

NORFOLK RECREATION

January - April 2020



REGISTRATION BEGINS

Tuesday, Dec. 3 at 12:30pm

Register online at norfolk.activityreg.com

Credit cards accepted online only. In-person & mail-in registration with check or cash only.
For Cash/Check Registration Forms see Page 15

Norfolk's Holiday Festivities



Sunday, Dec. 8

3:30pm Norfolk Lion's Santa Parade

Starts at Hillcrest Village ~ Ends at the Library

4:00pm Pictures with Santa in Library

Enjoy Hot Chocolate & Cookies! In Library Lobby

4:30pm Tree Lighting on Town Hill

Children are welcome to bring a handmade ornament to decorate the Town Tree!



All events are FREE & sponsored by Norfolk Lions Club & Norfolk Recreation

See Page 14 for Community Event Information

REGISTRATION INFORMATION



Norfolk Recreation 1 Liberty Lane - Ground Floor Norfolk, MA 02056

Our Offices are located on the ground floor of the Town Hall – Direct entrance: Door #4.

Ann Proto, Director
Kathy O'Brien, Assistant Director
www.norfolk.ma.us
Email: recreation@norfolk.ma.us
Phone: (508) 520-1315

Recreation Commissioners:

Chairperson: Will Rigdon
Clerk: Liza Carreiro
Members: Brendan Carty, Mark Edwards
Charles Iacono

HOW TO REGISTER

All programs require advance registration unless noted and are subject to availability. Registration may be completed online, by mail, or in our office. Register online by going to norfolk.activityreg.com or Norfolk's Town website: www.norfolk.ma.us and then following the links to the 'Recreation' page. Register by mail by sending a completed registration form along with a check to: Norfolk Recreation, 1 Liberty Lane, Norfolk, MA 02056. Walk-in registrations are welcome in our office (cash or check only). Core office hours are 8:30am-3pm Monday-Thursday. We are here at other times as well based on programming. Please call or email first for additional hours.

- => **Credit cards are only accepted online.**
- => **Checks and cash are accepted in the office.**

*****REFUND POLICY*****

Refunds are only given if a program is cancelled by Norfolk Recreation or for a documented medical reason. If you cannot participate for any other reason and we can fill your spot from our waiting list, we will issue a credit or a refund (at our discretion) less a \$10 processing fee. Refunds are issued to credit cards or by Town check depending on original payment method/and the length of time since original payment was processed. Town checks may take 3-6 weeks to process.

=>A detailed refund policy is on our website at Norfolk.ma.us

RETURNED CHECKS

All checks returned by the bank will incur a \$25 fee payable to the Town of Norfolk and collected by the Town Treasurer.

ACCESSIBILITY

All program locations are accessible. If you feel you may need additional help or have any questions, please call us or email us.

PROGRAM CONFIRMATION

We do **not** send registration confirmations so no news is good news! We call or email if there is a question about your registration or if the class is full.

ALLERGIES, medical concerns, or special needs

Please make sure information is added for *each program* so we can do our best provide appropriate accommodations to ensure your or your child's safety and success in programs.

=> WE USE EMAIL for Program Changes and Updates.

We primarily communicate through email so please be sure to check any emails you receive from us.

To email us please use recreation@norfolk.ma.us
We may also text so please be sure we have your correct cell #.

PHOTOGRAPHS-Social Media/Advertising

Photographs of participants may be posted on Social Media (no names) and/or sent to newspapers. ***If you do not want your child's photograph publicized***, please make a registration note and notify the instructor in writing on the first day of the program.

PROGRAM CANCELLATION POLICY

The best way to assure your class will run is to register early! Programs are self-supporting so we reserve the right to cancel a program if registration numbers do not support the class. If school is cancelled, all classes at the school that day will also be canceled. Make-up dates will be arranged.

WAIT LISTS

If a program is full, please add your child's name to the wait-list! If a registrant cancels out, we call the people on the wait-list. If we can add staff to accommodate more participants, we will. If you are on a wait-list and no longer want to be, please let us know so we can remove your name and possibly make room for the next person.

FEE REDUCTION POLICY

Fee reduction is available to Norfolk residents in need. Please call or email Ann Proto, Recreation Director, for further information or check off the spot on the registration form. Fee reductions are limited to one fee reduction per session per child. All inquiries are confidential.

PROGRAM LOCATIONS

1. **Multipurpose Room:** Next to our office on the Ground floor at the Town Hall, 1 Liberty Lane, Enter Door #4
2. **H.O.D. School:** 232 Main Street, Gym entrance at rear of school, Library is located in right, front corner
3. **Freeman-Kennedy School:** 70 Boardman Street, Preschool & Gym entrance is through **DOOR #21**.
4. **Pond Street Complex:** GPS address: 33 Pond St.
5. **Kids Place at Rockwood Road:** 49 Rockwood Rd.

ATHLETIC FIELD USE:

Norfolk Recreation allocates the fields at the Pond Street Complex & Freeman-Kennedy School. Fields are allocated and may only be used by organizations or groups with advance permission. Field fees may apply. Please see our website for policies. Organizations & individuals providing services at Town fields are required to provide proof of insurance.



PROGRAMS AT-A-GLANCE



INFANT & PRE K PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Mommy, Music & Me 6 mos-24 mos. (pg. 4)	Parent/Tot Gymnastics 18 mos-3 yrs (pg. 5)	Pract. Preschool/Ex. Day 2-3+ yrs (pg. 4)	Pract. Preschool/Ext. Day 2-3+ yrs (pg. 4)	Mommy, Music & Me 6 mos-5 yrs (pg. 4)	
Soccer Tales 3-5 yrs. (pg. 5)	Pract. Preschool & Ex. Dy 2-3+ yrs (pg. 4)	Music for Little Mozart Piano Lessons Age 4-6 (p. 5)		Sticky Fingers 18 mos-3 yrs (pg. 4)	
	Math For Kidz 3.7-5 yrs. (pg. 5)				

Party Pack -pg.4

SCHOOL-AGE PROGRAMS

Vacation Programs -pg. 7 & 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Stop Motion Animation Gr. 1-2. (pg. 6)		Drama Kids Gr. K-2 (pg. 6)			
Lego Adventures Gr. K-2 (pg. 6)	Actors' Studio Gr. 3-6 (pg. 9)	Warrior Poet Academy Ages 5-17 (pg. 8)			
Let's Play Soccer Gr. K-2 (pg. 5)	Animal Adventures! K-6 (pg. 7)	Karate/Stranger Danger Gr. K-6 (p. 6)	F.A.S.T. Super Sports Gr. 1-2 (p. 6)	F.A.S.T. Super Sports Gr. K-1 (p. 6)	
Karate/Stranger Danger Gr. K-6 (pg. 6)	Magic! Gr. 3-6 (pg. 9)	Sewing for Kids Ages 9+ (p. 8)	Drama Kids Gr. K-2 (pg. 6)	F.A.S.T. Dodgeball Gr. 3-6 (p.8)	Valentine's Workshop (pg. 7)
Piano Lessons 6-12 yrs. (pg. 5)	Robotic Systems Ages 10+ (pg. 9)	F/K Morning Show Gr. 5-6 (p. 9)	F/K Morning Show Gr. 5-6 (pg. 9)		Paint Nights 6-11yrs (pg. 7)
Warrior Poet Academy Ages 5-17 (pg. 8)	Ultimate E-Gaming Truck Ages 7-12 (p.7)	Eng. Build Challenge Gr. 3-6 (pg. 8)	Warrior Poet Academy Ages 5-17 (pg. 8)	Warrior Poet Academy Ages 5-17 (pg. 8)	Warrior Poet Ages 5-17 (pg. 8)
F/K Morning Show Gr. 5-6 (pg. 9)	Field Hockey Clinic Gr. 4-8 (pg.10)	Adv. Edison Robotics Gr. 3-6 (p8)		Teen Paint Nights 11-14 yrs. (p. 10)	PET CPR (p. 10) Age 14+
		Girls LAX Clinic Gr. 4-8 (pg. 10)		Skiing/Snowboarding Ages 7-17 (pg. 10)	

