

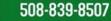
# SPRING & SUMMER



## 2024 PROGRAMS

REGISTRATION OPENS FEBRUARY 5 AT 8AM

WWW.GRAFTONREC.COM





/GRAFTONRECDEPT







Dear Grafton Recreation Enthusiasts,

Spring and summer brings new programs, new events, and new fun!

We are very happy to be continuing great programming like sports and Summer Days! We have also migrated to a new registration software, called myRec. Please make sure to set up your account to register.

New programs include Inclusion Sports (p. 6) and programs at the Shrewsbury Club (p. 13) like swim lessons! Don't miss out on the fun!

Save the date, **February 5 at 8am**, for when registration opens and don't forget to fill out the Required Info Form <u>HERE</u> in advance to help ease the registration process.

We are also excited to announce the anticipated start of construction this spring of the Norcross Park so stay tuned for updates!

Thank you for supporting Grafton Recreation and may you have a happy spring and enjoyable summer!

Sincerely,

Adam Lapointe, MPA, CPRP Recreation Director







TABLE OF CONTEN	<b>TS</b> 1
SPRING	
Pre-School	4 - 5
Youth	
Sports	5 - 6
Afterschool	7 - 8
April Vacation	9
Adult	11-13
Swim Lessons	13
Passes and Rentals	14
SUMMER	
Pre-School	16
Youth	
Enrichment	17 - 19
Summer Days	20
Sports	21 - 23
Teen/Adult	24
Events	24 - 32
Silver Lake Beach	33 - 34

Grafton Recreation welcomes the participation of individuals of all ages and abilities in our events and programs. Persons who may need reasonable accommodations should contact the department to discuss their accessibility needs via email at recreation @grafton-ma.gov or phone at 508-839-8507.

#### **REGISTRATION OPENS FEBRUARY 5 AT 8AM**

#### **STAFF**

Adam Lapointe, MPA, CPRP, Recreation Director Cody Herd, Recreation Coordinator Mary Sevon, Recreation Assistant

#### **RECREATION COMMISSION**

Kristen Belanger, Chair Adriane Mampe Stephen Crowley Kayla Cushman Aimee Smith

#### **CONTACT INFORMATION**

Phone: 508-839-8507

E-mail: recreation@grafton-ma.gov

Address: Grafton Municipal Center, 30 Providence Rd.,

Grafton, MA 01519

Website: GraftonRec.com







#### **Grafton Recreation Important Information**

#### **GENERAL POLICIES**

- Programs are available to both Grafton residents and non-residents (except where noted).
- Programs offering multiple sessions are non-cumulative/non-progressive.
- All programs offered on a first come, first serve basis.
- All registrations are due no later than one week prior to the start of the program, unless otherwise stated.
- Registrants may sign up themselves or immediate family members only.
- Confirmation of enrollment in a program will be sent via email upon the completion of registration.
- The Recreation Department is not responsible for lost, misplaced, or stolen items.
- No electronic devices of any kind are allowed in any program. No cell phones.
- The Recreation Department cannot dispense medication. Please make arrangements if your child needs medication.
- Additional waiver forms may be required based on vendor.
- Each program has age requirements which will be strictly enforced.
- Parents/guardians are responsible for signing in and out their child on a daily basis.
- It is the parents/guardians responsibility to pick up your child on time. First offense is a warning, second offense \$10.00 per 15 minutes late.
- Any staff member may ask that your child stay home if there are behavioral issues.
- Please apply sunscreen to your child prior to attending any program and bring additional sunscreen in a backpack.
- Staff will remind your child/ children to reapply sunscreen. But will not be able to apply sunscreen to your child / children.

#### **REFUND/CANCELLATION POLICY**

The Recreation Office must be notified **in writing** or **via e-mail** no later than 10 business days prior to the start of the program requesting your withdrawal and refund/credit request. There will be a \$20.00 fee if you must cancel or switch a class or activity once your registration has been processed. The cancellation/ change fee applies to **each activity/program** that needs to be altered.

Grafton Recreation reserves the right to make schedule changes to better serve our participants or to cancel/combine instructional classes and programs due to insufficient enrollment. If your withdrawal affects the status of the program (i.e., the number of participants drops below the minimum to run), and we are unable to fill your spot, you may only be eligible for up to a 25% refund or credit. A full refund will be issued, less any classes attended, with a documented medical illness that prevents participation in the program.

A full or partial refund will be issued under the program participants name or a make-up will be scheduled if the Recreation Department must cancel a class due to the following (the processing fees are not refundable):

- 1. Weather which closes school buildings (Snow/Blizzard, Tornado, Hurricane, etc.)
- 2. Mechanical issues (Power outage, no water supply, etc.)
- 3. Fire Evacuation
- 4. Town wide health emergency or closure

No refunds or makeups will be issued for circumstances including, but not limited to:

- 1. If you should choose not to attend for any reason (outside of a documented medical illness)
- 2. If cancellation notice is provided less than 10 business days before the program starts.

Every attempt will be made to schedule a make-up class at the end of the program session, which varies based on the program and staffing/ space/schedule availability. Grafton Recreation reserves the right to review, approve, and/or deny any situations outside of the ones mentioned above.

Refunds will be processed in the following ways:

- A household credit can be applied to your account for future program registrations.
- A credit card refund can be processed (1-2 week lead time) on the credit card that was used in the initial transaction.
- A check refund can be processed (6-8 week lead time) and mailed to your home address.

#### WAITING LIST POLICY

If you are placed on a waiting list, and you are informed a spot has opened and you agree to take it, you will have 24 hours from being notified to make payment. If payment is not received within the timeframe, the open spot becomes available to the next waiting list participant.

#### **SCHOLARSHIPS**

Grafton Recreation is dedicated to offering its programming at low costs to residents in order to define and increase the quality of life and is committed to making programs available to as many segments of the Grafton population as possible. A Scholarship Fund has been set up which will provide partial subsidies to eligible citizens for selected programs, as funds are available. Requirements, information, and applications are available online at <a href="GraftonRec.com">GraftonRec.com</a>.

#### RECREATION FIELDS AND FACILITIES

Airport Park: 8 Bedford Dr., North Grafton

Brookmeadow Park: 377 Providence Rd., South Grafton

Fisher Park/Ferry St. Park: 115 Ferry St., South Grafton

Miner Field /Norcross Park: 18 North St., Grafton

Perry Hill Park: 3 Perry St., North Grafton

Riverview Park: 176 Providence Rd., South Grafton

Silver Lake Beach: 245 Upton St., Grafton

#### **OTHER FIELDS AND FACILITIES in Town**

Grafton Lions Club: 68 Brigham Hill Rd., Grafton

Grafton High School: 24 Providence Rd., Grafton

Grafton Middle School: 22 Providence Rd., Grafton

Grafton Municipal Center: 30 Providence Rd., Grafton

Millbury Street Elementary School: 105 Millbury St., Grafton

Nelson Park: 6 Prentice St., North Grafton

North Grafton Elementary School: 44 Waterville St., North Grafton

North Street Elementary School: 60 North St., Grafton

South Grafton Elementary School: 90 Main St., South Grafton

## YOUTH ORGANIZATIONS AND TOWN LEAGUE CONTACTS

Grafton Men's Softball: Joe Maynard - joemaynardjr@yahoo.com

Grafton Women's Softball: gwsl01519@gmail.com

Grafton Youth Baseball: www.graftonlittleleague.org

Grafton Cricket: Shripad Nandurbarkar - shripadn@gmail.com

Grafton Youth Lacrosse: www.graftonlacrosse.com

**Grafton Youth Football and Cheer:** www.graftonayfc.org

Grafton Youth Soccer: https://clubs.bluesombrero.com/graftonsoccerclub

Grafton Youth Softball: www.graftongirlssoftball.com

#### WHATS NEW IN OUR SPRING/ SUMMER BROCHURE

- We have a new registration system, myRec!
  - O What you will need to do:
    - Create an account (Unfortunately, accounts/members do not transfer over from RecDesk): <u>Grafton Recreation</u>: <u>Account Creation</u>
    - Add your family members
    - Set a calendar invite in your phone for Monday, 2/5/24 at 8 AM for registration!

