

SOUTHBOROUGH



RECREATION

FUN ★ FITNESS ★ FRIENDS

2010 to 2011

FALL



WINTER



Southborough Recreation Office Hours: Monday to Friday 9:30 to 4:30 pm
Southborough Recreation Office Number: 508-229-4452
Southborough Recreation Website: <http://www.southboroughtown.com/recreation/recreation.htm>
Southborough Recreation Online registration: <https://activenet6.active.com/southboroughrec/>

Southborough Recreation Commission

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Tim Kemper
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Recreation Office

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SOUTHBOROUGH RECREATION

<http://www.southboroughtown.com/recreation/recreation.htm>

Email: southbororecreation@charterinternet.com

508-229-4452

Program Registration Information

If You Wait-You May Be Too Late

Nothing jeopardizes a recreation program faster than individuals who wait until the last minute to register or cancel after registering. All programs require a high level of coordination, scheduling, staffing, volunteer recruitment, salary commitments and purchasing of supplies.

PLEASE REGISTER EARLY!



Online registration begins September 1st!!
We still accept mail/walk in registrations.

REGISTRATION: Mail & Walk-In upon receipt of this brochure.

Mail registrations to: Southborough Recreation Office, 21 Highland Street, Southborough, MA, 01772.

Walk Ins: Office hours are 9:30-4:30. After office hour registrations may be dropped off in the green mailbox at the back entrance of the Town House OR the mailbox in front of 21 Highland St.

PAYMENT: Credit cards accepted for on-line registrations for an additional convenience fee. For all other registrations, make Check or Money Order (no cash) payable to Southborough Recreation. *Changes to existing registrations must be submitted in writing. Please send e-mail to southbororecreation@charterinternet.com

SCHOLARSHIPS: Scholarships and financial assistance are available on a limited basis upon request. Scholarships are only available for programs that have met sufficient enrollment and run by recreation staff only. Requests must be submitted in writing on forms provided by this office.

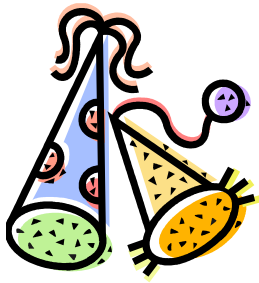
REFUNDS: Given only upon notification that **A)** the class is cancelled due to low enrollment, **B)** the course requested is already filled, **C)** a partial refund for a medical reason (doctor's note required), on a case by case basis only. **Programs will not be prorated/refunded if the participant misses any portion, unless you have a doctor's note.**

CONFIRMATION: Will not be sent home. Please report to first class unless otherwise notified.

CANCELLATIONS: If schools are closed, scheduled recreation programs held in schools are also cancelled. Cancellations due to inclement weather will be updated by calling the Town House (508-485-0710) and pressing "8" for "Special Announcements". We reserve the right to consolidate, postpone or cancel a program/trip for any reasonable cause. You will be notified if your program is cancelled or changed; otherwise, plan on attending.

MAKE-UP CLASSES: All attempts will be made to reschedule any classes that have been cancelled due to inclement weather or instructor absence where possible. The Recreation Office reserves the right to provide a qualified substitute teacher in the event the teacher listed in the brochure is unable to fulfill his/her assignment. (no refunds if a substitute teacher needs to fill in for the class)

OUT OF TOWN PARTICIPANTS ARE WELCOME AT NO EXTRA COST!!



Celebrate your birthday with us at Southborough Recreation



Let Southborough Recreation run your child's next birthday party at the Art Center!

- All parties include two staff members to run all games and activities for up to 20 guests. (over 20 guests, extra staff will need to be added for an additional \$30)
- Full payment in the amount of \$120 is required in order to reserve your party
- Birthday Parties must be booked at least 2 weeks in advance.
- Birthday party reservations must be cancelled at least one week in advance to receive a 50% refund.
- Parties include 1.5 hours of activities and 30 minutes for cake and goodies.
- You choose the party theme
(ie: gym games, sports games, gymnastics, arts and crafts, tie dye)
- You will need to provide paper goods, food, drinks and decorations.
- We will provide the fun and all the clean up!

Birthday parties are available

Friday	3:30 to 5:30pm (OR) 6pm to 8pm
Saturday	11am to 1pm (OR) 2pm to 4pm (OR) 5pm to 7pm
Sunday	11am to 1pm (OR) 2pm to 4pm

Please complete a Birthday Party Registration Form, available on-line or in the office, and submit with full payment.

We look forward to running your child's next Birthday Party!



Special Events

Heritage Day Road Race /Walk a Thon

Sunday, October 10, 2010

ENTRY FEE: \$20 pre-registration(non-refundable)/\$25 day of race

“Run from Hunger, Walk toward Hope”



The 34th annual 10K and 5K Mile run or walk is open to the public, with men’s and women’s categories. **Free t-shirts and Gift Bags to the first 100 people to pre-register.** Map of the race will be published on the Recreation website.

Prizes for running categories. Drawing after the race/walk (gift cards, merchandise etc)

Warm up and cool down excercizes by local gym. Proceeds to fill the Southborough Food Pantry

RACE REGISTRATION/CHECK IN: 8am to 9:30 am

RACE STARTS: 10am

Registration Forms available at Southboroughrotary.org

For more information: southboroughrotary.org or southboroughtown.com/recreation

Run by Southborough Rotary



Sponsored by Southborough Recreation

19th Annual

Falconi Family Memorial Golf Tournament

To benefit The Southborough Senior Center

Monday, September 20

Juniper Hill Golf Course, Northboroug, MA

\$125 per golfer



Sponsors needed to support our Senior Center, with a Hole Sponsorhip, Raffle Item, or cash donation.

Prizes, Raffle and Awards Banquet

Silent Auction items include

Red Sox tickets for Tues, Sept 21

For more information, please call Senior Center

508-229-4453 or www.southboroughseniors.com

Mark your calendar

Heritage Day Celebration on

Monday, October 11, 2010 (rain or shine)

10am till 4pm to be held on the lawn at St. Marks School

on the corner of Rt. 85 and Rt. 30

Information on the annual parade will be available on our website when it becomes

available to us.



4th Annual Gobble Wobble

On Thanksgiving Morning , Thursday, November 25, 2010

5K Run, 2 Mile Walk and Kids Fun Run

Run by the **“FRIENDS OF RECREATION”**

Sponsored by Southborough Recreation



More Details to follow.....Please check our website for updates.

Special Events

2010 Massachusetts ParksPass

FREE

Southborough residents may borrow a 2010 MA ParksPass free of charge. The pass entitles bearer to free parking for one vehicle (no buses or vans) at over 50 facilities in the MA state parks system that charge a day-use parking fee.

ParkPass is part of the "Use Nature as Your Guide" program sponsored by the MA Dept of Conservation and Recreation. From Boston to the Berkshires, DCR invites you to enjoy a wide variety of recreational opportunities including hiking, swimming, mountain biking, horseback riding and much more.

Please contact the Recreation Office to reserve the MA ParksPass for the 2010 season (Memorial Day to Columbus Day) The pass may be borrowed for one day or one weekend and must be returned by 9am the following day. Passes taken on Friday may be returned the following Monday.

For a list of MA park facilities where MA ParksPasses may be used, please visit WWW.MASS.GOV/DCR

A \$35 deposit will be required when you pick up the MA ParkPass. Your deposit will be refunded to you when you return the pass.



Open Gym at Trotter

Drop In Fee \$2/per person

December (during School Break)

Tuesday, 28th 9am to 12 noon

Wednesday 29th 9am to 12 noon

Thursday 30th 9am to 12 noon

February (during School Break)

Tuesday, 22nd 9am to 12 noon

Wednesday 23rd 9am to 12 noon

Thursday 24th 9am to 12 noon

Enjoy a pick up game in the gym with your family and friends. Participants must bring their own basketballs. Please wear sneakers only. No Food or drinks allowed in the gym. Children under 10 years old must be supervised by an adult.

