

TAKE A WALK THROUGH HISTORY...

SATURDAY, OCTOBER 5, 2013

Take a walk through 300 years of Needham History with the Needham Historical Society and Needham Park and Recreation Commission and learn the hidden history behind the places you see every day. Stimulate your mind and body while enjoying the crisp fall air!



NEEDHAM PARK & RECREATION Fall 2013

It's **FREE** and you can pick up a **GUIDE MAP** anytime Online by visiting:
www.needhamhistory.org/HistoryWalk OR at the Park and Recreation Office.

You can also find the Guides at the Historical Society table at the NBA Harvest Fair on October 5th from 11:00am—3:00pm!

Information signs are located all along the route, corresponding to the numbers found on the Guide Map. You can start any time and follow as much or as little of the route as you wish! There is even a special Scavenger Hunt (with **PRIZES!**) for kids!!

For more information, please visit www.needhamhistory.org/HistoryWalk, call the Historical Society at (781) 455-8660 OR call the Park and Recreation Office at (781) 455-7550, press 3



FALL CLEAN UP & TRAIL CLEAN UP DAY

Sponsored by:

Needham Park and Recreation Commission



SATURDAY, OCTOBER 26, 2013

All Ages Welcome!!

(All children under 12 must be accompanied by an adult!)

Rain or Shine!!

- ♦ Volunteers will meet outside the Public Services Administration Building (500 Dedham Avenue)
- ♦ Sign-in between 8:30 and 9:00am.
- ♦ Receive your Clean up Location & Trash Bags, then head out to your assigned site.
- ♦ The Fall Clean Up will end at 11:00am.



Be sure to dress according to the day's weather and bring your work gloves!

PRE-REGISTRATION IS REQUESTED, BUT IS NOT REQUIRED:

Follow registration procedures found on pages 4 and 5 of this brochure.

FOR MORE INFORMATION:

Please call the Park and Recreation Office at (781) 455-7550, press 3

Join other Residents in Keeping Needham Beautiful!



CHILDREN ♦ YOUTH ♦ TEENS ♦ ADULTS ♦ SENIORS ♦ SPECIAL EVENTS

Welcome to Fall 2013!

An invitation to people of all abilities

People of all abilities are encouraged to participate in the programs and services provided by the Needham Park and Recreation Commission. Every effort is made to integrate participants with disabilities into the programs allowing for a successful recreational experience.

Please contact the Park and Recreation office for more information.

Have you registered for our automatic updates yet?

Notify Me is a notification system that will send you an e-mail or text message when new information is posted on the Town of Needham website, including recreation program updates, field conditions, meeting agendas, job listings, emergency information and other town department news!

For Recreation Information or Field Status Updates follow these steps!

1. Go to the Town of Needham website at www.needhamma.gov
2. Click on the box reading NOTIFY ME on the bottom left of the page
3. Enter your e-mail address (or cell phone number for Text Messages)
4. Select e-mail type, HTML or Text
5. Select box for RECREATION INFORMATION and/or FIELD STATUS
6. Click the SUBSCRIBE button

Once you are in the system, you will receive up to date Park and Recreation notifications right at your computer! You may sign up for any of the lists posted.

No access to the web? Call the Community Information Line — (781) 444-7212

Park & Recreation Commission

Michael J. Retzky, Chairman
Cynthia J. Chaston, Vice-Chairman
David C. DiCicco
Thomas M. Jacob

Director - Patty Carey

Assistant Director - Karen Peirce

Recreation Supervisor - Nicole DiCicco

Administrative Specialist - Cassandra Halloran

The Park and Recreation Commission meets
the 2nd and 4th Monday of each month.

Commission Office

Public Services Administration
Building (PSAB)
500 Dedham Ave.
Needham, MA 02492

Telephone

(781) 455-7550, press 3
(781) 444-7212 (Recording Line)

Office Hours

8:30 am - 5:00 pm
Monday - Friday

Special thanks to Adam Witham for the Fall cover design, including "Parker" the Park and Recreation Bear- our official department mascot!

(For more on Parker, please see page 6 of this brochure)

Adam is a Graphic Designer with over ten years experience. He can be contacted at adwitham@aol.com for all graphic design needs.



