

YOUTH

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

KIDS COOKING

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

In this series of cooking classes, children learn measuring math, mixing and basic food science. Throughout the four sessions, they practice and learn knife skills, including dicing and julienne, as well as safety rules of working in a kitchen. Each week they learn how to buy, prepare and use a fruit or vegetable in each recipe. This program provides a great opportunity for young minds to expand their palate by cooking a wide range of food. The menu includes *Cheese Ravioli with Lemon Sauce*, *Apple Pie Cups*, *Pizza*, and *S'mores French Toast*. 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.

Program 1 – Grades 2-4
Course # B6-18 4 sessions
Tuesdays, January 23-February 13 5:30-6:30pm

Program 2 – Grades 5-8
Course # B7-18 4 sessions
Tuesdays, January 23-February 13 6:45-7:45pm
High School Rm. 107-3 \$70/program

PARENT & CHILD NIGHT OUT

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

Spend quality time with your child 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

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 # B8-18 1 session
Monday, March 19 3:30-5:30pm
Memorial School Library \$48

EXTREME SCIENCE

Ages: 7 & up
Carl Geden, Northeast Educational Technologies

February Vacation

This is a must class for anyone fascinated with science who enjoys hands-on science experiments. Extreme Science is a class that explores the extreme conditions that exist in nature regarding temperature and electricity. Liquid Nitrogen is used in experiments to demonstrate the effects of cold temperatures on many objects. Students learn about expansion, contraction, and gas laws and create a cryogenic vacuum. Instantly made ice cream is also enjoyed by all! Students participate in experiments with simple circuits, static electricity, high voltage electricity, miniature lightning bolt and a plasma lamp. All students wear safety glasses and gloves during all experiments.

Course # B9-18 1 session
Tuesday, February 20 10:00am-12:00pm
Memorial School Rm. 124 \$30

SUPER SPORTS PROGRAM

Ages: Grades 1-4
F.A.S.T. Athletics

February Vacation

Join us for three days during your February vacation for tons of fun and fitness with friends and our favorite coaches from F.A.S.T. Athletics! Their popular Super Sports program will be enhanced with even more games and tournaments. All children will stretch, shoot hoops, play catch, run, and participate in exciting games of handball, pillo polo, soccer and dodge ball. Please bring a water bottle, snacks, drinks, and a lunch.

Course # B10-18 3 sessions
Tuesday-Thursday, February 20-22 9:00am-3:00pm
Memorial School Gym \$95

BEGINNER GUITAR

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

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. During each session, students will practice on a new half-size quality guitar. Come join the joy of music!

Course # B11-18 3 sessions
Wednesdays, January 24-February 7 4:15-5:15pm
280 Ridge Street, Millis \$75

YOUTH SWIM LESSONS

Ages: 6 months-12 years
Franklin YMCA

NEW

The Franklin YMCA has been teaching children how to be safe around water for decades. *Beginning January 2018, the YMCA is revising its swim lesson structure to simplify and more accurately describe skill levels.*

Name Changes: Lesson names are changing to stages that better reflect the skills learned and will no longer be identified by fish levels. Visit the YMCA's website for more information and a detailed guide on which stage is appropriate for your child. When choosing your child's next swim session, the name changes will be reflected on the website.

Curriculum Changes: The curriculum is changing to better serve the different learning styles of children. The structure is simplified and focuses on benchmark skills and goals in each stage. Children progress from fundamentals to stroke technique over six distinct stages.

Program Member Fee: When you register through Medway Community Education, registrants receive the Program Member Fee without having to pay an annual fee. To view all new class descriptions in each swim stage, please check the YMCA's website at www.hockymca.org. Once you have determined the stage, please register through our department – online or by mail. **Do not** register through the YMCA's portal.

Swim Waiver: All families must have a swim waiver on file with the YMCA. A one-time waiver is sent to all families upon receipt of your child's registration. Our department returns the waiver to the YMCA, and your child's swim lesson time is confirmed.

Swim Basics (ages 6-36 months)

Stage A: Water Discovery
Stage B: Water Exploration
Stage C: Water Independence

Winter

Course # B12-18 7 sessions
January 1-February 18 \$125
(Monday - 5 lessons \$100 due to holidays)

Swim Starters (ages 3-5 years & 6-12 years)

Stage 1: Water Acclimation
Stage 2: Water Movement
Stage 3: Water Stamina

Spring 1

Course # B13-18 7 sessions
February 26-April 15 \$125
(Friday & Sunday - 6 lessons \$107 due to holidays)

Swim Strokes (ages 3-5 years)

Stage 4: Swim Strokes

45 Forge Hill Road, Franklin

Swim Strokes (ages 6-12 years)

Stage 4: Swim Strokes
Stage 5: Stroke Development
Stage 6: Stroke Mechanics

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

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 # B14-18 6 sessions
Fridays, January 26-March 9 4:00-4:50pm
(No class February 23) \$60
Burke School Gym

AMERICAN NINJA WARRIOR

Ages: 5-12
Shen's Gymnastics Academy

NEW

Made popular by the TV series, our Ninja class is the ultimate obstacle course! Children will gain agility, balance, coordination and strength as they tumble and maneuver through our courses. This class is perfect for highly-active boys and girls looking for a fun recreational activity where they learn true Ninja-style movements and techniques in a safe environment. With every attempt at one of our courses and every victory upon completion, boys and girls will discover that they are the ultimate American Ninja warrior!

Program 1

Course # B15-18 6 sessions
Saturdays, January 6-February 10 1:30-2:30pm

Program 2

Course # B16-18 7 sessions
Saturdays, February 17-March 31 1:30-2:30pm

16 Everett Street, Holliston \$150/6 sessions; \$175/7 sessions