Grafton Recreation

2016 - 2017

Programs & Events

Town of Grafton Recreation Department

Grafton Memorial Municipal Center | 30 Providence Rd. | Grafton, MA 01519

508-839-5335 x1156 | recreation@grafton-ma.gov | GraftonRec.com

@GraftonRecDept

Grafton Recreation Important Information

Registration can be done online at www.graftonrec.com or at the Recreation Office

Policies:

- Programs are offered to Grafton and non-Grafton residents.
- All programs offered on a first come, first serve basis.
- All registrations are due no later than one week prior to the start of the program, unless otherwise stated.
- Registrants may only sign up themselves or immediate family members only.
- Confirmation of enrollment in a program will be sent via e-mail upon the completion of registration.
- We do not discriminate based on race, religion, color, nationality, origin, sexual orientation or persons with disabilities.
- The Recreation Department is not responsible for lost, misplaced, or stolen items.
- No electronic devices of any kind are allowed in any program. No cell phones.
- The Recreation Department cannot dispense medication. Please make arrangements if your child needs medication.
- The Recreation Department and/or press will take photos of programs for publicity purposes.
- Additional waiver forms may be required based on vendor.
- We reserve the right to cancel, change or consolidate classes when necessary.
- Each program has age requirements which will be strictly enforced.
- Parents/guardians are responsible for signing in and out their child on a daily basis.
- It is the parents/guardians responsibility to pick up your child on time. First offense is a warning, second offense $10.00 per 15 minutes late.
- Any staff member may ask that your child stay home if there are behavioral issues.
- Please apply sunscreen to your child prior to attending any program and bring additional sunscreen in a backpack. Staff will remind your child/ children to reapply sunscreen. But will not be able to apply sunscreen to your child / children.
- All programs are peanut free.

Scholarships are available only to Grafton residents.
Applications are available in the Recreation Office and online at graftonrec.com.

Refunds: Given only upon 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 (a doctor's note required),

Programs will <u>not</u> be prorated/refunded if the participant misses any portion.
A $20.00 processing fee can be charged for refunds.

For further information, please call the Recreation Office at 508-839-5335, x1156.
Please check out www.graftonrec.com for the latest updates.

Recreation Director: Jen Andersen **Office Manager:** Kerri Arsenault

Grafton Recreation Commissioners

Kristen Belanger, Chair Bob Fitzpatrick Stephen Crowley Gina DaLan

Table of Contents

FALL

Pre-School/Tot

Mini Soccer..... 1
Mini Sports..... 1

Youth

Floor Hockey..... 1
Home Alone Safety..... 1
Babysitting Certification..... 2
Dodgeball..... 2
Discovery Lab..... 3
Eco Engineers..... 3
Tennis..... 4

Adult/Family

Tennis 5
Golf..... 6
MetaFit..... 6
Zumba..... 6
UMass Football Tickets..... 7

SPECIAL EVENTS..... 8

WINTER / DECEMBER VACATION

Youth

Motion Commotion..... 9
Science Mysteries..... 9
Babysitting Certification..... 10
Horse Lovers..... 10
Outdoor Adventure..... 10
Youth Basketball..... 11
Ski/Snowboard Programs..... 12-13
Tennis..... 14

Adult

Tennis..... 15
Zumba..... 16

SPRING / APRIL VACATION

Youth

Horse Lovers..... 17
Outdoor Adventure..... 17

Adult

Tennis..... 18

FIELDS AND FACILITIES

Airport Park: 8 Bedford Dr., North Grafton
Brookmeadow Park: 377 Providence Rd., South Grafton
Fisher Park/Ferry St. Park: 114 Ferry St., South Grafton
Grafton Lions Club: 68 Brigham Hill Rd., Grafton
Grafton High School: 24 Providence Rd., Grafton
Grafton Middle School: 22 Providence Rd., Grafton
Grafton Municipal Center: 30 Providence Rd., Grafton
Millbury Street Elementary School: 105 Millbury St., Grafton
Miner Field /Norcross Park: 14 North St., Grafton
Nelson Park: 6 Prentice St., North Grafton
North Grafton Elementary School: 44 Waterville St., North Grafton
North Street Elementary School: 60 North St., Grafton
Perry Hill Park: 3 Perry St., North Grafton
Riverview Park: 176 Providence Rd., South Grafton
Silver Lake Beach: 245 Upton St., Grafton
South Grafton Elementary School: 90 Main St., South Grafton

