Welcome to Winter/Spring 2020
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.

WINTER/SPRING REGISTRATION BEGINS ON WEDNESDAY, DECEMBER 4, 2019 AT 9:00AM

Register online, in person, or by mail
Park and Recreation does not accept any registrations by phone.

Online:
www.needhamma.gov/pronlinereg

In Person:
Park and Recreation Office
178 Rosemary Street

By Mail
Send in your completed registration form and payment to the Park and Recreation Office - Attn: Registration

Registration Notes
- See Registration Policies located on the last page.
- There are no guarantees for any method of registration, so choose the method most comfortable to you.
- Remember to put you name on the waitlist if a space is not available; no payment is collected for space on 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.

Stay Updated with Park and Recreation
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!!

1. Go to the Town of Needham website at www.needhamma.gov and click on the ‘Notify Me’ box on the left hand side of the webpage.
2. Enter your e-mail address (or cell phone number for text messages)
3. Select e-mail type, HTML or Text
4. Select box for RECREATION INFORMATION and/or FIELD STATUS
5. Click the SUBSCRIBE button

Like us on Facebook! Follow us on Instagram and Twitter!
www.facebook.com/NeedhamRecreation
@needhampandr
@NeedhamPandR

Special thanks to Adam Witham for the Winter/Spring cover designs, including “Parker” our official department mascot!

Adam is a local Graphic Designer, and he can be contacted at adwitham@aol.com for all graphic design needs.
**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 movie!

**Age:** 3—10 years old  
*(Birth Certificate required for all 3-5 year olds)*

**Sessions:** SEE BELOW  

**Time:** 5:30—9:00pm  

**Location:** Rosemary Recreation Complex  

**Limit:** 50 participants *(min. of 20 required)*

**Fee:** $25 per participant/session | 1 day event

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**Friday, January 10**  
**Movie:** Mary Poppins Returns

**Friday, February 7**  
**Movie:** Secret Life of Pets 2

**Friday, March 6**  
**Movie:** Frozen 2

**Friday, April 3**  
**Movie:** Aladdin

**Friday, May 1**  
**Movie:** Toy Story 4

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**LEGO MAKE IT—TAKE IT CHALLENGE**

Be a part of designing, creating and building solutions with LEGOs! Every class kids will be given a LEGO engineering challenge. They will then take part AND take home the LEGO creation that they designed and constructed! Join in on the fun and register for 1, 2 or all 5!

**Age:** 5—9 years old *(Grades K-3)*  
*(Birth Certificate required for all 5 year olds)*

**Sessions:** SEE BELOW  

**Location:** Rosemary Recreation Complex  

**Limit:** 10 participants *(min. of 5 required)*

**Fee:** $50 per participant/session | 1 day event

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**Sunday, January 12**  
**1:00 – 3:00pm**  
**Theme:** Amazing LEGO Maze

**Sunday, February 2**  
**1:00 – 3:00pm**  
**Theme:** Minifigure Underwater Rescue Challenge

**Friday, March 27**  
**3:30 – 5:30pm**  
**Theme:** Balloon Powered Car

**Sunday, April 12**  
**1:00 – 3:00pm**  
**Theme:** LEGO Volcano

**Sunday, May 17**  
**1:00 – 3:00pm**  
**Theme:** Extreme Shelter

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**PARENT TALK CAMP FAIR**

Most parents have plenty of questions about summer camps. There are so many camps to choose from, and it is hard to know which one will best meet your family’s needs. It can be overwhelming! Where do you begin?

Parent Talk hosts an annual Summer Camp Information Fair to help parents simplify their search for a local summer camp. The Camp Fair will provide parents an opportunity to meet with representatives from area summer camps and assess how their programs meet the needs of their children and family. For more information, please contact campfair@parenttalk.org.

**Thursday, January 23, 2020 | 6:30—8:30pm**  
**Rosemary Recreation Complex**  
More Information: www.parenttalk.info
**FUTURE SCIENTISTS & ENGINEERS**

Come on a learning journey and join in on the fun! Exploration, discovery and wonder await your imagination in this science class. Get ready to have a unique, fun and engaging experience! Activities are all hands-on and most experiments you will be able to take home to show your family and friends! Activities include: Glow in the Dark Slime, Building a Catapult and MORE!!

