

# HOLLISTON PARKS & RECREATION DEPARTMENT

## FALL 2016 PROGRAMS

1750 Washington Street, Holliston, MA 01746

Phone-508-429-2149 Fax 508-429-0696

Register on-line, in person or mail

[www.townofholliston.us/parks-recreation](http://www.townofholliston.us/parks-recreation)

### Music, Mommy & Me

This popular 10 week "mommy & me" class combines massage rhymes, lullabies, floor and lap games, action songs, dance and introduction to musical instruments. Active parent involvement required for these classes! Please bring a blanket or mat for your child. Siblings who can walk must pay for the class. *Instructor: Viviana Vilches*

**Session 1A:** Tues Sep 27-Dec 13 (no class 11/8 & 22)

**Session 1B:** Tues Sep 27- Dec 13 (no class 11/8 & 22)

**Session 2A:** Wed Sep 28-Dec 14 (no class 10/12 & 11/23)

**Session 2B:** Wed Sep 28-Dec 14 (no class 10/12 & 11/23)

**Where:** 1750 Washington St.

**Who:** 6-24 months

**Who:** 2-4 years

**Who:** 6-24 months

**Who:** 2-4years

**Cost:** \$98.00

**Time:** 9:15-10:00am

**Time:** 10:15-11:00am

**Time:** 9:15-10:00am

**Time:** 10:15-11:00am



### Music & Me

Feel the rhythm for an exciting new music and movement "drop-off" class In this fast-paced 10-week class. Join us for this marvelous music and movement program! Music will help jump start your child's learning process! Miss Viviana will take your child to the next level of their musical journey where they will play with percussion instruments, be exposed to musical theory and participate in a rhythm band. Parents will be welcome to join the last class to see what students have learned. *Instructor: Viviana Vilches*

**Who:** ages 4-6

**When:** Wed Sep 28-Dec 14 (no class 10/12 & 11/23)

**Time:** 4-4:45 PM

**Where:** 1750 Washington St. **Cost:** \$98

### Música Mamá y Yo en Español

Join us for a new twist on an old favorite! In this new Spanish version of one of our most popular programs, your child will explore the Spanish language through singing, dancing and playing games! Learn or brush up on your Spanish skills too!

Active parent involvement is required for this class!

*Instructor: Viviana Vilches*

**Who:** ages 2 & up

**When:** Wed Sep 28-Dec 14 (no class 10/12 & 11/23)

**Time:** 5:00-5:45pm

**Where:** 1750 Washington St. **Cost:** \$98

### Create with Me

In this parent/child class, hands-on experiential creative projects lead by the instructor (and driven by the curious toddler mind). Our explorations of color, shape, texture and structure will be guided by seasonal themes, modern and contemporary artists, and our imaginations. *Instructor:*

*Cherie Clinton*

**Who:** ages 2-4

**When:** Thursdays, September 29-November 3

**Time:** 9:30-10:20 am

**Where:** 1750 Washington Street **Cost:** \$90



### I Create

Hands on experiential creative projects lead by the instructor, and driven by the natural curiosity to experiment and build. Our explorations of color, shape, texture and structure will be guided by seasonal themes, modern and contemporary artists, and our imaginations.

*Instructor: Cherie Clinton*

**Who:** ages 4-6

**When:** Thursdays, September 29-November 3

**Time:** 10:30-11:20 am

**Where:** 1750 Washington Street **Cost:** \$90

### Pre-K Soccer

In this 6-week program, participants will learn basic skills including dribbling, trapping, passing & shooting. This is an easy introduction to soccer where learning and skill development are a priority. *Instructor: F.A.S.T. Athletics*

