

Walpole Recreation



Featuring

- Walpole Woods
- Summer Academy
- Swimming Lessons
- RBI Baseball Camp
- Behn Basketball Camp
- Field Hockey Clinic
- Challenger Sports Soccer Camp
- ...and more!

2016 Summer
Brochure

WalpoleRec.com   



ABOUT WALPOLE RECREATION

MISSION STATEMENT

The Walpole Recreation Department enriches the quality of life in Walpole by offering first-rate programming to meet the recreational, educational and cultural needs of our community and by keeping its facilities safe and well-maintained for people of all ages.

RECREATION COMMITTEE

Unless otherwise noted, the Recreation Committee meets on the second Wednesday of each month at 5:30 p.m. in the Pinnacle Room at the Library.

MEMBERS

Richard McCarthy, Chair
Joseph Grant, Vice-Chair
Susanne Murphy, Secretary
Annelise Fair

ASSOCIATE MEMBERS

Frank Brown
Lorraine Dundon
Jeffrey Hutnick
Michael McGrath
Robert Taglienti

RECREATION STAFF

PATRICK SHIELD pshield@walpole-ma.gov	<i>Recreation Director</i> 508.660.6372
BRENDAN CROAK bcroak@walpole-ma.gov	<i>Assistant Director / Business Mgr.</i> 508.660.6370
LAUREN MACOMBER lmacomber@walpole-ma.gov	<i>Program Coordinator</i> 508.660.6374
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SUSAN CHARETTE scharette@walpole-ma.gov	<i>Principal Clerk</i> 508.660.6354

CONTACT US

PHONE	508.660.6353
LOCATION	Blackburn Hall at 30 Stone Street
MAILING ADDRESS	Walpole Recreation Department 135 School Street Walpole, MA 02081
WEBSITE	www.WalpoleRec.com
EMAIL ADDRESS	recreation@walpole-ma.gov

PROGRAM INFORMATION

TO REGISTER

- **Mail-In Registration:** You can register by mail if unable to stop by the Recreation Department. No confirmation will be mailed.
- **On-Line Registration:** You can register on-line by going to WalpoleRec.com and following the steps.
- **Pre-Registration:** Pre-registration is mandatory for all programs.
- Registration is conducted on a first-come, first-served basis until the maximum number of persons per program is reached. **Prompt registration is recommended as many programs fill up fast.**
- Complete payment must accompany each registration.
- Be prepared to demonstrate proof of Walpole residency.

DEADLINES

Please note that, in order to appropriately plan for staff, supplies, and other contracted expenses, a late fee may be assessed for registrations beyond a program's advertised deadline. Prompt registration is recommended.

NON-RESIDENT QUALIFICATIONS

Non-resident fees (**NR**) apply to those not living in Walpole.

REFUNDS / TRANSFERS

The Walpole Recreation Department offers recreational programs that are self-supporting. Due to expenses to hire staff, purchase supplies and materials, and contract other expenses in preparation of a program, the department cannot offer full refunds. In cases where a program participant wishes to un-register or withdraw from a Recreation Department program, full credits will automatically be issued for use toward the cost of a future Recreation Department program. Credits are non-transferrable and non-refundable. There are no partial credits. Partial refunds may be issued upon request, however a 20% administrative fee of the overall program cost will be deducted for each participant. The remaining 80% balance will be refunded to the participant by check within 7-10 business days. No refunds will be issued without 48 hours' notice prior to the start of the program. Exceptions to the 'No Refund' policy shall only be made under the following conditions:

- Program cancellations by the Department
- Cases of medical hardship, which must be accompanied by a doctor's note or documentation from a qualified medical professional.

FEE REDUCTION POLICY

The Walpole Recreation Department recognizes that fees may place a hardship on families interested in participating in public recreation programs. Through the generosity of residents, businesses, and organizations in town, the Smiling Eyes project has been established to offer financial assistance to eligible Walpole families to enroll their children in town-sponsored recreation programs. A fee reduction program is also available for eligible Walpole residents. For more information or to apply for the reduction, please contact Recreation Director Patrick Shield. All inquiries are confidential.

INSURANCE / LIABILITY

The Walpole Recreation Department does not provide accident or hospitalization insurance for program participants. All participants are strongly advised to have adequate personal coverage. Participation in all programs shall be at the registrant's own risk.

ENROLLMENT

You are enrolled in a program once your registration is received at the Recreation Office. You will only hear from us if a program is full or canceled. The Recreation Department does not issue confirmations.

PARTICIPANT / SPECTATOR BEHAVIOR

Behaviors of participants or spectators that pose a risk to the participant, other participants, staff or that alters the program to such a degree that we are no longer offering the intended program, will be cause to remove the participant or participants from the program either temporarily or permanently.



facebook.com/WalpoleRecreation



@WalpoleRec



@WalpoleRec



YouTube.com/WalpoleRec

DEPARTMENT UPDATES



DIRECTOR'S UPDATE

As the flowers begin to bloom and we enter the final stretch of the school year, the Walpole Recreation Department is excited to present this offering of events, activities and programs geared for Walpole families and residents of all ages this summer!

Mark your calendar for the 9th Annual Walpole Day celebration, scheduled for Saturday, May 14th on Stone Field behind Town Hall. This local favorite gives Walpole residents a reason to celebrate by showcasing the unique spirit and culture of Walpole. This year we're hoping to take it to the next level by offering a brand new "Kidz Zone," Historic Trolley Tours of Walpole, a Food Festival, and more. The celebration kicks off with the classic Walpole Day Parade at noon, so get your spot downtown early and we'll see you there!

We're particularly excited about the number of activities we have planned for the whole family this summer. In addition to our annual Concerts on the Common (turn to page 15 for complete list of dates and bands), the Recreation Department is sponsoring its first Screen on the Green series, showcasing family-friendly films under the stars at Jarvis Farm. The movies begin just as soon as the sun sets so bring a cozy blanket or lawn chair, grab some snacks, and join us on Common Street for complimentary viewings of *The Minions*, *The Goonies*, and *Finding Nemo*. Turn to page 6 for a complete list of details.

Speaking of Jarvis Farm, have you heard about the Recreation Department's newest summer day program – Walpole Woods? With so many great activities planned at Jarvis Farm this summer, we wanted to make sure that everyone gets a chance to participate. After considering our offering of summer youth programs, the Recreation Department is pleased to announce that we are merging Summer Rec and Walpole Woods to make one new and improved summer program, all for the same, low price! There are a limited number of spaces available so check out the full description on page 7 and reserve your space today!

In addition to many of these new programs, we are excited to bring back many local favorites, such as the Junior Gut & Girls Lacrosse clinics with coach Mike Tosone and the Field Hockey clinic with coach Marianne Murphy (page 11). Turn to pages 8 and 9 for a complete listing of Summer Academy classes being offered at Old Post Road Elementary School and check out page 10 for the new Make Space Mania programs for students who love tinkering with technology!

This is just a small sample of what's in store here at the Recreation Department this summer. Check out our full list of offerings in the pages ahead and please keep this brochure as a resource of all the great events and activities taking place in your neighborhood. As always, thanks to our partners and sponsors for their support of recreational programs. See you out there!

Patrick Shield
Recreation Director

A MESSAGE FROM THE WALPOLE PUBLIC LIBRARY

The Walpole Public Library is developing a new long range plan.

We need your help to create a meaningful guide to the future.

Please take our online survey at:
<https://www.surveymonkey.com/r/Y7BNJF3>

Your feedback is very important to us. Your feedback will help us to identify areas where we can improve services and better understand the needs in our community.

Surveys will also be available at the Circulation Desk in the Library.

Thank you in advance for your participation!

A MESSAGE FROM THE WALPOLE COALITION FOR ALCOHOL AND DRUG AWARENESS



SAVE THE DATE

MAY 12 AT 7:00 P.M.

JOHNSON MIDDLE SCHOOL AUDITORIUM

Please come hear our guest speaker, Dr. Ruth Potee discuss the Teen Brain Development & Addiction.

