



## 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.

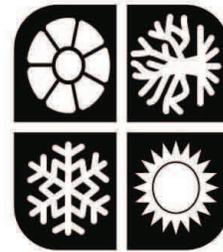


# Register ONLINE!



CHILDREN • YOUTH • TEENS • ADULTS • SENIORS • SPECIAL EVENTS

# NEEDHAM PARK & RECREATION 2012 FALL BROCHURE



# Welcome to Fall 2012!

## 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](http://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  
Andrea L. Shorthose

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. He is a Graphic Designer with over ten years experience. He can be contacted at [adwitham@aol.com](mailto:adwitham@aol.com) for graphic design needs.

# TOWN-WIDE FALL CLEAN UP DAY

Sponsored by:

*Needham Park and Recreation Commission*

## SATURDAY, OCTOBER 13, 2012

### 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 with your group!
- ♦ 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!

# 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 **2012 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](http://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.

*Please Note: School playgrounds not available during school hours.*

- |                                      |                                 |                                    |
|--------------------------------------|---------------------------------|------------------------------------|
| <b>Broadmeadow</b> - Broadmeadow Rd. | <b>Claxton</b> - Central Ave.   | <b>Cricket</b> - Hillside Ave.     |
| <b>DeFazio</b> - Dedham Ave.         | <b>Greene's</b> - Pickering St. | <b>Eliot</b> - Wellesley Ave. Ext. |
| <b>Hillside</b> - Glen Gary Rd.      | <b>Mills</b> - Hampton Ave.     | <b>Mitchell</b> - Brookline St.    |
| <b>Newman</b> - Central Ave.         | <b>Perry</b> - Beaufort Ave.    | <b>Riverside</b> - 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. 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 20th (Rain date: October 29th)
- 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 17th
- 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:** \$3/ child



*The Turkey Hunt will be held Rain or Shine!*

## FALL REGISTRATION BEGINS:

**TUESDAY, SEPTEMBER 4, 2012 at 9:00am**

**3 registration options: Online ... Mail-In ... In Person**

Those with a **SCHOLARSHIP OR PROGRAM CREDIT** may **only register by Mail OR In Person at this time!**

*Park and Recreation does not accept telephone or fax registrations!!*

There are no guarantees for any method of registration that a spot will be available. Choose the method most comfortable to you, and if a spot is not available, please place your name on the wait list in the event there are any changes. No payment is collected for wait list registrations.

### ONLINE REGISTRATION:

At 9:00am on **SEPTEMBER 4**, go to [www.needhamma.gov](http://www.needhamma.gov) and under the "For Residents" option, choose "Park and Recreation On-line Registration". Choose program options and follow each step. **Be sure to print out your receipt/ waiver at conclusion of registration!**

### MAIL-IN REGISTRATION:

All registration forms submitted prior to Tuesday, September 4 will begin to be processed at **9:00am ON SEPTEMBER 4, in random order.**

**Mail to:** REGISTRATION - Park and Recreation  
500 Dedham Avenue, Needham, MA 02492

### IN-PERSON REGISTRATION:

Come to the Park and Recreation Office on the first floor of the Public Services Administration Building (PSAB) on 500 Dedham Avenue. **Registration begins right at 9:00am on SEPTEMBER 4.**

ALL PROGRAMS ARE OFFERED TO NEEDHAM RESIDENTS ON A FIRST COME—FIRST SERVED BASIS, INCLUDING STUDENTS IN THE NEEDHAM PUBLIC SCHOOLS' METCO PROGRAM.



## 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 2, 2012—April 25, 2013  
**Day:** Tuesdays, Wednesdays **AND/OR** Thursdays  
**Time:** 3:00—4:00pm  
**Location:** Needham High School  
**On Reg. Form:** List *Senior Indoor Walking Club*  
**FEE:** \$30/ season



## 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 15—December 17  
*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 10—December 12  
*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** September 28—December 14  
*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 **AND** Fridays—Stephen Palmer Senior Center

**Limit:** 20 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



## NEEDHAM GOLF CLUB

The Needham Golf Club has public golf hours for Needham residents *only* on Sundays and Mondays from 3:00 PM to closing and Tuesdays from 8:00 AM to closing.

Please call the Golf Club at (781) 444 - 5548, or visit [www.needhamgolfclub.com](http://www.needhamgolfclub.com) for more detailed information.



## ADULT GOLF LESSONS

Let this be the fall you learn the game of golf or work on improving your game! PGA instructor welcomes beginners and advanced players.

**Age:** 17 years old and up  
**Session:** September 11—October 9  
**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



## 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 \$21 per round payable at the Park and Recreation office.

**Age:** 50 years old and up  
**Session:** July 31—October 16  
**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:** \$188/ registration & green's fees for 8 rounds  
 \$21/ 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.*

## 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 15—December 17  
**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



## REGISTRATION POLICIES CONTINUED...

*Please read carefully...*

**REGISTRATION LIMITS**— See individual program descriptions for specific limits and staff to 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.