Register ONLINE!



Parks, Playgrounds and Athletic Fields

Needham is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars and trash. In order to keep our children and parks safe, we ask that everyone visiting a Needham park or field follow these guidelines:

- **Pick up and dispose of trash properly.** Trash attracts bees and wild animals.
- **Trash is picked up by truck so barrels need to be located at entrances.** If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of students with allergies to bees.
- **Report any unsafe field conditions** immediately to a league supervisor or the Park and Recreation Department.
- **Park in designated areas.** If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes.
Parking in fire lanes, in crosswalks and in front of fire hydrants is illegal and unsafe!
Be considerate of all park neighbors, leaving enough room for access to driveways and do not park on their lawns.



GENERAL INFORMATION

NEEDHAM SPORTS ORGANIZATIONS

ALL Youth Sports Organizations in Needham are non-profit, volunteer-run organizations providing sports playing opportunities for Needham youth.

For more detailed information on each program and program contact information, pick up a **2013 Needham Youth Sports Organization**

Brochure at the Park and Recreation Office. (located on the first floor of the Public Services Administration Building (PSAB) at 500 Dedham Avenue.)

OR

visit our website at www.needhamma.gov/parkandrecreation, and select "Sports Contacts" from the left hand side of the page to find an alphabetical listing of all available youth sports, individual sports organizations, registration information and contact names, phone numbers and e-mail addresses!!



PUBLICATIONS/ INFORMATION

(also available, free of charge, on town website)

- | | |
|--|-------------|
| ◆ B & W Town-wide Maps and Trail Information | FREE |
| ◆ Color Town-wide Maps and Trail Information | \$2.00 each |
| ◆ Needham Canoe Launch Site Maps | FREE |

HOW TO RESERVE A FIELD OR PLAYGROUND/ TOT-LOT

Call or stop by the office. If the date chosen is available, a permit will be given, which must be signed. A fee is charged for some field uses. Individuals may use the tot-lots at all times, but large groups should reserve space to avoid conflicts with other groups. Bathrooms are available at DeFazio and Claxton.

Please Note: School playgrounds not available during school hours.

Broadmeadow - Broadmeadow Rd.	Claxton - Central Ave.	Cricket - Hillside Ave.
DeFazio - Dedham Ave.	Greene's - Pickering St.	Eliot - Wellesley Ave. Ext.
Hillside - Glen Gary Rd.	Mills - Hampton Ave.	Mitchell - Brookline St.
Newman - Central Ave.	Perry - Beaufort Ave.	Riverside - Riverside St.

SPORTS KIT RENTAL

Two Sports Kits are available for resident use from the Park & Recreation Office.

PLEASE CALL THE OFFICE, IN ADVANCE, TO RESERVE A KIT!

Kits can include: volleyball set, badminton, croquet, horseshoes, whiffle ball set, bocce, kickball's, and Frisbees. Items can be rented on an individual basis, with the entire kit costing no more than \$20.00.

LOST AND FOUND

Please call (781) 455 - 7550, press 3 if you've lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office.

Annual Special Events!

SPOOKY WALK!!

Young children are invited to wear their favorite Halloween costumes for the "Spooky Walk" where small groups of registered participants will be led by a chaperone to trick-or-treat at the designated shops all around Needham Center! As always, adults are welcome to wear costumes too!!

Pre-registration is required!

Limited to first 150 children each session that pre-register.

No registrations will be taken on the day of the event, NO EXCEPTIONS!

Age:	2 to 8 year olds (Birth certificate required for ALL 2, 3, 4 & 5 year olds)
Day:	Saturday, October 19th (Rain date: October 26th)
Times:	SESSION 1: 10:45am—12:00pm SESSION 2: 12:30pm—1:45pm
Location:	Needham Center Check in with Park and Recreation Staff at the Town Common. Each family will be assigned Group # upon check-in, and every registered participant will receive their own Trick-or-Treat bag!
Limit:	150 participants PER SESSION
On Reg. Form:	List Spooky Walk, Session # AND Time
FEE:	\$3/ child



This seasonal Special Event is sponsored by the Needham Park and Recreation Commission and the Needham Business Association.

