



# Needham Celebrates 300 Years

Community Coming Together

## September Events

**Saturday, September 10, 2011**

*Needham Neighborhood Block Party Day!*

6:30pm - Memorial Park  
*US Air Force Band Concert*



**Sunday, September 11, 2011**

5:00pm - Memorial Park

The Town of Needham and The Needham Clergy Association Remember

**"Let There be Peace on Earth":**

**Observance of the 10<sup>th</sup> Anniversary of 9/11**



**Sunday, September 25, 2011**

1:00pm - Cricket Field

**The first official Cricket match to be played  
at Needham's Cricket Field in nearly a century!**



*Over 100 years ago, Needham Heights was dotted with knitting factories for which the town had gained fame and financial prominence. Many of the workers in those factories were immigrants from Europe who brought with them their love of the game of Cricket and at the turn of the century Needham Heights was "the Cricket Capital of Massachusetts". There were several local teams, some playing at the championship level. Cricket Field was donated by the William Carter and Frank Gorse and was one of the finer cricket pitches. Although there were several cricket fields around town, Cricket Field on Hillside Avenue is the only field left standing today.*

Needham 300 will host a cricket match between teams from the Massachusetts Cricket League. The event will include demonstration and instruction in the game...and a few local celebrities will even get a chance to show their skill at the game!

For more information please visit: [www.Needham300.org](http://www.Needham300.org)



In conjunction with and supported by The Needham 300 Committee

Park and Recreation Commission  
500 Dedham Avenue  
Needham, MA 02492

Phone: (781) 455 - 7521, press 6  
Website: [www.needhamma.gov/parkandrecreation](http://www.needhamma.gov/parkandrecreation)

**BULK RATE**  
US Postal Permit  
Boston, MA  
Permit No. 58224

## Postal Customer

*There will be some office disruptions as Town Hall and DPW offices move this fall. Park & Recreation will remain at 500 Dedham Avenue. On-Line registration will be disrupted from 5 PM on September 9th through the morning of September 12th.*

# NEEDHAM PARK AND RECREATION



**2011 FALL  
BROCHURE**

**CHILDREN YOUTH TEENS ADULTS SENIORS SPECIAL EVENTS**

# Welcome to Fall!

## 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.

## Are you a "Notify Me" member?

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

### For Program 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 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

Thomas M. Jacob, Chairman  
Michael J. Retzky, Vice-Chairman  
Cynthia J. Chaston  
Brian S. Nadler  
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

500 Dedham Avenue  
Needham, MA 02492  
*We apologize for any service disruptions  
when other departments move back to  
Town Hall this fall!*

### Telephone

(781) 455-7521, Press 6  
(781) 444-7212 (Recording Line)  
(781) 453-2522 (fax)

### 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.



The Needham 300 Beautification Committee



## Town Wide Clean Up Day

Saturday, October 15, 2011

**Age:** All Ages (*Under 12 must be accompanied by an adult*)

**Date:** Saturday, October 15, 2011

**Time:** Sign in between 8:30 and 9:15am

*Sign in, receive clean up assignment location, trash bags and refreshments*

Clean up ends at 11:00am

**Location:** Volunteers meet at the Park and Recreation Office in the Public Services Administration Building (PSAB) located at 500 Dedham Avenue

Clean up sites will be assigned at sign in.

*Rain or Shine!*

### TO REGISTER:

**Call:** (781) 455-7521, ext. 6

**E-mail:** [park&recreation@needhamma.gov](mailto:park&recreation@needhamma.gov)

**Online:** [www.needhamma.gov/parkandrecreation](http://www.needhamma.gov/parkandrecreation)



**Spend a few hours making Needham Beautiful!**

*Hope to see you October 15, 2011!!*

## NEEDHAM TRAIL STEWARD PROGRAM



The Needham Trails Committee recently completed the Needham Trails Master Plan. One of the goals of the plan was to designate a Trails Coordinator and to create a Trails Steward Program.

Karen Peirce, Assistant Director of Needham Park and Recreation has been designated as the town's new Trails Coordinator and she is currently in the planning stages of creating the Trail Steward Program- to be kicked off in early 2012.

Trail Steward volunteers will be trained how to observe and report trail activities periodically throughout the year. This exciting partnership between volunteers and

the Town of Needham will help to improve and enhance the existing trails and potentially create new trails for all to enjoy!

*If you would like to be kept informed of the upcoming Trail Steward kick off event please go to [www.needhamma.gov](http://www.needhamma.gov) and click on Notify Me on the left hand side of the screen. Scroll down and sign up for Trails*

*Information. Once your email has been received you will receive all Information regarding Trails in Needham.*

## 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 **2011 Needham Youth Sports Organization**

**Brochure** at the Park and Recreation Office. (located on the first floor of the Public Services Administration Building 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 the Town website)

- ◆ B&W Maps of trails at the Town Forest and Ridge Hill Reservation FREE
- ◆ Color Maps of trails at the Town Forest and Ridge Hill Reservation \$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 are 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, kickballs, and frisbees.

