



SOUTHBOROUGH RECREATION

FALL 2024

Registration Begins August 30th, 2024



DEPARTMENT INFORMATION

SOUTHBOROUGH RECREATION DEPARTMENT

21 Highland Street
Southborough, MA 01772
www.SouthboroughRec.com
508-229-4452

OFFICE HOURS:

Monday: 9:00 am – 4:00 pm
Tuesday: 9:00 am – 4:00 pm
Wednesday: 9:00 am – 4:00 pm
Thursday: 9:00 am – 4:00 pm
Friday: 9:00 am – 12:30 pm

RECREATION STAFF:

TRAVIS FARLEY, CPRP
Recreation Director

CHRISTINA McCARTHY
Program Coordinator

DENISE MAYER
Administrative Assistant

LISA NOVELLO
Administrative Assistant

DEPARTMENT EMAIL:

Recreation@SouthboroughMA.com

REGISTRATION INFORMATION

All Program Registrations can be found at www.SouthboroughRec.com.

Registrations may be processed online or in person. We accept cash, credit (Visa, MC, Discover), and checks (made out to Southborough Recreation). Registrations will not be taken before registration officially opens or after the posted deadlines. Registrations that require additional paperwork (i.e., medical forms) will not be considered complete until all paperwork is received.

REFUNDS

Refunds will be granted with a 10% fee assessed from your total. If there is a refund request due to a medical condition, a note from a medical professional is required. If for a medical reason, a full refund will be granted. Refunds will not be granted once your program begins. Refunds will not be granted if you do not show up for your registered program. Alternative refund policies may apply to specific programs, as noted.

PROGRAM CANCELLATIONS

Cancellations for Recreation Department sponsored programming will be announced by the Recreation Department. Email will be utilized for all participants registered into a program. The Recreation Department reserves the right to cancel programs for any reason they deem necessary (weather, enrollment numbers, safety, etc.).

MAKE-UP CLASSES

We will do our best to provide make-up classes for anything that is canceled or postponed. The Recreation Department reserves the right to offer a qualified substitute instructor in the event the listed program coordinator is not available or to end a class due to scheduling conflicts.

SCHOLARSHIPS

Scholarships are available for Southborough Residents only. Scholarship applications can be found on our website under the "Forms" tab.

PROGRAM AIDES

If you would like to request a program aide (1:1) be provided for your child during a recreation program, please inform the Recreation Department no later than 10 business days prior to the start of your registered program. **The Southborough Recreation Department cannot guarantee an aide will be secured.**

DIRECTOR'S CORNER

As the summer comes to a close, I will be wrapping up my first summer here in Southborough as the Recreation Director. It was truly one to remember, though, as our summer camp at Woodward saw hundreds of happy campers during a very successful 8-week season (one that included great guests, fun rivalries, and some great field trips); a terrific concert series with some great bands; and hundreds more participants in our pottery, sports, SkyRise, and pickleball programs. This summer was special, and we THANK YOU for sharing it with us.

Currently, our department is gearing up for a busy and fun fall. We are excited for some of our new programs as well as some of our longest-standing programs! We have some new RAP programs to kickoff the school year, a great variety of new programming, and Skiing/Snowboarding will be back later in the season. We cannot wait to get started!

In addition to myself being new, we have welcomed a new Program Coordinator who joined our team in the early spring. Her name is Christina McCarthy, and she has hit the ground running to ensure our department has not missed a beat over the summer and has done an amazing job! Again, we thank everyone in the community who makes this Department so great!

Travis Farley, CPRP
Recreation Director



REC CONNECT

Rec Connect is a joint programming initiative between Southborough, Northborough, and Shrewsbury Recreation Departments. Rec Connect is an adaptive/inclusive social program designed for those with and without disabilities to come together and build friendships while enjoying recreational activities and community outings. These programs are staff-supported to ensure a structured and welcoming environment. Community outings will be held in small groups on various days of the week and at varying times. Participants will register for individual events based on their interests and schedule. Programming announcements are rolling and will be posted to each department's website as they become available.

UPCOMING PROGRAMS:

- **SNEAKER PROM** (ages 13+)
September 7th • 6:00-8:30 pm
Shrewsbury Senior Center
- **FAMILY SCIENCE NIGHT**
October 10th • 6:30-8:00 pm
Northborough Town Hall gym
- **HOLIDAY GIFT CRAFTERNOON**
December 5th • 6:30-8:00 pm
Shrewsbury Senior Center

MONTHLY OUTINGS

Ages 16+ • Participants and Buddies Welcome
Details will be shared on our website at a later date.

