MILLIS RECREATION
Winter Programs 2020
ONLINE REGISTRATION AVAILABLE DEC. 4TH
Preschool Programs

MOMMY AND ME GYMNASTICS—Shen’s Gymnastics Academy
Fun, instructor-led gymnastics class for toddlers aged 18 months – 3 years and their mom or dad. This 45-minute class brings the parents onto the floor amidst the excitement. A small student/teacher ratio is kept for personal attention. We have small preschool-sized equipment for children this age including: rings, bars, ladders and slide. Kids 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 Academy, 16 Everett St, Holliston MA
Ages: 18 mths-3 yrs
Session I
Mondays, 1/6-2/3 9:30 am 5 weeks
Thursdays, 1/2-2/6 9:30 am 6 weeks
Saturdays, 1/4-2/8 9:00 am 6 weeks
Session II
Mondays, 2/10-3/30 9:30 am 8 weeks
Thursdays, 2/13-3/26 9:30 am 7 weeks
Saturdays, 2/15-3/28 9:00 am 7 weeks
Fee: $105-5 week session; $126-6 week session; $147-7 week session; $168-8 week session

SUPERKIDS GYMNASTICS—Shen’s Gymnastics Academy
A 60-minute, energetic, fun, gymnastics class for preschool and kindergarten-aged kids. Children, ages 3-6 participate in this class while their parents watch 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 Academy, 16 Everett St, Holliston
Ages: 3-5
Session I
Mondays, 1/6-2/3 10:30 am, or 4:30 pm 5 weeks
Tuesdays, 1/7-2/4 4:00 pm 5 weeks
Thursdays, 1/2-2/6 10:30 am 6 weeks
Saturdays, 1/4-2/8 9:00 am or 10:00 am 6 weeks
Session II
Mondays, 2/10-3/30 10:30 am, or 4:30 pm 8 weeks
Tuesdays, 2/11-3/31 4:00 pm 8 weeks
Thursdays, 2/13-3/26 10:30 am 7 weeks
Saturdays, 2/15-3/28 9:00 am, or 10:00 am 7 weeks
Fee: $120-5 week session; $143-6 week session; $167-7 week session; $191-8 week session

BALLET & TAP – Inspire Dance Academy
In this fun and exciting class, dancers will skip, gallop, leap, stretch, crawl, wiggle and giggle. The dancers will learn basic tap dance, which is a wonderful activity to nurture a sense of rhythm and timing. We introduce and teach basic ballet positions and movements. A portion of this preschool class also allows the dancers to be able to freely experience their own moving body and find joy in dancing. The dancers will need a leotard, tights and ballet shoes - tap shoes are available to borrow for the six week program.
Inspire Dance Academy, 18 Water St., Holliston Ages: 4-5
Wednesdays, 1/8-2/12 6 sessions
3:30-4:20 pm Fee: $79

PRESCHOOL INTRO TO SOCCER–F.A.S.T. Athletics
Our soccer program will teach the fundamental skills of dribbling, trapping, passing and shooting. The students will work on these fundamentals through a variety of unique, nontraditional games. Parents are also encouraged to participate if their child needs the extra support.
Veterans Memorial Building, Gym Ages: 3-6
Mondays, 1/27-3/9 (no class 2/17 or 3/2) 5 weeks
Time: 1:00-1:45 pm Fee: $70

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.
Veterans Memorial Building, Gym Ages: 3-6
Mondays, 3/16-4/13 5 weeks
1:00-1:45 pm Fee: $70
Youth Programs

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
Monday, 2/24  1 session
3:00-5:30 pm  Fee: $55

KIDS YOGA—Michelle Cusick
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, 1/16-2/6  4 weeks
Session 2: Thursdays, 3/5-3/26  4:15-5:15 pm  Fee: $40/session

FINANCIAL EDUCATION SERIES - Renaissance Wealth Advisors
Debt, Diet and Financial Fitness for Kids
In today's society, the pace of money transactions happens almost instantaneously. With technology such as PayPal, Venmo, Zelle and many others, it's no wonder children of all ages have a tough time understanding the process of money. As children mature into adolescents or consumers, it is imperative to provide a better understanding of money so they will be financial stewards throughout their entire lives. This 5 week series is intended to be fun for kids and cover basic concepts such as financial goals, income, expenses, budget, savings, and investment basics.
Veterans Memorial Building, Room 206  Ages: 12-18
Tuesdays; 1/28-3/3 (no class 2/18)  5 weeks
3:00-4:00pm  Fee: $50

