

ADULT - FITNESS

PICKLEBALL

Pickleball – the fastest growing sport in America – has come to Medway! This fun game, invented 50 years ago, is a combination of tennis, badminton and ping-pong and is played with a plastic ball on a court one third the size of a tennis court. It can be played by just about anyone and is a great way to exercise, be social and have a blast. Join us and find out why the pickleball craze is sweeping the nation! Please bring a pickleball racquet to each session.

Medway Program - Steve Karra

Course # C34-18 8 sessions
Mondays, April 23-June 18 7:00-9:00pm
(No class May 28) \$50
Memorial School Gym

Millis Program - Lizette Walter

Course # C35-18 6 sessions
Thursdays, April 26-May 31 10:30am-12:00pm
Veterans Memorial Bldg., Rte. 109, Millis - Gym \$30

*Both programs offer a discount for Senior Citizens.
Medway offers a 15% discount and Millis offers a \$5 discount.*

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. Please note new start time.

Course # C36-18 8 sessions
Mondays, April 2-June 4 7:15-8:15pm
(No class April 16 & May 28) \$70
High School Aerobics Room - Enter Gym Doors

20/20/20 – Rope Training & Cardio Circuit

Patrice Dwyer

Take your fitness to the next level! Join this innovative fitness class that offers a fresh challenge for improved cardio performance featuring Rope Training and Cardio Circuit. Each 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 yoga mat. This class offers a complete and balanced workout that is perfect for all fitness levels.

Course # C37-18 16 sessions
Mondays & Wednesdays, April 2-June 4 6:30-7:30pm
(No class April 16, 18 & May 28) \$85
Burke School Gym

NEW

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 mediation, which teach you the art of relaxation, self-healing and elevation. Wear comfortable clothing and bring a mat or towel to class.

Course # C38-18 8 sessions
Tuesdays, April 3-May 29 6:30-7:45pm
(No class April 17) \$78
Medway Public Library - Lower Level

EVENING BOOT CAMP

Kelly DuBois, ACE Certified Personal Trainer

Join us in this highly-energetic class where you will have fun while getting fit! You will burn calories and train your muscles with creative exercises and positive motivation. Cardio and strength training exercises will change each week so you will never feel bored. Please bring a yoga mat and water bottle to class.

Course # C39-18 8 sessions
Tuesdays, April 3-May 29 7:00-8:00pm
(No class April 17) \$70
Burke School Gym

BARRE BASICS

Lisa Kohne

Streamline, tone and condition your entire body with this fun, motivating Barre class that integrates danced-based positions with a focus on correct body alignment and posture. Barre Basics blends principles of dance to work the core, upper and lower body like never before! You will learn ballet barre methods, movements and techniques for a fun and effective workout experience!

Course # C40-18 8 sessions
Wednesdays, April 4-May 30 7:15-8:15pm
(No class April 18) \$70
High School Aerobics Room - Enter Gym Doors

ZUMBA TONING®

Christine French

This fun and energetic 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 get your body ready for warmer weather!

Course # C41-18 8 sessions
Thursdays, April 5-May 31 7:00-8:00pm
(No class April 19) \$70
Burke School Gym

NEW

BEGINNER TAI CHI

Jeanne Donnelly

NEW

Although initially practiced as a martial art, many people now learn Tai Chi as a form of exercise to reduce stress and increase balance. Participants are introduced to the art, basic principles and philosophy of Tai Chi. It is ideal for students who are new to Tai Chi or have taken classes in the past and want to review or enhance their practice. This class also includes healing qigong exercises.

Course # C42-18 6 sessions
Thursdays, April 26-May 31 6:30-7:30pm
Memorial School Library \$60

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 # C43-18 8 sessions
Saturdays, April 7-June 2 9:30-10:30am
(No class May 5) \$70
High School Aerobics Room - Enter Gym Doors

LADIES LIGHT HIKING

Nanci Cahalane, Certified Personal Trainer & MIAA Coach

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. This class moves at a good pace, and we will be looking for hills! We will meet at various local locations each week. A list will be distributed. Hikes are cancelled only for very inclement weather; make-ups after second cancellation. First meeting location will be at F. Gilbert State Forest, 45 Mill Street, Foxboro.