- **SEPTEMBER**
Group apple picking
Tougas Farm, Northborough
- **OCTOBER**
Gulbankian's Terrarium class
October 9th • 6:00-7:30 pm
Southborough Senior Center
- **NOVEMBER**
Dinner and a movie
Shrewsbury Senior Center
- **DECEMBER**
College Basketball game

FALL COMMUNITY EVENTS



Interested in a booth to promote your business or non-profit? Looking to march in the Heritage Day Parade?

Visit www.SouthboroughRec.com to register!

**OCTOBER 14, 2024
9:00AM-2:00PM | ST MARKS FIELD**

**MONDAY, OCTOBER 14TH
10:00 AM – 2:00 PM**

**Location: St. Mark's Field (Rt. 30 & Rt. 85)
Hours are 10 am - 2 pm. Rain or shine.
No refunds.**

Join the celebration as Southborough celebrates Heritage Day on Monday, October 14, 2024 at St. Mark's Field (Rt. 30 and Rt. 85 intersection). Booths are available for crafters, artisans, non-profit organizations, food trucks and local businesses.

Only space is provided, approximately 10'x10'. Please bring your own tent, tables and chairs. **ALL BOOTHS MUST BE WEIGHTED DOWN WITH PROPER WEIGHTS.**

Set up opens the morning of October 14th at 7:30 a.m. Booth location will be communicated upon check-in the day of the event. **Deadline to apply is September 30, 2024.**

**Friends of Southborough Recreation
hosts the 2024 Gobble Wobble 5k
on Thanksgiving morning at
Trottier Middle School. Stay tuned
for registration information.**



**2024
GOBBLE WOBBLE 5K
THANKSGIVING DAY
REGISTRATION DETAILS COMING SOON**

TRUNK OR TREAT

IN PARTNERSHIP WITH SOUTHBOROUGH FIRE ASSOCIATION

SATURDAY, OCTOBER 26TH

3:00 PM Parade at Southborough Public Safety Building followed by
4:00 PM Trunk or Treat at Woodward School lower lot, 28 Cordaville Road.

Dinner options will be available for purchase starting at 5:00 pm.
Bring your camping chairs and picnic blankets to enjoy a drive-in-style movie at dusk.

Southborough Recreation &
Southborough Fire Association present

Trunk *or* Treat

October 26, 2024
3:00pm to 8:00pm



Parade - Costumes - Candy - Dinner - Movie

Woodward School / Public Safety Building
28 Cordaville Road, Southborough, MA



SouthboroughRec.com



CONTESTS

SOUTHBOROUGH COLORING CONTEST

Free to participate

Southborough Recreation will be having two community coloring contests. (Blank pages will be shared via email and on our Facebook page.)

Halloween: Coloring page shared on October 14th and due October 28th

The Top 10 finalists will be posted on our Facebook page on October 29th and voting will stay open through the 31st. The winner will be announced on November 1st.

Winter: Coloring page shared on December 7th and due December 16th

The Top 10 finalists will be posted on our Facebook page on December 17th and voting will stay open through the 19th. The winner will be announced on December 20th.

CONTEST WINNERS WILL RECEIVE A COUPON VOUCHER TO SOUTHBOROUGH RECREATION FOR FUTURE PROGRAMS AND A GIFT CARD TO A LOCAL BUSINESS.

HOUSE DECORATING CONTEST

Free to participate

Deadline for submission is Tuesday, December 17th

Registration will be available at SouthboroughRec.com

Is your house decorated for the holidays? Enter your home in our first Holiday Decorating Contest. Prizes will be awarded for 1st, 2nd & 3rd place (along with bragging rights). Get creative, get outside, and get the WHOLE family involved. Homes will be judged on creativity, use of décor, and overall appearance. All addresses will be made public so residents can view your displays! A map will be released leading up to the voting.



RECREATION AFTER SCHOOL PROGRAMS (RAP)

RAP classes are designed to provide development of academic, social, and physical skills for children in fun, friendly, safe environments. Programs are led by highly trained professionals and employees of the Southborough Recreation Department and located on the grounds of Southborough Public Schools. Classes begin at the end of the school day.

