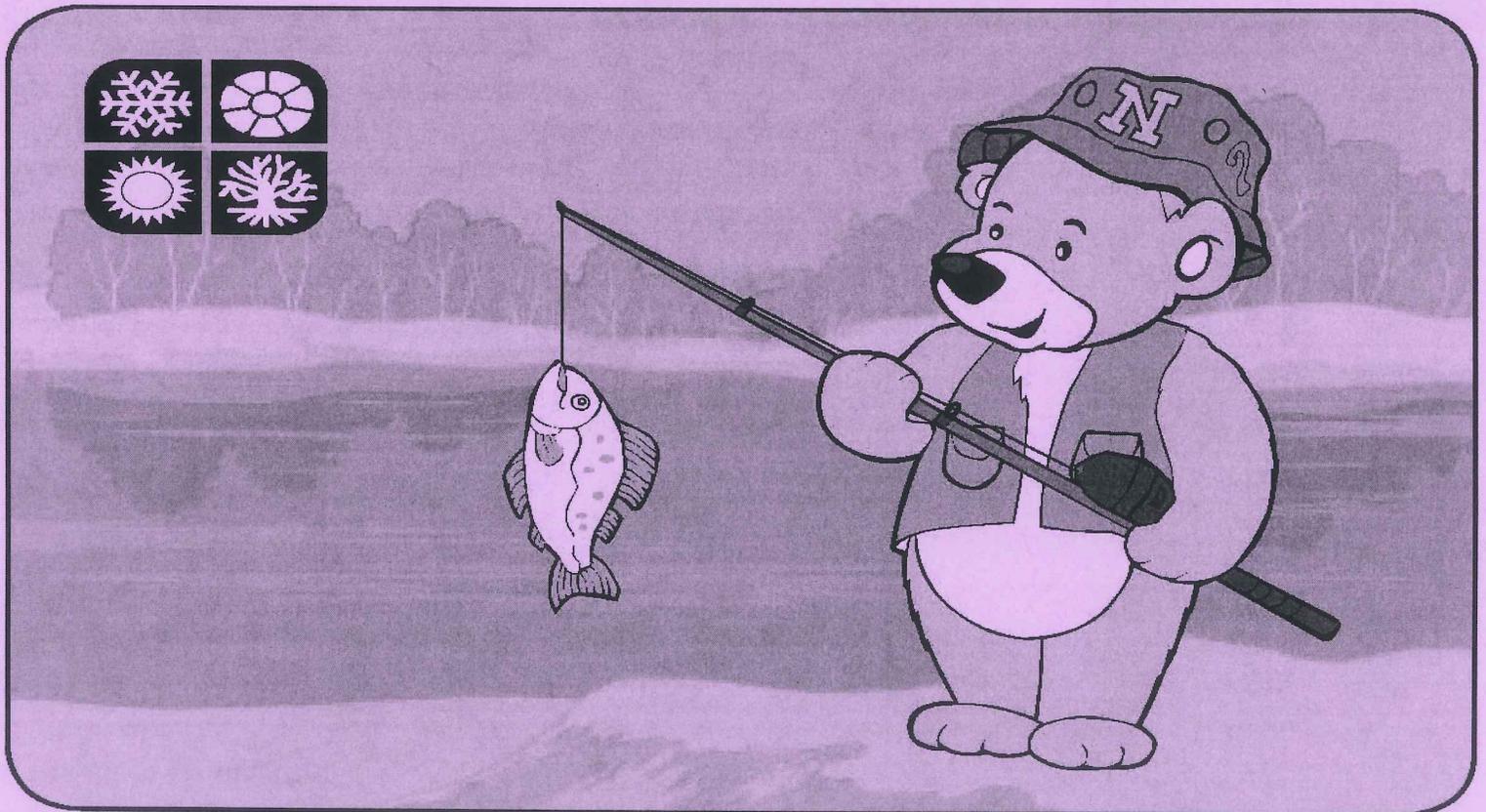


# NEEDHAM PARK & RECREATION



## WINTER / SPRING 2014



Children • Youth • Teens • Adults • Seniors • Special Events

# ***Welcome to Winter/Spring!***

## **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 seasonal brochures, recreation program newsletters and updates, field conditions, meeting agendas, job listings, emergency information and other town department news!