Led by Diane Benson, M.Ed.

- **Age:** 3.5—5 years old *(Birth Certificate required)*
- **Session:** Mondays, January 13—March 9
- **Time:** 12:45—1:45pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 8 participants *(min. of 5 required)*
- **Fee:** $155 per participant | 7 week session

**MAD SCIENCE**

This program will be a hands-on exploration of sights, sounds, nature and more! Optical illusions, the secret component to white light and hidden rainbows. Discover dinosaurs and how a chemist knows what to mix together to make a reaction. Imagine what it’s like in outer space and explore the inner space of the human body. There is so much to discover and learn in the world of Mad Science!

- **Age:** 5—8 years old *(Grades K—2)*
- **Session:** Tuesdays, January 7—March 3
- **Time:** 4:00—5:00pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 15 participants *(min. of 10 required)*
- **Fee:** $135 per participant | 8 week session

**NETGEN—YOUTH TENNIS PROGRAM**

Net Generation is the official youth tennis program of the USTA, celebrating a game where no one ever sits on the sidelines. Tennis is a game that is easy to learn and tailored for kids of all ages and abilities. Racket required.

- **Age:** 5—13 years old *(see Times below)*
- **Session 1:** Tuesdays, January 7—February 4
  - **Time:** 6:30—7:30pm Ages 5—7
  - 7:30—8:30pm Ages 8—13
- **Location:** Pollard Middle School Gyms
- **Limit:** 25 participants per session *(min. of 6 required)*
- **Fee:** $60 per participant/session | 5 week session

**ICE SKATING LESSONS**

Get on the ice this Winter/Spring with Park and Recreation’s Ice Skating Lessons! We offer 3 levels of lessons, please review the level descriptions below.

- **Age:** 5 years old and up *(Birth Certificate required for all 5 year olds)*
- **Session:** Tuesdays AND Thursdays, March 3—March 19
- **Level/Time:** SEE BELOW
- **Location:** St. Sebastian’s School Ice Skating Rink
- **Equipment:** Single blade skates and helmets required *(No rentals are available)*
- **Fee:** $45 per participant | 3 week session

### PENGUIN LEVEL

- ♦ Has never skated before and/or needs assistance standing and moving on skates
- ♦ ALL five year olds must register for Penguins
- ♦ Single blade figure or hockey skates required

- **Times:** 3:30—4:00pm OR 4:00—4:30pm OR 4:30—5:00pm
- **Limit:** 3:30 class—20 participants
  - 4:00 class—15 participants
  - 4:30 class—15 participants

### SNOW LEOPARD LEVEL

- ♦ 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.
- ♦ Single blade figure or hockey skates required

- **Times:** 3:30—4:15pm OR 4:15—5:00pm
- **Limit:** 3:30 class—20 participants
  - 4:15 class—15 participants

### POLAR BEAR LEVEL

- ♦ 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 increased speed.
- ♦ Single blade hockey skates ONLY

- **Time:** 4:15—5:00pm
- **Limit:** 15 participants
FLOOR HOCKEY
WITH MA SPORTS LEAGUE

Back by popular demand! Join us for weekly floor hockey tournaments with the staff from MA Sports League. Participants will learn and practice proper puck handling, passing and shooting.

Age: 8—13 years old
Session 1: Mondays, January 6—March 9
Session 2: Mondays, March 16—May 11
Time: 6:00—7:00pm
Location: Pollard Middle School
Limit: 20 participants per session (min. of 8 required)
Fee: $125 per participant | 8 week session

POWERPLAY DODGEBALL
WITH TERRIERS SPORTS

Kids love the fast-paced action, throwing, catching and of course dodging balls in this classic game. Teams are organized by grade and styled with team shirts. Teams also enjoy a tournament for the coveted Terriers Dodgeball Bucket.

