

PRESCHOOL

TERRIFIC TWOS – In Person

Terrific Twos is a unique program developed for the younger preschool child. This program enhances socialization and hands-on learning of two and three-year-old children in a small group setting. Music, movement, stories, projects and free play are incorporated into a fun-filled morning. Please register your child but do not pay the registration fee at this time..

A1-20 **\$220/month**
Ages: 2 & 3 Burke-Memorial School
Tuesdays & Thursdays Burke Rm. 11
November 3-May 20 Legion Ave. Parking Lot
9:00-11:30am

PRESCHOOL T-BALL DEVELOPMENT – In Person

F.A.S.T. Athletics

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running the bases. This is an easy introduction to t-ball where learning and skill development are our priorities. Please bring a glove, water bottle and mask to each session.

Ages: 3-6
A2-20 **\$80**
Saturdays - 6 sessions Millis Town Park
September 26-October 31 900 Main St.
9:00-9:45am Millis



PRESCHOOL MINI-SPORTS – In Person

F.A.S.T. Athletics

This program is a combination of warm-up games and sports, such as soccer, kickball, wacky ball and t-ball. These games will ease children into learning the basics of sports, as well as teaching them the importance of teamwork. New and exciting games are planned for each session. Please bring a mask and water bottle to each session.

Ages: 3-6
A3-20 **\$80**
Saturdays - 6 sessions Millis Town Park
September 26-October 31 900 Main St.,
10:00-10:45am Millis

MOMMY & ME GYMNASTICS – In Person

Shen's Gymnastics Academy

This program is a fun, instructor-led gymnastics class for toddlers and their mom, dad or caregiver. This class brings the adults on to the floor amidst the excitement. A low student/teacher ratio is kept for personal attention. We provide small preschool-sized equipment for the children, including rings, bars, ladders, and a slide. Children will also love using our zipline and trampoline. The instructor will set-up obstacle courses each week specifically designed to help with locomotion skills and eye/hand coordination.

Ages: 18 months-3 years with adult companion
A4-20 **\$168/8 sessions**
Shen's Gymnastics Academy 16 Everett St., Holliston
Mondays, September 28-November 16
9:30-10:15am
Saturdays, October 3-November 21
9:00-9:45am



SUPER KIDS – In Person

Shen's Gymnastics Academy

Super Kids is an exciting gymnastics class for preschool children where children participate while parents watch from our parent viewing area. As this may be your child's first independent class, we teach skills with more structure, as well as introduce the aspect of following directions and taking turns without a parent reminder. The students get lots of personal attention while taking many turns on the apparatus, such as the trampoline, balance beam, rings, vault, bars and tumble track. Students will also improve their locomotion skills, hand-eye coordination, social skills and listening skills, all while they are having fun, getting exercise and learning gymnastics!

Ages: 3-5 years
A5-20 **\$192/8 sessions**
Shen's Gymnastics Academy 16 Everett St., Holliston
Tuesdays, September 29-November 17
3:30-4:30pm
Thursdays, October 1-November 19
10:30-11:30am
Saturdays, October 3-November 21
9:00-10:00am or 10:00-11:00am

YOUTH

AMERICAN SIGN LANGUAGE – Online

Annie Colamaria

Are you interested in learning sign language? Students will learn the alphabet, numbers one through ten, how to sign their name, common vocabulary, and deaf culture information. No background knowledge is required. Please join us on Zoom ready to learn and have fun!

Ages: Grades 2-4

A6-20 **\$45**

Wednesdays - 4 sessions *Via Zoom*

October 21- November 18 No class November 11

3:30-4:30pm

WONDERFUL WEAVING – Online

Susan McCarthy

If you love color and texture (and playing with balls of yarn), discover how a simple over-and-under technique can be transformed into many different creations! Weave round, rectangular, and diamond-shaped decorations. Learn how to weave on craft sticks, straws, paper plates, cardboard, and even your own fingers! A detailed supply list will be provided. Get ready for the holidays with great homemade gifts for family and friends!

Ages: Grades 2-5

A7-20 **\$20**

Thursdays - 4 sessions *Via Zoom*

November 12-December 10 No class November 26

4:30-5:00pm

THE MAGIC CRAYON BOX – Online

Susan McCarthy

Discover all the amazing things you can do with crayons that have nothing to do with coloring books! Projects require paper, non-washable crayons, markers, and a simple watercolor palette to create rubbings, resists, transfers, patterns, optical illusions, and other colorful projects to challenge your creativity. These projects do not involve melting crayons. A detailed supply list will be provided.