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, FIELD STATUS and/or PARK & RECREATION NEWSLETTER (*our newest list- only 1 message/ month!*)
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, smart phone or tablet! 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  
Matthew M. Toolan

**Director - Patty Carey**  
**Assistant Director - Karen Peirce**  
**Recreation Supervisor - Nicole DiCicco**

*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 Winter/ Spring cover design, including  
"Parker" the Park and Recreation Bear- our official department mascot!*

*Adam is a Graphic Designer with over a decade of design experience. He can be  
contacted at [adwitham@aol.com](mailto:adwitham@aol.com) for all graphic design needs.*

## FREE Special Events for ALL AGES!

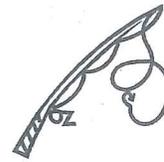
### FISHING DERBY!



**Saturday, May 3, 2014**  
*(Rain date: Saturday, May 10)*

**9:00am - 12 Noon**

**Needham Reservoir**



**Pre-Registration recommended as only a limited number of fishing rods will be available to borrow! Bait will be available.**

*This FREE event is made possible by:*

Needham Park and Recreation Commission  
Mass. Wildlife - Newton Workshop Group  
Mass. Division of Fisheries and Wildlife  
And many wonderful volunteers!



**How to Register:** **ONLINE** (PREFERRED METHOD), **By Mail** OR **In Person at the Park and Recreation Office** (500 Dedham Ave.)



### SKATEBOARD EXPO!

**Saturday, May 10, 2014**

**Drop by anytime between 11:00am and 1:00pm at the Newman School Parking Lot on Central Avenue**

*Please don't forget your Skateboard, Helmet and Knee/ Elbow Pads!*



**FREE admission to this Fun Family event is sponsored by:**  
**The Park and Recreation Commission**

### TOUCH THE TRUCKS!

*Celebrate National Public Works Week!*

**Saturday, May 17, 2014**

**Drop by anytime between 10:00am and Noon at the DeFazio Park Parking Lot (next to the Tot Lot) on Dedham Avenue**

Little kids and "big kids" will enjoy a morning of fun behind the wheel of big rigs, front end loaders and pick-up trucks!



**FREE admission to this Fun Family event is sponsored by:**  
**The Department of Public Works and Park and Recreation Commission**

# WINTER/ SPRING REGISTRATION BEGINS

**TUESDAY, DECEMBER 10, 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 TUESDAY, DECEMBER 10, 2013.

[www.needhamma.gov](http://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 TUESDAY, DECEMBER 10, 2013.

## In Person Registration:

Begins at 9 AM on TUESDAY, DECEMBER 10, 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.



# 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](mailto: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. 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.

## SCHOOL YEAR KIDZART

Come and join the fun in this creative workshop geared to the abilities of young children 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*)  
**Day:** Fridays  
**Time:** 10:00—10:45am  
**Sessions:** **WINTER:** January 10—March 7  
**SPRING:** March 21—May 23  
**Location:** Linden Chambers Community Room  
**Limit/ Ratio:** 10 participants & 10 adult helpers (*minimum of 5*) for a ratio of 10/10 : 1  
**On Reg. Form:** List *Kidzart AND Winter OR Spring*  
**FEE:** \$65/ eight week session



## DOWN ON THE FARM

We have joined together with the Needham Community Farm to provide a wonderful, hands-on gardening experience for you and your child! Discover and learn about farming through stories, songs and age appropriate activities about plants, seeds, insects and soil. Get dirty, meet new friends and watch your newly planted garden grow while experiencing the beautiful outdoors!

