Welcome to Fall 2019
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.

FALL REGISTRATION BEGINS ON
WEDNESDAY, SEPTEMBER 4, 2019 AT 9:00AM
Register online, in person, or by mail
Park and Recreation does not accept any registrations by phone.

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 your 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.

Park & Recreation Commission
Christopher J. Gerstel, Chairman
Cynthia J. Chaston, Vice-Chairman
David C. DiCicco
Michelle S. Geddes
Matthew M. Toolan

Director—Patty Carey
Assistant Director—Angela O’Connor
Administrative Specialist—Kristen Wright
Recreation Supervisor - Chris Burnham

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

Park & Recreation Office
Rosemary Recreation Complex
178 Rosemary Street, Needham, MA 02494
781-455-7930
Open Monday—Friday, 8:30am—5:00pm
*Excluding observed Holidays*

Special thanks to Adam Witham for the Summer 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.

Online:
www.needhamma.gov/pronlinereg

In person at the Park and Recreation Office—178 Rosemary Street

**By mailing** in your completed registration form and payment to the Park and Recreation Office—Attn: Registration

**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 @NeedahamPandR
**YOUTH PROGRAMS**

**NEW**

**LITTLE BAKERS & A BUDDY**

This class will bring adults and kids together once a week to experiment with food. Little ones will learn basic baking skills such as measuring, learning how to be safe in a kitchen, how to make delicious snacks, and much more. Some recipes may include: pizza, cookies, muffins and more. During registration notify us if your child has any food allergies. PLEASE NOTE: Eggs and dairy will be used in this class. Led by Diane Benson, M.Ed.

**Age:** 3—5 years old with an adult (Birth Certificate required)

**Session:** Mondays, October 7—December 9

**Time:** 11:15am—12:15pm

**Location:** Rosemary Recreation Complex

**Limit:** 8 participants per session (Minimum of 5 required)

**Fee:** $175 per baker and buddy | 8 week session

**FUTURE SCIENTISTS & ENGINEERS**

Come on a learning journey and join in on the fun! Exploration, discovery and wonder await you 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: Making an ART Robot, Ocean in a Bottle, Rainbow in a Jar, Designing a Better Back Scratcher and MORE! Led by Diane Benson, M.Ed.

**Age:** 3.5—5 years old (Birth Certificate required)

**Session:** Mondays, October 7—December 9

**Time:** 12:40—1:40pm

**Location:** Rosemary Recreation Complex

**Limit:** 8 participants per session

**Fee:** $175 per participant | 8 week session

**MAD SCIENCE**

**NASA: ACADEMY OF FUTURE SPACE EXPLORERS**

The Mad Science relationship with NASA dates back to 2006. Since then, Mad Science has partnered with NASA to promote interest in Aeronautics and Space amongst elementary aged participants. Participants will be introduced to an “out of this world” experience when they experience all the wonders our universe has to offer.

**Age:** 5—7 years old (Grades K—2) (Birth Certificate required for all 5 year olds)

**Session:** Tuesdays, September 24—November 12

**Time:** 4:00—5:00pm

**Location:** Rosemary Recreation Complex

**Limit:** 15 participants (Minimum of 10 required)

**Fee:** $135 per participant | 8 week session

**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! PJs and sleeping bags are no required by are allowed.

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

**Session:** See BELOW

**Time:** 5:30—9:00pm

**Location:** Rosemary Recreation Complex

**Limit:** 50 participants per session (Minimum of 20)

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

**Friday, September 20**

**Movie:** How to Train Your Dragon: The Hidden World

**Friday, October 4**

**Movie:** Wonder Park

**Friday, November 1**

**Movie:** Missing Link

**Friday, December 6**

**Movie:** LEGO Movie 2

**NETGEN—YOUTH TENNIS PROGRAM**

Net Generation is the official youth tennis 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) (Birth Certificate required for all 5 year olds)