Drop in Fee will be collected at the door.

Winter Wonderland

Chestnut Hill Farm

Date and Time will be posted on the website

Bring a sled, snow shoes, x-country skis.

We'll make snow angels and snowmen.

Don't worry if there is no snow we will take a winter walk along the paths.



Southborough Community Concert Band

This group will be under the direction of Jamie Clark. This is open to all Southborough residents from ages 14 and up.

The program will run in 2 sessions

Oct-Jan & Feb-May on Monday evenings at Trotter Middle School.

Cost—\$55/ semester/ participant



More information will be posted on website.

Day Trip



New York City Cost \$59/pp

Saturday, December 4th

Want to see New York? Don't want to drive and spend half the day looking for parking? At last, a chance for you to get away to New York, New York! The Big Apple! Here you can get an early start on your shopping, spend the day sightseeing, or visit New York's world class museums. From the latest fashion on Fifth and Madison Avenues to quaint antique shops in Greenwich Village, from the world's Largest department stores to discount and bargain shops, the Big Apple has it all! You will be on your own for the day to enjoy the city at your own pace. There will be a brief stop at the halfway point both to and from New York for coffee, snacks and restrooms.



Travel aboard a deluxe motor coach with DVD and restroom

Depart Ashland Community Center at 6am and arrive in the city approximately 10am

(drop off is either Macy's or Rockefeller Center)

Depart New York at 7pm and return to Ashland approximately 11pm

The Ashland Community Center is located at

162 West Union Street, Ashland, MA 01721

Limited Spaces available - Please sign up as soon as possible.



Preschool Programs

Yoga Together

\$55

Ages: Children ages 3,4,5 and caregiver

Days: Wednesdays

Time: 10:15 to 11am

Session 1: Sept 15, 22, 29, Oct 6 and 13

Session 2: Nov 3, 10, 17, Dec 1, and 8

Location: Art Center

Instructor: Rebecca Bibart

Min 6

Come experience the joy of yoga with experienced certified yoga teacher, Rebecca Bilbart. Poses will be explored in a playful and creative manner. Besides sharing precious moments with the child, the adults will also increase body awareness and flexibility. Imaginations will soar as students become grounded in ancient wisdom that will last a lifetime.

PK Gymnastics at Metrowest Gymnastics

Classes begin September 7 through December 8

Location: Metrowest Gymnastics, Southborough

Introduce children to basic locomotor skills, which increases body awareness and physical abilities. Creative instructors help each child explore different skills using balls, hoops, bean bags, gymnastics equipment, musical warm ups, and trampolines.

Little Dippers—Open to ages 18 months through 2.5 years. Class meets for 30 mins once a week. Children are accompanied in class by their parent.

Tues	10am to 10:30 am	\$125
Sat	9:30 am to 10am	\$125

Big Dippers—Open to ages 2.5 years through 3 years old. Meets for 45 minutes once a week. Children are accompanied in class by their parent.

Wed	1pm to 1:45 pm	\$150
Fri	11am to 11:45am	\$150
Sat	10am to 10:45am	\$150

Comets—Open to ages 4 and 5 years old. Meets for 1 hour once a week. Children participate in class without their parent.



Tues	1pm to 2pm	\$200
Thurs	1pm to 2pm	\$200
Sat	10am to 11am	\$200

Preschool Programs

Soccer Tots Clinic

\$75

Ages: 4 to 6

Time: 10am to 11am

Days: Tuesdays Sept 14, 21, 28, Oct 5, 12, 19 (OR)

Sundays Sept 19, 26, Oct 3, 10, 17, 24

Location: Fayville Park

Instructor: Play Soccer



Soccer Tots camps are short fun packed sessions. Our non-competitive curriculum introduces soccer players to simple skills and fun games. We guarantee this fun introduction to soccer will have each child asking, "When can I play soccer again?" For soccer enthusiasts, you may sign up for both days at a reduced fee. Please call the office.

Must be potty trained.

Soccer Tots & Mums Clinic

\$75

Ages - 2 to 4 years old

Time: 9am to 9:45 am

Days: Tuesdays Sept 14, 21, 28, Oct 5, 12, 19 (OR)

Sundays Sept 19, 26, Oct 3, 10, 17, 24

Location: Fayville Park

Instructor: Play Soccer

Soccer Tots and Mums/Guardians Clinics are short, fun packed sessions that are ideal for the youngest of our players. They allow 2 & 3 year olds the chance to participate in soccer themed games, with their parents along side them. The aim of the program is to get tots having fun while having a soccer ball at their feet. If one day is not enough, you may sign up for both days at a reduced fee.

Please call the office.



PK Soccer

\$75

Ages: 4 to 6

Days: Saturdays

Time: 11:30 to 12:30 pm

Dates: Sept 18, 25, Oct 2, 9, 16 and 23

Location: Fayville Park

Instructor: FAST Athletics



Soccer Tots Camps are short fun packed sessions. Our non-competitive curriculum introduces soccer players to simple skills and fun games. We guarantee this fun introduction into one of the world's most popular game. Basic skills will be taught through creative games to teach FUNDamentals. Must be potty trained.

PK T-ball

\$75

Ages: 3 to 5

Days: Wednesdays (OR) Saturdays

Time: 10:15 to 11:15am

Dates: Wednesdays: Sept 15, 22, 29 Oct 6, 13 and 20

Saturdays: Sept 18, 25, Oct 2, 9, 16 and 23

Location: Fayville Park

Instructor: FAST Athletics



Let's take a walk through the fundamentals of America's favorite pastime! The children will learn the basic skills in fielding, throwing, hitting and base running. In addition, they will play games such as home run derby, last one standing and running bases.

Must be potty trained.

Calisthenics for Kids

\$75

Ages: 3 to 7

Days: Wednesdays (OR) Saturdays

Time: 9am to 10am

Dates: Wednesdays: Sept 15, 22, 29, Oct 6, 13 and 20

Saturdays: Sept 18, 25, Oct 2, 9, 16, and 23

Location: Fayville Park

Instructor: FAST Athletics



Kids need physical activity to maintain a healthy lifestyle. Your child will benefit from regular exercise to provide them with strong muscles, healthy bones, and more physical stamina. Activities will include jump rope, one minute long workout stations, stretching, and climbing. Not only loads of fun, the clinic also aims to develop your child's motor skills and interest in physical activity. A healthy way to keep your child entertained and stimulated!

Preschool Programs

Gym and Swim

6 weeks \$ 156/person
8 weeks \$ 204/person

Ages: 2.9 to 5 years (must be potty trained)

Days: **Wednesdays 12:30 to 2pm** **OR**

Fridays 9:30 to 11am

Session 1: Sept 15, 22, 29, Oct 6, 13, 20 (6 wks)

Sept 10, 17, 24, Oct 1, 8, 15, 22 (6 wks)

Session 2: Oct 27, Nov 3, 10, 17, Dec 1, 8, 15, 22 (8 wks)

Oct 29, Nov 5, 12, 19, Dec 3, 10, 17(8 wks)

Session 3: Jan 5, 12, 19, 26, Feb 2, 9 (6 wks)

Jan 7, 14, 21, 28, Feb 4, 11 (6 wks)

Session 4: Feb 16, March 2, 9, 16, 23, 30 (6 wks)

Feb 18, March 4, 11, 18, 25, April 1 (6 wks)

Session 5: April 6, 13, 27, May 4, 11, 18 (6 wks)

April 8, 15, 29, May 6, 13, 20 (6 wks)

Location: Westboro Tennis & Swim Club

Instructor: WT&SC staff Max: 6 per class



The diversity of games, skills and fun activities will allow your child to grow physically, mentally and socially. Each week, your child will be involved in 40 minutes of gym time which will include parachute games, ball games, use of jump ropes, obstacles courses, many other fun activities as well as a 40 minute Red Cross Swim Lesson. Each week, the class will focus around a theme, such as, The Circus, Animal Fun, Luau, Safety Day and many other fun themes. This is a drop-off program. Please dress your child in his/her bathing suit with gym clothing over it. Please wear sneakers.