### LOST AND FOUND

Call (781) 455 - 7521, press 6 if you've lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office at 500 Dedham Avenue—first floor.

## FALL 2011 SPECIAL EVENTS

### Spooky Walk!!

Young children are invited to wear their favorite Halloween costumes for the "Spooky Walk." Small groups will be led by a chaperone to trick-or-treat at the designated shops. As always, adults are welcome to wear costumes too!!

**\*\* NEW SESSION FORMAT THIS YEAR: To accommodate more children and make walking groups smaller, TWO sessions will be offered!! \*\***

**Pre-registration is required. Limited to first 150 children, each session that pre-register. No registrations taken on the day of the event, no exceptions.**

**Age:** 2 to 8 year olds (Birth certificate required for 2, 3, 4 & 5 year olds)  
**Day:** Saturday, October 22nd  
 (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.*

### Needham Turkey Hunt!!

Turkey Explorers, come to the Turkey Hunt Special Event! Children up to age 8 can spend the morning creating a craft, hunting for "Turkeys" and enjoying light refreshments. Two lucky people 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 taken on the day of the event, no exceptions.**

**Age:** 2 to 8 years old (Birth certificate required for 2, 3, 4 & 5 year olds)  
**Day:** Saturday, November 19th  
**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!*

## PROGRAM REGISTRATION POLICIES

*Please read carefully...Fall Registration begins:*

**TUESDAY, SEPTEMBER 6, 2011 at 9:00 AM**

Online - By Mail - In Person

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.

**NOTE: The On-Line Registration System will NOT be available from 5 PM September 9th through the morning of September 12th to accommodate the computer system change-over to Town Hall. Other office hour disruptions will occur in mid-October when other departments move back to Town Hall. Park and Recreation will remain at 500 Dedham Avenue.**

### **HOW TO REGISTER:**

**ONLINE REGISTRATION:** *(fastest registration method if you have access to computer and plan on paying with a credit card.)*

At 9:00AM on SEPTEMBER 6, 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 at the end of the transaction as registration confirmations will not be sent to you!**

**MAIL-IN REGISTRATION:** Mail completed registration form anytime prior to September 6. Mail in registrations will begin to be processed at 9:00AM on SEPTEMBER 6, **in random order.**

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

**IN-PERSON REGISTRATION:** If you choose to register in person, please come to the Public Services Administration Building (PSAB), 500 Dedham Ave. Registration begins at 9:00AM on SEPTEMBER 6. **\*\*Remember, Anyone wishing to use a Scholarship OR a program credit MUST register by mail or in person!**

**Please Note: NO Telephone OR Faxed registrations are accepted at anytime.**



## SENIOR INDOOR WALKING CLUB

Keep in shape during the colder months of the year. Go all three days, or whenever it fits your schedule! A coordinator is on site to do warm-up exercises and oversee the program. Directions to the location will be sent upon registration.

Age: 50 years old and up  
Session: October 4, 2011—April 26, 2012  
Day: Tuesdays, Wednesdays, **AND/ OR** Thursdays  
Time: 3:00—4:00pm  
Location: Needham High School  
On Reg. Form: List *Senior 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 setting. Descriptions listed below. Register for one, two, or three classes.

Age: 50 years old and up  
Sessions: **MONDAYS 9:00—10:00am** October 17—December 12  
*Judy Brady* will focus on improving your cardiovascular efficiency and muscle strength and endurance, all while having some fun and sharing some smiles.  
*Note Location: Needham Public Library Community Room*

**WEDNESDAYS 9:15—10:15am** October 5—December 7  
*Adele Chang* 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 23—December 23  
*Arlene DePhillippo* 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.

Location: 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/ one day per week  
\$50/ nine week session/ two days per week  
\$75/ nine week session/ three 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 (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  
**Sessions:** **TUESDAYS:** September 13—October 11  
**WEDNESDAYS:** September 14—October 12  
**Times:** 5:00—6:00pm *BEGINNER*  
 6:00—7:00pm *ADVANCED BEGINNER*  
**Location:** Needham Golf Club  
**Limit:** 7 participants/ session level (*minimum of 4*) for a ratio of 7 : 1  
**On Reg. Form:** List *Adult Golf Lessons, Day, Time AND Level*  
**FEE:** \$110/ five week session



## JULY—OCTOBER SENIOR GOLF LEAGUE

Registration for *Needham residents only*. The 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 a \$21 fee payable at the Park and Recreation office. Substitute list taken at Park and Recreation office.