ED-2-GO - Back Cover

ADULT/FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	6am Studio 30 (p.13)		6am Studio 30™ (p.13)		
The Combo Class (p. 13)		Happy Dogs Hike (pg. 13)	Slow Flow Yoga (p.13)	Combo Class (p.13)	Ladies Lt. Hike p. 13
Pickleball (pg. 12)	Slow Flow Yoga (p.13)	The Combo Class (p. 13)	Ladies Light Hike(p. 13)	Kickboxing (p. 12)	PET CPR (p. 10)
Kickboxing (pg. 12)	Wine Classes (pg. 11)	Kickboxing (pg. 12)	Men's Basketball (p. 12)		CELTICS TICKETS (Pg. 14)
	Sewing (pg. 11)	Futsal (pg. 12)	Zumba (p. 12)		
	Zumba Toning (p. 12)		Estate Planning (p. 11)		
			Photography (p.11)		
			How to Organize/Clean (p. 11)		
			Home Renovation(p.11)		

IT'S IMPORTANT TO REGISTER EARLY!

Our programs are self-supporting so we count on early registrations to help us plan accordingly.

Plus, waiting to register may put a program at risk of being canceled due to low enrollment!!

STICKY FINGERS

18 Months-4 Years with Adult

Instructor: Amanda Torrey

Fridays: 9:30am-10:15am

Session 1: 1/17, 1/24, 1/31, 2/7, 2/14

Session 2: 3/6, 3/13, 3/20, 3/27, 4/3



All the messy stuff without the at home clean up! Come join Ms. Amanda and share the tactile learning experiences toddlers love: playdough, shaving cream, paints and glitter! Explore, create and learn together by experimenting in this class. Young children will also learn important peer social skills such as taking turns and using kind words with new friends. Come and share the fun of these discoveries with your child while meeting others with children the same age. If you wish to bring a smock, please do. **Please dress for mess!**

Location: F/K School- Enter Door 21 by playground.

Fee: \$49

MOMMY, MUSIC & ME

6 Months-5 Years with Adult

Instructor: Viviana Vilches

MONDAYS: 1/13, (no 1/20), 1/27, 2/3, 2/10, (no 2/17), 2/24, 3/2, 3/9, 3/16, 3/23, 3/30

9:15-10:00 am: For ages 6-23 months

10:15-11:00am: for ages 2-5years

FRIDAYS: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, (no 2/22), 2/29, 3/6, 3/13, 3/20

10:00-10:45 am: For ages 2-5 years

11:00-11:45 am: For ages 6-23 mos.



Join us for this marvelous music and movement program! Music will help jump start your child's learning process. This "mommy & me" class combines massage rhymes, lullabies, floor and lap games, action songs, dance and

introduction to musical instruments. Active parent involvement required for these classes. Please bring a blanket or mat for your child. Non-walking siblings are welcome to 'sit-in'. Walking siblings must pay for the class. Welcome dads and caretakers too!

Join Viviana for this fun, lively and nurturing class and enjoy her passion of music.

Location: Multipurpose Room, Town Hall - Enter Door #4

Fee: \$109

Min/Max: 5/12



PARTY PACK!

Have a great party at your home with our activity filled party pack! Equipment appropriate for ages 2-6 yrs.

Party Pack Includes: One 12-Foot Parachute, 2 Playground Balls, 12 Sacks, 12 Hula Hoops

Fee: \$15 plus deposit **Deposit Required:** \$50

Kids and parents alike love our party pack! Pick up the pack at the Recreation Office at a pre-arranged time. Return the pack on time on the designated day and in good order. If items are returned damaged, broken or late, all or part of the deposit will be used to cover the costs. Call us to reserve: 508-520-1315. **Norfolk residents only please.**

PRACTICING PRESCHOOL

2-3+ Years 1.5-Hour Drop-Off Program

Instructors: Amanda Torrey & Raina Torrey

TUESDAYS at 9:30am-11:00am:

Session 1: 1/7, 1/14, 1/21, 1/28, 2/4*, 2/11

Session 2: 3/10, 3/17, 3/24*, 3/31, 4/7, 4/14

Max on Tuesdays: 12



WEDNESDAYS at 9:30am-11:00am:

Session 1: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12

Session 2: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8

THURSDAYS at 9:30-11:00am:

Session 1: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

Session 2: 3/5, 3/12, 3/19, 3/26*, 4/2, 4/9

Half days of school are noted with an (*). On these dates, there is NO Extended Day.

Practicing Preschool is a preschool curriculum themed-based program that is a bit shorter in duration and designed to introduce your 2-3+ year old to a preschool-like experience taught by caring, experienced preschool teachers. A new and different theme will be explored each week. Practicing Preschool emphasizes social skills by encouraging friendships and trust. Along with building these important skills, your child will have fun making craft projects, using their imagination, creating with various mediums, exploring music and movement, and be enchanted by stories and games. To pick up at 12:15pm, please be sure to register for the 'Extended Day' portion of this program-please see below.



Snacks are provided-our snacks are suitable for many allergies, but we always want to be safe. PLEASE be sure to note allergy information when you register.

Always dress for mess!

Location: Freeman Kennedy School, 70 Boardman St. Enter Door 21 (by playground)

Fee: \$96/6-week session

EXTENDED DAY

for Practicing Preschool

Instructors: Amanda Torrey & Raina Torrey

TUESDAYS at 11:00am-12:15pm:

Session 1: 1/7, 1/14, 1/21, 1/28, (no 2/4), 2/11

Session 2: 3/10, 3/17, (no 3/24), 3/31, 4/7, 4/14

WEDNESDAYS at 11:00am-12:15pm:

Session 1: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12

Session 2: 3/4, 3/11, 3/18, 3/25, 5/1, 4/8



THURSDAYS at 11:00am-12:15pm:

Session 1: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

Session 2: 3/5, 3/12, 3/19, (no 3/26), 4/2, 4/9

Extend Practicing Preschool by 1.25 hours and move pickup time from 11am to 12:15pm. This additional time will be spent exploring arts and crafts, stories, as well as music. On nicer days, children may venture outside.



Fee: 5-wk session: \$65

6-wk session: \$69

Min: 7

PARENT & TOT GYMNASTICS

18 Months-3 Years with Adult

Instructors: YMCA - Lacey Whitaker

Tuesdays: 9:15-10:30am

Session 1: 1/7, 1/14, 1/21, 1/28, (no 2/4), 2/11

Session 2: 3/10, 3/17, (no 3/24), 3/31, 4/7, 4/14

A perfect class for an active child! Children will be hopping, skipping and tumbling to their favorite music. Add some balls, hoops, plus a parachute and they all have a great time. Mom, Dad or Nanny too!

Location: Multipurpose Room, Town Hall Best Door to enter -#4 across from Library
Fee: \$35



MUSIC for LITTLE MOZART

Piano lessons for Ages 4-6

Offered by Ivy Music School

WEDNESDAYS at 3:45pm-4:30pm

DATES: 1/15, 1/22, 1/29, 2/5, 2/12, (no 2/19), 2/26, 3/4, 3/11, 3/18

free Trial Class on 12/18: please see below!

