

# MILLIS RECREATION *Fall Programs 2016*

ONLINE REGISTRATION AVAILABLE AUGUST 22nd!



# 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. 6th 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, 9/25-10/30*

*Practice begins mid-Sept.*

**\*COACHES:** Draft will be held **Wednesday, September 7th 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.**

## MUSIC, MOMMY & ME

Viviana Vilches

Join us for this marvelous music and movement program! Music will help jump start your child's learning process! This 10-week "mommy & me" class combines massage rhymes, lullabies, floor and lap games, action songs, dance and introduction to musical instruments. Active parent involvement required for these classes! Please bring a blanket or mat for your child. Siblings who can walk must pay for the class. Dad's welcome!

*Veterans Memorial Building, Room 130*      *10 weeks*

*Thursdays, 9/29-12/8*

*9:30-10:15 am*

*Ages: 6-23 months*

*Thursdays, 9/29-12/8*

*10:30-11:15 am*

*Ages: 2-4*

*Fee: \$97*

## 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*

*1275 Main Street, Milli*

*Tuesdays, 9/20-11/8*

*4-4:30 pm*

*Fridays, 9/23-11/18 (no class 11/11)*

*10:00-10:30 am*

*Ages: 3-4*

*8 weeks*

*Fee: \$55/session*

## 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)*

*Saturdays, 9/24-11/5*

*9:00-9:45 am*

*Ages: 3-6*

*7 weeks*

*Fee: \$95*

## 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)*

*Saturdays, 9/24-11/5*

*10:00-10:45 am*

*Ages: 3-6*

*7 weeks*

*Fee: \$95*

## DANCE & TUMBLE

### Millis Dance Theatre

A child's early dance experience includes the fundamentals of dance and creative movement through imaginative dance and basic tumbling. Dancers will express themselves with colorful ribbons, scarves, hoops and other lively props. Our class does not include a lot of right and wrong but focuses on feeling good and happy while dancing. This popular beginner class is presented in a positive, age-appropriate environment. (Attire: girls - black leotard, pink tights and pink ballet slippers. boys - comfortable clothes and cotton socks)

*Millis Dance Theatre, 903 Main St. Ages: 3-4*

*Mondays, 9/19-12/12*

*1:00-2:00 pm*

**OR**

*Thursdays, 9/15-12/15 (no class 11/24)*

*1:30-2:30 pm*

*13 weeks*

*Fee: \$198*

## BALLET & TUMBLE

### Millis Dance Theatre

This special two dance style class includes the fundamentals of ballet and basic tumbling. Students will learn ballet positions and creative movement through imaginative dance. Then on to the gymnastic section when students go through our tumbling 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 including ballet basics and lively tumbling. Come give it a try, it's a lot of fun. (Attire: black leotard, pink tights and pink ballet slippers)

*Millis Dance Theatre, 903 Main St. Ages: 4-6*

*Thursdays, 9/15-12/15 (no class 11/24) 13 weeks*

*2:30-3:30 pm Fee: \$198*

## 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 Ages: 3-6*

### Session 1

*Tuesdays, 9/13-10/25 9:30-10:20 am 7 weeks*

*Tuesdays, 9/13-10/25 10:00-10:25 am 7 weeks*

*Fridays, 9/16-10/28 1:00-1:25 pm 7 weeks*

### Session 2

*Tuesdays, 11/1-12/20 9:30-10:20 am 8 weeks*

*Tuesdays, 11/1-12/20 10:00-10:25 am 8 weeks*

*Fridays, 11/4-12/23 1:00-1:25 pm 7 weeks*

*(no class 11/25)*

*Fee: \$135 for 7 week session or*

*\$160 for 8 week session*

## 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, 10/19-11/30 (no class 11/23) 6 sessions*

*9:30-10:15 Fee: \$50*

## MOMMY & ME GYMNASTICS

### Shen's Gymnastics Academy

A fun, instructor-led gymnastics class for toddlers and their mom or dad. This 60-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 1

