | APR 8 | P&R BUILDING | $45

AGES 16+ | TH | 6-8PM | MAY 6 | P&R BUILDING | $45

SOURDOUGH WORKSHOP

INSTRUCTED BY SOURDOUGH BRANDON

Learn how to make, maintain, and store a sourdough starter from an expert sourdough baker and food blogger at SourdoughBrandon.com. You'll leave with many tips and tricks on how to keep your sourdough starter active, what to make with your starter, and even leave with some sourdough starter!

AGES 16+ | TH | 6:00-7:00PM | JAN 28 | P&R BUILDING | $30

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.

AGES 16+ | W | 6-8PM | JAN 20 | P&R BUILDING | $60

ADDING NATIVE PLANTS TO YOUR GARDEN

INSTRUCTED BY GROW YOUR OWN WAY GARDEN

This is an introduction into why native plants are beneficial and how to begin incorporating them into your outdoor space. They not only support our local wildlife, they can also add texture and beauty to your garden! You'll learn about flowering perennial plants native to the Northeast US and you'll learn how to identify common invasive plants that can take over your garden and crowd out native plant species.

AGES 16+ | W | 6:30-7:30PM | MAR 24 | P&R BUILDING | $20

VALENTINE'S SEA GLASS WORKSHOP

INSTRUCTED BY AC&DC FAMILY CRAFTING

Celebrate Valentine's Day with a creative and relaxing Sea Glass class! Create a beautfiul sea glass masterpiece that's perfect to display in your home or give as a heartfelt gift to someone special. Choose a 9-inch cone to create a sea glass tree or gnome, or 9-inch foam heart to design a lovely heart-shaped masterpiece.

AGES 16+ | TH | 6:30-8:30PM | FEB 4 | P&R BUILDING | $65

VINYASA 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 2/17.**

AGES 16+ | W | 6:30-7:30PM | JAN 13-MAR 10 | SENIOR CENTER | $100

MEDWAY COMMUNITY FARM

We're excited to partner with Medway Community Farm to offer a variety of wonderful programs this winter! Visit their website to explore the offerings and find something fun for the whole family. We hope you'll join us!

ADULT PROGRAMS

SUNDAY RESET: WINTERING- A SIX-WEEK YOGA JOURNEY

INSTRUCTED BY JO-ANN PHILLIPS

Embrace the slower pace of winter with this six-week yoga series inspired by the rhythms of the season. Each session combines mindful movement, Yin postures, breathwork, meditation, and reflection to encourage rest, reduce stress, and support overall well-being. Take time to slow down, reconnect, and make space for yourself this winter.

AGES 16+ | SU | 6:30-7:30PM | JAN 10-FEB 14 | P&R BUILDING | $85

AI TOOLS FOR THE SMALL BUSINESS

INSTRUCTED BY PREETHI FERNANDO

Artificial intelligence business tools help small businesses work smarter, not harder. Have AI create your social media posts, chat bot, create powerpoints in seconds, website building (at no cost), analyze your competitors using AI, learn how to automate e mails with AI, create videos, and more. The basics of AI tools for small business owners are taught in this class. No AI technical knowledge required.

AGES 16+ | SA | 10-11 AM | JAN 9 | ONLINE | $20

AGES 16+ | SA | 4-5PM | JAN 23 | ONLINE | $20

AGES 16+ | TH | 8-9PM | FEB 25 | ONLINE | $20

AGES 16+ | TH | 8-9PM | MAR 25 | ONLINE | $20

PUBLISH YOUR BOOK

INSTRUCTED BY PREETHI FERNANDO

Learn how to turn your memoir, novel, poetry, photography, or life story into a published book! Explore traditional and self-publishing options, cover design, formatting, and royalties. Taught by award-winning author Preethi Fernando, who has published 15 books.

AGES 18+ | SA | 4-5PM | JAN 30 | ONLINE | $20

AGES 18+ | SA | 10-11AM | FEB 27 | ONLINE | $20

AGES 18+ | SA | 2-3PM | MAR 27 | ONLINE | $20

OUTDOOR PICKLEBALL

FACILITATED BY MEDWAY PARKS & RECREATION

Each week, two courts will be reserved, teams will be formed from those who are in attendance, and games will then be played. ***No 3/28 (Sundays).**

AGES 16+ | SU | 5-7PM | MAR 14-APR 11 | HS COURTS | $20

AGES 16+ | TH | 6-8PM | MAR 18-APR 8 | HS COURTS | $20

REBEL BELLS: STRENGTH SKILL & CONDITIONING

INSTRUCTED BY REBEL ATHLETICA

Small weight. Big possibilities! This six-week, coached small-group program introduces adults of all experience levels to kettlebell training. Learn the fundamentals while building strength, coordination, and conditioning through a variety of full-body exercises and creative workouts. Each session is thoughtfully coached, progressively challenging, and adaptable to individual abilities. No previous kettlebell experience necessary, and all equipment is provided. Participants reserve one session each week based on their schedule and class availability. All six sessions must be completed during the program.***Rebel Athletica is located at 23 Jayar Road in Medway.**