This class will help your child become actively involved in music making and piano playing. Students will learn the music alphabet, basic rhythms, treble and bass clef notes, and five-finger positions. Each student in the group will be provided with a keyboard during class time.



On Dec. 18, Ivy Music School is offering a free trial class from 3:45-4:30pm. This trial class must be registered for separately—it is listed as a separate program on line. It's important to note that registration in the trial class does not guarantee a spot in the 9-week program beginning in January. The January program registration is limited to 6 and registration is on a first come, first served basis.

Location: Ivy Music School, 175 Main St., Norfolk
Fee: Dec. 18 class: Free w/advance registration (max 8)
9-week program starting 1/15: \$219 (min/max: 3/6)

SOCCER TALES

3-5 Years Drop-Off

Instructor: Stephanie Power

MONDAYS at 4:20-5:05pm

DATES: 1/6, 1/13, (no 1/20), 1/27, 2/3, 2/10

This class is designed to engage preschoolers with the physical sport of soccer and also intellectually connecting a story with the sport. Before the soccer skills begin, a soccer story will be read aloud. From there, age appropriate soccer skills will be introduced emphasizing the development of coordination, balance and teamwork. Please dress for soccer, wear sneakers and please send a *labeled* water.

Location: H.O. Day Gym. Drive to rear of school and look for door 12.

Fee: \$49



MATH FOR KIDZ Instructor: Mrs. Anne Pizzi

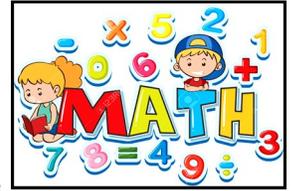
A drop off program for 3.7-5 Years

TUESDAYS at 1:30-2:15pm

Session 1: 1/7, 1/14, 1/21, 1/28, (no 2/4), 2/11

Session 2: 3/10, 3/17, (no 3/24), 3/31, 4/7, 4/11

Through music, movement, storytelling and manipulative play, your child will be introduced to the wonderful world of math. Peak your child's curiosity and help your Pre-K child attain math readiness while



having lots of fun. This program is designed to help kids understand the concept of numbers, what they represent, as well as to develop a sense of number manipulation. Anne Pizzi's experience as a math curriculum teacher, many years as a classroom teacher, and her love of music and theater have helped develop this class to excite young minds and introduce them to the wonderful world of math.

Location: Town Hall - Ground Floor Enter Door #4

Fee: \$45

PIANO LESSONS with Ivy Music School

For Students Ages 6-12

WEDNESDAYS at 5-5:45pm

DATES: 1/15, 1/22, 1/29, 2/5, 2/12, (no 2/19), 2/26, 3/4, 3/11, 3/18

These fun group lesson will give students the opportunity to learn and play the piano and develop performance confidence. In addition to the benefit of playing in a group, student experience a sense of accountability to weekly preparation and practice. Students will develop a solid musical foundation in piano, and most importantly to instill a genuine love and appreciation for music. Proper hand positions, posture, note reading and technique will be taught. Students will learn how to play age appropriate music step-by-step. No experience is required. Keyboards will be provided for class.



LOCATION: 175 Main St., Norfolk Min 3/Max 6

Fee: \$219

LET'S PLAY SOCCER!

Grades K-2

Instructor: Stephanie Power

MONDAYS at 3:15-4:15pm

DATES: 1/6, 1/13, (no 1/20), 1/27, 2/3, 2/10

PASS-RUN-SCORE! This exciting program is for the child that loves to run and play soccer! Come join us for some fun indoor soccer time. We'll start off with a quick warm-up and a few skills, then it's game time. Children will have a blast playing soccer while working on skills, teamwork, making friends and getting exercise at the same time. Please remember to send an after-school drink. **Location:** H.O.D. Gym



Fee: \$49

KARATE/STRANGER DANGER

Grades K-6 Instructor: Designed Defense

MONDAYS AND WEDNESDAYS: STARTS 1/6!
REGISTER & PAY AT CLASS!

Beginners: 3:15-4:15pm Advanced: 4:30-5:30pm

Classes are held 2x/week and continue until the very end of the school year.

Join any time! Attend class to get registration form.

This class teaches the art of American Kenpo Karate.

Karate is much more than just the kicks and moves. Karate is self-awareness, discipline, self-control and a great way to build confidence. Students will also learn stranger danger, what to look out for and how to avoid bad situations. Spectators are always welcome!



Location: H.O.D. Gym Fee: \$70/month includes gee

=>All fees paid directly to Designed Defense at class.

F.A.S.T. SUPER SPORTS

Grades K-1, Grades 1-2

Instructor: F.A.S.T. Athletics

TIME: 3:15-4:15pm

THURSDAYS: Grades 1/2

Session 1: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

Session 2: 3/5, 3/12, 3/19, (no 3/26), 4/2, 4/9, 4/16

FRIDAYS: Grades K/1

Session 1: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14

Session 2: 2/26, 3/6, 3/13, 3/20, 3/27, 4/3



Get up, get going and get active with a F.A.S.T. Athletics Super Sports Program. Each week children will play games such as Soccer, Basketball, Flag Football, Dodgeball, Baseball, Kickball and Capture the Flag. Learning the basic skills of each sport is emphasized. Each class will end with a high energy game of the sport played that day.

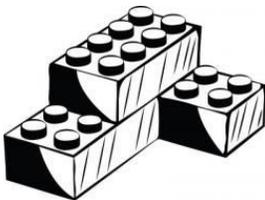
Location: H.O.D. Gym Fee: \$59/session

LEGO® ADVENTURES

Grades K-2 Instructor: Fungineers

MONDAYS at 3:15-4:15pm

DATES: 1/6, 1/13, (no 1/20), 1/27, 2/3, 2/10, 2/24



Come and have fun building and creating with LEGOS®! Each week there will be a new theme and new challenge. Students will bring their bricks to life while being encouraged to use their imagination and play in new

ways, creating and sharing heir amazing LEGO® models! Besides all the fun, each session is an opportunity to develop team working, brainstorming and presenting skills!

Location: H.O. DAY Library Fee: \$89

DRAMA KIDS K-2

Ages K-2 Instructor: Ms. Jen Callej

TIME: 3:15-4:15pm



WEDNESDAY Session: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12 (Make Up: 2/26), 3/4, 3/11, 3/18, (no 3/25), 4/1, 4/8, 4/15, (No 4/22), 4/29, 5/6, 5/13, 5/20, 5/27

THURSDAY Session: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, (Make Up: 2/27), 3/5, 3/12, 3/19, (No 3/26), 4/2, 4/9, 4/16, (No 4/23), 4/30, 5/7, 5/14, 5/21, 5/28

Spring Performance at Dean College will be May 30.
Exact Performance time TBD

The Drama Kids developmental drama program for Lower Primary provides young children ages 5 to 8 with unique opportunities to develop clear speech, fluent delivery and pleasing social skills. Our program helps to give them the confidence to be participants in all aspects of their lives, able to ask questions, seek answers and share information with others.



This year our Lower Primary classes will be performing **The Grasshopper and the Ants**. The Ants work hard all year to prepare for the winter and the Grasshopper thinks that he can take what he wants! He learns with

help from the ants that Teamwork is great for everyone!

There are NO AUDITIONS and everyone is a STAR in Drama Kids. Spring Performance is on stage at the Guidrey Theater at Dean College on May 30. Time is TBD!

