

YOUTH

POP STAR HIP HOP DANCE CLASS

Ages: 5-7
Inspire Dance Academy



Does your child love to dance and pretend to be a pop star? Pop Star hip hop is a very cool yet age-appropriate dance class for children. The dancers will learn basic hip hop as well as show some of their own best dance moves while grooving to their favorite music.

Course # C11-18 6 sessions
Saturdays, April 7-May 19 11:30am-12:15pm
(No class April 21) \$70
18 Water Street, Holliston

VERNAL POOL EXPLORERS

Ages: Grades K-8
Alison Dempsey, MCF Education Coordinator



This farm program will open children's eyes to the mysterious microscopic world of vernal pools. Vernal pools occur after a winter snow melt in shallow depressions in the earth. We are fortunate to have a re-occurring pool at the farm. The class will involve retrieving samples to further explore the vernal pool creatures ecosystem under magnifying glasses and microscopes.

Course # C12-18 1 session
Saturday, April 14 1:30-2:30pm
Medway Community Farm Center, 50 Winthrop Street \$25

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 # 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

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 Internet safety, accident prevention, and fire protection. Simple First Aid techniques are taught. A short movie and role playing are included in the program.

Course # C13-18 1 session
Monday, May 21 3:45-5:45pm
Memorial School Library \$48



KARATE – Beginner & Advanced

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

This six-week Kempo Karate 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 # C14-18 6 sessions
Fridays, April 27-June 8 4:00-4:50pm
(No class May 18) \$60
Burke School Gym

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.

Program 1

Course # C15-18 4 sessions
Mondays, April 23-May 14 5:00-6:00pm

Program 2

Course # C16-18 4 sessions
Mondays, June 4-25 5:00-6:00pm

112 Farm Street, Millis \$150/program

AMERICAN NINJA WARRIOR

Ages: 5-12
Shen's Gymnastics Academy

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 # C17-18 6 sessions
Saturdays, March 17-April 21 1:30-2:30pm

Program 2

Course # C18-18 6 sessions
Saturdays, May 5-June 9 1:30-2:30pm

16 Everett Street, Holliston \$160/program

LIGHT & SOUND SHOW

April Vacation

Ages: 8 & up

Carl Geden, Northeast Educational Technologies

This fascinating Light and Sound Show involves a science demonstration of different aspects of light including visible, ultraviolet and infrared, as well as laser light and stroboscopic light. The sound portion covers sound and wave generation using a sound oscillator to demonstrate wave cancellation. Participants will actually see sound waves displayed on an overhead projector. Each student's voice sound waves are displayed, as well as demonstrations of other sound-based waves.

Course # C19-18 1 session
Tuesday, April 17 11:00am-12:00pm
Memorial School Rm. 124 \$15

SUPER SPORTS VACATION PROGRAM

April Vacation

Ages: Grades 1-4

F.A.S.T. Athletics

Join us for three days during your April vacation for tons of fun and fitness with friends. This 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 # C20-15 3 sessions
Tuesday-Thursday, April 17-19 9:00am-3:00pm
Memorial School Gym \$95

TRY GOLF

April Vacation

Ages: 5-12

Greg Dowdell, PGA Professional
Kevin Weldon, USGTF Professional

This program is a fun introduction to golf targeted at new golfers. You may choose to play one day or up to four days! The group lessons cover basic rules and swing fundamentals. Games include a best ball mini tournament played on the course and plenty of practice time. Program includes use of practice facilities, range balls, green fees and all equipment. Rain date April 20.

Course # C21-18 1 to 4 sessions
Monday-Thursday, April 16-19 9:00-10:00am
Maplegate Country Club, 160 Maple Street, Bellingham
\$90/4 sessions or \$25/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

YOUTH SWIM LESSONS

Ages: 6 months-12 years

Franklin YMCA

The Franklin YMCA has been teaching children how to be safe around water for decades. Please note - the YMCA revised its swim lesson structure to simplify and more accurately describe skill levels.

Swim Stages: Stages, which better reflect the skills learned, are now used instead of fish levels. The curriculum better serves 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. Visit the YMCA's website for more information and a detailed guide on which stage is appropriate for your child.

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

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

Stage 1: Water Acclimation

Stage 2: Water Movement

Stage 3: Water Stamina

Swim Strokes (ages 3-5 years)

Stage 4: Swim Strokes

Swim Strokes (ages 6-12 years)

Stage 4: Swim Strokes

Stage 5: Stroke Development

Stage 6: Stroke Mechanics

Spring 2

Course # C23-18

8 sessions

Monday, April 23-Sunday, June 17

\$141

(Monday - 7 lessons for \$124 due to Memorial Day holiday)

45 Forge Hill Road, Franklin

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

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: _____

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