Tennis & Swim

6 weeks \$ 162/person
8 weeks \$212/person

Ages: 4 to 6 years

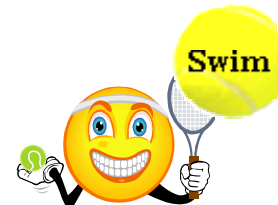
Days : Wednesdays Time: 9:30 am to 11am

Session 1: Sept 15, 22, 29, Oct 6, 13, and 20

Session 2: Oct 27, Nov 3, 10, 17, Dec 1, 8, 15 and 22

Location: Westboro Tennis and Swim Club

Instructor: WT&SC staff Max: 6 per class



Is your child in afternoon kindergarten or preschool? Or are you just looking for something fun and active for your child to do in the morning? Come join us for a 45 minute tennis lesson and a 30 minute Red Cross Swim Lesson. This is a great way to introduce the game of tennis to young players and to swim. This is a drop-off program. Please dress your child in his/her bathing suit with gym clothing over it. Please wear sneakers.

Kids Yoga Art

\$57

Ages: 3 to 6 years

Days: Tuesdays Time: 1pm to 2:15 pm

Session 1: Sept 14, 21, 28 and Oct 5

Session 2: Oct 12, 19, 26 and Nov 2

Session 3: Nov 9, 16, 23 and 30

Location: Westboro Tennis and Swim Club

Instructor: WT&SC Staff Max: 6 per class



Now your little ones can enjoy a class which brings yoga and crafts together in one place. Your little ones can now experience how creative energy flows from heart to hands. The first part of each class will be yoga. From there students will be guided into arts and crafts projects which relate to the theme of the days yoga class. This class is a drop off class.

Preschool Programs

PK Basketball

6 weeks

\$85

Ages: 4 to 6 years

Days: Saturdays

Time: 8:45 to 10 am

Dates: Session 1—Oct 30, Nov 6, 13, 20 Dec 4, 11 (make up if needed 12/18)

Session 2—Jan 22, 29, Feb 5, 12, 26 March 5 (make up if needed 3/12)

Location: Woodward School Gym

Coordinator: Derek Burnham

Min 12/ Max 30



This program is an introduction to the basics of basketball, while giving children an opportunity to have some fun and get some exercise during the cold months of the year. Children will learn basics such as passing, dribbling and shooting in a fun setting and should get a head start toward involvement in a children's basketball league.

Indoor Soccer Tots Clinic

6 weeks

\$75

Ages: 3 to 6

Days: Saturdays

Time: 10:15 to 11:15

Dates: Session 1: Oct 30, Nov 6, 13, 20 Dec 14, 11 (make up if needed 12/18)

Session 2: Jan 22, 29, Feb 5, 12, 26, March 5 (makeup if needed 3/12)

Location: Woodward School Gym

Instructor: FAST Athletics

Min 10/Max 30



An introduction into one of the world's most popular game of soccer. Basic skills will be taught through creative games to teach the FUNdamentals. Each day will consists of a simulated scrimmage.

Calisthenics for Kids

6 weeks

\$75

Ages: 4 to 7

Days: Saturdays

Time: 11:15 to 12:15 pm

Dates: Session 1: Oct 30, Nov 6, 14, 20 Dec 14, 11 (make up if needed 12/18)

Session 2: Jan 22, 29, Feb 5, 12, 26, Mach 5 (make up if needed 3/12)

Location: Woodward School Gym

Instructor: FAST Athletics



Kids need physical activity to maintain a healthy lifestyle. Your child will benefit from regular exercise to provide them with strong muscles, healthy bones, and more physical stamina. Activities will include jump rope, one minute long rotating workout stations, stretching, and climbing. Not only loads of fun, the clinic also aims to develop your child's motor skills and interest in physical activity. A healthy way to keep your child entertained and stimulated!

Swimming Lessons

Swimming Lessons are held at Shrewsbury Health and Racquet Club

3 Tennis Drive, Shrewsbury, MA

Tel No. 508-845-1000

You do not need to be member of the club but you must sign up through Southborough Recreation to take advantage of these lessons and special price offerings.



Parent & Child Aquatics—This class builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, kicking, floating, underwater explorations and more.

Session 1:

Thursdays	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28	(8 wks)	4:45 to 5:30 pm	\$124 Par/Child
Fridays	Sept 10, 17, 24, Oct 1, 8, 15, 22, 29	(8 wks)	9:45 to 10:30am	\$124 Par/Child
Saturdays	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30	(8 wks)	9 to 9:45 am	\$124 Par/Child

Session 2:

Thursdays	Nov 4, 11, 18, Dec 2, 9, 16, 23	(7 wks)	4:45 to 5:30 pm	\$ 109 Par/Child
Fridays	Nov 5, 12, 19, Dec 3, 10, 17, 24	(7 wks)	9:45 to 10:30am	\$ 109 Par/Child
Saturdays	Nov 6, 13, 20, Dec 4, 11, 18	(6 wks)	9 to 9:45 am	\$ 93 Par/Child

Preschool Aquatics—Level 1 (Ages 3 to 5) This level introduces the most elementary aquatic skills, which children continue to build on as they progress through the Preschool Aquatics and Learn to Swim levels. At this first level, children start developing positive attitudes and safe practices around the water

Session 1:

Mondays	Sept 13, 20, 27, Oct 4, 11, 18, 25	(7 wks)	9:30 to 10:15 am	\$180/pp
Tuesdays	Sept 7, 14, 21, 28 Oct 5, 12, 19, 26	(8 wks)	10:15 to 11am	\$204/pp
Tuesdays:	Sept 7, 14, 21, 28 Oct 5, 12, 19, 26	(8 wks)	1 to 1:45 pm	\$204/pp
Thursdays	Sept 9, 16, 23, 30, Oct 7, 14, 21, 28	(8 wks)	4:45 to 5:30 pm	\$204/pp
Saturdays	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30	(8 wks)	9 to 9:45 am	\$204/pp
Saturdays	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30	(8 wks)	9:45 to 10:30 am	\$204/pp

Session 2:

Mondays	Nov 1, 8, 15, 22, 29, Dec 6, 13, 20	(8 wks)	9:30 to 10:15am	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	10:15 to 11am	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	1 to 1:45 pm	\$204/pp
Thursdays	Nov 4, 11, 18, Dec 2, 9, 16, 23	(7 wks)	4:45 to 5:30 pm	\$180/pp
Saturdays	Nov 6, 13, 20, Dec 4, 11, 18	(6 wks)	9 to 9:4 5 am	\$153/pp
Saturdays	Nov 6, 13, 20, Dec 4, 11, 18	(6 wks)	9:45 to 10:30am	\$156/pp



SWIMMING LESSONS

Preschool Aquatics– Level 2 (Ages 3-5) The objectives of this level are to build on skills learned in level 1. This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes.