*Mondays, 9/12-10/24 9:30 am 7 weeks*

*Thursdays, 9/8-10/27 9:30 am 8 weeks*

*Saturdays, 9/10-10/29 9:00 am 8 weeks*

### Session 2

*Mondays, 10/31-12/19 9:30 am 8 weeks*

*Thursdays, 11/3-12/29 9:30 am 8 weeks*

*(no class 11/24)*

*Saturdays, 11/5-12/31*

*(no class 12/24) 9:00 am 8 weeks*

*Fee: 7 weeks: \$148 OR 8 weeks: \$169*



## 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 1

*Mondays, 9/12-10/24* 10:30, 1:00 OR 4:30 pm

7 weeks

*Tuesdays, 9/6-10/25* 4:00 pm

8 weeks

*Thursdays, 9/8-10/27* 9:30 am

8 weeks

*Saturdays, 9/10-10/29* 9:00 am OR 10:00 am

8 weeks

#### Session 2

*Mondays, 10/31-12/19* 10:30, 1:00 OR 3:30 pm

8 weeks

*Tuesdays, 11/1-12/27* 4:00 pm

9 weeks

*Thursdays, 11/3-12/29 (no class 11/24)* 9:30 am

8 weeks

*Saturdays, 11/5-12/31 (no class 12/24)* 9:00 am

OR 10:00 am 8 weeks

**Fee: 7 weeks: \$166 8 weeks: \$ 190 9 weeks \$213**



# Youth Programs

## SOCCER (Ages 6-7)

**Steve Cassidy, Millis Recreation Department**

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 6th 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: 6-7**

*Sundays, 9/25-10/30*

**6 weeks**

*Practice begins mid-Sept.*

**Fee: \$60**

**\*COACHES:** Draft will be held on **September 7<sup>th</sup> @ 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.**

## 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, 9/12-10/3*

**4 weeks**

*5:00-6:00 pm*

**Fee: \$150/session**

## 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*

**Ages: 5-10**

*Session 1: Thursdays, 9/22-10/13*

**4 weeks**

*Session 2: Thursdays, 10/20-11/10*

*4:15-5:15 pm*

**Fee: \$45.00/session**



### **KIDS 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 they 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. Classes are offered 3 times a week to better accommodate busy schedules. Students are asked to attend at least 2 classes but may attend all 3 if they are super motivated!

*Millis Kokondo Academy* *Ages 6 – 14*  
*The Gym, 27 Milliston Road 8 Weeks*  
*Mon, Wed and Fri 6:00-7:15*  
*Session 1: 9/7 – 10/28*  
*Session 2: 10/31 – 12/21* *Fee: \$110/session*

### **CHARLES RIVER CHILDREN'S CHORALE**

**Meg Quilop**

Does your child love to sing? Join the Charles River Children's Chorus for our 2016-2017 season! With singing, movement and ear training as its core, CRCC helps children build confidence, discipline, leadership and a love of music that will last forever. Our Repertoire ranges from classical to musical theater, exploring world music in various languages. Email us with questions at charlesriverchildrenschorale@gmail.com

*Veterans Memorial Building Room 18* *Grades 1-4*  
*Thursdays 10/6-12/15 (no class 11/24)* *10 weeks*  
*Time: 3:15-4:30* *Fee: \$ 150*

### **CHARLES RIVER CHILDREN'S CHORALE MIDDLE SCHOOL SINGING ENSEMBLE**

**Meg Quilop**

This is a music workshop where our young singers work on music for a community concert dedicated to children and families going through difficult/painful times. They will sing together and enjoy the healing and community of music. Over the 12 weeks the ensemble will work on music that lifts the spirit and the kids will get the opportunity to bond as they bring their music into their communities. Email us with your questions at charlesriverchildrenschorale@gmail.com

*Veterans Memorial Building Room 18* *Grades 5-8*  
*Thursdays 10/6-12/15 (no class 11/24)* *10 weeks*  
*Time: 4:45-6:00* *Fee: \$ 150*

### **HEALTHY COOKING WITH KIDS**

**Erika Schaad**

Do your kids love to cook or help in the kitchen? Have you noticed that if they cook it, they'll eat it? Well, let's get them cooking and eating yummy healthy foods! Join us for a fun, interactive cooking class where we will discuss healthy eating and use fresh, nutritious ingredients to create a meal which we will enjoy at the end of class. (Max. 10)

*Veterans Memorial Building,*  
*Council on Aging Kitchen* *Ages: 6-10*  
*Tuesday, 11/ 1* *One Session*  
*Time: 4:00-5:30 pm* *Fee: \$25*

### **ILLUSTRATION-TELL A STORY!**

**Kathleen Pueschel**

This type of drawing and painting enhances or explains a written story or poem – using many styles, tools, and methods, including, pen & ink, watercolor pencils, and collage. Basic recognition and composition at the page will be explored. Poems + stories will be read aloud. Samples will be given out to continue at home. The instructor gives individual attentions, suggesting ways to put together stories with art, at the end of the six weeks each student will have their own "book", plus many designs and sketches. (Min.4)

*Veterans Memorial Building Room 206* *Ages: 7 - 14*  
*Wednesdays, 10/12 – 11/16* *6 weeks*  
*Time: 3:00- 4:30 pm* *Fee: \$65*

**Register Online**  
***www.millis.net***  
**Under Recreation Dept.**



## **DRAWING AND CARTOONING!**

**Kathleen Pueschel**

Develop your own cartoon characters with reveal freehand sketches enhanced by practicing simplified one-point and two-point perspective making your own drawing look “more real.” Basic drawing skills are demonstrated by the instructor. Expand your own “gag” lines or just draw funny sketches. Experimentation, with hands – on experience in clear, is the foundation of imagining drawing skill and fun. Students receive individual attention. You bring your enthusiasm and any of your run usual art materials.

