

SOUTHBOROUGH RECREATION

FALL & WINTER 2019-2020

REGISTRATION BEGINS AUGUST 26, 2019!
WWW.SOUTHBOROUGH.RECDESK.COM



Department Information & Policies

SOUTHBOROUGH RECREATION DEPARTMENT

South Union Building
21 Highland Street
Southborough, MA 01772
www.Southborough.RecDesk.com

OFFICE HOURS:

Monday: 9:00A-4:00P
Tuesday: 9:00A-4:00P
Wednesday: 9:00A-4:00P
Thursday: 9:00A-4:00P
Friday: 9:00A-12:30P

RECREATION STAFF:

TIM DAVIS, CPRP, CPSI
Recreation Director
ALEXANDRA ROONEY
Program Coordinator
DENISE MAYER
Administrative Assistant

REGISTRATION INFORMATION

Registrations may be processed online or in person. We are unable to process registrations over the phone due to waiver sign off requirements. Only payments may be made over the phone if needed. We accept Cash, Credit (Visa, MC, Discover), and checks (made out to Town of Southborough). Registrations will not be taken after the posted deadline dates. Registrations that require additional paperwork (ie medical forms) will not be considered complete until all paperwork is received. THERE ARE NO REFUNDS unless for class cancellation or a medical condition in which the Recreation Department will require a doctors note. Programs will not be prorated for any classes missed.

CANCELLATIONS

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

Make Up Classes

We will do our best to provide make up classes to anything that is cancelled or postponed. The Recreation Department reserves the right to offer a qualified substitute instructor in the event the listed program coordinator is not available.

Scholarships

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

Special Events & Offerings

HERITAGE DAY CELEBRATION 2019

MONDAY, OCTOBER 14, 2019 | 10:00AM—3:00PM

Join us on Monday October 14, 2019 as we bring family and friends together to celebrate our great town! Beginning with our annual parade, the day will feature live music, food, entertainment, and local vendors marketing their goods and services. The event will end with our ever popular pie eating contest! Rain or Shine!

Interested in reserving a vendor booth? Visit www.Southborough.RecDesk.com to register!

Looking to participate in the parade? Email TDavis@Southboroughma.com

SOUTHBOUROUGH RECREATION

FAMILY HALLOWEEN PARTY

FRIDAY, OCTOBER 25TH, 2019 | 7:00PM—8:30PM | \$5 PER FAMILY

Join Southborough Recreation for the annual Halloween party! Come dressed to impress as we celebrate the spookiest time of year. Activities and games will be present for all to enjoy as well as music to enjoy.

Children must be accompanied by parents, this is not a drop off program. This program will take place at the Mary Finn School Cafeteria.

Pre-Registration is not required. All payment will be made at the door!

13TH ANNUAL GOBBLE WOBBLE

Presented by the Friends of Southborough Recreation

THURSDAY, NOVEMBER 28TH 2019

Join Southborough Recreation and the Friends of Southborough Rec as we run our 13th Annual Gobble Wobble 5k Road Race! There will also be a 2 mile walk and kids fun run so all can enjoy! More details will be announced as we draw closer to the event.

Check our website for up to date details!

MASACHUSETTS STATE PARK PASS

Southborough Residents may sign out a 2019/2020 Park Pass FREE OF CHARGE. This pass entitles the holder to free parking for one vehicle (no bus or vans) at over 50 facilities in the Massachusetts State Park system that charge a one day parking fee. The park pass is part of the “use nature as your guide” program sponsored by the MA Department of Conservation and Recreation.

To reserve your pass place contact the Southborough Recreation office. A refundable deposit/hold of \$35 is required when picked up in the event the pass is not returned. Your deposit will be refunded when you return the pass.

Recreation Afterschool Programs (RAP)

Recreation Afterschool Programs (RAP) are designed to provide development of academic, social, and physical skills for children in fun, friendly, safe environments. Programs are led by highly trained professionals and employees of the Southborough Recreation Department and located right within the Southborough Public Schools. If a program is held offsite, the Recreation Department will provide transportation at the conclusion of the school day unless otherwise noted.

The RAP program is broken into five (5) sessions that span the entire school year. All sessions are 5-6 weeks long and boast a variety of activities for your child to choose from. You may enroll in one, or several each session!

Please note that each program has a minimum required amount of student enrollment. If a program does not meet that requirement it will be cancelled. Please do not wait to register to ensure your program runs!

	Registration Begins	Registration Ends	Classes Begin	Classes End
RAP SESSION 1	August 26, 2019	September 6, 2019	September 9, 2019	October 11, 2019
RAP SESSION 2	October 7, 2019	October 25, 2019	October 28, 2019	December 6, 2019
RAP SESSION 3	December 11, 2019	January 3, 2020	January 6, 2020	February 7, 2020
RAP SESSION 4	February 10, 2020	February 28, 2020	March 2, 2020	April 10, 2020
RAP SESSION 5	April 6, 2020	April 24, 2020	April 27, 2020	May 29, 2020

All RAP programming options will be released through the Digital Backpack system of the Southborough Public Schools. We will also email out programming to all members of our Southborough Recreation Online community.