Ages: Grades 2-5

A8-20 **\$20**

Mondays - 4 sessions *Via Zoom*

November 23-December 14

4:30-5:00pm

DRAMA KIDS – The Show Must Go “ON-line”

Susie Pallis

Ms. Susie’s online drama class has an all new and exciting curriculum! Each session has been specifically created to include a wide range of drama activities such as improvisation, acting, speech, movement, scene-work, monologues, and educational theatre games. ALL students will be able to participate fully in an interactive Zoom platform with Ms. Susie and the amazing DK teachers! Drama Kids Online will continue to develop your child’s creative thinking, public speaking, and acting skills! Join us and get dramatic! Please visit www.FamilyID.com to register for additional months after October.

Program 1

A9-20 **\$65/month** - 4 sessions

Ages: Grades K-2 *Via Zoom*

Tuesdays - Starts October 6

or

Thursdays - Starts October 8

4:00-4:50pm

Program 2

A10-20 **\$65/month** - 4 sessions

Ages: Grades 3-5 *Via Zoom*

Tuesdays - Starts October 6

or

Thursdays - Starts October 8

5:00-5:50pm

Program 3

A10A-20 **\$65/month** - 4 sessions

Ages: Grades K-5 *Via Zoom*

Wednesdays - Starts October 7

5:00-5:50pm

CAKE POPS – Online

Parent & Child

John Scott Smith

Learn how to make professional-quality cake pops in your own home kitchen! In this seminar we will transform your baked cake into pop dough, rolling, sticking, dipping in chocolate or candy melts, and decorating your own pops suitable for any occasion. A supply list will be provided upon registration. Gather the family and let the fun begin!

Ages: 8 & up with adult companion

A48-20 **\$25**

Wednesday - 1 session *Via Zoom*

November 4

6:30-7:45pm

HOME ALONE SAFETY – Online

Juanita Allen Kingsley

Take the first steps towards independence! In this course, we will teach children the basics of being safe when home alone for short periods of time. We will talk about how to answer the telephone and door, discuss internet safety, learn about accident prevention and fire safety protection and how to call 911. We will cover simple first aid techniques, such as how to relieve choking, and talk about how to use our time wisely!

Ages: 9-11

A11-20

Tuesday - 1 session

October 27

3:00-5:00pm

\$50

Via Zoom



KARATE – Online

Master Julie Guido & Master Christine Howard

Master Julie and Master Christine are pleased to offer virtual karate classes to children in the familiarity of their home! All participants will learn the benefits of the Martial Arts, while having fun and staying healthy. This program is for beginners and for returning students who have previously participated in the program. Each student will be evaluated at the end of the program. Students will earn a belt and/or stripe if they put forth their best effort and stay engaged during the class.

Ages: 5-13

A12-20

Fridays - 6 sessions

October 16-November 20

4:00-4:40pm

\$60

Via Zoom



GYM CLASS GAMES – In Person

F.A.S.T. Athletics

Are you ready for some outdoor fun? Join your favorite coaches from F.A.S.T. Athletics for this awesome new program! All participants will participate in team building games, proper stretching/running techniques, along with a variety of many great gym class games all students love to play! Come join us for this great event!

Ages: 7-12

A13-20

Mondays - 6 sessions

September 28-November 2

4:00-5:00pm

\$80

Millis Town Park

900 Main St., Millis



AMERICAN NINJA WARRIOR – In Person

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!

Ages: 5-12

A14-20

Saturdays - 8 sessions

October 3-November 21

1:30-2:30pm

\$200

16 Everett St., Holliston

TENNIS LESSONS – In Person

Tom Ingraham

Tennis provides many benefits for youth with cognitive and physical disabilities, including hand-eye coordination, balance, mobility, strength and fitness. It builds self-confidence, relieves stress and creates a social outlet. Tennis is also a great way for the family to stay active together!

