
TERRIFIC TWOS: 2021-2022 School Year

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-olds in a small group setting. Music, movement, stories, projects and free play are incorporated into a fun-filled morning!

Classes meet Tuesdays and Thursdays from September 21, 2021 through May 26, 2022. Each regularly scheduled class runs from 9:00-11:30am. There is a maximum of 12 children with two teachers in this program. The Terrific Twos classroom is located in the Burke wing of the Burke-Memorial School.

Enrollment Age:

- Children must turn two years old **before** September 2021
- Children must turn three years old **after** December 2021
- If your child turns three **between** September and December, he/she is eligible for a 3-year-old preschool program.

Please register and pay a non-refundable \$125 deposit – \$100 will be applied to your May 2022 tuition. Monthly tuition is \$220 and is due on the first of each month. For additional information on the program, contact communityed@medwayschools.org.

A1-21

Ages: 2 & 3

Tuesdays & Thursdays

September 21, 2021-May 26, 2022

9:00-11:30am

\$220/month

Burke-Memorial School

Rm. 11

Kerryann Goode - Lead Teacher



PRESCHOOL, YOUTH & TEENS

FUN ON THE FARM

Medway Community Farm

This program is FULL.

Please visit FamilyID.com to place your child on the wait list.

Join the outdoor excitement at the farm this summer! Help us take care of the chickens and goats, harvest produce, build compost piles, and walk the nature trails. Enjoy being out in the fresh air learning about herbs, flowers, vegetables, and play lots of fun games! We will learn about our beehives, maybe get a little muddy, and have time to tie dye! Let's get outside in a great open space! Please bring water and a snack. Sunscreen must be applied before arriving at the farm. As a reminder, COVID-19 safety standards will be met. Please be sure to provide a mask for your child. Space is limited!

Ages: 6-12

D1-21

Monday-Thursday - 4 sessions
9:00am-2:00pm

\$180/week

Medway Community Farm
50 Winthrop St.

#1 June 21-24

#2 July 6-9 (Tuesday-Friday)

#3 July 19-22

#4 August 2-5

#5 August 16-19

FUN ON THE FARM - One Day Workshops

Medway Community Farm

The Farm is excited to, once again, offer their popular one-day workshops! Each day will feature different activities, explorations, crafts, hiking trails, time with all of the animals, scavenger hunts, and lots of greenhouse and gardening fun! Please bring water and a snack. Sunscreen must be applied before arriving at the farm. As a reminder, COVID-19 safety standards will be met. Please be sure to provide a mask for your child. Space is limited!

Ages: 6-12

D2-21

Varied Days & Dates - 1 session
9:00am-2:00pm

\$60/session

Medway Community Farm
50 Winthrop St.

#1 Monday, June 28 - Hello Animal Friends

#2 Wednesday, June 30 - Bees and Seeds

#3 Friday, July 2 - Tie Dye and Trails

#4 Tuesday, July 13 - Grass Heads and Gardening

#5 Thursday, July 15 - Hello Animal Friends

#6 Monday, July 26 - Bees and Seeds

#7 Wednesday, July 28 - Tie Dye and Trails

#8 Friday, July 30 - Grass Heads and Gardening

#9 Tuesday, August 10 - Hello Animal Friends

#10 Thursday, August 12 - Bees and Seeds

ART AROUND THE WORLD

☆NEW☆

Ida Matuskova

Let your creativity soar this summer as you paint, draw and create! Together, we will explore famous artists and their work. Then, our creative juices will start flowing as we create our own masterpieces. We will create two and three dimensional art using watercolors, pastels, air-dry clay and acrylics. NEW projects will be featured this summer! Please dress for a mess and bring a smock, water bottle and snack.