AGES 18+ | W | 10-11AM | JAN 6-FEB 10 | REBEL ATHLETICA | $159

AGES 18+ | SU | 10-11AM | JAN 10-FEB 14 | REBEL ATHLETICA | $159

REBEL ATHLETICA STRENGTH SERIES

INSTRUCTED BY REBEL ATHLETICA

Y*ou can be strong. You can be capable. You can do hard things! This six-week, coached small-group strength training program is designed for women of all fitness levels who want to build strength, confidence, and conditioning. Through progressive workouts, participants will lift, squat, push, pull, and carry while developing strength and power in a supportive environment. No previous weightlifting experience necessary! Choose two available class times each week, Monday-Friday at 6:30 AM or 9:00 AM. Space is limited to just eight participants. All 12 sessions must be completed during the six-week program.***Rebel Athletica is located at 23 Jayar Road in Medway.**

VISIT WEBSITE FOR DATES, TIMES AND FEES

HAND AND BODY LADIES NIGHT OUT

FACILITATED BY MOLLY'S APOTHECARY

Join us for a relaxing Hand & Body Care Workshop at Molly's Apothecary! Discover the benefits of natural skincare while learning about high-quality ingredients used to nourish and protect your skin. Participants will create their own customized hand cream and body lotion, choosing from a variety of luxurious scents and skin-loving ingredients to make products uniquely their own. Enjoy a fun, welcoming atmosphere and leave with your handcrafted creations and a special goody bag to continue the self-care at home. **Molly's Apothecary is located at 163 Main Street in Medway.**

AGES 16+ | W | 6:30-8PM | JAN 13 | MOLLY'S | $65

FAMILY & ALL AGE PROGRAMS

ARCHERY INDOORS

INSTRUCTED BY ON THE MARK ARCHERY

Join On the Mark Archery and learn the martial art of archery using beautiful wooden recurve bows to focus more on the form and technique rather than just the aiming. Unique lesson plans implement skill building drills with unique games that include prizes to keep students engaged throughout the program. All equipment provided and class is led by teams of certified USA Archery instructors. **Class will be held at Elmwood School gym address: 14 Elm Street, Hopkinton.**

AGES 9+ | W | 6:30-7:30PM | FEB 10-MAR 3 | HOPKINTON | $170

FAMILY MUSIC BINGO NIGHT

INSTRUCTED BY MEDWAY PARKS & RECREATION

Celebrate February with a fun-filled night of Family Music Bingo! Instead of numbers, match your cards to your favor-ite love songs, pop hits, and family favorites. Sing along, laugh together, and see who can shout "Bingo!" first! It's the perfect way to warm up a winter evening with music, smiles, and a little friendly competition.

ALL AGES | SU | 4-5PM | JAN 31 | P&R BUILDING | FREE

FAMILY BINGO NIGHT

INSTRUCTED BY MEDWAY PARKS & RECREATION

Unplug and tune in to old-fashioned family fun! Join us for a fun-filled BINGO night with your family and friends. We play three to four games with the opportunity to win fun prizes. You wont want to miss bingo night!

ALL AGES | SU | 4:30-5:30PM | JAN 24 | P&R BUILDING | FREE

WALK THIS WAY

INSTRUCTED BY MEDWAY PARKS & RECREATION

Bring on winter! There is no need to hibernate. Grab your shoes, friends and meet us at a trail. We will spend each week exploring a new trail and getting a great workout.

ALL AGES | TU | 8-9AM | MAR 16-APR 6 | TRAILS OF MEDWAY | $10

LEGO FAMILY SCAVENGER HUNT

INSTRUCTED BY MEDWAY PARKS & RECREATION

Build your own LEGO minifigure and get ready for an adventure! Join us for a family-friendly scavenger hunt through town, following clues and exploring along the way. Bring the whole family and see if you can complete the hunt together!

AGES 16+ | SU | 3-4PM | JAN 10 | P&R BUILDING | $10/FAMILY

FIRST DAY HIKE

INSTRUCTED BY MEDWAY PARKS & RECREATION

Looking forward to a fresh start in 2027? Why not plan for something fun on New Year's Day! Celebrate the new year in the outdoors with a First Day Hike with a hike through Medway. If you've never been on a First Day Hike, save the date and get out there!

ALL AGES | F | 9-10AM | JAN 1 | CHOATE PARK | FREE

FAMILY TRIVIA NIGHT

INSTRUCTED BY MEDWAY PARKS & 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!

