

Spring & Summer Programs

2018



Southborough Recreation
Building A Healthy Community

March to August



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

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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



Come join us for an afternoon of family fun!

Date: Saturday, March 10 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 !



5K WALK | RUN FOR AUTISM

12TH ANNUAL | SATURDAY, MAY 12, 2018

SUPPORTING THE NEW ENGLAND CENTER FOR CHILDREN

15th Annual Southborough Summer Nights

A family celebration scheduled for

Saturday, August 25

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

<http://Southborough.recdesk.com>



St. Patrick's Day Celebration

Ages: Preschool

Friday, March 16

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.

2018 Massachusetts Parks Pass

FREE

Southborough residents may borrow a 2018 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 2018 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

6th Annual Southborough Summer Concert Series 2018

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 14, 28, July 12, 26, August 9 Rain dates: June 21, July 5, 19, August 2, 16

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 9 to September 3.

Tickets will go on sale in Mid-April.

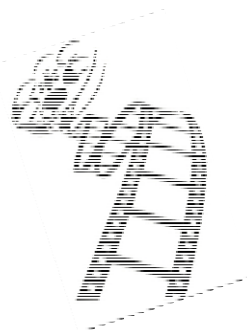


Movie tickets are available for purchase at

\$10.50 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 25 to June 29 **CANCELLED**

Week 2: July 2 to July 6 (no camp Wedn, July 4)

Stars and Stripes Week In celebration of our country's birthday, campers will participate in a ball game, make a giant chalk map of the U.S. Put your patriotic spirit on display with some creative 4th of July crafts, make red, white and blue slime and make your own stars and stripes tshirts!

Special Event: Draw Beasties with Mr. LaChance and make Slime with Ms. Vernovsky

Week 3 : July 9 to July 13

Camp Spirit Week Show us your Camp Spirit through team banners, goofy hats, crazy socks, minute to win it games, jello contests, friendship circles, trail mix, wacky relays, color wars and more. Your willingness and motivation to participate in games and activities will earn you tickets to dunk your favorite counselor or CITs in the dunk tank.

Special Event: Color games

Week 4: July 16 to July 20

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 23 to July 27

Circus up! Come join the greatest camper show on earth! You will learn how to juggle, clown, trapeze, tumble, and jump. We will have professional circus performances and workshops for campers to build skills and create their own circus act.

Special Event: Visit from Diamond Family Circus

Week 6: July 30 to August 3

Get Set and Get Fit! This week is packed with healthy activities where we will learn about nutrition, and also learn some new, exciting, and fun ways to get your body movin' and groovin'. A special guest will introduce a wide range of stimulus exercises. We will wrap up the week with a camp celebration of everything we've learned.

Special Event: Fitness Trainer will visit this week

Week 7: August 6 to August 10

Barn Yard Fun! This week will be full of animal interactions as well as animal theme activities, games, and crafts! 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!

Special Event: Draw Beasties with Mr. LaChance, Animal Affair and pony rides provided by Ridge Valley Stables

Week 8: August 13 to August 17

Farewell to Summer! Join us this week as we say good bye to our friends, counselors and camp memories. Enjoy the great outdoors as we partake in summertime classic games like tug-of-war, kickball, foursquare, hopscotch, lawn games, nature crafts, recycling projects, and a picnic bash to end the week.

Special Event: Ice Cream Social for Campers and their families.

FINN CAMP REGISTRATION FORM

Pre- K Age 2.9 (Potty trained) to Entering Grade 1

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 (must be potty trained)
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 25) \$155/week
 Regular Rate (effective April 26) \$165/week

Participant's Name: _____ Grade (Fall 2018) _____
 Date of Birth: _____ Age: _____ (must be potty trained) Home Phone: _____
 Address: _____ Email: _____
 Does your child have an aid at school? _____ Medical Concerns: _____
 Can your child be photographed for publication? ____
Please submit your child's most up-to-date medical form and immunization records at least 2 weeks 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 25)

Week	2 7/2-7/6	3 7/9-7/13	4 7/16-7/20	5 7/23-7/27	6 7/30-8/3	7 7/6-8/10	8 8/13-8/17	TOTAL
Early Bird Rate	\$128	\$155	\$155	\$155	\$155	\$155	\$155	
Regular Rate	\$133	\$165	\$165	\$165	\$165	\$165	\$165	

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 25 to June 29 *CANCELLED*

Week 2: July 2 to July 6 (no camp Wed, July 4)

Stars and Stripes Week In celebration of our country's birthday, campers will participate in a ball game, make a giant chalk map of the U.S. Put your patriotic spirit on display with some creative 4th of July crafts, make red, white and blue slime and make your own stars and stripes tshirts and enjoy free swim at St. Marks!