Location: H.O.D. Library
Max Enrollment: 20/session



STOP MOTION ANIMATION

Grades 1-2 Instructor: Fungineers

MONDAYS: 3:15-4:45pm—1.5 hours!

DATES: 3/9, 3/16, 3/23, 3/30, 4/6, 4/13

Bring your LEGO® creations to life with stop motion animation! Participants will plan out their own LEGO® adventure to build and film, one frame at a time. Topics of photography and video editing will be covered and at the end of this program, participants end up with their very own 20 to 30 second film!



Location: H.O. Day Library

Fee: \$105

Max: 10 students



ANIMAL ADVENTURES

The care and feeding of wild and exotic animals

GRADES K-6 Time has been allotted to get to H.O.D. School!
TUESDAYS at 3:30-4:30pm DATES: 1/14,
1/21, 1/28

Join us for this favorite January program! Whether your child is destined to be a vet or just loves animals, this program is both educational and fun! Each year the professional handlers from Animal Adventures in Bolton surprise and delight us. The



variety of animals is wonderful. We have met a 10' snake, an owl, a skunk, a West Nile crocodile, a tarantula and even a kangaroo! Animal Adventures is dedicated to teaching the public about animals and the environment we share. Each week children will meet and learn about different animals, discover their challenges, environment and care.

Time from Dismissal to start of class is supervised.

Children should bring a snack for supervised time from dismissal to start of program.

Location: H.O.D. Gym **Fee:** \$79 **Siblings:** \$69

FEBRUARY & APRIL BREAK

WORKSHOPS

With Ms. Jen Callej For ages 6-11
Tuesday or Thursday 1-4pm

Location: Town Hall **Fee:** \$29/day

=>Please Bring a Peanut/Tree Nut Free Snack and Water Bottle

Tuesday, Feb 18th: Do you love Jo-Jo Siwa?

...her music, fashion and all the glam? Join Miss Jen during vacation for some crafting and games! We will be designing and making our own giant hair bows, creating musical scenes and more!

Thursday, Feb. 20th: Ways to be Wicked

Let's be "Rotten to the Core"! Join Miss Jen in this special Descendants themed workshop where we will be designing and making our own hand mirrors, creating character collages and playing games!

Tuesday, April 21st: Medieval Times

Let's go back in time to when Kings and Queens ruled the land! Join Miss Jen in this royal workshop where we will be building our own mini castles with recycled items, paint and decor while playing old fashioned medieval games!

Thursday, April 23rd: Mindfulness For Kids

Come learn some calming, mindful and thoughtful techniques with Miss Jen during April Vacation! We will be practicing yoga with fun and interactive games, learning EFT (Tapping) to help with anxieties and promote self affirmations, along with participating in and creating our own meditations.

Check out NCTV COMEDY SKIT PROGRAMS
February and April Break-Page 9!

Join Ms. Jen for

A PAINT NIGHT SERIES FOR KIDS

Ages 6-11 Saturday evenings 6-8pm!



Join Miss Jen for a special monthly Paint Night! Each month will feature a new and exciting painting, perfect for the home or as a gift! Paint Nights are instructional and taught with a step-by-step process however always with room for individual and unique touches!

Saturday, Jan. 11th - Creative Collage Painting

Saturday, Feb. 8th - Love Inspired Snowman

Saturday, March 14th- Personalized Rainbow Magic

Saturday, April 4th- Blossoms & Butterflies

FEE: \$ 19/evening **Location:** Town Hall (enter Door 4)

valentine's day workshop

Sat. Feb. 1 6-8pm



It's the season of love and friendship! Join Miss Jen in celebrating Valentine's Day where we will make our own "Let Love Grow" planter pot crafts, candy butterflies and play some heart warming games!

Location: Norfolk Town Hall. Enter Door #4 **Fee:** \$19

Ultimate Mobile Gaming

Tuesday, Feb. 4th Ages 7 and up

(Please see note below regarding 6yr. olds)

TIME: 1-2pm or 3-4pm

What are you doing on the 1/2 day of school?

The UMG Truck will be at the FK School 1-3pm. Playstation 4, Xbox 1, Nintendo Switch, Super Smash Bros., Minecraft, all the latest sports games, Rocket League, Mario Kart, and more of your favorite games. Book by the hour. Twenty players per hour. Once we have an idea of how many are registering, you will be notified of your time-we are going to do our best to organize by age as much as possible. If you are restricted to a particular time, or would like us to know any other information, please note it at the time of registration. If there are enough registrants, we will get 2 trucks! *We are opening an 'interested' list for 6-year-olds. If we get enough interest, we will have a special hour just for them!

FEE: \$20/hour 20 players per hour!

**=>>> K-6 FIELD TRIP TO
URBAN AIR - MARCH 3
LOOK FOR FLYER THROUGH SCHOOL SOON!**

ENGINEERING BUILD CHALLENGE



Grades 3-6 Instructor: Fungineers

WEDNESDAYS at 3:15-4:20pm

DATES: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12



In this immersive and exciting program, students will learn how to think scientifically, critically, and creatively while performing STEM challenges and having fun! Each week participants will take on a different challenge that will test their problem solving skills, teamwork and inventiveness! The scientific methods and engineering principles of physics will be used throughout the program during activities such as bridge building, boat building, projectile launching, structure building challenges and more!

Location: Go to Gym at Dismissal. Class will go to Science Lab together. Pick up at Door 2.

Fee: \$95

SEWING for KIDS

For ages 9 + Instructor: Jenny Ryerson



Wednesdays 3:30-5:00pm

Session 1: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12

Session 2: 2/26, 3/4, 3/11, 3/18, 3/25, 4/1

These lessons range from beginner basics such as how to wind a bobbin, thread the machine and sew basic stitches as well as some simple hand sewing, through to intermediate projects such as zipper bags, small bags, pillow pets and stuffed animals. Materials are provided for your class projects however if you

have fabric that you wish to use feel free to bring it along.

Please plan to provide your own sewing machine for this class- however, the teacher does have a couple of spare so you may request to borrow one in the registration notes. We will confirm prior to class starting.

LOCATION: Veterans Memorial Building, Millis

(We share this space with Millis so space is very limited!)

Fee: \$90



register now

The direct link to our registration page is :
norfolk.activityreg.com

ADVANCED EDISON ROBOTICS

Grades 3-6 Instructor: Fungineers

WEDNESDAYS at 3:15-4:45pm (1.5 hrs)

DATES: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8



Learn all about robotics and coding with Fungineer's LEGO® Robotics class! Students work in teams to build AND code the robots using LEGO®'s visual, block-based programming language to perform a new challenge each week. A maze sensor, obstacle avoidance, line following and sumo wrestling are just a few of the challenges to complete! Participants will learn about the different types of light and sound sensors onboard as well as the fundamentals of coding.

Location: Go to Gym at Dismissal.

Class will go to Science Lab together. Pick up at Door 2

Fee: \$114



F.A.S.T. DODGEBALL

Grade 3-6 Instructor: F.A.S.T. Athletics

FRIDAYS at 3:15-4:15pm

Session 1: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14

Session 2: 2/26, 3/6, 3/13, 3/20, 3/27, 4/3

Always a favorite! F.A.S.T. Athletics will teach everyone different versions of Dodgeball, game strategies and emphasize teamwork. F.A.S.T. Join in for a great end-of-the-school-week activity.

Location: F/K Gym. Pickup at Door #1 **Fee:** \$75

Please send a note to the school letting them know your child will be attending.



