

MILLIS RECREATION

Fall Programs 2015

ONLINE REGISTRATION AVAILABLE SEPT 1ST!





Upcoming Events



ADULT BOWLING NIGHT

Teams of 4 will be pitted against each other in this fun night of bowling! You can form your own team, or register as an individual and we'll assign you to a team.

Registrations need to be in by November 2nd!!
See if you can win the coveted trophy!

1170 Main Street, Millis

Adults

Saturday, November 7, 2015

Check in at 6:45—Games start at 7:00 pm

Fee: \$20 per person

HALLOWEEN PARTY & TOUCH A TRUCK

Bring your family and join us at the Town Park to get up close to a variety of trucks! There will also be a Costume Parade for the children to show off their special outfits for trick or treating! Back by popular demand – THE PUMPKIN DROP!!!

Saturday, October 31st

1:00-3:00

This event is FREE!!

NEW ENGLAND BUDDY BOWL CHARITY

FLAG FOOTBALL TOURNAMENT

Come play football for charity! All ages! Able bodied and challenged athletes welcome! Buddy Bowl is a fun flag football tournament to raise money for CAF Operation Rebound and other organizations benefiting disabled veterans and first responders. Email Chip Fagan at cbfagan7@gmail.com for donation opportunities.

Ages: 9 to Adult

Brackets for: Adults (7 on 7): Elite Male & Female, Amigo Male & Female, Buddy Male & Female

Kids (5 on 5 NFL flag rules): 9-11 Co-ed, 12-14 Co-ed and 15-18 co-ed

Millis Town Park and Clyde Brown School

Saturday, November 14, 2015, 8:00 am to 4:00 pm

Go to www.buddybowl.org to register.

SPACE IS LIMITED!!!

FIREFIIGHTERS GOLF TOURNAMENT

Shotgun Golf Tournament with dinner. The fee includes green fee, cart and limited dinner buffet. Additional dinner guests \$25 per person. Cash bar from 6:00-11:00 pm.

Contact Chuck Bishop to register at Cbishop@millisfire.com.

Glen Ellen Country Club

Friday, September 25th

12:30– Registration

1:30– Shotgun Start

6:00—8:00—Dinner

Fee: \$125 per player

PAINTBALL TRIP - FOX 4 Paintball

Join us on your day off from school for an exciting day of paintball adventure! Players will be given a safety orientation and issued all needed equipment. Players may purchase additional paintballs at a reduced cost. Bus will leave VMB at 9:00 am. Players will play approximately 6 games. You may bring your own food or snack bar is available. Fee includes transportation. Wear comfortable clothing. PLEASE DOWNLOAD WAIVER FORM AT fox4paintball.com and mail with payment.

Fox 4 Paintball, Upton, MA

Ages: Grades 5 & Up

Friday, 10/9

One Session

9:00am—4:00 pm

Fee: \$55

A DAY IN NEW YORK CITY

Join us on Saturday, November 7, for a memorable day in New York City! There are countless exciting and entertaining places to visit that it is impossible to see everything in one day, but let us help you get started! The bus drops off and picks up at 5th and 42nd Streets, near the NY Public Library and Bryant Park. This location is ideal if you choose to visit Times Square, St. Patrick's Cathedral, Rockefeller Center, plus much more - a map of the area is provided. Below is a sampling of additional popular tourist attractions your family and friends may plan to visit. Many of these attractions are perfect for children of all ages. For planning purposes, please note that the bus arrives in the city at approximately 10:30am and departs promptly at 6:00pm.

DEPARTS: Medway Middle School, Holliston St., Medway

Saturday, 11/7

Fee: \$58

Preschool Programs



PRE-SCHOOL SOCCER (4-5 Year Olds) - Steve Cassidy

More touches on the ball and less stoppage time results in more fun and provides the opportunity for optimal player development. The 3v3 continuous play format will allow for a significant increase of touches on the ball for every child in the program, regardless of age or skill level. The scrimmage sessions will begin with a 30 minute warm-up and technical skill sessions followed by a 30 minute scrimmage. This type of play is recommended by the MA Youth Soccer Association. Coaches needed! The fee includes T-shirt. Children MUST be at least 4 in order to participate. In fairness to other participants, we use the honor system and trust that you will adhere to this policy. Registration form MUST be in by Sept. 8th to ensure placement on a team. All others will be on a waitlist and will be placed ONLY where there are spots available. A \$10 late fee will be applied!! NO EXCEPTIONS!!

Clyde Brown School Field **Ages: 4-5**
Sundays, 9/20-10/25 **6 weeks**
Practice begins mid-Sept. **Fee: \$55**

*COACHES: Draft will be held Wednesday, September 9th 6:00 pm in Room 130 of Veterans Memorial Building. Please volunteer to be a coach and participate in your child's soccer experience. ALL COACHES MUST FILL OUT CORI FORM.

PRESCHOOL T-BALL - F.A.S.T. Athletics

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction to t-ball where learning and skill development are our priorities.

Town Park (behind Town Hall) **Ages: 3-6**
Saturdays, 9/26-11/7 **7 weeks**
9:00-9:45 am **Fee: \$85**

PRESCHOOL MINI-SPORTS - F.A.S.T. Athletics

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

Town Park (behind Town Hall) **Ages: 3-6**
Saturdays, 9/26-11/7 **7 weeks**
10:00-10:45 am **Fee: \$85**

MESSY MIXTURES-Margie Monahan

This is an exciting art program for preschoolers and an adult companion. Join us for a wonderful experience in process art where your child will explore, create and learn by experimenting with many different mediums. Children will have the opportunity to craft at least three different projects each week. Old play clothes are recommended for those who attend.

Burke School Rm. 11, Legion Ave., Medway
Ages: 2-4 (w/adult)

Parking lot Door 13, Medway
Wednesdays, 10/14-11/25 (no class 11/11) **6 sessions**
9:45-10:30 **Fee: \$50**

MOMMY & ME GYMNASTICS - Shen's Gymnastics Academy

A fun, instructor-led gymnastics class for toddlers and their mom or dad. This 50-minute class brings the parents on to the floor amidst the excitement. A small student/teacher ratio is kept for personal attention. We have small preschool-sized equipment for the children in this age group including rings, bars, ladders, and slide. Kids will also love using our zip line and trampoline in this class. The instructor will set up different obstacle courses each week especially designed to help with locomotion skills and hand-eye coordination.

Shen's Gymnastics, 16 Everett St., Holliston **Ages: 18 mos-2 yrs.**

Session I

Mondays, 9/14-10/19, **9:30 am** **6 weeks**
Thursdays, 9/10-10/22, **10:30 am** **7 weeks**
Saturdays, 9/26-10/24, **9:00 am** **7 weeks**

Session II

Mondays, 10/26-12/21, **9:30 am** **9 weeks**
Thursdays, 10/29-12/17, **10:30 am** **7 weeks**
(no class 11/26)
Saturdays, 10/31-12/26, **9:00 am** **9 weeks**

Session III

Mondays, 12/29-2/23, **9:30 am** **9 weeks**
Thursdays, 1/7-2/25 **10:30 am** **8 weeks**
Saturdays, 1/2-2/27, **9:00 am** **9 weeks**
Cost: 6 weeks: \$127 7 weeks: \$148 9 weeks: \$190
10% discount for families with 2 kids or more

SUPERKIDS GYMNASTICS - Shen's Gymnastics

A 60-minute, energetic, fun gymnastics class for preschool and kindergarten-aged kids. Children will participate while parents are watching from the seating area. The kids get lots of personal attention and lots of turns on the apparatus such as trampoline, balance beam, rings, vault, bars and tumble track. The instructor will set up an obstacle course designed to teach basic gymnastics skills. Kids will also improve their locomotion skills, hand-eye coordination, social skills, taking turns and listening skills, all while they are having fun, getting exercise, and learning gymnastics!

Shen's Gymnastics, 16 Everett St., Holliston Ages: 3-6

Session I

Mondays, 9/14-10/19, 10:30, 1:00 OR 3:30 pm 6 weeks
Tuesdays, 9/8-10/20, 4:00 pm 7 weeks
Thursdays, 9/10-10/22 10:30 am OR 3:30 pm 7 weeks
Saturdays, 9/12-10/24, 9:00 am OR 10:00 am 7 weeks

Session II

Mondays, 10/26-12/21, 10:30, 1:00 OR 3:30 pm 9 weeks
Tuesdays, 10/27-12/22, 4:00 pm 9 weeks
Thursdays, 10/29-12/17 10:30 am OR 3:30 pm 7 weeks
(no class 11/26)
Saturdays, 10/31-12/26, 9:00 am OR 10:00 am 9 weeks

Session III

Mondays, 12/28-2/22, 10:30, 1:00 OR 3:30 pm 9 weeks
Tuesdays, 12/29-2/23, 4:00 pm 9 weeks
Thursdays, 12/31-2/25, 10:30 am OR 3:30 pm 9 weeks
Saturdays, 1/2-2/27, 9:00 am OR 10:00 am 9 weeks
Cost: 6 weeks: 142 7 weeks: \$166 9 weeks \$213
10% discount for families with 2 kids or more

PRESCHOOL KARATE - Elite Martial Arts Academy

The focus in this class is to help children improve and develop gross and fine motor skills through the Martial Arts. In a typical class we will conduct basic stretching and conditioning exercises to improve flexibility, coordination and balance. Children will be taught basic karate punches, kicks and blocks. Techniques will be reinforced weekly using various equipment and fun drills designed to hide repetition and to keep children excited.