Age: 8—12 years old
Session: Wednesdays, February 26—March 25
Time: 6:00—7:00pm
Location: Pollard Middle School
Limit: 44 participants (min. of 12 required)
Fee: $135 per participant | 5 week session

INTRO TO ARCHERY
WITH ON THE MARK ARCHERY

Relax and take aim for your target and feel the thrill of the success when your patience and concentration pays off. All equipment is provided. Led by certified USA Archery and National Field Archery Instructors.

Age: 8—16 years old
Session: Thursdays, January 16—February 6
Time: 6:30—7:30pm
Location: Pollard Middle School
Limit: 16 participants (min. of 8 required)
Fee: $110 per participant | 4 week session

INTERMEDIATE ARCHERY
WITH ON THE MARK ARCHERY

Add on to the basics with Intermediate Archery lessons! Completion of Intro to Archery is recommended but not required. All equipment is provided. Led by certified USA Archery and National Field Archery Instructors.

Age: 8—16 years old
Session: Thursdays, March 5—March 26
Time: 6:30—7:30pm
Location: Pollard Middle School
Limit: 16 participants (min. of 8 required)
Fee: $110 per participant | 4 week session

GIRLS ON THE RUN

Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique.

Age: 8—10 years old (Grades 3—5)
Session: Sundays & Thursdays, March 15—May 21
Time: 3:30—5:00pm
Location: DeFazio Park Track
Limit: 18 participants (min. of 8 required)
Fee: $235 per participant | 12 week session

HEART AND SOLE

The Heart & Sole curriculum is rich with themes girls can relate to addressing the whole girl—body, brain, heart, spirit and social connection—and building important life skills such as team building, boundary setting, decision making and more.

Age: 11—13 years old (Grades 6—8)
Session: Sundays & Wednesdays, March 15—May 20
Time: 3:30—5:00pm
Location: DeFazio Park Track
Limit: 12 participants (min. of 8 required)
Fee: $235 per participant | 12 week session
### EARLY RELEASE DAY PROGRAMS

#### GRADES K-5
Our staff will meet participants at each school and transportation will be provided from each school to the event. At the end of the event the bus will return all participants to the Rosemary Recreation Complex for pick-up.

- **Age:** 5—10 years old (Grades K—5)
- **Session:** SEE BELOW
- **Time:** Directly after school—5:00pm
- **Limit:** 30 participants (min. of 20 required)
- **Fee:** $65 per participant/event | 1 day event

#### GRADES 6-8
Participants will be picked up at Pollard Middle School and transportation will be provided from Pollard to the event. At the end of the event the bus will return all participants to Pollard Middle School for pick-up.

- **Age:** 11—13 years old (Grades 6—8)
- **Session:** SEE BELOW
- **Time:** 11:30am—5:00pm
- **Limit:** 30 participants (min. of 20 required)
- **Fee:** $65 per participant/event | 1 day event

### WEDNESDAY, JANUARY 15

<table>
<thead>
<tr>
<th>GRADES K-5</th>
<th>GRADES 6-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knucklebones will be coming to the RRC for an afternoon of innovative games!</td>
<td>We will travel to XtremeCraze in Woburn for an afternoon of inflatable fun, laser tag and an arcade.</td>
</tr>
</tbody>
</table>

### WEDNESDAY, FEBRUARY 12

<table>
<thead>
<tr>
<th>GRADES K-5</th>
<th>GRADES 6-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both groups will travel to the new Warrior Ice Arena in Brighton, practice facility of the Boston Bruins, for tour of the facility and some ice skating (skate rentals included)!</td>
<td>Both groups will be traveling to SkiWard for an afternoon of tubing and hot chocolate! <strong>Please note that participants must be at least 42” tall to go tubing</strong></td>
</tr>
</tbody>
</table>

### WEDNESDAY, MARCH 18

<table>
<thead>
<tr>
<th>GRADES K-5</th>
<th>GRADES 6-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>We will travel to Land’s Sake Farm in Weston for an afternoon of learning about maple syrup!</td>
<td>We will travel to Rock On Adventure for an afternoon of rock climbing, bouldering, and a zipline!</td>
</tr>
</tbody>
</table>