Special Event:: Draw Beasties with Mr. LaChance and Field trip to Ski Ward for tuba Sliding

Week 3 : July 9 to July 13

Camp Spirit Week Show us your Camp Spirit through team banners, goofy hats, crazy socks, minute to win it games, jello contests, friendship circles, trail mix, wacky relays, color wars and more. Week will include Fay activities and free swim at St. Marks.

Special Event:: Kayaking at Hopkinton State Park

Week 4: July 16 to July 20

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 and free swim at St. Marks.

Week 5: July 23 to July 27

Circus up! Come join the greatest camper show on earth! You will learn how to juggle, clown, trapeze, tumble, and jump. We will have professional circus performances and workshops for campers to build skills and create their own circus act.

Special Event:: Visit from Diamond Family Circus

Week 6: July 30 to August 3

Get Set and Get Fit! This week is packed with healthy activities where we will learn about nutrition, and also learn some new, exciting, and fun ways to get your body movin' and groovin'. You will be introduced to a wide range of stimulus exercises. We will wrap up the week with a camp celebration of everything we've learned.

Special Event:: Field trip to Putts & More in Holliston. Enjoy miniature golf, work out on the jumping pillow and ice cream treat at the snack bar included.

Week 7: August 6 to August 10

Barn Yard Fun This week will be full of animal interactions as well as animal theme activities, games, and crafts. There will be a visit from Animal Craze Traveling Farm where you can pet your favorite animals up close. Free swim at St. Marks to end the week.

Special Event:: Draw Beasties with Mr. LaChance, Animal Affair and pony rides provided by Ridge Valley Stables

Week 8: August 13 to August 17

Farewell to Summer! Join us this week as we say good bye to our friends, counselors and camp memories. Enjoy the great outdoors as we partake in summertime classic games like flag football, kickball, foursquare, lawn games, and a tree climbing exploration to end the week. Free Swim at St. Marks.

Special Event: Field trip to Boundless Adventures, Berlin– unforgettable climbing adventure!

WOODWARD CAMP REGISTRATION FORM

Entering Grades 2-6

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 6**
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 25) \$155/week**
Regular Rate (effective April 26) \$165/week

Participant Name: _____ Grade (Fall 2018) _____
 Date of Birth: _____ Age: _____ Home Phone: _____
 Address: _____ Email: _____
 Does your child have an aid at school? _____ Medical Concerns: _____
 Can your child be photographed for publication? _____
Please submit your child's most up-to-date medical form and immunization records at least 2 weeks 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 25)

Week	2 7/2-7/6	3 7/9-7/13	4 7/16-7/20	5 7/23-7/27	6 7/30-8/3	7 86-8/10	8 8/13-8/17	TOTAL
Early Bird Rate	\$128	\$155	\$155	\$155	\$155	\$155	\$155	
Regular Rate	\$133	\$165	\$165	\$165	\$165	\$165	\$165	

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** _____

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 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 \$155 and includes training, supervision, mentoring, tshirts, snacks, occasional field trips with campers.

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— REGISTRATION FORM

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: **\$155pp/week (must sign up for 2 weeks) additional weeks will be on waitlist**

Participant Name: _____
 DOB _____ Age: _____ Grade entering Fall 2018: _____
 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	2 7/2-7/6	3 7/9-7/13	4 7/16-7/20	5 7/23-7/27	6 7/30-8/3	7 8/6-8/10	8 8/13-8/17	TOTAL
FINN	\$124	\$155	\$155	\$155	\$155	\$155	\$155	
WOOD- WARD	\$124	\$155	\$155	\$155	\$155	\$155	\$155	

Make checks payable to Southborough Recreation. **No Refunds.** **No changes accepted after June 14 2018.**

A credit, however, may be applied to another week (or weeks) of CIT camp ONLY on the current year.

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



Swim Lessons are held at

YMCA Family Boroughs Branch, 4 Valente Drive, Westborough, MA 508-870-1320

Children will learn to be comfortable in the water and basic water safety. As they progress, they will be introduced to fundamental skills, such as kicking, coordinating arm and leg movements and improving upon skills previously learned. They will learn foundational swimming concepts in a safe and fun environment. Skills are age appropriate, allowing students to achieve success on a regular basis. All Lessons are 30 minutes long.

Participants must register with Southborough Recreation to take advantage of special non-member pricing.