YOUTH ORGANIZATIONS AND TOWN LEAGUE CONTACTS

Grafton Mens Softball: Stephen Nicalek - snicalek@gmail.com
Grafton Youth Baseball: www.graftonlittleleague.org
Grafton Cricket: Shripad Nandurbarkar - shripadn@gmail.com
Grafton Youth Lacrosse: www.graftonlacrosse.com
Grafton Youth Football and Cheer: www.graftonyfc.com
Grafton Youth Soccer: www.gscsoccer.org
Grafton Youth Softball: www.graftongirlssoftball.com

FALL: PRE-SCHOOL / TOT

MINI SOCCER

Shoot it, trap it, kick it! Participants will learn fundamental skills from coaches through unique drills, games, teaching techniques, trivia and more.

Emphasis will be on learning, participating and having FUN in an appropriately competitive atmosphere. Skills taught include dribbling, passing, shooting and more. The clinic culminates with tournament day!

Please bring appropriate sized soccer ball, appropriate clothing and water bottle.

Dates: September 17 - October 22, 2016

Days: Saturdays

Time: 9:00 - 9:45 am

Cost: $75

Age: 3.5 - 5 year olds

Location: Norcross Park

Instructor: Thundercat Sports

Register By: September 10, 2016

Minimum/Maximum: 8/12

MINI SPORTS

This fun program will include soccer, basketball, softee hockey, t-ball and other unique games. Emphasis will be on some basic skill building, developing hand-eye coordination, teamwork and FUN!

Dates: September 17 - October 22, 2016

Days: Saturdays

Time: 10:00 - 10:45 am

Cost: $75

Age: 3.5 - 5 year olds

Location: Norcross Park

Instructor: Thundercat Sports

Register By: September 10, 2016

Minimum/Maximum: 8/12

FALL: YOUTH

FLOOR HOCKEY

Slap it, handle it, score it! Participants will learn fundamental skills from coaches through unique drills, games, teaching techniques, trivia and more. Emphasis will be on learning, participating, and having FUN in an appropriately competitive atmosphere. The clinic culminates with tournament day!

Bring sneakers, appropriate clothing, and a water bottle.

Dates: September 15 - October 20, 2016

Days: Thursdays

Time: 4:30 - 5:30pm

Cost: $80

Age: Grades 2 - 6

Location: Municipal Center Gym

Instructor: Thundercat Sports

Register By: September 8, 2016

Minimum/Maximum: 8/12

HOME ALONE SAFETY

This class is designed for children who are unattended for short periods of time. Children will learn telephone and door answering techniques, accident and fire prevention and first aid skills. Please bring a peanut-free lunch or snack and a drink.

Date: September 27, 2016

Day: Tuesday

Time: 4:30 - 6:30pm

Cost: $45

Age: 9 - 11 years old

Location: Municipal Center Conf. Room E

Instructor: Celia Thurber

Register By: September 20, 2016

Minimum/Maximum: 10/20

BABYSITTING CERTIFICATION

Grafton Recreation, in conjunction with UMass Memorial, is offering an eight-hour certified babysitting class. Please bring a doll and peanut-free lunch or snack.

You must attend all days in the session in order to receive your certification.

Dates: October 13 - November 10, 2016 *(no class on 11/3)*
Days: Thursdays
Time: 3:15 - 5:15pm
Cost: $55/person
Age: 11 years old and up
Location: Millbury St. School
Instructor: Celia Thurber
Register By: October 6, 2016
Minimum/Maximum: 10/20

Dates: November 15 - December 6, 2016
Days: Tuesdays
Time: 2:15 - 4:15pm
Cost: $55/person
Age: 11 years old and up
Location: Grafton Middle School
Instructor: Celia Thurber
Register By: November 8, 2016
Minimum/Maximum: 10/20

DODGEBALL

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodge ball related games such as: Doctor, Bombardment, Jail Break and more. Other sports and games may be mixed in to create a fun and exciting program!

Bring sneakers, appropriate clothing, and a water bottle.

