Upcoming Events

ANNUAL EASTER EGG HUNT—
Millis Town Park (900 Main Street)
Sponsored by Millis Dental Care
Saturday, April 11th
11:00 am—Rain or Shine
Hop along with us on our search for those edible eggs. Children will be divided into several age groups. Parents, bring your cameras as the Easter Bunny will make a special appearance. Bring your own basket! REGISTRATION IS NOT REQUIRED!! This event is FREE!!

**Please note, the Easter eggs have been processed in a facility that utilizes machinery that wheat, peanuts, and almonds may have been used.**

MOTHER OF THE YEAR CONTEST
Send us your letter stating why your Mom deserves to be the Millis Mother of the Year! The Recreation Committee will select the winning entries. Mothers of all ages are eligible. Prizes awarded will be sure to please all. Deadline for entries is MONDAY, MAY 4th. Please mail your letters to the Recreation Department, 900 Main Street.

FATHER’S DAY FISHING DERBY
South End Pond – Sunday, June 21st
9:00 am-9:30 am check in – 9:30 am-11:00 am Fishing
Spend Father’s Day fishing with Dad! Fishing licenses are required for ages 15 & up (may be purchased online, Bass Pro, Walmart). Launch your own canoe or fish from shore. Awards will be given by age groups. This event is FREE!! Special thanks to Keith’s Tackle and Northeast Signature Properties for past donations!

SUMMER FAMILY FUN SERIES—Recreation Department
July 8th at 6:00—Miss Elaine
July 15th at 6:00—Flying High Dogs
July 22nd at 6:00—Joe the Magician
July 29th at 6:00—Elijah T. Grasshopper
The concerts and magician will be held at the Town Bandstand. Flying High Dogs will be held at the Town Park. Feel free to bring a picnic dinner to eat while enjoying the entertainment. We hope to see you there! Thank you to Middlesex Savings Bank and the Millis Cultural Council for your sponsorship.
SPASH DAY—Recreation Department  
Town Park—Wednesday, August 5th  
(rain date August 8th) 1:00 pm-3:00 pm  
Beat the Heat at the Town Park while having a blast with water inflatables! Bring your bathing suit, sunscreen and a towel and come have some fun in the sun! This event is FREE—Donations of canned good accepted for the Millis Food Pantry.

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 High School parking lot, 88 Summer Street (Rt. 126) 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 High School, 88 Summer St. (Rt. 126), Medway  
10:30 pm return to Medway High School  
Fee: $69

The Millis Garden Club and Millis Lions Club invite you to join us for the 16th Annual Millis Beautification Day. VOLUNTEERS NEEDED! TAKE PRIDE IN MILLIS!  
Saturday, May 2, 2020  
Registration 8:30 AM, Clean-up from 9:00 am to Noon, Rain or Shine  
Please help clean up public areas all around town. Parks, playgrounds, roadways, picnic areas and more!  
For information or to pre-register contact Jen Donehey at 508-667-4326 or jendonehey@hotmail.com  
Parents/guardians need to sign permission slip at registration. Everyone need to sign waiver at registration as required by the Town of Millis.

Inclusion  
We welcome kids and adults of all ages and abilities to participate in any of our Recreation programs. To help visually identify programs that are specifically designed for participants with disabilities, please look for this inclusion logo throughout the brochure. For questions, adaptions and accommodations please email kfogarty@millisma.gov. If necessary, parents or aides are welcome to attend with participants.
Preschool - Spring

PRESCHOOL SOCCER--Steve Cassidy
More touches on the ball and less stoppage time results in more fun and provides the opportunity for optimal player development. The 3v3 continuous play format will allow for a significant increase of touches on the ball for every child in the program, regardless of age or skill level. The scrimmage sessions will begin with a 30 minute warm-up and technical skill sessions followed by a 30 minute scrimmage.
Registration form MUST be in by APRIL 7TH to ensure placement on a team. All others will be put on a waitlist and will be placed ONLY where there are spots available. A $10 late fee will be applied!

NO SPECIAL REQUESTS WILL BE HONORED!

Clyde Brown Fields
Sundays, 4/26-6/7 (no game 5/24)
6 weeks
Times to be determined
Fee: $65

*COACHES: Draft will be held Wednesday, April 8th at 6:00 pm in Room 130 of the Veterans Memorial Building. Please volunteer to be a coach and participate in your child’s soccer experience. ALL COACHES MUST FILL OUT CORI FORM.

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

Town Park (behind Town Hall)
Saturdays, 5/2-6/20 (no class 5/23)
7 weeks
9:00-9:45 am
Fee: $90

PRESCHOOL MINI-SPORTS--F.A.S.T. Athletics
This program is a combination of warm-up games and sports such as soccer, kickball, 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 & exciting games planned!

Town Park (behind Town Hall)
Saturdays, 5/2-6/20 (no class 5/23)
7 weeks
10:00-10:45 am
Fee: $90

MAD MIXTURES – Mad Science of North Boston
Kids learn about volcanoes and simple chemistry. They make their own modeling dough to take home.

Thayer House, 2B Oak Street, Medway
Tuesday, 5/12
11:00-12:00
Fee: $20

MOMMY & ME GYMNASTICS--Shen’s Gymnastics Academy
Our very popular & fun instructor-led gymnastics classes designed for toddlers aged 18 mos-3 years and their mom or dad. This 50-minute class brings the parents onto the floor amidst the excitement. 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.

16 Everett St., Holliston
Ages: 20 mos-3 years with mom, dad or babysitter

Session I
Thursdays, 4/2-4/30
9:30-10:20 am
5 weeks

Saturdays, 4/4-5/2
9:00-9:50 am
5 weeks

OR

Session II
Thursdays, 5/7-6/25
9:30-10:30 am
8 weeks

Saturdays, 5/9-6/27
9:00-9:50 am
8 weeks

Fee: 5 weeks--$105, 8 weeks--$168

SUPERKIDS GYMNASTICS—Shen’s Gymnastics
A 60-minute, energetic, fun, gymnastics class for preschool and kindergarten-aged kids. Children ages 3-5 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!

