



Before School Programs - Spring 2018

BOKS at McGovern School & Memorial School

- BOKS is a program sponsored by Reebok that aims to give students a body and brain “boost” that sets them up for a successful day of learning. Each session includes free play, meeting and warm up, running-related activity, skill of the week, end of class game, and cool down with a nutrition tip. Both schools offer two **before school** sessions a week, and **breakfast** is available for purchase before the start of the school day.
 - McGovern Gym - Tuesdays & Wednesdays, March 6-April 5 and/or April 24-May 23 - 7:45-8:30am
 - Memorial - Burke Gym - Mondays & Fridays, March 2-April 6 and/or April 23-May 25 - 7:25-8:10am
 - Program fee - \$15 for 10 sessions.
 - Breakfast - \$1.50; available for purchase from each student's lunch account. (no charge for free/reduced students)
 - Instructors - Mrs. Warner at McGovern and Ms. O'Neil at Memorial
 - Volunteers - please email poneil@medwayschools.org or mwarner@medwayschools.org if able to assist
 - Drop Off - parents/caregivers are responsible for making sure their child arrives promptly at each school's start time for all sessions
 - Reebok Waiver Form - will be sent to all families after registering; must be returned before the first session

YOGA at Medway Middle School & Medway High School

- We are pleased to announce that we are offering a wonderful yoga program with Ms. Chelsea Comfort at both Medway Middle School and Medway High School! During this yoga series, Ms. Comfort will teach mindfulness techniques to help participants keep calm and focused even during the most challenging times. Whether students are looking to develop new skills, elevate their performance, or just spend time with friends, this program will have a positive impact. Many top athletes, musicians, and artists use some of the same breathing and movement practices that students will learn.

Medway Middle School:

- Thursdays, 2:10-3:10pm, Room 1217 - late bus is available
- Option 1: March 1-22 - 4 sessions - \$42*
- Option 2: March 29-April 26 (no class April 19) - 4 sessions - \$42*
- Option 3: May 3-31 (no class May 24) - 4 sessions - \$42*
- Option 4: March 1-May 31 - all 12 sessions at the discounted price of \$120

Medway High School:

- Wednesdays, 7:00-7:30 am, Aerobics Room
- Option 1: February 28, March 7, 14, 21 - 4 sessions - \$40*
- Option 2: March 28, April 4, 11, 25 (no class April 18) - 4 sessions - \$40*
- Option 3: May 2, 9, 16, 30 (no class May 23) - 4 sessions - \$40*
- Option 4: February 28-May 30 - all 12 sessions at the discounted price of \$110*

*Scholarships or partial scholarships, for students receiving free/reduced lunch, are available by contacting Meredith Arieta-Heaney at marietaheaney@medwayschools.org or 508-533-3222

Registration Information:

- To register, select **Online Registration: FamilyID**
- Select **Before School Programs – Spring 2018**, select class and complete registration.