

**Spring & Summer Programs
2016**



March to August 2016



**21 Highland Street
Southborough, MA 01772
Phone: 508-229-4452
Fax: 508-229-7969
<http://Southborough.recdesk.com>**

Southborough Recreation Office Hours: Monday to Thursday 9am to 4pm
Friday 9am to 12:30 pm
Southborough Recreation Office Number: 508-229-4452 Fax 508-229-7969
Southborough Recreation Website: <http://Southborough.recdesk.com>
Southborough Recreation Online registration: <http://Southborough.recdesk.com>

Southborough Recreation Commission

Dave Candella
Sean Cronin
Craig Nicholson
Brian Shifrin
(Vacant Seat)

Recreation Office

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SOUTHBOROUGH RECREATION

<http://Southborough.recdesk.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 March 1st
We still accept mail/walk in registrations.



REGISTRATION: Mail in, Walk in, or Online Registration

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

Walk Ins: Office hours are 9 to 4pm. After office hour registrations may be dropped off at the black mailbox at 21 Highland Street.

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 pro-rated/refunded if the participant misses any portion. A \$20 processing fee will be applied to any changes due to medical reasons and/or transferring out from one program to another.**

CONFIRMATION: Will **not** be sent home. Please report to the first day of 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 teachers needs to fill in for the class).

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

Special Events



St. Patrick's Day Celebration

Ages: Preschool

Friday, March 11

Time: 10am to 12 noon

Location: South Union Building

Come dress in green, celebrate St. Patrick's Day and spend the morning with our special guest. There will be craft making, songs, and light refreshments served.

Music and Irish good cheer awaits you!!

Southborough Residents Only.



Egg-cellent Celebration!

Age: Preschool

Friday, April 1st

Time: 10am to 12 noon

Location: South Union Building

Discover boundless Easter crafts for kids, and the whole family. With Easter games, craft, music and decorations. We offer all the making for an egg-cellent holiday celebration.

Southborough Residents Only.



The New England Center
for Children®

A leader in autism research and education

Saturday, May 7, 2016

Toddler Time

Free

Ages: Preschoolers and Caregivers

Days: Every Fridays ending May 6th

No free play on Holidays, School vacations and snow days

Times: 10am to 12noon

Location: South Union (Recreation Building)

Walk, jump or hop into our spacious room. Meet other parents while your toddler plays with a variety of toys geared toward active preschoolers. Your energetic child will love all the active, free-play options. May include mini basketball, hula hoop, riding toy cars, jumping and running. We will also schedule special guests to come show their special skills and talents. Please check the website for the special event days. This is not a drop off program.

SOUTHBOROUGH RESIDENTS ONLY



2016 Massachusetts Parks Pass

FREE

Southborough residents may borrow a 2016 MA Parks Pass 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.

Park Pass 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 Parks Pass for the 2016 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 Parks Passes may be used, please visit WWW.MASS.GOV/DCR

A \$35 deposit will be required when you pick up the Park Pass.

Your deposit will be refunded to you when you return the pass.



Special Events

Hand-cut Silhouettes make a perfect gift for Mother's Day

Portraits in Silhouette

Hand-cut by Artist Jean Comerford

Dates: Thursday, April 21

Times: Between the hours of 9:30 am to 3pm

Each sitting last about 15 minutes

Contact: By Appointment only, Appropriate for ages 6 months +

Southborough Recreation 508-229-4452

Cost: \$30/ child for first silhouette cut , \$15/child for second cut

Single 5x7 oval frames \$30

Double/triple 8x10 oval frames \$45



Come join us for an afternoon of family fun!

Date: Saturday, April 9 Time: 1pm to 3pm

Place: South Union Building

- Limited number of reduced rate vouchers for sale
- Enter a free raffle for one week of Summer Camp
- Sign up for early bird rates
- Complimentary refreshments provided
- Music and entertainment !

14th Annual Southborough Summer Nights

A family celebration scheduled for
Saturday, August 27

More information will be posted on our website as it
becomes available.

<http://Southborough.recdesk.com>



Tickets to Canobie Lake Park will be available at a
discounted rate.

Good for any open day from April 30 to October
30, 2016 Parking is FREE!

Tickets will go on sale in Mid-March.



Tickets to Six Flags will be available at a dis-
counted rate.

Good for any open day from
April 9 to October 31, 2016

Tickets will go on
sale in Mid-March.



Special Events

4th Annual Southborough Summer Concert Series 2016

Southborough Recreation and Youth & Family Services has partnered up to present our second Southborough Concert Series to begin in June. Concerts will be held on Thursday evenings at the Neary School grounds. Gather your friends and family and enjoy an evening of great entertainment. Bring your picnic basket, your lawn chair and have a good time.

Sit back and enjoy a variety of music including pop, folk, oldies, bluegrass, jazz and more! The Concert Series is always in need of sponsors committed to supporting the department and who would like to advertise their business at the same time. Please contact Southborough Recreation for more information.

Below are dates for the Summer Concert Series

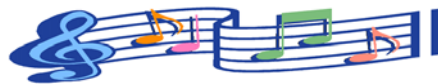
Thursdays: June 23, July 7, 21, August 4, 18

Rain dates: June 30, July 14, 28, August 11, 25

Bring a blanket, friends and family and enjoy an evening of musical entertainment.

Please visit our website for information on performers.

<http://Southborough.recdesk.com>



Lake Chauncy

Is a natural great pond with a beautiful beach access located on Lyman Street, Westborough, MA. There are bathrooms, a playground and lifeguards at Lake Chauncy. Beach will generally be open from Mid June to Mid August and hours of operation will be 11am to 6pm.



Southborough Recreation will have limited passes available for sale to Southborough residents only. Seasonal passes are \$90 for a family member (limited to 6 per family). Passes will be sold on a first come first basis beginning in March and ending in June and must be purchased at the Southborough Recreation Office.

Tickets to Water Country will be available at a discounted rate.

Good for any open day from
June 11 to September 5.

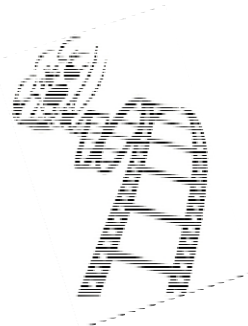
Tickets will go on sale in
Mid-April.