WARRIOR POET ACADEMY

Instructor: Warrior Poet, 65 Holbrook St., Norfolk

Ages 5 - High schoolers

Warrior Poet Academy offers a unique approach to learning and improving athletic and martial arts skills! When walking into Warrior Poet you'll see punching bags and martial arts equipment alongside a wall of keyboards with guitars hanging overhead. Warrior Poet's mantra is that it's all about balance-through mixed martial arts, music, and mediation students of all ages get stronger both mentally and physically while learning to be centered and to wash away anxiety. Children/teens are encouraged to recognize and embrace their strengths, but also to embrace their weaknesses by learning to approach them as opportunities rather than roadblocks. Children are encouraged to try different activities and sports. Peers encourage and help each other.

Children choose their activities when they arrive.

The choices include Wrestling, Jiu Jitsu, Boxing, Meditation, Karate, Taekwondo, Fitness, Yoga, Piano, Poetry, Guitar, Soccer Foot Skills

=>The Schedule is flexible. General Guidelines:
M, W, Th, F start at 4pm, Sat. at 1pm, Sun. 2 hrs at 2pm.
Fee: Six 1-hr. classes \$69; 6 2-hr. classes \$109
Register with us and then call Call Shervin/Owner at 617-797-2921 to arrange your schedule.

F/K MORNING SHOW

Grades 5-6 Instructor: Mrs. Robin Tucceri



MONDAYS: 3:15-4:20pm

Session 1: 1/6, 1/13, (no 1/20), 1/27, 2/3, 2/10, 2/24 (6 wks)

Session 2: 3/2, 2/9, 3/16, 3/23, 3/30, 4/6, 4/13 (7 wks)

WEDNESDAYS: 3:15-4:20pm

Session 1: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12 (6 wks)

Session 2: 2/26, 3/11, 3/18, 3/25, 5/1, 4/8, 4/15 (7 wks)

THURSDAYS: 3:15-4:20pm

Session 1: 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13 (7 wks)

Session 2: 2/27, 3/5, 3/12, 3/19, (no 3/26), 4/2, 4/9, 4/16 (7 wks)

Would you like to be part of the F/K Morning Show? Are you interested in computers and iMovie? Come join the production team and do some of the behind-the-scenes editing. If you are the person that wants to be in front of the camera, then maybe the anchor spot is right for you. Are you interested in coming up with our daily trivia question, sports recap or other fun bits of information that we deliver to the entire school each morning? The FK Morning Show reports on school events, fun-facts and trivia, book reviews, staff interviews, weather, lunch choices, and more. Whatever your interest is, there is a spot for you! New ideas are welcome as we want to make the F/K Morning Show better than ever!



The F/K Morning Show, along with credits, may be posted on the School's Website and Credits with first names/last initials will be accessible on School website. Please contact Mrs. Tucceri if you have any questions.

Location: Go to Gym at Dismissal. Class will go to Computer Lab as a group. P/U at Door #1

Fee: Session 1: Monday or Wednesday: \$65, Thursday \$69
Session 2: Monday, Wednesday, or Thursday: \$69

ACTORS' STUDIO

Grades 3-6 Instructor: Mrs. Pizzi

TUESDAYS at 3:15-4:30pm (1.25 hrs)

Session 1: 1/7, 1/14, 1/21, 1/28, (no 2/4), 2/11

Session 2: 3/10, 3/17, (no 3/24), 3/31, 4/7, 4/11

Join Mrs. Pizzi for a perennial favorite! Participants will actively engage in theater games and exercises to free their imaginations, build self-confidence and encourage collaboration with peers. We will explore our "Inner Silly" through the magic of improvisation, work on the fundamentals of acting, as well as develop ensemble and individual performance skills. Individual and small group attention is given to each child as they grow and develop. This class is for students who would like to try theater for the first time as well as students with some previous acting experience. New students always welcome!

Location: Meet in GYM at Dismissal for attendance.

Class will go to Cafeteria/Stage area together

Fee: \$49



MAGIC CLASS!

Grades 3-6 Instructor: Carl H. Geden, NE Ed.Tech.

TUESDAYS at 3:15-4:45

DATES: 1/7, 1/14, 1/21, 1/28, (no 2/4), 2/11

Students will be instructed in how to perform magic tricks using props and sleight of hand techniques. Students will also learn magic tricks that make things disappear and reappear along with card and mind reading tricks. Additional magic tricks will be demonstrated to enhance the experience and to show various types of magic that can be performed. You'll be able to amaze your friends and family with these tricks that will be taught and demonstrated.

Students will keep the props used in the course and will learn how to perform the tricks for their own performance.

Location: FK School. Children go to Gym at Dismissal. Room TBD

Fee: \$129



ROBOTIC SYSTEMS

Ages 10+ (9 if previously taken Intro to Robotics)

Instructor: Carl H. Geden, EE, NE Ed. Technologies

TUESDAYS at 3:15-4:45

DATES: 3/10, 3/17, (no 3/24), 3/31, 4/7, 4/14

Come join this exciting class and build, operate and KEEP a remote-controlled robotic arm! Students will be instructed in robotic systems by constructing a remote-controlled robotic arm through this hands-on program. This class was designed and is taught by Carl Geden, an electrical engineer and founder of Northeast Educational Technologies.

Location: FK School. Children go to Gym at Dismissal. Room TBD

Fee: \$139 per student



NCTV COMEDY SKITS

Instructor: NCTV Staff

FEBRUARY & APRIL

VACATION PROGRAMS!

For Ages 9-12

Tuesday-Friday 12:30-3pm

DATES: Feb. 21-24 and/or April 21-24

Bring your imagination to NCTV's comedy skit program! In this class, you'll plan, write, film, and edit a comedy skit (or two!) in the studio. All students will be expected to participate both in front of and behind the camera. The videos will be seen on NCTV's channels as well as



YouTube. No experience necessary!

Location: At the NCTV Studio, 158 Main Street

Max. Participants: 6

Fee: \$79

Teen Paint Night Series

With Ms. Jen Callel For ages 11-14

FRIDAY evenings 6-8pm



Calling all Teens who enjoy painting, music and socializing! Join Miss Jen for some creative fun! Paint Nights are instructional and taught with a step-by-step process however always with room for individual and unique touches!

Jan. 10th Creative Collage Painting

Feb. 7th: Love Inspired Snowman

March 13th: Personalized Rainbow Magic

April 3rd: Blossoms & Butterflies

Location: Town Hall, Please enter Door #4

Fee: \$20 per evening

K.P. FIELD HOCKEY CLINIC

With K.P.'s Varsity Coach, Lisa Cropper!

For all KP Students Grades 4-8

TUESDAYS: 4:30-6pm

Session 1: 1/7, 1/14, 1/21, 1/28

Session 2: 2/11, (no 2/18), 3/3*, 3/10

*Please note: this program is held on professional development days.

This program is designed for all levels of players and is a great way to get started. The emphasis will be on skill development with some small game play tactics. The sessions are somewhat progressive, however session 1 is not a prerequisite to session 2.

Field Hockey Stick, field hockey goggles (not LAX), shin pads and SNEAKERS are required. Please also bring water.

Location: King Philip Middle School. Drive to right rear of school.



K.P. GIRLS LACROSSE CLINIC

With K. P.'s Varsity Coach, Kourtne Wilder!