Swim registration begins on Tuesday, March 20

A/Water Discovery (Parent & Child)

\$153/pp

Ages: 6 mos to 3 years

Min 2/Max 4

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Monday: April 2, 9, 23, 30, May 7, 14, 21, June 4, 11

Time: 9 to 9:30 am

Thursday: April 5, 12, 26, May 3, 10, 17, 24, 31, June 7, 14

Time: 10:45 to 11:15am

Saturday: April 7, 14, 28, May 5, 12, 19, 26, June 2, 9, 16

Time: 10:15 to 10:45am

B/Water Exploration (Parent & Child)

\$153/pp

Ages: 6 mos to 3 years

Min 2/ Max 4

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Tuesday: April 3, 10, 24, May 1, 8, 15, 22, 29, June 5, 12

Time: 10:45 to 11:15am

Friday: April 6, 13, 27, May 4, 11, 18, 25, June 1, 8 15

Time: 9 to 9:30am

Saturday: April 7, 14, 28, May 5, 12, 19, 26, June 2, 9, 16

Time: 9:05 to 9:35am

Private Swim Lessons

Private Swim Lessons are available for those of all ages & activities who are looking for individualized instruction. Each class runs 30 minutes. To request lessons, please complete a registration form at the Y Borough's Welcome Center or you may contact the Y Boroughs Family Branch at 508-870-1320. Please allow approximately 2 weeks for your lesson to be scheduled with one of the instructors. Lessons are subject to instructor availability.

Private Lessons

1/2 hour—\$50 non member

Semi-Private Lessons

1/2 hour—\$67 non-member

Swim Lessons



Swim Lesson participants will learn and practice new swimming skills and feel a sense of achievement from mastering something new that they can enjoy the rest of their lives.

Swim registration begins on Tuesday, March 20

Not sure of your child's level?

\$153/pp

Ages 3 to 5

Preschool Swim Lessons: introduce water propulsion, floating, body awareness and independence, all while focusing on water safety and drowning prevention. A few basic swim strokes will be introduced. On the first day of class, instructors will determine the starting "stage" for your child and place them into the appropriate lesson group. Children will then progress at their own pace through the four preschool stages. Progression stages include Water Acclimation, Water Movement, Water Stamina and Stroke Introduction.

Monday: April 2, 9, 23, 30, May 7, 14, 21, June 4, 11

Time: 4:35 to 5:05pm

Monday: April 2, 9, 23, 30, May 7, 14, 21, June 4, 11

Time: 5:45 to 6:15pm

1/ Water Acclimation (PK Swim)

\$153/pp

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Monday: April 2, 9, 23, 30, May 7, 14, 21, June 4, 11

Time: 10:10 to 10:40am

Tuesday: April 3, 10, 24, May 1, 8, 15, 22, 29, June 5, 12

Time: 9:35 to 10:05am

Wednesday: April 4, 11, 25, May 2, 9, 16, 23, 30, June 6, 13

Time: 9:35 to 10:05 am

2/ Water Movement (PK Swim)

\$153/pp

In Stage 2, students focus on body position and control, directional changes, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Monday: April 2, 9, 23, 30, May 7, 14, 21, June 4, 11

Time: 10:45 to 11:15am

Tuesday: April 3, 10, 24, May 1, 8, 15, 22, 29, June 5, 12

Time: 10:10 to 10:40am

Wednesday: April 4, 11, 25, May 2, 9, 16, 23, 30, June 6, 13

Time: 10:10 to 10:40am

3/Water Stamina (PK Swim)

\$153/pp

In Stage 3, students learn how to swim safely from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Tuesday: April 3, 10, 24, May 1, 8, 15, 22, 29, June 5, 12

Time: 9am to 9:30am

Thursday: April 5, 12, 26, May 3, 10, 17, 24, 31, June 7, 14

Time: 1:05 to 1:35pm

4/Stroke Introduction (PK Swim)

\$153/pp

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breast stroke kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.

Tuesday: April 3, 10, 24, May 1, 8, 15, 22, 29, June 5, 12

Time: 10:45 to 11:15am

Wednesday: April 4, 11, 25, May 2, 9, 16, 23, 30, June 6, 13

Time: 1:05 to 1:35pm

Swim Lessons



Swim registration begins on Tuesday, March 20

Not sure of your child's level?

\$153/pp

Ages 6 to 12

Youth Swim Lessons: School age swim lessons introduce water propulsion, floating, body awareness and independence, all while focusing on water safety and drowning prevention. All the major swim strokes will be covered as well as an introduction to competitive swimming techniques.