CO-ED INTRO TO VOLLEYBALL--Liz Gatz
Learn to bump, set, serve and spike in this introduction to volleyball course. Children will learn the basics and play in a non-competitive environment.
Veterans Memorial Building, Gym  Grades: 5-6
Wednesdays, 2/26-4/1  6 weeks
5:30-6:30 pm  Fee: $45

ARCHERY—On The Mark Archery
Ready to try something new, exciting and engaging? Learn the sport of recurve archery and find your inner strength and focus while developing muscle memory and confidence with each arrow shot. This course will take you on a journey through the fundamentals needed to succeed in the sport with fun skill building drills and games mixed into each lesson.
Christ the King Lutheran Church, 600 Central Street, Holliston  Ages: 10+
Session I
Tuesdays, 1/14-2/4 (Snow day 2/25)  4 sessions
6:30-7:30
Session II
Tuesdays, 3/3-3/24  4 sessions
6:30-7:30  Fee: $130/session

CO-ED VOLLEYBALL SKILLS & DRILLS--Liz Gatz
Learn and refine your passing, setting, & hitting skills in this technical course. Players will review the basics of ball control, participate in skill specific drills and game play. All skill levels welcome.
Veterans Memorial Building, Gym  Grades: 7-8
Wednesdays, 2/26-4/1  6 weeks
6:30-7:30 pm  Fee: $45

SEWING FOR KIDS--Jenny Ryerson
These lessons will range from beginner basics such as how to wind a bobbin, thread the machine, and sew basic stitches as well as some simple hand sewing, through to intermediate projects such as zipper bags, simple garments or carry bags. Materials are provided for your class projects, however, if you have fabric that you wish to use feel free to bring it along. You will need to provide your own sewing machine for this class; however, I do have a couple of spare machines, so if you don’t have your own, please just leave a note when you register and I will organize for you to borrow one during class. Maximum 6.
Veterans Memorial Building, Room 104  Ages: 9 & up
Tuesdays, 1/8-2/12  6 weeks
3:30-5:00 pm  Fee: $90

CO-ED INTRO TO VOLLEYBALL--Liz Gatz
Learn to bump, set, serve and spike in this introduction to volleyball course. Children will learn the basics and play in a non-competitive environment.
Veterans Memorial Building, Gym  Grades: 5-6
Wednesdays, 2/26-4/1  6 weeks
5:30-6:30 pm  Fee: $45

CO-ED VOLLEYBALL SKILLS & DRILLS--Liz Gatz
Learn and refine your passing, setting, & hitting skills in this technical course. Players will review the basics of ball control, participate in skill specific drills and game play. All skill levels welcome.
Veterans Memorial Building, Gym  Grades: 7-8
Wednesdays, 2/26-4/1  6 weeks
6:30-7:30 pm  Fee: $45

EXPLORATION IMAGINATION—Angela’s School of Performing Arts NEW
Your child will be thrilled with all the educational fun things we do. In class your child will learn a little bit of ALL the fine arts. Theater games will help with self-esteem as well as vocal and dance training. Keyboard, xylophone and more will be played as we learn about music notes and timing. Pantomime and acting skill exercises are sure to get your child excited. Props will be made to use in one of our songs. It’s fun! It’s exciting! It’s inspirational! Come explore the arts and open your child’s imagination.
280 Ridge Street, Millis  Ages 5-9
Tuesdays, 1/14-1/28  3 sessions
4:30-5:30 pm  Fee: $65
BEGINNER CLASS—Angela’s School of Performing Arts
This class is for 5-8 year old children who are interested to learn how to sing and play guitar. Each student will receive a new ½ size quality guitar and case (just the right size) to use for three one-hour group lessons. A great way to begin learning note reading, chords, funny vocal exercises and songs to sing. Theater games add a lot of fun and help develop self-esteem, as well as promote the idea that school and education can be fun and creative. At the end of our short session, each student will be able to play and sing a song on the guitar and also a song with notes. Come join the joy of music!