**Session 1:** Mondays September 19-October 31 (no class Oct 10) **Time:** 1:00-1:45 pm

**Session 2:** Saturdays September 24-October 29 **Time:** 9:00-9:45 am

**Session 3:** Saturdays September 24-October 29 **Time:** 10:00-10:45 am

**Who:** 3- 6 yrs **Where:** Goodwill Park, 30 Green St. **Cost:** \$80



### Flag Football

Coaches will teach everyone game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams! *Instructor: F.A.S.T. Athletics*

**When:** Mondays September 19-October 31 (no class Oct 10) **Time:** 3:00-4:00 pm

**Who:** Grades 3-5 **Where:** Goodwill Park, 30 Green Street **Cost:** \$80



### Afterschool Tennis

Come and learn the game of tennis with our popular instructor Lyn Calkins. Participants will be taught the all the fundamentals of the game including forehand, backhand, volleys, overheads and serves. Improving basic stroke mechanics will be the focus of this 5-week program. Please contact Lyn at [campcalks@gmail.com](mailto:campcalks@gmail.com) with any questions. A minimum of 4 participants are required for the class to run. *Instructor: Lyn Calkins*

**When:** Tuesdays Sept 20, 27, Oct 4, 11 & 18 (Oct. 25 rain date)

**Session 1:** Top Spinners (Grades 3-5) **Time:** 3:00-4:00pm

**Session 2:** Mini Lobbers: (Grades K-2) **Time:** 4:00-5:00pm

**Where:** Goodwill Park, 30 Green Street **Cost:** \$77

### Young Rembrandts-CARTOONING

Does your budding artist have a sense of humor? Each week students draw a series of cartoons, tied together by a common theme or by telling a sequential story. Kids love these fun and fast paced classes where the focus is on the action and movement in their drawings. Students will transform ordinary inanimate objects into fully-realized and lively characters. Structured lessons are balanced to provide lots of room for creativity and personal flair. They enhance creative and critical thinking that today's student needs, both in the classroom and in the life-long learning process. Come join the fun!

**Who:** Grades 3-5 **Time:** 3:15-4:15pm

**Session 1:** Wednesdays September 21-October 26

**Session 2:** Wednesdays November 2-December 14 (no class Nov 23)

**Where:** 1750 Washington Street

**Cost:** \$90

### Young Rembrandts-DRAWING

Calling all creative kids! Young Rembrandts drawing classes enhance foundational drawing techniques, train students in color theory and boost self-confidence. Fall is the perfect time to get started and no two sessions are ever the same. We have ALL NEW lessons including a video game favorite Pixel Block Character, a colorful iguana and the Notre Dame Cathedral. In the second session, students will immerse themselves in the seasonal spirit. Our content is based on child-friendly subjects that open the imagination and stretch the mind. Young Rembrandts strives to inspire your child's imaginative spirit and boosts classic learning skills. We provide all materials and a trained and certified instructor.

**Who:** Grades K-5 **Time:** 4:30-5:30 pm

**Session 1:** Wednesdays September 21-October 26

**Session 2:** Wednesdays November 2-December 14 (no class Nov 23)

**Where:** 1750 Washington Street

**Cost:** \$90

**STRONG**

### Girls' Fitness Group

ABT's Girls' Fitness Group will change the way girls see themselves as well as get fit and gain confidence! This program will inspire girls to embrace themselves as being strong, beautiful, healthy and powerful. This class will include a variety of fitness activities such as stretching, yoga, fitness training, obstacle courses and nutritional tips. *Instructor: Athletic Based Training staff*

**Who:** Grades 2-5 **Time:** 4:00-5:00 pm

**Session 1:** Tuesdays September 20-November 8

**Who:** Grades 6-8 **Time:** 5:00-6:00pm

**Session 2:** Tuesdays Sept 20-Nov 8

**Session 3:** Thursdays Sept 22-Nov 10

**Session 4:** Tues & Thurs (new) Sept 20-October 14

**Session 5:** Tues & Thurs (new) Oct 18-November 10

**Where:** Athletic Based Training (ABT) 16 Everett Street **Cost:** \$100 8 classes/session



### Pre-Engineering using Lego

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, plus use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNdamentals.