16 Everett St., Holliston
Ages: 3-5

Session I
Mondays, 4/6-4/27
1:30-2:30 pm or 4:00-5:00 pm
4 weeks

Tuesdays, 4/7-4/28
4:00-5:00 pm
4 weeks

Wednesdays, 4/1-4/29
4:00-5:00 pm
5 weeks

Thursdays, 4/2-4/30
10:30-11:30 am
5 weeks

Fridays, 4/3-5/1
4:00-5:00 pm
5 weeks

Saturdays, 4/4-5/2
10:00-11:00 am
5 weeks

OR

Session II
Mondays, 5/4-6/22 (no class 5/25)
1:30-2:30 pm or 4:00-5:00 pm
7 weeks

Tuesdays, 5/5-6/23
4:00-5:00 pm
8 weeks

Wednesdays, 5/6-6/24
4:00-5:00 pm
8 weeks

Thursdays, 5/7-6/25
10:30-11:30 am
8 weeks

Fridays, 5/8-6/26
4:00-5:00 pm
8 weeks

Saturdays, 5/9-6/27
10:00-11:00 am
8 weeks

Fee: 4 weeks--$98, 5 weeks--$123, 7 weeks--$170, 8 weeks--$193
Youth—Spring

YOUTH SOCCER—Steve Cassidy

This introduction to soccer will focus on fun and learning to participate in a team sport through practice and in 6-on-6 games. Coaches needed! The fee includes T-shirt. Registration form MUST be in by APRIL 7TH to ensure placement on a team. All others will be put on a waitlist and will be placed ONLY where there are spots available. A $10 late fee will be applied!

Clyde Brown Fields

Ages: 6-7

Sundays, 4/26-6/7 (no game 5/24)

6 weeks

Times to be determined

Fee: $65

*COACHES: Draft will be held Wednesday, April 8th at 7:00 pm in Room 130 of the Veterans Memorial Building. Please volunteer to be a coach and participate in your child’s soccer experience. ALL COACHES MUST FILL OUT CORI FORM.

SUPER SOCCER STARS

SHINE Program uses soccer as a vehicle to teach life skills to players of all abilities including individuals with developmental and intellectual disabilities such as (but not limited to), Autism Spectrum Disorders, Down Syndrome, ADHD, and PDDNOS. We work with a developmentally-appropriate curriculum designed by licensed educators and therapists that promotes the complete growth of each individual and encourages players to improve at his or her own pace. We use soccer to enhance peer interactions and provide a safe environment for players to increase social potential.

*No class on 5/24 (Sunday Class). One guaranteed rain date of 6/23 (Tuesday), 6/28 (Sunday)

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HORSEBACK RIDING LESSONS—Melissa Price

Whether you have always dreamed of riding or want a brush up course to get you started back in the saddle again, this is the course for you. Come and spend an hour a week at the farm learning to groom and tack up a horse as well as basic riding skills from getting on to learning how to sit correctly in the saddle and control a horse. (Max. 6 students)

Shadowfax Farm, 112 Farm Street, Millis

Ages: 5 & up

Session I—Mondays, 4/20-5/11

4 weeks

Session II—Mondays, 6/1-6/22

4 weeks

5:00 pm - 6:00 pm

Fee: $150/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.!

Wu Xing Kung Fu, 903 Main St. Ages 13+ -- 4 classes per session

Fee: $120 per session

4:30pm – 5:15pm Tuesdays or 6:00pm-6:45pm Fridays - $120 for four classes

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 -- 4 week sessions

Fee: $120 per session

Tuesday 5:30-pm - 6:15pm OR

Wednesdays, 4:30pm – 5:15pm OR

Thursdays, 5:30pm - 6:15pm OR

Fridays, 4:00pm - 4:45pm OR

Saturdays, 9:30 am - 10:15am

KIDS 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

Ages: 10-16

Thursdays, 4/9 – 5/21 (no class 4/18)

6 weeks

4:30-5:30 pm

Fee: $25
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 -- 4 week sessions
Fee: $125 per session
Come to as many of these classes as you like!
Tuesdays, 6:30pm - 7:30pm
Wednesdays, 7:30pm -8:30pm
Fridays, 5:00pm - 6:00pm
Saturdays, 12:30pm - 1:30pm

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.
Burke School Gym, 16 Cassidy Ln., Medway
Ages: 5-13
Fridays, 4/17-6/5 (no class 4/24 or 5/15) 6 sessions
4:00-4:50 pm Fee: $60

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. With every attempt at one of our courses, and every victory when completing, boys and girls will discover that they are the ultimate American Ninja warrior!
Shen’s Gymnastics Academy, 1
6 Everett St, Holliston
Ages: 5-12
Session I
Saturdays, 4/4-5/2
1:30-2:30 pm
5 weeks
Session II
Saturdays, 5/9-6/27
1:30-2:30 pm
8 weeks
Fee: 5 weeks--$130, 8 weeks--$205

DODGEBALL--F.A.S.T. Athletics
The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class.
Veterans Memorial Building, Gym Ages: 7-11
Mondays, 4/27-6/15 (no class 5/4 and 5/25) 7 weeks
3:45-4:45 pm Fee: $90

TRY GOLF- Maplegate Country Club
Greg Dowdell, PGA Professional Kevin Weldon, USGTF Professional
This program is a fun introduction to golf targeted at new golfers. You may choose to play one day or up to four days! There will be four one-hour group lessons covering basic rules and swing fundamentals. Fun based games including on course best ball mini tournament and plenty of practice time. Program includes use of practice facilities, range balls, green fees and all equipment. Minimum 4/maximum 16
Maplegate Country Club, 160 Maple St., Bellingham
Ages: 5-12
Monday-Thursday, 6/22-6/25 1 to 4 lessons
9:00-10:00 am Fee: $100 week or $30/day

4 DAY JR GOLF ACADEMY—Maplegate Country Club
Greg Dowdell, PGA Professional Kevin Weldon, USGTF Professional
This program is targeted for serious Jr Golfers of all ability levels between the ages of 9-17 and will cover rules and etiquette, the pre shot routine, full swing, short game and equipment selection. Time will be shared between the practice area and the golf course always under the supervision of a Maplegate staff member. Program includes a personalized V1 video swing analysis, daily on course completion, use of practice facilities, range ball, all equipment, green fees and lunch daily. Minimum 8/maximum 20.
Maplegate Country Club, 160 Maple St., Bellingham
Ages: 9-17
Monday-Thursday, 6/22-6/25 (rain date 6/26) 4 lessons
11:00 am-4:00 pm Fee: $350