Dr. Ruth Potee practices family medicine in Greenfield and was honored by the Franklin District Medical Society as the 2015 Community Clinician of the Year. She is Chair of the Healthcare Solutions Opioid Task Force of Franklin County and has addressed professional and community audiences on related topics throughout the state. Dr. Potee is an expert in adolescent brain development and its impact on teenage risk-taking, including alcohol and substance abuse. Her presentation will provide insight into how the teen brain develops and functions, and how to apply this knowledge in daily interactions with teens. She merges scientific research with a real-life understanding of the challenges of raising healthy teens. Dr. Potee will share insights about what students are thinking and doing when it comes to substance use, mental health and school connectedness and how schools, parents and communities can work together to make a difference.

Pool Information

NEED A WAY TO ESCAPE THE SUMMER HEAT?

Head over to one of the town's three public swimming pools conveniently located around town! Choose from the Center Pool & Splash Pad downtown or the South Pool behind the Boyden Elementary School in South Walpole.

CENTER POOL & SPLASH

144 School Street, Downtown

SOUTH POOL

14 Jason's Path, South Walpole

OPENING DAY

Saturday, June 18

CLOSING DAY

Saturday, August 26

Center Pool and the Splash Pad will be closed on Sunday, July 3 for the Annual *Night Before the Fourth* activities.



CENTER POOL

WEEKDAYS

10:00 A.M. - 5:00 P.M.

- Swim Lessons 10:00 a.m. - 12:00 p.m.
- Adult Swim 12:00 - 1:00 p.m.
- Public Swim 1:00 p.m. - 5:00 p.m.

WEEKENDS

11:00 A.M. - 5:00 P.M.

- Adult Swim 11:00 a.m. - 12:00 p.m.
- Public Swim 12:00 p.m. - 5:00 p.m.

HOURS OF OPERATION SPLASH PAD

DAILY

10:00 A.M. - 5:00 P.M.

Public Swim

SOUTH POOL

WEEKDAYS

10:00 A.M. - 7:00 P.M.

Public Swim

WEEKENDS

12:00 - 5:00 P.M.

Public Swim

POOL PASSES

Pool passes permit entry into the pool area - all patrons must have a pool pass to enter the pool area regardless of intention of entering the water. Pool passes are non-transferable and non-refundable.

	WALPOLE RESIDENT	NON-RESIDENT
DAY PASS	\$7 / person	\$10 / person
SEASON PASS (INDIVIDUAL)	\$40 / person	\$60 / person
SEASON PASS (SENIOR)	\$20 / person	
FAMILY DEAL	Buy 3 seasonal passes, get 1 FREE	

POOL PARTIES (WEDNESDAYS 7:00 - 9:00 P.M.) \$5 PER PERSON

The Walpole Recreation Department holds weekly pool parties at Center Pool for all Walpole students in grades 3 - 6 (fall 2016). These parties feature swimming, a cookout, DJ, and refreshments. These parties will be supervised by certified Recreation Department lifeguards and Recreation staff.

GRADES 3 & 4

July 6
July 20
August 3

GRADES 5 & 6

July 13
July 27
August 10

POOL RENTALS

\$100 PER HOUR

All ages

Instructor: Recreation Aquatics Staff

Available when pools are closed to the public

2-hour blocks

Walpole Public Pools

All three pools are available to rent whenever the pools are closed to the public. Payment is required in full at the time of the rental and will include an additional refundable \$50 deposit to cover the cost of cleanup. The rental fee includes two certified lifeguards. Rentals are limited to 40 people or less.

Swim Lessons

Our Red Cross-certified lifeguards, who are also trained in First Aid and CPR, give our swimming lessons. Classes take place rain or shine and are only cancelled in the event of thunder and lightning. Due to safety precautions, parents are asked to watch their children from behind the surrounding fence.

Full descriptions for swim lesson levels are available at Walpole Rec.com and the Recreation Department office. If you are uncertain for which level to register your children, our certified swimming instructors will evaluate them at the first session and place them in the appropriate age group.

Registration Deadline: 5:00 p.m. on the Thursday before each session

PUBLIC SWIM LESSONS @ CENTER POOL

\$60 Residents / \$70 Non-Residents

Monday - Thursday

- SESSION 1** July 4 - July 14
- SESSION 2** July 18 - July 28
- SESSION 3** August 1 - August 11

AGES:	TIME:	LEVEL:
3 - 5	11:15 a.m. - 12:00 p.m.	Aqua / Parent Tot
3 - 5	11:15 a.m. - 12:00 p.m.	Little Fish
4 & 5	11:15 a.m. - 12:00 p.m.	Jellyfish 1
6 & 7	11:15 a.m. - 12:00 p.m.	Jellyfish 2
7 & 8	11:15 a.m. - 12:00 p.m.	Jellyfish 3
7 and up	11:15 a.m. - 12:00 p.m.	Advanced 1
8 and up	10:15 - 11:00 a.m.	Advanced 2
9 and up	10:15 - 11:00 a.m.	Advanced 3
9 and up	10:15 - 11:00 a.m.	Advanced 4
9 and up	10:15 - 11:00 a.m.	Intro to Competitive Swim
11 and up	10:15 - 11:00 a.m.	Advanced 5
11 - 15	10:15 - 11:00 a.m.	Guard Start
11 - 15	10:15 - 11:00 a.m.	Water Safety Aid

PRIVATE SWIM LESSONS

\$130 Residents / \$140 Non-Residents

Limited Availability!

SOUTH POOL

10:15 - 11:00 a.m.

11:15 a.m. - 12:00 p.m.

SESSION 1	6/20 - 6/24
SESSION 2	6/27 - 7/1
SESSION 3	7/4 - 7/8
SESSION 4	7/11 - 7/15
SESSION 5	7/18 - 7/22
SESSION 6	7/25 - 7/29
SESSION 7	8/1 - 8/5

CENTER POOL

11:15 a.m. - 12:00 p.m.

SESSION 1	6/20 - 6/24
SESSION 2	6/27 - 7/1

SUMMER ACADEMY

JUMP START PROGRAMS

TUITION: \$255 / \$265 NR per class
Preschool Days (tuition varies)

9:00 A.M. - 12:00 P.M.
OLD POST ROAD SCHOOL (99 OLD POST ROAD)

These classes are three-week programs
Monday - Thursday, July 11 - 28

PRESCHOOL DAYS

Kathy Deely & Amy Farrell

Preschool Days is a program designed for 3, 4, and 5 year old children. Our indoor and outdoor activities will provide many opportunities to encourage, excite, and satisfy a child's natural tendencies for exploration. Songs, poems, creative movement, arts & crafts, and storytelling will be incorporated into the curriculum through many enjoyable activities. **CHILDREN MUST BE POTTY TRAINED BY THE TIME CLASS BEGINS.**

AGES 3 - 5

TUITION: 2-day class	Mon. & Wed.	\$135 / \$145 NR
2-day class	Tue. & Thurs.	\$135 / \$145 NR
4-day class	Mon. - Thurs.	\$255 / \$265 NR

LEAP INTO FIRST GRADE

Alyssa Sutherby, Amy O'Brien, & Shannon Hayward

Leap into summertime fun as you get ready for first grade! In this 3-week course we will review Kindergarten skills and explore some new Grade One concepts! Be ready for many fun activities, stories, arts & crafts, and even some fun with food. Our weekly themes will be Ocean Wonders, Exploring Outer Space, and Animal Safari. Come join the fun and leap in!

ENTERING GRADE 1 in the fall

SOAR INTO SECOND GRADE

Lindsey Vetrino & Deb Duffy

Want to have fun this summer while getting ready for second grade? Each week, we will focus on a new theme. Week 1 is "Beach and Ocean". Week 2 is "Bugs and Nature". Week 3 is "Sports and Fitness". Each week, we will read interesting stories, do fun activities to build ELA and math skills, make creative craft projects, and do exciting science activities. This will be a BLAST!