Movie tickets are available for purchase at
\$9.50 per ticket at the Recreation
Office.

No Restrictions

(Only checks and cash accepted)



Recreational Summer Camps

Theme Weeks for Finn Location

Summer is a time to give children a break from school and help them try new experiences to grow mentally, physically and socially. Southborough Recreational Summer Camps have something to offer your child, whether your child wants to refine a sports skill, free play, learn magic, dance & sing, play mind-adventure games or just plain hang with friends in a safe environment. We will offer a variety of programming options, both structured and unstructured, that include art, sports and more.

Our Camp Supervisors, who are full time teachers, coordinate the Summer Day Camp program, and are responsible for the direct oversight of the camps and camp counselor staff. All our general counselors have been trained in CPR/First Aid, and will make sure your child has a memorable experience with us.

All schedules are subject to change. Camp will run rain or shine, however the daily themes and activities may be adjusted if weather does not cooperate. Theme weeks are as follows:

Week 1 : June 27 to July 1

Celebrate Summer! A time for bonding, retreating, relaxing as well as celebrating all things summer! We will play all kinds of outdoor games, build a lemonade stand, camp outdoors and make your own sundaes! There will also be Magical Entertainment to kick off the summer.

Week 2: July 5 to July 8 *excluding Mon, July 4th

Stars and Stripes Week In celebration of our country's birthday, we will have a traditional 4th of July picnic with games and prizes. Put your patriotic spirit on display with some creative 4th of July crafts, draw patriotic BEASTIES and make your own red, white and blue tshirts!

Week 3 : July 11 to July 15

Under the Sea Come ready to celebrate all things Ocean this week. Children will meet different live sea creatures and get to pet them. We will complete the week with some wet, wild, and wacky water games as we will find plenty of ways to beat the summer heat.

Week 4: July 18 to July 22

Carnival Week This is the most anticipated week of camp. We will spend this week preparing a carnival palooza that all will enjoy! In addition to regular activities, extra highlights will include fun carnival games, crafts and face painting. Frolic in the bubbles from the giant bubble machine. Special snacks will include snow cones, cotton candy and popcorn! We will also include a fun inflatable amusement slide.

Week 5: July 25 to July 29

Aloha Join us as we heat things up, Hawaiian style! Have fun playing various Hawaiian theme games, musical beach towels, beach ball bonanza, hula hoops, and more! Performance by Polynesian Fusion will include limbo contest and hula dance lessons. Craft activities include magic sand, pineapple pops, temporary tattoos, leis, along with Hawaiian musical instruments and erupting volcanoes.

Week 6: August 1 to August 5

Heroes Week In addition to regular activities, extra highlights will include, but are not limited to, a visit from the Southborough Police and Fire Department. Meet our Southborough Heroes and climb into their police car and fire trucks. Ring the police and fire truck sirens. DPW will also come with their Front End Loader that you can climb into. Bring your super powers and your super costumes! Superhero crafts such as capes, masks and super power wands are planned as well as Super Hero Stories.

Week 7: August 8 to August 12

Critter Camp This week will be full of animal interactions as well as animal theme activities, games, and crafts to include make your own BEASTIES characters! There will be a visit from Animal Craze Traveling Farm where you can pet your favorite animals up close. We will end the week with pony rides and learn how to groom and decorate a pony!

Recreational Summer Camps

Pre- K Age 2.9 (Potty trained) to Entering Grade 1 (held at Finn School):

At Finn Camp, the curriculum includes regular daily activities to enhance fine & gross motor skills such as gym games, relays, crafts, water play, lego play, playground, sports stations (kickball, basketball, and baseball). Each child has the flexibility to personalize their day to participate in whichever activities interest them. Snacks & drinks are served throughout the day. In addition, the curriculum has been expanded to include additional educational, creative, and artistic opportunities to enhance your child's learning experience. This will be accomplished through a variety of special guests, events and workshops. Outdoor exploration activities are also offered to provide exercise with learning opportunities. Children have the option to participate in as many of these activities that interest them as well.

Age: 2.9 to entering Grade 1
Location: Finn School
Time: 8:30 am to 12:30 pm (to include snacks every day)
Program Fee: Early Bird Special (March 1 to April 27) \$135/week
 Regular Rate (effective April 28) \$145/week

Participant's Name: _____ Grade (Fall 2016) _____
 Date of Birth: _____ Age: _____ (must be potty trained) Home Phone: _____
 Address: _____ Email: _____
 Does your child have an aid at school? _____ Medical Concerns: _____
Please submit your child's most up-to-date medical form and immunization records at least 2 weeks prior to your child attending camp as all medical records must be reviewed prior to your child attending camp. There will be no exceptions.

Emergency Information:

Name of Parent: _____
 Number where parent can be reached at all times: _____
 Who do you authorize to pick up your child in your absence?
 1. _____ Phone # _____
 2. _____ Phone # _____

Circle Playground choices (Early Bird rate apply if register between March 1 to April 27)

Week	1 6/27-7/1	2 7/5-7/8	3 7/11-7/15	4 7/18-7/22	5 7/25-7/29	6 8/1-8/5	7 8/8-8/12	TOTAL
Early Bird Rate	\$135	\$108	\$135	\$135	\$135	\$135	\$135	
Regular Rate	\$145	\$116	\$145	\$145	\$145	\$145	\$145	

Make checks payable to Southborough Recreation. **No Refunds.**

A credit, however, may be applied to another week (or weeks) of Playground Camp ONLY.

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.)

Signature Parent/Guardian _____ Date _____

Recreational Summer Camps

Theme Weeks for Woodward Location

Summer is time to give children a break from school and help them try new experiences to grow mentally, physically and socially. Southborough Recreational Summer Camps have something to offer your child, whether your child wants to refine a sports skill, free play, learn magic, sing and dance, play mind-adventure games or just plain hang with friends in a safe environment. We will offer a variety of programming options, both structured and unstructured, that includes art, sports and more.

Our Camp Supervisors, who are full time teachers, coordinate the Summer Day Camp program, and are responsible for the direct oversight of the camps and camp counselor staff. All our general counselors have been trained in CPR/First Aid, and will make sure your child has a memorable experience with us.

