

Welcome to Summer 2016!

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 status updates and ice depth updates!!

Sign up for all Park and Recreation Updates by following these steps :

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

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



Needham Park and Recreation will be posting all updates on Facebook daily!
www.facebook.com/NeedhamRecreation

Park & Recreation Commission

Cynthia J. Chaston
David C. DiCicco
Michelle S. Geddes
Christopher J. Gerstel
Matthew M. Toolan

Director - Patty Carey

Assistant Director - Robyn Fink

Recreation Supervisor- Sarah Mallard

Administrative Specialist - Kristen Wright

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

Commission Office

Public Services Administration Building
500 Dedham Avenue
Needham, MA 02492

Telephone

(781) 455-7550, press 3

Office Hours

8:30 AM - 5:00 PM
Monday - Friday

Special thanks to Adam Witham for the Summer cover design including "Parker" - our official department mascot!

Adam is a local Graphic Designer and he can be contacted at adwitham@aol.com.

SUMMER REGISTRATION BEGINS

Wednesday, May 4, 2016 at 9:00 AM

Register online, in person, or by mail

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

REGISTRATION NOTES

- See Registration Policies located on page 23.
- There are no guarantees for any method of registration, so choose the method most comfortable to you.
- Remember to put your name on the waitlist if a space is not available; no payment is collected for space on the waitlist.
- All programs are offered to Needham residents on a first come first served basis, including students in the Needham Public Schools' METCO program.
- **Scholarships** may only be processed by mail or in-person.
- **Credits** may be used online.

ONLINE REGISTRATION

Begins at 9:00 AM on Wednesday, May 4, 2016

- Visit www.needhamma.gov. Under Town Services choose "Park and Recreation Online Registration".
- Create an online 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.

IN PERSON REGISTRATION

Begins at 9:00 AM on Wednesday, May 4, 2016

and continues during regular office hours.

MAIL-IN REGISTRATION

Complete Registration Form and mail to:

Registration - Park and Recreation

500 Dedham Avenue
Needham, MA 02492

Forms will be processed, in random order, starting on Wednesday, May 4, 2016 at 9:00 AM and will continue during regular office hours.

2016 SUMMER PROGRAM SESSION CHART

Themes below apply to: Mini-Evergreen, Kidzart, Cricketeer Adventure, Summer Playground, Kids Off Broadway, Sports Specialties, Skateboard EDU, Tennis Academy, and Outdoor Living ONLY

SESSION	DATES	THEMES OF THE WEEK
WEEK #1	June 27—July 1	Party in the USA!
WEEK #2*	July 5—July 8 (4 day week)	Gold Rush!
WEEK #3	July 11—July 15	Disney Adventure!
WEEK #4	July 18—July 22	Calling all Superheroes!
WEEK #5	July 25—July 29	Drip, Drip, Splash!
WEEK #6	August 1—August 5	Monster Mayhem!
WEEK #7	August 8—August 12	Space is the Place!
WEEK #8*	August 15—August 18 (4 day week)	P&R Olympics!

*PROGRAMS WILL NOT BE HELD ON MONDAY, JULY 4TH OR FRIDAY, AUGUST 19TH
Fees are pro-rated for weeks 2 & 8.

★ SUMMER STAFF MEET & GREET ★

Come meet our team of amazing staff members that will be working with your children all summer!!

THURSDAY, JUNE 16th from 4:00—6:00pm: Stop by **CRICKET FIELD** for **GAMES & CRAFTS**, meet the staff, and take a look at the fun we will be having this summer!

SUMMER PROGRAMS

MINI-EVERGREEN

This fun-filled and creative program provides age-appropriate activities that inspire children's imaginations! Participants will express themselves through crafts, music, dance, stories, and activities that follow our weekly themes. The highlight of each week is a Friday show where we will showcase music and crafts from the week!

Please note: AM Sessions are geared towards 3 and younger 4 year olds, while PM Sessions are geared towards older 4 & 5 year olds who have been previously enrolled in preschool type programming. ALL participants MUST be potty-trained.

Age: 3—5 year olds (birth certificate required for all 3, 4, and 5 year olds)
Sessions: 8, 1—week sessions (Follows **Session Chart** on page 4 of this brochure)
Times: **Half Day:** 9:00am—12:00pm **OR** 1:00—4:00pm
Location: Broadmeadow Elementary School
Limit/Ratio: 28 participants per session for a ratio of 6:1
On Reg. Form: List *Mini-Evergreen, Week #(s)* **AND** *Time of Day (AM OR PM)*
Fee: \$90 per participant | 1—week session
Prorated Fee: \$72 per participant for **weeks 2 & 8** (4—day sessions)

KIDZART

Tap into your child's artistic talent and join our inventive staff creating imaginative projects in a variety of art mediums! Projects follow our weekly themes and include (but are not limited to): drawing, painting, paper mache and decoupage, plaster and clay creations, fabric art and tie dye, beading and jewelry design, braiding, weaving, and string art! Time for stories and outdoor play also add to the fun!

Age: 4—7 year olds (birth certificate required for all 4 and 5 year olds)
Sessions: 8, 1—week sessions (Follows **Session Chart** on page 4 of this brochure)
Times: **Half Day:** 9:00am—12:00pm **OR** 1:00—4:00pm
Location: Broadmeadow Elementary School
Limit/Ratio: 15 participants per session for a ratio of 8:1
On Reg. Form: List *KidzArt, Week #(s)* **AND** *Time of Day (AM OR PM)*
Fee: \$90 per participant | 1—week session
Prorated Fee: \$72 per participant for **weeks 2 & 8** (4—day session)

CRICKETEER ADVENTURE

Become a member of the "Cricketeers", and make each week of the summer an unforgettable experience! With themed arts and crafts, games, songs, activities, special events, and field trips only found at the Cricket House, you'll see why everyone wants to be a Cricketeer!