Ages: Entering Grades 1-5

D3-21

Monday-Friday - 5 sessions
June 28-July 2
9:00am-12:00pm

\$155

Burke-Memorial School
Burke Rm. 4

MY DOLL & ME WORKSHOP

Ida Matuskova

Join us for a week of fun-filled activities where children will embrace the creativity and imagination that comes through doll play. We will enjoy crafts, tea parties, slumber parties, reading, and games! Each child should bring his/her favorite 18 inch doll to join the festivities! Children and dolls should bring a snack and drink. Please notify the instructor if your child has a food allergy. *New and returning children and dolls are welcome - exciting new activities are featured in this summer's program!*

Ages: Entering Grades 1-5

D4-21

Monday-Friday - 5 sessions
July 12-16
9:00am-12:00pm

\$155

Burke-Memorial School
Burke Rm. 4



JUST IMAGINE

☆NEW☆

Susan Caplan McCarthy

Just imagine what you will look like when you are 20 or 100 years old! Just imagine what your future home will look like, or what life would look like if you lived under the sea or in outer space? At the end of the week, all imaginative projects will be bound together to create an original and personal book all about you!

Ages: Entering Grades 1-4

D5-21

Monday-Friday - 5 sessions
July 26-30
9:00am-12:00pm

\$95

Burke-Memorial School
Burke Rm. 3

MAGICAL PETS

☆NEW☆

Susan Caplan McCarthy

In this fun program, you will create your own menagerie of magical creatures using a variety of basic art supplies. Will you make a fairy-cat or a baby unicorn? Or will you make a pet that only you can imagine? And because every pet needs to be pampered, you will also create cozy homes for all of your new friends.

Ages: Entering Grades 1-4

D6-21

Monday-Friday - 5 sessions
August 9-13
9:00am-12:00pm

\$95

Burke-Memorial School
Burke Rm. 3

ART GIZMOS

☆NEW☆

Susan Caplan McCarthy

Did you know that you can create art that flips, folds, pops and rolls? Try your hand at creating art that does more than just lay on the table. Learn tricks and techniques for crafting projects that move, while also coloring, painting, collaging, sewing and pasting your amazing creations!

Ages: Entering Grades 1-4

D7-21

Monday-Friday - 5 sessions
August 16-20
9:00am-12:00pm

\$95

Burke-Memorial School
Burke Rm. 3

MUSICAL THEATER PRODUCTION

Witches vs. Princesses

Elaine Kessler

★NEW★

This program is FULL.

Please visit FamilyID.com to place your child on the wait list.

Calling all girls and boys to join Miss Elaine for this summer's exciting musical production of Witches vs Princesses! This play is a fun comedy with tons of wacky fairy tale characters and, hidden in the humor, is a message and a good lesson for all. In the end, random acts of kindness save the day! If you love to sing, dance, act, create scenery and costumes, please join the crew! All children will have a part in the scripted play and work together to create an end-of-the-week performance for families and friends. No previous experience is necessary. Please bring a mask, water bottle, lunch and snacks each day. All safety precautions will be strictly adhered to throughout the week and at the performance.

Ages: Entering Grades 1-8

D8-21

Monday-Friday - 5 sessions

August 16-20

9:00am-3:00pm

\$225

Burke-Memorial School

Cafeteria

BOOKS & CRAFTS

Lauren Whitfield

In this special and engaging summer reading adventure, Mrs. Whitfield will share wonderful books and ask friends to create fun crafts to go along with each one! Let's read and craft together! Please bring a water bottle and snack each day.

Ages: Entering Grades K & 1

D10-21

Tuesday-Friday - 4 sessions

July 20-23

9:00am-12:00pm

\$78

Burke-Memorial School

Burke Rm. A

LEGO CIVICS

Amanda Young

If you love LEGOs, please join the fun! Come build a Brick City using creativity and collaboration. Students have the opportunity to run for mayor, open their own business, debate city issues and design city buildings. Develop critical thinking and communication skills, while using a TON of LEGOs! Social studies, history and civics have never been so fun! Please bring a water bottle and snack each day.

Ages: Entering Grades 2-4

D11-21

Monday-Thursday - 4 sessions

August 9-12

9:00am-12:00pm

\$78

Burke-Memorial School

Burke Rm. A

KIDS IN ACTION

Megan Lomuscio

Get ready for tons of summer fun in this exciting action-adventure program! Join Mrs. Lomuscio for a week of fun crafts, exciting games plus hands-on and team building activities. Don't miss out on this fun program! Please bring a water bottle and snack each day.