**Age:** 3 to 5 year olds (*Birth Certificate required for ALL Registrations*)  
**Day:** Mondays  
**Time:** 3:30—4:15pm  
**Session:** April 28—June 9  
**Location:** Needham Recreation's Community Garden  
**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



## 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 children who love to dance, but aren't ready for the commitment of the more "serious" local dance studios!*

**Age:** 4 to 6 year olds (*Birth Certificate Required for ALL 4 & 5 year olds*)  
**Day:** Thursdays  
**Time:** 4:00—5:00pm  
**Sessions:** **WINTER:** January 9—March 6  
**SPRING:** March 20—May 15  
**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 Winter OR Spring*  
**FEE:** \$60/ eight week session



# 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 stuffed animals/ pillow pets are always welcome, but not required!*

**Age:** 3 to 10 year olds (*Birth certificate required for ALL 3, 4 & 5 year olds*)  
**Day:** Fridays  
**Time:** 5:30—9:00pm  
**Sessions:** *See below for Dates and Movie Selections!*  
**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, Session/ Month AND Movie Choice*  
**FEE:** \$16/ child per movie

## SESSIONS:

JANUARY 10

FEBRUARY 14

MARCH 14

APRIL 11

## MOVIES:

*Epic* (PG)

*Turbo* (PG)

*Monsters University* (PG)

*Planes* (PG)



# SKATEBOARD EDU

Skateboarding is not only a thrilling action sport; it's a fantastic way to build balance and strength! It's popularity makes skateboarding a natural way to get kids moving and this after school program is designed to provide boys and girls with a fun and engaging jump-start in fundamentals like pushing, carving, kickturning, board grabs, skating etiquette and more! *Participant must provide skateboard, helmet, wrist guards and knee & elbow pads.*

**Age:** 7 to 10 year olds  
**Day:** Wednesdays  
**Time:** 3:30—5:00pm  
**Session:** May 14—June 11  
**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*  
**FEE:** \$75/ five week session



*Check out all of our fun & unique*

**FEBRUARY SCHOOL VACATION  
WEEK PROGRAMS**

**on PAGES 12 & 13!!**



# 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 the Penguins Level unless they received a passing progress report in the Fall 2013 session.*

Children will be sorted into small groups, within their class, by ice skating ability and may be moved to a different level after being evaluated in the first week, if appropriate.

- Age:** 5 years and older (*Birth Certificate Required for ALL 5 year olds*)  
**Days:** Tuesdays AND Thursdays  
**Times:** See below for Times and Level Selections!  
**Session:** February 25—March 13  
**Location:** St. Sebastian's Country Day School Rink  
**Limit:** 15 participants for Penguins and Snow Leopards  
20 participants for Snowy Owls and Polar Bears  
**On Reg. Form:** List Level (*Penguins/ Snow Leopards/ Snowy Owls/ Polar Bears*) AND Time  
**FEE:** \$42/ three week session (6 classes)  
**Equipment:** Single blade skates and helmets required. (*No rentals available.*)  
Gloves and warm, layered clothing recommended.



## CLASS 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- *Unless a passing progress report is on file in the Park & Recreation Office from the Fall 2013 session.*
- ◆ 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



*Like us on Facebook: /NeedhamRecreation*

## 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. *\*Racquet required!\**

**Age:** 5 to 7 year olds (*Birth Certificate Required for ALL 5 year olds*)

### INDOOR Quickstart Tennis Lessons

**Session 1:** January 8—February 5  
**Session 2:** March 5—April 2  
**Day:** Wednesdays  
**Time:** 6:00—7:00pm  
**Location:** Pollard Middle School Gym



### OUTDOOR Quickstart Tennis Lessons

**Session 3:** May 10—June 14  
**Day:** Saturdays  
**Times:** 9:00—10:00am (*5 - 6 year olds*)  
10:00—11:00am (*6 - 7 year olds*)  
11:00am—12:00pm (*5 - 7 year olds*)  
**Location:** Pollard Middle School Quickstart Tennis Courts