NATURE ART - Medway Parks and Recreation
Many people make art of the nature around them, but have you ever used nature to make art? In this class, we will experiment with making paintbrushes from leaves, stamps from pine cones, and art from nature! We start with a hike, gather our tools, and make art of the world around us using the nature at our fingertips.
Choate Park, 7 Oak Street, Medway
Grades: K-5
Thursdays; 5/7 – 5/28
4:00-5:30 pm Fee: $30

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
Thursdays, 4/23-5/14
4:00-5:00 pm Fee: $45
LEGO ENGINEERING-Wicked Cool For Kids

In Engineering Concepts, students will investigate simple machines including pulleys, inclined planes, cams, and ratchets. Through projects including a measuring car, fishing rod, and clock we’ll learn about force and motion, gear ratios, and friction. Turn a hammer into a dancing clown and work with your partner to create the best street sweeper. Machine Power looks at the uses of energy to power machines. We’ll use wind power, mechanical energy, and chemical energy to propel our drag racers, dogbots, and land yachts. Find out which leg design will help your bugbot win the race. Determine what gear combo will let your car pull the heaviest object. Test wheel sizes to see which can help get a power car up a steep hill the fastest.

Veterans Memorial Building, Room 130
Grades: 1-5
Wednesdays, 4/1-5/13 (no class 4/22)
5:00-6:00 pm
Fee: $140

BEGINNER GUITAR 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, 4/2-4/16
4:30-5:30 pm
Fee: $85

SEWING FOR KIDS BEGINNER - 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, small bags, and simple stuffed animals. 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 do not have your own please just leave a note when you register and I will organize for you to borrow one during class.

Veterans Memorial Building, Room 18
Ages 9+
Tuesdays, 5/5-6/9
3:30 pm to 5:00 pm
Fee: $100

SEWING FOR KIDS MINI SESSIONS - Jenny Ryerson

If you have completed the Beginner Sewing Classes or have some experience with a sewing machine then this series of mini sessions will extend your skills. You will need to provide your own sewing machine for these classes, however I do have a couple of spare machines so if you do not have your own please just leave a note when you register and I will organize for you to borrow one during class.

Veterans Memorial Building, Room 18
Ages 9+
Panda Bear
In this 2 class session you will work on a stuffed Panda Bear. All materials and patterns will be provided.

Wednesdays, 5/6-5/13
3:30 pm to 5:30 pm
Fee: $50

Pajama Pants
In this 2 class session you will work on a pair of flannel or cotton pajama pants. A select range of cotton and flannel fabrics will be provided or you can provide your own if you prefer.

Wednesdays, 5/20-5/27
3:30 pm to 5:30 pm
Fee: $50

Duffle Bag
In this 2 class session you will work on making your own duffle bag. A select range of heavy duty home décor fabric will be provided, or you can bring your own if you prefer.

Wednesdays, 6/3-6/10
3:30 pm to 5:30 pm
Fee: $50
**METROCRAFT—Right Brain Curriculum**
Students learn economics, civic, geometry and technology as they work together to create a city within a virtual Minecraft type world. While certainly a fun game, Minecraft is also a limitless platform for students to learn academic skills in a highly engaging virtual environment. In this problem-solving class, students design their own house and business within a virtual city as they learn about budgeting, profit and loss, supply and demand and consumer markets. As they serve on a city council, they study how laws are made and work together to create their own constitution of laws. Students use mathematics and geometry to construct a working urban environment. They must problem-solve as they serve on a city council that is responding to natural disasters and challenging city issues. STEM learning has never been so fun! Please let the Recreation Department know if your child needs to be walked over and also please pack a peanut-free lunch.

**Veterans Memorial Building, Room 130**
**Grades 2-5**
**Wednesday, 4/1**
**11:45 am – 3:45 pm**
**Fee: $55**

**FLYING HIGH DOG SHOW—Michael Piazza**
Our act is very youth and family friendly! We perform a variety of frisbee & other entertaining tricks during the performance. What sets our show apart from other acts is our heavy volume of audience participation. We perform with four of the most athletic Border Collies to entertain audiences of all ages.

**Town Park**
**All Ages**
**5/15**
**12:00-12:45 pm**
**Fee: FREE**

**APRIL VACATION GYMNASTICS PROGRAM--Shen’s Gymnastics**
Shen’s Gymnastics Academy is offering a fun and energetic Gymnastics Program during April Vacation. Kids will enjoy the experience of gymnastics and physical exercise. No gymnastics experience necessary! Some of the activities include: trampoline, zip-line, tumbling into our giant foam pit, jump & slide in our giant combo bounce house, arts & crafts, and of course, instructed gymnastics. Regardless of the skill level of our campers, our staff focuses on providing the fundamentals of gymnastics in a no-pressure, fun, camp situation. You select the days or weeks you want to come, and we will be here and ready to play! Wear comfortable clothing (or leotard) for gymnastics, and bring along water, peanut-free snack, and, if staying for a full day, a peanut-free lunch, too.

**Shen’s Gymnastics Academy, 16 Everett St., Holliston**
**Ages: 3.5-12 (must be potty trained)**
**4/20-4/24**
**5 days**
**Full day 9:00 am-3:00 pm**
**Half day 9:00 am-12:00 pm**
**Fee: $82 per day or $358 per week full day session**
**Fee: $53 per day or $221 per week half day session**
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**  
**Session I**  
Tuesdays, 4/7-5/12  
6 weeks  
6:30-8:00 pm  
Fee: $30/session

**Veterans Memorial Building, Gym**  
**Adults**  
**Session II**  
Tuesdays, 5/19-6/23  
6 weeks  
6:30-8:00 pm  
Fee: $30/session

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 a 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**  
**Session I**  
Tuesdays, 4/7 – 5/19 (no class 4/14)  
6 weeks  
10:30am – 12:00pm OR  
1:00 pm—2:30 pm  
Fee: $25/session

**Session II**  
Tuesdays, 5/26 – 6/30  
6 weeks  
10:30am – 12:00pm OR  
1:00 pm—2:30 pm  
OR  
6:30-8:00 pm  
Fee: $25/session

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**  
Tuesdays, 4/7 – 5/19 (no class 4/14)  
6 weeks  
10:30am – 12:00pm OR  
1:00 pm—2:30 pm  
Fee: $25/session

**Session II**  
Tuesdays, 5/26 – 6/30  
6 weeks  
10:30am – 12:00pm OR  
1:00 pm—2:30 pm  
OR  
6:30-8:00 pm  
Fee: $25/session

ZUMBA WITH EVELYN – Evelyn Boyle, Certified Zumba Instructor
A fun, high energy fitness class. Zumba combines Latin rhythm and easy to follow dance moves to create a full range workout. Moderate impact and beginners welcome.