Ages: Entering Grades K & 1

D12-21

Monday-Thursday - 4 sessions

August 16-19

9:00am-12:00pm

\$78

Burke-Memorial School

Burke Rm. 4

MINECRAFT

Athena Coding

Minecraft is more than just a game! It is an excellent tool for teaching a wide array of topics that will stimulate each student's creativity. Students will be able to explore a variety of topics, ranging from Game Design, Programming in Python and Javascript, Animation and Storytelling, Architecture, electrical circuitry through Minecraft's patented Redstone system and more! Your son or daughter will have a blast while learning a variety of important skills along the way. Participants must bring their Chromebook to each session.

Ages: Entering Grades 3-6

D14-21

Monday-Friday - 5 sessions

June 28-July 2

9:00am-12:00pm

\$189

Burke-Memorial School

Burke Rm. A

★NEW★

CAMP INVENTION – “Recharge”

Susan Lynch, Director

Spark your child's creativity and confidence with our new Camp Invention® program - Recharge! Campers will collaborate in hands-on activities exploring fun STEM concepts by taking apart their own microphone, exploring solar-powered crickets and more! This summer, our local camp is being offered IN PERSON or AT HOME so your child can experience the fun of Camp Invention no matter where they are! Not sure if you want an in person or at home experience this summer? No worries — with the new Peace of Mind Promise, you can register today and switch up to six weeks before camp.

To Register: Visit www.invent.org/mylocalcamp

Ages: Entering Grades K-6

Monday-Friday - 5 sessions

August 2-6

8:30am-3:00pm

\$285

High School

Cafeteria

North Field Parking

★NEW★

ROCKETRY

Carl Geden

Are you fascinated with the science of rockets? Students are instructed in rocketry basics through a hands-on program with rockets. Different types of rockets are discussed and demonstrated. Each participant builds and launches different types of rockets, such as air and water powered, as well as black powder rockets. The students keep the rockets they construct, which include a launch pad, controller and batteries.

Ages: 10 & up

D58-21

Tuesday-Friday - 4 sessions

July 6-9

2:00-4:00pm

\$139

Burke-Memorial School

Burke Rm. A



WICKED COOL VET SCHOOL

Wicked Cool for Kids

Do you dream of becoming a veterinarian? Grab your lab coat animal lovers, as we learn about our favorite furry, flying and fishy friends! Make amazing animal models, build big bones and investigate animal intestines from our favorite vertebrates - birds, mammals, reptiles, amphibians and fish. Please bring a water bottle and snack each day.

Ages: Entering Grades K-5

D15-21

Monday-Friday - 5 sessions

July 12-16

9:00am-12:00pm

\$269

Burke-Memorial School

Burke Rm. A



WOW! SCIENCE

Wicked Cool for Kids

What's so WOW about our all NEW science week? Everyone will have fun with a science scramble of totally random experiments, models and science adventures! Start with cartoon character science to explore Pokemon physics and geology with Steven Universe. Next, delve into candy chemistry using chromatography and make a jar that glows like a firefly. Grow seeds on a sponge tower and build a working monocular to explore the tiny worlds around us. Please bring a water bottle and snack each day.

Ages: Entering Grades K-5

D16-21

Monday-Friday - 5 sessions

July 12-16

1:00-4:00pm

★NEW★

\$269

Burke-Memorial School

Burke Rm. A

WICKED & WOW!

A Full Day of Science Fun!

Wicked Cool for Kids

Register for a full day of amazing science projects and activities with "Wicked Cool" staff at a deeply discounted price! Join us for Wicked Cool Vet School in the morning and Wow! Science in the afternoon. Participants will spend their lunch hour outdoors with Wicked Cool staff, socially distanced and with their mask off. Please send a lunch, sunscreen, several snacks and a water bottle to each session.