TURKEY HUNT!!

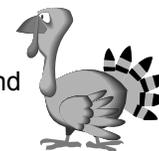
Turkey Explorers, come to the Turkey Hunt Special Event! Registered participants will spend the morning creating a craft, hunting for "Turkeys" and enjoying light refreshments. Two lucky participants will win gift certificates for a turkey donated by Roche Brothers Supermarket.

Pre-registration is required!

Limited to first 60 children each session that pre-register.

No registrations will be taken on the day of the event, NO EXCEPTIONS!

Age:	2 to 8 years old (Birth certificate required for ALL 2, 3, 4 & 5 year olds)
Day:	Saturday, November 23rd
Times:	SESSION 1: 9:30am—10:30am SESSION 2: 11:00am—12:00pm
Location:	Broadmeadow School Cafeteria and Playground
Limit:	60 participants PER SESSION
On Reg. Form:	List Turkey Hunt, Session # AND Time
FEE:	\$5/ child



The Turkey Hunt will be held Rain or Shine!

FALL REGISTRATION BEGINS

WEDNESDAY, SEPTEMBER 4, 2013 @ 9 AM

Online...or...Mail-In*...or...In Person*

Park and Recreation does not accept registrations by phone or fax.

* Scholarships may only be processed by mail or in person, at this time.
Credits may now be used on-line.

There are no guarantees for any method of registration, so choose the method most comfortable to you. Remember to put your name on the wait list if a space is not available – no payment is collected for space on wait list.

Online Registration:

Begins at 9 AM on WEDNESDAY, SEPTEMBER 4, 2013.
www.needhamma.gov Choose "Park and Recreation On-Line Registration" under "For Residents."
Create an on-line account so that information is saved, credits may be used, and information can be reviewed.
Follow steps to register all family members, and print-out receipt at end of registration process.

Mail-In Registration:

Complete form and mail to:
Registration – Park and Recreation
500 Dedham Avenue
Needham, MA 02492
Forms will be processed, in random order, starting at 9 AM on Wednesday, September 4, 2013 and continues during regular office hours.

In Person Registration:

Begins at 9 AM on Wednesday, September 4, 2013 and continues during regular office hours.

All programs are offered to Needham residents on a first come first served basis, including students in the Needham Public Schools' METCO program.

SENIOR EXERCISE

Three different classes...three different teachers...all with one goal: to help men and women, ages 50 and older, stay fit in an enjoyable, social and supportive setting! Detailed descriptions listed below. Register for one, two, or three classes!

Age: 50 years old and up
Sessions: **MONDAYS 9:00—10:00am October 7—December 16**
Judi will focus on improving your cardiovascular efficiency and muscle strength and endurance, all while having some fun and sharing smiles!
Note Location: Needham Public Library Community Room



WEDNESDAYS 9:15—10:15am October 16—December 18
Adele leads a low-impact aerobics class, which includes stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion, and injury prevention!

FRIDAYS 10:30—11:30am October 4—December 13
Arlene will share toning, stretching, strengthening, and abdominal exercises that will benefit you from head to toe. Bring your list of areas that need work for individual guidance!

Locations: **Mondays**—Needham Public Library Community Room
Wednesdays & Fridays—Stephen Palmer Sr. Center & New Senior Center (*we will let you know when the program will move to the new building*)

Limit: 22 participants per class (*minimum of 10*)
On Reg. Form: List *Senior Exercise AND Day(s)*

FEES: **\$25/ nine week session/ 1 day per week**
\$50/ nine week session/ 2 days per week
\$75/ nine week session/ 3 days per week



SENIOR GOLF LEAGUE

**** Registration for Needham residents only. ****

This league is for Men and Women, age 50 and older, and is held at the Needham Golf Club on Tuesday mornings. Previous experience is necessary with a 9 hole score of 72 or less. After eight weeks of play, additional rounds can be purchased for \$27 per round payable at the Park and Recreation office.

