

ADULT - FITNESS

PICKLEBALL

– the fastest-growing sport in America –
is coming to Medway this spring!



ZUMBA®

Christine French

Zumba® is more than just exercise. It is fun and fitness wrapped up in the best dance party you will ever attend! This class provides routines featuring interval training sessions with fast and slow rhythms and resistance training. You will tone and sculpt every major muscle group while burning fat. Classes mix upbeat music from many different genres and styles. The routines are designed for all levels and ages, and for both dancers and non-dancers alike. You will love the fun class atmosphere that you will not want to end!

Course # B22-18 8 sessions
Saturdays, January 6-March 3 9:30-10:30am
(No class February 24) \$70
High School Aerobics Room - Enter Gym Doors

ZUMBA GOLD®

Lisa Kohne

Zumba Gold® is perfect for adults looking for a modified Zumba® class that recreates the original moves you love but at a lower intensity level. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. It focuses on all elements of fitness – cardiovascular, muscular conditioning and flexibility. Come ready to sweat and prepare to leave empowered and feeling strong.

Course # B23-18 8 sessions
Mondays, January 8-March 12 7:00-8:00pm
(No class January 15 & February 19) \$70
High School Aerobics Room - Enter Gym Doors

WOMEN, YOGA & HEALTH

Siri Krishna Khalsa

This is an 8-week course designed for women only. Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and meditation, which teach you the art of relaxation, self-healing and elevation. Wear comfortable clothing and bring a mat or towel to class. All participants must register before the first session.

Course # B24-18 8 sessions
Tuesdays, January 9-March 6 6:30-7:45pm
(No class February 20) \$78
Medway Public Library - Lower Level

PIYO – Pilates & Yoga

Josette Puig

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Course # B25-18 8 sessions
Wednesdays, January 10-March 7 7:00-8:00pm
(No class February 21) \$70
High School Aerobics Room - Enter Gym Doors

ZUMBA TONING®

Christine French

NEW

Men and women, stay toned during the winter months with Zumba Toning while we wait for “Boot Camp with Kelly” to return in the spring! This class works a boot-camp-styled circuit training routine that combines cardio WITH strength training resulting in a higher calorie burn than strength training alone, 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 to help beat the winter blues!

Course # B26-18 8 sessions
Thursdays, January 11-March 8 7:00-8:00pm
(No class February 22) \$70
Burke School Gym

20/20/20 – Rope Training & Cardio Circuit

Patrice Dwyer

Join this innovative fitness class that offers a fresh challenge for improved cardio performance featuring Rope Training and Cardio Circuit. Every session includes a complete fitness routine, with 20 minutes each of cardio, weight training and abdominal work. Each night challenges different muscle groups giving all participants a complete and balanced workout. Please bring a water bottle, hand held weights and a yoga mat. This class offers a complete and balanced workout that is perfect for all fitness levels.

Course # B27-18 16 sessions
Mondays & Wednesdays, January 8-March 12 6:30-7:30pm
(No class January 15, February 19 & 21) \$85
Burke School Gym

ADULT GYMNASTICS

Shen’s Gymnastics Academy

Are you looking for a new and exciting exercise routine? Adult Gymnastics is highly customized for both women and men, as coaches teach all levels and no previous experience is necessary. Women will work on the uneven parallel bars, beam, vault and floor, and men will work on the rings, parallel bars, high bar, pommel horse and vault. Participants may also use the tumble track trampoline and large foam pit to practice tumbling skills and flips. Experience a great workout all while having fun!

Course # B28-18 8 sessions
Wednesdays, January 10-February 28 8:00-9:00pm
16 Everett Street, Holliston \$210

MEN'S INDOOR FUTSAL

Anil Mahalaha

Join our indoor futsal soccer program to maintain your skills and fitness level during the off season. Futsal is played on a hard surfaced, basketball-sized court with a smaller and heavier low-bounce ball. It is played with touchline boundaries and without walls. Depending on the number of players each week, we will divide into teams of six and rotate every 10 minutes. This program is for players of all ability levels. All participants must register before the first session. Limit 20 participants.