Elite Martial Arts Academy Ages: 3-4

1275 Main Street, Millis

Tuesdays, 9/22-11/10 4:00-4:30

Fridays, 9/25-11/13 10:00-10:30

Fee: \$55/session

YOGA FOR "MOMS AND TOTS" - Mary Anne Murphy

Yoga for children has been proven to improve concentration, fitness, flexibility, and overall well-being not to mention you and your child will feel great, too! Join this class for a special time for you and your child to spend together. Dads and care givers also welcome!

The Yoga Studio, Maurer Building Ages: 2-5

Tuesdays, 9/29-10/20 4 weeks

11:00-11:45 am Fee: \$45

CREATIVE DANCE - Millis Dance Theatre

Children will learn the basics of dance including age-appropriate ballet and jazz choreography set to spirited music. The class will focus on creative expression through open-ended movement such as dancing with ribbons, scarves, hula-hoops, etc. This popular, lively class is offered to students who have danced before as well as those with no prior experience. Children leave this class feeling happy and accomplished! (Attire: Black leotard and pink tights & ballet slippers, comfortable clothing for boys)

Millis Dance Theatre, 903 Main St. Ages: 3-5

Mondays, 9/21-12/14 1:00-1:45 pm

OR

Saturdays, 9/19-12/19 (no class 11/28) 1:00-1:45 pm

13 weeks Fee: \$144

BALLET & TUMBLE - Millis Dance Theatre

This popular class includes the fundamentals of ballet and creative movement through imaginative dance, then on to basic tumbling. Students go through our gymnastic circuit of mini trampoline, low balance beam, forward and backward rolls, beginning cartwheels, etc. This fun beginner class is presented in a positive, age-appropriate manner and is the best of both worlds with ballet basics and fun tumbling. (Attire: black leotard, pink tights and pink ballet slippers).

Millis Dance Theatre, 903 Main St. Ages: 3-5

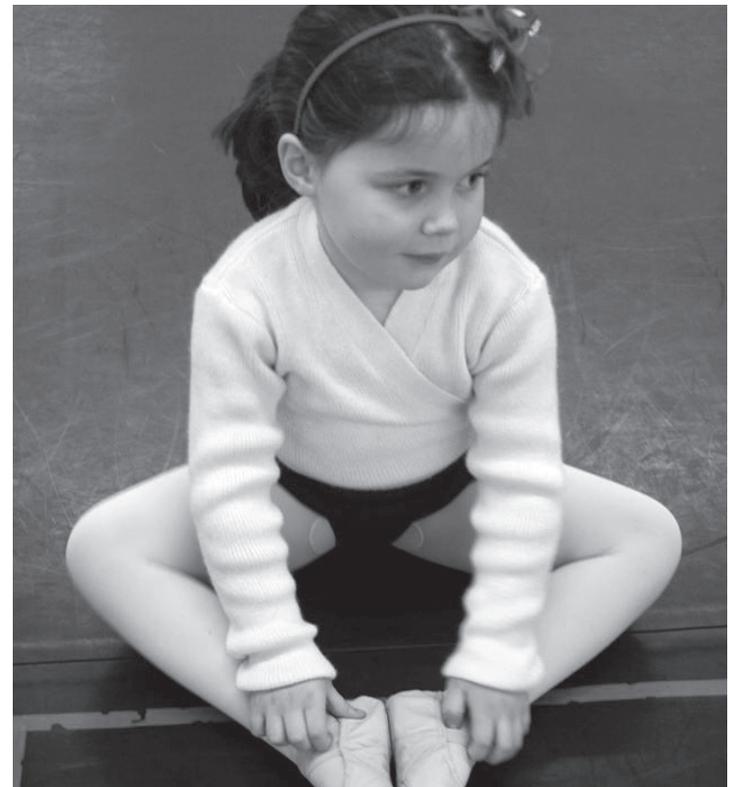
Thursdays, 9/17-12/17 13 weeks

1:00-2:00 pm

OR

Saturdays, 9/19-12/19 (no class 11/28) 13 weeks

11:00 am -12:00 pm Fee: \$190



TINY TOTS—Norfolk Arena

Tiny Tots is for younger skaters usually between the ages of 3 – 6. The lesson is 25 minutes long and then can stay on for practice time with a parent.

Norfolk Arena, 1 Dean Street, Norfolk

Session 1

Tuesdays, 9/8-10/20

9:30-9:55 am

OR

Fridays, 9/11-10/23

1:00-1:25 pm

Session 2

Tuesday, 10/27-12/15

9:30 & 10:00 am

OR

Fridays, 10/30-12/18

1:00-1:25 pm

TUNES FOR TOTS! - Chris Lewis

A music class for children ages 0-2, incorporating movement activities to get everyone moving and grooving to the music! Chris will lead song alongs of original and classic children's songs, jam sessions with real instruments, and other exciting musical activities in a fun, safe environment. The children

will be given the opportunity to express themselves musically and learn about various aspects of music including crescendos, decrescendos, piano, forte and much more!

Veterans Memorial Building, Room 130

Tuesdays, 9/29-11/17

10:00-10:45 am

11:00-11:45 am

Fee: \$160

Ages: 3 – 6

7 Weeks

Fee: \$135

7 Weeks

Fee: \$135

8 Weeks

Fee: \$150

8 Weeks

Fee: \$150

8 weeks

Ages: 0-2

Ages: 3-4

INTRAMURAL SOCCER

Millis Recreation & Medway Youth Soccer

The Intramural Program is a fun recreation program for children 7 & 8 years old. The children play in a 6v6 format with a referee. This program follows the basic FIFA rules. Games are played on Sunday afternoons with optional practice during the week. – Shin guards are mandatory! COACHES NEEDED!!

Medway Fields, Idylbrook Field, 99 Kimberly Drive

OR Oakland Field, 76 Oakland St.

Sundays, 9/20-10/25

Girls Games – 2:00 pm

Fee: \$75

Ages: 8-9

6 weeks

Boys Games: 1:00 pm

HORSEBACK RIDING LESSONS - Melissa Price

Whether you have always dreamed of riding or want a brush up course to get you started back in the saddle again, this is the course for you. Come and spend an hour a week at the farm learning to groom and tack up a horse as well as basic riding skills from getting on to learning how to sit correctly in the saddle and control a horse.

(Max. 6 students)

Shadowfax Farm, 112 Farm St, Millis Ages: 5 & up

Mondays, 9/14-10/5

5:00-6:00 pm

4 weeks

Fee: \$150/session

MUSIC CLASS-Chris Lewis

A music class incorporating movement activities to get everyone moving and grooving to the music! Chris will lead sing alongs of original and classic songs, jam sessions with real instruments, and other exciting musical activities in a fun, safe environment. The children will be given the opportunity to express themselves musically and learn about various aspects of music including crescendos, decrescendos, piano, forte and much more! What makes this class special is that the children write a song under Chris' direction, learning about musical arrangements, technique and instrumentation. At the end of the session, the children will record the song and have it on a CD to bring home!

Veterans Memorial Building, Room 18

Tuesdays, 9/29-11/17

3:00-4:00 pm

Ages: 5-7

8 weeks

Fee: \$160

KIDS YOGA – Mary Anne Murphy

Kids yoga will help children learn to manage stress, increase self-awareness and self-respect all while having a great time. Children will learn tools to help them stay focused, centered, strong, happy, and healthy.

The Yoga Studio, Maurer Building

Thursdays, 9/24-10/15

4:00-5:00 pm

Ages: 5-10

4 weeks

Fee: \$45

SOCCER (Ages 6-7) - Steve Cassidy, Millis Recreation Dept

The soccer program for Ages 6-7 will teach soccer skills through practice and competition in a 6-on-6 game setting. This play will improve soccer skills and increase the level of competition. Coaches needed! The fee includes a T-shirt. All players must register regardless of previous play. Children must be at least 6 in order to participate. Registration form MUST be in by Sept 8th to ensure placement on a team. All others will be on a waitlist and will be placed ONLY where there are spots available. A \$10 late fee will be applied!! NO EXCEPTIONS!!