Session 1

Mondays	Sept 13, 20, 27, Oct 4, 11, 18, 25	(7 wks)	10:15 to 11am	\$180/pp
Mondays	Sept 13, 20, 27, Oct 4, 11, 18, 25	(7 wks)	5:30 to 6:15pm	\$180/pp
Tuesdays	Sept 7, 14, 21, 28 Oct 5, 12, 19, 26	(8 wks)	9:30 to 11:15 am	\$204/pp
Tuesdays	Sept 7, 14, 21, 28 Oct 5, 12, 19, 26	(8 wks)	1 to 1:45 pm	\$204/pp
Saturdays	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30	(8 wks)	9:45 to 10:30am	\$204/pp

Session 2

Mondays	Nov 1, 8, 15, 22, 29, Dec 6, 13, 20	(8 wks)	10:15 to 11am	\$204/pp
Mondays	Nov 1, 8, 16, 22, 29, Dec 6, 13, 20	(8 wks)	5:30 to 6:15pm	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	9:30 to 10:15 am	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	1 to 1:45 pm	\$204/pp
Saturdays	Nov 6, 13, 20, Dec 4, 11, 18	(6 wks)	9:45 to 10:30 am	\$156/pp

Preschool Aquatics-Level 3 (Ages 3 to 5) The objective of this level is to build on the skills learned in the previous levels by providing additional guided practice of basic aquatic skills at slightly more proficient performance level. Skills in this level are performed independently.

Session 1

Mondays	Sept 13, 20, 27 Oct 4, 11, 18, 25	(7 wks)	10:15 to 11am	\$180/pp
Mondays	Sept 13, 20, 27, Oct 4, 11, 18, 25	(7 wks)	5:30 to 6:15 pm	\$180/pp
Tuesdays	Sept 7, 14, 21, 28, Oct 5, 12, 19, 26	(8 wks)	9:30 to 10:15am	\$204/pp
Tuesdays	Sept 7, 14, 21, 29 Oct 5, 12, 19, 26	(8 wks)	1 to 1:45 pm	\$204/pp

Session 2

Mondays	Nov 1, 8, 15, 22, 29 Dec 6, 13, 20	(8 wks)	10:15 to 11am	\$204/pp
Mondays	Nov 1, 8, 15, 22, 29, Dec 6, 13, 20	(8 wks)	5:30 to 6:15pm	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	9:30 to 10:15am	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	1 to 1:45 pm	\$204/pp

Introduction to Water Skills (Ages 5 and up) The objective of this Level 1 is to learn basic personal water safety information and skills to help participants feel comfortable in the water and to enjoy the water safely. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water.

Session 1

Mondays	Sept 13, 20, 27, Oct 4, 11, 18, 25	(7 wks)	4 to 4:45pm	\$180/pp
Tuesdays	Sept 7, 14, 21, 28 Oct 5, 12, 19, 26	(8 wks)	4:30 to 5:15pm	\$204/pp
Saturdays	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30	(8 wks)	10:30 to 11:15 am	\$204/pp

Session 2

Mondays	Nov 1, 8, 15, 22, 29, Dec 6, 13, 20	(8 wks)	4 to 4:45 pm	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	4:30 to 5:15 pm	\$204/pp
Saturdays	Nov 6, 13, 20, Dec 4, 11, 18	(6 wks)	10:30 to 11:15 am	\$156/pp



Swimming Lessons

Fundamental Aquatic Skills (Ages 5 and up) The objective of this Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills, Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes.

Session 1

Mondays	Sept 13, 20, 27, Oct 4, 11, 18, 25	(7 wks)	4 to 4:45pm	\$180/pp
Tuesdays	Sept 7, 14, 21, 28 Oct 5, 12, 19, 26	(8 wks)	4:30 to 5:15pm	\$204/pp
Saturdays	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30	(8 wks)	10:30 to 11:15 am	\$204/pp

Session 2

Mondays	Nov 1, 8, 15, 22, 29, Dec 6, 13, 20	(8 wks)	4 to 4:45 pm	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	4:30 to 5:15 pm	\$204/pp
Saturdays	Nov 6, 13, 20, Dec 4, 11, 18	(6 wks)	10:30 to 11:15 am	\$156/pp

Stroke Development– Level 3 (Ages 5 and up) The objective of this level is to build on previously learned skills by providing additional guided practice. Participants will be taught survival float, swim the front crawl and elementary backstroke. The scissor and dolphin kicks will be taught and they will build on the fundamentals of treading water.

Session 1

Mondays	Sept 13, 20, 27, Oct 4, 11, 18, 25	(7 wks)	4:45 to 5:30 pm	\$180/pp
Tuesdays	Sept 7, 14, 21, 28 Oct 5, 12, 19, 26	(8 wks)	4 to 4:45 pm	\$204/pp
Saturdays	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30	(8 wks)	11:15 to 12 pm	\$204/pp

Session 2

Mondays	Nov 1, 8, 15, 22, 29, Dec 6, 13, 20	(8 wks)	4:45 to 5:30pm	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	4 to 4:45 pm	\$204/pp
Saturdays	Nov 6, 13, 20, Dec 4, 11, 18	(6 wks)	11:15 to 12pm	\$156/pp

Stroke Development—Level 4 (Ages 5 and up) The objective of this level is to develop the participant’s confidence in the strokes learned thus far. Skill improvement and increased endurance will be achieved by swimming familiar strokes learned in the earlier levels for greater distances. Participants will learn the sidestroke arms and the back crawl, breaststroke and butterfly. They will also learn the basics of turning at the wall.

Session 1

Mondays	Sept 13, 20, 27, Oct 4, 11, 18, 25	(7 wks)	4:45 to 5:30 pm	\$180/pp
Tuesdays	Sept 7, 14, 21, 28 Oct 5, 12, 19, 26	(8 wks)	4 to 4:45 pm	\$204/pp
Saturdays	Sept 11, 18, 25, Oct 2, 9, 16, 23, 30	(8 wks)	11:15 to 12 pm	\$204/pp

Session 2

Mondays	Nov 1, 8, 15, 22, 29, Dec 6, 13, 20	(8 wks)	4:45 to 5:30pm	\$204/pp
Tuesdays	Nov 2, 9, 16, 23, 30, Dec 7, 14, 21	(8 wks)	4 to 4:45 pm	\$204/pp
Saturdays	Nov 6, 13, 20, Dec 4, 11, 18	(6 wks)	11:15 to 12pm	\$156/pp

Youth Tennis Lessons

Tennis Lesson at Shrewsbury Health and Racquet Club located at 3 Tennis Drive, Shrewsbury, MA
Tel No. 508-845-1000

You do not need to be member of the club but you must sign up through Southborough Recreation to take advantage of these lessons and special price offerings.



Pee Wee Tennis (Ages 4 & 5) *Fun and games used to introduce your little ones to Tennis.*

Session 1

Fridays: Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29	(9 wks)	4 to 4:45 pm	\$174/pp
Sundays: Sept 12, 19, 26, Oct 3, 10, 17, 24, 31	(8 wks)	1:30 to 2:15 pm	\$156/pp

Future Stars Tennis (Ages 6 & 7) *Fun and Games are used to introduce your little ones to Tennis. Basic tennis strokes of volley, forehand, and backhand will be introduced.*

Session 1

Fridays: Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29	(9 wks)	4:45 to 5:30 pm	\$174/pp
Sundays: Sept 12, 19, 26, Oct 3, 10, 17, 24, 31	(8 wks)	2:15 to 3 pm	\$156/pp

Junior Beginner (Ages 8 to 12) *Players will continue to learn basic Stroke technique and the ability to gain better ball control. More advanced strokes, lob, serve will be introduced along with foot work, rules of the game, and good sportsmanship.*

Session 1

Mondays: Aug 30, Sep 13, 20, 27, Oct 4, 11, 18, 25	(8 wks)	4:30 to 5:30 pm	\$172/pp
Thursdays: Sept 2, 9, 16, 23, 30, Oct 7, 14, 21, 28	(9 wks)	4 to 5pm	\$192/pp
Sundays: Sept 12, 19, 26, Oct 3, 10, 17, 24, 31	(8 wks)	3 to 4pm	\$172/pp

Junior Intermediate (Ages 8 to 12) *Players with some experience will develop more consistency. Players will gain understanding of basic court positioning for singles and doubles, be able to put their serve in play and learn how to get to the net using an approach shot and volley. Court strategies to improve their game play will be introduced along with good sportsmanship.*

Session 1

Mondays: Aug 30, Sep 13, 20, 27, Oct 4, 11, 18, 25	(8 wks)	5:30 to 7pm	\$252/pp
Fridays: Sept 3, 10, 17, 24, Oct 1, 8, 15, 22, 29	(9 wks)	4 to 5:30 pm	\$282/pp
Fridays: Sept 3, 10, 17 24 Oct 1, 8, 16, 22, 29	(9 wks)	5:30 to 7pm	\$282/pp
Sundays: Sept 12, 19, 26, Oct 3, 10, 17, 24, 31	(8 wks)	1 to 2:30 pm	\$252/pp

Youth Tennis & Golf

Youth Tennis

6 Weeks

\$125/person

Each group will receive instruction appropriate to their levels from experienced Pros. Juniors and Adults will be on separate courts. Beginners and Advanced Beginners will practice basic strokes and footwork patterns, and will learn the rudiments of the game. Intermediates will also work on strokes, and will participate in more playing drills designed to practice positioning, tactics, shot selection, game situations and more!