ENTERING GRADE 2 in the fall

HOORAY FOR THIRD GRADE

JoAnn Johnson

This fun-filled course incorporates movie themes to review valuable reading, writing, and math skills, science investigations, and so much more. We have children learn to cooperate with each other and have fun through games linked to movie themes. The course is based upon the movies of "Harry Potter", "Brave", and "How to Train Your Dragon" to name a few. Children will conduct science experiments, create potions, explore measurement, design dragons using tangrams, write riddles for them, and make dragon eggs. Students will read about Birds of Prey and all the different kinds of bears. These exciting activities will stimulate your child's imagination and keep their current grade level skills up to date!

ENTERING GRADE 3 in the fall

ENRICHMENT PROGRAMS

TUITION: \$85 / \$95 NR per week

9:00 A.M. - 12:00 P.M.
OLD POST ROAD SCHOOL (99 OLD POST ROAD)

WEEK 1	Tuesday - Friday, July 5 - 8
WEEK 2	Monday - Thursday, July 11 - 14
WEEK 3	Monday - Thursday, July 18 - 21
WEEK 4	Monday - Thursday, July 25 - 28

ABC'S OF PAPER, CRAFTING, & SCRAPBOOKING

Christine Marcucella

Create an *All About Me Scrapbook* layout for a 12x12 page including an introduction to journaling blocks, create a birthday card and a thank you card using stamping techniques. We will use stencils, colored pencils, and ink to achieve the look of embossing. We will also design a Best Friends-themed page for a frame with a lacy border.

WEEK 2: ENTERING GRADES 3 & 4 in the fall

ABC'S OF SPORTS

Liz Orlando

Kids love sports, crafts, and stories, and this class has it all! Each child will listen to stories about different sports, make fun crafts to keep and use forever, and learn to play and practice a variety of sports! Each day will be different from the next, keeping the kids engaged and loving sports!

WEEK 3: ENTERING GRADES PREK-1 in the fall

WEEK 4: ENTERING GRADES PREK-1 in the fall

AMERICAN GIRL DOLL

Julie Mackinnon

American Girls throughout history have been brave, creative, responsible, and kind. Come join us for a week of fun-filled activities as we celebrate the American Girl. We will immerse ourselves in crafts, cooking, tea parties, and games. Please bring along your favorite doll to help join in the festivities.

WEEK 1: ENTERING GRADES K-4 in the fall

WEEK 2: ENTERING GRADES K-4 in the fall

WEEK 4: ENTERING GRADES K-4 in the fall

ARTS & CRAFTS FOR YOUNG CHILDREN

Bridget Barry

Does your child love crafting? Come join us for quick easy to do crafts appropriate for young children! Most crafts will be created using construction paper and other materials. Topics may vary according to age range. Other crafts will include bead work, bracelet making, gimp making, coloring, drawing, some sewing, and much more!

WEEK 2: ENTERING GRADES PREK-3 in the fall

WEEK 3: ENTERING GRADES PREK-3 in the fall

WEEK 4: ENTERING GRADES PREK-3 in the fall

SUMMER ACADEMY

BEGINNER PAPER CRAFTING & SCRAPBOOKING

Christine Marcucella

Create a birthday border and title block for a 12x12 scrapbook page, make unique cards using archival ink, acrylic stamps, and water color brushes. Learn to use stamps and ink to create your own patterned paper and design a page for a mini album or frame!

WEEK 1: ENTERING GRADES 1 & 2 in the fall

BROADWAY BABES

Liz Orlando

Come join us for another year of Broadway fun! We will choose a favorite children's book to turn into a play. Children are given a chance to perform, direct, and produce! We will create scenery, learn lines, and perform a final production for family and friends at the end of the week! After the production there will even be a reception and time to get autographs from all the stars!

WEEK 1: ENTERING PREK-1 in the fall

WEEK 2: ENTERING PREK-1 in the fall

CREATE A MINI SCRAPBOOK ALBUM

Christine Marcucella

Completing this project, we will use a variety of techniques beyond cutting paper, trimming photos and trying different photo safe adhesives. We will use dimensional adhesives, tape (multiple wraps), stamp sentiments, repurpose negative space from cuttings, and use stencils with ink.

WEEK 3: ENTERING GRADES 4-8 in the fall

WEEK 4: ENTERING GRADES 4-8 in the fall

GAMES GALORE

Janis Gilson & Christine Succar

Do you like getting kinged in **CHECKERS**, stacking teetering **JENGA** blocks, getting in **TROUBLE**, sinking a **BATTLESHIP**, solving crime in **CLUE**, or comparing **APPLES TO APPLES**? Come join us for all these games and more! You will win fun prizes while learning new games and making new friends! The fun you'll have will **BOGGLE** your mind! Don't be **SORRY**, sign up soon!

WEEK 3: ENTERING GRADES 4-6 in the fall

WEEK 4: ENTERING GRADES 4-6 in the fall

GIRLS JUST WANNA HAVE FUN

Cathy Madden & Andrea Cassidy

Girls just want to have fun coloring, drawing, and designing with a variety of media. During the class we will also have the opportunity to create duct tape art, bracelets, necklaces, and accessories with crazy loom!

WEEK 2: ENTERING GRADES 1-3 in the fall

WEEK 3: ENTERING GRADES 4-7 in the fall

WEEK 4: ENTERING GRADES 1-7 in the fall

LEARNING SPANISH THROUGH GAMES

Elizabeth Flaherty

We will learn and practice Spanish through fun and interactive learning games. Students will also explore and learn about the unique Spanish culture - food, holidays, and more! *Vamos a aprender juntos!*

WEEK 1: ENTERING GRADES 3-8 in the fall

WEEK 2: ENTERING GRADES 3-8 in the fall

WEEK 3: ENTERING GRADES 3-8 in the fall

WEEK 4: ENTERING GRADES 3-8 in the fall

MINUTE TO WIN IT

Dina Flanagan

You will have 60 seconds to complete different challenges using everyday household items. You will take part in The Candelier, Ping Tac Toe, Noodling Around, Stack Attack, Tilt A Cup, Face the Cookie, and many other Minute to Win It Challenges. On the last day, you will create and name your very own Minute to Win It Challenge!

WEEK 2: ENTERING GRADES 1-6 in the fall

SUMMER OF SEUSS

Rachel Kupferschmid

Do you like Green Eggs and Ham? Come find out at a week full of Dr. Seuss fun! Each day will focus on a different Seuss book and include a fun craft, activity, and creative snack! Get excited for The Cat in the Hat, The Lorax, and Wacky Wednesday!

WEEK 3: ENTERING GRADES 1-3 in the fall

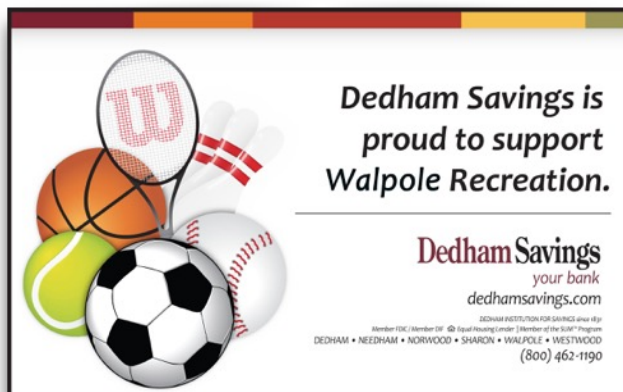
SURVIVOR

Dina Flanagan

Can you Outwit, Outplay, and Outlast your other Survivor tribesmates? During this action-packed week you will compete in mental and physical challenges, as well as take part in cooperative games. You will be competing in the squared-off challenge, quicksand challenge, code breaker, survivor obstacle course, the wheel of gross, and many other fun activities. On the last day, you and your tribe will compete together in a clue hidden scavenger hunt.