#### **BROCHURE CHANGES**

- Clicking on the links to the title of the program will take you to all of the programs offered under that vendor. You may need to scroll through the program to find the correct activity. See below for example.
- Please read and review the description and the activity you are registering for, as there is no guarantee that mistakes will be able to be corrected, and will be assessed the program change fee. Most of our programs fill quickly.

#### BULLDOGS with B.E.S.T Soccer

The BEST coaches will teach basic foot skills, passing, and shooting activities through structured games with every player actively involved. Players will also learn the basics of soccer match play via 3v3 tournaments focusing on positions, start of play and dead ball situations. The games develop safe play, teamwork, communication and interest in soccer while still having lots of FUN! Players can wear cleats or sneakers. Please bring a water bottle and soccer ball (or you may purchase a BEST soccer ball for \$20). Min 5 / Max 20

CLICK HERE TO ACCESS
PROGRAM DETAILS AND TO FIND
YOUR ACTIVITY TO REGISTER

SATURDAYS | APRIL 27 - JUNE 1 (no 5/25) 11 - 11:45AM | NORCROSS PARK AGES 5 - 6 | \$102

# WE THANK YOU FOR YOUR SUPPORT!



#### **PRE-SCHOOL: SPORTS**



#### FIRST KIX with B.E.S.T Soccer

Let your child's imagination run wild! This program is a friendly and fun introduction to dribbling, stopping, and controlling the ball. Our non-competitive curricula introduces soccer players to simple skills with fun games. Players will also be taught how to interact on a team and how to be a good sport. Players can wear cleats or sneakers. Please bring a water bottle and soccer ball (or you may purchase a BEST soccer ball for \$20).

SATURDAYS | APRIL 27 - JUNE 1 (no 5/25) 9 - 9:45AM OR 10 -10:45AM

NORCROSS PARK
AGES 3 - 5 | \$102

#### **BULLDOGS with B.E.S.T Soccer**

The BEST coaches will teach basic foot skills, passing, and shooting activities through structured games with every player actively involved. Players will also learn the basics of soccer match play via 3v3 tournaments focusing on positions, start of play and dead ball situations. The games develop safe play, teamwork, communication and interest in soccer while still having lots of FUN! Players can wear cleats or sneakers. Please bring a water bottle and soccer ball (or you may purchase a BEST soccer ball for \$20).

SATURDAYS | APRIL 27 - JUNE 1 (no 5/25) 11 - 11:45AM | NORCROSS PARK AGES 6-8 | \$102

#### **TUMBLE TOTS GYMNASTICS**

2.5 to 5-year-old classes enhance emerging gymnastics skills in an energetic and creative environment. This class is a wonderful place for first-time experiences with a teacher and peers! At ages 4 and 5, children refine basic skills that reinforce a heightened aptitude for all physical sports activities. This class offers great challenges to the older preschooler on scaled-down gymnastics equipment.

#### SPRING | SATURDAYS | 9:00 AM-9:45 AM

- SESSION 1- 3/9-4/27 (SKIP 4/20) | \$220
- SESSION 2- 5/4-6/29 | \$220

AGES 2.5-5 SHREWSBURY CLUB

#### **BABY BOMBERS**

Intro to baseball for preschool aged children.

SPRING | FRIDAYS | 6:00-6:30 PM

- SESSION 1- 3/1-4/26 (SKIP 4/19) | \$172
- SESSION 2- 5/3-6/28 | \$194

AGES 3-4

#### **ALL SPORTS**

Intro to Sports for preschool aged children. Each week they rotate through our sports options (basketball, baseball, tennis, gymnastics, soccer, dance, karate)

#### SPRING | SATURDAYS | 11:15 AM-11:45 AM

- SESSION 1- 3/2-4/27 (SKIP 4/20) | \$172
- SESSION 2- 5/4-6/29 | \$194

AGES 3-4

#### PRE-SCHOOL: SPORTS



#### **BITTY BBALL**

Intro to Basketball for preschool aged children.

SPRING | SATURDAYS | 11:45 AM-12:15 PM

- SESSION 1- 3/2-4/27 (SKIP 4/20) | \$172
- SESSION 2- 5/4-6/29 | \$194

AGES 3-5

#### **YOUTH: SPORTS**



#### **STREET HOCKEY with FAST Athletics**

Come join F.A.S.T. Athletics for some street hockey fun. Fundamentals of hockey will be taught through training stations the first portion of the course. One-timers, passing, shooting and dribbling will be some of the training focus in the beginning. After the instructional period is over, each day will end with a good old fashion street hockey game. At the beginning of class; we will remind the students of safety and good sportsmanship. You may bring your own stick or they can be provided.

SATURDAYS | APRIL 20 - MAY 18 1 - 2PM | NELSON PARK AGES 7 - 10 | \$84

#### TAE KWON DO PROGRAMS

Enjoy Tae Kwon Do classes at Premier Tae Kwon Do! Address is 82 Worcester St Suite A, North Grafton, MA.

Programs Offered (Click any of the classes for a description):

- Afternoon Adult Tae Kwon Do
- Kids Tae Kwon Do
- Teen Tae Kwon Do
- Kids Tumbling

#### TAE KWON DO

- ADULT | MON/WED | 4/1-5/8
  - o 12-12:45 PM | \$270
- KIDS | TUE/THUR | 4/2-5/23
  - o 5:20-6:05 PM | \$350
- TEEN | MON/WED | 4/1-5/22
  - o 2:50-3:55 PM | \$350

TUMBLING | SATURDAYS | 4/6-5/11 | \$144

- AGES 5-7 | 9-9:45 AM
- AGES 8-10 | 9:50-10:35 AM
- AGES 12+ | 10:40-11:25 AM

#### **BEGINNER GYMNASTICS**

From the very beginner gymnast to the more advanced, everyone continues to learn! We cater to each child and their learning ability. Our recreational gymnastics program at The Shrewsbury Club is a non-competitive program that concentrates on introductory gymnastics skills, flexibility, strength, balance and loads of fun! Each gymnast will learn the four events in gymnastics; vault, uneven bars, balance beam, and floor exercise.

SPRING | SATURDAYS | 9:00 AM-10:00 AM

- SESSION 1- 3/2-4/27 (SKIP 4/20) | \$250
- SESSION 2-5/4-6/29 | \$250

**AGES 5-8** 

SHREWSBURY CLUB



#### **INCLUSION SPORTS**

Join us for a fun 8-week sports program for children of all abilities to learn the fundamentals of soccer and track and field! Classes are non-competitive and are perfect for beginners or for children who are looking for small class sizes taught by well-trained coaches. Inclyousion Sports provides all equipment and children only need to bring water and wear comfortable clothes and shoes. This program is designed for children with and without disabilities to learn and play together. Skill building is modified to each child's experience level. Inclyousion Sports provides inclusive sports enrichment programs to children, using innovative behavioral methods to teach sports, fitness, and social skills. Programs are designed by physical education, behavioral, and inclusion experts to introduce all children to a variety of sports through a series of lessons focused on skill building. Inclyousion Sports is on a mission to make high quality sports enrichment programs accessible to all children. Learn more at www.inclyousionsports.com

SUNDAYS | APRIL 28 - JUNE 23 (no 5/26)

- AGES 2-4 | 9-9:50 AM | \$200
- AGES 5-7 | 10-10:50 | \$200
- AGES 8-10 | 11-11:50 | \$200

**NELSON PARK** 

#### **TENNIS** with Skyhawks

Skyhawks tennis focuses on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis an exciting game to play. Due to limited court space, these programs fill quickly.