For all KP Students Grades 4-8

WEDNESDAYS: 4-5:15pm 1/22, 1/29, 2/5, 2/12

Keep your stick-work and agility skills in tune with this winter clinic. Come join KP's Varsity Coach along with Varsity Assistant and current players to learn and practice stick work, dodging, and agility skills. Throughout the clinic players will run through various stickwork and agility routines. Stickwork and agility are two foundations of the game, come join us to keep practicing! This clinic is suitable for all abilities. Please bring a stick, goggles, and mouth guard along with sneakers. Please bring lots of water.



Location: King Philip Middle School. Drive to right rear of school.

Aux. Gym is inside on left.

Fee: \$45

SKIING & SNOWBOARDING

AT BLUE HILLS For Ages 7-17

Fridays at 4:30-5:45pm:

DATES: 1/10, 1/17, 1/24, 1/31, 2/7

Your choice of a snowboarding or skiing lessons.

Fees are as follows:

1.5-hr lesson only: \$215

1.5-hr lesson & helmet rental: \$245

1.5-hr lesson & rentals: \$300

1.5-hr lesson, rentals & helmet rental: \$329

==>Additional paperwork is required for this program. Forms are available on line at the time of registration or at the Recreation office.

Registration starts Friday, Nov. 29th. To guarantee a spot, registration and all paperwork must be submitted **BEFORE FRIDAY, DEC. 20st @ 9am.** After this, registrations are accepted only if space is available, but **NO LATER than Thurs. Jan. 2rd at 12pm.**

If you have questions, please call or email Kathy at 508-520-1315 or recreation@norfolk.ma.us

More information available online at:

norfolk.activityreg.com



Rentals: If you are renting equipment, it's best to schedule a sizing appointment ahead of time so time isn't

taken out of the first lesson to fit equipment. Call Blue Hills at 781-828-5070 for an appointment any time after you have registered.





PET CPR+

Instructor: Jennifer Michaels

DATE: Saturday, Feb. 1 1-4pm

Location: Town Hall Multi-purpose Room

AGES: 14 yr;—Adult Fee: \$69.95

The PetCPR+ Certification program is designed to teach the fundamentals of canine and feline CPR and First Aid.

This course will teach how to provide emergency first aid to dogs and cats in an emergency and en-route to veterinary care including how to take vital signs and how to determine what are normal vs abnormal readings. You will learn how to manage and provide first aid for many common medical emergencies such as severe wounds, poisoning, burns, choking and more. You will also learn the most current method of Cardiopulmonary Resuscitation on dogs and cats. After passing an assessment, participants will receive a PetCPR+ Certification valid for 2 years. Participants will receive the 88-page Canine and Feline CPR and First Aid Reference Guide E-book (printed books may be purchased for an additional \$24.95), & 2-year subscription to the Pet Emergency Education Online Resource Center.

REGISTER DIRECTLY AT:

petemergencyeducation.com





SEWING *for adults*

with Jenny Ryerson

TUESDAYS at 7:00pm-8:30pm:

Session 1: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11

Session 2: 2/25, 3/3, 3/10, 3/17, 3/24, 3/31

For Beginner to intermediate sewists - this class will be tailored to your requirements. Lessons will range from beginner basics such as how to wind a bobbin, thread the machine and sew basic stitches through to intermediate projects such as zipper bags. More advanced sewists are encouraged to bring along a project to work on with help from the teacher.

Please plan to provide your own sewing machine for this class, however the teacher does have a couple of spare machines so if you need one, let us know when you register and we will check on availability. Materials are provided for your class projects. During our initial lessons we will look at where and what you will need to purchase for your main project.

LOCATION: Veterans Memorial Building, Millis

Fee: \$90/session



HOME RENOVATION WORKSHOP

With Faina Shapiro

Thursday, Feb. 13 6:30-8:30pm

Not every home renovation is a good investment or a wise use of disposable income. Faina, a property manager, real estate investor and experienced real estate agent, will teach you which improvements are worth the money, which make sense to tackle yourself, when you should call an expert, and how to keep costs in check. You will learn the facts and figures associated with the design and construction process, how to hire a trustworthy contractor, and what financial programs are available to help finance your renovation. You will also learn what trends to avoid and tricks and tips to DIY home renovations! **Location:** Norfolk Town Hall, Ground Fl. Rm G7

Fee: \$19. Attend both of Faina's Workshops: \$34

ORGANIZE IT & MAKE IT SPARKLE!

With Faina Shapiro

Thursday, Feb. 6, 6:30-8:30pm

Faina will introduce you to her method of organization that breaks down each room into different spaces so a job that once seemed too large to tackle now seems doable. She gives you specific 'how-to's' for decluttering an area, sorting through different items, and for finding places for your objects.

Once you have organized your space, you want it to sparkle too! Faina will show you not just everyday cleaning – she will show you how to make things look new and fresh again. She brings her own home maintenance kit that is practical and full of essential products that will not just clean but also diminish the appearance of wear and tear giving items new life (tricks learned as a property manager!). **YOU WILL LEAVE THIS FUN PROGRAM WITH VERY PRACTICAL AND SPECIFIC INFORMATION!**

Location: Norfolk Town Hall, Ground Floor, Rm G7

Fee: \$19. Attend both of Faina's Workshops: \$34

ESTATE PLANNING BASICS

Instructor: Attorney Amy Antonellis



Thursday at 6:30-8:30pm DATE: Thurs. April 2

It's time to start planning! Are you wondering what the necessary steps are to protect your family if something were to happen? Where would your property go and who would raise your children? These and other important questions will be addressed by Attorney Amy Antonellis, who owns a local law practice focusing on estate planning. The seminar will explain the necessary components of an effective estate plan and real life scenarios will be evaluated to illustrate the use of various estate planning tools, such as wills, trusts, durable power of attorneys and health care proxies. Don't miss this important, FREE, opportunity!

Help us plan! Register at: norfolk.activityreg.com (there is no cost) or by calling us at 508-520-1315.

Location: Norfolk Public Library - Meeting Room



PHOTOGRAPHY



With Photographer Tim Rice

Thursdays: 1/9, 1/16, 1/23 TIME: 6:30-8pm

Join Tim in his Studio for this beginner to intermediate program. Learn how to compose a photograph along with tips and tricks of photography that will have you taking a better picture right away. You will learn about ISO, Shutter speed, and Aperture and how they affect your pictures. You will also learn the difference between Phone, Point and Shoot, and Single Lens Mirrorless cameras. This class is best suited for SLR cameras, however both users of point and shoot and phone cameras will benefit from this class.

Location: Tim Rice Studio, 19 Lincoln St. Medway

Fee: \$59 Tim has been a photographer for 25 years and has taught several classes. See his photos at timricephoto.com

WINE EDUCATION CLASSES

Instructor: Mark Lenzi, Vinitas WineWorks

AT: Franklin Liquors, 363 E. Central St. Franklin

Tuesdays 7:00-9:00pm

Fee for each class: \$25, Register for both: \$45

March 24: "OK, Google, Tell Me about this Wine!"

Google When we buy a food product there is a lot of information on the labels, but for wine you sometimes need to search for the important information.

In this education tasting we will show you how to find industry secrets about your wine, discover wine ingredients, and production locations, all using Google.

April 14: All About Organic Wines

The Organic Wine Movement is in full swing! Do you care about the source of the grapes and what is used to produce them? At this educational tasting we will explore the differences between organic wines and organically grown grapes, learn the requirements, and taste through a variety.



Bring your questions and come explore with us!