Age: 5—8 year olds (birth certificate required for all 5 year olds)
Sessions: 8, 1—week sessions (Follows **Session Chart** on page 4 of this brochure)
Times: **Half Day:** 9:00am—12:00pm **OR** 1:00—4:00pm
Full Day: 9:00am—4:00pm
Location: Cricket Field, *Playground and Fields*
Limit/Ratio: 32 participants per session (14 Full Day and 18 Half Day participants) for a ratio of 7:1
On Reg. Form: List *Cricketeer, Week #(s)* **AND** *Time of Day (AM OR PM OR Full Day)*
Fee: **Full Day:** \$140 per participant **Half Day:** \$85 per participant | 1—week session
Prorated Fee: **Full Day:** \$112 per participant **Half Day:** \$68 per participant for **weeks 2 & 8** (4—day session)

SUMMER PROGRAMS

SUMMER PLAYGROUND

Playground is a flexible, drop-in program where children can choose from a number of themed activities, led by our dynamic staff, throughout each day. Regular attendance is not required. Come for the day or just a few hours to this unique, safe, well-balanced and (of course!) FUN environment where “kids can be kids!”

Age: 5—10 year olds (*birth certificate required for all 5 year olds*)
Sessions: 1, 8—week session (Follows **Session Chart** on page 4 of this brochure)
Times: **Drop-in**, between 9:00am—4:00pm
Location: Broadmeadow Elementary School, *Cafeteria, Gym, Playground, and Field*
Limit/Ratio: No limit; Ratio varies, but rarely exceeds 10:1
On Reg. Form: List *Playground* **AND** *Season Pass* **OR** *5 one-day passes*

Needham Resident Fees:

Individual Season Pass	\$175
Family Rate (3+ children) Season Passes	\$425
5 One-Day Passes	\$85

Non-Resident Fees:

Individual Season Pass	\$250
Family Rate (3+ children) Season Passes	\$625
5 One-Day Passes	\$115

KIDS OFF BROADWAY

Theater is...improvisational training, character development, props, set design, costume creation, writing and on stage performance. Participants will use their imaginations to create memorable, scripted performances based on famous children's books. With the theatrical direction of their thespian staff members, each Friday participants will transform into stage actors, showcasing their self expression and creativity in a live performance for family and friends to enjoy!

Age: 7—12 year olds
Sessions: 8, 1—week sessions (Follows **Session Chart** on page 4 of this brochure)
Times: **Full Day:** 9:00am—4:00pm
Location: Broadmeadow Elementary School, *Performance Center*
Limit/Ratio: 20 participants per session (minimum of 8) for a ratio of 7:1
On Reg. Form: List *Kids Off Broadway* **AND** *Week #(s)*
Fee: \$140 per participant | 1—week session
Prorated Fee: \$112 per participant for **weeks 2 & 8** (4—day session)

SPORTS SPECIALTIES

Lace up your sneakers and come learn the fundamentals of an array of sports and games with spirited counselors who love playing sports as much as you! Learn teamwork, sportsmanship, athletic skills, new games, and social interaction in a fun environment. For boys and girls, beginners to advanced athletes. *Equipment provided.*

Age: 7—13 year olds
Sessions: 8, 1—week sessions (Follows **Session Chart** on page 4 of this brochure)
Time: **Full Day:** 9:00am—4:00pm
Location: Pollard Middle School, *Gyms and Cafeteria*
Limit/Ratio: 40 participants per session for a ratio of 8:1
Weekly Event: Swimming on Wednesday afternoons at Rosemary Pool
On Reg. Form: List *Sport Specialties* **AND** *Week #(s)*
Fee: \$140 per participant | 1—week session
Prorated Fee: \$112 per participant for **weeks 2 & 8** (4—day session)

SUMMER PROGRAMS

SKATEBOARD EDU

Grab your board and pads, and join us for a week of skateboarding! Come learn how to push, carve, kick turn, and board grab. This program is perfect for those just starting out or those who want to improve their skills! *Participants must supply their own board, pads, and helmet.*

Age: 8—11 year olds
Sessions: 1. Monday, July 11—Friday, July 15
2. Monday, August 8—Friday, August 12
Half Day: 9:00am - 12:00pm
Location: Pollard Middle School, *Outdoor Courts*
Limit/Ratio: 16 participants per session for a ratio of 8:1 (*minimum of 5*)
On Reg. Form: List *Skateboard EDU* **AND** *Session #(s)*
Fee: \$90 per participant | 1—week session

TENNIS ACADEMY

Whether you're new to tennis or have some experience, Tennis Academy will teach, improve skills, and elevate your game in a fun, positive environment. Instructors enable participants to progress at their own pace, develop and improve strokes, and acquire basic skills and enthusiasm for the game of tennis. *Participants must provide their own racquet.*

After a morning of tennis and lunch break, participants will take a short walk and cool off during daily recreational swimming at Rosemary Pool. After swimming each day, mini-matches will be held. Half day participants will be picked up after the morning tennis lesson and will not travel to Rosemary Pool.

Age: 8—13 year olds
Sessions: 8, 1—week sessions (Follows **Session Chart** on page 4 of this brochure)
Times: **Half Day:** 9:00am - 12:00pm
Full Day: 9:00am - 4:00pm
Location: Needham High School, *Tennis Courts*
Limit/Ratio: 25 participants per session for a ratio of 5:1
On Reg. Form: List *Tennis Academy*, *Week #(s)* **AND** *Time of Day (Half Day OR Full Day)*
Fee: **Full Day:** \$240 per participant **Half Day:** \$135 per participant | 1—week session
Prorated Fee: **Full Day:** \$192 per participant **Half Day:** \$108 per participant for **week 2 & 8** (4—day session)

OUTDOOR LIVING

In this active, nature based program, participants can look forward to adventure, fun, and exploring! Enjoy outdoor games and crafts and help preserve wildlife as part of our “Teen Trail Crew”. Exciting day activities will challenge our pre-teen and teenage participants to establish survival skills such as hiking, fishing, archery, and canoeing.