### WEDNESDAY, MAY 6

<table>
<thead>
<tr>
<th>GRADES K-5</th>
<th>GRADES 6-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both groups will travel to Launch Trampoline Park in Watertown for an afternoon of sky fun trampoline fun! Pizza lunch will be included!</td>
<td>We will travel to LEGO land in Somerville for LEGOtastic afternoon of fun!</td>
</tr>
</tbody>
</table>

### WEDNESDAY, MAY 20

<table>
<thead>
<tr>
<th>GRADES K-5</th>
<th>GRADES 6-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>We will travel to LEGO land in Somerville for LEGOtastic afternoon of fun!</td>
<td>We will travel to Urban Air in Bellingham for an afternoon of thrills!</td>
</tr>
</tbody>
</table>

### WEDNESDAY, JUNE 3

<table>
<thead>
<tr>
<th>GRADES K-5</th>
<th>GRADES 6-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>We will be traveling to Broadmoor Wildlife Sanctuary in Natick for an afternoon of outdoor exploration and ponding!</td>
<td>We will be traveling to TreeTop Adventures in Canton for an afternoon of rope climbing high in the sky!</td>
</tr>
</tbody>
</table>
**SNOWY DAYZ**

**WITH PARK AND RECREATION**

Join Park and Recreation at the RRC this vacation week for fun games and activities! Come for a single day or the entire week (4-days) - and join us for a full day or a half day in the morning!

Age: 5—10 years old
Dates: Tuesday, February 18—Friday, February 21
Full Day: 9:00am—4:00pm
Half Day: 9:00am—12:00pm
Location: Rosemary Recreation Complex
Limit: 30 participants per session (min. of 12 required)
Weekly Fee: Full Day—$150 per participant | 4 day session
Daily Rate: Full Day— $45 per participant | 1 day session

**SPRING DAYZ**

**WITH PARK AND RECREATION**

Join Park and Recreation at the RRC this vacation week for fun games and activities! Come for a single day or the entire week (4-days) - and join us for a full day or a half day in the morning!

Age: 5—10 years old
Dates: Tuesday, April 21—Friday, April 24
Full Day: 9:00am—4:00pm
Half Day: 9:00am—12:00pm
Location: Rosemary Recreation Complex
Limit: 30 participants per session (min. of 12 required)
Weekly Fee: Full Day—$150 per participant | 4 day session
Daily Rate: Full Day— $45 per participant | 1 day session

**HOOP IT UP**

Spend your February break learning new basketball skills or brushing up on old ones! Dribbling, passing, shooting and defensive skills will be emphasized. Daily scrimmages to put your skills to the test! *FEBRUARY VACATION ONLY*

Age: 7—13 years old
Dates: Tuesday, February 18—Friday, February 21
Time: 9:00am—12:00pm
Location: Pollard Middle School
Limit: 30 participants per session (min. of 12 required)
Fee: $115 per participant | 4 day session

**LEGO MASTER BUILDERS**

Create your own LEGO adventure where you are the Master Builder! Building models from your own imagination is creative and endlessly fun! There are no limits to what you can build. Each child will have the opportunity to use many different minifigs, blocks, bricks, base plates and more! The LEGO's stay, but the memory is yours forever! Each participant will go home with a framed phot of themselves and their creation to show friends and family! Please send your child with a peanut and tree nut free snack and drink.

Led by Diane Benson

Age: 5—9 years old (Grades K—3)
February: Friday, February 21

Theme: Jurassic World

April: Friday, April 24

Theme: Super Heroes & Local Heroes

Time: 9:00am—12:00pm
Location: Eliot Elementary School
Limit: 15 participants per session (min. of 5 required)
Fee: $50 per participant/session | 1 day session

**THUNDERCATS SPORTS JAM**

Basketball, soccer, floor hockey, dodgeball, ultimate football, and every crazy game you can think of! Thundercats Sports fills these 4 days with loads of fun!