All schedules are subject to change. Camp will run rain or shine, however the daily themes and activities may be adjusted if weather does not cooperate. Free Swim (no lessons) at St.Marks will be included in every camp week.

Week 1 : June 27 to July 1

Celebrate Summer! A time for bonding, retreating, relaxing as well as celebrating all things summer! We will play all kinds of outdoor games, build a lemonade stand, camp outdoors and make your own sundaes! There will also be Magical Entertainment to kick off the summer.

Week 2: July 5 to July 8 *excluding Mon, July 4th

Stars and Stripes Week In celebration of our country's birthday, we will have a traditional 4th of July picnic with games and prizes. Put your patriotic spirit on display with some creative 4th of July crafts, draw patriotic BEASTIES and make your own red, white and blue tshirts!

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Under the Sea Come ready to celebrate all things Ocean this week. Children will meet different live sea creatures and get to pet them. We will complete the week with some wet, wild, and wacky water games as we will find plenty of ways to beat the summer heat.

Week 4: July 18 to July 22

Carnival Week This is the most anticipated week of camp. We will spend this week preparing a carnival palooza that all will enjoy!. In addition to regular activities, extra highlights will include fun carnival games and crafts and face painting. Frolic in the bubbles from the giant bubble machine. Special snacks will include snow cones, cotton candy and popcorn! We will also include a fun inflatable amusement slide.

Week 5: July 25 to July 29

Aloha Join us as we heat things up, Hawaiian style! Have fun playing various Hawaiian theme games, musical beach towels, beach ball bonanza, hula hoops, and more! Performance by Polynesian Fusion will include limbo contest and hula dance lessons. Craft activities include magic sand, pineapple pops, temporary tattoos, leis, along with Hawaiian musical instruments and erupting volcanoes.

Week 6: August 1 to August 5

Heroes Week In addition to regular activities, extra highlights will include a visit to the Fire Station, Police Station to meet our local heroes. Campers will play games and activities all about being a superhero! Campers will also have the opportunity to explore Fay Camp Activities along with swimming at St.Marks. Fun activities will also include Super Heroes Beasties character drawings.

Week 7: August 8 to August 12

Critter Camp This week will be full of animal interactions as well as animal theme activities, games, and crafts to include make your own BEASTIES characters! There will be a visit from Animal Craze Traveling Farm where you can pet your favorite animals up close. We will end the week with pony rides and learn how to groom and decorate a pony!

Recreational Summer Camps

Youth to Entering Grades 2-5 (held at Woodward School):

At Woodward Camp, the curriculum includes regular daily activities to enhance fine & gross motor skills including gym games, relays, crafts, water play, lego play, playground, sports stations (kickball, basketball, and baseball). Each child has the flexibility to personalize their day to participate in whichever activities interest them. Snacks & drinks are served throughout the day. In addition, the curriculum has been expanded to include additional educational, creative, and artistic opportunities to enhance your child's learning experience. This will be accomplished through a variety of special guests, events, workshops & town field trips. Outdoor exploration activities are also offered to provide exercise with learning opportunities. Children have the option to participate in as many of these activities that interest them as well.

Age: **Entering Grade 2 to Grade 5**
Location: **Woodward School**
Time: **8:30 am to 12:30 pm (to include snacks every day)**
Program Fee: **Early Bird Special (March 1 to April 27) \$135/week**
Regular Rate (effective April 28) \$145/week

Participant Name: _____ Grade (Fall 2016) _____
Date of Birth: _____ Age: _____ Home Phone: _____
Address: _____ Email: _____
Does your child have an aid at school? _____ Medical Concerns: _____
Please submit your child's most up-to-date medical form and immunization records at least 2 weeks prior to your child attending camp as all medical records must be reviewed prior to your child attending camp. There will be no exceptions.

Emergency Information:

Name of Parent: _____
Number where parent can be reached at all times: _____
Who do you authorize to pick up your child in your absence?
1. _____ Phone # _____
2. _____ Phone # _____

Circle Playground choices (Early Bird rate apply if register between March 1 to April 27)

Week	1 6/27-7/1	2 7/5-7/8	3 7/11-7/15	4 7/18-7/22	5 7/25-7/29	6 8/1- 8/5	7 8/8-8/12	TOTAL
Early Bird Rate	\$135	\$108	\$135	\$135	\$135	\$135	\$135	
Regular Rate	\$145	\$116	\$145	\$145	\$145	\$145	\$145	

Make checks payable to Southborough Recreation. **No Refunds.**

A credit, however, may be applied to another week (or weeks) of Playground Camp ONLY.

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Signature Parent/Guardian _____ Date _____

Counselor In Training—A Youth Training Program

A CIT (counselor in training) is a camper enrolled in a specialized camp leadership program. Through practical experience CIT's learn about behavior management, risk management, safety awareness, decision making, program planning and team building. This program is meant to develop future leaders for camp and all other areas of life. Our goal is to give CITs the opportunity to gain confidence, pride along with a sense of community and accomplishment.

We accept a limited number of applicants per week for each camp location.

Requirements:

- Required to attend CIT orientation (date to be determined)
- Required to commit at least 2 weeks annually (It is highly encouraged that participants complete 2 consecutive weeks of the CIT program to get the most benefit from the program.)
- Required to follow all camp policies
- Required to wear CIT shirt and name tag every day

Duration:

- CITs may participate as many weeks as they desire, but a minimum of 2 weeks is required. (Prior season participation will not be considered)
- CIT assignments are subject to the discretion of the Camp Director & Supervisors.

Fees:

- The fee for the CIT program is \$140 and includes training, supervision, mentoring, tshirts, snacks, and a field trip to Hopkinton State Park on Fridays.

Volunteer Opportunities:

After the participant has completed the 2 weeks of CIT program, they will be evaluated and may be asked to volunteer their time at camp. Volunteers will be assisting the staff in a variety of ways and earning volunteer hours if needed. Volunteers **MUST** first complete the CIT program annually.

A typical day for a CIT.