Dates: September 12 - October 24, 2016 *(no class on 10/10)*
Days: Mondays
Time: 2:30 - 3:30pm
Cost: $80/person
Age: Grades 2 - 6
Location: North St. School
Instructor: Thundercat Sports
Register By: September 6, 2016
Minimum/Maximum: 12/30

Dates: September 14 - October 19, 2016
Days: Wednesdays
Time: 3:15 - 4:15pm
Cost: $80/person
Age: Grades 2 - 6
Location: Millbury St. School
Instructor: Thundercat Sports
Register By: September 7, 2016
Minimum/Maximum: 12/30

FALL: YOUTH

WICKED COOL DISCOVERY LAB

Six of our favorite science lessons wrapped up into one fun-filled program! Explore the Earth by making mesozoic volcanoes and delve deep into the ocean to the coral reefs. Get electrified creating simple circuits and become a chemist to make rainbow slime. Each week we'll get into fun science and engineering challenges — all tried and true favorites!

Dates: September 26 - November 7, 2016 *(no class on 10/10)*
Days: Mondays
Time: 3:15 - 4:15pm
Cost: $112/person
Age: Grades 3 - 5
Location: Millbury St. School
Instructor: Wicked Cool
Register By: September 12, 2016
Minimum/Maximum: 8/14

Dates: September 28 - November 2, 2016
Days: Wednesdays
Time: 2:30 - 3:45pm *(1st 15 min. for snack)*
Cost: $112/person
Age: Grades 3 - 5
Location: North St. School
Instructor: Wicked Cool
Register By: September 14, 2016
Minimum/Maximum: 8/14

ECO ENGINEERS

Reduce, reuse, and recycle to create, design, and build fun new gadgets and gizmos! We'll integrate some "green" into our engineering challenges by repurposing objects to build wind powered cars and an Xmas light quiz board. Design eco-friendly experiments to test solar power, water quality, and see what's in your food. Going green is wicked cool!

Dates: November 14 - December 19, 2016
Days: Mondays
Time: 3:15 - 4:15pm
Cost: $112/person
Age: Grades 3 - 5
Location: Millbury St. School
Instructor: Wicked Cool
Register By: October 31, 2016
Minimum/Maximum: 8/14

Dates: November 9 - December 21, 2016 *(no class on 11/23)*
Days: Wednesdays
Time: 2:30 - 3:45pm *(1st 15 min. for snack)*
Cost: $112/person
Age: Grades 3 - 5
Location: North St. School
Instructor: Wicked Cool
Register By: October 26, 2016
Minimum/Maximum: 8/14

PLEASE NOTE: REGISTRATION CLOSES ON THESE PROGRAMS TWO WEEKS PRIOR TO THE START DATE.

FALL: YOUTH

TENNIS: JUNIOR BEGINNERS

You will work on developing basic form, stroke mechanics and footwork. Some mini-tennis rallying at a slow pace will also be included. No prior experience is necessary.

Dates:

Session 1: Sept. 11 - Oct. 16, 2016

Session 2: Oct. 23 - Dec. 4, 2016 *(no 11/27)*

Session 3: Jan. 8 - Feb. 12, 2017

Session 4: Feb. 19 - April 2, 2017 *(no 2/26)*

Session 5: April 9 - May 21, 2017 *(no 4/16)*

Days: Sundays

Time: 5:30 - 6:30pm

Cost: $112

Age: 7+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: The Sunday prior to the start of the session

Minimum/Maximum: 3/6

TENNIS: JUNIOR ADVANCED BEGINNERS

Advanced Beginners will develop more consistency on shots, power and directional intent. Students in this class should have a prior understanding of how to sustain a rally of slow to moderate pace from the baseline. This class will practice basic singles and doubles positioning and will learn to play a game.

Dates:

Session 1: Sept. 11 - Oct. 16, 2016

Session 2: Oct. 23 - Dec. 4, 2016 *(no 11/27)*

Session 3: Jan. 8 - Feb. 12, 2017

Session 4: Feb. 19 - April 2, 2017 *(no 2/26)*

Session 5: April 9 - May 21, 2017 *(no 4/16)*

Days: Sundays

Time: 6:30 - 7:30pm

Cost: $112

Age: 9+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: The Sunday prior to the start of the session

Minimum/Maximum: 3/6

PROGRAM NOTES:

- Loaner racquets are available for class participants only
- Each player must check in at the front desk each week
- Parents cannot go on to the court during the lesson
- Class participants can only use the court during their lesson
- Players should come dressed in comfortable clothing and SNEAKERS (no crocs, sandals, or snow boots)
- Juniors over the age of 15 will be in the adult group
- There are no make ups for classes missed. However the club will schedule make ups for classes we cancel due to weather

FALL: ADULT

TENNIS: ADULT BEGINNERS

This program is for players with no prior experience to develop tennis skills to play friendly or competitive matches. Utilizing modified compression tennis balls to allow players to rally on their first day of class! Main technique concepts are introduced over the course of the session. This program is also a great way to exercise while learning a new sport!

