

# YOUTH

**2018 Summer Adventures Camp at Choate Park**  
**\*Early registration begins February 1\***

## **PARENT & CHILD NIGHT OUT – Holiday**

Ages: 7 & up  
Ann Fisher, Molly's Apothecary

**NEW**

Spend quality time with your child at Molly's Apothecary as you make handmade holiday-themed 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 # A8-17 1 session  
Wednesday, December 13 6:00-8:00pm  
Medway Mills, 163 Main Street - Suite 5 \$100/two;  
\$45 additional child

## **KIDS COOKING – Store Bought But Not!**

Ages: Grades 2-4 & 5-8  
Sandhya Jain

**NEW**

In this series of cooking classes, children learn how to make their favorite store bought food at home! Throughout the four sessions, the children learn measuring math, mixing and basic food science as they practice and learn knife skills, including dicing and julienne, as well as safety rules of working in a kitchen. This program provides a great opportunity for young minds to expand their palate by cooking a wide range of food. The menu includes *Soft Fresh Pretzels*, *Brownie Bites*, *Chocolate Pudding* and *Cupcakes*. All recipes are delicious and kid-friendly, and participants are encouraged to enjoy their generous snack-size portions during class. Recipes will be sent home with children. Join us for Sandhya's new menu!

### **Program 1 – Grades 2-4**

Course # A9-17 4 sessions  
Tuesdays, October 24-November 21 4:30-5:30pm  
(No class October 31)

### **Program 2 – Grades 5-8**

Course # A10-17 4 sessions  
Tuesdays, October 24-November 21 6:00-7:00pm  
(No class October 31)

High School Rm. 107-3 \$70/program

## **SAFE KIDS**

Ages: 5-7  
Juanita Allen Kingsley, Century Health Systems

**NEW**

This active one-hour Kidproof® Safe Kids program is a fun and entertaining way for children to learn about injury prevention and how to safely respond to an emergency. Safe Kids focuses on how to prevent common household, playground, and traffic injuries and teaches children about EMS and how to call for help. Safe Kids delivers valuable skills in an engaging and memorable way.

Course # A11-17 1 session  
Thursday, October 19 3:00-4:00pm  
McGovern School Library \$25

## **HOME ALONE SAFETY**

Ages: 9-11  
Juanita Allen Kingsley, Century Health Systems

In this class, children learn the basics of being safe when home alone for short periods of time. Learn how to safely answer the telephone and door, as well as about Internet safety, accident prevention, and fire protection. Simple First Aid techniques are taught, and a short movie and role playing are included in the program.

Course # A12-17 1 session  
Monday, October 16 3:30-5:30pm  
Memorial School Library \$48

## **BE A STAR! – Musical Theater Dance Class**

Ages: Grades 2-4  
Amanda DelPrete, Inspire Dance Academy

In this dance class, we will bring to life some of our favorite songs from modern Broadway musicals. The dancers will learn choreography as we create the performance together and groove to music from popular shows, such as *Hairspray*, *Matilda*, and *Annie*. Dance attire or comfortable clothing is appropriate. The dancers may choose to wear dance shoes or bare feet. Please wear long hair tied back.

Course # A13-17 8 sessions  
Mondays, October 2-November 27 3:30-4:15pm  
(No class October 9) \$99  
18 Water Street, Holliston

## **BEGINNER GUITAR**

Ages: 6-9  
Angela's School of Performing Arts

**NEW**

Would your child love to learn how to sing and play the guitar? Participants will begin to learn how to read notes, play chords, practice funny vocal exercises and sing songs. Theater games add a lot of fun and help develop self-esteem, as well as promote the idea that musical education is fun and creative. Each student will be able to play and sing a song on the guitar. During each session students will practice on a new half-size quality guitar. Join and experience the joy of music!

Course # A14-17 3 sessions  
Wednesdays, October 4-18 4:15-5:15pm  
280 Ridge Street, Millis \$65



**FLAG FOOTBALL & FLOOR HOCKEY**

Ages: Grades 2-4  
F.A.S.T. Athletics

This fall, F.A.S.T. Athletics is combining two popular sports into one program! All participants will have the opportunity to play both flag football and floor hockey in a competitive environment. Each session begins with both sports broken down into skill development groups focusing on basic form and strategy and ends with modified games.

Course # A15-17 6 sessions  
Tuesdays, October 17-November 21 2:30-3:30pm  
Memorial School Gym \$84

**SUPER SPORTS**

Ages: Grades K-4  
F.A.S.T. Athletics

Come join the staff of F.A.S.T. Athletics for their popular Super Sports program which offers a variety of sports each session, such as soccer, basketball, flag football, dodge ball, and kickball. Each session includes proper stretching and warm-up games, instruction on the basic skills of each sport, and a high-energy game of the sport played that day in a safe and fun environment. Children in each school program participate in sports and games that are age-appropriate and geared to their developmental abilities and needs.