**Limit/ Ratio:** 10 participants/ session/ time (*minimum of 5*) for a ration of 5 : 1  
**On Reg. Form:** List INDOOR OR OUTDOOR Quickstart Tennis, Session(s) **AND** Time(s)  
**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!\**

**Age:** 8 to 13 year olds

### INDOOR Junior Tennis Lessons

**Session A:** January 8—February 5  
**Session B:** March 5—April 2  
**Day:** Wednesdays  
**Times:** 7:00—8:00pm (*8 - 10 year olds*)  
8:00—9:00pm (*11 - 13 year olds*)  
**Location:** Pollard Middle School Gym



### OUTDOOR Junior Tennis Lessons

**Session C:** May 10—June 14  
**Day:** Saturdays  
**Times:** 9:00—10:00am (*8 - 10 year olds*)  
10:00—11:00am (*11 - 13 year olds*)  
11:00am—12:00pm (*8 - 10 year olds*)  
**Location:** Needham High School Tennis Courts



**Limit/ Ratio:** 10 participants/ session/ time (*minimum of 5*) for a ration of 5 : 1  
**On Reg. Form:** List INDOOR OR OUTDOOR Junior Tennis, Session(s) **AND** Time(s)  
**FEE:** \$60/ five week session

# FEBRUARY SCHOOL VACATION WEEK

## P&R FEBRUARY SNOW DAYZ

Join some of your favorite Park and Recreation counselors at this annual, two-day winter vacation extravaganza! Each day we will make fun and messy snow-themed crafts and play fun winter-themed games in between special performances and presentations that all kids are sure to LOVE!!

*Come for just one, or both days— each will be a different winter themed adventure!*

**Age:** 5 to 10 year olds (Birth Certificate Required for ALL 5 year olds)  
**SESSIONS:** Tuesday, February 18



Come sing and dance along with Stacey Peasley as she teaches us her favorite, clever award-winning, original songs!

**Wednesday, February 19**

Join Wingmasters as we learn about, and even meet, real live North American birds of prey including owls, falcons and hawks!

**Time:** 9:00am—12:00pm  
**Location:** Eliot School Cafeteria and Gym  
**Limit/ Ratio:** 40 participants/ day (minimum of 15) for a ratio of 8 : 1  
**On Reg. Form:** List February Snow Dayz AND Session(s)/ Day(s)  
**FEE:** \$25/ one day event  
\$50/ two day event



*Join the team from **Event-FULL! llc.** as they host an exciting day of unique and creative adventures!!*

## LEGO: NINJAGO

Explore the world of Ninjago and create a LEGO world of defending the good! Create your own Ninjago story and battle the toughest LEGO warriors to help make the world a better place! *The LEGOs stay with us, but your memory will last a lifetime! Each child will go home with a framed photo of themselves and their LEGO creations!!!*

**Age:** 5 to 10 year olds (Birth Certificate Required for ALL 5 year olds)  
**SESSION:** Thursday, February 20  
**Time:** 9:00am—12:00pm  
**Location:** Eliot School Cafeteria and Gym  
**Limit/ Ratio:** 20 participants (minimum of 6) for a ratio of 10 : 1  
**On Reg. Form:** List Lego: Ninjago  
**FEE:** \$50/ session



## AMERICAN GIRL DOLL: TOP CHEF

Turn your favorite doll or toy into a TOP CHEF!! Bring your special friend (*it does not have to be an American Girl Doll—feel free to bring a favorite stuffed animal if you choose*) and creatively design a stove top, chef hat, pots, doll play food and MORE!!! *What you make and take home will lead to hours of continued play and enjoyment!*

**Age:** 5 to 10 year olds (Birth Certificate Required for ALL 5 year olds)  
**SESSION:** Thursday, February 20  
**Time:** 12:30—3:30pm  
**Location:** Eliot School Cafeteria and Gym  
**Limit/ Ratio:** 20 participants (minimum of 6) for a ratio of 10 : 1  
**On Reg. Form:** List American Girl Doll: Top Chef  
**FEE:** \$50/ session