Clyde Brown School Field

Sundays, 9/20-10/25

Practice begins mid-Sept.

***COACHES: Draft will be held on September 9th @ 7:00 pm Room 130 of Veterans Memorial Building. Please volunteer to be a coach and participate in your child's soccer experience. You MUST fill out a CORI form prior to coaching.**

Ages: 6-7

6 weeks

Fee: \$55

Youth Programs

FLOOR HOCKEY – F.A.S.T. Athletics

Hockey season is over, what to do?? Come join F.A.S.T. Athletics for some street hockey fun. Fundamentals of hockey will be taught along with good sportsmanship and rules. After the instructional period is over, each day will end with a good old fashion street hockey game. F.A.S.T. **Athletics staff will be at Clyde Brown to pick up any students whom want to participate, they will walk them to the Town Hall gym where the pick-up will take place or walk them back to Clyde Brown for extended day after Hockey is over.

Veterans Memorial Building, Gym **Ages: 7-10**
Mondays, 9/28-11/16 (no class 10/12) **7 weeks**
2:50-4:00 pm **Fee: \$90**

SUPERSPORTS – F.A.S.T. Athletics

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball, and Kickball. Programs will include proper stretching and warmup games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day. **F.A.S.T. Athletics staff will be at Clyde Brown to pick up any students whom want to participate, they will walk them to the Town Hall gym where the pick-up will take place or walk them back to Clyde Brown for extended day after SuperSports is over.

Veterans Memorial Building, Gym **Ages: 7-10**
Tuesdays, 9/29-11/10 **7 weeks**
2:50-4:00 pm **Fee: \$90**

ARCHERY - F.A.S.T. Athletics

Who has the best shot? This class will focus on aim, posture and balance when shooting with our bow and arrows. Proper technique will be explained to ensure everyone has the opportunity to hit their marks! Can you hit your target 10, 20, 30, or even 50 yards out? Come join us and find out!

Clyde Brown Field **Ages: 8-12**
Wednesdays, 9/30-11/4 **6 weeks**
3:45-4:45 pm **Fee: \$75**

FLAG FOOTBALL- Jon Loer, Millis Flag Football

This program is designed by the NFL to promote the sport in a fun, low key atmosphere. Focus is on fun and learning. \$130.00 registration fee includes: Reversible NFL jersey, Flag Football Belt, 8 game league schedules, up to 10 player teams with 5 on 5 games and a Certificate of Excellence. Teams will be co-ed ages 5-14. Registration is open until August 31st and must be done on line at www.MillisFlagFootball.org. There is a \$10.00 discount for each additional child registered. Coaches and referees are needed. Please volunteer to coach or sign up to referee! Email us at info@millisflagfootball.org if you still have questions.

Millis Town Field behind Clyde Brown **Ages: Co-ed 5-14**
Saturdays, 9/12- 11/7 **Fee: \$130.00**
Times TBD **Registration is ON-LINE ONLY**

HOME ALONE SAFETY - Juanita Allen Kingsley

Learn the basics of being safe when home alone for short periods of time. Learn how to answer the telephone and door, internet safety, accident prevention and fire protection. We also cover some simple 1st aid techniques. We will watch a short movie and also role play.

Veterans Memorial Building, Room 130 **Grades 4-5**
Tuesday, 10/6 **One session**
3:00-5:00 pm **Fee: \$45**

BLAST BABYSITTING - Juanita Allen Kingsley

This American Academy of Pediatrics course covers how to handle the basics of infant and children childcare, how to react responsibly to medical emergencies and injuries, and how to perform first aid for common childhood injuries and illnesses. Please bring a snack to class.

Veterans Memorial Building, Room 130 **Grades: 5-8**
Tuesday, 10/6 **One Session**
5:00 -8:00 pm **Fee: \$45**

KARATE - Elite Martial Arts Academy

The focus in this class is to help children improve and develop gross and fine motor skills through the Martial Arts. In a typical class, we will conduct basic stretching and conditioning exercises. Children will be taught basic karate punches, kicks, and blocks. All techniques will be reinforced weekly using various equipment and fun drills designed to hide repetition.

Elite Martial Arts Academy **Fee: \$55**
1275 Main Street, Millis **8 weeks**
9/24-11/12
3:00-3:45 pm **Ages: 5-7**
3:45-4:30 pm **Ages: 8 & up**

DRAMA KIDS – DramaKids International

The Drama Kids developmental drama program for children ages 5 to 10 provides students with unique opportunities to develop clear speech, fluent delivery and pleasing social skills. Our program helps to give them the confidence to be participants in all aspects of their lives, be able to ask questions, seek answers and share information with others. Children who mix well with others find it easier to make friends and adjust to new situations. Drama Kids highly trained teachers motivate and inspire the students to become articulate communicators through enthusiastic participation in a wide range of creative activities including speech, creative movement, scene-work, games, improvisation, and a special year-end performance during the spring session. Each year we have new curriculum, your child will never repeat a lesson during their years with us. Come join us for some dramatic fun, and see what it is all about!

Veterans Memorial Building, Room 130 **Ages: 7-13**
Thursdays, 9/17-12/3 (no class 11/5 or 11/26) **10 weeks**
5:00-6:00 pm **Fee: \$175**
***Snow or Make up days 12/10 and 12/17**

LEARN TO SKATE - Norfolk Arena

Learn to skate is for all ages and levels. We follow the US Basic Skills Program. Our goal is to provide a fun and safe skating experience for the beginner and more advanced skater. We offer a 25 minute lesson and then 25 minutes of practice. *Learn to play hockey skaters have to know how to skate forward and backwards and full equipment is required.

Norfolk Arena, 1 Dean Street, Norfolk Ages: 3-Adult

Session 1

Tuesdays, 9/8-10/20
5:00-5:25 pm

7 Weeks
Fee: \$135

OR

Saturdays, 9/12-10/24
12:00-12:25 pm

7 Weeks
Fee: \$135

OR

Sundays, 9/13-10/25
4:00-4:25 pm

7 weeks
Fee: \$135

Session 2

Tuesdays, 10/27-12/15
5:00-5:25 pm

8 Weeks
Fee: \$160

OR

Saturdays, 10/31-12/19
12:00-12:25 pm

8 Weeks
Fee: \$160

OR

Sundays, 11/1-12/20
4:00-4:25 pm

8 weeks
Fee: \$160

***LEARN TO PLAY HOCKEY IS OFFERED DURING THE TUESDAY LEARN TO SKATE PROGRAM**



NOVICE GIRLS GYMNASTICS CLASS

Shen's Gymnastics Academy

Our 60-minute girls' gymnastics classes offer a fun environment where girls will be instructed on all of the Olympic events: vault, bars, balance beam, tumbling and trampoline.

Shen's Gymnastics, 16 Everett St., Holliston Ages: 6 & up

Session I

Mondays, 9/14-10/19, 3:30 pm OR 4:30 pm
6 weeks

Tuesdays, 9/8-10/20, 4:00 pm
7 weeks

Wednesdays, 9/9-10/21, 3:30 pm OR 4:30 pm
7 weeks

Thursdays, 9/10-10/22, 3:30 pm OR 4:30 pm
7 weeks

Fridays, 9/11-10/23, 3:30 pm OR 4:30 pm
7 weeks

Saturdays, 9/12-10/24, 9:00 am OR 10:00 am
7 weeks

Session II

Mondays, 10/26-12/21, 3:30 pm OR 4:30 pm
9 weeks

Tuesdays, 10/27-12/22, 4:00 pm
9 weeks

Wednesdays, 10/28-12/23, 3:30 pm OR 4:30 pm
9 weeks

Thursdays, 10/29-12/17, 3:30 pm OR 4:30 pm
(no class 11/26) 7 weeks

Fridays, 10/30-11/18, 3:30 pm OR 4:30 pm
7 weeks

Saturdays, 10/31-12/26, 9:00 am OR 10:00 am
9 weeks

Session III

Mondays, 12/28-2/22, 3:30 pm OR 4:30 pm
9 weeks

Tuesdays, 12/29-2/23, 4:00 pm
9 weeks

Wednesdays, 12/30-2/24, 3:30 pm OR 4:30 pm
9 weeks

Thursdays, 12/31-2/25, 3:30 pm OR 4:30 pm
9 weeks

Fridays, 1/8-2/26, 3:30 pm OR 4:30 pm
8 weeks

Saturdays, 1/2-2/26, 9:00 am OR 10:00 am
9 weeks

Cost: 6 weeks: \$142 7 weeks: \$166

8 weeks: \$190 9 weeks: \$213

10% discount for families with 2 kids or more

NOVICE BOYS GYMNASTICS CLASS - Shen's Gymnastics Academy

Boys will gain flexibility, strength and coordination as they learn the fundamentals of men's gymnastics moves in this 60-minute class. Boys will learn and work much of the Olympic events, working apparatus such as trampoline, parallel bars, rings, vault and pommel horse.