Course # B29-18 12 sessions
Sundays, January 7-April 8 8:00-10:00am
(No class January 14 & April 1) \$110
High School Gym

MEN'S SUNDAY MORNING BASKETBALL

Bill Gross

Come and get an early start to your day, as well as some great exercise, in this informal basketball program specifically for men 30 years and older. You will have the opportunity to "compete" in many games during the two-hour session. Bring water, a towel, and a light and dark shirt. All participants must register before the first session. Limit 20 participants.

Course # B30-18 12 sessions
Sundays, January 7-March 25 7:00-9:00am
Middle School Anderson Gym \$90

MEN'S TUESDAY NIGHT BASKETBALL

Adam Quimby

If you love to play the game of basketball and want to get some exercise, join us and play in this non-competitive setting. You will have the opportunity to play in many games during this program. Bring water, a towel, and a light and dark shirt. All participants must register before the first session. Limit 20 participants.

Course # B31-18 20 sessions
Tuesdays, January 9-June 12 7:00-9:30pm
(No class February 20, April 17 & May 15) \$125
Middle School Old Gym

CO-ED VOLLEYBALL

Steve Karra & Mike Bradford

Join us in this fun, non-competitive volleyball program. Players will be assigned to a team for a semester of enjoyable, recreational volleyball. Passing and team play are emphasized to ensure that everyone has fun, regardless of skill level. The last class will be a fun tournament where you might win a highly coveted T-shirt! All participants must register before the first session.

Course # B32-18 14 sessions
Wednesdays, January 3-April 11 7:00-9:00pm
(No class February 21) \$99
Middle School Old Gym

INTERMEDIATE CO-ED VOLLEYBALL

Wally Wenzel & Bob Hudon

Have you ever wanted to get back into the competitive game of volleyball? Here's your chance! This class is for those who have had experience and have a good basic knowledge of the game. Play is on a full court using USVBA rules with tryouts on the first night. You may sign-up for one night or receive a discount for two nights. All participants must register before the first session.

Program 1

Course # B33-18 14 sessions
Mondays, January 8-April 30 7:00-9:30pm
(No class January 15, February 19 & April 16)

Program 2

Course # B34-18 14 sessions
Thursdays, January 11-April 26 7:00-9:30pm
(No class February 22 & April 19)

Middle School Old Gym

\$99/program or
\$170/two programs

LADIES SNOWSHOE/TREK

Nanci Cahalane

Join this invigorating six-week class for the physically fit hiker! Embrace this time of year hiking on serene trails during the winter months. Join other women and hike or snowshoe (your choice) in our wonderful local park areas. Hikes are cancelled only for very inclement weather. If conditions are icy, ice cleats on shoes are strongly recommended. They are available at *Bass Pro, L.L. Bean, and Walmart*. We meet at various local locations every week; a list will be distributed. First meeting location will be at *F. Gilbert State Forest, 45 Mill Street, Foxboro*.

Program 1

Course # B35-18 6 sessions
Thursdays, January 11-February 15 or 9:45-11:00am
Saturdays, January 13-February 17 9:45-11:00am

Program 2

Course # B36-18 6 sessions
Thursdays, March 1-April 5 or 9:45-11:00am
Saturdays, March 3-April 14 9:45-11:00am
(No hike March 31)

F. Gilbert State Forest, Foxboro

\$30/program



WATER FITNESS PROGRAMS

Franklin YMCA
YMCA Aquatics Staff

The Franklin YMCA offers a variety of fitness programs that allow all ages and abilities to enjoy the pool. Participants who register through Community Education pay \$5 per Water Fitness class. Please indicate the number of passes required when registering, which will then be mailed to your home upon receipt of payment. You may attend any of the programs/days/times noted below. There is no deadline for registration and passes do not expire. All classes are 45 minutes in length. *No classes on January 1, 15, February 19, March 30 and April 1.*

Course # BY-18 \$5/class
45 Forge Hill Road, Franklin

Aqua Yoga

Balance, strength, flexibility and focus are practiced through a variety of asanas (positions) in the pool. You will benefit from the water's buoyancy for joints, and the surprising challenge to subtle core stability while holding poses. Leave the pool feeling centered and relaxed. This class is for all levels.