Dates:

Session 1: Sept. 11 - Oct. 16, 2016

Session 2: Oct. 23 - Dec. 4, 2016 *(no 11/27)*

Days: Sundays

Time: 5:30 - 6:30pm

Cost: $112

Age: 16+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: The Sunday prior to the start of the session

Minimum/Maximum: 3/6

TENNIS: ADULT ADVANCED BEGINNERS

Advanced Beginners will develop more consistency on shots, power and directional intent. Students in this class should have a prior understanding of how to sustain a rally of slow to moderate pace from the baseline. This class will practice basic singles and doubles positioning and will learn to play a game.

Dates:

Session 1: Sept. 11 - Oct. 16, 2016

Session 2: Oct. 23 - Dec. 4, 2016 *(no 11/27)*

Days: Sundays

Time: 7:30 - 8:30pm

Cost: $112

Age: 16+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: The Sunday prior to the start of the session

Minimum/Maximum: 3/6

PROGRAM NOTES:

- Loaner racquets are available for class participants only
- Each player must check in at the front desk each week
- Parents cannot go on to the court during the lesson
- Class participants can only use the court during their lesson
- Players should come dressed in comfortable clothing and SNEAKERS (no crocs, sandals, or snow boots)
- Juniors over the age of 15 will be in the adult group
- There are no make ups for classes missed. However the club will schedule make ups for classes we cancel due to weather

GOLF

TBA

Dates:

Days:

Time: 5:00 - 6:00pm

Cost: $109

Age: 18+

Location: Highfields

Instructor:

Register By:

Minimum/Maximum: 3

METAFIT

Metafit is a true HIIT workout, like nothing you've seen or done in your health clubs. It can be performed by all fitness levels, from novice to all out experienced fitness enthusiasts. The workout takes about 20-25 minutes and with a warm up and cool down, plan on a 30-40 minute workout. It's been proven to keep burning fat at the RMR (resting metabolic rate) for up to 48 hours! There is NO equipment, NO choreography. All that's required is just your body, the music, your instructor, and energy!

Dates: September 12 - November 21, 2016 *(no class on 10/10)*

Days: Mondays

Time: 5:30am - 6:30am

Cost: $50

Age: 18+

Location: Grafton High School Turf /Fitness Room

Instructor: Cherell Lucia

Register By: September 5, 2016

Minimum/Maximum: 10/20

ZUMBA

This is a fun way to condition and exercise your body. It is dance based aerobic class with Latino moves and music, spiced with other great styles – twist, hip hop, country dance, tango, 70's, and belly dance. You will work up a sweat not even knowing that you are exercising.

No experience required, anyone can join and have fun with us. You will need to bring water to class.

Dates: September 15 - October 27, 2016

Days: Thursdays

Time: 6:00 - 7:00pm

Cost: $25

Age: 18+

Location: Municipal Center Gym

Instructor: Martha Convers

Register By: September 8, 2016

Minimum/Maximum: 14/40

Dates: November 3 - December 22, 2016 *(no class on 11/24)*

Days: Thursdays

Time: 6:00 - 7:00pm

Cost: $25

Age: 21+

Location: Municipal Center Gym, 30 Providence Rd.

Instructor: Martha Convers

Register By: September 8, 2016

Minimum/Maximum: 14/40

Watch the UMass Football team play in Gillette Stadium in Foxboro.

Just 10 people are needed to get the group rate of just $12/ticket!
And the more tickets that are purchased, the more stuff you get!

For being part of Grafton Recreation, you'll get scoreboard recognition and a visit from their mascot with 10-19 tickets plus a pre-game picture on the field with 20-49 tickets and a run through the fan tunnel with 50+ tickets.

So tell all your friends, so everyone can get all these cool things!

Also included, is the Minuteman Fan Way that takes place before each games. The Fan Way includes live entertainment, performances by the marching band and cheerleaders, video game trailers, mini golf, concessions, face painting, bounce houses, and more.

Pick your date or all 3 and make a day of it!