On the first day of class, instructors will determine the starting "stage" for your child and place into the appropriate group. Children will then progress at their own pace through the six school age stages. Progression stages include Water Acclimation, Water movement, Water Stamina, Stroke Introduction, Stroke Development, and Stroke Mechanics.

Tuesday: April 3, 10, 24, May 1, 8, 15, 22, 29, June 5, 12

Time 5:15 to 5:45pm

Wednesday: April 4, 11, 25, May 2, 9, 16, 23, 30, June 6, 13

Time 5:15 to 5:45pm

Thursday: April 5, 12, 26, May 3, 10, 17, 24, 31, June 7, 14

Time: 5:15 to 5:45pm

Porpoise Club

\$153/pp

Recreational program for swimmers to refine the four competitive strokes and build on strength and endurance. Your child will also learn to refine flip turns, dives, and fundamentals of competitive swimming while building self-confidence. All swimmers will be tested on the first night of the class, and must be FISH level to join.

Junior Group (Ages 7-10)

Tuesday: April 3, 10, 24, May 1, 8, 15, 22, 29, June 5, 12

Time: 6:30 to 7:15pm

Wednesday: April 4, 11, 25, May 2, 9, 16, 23, 30, June 6, 13

Time: 6:30 to 7:15pm

Thursday: April 5, 12, 26, May 3, 10, 17, 24, 31, June 7, 14

Time: 6:30 to 7:15pm

Senior Group (Ages 11-15)

Tuesday: April 3, 10, 24, May 1, 8, 15, 22, 29, June 5, 12

Time: 7:15 to 8pm

Wednesday: April 4, 11, 25, May 2, 9, 16, 23, 30, June 6, 13

Time: 7:15 to 8pm

Thursday: April 5, 12, 26, May 3, 10, 17, 24, 31, June 7, 14

Time: 7:15 to 8pm

Adult Beginner

\$153/pp

For individuals who are comfortable in shallow water. Goal is to build confidence and increase comfort level, as well as learn basic skills and strokes.

Monday: April 2, 9, 23, 30, May 7, 14, 21, June 4, 11

Time: 7:30 to 8pm

Friday: April 6, 13, 27, May 4, 11, 18, 25, June 1, 8, 15

Time: 5:15 to 5:45pm

Saturday: April 7, 14, 28, May 5, 12, 19, 26, June 2, 9, 16

Time: 12 to 12:30pm

Adult Intermediate

\$153/pp

For individuals who are able to swim the length of the pool (25 yds) non-stop but need to work on stroke development and building endurance.

Mondays: April 2, 9, 23, 30, May 7, 14, 21, June 4, 11

Time: 8 to 8:30 pm

Friday: April 6, 13, 27, May 4, 11, 18, 25, June 1, 8, 15

Time: 5:15 to 5:45pm

Saturday: April 7, 14, 28, May 5, 12, 19, 26, June 2, 9, 16

Time: 12 to 12:30 pm

Horse Programs



CIT Farm Camp

\$255/pp

Ages: 13 to 15 (13 as of 9/1/17)

Time: 8am to 4:30 pm

Session 1: June 25 to June 29

Session 5: July 30 to Aug 3

Session 2: July 9 to July 13

Session 6: Aug 6 to Aug 10

Session 3: July 16 to July 20

Session 7: Aug 13 to Aug 17

Session 4: July 23 to July 27

Session 8: Aug 20 to Aug 24

Instructor: Willow Brook Farm (aka) Lil Folk Farm

Location: 1070 Washington Street, Holliston

Min 2/Max 4

CIT Program will not only be a fun experience for campers but will be doorway into actually working on the farm during camp week and learning what being a leader of youth activities is all about. CIT's are provided leadership training to assist them in developing the skills and knowledge needed to teach, guide and provide a role model for younger campers. CIT's will also be responsible for helping with camper activities and barn responsibilities. Staff Tshirts will be provided. Campers interested in enrolling for this program will need to have the desire to learn the details of caring for animals and working with and guiding younger campers.

Summer Horse Riding Programs at Willow Brook Farm

Session Dates are as follows: Monday to Friday

Min 2/ Max 4

Session 1: June 25 to Jun 29

Session 4: July 23 to July 27

Session 7: Aug 13 to Aug 17

Session 2: July 9 to July 13

Session 5: July 30 to Aug 3

Session 8: Aug 20 to Aug 24

Session 3: July 16 to July 20

Session 6: Aug 6 to Aug 10

ASTM approved riding helmet, riding boots, and long pants are required for riding. Campers may provide their own helmet and boots, rental or purchase of equipment is available on site.