*Veterans Memorial Building, Room 206*

**Ages: 7-12**

**Wednesdays, 11/30**

**3:00-4:30 pm**

**One Session**

**Fee: \$35**

## **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*

**Mondays, 9/26-10/31 (no class 10/10)**

**2:50-4:00 pm**

**Ages: 7-10**

**6 weeks**

**Fee: \$85**

## **FALL BASEBALL CLINIC - F.A.S.T. Athletics**

F.A.S.T. Athletics will be working with Top Prospect baseball academy creating a fall ball instructional program. This particular program will break down the fundamentals of all aspects of the game to help provide guidance for the players to have a winter workout plan as well as increase the players confidence with their skill level

*Town Park Softball Field*

**6 weeks**

**Tuesdays, 9/27-11/1**

**3:30-4:30 pm**

**Ages: 9-12**

**Thursdays, 9/29-11/3**

**4:30-5:30 pm**

**Ages: 13-14**

**Fee: \$85**

## **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: 7-12**

**Wednesdays, 9/21-10/26**

**6 weeks**

**3:45-4:45 pm**

**Fee: \$90**

### **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 prior dance experience necessary. (Attire: black leotard, pink tights and pink ballet slippers)

**Millis Dance Theatre, 903 Main St. Grades: K-2**  
**Wednesdays, 9/14-12/14 (no class 11/23) 13 weeks**  
**6:00-7:00 pm Fee: \$198**

### **HIP HOP - Millis Dance Theatre**

Hip Hop is a popular urban-influenced dance style which encourages freedom of movement and individual expression. Students learn creative 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**  
**Mondays, 9/19-12/12 5:45-6:45pm Grades: 2-4**  
**Mondays, 9/19-12/12 6:45-7:45 pm Grades: 5-8**  
**Fee : \$198**

### **LEARN TO SKATE - Norfolk Arena**

Teach children and adults the fundamentals of ice skating while building confidence and skills through each lesson. Provide a progressive curriculum that ensures success from the first steps on the ice to the mastery of advanced skills. Promote the health and fitness benefits of ice skating. Equip each participant with the foundation necessary to reach their goal, be it recreational or competitive in nature. \*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 7 weeks**

**Saturdays, 9/10-10/22 12:00-12:25 pm**  
**OR**  
**Sundays, 9/11-10/23 12:00-12:25 pm**  
**Tuesdays, 9/13-10/25 5:00-5:25 pm**  
**OR**  
**Fridays, 9/16-10/28 4:00-4:25 pm**

**Fee: \$135**  
**8 weeks**

**Session 2**  
**Saturdays, 10/29-12/17 12:00-12:25 pm**  
**OR**  
**Sundays, 10/30-12/18 12:00-12:25 pm**  
**Tuesdays, 11/1-12/20 5:00-5:25 pm Fee: \$160**  
**OR**

**\*Fridays, 11/4-12/23 (no class 11/25)**  
**4:00-4:25 pm 3:45-4:45 pm Fee: \$135**

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

### **KUNG FU KIDS -Wu Xing Kung Fu**

Parkour and Kung Fu for kids! In this class 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 Parkour, tumbling, 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**

**Wednesday, 9/28-10/19 4:30-5:15 4 weeks**  
**Fridays, 9/30-10/21 3:30-4:15**  
**Saturdays, 10/1-10/22 9:30-10:15**

#### **Session 2**

**Wednesday, 10/26-11/16 4:30-5:15 4 weeks**  
**Fridays, 10/28-11/18 3:30-4:15**  
**Saturdays, 10/29-11/19 9:30-10:15**

**Fee: \$120/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, 9/27-10/18 6:45-7:45 4 weeks**  
**Thursdays, 9/29-10/20 6:45-7:45**  
**Fridays, 10/28-11/18 4:30-5:30**  
**Saturdays, 10/29-11/19 10:30-11:30**