**Session:** Tuesdays, October 29—November 26

**Times:** 6:30—7:30pm Ages 5—7

7:30—8:30pm Ages 8—13

**Location:** Pollard Middle School Gyms

**Limit:** 25 participants per session (Minimum of 8 required)

**Fee:** $60 per participant | 5 week session

**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:** Mondays, October 21—December 16

**Time:** 6:00—7:00pm

**Location:** Pollard Middle School

**Limit:** 20 participants (Minimum of 8 required)

**Fee:** $125 per participant | 8 week session
YOUTH PROGRAMS

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 AND Wednesdays.
September 22—December 8
Time: 3:30—5:00pm
Location: DeFazio Park Track
Limit: 18 participants (minimum of 8 required)
Fee: $235 per participant | 12 week session

NEW

HEART AND SOLE

Heart & Sole is the Girls On the Run program for middle school girls! 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, developing a support system, boundary setting, decision making, asking for and providing help and more.

Age: 11—13 years old (Grades 6—8)
Session: Sundays AND Thursdays.
September 22—December 8
Time: 3:30—5:00pm
Location: DeFazio Park Track
Limit: 12 participants (minimum of 8 required)
Fee: $235 per participant | 12 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, November 6—December 4
Time: 6:00—7:00pm
Location: Pollard Middle School
Limit: 24 participants (minimum of 12 required)
Fee: $140 per participant | 4 week session

INDOOR 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. Classes are led by two certified USA Archery and National Field Archery Instructors.

Age: 8—16 years old
Sessions: Intro to Archery
Thursdays, October 3—October 24
Intermediate Archery
Thursdays, November 7—December 5
Time: 6:30—7:30pm
Location: Pollard Middle School
Limit: 16 participants per session (minimum of 8 required)
Fee: $110 per participant | 4 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)
(Birth Certificate required for all 5 year olds)
Time: Directly after school—5:00pm
Limit: 30 participants per session (minimum of 20 required)
Fee: $65 per participant per event | 1 day event

- Wednesday, September 25
  - Lookout Farm
  - Apple Picking and fun on the farm with the animals
  - Hayride, corn maze and paint your own pumpkin!
- Wednesday, October 23
  - Hanson Farm
  - Children’s Museum
  - An afternoon of exploration at the museum
- Wednesday, November 6
  - Altitude Avon
  - An afternoon at a fun trampoline park
- Wednesday, December 11
  - Treetop Adventures
  - An afternoon on a Aerial Ropes Course

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)
Time: 11:30am — 5:00pm
Limit: 30 participants per session (minimum of 20 required)
Fee: $65 per participant per event | 1 day event

- Wednesday, September 25
  - Lookout Farm
  - Apple Picking and fun on the farm with the animals
  - Hayride, corn maze and paint your own pumpkin!
- Wednesday, October 23
  - Hanson Farm
  - Children’s Museum
  - An afternoon of exploration at the museum
- Wednesday, November 6
  - Altitude Avon
  - An afternoon at a fun trampoline park
- Wednesday, December 11
  - Treetop Adventures
  - An afternoon on a Aerial Ropes Course
  - Rock On Adventure
  - An afternoon of Rock Climbing
  - Apex Entertainment
  - Bowling, Arcade and Laser Tag
THEATER PROGRAMS
WITH NEEDHAM COMMUNITY THEATER

BROADWAY BOOTCAMP I
This introduction to theater program will cover all basic aspects of theater: basic terminology, stage direction, set design and scene work. Participants will represent the results of their efforts during the last week of class in a short showcase production.

Age: 6—8 years old (Grades 1 & 2)
Session: Thursdays, September 26—November 21
Time: 4:00—5:00pm
Location: Rosemary Recreation Complex
Limit: 15 participants
Fee: $180 per participant | 8 week session

BROADWAY BOOTCAMP II
WITH NEEDHAM COMMUNITY THEATER
This program will review the basic aspects of theater. In addition, students will learn how to integrate music and movement into their scene work, as a preparation for stage work in musical or straight theater. Participants will present the results of their efforts in the last week of class in a short showcase production.