WEEK 3: ENTERING GRADES 1-6 in the fall

WEEK 4: ENTERING GRADES 1-6 in the fall



SUMMER SPORTS

RBI BASEBALL CAMP

Ages 5 - 12

Daily: June 27 - July 1

See times below

Bird Middle School

RBI Baseball Academy's summer camp will include top level instruction covering all baseball fundamentals. We provide an experienced, professional staff with low participant-to-instructor ratios and both daily baseball games and instructional drills. We have a spacious outdoor complex with multiple fields and indoor facilities available in the event of inclement weather.

SESSION:	AGES:	TIME:	FEE:
Head Start	5 & 6	9:00 a.m. - 12:00 p.m.	\$109 per child
1/2 day	7 - 12	9:00 a.m. - 12:00 p.m.	\$179 per child
Full day	7 - 12	9:00 a.m. - 2:30 p.m.	\$219 per child

BEHN BASKETBALL CAMP

Coed Ages 6 - 15

Daily: See dates below

9:00 a.m. - 12:00 p.m.

Walpole High School

Behn Basketball Camp is designed to help players of all abilities improve on the fundamentals of the game. The goal for each player is to leave on Friday with better skills, more confidence and a better understanding of how to practice. There will be a brief awards ceremony on Friday to recognize the improved skills of campers.

ALL CAMPERS WILL RECEIVE AN INDIVIDUALIZED REPORT CARD FROM THEIR COACH AS WELL AS A BEHN CAMP T-SHIRT.

Campers are grouped based on gender, age & ability. Staff work hard to ensure that campers are comfortable but also challenged within their groups and teams. Activities generally run in increments of 20 to 30 minutes and vary each day throughout the week. Some of the activities are geared toward improving individual skills while some are geared toward improving team play within small-sided games. The camp will also educate campers on agility, enhancement and on how to practice fundamentals at home.

Your directors are two of the best that Behn Basketball Camp has to offer, with over 40 years of coaching and/or playing experience combined. Coaches at Behn Basketball Camp are scholarship athletes, top high school players & experienced high school/college coaches. Campers will have fun & learn from the BEST! Visit BehnCamp.com for more information.

DATES:	DIRECTOR:
Week 1: 8/1 - 8/5	Malcolm Wynn
Week 2: 8/15 - 8/19	Jamie Kelley

See fee below

Instructor: RBI Baseball Academy Staff

Registration **Deadline: June 23**

Minimum: Varies

Maximum: Varies

FIELD HOCKEY CLINIC

Grades 3 - 8

Daily: July 11 - July 15

9:00 a.m. - 12:30 p.m.

Walpole High School

Join Walpole High School Field Hockey coach Marianne Murphy and both present and former high school athletes for this week-long instructional program. Participants will learn such skills as dribbling, passing, driving, shooting and tackling. The Porkers have been a staple in the high school for years and it's the strong youth program that keeps us on top! Please note, that the Summer Field Hockey Clinic is a pre-requisite for the Middle School Fall League.

\$175 / \$185 NR

Instructor: Marianne Murphy

Registration **Deadline: July 7**

Minimum: Varies

Maximum: Varies

GIRLS LACROSSE CLINIC

Grades 1 - 10

Daily: June 20 - June 23

5:00 - 8:00 p.m.

Walpole High School

Join coach Mike Tosone for this annual summer favorite as players learn the fundamentals of lacrosse. This clinic centers on introducing the game to new players while challenging experienced players to raise their game to the next level. Instruction focuses on basic skills, individual techniques and positional instruction by introducing offensive and defensive concepts, fun drills, and short games. Players need to bring lacrosse-approved goggles, stick, mouth guard, sneakers/cleats for turf and grass fields, snack and water bottle. **FRIDAY, JUNE 24 IS RESERVED FOR A MAKE-UP IN THE EVENT OF INCLEMENT WEATHER. WE WILL PROVIDE STICKS AND GOGGLES FOR THE WEEK FOR PLAYERS WHO DO NOT HAVE THEIR OWN.**

\$60 / \$65 NR

Instructor: Mike Tosone

Registration **Deadline: June 16**

Minimum: None

Maximum: None

JUNIOR GUT CLINIC

Grades 4 - 8

Daily: See dates below

12:00 - 1:30 p.m.

Walpole High School

With safety being such a hot topic in kids' sports, Junior Gut Clinic helps girls and boys work on injury-prevention for sports at any level. Techniques include proper preparation and flexibility, strength work on major and minor muscle groups, agility and speed improvements, and endurance through constant movement. This program is held at the WHS fitness center and the turf field.

\$42 / \$47 NR

Instructor: Mike Tosone

Registration **Deadline: 48 hours prior**

Minimum: 10 participants

Maximum: 30 participants

DATES:	DAYS:
Week 1: 7/12 - 7/15	Tuesday - Friday
Week 2: 7/18 - 7/21	Monday - Thursday
Week 3: 7/25 - 7/28	Monday - Thursday
Week 4: 8/1 - 8/4	Monday - Thursday



BIRTHDAY PARTIES

Ages 5 and up

Saturdays & Sundays

2-hour blocks

Blackburn Hall

These parties at Blackburn Hall feature use of our gym for games and activities chosen by the Birthday Child, which are run by the two staff members that are included in the price. Please email Lauren Macomber at lmacomber@walpole-ma.gov for more information or to check availability and book a date. **RENT OUR BOUNCY HOUSE FOR AN ADDITIONAL \$50.**

\$160 FOR 24 KIDS OR LESS

Instructor: Recreation Staff

SUMMER SPORTS

CHALLENGER SPORTS SOCCER CAMP

See ages below

Monday - Friday: See dates below

See times below

Bird Middle School, Soccer Fields

See fee below

Instructor: Challenger Sports Staff

Registration **Deadline: 48 hours prior**

Minimum: 10 participants

Maximum: See website

BRITISH SOCCER CAMP (AGES 3 - 14) is the most popular soccer camp in the country based upon one of the most innovative approaches to coaching youth soccer in the US and Canada. Challenger's experienced staff study the game at all levels and they have identified the key techniques and skills that your players need to work on and master to reach their true potential. With programs for each age, the curriculum includes a variety of foot skills, technical drills, tactical practices, freestyle soccer, small-sided games, coached scrimmages, and a mini tournament play. Players also learn about the core values of respect, responsibility, integrity, sportsmanship and leadership.

TETRA BRAZIL SOCCER ACADEMY (AGES 9 - 16) offers unique programs of technical development that challenge each player to raise their game to new heights. The TetraBrazil curriculum has been designed by our professional coaches to provide teams, coaches and players with the same, expert level of training received by the top youth players in Brazil. The TetraBrazil Soccer Academy will teach your child more than just techniques and tactics. Each member of the TetraBrazil coaching staff will bring an authentic taste of the flair, passion, and creativity of Brazilian soccer to our camps. **THERE WILL BE A \$10 LATE FEE FOR CAMPERS REGISTERING WITHIN 10 DAYS OF THE START DATE. ALL CHILDREN RECEIVE A FREE SOCCER BALL, AND A FREE CHALLENGER SPORTS SOCCER T-SHIRT.**

SESSION:	AGES:	DATES:	FEE:	TIME:
Mini Soccer	3 - 6	7/11 - 7/15	\$74 per child	8:00 - 8:45 a.m.

1/2 day (9:00 a.m. - 12:00 p.m.)

British Soccer	7 - 14	7/11 - 7/15	\$162 per child
TetraBrazil	9 - 16	7/25 - 7/29	\$162 per child

Full day (9:00 a.m. - 4:00 p.m.)

British Soccer	9 - 14	7/11 - 7/15	\$237 per child
TetraBrazil	9 - 16	7/25 - 7/29	\$237 per child

JUNIOR TENNIS LESSONS

Ages 6 & 7

Daily: See dates below

9:00 a.m. - 10:00 a.m.

Walpole High School

\$45 / \$50 NR

Instructor: Jill Aldoriso

Registration **Deadline: 48 hours prior**

Minimum: 4 participants

Maximum: 12 participants

Join the Recreation Department staff as we learn to improve our game through fundamental drills and basic gameplay. Each session lasts Monday - Thursday, concentrating on skills and game play. Fridays will be used as a rain-date.