8:30 am to 9am	Meet and Greet Campers
9am to 9:15 am	Morning meeting
9:15 to 11am	Placement, team building activities, open swim at St. Marks Pool
11am to 12 pm	Character development activities, role play, safety
12 to 12:30	Assist campers for parent pick up, wrap up meeting

Counselor In Training—A Youth Training Program

Too old to be a camper but too young to be a counselor? Get ahead on developing important job skills during an active week of learning games and leadership skills. CIT's will assist counselors in our Recreational Summer Camps. Participants should be interested in working with children and possess maturity, flexibility, a strong work ethic, and the ability to have fun. The CIT program is an educational program, with a curriculum designed to develop the technical skills necessary to be an effective camp counselor. Your participation in a CIT program can lead to leadership opportunities at school, in extracurricular activities and at future jobs.

Age: **Entering Grade 7 to Grade 9**
Location: **Finn or Woodward School**
Time: **8:30 am to 12:30 pm (to include snacks every day)**
Program Fee: **\$140/pp/week (must sign up for 2 weeks) additional weeks will be on waitlist**

Participant Name: _____
 DOB _____ Age: _____ Grade entering Fall 2016: _____
 Address: _____ Home Phone: _____
 Email: _____
 (Email will be our first and primary means of contact, with multiple emails, pls place ; after each email account)

Emergency Information:

Name of parent: _____
 Number where parent can be reached at all times: _____
 Who do you authorize to pick up your child in your absence?
 1. _____ Phone # _____
 2. _____ Phone # _____

Please circle your selection below (dates and camp location)

Please number in order of preference if registering for more than 2 weeks.

Week	1 6/27-7/1	2 7/5-7/8	3 7/11-7/15	4 7/18-7/22	5 7/25-7/29	6 8/1/8/5	7 8/8-8/12	TOTAL
FINN	\$140	\$112	\$140	\$140	\$140	\$140	\$140	
WOOD- WARD	\$140	\$112	\$140	\$140	\$140	\$140	\$140	

Make checks payable to Southborough Recreation. **No Refunds.**

A credit, however, may be applied to another week (or weeks) of CIT camp ONLY. **No Changes after June 17, 2016.**

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.)

Signature Parent/Guardian _____ **Date** _____

Swim Lessons



Please check back March 1 for Swim Programs

Swim Lessons



Please check back March 1 for Swim Programs

Horse Programs



Tiny Trotters

\$255/pp

Ages: 4 to 6 years old

Days: Tuesdays (OR) Wednesdays (OR) Thursdays

Time: 9:30 to 11:30 am (OR) 1 to 3pm

Session 1a: Tuesdays, March 15, 22, 29, April 5, 12

2a: Tuesdays, April 26, May 3, 10, 17, 24

Session 1b: Wednesdays, March 16, 23, 30, April 6, 13

2b: Wednesdays, April 27, May 4, 11, 18, 25

Session 1c: Thursdays, March 17, 24, 31, April 7, 14

2c: Thursdays, April 28, May 5, 12, 19, 26

Instructor: Willow Brook Farm (aka) Lil Folk Farm

Location: 1070 Washington Street, Holliston

Min 2/Max 4

5 week drop off program to learn to ride, develop horsemanship skills and learn about farm animals. Your tiny trotter will take weekly private riding lessons, learn to groom, tack and feed our ponies. Your rider will be supplied with a riding helmet, sweet ponies and a wide assortment of farm animals to play with!

Summer Horse Riding Programs at Willow Brook Farm (aka) Lil Folk Farm

Session Dates are as follows: Monday to Friday

Min 2/ Max 4

Session 1: July 11 to July 15

Session 3: July 25 to July 29

Session 5: August 8 to August 12

Session 2: July 18 to July 22

Session 4: August 1 to August 5

Session 6: August 15 to August 19

ASTM approved riding helmet is required along with proper boots/footwear and long pants.

Summer Camp-Tiny Trotters

\$355pp

Ages: 4 to 6 years

Time: 8:30 am to 12:30 pm

Tiny Trotters will learn to groom, tack, lead and care for ponies through hands on interaction and fun pony games. Each day riders will have a 30 min. private riding lesson with one of our instructors. Playing with farm animals is also a highlight!

Summer Camp—Junior Farmers

\$255/pp

Ages: 4 to 12 years old

Time: 8:30 am to 12:30 pm

Farmers will have a wonderful summer week learning about all of our barnyard animals! They will learn to handle, care for and lead goats, sheep, llamas, alpacas, donkeys, pigs, chickens and more! Collecting eggs is a also a special treat, along with daily pony ride and wagon rides through out the week. Photo album scrap book is included.

Summer Riders

\$355/pp

Ages: 7 to 16 years old

Time: 8:30am to 12:30 pm

Learn to ride or develop your riding skills. Our program is perfect for the beginner, intermediate or advanced rider. Students will ride daily with our instructors based on their riding level. Campers with prior riding experience receive more advanced instruction to ensure they are challenged in all aspects of their riding education. Students will also work on various horsemanship skills, grooming, braiding, giving the horses baths, feeding, stall maintenance, horse training skills, leading and much more! Advanced riders will work on advanced horsemanship skills such as leg wrapping, vet care, care for your horse when jumping and pacing jump course.

PK Programs

Saturday PK programs are held at the Woodward School Gym. Programs will run based on minimum number of registered enrollments one week prior to start date.

If we do not meet the enrollment numbers, they will be cancelled. Please do not wait until the last minute to sign up. A high level of planning and coordination is involved to make these programs successful, please sign up as soon as possible to avoid disappointment.

Don't Wait or It Will Be Too Late



PK Soccer

\$85/pp

Ages: 3 to 6 (potty trained)

Days: Saturdays

Time: 9am to 10am

Dates: March 12, 19, 26, April 2, 9, 16

Location: Woodward Gym

Instructor: FAST Athletics

Min 10/Max 30



These action packed soccer sessions teach players the basics of soccer through a series of fun games in a non-competitive setting. We will work on shooting, passing, dribbling, and trapping, and enjoy exciting scrimmages. Players will be grouped by age and ability. Please wear comfortable clothing, sneakers and bring a water bottle.