Monday, Wednesday 11:15am

Aqua Zumba

Burn calories and tone muscle in this fast paced, low impact class. Much like dry land, Zumba workouts incorporate Latin Dance. This class is for all levels.

Tuesday, Thursday 12:10pm; Friday 11:10am; Wednesday 7:20pm

Cardio Aqua

This low impact class incorporate resistance routines using one's own body and the use of aqua equipment. Exercises are done in shallow and deep water and appropriate for all fitness levels.

Monday, Wednesday, Friday, Saturday 8:00am; Tuesday 7:30pm

Hydro Fit

This class is designed to offer a variety of cardiovascular and muscular endurance exercises taking influences from kickboxing, Plyometrics and Zumba. You will get your heart pumping and your body moving in this class.

Monday 7:30pm

Water Tai Chi

A form of moving meditation in which the mind and body are lead to a state of balance and equilibrium. This class will integrate physical postures, breathing techniques and focused intention to the body.

Thursday 7:10pm

YAAP - Aqua Arthritis

This soothing exercise class is designed for those with arthritis. Exercises are done in shallow water. A doctor's release form is required.

Tuesday, Thursday 8:15am

ADULT SWIM LESSONS

Franklin YMCA
Please visit the Franklin YMCA's website at www.hockymca.org for information on adult swim lessons.

ADULT DANCE CLASSES

Inspire Dance Academy



Inspire Dance Academy provides high quality, affordable dance for all skill levels. Class sizes are small to ensure that each student receives the individual attention they need in order to develop proper skill and technique. Instructors are educated dance professionals with years of experience in the field. For more information, visit www.inspiredanceacademy.org. Classes run monthly through May.

Course # B37-18
18 Water Street, Holliston

4 sessions/month
\$50 monthly/program

Adult Hip Hop

Inspired by street dance styles, this class will teach today's hottest hip hop moves, as well as old school styles. Dancers will develop body strength, flexibility, and increase stamina through this high energy class that is sure to get you grooving and sweating! All experience levels are welcome. Dress comfortably in nonrestrictive clothing and bring a pair of clean sneakers for the dance floor.

Mondays beginning January 8

7:00-8:00pm

Adult Tap

Tap is a popular style of American theatrical dance distinguished by percussive footwork that marks out precise rhythmic patterns on the floor. Dancers develop a keen sense of rhythm and balance. This basic level, beginner tap class is geared towards the adult who has had little to no tap training. An oxford style tap shoe is recommended for adults as it provides extra support for the foot, although any brand or style tap shoe is acceptable for class. Please contact Inspire Dance Academy for further information regarding shoes.

Wednesdays beginning January 3

7:30-8:30pm

Adult Intermediate Tap

Inspire Dance Academy's intermediate level tap class is appropriate for the adult who has had some experience with tap dance and is looking to continue training. An oxford style tap shoe is recommended for adults as it provides extra support for the foot, although any brand or style tap shoe is acceptable for class. Please contact Inspire Dance Academy for further information regarding shoes.

Wednesdays beginning January 3

6:30-7:30pm

Adult Beginner Ballet

Ballet is the foundation of all dance forms. Classes begin at the barre where students perform movement sequences to develop strength, coordination, balance and proper alignment. These skills are reinforced through center and across the floor combinations. Classical technique and vocabulary are taught. Beginners are welcome in this class. Canvas or leather ballet slippers are recommended.

Thursdays beginning January 4

7:15-8:15pm

ADULT - ENRICHMENT

WATERCOLOR BIRCH TREES

Christine Moyer

Do you love the cover of our winter brochure? Join us to explore the watercolor technique of masking as you create your own beautiful winter birch painting! Each participant will leave with one or two 9" x 12" watercolor white birch tree paintings ready to be framed. All supplies are included. Feel free to bring your own snacks and the desire to create.

Course # B38-18 1 session
Tuesday, January 16 6:30-8:30pm
Memorial School Art Studio Rm. 224 \$35

PAINT, SIP & SWEETS

Laura Conner

What is the best comfort food on a cold winter's night? Dessert, of course! Join us at the Muffin House Café for a night of painting, sipping and dessert. Grab some friends and join us for a creative and cozy evening. Best of all, you leave at the end of the class with a custom piece of art to decorate your home. All supplies are included, and sweets and beverages are available for purchase.