Age: 8—13 year olds
Sessions: 8, 1—week sessions (Follows **Session Chart** on page 4 of this brochure)
Times: **Half Day:** 8:45—11:45am **OR** 12:45—3:45pm
Full Day: 8:45am - 3:45pm
Location: Ridge Hill Reservation
Limit/Ratio: 40 participants per session for a ratio of 10:1
Weekly Event: This program will take place at Rosemary Pool every Tuesday.
On Reg. Form: List *Outdoor Living*, *AND* *Week #(s)*, *AND* *Time of Day (AM OR PM OR Full Day)*
Fee: **Full Day:** \$140 per participant **Half Day:** \$85 per participant | 1—week session
Prorated Fee: **Full Day:** \$112 per participant **Half Day:** \$68 per participant for **weeks 2 & 8** (4—day session)

PRESCHOOL & YOUTH PROGRAMS

YOGA, MOVEMENT & STORIES



Children will enjoy discovering yoga through storytelling, music, games, and crafts. Each day will feature a different theme: nature, ocean, space, and animals. This class will help build confidence, strength, and flexibility and also help foster language skills, social interactions, and a sense of inner peace.

Age: 4—6 year olds (*birth certificate required for all 4 and 5 year olds*)
Session: Tuesday, June 28—Friday, July 1
Times: 9:15—10:45am
Location: Blue Lotus Healing Arts
Limit/Ratio: 5 participants for a ration of 5:1
On Reg. Form: List *Yoga, Movement & Stories*
Fee: \$95 per participant | 4—day session



FUTURE SCIENTISTS

Exploration, discovery and wonder await your imagination in this science class. Activities are all hands-on and most experiments will be able to be taken home to show your family and friends! Experiments may include: Slime, Color Mixing Magic, Building & Erupting a Volcano, and much more!

Age: 3—5 year olds (*birth certificate required for all participants*)
Session: Monday, July 18—Thursday, July 21
Times: 1:30—2:30pm
Location: Broadmeadow Elementary School
Limit: 10 participants (*minimum of 5*)
On Reg. Form: List *Future Scientists*
Fee: \$110 per child | 4—day session

COOKS AND BOOKS

Food and art all rolled into one! With fun-to-make recipes from healthy snacks to tasty treats, kids will turn everyday foods into fun edible treats that go along with the book of the day! **Please note any food allergies when you register your child.**

Age: 3—5 year olds (*birth certificate required for all participants*)
Session: Monday, July 25—Thursday, July 28
Times: 10:45—11:45am
Location: Broadmeadow Elementary School
Limit/Ratio: 10 participants (*minimum of 5*)
On Reg. Form: List *Cooks and Books*
Fee: \$125 per child | 4—day session

LEGO PLAYLAND MASTER BUILDERS

Join the team from Event-Full!, LLC for just one or ALL five days of LEGO fun! This class will help foster individual creativity, imagination, teamwork, negation, and pure childhood enjoyment! Each day the participants will go home with a framed photo of their LEGO creation to show friends and family what they designed and built!

Age: 5—10 year olds (*birth certificate required for all 5 year olds*)
Sessions: A. All 5 days (August 1—August 5) D. Wednesday, August 3
B. Monday, August 1 E. Thursday, August 4
C. Tuesday, August 2 F. Friday, August 5
Times: 1:00—4:00pm
Location: Broadmeadow Elementary School
Limit: 15 participants (*minimum of 8*)
On Reg. Form: List *Lego Playland AND Session Letter(s)*
Fee: \$50 per child per sessions | 1—day session OR \$210 per child | 5—day session

YOUTH PROGRAMS

QUICKSTART TENNIS LESSONS

Join us for an exciting play format designed to introduce children to tennis by utilizing special balls and a smaller sized court. Participants must provide their own racquet.

Age: 5—7 year olds (*birth certificate required for all 5 year olds*)
Sessions & Times: See Chart Below ***4—day program***
Location: Pollard Middle School, Outdoor Courts
Limit/Ratio: 10/session for a ratio of 5:1
On Reg. Form: List *Quickstart Tennis, Session Week Number(s), AND Time*
Fee: \$48 per participant | 4—day sessions

AM LESSONS

Times: 9:00—10:00am
10:00—11:00am
Sessions: 1. Monday, June 27—Thursday, June 30
2. Tuesday, July 5—Friday, July 8
4. Monday, July 18—Thursday, July 21
5. Monday, July 25—Thursday, July 28
6. Monday, August 1—August 4
8. Monday, August 15—August 18

PM LESSONS

Times: 4:30—5:30pm
5:30—6:30pm
Sessions: 1. Monday, June 27—Thursday, June 30
2. Tuesday, July 5—Friday, July 8
3. Monday, July 11—Thursday, July 14
4. Monday, July 18—Thursday, July 21
5. Monday, July 25—Thursday, July 28
6. Monday, August 1—Thursday, August 4
7. Monday, August 8—Thursday, August 11
8. Monday, August 15—Thursday, August 18

KIDS NIGHT OUT

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! (PJ's and sleeping bags are welcome but not required!)

