

# MIDDLE & HIGH SCHOOL

## MOUNTAIN BIKE TRAINING CAMP

Ages: Grades 7-12  
Sgt. Jeffrey Watson



The Medway Police Department, in conjunction with the Alex Handy Project and Police Mountain Bike Training (PMBT) of New England, is offering a three-day bike safety camp. The camp teaches children 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 third 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 third 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](mailto:jwatson@medwaypolice.com) with questions.

Course # C24-18                      3 sessions                      \$25

Thursday, June 14 & Friday, June 15                      3:00-6:00pm  
Thayer House

Saturday, June 16                      9:00am-1:00pm  
F. Gilbert State Forest, Foxboro



## IN CONTROL ADVANCED DRIVER TRAINING

Crash Prevention Course  
For more information, visit the **News & Notices** section of our website at [www.medwayce.org](http://www.medwayce.org).

## WORLD OF DRONES

Ages: 10 & up  
Bryan Quitadamo, Medway Cable Access

Do you love exploration and the future of flight? Drones are the biggest “toys” to hit the skies! Drones hover like a hummingbird, swoop obstacles like a bat, and fly backwards like a dragonfly. In this safe environment, participants will learn the rules and regulations of drone flight with hands-on training and a live demonstration. No drone experience or equipment is necessary. Join the future today!

Course # C25-18                      1 session  
Wednesdays, May 16 or June 6                      6:00-7:45pm  
High School Cable Studio - Door 23                      \$20/session

## 4 DAY JR. GOLF ACADEMY

April Vacation

Ages: 9-17  
Greg Dowdell, PGA Professional  
Kevin Weldon, USGTF Professional

This program is targeted for serious junior golfers of all ability levels and will cover basic rules and etiquette, along with the fundamentals of the pre-shot routine, equipment selection, the full swing, and the short game. Time will be shared between the practice area and the course. Program includes use of practice facilities, range, balls, equipment, green fees and lunch daily. Please bring a water bottle and snacks. Rain date April 20.

Course # C22-18                      4 sessions  
Monday-Thursday, April 16-19                      11:00am-4:00pm  
Maplegate Country Club, 160 Maple Street, Bellingham                      \$300

## PARKOUR (Freerunning)



Ages: 12 & up  
Wu Xing Kung Fu

Parkour is a great exercise for the mind and body - it develops willpower, control, drive, humility, focus and balance. It also promotes body awareness, strengthens the core and fosters better metabolism, all while having a fun workout with great people! Parkour is taught in a graduated setting that puts safety first, using mats and other equipment to help acquire skill and confidence. Build strength and gain flexibility as you learn how to interact safely with the environment. Learn break falls, cartwheels, rolls and more to disperse energy from jumps or falls; learn how to use the principles of stride, precision and wall running to plot your course. Beginners and experienced Freerunners are welcome!

Course # C26-18                      4 sessions  
Tuesdays, April 3-24 or May 1-22                      4:30pm-5:15pm  
Thursdays, April 5-26 or May 3-24                      6:45pm-7:30pm  
Fridays, April 6-27 or May 4-25                      5:30pm-6:15pm  
903 Main Street, Millis                      \$120/monthly program

## TEEN SWIM LESSONS

Ages: 13 & up  
Franklin YMCA  
For information on swim lessons, please refer to page 6 in the YOUTH section of our brochure. Many days and times are offered during the Spring 2 session.