Summer Camp-Tiny Trotters

\$360pp

Ages: 4 to 6 years

Time: 8:30 am to 12:30 pm

Perfect way to develop your child's love for ponies, riding, and farm life! Campers will learn to groom, tack, lead, and care for ponies through hands on interaction and fun games. Each morning riders will have a private riding lesson my a licensed instructor.

Summer Camp—Junior Farmers

\$265/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! Learn to handle and care for goats, sheep, llamas, alpacas, donkeys, pigs, chickens and more! Add in some goat bathing and you have a summer week of farm fun! Collecting farm fresh eggs are also a special treat to bring home each day. Farm games like grain bag races, wheel barrel races, and egg tosses are also a daily occurrence.

Summer Riders

\$360/pp

Ages: 7 to 16 years old

Time: 8:30am to 12:30 pm

Spend your summer vacation at our riding academy; learn to ride or develop your riding skills! Our camp is perfect for the beginner, intermediate, or advanced rider. Campers will ride daily with our Massachusetts certified instructors based on their riding skills. Campers ride each day in groups formed by their level of riding experience to provide for proper instruction. Campers with prior riding experience receive more advanced instruction to ensure they are challenged in all aspects of their riding education. Campers will also work on various horsemanship skills, such as grooming, braiding, bathing, feeding, stall maintenance, horse training skills, leading, and much more! Riders will be also be exposed to driving basics with the miniature horses.

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 (Session 1)

\$75/pp

Ages: 3 to 6 (potty trained)
 Days: Saturdays
 Time: 8:45am to 9:45am
 Location: Woodward Gym
 Instructor: FAST Athletics
 Dates: March 17, 24, 31, April 7, 14
 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 Soccer (Session 2)

\$75/pp

Time: 9am to 10am
 Location: Fayville Memorial Park
 Dates: May 5, 12, 19, 26, June 2
 Instructor: FAST Athletics
 Min 10/Max 30

PK Basketball

\$75/pp

Ages: 3 to 6 (potty trained)
 Days: Saturdays
 Time: 10am to 11am
 Location: Woodward School Gym
 Instructor: Game Time Training Staff
 Dates: March 17, 24, 31, April 7, 14
 Min 10/Max 30

Join the Game Time Training Staff in this interactive session where the players learn the basics of basketball (caregivers welcome)! Each session will be a mix of passing, shooting and dribbling drills that everyone can participate in. We will make learning basketball fun by playing music, creating fun competitions, and ensuring positive energy every week! All participants will leave the program with a t-shirt and certificate of participation. Introduce sports to your child the right way, by joining in the fun!

Junior Little Easy Golf

\$120/pp

Ages: 5 & 6
 Time: 10am to 12noon
 Days: Session 1: June 25, 26, 27 Session 3: July 16, 17, 18 Session 5: Aug 6, 7, 8
 Session 2: July 9, 10, 11 Session 4: July 23, 24, 25

Location: Juniper Hill Golf Course, 202 Brigham Street, Northboro Min 2/ Max 5



Introduce your junior golfer to the great game of golf in a fun, safe manner. Program is designed to introduce the beginner or slightly experienced junior to the basics of the game. As they continue to gain experience, their technique and enjoyment for the game will continue to grow.



Flag Football League for Grades 2—7

Flag Football League

Cost \$90.00/pp

Grades 2/3—between 4 to 7pm, times will change depending on game scheduled.

Grades 4/5—between 4 to 7pm, times will change depending on game scheduled.

Grades 6/7—between 4 to 7pm, times will change depending on game scheduled.

Dates: April 29 to June 10 (skip May 27)

Games and practices will be held weekly on Sundays from 4pm to 7pm. First 3 weeks will be held at Chauncy Field, Westborough, last 3 weeks will be held at Melican Middle School, Northborough.

Southborough Recreation will partner up with the Northborough and Westborough to offer a co-ed flag football league for Grades 2 to 7. This program is the perfect opportunity for a child to learn, or enhance the fundamental skills of football in a safe and fun environment with an emphasis on participation teamwork and good sportsmanship.

Each team will have a 90 minute combined practice and game each week. The first 30 minutes will be dedicated to practice, where players will be taught the fundamentals of positions and skills that will be able to be executed in the game immediately following practice.

Specific times for grades 2/3, 4/5, & 6/7 will be scheduled after teams have been formed.