Course # B39-18 1 session
Monday, January 29 7:00-9:00pm
Muffin House Cafe, 116 Main Street, Rte. 109, Medway \$30

MOSAICS

Laura Conner

Join us for this two-night workshop as we create a beautiful mosaic on a picture frame. We will hammer old plates and use the pieces to design the frame during the first session, then grout the frames during the second session. You are welcome to bring plates from home for that "personal touch", but plates will be available at the class from which you may choose colors or patterns. You are sure to have a smashing good time!

Course # B40-18 2 sessions
Thursdays, February 8 & 15 7:00-9:00pm
Middle School Art Room 2301 \$40

MAKE & TAKE SIGN PARTY

Amy Nickerson, Life Expressions Décor



Everyone loves to spruce up their home and work space. This program offers unique home décor, hand crafted by you! Bring a friend and join the fun as you make a beautiful and personal wooden sign - choose your own paint color, paint your board, then apply your specially-chosen saying. Your chosen words may be inspiring, life changing and, most of all, encouraging. Participants are welcome to create a second sign that evening. T.C. Scoops will be serving beverages from their adult Libations Menu.

Course # B41-18 1 session
Tuesday, March 6 7:00-9:00pm
T. C. Scoops, 104 Main Street, Medway \$20/one sign
or \$38/two signs

LADIES NIGHT OUT – Face & Body

Ann Fisher, Molly's Apothecary

Join Molly's Apothecary this winter for our popular Ladies Night Out that focuses on products for the face and body! As we know, it will be a long winter and our face and body need soothing help. We will make a hand and body lotion, a body scrub, a face mask and facial cream, all from the highest quality organic and natural ingredients. This class is always fun in groups, so bring a friend!

Course # B42-18 1 session
Wednesday, January 17 6:30-9:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$45

LADIES NIGHT OUT – Valentine's Day

Ann Fisher, Molly's Apothecary

Pamper yourself for Valentine's Day by joining us at Molly's Apothecary for a fun-filled evening creating valentine-themed bath and body products. We will make several Melt and Pour Soap projects, lotion, a new twist on our famous sugar scrub and more! All participants will leave with lovely gifts for a friend or for their personal use.

Course # B43-18 1 session
Thursday, February 8 6:30-9:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$45

PARENT & CHILD NIGHT OUT

Ann Fisher, Molly's Apothecary

Spend quality time with your child (7-years-old and up) at Molly's Apothecary as you make handmade body and bath products for yourself or for gifts! Each person will make four products, including lotion, soap, sugar scrubs and a bubble bath project, and will take home a goody bag of full-sized, customized beauty products!

Course # B44-18 1 session
Wednesday, February 28 6:00-8:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$100/two;
\$45 additional child

SEWING 101

Jenny Ryerson

Do you want to learn how to sew or already know the basics and need assistance with a more advanced pattern? This course will take you from the basics of learning how to use your machine, right through to making a project of your choice. The class will work on several small projects during the first few sessions, then each participant will work on a larger project for the remaining sessions, including the purchasing of materials, finding a pattern, cutting, sewing and finishing your piece. Please bring a sewing machine to each session; if you do not have one, indicate your need when registering.

Course # B45-18 7 sessions
Tuesdays, January 23-March 6 9:00-10:30am
or 7:30-9:00pm
Veterans Memorial Building, Rte. 109, Millis - Room 6 \$90

BASICS OF KNITTING
One Night Crash Course
 Ida Matuskova



Knitting is a wonderful way to relax and a rewarding way to spend your time. Join us to learn the basics of knitting in just one evening! This workshop will teach you all you need to know to get started as you learn how to cast on, knit and purl stitches, bind off and more. If you have always wanted to learn but didn't think you had the time, now is your chance! All materials are included in the class fee. Please register quickly as the class size is limited.