DATES:

Week 1: 7/11 - 7/14

Week 2: 7/18 - 7/21

Week 3: 7/25 - 7/28

SUMMER YOUTH TENNIS LESSONS

Ages 8 - 14

Daily: See dates below

10:30 a.m. - 1:30 p.m.

Walpole High School

\$105 / \$115 NR

Instructor: Jill Aldoriso and Recreation Staff

Registration **Deadline: 48 hours prior**

Minimum: 8 participants

Maximum: 20 participants

The Recreation Department is pleased to offer this new and improved, four-day clinic led by coach Jill Aldoriso designed to help your child learn and improve their game of tennis. Instructions will center on explaining the rules of the game, racquet placement, proper form, groundstrokes, footwork, swing and more. **STUDENTS**

MUST BRING THEIR OWN RACQUET.

DATES:

Week 1: 7/11 - 7/14

Week 2: 7/18 - 7/21

Week 3: 7/25 - 7/28



SUMMER MOVIE SERIES

WALPOLE
RECREATION

&



Present:

Screen
on
the
Green

FREE
Outdoor
Movies!

Friday, June 24th - 8:30pm
The Minions Movie

Friday, July 29th - 8:15pm
The Goonies

Friday, August 26th - 8:00pm
Finding Nemo

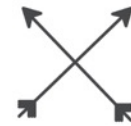
Jarvis Farm
(691 Common Street)

WALPOLE WOODS



Walpole Woods

at Jarvis Farm



Est. 2016

What is Walpole Woods?

Walpole Woods is a Summer Day Program that provides kids (**entering grades 1 - 6 in fall 2016**) from Walpole and the surrounding area the opportunity to participate in active and healthy programs, learn about the natural environment around them and create new lifelong friendships.

Held at the beautiful Jarvis Farm property, (691 Common Street) each week at Walpole Woods will consist of a variety of activities. Each group will be assigned their own cabin, have **swimming lessons** four days per week, **free swim periods** each afternoon that include **kayaking** and water games along with once a week site-wide interactive science lessons from either **Museum of Science** or **Mad Science Boston**.

For grades 3-6, **archery lessons** will be offered twice weekly by **On the Mark Archery**.

Daily activities will also include Arts & Crafts, Organized Sports (water balloon volleyball, crab soccer, and more!), and Nature Walks.



Cost

Prior to June 1:

\$225 / week (Non-Resident \$235 / week)

Hours

Each week of Walpole Woods runs from **8:00 a.m. - 6:00 p.m.** To further accommodate schedules, a limited number of half-day and single-day options are also available.

Schedule

Walpole Woods runs each week beginning July 5 and continuing through August 26.

More information regarding Walpole Woods, including a Parent Information & Registration Packet, can be found by visiting our website at WalpoleRec.com.

MAKER SPACE MANIA

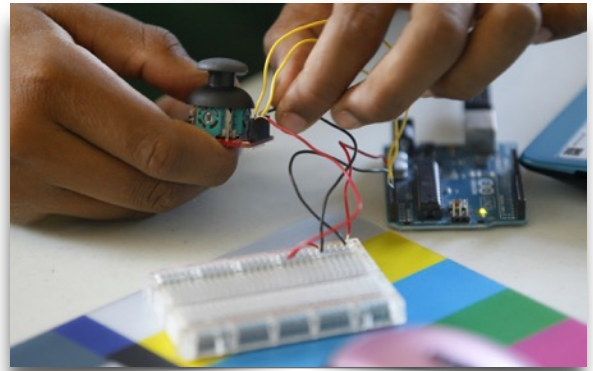
TUITION: \$85 / \$95 NR per week

9:00 A.M. - 12:00 P.M.

JOHNSON MIDDLE SCHOOL (111 ROBBINS ROAD)

- WEEK 1** Tuesday - Friday, July 5 - 8
- WEEK 2** Monday - Thursday, July 11 - 14
- WEEK 3** Monday - Thursday, July 18 - 21
- WEEK 4** Monday - Thursday, July 25 - 28

Join us in the JMS Makerspace for 4 weeks of Makerspace Mania! Makerspace Mania will provide opportunities for 4th-6th graders to create and learn through engaging activities and DIY projects. The workshops are being facilitated by middle school teachers who love to tinker with technology! The JMS Makerspace is an engaging and innovative "kid-centered" environment where kids are encouraged to dream big!



3D PRINT SHOP

Tim Clifford

This is not your grandpa's shop class! Students will use Tinkercad or Sketchup to design and 3D print objects. Students will learn the basic concepts of 3D modeling software and have hands-on experience with Makerbot 3D printers.

WEEK 1: ENTERING GRADES 4-6 in the fall

WEEK 4: ENTERING GRADES 4-6 in the fall

MAKER SPACE MADNESS

BJ Burke

Bored with Summer already? Join us for some fun DIY, making, creating, crafting, hacking, and tinkering! Students will use all the resources in the Maker Space along with their imaginations to help bring their projects to life!

WEEK 3: ENTERING GRADES 4-6 in the Fall

ROBO CHALLENGE

Anne Marie Wyman & Matt Millard

Get ready to Robo-Rumble! Students will use the Lego Mindstorms kits and work together to build and program robots to meet certain challenges. Some of the challenges students will take on are sumobots, robot racing, minesweeper, and robot zoo.

WEEK 3: ENTERING GRADES 4-6 in the Fall

WEEK 4: ENTERING GRADES 4-6 in the Fall

STOP MOTION ANIMATION LAB

Lois Caneja & Susan Stewart-Racicot

Have you ever wanted to create your own Stop Motion movie? Students will use Hue Animation Cameras and iCreate to make their own Stop Motion Movies. Students will bring their stories to life, create their own sets and animate scenes using items like Legos, Playdough and action figures.

WEEK 1: ENTERING GRADES 4-6 in the Fall

WEEK 3: ENTERING GRADES 4-6 in the Fall

TINKERING WITH TECHNOLOGY

Anne Marie Wyman & BJ Burke

Students will explore various technologies through all kinds of cool tech craft projects! Students will program in Scratch and use Makey Makeys to create game controllers or musical instruments. Students will create with Lego Mindstorms, LittleBits, and 3D Pens.

WEEK 2: ENTERING GRADES 4-6 in the Fall

VIDEO GAME DESIGN

Matt Millard

Students will be introduced to the principles of video game design. Our class will use Game Star Mechanic, a game and community site designed to teach kids the principles of game design. Game Star is designed to foster critical 21st century skills such as systems thinking, problem solving, creativity collaboration, digital media literacies and a motivation for STEM (Science, Technology, Engineering and Math) learning.

WEEK 2: ENTERING GRADES 4-6 in the Fall



S.M. LORUSSO & SONS INC.

YOUTH PROGRAMS

CROSSFIT CUT KIDS

Ages 9 and up

Wednesdays: See dates below

5:00 - 6:00 p.m.

CrossFit Cut, 277 South Street, Unit 6

\$40 per person

Instructors: CrossFit Cut Staff

Registration **Deadline: 48 hours prior**

Minimum: None

Maximum: 12 participants

CrossFit Cut focuses on introducing the basic building blocks of fitness to growing bodies. There is a lot to learn here, however our coaches make it fun and interesting. As parents themselves, the CrossFit Cut coaches know the importance of a healthy self-esteem and the benefits of fitness for children both mentally and physically. This class is for all levels from beginner to athlete.

DATES:

Session 1: 7/6 - 7/27

Session 2: 8/3 - 8/24

EV3 SPACE ROBOTICS, MINECRAFT & STOP MOTION ANIMATION

Ages 9 - 14

See dates below

9:00 a.m. - 3:00 p.m.