## WOMEN'S SELF DEFENSE – How to Stay Safe

Ages: Grades 11 & 12  
Jeanne Donnelly

NEW

Whether you are headed out into the workforce, off to college or planning a trip, it is extremely important that all young women know how to stay safe. This important program 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

## RED CROSS BABYSITTING COURSE

Ages: 11-14  
Margie Monahan

This course teaches you the responsibilities and qualities of being a good babysitter. You learn to interview for a babysitting job, supervise children with safe and age-appropriate toys and games, handle an emergency or illness, perform first aid, carry out basic care routines, prepare simple meals and snacks, and handle bedtime issues. This is done with fun activities, exciting videos, lively discussions, and real-life problem-solving situations. We provide you with a first aid supply pack and a book with CD. Students receive a Red Cross Certification Card once they complete the course. Students should bring a snack and drink each day. Register early-class fills quickly and supplies must be ordered through the National Red Cross Organization. **Please pick up your child at the Kelley Street parking lot at 4:30pm.**

Course # C28-18 4 sessions  
Tuesdays, May 1-22 2:00-4:30pm  
Middle School Rm. 1108 \$75

## FIRST AID & CPR/AED

Ages: 13 & up  
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

## FINANCE FOR TEENS

Ages: 13 & up  
Debi Rossi, CFA Society Boston

NEW

In this fun, interactive workshop, teens are introduced to the world of finance with easy-to-understand and practical advice on what many may consider puzzling topics. Please join us to learn how to handle your day-to-day finances, read a pay stub, open a bank account with free ATM access, understand your credit score, plus much more! The financial decisions you make today could have a positive impact on your financial future! Proceeds from registrations will benefit the Community Education scholarship fund to help families in need.

Course # C29-18 1 session  
Wednesday, April 11 7:00-8:30pm  
High School Rm. 112-1 \$10

## HOME ECONOMICS 101

Ages: Grades 5-8  
Joyce Boiardi

NEW

Boys and girls – would you like to learn the basics of cooking, cleaning and sewing? Each session will address important life skills to help you now, through your remaining school years and as a young adult living on your own. **Program 1** addresses how to cook simple recipes and **Program 2** discusses how to maintain a clean environment and basic sewing skills.

**Program 1**  
Course # C30-18 1 session  
Tuesday, April 24 3:00-6:00pm

**Program 2**  
Course # C31-18 1 session  
Monday, April 30 3:00-5:00pm

Veterans Memorial Bldg., Rte. 109, Millis \$25/program

## COLLEGE ESSAY WORKSHOP

Ages: Entering Grade 12  
Medway High School Staff

This intensive workshop will provide students with the time and opportunity to begin the college application process and write their essay before senior year is in full swing. Whether students have a rough draft or no idea what to write about, this workshop will meet them where they are. Participants will work individually and in groups with dedicated teachers to develop, write and refine well-developed essays in their authentic voice. In addition, there will be opportunities to learn more about specific topics, such as college interview etiquette and preparation, scholarship opportunities, and how to be social media savvy. Students will leave with an essay, as well as an invitation to join a social media group for access to ongoing resources and support. Join us with plenty of ideas, questions, and energy to make the most of this workshop and take some stress out of your senior year!

**Details for this summer workshop will be available in our Summer Brochure. Visit our website at [www.medwayce.org](http://www.medwayce.org) for upcoming information.**

### ARE YOU FOLLOWING US ON SOCIAL MEDIA?

Be sure to follow  
Medway Community Education  
on Facebook and Twitter, @medwayce.org

## CATALYST PREP SAT/ACT BOOT CAMP

Ages: Grade 11



This new program takes the “boring” out of studying for the SAT and ACT exams! Catalyst teachers take the actual SAT and ACT every time they are given to gain insider knowledge, then pass their expertise to students with patience, understanding, and a welcome sprinkling of humor and creativity. Catalyst’s boot camps arm students with go-to strategies for every question they will face on the day of the test. They can then march into the test site with confidence, momentum, and every key strategy fresh in mind. Students are asked to bring a lunch and drink from home.

### Program 1 – ACT Boot Camp

Course # C32-18 2 sessions  
Saturday & Sunday, April 7 & 8 9:00am-1:00pm

### Program 2 – SAT Boot Camp

Course # C33-18 2 sessions  
Saturday & Sunday, April 28 & 29 9:00am-1:00pm

High School Rm. 107-1 \$175/program

## KAPLAN TEST PREP

Ages: Grades 11 & 12

Kaplan’s courses at Medway High School help students get prepped with an 8-session course, including 18 hours of instruction, 2 full-length practice tests, and Kaplan’s print and online study materials. The practice test sessions may run longer than the scheduled three hours. This program leads up to the May 6 SAT. Kaplan offers a discount for registering early – *Promo Code: KAS150*.