Program 1

Course # C44-18 6 sessions
Thursdays, April 26-May 31 9:45-11:00am

Program 2

Course # C45-18 6 sessions
Saturdays, May 5-June 16 9:45-11:00am
(No class May 26)

F. Gilbert State Forest, Foxboro \$30/program



GOLF FOR MOMS

Greg Dowdell, PGA Professional
Kevin Weldon, USGTF Professional

Put the kids on the bus, drop them at daycare, grab a cup of coffee and head over to Maplegate to learn the game of golf. The program covers basic rules and etiquette, along with the fundamentals of the pre-shot routine, full swing, and short game. Participants will have the use of practice facilities, range balls, and equipment. Rain date June 18.

Course # C46-18 5 sessions
Mondays, May 7-June 11 10:00-11:00am
(No class May 28) \$120
Maplegate Country Club, 160 Maple Street, Bellingham

AFTER WORK GOLF GROUP LESSON

Greg Dowdell, PGA Professional
Kevin Weldon, USGTF Professional

This program is for golfers of all ability levels and will consist of five 90-minute group lessons during which participants may choose to work on the practice area or on the course. The program covers basic rules and etiquette, the full swing, and short game, as well as the use of practice facilities, range balls, equipment, and all green fees. Rain date June 18.

Course # C47-18 5 sessions
Mondays, May 7-June 11 6:00-7:30pm
(No class May 28) \$130
Maplegate Country Club, 160 Maple Street, Bellingham

MOTHER'S DAY GOLF – 2 for 1 Group Lesson

Greg Dowdell, PGA Professional
Kevin Weldon, USGTF Professional

This special program is designed for golfers of all ability levels, and children 15 years of age and older may join their mom to celebrate her special day. Mother/Child, Wife/Husband, Friend/Friend are all welcome! This program covers putting, chipping, and full swing technique using the latest V1 video analysis. The lesson will be held on the practice areas. The program includes use of practice facilities, range balls, and equipment.

Course # C48-18 1 session
Saturday, May 12 10:00am-1:00pm
Maplegate Country Club, 160 Maple Street, Bellingham
\$100/two participants

ONE DAY GOLF SCHOOL

Greg Dowdell, PGA Professional
Kevin Weldon, USGTF Professional

This is a one-day program for serious golfers of all ability levels. This comprehensive program examines the golf swing and covers set-up fundamentals, the full swing, chipping and putting using the latest V1 video analysis techniques. The day will be spent practicing skills in the morning and playing a 9-hole lesson in the afternoon. The program includes use of practice facilities, range balls, equipment, all green fees and lunch.

Course # C49-18 1 session
Saturdays, May 19 or June 23 9:00am-3:00pm
Maplegate Country Club, 160 Maple Street, Bellingham
\$140/session

YOUR FIRST 5K

Nanci Cahalane, Certified Personal Trainer & MIAA Coach

Here is your chance to do something that has only been a dream! If you have thought about becoming a runner or running again after taking years off, here is your opportunity! This adult program is designed to get you off the couch or away from the desk and ready to run a 5K (3.1 miles). In this 10-week program, catered to beginners, you will progress from a walker to a runner. We will meet as a group once a week, and you will be given specific instructions for running other days of the week on your own. Workouts will be followed with stretching and advice about running and nutrition.

Course # C50-18 10 sessions
Thursdays, April 26-June 28 6:30-7:30pm
Pond Street Recreation Complex, Rte. 115, Norfolk \$75

ADULT TAP

Inspire Dance Academy

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.

Program 1

Course # C51-18 3 sessions
Wednesdays, April 4-25 7:30-8:30pm
(No class April 18) \$37

Program 1

Course # C52-18 5 sessions
Wednesdays, May 2-30 7:30-8:30pm
\$62

18 Water Street, Holliston

ADULT BALLET

Inspire Dance Academy

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. This is an open level class but beginners are welcome. Canvas or leather ballet slippers are recommended.

Program 1

Course # C53-18 3 sessions
Thursdays, April 5-26 7:15-8:15pm
(No class April 19) \$37

Program 2

Course # C54-18 5 sessions
Thursdays, May 3-31 7:15-8:15pm
\$62

18 Water Street, Holliston

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 Monday, May 28.*

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

NEW

Aqua Yoga & Stretch

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. All levels welcome.

Mondays 11:15am

NEW

Aqua Circuit Training

This class is designed to offer a variety of cardiovascular and muscular endurance exercises. You will get your blood pumping and body moving in this high energy class. All levels welcome.