The goal of practices and games are to ensure that all players receive thorough instruction and gain a comprehensive understanding of the sport, and develop the skills and techniques necessary to succeed. All games will be played in Northborough or Westborough. Schedules will be available at <http://southborough.recdesk.com/recdeskportal/> after teams are made.

Volunteer coaches are needed for each of the teams.

Please contact our office at 508-229-4452 or email jhom@southboroughma.com if you are interested.



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

Chopped Jr– Chocolate Creations

\$225/pp

Ages: 7 to 12
Date: Fridays, March 16, 23, 30, April 6, 13, 27 (no class 4/20)
Time: 5 to 6:30 pm
Location: Paradise Island Kids, 108 Milk Street, Westborough
Min 2/Max 8



Chocoholics unite in this fun filled class that focuses on making something different out of chocolate every single week! Brownies, Lava Cakes, Cake Pops, Chocolate Ice Cream and more! Baking Competition during the last class, families invited!

Cake Decorating 101

\$225/pp

Ages: 8 to 14
Date: Saturdays, March 17, 24, 31, April 7, 14, 28 (no class 4/21)
Time: 1 to 2:30 pm
Location: Paradise Island Kids, 108 Milk Street, Westborough
Min 2/Max 8



If you have ever wanted to learn how to decorate cakes/cupcakes, this is the perfect class for you! You will learn a little bit of everything-baking tips, buttercream basics, and an introduction to fondant and royal icing and more!

Chopped Jr Party Foods 2

\$250/pp

Ages: 10 to 13
Date: Sundays, May 6, 13, 20, 27, June 3, 10, 17
Time: 11 to 12:30pm
Location: Paradise Island Kids, 108 Milk Street, Westborough
Min 2/Max 8



Learn how to cook a variety of party foods, apps, and snacks! This class combines cooking and baking and works with sweets, meats, veggies and fruits! Competition during the last class, families invited!

Chopped Jr World Cuisine

\$275/pp

Ages: 8 to 12
Date: Fridays, May 4, 11, 18, 25, June 1, 8, 15
Time: 5 to 6:30pm
Location: Paradise Island Kids, 108 Milk Street, Westborough
Min 2/Max 8



Explore American, Italian, Mexican, and Indian cuisines and get ready to have fun and eat! Do it yourself competition during the last class, families invited! All materials included with recipes to take home.

Youth Programs

Home Alone Safety

FREE

Age: Grades 6—8
Date: Friday, May 11 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.**

Babysitting 101

\$ 70/pp

Ages: 12 and up Time: 9am to 3pm
Session 1: Monday, April 16
Session 2: Monday, August 27
Instructor: Boroughs CPR
Location: South Union Building Min 8/Max 12



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 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: 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.

Please visit our website frequently for updates on programs and community events.

<https://southborough.recdesk.com/>



Please contact us to be added to the distribution list.

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

Good for any open day from May 5 to October 28, 2018. Parking is FREE!

Tickets will go on sale in Mid-March.



Youth Programs

Intro to STEM Using LEGO

\$165/pp

Ages: K to Grade 1, Ages 5 to 6
Dates: July 23 to July 27
Days: Monday to Friday
Time: 8:30 to 11:30 am



Location: South Union Building
Instructor: Play-Well Teknology

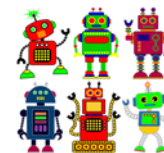
Min 11/Max 24

Give your imagination a boost with tens of thousands of LEGO parts! Build engineer designed projects such as: Cities, Garbage Trucks, Catamarans, and Dinosaurs. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

STEM Challenge with LEGO

\$165/pp

Ages: Grades 2 to 6, Ages 7 to 12
Dates: July 23 to July 27
Days: Monday to Friday
Time: 12:30 to 3:30 pm
Location: South Union Building
Instructor: Play-Well Teknology



Min 11/Max 24

Geary up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO parts! Apply realworld concepts in physics, engineering, and architecture through engineer-designed projects such as: Forklifts, Houseboats, Mini Golf Courses, and the London Tower Bridge Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

Kangaroo Clinic *Field Hockey Skills Camp*

\$260/pp

Ages: Entering Grades 6 to 12
Days: Monday to Thursday
Dates: August 6 to August 9
Instructor: Kangaroo Clinic

Time: 9:30 am to 4pm

Location: 911 Memorial Field

Min 25/Max 40



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

Youth Programs

Wicked Cool Vet School

\$220/pp

Ages: Entering Grade K to 5
 Dates: August 13 to August 17
 Days: Monday to Friday
 Time: 9am to 12noon
 Instructor: Wicked Cool Kids
 Location: South Union Building



Min 10/ Max 20

Do you dream of becoming a veterinarian? Grab your lab coat, animal lovers, as we learn about our favorite furry, flying and fishy friends! Follow a furry “patient”, make amazing animal models, build big bones, and investigate animal intestines from our favorite vertebrates: birds, mammal, reptiles, amphibians, and fish. End the week with a featured visit with a live animal.