Age: 9—11 years old (Grades 3—5)
Session: Thursdays, September 26—November 21
Time: 5:30—6:30pm
Location: Rosemary Recreation Complex
Limit: 15 participants
Fee: $180 per participant | 8 week session

ACTING TOOLBOX FOR TEENS:
MASTERING A CHARACTER
Participants will explore characters in scenes from plays by some of the outstanding playwrights in the American theater. Each week will present a new challenge as teens use the acting tools taught to bring a compelling character and exciting theatrical scene to life.

Age: 14—18 years old (Grades 9—12)
Session: Thursdays, September 26—November 21
Time: 7:00—9:00pm
Location: Rosemary Recreation Complex
Limit: 15 participants
Fee: $280 per participant | 8 week session

ICE SKATING LESSONS

Get on the ice this Fall 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, October 1—October 24
Times & Levels: (See Levels & Times Below)
Location: St. Sebastian’s School Ice Skating Rink
Equipment: Single blade skates and helmets required (No rentals are available)
Fee: $55 per participant | 4 week session

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

SNOW LEOPARDS
Times: 3:30—4:15pm OR 4:15—5:00pm
Limit: 3:30 class—20 participants
4:15 class—15 participants
♦ 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

POLAR BEARS
Time: 4:15—5:00pm
Limit: 15 participants
♦ 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
**EPIC ADVENTURES IN LEGOs**

Create your own epic 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. This is YOUR adventure, so jump right in and get building! The LEGOs stay, but the memory is yours forever! Each participant will go home with a framed photo of themselves taken holding their LEGO creation to show friends and family! *Participants should bring a peanut and tree-nut free snack.*

**FEES:**

- **Age:** 5—10 years old
- **Session A:** Sunday, September 29—JURASSIC WORLD
- **Session B:** Sunday, October 27—HAPPY HAUNTED HOUSE
- **Time:** 1:00—4:00pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 15 participants per session  
  *(Minimum of 8 required)*
- **Fee:** $65 per participant per session | 1 day session

**Note:** Some candies used in this class may be made in a factory that also uses nuts.

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**LEGO ORNAMENT WORKSHOP**

Create one-of-a-kind LEGO Ornaments designed by YOU! Maybe a penguin, a rainbow, a present, a gingerbread man? The choice is YOURS and the possibilities are endless. All the ornaments you design and create will take home to enjoy for years to come! Terrific memories from 2019! Led by Diane Benson, M.Ed.

**FEES:**

- **Age:** 5—10 years old
- **Session A:** Thursday, December 12
  - **Time:** 3:30—5:30pm
- **Session B:** Sunday, December 15
  - **Time:** 1:00—3:00pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 15 participants per session *(Minimum of 8 required)*
- **Fee:** $65 per participant per session | 1 day session

**HOLIDAY COOKIES WORKSHOP**

Let's get baking and make Santa and/or family & friends something special this year with some kid-made cookies! Led by Diane Benson, M.Ed.

**FEES:**

- **Age:** 5—10 years old
- **Session A:** Sunday, December 22
  - **Time:** 3:00—5:00pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 15 participants per session *(Minimum of 8 required)*
- **Fee:** $65 per participant per session | 1 day session

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**LEGO MASTER BUILDER ADVENTURES**

**DECEMBER VACATION WORKSHOP**

**THEME:** SUPER HEROES & LOCAL HEROES

Calling all HEROs! Join us for a morning of LEGO fun! This is YOUR adventure, so jump right in and get building! The LEGOs stay, but the memory is yours forever! Each participant will go home with a framed photo of themselves taken holding their LEGO creation to show friends and family!