PLEASE NOTE: Program Began on 7/30/13, Limited Openings Available

Age: 50 years old and up
Session: **July 30—October 15**
Day: Tuesday Mornings
Times: First group tees off at 9:00am
Last group tees off by 10:30am
Location: Needham Golf Club
Limit: 64 participants; unlimited number of substitutes
On Reg. Form: List *Senior Golf AND Average score for 9 holes*
FEES: **\$236/ registration & green's fees for 8 rounds**
\$27/ day after eight rounds have been played



*Unable to commit to playing each week? Sign up as a substitute!
Substitute list taken at Park and Recreation office prior to the start of the season.*

TAKE A HIKE

Have you wanted to check out the trails in Needham but were not sure where to go or did not want to walk alone? Then this is the program for you. Adults of all ages able to walk between 1-3 miles at a casual pace are welcome. Let this be the fall you discover the many beautiful fall foliage covered trails located right here in Needham. *Upon registering be sure to print out your receipt with directions to the trail, where to park, what to bring, what to wear and the inclement weather plan.*

Age: 17 years old and up
Day: Thursdays
SESSIONS: 1: September 12 Ridge Hill
2: October 3 Town Forest
3: October 17 Rosemary Trail
4: November 14 Greendale Trail
Time: 10:00—11:30am
Limit: 10 participants/ session level (*minimum of 5*)
On Reg. Form: List, *Take a Hike AND Session #*
FEE: FREE



SENIOR YOGA

Join a class of gentle stretching and relaxation during which traditional Hatha yoga postures will be used and tailored for the senior population! Increase flexibility, balance and strength with some quiet meditation and relaxation. Students will need to bring a yoga mat (or towel) and be prepared to be on the floor.

Age: 50 years old and up
Session: October 7—December 16
Day: Mondays
Time: 10:00—11:00am
Location: Needham Public Library Community Room
Limit: 25 participants (*minimum of 10*)
On Reg. Form: List *Senior Yoga*
FEE: \$25/ nine week session



SENIOR INDOOR WALKING CLUB

Keep in shape during the colder months of the year with this friendly, supportive group where you walk at your own pace, meet new people and feel better through movement! Flexible schedule allows you to go all three days, or whenever it fits your schedule! A coordinator is on site each day to oversee warm-up exercises.

Age: 50 years old and up
Session: October 15, 2013—May 1, 2014
Day: Tuesdays, Wednesdays **AND/OR** Thursdays
Time: 3:15—4:15pm
Location: Needham High School
On Reg. Form: List *Senior Indoor Walking Club*
FEE: \$30/ season



REGISTRATION POLICIES

Please read carefully...

Registration Limits

See individual program descriptions for specific limits and staff/participant ratios. The Commission reserves the right to cancel classes when registration numbers are too low.

Non-Residents

May register the Wednesday before a program begins, if space is available, unless otherwise noted in brochure.

Age of Participants/ Birth Certificates

Must be noted age by first day of session. **All children, ages 5 and under, must have a birth certificate registered**...this is a one-time only requirement. Mail a copy or bring one by – it will be given right back to you. Registrations are not complete without a registered birth certificate. *If you were living in Needham when the child was born, copies are available at the Needham Town Clerk's Office in Town Hall.*

Changes to Registration

Call (781) 455-7550, press 3. Messages can be left when office is closed. If space is available, changes will be made. Additional payments may be required if fees are different, due within time required by office. Credits will be given to family account when fee is less than original payment.

Credits/ Refunds

The Commission has a NO REFUND policy, unless the program is cancelled or there are special circumstances. In most cases, CREDITS are given and do not expire. All requests need to be submitted to Park and Recreation **IN WRITING** to 500 Dedham Avenue, Needham, MA 02492 or to pcarey@needhamma.gov

Financial Assistance/ Scholarship

Available to Needham residents, only. Call (781) 455-7550, press 3 for more information. *Register in person or by mail.*

Special Needs Programming

Call (781) 455-7550, press 3 for questions about integration. Contact *The Charles River Center* for specialized programming for all ages at (781) 972-1018.

Trust Fund for Parks

Make a donation on your registration form or write a separate check in honor of your favorite park. All gifts will be placed in the Trust Fund for Parks, and will be used for park improvements. Call (781) 455-7550, press 3 for more details.