Ages: 7 & up

A15-20

Tuesdays & Thursdays - 4 sessions

September 22-October 1

3:00-4:30pm

\$40

Millis Town Park

Tennis Courts

900 Main St., Millis

ESPORTS & PLAY: Rocket League – Online

Skyhawks

It's game time! This new program combines a high energy, game-based physical education program with a unique and exciting gaming experience. With our passionate instructors at the core, this program will engage your child in fun activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, our partners at Nimbus Esports Academy will challenge your child's mind with a skill-based Rocket League® program. Participants will work through customized drills, play in teams and compete in friendly competition. This exciting class promotes sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity. ** No game purchase necessary. A safe Zoom link will be sent to all registered participants prior to the start of each program.*

Ages: 7-12

Program 1

A16-20

\$99

Mondays - 5 sessions

Via Zoom

September 21-October 19

4:30-6:15pm

Program 2

A17-20

\$99

Mondays - 5 sessions

Via Zoom

November 2-December 7

No class November 23

4:30-6:15pm

ESPORTS & PLAY: Fortnite – Online

Skyhawks

Team up! This exciting program combines a high energy, game-based physical education program with a new, one-of-a-kind gaming experience. Skyhawks instructors will engage your child in fun activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, our partners at Nimbus Esports Academy will provide students with an exciting and engaging Fortnite® program aimed at helping players improve through custom tailored curriculum. Players will participate in exercises and drills through training workshops, private custom matches against other students, and opportunities for competitive play via private tournaments and show matches. All activities will promote sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity. ** No game purchase necessary. Participants must download the free game to their device - Windows or Mac computer, Xbox, PS4, or Nintendo Switch. Players will be emailed a Nimbus Esports username; are permitted to use their own personal account if preferred.*

Ages: 10-14

Program 1

A18-20

\$99

Thursdays - 5 sessions

Via Zoom

September 24-October 22

7:00-8:45pm

Program 2

A19-20

\$99

Thursdays - 5 sessions

Via Zoom

November 5-December 10

No class November 26

7:00-8:45pm



SCRATCH PROGRAMMING – Online

Circuit Lab

Let's write some code! In this class, designed for computer programming beginners, we will use the Scratch programming language to create interactive stories, animations, and even custom computer games. Scratch was developed by MIT, and has a user-friendly interface that is fun and intuitive. Through their projects, participants will also develop logical thinking skills and an understanding of how computers work. No previous programming experience is necessary. At the end of the class, participants can keep copies of their programs to continue developing in the online Scratch community.

Ages: Grades 3-6

A20-20

\$149

Tuesdays - 6 sessions

Via Zoom

October 13-November 24

No class November 3

3:00-4:30pm

DEEP BLUE SEA – Online

Wicked Cool for Kids

Come take a plunge into the Deep Blue Sea to see what is so cool about being a marine biologist or an oceanographer! Create models of ocean invertebrates and a dazzling coral garden. Dive deep with dolphins and find out about fish that bioluminesce (emit light). Tame the tides and ride the waves in this wicked cool oceanic adventure. No previous coding experience necessary. * *Online courses require a desktop/laptop computer, Chromebook, or Netbook with Internet access. No downloads required.*

Ages: Grades K-1

A21-20

\$132

Mondays - 5 sessions

Via Zoom

November 23-December 21

3:00-4:00pm

GAME DESIGN 101 with Tynker – Online

Program 1

Wicked Cool for Kids

Learn programming using a fun scenario-based approach and build games! *Side Scroller Survival* introduces the basics of motion and animation using puzzle modules to reinforce coding concepts (e.g., sequencing, loops) to help an astronaut collect supplies, navigate a friendly dragon through obstacles, and apply knowledge of angles to navigate a spaceship Actor on a grid. Create scenes with actors that jump, tell stories and interact with inputs. * *Online courses require a desktop/laptop computer, Chromebook, or Netbook with Internet access. No downloads required.*

Ages: Grades 2-5

A22-20

\$158

Thursdays - 6 sessions

Via Zoom

November 5-December 17

3:00-4:00pm



TEENS

CARTOONING CLUB – Online

Judith Smith

From Charles Schulz to Stan Lee, students will explore the ART of cartooning. Using pencils, Sharpies, PrismaColor pencils and watercolor, students will complete a series of projects on the following topics: figure drawing, scenery, speech bubbles, lettering, cells, storytelling, character and plot development, humor and political discourse. New and returning students are welcome.

Ages: Grades 5-8

A24-20

\$45

Mondays - 4 sessions

Via Zoom

October 19-November 9

4:00-5:00pm

COLLEGE ESSAY WORKSHOP – In Person

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! Please bring lunch, snacks, water bottle and mask to each session. *Please use the wait list option if the program is full.*

Ages: Grade 12

A25-20

\$175

Saturday & Sunday - 2 sessions

High School

September 12 & 13

Cafeteria

9:00am-2:00pm

KAPLAN TEST PREP

Kaplan is currently offering online college preparation classes. Click the link for more information.