PK TBall

\$85/pp

Ages: 3 to 6 (potty trained)

Days: Saturdays

Time: 10am to 11am

Dates: March 12, 19, 26, April 2, 9, 16

Location: Woodward School Gym

Instructor: FAST Athletics

Min 10/Max 30

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. This is an easy introduction into t-ball where learning and skill development are our priorities.

PK Mini Ballers

\$85/pp

Ages: 3 to 6 (potty trained)

Days: Saturdays

Time: 11am to 12pm

Dates: March 12, 19, 26, April 2, 9, 16

Location: Woodward Gym

Instructor: Game Time Training

Min 10/Max 30

Join Game Time Training and their staff of experienced coaches for this fun introduction to basketball! Each week, Game Time Training will introduce the rules and principles of basketball, such as: understanding triple threat, knowing the spots on the court and learning the rules of dribbling, passing and shooting. The GTT staff makes learning the game fun with interactive drills, music and ENERGY!

PK Programs

Music Lessons!



Check back with us!

PK T-ball

\$85/pp

Ages: 3 to 6 (potty trained)

Days: Saturdays

Time: 10am to 11am

Dates: April 30, May 7, 14, 21, June 4, 11

Location: Fayville Memorial Park

Instructor: FAST Athletics

Min 10/ Max 30



Baseball is "America's favorite pastime." You're never too young to learn to play and T-Ball's the way. You'll learn individual skills such as batting and catching, and get an introduction to aspects of regular baseball. We'll also play non-traditional games and activities to encourage skills development and create a fun, supportive atmosphere. Please wear comfortable clothing and sneakers, and bring a baseball glove and water bottle.

PK Soccer

\$85/pp

Ages: 3 to 6 (potty trained)

Days: Saturdays

Time: 9am to 10am

Dates: April 30, May 7, 14, 21, June 4, 11

Location: Fayville Memorial Park

Instructor: FAST Athletics

Min 10/Max 30



These action-packed soccer sessions teach players the basics of soccer through a series of fun games in a noncompetitive setting. We'll work on shooting, passing, dribbling, and trapping, and enjoy exciting scrimmages. Players will be grouped by age and ability. Please wear comfortable clothing, sneakers and bring a water bottle.

PK Flag Games

\$85/pp

Ages: 3 to 6 (potty trained)

Days: Saturdays

Time: 11am to 12noon

Dates: April 30, May 7, 14, 21, June 4, 11

Location: Fayville Memorial Park

Instructor: FAST Athletics

Min 10/ Max 30



This is a non-contact, co-ed program designed to introduce players to basic Flag Games. A variety of skills will be taught (running, fleeing, dodging, offense, throwing, catching, and kicking) through drills. Each class will end with a game played where coaches will have tons of plays ready for their teams!

Online registration is simple and free

Please visit <http://southborough.recdesk.com> to set up an account
or call the office if you are not sure if you have an account.

Youth Programs

Home Alone Safety

FREE

Age: Grades 6—8

Date: Friday, May 6

Time: 6pm to 6:45 pm

Location: Senior Center , 9 Cordaville Road

Instructor: Officer Landry

Min 8/Max 15



Parents, ever wonder if you've 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. **Southborough Residents Only.**

American Red Cross Babysitting

\$ 100/pp

Ages: 12-15

Session 1: Friday, March 25

Session 2: Monday, August 29

Time: 9am to 3:15pm (please pack a lunch for a 30 min lunch break)

Instructor: American Red Cross

Location: South Union (Recreation Building)

Min 8/Max 12



Designed for the 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-plays 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 bedtime 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.

Teen Job Book



There are a lot of people in Southborough who need help with babysitting, computers, yard work and various other odd jobs. If you are 13 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.

Tickets to Canobie Lake Park will be available at a discounted rate.

Good for any open day from April 30 to October 30, 2016. Parking is FREE!

Tickets will go on sale in Mid-March.



Youth Programs

Archery

\$90/pp

Ages: Grades 3 to 6
 Days: Monday to Thursday (Friday reserved for rain date)
 Dates: July 25 to July 28 (rain date 7/29)
 Time: 1pm to 3pm
 Location: Neary Field Min 8/Max 12
 Instructor: Frank Nellenback



This class will teach you the mechanics and skill involved in using a bow and arrow and aiming at a target. The class will emphasize archery safety rules, proper shooting techniques, stance and coordination. It is an exciting and fun class that will challenge your physical strength, focus and finesse. Please apply sunscreen and bring a water bottle.

GTT Basketball Skills Camp (co-ed)

\$175/pp

Ages: Grades 3 to 5 (AND) Grade 6 to 8
 Days: Monday to Friday Dates: July 11 to July 15
 Time: 9am to 12 pm Min 10/ Max 30
 Instructor: Game Time Location: Trottier Gym

Join Coach Isaiah Davis and his Game Time Training Staff for a fun week of basketball. Kids will play in a competitive environment, have a blast with our contests and learn during our skills sessions. A typical day of camp will consist of warm ups, skill-work/stations, learning basic basketball concepts, scrimmage, and contests. Participants will be evaluated on the first day and separated by age and ability. Each camper will leave with a tshirt and a report card from their camp coach equipping them with feedback and things to work on!

SkyRise Theater Camp—Red Cape

\$215/pp

Ages: 5 to 14
 Daye: Monday to Friday
 Dates: August 15 to August 19
 Time: 9am to 1pm
 Location: Trottier Middle School, Auditorium
 Instructor: SkyRise Children's Theater Min 12/ Max 40



This 5 Day Production Camp provides an opportunity for significant growth for your child by creating confidence building and teamwork skills. Your child will learn a 35 minute show in just four days. The rehearsal schedule is set at the beginning of the week. Rehearsals are 4+ hours each day and consists of two 2-hour blocks of time with a 15 minute lunch break. All cast members are to attend all rehearsals throughout the week. For the performance, your child will be singing and dancing in costume and makeup and will perform the show in front of a scenic backdrop. For extra performance strength building, we will incorporate theater games/exercises throughout the week. The first day of camp will involve a small audition for an hour long where parts will be cast. Campers do not need to prep for the auditions, just be ready to move and have fun!