ZUMBA *With Carole Bouchard*

THURSDAYS at 6:30-7:25pm

1/9, 1/16, 1/23, 1/30, 2/6, 2/13, (no 2/20), 2/27, 3/5, 3/12, 3/19, 3/26*, 4/2, 4/9, 4/16 (14 weeks)
Zumba is great exercise, great fun and suitable whether you're trying to up your exercise routine or trying to get back in the game. Join us for these fun and lively classes taught by experienced professionals. If you love rhythm (or even if you are a little rhythm challenged) Zumba is for you! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The goal is simple: to work out, to love working out, and to stick with it! Interval training along with fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Location: H.O.D. Gym (Rear of school)

*Multi-purpose Room/Town Hall

ZUMBA TONING

With Christine French

TUESDAYS 6:30-7:25pm:

1/7, 1/14, 1/21, 1/28, 2/4, 2/1, (no 2/18), 2/25, (no 3/3) 3/10, 3/17, (no 3/24), 3/31, 4/7, 4/14 (12 classes)

Love Zumba but want to try something a little different? This fun and energetic class takes traditional Zumba moves and adds the challenge of resistance by adding light weights, resulting in a higher calorie burn than strength training alone and offering a superb opportunity for cardiovascular exercise. And, because it's Zumba, it's fun! You will find that adding resistance with light weights tones and sculpts specific muscle groups, such as your arms, core and lower body. Throw in high energy, upbeat music and you have a great night that helps get your body looking and feeling awesome! *Christine is certified in both Zumba toning and Toning Gold so regardless of your energy level, she can help you make modifications so this class can work for you.*

Location and fee for both Zumba classes:

H.O.D. Gym (Rear of school)

Fee: Tuesdays only: \$72 or Thursdays Only: \$84

Tuesdays and Thursdays: (26 classes): \$139



PICKLEBALL for Adults

Instructor: Kelly Pereira, PE teacher

Freeman-Kennedy School

Mondays: 7pm-8:30pm

Session 1: 1/6, 1/13, (no 1/20), 1/27, 2/3, 2/10 (no 2/17), 2/24

Session 2: 3/9, 3/16, 3/23, 3/30, 4/6, 4/13

Join Kelly to learn and improve at the game that is sweeping the nation, Pickleball! This course is designed for those new, fairly new and as well as those progressing. This is a great opportunity to develop the basic skills to play the game as well as improve your technical skills as you advance



including forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dink shots, and proper footwork. Three courts will be set up in the gym so there will be room for everyone! Paddles are available to borrow or bring your own.

Location: Freeman Kennedy Gym, 70 Boardman Street (enter off Boardman by Baseball field). Enter Door #21-right in front of playground. **Fee:** \$59

ADULT CARDIO KICKBOXING

Instructor: Warrior Poet Staff

Warrior Poet Academy is located at River's Edge, 65 Holbrook Street (Next to Anne's Market)

DATES: Ongoing. Register with us and then call Shervin (Dadkhipoor) at (617) 797-2921 & let him know when you want to start or enter this info in 'Additional comments' when registering with us.



TIMES: Mon., Wed., Fri., 9-10am and 8-9pm Attend as often as you like. Come hit pads and work out with other like-minded friends! Kickboxing brings another dimension to your workout; it is also a great way to start working out! Burn fat, Reduce tension, build muscle and agility and eliminate stress! Join in a fun rhythmic cardio kickboxing experience! Warrior Poet provides judgment-free instruction with an upbeat sweat!

Fee: \$60/5-week period (first session includes 1 free private lesson) Or, if you only want to attend occasionally, pay \$15 per class.

MEN'S BASKETBALL

30 and OVER AT FK Gym, 70 Boardman St. Door 21

THURSDAYS at 7-9:30pm

1/2, (no 1/9), 1/16, 1/23, 1/30, 2/6, 2/13, (no 2/20), 2/27, 3/5, 3/12, 3/19, (no 3/26) 4/2, 4/9, 4/16, (no 4/23), 4/30, 5/7, 5/14, 5/21, 5/28



Come down and jump in for Men's Over 30 Basketball at the F/K gym. Register online at www.norfolk.ma.us in advance. **NO REGISTRATION AT THE GYM** and pre-registration is required. **Email address is required for notifications.**

There are 2 payment options. ADVANCE REGISTRATION IS REQUIRED regardless of payment option chosen:

1. **Pay \$55** and you are paid through May.
2. Register online with your information and pay \$5 per evening.

Please Note: On occasion, the school needs gym for events and Basketball is cancelled. Price reflects possible cancellations.

FUTSAL: ADULT INDOOR SOCCER

WEDNESDAYS at 8:00-9:30pm

DATES: 1/8, 1/15, 1/22, 1/29, (no 2/5), 2/12, (no 2/19), 2/26, 3/4, 3/11, 3/18, 3/25, 5/1, 4/8, 4/15

FUTSAL is played in a gymnasium with a low bounce ball where the focus is on short passes. Join the fun and get some GREAT exercise. This is a friendly, co-ed activity geared toward intermediate skill levels and those with experience. New players welcome. Court shoes or indoor soccer shoes required.

Location: F/K Gym, Enter Door #21

Fee: \$49 Pre-registration required.



ADULT EXERCISE WITH NANCI

Instructor: Nanci Cahalane,
AFFA/FRA Certified Personal Trainer, MIAA Certified Coach

THE 'COMBO CLASS'

1/2-Hour Strength & 1/2-Hour Pilates

MONDAYS: 6:30-7:30pm Fee: \$72.00

1/6, 1/13, (no 1/20), 1/27, 2/3, 2/10, (no 2/17), 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6

WEDNESDAYS 6:30-7:30pm Fee: \$78.00

1/8, 1/15, 1/22, 1/29, 2/5, 2/12, (no 2/19), 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8

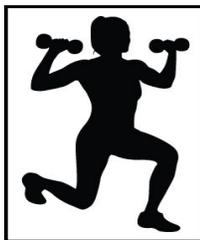
FRIDAYS: 8:30-9:30am Fee: \$72.00

1/10, 1/17, 1/25, 1/31, 2/7, 2/14, (no 2/21), 2/28, 3/6, 3/13, 3/20, 3/27, 4/3

This class has the benefits of both strength training and Pilates! The class consists of a half hour of strength training and a half hour of Pilates.

Weights are provided. Please bring a

towel or mat. **Location:** Multipurpose Room, Town Hall



LADIES LIGHT HIKING

THURSDAYS: 9:45-11am

Session 1: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

Session 2: 2/27, 3/5, 3/12, 3/19, 3/26, 4/2

SATURDAYS:

Session 1: 1/4, 1/11, 1/18, 2/25, 2/1, 2/8

Session 2: 2/29, 3/7, 3/14, 3/21, 3/28, 4/4

Add dimension to your walking or jogging! Do you like the idea of hiking but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. We will meet at various local locations every week (a list will be given out). This class moves at a good pace - we'll be looking for hills! **Location:** 1st class at Gilbert State Forest, Foxboro, MA, On Mill St., .2 miles past Normandy Farms
Fee: \$25 per session



HAPPY DOGS HIKE

Wednesdays at 10:30-11:30: \$25 per 6-wk session

Session 1: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12

Session 2: 3/4, 3/11, 3/18, 3/25, 5/1, 4/8,



Bring your 'best friend' and come hike with us in this very popular and fun program. Join other dog owners for some great exercise! Dogs, just like humans are social beings. Regular play dates with other dogs are an important part

of your dog's wellbeing. Let's get together for some fresh air and a romp through the woods with your dog. Please bring a leash, pick-up bags and water for your dog. For location, see box below.

No aggressive dogs please! **Fee:** \$25 per session

Note: Class is cancelled only for very inclement weather.