Tuesdays 7:30pm

NEW

Deep End Water Fitness

This water workout is as intense as you make it. Class includes stretching, cardiovascular activity and muscle conditioning.

Thursdays 9:30am

Aqua Yoga

This is a gentle relaxed class designed to strengthen your body with stretches and positions, similar to land-based yoga but done in the warm water. Leave the pool with a relaxed state of mind.

Monday, Wednesday 11:15am

Cardio Aqua

This water workout is as intense as you make it. Class includes stretching, cardiovascular activity and muscle conditioning.

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

Aqua Arthritis

YMCA Aquatic Arthritis Program provides soothing exercises in shallow water, specifically designed for people with arthritis.

Tuesday, Thursday 8:00am

Aqua Zumba

This impact-free high intensity workout burns calories and tones muscles while you dance and move to Latin music.

Tuesday, Thursday 12:10pm; Friday 11:10am



ADULT - ENRICHMENT

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 # C55-18 1 session
Tuesday, May 8 7:00-9:00pm
T. C. Scoops, 104 Main Street, Medway \$20/one sign
or \$38/two signs

PAINT & SIP

Laura Conner

Grab a couple of friends and join us for our exciting painting workshop! All participants are instructed from start to finish in the creation of a unique painting. 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. T.C. Scoops will be serving beverages from their adult Libations Menu.

Course # C56-18 1 session
Tuesday, May 15 7:00-9:00pm
T. C. Scoops, 104 Main Street, Medway \$30

POP-UP POLLINATOR GARDENS

Alison Dempsey, MCF Education Coordinator



Learn how to create simple pop-up pollinator gardens around your yard. Explore the varieties of flowers and herbs that will attract pollinators to your New England home. The class will include starter seeds, small compost canisters, growing charts and completer flower and herb lists. Recommendations for garden locations and garden examples will be provided.

Course # C57-18 1 session
Saturday, April 7 10:00am-12:00pm
Medway Community Farm Center, 50 Winthrop Street \$35

SMALL CONTAINER, BIG GARDEN

Carol Collard & Jeanne Raffa

Here is the perfect opportunity to build something you can actually eat! In this hands-on class from Medway Community Farm, all participants will plant a beautiful, small container garden with their choice of organic herbs and salad greens. Plus, strawberry slips are now included in this spring's container! You will learn how to harvest your plants to encourage more growth, how to identify common problems and how to tell if a seedling is healthy. Participants leave with recipes and ideas for how to get the most out of their garden.

Course # C58-18 1 session
Thursday, May 24 6:30-8:00pm
Medway Senior Center \$40

TEA WITH HONEYBEES

Alison Dempsey, MCF Education Coordinator



Spring is an exciting time for New Englanders, as we begin to thaw from the long winter. Come enjoy Medway Community Farm's many herb gardens, while enjoying a cup of tea and honey from the farm. The class will include a guided tour of the farm's apiary. We will make sun-brewed tea and honey samples to take home.

Course # C59-18 1 session
Saturday, June 2 10:00am-12:00pm
Medway Community Farm Center, 50 Winthrop Street \$35

KEBABS & CURRY

Sandhya Jain



Kebab & Curry - two wonderfully succulent words when talking Indian cuisine. During this hands-on cooking program, all participants will make a traditional *Chicken Kebab*, a *Red Kidney Bean Kebab* (a vegetarian substitute that retains all of the taste and flavors), and a *Minced Lamb Kebab*. Finally, the *Tikka Masala Curry* will simply make your mouth water! All supplies and recipes are provided.

Course # C60-18 1 session
Thursday, May 3 7:00-9:00pm
High School Rm. 107-3 \$60

HISTORY OF AMERICAN WINE

Mark Lenzi, CSW, CSS, CWAS, FWS, IWS

Kim Simone, Certified Wine Specialist & French Wine Scholar



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 # C61-18 1 session
Thursday, April 5 7:00-8:30pm
Franklin Liquors, 363 East Central Avenue, Franklin \$25

BREWERY TOUR & TASTING

CraftRoots Brewing

Spend an evening at CraftRoots Brewing where guests will enjoy a 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 # C62-18 1 session
Wednesday, May 9 7:00-9:00pm
4 Industrial Road, Milford \$15

LADIES NIGHT OUT – Face

Ann Fisher, Molly's Apothecary

NEW

Join Molly's Apothecary this spring for a Ladies Night Out that focuses on facial products. Learn about the ingredients that go into your favorites and turn that knowledge into amazing products. We will be making a cleanser, toner, face mask and cream using natural and organic ingredients, essentials and hydrosols. This class is fun in groups, so bring a friend!