**AGE OF PARTICIPANTS**— All participants must be the noted age by the first day of the session in which they are enrolled. **Birth certificates are required for ALL children 5 and under to register.** Bring a copy to the Park and Recreation Office to have it recorded. This is a one-time only requirement. Registrations are not complete without birth certificate. *If born while living in Needham, parents/guardians can obtain copies at the Needham Town Clerk's Office in Needham Town Hall.*

**PROGRAM CHANGES / SWITCHES**— Call (781) 455-7550, press 3 or stop by the office during office hours (Monday—Friday, 8:30am—5:00pm). Changes can only be made if space is available. Additional payments may be required for program changes. Full payment must be sent to the office within 48 hours. If the amount required is less than the initial payment the amount will be credited to your account and can be used at any time for any program for any member of the family. The Park and Recreation Commission has a **NO REFUND POLICY**, unless the activity is cancelled by the department. Questions on this policy may be sent IN WRITING to the Commission.

**FINANCIAL ASSISTANCE**— Available to Needham residents only. Please call (781) 455-7550, press 3 for more information. *Participants receiving financial assistance must register in person or by mail as the on-line option is unavailable at this time.*

**SPECIAL NEEDS PROGRAMMING**— A wide variety of activities are planned by The Charles River Center. Call (781) 972-1000 for more information.

**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

A creative workshop geared to the abilities of young children to glue, paint, cut, sprinkle and create unique and age appropriate crafts! Children are required to attend with an adult helper.

**Age:** 3 to 5 year olds (*Birth Certificate required for ALL Registrations*)  
**Session:** October 12—December 7  
**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:** \$60/ eight week session



## DOWN ON THE FARM

Discover what is happening at the Needham Community Farm! You and your child will participate in hands-on farm related activities including learning about plants, seeds and different types of soils. Enjoy learning about the farm through stories, songs and age appropriate activities. Get dirty, meet new friends and have a great morning experiencing the beautiful outdoors!

**Age:** 3 to 5 year olds (*Birth Certificate required for ALL Registrations*)  
**Session:** September 11—October 16  
**Day:** Tuesdays  
**Time:** 10:00—10:45am  
**Location:** Needham Community Farm  
**Limit/ Ratio:** 8 participants (*minimum 6*) for a ratio of 8 : 1  
**On Reg. Form:** List *Down on the Farm*  
**FEE:** \$50/ six week session



## HIKES FOR TYKES

Join us for a guided hike along the Fitness Trail at Ridge Hill Reservation. At each fitness station we will stop for a quick jump, hop or stretch! Enjoy the fresh air, notice a bird flying by and look for animal tracks while discovering the great outdoors. Children are required to attend with an adult.

**Age:** 3 to 6 year olds (*Birth certificate required for ALL 3, 4 & 5 year olds*)  
**Session/ Day:** **SESSION 1:** Thursday, October 11  
**SESSION 2:** Thursday, November 1  
**Time:** 10:00—11:00am  
**Location:** Ridge Hill Reservation  
**Limit/ Ratio:** 10 participants & 10 adult helpers/ session (*minimum of 5*) for a ratio of 10/10 : 1  
**On Reg. Form:** List *Hikes for Tykes*  
**FEE:** \$5/ child per session



## 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 designed for those who are able to execute all strokes, including serve, with some consistency. The focus will be on improving serve, court coverage and match play.

### OUTDOOR Adult Tennis Lessons

**Age:** 17 years old and up  
**Session:** September 11—October 9  
**Day:** Tuesdays  
**Times:** 9:00am—10:00am *BEGINNER*  
 10:00am—11:00am *ADVANCED BEGINNER*  
 11:00am—12:00pm *INTERMEDIATE*  
**Location:** Mills Field Tennis Courts  
**Limit/ Ratio:** 10/ session (*minimum of 5*) 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 23—November 27  
**Day:** Tuesdays  
**Times:** 6:00—7:00pm *BEGINNER*  
 7:00—8:00pm *ADVANCED BEGINNER*  
 8:00—9:00pm *INTERMEDIATE*  
**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



## DOUBLE THE FUN TENNIS

Playing singles is one thing, but playing tennis successfully with a partner is another. In this class the instructor will focus on doubles strategies and techniques to help improve your doubles game! Come and learn the secret of how two players working together as a team can win!!