280 Ridge Street, Millis  Ages: 5-8
Thursdays, 1/16-1/30  3 sessions
4:30-5:30 pm  Fee: $85

KARATE - Beginner & Advanced--Master Julie Guido & Master Christine Howard
Learn the art of Kempo Karate. This six-week program offers beginner and advanced levels. The beginner level teaches age-appropriate self-defense techniques; the advanced level is for students who have previously taken Karate and focuses on more difficult age-appropriate self-defense techniques. Both levels teach important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

Medway Burke School Gym, 16 Cassidy Lane, Medway
Ages: 5-13
Fridays, 1/31 – 3/20  6 weeks
4:00-4:50 pm  Fee: $60

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 willpower, 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 St.  Ages 13+
Tuesdays—4:30 – 5:15 pm OR Fridays—6:00-6:45 pm
4 sessions  Fee: $120 per session

KUNG FU KIDS PARKOUR - 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 St.  Ages 5-13
Tuesday 5:30 pm – 6:15 pm OR
Wednesdays, 4:30 pm – 5:15 pm OR
Thursdays, 5:30 pm – 6:15 pm OR
Fridays, 4:00 pm – 4:45 pm OR
Saturdays, 9:30 am – 10:15 am
4 week sessions  Fee: $120 per 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!

Wu Xing Kung Fu, 903 Main St.  Ages 13 & up
Come to as many of these classes as you like!
Tuesdays, 6:30 pm – 7:30 pm
Wednesdays, 7:30 pm -8:30 pm
Fridays, 5:00 pm – 6:00 pm
Saturdays, 12:30 pm – 1:30 pm
4 week sessions  Fee: $125 per session

NOVICE GYMNASTICS CLASS-Shen’s Gymnastics Academy
Our 60-minute novice gymnastics classes for girls and boys six and up. Children will learn basic gymnastics events such as floor, vault, bars, etc. Students will learn and grow as a gymnast, working on strength, flexibility, and balance. Classes follow the USA Gymnastics levels to ensure continued progression for each student.

Shen’s Gymnastics Academy, 16 Everett St., Holliston, MA
Ages: 6 & up
Session I
Mondays, 1/6-2/3  4:00 pm or 5:00 pm  5 weeks
Tuesdays, 1/7-2/4  6:00 pm  5 weeks
Thursdays, 1/12-2/6  4:00 pm  6 weeks
Fridays, 1/13-2/7  4:00 pm  6 weeks
Session II
Mondays, 2/10-3/30  4:00 pm or 5:00 pm  8 weeks
Tuesdays, 2/11-3/31  6:00 pm  8 weeks
Thursdays, 2/13-3/26  4:00 pm  7 weeks
Fridays, 2/14-3/27  4:00 pm  7 weeks
Fee: $120-5 week session; $143-6 week session; $167-7 week session; $191-8 week session
TUMBLING/BACK HANDSPRING--Shen’s Gymnastics Academy
This class focuses on tumbling skills, specifically skills to learn the back handspring. We will cover round-off, handstand snap-down, front and back walkover, back handspring drills and techniques of the back handspring. This class may be tailored to your needs, if you are at a more advanced level, the coach will be able to accommodate.
Shen’s Gymnastics Academy, 16 Everett St, Holliston
Ages: 9 & up
Session I
Saturdays, 1/4-2/8 11:00 am or 12:00 pm 6 weeks
Session II
Saturdays, 2/15-3/28 11:00 am or 12:00 pm 7 weeks
Fee: $141-6 week session; $164-7 week session

AMERICAN NINJA WARRIOR CLASSES--Shen’s Gymnastics Academy
Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids will gain agility, balance, coordination and strength as they tumble and maneuver through the courses. This one-hour class is perfect for highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment.
Shen’s Gymnastics Academy, 16 Everett St, Holliston
Ages: 5-12
Session I
Saturdays, 1/4-2/8 1:30 pm 6 weeks
Session II
Saturdays, 2/15-3/28 1:30 pm 7 weeks
Fee: $150-6 week session; $175-7 week session

FROZEN SCIENCE—Wicked Cool for Kids NEW
Love all things Frozen? Go on a Frozen Science expedition! We’ll make “frozen” slime, style six-pointed snowflakes, and make our own magical indoor snow. Grow cold crystals and make a spectacular density-based snow globe. Create a spectacular frozen forest, make magical potions, and warm up by making your own homemade hand warmers!
Veterans Memorial Building, Room 130 Grades: 1-5
Wednesdays, 1/22-3/18 (no class 2/19) 8 weeks 3:00-4:00 pm Fee: $165