*Veterans Memorial Building Gym*  
**Adults**  
**Wednesdays, 5/13-6/17**  
**6 weeks**  
**7:00 – 8:00 pm**  
**Fee: $45**

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*  
**Adults & Teens**  
**Wednesdays, 4/1-4/22**  
**4 weeks**  
**7:00-8:00 pm**  
**Fee: $45**
MEMOIR WRITING – Myrna Rybczyk
Has a family member or friend ever said; “You should write these stories down. Your memories are so interesting and you ought to share them!” An autobiography is writing about your life, a memoir is writing from your life. Using a theme circle, we will be crafting the stories of your life writing in a short form, one at a time. We all have stories to tell, but the hardest part seems to be getting started and in-class writing activities are designed to deal with that. Writing from life can bring both tears of joy and sadness, puzzlement, resolve, and many other feelings as you touch upon significant memories. Writings are shared in a confidential supportive atmosphere. We will focus on finding one’s voice and will not be making grammar or structural suggestions. We listen with acceptance, speak from experience and maintain confidentiality in a safe environment.

Veterans Memorial Building, Room 104 Adults and Seniors
Session I
Thursdays, 4/30-5/28 5 sessions
10:00 am-11:30 am Fee: $50

Session II
Thursdays, 6/4 – 6/25 (6/25 will be a double session) 5 sessions
10:00 am-11:30 am Fee: $50

LADIES LIGHT HIKING- Nanci Cahalane
Add dimensions to your walking or jogging—do you like the idea of hiking, but don’t want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. We will meet at various local locations every week (a list will be given out). This class moves at a good pace—we’ll be looking for hills! We meet at various locations in neighboring towns. The first meeting location will be at the “F. Gilbert State Forest”, Mill Street, Foxborough, MA.

Various Locations Adults
Thursdays, 4/30-6/4 OR Saturdays, 5/2-6/13 (no class 5/23) 6 sessions
9:45-11:00 am Fee: $25

YOUR FIRST 5K- Nanci Cahalane
Here is your chance to do something you may only have dreamed of. If you’ve ever thought about becoming a runner or running again after taking years off, here is your opportunity! This adult program is designed to get you off the couch or away from the desk and ready to run a 5K (3.1 miles). In this 10 week program which is catered to beginners, you will be given specific instructions for running other days of the week on your own. Workouts will be followed with stretching and advice about running and nutrition.

Pond St. Recreation Complex, Rte. 115, Norfolk Adults
Thursdays, 4/23-6/25 10 weeks
6:30-7:30 pm Fee: $75

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 -- 4 week sessions Fee: $125 per session
Come to as many of these classes as you like!
Tuesdays, 6:30pm - 7:30pm
Wednesdays, 7:30pm -8:30pm
Fridays, 5:00pm - 6:00pm
Saturdays, 12:30pm - 1:30pm

FRERUNNING AND PAROUR – 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 classes per session Fee: $120 per session
4:30pm-5:15pm Tuesdays, 6:00pm-6:45pm on Fridays - $120 for four class

BALLROOM DANCING—Bryan and Kimberlynn Tello
Ballroom and Latin Level 1
Ready to learn how to ballroom dance? This class is perfect for beginners! In a fun and friendly environment students will learn ballroom dances such as the Cha Cha, Rumba, Tango, Waltz and Swing. We will work on basic steps, technique, partner work, rhythm, and more! This class will help you feel more confident on the dance floor!

Veterans Memorial Building, Gym Adults
Mondays, 4/6-5/18 (no class 5/4) 6 weeks
7:00 pm – 8:00 pm Fee: $100
SILK SCARF MARBLING – Mother’s Day - The Hot Pigeon
An incredibly inclusive and interactive experience for all ages!
Join Anne Brady and Jenne Nitishin of The Hot Pigeon located in Medway to create a one of a kind silk scarf through the magic of “floating ink” on water. The magic of marbling can be mesmerizing! Every scarf is one of a kind because it’s hand made by you.

Veterans Memorial Building, Room 21
Thursday, 4/30
6:00-8:00 pm
Fee: $40

SEWING CLASSES - Jenny Ryerson
For Beginner to intermediate sewists - 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 zip bags. More advanced sewists 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 do not 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 what you will need to purchase for your main project along with where to get the materials you need.

Veterans Memorial Building, Room 18
Adults
Tuesdays, 5/5-6/9
7:00 pm to 8:30 pm
Fee: $90

CARDIO DRUMMING—Stacey Flaherty
Join this exciting program to experience the fitness phenomenon gaining popularity across the country! Cardio Drumming combines traditional fast-paced aerobic movements with upbeat music as participants beat on a stability ball with drumsticks. The beauty of this program is that anyone can do it, regardless of age, fitness level or physical limitations. Get ready to feel the beat of the music, burn up to 400 calories and leave feeling physically, mentally, emotionally and socially balanced.

Burke School Gym, 16 Cassidy Lane, Medway
Adults
Wednesdays, 4/8-6/3 (no class 4/22)
7:00-8:00 pm
Fee: $70

LADIES NIGHT OUT--Hands & Body Ann Fisher
Join Molly’s Apothecary this spring for our popular Ladies Night Out that focuses on products for the hands and body! We will be making soaps, a lovely hand lotion, an aromatherapy bath soak and a delicious body scrub. Take home a lovely goody bag of customized products. This class is fun in groups, so bring a friend!