**Fee: \$120/session**

#### **Session 2**

**Tuesdays, 10/25-11/15 6:45-7:45 4 weeks**  
**Thursdays, 10/27-11/17 6:45-7:45**  
**Fridays, 10/28-11/18 4:30-5:30**  
**Saturdays, 10/29-11/19 10:30-11:30**

**Fee: \$120/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

*Wednesday, 9/28-10/19 3:30-4:15 4 weeks*

Session 2

*Wednesday, 10/26-11/16 3:30-4:15 4 weeks*

*Fee: \$120/family per session*

**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 1

*Mondays, 9/12-10/24 4:30 pm 7 weeks*

*Tuesdays, 9/6-10/25 6:00 pm 8 weeks*

*Wednesdays, 9/7-10/26 4:30 pm OR 6:00 pm 8 weeks*

*Thursdays, 9/8-10/27 4:30 pm 8 weeks*

*Fridays, 9/9-10/28 5:30 pm 8 weeks*

*Saturdays, 9/10-10/29 9:00 am OR 10:00 am 8 weeks*

Session 2

*Mondays, 10/31-12/19 4:30 pm 8 weeks*

*Tuesdays, 11/1-12/27 6:00 pm 9 weeks*

*Wednesdays, 11/2-12/28 4:30 pm OR 6:00 pm 9 weeks*

*Thursdays, 11/3-12/29 4:30 pm 8 weeks (no class 11/24)*

*Fridays, 11/4-12/30 5:30 pm 8 weeks (no class 11/25)*

*Saturdays, 11/5-12/31 9:00 am OR 10:00 am 8 weeks (no class 12/24)*

*Fee: 7 weeks \$166 8 weeks \$190 9 weeks \$213*

**TUMBLING/BACK HANDSPRING CLASS**

**Shen's Gymnastics Academy**

This one-hour class focuses on tumbling skills, specifically skills to learn the back-handspring. Our coaches will divide the class into two groups, students learning the back handspring basics, and a group for students that already have their back handspring. The beginner group will cover round-off, handstand snap-down, front and back walkover, and back handspring drills, and techniques of the back handspring. The advanced group can cover more advanced skills such as connecting front handsprings and back handspring as well as layouts.

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

*Ages: 6 & up*

Session 1

*Wednesdays, 9/7-10/26 3:30 pm 8 weeks*

*Saturdays, 9/10-10/29 11:00 am 8 weeks*

Session 2

*Wednesdays, 11/2-12/28 3:30 pm 9 weeks*

*Saturdays, 11/5-12/31 11:00 8 weeks*

*(no class 12/24)*

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

# Adult Programs

**ADULT VOLLEYBALL LEAGUE – Pattee Lazare**

Join us in this fun, non-competitive volleyball program. Players will 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 Adults  
Tuesdays, 9/20-10/25 6 weeks  
6:30-8:00 pm Fee: \$35*

**NUTRITION/WELLNESS SERIES**

**Erika Schaad**

A three week interactive series of important, valuable, life changing health topic classes. We will spend each class discussing such topics as sugar in our diets, understanding food labels, organic vs. conventional foods. In addition we will discuss how we can incorporate this information into healthy meal planning ideas and tips. This class is perfect for someone who wants to get more familiar with these health topics and enjoys sharing their nutrition and health goals. Erika Schaad is an Integrative Nutrition Health Coach.

*Veterans Memorial Building, Room 229 Adults  
Tuesdays, 9/27-10/11 3 weeks  
6:30-7:30 Fee: \$55*

## HEALTHY COOKING ON A BUDGET

**Erika Schaad**

Are you in a rut and need some help with quick, healthy meal planning and prep ideas? Join Integrative Nutrition Health Coach, Erika Schaad as we create healthy, easy, whole food recipes on a budget. Eating healthy doesn't need to be hard, stressful or expensive! (Max. 10)