BOSTON COLLEGE
SEPT. 10 | GILLETTE STADIUM

Game begins at 12:00

MISSISSIPPI STATE
SEPT. 24 | GILLETTE STADIUM

Game begins between 1 and 3pm. TBD

LOUISIANA TECH
OCT. 15 | GILLETTE STADIUM

Game begins between 1 and 3pm. TBD

AMAZING TURKEY CHALLENGE

November 19, 2016

- ◊ Love a friendly competition?
- ◊ Looking for some family fun?
- ◊ **Gather your** friends, family, girl scout troop, boy scout troop, sports team, youth group, etc and **start a team!**

- ◊ Your team will meet at the Grafton Town Common. You will be handed a map with clues to 5 different locations around Grafton.
- ◊ Drive your team to each location and complete a challenge
- ◊ First team to make it back to the Town Common with all of their feathers WINS A PRIZE!
- ◊ Entry fee is a canned good to benefit the Grafton Food Bank

GRAFTON CELEBRATES THE HOLIDAYS

December 4, 2016

Craft Fair: 10am - 3pm

Gingerbread Contest: 12 - 3pm

Events Around Town: 12 - 4pm

Sing-Along &Tree Lighting: 4:30pm

Celebrate the Holidays in Grafton and enjoy family fun while supporting participating churches, businesses, and non-profit organizations. Look for the Snow Bear logo at each Frosty Stop! Highlights include ice sculptures, Santa's workshop, a petting zoo, horse drawn wagon rides, trackless train rides, music and more.

SOMEONE SPECIAL DANCE

March 2017

Join us for the first annual 'Someone Special' Dance. Bring Mom, Dad, a grandparent, guardian, aunt, uncle or any adult that is special to you!

Friday, March 3 for grades 2-3 and Friday, March 10 for grades 4-5
Start time: 6:00pm Location: Municipal Center Gym

Planning volunteers are needed! Please contact Heather Nadeau at 781-883-1524 or hknadeau13@gmail.com to help!

WINTER: YOUTH

MOTION COMMOTION

What's shaking? Investigate the physics of how things move! We'll use Newton's laws to study crashing cars and balloon rocket racers. Build a toothpick tower and see if it can survive the shaking of "tectonic plates", design a zany zip line for a thrilling ride, and spin your way to the top by designing a toy that can spin the longest.

Dates: January 24 - March 7, 2017 *(no class on 2/21)*
Days: Tuesdays
Time: 2:30 - 3:30pm
Cost: $112/person
Age: Grades 3 - 5
Location: North St. School
Instructor: Wicked Cool
Register By: January 10, 2017
Minimum/Maximum: 8/14

Dates: January 25 - March 8, 2017 (no class on 2/22)
Days: Wednesdays
Time: 3:15 - 4:15pm
Cost: $112/person
Age: Grades 3 - 5
Location: Millbury St. School
Instructor: Wicked Cool
Register By: January 11, 2017
Minimum/Maximum: 8/14

SCIENCE MYSTERIES

Who dunnit? How did you do that? Solve awesome science mysteries by becoming a super science sleuth! Identify mystery powders and unknown concoctions using chemical tests. Dig deep to decode geological clues to see how the earth has changed over time. Solve the amazing mystery of the color changing liquid and disappearing water using the power of science!

Dates: March 21 - May 2, 2017 *(no class on 4/18)*
Days: Tuesdays
Time: 2:30 - 3:30pm
Cost: $112/person
Age: Grades 3 - 5
Location: North St. School
Instructor: Wicked Cool
Register By: March 14, 2017
Minimum/Maximum: 8/14

Dates: March 22 - May 3, 2017 (no class on 4/19)
Days: Wednesdays
Time: 3:15 - 4:15pm
Cost: $112/person
Age: Grades 3 - 5
Location: Millbury St. School
Instructor: Wicked Cool
Register By: March 15, 2017
Minimum/Maximum: 8/14

PLEASE NOTE: REGISTRATION CLOSES ON THESE PROGRAMS TWO WEEKS PRIOR TO THE START DATE.

BABYSITTING CERTIFICATION

Grafton Recreation, in conjunction with UMass Memorial, is offering an eight-hour certified babysitting class. Please bring a doll and peanut-free lunch or snack.

You must attend all days in the session in order to receive your certification.