Shen's Gymnastics, 16 Everett St., Holliston Ages: 6 & up

Session I

Mondays, 9/14-10/19

3:00-4:00 pm

6 weeks

Fee: \$142

Session II

Mondays, 10/26-12/21

3:00-4:00 pm

9 weeks

Fee: \$213

Session III

Mondays, 12/28-2/22

3:00-4:00 pm

9 weeks

Fee: \$213

10% discount for families with 2 or more kids

TUMBLING/BACK HANDSPRING - Shen's Gymnastics

This one-hour class focuses on tumbling skills, specifically skill to learn the back-handspring. We will cover round-off, handstand snap-down, front and back walkover, back handspring drills and beginning techniques of the back handspring.

Shen's Gymnastics, 16 Everett St., Holliston Ages: 6 & up

Session I

Wednesdays, 9/9-10/21

3:30 pm

7 weeks

Saturdays, 9/12-10/24

11:00 am

7 weeks

Fee: \$166

Session II

Wednesdays, 10/28-12/23

3:30 pm

9 weeks

Saturdays, 10/31-12/26

11:00 am

9 weeks

Fee: \$213

Session III

Wednesdays, 12/30-2/24

3:30 pm

9 weeks

Saturdays, 1/2-2/27

11:00 am

9 weeks

Fee: \$213

10% discount for families with 2 or more kids

BALLET/TAP - Millis Dance Theatre

Students will learn ballet including graceful flow of movement and basic classical technique. Then a change of pace—twenty minutes of beginner tap rhythms, progressions across the floor and basic tap choreography. Set in an enjoyable, supportive environment; children find their inner joy for both dance forms in this well rounded class. (Attire: Black leotard, pink tights, pink ballet slippers and black tap shoes) **Pick up at Clyde Brown available. We will walk across the street together, pack a light snack)

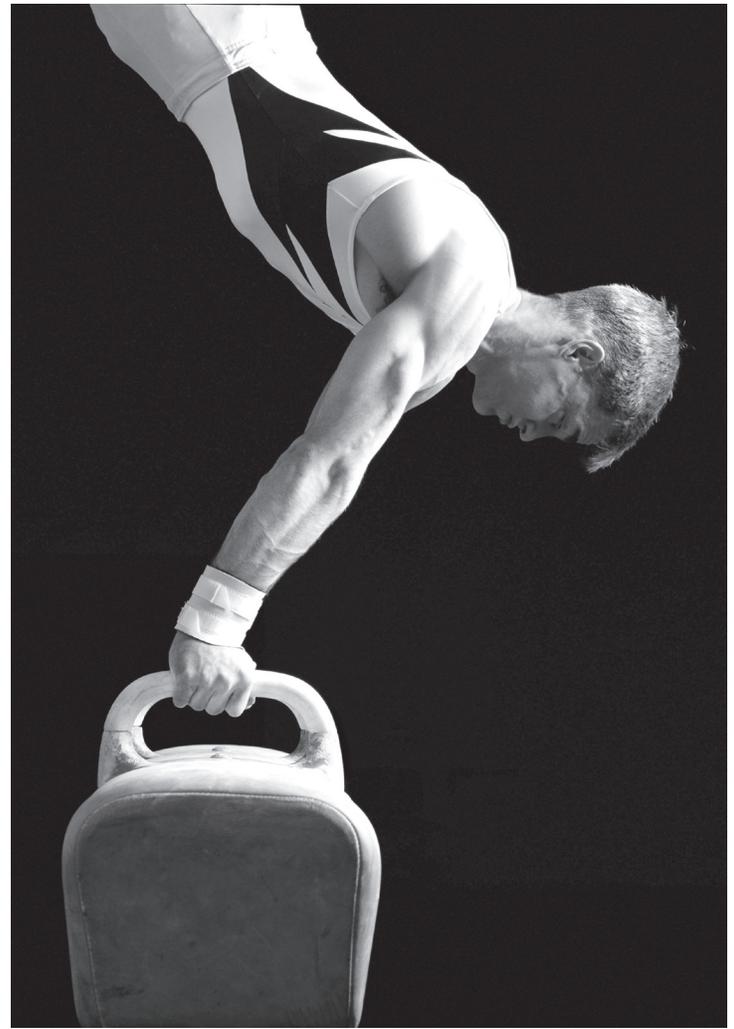
Millis Dance Theatre, 903 Main St. Grades: 1-2

Wednesdays, 9/16-12/16 (no class 11/25)

13 weeks

3:30 pm - 4:30 pm

Fee: \$200



BOYS DANCE - Millis Dance Theatre

Does your son love to dance? Then this is the class for him! Let him explore his need to move with warm up exercises, flexibility and strengthening movements including Hip Hop choreography that will build from week to week. Taught by our male instructor, Alex D., boys will work on expressing themselves through dynamic movement and music. (Attire: Comfortable clothing, sneakers or bare feet)

Millis Dance Theatre, 903 Main St.

Grades: K-3

Tuesdays, 9/22-12/15

13 weeks

5:30 pm - 6:30 pm

Fee: \$190

BALLET/JAZZ - Millis Dance Theatre

This is a perfect class for students who respect the traditional beauty of ballet but also crave the up-beat, contemporary style of jazz dance. We will focus on the graceful flow of movement and elegant posture as well as freedom of movement, flexibility and fun funky choreography. This class is the best of both worlds! No experience necessary. (Attire: black leotard, pink tights and ballet slippers)

Millis Dance Theatre, 903 Main St.

13 weeks

Mondays 9/21-12/14

5:45-6:45pm

Grades: K-2

Wednesdays, 9/16-12/16

4:30-5:30 pm

Grades: 3-5

Fee: \$190

BALLET - Millis Dance Theatre

This is a traditional ballet class that focuses on classical technique such as barre, turns, leaps etc. and is set in an enjoyable, supportive atmosphere. Students learn graceful flow of movement, elegant posture and respect for the art form. This class builds coordination, strength, musicality and confidence in a fun, positive environment. (Attire: black leotard, pink tights and pink ballet shoes)

Millis Dance Theatre, 903 Main St. **Grades: 6-9**
Wednesdays, 9/16-12/16 (no class 11/25) **13 weeks**
5:30 pm – 6:30 pm **Fee: \$190**

JAZZ/DANCE - Millis Dance Theatre

Students learn contemporary dance set to popular music in a positive, supportive environment. Jazz emphasizes coordination and flexibility, rhythm and musicality as well as freedom of movement and self-expression. No experience necessary for this popular, upbeat class. (Attire: Black leotard, black jazz pants and tan jazz shoes)

Millis Dance Theatre, 903 Main St. **Grades: 4-6**
Mondays 9/21-12/14 **13 weeks**
6:45-7:45 pm **Fee: \$190**

HIP HOP - Millis Dance Theatre

Hip Hop is a popular urban-influenced dance style which encourages freedom of movement and individual expression. Students learn choreography which builds week to week, set to today's current and sometimes "edgy" music. (Attire: comfortable clothes and sneakers)

Millis Dance Theatre, 903 Main St. **13 weeks**
Tuesdays 9/22-12/15 3:30-4:30pm **Grades: 2-4**
Tuesdays 9/22-12/15 4:30-5:30 pm **Grades: 5-7**
Tuesdays 9/22-12/15 6:30-7:30 pm **Grades:8-12**
Fee: \$190

RUN FOR YOUR LIFE - Nanci Cahalane

The purpose of this program is to help participants maintain a positive attitude toward accomplishments, avoid injury, and ENJOY THE SPORT OF RUNNING! This is a non-competitive, "set your own goals" program. We will focus on important aspects of running such as warm-up and cool-down, why, how and when to stretch, proper

running form, pace setting, keeping a log/journal, rest and recovery, and good nutritional habits including hydration, while having fun playing running games. Bring a water bottle.

Pond Street Recreation Complex, Rt. 115, Norfolk
Grades: 3-6
Thursdays, 9/10-10/15 **6 weeks**
4:00-5:00 pm **Fee: \$65**

LEARN TO PLAY GUITAR – Angela Vogt, Angela's School of Performing Arts

This class is for children who are interested in learning how to play guitar. Each student will receive a new ½ size quality guitar and case to use for the 3 ½ hour private lessons. A great way to begin learning note reading, chords and songs to sing. Through this program children will learn an appreciation for music at an early age. This will help develop self-esteem as well as promote the idea that school and education can be fun and creative. At the end of our session each student will be able to play and sing "Skip to My Loo" and play a song with notes. Limited space available. Please call to set up private lesson time at 508-376-4099.