*Veterans Memorial Building Council on Aging Kitchen*

*Adults*

*Tuesday, 10/25*

*One Session*

*Time: 6:30-8:00*

*Fee: \$25*

## 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*

*Wednesday, 9/28*

*One Session*

*6:00-9:00 pm*

*Fee: \$80.00*

## 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*

*Adults*

*Tuesdays, 9/13-11/15*

*10 weeks*

*9:30-10:30 am*

*Fee \$85.00*

*The following 4 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 12, 2016*

## 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.

*Wednesdays, 5:30-6:45 pm OR*

*Adults & Teens*

*Thursdays 9:30-10:45 am OR 6:30-7:45 pm*

*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*

## 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, 9/26-10/17*

*Adults & Teens*

*6:00-7:00 pm*

*4 weeks*

*Fee: \$45.00*

## LADIES LIGHT HIKING

**Nanci Cahalane, Certified Personal Trainer/  
Certified MIAA Coach**

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 1

**Thursdays, 9/15-10/20**

**6 Weeks**

**OR**

**Saturdays, 9/17-10/22**

**9:45-11:00 am**

### Session 2

**Thursdays, 11/3-12/15 (no hike 11/24)**

**OR**

**Saturdays, 11/5-12/17 (no hike 11/26)**

**9:45-11:00 am**

**Fee: \$35/session**



## 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, 9/14**

**One session**

**6:00 PM – 7:00 PM**

**Fee: \$10**



## 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. Classes are offered 3 times a week to better accommodate busy schedules. Students are asked to attend at least 2 classes but may attend all 3 if they are super motivated!

**Millis Kokondo Academy**

**Ages: 15+**

**The Gym, 27 Milliston Road**

**8 Weeks**

**Mon, Wed and Fri 7:30-9:00 pm**

**Session 1: 9/7 – 10/28**

**Session 2: 10/31 – 12/21**

**Fee: \$125/session**

## **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* **Ages: Teens & Adults**

### Session 1

*Tuesdays, 9/27-10/18 6:45-7:45 4 weeks*

*Thursdays, 9/29-10/20 6:45-7:45*

*Fridays, 10/28-11/18 4:30-5:30*

*Saturdays, 10/29-11/19 10:30-11:30*

*Fee: \$120/session*

### Session 2

*Tuesdays, 10/25-11/15 6:45-7:45 4 weeks*

*Thursdays, 10/27-11/17 6:45-7:45*

*Fridays, 10/28-11/18 4:30-5:30*

*Saturdays, 10/29-11/19 10:30-11:30*

*Fee: \$120/session*

## **FREERUNNING AND PARKOUR**

### **Wu Xing Kung Fu**

Beginners and experienced Freerunners welcome! 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, strengthens the core and fosters better metabolism, and all while having a fun workout with great people!

*Wu Xing Kung Fu, 903 Main Street*

**Ages: Teens & Adults**

### Session 1

*Tuesdays, 9/27-10/18 4:30-5:30 4 weeks*

*Thursdays, 9/29-10/20 6:45-7:45*

*Fridays, 9/30-10/21 5:30-6:30*

### Session 2

*Tuesdays, 10/25-11/15 4:30-5:30 4 weeks*

*Thursdays, 10/27-11/17 6:45-7:45*

*Fridays, 10/28-11/18 5:30-6:30*

*Fee: \$120/session*

## **PHOTOGRAPHY 101 – Audrey Anderson**

Have you always wanted to take better photos of family, pets, sports, dance, or landscapes? In this class, we will discuss ways to do this by learning about principles of composition, exposure, depth of field and focus options, use of auto and manual buttons on your camera and other camera settings, lenses, light and flashes, RAW and JPEG formats, and posing. We'll work on these topics with weekly shooting assignments, and we'll share our work in class. Bring your camera, manual, and enthusiasm to each class (DSLR, mirrorless, or point-and-shoot).

*Veterans Memorial Building, Rm 21*

**Adults**

*Tuesdays, 9/27-11/15*

**8 weeks**

*7:00 pm to 8:30 pm*

**Fee: \$150**

## **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**

*Thursdays, 9/29-11/17*

**8 weeks**

*7:00-8:00pm*

**Fee: \$70**

## **INDIAN COOKING MADE EASY – Sandhya Jain**

Cooking authentic Indian food has never been so easy! This exotic, multi-layered cuisine with its rich textures, bold flavors and aromas can prove to be a challenging endeavor to undertake. Join Sandhya who teaches the basics of this art in a stress-free environment, building your confidence and leave you longing for more. In this exciting demonstration and hands-on class, participants will help prepare and eat Paneer Tikka Masala, Swiss Chard Pakoras and Garlic Naan, and enjoy a special dish served at the end of the evening. The health benefits of various spices are addressed, and recipes are available to take home.

*Medway Senior Center, 76 Oakland St., Medway*

**Adults**

*Tuesday, 10/25*

**One session**

*7:00-9:00pm*

**Fee: \$45**

## **INTRODUCTION TO BREAD BAKING**

**John Scott Smith**

Hands on Seminar, French and Basic Bread. Baking a better-tasting homemade bread compared to what is available in stores is much easier than you think! Spend a couple of hours with your friends and neighbors and try your hand at your first loaves. Medway home baker, John Scott Smith, will walk you through the steps for French bread from scratch. We will cover how to hand-knead French Bread, and also go over how to use a stand mixer for Basic White Bread. Covered in this class will be measuring and scaling ingredients, proper mixing, kneading, the “window-pane test”, shaping, baking, and cooling to get consistent results every time you wander into the kitchen. Recipes and ingredients will be provided.