ITSY BITSY ARTS

Come and join the fun in this creative workshop geared to the abilities of young boys and girls to glue, paint, cut, sprinkle and create! Each week we will tap into your child's artistic talent to produce a fun project together using a variety of different art mediums!

ALL participants are required to attend with an adult helper.

Age: 3 to 5 year olds (*Birth Certificate required for ALL Registrations*)
Session: October 11—December 6
Day: Fridays
Time: 10:00—10:45am
Location: Linden Chambers Community Room
Limit/ Ratio: 10 participants & 10 adult helpers/ session (*minimum of 5*) for a ratio of 10/10 : 1
On Reg. Form: List *Itsy Bitsy Arts*
FEE: \$65/ eight week session



INTRODUCTION TO DANCE AND MOVEMENT

From classical ballet to groovin' to some jazz or hip-hop, our NEW youth Dance and Movement classes will have young boys and girls learning how to have fun while being active in a unique, down-to-earth dancing environment!

Perfect for parent whose children love to dance, but you're not sure about the commitment of the more "serious" local dance studios!

Age: 4 to 7 year olds (*Birth certificate required for ALL 4 & 5 year olds*)
Session: October 10—December 12
Day: Thursdays
Times: 4—5 YEAR OLDS 3:30—4:15pm
6—7 YEAR OLDS 4:15—5:15pm
Location: Eliot School Performance Center
Limit/ Ratio: 12 participants (*minimum of 6*) for a ratio of 6 : 1
On Reg. Form: List *Intro to Dance and Movement AND Age/ Time*
FEE: \$60/ eight week session



MEET PARKER, THE PARK & RECREATION BEAR!!

Parker, the happy bear gracing the cover of this fall brochure, is the Official Needham Park & Recreation Department mascot and the newest member of the Park and Recreation team!

He has spent most of last school year and the summer visiting Park & Recreation programs around town and will be doing the same all throughout this year!

You can follow all of Parker's adventures (*and beyond!*) on Park & Recreation's Official Facebook page and Twitter account!



ADULT TENNIS LESSONS

This fall there are a variety of tennis lesson options. Please read the information carefully and choose the class that suits you best! Racquet required.

Beginner level is for those without any prior tennis playing experience.

Advanced Beginner level is for those with some experience who understand the basics, but want to improve their tennis games.

Intermediate level is for those able to execute all strokes, including serve with some consistency. Focus will be on improving serve, court coverage and match play.

OUTDOOR Adult Tennis Lessons

Age: 17 years old and up
Session: September 12—October 10
Day: Thursdays (*note new day & times*)
Times: 9:00—10:00am **BEGINNER**
 10:00—11:00am **ADVANCED BEGINNER**
 11:00am—12:00pm **INTERMEDIATE**
Location: Mills Field Tennis Courts
Limit/ Ratio: 5/ session (*minimum of 3*) for a ratio of 5 : 1
On Reg. Form: List *OUTDOOR Adult Tennis Lessons, Time AND Level*
FEE: \$75/ five week session



INDOOR Adult Tennis Lessons

Age: 17 years old and up
Session: October 29—November 26
Day: Tuesdays
Times: 6:30—7:30pm **BEGINNER**
 7:30—8:30pm **ADVANCED BEGINNER**
Location: Pollard Middle School Green Gym
Limit/ Ratio: 5/session (*minimum of 3*) for a ratio of 5 : 1
On Reg. Form: List *INDOOR Adult Tennis Lessons, Time AND Level*
FEE: \$75/ five week session



ADULT GOLF LESSONS

Let this be the fall you learn the game of golf or work on improving your fundamental skills! Needham Golf Club's PGA Professional instructor welcomes both beginners and advanced players.

Age: 17 years old and up
Session: September 10—October 8
Day: Tuesdays
Times: 5:00—6:00pm **BEGINNER**
 6:00—7:00pm **ADVANCED BEGINNER**
Location: Needham Golf Club
Limit: 7 participants/ session level (*minimum of 4*)
On Reg. Form: List *Adult Golf Lessons, Time AND Level*
FEE: \$110/ five week session



ADULT COED BADMINTON

Six courts are set up for doubles games for beginner to advanced levels. Pay one fee for the season from October—May! Occasionally Needham High School events are scheduled on Mondays, no Make-up dates are available.