Age: 7—11 years old
February: Tuesday, February 18—Friday, February 21
April: Tuesday, April 21—Friday, April 24
Time: 9:00am—4:00pm
Location: High Rock School
Limit: 30 participants per session (min. of 12 required)
Fee: $205 per participant/session | 4 day session

**AMERICAN GIRL DOLL**

**CREATE & PLAY**

Bring your special friend (does not have to be an American Girl Doll—feel free to bring a favorite stuffed animal if you choose) to this workshop for several hours you will both enjoy! What you make and take home will lead to several hours of continued play and enjoyment at home! Please send your child with a peanut and tree nut free snack and drink.

Led by Diane Benson

Age: 5—9 years old (Grades K—3)
February: Friday, February 21

Theme: Slumber Party

April: Friday, April 24

Theme: Ice Cream Stand

Time: 1:00pm—4:00pm
Location: Eliot Elementary School
Limit: 30 participants per session (min. of 12 required)
Fee: $55 per participant/session | 1 day session
## ADULT YOGA

Join us and end your day with stretching, balancing, strengthening, and relaxation in our Adult Yoga class.

- **Age:** 17 years old and up
- **Location:** Rosemary Recreation Complex
- **Limit:** 15 participants per session *(min. of 6 required)*
- **Fee:** $85 per participant/session | 8 week session

#### Mondays with Jennie
Jennie will lead you through a relaxing practice that is the perfect way to end your Monday.

- **Winter:** Wednesdays, January 8—March 4
- **Spring:** Wednesdays, March 18—May 13
- **Time:** 6:45pm—7:45pm OR 8:00pm—9:00pm

## WATERCOLOR WORKSHOP

**WITH THE NEEDHAM ART ASSOCIATION**

Through the application of wet-on-wet washes, participants will learn to achieve luminous light effects and lush darks with transparent watercolor. We will begin with middle value to create paintings that exude instant atmosphere. The evocative beauty of utilitarian objects – transformed when infused with light – will be the focus. This workshop is designed to enhance creative and technical skills. Participants will paint from direct observation. Some previous watercolor experience is helpful. Led by Professor Irena Roman.

Irena has received many awards of distinction in the United States and across the globe. Adding to her distinguished career in painting and illustration, she is a Professor at the Massachusetts College of Art and Design, Boston.

- **Age:** 17 years old and up
- **Session:** Saturday, February 29
- **Time:** 9:30am—4:00pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 12 participants per session *(min. of 6 required)*
- **Fee:** $115 per participant/session | 1 day event

## BREATHE TO STRETCH TO UNWIND

This class is to provide space to "just be in the moment". Participants will learn various stretching and breathing techniques in a relaxing and nonjudgmental atmosphere, and a guided imagery meditation to allow you to learn and implement this practice throughout a busy day!

- **Age:** 17 years old and up
- **Winter:** Wednesdays, January 8—March 4
- **Spring:** Wednesdays, March 18—May 13
- **Time:** 5:30pm—6:30pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 15 participants per session *(min. of 6 required)*
- **Fee:** $85 per participant/session | 8 week session

## DANCE TO STRETCH TO UNWIND

This is a class designed for participants to be their true authentic selves, through a mix of fun and inspirational music! It’s a variety of Shake Your Soul®, participants own creative dance, ballet stretching, Yoga, Qi Gon and meditation.

- **Age:** 17 years old and up
- **Winter:** Tuesdays, January 7—March 3
- **Spring:** Tuesdays, March 17—May 12
- **Time:** 6:00pm—7:30pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 15 participants per session *(min. of 6 required)*
- **Fee:** $105 per participant/session | 8 week session

## ADULT OUTDOOR TENNIS LESSONS

Tennis is a great sport for all ages. Join us as a beginner to learn the game all the way up to intermediate where you can polish your strokes and serve.

- **Beginner Level:** For those without any prior tennis playing experience.
- **Advanced Beginner Level:** For those able to execute all strokes, including serve with some consistency. Focus will be on improving serve, court coverage and match play.
- **Intermediate Level:** For those with a lot of experience who understand all aspects of the game but would like to become more consistent.