Angela's School of Performing Arts, 280 Ridge St., Millis
Ages: 5-7
Dates: TBD **Fee: \$64**

IT'S ALL ABOUT PERFORMING – Angela Vogt, Angela's School of Performing Arts

In this class your child will learn all the fine arts. Theater games will help with self-esteem as well as singing and dance movements. Art such as props and back drops are created. One of our performance pieces is "The Cup Song" and will be performed at the Church of Christ Family Fun Fair on October 3rd from 10:00-11:00 am. At the end of the session a short Halloween performance will be presented at Angela's Studio.

Angela's School of Performing Arts, 280 Ridge St., Millis
Ages: 5-13
Tuesdays: 9/8-10/27 **8 weeks**
5:00-5:45 pm **Fee: \$90**



FACING IT – Kathleen Conroy-Pueshel

It could be you! This is a portrait drawing class initially focusing on traditional drawing skills basic to achieving a physical “likeness”. The instructor will demonstrate the “how to’s” of successfully drawing the full face view, ¾ face and profile. We will enjoy developing our own individual approach and gradually learn the multiple ways to achieve the inner face of portraiture: working from “selfies”, mirrors, photographs, magazine cut-outs and drawing from memory or sketching from T.V. As a professional caricaturist, the instructor will offer some caricatures, cartooning and comic tips during the course. Basic drawing materials include graphite, colored and water color pencils, washes and all pens plus collage. You may bring in or finish past work in class. A fun Gallery Show displays your work the last ½ hour of the final class. Friends and family invited and light refreshments will be available. Material list available once registered.

Veterans Memorial Building, Room 18

Ages: 10+

Wednesdays, 9/30-11/4

3:00-4:30 pm

6 weeks

Fee: \$70

CHARLES RIVER CHILDREN’S CHOIR

Lelia Tenero Vieana

The Charles River Children’s Chorale is excited to begin our third season. Starting in September and running through May, this year long program is open to children grades 2-4 in the Metro West Region. Our Director, Lelia Tenreyro Viana, brings 20 years’ experience teaching music to our program and is excited to begin another year of musical adventure. Our children will learn to sing together, learn to read their music and explore their world through the songs they sing. The Charles River Children’s Chorale will perform in December and May with the Charles River Chorale and they will have their own concert in March. Contact us with any questions at charlesriverchildrenschorale@gmail.com.

Veterans Memorial Building, Room 21

Thursdays, 9/17-1/14 (no class 11/26)

4:00-5:30 pm

Ages: 10+

13 weeks

Fee: \$250



SELF DEFENSE/JUKIDO JIJITSU - Sensei Jeremy Flori

Jukido is a style of the Japanese Martial Art of Jujitsu, the techniques of which were founded centuries ago. Today, we use Jujitsu as a comprehensive system of self-defense. Students will develop the skills and confidence to handle a wide variety of threats and to defend themselves from real life situations they might encounter in today’s dangerous world. The techniques you will learn include escapes, throws, takedowns, arm/joint locks, and pressure points, applied as a realistic approach to self-defense. Safety and doing one’s best are always emphasized in class. Students of Jukido develop a strong sense of confidence and self-discipline among the many benefits of hard work. Students may choose 2 of the 3 classes offered each week to better accommodate their busy schedules.

Millis Kokondo Academy, The Gym, 27 Milliston Road

Ages: 6-14

Session 1

Mondays, Wednesdays & Fridays

9/7-10/30

Fee: 110

8 weeks

6:00-7:15

Session 2

Mondays, Wednesdays & Fridays

11/2-12/23

Fee: 110

8 weeks

6:00-7:15

KUNG FU KIDS -Wu Xing Kung Fu

In Kung Fu Kids we learn to become more aware of our bodies and minds by playing fun games and exercising in ways designed to challenge and reward students for giving their best effort. We teach exciting animal moves, kicks and punches while we work on our listening, focus and confidence. We let kids express themselves in a fun, supportive environment while also learning respect, manners and tolerance for each other. We get stronger in mind and body, all while having a great time!

Wu Xing Kung Fu, 903 Main Street

Ages: 5-8

Session 1

Fridays, 9/25-10/16 3:30-4:15 pm

Saturdays, 9/26-10/17 9:30 -10:15 am

4 weeks

Session 2

Fridays, 10/23-11/13 3:30-4:15 pm

Saturdays, 10/24-11/14 9:30 -10:15 am

4 weeks

Fee: \$80/session

BASIC KUNG FU - Wu Xing Kung Fu

Learn 5 Animal Kung Fu! Students learn powerful kicks, punches, stances and applications of classic Hung Gar 5 animal/5 element Kung Fu from Southern China. Build strength, confidence and respect while getting in shape and learning to master one’s self. We work hard and play hard, with exciting drills and games designed to stretch our minds and build our bodies. Learn the power of the Tiger, the speed of the Panther, the connectedness of the Snake, the perception of the Crane and the skill of the Dragon! Come to as many of these classes as you like!

Wu Xing Kung Fu, 903 Main Street Ages: 8 & Up

Session 1

Tuesdays	9/22-10/13	6:45-7:45 pm	4 weeks
Wednesdays	9/23-10/14	4:30-5:30 pm	
Thursdays	9/24-10/15	6:45-7:45 pm	
Fridays	9/25-10/16	4:30-5:30 pm	
Saturdays	9/26-10/17	10:30-11:30 am	

Session 2

Tuesdays	10/20-11/10	6:45-7:45 pm	4 weeks
Wednesdays	10/21-11/11	4:30-5:30 pm	
Thursdays	10/22-11/12	6:45-7:45 pm	
Fridays	10/23-11/13	4:30-5:30 pm	
Saturdays	10/24-11/14	10:30-11:30 am	

Fee: \$80/Session

FAMILY PAKOUR – Wu Xing Kung Fu

Do Parkour with your Kids! If you like to watch American Ninja Warrior and have always wanted to jump on, off and around stuff, this class is for you! Beginners and experienced Freerunners are welcome; six years old to adult. We teach Parkour in a graduated, fun setting that puts safety first, using mats and other equipment to help acquire skill and confidence. Build strength and gain flexibility as you learn how to interact safely with the environment. Learn better balance, core strength and fun acrobatic moves under the skilled eye of a professional Freerunner. Have fun and get great exercise while bonding as a family. We adjust the class to work with multiple levels of skill, sometimes together and sometimes in different groups. Must have one Parent or Guardian plus one or more children participating to qualify for this class.

Wu Xing Kung Fu, 903 Main Street All Ages

Session 1

Wednesdays, 9/23-10/14 3:30 – 4:15 pm 4 weeks

Session 2

Wednesdays, 10/21-11/11 3:30 – 4:15 pm 4 weeks

Fee: \$120/family per session



Half-Day Programs

HALF-DAY DODGEBALL & PIZZA - F.A.S.T. Athletics

F.A.S.T. Athletics will be offering a Dodgeball Tournament and Pizza for students looking to do something fun and exciting on the half days. They will host a round robin dodgeball tournament right after the participants have pizza for lunch. This tournament will be non-stop fun as the staff has created a tournament style bracket which allows almost everyone to play all day long!!! **There will be staff available for Clyde Brown pick up at 11:25am - students can also be dropped off at Clyde Brown after the tournament is over if extended day, regular pick up is at the town hall gym.

Veterans Memorial Building, Gym Ages: 7-12
September 16th, December 9th
11:30-2:30 pm Fee: \$45/day (includes pizza)

PAINTBALL TRIP - FOX 4 Paintball

Join us on your day off from school for an exciting day of paintball adventure! Players will be given a safety orientation and issued all needed equipment. Players may purchase additional paintballs at a reduced cost. Bus will leave VMB at 9:00 am. Players will play approximately 6 games. You may bring your own food or snack bar is available. Fee includes transportation. Wear comfortable clothing. PLEASE DOWNLOAD WAIVER FORM AT fox4paintball.com and mail with payment.

Fox 4 Paintball, Upton, MA Grades: 5 & Up
Friday, 10/9 One Session
9:00am—4:00 pm Fee: \$55

DANCE THE DAY AWAY – Millis Dance Theatre

Parents: Enjoy some time to yourself while your child has a great time too! No school? Come to Millis Dance for “Dance The Day Away”!! Dance, Tumble, Crafts, Pizza! Our popular dance party includes fun beginner dance steps as well as all of your favorite dance games. We will play with our colorful parachute, hip hop with hula hoops, twirl with rainbow ribbons, tumble on our gymnastic mats and get artsy with a fun craft project. Pizza will be served for lunch! We’ll make sure the kids are happy dancing and having fun. Supervised by Grace, Tori and the Millis Dance Theatre staff. No dance experience necessary. Boys and girls are welcome. Bring a water bottle and wear comfortable clothes. \$15 (\$5 sibling discount).