**Grades K & 1**

Course # A16-17 6 sessions  
Wednesdays, October 18-November 29 3:00-4:00pm  
(No class November 22) \$84  
McGovern School Gym

**Grades 2-4**

Course # A17-17 6 sessions  
Thursdays, October 19-November 30 2:30-3:30pm  
(No class November 23) \$84  
Memorial School Gym

**DODGE BALL TOURNAMENT**

Ages: Grades 2-4  
F.A.S.T. Athletics

Join your friends for a great afternoon of dodge ball! All players will be divided into equal teams and placed in a round-robin tournament bracket.

Course # A18-17 1 session  
Friday, December 1 2:30-4:30pm  
Memorial School Gym \$30

**SPORTS MANIA**

Ages: Grades K-4  
F.A.S.T. Athletics

Are you looking for an exciting activity on the early-release conference days? If your child loves to play fun games and sports, then this is the program for them! Let us help keep your child happy and active with two stimulating afternoons of soccer, flag football, kickball, dodge ball, and wiffle ball. Each sport will be played with a variety of instructional and entertaining games and scrimmages. Students must be escorted to the Memorial Gym by parent/guardian at 1:00pm. No transportation provided from McGovern School.

Course # A19-17 2 sessions  
Thursday, December 7 & Tuesday, December 12 1:00-3:00pm  
Memorial School Gym \$40



**HORSEBACK RIDING LESSONS**

Ages: 5 & up  
Melissa Price, Shadowfax Farm

Have you always dreamed of learning to ride a horse? Do you need a brush-up course to get you back in the saddle again? Join us at Shadowfax Farm as you learn to groom and tack a horse, as well as basic riding skills, such as the proper way to get on a horse, sit correctly in the saddle, and how to control a horse. There is a maximum of 6 students in this class.

Course # A20-17 4 sessions  
Mondays, September 11-October 2 5:00-6:00pm  
112 Farm Street, Millis \$150

## 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 # A21-17  
Thursdays, September 7, October 5 or  
November 2  
High School Cable Studio - Door 23

1 session  
3:00-5:00pm  
\$20/session



## KARATE – Beginner & Advanced

Ages: 5-13  
Master Julie Guido & Master Christine Howard

Learn the art of Kempo Karate. This six-week program offers beginner and advanced levels. The beginner level teaches age-appropriate self-defense techniques; the advanced level is for students who have previously taken Karate and focuses on more difficult age-appropriate self-defense techniques. Both levels teach important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

Course # A22-17  
Fridays, October 13-December 1  
(No class November 10 & 24)  
Burke School Gym

6 sessions  
4:00-4:50pm  
\$60

## NEW ENGLAND BUDDY BOWL Charity Flag Football Tournament

Ages: 9-Adult

Buddy Bowl is a fun flag football tournament to raise money for organizations benefiting disabled Veterans and First Responders. Email Chip Fagan at [cbfagan7@gmail.com](mailto:cbfagan7@gmail.com) for donation opportunities. Register at [www.buddybowl.org](http://www.buddybowl.org). SPACE IS LIMITED!

Saturday & Sunday, November 18-19  
Millis Town Park, 900 Main Street, Rte. 109, Millis

8:00am-4:00pm

## YOUTH SWIM LESSONS

Ages: 6 months-18 years  
Franklin YMCA

The Franklin YMCA offers a variety of programs that allow all ages and abilities to enjoy their pools. Medway Community Education registrants receive the Program Member Fee for all swim programs without having to pay an annual fee. To view all class descriptions, dates, times, fees, and number of available openings in each swim level, please check the YMCA’s website at [www.hockymca.org](http://www.hockymca.org).

Once you have determined the class, please register through Medway Community Education – online or by mail. DO NOT register through the YMCA’s portal. If you do not know your child’s swim level, call 508-528-8708 to set-up a free evaluation appointment.

*The YMCA requires that all families complete a one-time waiver before the first lesson. The Community Education office will email the waiver to your family. When returned, we will send to the YMCA and your child’s swim lesson time will be confirmed.*

**Parent/Child** - Ages 6-18 months - Shrimp/Kipper/Inia  
Ages 18-36 months - Perch  
Ages 24-36 months - Seahorse  
Ages 3-5 years - Pike with Parent

**Preschool** - Ages 3-5 years - Pike 1 & 2, Eel, Ray, Starfish

**Youth** - Ages 6-12 years - Polliwog 1 & 2, Guppy, Minnow, Fish, Flying Fish, Shark

**Teen & Adult** - Ages 13 years & up - Beginner, Intermediate, Stroke Clinic

**Fall 1** - Monday, September 11-Sunday, October 29  
Course # A23-17

Sundays, Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays  
7 sessions \$120

Mondays (No class October 9)  
6 sessions \$102

**Fall 2** - Monday, October 30-Sunday, December 24  
Course # A24-17

Mondays, Tuesdays, Wednesdays  
8 sessions \$135

Thursdays, Fridays, Saturdays, Sundays  
(No class November 11, 23, 24, December 24)  
7 sessions \$120

45 Forge Hill Road, Franklin

\* The American Academy of Pediatrics (AAP) strongly recommends all children learn how to swim. \*