Course # B46-18 1 session
 Wednesday, January 24 6:30-9:00pm
 Memorial School Library \$37

LEARN TO KNIT
 Ida Matuskova

Have you always wanted to learn to knit? The popularity of knitting continues to rise, and participants in this program will learn basic stitches, how to increase and decrease, how to cast on and off, plus much more! In a few short weeks, you will have the ability to create a personalized piece of art, as well as reap the benefits of reduced stress and anxiety, improved muscle function, and a sense of pride in your work. All materials are included in the class fee. New and returning knitters welcome. Please register quickly as the class size is limited.

Course # B47-18 6 sessions
 Wednesdays, January 31-March 14 7:00-8:30pm
 (No class February 21) \$90
 Memorial School Library

PARENT & CHILD BAKING
Scones - First Steps into Pastry
 John Scott Smith



Spend quality time with your child tasting sweet treats and learning how to bake them at home! We will devote an evening learning how to cut butter into flour, tasting a variety of scones with toppings, then leave with recipes and the confidence to repeat them at home, together. Perfect scones are an excellent starting point as you begin baking with your child. This workshop is appropriate for children ages 8 and older. If you feel your younger child may be ready, please speak with the instructor in advance.

Course # B48-18 1 session
 Thursday, January 18 6:30-8:00pm
 High School Rm. 107-3 \$30/two;
 \$10 additional child

Medway Community Education Gift Certificates
 Good towards any course or trip in this brochure.
 Call or email the Community Education office to order.
 508-533-3222 option 4 508-321-4725
communityed@medwayschools.org

INDIAN COOKING MADE EASY
 Sandhya Jain

Cooking authentic Indian food has never been so easy! This exotic, multi-layered cuisine with its rich textures, bold flavors and aromas can prove to be a challenging endeavor to undertake. Join Sandhya who teaches the basics of this art in a stress-free environment, building your confidence and leave you longing for more. In this exciting demonstration and hands-on class, participants will help prepare and eat *Paneer Tikka Masala*, *Swiss Chard Pakoras* and *Garlic Naan* and enjoy a cup of hot *Chai Tea* at the end of the evening. The health benefits of various spices are addressed, and recipes are available to take home.

Course # B49-18 1 session
 Tuesday, February 27 7:00-9:00pm
 High School Rm. 107-3 \$45

BREWERY TOUR & TASTING
 CraftRoots Brewing

Spend an evening at CraftRoots Brewing where guests will enjoy a private brewery tour, participate in an open discussion about craft beer, and sample a rack of four 5-oz beers. Brewer and Founder Maureen Fabry is passionate about connecting craft beer back to local agriculture and crafting super-fresh, community-inspired brews. Additional beer may be purchased separately. Participants must be 21 years of age to attend.

Course # B50-18 1 session
 Tuesday, February 6 7:00-9:00pm
 4 Industrial Road, Milford \$15

WINE EDUCATION SERIES
 Franklin Liquors, The Tasting Room



Class 1: Wine Aromas – Apple. Leather. Grass. Bell Pepper. When you start paying attention to wine you hear aroma and flavor descriptions such as these being thrown around. What does it all mean? How can you tell what you are smelling? Join Mark and Kim as they lead you through a guided tasting using the Nez du Vin system to start training your nose to be sensitive to all the wonderful aromas that wine has to offer.

Class 2: Basics of French Wine – France is arguably the birthplace of modern wine, yet often intimidating to the American consumer. In this class you will taste six French wines, learn about the regions, and begin to understand how to appreciate their labeling system, styles and regions.

Class 3: History of American Wine – Wine has been produced and consumed for thousands of years, yet the wine traditions of the United States are relatively young. Explore with us a variety of wines from across our great country and learn about the industry's history, from the missions of California, to the vineyards of Thomas Jefferson, and into the modern era.