Youth Programs

Making an IPHONE Game (OR)

\$170/pp

Making a Samsung Android Game

Ages: 8 to 11, Grades 3 to 6

Min 14/Max 24

Days: Monday to Friday

Dates: July 18 to July 22

Time: 9am to 11:45 am

Location: South Union



Instructor: Funutation Tech Camps, Inc

iPHONE users can create games for iPhones and iPads using GameSalad. Funutation shows how to add objects, sound scoring, and award the winner!

Android users can create apps that appear live on your Android phone or tablet. Funutation teaches the basics of computer programming to create a drawing app and a Whac-a-Mole Game.

Kids acquire tech skills using our trademarked Funutation TEAMS hands on, inquiry based model. Tekkies work in teams of two to investigate and discuss coding principles in action. A phone is not required to take this camp as the games are developed on a computer.

Minecraft Magic

\$170/pp

Ages: 8 to 11, Grades 3 to 6

Min 14/ Max 24

Days: Monday to Friday

Dates: July 18 to July 22

Time: 12:15 to 3pm

Location: South Union

Instructor: Funutation Tech Camps, Inc.,



Tekkies create games with 3D Models and battle against powerful enemies. Download and install mods and maps into your gaming masterpiece. Test the strength of your mods with Funutation. Kids acquire tech skills using our trademarked Funutation TEAMS handson, inquiry-based model. Tekkies work solo as they investigate different ways to play Minecraft. Make sure you have a Minecraft account prior to the first day of event. Bring your computer or rent from www.funutation.com for \$25 for the entire week of camp.

Lego WeDo

\$170/pp

Ages: 5 to 7, Grade K to 2

Min 14/ Max 24

Days: Monday to Friday

Dates: August 1 to August 5

Time: 9am to 11:45am

Location: South Union (Recreation Building)

Instructor: Funutation Tech Camps, Inc.,

Tekkies invent new robot designs with Lego Wedo. Tekkies will program sensors to respond to motion, and add motors and gears to pull heavy loads. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry-based model. Tekkies work in teams to investigate and discuss coding principles in action.

Lego Robotronics

\$170/pp

Ages: 8 to 11, Grade 3 to 6

Min 14/ Max 24

Days: Monday to Friday

Dates: August 1 to August 5

Time: 12:15 pm to 3pm

Location: South Union (Recreation Building)

Instructor: Funutation Tech Camps, Inc.,

Tekkies invent new robot designs with LEGO Mindstorms 2.0. Tekkies will program sensors to respond to light and sound, and add motors and geaers to pull heavy loads. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry based model. Tekkies work in teams to investigate and discuss coding principles in action.

Tween Programs

Kangaroo Clinic *Field Hockey Skills Camp*

\$260/pp

Ages: Entering Grades 6 to 12

Days: Monday to Thursday

Dates: August 1 to August 4

Instructor: Kangaroo Clinic

Time: 9:30 am to 4pm

Location: 911 Memorial Field

Min 25/Max 55



Operating since 2002, Kangaroo Clinics is a unique concept where highly skilled and experienced coaches provide a tailored program to meet the needs of high school teams, as well as individual players. There will be individual skills sessions as well as group skills, set play development and strategy sessions to involve as many skills as possible each day. Goal keepers will also receive specialized one-on-one instruction on skills and techniques necessary to play vital positions. Coaching staff includes David Mike, Clinic Director/Head Coach from Australia and as well as other international coaches. Each participant will receive a Kangaroo Clinic t-shirt. This program is not available to register online. Please make checks payable to "David Mike". Participants should bring shin guards, sticks, mouth guards, appropriate shoes, water bottle, lunch, 2 snacks, and sunscreen

PrimeTime Boys Lacrosse Camp

\$195/pp

Ages: 7 to 16

Days: Monday to Thursday

Dates: July 11 to July 14

Time: 9am to 12noon

Instructor: Prime Time Lacrosse Coaches

Location: 911 Memorial Field

Min 20/ Max 55



PrimeTime Lacrosse Camps are designed to welcome new players to the game, help players who have been playing for a few years to improve their fundamentals and begin to introduce lacrosse team concepts, and assist experienced lacrosse players in taking their game to the next level as they prepare for high school lacrosse and beyond all in a fun, safe environment. Participants should bring lacrosse equipment, sticks, helmet, appropriate shoes, water bottle, snacks and sunscreen.

*Movie tickets are available for purchase at
\$9.50 per ticket at the Recreation Office.*

(Only checks and cash accepted)

No restrictions



AMC Movie tickets

are available for purchase at

\$9.50 per ticket,

no restrictions

(only checks and cash accepted)



Tennis Programs



Youth Tennis—Indoors **6 Weeks** **\$130/pp**

Each group will receive instruction appropriate to their levels from experienced Pros. 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	Levels and Times:	
Days:	Sundays	Beginner 5:30 to 6:30	Max is 4
Location:	Westboro Tennis & Swim Club	Adv Beginner 6:30 to 7:30 pm	Max is 3
		Intermediate 6:30 to 7:30 pm	Max is 3
Dates:	April 10, 17, May 1, 8, 15, 22 (no class 4/24)		

Youth Tennis Clinics **5 weeks** **\$105/pp**

If you are a tennis lover of any level, our clinics are the best way for you to hone your skills. Programs range from beginning to intermediate, we have the right program for you. Clinics will cover the entire spectrum of development including detailed instructions, drill, movement, cardio, play situations, strategy and supervised play. Our goal is to provide every player to hit a ton of balls, improve their technique and match play skills, and learn in a fun environment with other players in their peer group.



Rain make up dates will be made at the discretion of the instructor.

Instructor: Bob Hom, PTR Certified Tennis Instructor

Location: Richardson Courts at Neary School

Beginner/Advanced Beginner : Ages 7 to 12 **Min 3/Max 6**

This is a fast track course to introduce young students to all the basic strokes, simple rules, sportsmanship and court etiquette. Skill building techniques and competitive games will be used.

Days: Tuesdays Time: 5:30 to 6:30pm

Dates: Session 1: May 3, 10, 17, 24, 31

Intermediate/ Advanced Intermediate: Ages 9 to 12 **Min 3/Max 6**

This program is for the experienced, committed and enthusiastic young players. Clinic will include continued development of technical skills, proper grips and topspin. Cooperative and competitive games will be played.