# FEBRUARY SCHOOL VACATION WEEK



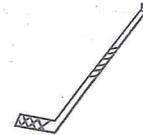
## THUNDERCAT SPORTS JAM

The staff from *Thundercat Sports* will create a fun and non-competitive atmosphere through both common and unique games and activities including— but not limited to: basketball, soccer, floor hockey, dodgeball, ultimate football and safari, with a Tournament Day on Thursday!

**Age:** 5 to 11 year olds (*Birth Certificate Required for ALL 5 year olds*)  
**SESSION:** Tuesday, February 18 — Thursday, February 20  
**Times:** HALF DAY (9:00am—12:00pm)

or  
FULL DAY (9:00am—3:00pm)

**Location:** Broadmeadow School Gym and Cafeteria  
**Limit:** 30 participants (*minimum 12*) for a ratio of 10 : 1  
**On Reg. Form:** List *Thundercat Sports Jam AND Half OR Full Day*  
**FEE:** \$120/ Half Day/ three day session  
\$155/ Full Day/ three day session



## CROSS COUNTRY SKI LESSONS

*Weston Ski Track* instructors teach you how to maximize efficiency and safety by learning proper technique and obtaining the skills necessary to be in control while cross-country skiing. This program is fun for both beginners and those who have had some cross-country experience!

**Age:** 6 to 10 year olds  
**SESSION:** Tuesday, February 18 — Thursday, February 20  
**Time:** 12:30—1:30pm

**Location:** Weston Ski Touring Center, Weston  
**Limit/ Ratio:** 6 participants (*no minimum*) for a ratio of 6 : 1  
**On Reg. Form:** List *Cross Country Ski Lessons*  
**FEE:** \$65/ three day session



*Optional Rental, Paid on the first day To Weston Ski Center: \$24/ three day session*



## BASKETBALL CLINIC

In this annual clinic sportsmanship, teamwork, and fun are emphasized while developing your skills on the court. Dribbling, passing, shooting, and defensive skills will all be emphasized with daily scrimmages to apply what you've learned!

**Age:** 8 to 14 year olds  
**SESSION:** Tuesday, February 18 — Thursday, February 20  
**Time:** 9:30am—12:30pm

**Location:** Pollard Middle School Gym  
**Limit/ Ratio:** 30 participants (*minimum 15*) : 4 instructors  
**On Reg. Form:** List *Basketball Clinic*  
**FEE:** \$75/ three day session



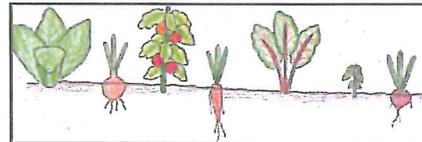
Like us on Facebook: /NeedhamRecreation



## 6th GRADE SPRING PLANTING CLUB

An introduction to the basics of growing your own food with hands on activities including seeding, planting, pruning and caring for a variety of vegetables while learning about how plant biology, weather, ecology, local ecosystems and the environment impact food production. *"Lettuce help you grow food you can eat and share!"*

**Age:** Current 6th grade students  
**Day:** Tuesdays  
**Time:** 2:45—3:45pm  
**Session:** May 6—June 10  
**Location:** Needham Community Farm/ Newman School Location  
**Limit/ Ratio:** 12 participants (*minimum 6*) for a ratio of 6 : 1  
**On Reg. Form:** List *6th Grade Spring Planting Club*  
**FEE:** \$30/ six week session



## CATALYST SKATEBOARD CLUB

The Catalyst Skateboard Club is designed for skateboarders of all abilities to have an opportunity to travel as a group to the indoor facilities at Subliminal Skatepark! Those with experience can practice their skills with or without instruction, with plenty of time for free skate while those newer to skateboarding will have the ability to learn the basic fundamentals from skate park instructors— including pushing, stopping, Ollie's, safety plus free time to skate.