**Who:** grades K-2

**When:** Thursdays September 29-November 17

**Time:** 4:00-5:30 pm

**Where:** 1750 Washington Street **Cost:** \$154

#### Beginner Mosaics

Try something new! Your child will learn to safely cut glass and smash plates to form original artwork. They will make a heart or a coaster and a smashed plate picture frame. *Instructor: Cheryl Cohen*

**Who:** Grade 3-6

**Session 1:** Tues Oct 18 - Nov 15 **Time:** 3:30-4:45pm

**Session 2:** Tues Nov 22-Dec 20 **Time:** 3:30-4:45pm

**Where:** Cheryl Cohen Mosaic Art Center, 360 Woodland St.

**Cost:** \$110.00 (includes \$10 materials fee)

#### Mosaics II

Especially for repeat students! Now that your child has learned the basics about how to cut and shape glass, tile and shards they can use what they have learned to make light switch covers and mirrors! Projects from a previous session can also be completed. *Instructor: Cheryl Cohen*

**Who:** Grade 3-6

**Session 1:** Wed Oct 19-Nov 16

**Time:** 3:30-4:45pm

**Session 2:** Wed Nov 23-Dec 21

**Time:** 3:30-4:45pm

**Where:** Cheryl Cohen Mosaic Art Center, 360 Woodland St.

**Cost:** \$110 (includes \$10 materials fee)

#### HIP-HOP Dance Class

Come join in on the fun of learning the latest dance moves to the most popular music out right now! Students will learn various dances to popular songs. The class incorporates choreography and different forms of freestyle movement. At the end of the 8 week session, the children will have a short performance of their hard work. *Instructor: Aly Pereira*

**Who:** ages 5-13

**When:** Thursdays September 29-November 17

**Time:** 5:30-6:30 pm

**Where:** 1750 Washington Street **Cost:** \$120

#### "Frozen" Musical Theatre Class

Come join in on the fun of learning how to take part in a musical theatre performance. Children will learn the basics of putting together a production. In this class, boys and girls will audition for a role in the musical "Elsa & Ana's Medley Excerpts." 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. Costumes are encouraged, but not necessary. *Instructor: Aly Pereira*

**Who:** ages 5-15

**When:** Thursdays September 29-November 17

**Time:** 6:30-7:30 pm

**Where:** 1750 Washington Street **Cost:** \$120



## Sports Photography

Having trouble getting great shots of your athlete? Pictures too dark or always blurry? Learn the tricks to get great action shots. This 2 night class will teach you how the menus in your camera work and what modes and settings you should be using to capture your athlete's finest moments! Don't let another sports season go by with disappointing photos of your star. *Instructor: Rich Powers, The Henry Studio*



**Who:** Adults & Teens **When:** Thursdays October 20 & 27 **Time:** 6:30-8:00 pm  
**Where:** The Henry Studio-783 Washington Street **Cost:** \$44.00

### Interviewing Secrets: How to Stand Out From the Competition and Even Enjoy Yourself!

Are you worried that your teen will be turned down for school and job opportunities, because he or she botched the interviews?

Teens will discover interviewing techniques that alleviate anxiety and give them an edge over the competition for school and employment positions. They will explore topics that include how to research at home; prepare for hot-seat questions; dress appropriately; introduce themselves professionally; converse to impress; use body language to their show interest; avoid pitfalls and navigate through dilemmas. The teens will be able focus on the interviewer and showcase the skills, accomplishments and qualities they have to offer, because they arrive prepared and polished.

Though the subject is serious, the presentation will be light. It will include PowerPoint slides, role play, thought-provoking discussions and stories of interviewing victories and blunders!