Days: Thursdays Time: 5:30 to 6:30pm

Dates: Session 1: May 5, 12, 19, 26, June 2

Time to restring your racquet? All racquets, all types and all tensions.

Starting at \$25/ per racquet OR \$20 with your own string.

FREE string job for every 10 racquets strung within 2 years.

Pick up and drop off may be available.

Call Bob at 774-249-3247

24 Hour Service



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Tennis Programs

Pee Wee Tennis

\$80/pp

Ages: 4 to 6
Location: Richardson Courts at Neary School
Instructor: Bob Hom, PTR Certified Instructor
Dates: Sundays-May 1, 8, 15, 22, June 5
Time: 9am to 9:45am
Min 3/ Max 6



Introduce your little ones to our fun game approach!

Rising tennis players will discover the equipment and map the tennis court. They develop hand eye coordination along with movement skills. Basic tennis fundamentals are taught through lots of tennis like games! Please wear comfortable shoes and bring a tennis racquet.

Youth Tennis Summer Clinics

\$90/pp

Location: Richardson Courts at Neary School
Instructor: Jeff Beane
Monday to Thursday (Friday is rain date)
Week 1: June 27 to June 30
Week 2: July 5 to July 8 *no class 7/4
Week 3: July 11 to July 14

Ages: 7 to 13

Min 3/Max 8

Week 4: July 18 to July 21

Week 5: July 25 to July 28

Week 6: Aug 1 to Aug 4



If you are a tennis lover of any level, our clinics are the best way for you to hone your skills. Players range from beginning to intermediate and will be grouped according to skill level. Our goal is to provide every player to hit a ton of balls, improve their technique and match play skills, and learn in a fun environment with other players in their peer group. You will be taught fundamental technical tennis instruction and supervised match play. There will be variety of games, drills, practice routines to improve your tennis. You will be stimulated and challenged at all levels and abilities. Please bring tennis racquet, a water bottle and apply sunscreen before arrival.

Beginner/Advanced Beginner: Age 7 to 12

Time: 8:45 to 9:45am

Students will learn all the basic skills and work on refining their technique. Moving and hitting are emphasized, and students will focus drills and match plays.

Intermediate/Advanced Intermediate: Age 9 to 13

Time: 10am to 11am

Students who have some experience and can hit a tossed ball consistently. Knowledge of basic strokes and ready for next level of play.



Youth & Adult Golf Lessons

Junior and Adult Group Series

Held at Juniper Hill Golf Course, 202 Brigham Street, Northboro.

Great program for golfers of all abilities. Instructors work with students individually within the group.

All aspects of the game from full swing to short game will be covered. Five, one hour classes encourage gradual improvement over five weeks. Each class meets once a week for five consecutive weeks.



Junior Golf Series

\$110/pp

Ages: Juniors (8 to 16)

Min 2/Max 4

Level: Beginner

Dates & Times: (select one)

Tuesday, April 26, May 3, 10, 17, 24

Time: 4:30 to 5:30pm

Wednesday, April 27, May 4, 11, 18, 25

Time: 4:30 to 5:30pm

Thursday, April 28, May 5, 12, 19, 26

Time: 4:30 to 5:30pm

Saturday, April 30, May 7, 14, 21, 28

Time: 10 to 11am

Sunday, May 1, 8, 15, 22, 29

Time: 10 to 11am

Level: Intermediate

Dates & Times: (select one)

Tuesday, April 26, May 3, 10, 17, 24

Time: 5:30 to 6:30pm

Thursday, April 28, May 5, 12, 19, 26

Time: 5:30 to 6:30pm

Friday, April 29, May 6, 13, 20, 27

Time: 4:30 to 5:30pm

Adult Golf Series

\$135/pp

Ages: 17 and up

Min 2/Max 4

Level: Beginners

Dates & Times: (select one)

Monday, April 25, May 2, 9, 16, 23

Time: 1pm to 2pm (OR) 5:30 to 6:30pm

Tuesday, April 26, May 3, 10, 17, 24

Time: 10 to 11am (OR) 6:30 to 7:30pm

Wednesday, April 27, May 4, 11, 18, 25

Time: 9 to 10am (OR) 6 to 7pm

Thursday, April 28, May 5, 12, 19, 26

Time: 10 to 11am (OR) 6:30 to 7:30pm

Saturday, April 30, May 7, 14, 21, 28

Time: 9 to 10am

Sunday, May 1, 8, 15, 22, 29

Time: 9 to 10am

Online registration is simple and free

Please visit <http://southborough.recdesk.com> to set up an account
or call the office if you are not sure if you have an account.

Youth & Adult Golf Lessons

Adult Golf Camp

\$125/pp

Ages: 18+

Time: 11am to 1pm

Dates: Fri, Sat, Sun- March 25, 26, 27 (OR)

Fri, Sat, Sun –April 1, 2, 3 (OR)

Tues, Wed, Thur –April 5, 6, 7 (OR)

Fri, Sat, Sun- April 8, 9, 10 (OR)



Location: Juniper Hill Golf Course, 202 Brigham Street, Northboro

Instructor: Golf Teaching Center

Min 3/ Max 4

Improve and learn more about your game as you play. Established golfers will improve their strategy; where to aim, what club to hit, and how to play certain shots. Six hours of instruction over three days gives the student sufficient time to grasp the necessary basics to improve the game at an excellent price. Video analysis and training aids are used to develop and improve the golfer's technique. All aspects of the game from full swing to short game will be covered. Program will meet from 11am to 1pm every scheduled date unless otherwise noted.

Junior Golf Camp at Juniper Hill

\$260/pp

Ages: 7 and above

Days: Mondays to Fridays

Time: 9am to 12 noon

Dates: Session 1: June 20 to June 24

Session 6: July 25 to July 29

Session 2: June 27 to July 1

Session 7: Aug 1 to Aug 5

Session 3: July 4 to July 8

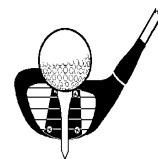
Session 8: Aug 8 to Aug 12

Session 4: July 11 to July 15

Session 9: Aug 15 to Aug 19

Session 5: July 18 to July 22

Session 10: Aug 22 to Aug 26



Location: Juniper Hill Golf Course, 202 Brigham Street, Northboro

Instructor: Golf Teaching Center

Min 3/ Max 5

Children will enjoy a fun week of golf to develop correct swing mechanics, and they will become better players. A combination of instruction, imitation and fun exciting games will keep their interest level high. Putting, chipping, full swing, on-course instruction, etiquette and rules of golf will be covered. Program includes individual attention, video analysis, short game instruction, full swing instruction, flexible schedules, fun games and refreshments. Golf clubs will be provided if needed along with golf balls, snacks, refreshments and prizes.