- **Age:** 17 years old and up
- **Session 1:** Thursdays, April 30—May 28
- **Session 2:** Wednesdays, April 29—May 27
- **Time:** 9:00am—10:00am—Beginner/Ad. Beginner
- **Location:** Mills Field Tennis Courts
- **Limit:** 15 participants per session *(min. of 6 required)*
- **Fee:** $75 per participant/session | 5 week session

## ADULT GOLF LESSONS

Come learn the game of golf or improve your skills with our Adult Golf Lessons! Two levels will be offered on two different days! Proper clothing and some clubs required, contact the Golf Club for more information.

- **Beginner Level:** For those without any prior golf playing experience or those that haven't picked up the clubs in a while!
- **Advanced Beginner Level:** For those that have golfed before but are looking to improve their skills.

- **Age:** 17 years old and up
- **Session 1:** Tuesdays, April 28—May 26
- **Session 2:** Wednesdays, April 29—May 27
- **Time:** 5:30pm—6:30pm—Beginner
- **Location:** Needham Golf Club
- **Limit:** 7 participants per session *(min. of 4 required)*
- **Fee:** $110 per participant/session | 5 week session
SENIOR INDOOR WALKING
Stay fit this winter by Walking with Sharon! Our walkers meet every Tuesday, Wednesday and/or Thursday at 3:00pm.

Call the Park and Recreation office for more information or stop by the office to register!

SENIOR YOGA
Join Judi in 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 stretch with some quiet meditation and relaxation. Participants should bring a yoga mat.

SENIOR EXERCISE
Three different classes, three different teachers, all with one goal: to help men and women aged 50 or older stay fit in an enjoyable, social and supportive setting.

SENIOR GOLF LEAGUE
Come score a hole in one with our Senior Golf League! Each week you'll be paired with a new competitor. Will you be the overall winner this season? Previous experience is necessary with a 9-hole score of 72 or less.

NEEDHAM TENNIS COURT BADGES
for the 2020 Season will go on sale starting: MONDAY, MARCH 2, 2020

Needham Golf Club Public Hours
SUNDAYS AND MONDAYS 3:00 PM - Closing
TUESDAYS 8:00 AM - Closing
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 posted on the Park and Recreation website, under ‘Outdoor Skating and Sledding’ ([www.needhamma.gov/parkandrecreation](http://www.needhamma.gov/parkandrecreation)) and on our Facebook Page ([www.facebook.com/NeedhamRecreation](http://www.facebook.com/NeedhamRecreation)).

SAFE SKATING TIPS

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

OUTDOOR SKATING

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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:** 470 Dedham Avenue—behind the Public Services Administration Building.

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

**ROSEMARY LAKE:** **CLOSED FOR THE SEASON DUE TO CONSTRUCTION!**

**SPORTSMAN:** on Great Plain Avenue, between Central Avenue and Marked Tree Road behind the brick water pump station building.
March 2020—19th Annual Needham Unplugged!

Created by Needham Youth & Family Services, Needham Park and Recreation & Charles River YMCA, Needham Unplugged is an awareness campaign and a reminder that there is more to life than what is on the other side of the plug. The activities emphasize person-to-person interaction, health, and wellness and are for all Needham students and families. Keep an eye out for this year's calendar of events coming soon!

Tuesday, December 31, 2019
10:00 am—Midnight
Visit newyearsneedham.org for the event schedule and locations to purchase event buttons!

WE ARE HIRING!

Needham Park and Recreation is accepting applications for program instructors and Early Release Day chaperones.

Applicants must be a minimum of 16 years of age. Applications can be found online at www.needhamma.gov/ParkandRecreation

WE WANT YOUR IDEAS!

Do you have great program ideas for the Needham Community?

We'd love to hear from you!
Email parkandrecreation@needhamma.gov

SAVE THE DATE

Saturday, April 4th, 2020

Needham Park & Recreation along with the Needham History Center & Museum are planning a commemorative walk (Needham 1775) to remember the efforts of the Needham militia which joined the battle to repel British attacks on Lexington and Concord in 1775.