**Participants should bring a peanut and tree-nut free snack.**

**FEES:**

- **Age:** 5—10 years old
- **Session:** Friday, December 27
  - **Time:** 9:00am—12:00pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 15 participants per session *(Minimum of 8 required)*
- **Fee:** $65 per participant | 1 day session

**Note:** Some candies used in this class may be made in a factory that also uses nuts.

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**AMERICAN GIRL DOLL CREATE & PLAY**

**DECEMBER VACATION WORKSHOP**

**THEME:** WINTER WONDERLAND

Bring your special friend *(an American Girl Doll or your favorite stuffed animal)* for 3 fun-filled hours of doll-sized crafts and play! Each participant will make AND take home a doll-sized pretend fireplace as well as other kid-made items that will lead to several hours of continued play and enjoyment.

**Participants should bring a peanut and tree-nut free snack.**

**FEES:**

- **Age:** 5—10 years old
- **Session:** Friday, December 27
  - **Time:** 1:00—4:00pm
- **Location:** Rosemary Recreation Complex
- **Limit:** 15 participants per session *(Minimum of 8 required)*
- **Fee:** $70 per participant | 1 day session
**NASHOBA VALLEY: SKI AND SNOWBOARD PROGRAM**

Whether you prefer skis or boards, we invite you to join us for six weeks on the slopes! With optional one-hour lessons and approximately 2.5 hours of practice time, all participants are in for some fun! Bus transportation and supervision are included. Rentals are also available from the facility (See below for pricing).

- **Age:** 10—15 years old
- **Session:** Saturdays, January 4—February 8, 2020
- **Time:** 7:15am—1:15pm
- **Location:** Pick up from Public Service Administration Building Parking Lot

**Limit:** 35 participants (minimum of 20)

**Fee:**
- WITH LESSONS: $525 per participant | 6 week session
- WITHOUT LESSONS: $490 per participant | 6 week session

Everyone renting equipment from Nashoba Valley MUST attend the pre-fit meeting on:

**TUESDAY, DECEMBER 10**

6:00—7:30PM

at the Park and Recreation Office

**REGISTRATION DEADLINE IS 5:00pm on Tuesday, December 10 OR until program is full.**

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**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!**

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**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.

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**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) and on our Facebook Page (www.facebook.com/NeedhamRecreation).

**OUTDOOR SKATING LOCATIONS**

- **HORSFORD:** on Central Avenue—across from RTS, at entrance to Town Forest.
- **FARLEY:** on South Street, 3/10 mile from Chestnut Street intersection—on right
- **RESERVOIR:** on Dedham Avenue—behind the Public Services Administration Building.
- **WALKER-GORDON:** on Charles River Street, 2/10 mile from Central Avenue—on right.
- **ROSEMARY LAKE:** **CLOSED FOR CONSTRUCTION**
- **SPORTSMAN:** on Great Plain Avenue, between Central Avenue and Marked Tree Road behind the brick water pump station building.
ADULT BADMINTON

Grab your racket and join us weekly for a night of Badminton! We'll have courts set up for doubles play for both beginner and advanced levels. Pay one fee for the season from late September—May!

NON-RESIDENT REGISTRATION BEGINS ON WEDNESDAY, SEPTEMBER 11 AT 9:00AM

Age: 17 years old and up
Session: Mondays, September 23, 2019—May 4, 2020
Time: 8:00—10:00pm
Location: Needham High School—A Gym
Limit: 60 participants per session
Fee: $80 per participant

ADULT VOLLEYBALL

Serve, volley, set, spike! This program is for players with some experience. Teams are formed each evening for pick up play. Two courts are available. Pay one fee for the season from late September—May!

NON-RESIDENT REGISTRATION BEGINS ON WEDNESDAY, SEPTEMBER 11 AT 9:00AM

Age: 17 years old and up
Session: Thursdays, September 26, 2019—May 7, 2020
Time: 8:00—10:00pm
Location: Needham High School—A Gym
Limit: 60 participants per session
Fee: $30 per participant

ADULT BASKETBALL

Dribble, dribble, dribble—shoot! Join us for a weekly night of basketball! We'll put together different teams each week to keep the hoops competition fierce! Pay one fee for the season from late September—May!