Millis Dance Theatre, 903 Main Street Ages: 4-10
Wednesday, 11/11 Veterans Day
10:00 am-12:00 pm
Fee: \$15 (\$5 sibling discount)

Upcoming Programs

REGISTER NOW!

FALL/WINTER BASKETBALL

Steve Cassidy, Millis Recreation Department

Millis High, Clyde Brown and Memorial Gyms

Saturday games 12/5-2/13 (no games, 12/26) 10 weeks

Late sign-ups will be assigned to teams accordingly after the draft on Wednesday, Nov. 4, 2015 in Room 130. Our 2015-2016 youth basketball program will be structured to allow for instruction and playing time. This program will include practice dates prior to the beginning of the season. This program will allow time for instruction, equal playing time and full-court games. Two coaches needed for each team. Games will be played Saturday mornings. The teams will be broken down by grades.

SPECIAL REQUESTS WILL NOT BE HONORED.

1st grade boys— 2nd-3rd grade boys—1st-3rd grade

girls—4th-5th grade boys and 6th-8th grade boys

***4-6th grade girls - Skills & Drills*

Fee: \$110 or \$75/Metrowest player Family Rate: \$200

YOU MUST REGISTER BEFORE OCTOBER 30th !!

NASHOBA VALLEY SKI LESSONS

Millis Recreation Department

Travel by school bus for a 6-week program leaving Millis High School parking lot at 3:00 pm arriving at Nashoba. One-hour weekly lessons begin at 4:00 pm. We will leave Nashoba at 6:30 pm and return to the High School at 7:30 pm. All levels of ski and snowboarding lessons will be offered. Chaperones needed and a limited number may ski free. Children under 10 must be accompanied by an adult. Lift ticket good for evening ski for those wishing to stay and provide their own transportation home. Helmets MUST be worn.

Nashoba Valley Ski Resort

Fridays, 1/8-2/12

3:00—7:30 pm

Fee: \$265/Lift ticket and lesson

Fee: \$230/Lift ticket only

Equipment Rental Fee is \$120 extra

Grades: 1-12

6 weeks

KINDER-CHESS James Della Selva

Chess is a game of skill based on scientific principles which can be taught at a very young age. Students will explore and practice basic chess theory. The course will consist of instruction, play and group work on chess problems and games. Students will receive a chess trophy upon completion of the program. Class limited to 12 students.

Veterans Memorial Building, Room 130

Saturdays, 12/5-1/23 (no class 12/26)

10:30-11:30 am

Ages 5-6

7 weeks

Fee: \$95

CHESS FOR KIDS - James Della Selva

Chess is a game that can be approached as a sport, science and art form. Class will consist of instruction and play. Students will study master instructive games and techniques that are designed to improve their game. All students will receive a chess trophy upon completion of the program. Class is limited to 12 students.

Veterans Memorial Building, Room 130

Saturdays, 12/5-1/23 (no class 12/26)

11:30 am - 12:30 pm

Grades: K-5

7 weeks

Fee: \$95

GINGERBREAD HOUSES - Deborah Juhl

Budding Architects, Builders and Creative Geniuses join us for a great time building and decorating your own graham cracker "gingerbread" houses. Use the provided edible decorations or add your own and you will go home with two beautiful handmade houses. Eat them yourself or give them as gifts this holiday season.

Veterans Memorial Building, Room 18

Saturday, December 5th

10:00-11:00 am

Ages 6-10

One Session

Fee: \$20

MESSY CREATIONS - Deborah Juhl

Bring a smock and some creativity. We will be making a mess. This class will have several messy art projects including shaving foam art, finger-painting, footprint and handprint art,

Veterans Memorial Building, Room 18

Saturdays, 12/12-1/9 (no class 12/27)

9:00-10:00 am

Ages: 5-8

4 weeks

Fee: \$40





MOMMY'S MORNING OUT! – HOLIDAY CRAFTING & GINGERBREAD DREAMS –Deborah Juhl

Have some secret shopping to do or just need a few hours off? Drop your princes and princesses off for some crafting and movie time. Bring a packed lunch and we will supply the popcorn and fun. Join us for some awesome crafting including building and decorating a graham cracker “gingerbread” house.

Veterans Memorial Building, 18

Saturday, December 12th

10:00 am-2:00 pm

Ages: 6-10

One Session

Fee: \$45 or \$65/for 2

SANTA'S HOLIDAY HOUSE - A Gifting Experience for Kids - Millis Recreation Department

Do your children love to have their own gifts to give for the holidays? Walk them through the Recreation Department's Holiday House. They will have a chance to pick out and beautifully wrap 5 small gifts from our holiday store..

This is not a drop-off event. Please call 508-376-7050 or email kfogarty@millis.net to reserve slot.

Veterans Memorial Building, Room 18

Saturday, December 19th

10:00-12:00

Entry Fee: \$15 with reservation or \$20 at the door.

All Ages

One Session

TRAVELING SANTA - Millis Recreation Department

How would you like Santa to come to your house or place of business? Why wait in line at the mall when you can take your very own pictures in the comfort of your own beautifully decorated home surrounded by your loved ones. During these two very special days, you can schedule a personal visit from Santa and his elves. They will be visiting from the North Pole and travelling around Millis to collect Christmas lists, pose for pictures, and drop off a small treat with your little ones. Santa is in high demand so visit photo sessions should be limited to 10 minutes. We are also happy to block a couple of hours to have them visit your place of business with a treat for each child.

Call 508-376-7050 or email kfogarty@millis.net for reservations!

Fee: \$45 a visit OR 2 hour block @ \$250

FEBRUARY VACATION GYMNASTICS CAMP - Shens' Gymnastics Academy

Join us at Shen's Gymnastics for our February Vacation Camp! The children will enjoy the experience of gymnastics and get plenty of physical exercise. No gymnastics experience necessary! Join us for fun-filled days of gymnastics activities including trampoline, zip-line, tumbling into our giant foam pit, jumping and sliding in our bouncy house, climbing the rock wall, recreational games, arts & crafts, and of course, instructor-led gymnastics. Regardless of the skill level of our campers, our staff focuses on providing the fundamentals of gymnastics in a no-pressure, fun, camp environment.

Shen's Gymnastics Academy, 16 Everett St., Holliston

Ages: 3.5-12

Vacation Week

2/15-2/19

9:00 am – 12:00 pm OR 9:00 am-3:00 pm

Sign up for one day, several days, or the whole week!

Pricing: Day Week

9:00 am-12:00 pm \$50 \$180

9:00 am-3:00 pm \$79 \$295

10% discount for families with 2 kids or more



Adult Programs

The following 5 classes will be held at the Yoga Studio at 840 Main Street, Suite 111 in Millis. Classes are \$65 for a 6 week session beginning week of September 14, 2015

GENTLE HATHA YOGA - Cathy Mann or Denise D'Amico

Come experience a class of luxurious, soft stretching, relaxing slow movements and healing body positions which will promote an increase of natural energy flow. Great for beginners, people recovering from injuries or chronic problems like back pain, arthritis, headaches and more. Truly gentle and therapeutic classes for all.

Tuesdays, 6:00-7:15 pm OR **Adults & Teens**

Wednesdays, 5:30-6:45 pm OR

Thursdays 9:30-10:45 am OR

Saturdays, 11:45 am-1:00 pm

HATHA YOGA FOR ALL - Denise D'Amico or Ginny Dorn

Hatha Yoga for all levels. Attention to detail, focused breathing and correct posture allows the external body to relax, awakening your internal awareness. Build flexibility, strength and endurance in the body and promote a calm focused mind. All levels of experience are welcome.

Mondays, 7:00 pm-8:15 pm OR **Adults & Teens**

Wednesdays, 7:00 pm-8:15 pm

IYENGAR YOGA - Cathy Mann

Iyengar Yoga is Hatha Yoga taught in the classical way. Attention to detail, focused breathing and correct posture allows the external body to relax, awakening your internal awareness. This class is designed for the continuing student who wants to move to the next level and deepen their practice.

Tuesdays, 9:30-10:45 am OR **Adults & Teens**

Tuesdays, 7:30-8:45 pm

PRENATAL YOGA - Shannon Lemire

Learn techniques to relieve stress, fatigue, nausea, heartburn and other common conditions. Explore gentle movement to strengthen and open the body. Practice breathing exercises to increase calm and focus. Align the body and mind during pregnancy. Yoga is helpful in assisting a Mother throughout her pregnancy. It opens the body, relieves tension and prepares the mother for a healthy delivery experience.

Sundays, 6:30-7:30 pm

MEDITATION AND ONENESS BLESSING - Cathy Mann

Join us for a relaxing, inspiring class of guided visualization, meditation, breath work and healing energy. Simple techniques to reduce stress and improve focus. All are welcome.