If a program is held off-site, the Recreation Department will transport participants to the facility. It is the parent/guardian's responsibility to pick up at the conclusion of the program. Prices and times vary by day.

RAP 1 – FALL 2024

Visit www.SouthboroughRec.com for full program descriptions, times, and pricing.

SCHOOL	Monday 9/9, 9/16, 9/23, 9/30, 10/7	Tuesday 9/10, 9/17, 9/24, 10/1, 10/8	Wednesday 9/11, 9/18, 9/25, 10/2, 10/9	Thursday 9/12, 9/19, 9/26, 10/10, 10/17 *No class 10/3
FINN K-1 3:30-4:30 PM	FAST: FLAG FOOTBALL PARADISE ISLAND: BACK TO SCHOOL NAILED IT	CERTAIN VICTORY: MARTIAL ARTS PARADISE ISLAND: SLIME AND CRAFTS CLUB	CHALLENGE ISLAND: MONSTERS & MYTHS STEM BEGINNINGS	GAME TIME TRAINING: BASKETBALL LEGO CHALLENGES
WOODWARD 2-3 3:15-4:15 PM	KIDS YOGA ADVENTURE MINDS IN MOTION: HYDROPOWER EXPLORERS	SEW STUDIO (OFF-SITE) FAST: FLAG FOOTBALL	PARADISE ISLAND: BACK TO SCHOOL NAILED IT CHESS WIZARDS	CHALLENGE ISLAND: DISASTER ISLAND PARADISE ISLAND: SLIME AND CRAFTS CLUB
NEARY 4-5 3:05-4:05 PM	CHALLENGE ISLAND: DISASTER ISLAND	CHESS WIZARDS	ROBOTHINK: RUMBLE ROBOTICS	FAST: FLAG FOOTBALL

Programs in **bold** are held off-site. Parent pick-up at 4:30 pm



COMMUNITY PROGRAMS

SKYRISE THEATER PRESENTS THE JUNGLE BOOK AT NEARY



Registration opens early November
\$400.00

Wednesdays, 3:00 – 4:30pm
Neary Elementary School Gymnasium

Auditions will be Wednesday, December 4th, 3:00 – 5:00 pm, with rehearsals starting the following week. Performances will be Saturday, March 8th at Trottier Middle School.

TROTTIER SKIING AND SNOWBOARDING

Trottier registration for the Winter Ski and Snowboard program will be available come late Fall 2024 when program details are released from the mountain. Please keep an eye on www.SouthboroughRec.com for more details.

WELLNESS DAY

Date: Friday, November 1st • 12:00 – 3:30 pm
Location: Recreation Department
21 Highland Street • Southborough

Wear your favorite onesie and join us for Onesie Day on 11/1 for Southborough School half-day Wellness Day to celebrate Dia de los Muertos with some fun art projects and a projector showing of Disney Pixar's CoCo.

Transportation from Woodward and Neary schools is limited. Children must pack a nut-free lunch and water bottle. Movie snacks will be provided. Parents are responsible for pick up at 3:30 pm from the Recreation building.

HOLIDAY BREAK HALF-DAY

Date: Friday, December 20th • 12:00 – 3:30 pm
Location: Recreation Department
21 Highland Street • Southborough

We're kicking off winter break with a snowy celebration. Join us for some fun, winter-themed art projects and a projector showing of Small Foot.

Transportation from Woodward and Neary schools is limited. Children must pack a nut-free lunch and water bottle. Movie snacks will be provided. Parents are responsible for pick up at 3:30 pm from the Recreation building.

PRE-K MINI SPORTS

Ages: 3–6
Fall Session: Saturdays, September 14th – October 19th
9:00 – 9:45 am*
Price: \$95.00
Location: Fayville Park • Central Street • Southborough

This program is a combination of warm-up games and sports, such as soccer, kickball, and t-ball. It will ease children into learning the basics of all these great games as well as teaching them the importance of teamwork! Each class, F.A.S.T. Athletics will have new and exciting games planned for the students.

*No class October 12th

PRE-K T-BALL

Ages: 3–6
Fall Session: Saturdays, September 14th – October 19th
10:00 – 10:45 am*
Price: \$95.00
Location: Fayville Park • Central Street • Southborough

Let's take a walk through the fundamentals of America's favorite pastime. 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. This is an easy introduction into t-ball, where learning and skill development are our priorities.