Course # C63-18 1 session
Wednesday, April 11 6:30-9:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$50

LADIES NIGHT OUT – Hands & Body

Ann Fisher, Molly's Apothecary

NEW

Join Molly's Apothecary this spring for our popular Ladies Night Out that focuses on products for the hands and body! We will be making soaps, a lovely hand lotion, an aromatherapy bath soak and a delicious body scrub. Take home a lovely goody bag of customized products. This class is fun in groups, so bring a friend!

Course # C64-18 1 session
Wednesday, May 9 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 # C65-18 1 session
Wednesday, May 16 6:00-8:00pm
Medway Mills, 163 Main Street, Rte. 109 - Suite 5 \$100/two;
\$45 additional child



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 # C66-18 1 session
Wednesday, April 11 6:30-9:00pm
Memorial School Library \$39

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 # C67-18 6 sessions
Wednesdays, April 25-May 30 7:00-8:30pm
Memorial School Library \$95

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 # C68-18 7 sessions
Thursdays, May 3-June 14 7:30-9:00pm
Veterans Memorial Building, Rte. 109, Millis - Room 6 \$90

SEWING 102

Jenny Ryerson

NEW

Are you interested in tackling a more advanced sewing project and may need some assistance? In this relaxed setting, you are able to work on the project of your choice, knowing help is readily available at any time. Please bring a sewing machine and all materials to this "tailor-made" class.

Course # C69-18 6 sessions
Tuesdays, May 1-June 5 7:30-9:00pm
Veterans Memorial Building, Rte. 109, Millis - Room 6 \$75

ADULT - HEALTH & LIFESTYLE

MOUNTAIN BIKE CLINIC

Sgt. Jeffrey Watson

NEW

The Medway Police Department, in conjunction with the Alex Handy Project and Police Mountain Bike Training (PMBT) of New England, is offering a two-day bike safety clinic. The camp teaches participants the proper techniques for riding a bike off-road, road rules and safety tips, as well as the proper fit of a bike, bike mechanics and, most important, control of the bike. Participants are taught control by maneuvering between cones, going over curbs and smaller obstacles, and going down stairs.

All participants must be able to comfortably ride a bike - the second day is physically demanding as the group is riding off-road for several hours. **Equipment Required:** mountain bike in good working order (no BMX style bikes), helmet, gloves (optional but highly recommended), safety glasses, comfortable biking clothes and a water bottle.

Lunch is served on the second day, and all participants receive a free t-shirt and a Milford Bicycle coupon for 5% off a new bike or 10% off equipment or service. All proceeds from registrations benefit the Community Education scholarship fund to help families in need. Please contact Sgt. Jeffrey Watson at jwatson@medwaypolice.com with questions.

Course # C70-18 2 sessions \$25
Saturday, June 2 - Thayer House 9:00am-1:00pm
Sunday, June 3 - F. Gilbert State Forest, Foxboro 9:00am-1:00pm

WOMEN'S SELF DEFENSE – How to Stay Safe

Jeanne Donnelly

NEW

If your daughter is headed out into the workforce, off to college or planning a trip, it is extremely important that she knows how to stay safe. This program, for young women in grades 11 and 12, will provide basic information about safety and teach effective self-defense techniques for preventing dangerous situations. It will also address how to recognize and stop a situation from becoming potentially dangerous.

Course # C27-18 1 session
Wednesday, June 6 6:30-8:00pm
High School Aerobics Room - Enter Gym Doors \$25

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 # C71-18 1 session
Monday, May 21 6:00-9:00pm
Memorial School Library \$85

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 # C72-18 1 session
Wednesday, May 2 7:00-8:30pm
High School Rm. 112-1 \$10

MEDICARE 101

Elaine Ficcardi

NEW

When it is time to start thinking about Medicare or changing your existing plan, most people are surprised and confused about the process. This program breaks down and explains Medicare Parts A, B, C and D, along with the Supplemental and Advantage plans. It also provides unbiased advice on the best way to pick a plan based on your individual needs. The Medicare cost structure is also addressed and how income may impact your costs.