Ages: 6 to 16

Days: Sundays

Location: Westboro Tennis & Swim Club

Coordinator: Mike Zatsiorsky, Tennis Director at Westboro Tennis Club

Levels and Times:

Beginners (little or no instruction) 5:30pm - 6:30pm

Adv. Beginners (can volley, aware of strokes) 6:30pm - 7:30pm

Intermediates (quick volleys, can serve, handle fast shots, play a set of singles) 7:30pm—8:30pm

Dates: Session 1: Sept 19, 26, Oct 3, 10, 17, 24
 Session 2: Nov 7, 14, 21, Dec 5, 12, 19
 Session 3: Jan 9, 16, 23, 30, Feb 6, 13
 Session 4: Feb 20, March 6, 13, 20, 27, April 3
 Session 5: April 10, 17, May 1, 8, 15, 22



Min 3/Max 6

Golf Lessons at Pine Crest

\$144/pp

Ages: 6 to 9 Time 2:30 to 3:30 pm

10 to 13 Time: 3:30 to 4:30 pm

Days: Saturdays

Dates: Sept 4, 11, 18 and 25th

Location: Pine Crest Golf Club, 212 Prentice Street, Holliston, MA 01746

Instructor: Andy Froude

Min 4/Max 8

All levels welcome! Participants will be grouped by age and ability. Please specify level on registration form.

Regal Movie Tickets

Available for sale at the Recreation Office.

Cost is \$ 7.50 per ticket

Please visit our website for frequent updates, discounts, and announcements.

www.southboroughtown.com/recreation/recreation.htm

Youth Programs

Skating Lessons at St. Marks

6 weeks

\$115

Ages: 5 & Up

Days: Sundays

Time: 5-6pm practice skate 6pm to 6:30 pm

Session 1: Nov 28, Dec 5, 12, 19, Jan 2, 9 (tentative dates)

Session 2: Jan 23, 30, Feb 6, 13, 20, 27 (tentative dates)

Instructors: Muriel Layden and Donna Barrett-Fonseca

Location: St. Marks Ice Rink



This program will hold instructions for Beginners, Advanced, and Intermediate levels for kindergarten and up. Children will be instructed for the development of basic skating skills that may be used for hockey or figure skating. Skaters should arrive 15 minutes prior to class to lace up.

All children are required to have a helmet, mittens or gloves and warm pants. No double runner blades.

Parents are allowed on the ice during the practice time only. The practice time is intended for parents to assist their child in practicing the skills they are learning in class. IT IS NOT PUBLIC SKATING.

Parents will need to sign a waiver before going on the ice.

Creating Beads with Polymer Clay (2 night workshop)

\$ 35/pp

\$ 50/Mother/Daughter

Ages: 14 through Adults & Seniors

Day: Wednesday & Thursday

Dates: October 27 and 28

November 3 and 4

November 17 and 18

Location: Art Center

Instructor: Betsy Rosenbloom

Min 6/ Max 12

Time: 7pm to 9pm



"Polymer Clay" sounds like something you'd find in a chemistry class, but it's actually a versatile modeling clay that is easy to use, comes in a rainbow of colors and can be baked in a kitchen oven. In the first class, you will learn how to handle polymer clay and make your own beads using simple techniques. In the second class, you will learn the basics of assembling jewelry and all participants will go home with a finished piece of jewelry incorporating their handmade beads (Just in time for holiday gift giving!) This class is suitable for beginners and non-beginners. All materials will be supplied.

Come bring your friends or daughters and enjoy two evenings of Jewelry making. You will go home with a beautiful piece of jewelry.

This makes for a great mother/daughter bonding activity and fun way to spend quality time together.

Betsy Rosenbloom is the owner of *Betsy's Beads* in Southborough. She has been crafting since pre-school. For the last several years, she has been focusing on handmade polymer clay beads. As a founder of the Southborough Crafters & Artisans Guild, she has been proud to exhibit her work with other local crafters annually at the Southborough Arts Center, and in other locations.



Skating Programs

FMC Ice Sports—Learn to Skate Program

6 weeks	\$85/pp
7 weeks	\$100/pp
8 weeks	\$110/pp

Skaters are taught basic coordination, balance and maneuverability on the ice in a weekly group lesson. Please arrive 15-20 minutes prior to the class start time to allow plenty of time to get skates on and to get organized into your proper class level. It is recommended that skaters wear comfortable layers that allow for movement with long sleeves and pants, gloves or mittens. A bike helmet or HECC helmet is required. Rental skates are available on a first come first serve basis and are free to class participants. You are welcome to bring your own skates. Please note, double blade skates are not permitted.

Location: Navin Arena, 451 Bolston Street, Marlboro, MA Phone No. 508-624-5580

Instructor. FMC Arena Staff

Program Level	Ages	Level Description
Pre Tot	3 to 4 years	Skaters who have little or no formal skating experience. Emphasis is on introducing little ones to the ice.
Tot 1	5 to 6 years	Skaters who have little or no formal skating experience and younger tots who have mastered the skills in PreTot. Emphasis is on basic mobility.
Youth 1	7 to 12 years	Skaters with little or no formal experience. Emphasis is on coordination, balance and mobility on the ice.
Teen/Adult	12 years and up	Skaters who wish to learn how to skate or advance their skating skills.



FMC Ice Sports—Bruins Fundamentals Hockey Program

The Bruins FUNDamentals Beginner Hockey School is the next step for new skaters looking to become a hockey player.

The Level 1: for skaters 4-9, is designed to take a skater from a Learn to Skate program through their first hockey experience to a point where they can begin learning FUNDamental hockey specific skills. While players are on the ice in full equipment, the primary focus will be on developing skating skills in a fun atmosphere.

Late Starters : for skaters ages 9-12, new to the sport of Hockey, participants will go through the progression of skill development in a program tailored to the abilities of the class in a group setting.

Please arrive 15-20 minutes prior to the class start time to allow plenty of time to get organized. In order to keep all of the children safe and having fun, players are required to wear and have the following: Single Blade Skates * HECC Approved Helmet* HECC Approved Full Facemask* Hockey Stick* Shin Pads* Elbow and Shoulder Pads* Hockey Gloves* Hockey Pants and Socks.