*No class October 12th

PRE-K SOCCER

Ages 3–6
Fall Session: Saturdays, September 14th – October 19th •
11:00 – 11:45 am*
Price: \$95.00
Location: Fayville Park • Central Street • Southborough

Pre-K Soccer will teach the fundamental skills of dribbling, trapping, passing, and shooting. Students will work on these fundamentals through a variety of unique, nontraditional games. Parents are encouraged to participate if their child needs extra support!

*No class October 12th



COMMUNITY PROGRAMS



SAFE@HOME

Ages: 9–11*

Dates: Wednesday, October 2nd • 4:00 – 6:00 pm

Monday, December 16th • 4:00 – 6:00 pm

Price: \$55.00

Location: Recreation Department
21 Highland Street • Southborough

Safe@Home is ideal for students who have expressed interest in assuming the responsibility of staying home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

Southborough Recreation will pick up Safe@Home participants from Neary School and bring them back to our building for the class. Parents are responsible for pick up at 6:00 pm from the Recreation building.

*Neary students only, unless parents drop off

SAFE SITTER® BABYSITTING CLASS + CPR/AED CERTIFICATION

Ages: 10–16

Dates: Monday, November 25th & Tuesday, November 26th
4:00 – 6:30 pm*

Price: \$145.00

Location: Recreation Department
21 Highland Street • Southborough

Safe Sitter® babysitting classes have been preparing young teens to care for younger children for over 40 years. The program follows guidelines from the American Academy of Pediatrics and the American Heart Association. Students will learn how to

prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. They will learn the ages and stages of child development, as well as practice diapering and baby care. Learn skills such as choking rescue and learning a system to help them assess and respond to injuries and illnesses. Life & Business Skills: The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students will receive a certification of completion of the class.

*Both days are required

CPR + AED COMMUNITY TRAINING CLASSES

Sponsored by the Greater Borough's Partnership for Health

Ages: 12+

Dates: Thursday, September 26th • 6:00 – 8:00 pm

Thursday, October 10th • 4:00 – 6:00 pm & 6:30 – 8:30 pm

Price: \$30.00

Location: Public Safety Building

Join our comprehensive CPR AED training class designed to equip participants with life-saving skills and knowledge. Participants will learn essential techniques for cardiopulmonary resuscitation (CPR), including chest compressions and rescue breaths, which are crucial for aiding individuals experiencing cardiac emergencies. Additionally, attendees will be trained in the proper usage of Automated External Defibrillators (AEDs), empowering them to respond effectively to sudden cardiac arrests. Led by experienced instructors in a supportive environment, this course emphasizes hands-on practice, scenario-based learning, and real-world simulations to ensure confidence and competence in emergency response. Upon completion of the class, participants will earn their Certified Heartsaver CPR/AED American Heart Association card, which is valid for two years from training date.

COMMUNITY PROGRAMS

NEW ENGLAND SCHOOL OF PROTOCOL



Specific class details will be released at a later date.

**Location: Recreation Department
21 Highland Street • Southborough**

New England School of Protocol provides engaging workshops and classes on vital social skills, dining etiquette, and contemporary manners. Class offerings will include:

- Children's Social Skills, grades 2-7
- Children's Conversation Skills, grades 2-7
- Teen Netiquette, grades 8-12
- Teen Interview Prep, grades 8-12
- Prep for the Holidays Children's Dining Etiquette Workshop, grades 2-7

HOLIDAY POTTERY WORKSHOP

Ages: 10+

Dates: Sundays, December 8th and 15th • 1:00 – 4:00 pm

Price: \$75.00

**Location: Recreation Department
21 Highland Street • Southborough**

Join us for a festive Holiday Pottery Workshop designed for ages 10 and up. Unleash your creativity as you craft beautiful holiday-themed pottery pieces, perfect for gifts or seasonal decorations. Our experienced instructors will guide you through each step, ensuring a fun and rewarding experience for all skill levels.



PARENT AND ME: WINTER PLANTING

Ages: 10+ plus a caregiver or family member 18+ (separate registrations required)

Date: Friday, December 6th • 5:00 – 6:30 pm

Price: \$40.00/person

Location: Gulbankian's Florist • 40 Mt. Vickery Rd.