**\*\* Participants must have a N.T.R.P. rating of 3.0 or above and be able to execute all strokes and serve consistently. The success of the class is dependent on committed attendance by all 4 registered participants for all 5 classes. Doubles is a team sport. Participants must commit to attending all 5 classes so that the group can play doubles and be coached. \*\***

**Age:** 17 years and up  
**Session:** September 13—October 11  
**Day:** Thursdays  
**Times:** 9:00—10:00am **OR** 10:00—11:00am  
**Location:** Mills Field Tennis Courts  
**Limit/Ratio:** 4 participants (*minimum of 4*) for a ratio of 4 : 1  
**On Reg. Form:** *Double the Fun Tennis AND Time*  
**FEE:** \$75/ 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 12, 2012 at 9:00am.**

**Age:** 17 years old and up  
**Season:** October 15, 2012—May 20, 2013  
**Day:** Mondays  
**Time:** 8:00—10:00pm  
**Location:** Needham High School A-Gym  
**Limit:** 50 players  
**On Reg. Form:** List *Adult Coed Badminton*  
**FEE:** \$60/ 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, but an effort will be made to re-locate to another site as needed.

**Non-resident registration will begin on Wednesday, September 12, 2012 at 9:00am.**

**Age:** 17 years old and up  
**Season:** October 10, 2012—May 22, 2013  
**Day:** Wednesdays  
**Time:** 8:00 - 10:00pm  
**Location:** Needham High School A-Gym  
**Limit:** 40 players  
**On Reg. Form:** List *Adult Coed Basketball*  
**FEE:** \$60/ 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, but an effort will be made to re-locate to another site as needed.

**Non-resident registration will begin on Wednesday, September 12, 2012 at 9:00am.**

**Age:** 17 years old and up  
**Session:** October 11, 2012—May 23, 2013  
**Day:** Thursdays  
**Time:** 8:00—10:00pm  
**Location:** Needham High School A-Gym  
**Limit:** 60 players  
**On Reg. Form:** List *Adult Coed Volleyball*  
**FEE:** \$20/ season



## 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 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!  
**Day:** Fridays  
**Time:** 5:30—9:00pm  
**Location:** Public Services Administration Building (PSAB)  
 500 Dedham Avenue *(Location of the Park and Recreation Office!)*  
**Limit/ Ratio:** 30 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:

Friday, October 5

Friday, November 9

Friday, December 7

### MOVIES:

*The Muppets* (PG)

*The Pirates! Band of Misfits* (PG)

*Katy Perry: Part of Me* (PG)



## BALLET

Our ballet classes are an introduction to classical ballet for petite' ballerinas and danseurs. Traditional work at the barre, center floor practice and across the floor techniques will be covered. Join our championship winning dance instructors and learn how to tendu, chasse' and plie' in a fun, down-to-earth environment!

**Age:** 4 to 7 year olds *(Birth certificate required for ALL 4 & 5 year olds)*  
**Session:** October 11—December 6  
**Day:** Thursdays  
**Time:** 4:00—5:00pm  
**Location:** Eliot School Performance Center  
**Limit/ Ratio:** 16 participants *(minimum of 6)* for a ratio of 8 : 1  
**On Reg. Form:** List *Ballet*  
**FEE:** \$60/ eight week session



**Register  
ONLINE!!**



## 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 8—October 13  
**Day:** Saturdays  
**Times:** 9:00—10:00am OR 10:00—11:00am OR 11:00—12:00pm  
**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 17—November 28  
**Day:** Wednesdays  
**Time:** 6:00—7:00pm  
**Location:** Pollard Middle School Green Gym  
**Limit/ Ratio:** 15/ 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 8—October 13  
**Day:** Saturdays  
**Times:** 9:00—10:00am OR 10:00—11:00am OR 11:00—12:00pm  
**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 17—November 28  
**Day:** Wednesdays  
**Times:** 7:00—8:00pm OR 8:00—9:00pm  
**Location:** Pollard Middle School Green Gym  
**Limit/ Ratio:** 15/ 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



## ICE SKATING LESSONS

Review the level descriptions below and choose the appropriate level. **All five year olds MUST register for Penguins Level and can be moved to a different level after being evaluated, if appropriate.**

On the first day of lessons, children will be sorted into small groups by ability within each level.

**Age:** 5 years old and up (Birth certificate required for ALL 5 year olds)  
**Session:** October 16—November 8  
**Day:** Tuesdays AND Thursdays  
**Location:** St. Sebastian's School Ice Skating Rink  
**Limit/ Ratio:** See below for Level Sizes  
**On Reg. Form:** List **Ice Skating Lessons, Level** (Penguins, Snow Leopards, Snowy Owls, OR Polar Bears) **AND Time**  
**FEE:** \$55/ four week session



**Equipment:** Single blade skates and helmets required. *Bicycle or Skiing Helmets are acceptable. No ice skate rental is available.*

*Special Note: registration for next session (2/26—3/14) in Winter/ Spring Brochure.*