ALL AGES | SU | 4-5PM | JAN 10 | P&R BUILDING | FREE

PUZZLEPALOOZA

INSTRUCTED BY MEDWAY PARKS & RECREATION

Puzzlers, get your family/team together and come to the 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.

ALL AGES | SU | 3-4:30PM | JAN 24 | P&R BUILDING | $15/TEAM

PUZZLE MANIA

INSTRUCTED BY MEDWAY PARKS & 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.

ALL AGES | SU | 3-4:30PM | MAR 14 | P&R BUILDING | $10

SWEETHEART COOKIE DECORATING

INSTRUCTED BY MEDWAY PARKS AND RECREATION

Grab someone special and join us for a sweet decorating adventure! Decorate heart-shaped cookies with colorful icing, sprinkles, and fun toppings to create your own Valentine's Day treats. It's the perfect way to spend time together, get creative, and enjoy a little sweetness! Everyone will leave with their own beautifully decorated cookies to share or enjoy!

ALL AGES | SU | 4-5PM | FEB 7 | P&R BUILDING | $20/PAIR

FAMILY & ALL AGE PROGRAMS

PAINTING WITH ANNIE: LOVE & FAMILY PAINTING NIGHT

INSTRUCTED BY ANN HANDY

Celebrate love, creativity, and family with a special Valentine's-themed painting night! Join Annie for a fun, creative evening where parents and children work together to create a keepsake they'll treasure long after the holiday. Choose from charming heart-filled designs, adorable penguins, or a colorful family handprint tree. Each person paints their own canvas, and when the two canvases are placed side by side, they connect to create one beautiful piece of art!No painting experience is necessary. Annie will guide you step by step, making this a wonderful opportunity to spend quality time together, explore your creativity, and create something meaningful to display at home. Come ready to paint, laugh, and make memories together!

AGES 6+ | TH | 5:30-7:30PM | FEB 25 | P&R BUILDING | $40 OR $ 70/PAIR

PAINTING WITH ANNIE: PARENT AND CHILD SCULPTURE NIGHT

INSTRUCTED BY ANN HANDY

Get ready to squish, shape, and sculpt! Join Annie for a magical evening of creativity as parents and children work together to transform air-dry clay into adorable little creations. From whimsical woodland animals and charming mushrooms to tiny fairy houses and fantastical creatures, you'll explore the fun of sculpting with your hands and bringing your imagination to life. Families can work together to create a collection of miniature treasures or combine their creations into a one-of-a-kind fantasy garden! No sculpting experience is necessary. Annie will guide you through simple techniques to shape, build, and add personality to your creations. It's a wonderful opportunity to unplug, get creative, and make special memories together.

AGES 6+ | TH | 5:30-7:30PM | MAR 25 | P&R BUILDING | $40 OR $ 70/PAIR



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. *No class 3/27 (Saturday), 3/28 (Sunday).**

AGES 3+ | TU | 5-5:50PM | JAN 5-FEB 23 | NORFOLK | $155

AGES 3+ | SA | 9:30-10:20AM | JAN 9-FEB 27 | NORFOLK | $155

AGES 3+ | SU | 10-10:50AM | JAN 10-FEB 28 | NORFOLK | $155

AGES 3+ | TU | 5-5:50PM | MAR 2-APR 20 | NORFOLK | $155

AGES 3+ | SA | 11-11:50AM | MAR 6-APR 24 | NORFOLK | $135

AGES 3+ | SU | 10-10:50AM | MAR 7-APR 25 | NORFOLK | $135

PAINTING WITH ANNIE: ART AROUND THE WORLD

INSTRUCTED BY ANN HANDY

Pack your imagination and get ready for a colorful creative adventure! Parents and children will explore art-inspired designs from around the world using the fun and easy technique of ripped-paper collage. Working together, you'll tear, layer, and arrange colorful pieces of paper to create your own unique masterpiece. From delicate cherry blossoms to playful geckos and vibrant folk-art-inspired designs, each project offers a chance to experiment with color, shape, pattern, and texture. No drawing experience needed—just bring your creativity and enjoy making art together! Each family will take home a one-of-a-kind collage to treasure.

AGES 6+ | W | 5:30-7:30PM | APR 14 | P&R BUILDING | $40 OR $ 70/PAIR

SNOWSHOE THE TRAILS

FACILITATED BY MEDWAY PARKS & RECREATION

Get outside and enjoy winter with snowshoeing! This fun, easy-to-learn activity is great for all ages and abilities, offering a chance to stay active, explore local parks and trails, and enjoy the outdoors. Participants must provide their own snowshoes. Registration is required! If there is no snow, this event will either be cancelled or turned into a hike.

ALL AGES | SU | 9-10AM | JAN 24 | CHOATE PARK | FREE

MEDWAY
PARKS & RECREATION

TOWN OF MEDWAY
155 VILLAGE STREET
MEDWAY, MA 02053

POSTAL CUSTOMER