Old Post Road School, 99 Old Post Road

\$315 per person

Instructor: Jim Harvey, LETGO Your Mind

Registration **Deadline: June 30**

Minimum: 2 participants

Maximum: 8 participants

Explore the stars! The Star Wars universe will be our guide as we tackle the challenges and adventures of space exploration. Participants will learn how to build and program their own planetary exploration droid in order to find the Rebels a new planet to put their base. Build and program your droid to navigate unseen areas, collect and test samples, and even film its exploits! Participants will learn how to use sensors to help their droid maneuver through an unknown land, collect and test samples, and bring back information to the Rebels. Children will even be able to have their droid record its adventures using a smartphone. In the afternoon participants will learn about circuits and Redstone to build Rebel bases on hostile worlds filled with traps and defenses to protect them from the Empire. Later we will take on the role of the Empire and attack each others' bases to test their defenses. Children will learn how to camouflage their base into its surroundings (using hidden doors and other techniques), and use Redstone to create traps and other defenses against the Empire.

This class is a lot of fun, and will undoubtedly fill up fast. Register today!

DATES:

Session 1: 7/5 - 7/8

Session 2: 7/18 - 7/22

HIP HOP DANCE

Ages 5 - 13

Monday - Friday: August 1 - August 5

1:00 - 4:00 p.m.

Boyden School

\$119 per person

Instructor: Aly Pereira

Registration **Deadline: July 28**

Minimum: 8 participants

Maximum: 20 participants

Join in on the fun of learning the basics of Hip-Hop Dance, with one of the Boston Celtics dancers! The class incorporates choreography and different forms of freestyle movement. Students will learn various dances to popular songs. At the end of the 8-week session, the children will give a short performance of their hard work.

KARATE FOR KIDS (AGES 3 & 4)

Ages 3 & 4

Wednesdays: June 22 - Aug. 3

3:15 - 3:45 p.m.

Impact Martial Arts, 419 High Plain Street

\$50 per person

Instructor: Impact Martial Arts Staff

Registration **Deadline: 48 hours prior**

Minimum: None

Maximum: None

This program focuses on teaching the basics of martial arts along with building skills such as balance, body coordination, sharing, listening to your parents, fire safety, and much more. This is a high-energy, fun class for the little ones.

KARATE FOR KIDS (AGES 5 - 7)

Ages 5 - 7

See dates below

4:00 - 4:30 p.m.

Impact Martial Arts, 419 High Plain Street

\$50 per person

Instructor: Impact Martial Arts Staff

Registration **Deadline: 48 hours prior**

Minimum: None

Maximum: None

This class will focus on teaching the students the basics of martial arts, in particular, how to do blocks punches, kicks and forms. Additionally, the student will learn about focus, respect, and self-discipline in a high - energy, fun atmosphere.

DAY:

Tuesdays 6/21 - 8/2

Wednesdays 6/22 - 8/3

Thursdays 6/23 - 8/4

DATES:

KARATE FOR KIDS (AGES 8 - 12)

Ages 8 - 12

See dates below

4:45 - 5:30 p.m.

Impact Martial Arts, 419 High Plain Street

\$50 per person

Instructor: Impact Martial Arts Staff

Registration **Deadline: 48 hours prior**

Minimum: None

Maximum: None

This class will teach students all of the basic fundamentals of their martial arts training. They will incorporate basic level forms, as well as practical self-defense techniques. There is a big emphasis on physical fitness and conditioning. We begin to discuss topics such as bullying, while building confidence and perseverance in a positive environment.

DAY:

Tuesdays 6/21 - 8/2

Thursdays 6/23 - 8/4

Fridays 6/24 - 8/5

DATES:



YOUTH PROGRAMS



LEGO SPACE ADVENTURES

Ages 4 - 5
See dates below
9:00 a.m. - 12:00 p.m.
Old Post Road School, 99 Old Post Road
\$155 per person
 Instructor: Jim Harvey, LETGO Your Mind
 Registration **Deadline: July 14**
Minimum: 2 participants
Maximum: 8 participants

Come join us as we explore space with your LEGO mini figure as an astronaut. We will build LEGO motorized machines that will test your astronaut's endurance using LEGO simulated G-Force spinning machines. Children will build LEGO space stations, land rovers, rotating satellites and many more.

DATES:
Session 1: 7/5 - 7/8
Session 2: 7/18 - 7/22

LEGO SPACE ADVENTURES AND STOP ANIMATION **\$315 per person**
Ages 6 - 9
See dates below
9:00 a.m. - 3:00 p.m.
Old Post Road School, 99 Old Post Road
 Instructor: Jim Harvey, LETGO Your Mind
 Registration **Deadline: July 14**
Minimum: 2 participants
Maximum: 8 participants

The universe will be our guide as we discuss and create solutions to traveling and living in space. Come join us as we explore space with your LEGO mini figure as an astronaut. We will build LEGO motorized machines that will test your astronaut's endurance using LEGO simulated G-Force spinning machines. Children will also build a LEGO space station, land rovers, rotating satellites and Destroyer Droids to protect their station from enemy forces. LETGO Your Mind instructors will teach future engineers how to integrate motors, magnets, pulleys and gears into their LEGO builds. During the afternoon students will create stop motion animation space adventure movies using LEGO components where we will incorporate some of our creations!

DATES:
Session 1: 7/5 - 7/8
Session 2: 7/18 - 7/22

LITTLE REC'ERS

Ages 2½ - 7
See dates below
See times below
Blackburn Hall

See fee below
 Instructor: Lauren Macomber & Judy Auditore
 Registration **Deadline: None**
Minimum: None
Maximum: None

Little Rec'ers is back for another summer of fun! Operating out of Blackburn Hall and making use of the Splash Pad and surrounding fields, this program is open to children from 2½ through 7. Each week will be tailored to a different theme and offer a variety of fun activities, including arts & crafts, indoor and outdoor sports, science experiments, mini-field trips and more. Weather permitting, we'll head over to the new Splash Pad, so don't forget to bring your bathing suit and towel! Additional family members may deduct 10% from the full week program if they register at the same time.

PARTICIPANTS MUST BE POTTY-TRAINED. NO EXCEPTIONS WILL BE ALLOWED.

LENGTH:	TIME:	WEEKLY FEE:	DAILY FEE:
Full day	9:00 - 4:00 p.m.	\$160 / \$170 NR	\$48 / day
½ day (a.m.)	9:00 - 12:00 p.m.	\$85 / \$90 NR	\$26 / day
½ day (p.m.)	1:00 - 4:00 p.m.	\$85 / \$90 NR	\$26 / day
Extended Lunch	12:00 - 1:00 p.m.	\$40 / \$45 NR	\$12 / day

DATES:	THEMES:
Week 1: 7/5 - 7/8	"Carnival"
Week 2: 7/11 - 7/15	"Cooking"
Week 3: 7/18 - 7/22	"Field trips"
Week 4: 7/25 - 7/29	"Science"
Week 5: 8/1 - 8/5	"Olympics"
Week 6: 8/8 - 8/12	"Animals"

IRISH MUSIC LESSONS

Ages 5 - 18
Mondays: June 6 - July 18
6:00 - 6:50 p.m.
Walpole High School

\$105 / \$115 NR
 Instructor: Denis Galvin
 Registration **Deadline: June 2**
Minimum: 3 participants
Maximum: 10 participants

In this class you will learn to play either the fiddle, accordion, flute or tin-whistle. If you haven't played before, you will learn the fundamentals of your instrument, with the goal of being able to play at least three basic tunes by the end of the 6-week period. You will work on reading music notation and also improving your listening skills and ear-training. The theme of the class will be 'fun in learning.' Our goal is to have you leave with a greater proficiency with your chosen instrument and a greater respect for the music.

NO PROGRAM ON JULY 4.



YOUTH PROGRAMS

MUSICAL THEATER - "FROZEN"

Ages 5 - 13

Monday - Friday: 8/1 - 8/5

10:00 a.m. - 1:00 p.m.

Boyden School

Come join in on the fun of taking part in a musical theater performance. In this class, boys and girls will audition for a role in the musical "Frozen." This play has been rewritten along the theme of the original "Frozen". Children will sing, dance, and act their way into a world of excitement. Every child receives a part. Costumes are encouraged, but not necessary.