*Registration began June 2011 and will continue until program is full.*

**Age:** 50 years old and up  
**Session:** August 2—October 11  
**Day/Time:** Tuesdays (First group tees off at 9:00 AM)  
**Limit:** 64 participants; unlimited number of substitutes  
**On Reg. Form:** List *Senior Golf AND Average score for 9 (or 18) holes*  
**FEE:** \$188/ registration and green's fees for eight rounds  
 \$21/ day after eight rounds have been played



## 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 mat (or towel) and be prepared to be on the floor.

**Age:** 50 years old and up  
**Session:** October 17—December 12  
**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...

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

**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. 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.*

**PROGRAM CHANGES / SWITCHES—** Call (781) 455-7521, press 6 or stop by the office during office hours (Monday—Friday, 8:30 AM—5:00 PM). 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) 455-7521, press 6 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) 972-1018 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) 455-7521, press 6 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 registration*)  
**Session:** October 14—December 16  
**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



## 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!

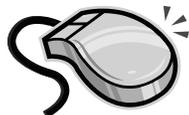
**Age:** 4 to 7 year olds (*Birth certificate required for 4 & 5 year olds*)  
**Session:** October 13—December 8  
**Day:** Thursdays  
**Level/ Time:** Twinkle Toes (*ages 4,5*) 3:30—4:15pm  
 Arabesques (*ages 5\*, 6,7*) 4:15—5:00pm  
*\*previous ballet lessons required*  
**Location:** North Hill Fitness Studio  
**Limit/ Ratio:** 16 participants/ session (*minimum of 6*) for a ratio of 8 : 1  
**On Reg. Form:** List *Ballet, Level Name AND Time*  
**FEE:** \$60/ eight week session



**Register  
ONLINE!!**

**[www.needhamma.gov](http://www.needhamma.gov)**

**NOTE: NOT available 5 PM 9/9 through morning of 9/12 due to move of computers back to Town Hall.**



## FALL ADULT TENNIS

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 prior tennis playing experience.  
**Advanced Beginner** is for those with some experience who understand the basics but want to improve their tennis games.  
**Intermediate** 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  
**Sessions:** September 13—October 11  
**Day:** Tuesdays  
**Time:** 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  
**Sessions:** **SESSION A:** October 18—November 15  
**SESSION B:** November 22—December 20  
**Day:** Tuesdays  
**Time:** 6:00pm—7:00pm *BEGINNER*  
 7:00pm—8:00pm *ADVANCED BEGINNER*  
 8:00pm—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, Session, 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!

*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.*

Come and learn the secret of how two players working together as a team can win!!!

**Age:** 17 years and up  
**Session:** September 14—October 12  
**Day:** Wednesdays  
**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

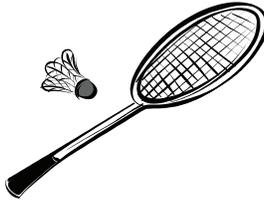


## ADULT COED BADMINTON

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.

**Please Note: Non-resident registration will begin on September 13, 2011.**

**Age:** 17 years old and up  
**Season:** October 17, 2011—May 21, 2012  
**Day:** Mondays  
**Time:** 8:00—10:00 PM  
**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.

**Please Note: Non-resident registration will begin on September 13, 2011.**

**Age:** 17 years old and up  
**Season:** October 19, 2011 – May 23, 2012  
**Day:** Wednesdays  
**Time:** 8:00 - 10:00 PM  
**Location:** Needham High School A Gym  
**Limit:** 40 players  
**On Reg. Form:** List *Adult Coed Basketball*  
**FEE:** \$60/season

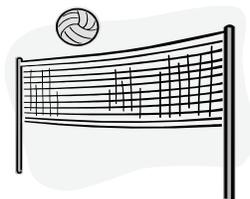


## ADULT COED VOLLEYBALL

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.

**Please Note: Non-resident registration will begin on September 13, 2011.**

**Age:** 17 years old and up  
**Session:** October 20, 2011—May 24, 2012  
**Day:** Thursdays  
**Time:** 8:00—10:00 PM  
**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 a supervised night out of fun and interactive games, unique craft projects, a pizza dinner, dessert AND a full length children's film with their favorite Summer Program Counselors!!! (PJ's and sleeping bags are welcome, but not required!)

**Age:** 3 to 10 year olds (Birth certificate required for 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 night

### FALL DATES:

Friday, October 14

Friday, November 4

Friday, December 9

### MOVIES:

*Diary of a Wimpy Kid: Roderick Rules*

**RANGO**

*Rio*



## Parks 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, crosswalks and in front of fire hydrants is illegal and unsafe.** Be considerate of the neighbors, leaving enough room for access to driveways and do not park on their lawns.