Molly’s Apothecary, Medway Mills-Suite 5, 163 Main Street, Medway
Adults
Wednesday, 4/29
6:30-9:00 pm
Fee: $45

GOLF FOR MOMS - Maplegate Country Club
Greg Dowdell, PGA Professional and Kevin Weldon, USGTF Professional
Put the kids on the bus, drop them at daycare, grab a cup of coffee and head over to Maplegate to learn the game of golf with Medway’s own PGA Professional. The program covers basic rules and etiquette, along with the fundamentals of the pre-shot routine, full swing, and short game. Participants will have the use of practice facilities, range balls, and equipment. Minimum 4/maximum 16.

160 Maple Street, Bellingham
Adults
Mondays, 5/4-6/8 (no class 5/25 rain date 6/15)
10:00-11:00 am
Fee: $140

AFTER WORK ADULT GROUP LESSON - Maplegate Country Club
Greg Dowdell, PGA Professional and Kevin Weldon, USGTF Professional
This program is for golfers of all ability levels and will consist of five 90-minute group lessons during which participants may choose to work on the practice area or on the course. The program covers basic rules and etiquette, the full swing, and short game, as well as the use of practice facilities, range balls, equipment, and all green fees. Minimum 12/maximum 42.

160 Maple Street, Bellingham
Adults
Mondays, 5/4-6/8 (no class 5/25 rain date 6/9)
6:00-7:30 pm
Fee: $140

LADIES ONLY AFTER WORK ADULT GROUP LESSON – Maplegate Country Club
Greg Dowdell & Kevin Weldon
This program is targeted for adult women golfers of all ability levels and will consist of five 90-minute group lessons during which participants may choose to work on the practice area or head directly to the golf course. Program covers basic rules and etiquette, the full swing and short game. Participants will have the use of practice facilities, range balls, and equipment. Minimum 4/maximum 16.

160 Maple Street, Bellingham
Adults
Tuesdays, 5/5-6/2
6:00-7:30 pm
Fee: $140

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

Veterans Memorial Building, Room 204
Adults
Wednesday, 4/15
6:00-7:00 pm
Fee: $10
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 7:00-8:15 pm
OR Wednesdays 7:00-8:15 pm
OR Thursdays 6:00-7:15 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

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

Mondays, 4/20-5/11
6:00-7:00 pm 4 weeks
Fee: $45

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EVENING BOOT CAMP – Jon Marshall
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 Gym, 16 Cassidy Lane, Medway
Adults
Tuesdays, 4/7-6/2 (no class 4/21) 8 weeks
6:30-7:30 pm
Fee: $75

ESTATE PLANNING BASICS—Family Legal Partners
Have you taken the necessary steps to protect your family if something were to happen? Where would your property go and who would raise your children? These and other important questions will be addressed by Attorney Jason Carrozza, who owns a local law practice focusing on estate planning. The seminar will explain the necessary components of an effect estate plan and real life scenarios will be evaluated to illustrate the use of various estate planning tools, such as wills, trusts, durable power of attorneys, and health care proxies. You won’t want to miss this informative and easy to understand seminar on a very important topic. Class size is limited to 30.

Veterans Memorial Building, Room 104
Tuesday, 5/12 1 session
6:30-8:00 pm
Fee: $10

SPRING HYDRANGEAS PAINTING – Judith Smith
Bring your friends and join us for an evening of creativity at this exciting painting workshop. Learn the basics of acrylic painting as you create lovely hydrangeas. All participants are instructed from start to finish in the creation of a 16” x 20” painting. 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 Teachers Room, 16 Cassidy Lane, Medway
Tuesdays, 4/28 1 session
7:00-9:00 pm
Fee: $35

ORGANIZE, CLEAN & RENOVATE—Faina Shapiro
Behold a clutter-free and organized home! Learn how to transform and organize each space in your home, and keep them that way. From kitchens and laundry rooms, to home offices and garages, we will tackle every room in your home and provide step-by-step tools, tricks, and checklists to help you declutter. You will also get tips on essential cleaning products that will help you save time and maintain your home’s value and appeal. You will learn secrets to get permanent marker out of granite, remove goop off of your furniture, as well as how to fix cracks in your tile to make it look like new - no handyman required! Get liberated from the burden of your clutter and bring serenity to your home. Please bring pictures of specific areas in your home that need organizing!

Medway High School, Room 119-2, 88 Summer St., Medway
Adults
Tuesday, 5/19 1 session
7:00-9:00 pm
Fee: $25
CREATIVE DANCE — Millis Dance Theatre
This is a class designed to teach beginning elements of many dance styles. The class will include ballet steps as well as introduction to jazz, tumbling and lots of creative dance. Children will enjoy lively music, dancing with ribbons, leaping across the dance floor with sparkle scarves, turning with colorful tutus while expressing themselves in this popular class. (Attire: comfortable clothes or leotard and ballet slippers) Must be potty trained.

Millis Dance Theatre, 903 Main Street  
Ages: 3-5  
Tuesdays, 6/2-7/14  
9:00-10:00 am  
Fee: $80

SUMMER DANCE CAMP — Millis Dance Theatre
Our Campers will explore several dance styles—Ballet, Jazz, Tumble and will enjoy creative crafts. Designed for pre-school and elementary children with the focus on small group enrichment in a friendly, nurturing, and active environment. Bring a bag lunch. We will eat lunch together each day and a healthy snack for snack time. (Attire: Comfortable clothes or leotard and ballet slippers) Must be potty trained.

Millis Dance Theatre, 903 Main Street  
Ages: 3-8  
Monday-Thursday, 7/20-7/24 OR 7/27-7/31  
9:00 am-12:00 pm  
Fee: $170 one week or $320 both weeks

TREASURE HIKES – Medway Parks and Recreation
Are you and your grown-up ready for an adventure? Meet at the playground at Choate Park for a Treasure Hike! Each week we will “hike” to a different part of the park and fine some treasure! We will also see what nature has to offer.