Non-resident registration will begin on Wednesday, September 18, 2013 at 9:00am.

Age: 17 years old and up
Season: October 21, 2013—May 19, 2014
Day: Mondays
Time: 8:00—10:00pm
Location: Needham High School A-Gym
Limit: 50 players
On Reg. Form: List *Adult Coed Badminton*
FEE: \$65/ season



ADULT COED BASKETBALL

For players with some experience, teams are formed each evening for pick up play. Two courts available. Pay one fee for the season from October—May! Occasionally Needham High School events are scheduled on Wednesdays, no Make-up dates are available.

Non-resident registration will begin on Wednesday, September 18, 2013 at 9:00am.

Age: 17 years old and up
Season: October 16, 2013—May 21, 2014
Day: Wednesdays
Time: 8:00 - 10:00pm
Location: Needham High School A-Gym
Limit: 40 players
On Reg. Form: List *Adult Coed Basketball*
FEE: \$65/ season

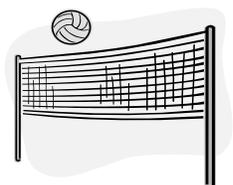


ADULT COED VOLLEYBALL

For players with some experience, with minimal instruction available. The volunteer coordinator sets up 2 courts each week. Pay one fee for the season from October—May! Occasionally Needham High School events are scheduled on Thursdays, no Make-up dates are available.

Non-resident registration will begin on Wednesday, September 18, 2013 at 9:00am.

Age: 17 years old and up
Session: October 17, 2013—May 22, 2014
Day: Thursdays
Time: 8:00—10:00pm
Location: Needham High School A-Gym
Limit: 60 players
On Reg. Form: List *Adult Coed Volleyball*
FEE: \$25/ season



ICE SKATING LESSONS

Review the detailed level descriptions and times below and choose appropriately for your child's current ice skating ability.

All five year olds MUST register for Penguins Level, then after being evaluated through the first week, can be moved to a different level if appropriate.

On the first day of lessons, children will be sorted into small groups, within their class level and time, by ice skating ability.

Age: 5 years and older (Birth Certificate Required for ALL 5 year olds)
Session: October 15—November 7

Days: Tuesdays AND Thursdays
Location: St. Sebastian's School Ice Skating Rink
Limit: 15 participants for Penguins and Snow Leopards
 20 participants for Snowy Owls and Polar Bears

Equipment: Single blade skates and **helmets** required. (No rentals available.)
 Gloves and warm, layered clothing recommended.

On Reg. Form: List *Level (Penguins/ Snow Leopards/ Snowy Owls/ Polar Bears) AND Time*
FEE: \$55/ four week session (8 classes)



LEVELS & TIMES

PENGUINS: 3:30 - 4:00 OR 4:00 - 4:30 OR 4:30 - 5:00

Figure Skates OR Hockey Skates

- ◆ Has never skated before and/ or needs assistance standing and moving on skates.
- ◆ ALL five year olds must register for Penguins.
- ◆ Ratio—6 participants : 1 instructor

SNOW LEOPARDS: 3:30 - 4:15 OR 4:15 - 5:00

Figure Skates OR Hockey Skates

- ◆ Consistent, basic skating skills: can stand on skates, fall and get up, forward march and glide.
- ◆ Will work on refining basic skills, snow plow stop, gaining confidence and speed.
- ◆ Ratio—6 participants : 1 instructor

SNOWY OWLS: 4:15 - 5:00

Figure Skates ONLY

- ◆ Refined, confident figure skating skills: can glide forward and backward, perform sculling, and perform proper stops.
- ◆ Will work on turns, crossovers, one-footed skills, spins and jumps.
- ◆ Ratio—10 participants : 1 instructor

POLAR BEARS: 4:15 - 5:00

Hockey Skates ONLY

- ◆ Refined, confident hockey skills: can glide forward and backward, perform sculling and stop in hockey skates.
- ◆ Will work on different stops, turns, crossovers, edges and increase speed.
- ◆ Ratio—10 participants : 1 instructor

KIDS NIGHT OUT

ATTENTION PARENTS: Give yourself the night off and treat your child to our monthly supervised night out of fun and interactive games, unique crafts, a pizza dinner, yummy dessert *AND* a full length children's film with some of their favorite P & R Summer Program Counselors!