Dates: December 27 and 28, 2016

Days: Tuesday and Wednesday

Time: 10:00am - 2:30pm

Cost: $55/person

Age: 11 years old and up

Location: Municipal Center Conf. Room E

Instructor: Cecelia Thurber

Register By: December 20, 2016

Minimum/Maximum: 10/20

HORSE LOVERS

Learn how to ride and care for horses in this Horse Lovers Program. Students will groom and ride their horses each day under the supervision of seasoned riders and a licensed and insured instructor. No experience necessary. Our horses are gentle teachers with an aptitude for amateur riders.

Students must wear long pants and boots with a small heel. No Sneakers. Helmets will be provided. Parents must sign a liability waiver. Bring water and small snack.

Dates: February 20-23, 2017

Days: Monday-Thursday

Time: 9:00am-12:00pm

Cost: $220

Age: 6-12

Location: Hillside Meadows

Instructor: Hillside Meadows

Register By: February 13, 2017

Minimum/Maximum: 6/10

OUTDOOR ADVENTURE

Join in on this exciting four-day survival program. Learn to ice fish and snowshoe, build fires and cook, read compasses and maps, track and much more.

All participants will need to bring the following supplies each day: backpack with winter weather gear, hat, gloves, good winter boots, change of clothing, and extra socks along with water and a lunch and snack daily, preferably peanut-free.

Dates: February 21-24, 2017

Days: Tuesday-Friday

Time: 9:00am-2:00pm

Cost: $210

Age: 6-14

Location: Lions Club, Brigham Hill Rd., Grafton

Instructor: Fin & Feathers

Register By: February 14, 2017

Minimum/Maximum: 5/40

EXTENDED DAY OPTIONS ARE AVAILABLE. PLEASE CONTACT FIN & FEATHER SPORTS FOR MORE INFORMATION: 508-529-3901

YOUTH BASKETBALL

This program offers boys and girls the opportunity to learn the fundamental skills of basketball and to put those skills to use playing games in a recreational setting.

There will be separate divisions for boys and girls.

Player evaluations will be conducted prior to team assignments. Schedule will be posted late summer. Practice and game times will be announced before the season starts.

Fee include shirts, referees, and school's usage fees. A portion of the proceeds will be used for a scholarship for a graduating Grafton High School Senior.

MORE DETAILS TO BE ANNOUNCED SOON!

Dates: Program runs from December 2016 - March 2017

Days: Practices will be held once per week. Each team will be assigned a specific weeknight to practice; Monday through Thursday. Weekly games are held on Saturdays.

Time: Practices and game times are TBA.

Cost: $100/1st child
$75/each additional family member

Age: Grades 1 - 9

Instructor: Coordinator, Don Cargill

Register By: First come, first serve

SKIING AND SNOWBOARDING

Learn to ski or snowboard in a group lesson atmosphere with similar ages and abilities or just join us for an afternoon of outdoor winter fun. This program is held once a week, for 5 consecutive weeks, with any needed make-up days held at the end of the program.

You can choose between either a 1-hour lesson with 1-hour of free ski/snowboard time or two hours of free ski/snowboard time.

Dates: January 4 - February 1, 2017

Days: Wednesdays

Time: 4:00-6:00pm

Cost:

Mandatory Bus Fee: $TBD

Mandatory Lift Ticket - Choose 1 Option

- Lessons and Lift Tickets: $TBD
- Lift Ticket Only (no lessons): $TBD

Ski or Snowboard Rental Package: $TBD

Helmet Rental: $TBD

Age: 3rd-6th grade

Location: Ski Ward, 1000 Main St., Shrewsbury

Instructor: Ski Ward

Register By: First come, first serve but no later than December 9, 2016

TO REGISTER:

1. You must first pay for the transportation through Grafton Recreation. This can be done online through RecDesk at GraftonRec.com or at the office in person.
2. Then go to www.sportcodestore.com/scr/skiward.
3. Select Grafton Recreation from the School/Program Affiliation drop-down list.
4. Select either First Tracks or First Tracks Lift Only (and with rentals if needed).
5. Then select the start date of January 4 and time of 4:00pm.
6. An informational night will be held on Dec. 12 at 7:00pm to review pick-up times, equipment drop-off and to answer any questions.

CHAPERONES NEEDED!

Chaperones are needed for both the Ski Ward and Wachusett programs.

Please contact the Recreation Office if you are available or for more details.

These programs cannot run without parent participation!