Choate Park Playground, 7 Oak Street, Medway  
Ages: 3-5  
Fridays, 6/5-6/19  
10:00-10:45 am  
Fee: $20

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

Town Park (behind Town Hall)  
Ages: 3-6  
Saturdays, 7/11-8/15  
9:00-9:45 am  
Fee: $80

PRESCHOOL 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: 2.9-6  
Saturdays, 7/11-8/15  
10:00-10:45 am  
Fee: $80

SUMMER GYMNASTICS—Shen’s Gymnastics Academy
Kids will enjoy the experience of gymnastics and physical exercise in this program. No gymnastics experience necessary! Join us for fun filled days of gymnastics and water activities. Activities include climbing the rock wall, trampoline, zip-line, tumbling into our giant foam pit, jump & slide in our bouncy house, contests, games, arts & crafts, and of course, instructor-led gymnastics. Regardless of the skill level of our participants, our staff focuses on providing the fundamentals of gymnastics in a no-pressure, fun, learning situation. Bring a towel, comfortable clothing or leotard, water, snack and lunch (peanut free)

Shen’s Gymnastics Academy,  
16 Everett St., Holliston Ages 3.5– 12 (must be potty trained)  
Session 1—6/22-6/26  
Session 2—7/6-7/10  
Session 3—7/13-7/17  
Session 4—7/20-7/24  
Session 5—7/27-7/31  
Session 6—8/3-8/7  
Session 7—8/10-8/14  
Session 8—8/17-8/21  
Session 9—8/24-8/28  
9:00 am—12:00 pm day: $53 or week: $221  
9:00 am - 3:00 pm day: $82 or week: $358
Summer Youth

MILLIS/MEDWAY SWIM TEAM – Facilitated by Medway Parks and Recreation
In a relaxed yet productive atmosphere, both the novice and experienced swimmers ages 5-18 will learn stroke development and refinement with emphasis on speed and endurance work. There will be two swim meets per week with a total of eleven meets in the season. At the conclusion of the season there will be A and B Regional Championship Meets. Practices will be held on Monday and Wednesday mornings with Friday morning being optional. Practice time and locations are being finalized. Registration will begin Friday, March 20th. Visit www.MedwayParksRec.com for more details and registration.

SUMMER THEATER PROJECT – Meghan Quilop
Come audition for a full length play. Yearbook by Steven Fendrich is play about high school friends remembering life through their yearbook. It is a flexible cast. This project will be open to grades 6-12. Time will be spent learning the show and performance skills: such as, movement, improv and vocal ability. We will produce a performance at the end. Auditions: May 20th - 5:00-8:00 pm (because this is a workshop no one will be excluded, auditions are for part placement and experience)
Veterans Memorial Building, Room 18
Workshop dates and times: Grades: 6-12
Dates: 6/22-7/16
Monday, 3:00-6:00 pm  Wednesday, 5:00-8:00 pm
Thursday, 5:00-8:00 pm  Fee: $50

FROZEN ROPES BASEBALL & SOFTBALL CAMP – Frozen Ropes
Frozen Ropes is excited to be back in Millis with our award winning Summer programs. Frozen Ropes has been operating Summer Camps in Metrowest for over 30 years! Experience top-notch instruction and fun this summer with the only nationally recognized full-time baseball and softball training centers. The Frozen Ropes summer programs feature full-time professional instructors, structured curriculums and drills, controlled scrimmages to improve game skills, and low player to instructor ratio. All players received a Frozen Ropes T-shirt. Other prizes will be awarded. Equipment Recommended: Glove, bat (optional), water bottle, sunscreen, snack and lunch (for full day registrations).
Millis Town Park – Baseball/Softball field, 900 Main Street, Millis
Baseball Week - 8/3 – 8/7  Ages: 5-7 & 8-12
Full Day: 8:30 am-2:30 pm  Fee: $335
Half Day: 8:30 am – 12:30 pm  Fee: $225
Softball Week – 8/3 – 8/7  Ages: 8-12
Full Day: 8:30 am-2:30 pm  Fee: $335

*We offer a 15% early bird discount on full day camps only when registering before April 1st.

SUMMER DANCE CAMP—Millis Dance Theatre
Our campers receive personalized instruction in several dance styles while having fun and building friendships. Ballet, Jazz, Hip Hop and Acro will be among the dance styles. Designed for dancers who want to take their dance training to the next level and for those who have no experience at all and just want to enjoy dancing. Very small group instruction and personal attention. Bring a bag lunch and snack. We will eat lunch together each day. (Attire: leotard, tights or legging and ballet slippers)
Millis Dance Theatre, 903 Main Street  Ages: 9-12
8/3-8/7  1 week
9:00 am-1:00 pm  Fee: $200

BEST SOCCER HALF DAY AND FULL DAY SUMMER CAMPS
Ages 5 & 6 years old:  Players learn the importance of a good warm up through fun games and activities. The coaches will develop the basic foot skills, passing and shooting 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 and matches develop safe play, teamwork, communication and interest in soccer while still having lots of FUN! Half-day only for ages 5 & 6.

Ages 7 years old and above:  As players learn and grasp the basic fundamentals of soccer, focus can shift towards the WHEN, WHERE, and WHY, in order to get a better understanding of the game of soccer. For example, the player will learn WHEN to dribble, WHERE to dribble and WHY we dribble. The coaches ensure that foot skills, passing and shooting are reinforced and developed through a variety of coaching activities. Conditioned games (4v4, 5v5 and 6v6) are used to focus on the WHEN, WHERE, and WHY, we perform certain skills. The players will also develop their positional sense and spatial awareness in a tournament played at the end of every session. Players will be divided by age and skill level to ensure an appropriate environment for a challenging and fun camp. Full day players will need to submit a current immunization form to the Rec Department in order to participate.  Choose from half-day or full day program for ages 7+. BEST t-shirt and soccer ball included in fee.
Millis Town Park  Ages: 5 & up  5 days
Monday-Friday, 7/27-7/31
9:00 am-noon or 9am-3pm (full day for ages 7+ only)
Fee: $160 half day, $260 full day

BEST SOCCER HALF DAY AND FULL DAY SUMMER CAMPS
Ages 5 & 6 years old:  Players learn the importance of a good warm up through fun games and activities. The coaches will develop the basic foot skills, passing and shooting 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 and matches develop safe play, teamwork, communication and interest in soccer while still having lots of FUN! Half-day only for ages 5 & 6.