FMC Ice Sports—Program Schedule

Session	Program	Day	Dates	Time	Weeks	Cost
1	Pre-Tot OR Tot 1	Wed	Nov 10, 17, 24, Dec 1, 8, 15, 22, 29	4:40 to 5:20 pm	8	\$110/pp
1	Pre-Tot OR Tot 1	Sat	Nov 13, 27, Dec 4, 11, 18, Jan 1	11:10 to 11:50 am	6	\$85/pp
1	Pre-Tot OR Tot 1	Sun	Nov 14, 28, Dec 5, 12, 19, 26, Jan 2	2 to 2:40 pm	7	\$100/pp
1	Youth 1	Wed	Nov 10, 17, 24, Dec 1, 8, 15, 22, 29	4:40 to 5:20 pm	8	\$110/pp
1	Youth 1	Sat	Nov 13, 27, Dec 4, 11, 18, Jan 1	10:30 to 11:10 am	6	\$85/pp
1	Youth 1	Sun	Nov 14, 28, Dec 5, 12, 19, 26, Jan 2	2 to 2:40 pm	7	\$100/pp
1	Teen/Adult	Sat	Nov 13, 27, Dec 4, 11, 18, Jan 1	11:10 to 11:50 am	6	\$85/pp
1	Teen/Adult	Sun	Nov 14, 28, Dec 5, 12, 19, 26, Jan 2	2 to 2:40 pm	7	\$100/pp
1	Bruins FUNdamentals OR Level 1 & Late	Sat	Nov 13, 27, Dec 4, 11, 18, Jan 1	12 to 12:50pm	6	\$120/pp

Session	Program	Day	Dates	Time	Weeks	Cost
2	Pre-Tot OR Tot 1	Wed	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23	4:40 to 5:20 pm	8	\$110/pp
2	Pre-Tot OR Tot 1	Sat	Jan 8, 15, 22, 29, Feb 5, 12, 19, 26	11:10 to 11:50 am	8	\$110/pp
2	Pre-Tot OR Tot 1	Sun	Jan 9, 16, 23, 30, Feb 6, 13, 20, 27	2 to 2:40 pm	8	\$110/pp
2	Youth 1	Wed	Jan 5, 12, 19, 26,	4:40 to 5:20 pm	8	\$110/pp
2	Youth 1	Sat	Jan 8, 15, 22, 29,	10:30 to 11:10 am	8	\$110/pp
2	Youth 1	Sun	Jan 9, 16, 23, 30,	2 to 2:40 pm	8	\$110/pp
2	Teen/Adult	Sat	Jan 8, 15, 22, 29,	11:10 to 11:50 am	8	\$110/pp
2	Teen/Adult	Sun	Jan 9, 16, 23, 30,	2 to 2:40 pm	8	\$110/pp
2	Bruins FUNdamentals OR Level 1 & Late Starters	Sat	Jan 8, 15, 22, 29, Feb 5, 12, 19, 26	12 to 12:50pm	8	\$149/pp

Horse Lessons

Horse Power at Century Mills Stables, Bolton, MA

\$165

Ages: 7 and up

Days: Sundays

Time: 3 to 3:50 pm

Session 1: Sept 12, 19, 26, Nov 3

Session 2: Oct 10, 17, 24, 31

Session 3: Nov 7, 14, Dec 1, 8



For the older child that is ready to ride! Horse Power is a program designed to provide a safe and fun way to get kids onto the saddle! Learn to groom, tack and handle the horses and ponies—and learn to ride, too! This program emphasizes groundwork and handling, and each child gets individual attention in a small group lesson format each week learning to mount, dismount, steer at the walk, and intro to trot. Does your child have some experience with horses? Let us know! Each child will progress at their own pace. The goal of the Horse Power program is to give kids and introduction to horseback riding and to prepare students for Century Mills in-house Short Stirrup (7-12) or Long Stirrup (12-18) programs. Century Mill offers experienced MA licensed instructors, and top quality lesson horses for all programs. Facilities include outdoor and indoor arenas, and a heated viewing lounge (lesson run in all weather) Please wear long pants and comfortable hard soled shoes with a heel (no sandals) paddock boots are ideal. Helmets available, or bring your own for a perfect fit.

Pony Power at Century Mills Stables, Bolton, MA

\$135

Ages: 4 to 6 years old

Days: Wednesdays

Time: 2pm to 2:50 pm

Session 1: Sept 15, 22, 29, Oct 6

Session 2: Oct 13, 20, 27, Nov 3

Session 3: Nov 10, 17, 24, Dec 1



Pony Power is a program designed to provide a safe and fun way to get the kids into the saddle! Learn to groom, tack, and handle the ponies and learn to ride, too! This program emphasizes groundwork and handling, Each child gets individual attention in a short private lesson each week learning to mount, dismount, steer at the walk and intro to trot. The goal of the Pony Power program is to give each child an introduction to horseback riding at their own pace and to prepare students to move on the Century Mill in-house Preschool on Horseback program. Please wear long pants and comfortable hard soled shoes with a heel (no sandals) paddock boots are ideal. Helmets available, or bring your own for a perfect fit.

Regal Movie Tickets

Available for sale at the Recreation Office.

Cost is \$ 7.50 per ticket

Please visit our website for frequent updates, discounts, and announcements.

www.southboroughtown.com/recreation/recreation.htm

Youth and Tween Workshops

Home Alone Safety

FREE

Friday, November 5

Time: 6-6:45 pm

Age: Grades 6—8

Location: Senior Center

Instructor: Officer Landry

Max 15

Parents- have you ever wonder if you have covered all the bases when leaving your children home alone for the first time? *This class will help ease your mind.* Participants will learn accident and fire protection, first aid techniques, internet safety, answering telephone and door techniques. The class includes a variety of teaching methods, including a video and role playing.

Registration is REQUIRED

American Red Cross Babysitting

\$75

Ages: 12 and up

Time: 9am to 3:30 pm

Session 1: Saturday, November 6

Session 2: Saturday, March 5, 2011

Instructor: American Red Cross Staff

Location: Art Center Building

Min 5/Max 15



Designed for 12 year old and up who wishes to learn how to care for infants and children. The course is fun and fast paced with hands-on-activities, exciting video, role-play and lively discussions. You will learn to be the best babysitter on the block. You will gain confidence to make smart decisions and stay safe in any babysitting situation.

Topics to be covered are: supervise children and infants; perform basic child care skills such as diapering and feeding; choose safe, age-appropriate games and toys; handle bed time and discipline issues; identify safety hazards and prevent injuries; care for common injuries and emergencies such as choking, burns, cuts, and bee stings, communicate effectively with parents; find and interview for babysitting jobs.

You will receive a Babysitter's Training Handbook, Babysitter's Training Emergency Reference Guide and Babysitter's Training CD-rom.

There will be 30 min lunch break, please bring lunch, drink, and a small snack.

TEEN JOB BOOK

There are a lot of people in Southborough who need help with babysitting, computers, yard work and a variety of other odd jobs. If you are 13 years or older and like to work, this is a great opportunity to make some extra spending money. Just stop by the Southborough Recreation Office in the Art Center Building and complete a Teen Job form for a job that you are interested in performing. We will keep your completed form in the Teen Job Book Binder for those adults seeking help to look through.



Participants are expected to respect and obey all rules established by the Recreation Department. Any participant not adhering to guidelines or showing disrespect to staff or fellow participants will be asked to leave the premises. Parents will be notified to pick up participants.

Adult Programs

Men's Ice Hockey

\$170

Come play hockey! This is a non-competitive, no check, no slap shot game for all hockey enthusiasts. All skill levels are invited to play. Helmets are required. Register before your spot is taken, first come, first serve! The following are estimated dates based on St. Mark's availability, an update will be mailed to all participants. Pick one of the times below. Location: St. Mark's Skating Rink Min13/Max20 for each hour

November—February

Sundays 7:00PM - 8:00pm

Coordinator: John Lyons

November-February

Sundays 8:00PM - 9:00pm

Coordinator: Tim Kemper
and Paul Drepanos



Men's Basketball

Sept 19 to June 7 \$110/pp

Jan 4 to Jun 7 \$65/pp

Days/Times: Sundays 6:00 – 7:45 pm at **Fay School**

Tuesday 7:30 – 9:45 pm at **Finn School**

No programs on – 9/21, 9/28, 12/21, 1/18, 2/22, 4/19

Coordinator: Herb Kolk and Chris Kalagher

Inspired to play some basketball? Join us on Sundays from 6 -7:45 pm at the Fay School, and Tuesdays 7:30 – 9:45 pm at the Finn School. Newcomers are always welcome. Attendance need not be regular. We call our own fouls and shoot foul shots. We keep score in order to know when to stop for water. No basketball held if the schools are closed, or if the gyms are needed for school or town activities (such as voting). Pay once and play as often as you want.