SATURDAYS | APRIL 13- MAY 18 (no 4/20)

AGES 4 - 6 | 9 - 9:50AM

AGES 7 - 9 | 10 - 10:50AM

AGES 10 - 14 | 11 - 11:50AM

GRAFTON HIGH TENNIS COURTS | \$84



#### YOUTH: AFTERSCHOOL



#### **DODGEBALL** with Thundercat Sports

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodgeball related games such as: Doctor, Bombardment, Absorption, Jail Break and more. Clinic is coed, please bring sneakers, appropriate clothing, and a water bottle.

\*ALL SESSIONS OCCUR OUTDOORS\*

#### MONDAYS | NORTH ST. SCHOOL

SESSION 1: MARCH 11 - APRIL 22 (no 4/15)

SESSION 2: APRIL 29 - JUNE 10 (no 5/27)

2:30 - 3:30PM

GRADES 2 - 6 | \$105

#### WEDNESDAYS | MILLBURY ST. SCHOOL

SESSION 1: MARCH 6 - APRIL 24 (no 3/20, 4/17)

SESSION 2: MAY 1 - JUNE 12 (no 5/8)

3 - 4PM

GRADES 2 - 6 | \$105

#### **FOOD IMPOSTERS with Paradise Island Kids**

Learn the art of food modeling with a variety of edible delicious ingredients! I bet you never thought you can make tacos out of cake? Join us and learn how! We will be making dessert chicken drumsticks, pasta with meatballs, pizza, sushi and more! All ingredients used are nut-free however some pre-made ingredients may be processed in a facility that also processes nuts.

TUESDAYS | MARCH 5 - APRIL 9

2:30 - 3:30PM | NORTH ST. SCHOOL

THURSDAYS | MARCH 7 - APRIL 11

3 - 4PM | MILLBURY ST. SCHOOL

GRADES 2 - 6 | \$159

#### **BAKING & DECORATING CHAMPIONSHIP with Paradise Island Kids**

Roll up your sleeves and get ready for some friendly competition! Kids will have a set amount of time to create and decorate confections based on Spring Time Themes like Earth Day, Spring Flowers, Baby Animals & more! We will be working with cupcakes, cookies, frosting, fondant and decorations! All ingredients used are nut-free however; some pre-made ingredients may be processed in a facility that also processes nuts.

TUESDAYS | APRIL 30 - JUNE 4

2:30 - 3:30PM | NORTH ST. SCHOOL

THURSDAYS | APRIL 25 - MAY 30

3 - 4PM | MILLBURY ST. SCHOOL

GRADES 2 - 6 | \$159

#### **BABYSITTING CERTIFICATION with Heather Welch**

Safe Sitter® babysitting classes have been preparing young teens to care for younger children for over 40 years. The program follows guidelines from the American Academy of Pediatrics and the American Heart Association. The life skills learned in Safe Sitter® are valuable whether or not your child decides to babysit. Safe Sitter® graduates gain skills in responsibility, planning, and decision making.

Safe Sitter® Babysitting Extension Class (Class 2) will over and certify passing participants in CPR and AED.

TUESDAYS | MAY 23 AND 30 | MUNI CENTER 4:30 - 7PM

AGES 11+ | CLASS 1 \$66 CLASS 1 and 2 \$144

#### **HOME ALONE SAFETY with Heather Welch**

Safe@Home is ideal for students that have expressed interest in assuming the responsibility of staying home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Min 5 / Max 15

THURSDAY | MAY 7

5 - 7PM | MUNICIPAL CENTER

AGES 9 - 11 | \$55

#### YOUTH: AFTERSCHOOL



#### SUPERSPORTS with F.A.S.T. Athletics

Get up, get going, get active with a F.A.S.T. Athletics Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Mat Ball, Basketball, Dodgeball, and Kickball. Programs will include proper stretching and warm-up 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.

#### TUESDAYS | NORTH GRAFTON

#### **ELEMENTARY**

SESSION 1: MARCH 5 - APRIL 9

SESSION 2: APRIL 30 - JUNE 4

3:30 - 4:30PM

GRADES K - 1 | \$96

#### THURSDAYS | SOUTH GRAFTON ELEMENTARY

SESSION 1: MARCH 7 - APRIL 11

SESSION 2: MAY 2 - JUNE 6

3:30 - 4:30PM

GRADES K - 1 | \$96

#### **BATTLE ROBOTS**

Get ready for a clash of titans at the Battle Robots Workshop! Students are invited to delve into the heart-pounding world of RoboThink Battle Robots as they partake in this thrilling workshop. Armed with their creativity, they'll construct and customize their own formidable battle bots. But the real excitement begins when they enter the arena, battling it out to determine who will emerge as the ultimate champion of the Battle Robot Workshop! With the help of gears, motors, axles, and our exclusive hardware, participants will experience the sheer thrill of intense robot combat. All skill levels are welcome, so whether you're a seasoned RoboThinker or a curious beginner, come join the fun and let the battles begin!

#### TUESDAYS | MILLBURY STREET SCHOOL

SESSION 1: MARCH 5 - APRIL 30 (skip 4/16)

3:00-4:30PM

AGES 7-14 | \$334

#### THURSDAYS | NORTH STREET SCHOOL

SESSION 1: MARCH 7 - MAY 2 (skip 4/18)

2:30 - 4:00PM

AGES 7-14 | \$334

## NOW HIRING COACHES



Inclyousion Sports is looking for Coaches to teach an innovative and inclusive children's sports enrichment program!

#### AVAILABILITY TO COACH SUNDAY MORNINGS IN GRAFTON 9AM-12PM

Part-time coaching benefits include: semi-annual bonuses, referral bonuses, competitive pay (\$20/hour) and more!

Email or give us a call:

Greg Perkins
info@inclyousionsports.com
978-646-7905

#### YOUTH: AFTERSCHOOL



#### **Art: Flameworking/Glass Beadmaking**

Is your teen looking for something *different* to do after school these days? How about learning to melt glass with a torch?! In this 4-week workshop we'll cover the basics of glass beadmaking using a gas and oxygen-fueled torch and glass rods.

No experience is necessary, and all materials are included. Open to students ages 12 and older. Parents are required to complete a flameworking waiver before their child can attend.

#### **Art: Intermediate Flameworking/Glass Beadmaking**

This is an intermediate class, or students who are comfortable and competent on the torch

TUESDAY | 3-4:30PM

SESSION I: Tuesdays 3/19-4/9
SESSION II: Tuesdays 4/23-5/14

**ELSIE KAY GLASS STUDIO** 

AGES 12+ | \$250

WEDNESDAY | 3:30-5PM

SESSION I: Wednesdays 3/13-4/3

SESSION II: Wednesdays 4/10-5/8 (no

class 4/17)

**ELSIE KAY GLASS STUDIO** 

AGES 12+ | \$250

#### YOUTH: APRIL VACATION



#### **SOCCER SKILZ with B.E.S.T. Soccer**

The BEST Soccer SKILZ camp focuses on a different topic each day. Players are assigned to a group based on age and ability levels.

MONDAY - FRIDAY | APRIL 15 -19 9AM - 12PM | GHS SOCCER FIELD AGES 5 - 12 | \$200

#### **OUTDOOR ADVENTURE with Fin and Feather Sports**

Join Fin & Feather Sports of Upton for a 2 day Outdoor Adventure. During these 2 days we will be Fishing, hiking, instruction on map & compass, learning about wilderness survival, cooking over a fire, Archery and Fun outdoor games!

TUESDAY - WEDNESDAY | APRIL 16 - 17 9AM - 2PM | GRAFTON LIONS CLUB AGES 6 - 14 | \$163

#### **HORSE LOVERS at Hillside Meadows**

Learn how to ride and care for horses in this Horse Lovers Program. Students will groom and ride their horses each day under the supervision of seasoned riders and a licensed and insured instructor. No experience is necessary. Our horses are gentle teachers with an aptitude for amateur riders. Students must wear long pants and boots with a heel. No sneakers. Helmets will be provided. Parents must sign a liability waiver.