WINTER: YOUTH

SKIING AND SNOWBOARDING

Dates: January 5 - February 9, 2017

Days: Thursdays

Time: 3:00 - 7:30pm

Cost:

Mandatory Bus Fee: $TBD

Mandatory Lift Ticket - Choose 1 Option:

- 6 Week Badge: $TBD *(increases $10 on 12/2/16)*
- Gold Season Pass: $TBD *(increases $100 on 12/2/16)*
- Silver Season Pass: $TBD *(increases $100 on 12/2/16)*
- Bronze Season Pass: $TBD *(increases $100 on 12/2/16)*

Lessons: $TBD *(1 hour group lesson from 5-6pm)*

Ski or Snowboard Rental (6-week): $TBD

Ski or Snowboard Rental (season): $TBD

Helmet Rental: $TBD

Other Options:

$50 COW Card: $45

Terrain Park Pass: $5

Lift Badge/Season Pass Insurance: $25

Age: 7th - 8th grade

Location: Wachusett Mountain, 499 Mountain Rd., Princeton

Instructor: Wachusett Mountain

Register By: First come, first serve but no later than December 1, 2016

TO REGISTER:

1. You must first pay for the transportation through Grafton Recreation. This can be done online through RecDesk at GraftonRec.com or at the office in person.
2. Once transportation is paid for, you will receive a code .
3. Go to www.wachusett.com/schoolgroup, enter your access code and sign-up for your desired options.
4. An informational night will be held on Dec. 12 at 7:00pm to review pick-up times, equipment drop-off and to answer any questions.

CHAPERONES NEEDED!

Chaperones are needed for both the Ski Ward and Wachusett programs.

Please contact the Recreation Office if you are available or for more details.

These programs cannot run without parent participation!

TENNIS: JUNIOR BEGINNERS

You will work on developing basic form, stroke mechanics and footwork. Some mini-tennis rallying at a slow pace will also be included. No prior experience is necessary.

Dates:

Session 1: Jan. 8 - Feb. 12, 2017

Session 2: Feb. 19 - April 2, 2017 *(no 2/26)*

Days: Sundays

Time: 5:30 - 6:30pm

Cost: $112

Age: 7+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: The Sunday prior to the start of the session

Minimum/Maximum: 3/6

TENNIS: JUNIOR ADVANCED BEGINNERS

Advanced Beginners will develop more consistency on shots, power and directional intent. Students in this class should have a prior understanding of how to sustain a rally of slow to moderate pace from the baseline. This class will practice basic singles and doubles positioning and will learn to play a game.

Dates:

Session 1: Jan. 8 - Feb. 12, 2017

Session 2: Feb. 19 - April 2, 2017 *(no 2/26)*

Days: Sundays

Time: 6:30 - 7:30pm

Cost: $112

Age: 9+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: The Sunday prior to the start of the session

Minimum/Maximum: 3/6

PROGRAM NOTES:

- Loaner racquets are available for class participants only
- Each player must check in at the front desk each week
- Parents cannot go on to the court during the lesson
- Class participants can only use the court during their lesson
- Players should come dressed in comfortable clothing and SNEAKERS (no crocs, sandals, or snow boots)
- Juniors over the age of 15 will be in the adult group
- There are no make ups for classes missed. However the club will schedule make ups for classes we cancel due to weather

TENNIS: ADULT BEGINNERS

This program is for players with no prior experience to develop tennis skills to play friendly or competitive matches. Utilizing modified compression tennis balls to allow players to rally on their first day of class! Main technique concepts are introduced over the course of the session. This program is also a great way to exercise while learning a new sport!

Dates:

Session 1: Jan. 8 - Feb. 12, 2017

Session 2: Feb. 19 - April 2, 2017 *(no 2/26)*

Days: Sundays

Time: 5:30 - 6:30pm

Cost: $112

Age: 16+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: The Sunday prior to the start of the session

Minimum/Maximum: 3/6

TENNIS: ADULT ADVANCED BEGINNERS

Advanced Beginners will develop more consistency on shots, power and directional intent. Students in this class should have a prior understanding of how to sustain a rally of slow to moderate pace from the baseline. This class will practice basic singles and doubles positioning and will learn to play a game.