This is a great community-wide event bringing citizens together to learn about our history, test themselves on a 12.2 mile trek, and honor those who fought for our freedom. More information to come!

TAKE A HIKE!

Time to get outside and smell the fresh spring air! The Needham trails are a great way to get exercise and are perfect for the whole family! Trail maps can be found on the Town website—www.needhamma.gov/Trails.
SUMMER VOLUNTEER PROGRAM
Youth ages 11 and up are welcome to volunteer at the Park and Recreation Summer Programs and the Pools at Rosemary Recreation Complex
The volunteer information booklet will be available beginning
WEDNESDAY, APRIL 1, 2020
Volunteer information booklet can be picked up at the Park and Recreation Office OR download and print online by visiting www.needhamma.gov/ParkandRecreation and selecting the “Volunteer” option in the left-hand menu.
REGISTRATION WILL BEGIN ON WEDNESDAY, APRIL 8 from 5:00—6:30pm

ARE YOU THINKING ABOUT WORKING WITH US THIS SUMMER?!
Applications can be found online for all summer employment opportunities with Park and Recreation. Applicants must be minimum of 16 years old.
www.needhamma.gov/ParkandRecreation
Lifeguards must be Red Cross Certified and the American Red Cross offers classes throughout the entire year! Don’t wait—get certified today!
redcross.org/take-a-class/lifeguarding

SAVE THE DATE
2020 SUMMER REGISTRATION
2020 PARK AND RECREATION SUMMER PROGRAM REGISTRATION WILL BEGIN ON
WEDNESDAY, APRIL 15, 2020 AT 9:00AM

2020 Pools at Rosemary Season Memberships
Information about the 2020 Memberships to the Pools at the Rosemary Recreation Complex will be out soon!
Information will be posted on our website—www.needhamma.gov/PoolsatRRC and on our social media accounts:
Facebook: www.facebook.com/NeedhamRecreation (Main Page) www.facebook.com/RosemaryRecreationComplexNeedham (Pool News)
A YEAR IN REVIEW

ON TO 2020!
PROGRAM REGISTRATION FORM

GENERAL INFORMATION
Last Name: __________________________ Today's Date: ___ / ___ / ____
Address: __________________________________________ 
No. Street City State Zip
E-mail Address: __________________________ Main Phone: ____________ (Home/Work/Cell)
Alt Phone 1: ____________ (Home/Work/Cell) Alt Phone 2: ____________ (Home/Work/Cell)
Emergency Contact Name: __________________________ Phone: ____________

PARTICIPANT #1 INFORMATION
Name: __________________________
Date of Birth: ___ / ___ / ____
Allergies or Medical Concerns: __________________________
PROGRAM #1:
SESSION/WEEK: ____________ TIME/DAY/LEVEL: ____________
PROGRAM #2:
SESSION/WEEK: ____________ TIME/DAY/LEVEL: ____________
PROGRAM #3:
SESSION/WEEK: ____________ TIME/DAY/LEVEL: ____________

PARTICIPANT #2 INFORMATION
Name: __________________________
Date of Birth: ___ / ___ / ____
Allergies or Medical Concerns: __________________________
PROGRAM #1:
SESSION/WEEK: ____________ TIME/DAY/LEVEL: ____________
PROGRAM #2:
SESSION/WEEK: ____________ TIME/DAY/LEVEL: ____________
PROGRAM #3:
SESSION/WEEK: ____________ TIME/DAY/LEVEL: ____________

I, the registered participant or parent of the registered participant, declare that I intend to use some of the activities, facilities, programs or services offered by the Town of Needham. In consideration of being allowed such use, by agreeing below, I do hereby waive, release, and forever discharge the Town of Needham, its officers, employees, agents, representatives and all others acting on its behalf from any and all claims or causes of action (known or unknown) for any and all injury, illness, damage or loss that may occur to me, my children or my property as a result of my participant in any aspect of the activities, facilities, programs and services offered by the Town of Needham.