NON-RESIDENT REGISTRATION BEGINS ON WEDNESDAY, SEPTEMBER 11 AT 9:00AM

Age: 17 years old and up
Session: Wednesdays, September 25, 2019—May 6, 2020
Time: 8:00—10:00pm
Location: Needham High School—A Gym
Limit: 60 participants per session
Fee: $80 per participant

ADULT TENNIS

Whether you are brand new to the sports of tennis or looking to improve and develop your game, we have an adult lesson to suit your interests! Choose from three skill levels. Racket required.

Age: 17 years old and up
Session: Thursdays, September 12—October 10
Times: 9:00—10:00am Beginner/Ad. Beginner
10:00—11:00am Ad. Beginner
11:00am—12:00pm Intermediate
Location: Mills Field Tennis Courts
Limit: 15 participants per session
Minimum is 5 per session
Fee: $75 per participant | 5 week session

ADULT YOGA

Join us in stretching, balancing, strengthen, and relaxing in our Adult Yoga class. Classes are taught by certified instructors in a warm and welcoming environment for newbies or long-time yogis at heart.

Age: 17 years old and up
Session 1: Mondays, September 23—December 2
Time: 5:30—6:30pm
Session 2: Wednesdays, October 2—December 4
Time: 6:45—7:45pm
Session 3: Wednesdays, October 2—December 4
Time: 8:00—9:00pm
Location: Rosemary Recreation Complex
Limit: 30 participants per session
Fee: $40 per participant per session | 8 week session

SHAKE YOUR SOUL

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. Led by Brenda Considine-Miskin

Age: 17 years old and up
Session: Tuesdays, October 1—December 3
Time: 6:00—7:30pm
Location: Rosemary Recreation Complex
Limit: 15 participants per session (minimum of 6 required)
Fee: $105 per participant | 8 week session

BREATHE & STRETCH TO UNWIND

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

Led by Brenda Considine-Miskin

Age: 17 years old and up
Session: Wednesdays, October 2—December 4
Time: 5:30—6:30pm
Location: Rosemary Recreation Complex
Limit: 15 participants per session (minimum of 8 required)
Fee: $85 per participant | 8 week session
SENIOR PROGRAMS

SENIOR WALKING

Keep in shape during the colder months of the year with this friendly, supportive group where you can walk at your own pace, meet new people, and feel better through movement. Flexible schedule allows you to go all three days or whenever it fits your schedule! A coordinator is on site each day to oversee it.

Age: 50 years old and up
Session: Tuesday, Wednesday AND/OR Thursdays, October 1, 2019—April 11, 2020
Time: 3:00—4:00pm
Location: Needham High School
Limit: 30 participants
Minimum of 15 required
Fee: $40 per participant

SENIOR YOGA

Join a class of gentle stretching and relaxation during which traditional Hatha yoga postures will be used and tailored for the senior population! Increase flexibility, balance, and strength with some quiet meditation and relaxation. Participants should bring a yoga mat.

Age: 50 years old and up
Session: Mondays, October 7—December 9
Time: 10:00—11:00am
Location: Rosemary Recreation Complex
Limit: 30 participants
Minimum of 10 required
Fee: $30 per participant

SENIOR GOLF LEAGUE

Are you a Needham Senior that loves to golf? We still have some space in our Tuesday morning Senior Golf League. Stop by or call the Park and Recreation office more information! The Fall session ends on October 10th!