SCIENCE MYSTERIES—Wicked Cool for Kids NEW
How did you do that? Solve awesome science mysteries by becoming a super science sleuth! Identify mystery powders and unknown concoctions using chemical tests. Use a chemical to create crazy “atomic worms” that glow. Did deep to decode geological clues to see how the Earth has changed over time. Solve the amazing mystery of the color changing liquid and disappearing water using the power of science!
Veterans Memorial Building, Room 130 Grades: 1-5
Wednesdays, 1/22-3/18 (no class 2/19) 8 weeks 4:15-5:15 pm Fee: $165

VALENTINE CUPCAKES – Parent & Child – John Scott Smith NEW
Eating cupcakes is easily an all-time favorite activity, but learning to decorate them from scratch is even more fun! Children and parents will learn how to make cream cheese icing, then decorate their red velvet cupcakes with this delicious frosting. Red rosettes will be piped on to complete each masterpiece for the perfect holiday treat for your dessert table. Each family will leave with its own pastry box full of six cupcakes, icing, disposable piping bags and steel decorator tips. These adorable holiday cupcakes are sure to impress your family and guests.
Burke-Memorial School, 16 Cassidy Lane, Medway
Ages: 8+ with Adult
Thursday; 2/13 One Session
6:30-8:00 pm Fee: $60
DECEMBER VACATION WEEK GYMNASTICS PROGRAM—Shen’s Gymnastics Academy

Join us at Shen’s Gymnastics for our December Vacation Week Gymnastics Program to get plenty of physical exercise. No gymnastics experience necessary! Join us for fun-filled days of gymnastics and other activities including trampoline, zip-line, tumbling into our giant foam pit, obstacle courses, jumping and sliding in our bouncy house, 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. Young children need to be potty-trained.

*Shen’s Gymnastics Academy, 16 Everett St., Holliston*

Ages: 3.5-12

Vacation week: Monday, 12/23, Thursday 12/26, Friday, 12/27

one , two or 3 days!

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FEBRUARY SPORTS MANIA VACATION CLINIC—F.A.S.T. Athletics

Join us for this fun filled 4 day course of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, dodgeball, and kick ball, but the fun continues with hand ball and pillo polo. The day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured after lunch time! Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day and be sure to register early!

*Veterans Memorial Building*

Ages: 6-12

Vacation week: 2/17-2/21

one day, several days or the whole week!

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CRAFTING KIDS – Amy Sullivan

Kids prepare yourselves to get crafty and creative! Join us as we create some fun projects using a variety of materials to design your works of art. You’ll also get to learn a little bit of history behind what you are making. Each kid will bring home 3 projects, including a hand crafted soap! So if you love diving into a fun art project, then roll up your sleeves and let’s get crafting! Please have your child pack a peanut & tree nut free lunch. Please let the Recreation Department know if your child needs to be walked from school over to the Veterans Memorial Building.

*Veterans Memorial Building, Room 130*

Grades: K-5

March 4th

11:45 am-1:30 pm

Fee: $40
Adult Programs

ADULT VOLLEYBALL LEAGUE--Millis Recreation Dept.
Join us in this fun, non-competitive volleyball program. Players will be assigned to a team each week for a semester of enjoyable, recreational volleyball. Passing and team play are emphasized to ensure that everyone has fun, regardless of skill level.
Veterans Memorial Building Gym
Adults
Tuesdays, 2/18 – 4/7 (no class 3/3)  7 weeks
6:30-8:00pm    Fee: $35

INTRO TO PICKLEBALL—John Pelaez, Certified Pickleball Instructor
Learn to play the fast growing sport with the funny name. Have you ever played ping-pong, tennis, racquetball, badminton? Whether you played a few years ago, yesterday or never, pickleball is the sport for you. You will be taught to play in a non-judgmental class. Lessons will cover the basic rules of play, strokes, strategies and court etiquette. Equipment supplied by the Rec Dept.. This is good opportunity to get some exercise and meet new friends. Wear court shoes or sneakers and comfortable loose clothing, suitable for exercising. Bring water...smiles...and enthusiasm.
Veterans Memorial Building, Gym  Adults and Seniors
Thursdays; 1/9 – 2/13  6 weeks
9:00 am—10:30 am  Fee: $25