Dates:

Session 1: Jan. 8 - Feb. 12, 2017

Session 2: Feb. 19 - April 2, 2017 *(no 2/26)*

Days: Sundays

Time: 7:30 - 8:30pm

Cost: $112

Age: 16+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: The Sunday prior to the start of the session

Minimum/Maximum: 3/6

PROGRAM NOTES:

- Loaner racquets are available for class participants only
- Each player must check in at the front desk each week
- Parents cannot go on to the court during the lesson
- Class participants can only use the court during their lesson
- Players should come dressed in comfortable clothing and SNEAKERS (no crocs, sandals, or snow boots)
- Juniors over the age of 15 will be in the adult group
- There are no make ups for classes missed. However the club will schedule make ups for classes we cancel due to weather

ZUMBA

This is a fun way to condition and exercise your body. It is dance based aerobic class with Latino moves and music, spiced with other great styles – twist, hip hop, country dance, tango, 70's, and belly dance. You will work up a sweat not even knowing that you are exercising.

No experience required, anyone can join and have fun with us. You will need to bring water to class.

Dates: November 3 - December 22, 2016 *(no class on 11/24)*
Days: Thursdays
Time: 6:00 - 7:00pm
Cost: $25
Age: 21+
Location: Municipal Center Gym, 30 Providence Rd.
Instructor: Martha Convers
Register By: September 8, 2016
Minimum/Maximum: 14/40

SPRING/APRIL VACATION: YOUTH

HORSE LOVERS

Learn how to ride and care for horses in this Horse Lovers Program. Students will groom and ride their horses each day under the supervision of seasoned riders and a licensed and insured instructor. No experience necessary. Our horses are gentle teachers with an aptitude for amateur riders.

Students must wear long pants and boots with a small heel. No Sneakers. Helmets will be provided. Parents must sign a liability waiver. Bring water and small snack.

Dates: April 17-20, 2017

Days: Monday-Thursday

Time: 9:00am-12:00pm

Cost: $220

Age: 6-12

Location: Hillside Meadows

Instructor: Hillside Meadows

Register By: April 10, 2017

Minimum/Maximum: 6/10

OUTDOOR ADVENTURE

Be a sportsperson for the week; take a hike on Grafton Land Trust property,
learn about and partake in archery, using a compass, going fishing, canoeing and more.

All participants will need to bring the following supplies each day: backpack with spring weather gear, hat, gloves, good spring boots, change of clothing, and extra socks along with water and a lunch and snack daily, preferably peanut-free.

Dates: April 18-21, 2017

Days: Tuesday-Friday

Time: 9:00am-2:00pm

Cost: $210

Age: 6-14

Location: Lions Club, Brigham Hill Rd., Grafton

Instructor: Fin & Feathers

Register By: April 11, 2017

Minimum/Maximum: 5/60

EXTENDED DAY OPTIONS ARE AVAILABLE. PLEASE CONTACT FIN & FEATHER SPORTS FOR MORE INFORMATION: 508-529-3901

TENNIS: ADULT BEGINNERS

This program is for players with no prior experience to develop tennis skills to play friendly or competitive matches. Utilizing modified compression tennis balls to allow players to rally on their first day of class! Main technique concepts are introduced over the course of the session. This program is also a great way to exercise while learning a new sport!

Dates: April 9 - May 21, 2017 *(no 4/16)*

Days: Sundays

Time: 5:30 - 6:30pm

Cost: $112

Age: 16+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: April 2, 2017

Minimum/Maximum: 3/6

TENNIS: ADULT ADVANCED BEGINNERS

Advanced Beginners will develop more consistency on shots, power and directional intent. Students in this class should have a prior understanding of how to sustain a rally of slow to moderate pace from the baseline. This class will practice basic singles and doubles positioning and will learn to play a game.

Dates: April 9 - May 21, 2017 *(no 4/16)*

Days: Sundays

Time: 7:30 - 8:30pm

Cost: $112

Age: 16+

Location: Westboro Tennis & Swim Club, 35 Chauncy St., Westboro, MA

Instructor: Westboro Tennis & Swim Club

Register By: April 2, 2017

Minimum/Maximum: 3/6

PROGRAM NOTES:

- Loaner racquets are available for class participants only
- Each player must check in at the front desk each week
- Parents cannot go on to the court during the lesson
- Class participants can only use the court during their lesson
- Players should come dressed in comfortable clothing and SNEAKERS (no crocs, sandals, or snow boots)
- Juniors over the age of 15 will be in the adult group
- There are no make ups for classes missed. However the club will schedule make ups for classes we cancel due to weather