PJ's, sleeping bags and Pillow Pets are always welcome, but not required!

Age: 3 to 10 year olds (Birth certificate required for ALL 3, 4 & 5 year olds)
Sessions: See below for Dates and Movie Selections!
Time: 5:30—9:00pm
Location: Public Services Administration Building (PSAB)
Limit/ Ratio: 35 participants/session (minimum of 12) for a ratio of 5 : 1
On Reg. Form: List Kids Night Out, Month *AND* Movie Choice
FEE: \$16/ child per movie



FALL DATES:

MOVIES:

Friday, September 20	Franken-Weenie	(PG)
Friday, October 4	Hotel Transylvania	(PG)
Friday, November 8	The Croods	(PG)
Friday, December 13	Despicable Me : 2	(PG)



SKATEBOARD EDU

Skateboarding is not only a thrilling action sport; it's a fantastic way to build balance and strength. The popularity of this activity makes it a natural way to get kids moving! The Skateboard EDU after school program is designed to provide boys and girls with a fun and engaging jump-start in skateboarding fundamentals like pushing, carving, kickturning, board grabs, skating etiquette and more.

Participants must provide board, wrist guards, helmet and knee & elbow pads. Safety gear must be worn at all times!

SESSIONS:

<u>8-10 year olds</u>	Wednesdays, September 11—October 9 3:30—5:30pm
<u>11-13 year olds</u>	Tuesdays, September 10—October 8 2:30—4:30pm

Location: Pollard Middle School Quick Start Tennis Court
Limit/ Ratio: 12 participants (minimum 5) for a ratio of 6 : 1
On Reg. Form: List Skateboard EDU *AND* Age Group/ Day
FEE: \$75/ five week session



Fall Registration... Winter Program!



NASHOBA VALLEY SKI & SNOWBOARD LESSONS

Six weeks of fun on the slopes with optional one hour lesson and approximately 2.5 hours of practice time. Bus transportation and supervision are provided. Experienced instructors, quality equipment, 9 lifts and 17 trails are available for the beginner just learning and for those who have a little more experience wanting to ski close to home. Brand new Head Snowboard and Solomon Ski rental equipment available.



Age: 10 years old and up
Session: January 4—February 8, 2014
Day: Saturdays
Time: 7:30am—1:15pm—Bus Leaves from, and Returns to the Public Services Administration Building (500 Dedham Avenue)
Location: Nashoba Valley, Westford MA
Limit/ Ratio: 35 participants (minimum of 20) for a ratio of 4 : 1
On Reg. Form: List Nashoba Ski OR Snowboard *AND* Rental OR No Rental
FEES: \$410/ person WITH ski OR snowboard lessons *
 \$380/ person WITHOUT ski OR snowboard lessons *
 * (Make REGISTRATION checks payable to Town of Needham)

RENTAL EQUIPMENT (for 6 weeks): \$100/ person/ Ski OR Snowboard rental fee
 \$40/ person/ HELMET rental fee

Do not mail rental fee in with Registration. Make RENTAL EQUIPMENT checks payable to Nashoba Valley AND bring to Pre-Fit Night.

Everyone renting equipment from Nashoba Valley MUST attend the pre-fit meeting on **Wednesday December 11th at 6:30pm at the Park and Recreation Office**, Located in the Public Services Administration Building (PSAB), 500 Dedham Avenue - 1st floor.

Registration Deadline is 5:00PM on WEDNESDAY, DECEMBER 11th
OR until the Program is Full, NO EXCEPTIONS!!

Don't wait until the last minute to register, this program fills very quickly every year!!



**Register
ONLINE!!**



WINTER SAFETY TIPS



SAFE SLEDDING TIPS



- Examine area for hazards such as trees, rocks, and “man-made” jumps.
- Dress properly, protecting hands, feet, and your face from the cold.
- Check sled before use. Do not use sleds without a method of control.
- Sled on snow-packed hills with at least one other person. Do not sled on ice!
- Keep your head at back of sled and wear a helmet.
- **Do not build snow jumps!**

OUTDOOR SKATING



Ice is tested on **weekdays** by the DPW Parks Division **once there has been a lengthy freeze**. Ice depths **are not checked** during winter storms and clean-ups. Signs posted at each location must be observed.