INTERMEDIATE PICKLEBALL—Millis Recreation Department
Pickleball – the fastest-growing sport in America – has finally come to Millis! This fun game, invented 50 years ago, is a combination of tennis, badminton and ping-pong and is played with a whiffle ball on a short court. It can be played by just about anyone and is a great way to exercise, be social and have a blast. Join us and find out why the pickleball craze is sweeping the nation! Racquets are available for use or bring your own. This class is geared towards seasoned players.
Veterans Memorial Building, Gym  Adults and Seniors
Session I
Thursdays; 1/9 – 2/13  6 weeks
10:30am – 12:00pm OR
1:00 pm–2:30 pm

Session II
Thursdays, 2/20-3/26  6 weeks
10:30am – 12:00pm OR
1:00 pm–2:30 pm OR
6:30 pm-8:00 pm  Fee: $25/session

CARDIO BOXING--Dale Fingar
Are you looking for a way to blast away stress and calories? Learn to jab, cross and uppercut while you get an awesome total body workout. This energetic shadow boxing class will have you punching, kicking and shouting the stress and calories away! No experience necessary. Just bring your energy, water, a towel and wear comfortable athletic attire. This program is appropriate for all fitness levels.
Medway High School Aerobics Room, 88 Summer St., Medway (enter gym doors)
Thursdays; 1/9-3/5  8 weeks
7:00-8:00 pm  Fee: $75

Register Online
www.millis.org
Under Recreation Dept.
SEWING LESSONS FOR BEGINNERS—Jenny Ryerson
For beginner to intermediate sewers—this class will be tailored to your requirements. Lessons will range from beginner basics such as how to wind a bobbin, thread the machine, and sew basic stitches through to intermediate projects such as zipper bags. More advanced sewers are encouraged to bring along a project to work on with help from the teacher. You will need to provide your own sewing machine for this class; however, I do have a couple of spare machines, so if you don’t have your own, please just leave a note when you register and I will organize for you to borrow one during class. Materials are provided for your class projects. During our initial lessons, we will look at where and what you will need to purchase for your main project along with where to get the materials you need. Maximum 6.

Veterans Memorial Building, Room 104
Session I
Tuesdays, 1/7-2/11
7:00-8:30 pm
Fee: $90
6 weeks

LEARN TO KNIT—Beginner - Ida Matuskova
Have you always wanted to learn to knit? The popularity of knitting continues to rise, and participants in this program will learn basic stitches, how to increase and decrease, how to cast on and off, plus much more! In a few short weeks, you will have the ability to create a personalized piece of art, as well as reap the benefits of reduced stress and anxiety, improved muscle function, and a sense of pride in your work. New and returning knitters welcome. Register quickly as the class size is limited.

Medway Memorial School Library, 16 Cassidy Lane
Mondays; 1/27-3/9 (no class 2/17)
7:00-8:30 pm
Fee: $95
6 weeks

COUNTRY LINE DANCING—Katie O’Connell McCarron
Come get your Country on! Put your boots on and come learn dances to America’s most popular music. We will start with beginner dances and progress each week. Learn dances to songs by Kenny Chesney, Zac Brown Band, Keith Urban, Eric Church and many more! Get some exercise with a smile on your face! These classes are for men, women, and teens.

Encompass Fitness, 27 Milliston Road
Wednesdays, 1/15-2/5
7:00-8:00 pm
Fee: $45
4 weeks

Session II
Tuesdays, 2/25-3/31
7:00-8:30 pm
Fee: $90
6 weeks
LADIES SNOWSHOE TREK--Nanci Cahalane, Certified Personal Trainer/MIAA Coach
Join this invigorating winter 6 week class for the physically fit hiker! Embrace this part of the year-Hiking trails are serene during the winter months. Fresh fallen snow only adds to the magic! Plus, you can burn up to 1000 calories an hour on hilly terrain! Join other women and hike or snowshoe, (your choice), in some wonderful local park areas. Every week we will meet at a new location (a list will be given out). First meeting location is F. Gilbert Hills, 45 Mill Street, Foxborough, MA 02035.