I agree that my participation or the participation of my child/children in any and all activities, facilities, programs, and services provided by the Town of Needham is strictly voluntary. I further agree that I assume full responsibility for my participation or my child/children's participation in such activities, programs, and services provided by the Town of Needham and I assume any and all risk of injury, illness, damage, or loss that might result. I also agree to assume all risk of damage, loss, or theft to or of any of my personal property.

By signing this WAIVER AND RELEASE, I acknowledge that I have read and understand its contents, and agree to be bound by the terms thereof in its entirety.

Print Name: __________________________ Signature: __________________________ Date: ___ / ___ / ____

THIS AREA FOR MAILED REGISTRATIONS ONLY!

Method of Payment:
- Check - Make payable to Town of Needham - Park & Recreation
- Cash or Money Order
- Credit Card - (Please circle one) VISA MasterCard Discover

Credit Card Number: __________________________ Expiration Date: ___ / ____
Cardholder's Signature: __________________________ CVC Code: (on back of card)

MAIL TO:
Registration
Park & Recreation
178 Rosemary Street
Needham, MA 02494
We do NOT accept fax registrations.
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.

NEEDHAM SPORTS ORGANIZATIONS

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

See the 2020 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, and 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
- Cricket — Hillside Avenue
- Eliot — Wellesley Avenue Ext.
- Mills — Hampton Avenue
- Newman — Central Avenue
- Riverside — Riverside Street
- Claxton — Central Avenue
- DeFazio — Dedham Avenue
- Greene’s — Pickering Street
- Mitchell — Brookline Street
- Perry — Beaufort Avenue
- Williams — Central Avenue

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, or the entire kit costing no more than $20!

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. We reserve the right to cancel classes or programs that have not met the required minimum.

AGE REQUIREMENT OF PARTICIPANTS/BIRTH CERTIFICATES

All participants MUST be 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 the Park and Recreation office or to parkandrecreation@needhamma.gov.

CHANGES TO REGISTRATION

To make a change in your registration, call (781) 455-7930. 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 and due within the time required by the 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) 455-7930 for more information. Register in person or by mail only.

SPECIAL NEEDS PROGRAMMING

Call (781) 455-7930 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) 455-7930 for more details.

LOST AND FOUND

Please call (781) 455-7930 if you’ve lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office.
**FREE COMMUNITY EVENTS**

**SPRING TOWN-WIDE CLEAN-UP DAY**  
_Sponsored by:_  Needham Park and Recreation Commission and DPW Parks and Forestry  
Come celebrate Earth Day with us! Join your neighbors as we clean up the town from the harsh winter. Supplies will be provided at the Rosemary Recreation Complex. We ask that you pre-register with the number of participants so that we can have enough supplies. Have a favorite park or trail that you’d like to give a little extra TLC? Let us know so we can assign you there!  

_Saturday, April 25, 2019_  
8:30am—12:00pm  
All ages welcome!! Youth under 12 must be accompanied by an adult.  
Coming with a group? Email Park and Recreation (parkandrecreation@needhamma.gov) with the total number of people, and we will arrange your clean up site before April 13th.

**FAMILY FISHING FESTIVAL**  
_Saturday, May 2, 2020_  
9:00am - 12:00pm  
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. Division of Fisheries and Wildlife, and many wonderful volunteers!

**TOUCH THE TRUCKS!**  
_Celebrate National Public Works Week!_  
_Saturday, May 16, 2020_  
Ever wondered what it would be like to climb into the sewer truck, an excavator, or a front-end loader? Little kids (and little kids at heart) are invited to climb into the Town of Needham’s DPW trucks!!  
Drop by anytime between 10:00am and 12:00pm at the DeFazio Park Parking Lot (next to the Tot Lot) on Dedham Avenue.  
FREE admission to this FUN family event is made possible by: The Department of Public Works and Park and Recreation Commission

**PLUGGED IN NIGHTS**  
_It’s open mic night at the Rosemary Recreation Complex! Join us for a fun night of music and community!_  
**Friday, February 28**  
**Friday, March 27**  
**Friday, May 6**  
Join us between 6:30—9:30pm at the Rosemary Recreation Complex for this FREE evening of local entertainment!