Co-Ed Volleyball

\$2/pp

Days: Wednesdays

Time: 6:30 to 8pm

Dates: Ongoing beginning September 22 to February 16, 2011

Location: Woodward School Gym

Coordinator: Annette Ngai



Here's your chance to get out on the court! This non-competitive, fun atmosphere is for all volleyball enthusiasts. All skill levels are invited to play. Come join in on the fun. Please bring water and wear comfortable sneakers!!

This program meets almost every week except for holidays, early release days and school events.

Regal Movie Tickets

Available for sale at the Recreation Office.

Cost is \$ 7.50 per ticket

Please visit our website for frequent updates, discounts, and announcements.

www.southboroughtown.com/recreation/recreation.htm



Adult Programs

Boot Camp

\$220/pp

Days: Mon, Wed and Fri Time 6am to 7am OR 9:30 to 10:30 am

Dates: Sept 8, 10, 13, 15, 17, 20, 24, 27, 29, Oct 1, 4, 6, 8, 13 and 15

Location: Lundblad Field off Parkerville Road

Instructor: Lolly Brilliant and Michelle Labich

6am to 7am class Min 5/Max 25

9:30 to 10:30 class Min 5/Max 15



Boot Camp Blast will be a blast! To include heart pumping cardio drills, full body muscle conditioning, obstacle courses and games, fun group environment, work outs for all levels and a stronger healthier you!!! Classes are designed for every fitness level, so gather your friends and neighbors and join us in the fresh air! Please bring mat/towel, 2-6 lbs hand weights and water.

Adult Beginner Yoga

\$55

Days: Wednesdays

Time: 9am to 10am

Session 1: Sept 15, 22, 29, Oct 6 and 13

Session 2: Nov 3, 10, 17, Dec 1, and 8

Location: Art Center

Instructor: Rebecca Bibart

Min 6

This is a Hatha Yoga Class with vinyasa influence. Emphasis is placed on breathing (pranayama) in order to use breath to move the body and link mood, body and spirit. Gentle yoga poses (asanas) are taught with proper alignment in order to strengthen and calm the body. Students are encouraged to listen to their mind/body dialogue in order to help them enjoy and understand yoga. For final relaxation, guided meditation completes each class. This class is suitable for beginners or more experienced students who prefer a gentle class. Please bring a mat to class.

Fit Over Fifty

\$110/pp

Days: Tuesdays and Thursdays

Time: 5 to 6pm

Session 1: Sept 14, 16, 21, 23, 28, 30, Oct 5, 7, 12, 14, 19 and 21

Session 2: Oct 26, 28, Nov 2, 4, 9, 11, 16, 18, 23, 30, Dec 2, 7

Location: Westboro Tennis and Swim Club

Instructor: WT&SC Staff



A kinder, gentler total body workout. We will be using body weight, resistance bands, dumbbells and other fitness equipment, to complete an enjoyable workout in a very non-intimidating atmosphere. It will be geared towards "us" baby boomers, and won't leave you feeling all beat up. All levels are welcome to join!

Full Body Bootcamp

\$165/pp

Days: Tuesdays and Thursdays

Time: 10:30 to 11:30 am

Session 1: Sept 14, 16, 21, 23, 27, 28, 30, Oct 5, 7, 12, 14, 19 and 21

Session 2: Oct 26, 28, Nov 2, 4, 9, 11, 16, 18, 23, 30 Dec 2, 7

Location: Westboro Tennis and Swim Club

Instructor: WT&SC Staff

Want to get in the best shape of your life? You will be transformed after this 6-week program! Stay committed to this program and you can be sure you will lose inches and drop pounds! This is a group program that will utilize every muscle group that you never knew existed. You will be challenged both physically and mentally! The class will meet 2 times per week for one hour.

Adult Programs

Family Yoga

\$55

Days: Thursdays

Time: 5pm to 5:45 pm

Session 1: Sept 16, 23, 30 and Oct 7

Session 2: Oct 14, 21, 28 and Nov 4

Location: Westboro Tennis and Swim Club

Instructor: WT&SC Staff



This class provides an opportunity for you to enjoy an interactive yoga class along with your child. The intention is for you and your child or children enjoy time together, experience the benefits of yoga, and leave feeling replenished and renewed. Parenting is exhausting, your free time should not be! No yoga experience needed!

Classes open to families with children ages 5 to 10 years.

Conditioning for Ski Season

How to Prepare for a Safe Ski and Snowboarding Season

\$55

Days: Wednesdays

Time: 6:30 to 7:30 pm

Session 1: Oct 6, 13, 20, and 27

Session 2: Nov 3, 10, 17 and 24

Location: Westboro Tennis and Swim Club

Instructor: WT&SC Staff



Best way to prevent skiing or snowboarding injuries is with proper conditioning programs that are begun before you hit the slopes.

Downhill skiing and snowboarding require specific preparations and conditioning routines to ensure safe winter fun. Most skiers return to the slopes after months away. Some participate in other sports during the off season to stay in shape, but many are weekend warriors. No matter where you fit, you could wind up with minor aches, pains or a serious injury if you don't spend a little time preparing. In this workshop, you will exercise and strengthen the most vulnerable areas that get stressed in everyday movement: your hips, core and shoulders.

Strengthening these areas will improve posture and alignment, allowing your joints to move more efficiently. You will also build up your most injury-prone areas before you are struck with chronic aches and pains that may, in the worst cases, require surgery.

Learn to Run for the Novice or Want to be a Runner

\$110

Days: Wednesdays

Time: 9:15am to 10:15 am

Session 1: Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3

Location: Westboro Tennis and Swim Club

Instructor: WT&SC Staff



This is an 8-week program that is designed for beginner runners. This program is designed for individuals with little or no background in running. The workout starts out with only walking and gradually advances to walk/run workouts and finally to all running. This is a very basic training program and is intended only to increase your fitness level to the point at which you can run 2 miles without stopping. Do not worry about speed. We will meet once a week and you will be responsible for completing additional workouts throughout the rest of the week. Runs will be outdoors if weather permits. Taught by a Certified Personal Trainer.

Adult Tennis & Golf

Adult Tennis

6 Weeks

\$125/session

Each group will receive instruction appropriate to their levels from experienced Pros. Juniors and Adults will be on separate courts. Beginners and Advanced Beginners will practice basic strokes and footwork patterns, and will learn the rudiments of the game. Intermediates will also work on strokes, and will participate in more playing drills designed to practice positioning, tactics, shot selection, game situations and more!

Ages: 17 & Up

Max 5

Days: Sundays

Location: Westboro Tennis & Swim Club

Coordinator: Mike Zatsiorsky, Tennis Director - Westboro Tennis Club

Levels and Times:

Beginners (little or no previous instruction) 5:30pm - 6:30pm

Adv. Beginners (can volley, aware of strokes) 6:30pm - 7:30pm

Intermediates (quick volleys, can serve, handle fast shots, play a set of singles) 7:30pm—8:30pm

Dates: Session 1: Sept 19, 26, Oct 3, 10, 17, 24

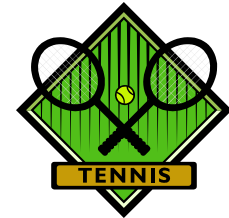
Session 2: Nov 7, 14, 21, Dec 5, 12, 19

Session 3: Jan 9, 16, 23, 30, Feb 6, 13

Session 4: Feb 20, March 6, 13, 20, 27, April 3

Session 5: April 10, 17, May 1, 8, 15, 22

Min 2/Max 5



Golf Lessons at Pine Crest

\$144/pp

Days: Thursdays

Level and Time: Beginner 4 to 5pm

Intermediate 5 to 6pm

Dates: Sept 2, 9, 16, and 23rd

Location: Pine Crest Golf Club, 212 Prentice Street, Holliston, MA 01746

Instructor: Andy Froude

Min 4/Max 8

All levels welcome! Participants will be grouped by age and ability. Please specify level on registration form.