Age: 3—10 years old (*birth certificate required for all 3, 4, and 5 year olds*)
Time: 5:30—9:00pm
Location: Public Services Administration Building
Limit: 35 participants (*minimum of 12*)
On Reg. Form: List *Kids Night Out AND Date(s)*
Fee: \$16 per participant per date
Dates:



Tuesday, July 12 - *The Good Dinosaur* (PG)
In a world where dinosaurs and humans live side-by-side, an Apatosaurus named Arlo makes an unlikely human friend.

Tuesday, August 16 - *Kung Fu Panda 3* (PG)
Continuing his "legendary adventures of awesomeness", Po must face two hugely epic, but different threats: one supernatural and the other a little closer to his home.

POWER GIRLS YOGA



Tapping into the growing independence and self-awareness, participants will feel empowered in this yoga experience that encourages a deeper sense of body awareness, interpersonal skills, and exploration of self in relation to the world. The girls will develop physical and emotional strength and a stronger sense of self. They will learn to care for and nurture themselves.

Age: Girls, 7—10 year olds
Session: Monday, July 18—Thursday, July 21
Times: 9:00am—12:00pm
Location: Blue Lotus Healing Arts
Limit: 5 participants
On Reg. Form: List *Power Girls Yoga*
Fee: \$190 per participant | 4—day session



YOUTH, TWEEN & TEEN PROGRAMS

ARCHERY LESSONS

Relax as you aim for your target and feel the thrill of success when your patience and concentration pay off. Learn the fundamentals and put your skills to the test in mini-competitions and archery games! All equipment is provided. Class is led by two certified USA Archery and National Field Archery Association (NFAA) instructors.

Age: 8 years old and up
Session: Monday, July 25—Thursday, July 28
Time: 10:30—11:30am
Location: Claxton Field, Quarry Area
Limit: 16 participants (*minimum of 10*)
On Reg. Form: List *Archery Lessons*
Fee: \$100 per participant | 4—day session

INCREDIFLIX



IncrediFlix is all about the fun and excitement of making movies! Each program focuses on creativity, cooperation, and fun fun fun! **All flix are downloadable within a month after the program ends.*

Age: 7—13 year olds
Sessions: See Chart Below
Times: **Half Day:** 9:00am—12:00pm OR 1:00—4:00pm
Full Day: 9:00am—4:00pm
Location: Broadmeadow Elementary School
Limit: 24/session (*minimum of 6*)
On Reg. Form: List *IncrediFlix Session #(s)*, **AND** *Time of Day (AM or PM or Full Day)*
Fee: **Full Day:** \$290 per participant per week **Half Day:** \$160 per participant per session

A. Monday, August 1—Friday, August 5

AM Session: Live Action Film

Do you want to have a blast making a movie?! Participants will be guided through the Hollywood process as they brainstorm, location scout, bring in props and costumes, act, and direct in a collaborated movie that will be fun for the entire audience!

PM Session: LEGO Flix

Bring your creative LEGO worlds to life in LEGO Stop-Motion Animated Flix! We provide the LEGOs, and you provide your imagination! Participates will create a LEGO set with LEGO characters for a movie they storyboard, write, shoot, and create voice-overs!

B. Monday, August 15—Friday, August 19

AM Session: Animation Flix

Each day participants will use a new stop-motion animation! It is the ultimate arts and crafts program where participants create, direct, and film their own movies!

PM Session: Minecraft Flix

Using stop-motion animation, participants will bring Steve, the creepers, animals and more to life. Participants will write, storyboard, shoot, and add voice-overs!

CREATIVE CONNECTIONS



Participants will love this creative and unique program experience! We offer tweens a fun, enriching experience and allows them to express themselves through yoga, creative movement, games, crafts and relaxation!

Age: 9—12 year olds
Session: Monday, August 22—Thursday, August 25
Times: 9:00am—12:00pm
Location: Blue Lotus Healing Arts
Limit/Ratio: 5 participants for a ratio of 5:1
On Reg. Form: List *Creative Connections*
Fee: \$190 per participant | 4—day session



TWEEN & TEEN PROGRAMS

YOGA FOR TEENS



This 7—week introductory series teaches teens basic yoga postures and sequences that encourage a balance of strength and ease both inside and out, promoting compassion for oneself and others.

Age: 13—17 year olds
Session: Sundays, May 15—June 26
Times: 4:15—5:30pm
Location: Blue Lotus Healing Arts
Limit/Ratio: 5 participants for a ratio of 5:1
On Reg. Form: List *Yoga for Teens*
Fee: \$110 per participant | 7—week session



JUNIOR GOLF LESSONS

Looking to earn the coveted green jacket one day? Join us now to learn the game of golf! We'll work on putting, chipping, and pitching while learning the etiquette and rules of the game. Lessons are taught by Needham Golf Club's PGA professional instructor.

Age: 10—15 years old
Session: Tuesdays, July 12 - August 9
Time: 9:00—10:00am
Location: Needham Golf Club
Limit: 12 participants (*minimum of 6*)
On Reg. Form: List *Junior Golf Lessons*
Fee: \$100 per participant | 5—week session

TEEN CORNHOLE



Cornhole...bags...bean bag toss...baggo...call it what you want, either way it's a tailgate classic! Join us Tuesday nights for some backyard fun and try your hand at Cornhole!

Age: 13—17 year olds
Session: Tuesdays, July 12—August 16 (*Rain or shine*)
Times: 5:00—6:30pm
Location: Needham High School, *Multil-purpose field*
Limit: 16 participants (*minimum of 8*)
On Reg. Form: List *Teen Cornhole*
Fee: \$30 per participant | 6—week session

SUMMER YOGA FOR TEENS



Join us Tuesday nights for a super fun yoga class for teens! We will build strength and flexibility, attend to relaxation needs and cultivate qualities of compassion and kindness for yourself and the world around you. Music will include pop, alternative, and world fusion. This co-ed class is appropriate for all levels.