Ages: Entering Grades K-5

D17-21

Monday-Friday - 5 sessions

July 12-16

9:00am-4:00pm

★NEW★

\$389

Burke-Memorial School

Burke Rm. A

SCRATCH PROGRAMMING

Circuit Lab

Get with the program and learn Scratch, a popular, free programming tool created at MIT. Learn the fundamentals of writing code through fun yet challenging tasks, and apply your creativity through inventive game designs. You will create thematic animations, interactive stories, and short video games while mastering different skills and concepts daily. You will finish the class with the tools you need to continue making Scratch projects on your own now and in your future programming endeavors. This is a beginner class; no experience necessary.

Ages: Entering Grades 3-6

D18-21

Monday-Friday - 5 sessions

August 16-20

9:00am-12:00pm

\$179

Burke-Memorial School

Burke Rm. A



APP INVENTORS

Circuit Lab

Do you want to know how the apps work on your phone or iPad? Do you have the next great app idea and just need to know how to make it? In this no-experience required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. We will also explore wireless communications by building custom bluetooth hardware controllers and readouts for our apps. Participants will learn both the programming and design aspects of creating great apps and have the opportunity to build apps of their own with the support of Circuit Lab instructors.

Ages: Entering Grades 3-6

D19-21

Monday-Friday - 5 sessions

August 16-20

1:00-4:00pm

\$179

Burke-Memorial School

Burke Rm. A

FULL DAY PROGRAM with CIRCUIT LAB!

Circuit Lab is excited to offer a full day program for circuitry enthusiasts! Attend Scratch Programming in the morning and App Inventors in the afternoon. Participants will spend their lunch hour outdoors with Circuit Lab staff, socially distanced and with their mask off. Please send a lunch, sunscreen, several snacks and a water bottle to each session.

Ages: Entering Grades 3-6

D20-21

Monday-Friday - 5 sessions

August 16-20

9:00am-4:00pm

\$329

Burke-Memorial School

Burke Rm. A

Fitness Programs

Please remember to wear appropriate clothing and footwear. Bring a mask, hand sanitizer, water bottle, snacks, sunscreen and a lunch for full day programs. Apply sunscreen to young children prior to arriving each morning!

PRESCHOOL MINI-SPORTS FUN WEEK

F.A.S.T. Athletics

This program is a combination of warm-up games and sports, such as soccer, kickball, and t-ball. It will ease children into learning the basics of all these great games as well as teach 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

D54-21

\$125

Program 1

Monday-Friday - 5 sessions
July 12-16
9:00am-12:00pm

Millis Town Park
900 Main St., Millis

Program 2

Monday-Friday - 5 sessions
August 9-13
9:00am-12:00pm

Millis Town Park
900 Main St., Millis

PRESCHOOL SOCCER

F.A.S.T. Athletics

Our soccer program will teach the fundamental skills of dribbling, trapping, passing, and shooting. The students will work on these fundamentals through a variety of unique, nontraditional games. Parents are also encouraged to participate if their child needs the extra support. Please bring a mask and water bottle to each session.

Ages: 3-6

D55-21

\$80

Saturdays - 6 sessions
July 10-August 14
9:00-9:45am

Millis Town Park
900 Main St., Millis

PRESCHOOL T-BALL DEVELOPMENT

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 bases. This is an easy introduction to t-ball where learning and skill development are our priorities. Please bring a mask and water bottle to each session. Class held indoors in inclement weather.

Ages: 3-6

D56-21

\$80

Saturdays - 6 sessions
July 10-August 14
10:00-10:45am

Millis Town Park
900 Main St., Millis

GYMNASTICS

Shen's Gymnastics Academy

Grab your friends and have a blast this summer with plenty of physical exercise on one day or multiple days! No gymnastics experience is necessary! Join us for fun-filled days of gymnastics and other activities, including trampoline, zip-line, obstacle courses, jumping, recreational games, arts and crafts, as well as instructor-led gymnastics. Regardless of the skill level of the participants, our staff focuses on providing the fundamentals of gymnastics in a no-pressure, fun environment. Young children must be toilet-trained. Please review Shen's COVID-19 Safety Precautions prior to the first session.