Mondays, 9/28-10/19

6:00-7:00 pm

Fee: \$45

Adults & Teens

4 weeks



YOUR FIRST 5K - Nanci Cahalane, Certified personal Trainer/ certified MIAA Coach

Here is your chance to do something you may have only dreamed of!! If you have ever thought about becoming a runner or running again after taking years off, here is your opportunity! This adult program is designed to get you off the couch or away from the desk and ready to run a 5K (3.1 miles). This program is catered to beginners, you will progress from a walker to a runner. We will meet as a group once a week and you will be given specific instructions for running other days of the week on your own. Workouts will be followed with stretching and advice about running and nutrition.

**Location; Pond Street Recreation Complex,
Rt. 115 Norfolk**

Tuesdays, 9/15-11/17

9:15-10:15 am

Adults

10 weeks

Fee \$75



LADIES LIGHT HIKING - Nanci Cahalane

Add dimension to your walking or jogging. Do you like the idea of hiking but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. We will meet at various local locations every week (a list will be given out). This class moves at a good pace—we'll be looking for hills! First meeting at F. Gilbert State Forest, Mill St., Foxboro. (Cancelled only for very inclement weather. Make-ups after 2nd cancellation)

Meets at Various Locations **Adults**

SESSION I
Thursdays, 9/10—10/15 **6 Weeks**

OR

Saturdays, 9/12—10/31 (no class 9/26 or 10/17) **6 Weeks**
9:45-11:00 am **Fee: \$35 per Session**

SESSION II
Thursdays, 10/29-12/10 (no hike 11/26) **6 Weeks**

OR

Saturdays, 11/7-12/19 (no hike 11/28) **6 Weeks**
9:45-11:00 am **Fee: \$35 per Session**

PEDIATRIC FIRST AID & CPR/AED

Juanita Allen Kingsley

This credentialed course is designed for lay-persons who may need to respond to a first-aid emergency. We teach participants how to handle injuries and manage illness in the first few minutes until help arrives. Included are 6 modules: 1st aid basics, medical, injury & environmental emergencies. You will also learn adult & pediatric CPR. This course meets the requirements of child care providers, teachers, foster care workers, camp counselors, Scout leaders, youth organizations, coaches, babysitters and parents. Certification valid for 2 years.

Veterans Memorial Building, Room 130 **Teens-Adults**
Thursday, 10/8 **One Session**
6:00-9:00 pm **Fee: \$75**

OBSERVATIONAL DRAWING:

EXPLORING PERSPECTIVE – David Burr

Enjoy drawing? This class is for beginner and experienced artists who would like to learn to draw from sight. Each class will offer a different still-life to draw using pencil and charcoal. We will explore different techniques and include all the basics you need to get started. The class is designed so everyone can advance at his/her own pace. Supplies will be provided so all you have to do is come, learn, draw and explore.

Veterans Memorial Building, Room 18 **Teens-Adults**
Thursdays, 9/10-10/22 **7 weeks**
5:00-7:00 pm **Fee: \$55**

STAGE YOUR HOME TO SELL IN A SELLERS MARKET - Joleen Rose

In the world of real estate Joleen Rose, CBR, Realtor, feels strongly that you never get a second chance to make a good first impression. Learn successful strategies for staging your home to look its best before you put it on the market. Invited guest speaker and professional home stager Sandra Bouchard, owner of Define by Redesign will address key points in making your home show to its best potential. This, accompanied with a strong targeted marketing plan, internet exposure and virtual tours are key points addressed to help sell your home and bring you top dollar. Feel free to bring your own interior photos to be reviewed, time permitting. Take advantage of this informative evening and bring home lots of catalog handouts.

Veterans Memorial Building, Room 204 **Adults**
Wednesday, 9/16 **One session**
6:30 pm – 7:30 pm **Fee: \$10**

WOMEN'S SELF DEFENSE SEMINAR

Kevin Carmichael

This class will cover applicable and practical techniques to stop an attack on the street. This is not a kickboxing or boxing class or even karate for that matter. This is for self-defense it's not cardio or overly complicated it is teaching and empowering women to use their environment, intuition, self-awareness and determination to escape an attack by one or more assailants with quick effective techniques. We will work individually and with a partner, this is a survival class not aerobic or with ring rules or ring teachings. A person will learn hands on techniques to effectively escape an attack and get to safety. Every 107 seconds a woman is assaulted we live in dangerous times and these skills will help a woman protect herself in an unfortunate situation.

Veterans Memorial Building Gym **Adults & Teens**
Thursday, 10/22 **One session**
6:30-8:00 pm **Fee: \$45**

EVENING BOOT CAMP - Melanie Greeley, ACE Certified Personal Trainer

Join us in this highly-energetic class where you will have fun while getting fit! You will burn calories and train your muscles with creative exercises and positive motivation. Cardio and strength-training exercises will change each week so you will never feel bored. Please bring a yoga mat to class.

Burke School Gym, 16 Cassidy Ln., Medway
Adults & Teens
Mondays & Thursdays, 10/5-12/3 **16 sessions**
7:00-8:00pm **(No class October 12 & November 26)**
Fee: \$100

ZUMBA GOLD TONING© - Paula O'Malley

Zumba Gold Toning is a combination of cardio and resistive exercises using dance-fitness and lightweight training for the active older adult, as well as beginners. Through modified dynamic light weight resistance training, participants can help prevent age-related bone loss, increase muscle strength and definition, decrease body fat and improve mobility, posture, coordination and cognition. Zumba Toning sticks or one pound hand weights may be used. Just a note - hand weights should never be shaken as there is no give and may cause injury. Toning sticks provide a mild resistance and help train the participants to consciously contract their muscles. Toning sticks create sound to accompany the rhythms of the music and may be purchased for \$20.

Burke School Gym, 16 Cassidy Ln., Medway
Adults & Teens
Tuesdays, 10/6-11/24 **8 weeks**
6:30-7:30pm **Fee: \$70**

LADIES NIGHT OUT - Ann Fisher; Molly's Apothecary

Join Ann Fisher, head teacher and owner of Molly's Apothecary in Medway, for a fun evening of making natural body products. We will make a fun Melt and Pour "glycerin" soap project, a luxurious lotion, and a decadent sugar scrub, using natural ingredients, botanicals, essential oils and perfume grade fragrances. All participants will take home lovely handmade products at the end of the evening. This class is always fun in groups, so bring a friend!

Medway Mills, 163 Main Street, Suite 5, Medway
Thursday, October 8th or October 22nd
One session
6:30-9:00pm **Fee: \$40/session**

LADIES NIGHT OUT - Face & Body - Ann Fisher; Molly's Apothecary

Join Molly's Apothecary this fall for a new twist on our Ladies Night Out! After this long, hot summer, our face and body need soothing help. We will make a hand and body lotion, a body scrub, a face mask and facial cream, all from the highest quality organic and natural ingredients. Together, we will create some of the best products you will ever use! This class is always fun in groups, so bring a friend!

Medway Mills, 163 Main Street, Suite 5, Medway
Thursday, November 12th **One session**
6:30-9:00pm **Fee: \$45**

LADIES NIGHT OUT - HOLIDAY SPECIAL - Ann Fisher; Molly's Apothecary

Join Molly's Apothecary this holiday season for a new twist on our Ladies Night Out! Our face and body need soothing help. We will make a hand and body lotion, a body scrub, a face mask and facial cream, all from the highest quality organic and natural ingredients. Together, we will create some of the best products you will ever use! This class is always fun in groups, so bring a friend!

Medway Mills, 163 Main Street, Suite 5, Medway
Thursday, December 3rd **One session**
6:30-9:00pm **Fee: \$50**



ADULT VOLLEYBALL LEAGUE – Pattee Lazare

Join us in this fun, non-competitive volleyball program. Players will be assigned to a team each week for a semester of enjoyable, recreational volleyball. Passing and team play are emphasized to ensure that everyone has fun, regardless of skill level.

Veterans Memorial Building Gym

Tuesdays, 9/22-10/27

6:30-8:00 pm

Adults

6 weeks

Fee: \$30

ADULT SELF DEFENSE/JUJITSU – Sensei Jeremy Flori

Jukido is a style of the Japanese Martial Art of Jujitsu, the techniques of which were founded centuries ago. Today, we use Jujitsu as a comprehensive system of self-defense. Students will develop the skills and confidence to handle a wide variety of threats and to defend themselves from real life situations they might encounter in today's dangerous world. The techniques you will learn include escapes, throws, takedowns, arm/joint locks, and pressure points, applied as a realistic approach to self-defense. Safety and doing one's best are always emphasized in class. Students of Jukido develop a strong sense of confidence and self-discipline among the many benefits of hard work. Students may choose 2 of the 3 classes offered each week to better accommodate their busy schedules.