Ages 7 years old and above:  As players learn and grasp the basic fundamentals of soccer, focus can shift towards the WHEN, WHERE, and WHY, in order to get a better understanding of the game of soccer. For example, the player will learn WHEN to dribble, WHERE to dribble and WHY we dribble. The coaches ensure that foot skills, passing and shooting are reinforced and developed through a variety of coaching activities. Conditioned games (4v4, 5v5 and 6v6) are used to focus on the WHEN, WHERE, and WHY, we perform certain skills. The players will also develop their positional sense and spatial awareness in a tournament played at the end of every session. Players will be divided by age and skill level to ensure an appropriate environment for a challenging and fun camp. Full day players will need to submit a current immunization form to the Rec Department in order to participate.  Choose from half-day or full day program for ages 7+. BEST t-shirt and soccer ball included in fee.
Millis Town Park  Ages: 5 & up  5 days
Monday-Friday, 7/27-7/31
9:00 am-noon or 9am-3pm (full day for ages 7+ only)
Fee: $160 half day, $260 full day

*We offer a 15% early bird discount on full day camps only when registering before April 1st.
TRY GOLF—Maplegate Country Club
Greg Dowdell, PGA Professional Kevin Weldon, USGTF Professional
This program is a fun introduction to golf targeted at new golfers. You may choose to play one day or up to four days! There will be four one-hour group lessons covering basic rules and swing fundamentals. Fun based games including on course best ball mini tournament and plenty of practice time. Program includes use of practice facilities, range balls, green fees and all equipment. Minimum 4/maximum 16.
Maplegate Country Club, 160 Maple St., Bellingham
Ages: 5-12
Monday-Thursday
1 to 4 lessons
Session I - 7/13-7/16 (rain date 7/17)
Session II - 7/27-7/30 (rain date 7/31)
Session III - 8/10-8/13 (rain date 8/14)
Session IV - 8/24-8/27 (rain date 8/28)
9:00-10:00 am Fee: $100 week or $30/day

INTRO TO JR GOLF—Maplegate Country Club
Greg Dowdell, PGA Professional Kevin Weldon, USGTF Professional
This program is targeted towards the junior golfer between 6 and 12 years old that have a strong interest in the game and may have previous golf experience. Emphasis will be on swing fundamentals, rules and etiquette with an introduction to competition. Minimum 4/maximum 16.
Maplegate Country Club, 160 Maple St., Bellingham
Ages: 6-12
Mondays, 7/13-8/3 (8/10 rain date)
4:30 – 5:30 pm Fee: $120

4 DAY JR GOLF ACADEMY—Maplegate Country Club
Greg Dowdell, PGA Professional Kevin Weldon, USGTF Professional
This program is targeted for serious Jr. Golfers of all ability levels between the ages of 9-17 and will cover rules and etiquette, the pre shot routine, full swing, short game and equipment selection. Time will be shared between the practice area and the golf course always under the supervision of a Maplegate staff member. Program includes a personalized V1 video swing analysis, daily on course completion, use of practice facilities, range ball, all equipment, green fees and lunch daily. Minimum 8/maximum 20.
Maplegate Country Club, 160 Maple St., Bellingham
Ages: 9-17
Monday-Thursday
4 lessons
Session I - 7/13-7/16 (rain date 7/17)
Session II - 7/27-7/30 (rain date 8/31)
Session III - 8/10-8/13 (rain date 8/14)
Session IV - 8/24-8/27 (rain date 8/28)
11:00 am-4:00 pm Fee: $350

TENNIS LESSONS - Tom Ingraham
Instructional tennis lessons provided by a Millis High School tennis coach. One and a half hour lessons each morning, followed by an optional tournament on the last day.
Town Park Tennis Courts
Ages 7 & up
7/20-7/24 and Tournament on 7/25
9:00 am-10:30 am Fee: $50

SUPERSPORTS – F.A.S.T. Athletics
Get up, get going, get active with F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball, and Kickball. Programs will include proper stretching and warmup games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day.
Veterans Memorial Building, Gym
Ages: 7-12
7/13-7/17 OR 7/20-7/24
9:00 am-3:00 pm Fee: $150

FLAG FOOTBALL GAME PLAY - 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, 4th 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!
Town Park (behind Town Hall)
Ages: 7-12
8/17-8/21
9:00 am — 3:00 pm Fee: $150

MILLIS PRIDE BASKETBALL WEEK—Dave Fallon
Girls grades 3-9 (2020-2021 school year) come to the Millis High School to participate in this fun week! If you register prior to June 1st, you will receive a $25 discount! Contact Dave Fallon for registration forms. Email: dfallon@millisschools.org, telephone number: 617 240-6562. Friday the camp will end at 1:30.
Millis High School, Gym
Grades: 3-9
7/6-7/10
1 week
9:00 am-2:30 pm Fee: Prior to June 1st: $200—After June 2nd: $225

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+ -- 4 classes per session
Fee: $120 per session
4:30pm – 5:15pm Tuesdays or 6:00pm-6:45pm Fridays - $120 for four classes
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 -- 4 week sessions
Fee: $120 per session
Tuesday 5:30-pm - 6:15pm OR
Wednesdays, 4:30pm – 5:15pm OR
Thursdays, 5:30pm - 6:15pm OR
Fridays, 4:00pm - 4:45pm OR
Saturdays, 9:30 am - 10:15am

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 -- 4 week sessions
Fee: $125 per session
Come to as many of these classes as you like!
Tuesdays, 6:30pm - 7:30pm
Wednesdays, 7:30pm - 8:30pm
Fridays, 5:00pm - 6:00pm
Saturdays, 12:30pm - 1:30pm

VET SCHOOL—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. Make it a full day to dissect an owl pellet to discover a predator’s diet. Try your hand catching some invertebrates as we study insect exoskeletons, look at animal cells and parasites. Minimum 8 participants.

Veterans Memorial Building, Room 130 Grades: K-5
6/22-6/26 1 week
Full day: 9:00 am-4:00 pm Half day: 9:00 am-12:00 pm
Fee: $350 full day; $220 ½ day

LEGO ROBOTICS—LEGO WEDO 2.0—Wicked Cool For Kids
Learn to program free roaming LEGO robots and make science come to life! Get in gear with LEGO’s new iPad updated software to build Milo the science rover and other fun untethered robots. In the morning, explore guided robotics projects to create an earthquake shake tale to test house designs. Next, create a bot to sort and recycle items. Make it a full day to design your own specialized bots that use sensors to explore space or create a safe wildlife crossing. Minimum 8 participants.