## Levels and 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 help standing and moving on skates.
- ◆ All five year olds must register for Penguins.
- ◆ 15 participant Maximum, For a Ratio of 5 : 1

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

*Figure Skates or Hockey Skates*

- ◆ Beginner with basic skating skills: can stand on skates, fall and get up, march, glide, and snow plow stop.
- ◆ Will work on refining basic skills and gaining more confidence and speed.
- ◆ 15 participant Maximum, For a Ratio of 5 : 1

**SNOWY OWLS:** 4:15- 5:00

*Figure Skates*

- ◆ Can glide forward and backward, perform sculling, and stop.
- ◆ Will work on turns, crossovers, one-footed skills, spins, and jumps.
- ◆ 20 participant Maximum, For a Ratio of 10 : 1

**POLAR BEARS:** 4:15- 5:00

*Hockey Skates*

- ◆ Can stand on hockey skates, fall and get up, march, glide, perform sculling, and stop.
- ◆ Will work on different stops, forward and backward sculling, turns, crossovers, edges and jumps
- ◆ 20 participant Maximum, For a Ratio of 10 : 1



## 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](http://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.

## OWL PROWL

Learn the strange and surprising sounds of nocturnal creatures and take a moonlit walk to explore and identify nocturnal wildlife as it awakens! WHOO, who or what will we find? We'll use our best night vision skills as we walk and listen to calls of multiple species of owls and will learn more about each species, as well as interesting facts and information about any other nighttime wildlife that is discovered!

**Age:** Families with Children ages 7 years old and up  
**Session/ Day:** Friday, October 26  
**Time:** 8:00—9:00pm  
**Location:** Rosemary Lake Trail  
**Limit/ Ratio:** 20 participants (*minimum 10*) for a ratio of 10 : 1  
**On Reg. Form:** List *Owl Prowl*  
**FEE:** \$5/ per family



## 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 5—February 9, 2013  
**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:** \$405/ person WITH ski OR snowboard lessons \*  
 \$375/ person WITHOUT ski OR snowboard lessons \*  
 \* (Make REGISTRATION checks payable to Town of Needham)



**RENTAL EQUIPMENT** (for 6 weeks): \$95/ person/ Ski OR Snowboard rental fee  
 \$40/ person/ HELMET rental fee

**Do not mail rental fee(s) 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 12th 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 12, 2012**

**OR until the Program is Full, NO EXCEPTIONS!!**

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

# PROGRAM REGISTRATION FORM



OR Register On-Line instead at <http://www.activityreg.com>, just Click MA, then Needham Park and Recreation!

\*\* SEE REGISTRATION POLICIES ON PAGES 4 & 5 OF BROCHURE!! \*\*

PLEASE PRINT CLEARLY, IN BLUE OR BLACK INK!

Your Name: LAST FIRST Date: / /

Address: NUMBER and STREET TOWN STATE/ZIP

Home Phone: ( ) Work Phone: ( ) Cell Phone: ( )

E-Mail Address: (Including your e-mail address is very helpful in case of program cancellations or changes.)

Emergency Contact: FULL NAME and RELATION ( ) PHONE ( )

## PROGRAM CHOICES

PARTICIPANT'S NAME <i>(First AND Last Name Please)</i>	PROGRAM NAME	SESSION/ WEEK #	TIME/DAY	LEVEL <i>If Applicable</i>	BIRTH DATE * <i>Required</i>	FEE
Allergies/Medical Concerns:					/ /	
Allergies/Medical Concerns:					/ /	
Allergies/Medical Concerns:					/ /	
Allergies/Medical Concerns:					/ /	
Allergies/Medical Concerns:					/ /	

PLEASE NOTE: For ALL programs, participants MUST be appropriate age by the first day of program/session. DONATION TO TRUST FUND FOR PARKS (optional) \$ TOTAL FEE \$

\*If your child is 5 years old, or younger, is their Birth Certificate registered at Park & Recreation Office?

Yes No, but will be within 3 days. (Remember, registrations are not complete without a registered Birth Certificate.)

### (THIS AREA FOR MAILED REGISTRATIONS ONLY)

Payment must accompany completed, mailed-in registration form in order to be processed.

#### Method of Payment:

Check- Make payable to TOWN OF NEEDHAM - Park & Recreation

Cash or Money Order

Credit Card- (Please circle one) VISA MasterCard Discover

Credit Card Number:                      CVC Code: (on back of card)

Expiration Date:   /

Credit Card Holder's Signature: \_\_\_\_\_

**MAIL TO:**  
**Registration**  
 Park & Recreation  
 500 Dedham Avenue  
 Needham, MA  
 02492  
 FAXING YOUR  
 REGISTRATION IS  
 NOT AN OPTION,  
 PLEASE DO NOT FAX!!