MONDAY - THURSDAY | APRIL 15 - 18 9AM - 12PM | HILLSIDE MEADOWS AGES 6 - 15 | \$355

FOR ALL HORSE PROGRAMS: For participants safety and the safety of others, participants need to be able to follow direction, respond to verbal and non-verbal cues, and maintain a calm demeanor.

#### **FARM BUDDIES with Red Rock Stables**

Participants will spend time on the farm and enjoy various farm animals (including goats, chickens, rabbits, horses and our barn cats), treks, adventures and games in the woods, while learning about different plants, trees and animal habitats. We will also have craft time using items found in nature and play lots of games.

MONDAY - FRIDAY | APRIL 4/15 - 19 9AM - 12:30 PM | \$280 1 - 4PM | \$260 RED ROCK STABLES, UPTON AGES 6 - 12



For More Details and to Register: GraftonRec.com

- Season runs September November
- Grades 4-8 Co-Ed
- ) One weeknight practice
- In-town game on Sunday

## 2024

## REGISTER HERE!

**SPRING WOMEN'S RECREATION** 

SOFTBALL
LEAGUE

SUNDAYS APRIL 28 - JUNE 16

JOIN THE GRAFTON TEAM AND PLAY AGAINST TEAMS FROM NORTHBORO, WESTBORO, HUDSON, AND SOUTHBOROUGH

GAMES ON SUNDAYS AT 6 OR 7:30PM

WWW.GRAFTONREC.COM







#### **ADULT PICK UP GAMES with Recreation Staff**

Come and be a kid again! Join us for some FUN, LAUGHTER, and good ol' fashioned GAMES! No stress - "just for fun" games such as badminton, kickball, yard games, recess games & more. Leave your stress at the door and come play for the night!

FRIDAY | MUNICIPAL CENTER GYM

SESSION 1: APRIL 5

SESSION 2: MAY 17

7 - 8:30PM

AGES 18+ | \$10

#### **WOMEN'S SOFTBALL LEAGUE**

Attention all former and interested women softball players! Join Grafton Recreation as we take part in recreational league play with Southborough Recreation, Northborough Recreation and Hudson Recreation. This league is not super competitive, but if you sign up, you must have some experience playing. Teams will play one game per week at either 6pm or 7:30PM in league towns.

SUNDAYS | APRIL 28 - JUNE 16 (no 5/26) 6 or 7:30PM | ROTATING FIELDS BETWEEN TOWNS AGES 18+ | \$100

#### PICKLEBALL LESSONS

Come and learn about the fastest growing sport in the United States! Take a one-on-one or semi-private lesson with PPR certified instructor Deb Hebert to learn the game of pickleball or take your beginner's game to the next level. Choose from 1 or 3 lessons for 1, 2, or 3 people. Lessons are by appointment and based on mutually convenient times. You will need court shoes, eye protection (even sunglasses), and water. Equipment will be provided. \*\*NOTE- PICKLEBALL LESSONS EXPIRE AT THE END OF THE SEASON (NOVEMBER 30,2024)



MAY 1 - NOVEMBER 30 | FERRY ST. COURTS
AGES 18+

BEGINNER (1 HOUR)

1 PERSON: \$54/1 CLASS, \$162/3 CLASSES
2 PEOPLE:: \$78/1 CLASS, \$225/3 CLASSES

3 PEOPLE:: \$96/1 CLASS, \$270/3 CLASSES

**INTERMEDIATE (1.25 HOURS)** 

1 PERSON:: \$48/1 CLASS

2 PEOPLE:: \$84/1 CLASS

3 PEOPLE:: \$108/1 CLASS

4 PEOPLE: \$144/1 CLASS



#### ZUMBA with Stephanie Bazinet

This is a fun way to condition and exercise your body. It is dance based aerobic class with Latino moves and music, spiced with other great styles – twist, hip hop, country dance, tango, 70's, and belly dance. You will work up a sweat not even knowing that you are exercising. No experience required, anyone can join and have fun with us. You will need to bring water to class.

MONDAYS | MUNICIPAL CENTER GYM

SESSION 1: MARCH 18 - APRIL 29 (no 4/15)

SESSION 2: MAY 6 - JUNE 17 (no 5/27)

6 - 7PM

AGES 18+ | \$67

#### **METAFIT** with Celeste Dufault

Short, intense and rewarding. Metafit is the true HIIT (High Intensity Interval Training) workout and is designed to boost your fitness level, rocket your energy levels & get massive results in the shortest amount of time possible. Metafit is all bodyweight moves and is only 30 minutes long! The "afterburn" from a Metafit workout lasts a minimum 24 hours and up to 48 hours after the workout! That means you are burning fat even in your sleep!!

TUESDAYS | GRAFTON HIGH SCHOOL

SESSION 1: MARCH 12 - APRIL 23 (no 4/16)

SESSION 2: APRIL 30 - JUNE 4

6 - 6:30PM

AGES 18+ | \$67 for 6 / \$40 for 3 / \$15 for 1

#### **YOGA with Dawn Geoffroy**

This Yoga class moves at a moderate pace, linking breath and movement to strengthen your mind-body connection. You'll learn variations for all poses, making the class approachable for all levels. All classes include elements of strength, endurance, stillness and reflection.

WEDNESDAYS | GRAFTON HIGH SCHOOL SESSION 1: MARCH 6 - APRIL 10 SESSION 2: APRIL 24 - JUNE 5 (no 5/8) 6 - 7PM AGES 18+ | \$67

#### **PILATES with Lori Sereti**

Let's build a strong "Powerhouse" together. Our Pilates workout will focus on toning and strengthening the core muscle groups, increase flexibility and control, improve posture and balance, and ease of movement through daily life. It is a great stress reliever. You will need to bring a Pilate's mat and water to class. Let's strengthen our mind, body & core together.

THURSDAYS | GRAFTON HIGH SCHOOL SESSION 1: MARCH 7 - APRIL 11 SESSION 2: APRIL 25 - MAY 30 6 - 7PM AGES 16+ | \$67

#### **TENNIS with USTA**

Led by an approved USTA Net Generation tennis coach, the program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are there, participants will play fun matches with other players in the program. All players in their first session receive and keep a new racquet and program t-shirt!

WEDNESDAYS | APRIL 24 - MAY 29 6 - 7:30PM | GRAFTON HIGH SCHOOL COURTS AGES 18+ | \$85



#### TAE KWON DO PROGRAMS

Join our Lunchtime Adult Taekwondo class designed especially for adults looking to stay active and fit during the day. This invigorating 45-minute session takes place from 12:00 pm to 12:45 pm, making it the perfect choice for those who want to squeeze in a beneficial workout during their lunch break. This class is open to adults of all fitness levels who are looking to stay active, improve their balance, and increase their strength

#### TAE KWON DO

ADULT | MON/WED | 4/1-5/8 12-12:45 PM | \$270

Premier Tae Kwon Do! 82 Worcester St Suite A, North Grafton, MA.

#### FLAMEWORKING, JEWELRY & METALWORK

#### Gemstone Stretch Bracelet Workshop (Adult)

Join us for a morning of creativity, fun and community as you make your own stretch bracelet, perfect for meditation, yoga or everyday wear. In this 90-minute workshop you'll design your piece using lava stones, glass beads and a variety of gemstones. Additional bracelets can be made for \$10 each. Create a whole stack or make some for friends.

Beadmaking I: Introduction to Glass Beadmaking (Flameworking)-Adult Want to learn how to make glass beads but don't want to commit to a weekly class or full-day workshop? This 2-hour introductory workshop is for you! In just a few hours, we'll cover the basics of glass beadmaking using a gas and oxygen-fueled torch and glass rods. You'll learn how to use heat, gravity and tools to shape molten glass and create tiny works of art. No experience is necessary, and all materials are included.