Ages: 3.5-12

D57-21

Monday-Friday - 1 to 5 sessions

9:00am-12:00pm

\$53/day or \$221/week

9:00am-3:00pm

\$82/day or \$358/week

Shen's Gymnastics, 16 Everett St., Holliston

- | | |
|-------------------|-----------------|
| #1 June 21-25 | #6 August 2-6 |
| #2 July 28-July 2 | #7 August 9-13 |
| #3 July 12-16 | #8 August 16-20 |
| #4 July 19-23 | #9 August 23-27 |
| #5 July 26-30 | |

TRY GOLF

Greg Dowdell & Kevin Weldon

This golf program is a fun introduction to the sport, targeting NEW golfers. The group lessons cover basic rules and swing fundamentals. Games include a best ball mini tournament played on the course with plenty of practice time. The program includes use of practice facilities, range balls, green fees and all equipment. Rain dates on Fridays. Please register early - space is limited.

Ages: 5-12

D21-21

\$110/week

Monday-Thursday

Maplegate Country Club

4 sessions/week

160 Maple St.

9:00-10:00am

Bellingham

- | |
|-----------------|
| #1 June 21-24 |
| #2 July 19-22 |
| #3 August 16-19 |

4 DAY JR. GOLF ACADEMY

Greg Dowdell & Kevin Weldon

This program is targeted for serious junior golfers of all ability levels. Golfers 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, always under the supervision of a Maplegate Staff member. Program includes the latest V1 video swing analysis, daily on-course completion, use of practice facilities, range, balls, equipment, green fees and lunch daily. Rain dates on Fridays. Please register early - space is limited.

Ages: 9-17

D22-21

\$375/week

Monday-Thursday

Maplegate Country Club

4 sessions/week

160 Maple St.

11:00am-4:00pm

Bellingham

- | | |
|--------------------|-----------------|
| #1 June 21-24 | #4 August 9-13 |
| #1A July 28-July 1 | #5 August 16-19 |
| #2 July 19-22 | #6 August 23-26 |
| #3 July 26-29 | |



SUPER SPORTS MARATHON

F.A.S.T. Athletics

What is the best thing about summer? Playing fun games with your friends! Coaches will take games to a NEW level, and each day will be different from the previous day. World Cup Soccer, Rat Race Dodgeball, Mat Ball, Pillo Polo, Street Hockey and Knock Out are just a few of the games that will put a smile on your face! Girls and boys – join with your friends and let the games begin! Please note - F.A.S.T. offers both a morning or a full day option!

Ages: 7-12

D23-21

Monday-Thursday
4 sessions
July 6-9
9:00am-12:00pm
9:00am-3:00pm

Burke-Memorial School
Memorial Gym
Center St. Parking
\$105
\$130

ULTIMATE SPORTS

F.A.S.T. Athletics

If you are getting tired of playing the same old sports every day, this is definitely the program for you! The non-traditional style of games/competitions will keep all participants on their toes learning new games as they get further into this program. Have you ever heard of Fort Knox? Or Ultimate Frisbee? What about Army Dodgeball? Get together with F.A.S.T. Athletics and see what all the hype is about! This unique program will also put emphasis on physical fitness, proper stretching techniques and teamwork. Please note - F.A.S.T. offers both a morning or a full day option!

Ages: 7-12

D24-21

Monday-Friday
5 sessions
July 19-23
9:00am-12:00pm
9:00am-3:00pm

Burke-Memorial School
Memorial Gym
Center St. Parking
\$130
\$160

DODGEBALL & HOCKEY

F.A.S.T. Athletics

Come join F.A.S.T. Athletics as they combine two popular sports into one program! All participants will have the opportunity to play both dodgeball and hockey in a fun, 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. Good sportsmanship is emphasized throughout the program. Please note - F.A.S.T. offers both a morning or a full day option!