*Medway Senior Center, 76 Oakland St., Medway*

*Adults*

*Tuesday, 11/1*

*6:30-8:30pm*

*One session*

*Fee: \$25*

## **INTRODUCTION TO PASTRIES**

**John Scott Smith**

The best way to learn how to bake your own pastries is to start with éclairs and cream puffs! Together, we will begin by fixing a basic éclair dough (pate a choux) from which you will learn to pipe your own éclair and cream puff shapes. (Reusable piping tips are included in the class fee). Once baked, éclairs will be filled with a pudding of your choice. We will also cook a traditional pastry cream that can be easily prepared at home. Lastly, we will fix a quick, easy and versatile chocolate icing as a topping for both pastries. You will leave with the confidence to prepare and serve these delicious pastries at home any time you are looking for an extra special treat!

*Medway Senior Center, 76 Oakland St., Medway*

*Adults*

*Tuesday, 11/8*

*6:30-8:30pm*

*One session*

*Fee: \$25*

## **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, 10/20*

*6:30-9:00pm*

*One session*

*Fee: \$45*

## **LADIES NIGHT OUT**

**Face & Body/Pedicure Ann Fisher; Molly's Apothecary**

Due to high demand, we have decided to devote one of our popular Ladies Nights Out to “solely” making pedicure products! Join us in making four great products, designed to pampering the most neglected part of our bodies, our feet! We will be making a Foot Soak, a Foot Scrub a Foot Mask and a delightful Foot Cream! You will be dancing all the way home after this fun workshop!

*Medway Mills, 163 Main Street, Suite 5, Medway*

*Thursday, 11/17*

*6:30-9:00pm*

*One session*

*Fee: \$45*

## **LADIES NIGHT OUT – HOLIDAY SPECIAL**

**Ann Fisher; Molly's Apothecary**

Join Molly's Apothecary this holiday season for a fun filled evening creating holiday themed bath and body products. We will be making some Melt and Pour Soap-making projects, lotion, a new twist on our famous sugar scrub and more! You will leave with lovely gifts for yourself or a friend.

*Medway Mills, 163 Main Street, Suite 5, Medway*

*Thursday, 12/8*

*6:30-9:00pm*

*One session*

*Fee: \$45*



# Special Events

## ADULT PAINTBALL TRIP

### Fox 4 Paintball

We are very happy to announce that Adults-Only Paintball is planned for September 30<sup>th</sup>!! Join us on your day off for an exciting day of paintball adventure! This is a wonderful opportunity to get outdoors, let off some steam and have a great time. Players will be given a safety orientation and issued all needed equipment. Players may purchase additional paintballs at a reduced cost. We will meet at Fox 4 Paintball at 10:00 am to play approximately 6 games of paintball. Please pack a lunch and LOTS of water. Wear comfortable clothing and get ready to have some fun! Price includes 500 paintballs, air marker and mask. **PLEASE DOWNLOAD WAIVER FORM AT [fox4paintball.com](http://fox4paintball.com) and mail with payment.**

*Fox 4 Paintball, Upton, MA Ages:  
Saturday, 10/1  
10:00am—3:00 pm*

*Ages: 18+  
One Session  
Fee: \$40*

## CEMETERY STROLL - Steve Main

Come visit Prospect Hill Cemetery to learn about some of the Town's history through the past. This program will display some of the local influences that helped form Millis that are buried here in this cemetery. Registration is required.

*Prospect Hill Cemetery, Millis  
Saturday, 10/29 12:00 pm*

*All ages  
Fee: \$10*

## 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 5, 2016*

*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 29th 1:00-3:00*  
*This event is FREE!*

## 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](mailto:Cbishop@millisfire.com). *Glen Ellen Country Club Friday, September 16th*

*12:30– Registration*

*1:30– Shotgun Start*

*6:00—8:00—Dinner*

*Fee: \$125 per player*



# Half Day & No School Days

## COLOR WAR

### Knucklebones

One of the best camp traditions is now a breakout tradition all its own. Whether consecutive day, weekly or once a month, participants will compete in traditional and not so traditional sports and physical activities. Participants are divided into teams, each of which is assigned a color. Teams will choose different commanders each day and compete against each other in challenges and events to earn points. Team challenges include, for example, Castle Ball, Omnikin Poison, Torch Ball, Survivor™ Games, Amazing Race™ Challenges, Geocaching, etc. It will conclude with one event that can propel any team forward to claim the crown! Color War will be the most talked about event of the year as each participant recounts his or her wildly vivid experience. **\*\*Please indicate on your registration form if your child needs to be escorted from the Clyde Brown over to the Veterans Memorial Building Gym & Town Fields at dismissal time. \*Includes Pizza/Drink for lunch.**