#### GEMSTONE STRETCH BRACELET THURS 3/21 12-1:30PM

WED 4/24 12-1:30PM

ADULT | \$45

**BEADMAKING** TUES 3/5 10AM - 12PM WED 3/13 10AM - 12PM THURS 3/28 12PM-2PM TUES 4/23 - 10AM-12PM

ADULT | \$110

FIX IT WED 3/13 11AM-1PM THURS 3/21 5PM-7PM THURS 4/4 5PM-7PM WED 4/10 11AM-1PM

**ADULT | \$25** 

#### Fix It, Don't Pitch It - Jewelry Repair Café

Have a broken clasp on your favorite necklace? Want to turn that orphan earring into a pendant? Bring your broken necklaces or simple unfinished jewelry projects and get support and guidance from an instructor. We'll supply the tools and basic supplies (silver or gold-plated jump rings, clasps, gemstones and other small beads, etc.) as well as assistance and encouragement. While we can provide basic assistance, if you require help on a more complicated repair or design, contact us to setup a private lesson.

### **SWIM LESSONS**



#### SWIM LESSONS

Our swim program is divided into 5 different skill levels. Classes may also be broken up by age, but the skills emphasized in each level remain the same. Please check the Shrewsbury Club website for an updated description of each level



#### SUMMER | 6/1-7/27

- PARENT/CHILD | SAT | 10-10:30 AM | 6 MOS-3 YRS
- LEVEL 1 | SAT | 10:30-11 AM | AGES 3-17
- LEVEL 2 | SAT | 11-11:30 AM | AGES 3-17
- LEVEL 3 | SAT | 11:30 AM-12:00 PM | AGES 3-17
- LEVEL 4 | SAT | 12-12:30 PM | AGES 3-17
- ADULT | WEDS | 5:30-6:15 PM | AGES 18+

SHREWSBURY CLUB | \$312

#### NEW ENGLAND BOTANIC GARDEN AT TOWER HILL PASS

#### FREE DAY PASS FOR UP TO 3 PEOPLE

Visit New England Botanic Garden at Tower Hill in Boylston all four seasons to view their exquisite gardens, shop in the garden store, hike the trails, take in an event, educational seminar or picnic on the grounds with magnificent views.



To reserve your pass for the day and time you'd like to visit, **REQUEST PASS ONLINE** or email our office.

#### DCR STATE PARKS PASS

#### FREE DAY PASS FOR 1 VEHICLE

Visit over 50 facilities in the Massachusetts State Parks System. Check out the DCR website for information on its park and recreation areas.

This pass entitles the bearer to free parking for one vehicle (excluding buses and passenger vans) but does not guarantee entry. View Parks that Require Passes





#### ZBER YARD GAME RENTAL

#### FREE WEEKDAY OR WEEKEND RENTAL

What is Zber? A great yard game that gets better when the sun goes down. Game glows in the dark so it's perfect for some night time fun! Reserve this family friendly game for a night or the weekend.

Watch How to Play. REQUEST GAME ONLINE



#### PICKLEBALL EQUIPMENT

#### FREE WEEKDAY OR WEEKEND RENTAL

The Rec Department has paddles (4), balls and a portable pickleball net you can borrow, so you can try the game anywhere including the courts at our own Ferry Street Park!

**REQUEST EQUIPMENT ONLINE** 





**GRAFTON RECREATION IS** 

# NOW HIRING!

FOR SUMMER 2024



LIFEGUARDS
PARKING & SNACKBAR ATTENDANTS
BEACH DIRECTOR
BEACH LIFEGUARDS
SUMMER DAYS FULL DAY COUNSELORS

APPLY ONLINE AT GRAFTONREC.COM

#### PRE-SCHOOL: SPORTS



#### MINI SPORTS with F.A.S.T. Athletics

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

MONDAY - FRIDAY | NGES or NELSON PARK

SESSION 1: JULY 8 - 12 SESSION 2: JULY 22 - 26 SESSION 3: AUGUST 12 - 16

9AM - 12PM

AGES 4 - 6 | \$170

#### FIRST KIX with B.E.S.T. Soccer

Let your child's imagination run wild! This program is a friendly and fun introduction to dribbling, stopping, and controlling the ball. Our non-competitive curricula introduces soccer players to simple skills with fun games. Players will also be taught how to interact on a team and how to be a good sport. Players can wear cleats or sneakers. Please bring a water bottle and soccer ball (or you may purchase a BEST soccer ball for \$20).

MONDAY - FRIDAY | NGES

SESSION 1: JULY 15 - 19

SESSION 2: AUGUST 5 - 9

9AM - 9: 45AM AGES 3 - 5 | \$108

#### **BABY BOMBERS**

Intro to baseball for preschool aged children.

SUMMER | FRIDAYS | 6:00-6:30 PM

• SESSION 1- 7/12-8/24 | \$172

**AGES 3-4** 

#### **ALL SPORTS**

Intro to Sports for preschool aged children. Each week they rotate through our sports options (basketball, baseball, tennis, gymnastics, soccer, dance, karate)

SUMMER | SATURDAYS | 11:15 AM-11:45 AM

• SESSION 1-7/13-8/23 | \$172

**AGES 3-4** 

#### BITTY BBALL

Intro to Basketball for preschool aged children.

SUMMER | SATURDAYS | 11:15 AM-11:45 AM

• SESSION 1- 7/13-8/23 | \$151

**AGES 3-5** 

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#### **BABYSITTING CERTIFICATION with Heather Welch**

Safe Sitter® babysitting classes have been preparing young teens to care for younger children for over 40 years. The program follows guidelines from the American Academy of Pediatrics and the American Heart Association. The life skills learned in Safe Sitter® are valuable whether or not your child decides to babysit. Safe Sitter® graduates gain skills in responsibility, planning, and decision making.

Safe Sitter® Babysitting Extension Class (Class 2) will over and certify passing participants in CPR and AED.

TUESDAYS | JULY 9 AND 16
MUNICIPAL CENTER

1PM - 3:30PM

AGES 11+ | CLASS 1 \$66 CLASS 1 & 2 \$144

#### KIDS KITCHEN with Paradise Island Kids

Kids will Cook Bake & Decorate a wide variety of sweet and savory foods in this jam packed week long specialty program! Kids will be working with doughs, cakes, decorations (with a themed cake decorating contest at the end!), veggie sushi, homemade ice cream and more! During breaks, we will focus on creative projects like Mixed Media DIY projects. Get ready to roll up your sleeves, get creative, and learn life-long skills to amaze your family and friends! All ingredients used are nut-free however; some pre-made ingredients may be processed in a facility that also processes nuts. All goodies will be taken home to enjoy.

MONDAY - FRIDAY | JULY 22 - 26 9AM - 12PM | GRAFTON HIGH SCHOOL AGES 6 - 10 | \$330



#### **HOME ALONE SAFETY with Heather Welch**

Safe@Home is ideal for students that have expressed interest in assuming the responsibility of staying home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

THURSDAY | JULY 23

1PM - 3PM

MUNICIPAL CENTER

AGES 9 - 11 | \$55

## JEWELRY, METALS AND MORE! FLAMEWORKING/GLASS BEADMAKING SUMMER CAMP

Sign your child up for our week-long journey into art and we promise you won't hear "I'm bored" even once! There will be a new project each day-from jewelry, metal-stamped backpack charms, collages, photo frames and suncatchers to mobiles, mosaic lanterns, resin trinket holders more!

Is your teen looking for something unique and different to do this summer? How about sending them to the "hottest" camp around? During this exciting hands-on camp, students will learn the fundamentals of flameworking, or glass beadmaking, using a gas and oxygen-fueled torch and glass rods. The kids will make a dozen or more glass beads each day. On the last day, they'll learn how to turn their beads into finished jewelry and will leave with several pendants, bracelets, keychains and more. Students who have attended our glass camps before will have an opportunity to advance their skills through new techniques and supplies. A nut-free snack and drink will be provided.