Course # B51-18 1 session
 Class 1: Thursday, January 11 7:00-8:30pm
 Class 2: Tuesday, February 20 7:00-8:30pm
 Class 3: Thursday, April 5 7:00-8:30pm

363 East Central Avenue, Franklin \$25/class or \$65/series

RESUME BOOT CAMP

Emily Minkle, Career Coach

NEW

Did you know that roughly 90% of resumes submitted to corporations or government agencies never get read by a human? This course examines best practices of resume construction and outlines the most common mistakes. Learn some of the tips necessary to get your resume noticed. Participants are encouraged to bring their most recent resume and a printout of a job posting for practical classroom exercises. Be prepared to participate in class discussions and complete basic exercises designed to make your resume stand out among the top 10%. Instructor is available at the end of class for participants who have specific questions or who want to delve deeper into the practical exercises

Course # B52-18 1 session
Thursday, January 25 6:30-9:00pm
High School Rm. 112-1 \$25

BASICS OF INVESTING

Debi Rossi, CFA Society Boston

NEW

Are you financially puzzled? Would you like to become more financially responsible? Join us at this new workshop designed to demystify the daunting world of finance. Participants will learn how to understand and achieve investment goals, how to allocate investments across a diverse spectrum of investment vehicles, and what questions to ask when hiring a financial advisor. Come join us at this fun and interactive program and leave with a better understanding on the basics of investing. Proceeds from registrations will benefit the Community Education scholarship fund to help families in need.

Course # B53-18 1 session
Thursday, February 15 7:00-8:30pm
High School Rm. 112-1 \$10

FIRST AID & CPR/AED

Juanita Allen Kingsley, Century Health Systems

This credentialed course is designed for lay-persons who may need to respond to a first-aid emergency. We teach participants how to handle injuries and manage illness in the first few minutes until help arrives. Included are six modules: First Aid basics, medical, injury and environmental emergencies, and adult and pediatric CPR. This course meets the requirements of child care providers, teachers, foster care workers, camp counselors, Scout leaders, youth organizations, coaches, babysitters and parents. Certification is valid for two years.

Course # B54-18 1 session
Monday, March 19 6:00-9:00pm
Memorial School Library \$85

INTERESTED IN TEACHING A COURSE?

Call or email the Community Education office for details
508-533-3222 option 4 508-321-4725
communityed@medwayschools.org

MEDWAY CABLE ACCESS

Medway Cable Access (MCA) is offering free classes at our studio for anyone interested in learning the equipment and to have some one-on-one training with one of our staff members. Learn how to use the equipment, studio, and our computer software so you can make your own shows! *Registration is required as space is limited.*

Course # B55-18 1-4 sessions
High School Cable Studio - Door 23 FREE

Orientation

This is the first step to making your own segment, event promo, or show with MCA. Instructor Amy Huff will introduce you to what the studio offers and give you the opportunity to sign up for any of our free classes.

Tuesday, February 6 6:00-7:00pm

Portable Camera Production

Learn to record quality video and audio with one of our many HD portable cameras with instructor Barry Schneier. Our cameras may be borrowed, free of charge, to record community events or informational programming. The footage then comes back to the studio and is aired on Medway Cable Access Channel 8 (Comcast)/Channel 36 (Verizon) and shared to our Facebook page and Twitter.

Thursday, March 1 6:00-7:30pm

Final Cut Editing

Continue your training with instructor Bryan Quitadamo as you learn how to edit digitally. Final Cut gives you the ability to import video and audio, as well as adding graphics and music.

Wednesday, March 7 6:00-7:30pm

Studio Production

Instructor Barry Schneier will teach you the basics of studio production including hands-on training with our studio cameras, audio board, switcher and character generator to create titles.

Thursday, March 8 6:00-7:30pm

STAGE YOUR HOME TO SELL

Joleen Rose

In the world of real estate Joleen Rose, CBR, LMC, Realtor, feels strongly that you never get a second chance to make a good first impression. Learn successful strategies for staging your home to look its best before you put it on the market. Invited guest speaker and professional home stager Sandra Bouchard, owner of Define by Redesign will address key points in making your home show to its best potential. This, accompanied with a strong targeted marketing plan, internet exposure and virtual tours are key points addressed to help sell your home and bring you top dollar. Feel free to bring your own interior photos to be reviewed, time permitting. Take advantage of this informative evening and bring home lots of catalog handouts.

Course # B56-18 1 session
Wednesday, January 31 6:00-7:00pm
Veterans Memorial Building, Rte. 109, Millis - Room 204 \$10