*Subliminal Skateboard Park requires a notarized waiver signed by parent/ guardian.*

**Age:** 12 to 17 year olds  
**Sessions:** One: Wednesday, February 26  
Two: Wednesday, March 26  
**Time:** 3:30—7:30pm  
*Bus leaves and returns to Needham High School, Webster Street parking lot*  
**Location:** Subliminal Skatepark, Shrewsbury, MA  
**Limit/ Ratio:** 25 participants (*minimum 15*) for a ratio of 8 : 1  
**On Reg. Form:** List *Catalyst Skateboard Club*  
**FEE:** \$42/ session (*includes transportation, admission, supervision & instruction*)



## NASHOBA VALLEY SKI & SNOWBOARD LESSONS

*This program is printed in our Fall brochure each year and registration begins with all the other Fall programs in September.*

**AT THIS TIME, OUR NASHOBA VALLEY SKI & SNOWBOARD PROGRAM IS COMPLETELY FULL.**

**A WAITING LIST CAN BE VIEWED BY VISITING OUR ONLINE REGISTRATION SITE. USE YOUR SMART PHONE OR TABLET TO VIEW NOW!**



# SUMMER PROGRAM

Youth, ages 11 and up are welcome to register to volunteer at the Park and Recreation Summer Programs and Swim Lessons at Rosemary Pool.

Volunteer info booklets will be available beginning  
**TUESDAY, APRIL 1, 2014**

Volunteer registration information booklets can be Picked Up at the Park and Recreation Office, at 500 Dedham Avenue

**OR**

Downloaded and printed online by visiting [www.needhamma.gov/parkandrecreation](http://www.needhamma.gov/parkandrecreation) and selecting the "Volunteer" option from the left-hand menu.

Over 200 youth participated in the volunteer program in 2013, providing almost 5,000 hours of service!! *Give back to your community, learn something new, meet new friends, gain experience working with children, discover something about yourself...VOLUNTEER!!!*



## NEEDHAM PUBLIC TENNIS COURT BADGES for the 2014 SEASON will go on sale starting **MONDAY, MARCH 3, 2014!!**

Badges are required for ALL public court use at Mills Field, Newman School and Needham High School Tennis Courts beginning March through October each year, and are available to NEEDHAM RESIDENTS, ages 8 and older.

*(Needham business, non-resident, employees should call (781) 455-7550, press 3 for more information about employee badges.)*



<b>INDIVIDUAL Rate:</b>	<b>\$30</b>
<b>FAMILY Rate:</b>	<b>\$45</b>
<b>SENIOR Rate:</b>	<b>\$15</b>

Please visit [www.needhamma.gov/parkandrecreation](http://www.needhamma.gov/parkandrecreation) for details on how you can purchase your 2014 badges!

# ADULT TENNIS LESSONS

*Please read the information below carefully and choose the class level that best suits your ability!*

**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 game.

**Intermediate** level is for those who are able to execute all strokes, including serve, with some consistency and will improve serve, court coverage and match play.