Kids Camp TUES-FRI – 9AM-12PM Teen Camp TUES-FRI 1-4PM

Cost - \$450

April Break 4/16-4/19 Summer Session I - 6/25-6/28 Summer Session II - 7/9-7/12 (no camp 7/4) Summer Session III - 7/16-7/19

Summer Session IV -7/30-8/2 Summer Session V - 8/6-8/9

#### **YOUTH: ENRICHMENT**



#### **HORSE LOVERS with Hillside Meadows**

Learn how to ride and care for horses in this Horse Lovers Program. Students will groom and ride their horses each day under the supervision of seasoned riders and a licensed and insured instructor. No experience is necessary. Our horses are gentle teachers with an aptitude for amateur riders. Students must wear long pants and boots with a heel. No sneakers. Helmets will be provided. Parents must sign a liability waiver.

FOR ALL HORSE PROGRAMS: For participants safety and the safety of others, participants need to be able to follow direction, respond to verbal and non-verbal cues, and maintain a calm demeanor.

MONDAY - THURSDAY | HILLSIDE MEADOWS

SESSION 1: JULY 8 - 11 SESSION 2: JULY 15 - 18 SESSION 3: JULY 22 - 25

SESSION 4: JULY 29 - AUGUST 1

SESSION 5: AUGUST 5 - 8 SESSION 6: AUGUST 12 - 15

9AM - 12PM

AGES 6 - 15 | \$355

#### **HORSE BUDDIES with Red Rock Stables**

Participants will learn to handle, groom and tack up a horse, have a riding lesson, learn to muck stalls and other daily chores required for keeping horses. Pack a snack & water.

MONDAY - FRIDAY | RED ROCK STABLES, UPTON

SESSION 1: JULY 7 - 12 SESSION 2: JULY 22 - 26 SESSION 3: AUGUST 12 - 16

9:30AM - 12:30PM

AGES 6 - 12 | \$325

#### **FARM BUDDIES with Red Rock Stables**

Participants will spend time on the farm and enjoy various farm animals, treks, adventures and games in the woods, while learning about different plants, trees and animal habitats. We will also have craft time using items found in nature.



A SESSIONS: 9AM - 12:30PM | \$280 B SESSIONS: 1PM - 4PM | B - \$260

AGES 6 - 12

MONDAY - FRIDAY | RED ROCK STABLES, UPTON

SESSION 1B (pm): JUNE 24 - 28
SESSION 2A (am): JULY 8 - 12
SESSION 2B (pm): JULY 8 - 12
SESSION 3A (am):JULY 15 - 19
SESSION 4A (am): JULY 22 - 26
SESSION 4B (pm): JULY 22 - 26
SESSION 5A (am): JULY 29 - AUG 2

SESSION 1A (am):JUNE 24 - 28

SESSION 5B (pm): JULY 29 - AUG 2

SESSION 6A (am): AUG 12 - 16

SESSION 6B (pm): AUG 12 - 16 SESSION 7A (am): AUG 19 - 23

SESSION 7B (pm): AUG 19 - 23

#### **YOUTH: ENRICHMENT**



#### Please Note: Registration closes 2 weeks prior to program start date for these programs!

#### **DINOS VS ROBOTS with Wicked Cool for Kids**

These kid-approved top STEAM experiments are sure to be a hit with any junior scientist. Grow giant glowing cubes, concoct crazy chemical reactions, make glow sticks glow brighter and delight your friends with science magic. Make an array of colorful slime.

MONDAY - FRIDAY | MUNICIPAL CENTER

FULL DAY FOR GRADES 2 - 5 | 9AM - 3PM

SESSION 1: JULY 8 - 12 | \$380

SESSION 2: AUGUST 12 - 16 | \$380

#### **GADGETS & CONTRAPTIONS with Wicked Cool for Kids**

Design, build, and experiment with classic moving gadgets and investigate how they work. Tinker with tops and construct zany ziplines. Create cars that move with magnets. Conquer kinetic energy with wind-ups and rubber band-powered playthings. Build a Rube Goldberg machine and engineer extraordinary buildings.

MONDAY - FRIDAY | JULY 15 - 19 9AM - 3PM | MUNICIPAL CENTER GRADES 2 - 5 | \$380

#### **ROCKET SCIENCE** with Wicked Cool for Kids

All-new Rocket Science is a blast for any junior rocketeer! Rocket Scientists will learn about propulsion by building compressed air rockets, solid fuel rockets and rockets that blast off via chemical reaction! As aerospace engineers, we will travel to infinity and beyond while learning the laws of aerodynamics and flight. For a fantastic finish, we will launch our own customized Estes Rocket on Friday (weather permitting).

MONDAY - FRIDAY | JULY 22 - JULY 26 GRADES 2 - 5 | MUNICIPAL CENTER 9AM - 3PM | \$380

ROCKET

#### **WICKED COOL SCIENCE** with Wicked Cool for Kids

How did you do that? Solve awesome science mysteries by becoming a super science sleuth! Grow giant glowing cubes, discover crazy chemical reactions, make glow sticks glow brighter and delight your friends with magic fish. Make a DNA necklace with real DNA and harness the power of the sun. Use a chemical to create crazy "atomic worms" that glow. Solve the amazing mystery of the color changing liquid and disappearing water using the power of science magic!

MONDAY - FRIDAY | JULY 29 - AUGUST 2 GRADES 2 - 5 | MUNICIPAL CENTER 9AM - 3PM | \$380

#### **WICKED COOL VET with Wicked Cool for Kids**

Do you dream of becoming a veterinarian? Grab your lab coat, animal lovers, as we learn about our favorite furry, flying and fishy friends! Make amazing animal models, build big bones and investigate animal intestines from our favorite vertebrates: birds, mammals, reptiles, amphibians and fish. Dissect an owl pellet to discover a predator's diet. Try your hand at at catching some invertebrates as we study insect exoskeletons and get into tiny worlds to look at animal cells and parasites

MONDAY - FRIDAY | AUGUST 5 - 9 GRADES 2 - 5 | MUNICIPAL CENTER 9AM - 3PM | \$380





#### GENERAL PROGRAM INFORMATION

This program is available to Grafton residents and school-choice students entering grades 1 - 8 in the fall and runs from 9am - 4pm at the Millbury St. School with a 1:10 counselor to child ratio.

Children ages 6-10 will be grouped with similar ages and rotate through a variety of activities including sports, arts and crafts, themed activities, and a weekly trip to Silver Lake on Fridays plus one off-site field trip.

Children ages 11-13 will rotate through activities geared towards older children. Weekly fee also includes a trip to Silver Lake during the week plus two off-site field trips.

#### **DATES AND THEMES**

<u>SESSION 1</u>: JULY 1-3\*\* (Mon. - Wed.)

Holidays

SESSION 2: JULY 8 - 12 | Capes and Crowns

SESSION 3: JULY 15 - 19 | Aloha Summer

SESSION 4: JULY 22 - 26 | Olympics

SESSION 5: JULY 29 - AUGUST 2 | Wet and

Wild!

**SESSION 6: AUGUST 5 - 9** | Anything Goes!

#### **FEES**

Weekly Fee: \$260/child for ages 6-10, \$300/child for ages 11-13 \*\*(\$160/\$200 for Session 1)

\*NEW Pre-care (7:30-9am): \$62/week Post-care\* (4 - 5:30pm): \$62/week

\*Registration for pre and post-care for all ages (FEES FOR FIELD TRIPS INCLUDED IN REGISTRATION! )

#### **Counselor in Training (Ages 14-15)**

CIT's assist our Summer Days counselors with groups of children ages 6-10 and activities throughout the day. They also will work closely with Leadership to earn invaluable skills to be a great counselor. Program is offered in 2 week sessions. There will be a group interview in May (Date TBD) View details HERE.

#### **REGISTRATION OPENS FEBRUARY 5 AT 8AM**

FILL OUT THIS REQUIRED INFO FORM IN ADVANCE TO SPEED UP THE REGISTRATION PROCESS AND CHECK OUT QUICKER ON REGISTRATION DAY!