Age: 13—17 year olds
Session: Tuesdays, July 12—August 23
Times: 7:30—8:45pm
Location: Blue Lotus Healing Arts
Limit/Ratio: 5 participants for ratio 5:1
On Reg. Form: List *Summer Yoga for Teens*
Fee: \$110 per participant | 7—week session



ADULT PROGRAMS

VINYASA FLOW YOGA



This physically challenging Vinyasa class explores yoga postures as they mindfully connect to one another through the flow of breath and leave you with a quieter and clearer mind. We will move at a moderate to fast pace with an emphasis on alignment and modifications for new and seasoned yogis. Experience suggested.

Age: 17 year olds and up
Session: Wednesdays, May 18—June 29
Times: 6:00—7:15pm
Location: Blue Lotus Healing Arts
Limit/Ratio: 5 participants for a ratio of 5:1
On Reg. Form: List *Vinyasa Flow Yoga*
Fee: \$110 per participant | 7—week session



ENERGY FLOW YOGA



This class is an eclectic blend of yoga modalities with a focus on linking breath to movement. Each class will incorporate meditation and pranayama with the goal of balancing and moving vital energies throughout the body. Considered a gentle flow, this class is open to all level practitioners who are looking to deepen their practice.

Age: 17 year olds and up
Session: Wednesdays, May 18—June 29
Times: 7:30—8:15pm
Location: Blue Lotus Healing Arts
Limit/Ratio: 5 participants for a ratio of 5:1
On Reg. Form: List *Energy Flow Yoga*
Fee: \$110 per participant | 7—week session



SUNRISE FLOW YOGA



Start your day with an alignment based Vinyasa practice set to inspired music. As in classic Vinyasa classes, poses are linked to breath in a powerful sequence that cultivates strength and flexibility and nurtures a sense of focus and presence of mind. All levels are welcome.

Age: 17 year olds and up
Session: Thursdays, May 19—June 30
Times: 7:30—8:30am
Location: Blue Lotus Healing Arts
Limit/Ratio: 5 participants for a ratio of 5:1
On Reg. Form: List *Sunrise Flow Yoga*
Fee: \$110 per participant | 7—week session



ADULT DOUBLES TENNIS LEAGUE

Enjoy friendly competition and an opportunity to socialize with other tennis enthusiasts in our adult tennis league! Each week you'll be paired with a doubles partner to go head to head with another doubles team. The league is appropriate for Intermediate and Advanced tennis players with a NTRP of 3.0 or above.

Age: 17 years and older
Dates: **Men's League:** Wednesdays, June 15—August 17
Women's League: Thursdays, June 16—August 18
Time: 6:30—8:00pm
Location: Needham High School, *Outdoor Courts*
Limit: 16 participants per category (*minimum 12 per category*)
On Reg. Form: List *Adult Tennis League, Category (Mens OR Womens)*
Fee: With a Tennis Badge: \$55 per participant **OR** Without a Tennis Badge: \$85 per participant
(Participants will be given a badge)

ADULT PROGRAMS

ADULT TENNIS LESSONS

Whether you're brand new to the sport of tennis or looking to improve and develop your game, we have an adult lesson to suit your interests! Choose from two skill levels. Beginner participants will be introduced to the fundamental skills needed to play and enjoy the game. Intermediate participants should have one year of lessons and will work on the development of their ground strokes, volleys, serves, and game play. *Racquet required.*

Age: 17 years and older
Dates: Tuesdays, June 28—July 26
Times: 6:00pm—7:00pm **Beginner Level**
7:00pm—8:00pm **Intermediate Level**
Location: Needham High School Tennis Courts
Limit: 5 participants per session (*minimum of 3*)
On Reg. Form: List *Adult Tennis Lessons AND Time/Level*
Fee: \$75 per participant | 5—week session

SUMMER ADULT BADMINTON



Grab your racket and join us for a night of badminton! We'll have courts set up for doubles play for beginners to advanced!

Age: 17 years and older
Dates: Mondays, July 11—August 15
Times: 7:00—9:00pm
Location: Needham High School
Limit: 40 participants (*minimum of 14*)
On Reg. Form: List *Summer Adult Badminton*
Fee: \$30 per participant | 6—week session

ADULT CORNHOLE



Cornhole...bags...bean bag toss...baggo...call it what you want, either way it's a tailgate classic! Join us Tuesday nights for some backyard fun and try your hand at Cornhole!

Age: 17 years and older
Dates: Tuesdays, July 12—August 16 (*Rain or Shine*)
Times: 6:30—8:00pm
Location: Needham High School, *Multi-purpose field*
Limit: 16 participants (*minimum of 8*)
On Reg. Form: List *Adult Cornhole*
Fee: \$30 per participant | 6—week session

ADULT GOLF LESSONS

Par! Birdie! Bogey! What do all of these things have in common? Golf of course! Let this be the summer you learn the game or improve your skills! Lessons are taught by Needham Golf Club's PGA professional instructor.

Age: 17 years and older
Sessions: 1. Tuesdays, July 12—August 9
2. Wednesdays, July 13—August 10
Times: 5:30pm—6:30pm **Beginner Level**
6:30pm—7:30pm **Intermediate Level**
Location: Needham Golf Club
Limit: 7 participants per session (*minimum of 4*)
On Reg. Form: List *Adult Golf Lessons, Day of Week (Tuesday or Wednesday), AND Time/Level*
Fee: \$110 per participant | 5—week session

ADULT & SENIOR PROGRAMS

SUMMER ADULT BASKETBALL

Dribble! Shoot! Rebound! We'll put together different teams each week to keep the hoops competition fierce!