**Age:** 17 years old and up

## INDOOR Adult Tennis Lessons

**Session A:** January 7—February 4

**Session B:** March 4—April 1

**Day:** Tuesdays

**Levels/ Times:** *Beginner* 7:00—8:00pm

*Advanced Beginner* 8:00—9:00pm

**Location:** Pollard Middle School Gym



## OUTDOOR Adult Tennis Lessons

**Session C:** May 6—June 3

**Day:** Tuesdays

**Levels/ Times:** *Beginner* 9:00—10:00am

*Advanced Beginner* 10:00—11:00am

*Intermediate* 11:00am—12:00pm

**Location:** Mills Field Tennis Courts

**Limit:** 5 participants/ session (*minimum of 3*) : 1 instructor

**On Reg. Form:** List *Adult Tennis Lessons, Session(s) AND Time(s)*

**FEE:** \$75/ five week session



# ADULT GOLF LESSONS

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

**Age:** 17 years old and up

**Sessions:** Tuesdays, May 6—June 3

Wednesdays, May 7—June 4

**Levels/ Times:** *Beginner Level* 5:30—6:30pm

*Advanced Beginner Level* 6:30—7:30pm

**Location:** Needham Golf Club

**Limit:** 7 participants (*minimum of 4*) : 1 instructor

**On Reg. Form:** List *Adult Golf Lessons, Day AND Time*

**FEE:** \$110/ five week session



*Like us on Facebook: /NeedhamRecreation*

# SENIOR GOLF LEAGUE

**\*\* Registration for Needham Residents only. \*\***

This fun, competitive 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.

**Age:** 50 years old and up  
**Day:** Tuesdays Mornings  
**Times:** First group tees off at 9:00am, Last group tees off by 10:30am  
**Session:** May 6—July 22  
**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.*

## NEEDHAM GOLF CLUB : PUBLIC GOLF HOURS

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



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

# SENIOR INDOOR WALKING CLUB

Keep in shape during the colder months of the year by getting your exercise indoors with this friendly, supportive group where you walk at your own pace, meet new people and feel better through movement! *Onsite coordinator oversees warm-up exercises and flexible attendance allows you to go all three days, or whenever it fits your schedule!*

**Age:** 50 years old and up  
**Days:** Tuesdays, Wednesdays AND/ OR Thursdays  
**Time:** 3:00—4:00pm  
**Session:** NOW—May 1, 2014 (*Began in Fall 2013*)  
**Location:** Needham High School  
**On Reg. Form:** List *Senior Walking Club*  
**FEE:** \$30/ season



# SENIOR BILLIARDS LEAGUE

For men and women; beginner, intermediate and advanced players who have had some previous billiards experience. *Players will be sent a schedule of players and times upon registration.*

**Age:** 50 years old and up  
**Day/ Time:** Monday—Friday (*at designated times, with flexibility*)  
**Session:** Week of January 12—Mid-May  
**Location:** The Center at the Heights  
**Limit:** 20 participants  
**On Reg. Form:** List *Senior Billiards*  
**FEE:** \$25/ season



## SENIOR YOGA

Traditional Hatha yoga stretching, postures and relaxation tailored for the senior population! Emphasis on increasing flexibility, balance and strength with some quiet meditation and relaxation.

*You may sign up for Winter and Spring sessions at the same time!*

**Age:** 50 years old and up  
**Day:** Mondays  
**Time:** 10:00—10:50am  
**Sessions:** **WINTER:** January 6—March 24  
**SPRING:** March 31—May 19 (*seven weeks only*)  
**Location:** Needham Public Library Community Room  
**Limit:** 25 participants (*minimum of 10*): 1 instructor  
**On Reg Form:** List *Senior Yoga AND Winter OR Spring Session*  
**FEE:** \$25/ nine week session  
\$20/ seven week session (*Spring session only*)



## SENIOR EXERCISE

Three different days...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!

*Detailed descriptions listed below—Register for one, two and/ or three days of classes.*

*You may sign up for Winter AND Spring sessions at the same time!*

**Age:** 50 years old and up  
**Sessions:** **MONDAY** 9:00—10:00am  
Judi will focus on improving cardiovascular efficiency, muscle strength and endurance, all while having some fun and sharing some smiles!  
**WINTER:** January 6—March 24  
**SPRING:** March 31—May 19 (*seven weeks only*)



**WEDNESDAY** 9:15—10:15am  
Adele leads a low-impact aerobics class, including stretching and use of free weights. Emphasis on cardiovascular fitness, endurance, maintaining range of motion, and injury prevention!  
**WINTER:** January 8—March 5  
**SPRING:** March 19—May 14