Just Click Register, Check Out and Fill out the Form.

#### **YOUTH: SPORTS**



#### **GOLF with Highfields Country Club**

Get into golf with certified PGA golf pros from Highfields Golf & Country Club. Children will work with the area's top coaches to become a better all-around golfer and receive plenty of individual instruction tailored to their skill level. Highfields provides students a supportive environment for social and emotional development with a focus on individual development.



TUESDAY - THURSDAY | HIGHFIELDS GOLF COURSE

SESSION 1: JULY 9 - 11 SESSION 2: JULY 16 - 18 SESSION 3: JULY 23 - 25

SESSION 4: JULY 30 - AUGUST 1

SESSION 5: AUGUST 6 - 8 SESSION 6: AUGUST 13 - 15

SESSION 7: AUGUST 20 - 22

9AM - 12PM

AGES 7 - 13 | \$200

#### **SOCCER SKILZ with B.E.S.T. Soccer**

Throughout the week, all players will continue learning the proper way to dribble, pass, control, and finish then they will transfer these skills into game situations. Each camp day, players will extensively cover a new technical skill. Our goal of each topic is to introduce, refine and master the skill. Furthermore, tactical knowledge will be developed. All players will be assessed by their coach continuously throughout the camp week. Players are divided by age and ability.

#### HALF DAY PROGRAM

MONDAY - FRIDAY | RIVERVIEW

SESSION 1: JULY 15 - 19

SESSION 2: AUGUST 5 - 9

9AM - 12PM

AGES 5 - 12 | \$200

#### **FULL DAY PROGRAM**

MONDAY - FRIDAY | RIVERVIEW

**SESSION 1: JULY 15 - 19** 

SESSIO.N 2: AUGUST 5 - 9

9AM - 3PM

AGES 7 - 12 | \$300

#### FLAG FOOTBALL with F.A.S.T. Athletics

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams!

MONDAY - FRIDAY | GRAFTON HIGH SCHOOL

AGES 7 - 12

SESSION 1: JUNE 24 - 27 (MON.-THURS.)

9AM - 12PM | \$137

**SESSION 2: JULY 22 - 26** 

1PM - 4PM | \$170



#### **YOUTH: SPORTS**



#### **TENNIS** with Skyhawks

This class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the player's competitive skills. Using teaching progressions that lead to liveball play is a key element in this program.

#### **MULTI SPORTS with F.A.S.T Athletics**

Get up, get going, get active with a F.A.S.T. Athletics Multi Sports Program. F.A.S.T. Athletics will offer a variety of sports each class such as: Soccer, Mat Ball, Dodgeball, and Kickball to name a few! 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. MONDAY - FRIDAY | GHS TENNIS COURTS | AGES 7 - 12

SESSION 1: JULY 1 - 3\* (MON. - WED..)
SESSION 2: JULY 29 - AUGUST 2

9AM - 12PM | \$175 / \*\$131

MONDAY - FRIDAY | GHS TENNIS COURTS | AGES 4-6

SESSION 1: JULY 1 - 3\* (MON. - WED..)

SESSION 2: JULY 29 - AUGUST 2 12:15-1:15 PM | \$102/\*\$72

MONDAY - FRIDAY | NGES or NELSON PARK

SESSION 1: JULY 8 - 12

SESSION 2: JULY 29 - AUGUST 2

SESSION 3: AUGUST 12 - 16

1 - 4PM

AGES 7 - 12 | \$170



#### S.T.E.M. & PLAY BASKETBALL with Skyhawks

Explore the technology, science and innovation behind today's most popular sports. In this program children will explore topics including shoe design, velocity, acceleration, tracking with technology and more. Once they exercise their minds they will play basketball for the second half of the program.

MONDAY - FRIDAY | JULY 22 - 26 1 - 4PM | GHS BASKETBALL COURT

AGES 7 - 12 | \$195



#### **ARCHERY with Fin & Feather Sports**

Looking for a unique recreation activity? Try out Archery this summer, it's one of the world's oldest sports! Archery is an individual sport that provides the opportunity for anyone to do well. The benefits of archery include exercise, mental focus, self-discipline and social interaction. This program teaches the fundamentals of good form and technique, as well as safety. We will be using recurve bows and target arrows on a 10-15 yard range. No equipment required.

MONDAY | GRAFTON LIONS CLUB

SESSION 1: JULY 8

SESSION 2: JULY 22

SESSION 3: AUGUST 5

2:15 - 3:45PM

AGES 6 - 14 | \$54



#### **REGISTRATION OPENS FEBRUARY 6 AT 8AM**

FILL OUT THE <u>REQUIRED INFO FORM</u> IN ADVANCE TO SPEED UP THE REGISTRATION PROCESS AND CHECK OUT QUICKER ON REGISTRATION DAY!

Just Click Register, Check Out and Fill out the Form.

#### **YOUTH: SPORTS**



#### **OUTDOOR ADVENTURE with Fin & Feather Sports**

Join this program for an exciting Adventure! This summer the activities are: Archery on a 10- 15 yard range, Hiking and using a map & compass on Grafton Land Trust property, Nature class, Fishing, Canoeing on Lake Ripple, Kayaking for over 9 years old, Survival and Camping skills and much more. Bring a morning snack and lunch (peanut-free) each day.

\*Ages 6 - 14 will enjoy the fun of Outdoor Adventure in Session 1A (there is not a separate high adventure week for ages 11-14 this week) MONDAY - THURSDAY | GRAFTON LIONS CLUB

SESSION 1A: JULY 2 - 3\* (TUES/WED)

SESSION 1B: JULY 8 - 11 SESSION 2: JULY 15 - 18 SESSION 3: JULY 22 - 25

SESSION 4: JULY 29 - AUGUST 1

SESSION 5: AUGUST 5 - 8

SESSION 6: AUGUST 12 - 15

9AM - 2PM\*\*

AGES 6 - 10 | \$291 / \*\$140

#### **HIGH ADVENTURE with Fin & Feather Sports**

HIGH ADVENTURE is designed for those turning 11 by July 10 of this year. It is more challenging with additional adventures such as shore fishing and fishing in canoes, trail biking, kayaking up the Quinsigamond river, archery with recurve & compound bows, and more. Bring a morning snack and lunch (peanut-free) each day.

\*\*Extended morning (8-9am) or late day care (2-3pm or 2-4pm) available for both Outdoor and High Adventure Programs. Please email info.finfeather@gmail.com. MONDAY - THURSDAY | GRAFTON LIONS CLUB

SESSION 1: JULY 8 - 11 SESSION 2: JULY 15 - 18 SESSION 3: JULY 22 - 25

SESSION 4: JULY 29 - AUGUST 1

SESSION 5: AUGUST 5 - 8

SESSION 6: AUGUST 12 - 15

9AM - 2PM\*\*

AGES 11 - 14 | \$291

#### **STREET HOCKEY with FAST Athletics**

Come join F.A.S.T. Athletics for some street hockey fun. Fundamentals of hockey will be taught through training stations the first portion of the course. One-timers, passing, shooting and dribbling will be some of the training focus in the beginning. After the instructional period is over, each day will end with a good old fashion street hockey game. At the beginning of class; we will remind the students of safety and good sportsmanship. You may bring your own stick or they can be provided.

MONDAY - THURSDAY | JUNE 24 - 27 1 - 4PM | GMS BASKETBALL COURT AGES 7 - 12 | \$138



Just Click on the title to bring you to its activity page and select the right class!



#### **TEEN ART IN NATURE with Red Rock Stables**

If your teen has a passion for the arts, this will be a week not to miss. Participants will spend each day out in nature with a new subject and a new medium daily. We will use graphite pencils, colored pencils, charcoal, water colors and acrylic. Fees include all supplies needed. Participants will be sitting drawing/painting for 2-3 hours.