SESSION I
Thursdays-1/9-2/13  6 weeks
Saturdays-1/4-2/8
SESSION II
Thursdays-2/27-4/2  6 weeks
Saturdays-2/29-4/4
Time:  9:45am-11:00am  Fee: $25/ session
Note: canceled only for very inclement weather; make-ups after 2nd cancellation. Also if conditions are icy “ice cleats” on shoes are strongly recommended. They are available to purchase at several locations including Bass Pro Shop, L.L. Bean, and Walmart.

ZUMBA® - Christine French
Start-off your Saturday morning with an energizing and fun class that will leave you feeling full of energy for the entire day! This cardio program provides routines that feature interval training sessions with fast and slow rhythms and resistance training. You will tone and sculpt every major muscle group while burning fat. Classes mix upbeat music from many different genres and styles. The routines are designed for all levels and ages, and for both dancers and non-dancers alike. You will love the fun class atmosphere that you will not want to end! Please note new start time.
Medway High School Aerobics Room, 88 Summer St., Medway (enter gym doors)
Saturdays: 1/4-2/29 (no class 2/22)  8 weeks
9:00-10:00 am  Fee: $70

EVENING BOOT CAMP – Jon Marchall
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 and a water bottle to class.
Burke-Memorial School, 16 Cassidy Lane,
Tuesdays; 1/7-3/3 (no class 2/18)  8 weeks
7:00-8:00 pm  Fee: $80

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 St.   Teens & Adults
Come to as many of these classes as you like!
Tuesdays, 6:30 pm – 7:30 pm
Wednesdays, 7:30 pm -8:30 pm
Fridays, 5:00 pm – 6:00 pm
Saturdays, 12:30 pm – 1:30 pm
4 week sessions  Fee: $125 per 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 willpower, 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 St. Young Adult/Adult
4:30 pm-5:15 pm Tuesdays, 6:00 pm-6:45 pm on Fridays - $120 for four classes
4 classes per session Fee: $120 per session

FINANCIAL EDUCATIONAL SERIES—Renaissance Wealth Advisors
Financial literacy is becoming an increasingly important area in today’s world of personal fi-nance. With ever-increasing financial demands of work, family and long term goals, it is im-perative to have a solid understanding of the financial basics. Benefits of working with a Fi-nancial Advisor Seminar starts with an overview of the value you can get from great financial advice delivered by financial advisors and other financial professionals. Establishing Your Fi-nancial Foundation will cover an introdution of budgeting; cash flow, taxes and employer ben-efits. Building Your Financial House will cover the financial planning process, the importance of setting financial goals and understanding different strategies to accomplish those goals. Please attend one or more of the financial educational seminars.

Veterans Memorial Building, Room 130 Adults
Tuesday, 1/14  7:00-8:00 pm
Benefits of working with a Financial Advisor 7:00-8:00 pm
Establishing Your Financial Foundation Tuesday, 2/11  7:00-8:00 pm
Building Your Financial House 7:00-8:00 pm
Fee: $10 per class or $25 for all three!
STAGE YOUR HOME TO SELL IN A SELLERS MARKET-
-Joleen Rose
In the world of real estate Joleen Rose, CBR, LMC, SRES 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 Adult
Wednesday, 2/26 1 session 6:00 pm – 7:00 pm Fee: $10

PEDIATRIC FIRST AID AND CPR--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 and environmental emergencies. You will also learn adult and 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
Monday, 2/24 1 session 6:00-8:30 pm Fee: $80

CONVERSATIONAL TALKS-Kathleen Conroy Pueschel, B.A. English, TEFL, M. Ed. Speech Pathology, M.A. Fine Arts NEW For all speakers: English as a second language. The goal of this discussion group is to increase the ease of speaking both every day and more formal English in a relaxed atmosphere. Anyone currently speaking at any level can benefit from structured exercises and teacher lead demonstrations of patterns common in English plus guiding individuals to learn to focus on easily corrected “errors” that have become habits. 1. Personal auditory feedback techniques and visual aids. 2. Short topics and themes: Business trip, restaurant ordering, gardening, sports and other hobbies, interviewing for a job, going on vacation, “my family”. This is an open course for adults. Suggestions welcome to make this program a success! This is a very flexible, open-spirited “course” and the teacher is open for teens/adults to suggest their preferred class times or preferred day, including a Saturday. Therefore, the day and time would depend upon who enrolls. The class is now two hours each, for a total of four hours for two meetings. Structured but casual conversation.
Veterans Memorial Building, Room 206 Adults & Teens 2 sessions
Contact Recreation to arrange session 376-7050 Fee: $95