Course # C73-18 1 session
Wednesday, April 18 6:30-8:00pm
Veterans Memorial Building, Rte. 109, Millis - Room 130 \$25

ESTATE PLANNING BASICS

Jason Carrozza, Family Legal Partners

Have you taken the necessary steps to protect your family if something were to happen? Where would your property go and who would raise your children? The seminar will explain the necessary components of an 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.

Course # C74-18 1 session
Wednesday, May 23 6:30-8:00pm
Veterans Memorial Building, Rte. 109, Millis - Room 130 \$10

HOME BUYER BOOT CAMP

Mickee Whitney, Mortgage Officer

This FREE educational boot camp will focus on real life scenarios that demystify the entire home buying process. Mickee Whitney has 14 years of experience in banking and lending at Charles River Bank. Joining her is a panel of local real estate experts who will help you forge the way. You will leave with valuable information and tools to acquire the home you desire. Refreshments will be served at 6:00pm followed by Boot Camp presentations and a question and answer period. **To Register:** email info@charlesriverbank.com or call Catrina at 508-321-3115. Please include names of all attendees, contact phone number and email, and any specific questions or topics you would like to see addressed in the seminar. Space is limited, so register today!

Wednesday, April 4 6:00-8:30pm
Restaurant 45, 45 Milford Street, Rte. 109, Medway FREE

SPECIAL DAY TRIP



A DAY IN NEW YORK CITY **Saturday, April 28**

Join us for a memorable day in New York City! There are so many countless exciting and entertaining places to visit that it is impossible to see everything in one day – but let us help you get started! Visit www.nycgo.com or www.nycinsiderguide.com to help plan your day.

The luxury coach bus departs from the Medway Middle School parking lot, 45 Holliston Street, at 6:30am. The bus drops off and picks up at 5th and 42nd Streets, near the NY Public Library and Bryant Park. This location is ideal if you choose to visit Times Square, St. Patrick's Cathedral, Rockefeller Center, plus much more – a map of the area is provided. For planning purposes, please note that the bus arrives in the city at approximately 10:30am and departs promptly at 6:00pm. The bus driver's gratuity is included in the fee.

Shows, Shopping, Sightseeing, Fine Dining, Museums and more!!!

Course # NYC-18
Saturday, April 28
\$65

1 session
6:30am departure from Medway Middle School
10:30pm approximate return to Medway Middle School

REGISTRATION

ONLINE REGISTRATION & PAYMENT (preferred method)

1. Visit *www.medwayce.org*. Select the link for **Online Registration: FamilyID** and login or sign up.
2. Select a program, then select course(s).
3. Complete Registration Information and select the **Save and Continue** button.
4. Click the **Submit** button to pay electronically or by check. You will receive an email confirming registration.
5. Payment is required to complete the registration.
 - **Credit Card/Debit Card** – click the Unipay Gold link (<https://unipaygold.unibank.com>) in the email confirming registration.
 - UniPay Gold accepts American Express, Discover and MasterCard credit (fee applied), MasterCard debit and ACH.
 - **Check** – mail to Medway Community Education, 16 Cassidy Lane, Medway, MA 02053; reference course in memo section for accurate processing. Medway Community Education office must receive the check within 5 days of registering.
6. A registration without payment does not hold a spot in a class or program.
7. Once registration is paid electronically or by check, you will receive an email confirming payment.

PAPER REGISTRATION

1. Make check payable to Medway Community Education.
2. Mail registration and check to 16 Cassidy Lane, Medway, MA 02053, or hand deliver registration and check to the Burke Memorial School Main Office, 16 Cassidy Lane – Monday-Friday – between the hours of 7:30am-3:30pm. The Community Education office is open for extended hours until 5:00pm.
3. Once registration is processed, you will receive a confirmation email.
4. All checks returned by the bank will incur a \$25 fee payable to the Town of Medway and collected by the Town Treasurer.

REGISTRATION FORM – Spring 2018

* Please Print * One Person Per Form

Name: _____ Address: _____

Home #: _____ Mobile #: _____ Email: _____

Child Participant Only Age: _____ DOB: _____ Allergies/Special Needs: _____

Course # _____ Course Name: _____ Day: _____ Dates: _____ Time: _____ Fee: _____

Course # _____ Course Name: _____ Day: _____ Dates: _____ Time: _____ Fee: _____

Course # _____ Course Name: _____ Day: _____ Dates: _____ Time: _____ Fee: _____