Location: 1st class at Gilbert State Forest, Foxboro, MA, On Mill St., .2 miles past Normandy Farms

SLOW FLOW YOGA

With Gail Taylor, Cert. Yoga Instructor



TUESDAYS 7:00- 7:55pm:

Session 1: 1/7, 1/14, 1/21*, 1/28, 2/4,* 2/11 (6wks)

Session 2: 3/3, 3/10, 3/17, 3/24*, 3/31, 4/7, 4/11 (7 wks)

THURSDAYS 9:20am-10:15am:

Session 1: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13 (6 wks)

Session 2: 3/5, 3/12, 3/19, 3/26*, 4/2, 4/9, 4/16 (7 wks)

Slow Flow Yoga is a perfect class for those that need to slow down, those that want to slow down, as well as athletes and non-athletes who need to take the time to stretch. This is a wonderful class for new practitioners as there will be longer holds and more grounding postures.

This class will concentrate on more basic postures, hip openers, forward folds as well as restorative stretching to release any unnecessary stress.

Gail has been teaching yoga for 20 years and holds several certifications. **Please bring yoga mat. Other equipment supplied.**

Fee: Per day: Sess. 1: \$49 (6 wks), **Sess. 2:** \$ 59 (7 wks)

Location: Town Hall, Multipurpose Room, Ground Floor.

Please enter Door #4 that faces the road. Follow the walkway by the flagpole.

STRONG 30™

6:00 AM

With Chastelyn Denishenko

Tuesdays and/or Thursdays: 6am-6:30am!

TUESDAYS: 6am-6:30am

First class on 1/7 is free! (Enroll in Session 1 and free class is included or Register separately for free class)

Session 1: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11 **Fee:** \$35

Session 2: 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/11 **Fee:** \$49

THURSDAYS: 6am-6:30am

Session 1: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13 **Fee:** \$42

Session 2: 3/5, 3/12, 3/19, 3/26*, 4/2, 4/9, 4/16 **Fee:** \$49

Per day Drop-in fee: \$8—check or cash only.

Strong 30™ is an efficient and focused class that packs a challenging total-body workout into 30 minutes.

STRONG 30™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. Burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Music and moves are changed frequently to make sure you're always challenged to the max! All in 30 minutes!

Location: Multipurpose Room, Ground floor, Town Hall. ENTER/EXIT Recreation Door-#4 Only (no other door will be open).

PET CPR—SEE PAGE 10



Community Page



Norfolk Lions Club and Norfolk Recreation present

Norfolk's Holiday Parade & Celebration! Sunday, December 8th!

3:30pm Come to the Norfolk Lion's Santa Parade starting at Hillcrest Village & ending at the Public Library. Enjoy the King Philip Marching Band, Norfolk firetrucks, Police cars, Frosty, and of course, Santa!

4:00pm Following the Parade, Pictures with Santa will be taken in the Library meeting Room. Look for signs showing the way. Hot Cocoa and cookies will be served in the Library Lobby.

4:30pm Join us for the Countdown to light the tree in the Gazebo. Create a special Memory!
Children are encouraged to bring a hand-made ornament to decorate the Town Tree.

All events are free!

Norfolk Lions Christmas Trees!

Located in Norfolk Center - Next to Dunkin' Donuts.

Proceeds support

Norfolk charitable causes!

Starts MONDAY, Nov. 18

until all trees and wreaths are gone!

Also collecting items for Norfolk

Food Pantry & Coats-4-Kids too!

NORFOLK LIONS Supports local events & charities year-round!

POST HOLIDAY TREE PICKUP - For \$10 the BOYS SCOUTS will pick up your tree at your home and bring to transfer station. Sign up at Lions Lot or contact Boys Scouts.



EASTER ACTIVITIES

LOOK FOR MORE INFORMATION CLOSER TO THE SEASON and in OUR SPRING and SUMMER BROCHURE. INFORMATION will also be POSTED ON OUR FACEBOOK PAGE.



LIKE US ON FACEBOOK AND GET RECREATION NEWS & NOTICES FIRST!

Search for @NorfolkRec



CELTICS TICKETS VS. PHOENIX SUNS

Saturday, January 18 7pm

As part of the Norfolk Wrentham Youth Basketball, the NWYB players will be on the floor with the players during the Anthem and also participating in the High 5 tunnel at half-time. The King Philip Varsity Girls will be playing center court pre-game.

Balcony tickets: \$68 each

Buy at norfolk.activityreg.com Look for Celtics 'Community' Tickets

PLEASE REGISTER EARLY!

Registering early helps us plan for materials and staffing! Plus, waiting to register puts a program at risk of being canceled due to low enrollment numbers!

WEATHER CANCELLATION POLICY



If the Norfolk Schools are close, our programs are canceled. If the Schools are delayed, only our morning programs are canceled.



NORFOLK RECREATION REGISTRATION FORM

PLEASE USE ONE FORM PER PERSON

Register with this form and a check (or cash) payable to Norfolk Recreation and bring or mail to Norfolk Recreation, 1 Liberty Lane, Norfolk, MA 02056. Online registration is available at www.norfolk.ma.us.

Name: _____ D.O.B _____ Parent's Name _____

Address: _____ Cell/Home/work Phone #'s _____

Course Name: _____ Day(s): _____ Class Time: _____ Fee: _____

Course Name: _____ Day(s): _____ Class Time: _____ Fee: _____

E-Mail Address(es): _____ Emergency Contact: _____

Allergies OR other helpful information: _____ Alt. P/U person: _____

I, _____, on behalf of myself and/or my minor child, hereby release and hold harmless the Town of Norfolk, Norfolk Public Schools, King Philip Regional Schools, and all their officers, employees, contract employees, volunteers, organizations providing services and agents from any claims, causes of action, loss, damage, cost, or liability arising or relating in any way to any injuries that I or my child might sustain from my or my child's participation in Norfolk Recreation activities including such claims or causes of action that I/he/she may now have or thereafter acquire (either independently or as a parent of said child) or that my child may have or hereafter may acquire.

=>I authorize emergency medical care for named participant in the event of an emergency ___yes___no___(initials).

=>I give my permission for photographs of named classes, events, and activities to be used for marketing and/or for viewing on social media pages managed by Norfolk Recreation. No person will be identified by name on social media by Norfolk Recreation ___yes___no___(initials).

=>Does your child need accommodations or is there important information we should know for a successful experience: ___yes___no___(initials)

If yes, Details please: _____

SIGNATURE: X _____ Date: _____

Registrations are subject to all registration policies including No Refund Policy. Policies are online and in each Recreation brochure.

I would like to apply to the Fee Reduction Program: _____ Please briefly explain the reasons or call Recreation Director at (508) 520-1315

Registration may be done online at www.norfolk.ma.us, or you may register by mailing or bringing this form along with a check or cash to Norfolk Recreation, 1 Liberty Lane, Ground Floor, Norfolk, MA 02056.



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Allergies OR other helpful information: _____ Alt. P/U person: _____

I, _____, on behalf of myself and/or my minor child, hereby release and hold harmless the Town of Norfolk, Norfolk Public Schools, King Philip Regional Schools, and all their officers, employees, contract employees, volunteers, organizations providing services and agents from any claims, causes of action, loss, damage, cost, or liability arising or relating in any way to any injuries that I or my child might sustain from my or my child's participation in Norfolk Recreation activities including such claims or causes of action that I/he/she may now have or thereafter acquire (either independently or as a parent of said child) or that my child may have or hereafter may acquire.

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