**FRIDAY** 10:30—11:30am  
Arlene shares toning, stretching, strengthening and abdominal exercises that will benefit you from head to toe!  
**WINTER:** January 3—February 28  
**SPRING:** March 14—May 16

**Locations:** **MONDAYS:** Needham Public Library, Community Room  
1139 Highland Avenue  
**WEDNESDAYS & FRIDAYS:** The Center at the Heights  
300 Hillside Avenue



**Limit:** 20 participants/ session (*minimum of 10*): 1 instructor  
**On Reg Form:** List *Senior Exercise, Day(s) AND Winter OR Spring Session*  
**FEE:** \$25/ nine week session  
\$20/ seven week session (*Spring Mondays only*)

# GENERAL INFORMATION

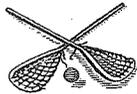
## NEEDHAM SPORTS ORGANIZATIONS

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 **2014 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, websites with registration information, 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 SPORTS KIT!**

Sports Kits can include: volleyball, badminton, croquet, bocce, horseshoes or whiffle ball, kickball's, jump ropes, bases, playground cones and Frisbees. Items can be rented on an individual basis, with the entire kit costing no more than \$20.

## LOST AND FOUND

Please call the Park & Recreation Office at (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 at 500 Dedham Avenue.



# SUMMER CAMP INFORMATION FAIR!

**SPONSORED BY:**  
**THE NEEDHAM PARK AND RECREATION COMMISSION**

**DATE: Wednesday, January 22, 2014\***

**TIME: 7:00 – 9:00 PM**

**LOCATION: Newman Elementary School**  
1155 Central Avenue, Needham

*Please use the cafeteria entrance off the parking lot*

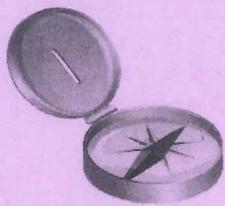
**COST: This is a FREE event!**  
*Advance registration is not required*

**\*SNOW DATE: Thursday, February 6th**

Questions? Contact us at [ptcampfair@gmail.com](mailto:ptcampfair@gmail.com)

[www.parenttalk.info](http://www.parenttalk.info)

***For a sneak peek at Park & Recreation's summer program offerings for 2014 AND to be eligible for our annual Program and Pool Pass Giveaway, come see us at TABLE #1!***



# ***EXPLORE the GREAT OUTDOORS RIGHT in NEEDHAM!***

## **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 join us in walking 1—3 miles, at a casual pace, on Needham Trail system sites, all over town this spring!

*Let this be the season you discover Needham's Trails!*

**Age:** Adults, Ages 17 and Up  
**Day:** Thursdays  
**Time:** 10:00—11:30am

<b>SESSIONS:</b>	<b>1: MARCH 13</b>	Ridge Hill - Esker Trail
	<b>2: MARCH 27</b>	Ridge Hill - Horn Beam Trail
	<b>3: APRIL 17</b>	Ridge Hill - Charles River Trail
	<b>4: MAY 8</b>	Town Forest
	<b>5: MAY 22</b>	Rosemary Trail

**Limit:** 10 participants/ session (*minimum of 5*)  
**On Reg. Form:** List *Take a Hike AND* Session #  
**FEE:** **FREE!**



## **NEEDHAM TOWNWIDE BEAUTIFICATION & TRAIL CLEAN-UP DAY!**



**Saturday, April 12, 2014  
8:30—11:00am**



**All Ages!** (*Youth Under 12 must be accompanied by an adult*)

***Rain Or Shine!!***

CHECK-IN at the Public Services Administration Building (PSAB)  
Parking Lot BETWEEN 8:30 and 9:00am, on  
SATURDAY, APRIL 12th to receive your clean-up site location and  
trash bags. Clean-up will end by 11:00am.

Join us and other Needham Residents in spending a few  
hours making Needham Beautiful!

### **How to Register:**

**ONLINE** (*PREFERRED METHOD*), **By Mail** OR **In Person** at the Park  
and Recreation Office, 500 Dedham Avenue.