Current ice depths and skating conditions are recorded after 3:00pm, on the Park and Recreation Information Recording Line at (781) 444-7212 AND on the Park and Recreation website, under Outdoor Skating and Sledding at www.needhamma.gov/parkandrecreation.

SAFE SKATING TIPS

- Always skate with at least one other person.
- **Skate on areas with 6 or more inches of black ice.**
- Remove loose objects from ice surface.
- Skate in well-lit areas only. *Lights are currently available at the Reservoir and Horsford on Weekends, Holidays and over School Vacations, when there is at least 6 inches of black ice!*
- Hockey players should be careful skating near young children. Hockey is not permitted at the large pond at Horsford.



OUTDOOR SKATING LOCATIONS

HORSFORD: on Central Avenue—across from RTS, at entrance to Town Forest.

FARLEY: on South Street, 3/10 mile from Chestnut Street intersection—on right

RESERVOIR: on Dedham Avenue—behind the Public Services Administration Building.

WALKER-GORDON: on Charles River Street, 2/10 mile from Central Avenue—on right.

ROSEMARY LAKE: on Rosemary Street—enter from small parking lot near apartments.
Please note: Warm water streams keep Rosemary Lake from freezing quickly!

SPORTSMAN: on Great Plain Avenue, between Central Avenue and Marked Tree Road behind the brick water pump station building.

QUICKSTART TENNIS LESSONS

Quickstart Tennis is an exciting play format designed to bring children into the game by utilizing special equipment and a court with dimensions tailored to age and size! Quickstart Tennis is fast, easy and fun! Racquet required.

OUTDOOR Quickstart Tennis Lessons

Age: 5 to 7 year olds (*Birth certificate required for ALL 5 year olds*)
Session: September 7—October 19
Day: Saturdays
Times & Ages: 9:00—10:00am Ages 5—6
 10:00—11:00am Ages 6—7
 11:00am—12:00pm Ages 5—7

Location: Pollard Middle School Quickstart Tennis Courts
Limit/ Ratio: 10/ session (*minimum of 5*) for a ratio of 5 : 1
On Reg. Form: List **OUTDOOR Quickstart Tennis Lessons AND Time**
FEE: \$60/ five week session



INDOOR Quickstart Tennis Lessons

Age: 5 to 7 year olds (*Birth certificate required for 5 year olds*)
Session: October 30—December 4
Day: Wednesdays
Time: 6:00—7:00pm
Location: Pollard Middle School Green Gym
Limit/ Ratio: 10/ session (*minimum of 5*) for a ratio of 5 : 1
On Reg. Form: List **INDOOR Quickstart Tennis Lessons**
FEE: \$60/ five week session



JUNIOR TENNIS LESSONS

Junior Tennis covers the basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead and strategy! Racquet required.

OUTDOOR Junior Tennis Lessons

Age: 8 to 13 year olds
Session: September 7—October 19
Day: Saturdays
Times & Ages: 9:00—10:00am Ages 8—10
 10:00—11:00am Ages 11—13
 11:00am—12:00pm Ages 8—10

Location: Needham High School Tennis Courts
Limit/Ratio: 10/ session (*minimum of 5*) for a ratio of 5 : 1
On Reg. Form: List **OUTDOOR Junior Tennis Lessons AND Time**
FEE: \$60/ five week session



INDOOR Junior Tennis Lessons

Age: 8 to 13 year olds
Session: October 30—December 4
Day: Wednesdays
Times & Ages: 7:00—8:00pm Ages 8—10
 8:00—9:00pm Ages 10—13 (*10 year olds with previous lessons*)

Location: Pollard Middle School Green Gym
Limit/ Ratio: 10/ session (*minimum of 5*) for a ratio of 5 : 1
On Reg. Form: List **INDOOR Junior Tennis Lessons AND Time**
FEE: \$60/ five week session