\$119 per person

Instructor: Aly Pereira

Registration **Deadline: July 28**

Minimum: 8 participants

Maximum: 20 participants

SPECTACULAR HANDS-ON-SCIENCE

Grades K - 5

Daily: June 27 - July 1

9:00 a.m. - 3:00 p.m.

Studio East

Come join this very cool and fun summer program! Over the past 20 years, Top Secret Science (www.TopSecretScience.com) has worked hands-on with over 1 million children. During the week the kids will explore up to 100 weird and wacky hands-on science experiments and will make and take home at least 50 different projects. The scientists are fast-paced and funny and your kids will be thoroughly entertained (they'll even learn some interesting things too). We will explore weird motions and flying things, air and water pressure, crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more. Be prepared for fun activities! It is a wonderful 6 hours of science each day.

\$175 per person

Instructor: Top Secret Science Staff

Registration **Deadline: June 23**

Minimum: 15 participants

Maximum: 40 participants

TINY TENNIS KIDS

Ages 3 - 6

Saturdays: See dates below

See times below

Walpole High School

Tiny Tennis Kids offers comprehensive lessons for 3-6 year old tennis players, designed around the USPTA "Little Tennis" program. The basic motor skills will include walking, running, hopping, jumping, skipping, catching, throwing, kicking and striking as well as team work. **CHILDREN MUST BRING THEIR OWN RACQUET AND WEAR ATHLETIC SNEAKERS.**

\$46 / \$51 NR

Instructor: Jill Aldoriso

Registration **Deadline: 48 hours prior**

Minimum: 4 participants

Maximum: 12 participants

TYE DYE FOR THE 4TH

Grades 4 - 7

Friday, July 1

1:00 - 2:30 p.m.

Blackburn Hall

Lets make something fun to wear for this year's 4th of July party! Bring a pre-washed white shirt, socks or shorts and we will dye it using only red and blue dye. All of your friends will be asking where you got such a cool shirt and you so proudly can tell them you made it!

\$5 per person

Instructor: Recreation Staff

Registration **Deadline: June 29**

Minimum: 7 participants

Maximum: 20 participants

AGES: TIME:

3 & 4 **10:00 - 10:45 a.m.**

5 & 6 **11:00 - 11:45 a.m.**

DATES:

Session 1: 6/4 - 7/2

Session 2: 7/23 - 8/20

Walpole Recreation Presents:

2016 CONCERTS on the COMMON

July 5 • 6:30pm	Eleven (Rock Cover Band)
July 12 • 6:30pm	Pablo Palooza (Funk)
July 19 • 6:30pm	The Experts (Pop Music from the 60s - 80s)
July 26 • 6:30pm	Siobhan Magnus (2011 American Idol Finalist, Jazz & Pop)
August 2 • 6:00pm	Mike & Joe's Big Band (Swing, Jazz & Funk)
August 9 • 6:00pm	The New City Cowboys (Pop Country)
August 16 • 6:00pm	The Infractions (6-Piece Rock, Pop & Jazz Group)
August 23 • 6:00pm	Studio 2 (Beatles Tribute Band)

In the event of inclement weather, concert rain dates are scheduled for Thursday of the same week of the initial performance.

TUESDAYS!



TEEN PROGRAMS

DRIVER'S EDUCATION

Ages 15 and 9 months, and up
See dates below
See times below
Blackburn Hall

Teachers Driving Academy offers 30 hours of mandatory classroom instruction towards a driver's license in Massachusetts. Students are required to bring a notebook, a pen, and a copy of their birth certificate. You do not have to attend Walpole High School, or be a Walpole resident. Each session includes a mandatory parent class, unless the parent has already attended in the last 5 years. **AT LEAST ONE PARENT MUST ATTEND THE PARENT CLASS.** If you cannot attend during the session the student is registered for, you may attend during another session.

\$70 per person

Instructor: TDA Staff

Registration **Deadline: 48 hours prior**

Minimum: 6 participants

Maximum: 36 participants

JULY SESSION

Mon. - Fri.: 7/18 - 7/22
 8:00 a.m. - 2:30 p.m.
 *8:00 a.m. - 10:00 a.m. Parents join

AUGUST SESSION

Mon. - Fri.: 8/15 - 8/19
 8:00 a.m. - 2:30 p.m.
 *8:00 a.m. - 10:00 a.m. Parents join



TEEN EXTREME

Grades 6 - 8

Weekdays: See dates below

9:00 a.m. - 5:00 p.m.

Studio East, 5 Wolcott Ave

We are revamping Teen Extreme this year! Now with our own space at The Studio in East Walpole. We will be doing age-appropriate activities, and spending a big chunk of time in Bird Park. We have Xbox and Wii and kids will be able to walk to Jimmy's for lunch every Friday. Additional family members may deduct 10% from the full week program if they register at the same time. **CHILDREN MUST BE IN MIDDLE SCHOOL IN FALL OF 2016 TO PARTICIPATE.**

\$200 per week / \$60 per day

Instructor: Recreation Staff

Registration **Deadline: None**

Minimum: 6 participants

Maximum: 24 participants

WEEK 1: 7/5 - 7/8 (Tuesday - Friday)

***\$160 per person**

WEEK 2: 7/11 - 7/15

WEEK 3: 7/18 - 7/22

WEEK 4: 7/25 - 7/29

WEEK 5: 8/1 - 8/5

WEEK 6: 8/8 - 8/12

ADULT PROGRAMS

STRENGTH & CONDITIONING

Adults

See dates below

10:00 - 11:00 a.m.

Impact Martial Arts, 419 High Plain Street

Get stronger and build lean muscle using kettlebells, TRX suspension straps, resistance bands, and anything else that efficiently and safely builds strength and endurance. This class is designed to build overall body strength, particularly in hard-to-condition core areas. The exercises are functional, improve coordination and agility, and help keep the body strong.

\$50 per person

Instructor: Impact Martial Arts Staff

Registration **Deadline: 48 hours prior**

Minimum: None

Maximum: None

SESSION 1

DAY:

Wednesdays

Fridays

DATES:

6/22 - 8/3

6/24 - 8/5

BARRELESS BARRE

Adults

Saturdays: June 4 - June 25

8:30 - 9:30 a.m.

Studio East, 5 Wolcott Ave

\$45 entire session / \$15 per day

Instructor: Heather Majewski

Registration **Deadline: June 2**

Minimum: 5 participants

Maximum: 15 participants

Barre is a quickly effective workout that targets every major muscle group. The routine series of small movements will both tone and lengthen your body over the course of an hour. Movements synced with breathing will help you make a mind and body connection that will satisfy both physical and mental health. No experience necessary, all levels of fitness are welcome! If you are pregnant it is advised you consult with your doctor before participating. **PLEASE BRING A YOGA MAT AND HAND WEIGHTS TO EACH CLASS.**

INTRO TO KRAV MAGA

Adults

See dates below

7:30 - 8:30 p.m.

Impact Martial Arts, 419 High Plain Street

\$50 per person

Instructor: Impact Martial Arts Staff

Registration **Deadline: 48 hours prior**

Minimum: None

Maximum: None

Our Self Defense program, rooted in the Israeli system of Krav Maga, is a reality-based scenario training that utilizes practical, aggressive technique and combatives designed to build strength, endurance, and improve conditioning. The objective is to learn how to defend yourself and your loved ones against an aggressor. **NO CLASS MAY 30.**

SESSION 1

DAY:

Mondays

Wednesdays

DATES:

6/20 - 8/1

6/22 - 8/3

LADIES' LIGHT HIKE

Adults

See dates below

9:45 - 11:00 a.m.

Various locations

\$30 per person

Instructor: Nanci Cahalane

Registration **Deadline: 48 hours prior**

Minimum: None

Maximum: 30 participants

Add dimensions to your walking or jogging - do you like the idea of hiking, but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. This class moves at a good pace - we'll be looking for hills! We will meet at various local locations every week (a list will be given out).

FIRST HIKE LOCATION: F. GILBERT HILLS STATE FOREST, FOXBORO.

NO PROGRAM ON MAY 28.

