

# Grafton Recreation

2016 - 2017

Fall



&



Winter

# 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](mailto:recreation@grafton-ma.gov) | [GraftonRec.com](http://GraftonRec.com)



@GraftonRecDept

# Grafton Recreation Important Information

Registration can be done online at [www.graftonrec.com](http://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](http://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 not 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](http://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

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## **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](mailto:snicalek@gmail.com)  
**Grafton Youth Baseball:** [www.graftonlittleleague.org](http://www.graftonlittleleague.org)  
**Grafton Cricket:** Shripad Nandurbarkar - [shripadn@gmail.com](mailto:shripadn@gmail.com)  
**Grafton Youth Lacrosse:** [www.graftonlacrosse.com](http://www.graftonlacrosse.com)  
**Grafton Youth Football and Cheer:** [www.graftonyfc.com](http://www.graftonyfc.com)  
**Grafton Youth Soccer:** [www.gscsoccer.org](http://www.gscsoccer.org)  
**Grafton Youth Softball:** [www.graftongirlssoftball.com](http://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, softie 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



## 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.**

## 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

## 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:** 6:00 - 7:00am

**Cost:** \$55

**Age:** 18+

**Location:** Municipal Center Gym

**Instructor:** Cherell Lucia

**Register By:** September 5, 2016

**Minimum/Maximum:** 15/25

## 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!



Game begins at 12:00



Game begins between 1 and 3pm. TBD



Game begins between 1 and 3pm. TBD

# SPECIAL EVENTS

## 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.**

# WINTER: YOUTH

## 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**



# WINTER: YOUTH

## 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. **No experience is necessary.**

**The program runs from December 2016 - March 2017.** Fees include shirts, referees, and school's usage fees. The league is coordinated by Don Cargill.

### GRADES 1-3

- This is a coed league held for 1st-3rd graders. Evaluations will be held the week of October 31. Date and times will be announced by late September. Skills, drills and games will be held on Friday nights for one hour starting at either 5:30 or 6:30pm.

**Days:** Fridays **Time:** 5:30 - 7:30pm **Cost:** \$50/1st child, \$40/for each additional child

### GRADES 4-9

- There will be separate divisions for boys and girls. Teams will be comprised of players from grades 4 through 6, and 7th through 9th grade\*. Player evaluations will be conducted prior to team assignments and held the 1st and 2nd week of November. A detailed schedule will be posted by late September. Practice and game times will be announced before the season starts. 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.

*\*Girls in grades 7-9 hold practice and games on Tuesday nights from 6-7:30pm with teams varying from week to week.*

**Cost:** \$100/1st child, \$75/each additional child

### GRADES 10-12

- There will be separate divisions for boys and girls. High School Varsity players are not eligible to play. Player evaluations will be conducted and held the 1st or 2nd week of November. A detailed schedule will be posted by late September.
- Boys will hold practice and games one night a week (TBD). This division needs a minimum of 20 participants in order to hold the program.
- Girls will hold practice and games on Tuesday nights from 6-7:30pm in conjunction with grades 7-9.

**Cost:** \$100/1st child, \$75/each additional child



**Register By: November 15, 2016**

# WINTER: YOUTH

## 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](http://GraftonRec.com) or at the office in person.
2. Then go to [www.sportcodestore.com/scr/skiward](http://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](http://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 cros, 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
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- Players should come dressed in comfortable clothing and SNEAKERS (no cros, 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
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- Juniors over the age of 15 will be in the adult group
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