The following 3 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 January 12, 2020

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.
The Yoga Studio Ages: Adults & Teens
Tuesdays, 6:00-7:15 pm OR Wednesdays, 6:00-7:15 pm OR Thursdays 9:30-10:45 am OR Saturdays, 11:45 am-1:00 pm

HATHA YOGA FOR ALL--Denise D’Amico or Ginny Dorn
Hatha Yoga for all levels. Attention to detail, focused breathing and correct posture allows the external body to relax, awakening your internal awareness. Build flexibility, strength and endurance in the body and promote a calm focused mind. All levels of experience are welcome.
The Yoga Studio Ages: Adults & Teens
Mondays, 7:00 pm-8:15 pm OR 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.
The Yoga Studio Ages: Adults & Teens
Tuesdays, 9:30-10:45 am
WINTER SKETCHING IN MILLIS!-Kathleen Conroy Pueschel
Too “brrr” outside? Join our sketching and painting group to observe and draw Millis landscape in winter. Instructor introduces first subject with initial discussion about approaches to drawing. We can utilize direct observation, photos, your memory and works done by artists from instructor collection. What is your favorite Millis view? Our farms, forests, your house and garden? Instructor has taught landscape successfully. Three sessions develop practice with pencil, pen, watercolor washes, acrylic. Past classes met and organized locations. Some flexibility with schedule. Locations indoors locally will be announced, or we will call you when you sign up! Also, complete materials list posted for you; instructor shares materials, handouts. This is a creative, relaxed, “open discussion/ ideas” class. In order to make it a success, we need you just to come with any stage of your art.

Veterans Memorial Building
Winter
15 to Adults
3 classes
Fee: $50

Contact Recreation to arrange session

WINTER BIRCH TREE PAINTING – Judith Smith

Bring your friends and join us for an evening of creativity at this exciting painting workshop. Learn the technique of masking with watercolors as you create your own beautiful winter birch painting! All participants are instructed from start to finish in the creation of a 16” x 20” paint-ing. Best of all, you leave at the end of the class with a custom piece of art to decorate your home. All supplies are included.

Burke-Memorial School, 16 Cassidy Lane, Medway- Teachers Room
Tuesday; 2/4
7:00-9:00 pm
One Session
Fee: $35

WOOD WORKSHOP – Lazy Susans & Trays – Amy Parrinello

Are you looking to add a fun and functional piece to your home? Join us as we use chalk paint and transfers to create a unique and fashionable 18-inch Lazy Susan or wooden tray with han-dles to use in your home. This is a great project to showcase your creative side. No experience is necessary and all supplies are included.

Burke-Memorial School, 16 Cassidy Lane, Medway- Teachers Room
Tuesday; 2/11
7:00-8:30 pm
One Session
Fee: $45

WOOD WORKSHOP – Wall Organizer – Amy Parrinello

Are you always looking for your keys in the morning? What about your dog’s leash? Join us as we use chalk paint, transfers and hooks to design a plaque to hang by your back door. The fin-ished project will be a wooden plaque complete with four hooks for keys, dog leash, purse or anything else you need to find quickly as you head out the door. No experience is necessary and all supplies are included.

Burke-Memorial School, 16 Cassidy Lane, Medway- Teachers Room
Tuesday; 2/25
7:00-8:30 pm
One Session
Fee: $45

LADIES NIGHT OUT—VALENTINES DAY—Ann Fisher; Molly’s Apothecary

Join Molly’s Apothecary this winter for a fun-filled evening creating Valentine-themed bath and body products. We will be making several 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
Adults
Wednesday, 2/5
6:30-9:00 pm
One session
Fee: $50
LADIES NIGHT OUT – Face & Body for All—Ann Fisher; Molly’s Apothecary
Join Molly’s Apothecary this winter for our popular Ladies Night Out that focuses on products for the face and body! As we know, it will be a long winter and 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. This class is always fun in groups, so bring a friend!
Medway Mills, 163 Main Street, Suite 5, Medway Adults
Wednesday, 3/4 One session
6:30-9:00 pm Fee: $45

MAKE IT & TAKE IT – One Hit Wonder Series – Christine Moyer NEW
Join us in the art studio for a special paint series! Each one of these special art classes allows participants to create a unique piece of art for their own home or as a cherished gift. We will use nature as our inspiration to decorate different types of surfaces as we play with paint and pattern in this relaxed, creative and non-judgemental setting. Come with your friends or on your own - everyone is always welcome. Feel free to bring a drink and snack to the session.