*Veterans Memorial Building Gym & Town Fields*

*Grades: 4-8*

*Wednesday, 9/14*

*One Session*

*11:30 am – 2:00 pm*

*Fee: \$45.00*

## SURVIVOR/AMAZING RACE CHALLENGES

### Knucklebones

With a combined over 40 seasons and countless variations in other countries, Survivor and Amazing Race have created some of the greatest challenges known to man. Replicating scores of these challenges participants will engage in mental, physical and creative tasks. From a giant puzzle to a rolling boulder, and knot tying to being bound together while working to get through a maze, participants will be presented with their very own season

*Veterans Memorial Building Gym & Town Fields*

*Grades: 4-8*

*Friday, 10/7*

*One Session*

*9:30 am – 12:00 pm*

*Fee: \$30.00*

## 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 1<sup>st</sup> aid techniques. We will watch a short movie and also role play.

*Veterans Memorial Building, Room 130* *Grades 4-5*

*Friday, 10/7*

*One session*

*9:00 am – 11:00 am*

*Fee: \$55*

## 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 if available. Fee includes transportation. Wear comfortable clothing **PLEASE DOWNLOAD WAIVER FORM AT [fox4paintball.com](http://fox4paintball.com) and mail with payment.**

*Fox 4 Paintball, Upton, MA*

*Grades 6 & Up*

*Friday, 10/7*

*One Session*

*9:00 am – 4:00 pm*

*Fee: \$65*

## DODGEBALL TOURNAMENT

### F.A.S.T. Athletics

Out of school early? Come join the F.A.S.T. Athletics staff for two hours of non-stop dodgeball. There will be tournaments held for the entire two hours of playing games such as Doctor Dodgeball, Jail Ball, Army Dodgeball and the old fashioned regular dodgeball. Gatorskin dodgeballs will be used and safety is always enforced throughout this event. Come join in the fun! **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: 8-12*

*Wednesday, 11/23*

*One Session*

*11:30 – 2:30 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*

*Friday, 10/7*

*One Session*

*11:00 am – 2:00 pm*

*Fee: \$55.00*

# Upcoming Programs

## FALL/WINTER BASKETBALL

### Steve Cassidy, Millis Recreation Department

Late sign-ups will be assigned to teams accordingly after the draft on Monday, Nov. 7, 2016 in Room 130. Our 2016-2017 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.

**YOU MUST REGISTER BEFORE OCTOBER 31st !!**

*Millis High, Clyde Brown and Memorial Gyms*

*Saturday games 12/3-2/11 (no games, 12/31) 10 weeks*

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

*1st grade boys*

*2nd-3rd grade boys*

*1st-3rd grade girls*

*4th-5th grade boys*

*6th-8th grade boys*

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

**\*COACHES:** Draft will be held on **November 7<sup>th</sup>** (Times TBD) **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.**

## 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*

*Grades: 1-12*

*Fridays, 1/6-2/10*

*6 weeks*

*3:00—7:30 pm*

*Fee: \$265/Lift ticket and lesson*

*Fee: \$230/Lift ticket only*

*\*\*Equipment Rental Fee is \$120 extra\*\**

## FLAG FOOTBALL – 11TH YEAR! - Jon Loer

This program is designed by the NFL to promote the sport in a fun, low key, learning environment! \$135.00 registration fee includes: Reversible NFL jersey, Flag Football Belt, 8 game league schedule, 10 player teams with 5 on 5 games. Teams will be co-ed ages 5-14 (age on 9/1/16). There is a \$20.00 discount for early registration as well as a \$10.00 discount for each additional child registered. **Registration and payment must be completed on-line at [www.millisflagfootball.org](http://www.millisflagfootball.org).** Registration closes on August 15th or when maximum registration is attained. Preseason evaluations for all ages will be announced on the website. Coaches are needed. Please volunteer to coach **NOW! See website for more information (FAQs, etc.)!** Clyde Brown School, Millis (Other fields may also be used)

*Ages: Co-ed 5-14*

*Saturdays 9/10/16 to 11/5/15*

## NEW ENGLAND BUDDY BOWL CHARITY

### Flag Football Tournament

Moms and Dads! Bring your children, ages 9 and older, and play football for charity! Able-bodied and challenged athletes are 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](mailto:cbfagan7@gmail.com) for donation opportunities.