DAY:

Thursdays

Saturdays

DATES:

4/28 - 6/2

5/7 - 6/18

ADULT PROGRAMS

CARDIO KICKBOXING

Adults
See dates below
See times below
Impact Martial Arts, 419 High Plain Street

\$50 per person
Instructor: Impact Martial Arts Staff
Registration **Deadline: 48 hours prior**
Minimum: None
Maximum: None

This is a high-energy, sure-to-burn calories type of class. You work your core doing exercises like planks, crunches, squats and push-ups, and get your heart rate up and pumping with some invigorating punch and kick combinations. All the exercises are designed for overall fitness and all fitness levels are encouraged.

NO PROGRAM ON MAY 14, JULY 5, AND JULY 7.

SESSION 1

DAY:	DATES:	TIME:
Tuesdays	6/21 - 8/2	10:00 - 11:00 a.m.
Thursdays	6/23 - 8/4	10:00 - 11:00 a.m.

CROSSFIT CUT ENDURANCE GYM

Adults
Sunday: See dates below
8:00 - 9:00 a.m.
CrossFit Cut, 277 South Street, Unit 6

\$60 per person
Instructors: CrossFit Cut Staff
Registration **Deadline: 48 hours prior**
Minimum: None
Maximum: 12 participants

This is a high energy, full body, and all-inclusive hour of Endurance Training. CrossFit Cut utilizes functional training movements with some light weights that focus on cardio. There is always a trainer leading the class to make sure strict form is still enforced while moving at a faster pace. All levels of fitness welcome! **ALL LEVELS OF FITNESS WELCOME!**

DATES:

Session 1: 6/5 - 7/17
Session 2: 7/10 - 8/14
Session 3: 8/7 - 9/18

CROSSFIT CUT WORKOUT OF THE DAY (WOD)

Adults
See dates on website below
See times on website below
CrossFit Cut, 277 South Street, Unit 6

\$60 per person
Instructors: CrossFit Cut Staff
Registration **Deadline: 48 hours prior**
Minimum: None
Maximum: None

The CrossFit Cut Group WOD is a combination of both strength conditioning and strictly enforced form. This workout is programmed as a constantly varied metabolic conditioner using weightlifting, various forms of cardio, basic gymnastics movements, and Olympic lifting. A certified CrossFit Trainer coaches each Group WOD to ensure quality form, safety, and that everyone is getting the best results from their daily workout. All levels are welcome to this class, from beginner to experienced, as the coaches are well trained to scale and modify any or even every exercise to accommodate each individual's needs. All of the CrossFit Cut coaches are upbeat, knowledgeable and driven to meet each individual's fitness goals. Classes offered multiple times daily. **SCHEDULE AVAILABLE AT CROSSFITCUT.COM. MUST CALL 508-921-3049 TO SCHEDULE SPECIFIC DATES AFTER REGISTERING; NO DROP-INS.**

INSANITY

Adults
Thursdays: May 12 - June 23
7:00 - 8:00 p.m.
Blackburn Hall

\$80 / \$85 NR
Instructor: Jill Anzalone
Registration **Deadline: May 10**
Minimum: 5 participants
Maximum: 12 participants

It's time to rise above the excuses. Step outside of your comfort zone. Make the shift from "I can't" to "I will". This class will teach you to master athletic training drills, cardio conditioning, and strength training. We will have fun, get into shape, and learn all about Max Interval Training and why it works. You will get results! **PLEASE BRING A TOWEL, WATER, AND YOGA MAT TO EACH CLASS. NO PROGRAM JUNE 9.**

TOTAL BODY BOOT CAMP

Adults
Tues. & Thurs.: See dates below
5:30 - 6:30 a.m.
Blackburn Hall

See fee below
Instructor: Carole Buckley and Christine Olson
Registration **Deadline: 48 hours prior**
Minimum: 5 participants
Maximum: 24 participants

Our Total Body Boot Camp class combines intervals of cardio drills, boxing, and muscle conditioning exercises to provide you with the ultimate, fat-burning workout. Join us and jump start your metabolism. Please bring a set of light dumbbells (3-12 lb.), a mat, and a bottle of water. Boot camp will be held indoors at Blackburn Hall in case of inclement weather.

3-week session **\$60 / \$65 NR**
Daily rate **\$15 PER DAY**

DATES:

Session 1: 6/7 - 6/23
Session 2: 7/5 - 7/21
Session 3: 8/2 - 8/18

YOGA

Adults
See dates below
See times below
Studio East, 5 Wolcott Ave

See fee below
See instructor below
Registration **Deadline: 48 hours prior**
Minimum: 3 participants
Maximum: 12 participants

How will yoga benefit you? Yoga is known to reduce anxiety and depression, increase optimism and a sense of calm. It promotes good sleeping patterns, improves focus and concentration. This class is designed to help you begin or improve your practice, helping you to find inner peace, strength and balance. Classes consist of stretching, flowing sequences, holding postures, balance and relaxation techniques. They will help to improve your strength, flexibility, muscle tone and agility. Begin to explore and connect to yourself emotionally and spiritually. Experience yoga and watch your transformation begin. **NO PROGRAM ON APRIL 19, AND APRIL 28.**

DAY:	DATES:	TIME:
Tuesdays	6/7 - 7/26	4:00 - 5:15 p.m.
Thursdays	6/2 - 6/23	7:30 - 8:30 p.m.

TUESDAYS w/ Teresa Palmieri
8-week session **\$84 for entire session** **\$16 per day**

THURSDAYS w/ Michelle Smith
4-week session **\$40 for entire session** **\$15 per day**

WALPOLE CALENDAR

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Town Forest 100 th Anniversary	2	3	4	5	6	7
8 Mother's Day	9	10	11 Rec Committee 5:30 p.m.	12	13 Preschool Sock Hop 6 Grade Dance	14 Walpole Day
15	16	17	18	19	20 WPS Early Release 1/2 Day Café	21
22	23	24	25	26	27	28
29	30 Memorial Day	31				

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Town Election
5 WHS Graduation	6	7	8 Rec Committee 5:30 p.m.	9	10 WPS Early Release 1/2 Day Café 6 Grade Dance	11
12	13	14	15	16	17 WPS Last day of School 7 & 8 Grade Dance	18
19 Father's Day	20	21	22	23	24 WPS Last day of School (w/ 5 snow days) Screen on the Green "Minions"	25
26 (Raindate) Screen on the Green - "Minions"	27	28	29	30		

WALPOLE CALENDAR

July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Night Before the 4th Fireworks	4 Independence Day	5 First Day of Walpole Woods and Summer Academy Concert on the Common	6	7 (Raindate) Concert on the Common	8	9
10	11	12 Concert on the Common	13	14 (Raindate) Concert on the Common	15	16
17	18	19 Concert on the Common	20	21 (Raindate) Concert on the Common	22	23
24	25	26 Concert on the Common	27	28 (Raindate) Concert on the Common	29 Screen on the Green "The Goonies"	30
31						

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (Raindate) Screen on the Green "The Goonies"	2 Concert on the Common	3	4 (Raindate) Concert on the Common	5	6
7	8	9 Concert on the Common	10	11 (Raindate) Concert on the Common	12	13
14	15	16 Concert on the Common	17	18 (Raindate) Concert on the Common	19	20
21	22	23 Concert on the Common	24	25 (Raindate) Concert on the Common	26 Screen on the Green "Finding Nemo"	27
28	29 (Raindate) Screen on the Green "Finding Nemo"	30	31			

Walpole Recreation's



PRESENTED BY:

Walpole Co-Operative Bank

STONE FIELD (30 STONE ST.) • NOON - 3PM

PUBLIC MARKET
ARTS & CRAFTS



FESTIVAL
FOOD

LIVE MUSIC

KIDZ
ZONE

PARADE



WALPOLE RECREATION DEPARTMENT

135 School Street
Walpole, MA 02081

Non-profit
U.S. Postage
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Walpole, MA 02081
Permit No. 7

RESIDENT
POSTAL PATRON
WALPOLE, MA