Course # SAKS18366 8 sessions  
Tuesdays & Thursdays, March 29-May 3 6:00-9:00pm  
(No class April 3, 17 & 19)

**Location:** Medway High School Rm. 107-1  
**Fee:** \$799 – register at least 21 days before class start date  
**Fee:** \$899 – register within 21 days of class start date  
**To Register:** Call 1-800-KAP-TEST / 1-800-527-8378 or visit [www.kaplan.com/sat](http://www.kaplan.com/sat)

## TEACHERS DRIVING ACADEMY – Driver’s Education Program

Ages: 15 yrs. / 9 mos. & up  
Medway High School Rm. 109-2



### Classroom Session

- \$99.00 for 30 hours of classroom instruction – check payable to Medway Community Education
- Students must be at least 15 years, 9 months per Mass RMV rules at the time class begins.
- Please note some sessions exceed 30 hours due to a half hour lunch break built into the schedule.
- Students may not leave the building and are asked to bring snacks, drinks and lunch, if applicable, from home.
- Students must bring a notebook and pen.
- If a student misses a class, he/she must make-up the same missed class. Student may attend the make-up class at any TDA location and does not have to book online; just sign the in-class book for our records.
- Class cancellation - if Medway High School is closed or released early due to inclement weather, the driver education class will be cancelled for that day/evening. Your TDA instructor will notify you of a make-up class date.

### Parent Class

- Required parent class at no charge.
- First class (Module #1) includes the 2-hour Parent Class. At least one parent/guardian must attend with student.
- If unable to attend Module #1, visit TDA’s website for additional dates and locations.
- Parent attendance is not required if attended a Parent Class within the last five years.

### Road Lessons

- Schedule your road lessons 24/7 at [www.teachersdrivingacademy.com](http://www.teachersdrivingacademy.com).
- TDA offers full-service home pick-up and drop-off for road lessons and teaches 7 days a week.
- TDA offers the convenience of taking your driver’s license test on a Saturday.
- TDA cannot process paperwork until all requirements are fulfilled – 30 classroom hours, 2-hour parent class, 12 hours of road lessons and 6 hours of observation. All must be paid in full and completed 21 days before road test.
- **Do not schedule driving times during school hours.**

For road lesson questions, call 877-TDA-DRIVE or visit [www.teachersdrivingacademy.com](http://www.teachersdrivingacademy.com). For classroom instruction questions, call Medway Community Education at 508-533-3222 option 4 or email [communityed@medwayschools.org](mailto:communityed@medwayschools.org).

### Summer Vacation 2018

Thursday, June 6 *	6:00-8:00pm
Monday, June 18	8:00-2:30pm
Tuesday, June 19	8:00-2:30pm
Wednesday, June 20	8:00-2:30pm
Thursday, June 21	8:00-2:30pm
Friday, June 22	8:00-12:15pm

### Course # TDA-5 \*\*

### Summer Vacation 2018

Monday, August 13*	9:00am-3:30pm
Tuesday, August 14	9:00am-3:30pm
Wednesday, August 15	9:00am-3:30pm
Thursday, August 16	9:00am-3:30pm
Friday, August 17	9:00am-3:30pm

### Course # TDA-6

**PLEASE NOTE: \*Parent & Student Class on Thursday, June 6, 6:00-8:00pm. Both parent and student attend. The class is part of the student’s 30-hour program. \*\* (will change due to snow days)**

**PLEASE NOTE: \*Parent & Student Class on Monday, August 13, 9:00-11:00am. Both parent and student attend. The class is part of the student’s 30-hour program.**

# 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.

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### **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: \_\_\_\_\_

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