Millis Kokondo Academy, The Gym, 27 Milliston Road

Ages: 15 +

Session 1

Mondays, Wednesdays & Fridays

9/7-10/30

Fee: 110

8 weeks

7:30-9:00 pm

Session 2

Mondays, Wednesdays & Fridays

11/2-12/23

Fee: 110

8 weeks

7:30-9:00 pm

INTRO TO KUNG FU - Wu Xing Kung Fu

Learn the basic theory and applications of 5 Animal Hung Gar Kung Fu! Students learn powerful kicks, punches, stances and applications of classic Hung Gar 5 Animal/5 Element kung fu from Southern China. We forge strength, humility and awareness while getting in shape and learning to master one's self. We work hard but have fun, with exciting and challenging drills designed to stretch our minds and build our bodies. We work martial theory, but also lots of application so that you can use what you have learned. Embrace the power of the Tiger, the speed of the Panther, the connectedness of the Snake, the perception of the Crane and the skill of the Dragon!

Wu Xing Kung Fu, 903 Main Street **Teens & Adults**

Session 1

Tuesdays 9/22-10/13 6:45-7:45 pm 4 weeks

Wednesdays 9/23-10/14 4:30-5:30 pm

Thursdays 9/24-10/15 6:45-7:45 pm

Fridays 9/25-10/16 4:30-5:30 pm

Saturdays 9/26-10/17 10:30-11:30 am

Session 2

Tuesdays 10/20-11/10 6:45-7:45 pm 4 weeks

Wednesdays 10/21-11/11 4:30-5:30 pm

Thursdays 10/22-11/12 6:45-7:45 pm

Fridays 10/23-11/13 4:30-5:30 pm

Saturdays 10/24-11/14 10:30-11:30 am

Fee: \$80/session

TAI CHI & CHI GUNG - Wu Xing Kung Fu

Learn the ancient, fluid movements of Tai Chi to help relieve stress and connect with your body. We work with the four main energies (Ward Off, Roll back, Press and Push Down) of Tai Chi to understand balance, power and poise. We also train sensitivity and awareness of ourselves and the world with meditation and Chi Gung. Beginners and experienced Tai Chi practitioners welcome!

Wu Xing Kung Fu, 903 Main Street

Adults

Session 1 – Fridays, 9/25-10/16

4

weeks

Session 2 – Fridays, 10/23-11/13

6:30-7:15 pm

Fee: \$80/session

PARKOUR - Wu Xing Kung Fu

We teach Parkour in a graduated, fun setting that puts safety first using mats and other equipment to help acquire skill and confidence. Build strength and gain flexibility as you learn how to interact safely with the environment. Learn break falls, cartwheels, rolls and more to disperse energy from jumps or falls; learn how to use the principles of stride, precision and wall running to plot your course. We stress efficiency, flow and the ability to change levels smoothly while maintaining momentum. Parkour is a great exercise for the mind and body-it develops will-power, control, drive, humility, focus and balance. It also promotes body awareness and strengthens the core and fosters better metabolism all while having a fun workout.

Wu Xing Kung Fu, 903 Main Street

Adults

Session 1

Tuesdays 9/22-10/13 4:30-5:30 pm 4 weeks

Thursdays 9/24-10/15 6:45-7:45 pm

Session 2

Tuesdays 10/20-11/10 4:30-5:30 pm 4 weeks

Thursdays 10/22-11/12 6:45-7:45 pm

Fee: \$80/session

**YOUTH REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT**

I, _____ (print name), on behalf of myself and/or my minor child, hereby release and hold harmless the Town of Millis, its officers, employees, contract employees, and agents from any claims, causes of action or liability arising or relating in any way to any injuries that I or my child might sustain from my or my child's participation in the voluntary recreation program(s) listed below including such claims or causes of action that I may now or have thereafter acquire (either independently or as a parent of said child) or that my child has or may hereafter acquire either before or after reaching majority.

<i>PRINT CHILD'S NAME</i>	<i>AGE</i>	<i>SEX</i>	<i>GRADE</i>	<i>DATE OF BIRTH</i>
<i>PROGRAM TITLE</i>		\$	<i>FEE</i>	

SHIRT SZ.: (Circle one): Youth Medium / Youth Large / Adult Small / Adult Medium / Adult Large / Adult XL

PERSON TO CONTACT IN EMERGENCY: _____

SIGNATURE (of parent or guardian): _____

ADDRESS: _____ (E-Mail) _____

TELEPHONE #: (Days) _____ (Cell) _____

I authorize the Millis Recreation Dept. to use a photo of myself or my child Yes _____ NO _____

Make checks payable to: MILLIS RECREATION DEPARTMENT
900 Main Street
Millis, MA 02054
508-376-7050

*** PLEASE USE A SEPARATE FORM FOR EACH PROGRAM ~ THIS FORM MAY BE DUPLICATED ***

**REFUNDS ARE NOT GIVEN UNLESS CLASS IS CANCELLED BY
MILLIS RECREATION DEPARTMENT**

**ADULT REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT**

I _____ (Print name) would like to participate in the following Millis Recreation Department program

<i>PROGRAM TITLE</i>	<i>FEE</i>
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I agree to forever release the Town of Millis, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary recreation programs of the Town of Millis from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the town of Millis voluntary recreation programs.

ADDRESS: _____ (E-Mail) _____

TELEPHONE #: (Days) _____ (Evenings) _____

I authorize the Millis Recreation Dept. to use a photo of myself or my child Yes _____ NO _____

Make checks payable to: MILLIS RECREATION DEPARTMENT

*** PLEASE USE A SEPARATE FORM FOR EACH PROGRAM ~ THIS FORM MAY BE DUPLICATED ***

REFUNDS ARE NOT GIVEN UNLESS CLASS IS CANCELLED BY MILLIS RECREATION DEPARTMENT

Millis Recreation Department

Kris Fogarty, Director

Veterans Memorial Building, Room 128

900 Main Street, Millis, MA 02054

Hours: Mon.-Thurs 9:00 -3:00 -Fri. 9:00-12:00

Phone: (508) 376-7050

Fax: (508) 376-7053

E-mail: kfogarty@millis.net

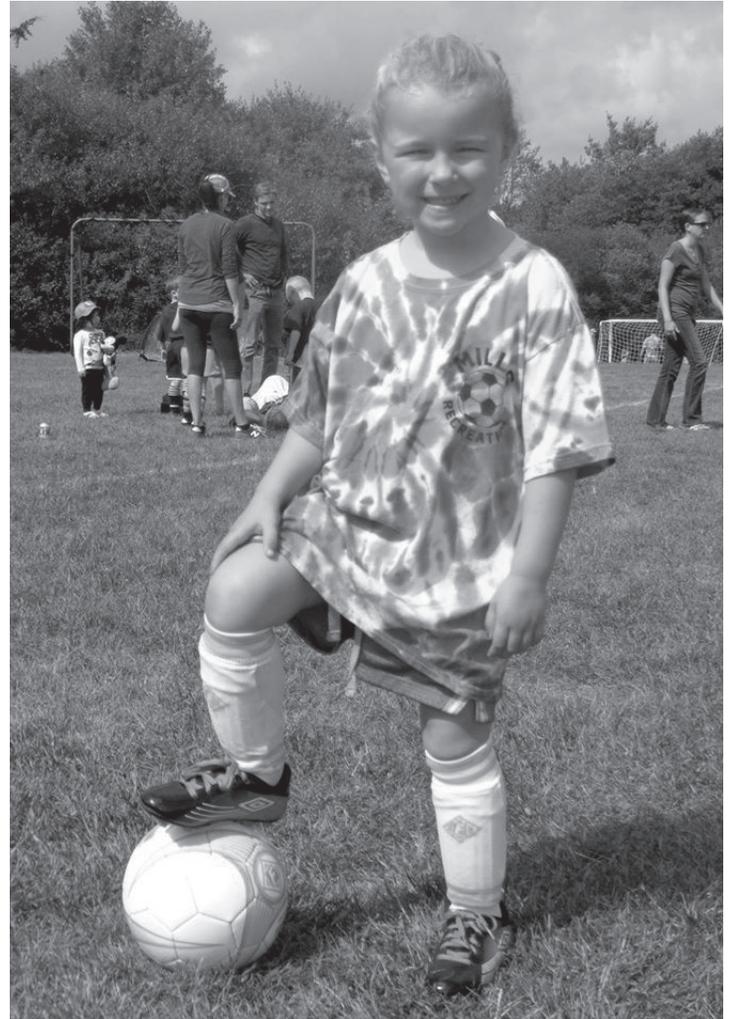
Web Site: www.millis.net

Like us on Facebook: Millis Recreation Dept

Interested in teaching a class?

Please contact us with your idea at

Kfogarty@millis.net or call (508) 376-7050



Town of Millis
Recreation Department
Veterans Memorial Building
First Floor, Room 128
900 Main St., Millis, MA, 02054

E C R W S S Postal
Customer Millis, MA 02054

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