Age: 17 years and older
Dates: **Wednesday**, July 13—August 17
Times: 7:00—9:00pm
Location: Needham High School
Limit: 40 participants (*minimum of 14*)
On Reg. Form: List *Summer Adult Basketball*
Fee: \$30 per participant | 6—week session

YOGA FOR SENIORS

Practicing yoga can improve balance, strength, flexibility, and mood. This class is appropriated for all levels and offers a slower progression of sequences with modifications and the intention of being in the present moment. This one hour class will reinvigorate your day with an overall sense of wellbeing.

Age: 50 year olds and up
Session: **Saturdays**, May 21—July 2
Times: 8:00—9:00am
Location: Blue Lotus Healing Arts
Limit/Ratio: 5 participants
On Reg. Form: List *Yoga for Seniors*
Fee: \$110 per participant | 7—week session



SENIOR EXERCISE

Time to get swimsuit ready! Join Arlene as she leads toning, stretching, strengthening, coordination, stabilization, and abdominal exercises in this fun class designed for men and women ages 50 or older.

Age: 50 years and older
Sessions: 1. **Wednesdays**, June 1—July 27
 2. **Wednesdays**, August 3—September 28
Time: 10:30—11:30am
Location: The Center at the Heights
Limit: 25 participants
On Reg. Form: List *Senior Exercise AND Session # (s)*
Fee: \$25 per participant per session | 9—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 hold score of 72 or less.

Age: 50 years and older
Dates: **Tuesdays**, August 2—October 4
Times: First group tees off at 9:00am, last group tees off by 11:00am
Location: Needham Golf Club
Limit: 64 participants
On Reg. Form: List *Senior Golf League AND average score for 9 holes*
Fee: \$252 per participant | 8—week session ***After 8 weeks of play, up to 2 additional rounds can be purchased for \$29 per round payable at the Park and Recreation Office**

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

ROSEMARY POOL BADGES

2016 SEASON RATES IN EFFECT from MAY 31 to AUGUST 26	NEEDHAM RESIDENTS	NON- RESIDENTS
INDIVIDUAL SEASON PASS (<i>ages 2+</i>)	\$110.00	\$160.00
FAMILY SEASON PASS— <i>Nannies, caregivers, and long-term visiting relatives may be included on a family pass for an additional \$50/person</i>	\$215.00	\$310.00
SENIOR CITIZEN SEASON PASS (<i>ages 60+</i>)	\$55.00	\$80.00
DAILY ADMISSION—Individual	\$6.00	\$8.00
DAILY ADMISSION—Individual after 6PM	\$3.00	\$3.00
DAILY ADMISSION—Senior	\$3.00	\$4.00
DAILY ADMISSION—Senior after 6PM	\$1.50	\$1.50
GUEST PASS SHEETS (<i>10 PASSES</i>)	\$50.00	\$70.00

SEASON BADGE EARLY BIRD RATES

(Needham Residents ONLY)

Available **NOW** until **5:00PM May 27th!!**

Purchase at the Park and Recreation Office **OR** by mail.
Early Bird Rates apply only to mail postmarked no later than the 27th of May.

INDIVIDUAL—\$90 FAMILY—\$180 \$SENIOR—\$45

SEASON: JUNE 20—AUGUST 26, 2016
FACILITY: 300' x 70' "pool within a lake", bathhouse, small beach area, parking lot, concession, playground/small picnic area, diving board, and lap lanes. Pool is accessible to persons with disabilities.
HOURS: **Open to the public 7 days a week from 12:30pm—7:45pm***
 August 22—August 26 will be open to the public from 12:30—5:30pm*
**Hours may change due to insufficient staffing.*
PURCHASE BY MAIL: Provide information for only those that you would like a Pool Badge for; include the first and last name of all family members, ages of children, address, phone number, emergency phone number, email address, and voting precinct. **MAIL TO:** POOL PASSES—Park & Recreation
 500 Dedham Avenue, Needham, MA 02492
PAYMENT: Checks made payable to 'Town of Needham—Park and Recreation'
 Credit Cards accepted: Mastercard, Visa, and Discover. Include card number, expiration date, CVC code (on back of card), and an authorized signature.
QUESTIONS: Please call the Park and Recreation Office at (781) 455-7550, press 3 **OR** visit us at 500 Dedham Avenue (Public Service Administration Building—PSAB).

ROSEMARY POOL PROGRAMS

LEARN TO SWIM

The Learn-to-Swim program is designed for preschoolers, ages 3-4, all the way up to adults. Students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Often, more than one session is needed to move to the next level. All classes are taught using the Red Cross Learn-to-Swim curriculum and are overseen by a Water Safety Instructor. Classes are rain or shine unless it is announced otherwise.

Session	Dates	Registration ENDS at 12pm
1	June 27 – July 8* <i>No program on July 4</i>	Tuesday, June 28
2	July 11–July 22	Tuesday, July 12
3	July 25–August 5	Tuesday, July 26
4	August 8–August 19	Tuesday, August 9

PRESCHOOL LEVEL

Swim skills are taught through play. Classes are 30 minutes long. All 3 and 4 year old **MUST** be registered for this level.