Veterans Memorial Building, Room 130 Grades: 1-5
6/29-7/3 1 week
Full day: 9:00 am-4:00 pm Half day: 9:00 am-12:00 pm
Fee: $350 full day; $220 ½ day

ROCKET SCIENCE—Wicked Cool For Kids
Yes it is Rocket Science! Build and launch Wicked Cool’s favorite solid fuel rocket, the customizable E2X: perfect for the your aerospace engineer. Keep a Commander’s Log as you investigate the solar system, design a satellite, and build a space base for an astronaut. Blast off with a solid fuel, high flying, rocket launch at the end of the week (weather permitting). Make it a full day to continue with the flight plan and launch water rockets, make galactic slime, and map distant constellations as part of your out-of-this-world interstellar journey. Minimum 8 participants.

Veterans Memorial Building, Room 130 Grades: K-5
7/6-7/10 1 week
Full day: 9:00 am-4:00 pm Half day: 9:00 am-12:00 pm
Fee: $350 full day; $220 ½ day
CIRCUIT MAKERS 101—Circuit Lab
Let’s get creative with electricity! In this junior hands-on electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day. Most class days include a take-home project. Minimum 7/maximum 20 students.

Freeman-Kennedy School, 70 Boardman St. Norfolk, MA
Grades: 1-3
7/13-7/17 1 week
9:00 am – 12:00 pm Fee: $169

HANDS-ON ELECTRONICS—Circuit Lab
Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors. Minimum 7/maximum 20 students.

Freeman-Kennedy School, 70 Boardman St., Norfolk, MA
Grades: 4-7
7/13-7/17 1 week
1:00-4:00 pm Fee: $169

CHESS WIZARDS—Eugenia Shilnikova
Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You’ll improve your chess skills, meet new friends, and work out your most powerful muscle—your brain! Our camps include fun team chess games (like bughouse), recess time (of course), snacks, tournaments, and puzzles. Each participant receives a T-shirt, trophy, and puzzle folder. Unleash your brain power and spend part of your vacation with Chess Wizards! Minimum 10; maximum 24.

Veterans Memorial Building, Room 130 Ages: 6-12
7/20-7/24 OR 8/10-8/14 1 week
Half Day Morning: 9 am – 12 pm; Half Day Afternoon: 12 pm – 3 pm; Full Day 9 am – 3 pm
Fee: Half Day (15 hours per week) $180; Full Day (30 hours per week) $290

BAT BOX – Sammuel Lange
Fight mosquitos and EEE the natural way! Build a bat box for your yard or property in this class. When we are done, you will have a bat nesting box to stain and hang that houses up to 200 small brown bats.

Veterans Memorial Building, Room 21 Ages: 12+
First Meeting: June 10th (next 2 meetings TBD) 7:00 pm
Fee: $100 (Materials not included)
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, 6/30–8/25
6:30-8:00 pm
Fee: $40

ZUMBA WITH EVELYN – Evelyn Boyle, Certified Zumba Instructor
A fun, high energy fitness class. Zumba combines Latin rhythm and easy to follow dance moves to create a full range workout. Moderate impact and beginners welcome.

Veterans Memorial Building Gym
Adults
Thursdays, 6/25-8/6
7:00 – 8:00 pm
Fee: $45

CO-ED ADULT SUMMER SOFTBALL-Millis Recreation Dept.
Come have some fun while getting a great workout! We will meet at Town Park to play pick up softball. Bring your glove and bat and we’ll see you there!

Millis Town Park Softball Field
Adults
Mondays, 7/6-8/24
6:00-8:00 pm
Fee: $25

LADIES ONLY AFTER WORK ADULT GROUP LESSON – Maplegate Country Club
Greg Dowdell & Kevin Weldon
This program is targeted for adult women golfers of all ability levels and will consist of five 90-minute group lessons where students can choose to work with our professional staff on the practice area or head directly to the golf course. Program covers basic rules and etiquette, the full swing and short game. Program includes use of practice facilities, range ball, equipment and all green fees. Minimum 12/maximum 42.

160 Maple Street, Bellingham
Adults
Tuesdays, 7/15-8/12
7:30-9:00 pm
Fee: $100

OUTDOOR PICKLEBALL – Medway Parks and Recreation
Each week four courts will be set up, teams will be formed from those who are in attendance and games will then be played.

Medway Middle School Tennis Courts, 45 Holliston St., Medway
Adults & Teens
Thursdays, 7/16-8/20
7:00-8:00 pm
Fee: $30

ADULT HIP HOP - Step Dance Studio
Dance inspired by today’s hit songs and hip hop music. It’s style is commonly seen in music videos. Wear comfortable clothes and sneakers and get ready to move and groove. Stretching, isolations, floor progressions and combinations will get you ready to show off your stuff.

Step Dance Studio, 9 Lincoln St., Medway
Adults
Thursdays, 7/16-8/13
7:00-8:00 pm
Fee: $80

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

Veterans Memorial Building, Room 204
Adults
Wednesday, 6/10
6:00-7:00 pm
Fee: $10

ADULT TENNIS LESSONS - Tom Ingraham
This tennis instruction is for beginners or can be a brush-up for the more experienced. Lessons are given by Millis High School tennis coach & staff.

Town Park Tennis Courts
Adults & Teens
Tuesdays & Thursdays, 7/21, 7/23, 7/28 & 7/30
7:00 pm-8:30 pm
Fee: $40
YOUTH REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT

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

Name: ______________________________ Address: ____________________________________________

Home #: ___________________ Cell #: ___________________ Email: ________________________________

Age: _______ Grade: _________ DOB: ___________ Male/Female (please circle)

Program Title: ______________________________ Fee: __________________________

Allergies/Special Needs: __________________________________________________________________

SHIRT SZ.: (Circle one): Youth 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

ADULT REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT

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

PROGRAM TITLE ______________________________ Fee: __________________________

I agree to forever release the Town of Millis, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary recreation programs of the Town of Millis from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, for 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