Philosophy: Goal is to make sure campers enjoy themselves playing golf. If they enjoy golf, they will keep playing. As they keep playing, and develop correct swing mechanics, they will become better players. Juniper Hill Golf instructors will combine instruction, imitation, and fun exciting games to keep their interest level high.

Adult Programs

Adult Tennis– Indoors

6 Weeks

\$130/pp

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

Days: Sundays

Levels and Time:

Beginner 5:30 to 6:30pm

Adv Beginner 6:30 pm to 7:30 pm

Intermediate 6:30 pm to 7:30 pm

Max is 2

Max is 3

Max is 6



Location: Westboro Tennis & Swim Club

Session 1: April 10, 17, May 1, 8, 15, 22 (no class 4/24)

Adult Tennis -Outdoor

5 weeks

\$135/pp

Do you want to become a better tennis player? Come learn the basics of a lifetime sport, or enhance your present skills while getting a good workout. You will learn all aspects of the game from beginners through advanced intermediates. Meet new players, exercise and have fun!

Rain make-ups will be made at the discretion of the instructor

Instructor: Bob Hom, PTR Certified Instructor

Location: Neary Tennis Courts



Beginner/Advanced Beginner: Have fun learning the basic skills of a lifetime, or enhance your present skills while getting a good workout. You will learn strokes, court movement, and footwork. Class will focus on consistency in strokes, and strategy in playing singles and double. Min 3/ Max 8

Days: Tuesdays

Time: 6:30pm to 8pm

Dates: Session 1 : May 3, 10, 17, 24, 31

Intermediate/Advanced Intermediate: Work on depth, variety, stroke consistency, develop use of lobs, overhead, approached shots, volleys, and game strategies. Min 3/Max 8

Days: Thursdays

Time: 6:30pm to 8pm

Dates: Session 1: May 5, 12, 19, 26, June 2

Monday Night Mixed Doubles Round Robin

Date: Mondays beginning June 4th

Time: 5:30pm to dusk

Location: Fay School Courts

Coordinator: Pat Richardson

Join Pat every Monday evening for a casual drop in Round Robin. This is for Advanced level tennis players and above. There is no fee but you are required to bring four cans of new tennis balls the first night you play.

You will be playing fun and competitive matches and enjoy a great workout and meet new friends!!!

Time to restring your racquet?

All racquets, all types and
all tensions starting at

\$25/ per racquet OR \$20 with
your own string.

FREE string job for every 10
racquets strung within 2 yrs.

Pick up and drop off may be
available.

Call Bob at 774-249-3247

24 Hour Service



Adult Programs

Drop In Coed Volleyball

\$3/pp drop in fee

Ages: High school and up

Days: Wednesdays

Time: 6 to 8 pm

Dates: Beginning March 2 to June 8

Location: Woodward School

Coordinator: Recreation Staff



Here's your chance to play pick up games, once a week. This non-competitive, fun atmosphere is for all volleyball enthusiasts. No instructions are provided. All skill levels are invited to play. Come join in on the fun. Please bring water and wear comfortable sneakers! ! **The recreation department reserves the right to limit the number of drop in players and to cancel evening drop in activities. This program meets almost every week except for holidays, early release days and school events.**

Yoga with Tai

\$65/pp

Days: Mondays

Dates: March 28, April 4, 11, 25, May 2

Time: 6:45 to 7:45pm

Location: South Union Building

Instructor: Tai Louie

Min 4/ Max 12



A dynamic and balanced class that connects breath with movement in a flowing sequence of postures, our Vinyasa (or flow) yoga class creates a flowing meditation in movement along with restorative postures. This class will start slowly and will explore practices such as full body stretches, inversions, back bends and sitting isolation work. Vinyasa is excellent for the student who seeks movement to help create a state of physical exertion and mental concentration leading to deep relaxation and a deep calm and collectiveness. Please wear comfortable clothes, bring a mat and a water bottle.

Women's Dodgeball

\$75/pp

Age: High School and up

Time: 6pm to 8pm

Day: Thursdays

Dates: April 28, May 5, 12, 19, 26, June 2, 9

Come play Dodgeball ! It is a fun way to get some work out or a great stress reliever by throwing dodgeballs as hard as you can at the opposing team. Join us for some fun and meet new friends!



Adult Drop In Coed Volleyball

Free

Ages: High School and up

Time: 3pm to 6pm

Dates: Tuesdays

June 28 to August 23

Location: Outdoor Volleyball Court at the Neary School



Bring your volleyball and start a pick up game with other volleyball enthusiasts. No instructions or balls provided. This is a drop in opportunity for non competitive volleyball play. Please bring water and sunscreen.

Program Registration Form (2016-2017)

- Online—<http://Southborough.recdesk.com>
- By mail—please mail form and payment to 21 Highland Street, Southborough, MA 01772
- Walk in—Monday to Thursday 9am to 4pm, Friday 9am to 12noon
- Drop payment and form in Black Mail box at the Recreation Office.

Participant 1

Name _____ School _____
 Male / Female _____ Date of Birth _____ Age _____ Grade (Year 16/17) _____
 Allergies / Medical Concerns _____

Activity Name	Start Date	Time	Session	Fee/Check No.

Participant 2

Name _____ School _____
 Male / Female _____ Date of Birth _____ Age _____ Grade (Year 16/17) _____
 Allergies / Medical Concerns _____

Activity Name	Start Date	Time	Sessions	Fee/Check No.

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

Head of Household/Guardian

Name _____ Home Phone _____
 Address _____ Town _____ Work Phone _____
 Email Address _____ Cell Phone _____
 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/Guardian: _____ Date: _____