Age: 3–4 year olds (*birth certificate required for all participants*)
Times: 9:45–10:15am
 10:30–11:00am
 11:15–11:45am
On Reg. Form: List *Learn to Swim, Session #(s), Preschool* under 'Level', **AND Time**
Fee: \$40 per participant with a season pool badge | 2 week, 10 class session
 \$70 per participant without a season pool badge | 2 week, 10 class session

YOUTH LEVELS

Age: 5 years and older (*birth certificate required for all 5 year olds*)
Levels: Level 1: Introduction to Water Skills
 Level 2: Fundamental Aquatic Skills
 Level 3: Stroke Development
 Level 4: Stroke Improvement
Times: **SEE CHART**
On Reg. Form: List *Learn to Swim, Session #(s), Level, AND Time*
Fee: \$40 per participant per session* with a badge
 \$70 per participant per session* without a badge
 *2 week, 10 class session See page 17 for badge rates

Times	Level			
	1	2	3	4
9:00–9:40am	●	●	●	●
9:45–10:25am	●	●		
10:30–11:10am	●	●	●	
11:15–11:55am	●	●		●

STROKE CLINIC



This program provides further coordination and refines strokes so swimmers can swim with ease, efficiency, and power. ***Stroke Clinic meets Monday–Thursday ONLY!***

Age: 6 years and older
Sessions: 1. Monday, June 27–Thursday, June 30 & Tuesday, July 5–Thursday, July 7
 2. Monday, July 11–Thursday, July 14 & Monday, July 18–Thursday, July 21
 3. Monday, July 25–Thursday, July 28 & Monday, August 1–Thursday, August 4
 4. Monday, August 8–Thursday, August 11 & Monday, August 15–Thursday, August 18
Time: 10:00–11:00am
Location: Rosemary Pool Complex
On Reg. Form: List *Stroke Clinic AND Session*
Fee: \$40 per participant with a season pool badge | 2 week, 8 class session
 \$70 per participant without a season pool badge | 2 week, 8 class session

ROSEMARY POOL PROGRAMS

HIGH SCHOOL SWIM TEAM CONDITIONING



Do you swim for your high school swim team and want to jump start your swim season? Join the Needham Sharks Swim Coach as she whips you into shape for your season! Start your swim season off in swimmer shape this year! This program is great for beginners or seasoned swimmers.

Age: 14–18 year olds
Sessions: 1. Monday, August 15–Friday, August 19
 2. Monday, August 22–Friday, August 26
Time: 9:00–11:00am
Location: Rosemary Pool Complex
On Reg. Form: List *Swim Team Conditioning AND Session #(s)*
Fee: \$40 per participant with a season pool badge | 1 week, 5 class session
 \$70 per participant without a season pool badge | 1 week, 5 class session

ADAPTIVE AQUATICS

Individual lessons for swimmers with challenges who are not able to learn in a group setting, are offered in the afternoons on weekdays. The Assistant Pool Supervisor of Instructors will work with the parent to schedule 10, 30 minute lessons.

Age: 3 years and older (*birth certificate required for all 3, 4, and 5 year olds*)
On Reg. Form: List *Adaptive Aquatics*
Fee: \$40 per participant with a season pool badge | 10 class session
 \$70 per participant without a season pool badge | 10 class session

INDIVIDUAL SWIM LESSONS

Private lessons are available for beginners who are hesitant to enter the water to experienced swimmers looking for stroke improvement. Private lessons are tailored to each participant's skill level. Each lesson is 30 minutes in length, and all swim lessons are overseen by a Water Safety Instructor.

Age: 3 years and older (*birth certificate required for all 3, 4, and 5 year olds*)
Days: Tuesdays and Thursdays: June 28–August 18
Times: 3:00–3:30pm **OR** 3:30–4:00pm
 *First come first serve
Location: Rosemary Pool Complex
On Reg. Form: List *Individual Lesson, Date (include the day of week), AND Time*
Fee: \$20 per participant per session with a season pool badge | 1 class
 \$25 per participant per session without a season pool badge | 1 class

NEEDHAM SHARKS SWIM TEAM



Make a splash this summer with the Sharks! Whether you've swam competitively before or looking to try something new, the Needham Sharks could be for you! No one will feel like they're "over their head" so come "dive in" to the recreational summer swim team for Needham residents! Home meets are held at Rosemary Pool and away meets are at area towns' pools. ***Rosemary Pool Pass is required to participate***

Age: 6–18 year olds
Days and Times: June 20–August 13
Mondays and Wednesdays—5:00–6:30pm
Tuesdays and Thursdays—4:00–7:30pm *Extended warm-up and Swim Meet
Fridays—9:30–11:30am
Location: Rosemary Pool Complex
On Reg. Form: List *Needham Sharks Swim Team*
Fee: \$125 per participant with a season pool badge | 8 week session
 See page 17 for badge rates

ROSEMARY POOL PROGRAMS

TEEN & ADULT BEACH VOLLEYBALL NEW!

Bump! Set! Spike! We're taking volleyball to the beach this summer! Join us for 4 vs. 4 beach volleyball. It's fast-paced, high intensity and a great workout!

Ages: Teens: 13—17 years old, Adults: 17 years and older
Days: Wednesdays, July 13—August 17
Times: 4:30—6:00pm—Teens
 6:00—7:30pm—Adults
Location: Rosemary Pool Complex
On Reg. Form: List *Teen* OR *Adult Beach Volleyball*
Fee: \$30 per participant | 6 week session

FRIDAY FAMILY FUN NIGHTS

Special events for the whole family on **seven** summer Friday nights at Rosemary Pool!
 Events are free to those with a season or daily pass and begin at 6:00PM.

- July 1 Party in the USA!
- July 8 Gold Rush!
- July 15 Disney Adventure!
- July 22 Calling All Superheros!
- July 29 Drip, Drip, Splash!
- August 5 Monster Mayhem!
- August 12 P&R Olympics!



GENERAL INFORMATION

NEEDHAM PARKS, PLAYGROUNDS & 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.

MEDICAL INFORMATION

The Park and Recreation Summer Staff are trained to administer **Epi-Pen** medication to participants with allergies and monitor use of **Inhalers** for those with asthma.

No other medication will be given by staff.