Class 1: Wooden Treasure Box - Using acrylic paints and nature motifs, guests will transform an unfinished wooden box into a beautiful work of art.

Class 2: Rock Mandala - To be used as a paper weight, decoration or for meditation, this special painted rock uses mandala patterns and acrylic paint to create an eye-catching work of art.

Class 3: Wine Bottles with Fairy Lights - Guests will paint a wine bottle using acrylics with nature’s imagery and add fairy lights for a little sparkle that may be used for décor, ambiance or as a gift.
Burke-Memorial School, 16 Cassidy Lane, Medway - Art Room 224
Fridays; 1, 2 or 3 Sessions
Class 1: 1/24
Class 2: 2/28
Class 3: 3/27
2:45-4:45 pm Fee: $25/class or $65/series

Register Online
www.millis.org
Under Recreation Dept.
Trips

JESUS CHRIST SUPERSTAR
Sunday, April 5
Fee: $55
REGISTRATION DEADLINE: Sunday, March 1

Broadway’s Award-Winning Hit Musical is coming to the Providence Performing Arts Center! We are excited to announce we have discounted tickets in 1st Dress Circle to this award-winning show for all to see!

Jesus Christ Superstar is an iconic musical phenomenon with a world-wide fan base. In celebration of its 50th Anniversary, a new mesmerizing production comes to North America!

Originally staged by London’s Regent’s Park Open Air Theatre and helmed by acclaimed director Timothy Sheader (Crazy for You, Into the Woods) and award winning choreographer Drew McOnie (King Kong, Strictly Ballroom), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades.

Appealing to both theater audiences and concert music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh and inspiring. Featuring award-winning music by Andrew Lloyd Webber and lyrics by Tim Rice, Jesus Christ Superstar is set against the backdrop of an extraordinary series of events during the final weeks in the life of Jesus Christ as seen through the eyes of Judas. Children under 6 years of age not permitted.

The show begins at 6:30pm, and the bus departs the Medway Middle School at 4:45pm. You may bring a boxed meal on the bus. If preferred, you may travel to Providence on your own for dinner at one of the many restaurants within walking distance of the theatre - contact the Community Education Office to arrange a time to pick-up your tickets.

We obtained a generous discount on these sought after tickets. The fee includes ticket and transportation.
4:45pm departure from Medway Middle School, 45 Holliston St.
6:30pm show time
10:00pm approximate return to Medway Middle School

A DAY IN NEW YORK CITY
Saturday, May 16
Fee: $69

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 or www.nycinsiderguide.com to help plan your day. Don’t miss New York City’s newest attraction - the Vessel at the Hudson Yards, www.hudsonyardsnewyork.com/discover.

The luxury coach bus departs from the Medway Middle School parking lot, 45 Holliston Street, at 6:30am. The bus drops off and picks up at 5th and 42nd Streets, near the NY Public Library and Bryant Park. This location is ideal if you choose to visit Times Square, St. Patrick’s Cathedral, Rockefeller Center, plus much more – a map of the area is provided. For planning purposes, please note that the bus arrives in the city at approximately 10:45am and departs promptly at 6:00pm. Please note the bus driver’s gratuity is included in the fee.

Shows, Shopping, Sightseeing, Fine Dining, Museums and more!!!

6:30 am departure from Medway Middle School, 45 Holliston St.
10:30 pm approximate return to Medway Middle School

Register Online
www.millis.org
Under Recreation Dept.
ADULT REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT

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

<table>
<thead>
<tr>
<th>PROGRAM TITLE</th>
<th>FEE</th>
</tr>
</thead>
</table>

I agree to forever release 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 above including such claims or causes of action that I may now of 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 Small / 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

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 of 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 Small / 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 ***

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ADULT REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT

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

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I agree to forever release the Town of Millis, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary recreation programs of the Town of Millis from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the town of Millis voluntary recreation programs. 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
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@millisma.gov
Web Site: www.millis.org
Like us on Facebook: Millis Recreation Dept

Interested in teaching a class?
Please contact us with your idea at
Kfogarty@millisma.gov or call (508) 376-7050