Ages: 7-12

D25-21

Monday-Friday
5 sessions
August 23-27
9:00am-12:00pm
9:00am-3:00pm

Burke-Memorial School
Memorial Gym
Center St. Parking
\$130
\$160

STREET HOCKEY

☆NEW☆

Skyhawks

Score a winning goal with our NEW Street Hockey program! Coaches teach the key concepts of passing, shooting, defense, stick handling and speed in a safe, non-checking environment. Specifically designed for beginning and intermediate players, this program teaches new skills, builds confidence and instills valuable life lessons such as teamwork, sportsmanship and respect. Equipment will be provided. No skates allowed; sneakers required. Every child receives an award certificate and a Skyhawks t-shirt.

Ages: 7-12

D26-21

Monday-Friday - 5 sessions
June 21-25
9:00am-12:00pm

\$150

Burke-Memorial School
Outside Basketball Court
Center St. Parking



BASEBALL

☆NEW☆

Skyhawks

Skyhawks baseball takes the rich history of the game from Cooperstown to Medway! Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. All athletes, regardless of skill level, will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. Every child receives an award certificate and a Skyhawks t-shirt.

Ages: 7-12

D27-21

Monday-Friday - 5 sessions
June 28-July 2
9:00am-12:00pm

\$150

Burke-Memorial School
Softball Field
Center St. Parking

Fitness Programs

Please remember to wear appropriate clothing and footwear. Bring a mask, hand sanitizer, water bottle, snacks, sunscreen and a lunch for full day programs. Apply sunscreen to young children prior to arriving each morning!



TENNIS

Skyhawks

This program, for beginner, intermediate or advanced players, will improve your game and help you get more enjoyment from tennis. A focus on skill refinement, practice and match play helps develop consistent, well-rounded tennis players. Coaches break down the fundamental skills through easily understood games and exercises to help improve overall coordination and technique. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills taught in a fun and dynamic way. Athletes will learn the rules and etiquette that make tennis such an exciting game to play. Every child receives an award certificate and a Skyhawks t-shirt. *Please check the days/dates for each schedule carefully.*

Program 1 - Ages: 4-6

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|--------------------------------------|--------------------------------|
| D28-21 July 6-9 (Tues-Fri) | \$105 |
| D29-21 July 26-29 (Mon-Thurs) | \$105 |
| 9:00-11:00am | Middle School Tennis Courts |

Program 2 - Ages: 7-12

| | |
|--------------------------------------|--------------------------------|
| D30-21 July 6-9 (Tues-Fri) | \$130 |
| D31-21 July 26-29 (Mon-Thurs) | \$130 |
| 9:00am-12:00pm | Middle School Tennis Courts |

FLAG FOOTBALL Fueled by USA Football

★NEW★

Skyhawks

Experience the excitement of football with Skyhawks Flag Football fueled by USA Football. Using a curriculum by USA Football, coaches teach skills like passing, receiving, kicking and flag pulling while gaining confidence and learning life lessons in a fun, positive environment. Every child receives an award certificate, Skyhawks t-shirt and ball.

Program 1 - Ages: 6-9

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|----------------------------|--------------|
| D32-21 July 12-16 | \$160 |
| D33-21 August 9-13 | \$160 |
| Monday-Friday - 5 sessions | High School |
| 9:00am-12:00pm | Hanlon Field |

Program 2 - Ages: 10-14

| | |
|----------------------------|--------------|
| D34-21 July 12-16 | \$160 |
| D35-21 August 9-13 | \$160 |
| Monday-Friday - 5 sessions | High School |
| 9:00am-12:00pm | Hanlon Field |

VOLLEYBALL

Skyhawks

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and daily scrimmages aimed at developing the whole player. Every child receives an award certificate, Skyhawks t-shirt and ball.

Program 1 - Ages: 9-11

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|----------------------------|--------------|
| D36-21 July 19-23 | \$150 |
| Monday-Friday - 5 sessions | High School |
| 9:00am-12:00pm | Gym |

Program 2 - Ages: 12-14

| | |
|----------------------------|--------------|
| D37-21 July 19-23 | \$150 |
| Monday-Friday - 5 sessions | High School |
| 9:00am-12:00pm | Gym |

BASKETBALL

Skyhawks

This fun, skill-intensive program is designed for beginner to intermediate players. Using our progressive curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages. Our sport-specific staff will start each day with a 'skill of the day' and progress into drills and games. Every child receives an award certificate, Skyhawks t-shirt and ball.