Baking and Cooking Slime/Gym Games

\$220/pp

Ages: Ages 4 to 9
 Dates: August 20 to August 24
 Days: Monday to Friday
 Time: 9am to 1pm
 Instructor: Paradise Island Kids
 Location: 108 Milk Street, Westborough



Min 10/Max 20

We pick our favorite desserts and meals and make something new daily for this fun filled combination cooking and baking program! Make all kinds of borax free slime (crunchy, butter, edible, magnetic & more), Play active games, air hockey, and minute to win it games in the gym. Bring a nut free snack & lunch daily.

Tickets to Six Flags will be available at a discounted rate. Good for any open day from April 1 to October 31, 2018
 Tickets will go on sale in Mid-March.



Tickets to Canobie Lake Park will be available at a discounted rate.
 Good for any open day from May 5 to October 28, 2018 Parking is FREE!
 Tickets will go on sale in Mid-March.



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 8, 22, 29, May 6, 13, 20 (no class 4/15)		

Youth Tennis Summer Clinics **\$90/pp**

Location:	Richardson Courts at Neary School	
Instructor:	Jeff Beane	Ages: 7 to 13
Days:	Monday to Thursday (Friday is rain date)	Min 3/Max 6
Week 1:	June 25 to June 28	Week 4: July 23 to July 26
Week 2:	July 9 to July 12	Week 5: July 30 to Aug 2
Week 3:	July 16 to July 19	Week 6: Aug 6 to Aug 9

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.

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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Youth & Adult Golf Lessons

Junior Little Easy Golf

\$120/pp

Ages: 5 & 6

Time: 10am to 12noon

Days: Session 1: June 25, 26, 27 Session 3: July 16, 17, 18 Session 5: Aug 6, 7, 8

Session 2: July 9, 10, 11 Session 4: July 23, 24, 25

Location: Juniper Hill Golf Course, 202 Brigham Street, Northboro Min 2/ Max 5

Introduce your junior golfer to the great game of golf in a fun, safe manner. Program is designed to introduce the beginner or slightly experienced junior to the basics of the game. As they continue to gain experience, their technique and enjoyment for the game will continue to grow.



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 Group Series

\$110/pp

Ages: Juniors (8 to 16)

Min 2/Max 4

Level: Beginner

Dates & Times: (select one)

Tuesday, April 24, May 1, 8, 15, 22

Time: 4:30 to 5:30pm

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

Time: 4:30 to 5:30pm

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

Time: 4:30 to 5:30pm

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

Time: 10 to 11am

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

Time: 10 to 11am

Level: Intermediate

Dates & Times: (select one)

Tuesday, April 24, May 1, 8, 15, 22

Time: 4:30 to 5:30pm

Level: Parent/Child

\$220/parent&child

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

Time: 5:30 to 6:30pm

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

Time: 11am to 12noon

Adult Golf Group Series

\$135/pp

Ages: 17 and up

Min 2/Max 4

Level: Beginners

Dates & Times: (select one)

Tuesday, April 24, May 1, 8, 15, 22

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

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

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

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

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

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

Time: 9 to 10am

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

Time: 9 to 10am

Youth & Adult Golf Lessons

Adult Get On Course

\$120/pp

Ages: 18+ Time: 6:15 pm to 8pm
Dates: Tuesdays, April 24, May 1, 8 (OR)
Wednesdays, April 25, May 2, 9



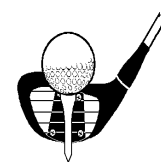
Location: Juniper Hill Golf Course, 202 Brigham Street, Northboro
Instructor: Golf Teaching Center Min 3/ Max 4

Improve and learn more about your game as you play. On-course instruction is now available for beginners, juniors, and more advanced players. Established golfers will improve their strategy: where to aim, what club to hit, and how to play certain shots. Beginners will learn course etiquette and feel more comfortable while achieving a better understanding of the game. Golfers will meet at the Juniper Hill Golf Shop at 6:15pm to begin play. Golfer must have their own golf clubs.