Get in the festive spirit with a parent and me workshop creating a Holiday Porch Plant at Gulbankian's Florist.



FALL PICKLEBALL LESSONS



SESSION 1

BEGINNER 1

Dates: Tuesdays, September 3rd – October 8th
10:00 – 11:30 am

Tuesdays, September 3rd – October 8th • 5:00 – 6:30 pm

Price: \$90.00/session

Location: Mooney Athletic Complex Courts • Finn School

Come join Southborough Recreation as we offer an instructional pickleball program for athletes new to the sport or just beginning. Led by an instructor, learn the game's rules, techniques, and skills, and join your community on the courts! Our curriculum will begin with the basics and end with participants playing full games against each other.

Space is limited to 8 players per session.

Limited equipment available to use. It is encouraged to provide your own paddle.

BEGINNER 2

Dates: Wednesdays, September 4th – October 9th
10:00 – 11:30 am

Price: \$110.00/session

Location: Mooney Athletic Complex Courts • Finn School

Must have completed Beginner 1 clinic or rated 2.5 with knowledge of scoring and court positioning. This is for players who want to gain more confidence on the court and improve their overall pickleball experience. The program focuses on proper technique and mechanics in developing more consistency with shots like dinks, drops, groundstrokes, volleys, serves, etc.

Space is limited to 8 players per session.

Limited equipment available to use. It is encouraged to provide your own paddle.

SESSION 2

Registration will open for Session 2 on September 23rd

BEGINNER 1

Dates: Tuesdays, October 15th – November 12th
10:00 – 11:30 am

Price: \$90.00/session

Location: Mooney Athletic Complex Courts • Finn School

BEGINNER 2

Dates: Wednesdays, October 16th – November 13th
10:00 – 11:30 am

Price: \$110.00/session

Location: Mooney Athletic Complex Courts • Finn School

Led by Lisa Giusti, Certified Pickleball Instructor. Lisa's passion is pickleball and introducing newcomers to the sport. Her foundation of instruction is correct form, skills and strategy. Nothing makes her happier than seeing her students get excited about the game and having fun!

ADULT SPORT LEAGUES

WOMEN'S SOFTBALL*

Ages: 18+

Dates: Sundays, September 15th, 22nd, and 29th;
October 6th and 20th**

Game times will either be 4:30 pm or 6:00 pm

Price: \$100.00

Location: Melican Middle School
145 Lincoln Street • Northborough

Join Southborough Recreation as we take part in recreational league play with Northborough, Grafton, and Hudson Recreation. This league is not super competitive, but if you sign up, you must have some experience playing. Teams will play one game per week at either 4:30 or 6:00 pm in Northborough. Teams will consist of 13 players. 10 players on the field. Everyone bats. Players will be responsible for bringing their own gloves. Batting helmets are not required. The league will provide game balls, an umpire, team t-shirts, at least one team bat, and a face mask to be worn by the pitcher (not required). Additional gameplay rules will be provided prior to the start of the season. All levels of experience are welcomed.

*Fall Schedule will be released and posted on our registration site once available

**No game October 13th. Make-up date October 27th

ADULT DROP-IN BASKETBALL

Ages: 18+

Dates: 10-week program starting September 8th

Sundays • 6:30 – 8:30 pm

Location: Fay School (Harlow Gym) • 48 Main Street

Wednesdays • 6:30 – 8:30 pm

Location: Trottier School (School Gym) • 49 Parkerville Road

Price: \$60.00

This is a pickup league; we call our own fouls and keep our own score. Open to residents and non-residents. Newcomers are always welcome. Regular attendance not required.

Please be prepared to bring a white AND dark (black or navy) shirt to each drop-in session to assist in creating even teams.

ADULT HOCKEY LEAGUE

Ages: 35+

Dates: Sundays, December 1st – February 23rd

7:00 – 8:00 pm

Price: \$225.00

Location: St. Marks Ice Rink • Southborough

This is a pickup league open to residents and non-residents. Registration is limited due to ice capacity. All games take place on Sunday evenings and are weather dependent through the winter season. All games will be played at the St. Marks Ice Rink in Southborough.

FALL 2024

REGISTRATION BEGINS AUGUST 30TH, 2024

ALL PROGRAM REGISTRATIONS CAN BE FOUND AT
WWW.SOUTHBOROUGHREC.COM