**If you would to join our mailing list please visit our website at
www.Southborough.RecDesk.com.**

Community Programming

Juniper Hill Golf Lessons for Adults | Ages 18+ | \$135.00

Join the golf professionals at Juniper Hills for their fall session of GROUP golf lessons. This program consists of five (5), one (1) hour classes held at Juniper Hill Golf Course in Northborough. Each class meets once a week for 5 weeks.

Location: Juniper Hill Golf Course
202 Brigham St, Northborough, MA 01532
10:00AM—11:00AM
Thursdays 9/12/2019—10/10/2019

Tennis Lessons at Westborough Tennis & Swim | Ages 14+ | \$135.00

Each group will receive instruction appropriate to their level 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! Loaner racquets are available. Each player must check in at the Front Desk each week. Participants may only use courts during lesson time. Players should come dressed in comfortable sneakers.

Session 1: 9/15/2019—10/20/2019

Session 2: 10/27/2019—12/8/2019 (No Class 12/1)

Session 3: 01/05/2020—02/09/2020

Session 4: 02/16/2020—03/29/2020 (No Class 2/23)

Location: Westborough Tennis & Swim
35 Chauncy St, Westborough, MA 01581
Beginners: 5:30PM—6:30PM
Intermediate/Advanced: 6:30PM—7:30PM
All lessons take place on Sundays

Ice Skating Lessons at St Marks Rink | Adults and Children Ages 5+ | \$200.00

This program will hold instructions for Beginners, Advanced, and Intermediate levels for kindergarten and up. Participants will be broken up by ability and each group will have 30 minutes of lesson time. Children will be instructed for the development of basic skating skills that may be used for hockey or figure skating. Skaters should arrive 15 minutes prior to class to lace up. *All children are required to have skates, a helmet, mittens or gloves and warm pants. No double runner blades.* Parents are allowed on the ice during the last half hour only. The practice time is intended for parents to assist their child in practicing the skills they are learning in class. Note: THIS IS NOT PUBLIC SKATING. Parents will need to sign a waiver before going on the ice.

Location: St. Marks Ice Rink
12 School St, Southborough, MA 01772
Ages 5-15: 5:00PM—6:30PM
Dates: Sundays, 12/1/2019—1/26/2019
***No class December 29**



**SOUTHBOROUGH YOUTH
AND FAMILY SERVICES**
STRENGTHENING OUR COMMUNITY BY SUPPORTING ITS FAMILIES

Southborough Youth and Family Services is a department of the Town of Southborough and a human service resource for the community. The department provides support to the youth, families, and individuals of Southborough and develops programming to foster a caring community. Did you know that Southborough Youth and Family Services also offers a number of workshops, programs and speaking engagements along with mental health and need-based services?

WHAT WE OFFER:

- ◆ Confidential counseling services for individuals, couples, families, and groups with licensed professionals
- ◆ Prevention programs for social issues such as: substance abuse, stress management, Positive Youth Development, technology addiction, and social connectedness
- ◆ Need-based services such as: Holiday Giving Program Camp, Scholarships Transfer, Station Sticker Fee Waivers, and Fuel Assistance
- ◆ Community events and trainings on topics such as: Mental Health First Aid, Positive Youth Development, Mental Health Awareness Month

PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION:

WWW.SOUTHBOROUGHTOWN.COM/YOUTH-AND-FAMILY-SERVICES

Community Programming

Skateboarding for Beginners | Ages 7-12 | \$80.00

Join the Knucklebones crew for our beginner skateboarders class. The beginner class requires little to no experience, this class teaches fundamental skateboarding tricks and skills. The class will be concentrating on balance, turning, accelerating, stopping, transitions, dropping in, ollies, and a variety of other skills. This class will focus on tricks you have been dreaming about while conquering your fear at the same time. From a variety of skateboard tricks, grinds, manuals, and riding vert. We not only teach tricks but develop the confidence to apply them on their own time.

Location: South Union Building, 21 Highland Street

Time: 3:30PM-4:30PM

Dates: 09/12/2019—10/10/2019

Early Release Field Trips | Grades 4-8

Join the Southborough Recreation staff as we travel offsite to various places to take advantage of the early release from school! Children will be transported and supervised by Full Time Recreation Department staff in town vehicles. Prices vary based on the field trip. Due to limited amount of seats on our vans, we will have a strict cap at 22. Pick up will be coordinated with Trotter and Neary and you will receive an email prior to the field trip to confirm pick up location for your child. *Trips subject to change based on weather and availability.*

November 14, 2019: APEX Entertainment, Marlborough | \$35.00

November 15, 2019: Urban Air Adventure Park | \$40.00

February 6, 2019: Nashoba Valley Tubing | \$35.00

Home Alone Safety | Grades 6-8 | FREE

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

Location: South Union Building, 21 Highland Street

Time: 6:00PM-6:45PM

Date TBD—November 2019

Babysitting 101 | Ages 12+ | \$80.00

Designed for 12 year old and up who wishes to learn how to care for infants and children. The course is fun and fast paced with hands-on-activities, role-play and lively discussions. You will gain confidence to make smart decisions and stay safe in any babysitting situation. Topics to be covered are: why babysit, starting your babysitting business, babysitting responsibilities, preventing problems, safety & emergency situations, discipline & behavioral issues and activities for various ages. You will receive a Certificate upon completion of the course along with folder and handouts on some of the training details taught during the day.