Junior Golf Camp at Juniper Hill

\$260/pp

Ages: 7 and above
Days: Mondays to Thursdays Time: 9am to 1pm
Dates: Session 1: April 16, 17, 18, 19
Session 2: June 18, 19, 20, 21
Session 3: June 25, 26, 27, 28
Session 4: July 9, 10, 11, 12
Session 5: July 16, 17, 18, 19
Session 6: July 23, 24, 25, 26
Session 7: July 30, 31, Aug 1, 2
Session 8: Aug 6, 7, 8, 9
Session 9: Aug 13, 14, 15, 16
Session 10: Aug 20, 21, 22, 23



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.

Junior Golf Camp at Juniper Hill (Level 2)

\$260/pp

Ages: 7 and above
Days: Mondays to Thursdays
Time: 9am to 1pm
Dates: Session 1: June 18, 19, 20, 21
Session 2: June 25, 26, 27, 28
Session 3: July 9, 10, 11, 12
Session 4: July 16, 17, 18, 19
Session 5: Aug 6, 7, 8, 9



Location: Juniper Hill Golf Course, 202 Brigham Street, Northboro
Instructor: Golf Teaching Center Min 3/ Max 5

This program is designed to help the junior player improve his or her technique and playing ability. Whether you are trying to make the High School team or just develop a greater enjoyment for the game, the personalized attention will help achieve those goals. Program includes Video analysis, full swing instruction, short game instruction, sand play, specialty shots (uneven lies, trajectory control) and on course instruction.

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 Max is 2
Adv Beginner 6:30 pm to 7:30 pm Max is 3
Intermediate 6:30 pm to 7:30 pm Max is 6



Location: Westboro Tennis & Swim Club

Session 1: April 8, 22, 29, May 6, 13, 20 (no class 4/15)

Adult Tennis -Outdoor

5 weeks

\$130/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: TBD

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 6

Days: Tuesdays Time: 6 to 7pm
Dates: Session 1 : May 8, 15, 22, 29, June 5, 12

Intermediate/Advanced Intermediate: Work on depth, variety, stroke consistency, develop use of lobs, overhead, approached shots, volleys, and game strategies. Min 3/Max 6

Days: Tuesdays Time: 7 to 8pm
Dates: Session 1: May 8, 15, 22, 29, June 5, 12

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!!!

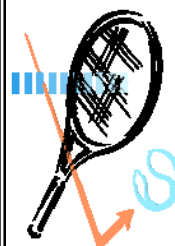
Time to restring your racquet?

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

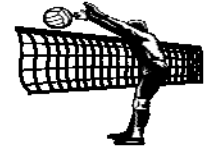


Adult Programs

Drop In Coed Volleyball

\$5/pp drop in fee

Ages: High school and up
 Days: Thursdays Time: 6 to 8:30 pm
 Dates: Beginning March 1 to June 14
 Location: Trottier Middle 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!! Different teams are formed, To ensure a spot please sign up at Meetup.com/southborough-volleyball-meetup

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.

Vinyasa Yoga

\$60/pp

Days: Thursdays
 Session 1: March 8, 15, 22, 29, April 5, 12 Session 2: April 26, May 3, 10, 17, 24, 31
 Time: 6:30 to 7:30 pm
 Location: South Union Building
 Instructor: Marjorie Bacon Min 5/ Max 15



The class will start slowly and will explore practices such as full body stretched, 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. Hatha Yoga will also be introduced in some of the classes.

Men's Basketball

\$60/per session

Session 4: April 15 to June 20, 2018
 Days/Times: Sundays 6 to 7:45pm at Fay School
 Wednesdays 7 to 9:15pm at Finn School
 Coordinator: Herb Kolk and Chris Kalagher

Inspired to play some basketball? Join us on Sundays from 6 to 7:45 at the Fay School and Wednesdays 7 to 9:15pm at the Finn School. Newcomers are welcome! Attendance need not be regular. We call our own fouls and shoot foul shots. We keep score in order to know when to stop for water. No basketball held if the schools are closed, or if the gyms are needed for school or town activities.

Adult Drop In Coed Volleyball

Free

Ages: High School and up
 Time: 3pm to 6pm
 Dates: Tuesdays
 June 26 to August 21

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 (2018-2019)

- 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 18/19) _____
 Allergies / Medical Concerns _____ Does your child have an aid at school? _____
 Can your child be photographed for publication? _____

Activity Name	Start Date	Time	Session	Fee/Check No.

Participant 2

Name _____ School _____
 Male / Female _____ Date of Birth _____ Age _____ Grade (Year 18/19) _____
 Allergies / Medical Concerns _____ Does your child have an aid at school? _____
 Can your child be photographed for publication? _____

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: _____