Parents must complete an information sheet and permission form in order to leave Epi-Pens and/or Inhalers at programs. Please visit the Park and Recreation website to download a Medical Information Packet OR call the office to be sent a copy in the mail.

Be sure to include ALL allergy AND medical concerns on your Registration Form!

MA Department of Conservation and Recreation: 2016 ParksPass Program!!

The Needham Park and Recreation Commission is continuing our annual partnership with the Massachusetts Department of Conservation and Recreation (DCR). The program allows Residents to borrow the **2016 ParksPass** to visit over 50 state parks throughout Massachusetts, Cape Cod, and the Islands.



The **ParksPass** provides unlimited day-use parking for one vehicle at any of the facilities in the Massachusetts state parks system that charge a day use parking fee.

Please call (781)455-7550 ext. 3 for more information about reserving the **ParksPass** from our department. For more detailed information about the DCR's wonderful state park locations, facilities and programs, please visit: www.mass.gov/dcr



THE NEEDHAM EXCHANGE CLUB CELEBRATES THE 4TH!

Festivities begin at 5:00pm on Sunday, July 3rd, with food and entertainment followed by the fireworks display at dark. The Celebration continues on Monday, July 4th, beginning at 9:00am with the raising of our nation's flag in the Town Common followed by the Grand Parade with a craft fair, flea market, athletic events, food, and entertainment after the parade at Memorial Park.

All Events Sponsored by the Needham Exchange Club.

Please call 781-444-3924 or visit www.needhamexchangeclub.org for more detailed holiday activity information!

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 **2016 Needham Youth Sports Organization Brochure** at the Park and Recreation Office **OR** visit our website at www.needhamma.gov/parkandrecreation and select "Sports Contacts" from the left hand side of the page.

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.

LOCATIONS INCLUDE:

Broadmeadow —Broadmeadow Road	Claxton —Central Avenue	Cricket —Hillside Avenue
DeFazio —Dedham Avenue	Greene's —Pickering Street	Eliot —Wellesley Avenue Ext.
Hillside —Glen Gary Road	Mills —Hampton Avenue	Mitchell —Brookline Street
Newman —Central Avenue	Perry —Beaufort Avenue	Riverside —Riverside Street

PLEASE NOTE:

- Bathrooms are available at DeFazio and Claxton.
- **Greene's Field Playground can not be permitted.**
- School playgrounds are not available during school hours.

SPORTS KIT RENTAL

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

PLEASE CALL THE OFFICE IN ADVANCE TO RESERVE A KIT!

Items can be rented on an individual basis, with the entire kit costing no more than \$20!

Kits can include: *volleyball, badminton, croquet, horseshoes, whiffle ball set, bocce, kick-balls, bases, cones, pinnies, jump ropes, three-legged race ties, grain sacks (for sack races), and frisbees.*

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.

REGISTRATION POLICIES

REGISTRATION LIMITS

Registration limits are set to comply with building code regulations as well as staff/participant ratios. See individual program descriptions for specific limits. The Commission reserves the right to cancel classes when registration numbers are low.

AGE REQUIREMENT OF PARTICIPANTS/BIRTH CERTIFICATES

All participants **MUST** be the noted age by first day of session. All children ages 5 and under must have a birth certificate registered with the Park and Recreation Office. This is a one-time only requirement. Mail a copy or bring one by – it will be given right back to you. **Registrations for participants 5 and under 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. Park and Recreation CANNOT access the Town Clerk's records directly.*

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.

CHANGES TO REGISTRATION

To make a change in your registration, call (781)455-7550, press 3. Messages can be left when the 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 the family account when the fee is less than original payment.

NON-RESIDENT REGISTRATION

Non-Residents may register the **Wednesday before** a program begins, if space is available, unless otherwise noted in brochure.

FINANCIAL ASSISTANCE/SCHOLARSHIPS

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

SPECIAL NEEDS PROGRAMING

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

TRUST FUND FOR PARKS

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

CHILDREN'S THEATRE

1:30PM on Tuesday Afternoons at the Broadmeadow Elementary School

Afternoon entertainment for children and their families!

Donations are accepted on site to keep performances free for everyone!

July 12

Karen K & The Jitterbugs

This "Parent's Choice" award winning CHILDREN'S MUSIC group will have the whole family moving and grooving!!

July 19

Rob Clarke

A total VARIETY MAGIC SHOW that includes awesome magic, cool juggling skills, hilarious comedy routines and tons of audience interaction.

July 26

Mark Binder

Hearing his classic and ORIGINAL SPINS ON TRADITIONAL STORIES and his WILD TALL TALES, children and parents alike will be entranced!

August 2

Big Ryan's Tall Tales

Humorous show, Big Ryan tells ORIGINAL STORIES, PUPPET PLAY, and a bit of music and movement and a whole lot of fun with lots of audience participation.

ARTS IN THE PARKS

7:00PM on Thursday Evenings at the Memorial Park Gazebo

Inclément weather site—Needham High School Auditorium

Bring dinner, lawn chairs or a blanket, and enjoy the music! Ample free parking.

Donations are accepted on site to keep concerts free for everyone!

July 7

The Tom Nuttle Big Band

15 piece swing band playing music of the Big Bands era!

July 14

Classic Groove

Entertaining renditions of jazz and contemporary standard.

July 21

Needham Community Band

Old-Time summer Band Concert!

July 28

Soul Intensity

Dynamic group of musicians from the baby boomer era who specialize in R&B Soul/Funk!

August 4

The Bill McGoldrick Acoustic Duo

Popular tunes of jazz, rock 'n roll, and blues played by an acoustic duo!

August 11

The Reminisants

Specializing in music from the 50's - 90's, playing a collection of great music for all kinds of musical tastes and generation!