Location: South Union Building, 21 Highland Street

Time: 12:00PM—6:00PM

Dates: November 14, 2019

February 6, 2019

(Early Release Days)

Digital Game Design | Grades 3-9 | \$140.00

This course introduces students to The Unreal Engine, a game development platform that's great for creating 2D and 3D games. Some of the most important skills acquired in the class are scene and character design, computer programming, story crafting and writing, a bit of physics and math, and, most importantly, imagination. With a basic knowledge of this platform, students can begin to think about how to create worlds for different platforms, like tablets, PCs, laptops, virtual reality, and beyond. These skills can easily be applied to other disciplines, like graphic design, architecture, physics, math, fine arts, writing computer programming, and engineering. We will be happy to equip you with the skills needed to empower your creativity!

**Location: South Union Recreation Building
21 Highland Street, Southborough, MA 01772**

Time: 3:00PM—4:00PM

Thursdays, 9/12/19—10/17/2019

Middle School/ High School CrossFit

Our Middle School / High School program is a strength and conditioning program designed for athletes interested in working out with their friends in a fun, safe, and effective environment. Through the continual development of conditioning, explosive power, strength, speed, agility and mental fortitude, our athletes have taken their on-field performance to the next level. This program is accessible to athletes of all abilities. Our coaching staff emphasizes proper movements, progressions, and standards to ensure continual progress and minimize the risk of injury.

For more information and to sign up, Visit www.Pennantcrossfit.com or email Dan@PennantCrossfit.com

Community Programming

Pre K Soccer | Ages 3—6 | \$75.00

These action packed soccer sessions teach young 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.

Location: Fayville Park, Southborough

Time: 9:00AM—10:00AM

Dates: Saturdays. 9/14/2019—10/19/2019

Indoor Session at Woodward Gym: 11/2/2019—12/7/2019

Pre-K Mini Sports | Ages 3-6 | \$85.00

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

Location: Fayville Park, Southborough

Time: 10:00AM—11:00AM

Dates: Saturdays. 9/14/2019—10/19/2019

Biddy Basketball | Ages 3-6 | \$90.00

Come prepared to learn and sweat in this 6-week program with Game Time Training! Learn the very basics of basketball and graduate to our intermediate program in a jiff! In this program, we ensure each player understands the spots on the court, the importance of triple threat position, dribbling technique, shooting technique and defense, defense, DEFENSE! Like all GTT programs, the music is blaring, the energy is alive and the kids have a blast! Must be potty trained.

Location: Woodward School Gymnasium

Time: 10:00AM-11:00AM

Dates: Saturdays

Session 1: 11/2/2019—12/7/2019

Session 2: 1/04/2020—2/08/2020

Session 3: 3/7/2020-4/11/2020

Drop in Ping-Pong | \$5.00 per player

Come and play ping pong with family and friends while meeting new ones. This program is for individuals of all ages and for those who want to expand their skill set. This is a fun social event with light snacks and beverages provided. Paddles, tables, and balls included but you are welcome to bring your own! No drop in play on school snow days or holidays. If cancelled for unforeseen events, we will post online accordingly. Come get a great workout with some friendly competition!

Location: South Union Recreation Building

Time: 7:00P-9:00P

Dates: Tuesdays, Beginning September 10, 2019

NEW PROGRAMS ADDED MONTHLY!

CHECK OUR WEBSITE FOR ALL UP TO DATE OFFERINGS INCLUDING:

WEEK DAY PRE SCHOOL SOCCER

ADULT SPORTS LEAGUES

ADULT FITNESS CLASSES

& SO MUCH MORE!

WWW.SOUTHBOROUGH.RECDESK.COM

Southborough Recreation
21 Highland Street
Southborough, MA 01772

Fall Special Olympics | Ages 7+ | Free w/ Required Registration

Two of the most popular and favorite sports at Special Olympics. Come play in a non competitive environment with focus on learning basketball and making friends. Parent coaches and volunteers will work with the players on a wide range of basketball skills and play short games. It will be a learning experience with a lot of fun!

T-shirts will be provided. Please wear closed toe shoes and comfortable active clothing.

This program is intended for individuals with intellectual disabilities.

Special Olympics Fall Soccer

Location: Liberty Field, Southborough

Time: 9:00AM-10:00AM

09/07/2019—10/26/2019

**No Class 10/19/2019*

Special Olympics Basketball

Location: Woodward School Gymnasium

Time: 11:00AM-12:00P

Session 1: Saturdays, 11/2/2019—12/7/2019

**No class 11/30/2019*

Session 2: Saturdays, 01/4/2020—02/8/2020

**No class 01/18/2020*