## QUICKSTART TENNIS LESSONS

**Quickstart Tennis** is an exciting new 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

**Ages:** 5 to 7 year olds (*Birth certificate required for 5 year olds*)  
**Session:** September 10—October 15  
**Day:** Saturdays  
**Times:** 9:00—10:00am **OR** 10:00—11:00am  
**Location:** Needham High School Tennis Courts  
**Limit/ Ratio:** 20/session (*minimum of 10*) 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

**Ages:** 5 to 7 year olds (*Birth certificate required for 5 year olds*)  
**Session:** October 19—November 16  
**Day:** Wednesdays  
**Time:** 6:00—7:00pm  
**Location:** Pollard Middle School Green Gym  
**Limit/ Ratio:** 20/session (*minimum of 10*) 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, fore-hand, backhand, serve, volley, overhead and strategy. Racquet required.

### OUTDOOR Junior Tennis Lessons

**Ages:** 8 to 13 year olds  
**Session:** September 10—October 15  
**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

**Ages:** 8 to 13 year olds  
**Session:** October 19—November 16  
**Day:** Wednesdays  
**Times:** 7:00—8:00pm **OR** 8:00—9:00pm  
**Location:** Pollard Middle School Green Gym  
**Limit/Ratio:** 10/session (*minimum of 5*) for a ratio of 5 : 1  
**On Reg. Form:** List **INDOOR Junior Tennis Lessons AND Time**  
**FEE:** \$60/ five week session



## 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, press 6 and on the Park and Recreation website .**

### 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!*
- 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:** 500 Dedham Avenue, behind the Public Services Administration Building (PSAB)

**HIGH ROCK:** in the Town Forest, on High Rock Street, 3/10 mile from Chestnut Street—on left after the bridge

**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 building

## 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 5 year olds)  
**Session:** October 18—November 10  
**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 the next session (2/28—3/15) 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.
- ◆ 30 participant Maximum, For a Ratio of 6 : 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 stop (snow plow).
- ◆ Will work on refining basic skills and gaining more confidence and speed.
- ◆ 30 participant Maximum, For a Ratio of 6 : 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,
- ◆ 20 participant Maximum, For a Ratio of 10 : 1

## INDIVIDUAL TENNIS LESSONS

Come learn and improve your tennis skills in a one-on one setting that allows a player to work on a variety of skills with a certified instructor over two, 1 hour sessions. All levels. Racquet required.



**Ages:** 10 years old and up  
**Sessions:** **SESSION A:** November 30 & December 7  
**SESSION B:** December 14 & December 21  
**Day:** Wednesdays  
**Times:** 6:00—7:00pm **OR** 7:00—8:00pm **OR** 8:00—9:00pm  
**Location:** Pollard Middle School Green Gym  
**Limit/ Ratio:** 1 participant/ session for a ratio of 1 : 1  
**On Reg. Form:** List Individual Tennis, Session **AND** Time  
**FEE:** \$100/ two week session



## 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.

**Age:** 10 years old and up  
**Session:** January 7—February 11, 2012  
**Day:** Saturdays  
**Time:** 7:30am—1:15pm—Bus Leaves from and Returns To Public Services Administration Building (500 Dedham Avenue)  
**Location:** Nashoba Valley, Westford MA  
**Limit:** 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: \$95/ person Ski & Snowboard rental fee (Make RENTAL EQUIPMENT checks payable to Nashoba Valley and bring to Pre-Fit Night. Do not mail in with Registration.)**

Everyone renting equipment from Nashoba Valley MUST attend the **pre-fit on Wednesday December 14th at 6:30 PM 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 14, 2011**  
**OR until the Program is Full, NO EXCEPTIONS!!**

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

# PROGRAM REGISTRATION FORM

OR Register On-Line instead at [www.needhamma.gov/parkandrecreation/](http://www.needhamma.gov/parkandrecreation/) { }

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

*PLEASE PRINT CLEARLY, IN BLUE OR BLACK INK!*

Your Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 LAST FIRST STATE/ ZIP

Address: \_\_\_\_\_ TOWN \_\_\_\_\_ STATE/ ZIP  
 NUMBER and STREET

Work Phone: (\_\_\_\_) \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_ PHONE \_\_\_\_\_  
 FULL NAME (\_\_\_\_) \_\_\_\_\_

## PROGRAM CHOICES

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

**DONATION TO TRUST FUND FOR PARKS (optional) \$**

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**TOTAL FEE \$**

*PLEASE NOTE: For ALL programs, participants MUST be appropriate age by the first day of program/session.*

**\*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!)*

### **Method of Payment (to be filled out for Mailed Registrations ONLY)**

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

- 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)*

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Expiration Date: 

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

**MAIL TO:**  
**Registration**  
 Park & Recreation  
 1471 Highland Ave.  
 Needham, MA  
 02492

**FAXING YOUR REGISTRATION IS NOT AN OPTION, PLEASE DO NOT FAX!!**