Ages: 7-12

| | |
|----------------------------|-----------------------|
| D38-21 | \$150 |
| Monday-Friday - 5 sessions | Burke-Memorial School |
| August 2-6 | Memorial Gym |
| 9:00am-12:00pm | Center St. Parking |

TRACK & FIELD

Skyhawks

This program combines technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, and distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching and cool-down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events. Every child receives an award certificate and a Skyhawks t-shirt.

Ages: 6-12

| | |
|----------------------------|--------------|
| D39-21 | \$150 |
| Monday-Friday - 5 sessions | High School |
| August 16-20 | Track |
| 9:00am-12:00pm | |

Fitness Programs

Please remember to wear appropriate clothing and footwear. Bring a mask, hand sanitizer, water bottle, snacks, sunscreen and a lunch for full day programs. Apply sunscreen to young children prior to arriving each morning!

SUMMER BRIDGE PROGRAM

Medway High School Staff

Attention current Medway Grade 8 students! Medway Public Schools is excited to offer a unique and engaging program for incoming Medway Freshmen. The Bridge program provides students with essential success-building skills and opportunities to develop positive relationships. Students are offered a chance to tour their NEW school, meet and greet MHS faculty and peers, engage in team building activities, participate in a school-wide scavenger hunt and more! Breakfast is included each morning, and students' parents/guardians are invited to a luncheon on Thursday!

Ages: Medway Students Entering Grade 9

D40-21 **\$115**
Monday-Thursday - 4 sessions High School
August 16-19 Cafeteria
9:00am-2:00pm North Field Parking

COLLEGE ESSAY WORKSHOP

Medway High School Staff

This intensive workshop will provide students with the time and opportunity to begin their college essay before senior year is in full swing. Whether students have a rough draft, or no idea what to write about, this workshop will help them brainstorm topics and move forward with a plan. Participants will work individually and in groups with dedicated teachers to develop, write and refine essays in their authentic voices. 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 ideas, questions, and enthusiasm to make the most of this workshop and get ahead in the college process. Please bring lunch to each session.

Ages: Medway Students Entering Grade 12

Program 1 - This program is FULL. Please visit FamilyID.com to place your child on the wait list.

D41-21 **\$200**
Tuesday-Thursday - 3 sessions High School
August 10-12 Cafeteria
10:00am-2:00pm North Field Parking

Program 2

D42-21 **\$175**
Saturday & Sunday - 2 sessions High School
September 18 & 19 Cafeteria
9:00am-2:00pm North Field Parking

TEACHERS DRIVING ACADEMY – Online Driver's Education Program

- TDA is working closely with the RMV and hopes to offer an In Person classroom program in September.
- TDA continues to offer online classroom instruction in June, July and August.
- 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

SPEED & STRENGTH ACADEMY

Jason Shea

Learn training techniques and programming that has been used by over twenty state championship teams, numerous league MVPs, Massachusetts Players of the Year, league all-stars in all sports, college and professional athletes, Olympic hopefuls, and national and international champions. Participants develop the first step and five/ten yard acceleration, improve vertical jump, 5-10-5 change of direction, and linear speed and increase sport specific conditioning. Development of team culture using methods learned from top coaches from around the country is also addressed. Participants will receive a six-week strength training template to train on their own and track their progress. All participants must upload a recent health form and immunization record when registering.

Ages: Entering Grades 6-12

Program 1 - Entering Grades 11 & 12 plus Varsity Athletes
D43-21 **\$130**
Mondays & Wednesdays - 12 sessions High School
July 12-August 18 North Field
7:00-8:00am

Program 2 - Entering Grades 9 & 10 plus Junior Varsity Athletes
D44-21 **\$130**
Mondays & Wednesdays - 12 sessions High School
July 12-August 18 North Field
8:00-9:00am

Program 3 - Entering Grades 6-8
D45-21 **\$130**
Mondays & Wednesdays - 12 sessions High School
July 12-August 18 North Field
9:00-10:00am