SENIOR EXERCISE

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

Age: 50 years old and up
Sessions: SEE BELOW
Location: Rosemary Recreation Complex
Limit: 30 participants (Minimum of 10 per session required)
Fee: $30 per participant per session | 8 week session

Monday Session
Judi will focus on improving your cardiovascular efficiency and muscle strength and endurance, all while having some fun and sharing smiles.
Dates: Mondays, October 7—December 9
Times: 9:00—10:00am

Wednesday Session
Shirley leads a low-impact aerobics class, which includes stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion, and injury prevention!
Dates: Wednesdays, October 2—December 4
Times: 9:30—10:30am

Friday Session
Carla will get everyone moving and grooving in our end of the week Zumba class! Zumba is an excellent workout which aids in decreasing the risk of stroke and heart attack while getting your blood circulating.
Dates: Fridays, October 4—November 22
Times: 10:00—11:00am

SENIOR GOLF CLUB PUBLIC HOURS

The Needham Golf Club has public golf hours for Needham residents.
Please visit www.needhamgolfclub.net/residents-guide.html to view the Resident Guide or call the Club at 781-444-5548.

SUNDAYS AND MONDAYS 3:00PM—CLOSING
TUESDAYS 8:00AM—CLOSING

FALL TOWN WIDE CLEAN-UP

Sponsored by:
Needham Park and Recreation and DPW Parks and Forestry

SATURDAY, OCTOBER 5, 2019
8:30—11:00am

All Ages! Rain or Shine!!
(Youth under 12 must be accompanied by an adult)

CHECK-IN at the Rosemary Recreation Complex Parking Lot
BETWEEN 8:30—11:00AM on Saturday, October 5 to receive your clean-up site location and trash bags. Clean-up will end by 12:00pm.
Be sure to dress according to the day’s weather and bring your work gloves!
Join us and other Needham Residents in spending a few hours keeping Needham beautiful!
Coming with a group? Email Angela O’Connor (aconnor@needhamma.gov) with the total number of people, and she will arrange your clean up site before October 5th.
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 registrant or parent of the registrant, 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 child or my property as a result of my participation 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, facilities, 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 of thereof in its entirety.

Print Name: ___________________________ Signature: ___________________________ Date: __/__/____

METHODS 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: __/____ CVC Code: (on back of card) __________

THIS AREA FOR MAILED REGISTRATIONS ONLY!

MAIL TO:
Registration
Park & Recreation
178 Rosemary Street
Needham, MA 02494

We do NOT accept fax registrations.
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 2019 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
- Hillside—Glen Gary Road
- Mitchell—Brookline Street
- Perry—Beaufort Avenue
- Greene’s—Pickering 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, 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. The Commission reserves the right to cancel classes when registration numbers are low.

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 178 Rosemary Street, Needham, MA 02494 or to pcarey@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 PROGRAMING

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.
COMMUNITY EVENTS

SPOOKY WALK
Young children are invited to wear their favorite Halloween costumes for our annual “Spooky Walk” around Needham Center. As always, adults are welcome to wear costumes too!

PRE-REGISTRATION IS REQUIRED!
• Registering with a group? Make sure every child is individually registered and include the last name of the family/families you’d like to be grouped with during registration or in the NOTES section when registering online.
• Would you like to volunteer to be a group leader? Let us know during registration or in the NOTES section when registering online.

Saturday, October 19
Rain Date: Saturday, October 26
Ages: 2—8 years old
150 participants per session
$3.00 per participant

TURKEY HUNT
Join us for a fun hour of arts and crafts and our annual ‘Turkey Hunt’!
Participants will find Park and Recreation turkeys on the tiers of the Rosemary Recreation Complex.

PRE-REGISTRATION IS REQUIRED!

Saturday, November 16
Ages: 2—8 years old
30 participants per session minimum of 10

30 participants per session

PLUGGED IN NIGHTS
Join us for a fun night of jammin’ out with Plugged In! Grab your friends and hang out at the new Rosemary Recreation Complex while listening to some amazing music performed by other community members. All performers are welcome to join in!

Friday, October 18
Friday, November 15
Friday, December 20

Join us between 6:30—9:30pm at the Rosemary Recreation Complex for this FREE evening of local entertainment!