**MONDAY - FRIDAY** 

**SESSION 1: JULY 16 - 19** 

SESSION 2: JULY 30 - AUG 2

9:30 AM - 1PM | RED ROCK STABLES, UPTON

AGES 12 - 16 | \$280





#### **ZUMBA**

This is a fun way to condition and exercise your body. It is a dance based aerobic class with Latino moves and music, spiced with other great styles — twist, hip hop, country, tango, 70's, and belly dance. No experience required, anyone can join and have fun with us. You will need to bring water to class.

MONDAYS | JUNE 24 - JULY 29 6 - 7PM | GHS COURTS AGES 18+ | \$57

#### **WOMEN'S SOFTBALL LEAGUE**

Attention all former and interested women softball players! Join Grafton Recreation as we take part in recreational league play with Southborough Recreation, Northborough Recreation and Hudson Recreation. This league is not super competitive, but if you sign up, you must have some experience playing. Teams will play one game per week at either 6pm or 7:30PM in league towns.

SUNDAYS | JULY 7 - AUGUST 18

6 or 7:30PM | ROTATING FIELDS BETWEEN TOWNS

AGES 18+ | \$100



#### 2024 SPECIAL EVENT/PROGRAM REGISTRATION LINKS



**SOMEONE SPECIAL DANCE | APRIL 12** - REGISTER BY APRIL 10

COMMUNITY YARD SALE | MAY 4 - REGISTER BY APRIL 19

**GRAFTON GAZEBO ROAD RACE | MAY 11 - REGISTER BY APRIL 1** TO BE GUARANTEED AN EVENT SHIRT!

SILVER LAKE SEASON PASSES | OPENING JUNE 15 - PURCHASE ONLINE

FISHING CLINIC | JUNE 25 and JULY 30 - REGISTER BY JUNE 25

PADDLING NIGHTS - JULY 9 - REG. BY JULY 2 | JULY 23 - REG. BY JULY 16 | AUG 6 - REG. BY JULY 30 | AUG 13 - REG BY AUG 6

COLLECTIBLES FAIR | SEPT. 7 - VENDORS SHOULD APPLY BY MARCH 1

FLAG FOOTBALL LEAGUE | STARTS SEPT. 8 - REGISTER BY AUGUST 1

#### GRAFTON RECREATION PRESENTS

## The Constant Someone Special Dance April 12, 2024 | Municipal Center Gym | 7-8:30pm

Join us for the 5th annual Someone Special Dance. Kids in grades 2-5 can bring a parent, grandparent, guardian, aunt, uncle or any adult that is special to them!

Dress attire is encouraged but not required!



Enjoy a Special Night with your Someone Special while dancing under the lights, taking photos in the photo booth, and snacking on light refreshments (\$)!

FEE: \$10 Per Family | Register at GRAFTONREC.COM

BROUGHT TO YOU BY GRAFTON RECREATION | GRAFTONREC.COM | | GRAFTONRECDEPT



## UNITY YARD S

**MAY 4, 2024** 8:30 AM - 2 PM



REGISTER BY **APRIL 22** 

**RAIN OR SHINE** 

BROUGHT TO YOU BY GRAFTON RECREATION | GRAFTONREC.COM |

# GRAFTON GAZEBO ROAD RACE presented by UNIBANK

## **SATURDAY, MAY 11, 2024**

Starting and ending at the Municipal Center, this 5k chip-timed and USATF certified run follows scenic roads with an uphill ascent through Grafton Common.

PRIZES FOR TOP 3
OVERALL MALE &
FEMALE



AWARDS FOR TOP 3 IN 10 AGE GROUPS MALE & FEMALE

#### **REGISTER AT TINYURL.COM/GRAFTON5K2023**

18 and older: \$30.00 (until April 23), \$40.00 (until May 9)

17 and under: \$20.00 (until April 23), \$30.00 (until May 9)

#### **EVENT SPONSOR**





**SUPPORTING SPONSORS** 



**STUDIO 79** 





Bring your Pet, Lawn Chair and a Blanket for a Movie Under the Stars on Grafton Common!

Local pet businesses and activities start at 7pm. Movie begins at dusk.

#### **SUPPORTING SPONSOR**







#### 10AM-NOON | MILLBURY ST. SCHOOL 10-11AM IS SENSORY FRIENDLY!

BROUGHT TO YOU BY GRAFTON RECREATION | GRAFTONREC.COM | /GRAFTONRECDEPT



TAKE YOUR 4-LEGGED FRIEND FOR A SWIM!



## PADDLING NIGHTS

JOIN US AS FIN & FEATHER FROM UPTON LEADS THE GROUP ON AN EVENING PADDLE AROUND SILVER LAKE.
INDIVIDUALS & FAMILIES WELCOME.

## JULY 9 | JULY 23 | AUGUST 6 | AUGUST 13 6:30-8PM

REGISTRATION FEE and BOAT RENTAL: \$32/KAYAK, \$37/TANDEM KAYAK, \$42/CANOE \*RENTALS WILL BE DELIVERED ONSITE NIGHT OF. INCLUDES LIFEVEST AND PADDLES.

VISIT GRAFTONREC.COM
FOR DETAILS ON AGE AND OTHER PERTINENT INFORMATION

# CONCERTS ON THE COMMON

SUMMER 2024 6:30-8:30 PM FREE!

**10**LY **18** 

PETTY LARCENY

Tom Petty Tribute

AUG

DOCK 10

1

80's Favorites

**15** 

CLAFLIN HILL SYMPHONY

This program is supported in part by a grant from the Grafton Cultural Council, a local agency which is supported by the MA Cultural Council, a state agency.

JULY **11**  HIT THE BUS

New England's Party, Rock & Rock

Band

**JULY 25** 

**BIG CHIEF** 

R&B, Jump Swing, Boogie Woogie

AUG 8 HOLDIN' BACK THE 60's

Pop, Oldies, Feel Good Music

**22** 

NORTHERN FRIED REVIVAL

Jam, Rock, Roots, R&B Classics

## **THANKS TO OUR SPONSORS!**









Grafton Recreation welcomes the participation of individuals of all ages and abilities in our events and programs. Persons who may need reasonable accommodations should contact the department to discuss their accessibility needs via email at recreation@grafton-ma.gov or phone at 508-839-8507.

www.graftonrec.com





SEPTEMBER 7, 2024 | 10 AM - 3 PM

NOW SEEKING VENDOR APPLICATIONS!

**APPLICATIONS DUE BY APRIL 1** 

GRAFTONREC.COM



245 Upton St., Grafton | Operated by the Grafton Recreation Dept.

A SANDY LIFEGUARDED WATERFRONT WITH CONCESSIONS, OUTDOOR SHOWERS, RESTROOMS, PAVILION, CHARCOAL GRILLS & KAYAK RENTALS

#### JUNE 15 - AUGUST 11, 2024 | 11AM - 6 PM

SEASON PASSES	Grafton Resident	Non- Resident
Family	\$45	\$75
Individual	\$20	\$40
Senior (65+)	\$10	\$20

DAY PASSES	Grafton Resident	Non- Resident
Car	\$12	N/A
Per Person	\$5	N/A
Senior (65+)	\$3	N/A

Season Passes must be purchased online and can be picked up at the Recreation Office or at Silver Lake (during dates of operation). Day Passes are only available at the beach. Proof of residency/age required.

Beach dates/hours of operation may change due to weather, events/programming or water quality.

ASK US ABOUT OUR PAVILION RENTALS AND BIRTHDAY PARTY PACKAGES!

FOR MORE INFORMATION VISIT GRAFTONREC.COM

## SILVER LAKE HAPPENINGS



Package includes use of pavilion for hours plus swimming, pizza, drink, ice cream and paper goods for each child.

Fees:

\$30 Pavillion Fee plus \$8 per child for members \$11 per child for non-members (R) \$13 per child for non-members (NR)





## **SLB STICKERS \$2**

#### **GET YOUR SLB MERCH!**

Adult and Youth Shirts

Available in Multiple Colors

\$10