Time to restring your racquet?

All racquets, all types and all tensions

Only \$20 / per racquet OR \$15 with your own string.

FREE string job for every 10 racquets strung.

Pick up and drop off is available.

Call Bob at 774-249-3247

24 Hour Service

Adult Programs

How to Pay for College without Sacrificing Your Retirement

\$10/pp

Observations and Strategies you won't hear at your local High School

Day: Tuesday, October 19

Time: 6:30 to 9pm

Location: Senior Center Min 10/Max 40

Instructor : Tim Higgins, A Certified Financial Planner, Certified College Planning Specialist, Graduate of Wesleyan University, and author of *Pay for College without Sacrificing Your Retirement*. (Bay Tree Publishing)



Author of *Pay for College Without Sacrificing Your Retirement*, Tim Higgins, who has appeared on The Lou Dobbs Show, MSNMoney, CNNMoney, and in SmartMoney magazine, will address the most efficient ways to address the high cost of college. Come hear observations and strategies you will not hear from your local high school. Topics include, but are not limited to:

- How to maximize financial aid
- The best place to find scholarships that is right under your nose
- The #1 question to ask colleges that may save you thousands off the total cost
- How to calculate how much money you will need to pay for your child's college education
- How to potentially pay for college without borrowing
- Learn the #1 under utilized vehicle that helps you save for college and retirement at the same time

Fusion Food & Fitness

\$140/pp

Days: Tuesdays

Time: 3:30 to 5:30 pm

Dates: Nov 2, 9, 16, 23

Location: Art Center

Instructor: Sabine St.Pierre & Bethany Hart Min 6

Nutrition and fitness go hand in hand in leading a truly healthy lifestyle. Twin sisters, Personal Chef Sabine St.Pierre and Personal Trainer Bethany Hart, have teamed up to fuse the concepts of food and fitness into a fun, interactive 4 week course where you will learn how to realistically incorporate both aspects into your daily lives. A Pre and Post Assessment will also be used to track your progress throughout the 4 weeks.

First hour of each week working with Personal Chef Sabine, you will

- Prepare 1 healthy meal to take home for dinner that night.
- Learn shortcuts to create different weekly meal plans, shopping lists and recipes to make a little go a long way.
- Discuss how to apply portion control tips and tricks to daily meals.
- Learn appropriate ingredients to optimize your workouts and benefits your overall health.

Second hour will be with Personal Trainer Bethany, where you will

- Complete a 45 minute workout and an assessment of fitness level.
- Determine appropriate intensities for your fitness level.
- Apply proper techniques to avoid injury.
- Learn how to design weekly workout routines to fit your busy lifestyle.
- Discuss pre and post workout nutrition strategies to benefit your overall health.



You will take home: 1 meal per week, healthy recipes, sample shopping lists, portion control tips, a 4week/3 days per week workout routine for in home or gym.

Southborough Recreation Program Registration Form

1. Online - <https://activenet6.active.com/southboroughrec/>
2. By mail—please mail form and payment to 21 Highland Street, Southborough, MA 01772
3. Walk in—9:30 am to 4:30 pm, Monday through Friday
4. Drop payment and form in Green Mail Box at Town Hall or Black Mail Box at Recreation Office.

Participant 1

Name _____ School _____

Male / Female _____ Date of Birth _____ Age _____ Grade (10/11) _____

Allergies / Medical Concerns _____

Activity Name	Start Date	Time	Session	Fee/Check No.

Participant 2

Name _____ School _____

Male / Female _____ Date of Birth _____ Age _____ Grade (08/09) _____

Allergies / Medical Concerns _____

Activity Name	Start Date	Time	Session	Fee/Check No.

Family Members (should be completed for all family members registering, including heads of household)

Head of Household/Guardian

Household Email Address: _____ (main source of relaying program information)

Address: _____ Town _____ Zip: _____ Home Phone _____

Mother Name: _____ Mother Cell _____

Father Name: _____ Father Cell: _____

Emergency Contact _____ Emergency Phone _____

****PARTICIPATION WAIVER– Must Be Signed Below FOR ALL PROGRAMS****

I agree not to hold responsible the Southborough Recreation Commission; the Town of Southborough; the owners of the premises where the program is held; or any of the parties connected with the program for any injury or accident that may occur during the program. I understand that if my child becomes a discipline problem, he/she will be dismissed from the program. No money will be refunded. I also grant permission for the Recreation Staff to seek medical care in the event I cannot be reached. (All participants in any town recreation program must complete this waiver.)

Participant or Parent/

Southborough Youth Sports

The Recreation Department is not affiliated with the town's youth sports leagues. Please visit the website below

Youth Baseball/Softball www.southboroughbaseball.net

Southborough Town Baseball has three separate playing seasons – Spring, Summer, and Fall. The three seasons have difference in the balance between development and competition:

Spring Baseball is a broad-based, open enrollment program of "Recreational / Competitive" baseball. The program is open to all players registering within the deadlines. We strive for balanced teams playing an in-town season of 10 - 14 games. The spring season generally runs from mid-April through mid-June.

Summer Baseball is a limited enrollment, competitive program. Teams are generally comprised of the top half of players within an age group and are constructed through a combination of tryouts and Spring-coach feedback. For each age bracket, there are generally one to three "select" teams competing against other towns through a series of tournaments. The summer season generally runs from late June through late July.

Fall Baseball is open enrollment, but with a limited number of spots. The fall program will typically be 50 – 70% the size of the spring program. It is considered "Developmental / Competitive", allowing developmental opportunities, but also encouraging the more skilled players to advance their skills through game play. The fall program will typically run from mid-September through late October. **Additional information may be found at www.southboroughbaseball.net**

Youth Basketball www.southboroughbasketball.org

The goal of Southborough Youth Basketball is to promote the development of basketball skills and good sportsmanship through a comprehensive program of recreational and competitive youth basketball. The program is open to all Southborough residents in Grades 1 through 8. Travel basketball is in addition to the town league and is an optional program for those children interested in pursuing more competitive basketball. Travel leagues are available to Boys and Girls grades 4-8. Teams play on Sundays and practice one or two nights a week. This is in addition to town basketball. **Additional information may be found at www.southboroughbasketball.org**

Northborough/Southborough Girls Lacrosse www.nsgl.org

Northborough /Southborough Girls Lacrosse is a developmental, instructional, youth lacrosse program for girls in grades 3 to 8. Season runs from April to June. Registration begins in December/ January.

Additional information may be found at www.nsgl.org

Northborough/Southborough Boys Lacrosse www.nsyala.org

Northborough/ Southborough Boys Lacrosse provides instruction and training and development to improve their capabilities in lacrosse through participation. **Additional information may be found at www.nsyala.org**

Northborough/Southborough Pop Warner www.nseagles.com

Please check the website for more information www.nseagles.com

Southborough Youth Soccer Association www.southboroughsoccer.org

Southborough Youth Soccer is organized for children from grades 1 to 8. It is a volunteer organization dedicated to creating a fun environment for children to advance their soccer skills. Soccer is played during two seasons in the school year. Fall league begins after labor Day and runs for 8 weeks. Spring league begins in April and runs through June.