[SAT Prep Course Live Online Options](#)

ACTING ACADEMY – Online

Drama Kids

Ms. Susie's online drama class has an all new and exciting curriculum! Each session has been specifically created to include a wide range of drama activities such as improvisation, acting, speech, movement, scene-work monologues, and educational theatre games. ALL students will be able to participate fully in an interactive Zoom platform with Ms. Susie and the amazing DK teachers! Drama Kids Online will continue to develop your child's creative thinking, public speaking, and acting skills as only Drama Kids can! Join us and get dramatic! *Please visit www.FamilyID.com to register for additional months after October.*

A26-20

\$65/month - 4 sessions

Ages: Grades 6-10

Via Zoom

Tuesdays -Starts October 6

6:00-6:50pm



PRIVATE MUSIC LESSONS – Online

Private lessons offer students the opportunity to study their instruments with a professional specialist in a one-on-one setting. Currently, the program offers lessons for the traditional concert band instruments. When registering, please indicate instrument and lesson length. The instructor will contact families directly to finalize lesson details. The program runs in partnership between the Medway Public Schools' Music Department, the Medway Friends of Performing Arts and the Medway Community Education Department. *A \$20 registration fee is due when registering.*

Ages: Grades 5-12

A27-20

Via Zoom

Semester 1

\$24/30-minute lesson

October 1-January 31

\$36/45-minute lesson

\$48/60-minute lesson

BLAST BABYSITTER & SAFETY TRAINING – Online

Juanita Allen Kingsley

This course covers how to handle the basics of childcare, how to react responsibly to medical emergencies and injuries, and how to perform first aid for common childhood injuries. Participants also learn about choking prevention and relief, and how to set up and run your own babysitting business. Very important information is included in this two hour program.

Ages: 11-13

A28-20

\$55

Wednesday - 1 session

Via Zoom

October 28

3:30-5:30pm

PEDIATRIC FIRST AID & CPR – Online

American Safety & Health

Juanita Allen Kingsley

In this important program, we learn how to manage a child's illness and injuries in the first few minutes until professional help arrives. Course content includes CPR and use of the AED, first aid basics, medical emergencies, injury emergencies, and environmental emergencies. Appropriate for coaches, teachers, early childhood educators, parents and babysitters. For certification, participants are requested to set up a separate skills check with the instructor to show competency in CPR and AED skills.

Ages: 13 & up

A50-20

\$85

Tuesday - 1 session

Via Zoom

October 27

6:00-9:00pm

KARATE – Online

Master Julie Guido & Master Christine Howard

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Ages: 5-13

A12-20

\$60

Fridays - 6 sessions

Via Zoom

October 16-November 20

4:00-4:40pm

PARKOUR (Freerunning) – In Person

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, and all while having a fun workout with great people! Parkour is taught in a graduated, fun setting that puts safety first, using mats and other equipment to help acquire skill and confidence. 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 welcome! *Each monthly program begins on the first Tuesday or Friday of the month.*

A35-20

\$120/month - 4 sessions

Tuesdays - 4:30-5:15pm

Fridays - 6:00-6:45pm

TEACHERS DRIVING ACADEMY – Online

Driver's Education Program

- TDA is offering online classroom instruction through December 2020
- Class size is limited to 50 students - register early
- Visit www.teachersdrivingacademy.com to register for an online class, driving instruction and road tests
- Questions? Call 877-TDA-DRIVE (774-203-3245) or email info@teachersdrivingacademy.com

IN CONTROL ADVANCED DRIVER TRAINING

Crash Prevention Course

In Control is a non-profit organization that offers the nation's first state certified crash prevention training to drivers of all ages. The program provides students with valuable hands-on experience in skid control, accident avoidance and other crucial driving skills that cannot be practiced on public roads.

In Control is pleased to offer Medway families a \$60 subsidy/discount when registering for this course. To take advantage of this reduced price, reserve a course online or call us at 888-301-SAFE. Enter "MedwayHS" in the subsidy/discount code section of the payment screen or mention the code when registering by phone. Check out this and other discounts at www.driveincontrol.org/medwayhs.

TENNIS LESSONS – In Person

Tom Ingraham

This tennis instruction is for beginners or can be a brush-up for the more experienced tennis players. Lessons are given by Millis High School tennis coach and staff.

Ages: 7 & up

A15-20

\$40

Tuesdays & Thursdays - 4 sessions

Millis Town Park

September 21-October 12

Tennis Courts

3:30-4:30pm

900 Main St., Millis