**Register at [buddybowl.org](http://buddybowl.org). SPACE IS LIMITED!**

Millis Town Park

Ages: 9-Adult

Saturday, 11/12

8:00 am – 4:00 pm

**Adults (7 on 7):**

**Children (5 on 5 NFL**

**flag rules)**

• Elite male/female

Co-ed 9-11

• Amigo male/female

Co-ed 12-14

• Buddy male/female

Co-ed 15-18

## 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*

*Ages 6-10*

*Saturday, December 10th*

*One Session*

*10:00-11:00 am*

*Fee: \$20*

**SANTA'S HOLIDAY HOUSE - A Gifting Experience for Kids - Millis Recreation Dept.**

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](mailto:kfogarty@millis.net) to reserve slot.

**Veterans Memorial Building, Room 18 All Ages  
Saturday, December 17th One Session 10:00-12:00  
Entry Fee: \$15 with reservation or \$20 at the door.**

**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. Call 508-376-7050 or email [kfogarty@millis.net](mailto:kfogarty@millis.net) for reservations!

**Sunday, December 11<sup>th</sup> or 18<sup>th</sup> Fee: \$45 a visit**

**DECEMBER VACATION GYMNASTICS CAMP**

**Shens' Gymnastics Academy**

Join us at Shen's Gymnastics for our December 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; Tuesday 12/27-Friday 12/30**

**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/day \$180/week**

**9:00 am-3:00 pm \$79/day \$295/week**

**10% discount for families with 2 kids or more**



# Trips

## **HOLIDAY TOUR AT THE NEWPORT MANSIONS**

The glitter of gold and the sparkle of silver will dazzle you as you tour three magnificent mansions decked out in Yuletide finery. Music, tours, and spectacular decorations highlight the celebration of Christmas at the Newport Mansions. Join us for a day of glamour as we tour The Breakers, The Elms and Marble House--three National Historic Landmarks and icons of the Gilded Age in America. These mansions are filled with thousands of poinsettias, fresh flowers, evergreens and wreaths. A total of 24 decorated Christmas trees reflecting individual room decor anchor many of the magnificent spaces. Dining tables set with period silver and china completes the elegant setting. The windows of each mansion are lit with individual white candles, in keeping with the colonial tradition. A working garden scale model of the Vanderbilt family's New York Central Railroad will be on display in the second floor loggia of The Breakers, traveling through a village made up of gingerbread replicas of some of the Newport Mansions, created by local pastry chefs. We will travel by bus to and from Newport, as well as in between the mansions and restaurant. In between tours, we will dine at La Forge Restaurant. The group luncheon menu includes a choice soup or salad, entrée, dessert as well as coffee, tea or soda. Please include your email when registering so we can contact you regarding your choice of entrée. We invite you to make holiday memories with your family by joining us for a Holiday Tour at the Newport Mansions this holiday season.

**DEPARTS: Medway Middle School, Holliston St.,  
Medway at 8:30 am and return at 5:30 pm  
Saturday, December 3rd Fee: \$90**

## **A DAY IN NEW YORK CITY**

Join us for a memorable day in New York City! There are so many countless exciting and entertaining places to visit that it is impossible to see everything in one day – but let us help you get started! Visit [www.nycgo.com](http://www.nycgo.com) or [www.nycinsiderguide.com](http://www.nycinsiderguide.com) to help plan your day. The luxury coach 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. 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 at 6:00 am and return at 6:00 pm  
Saturday, 11/12 Fee: \$58**

**Register Online  
[www.millis.net](http://www.millis.net)  
Under  
Recreation Dept.**



**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. You agree to allow Millis Recreation to use photos of yourself or child.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ Male/Female (please circle)

Program Title: \_\_\_\_\_ Fee: \_\_\_\_\_

Allergies/Special Needs: \_\_\_\_\_

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

SIGNATURE (of parent or guardian): \_\_\_\_\_

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

\_\_\_\_\_  
*PROGRAM TITLE*

\_\_\_\_\_  
*FEE*

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. You agree to allow Millis Recreation to use photos of yourself.

ADDRESS: \_\_\_\_\_ (E-Mail) \_\_\_\_\_

TELEPHONE #: (Days) \_\_\_\_\_ (Evenings) \_\_\_\_\_

ALLERGIES/SPECIAL NEEDS: \_\_\_\_\_

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**



*Come Join The Fun!*



# 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](mailto:kfogarty@millis.net)

Web Site: [www.millis.net](http://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](mailto: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

STD MAIL  
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ZIP CODE 02054