Facilitator: Janet Parnes, founder/proprietor of Janet L. Parnes, Etiquette Consultant. Janet is a graduate of the Protocol School of Washington®

**Who:** Grades 8-12 **When:** Tuesday, November 8 **Time:** 11:00-12:30 pm  
**Where:** 1750 Washington Street **Cost:** \$40.00

### New York City

Do you love New York City, but just don't love the hassle of getting there? Let us do the driving for you! We have chartered a bus to get you to NYC for a fun day of sightseeing, theatre going and shopping! The bus will make a stop 1/2 way on each trip to stretch your legs and get a snack.

**Who:** Adults & families  
**When:** Saturday, December 10  
**Time:** 6am—11pm **Cost:** \$65/person  
Bus departs from Ashland Community Center, 162 West Union Street



### Home Alone Safety Class

This class will teach youngsters telephone and door answering techniques, internet safety, accident and fire prevention and first aid techniques. A variety of teaching methods will be used, including a video and role-playing. *Instructor: Juanita Allen-Kingsley*

**Who:** grades 3-5 **When:** Monday, October 3

**Time:** 9-11:00am

**Where:** 1750 Washington Street **Cost:** \$50.00

### Babysitter Lessons and Safety Training

Lots of girls AND boys have already participated in this informational workshop where you'll learn all about the basics of infant and child care and how to react responsibly to medical emergencies. Please bring a snack/light lunch. *Instructor: Juanita Allen-Kingsley*

**Who:** grades 5-7 **When:** Monday, October 3

**Time:** 11:30-2:30pm

**Where:** 1750 Washington Street **Cost:** \$55.00

### Royal Tea Party for Princesses & Knights

The magic of royalty and charm of a tea party blend to produce an event that will enrapture any little girl/boy who has dreams of becoming a princess/knight. Pink & silver prevail at this party! Decked out in capes and tiaras/crowns, the princesses and knights learn how to introduce themselves/shake hands and practice polite table manners. They revel in a table befitting them (china/linens; no paper products for these royals!), special "tea" (pink lemonade), treats and sweets, a tea-party tale and Lady J's hilarious story/game "The Polka-Dot Princess". Each child will leave with a tiara/crown, two 'polka-dot' lollipops and summary of the lessons learned. Parents are welcome to drop off children or stay and watch the festivities.

Hostess: Janet Parnes, (Lady J) founder/proprietor of Janet L. Parnes, Etiquette Consultant. Janet is a graduate of the Protocol School of Washington®, a professional storyteller and aficionado of fancy tea parties!

**Who:** grades K-3 **When:** Monday, October 3 **Time:** 11:00am-12:00pm

**Where:** 1750 Washington Street **Cost:** \$30.00



### socialsklz:-)

In this fun, interactive two hour workshop, tweens learn social and communication skills in-person and on the phone. Tweens will gain valuable life skills such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event (please inform us of any food allergies in advance) *Instructor: Juanita Allen-Kingsley*

**Who:** ages 8-12 **When:** Tuesday, November 1 **Time:** 3-5 pm

**Where:** 1750 Washington Street **Cost:** \$75.00

### Adult Fitness Boot Camp

Don't let the word boot camp scare you—you will not have a drill sergeant screaming in your face. Athletic Based Training (ABT) fitness boot camps are fun and highly energizing. All fitness levels are welcome as everyone is encouraged to go at their own pace. Benefits include increased strength and fitness, decreased body fat, stronger core, and increased mobility/flexibility. This program is designed for ADULTS ONLY and is run by nationally credentialed ABT staff.

**Session 1:** Tues, Thur, Sat Sep 20-Nov 26 (30 sessions)

**Time:** Tues, Thurs 5:30-6:30am & Sat 8:00am **Cost:** \$240

**Session 2:** Mon & Wed Sep 19– Nov 23 (20 Sessions)

**Time:** 7:00-8:00pm **Cost:** \$160

**Where:** ABT, 16 Everett Street

### Men's Over 35 Basketball

Looking for competition, camaraderie & exercise? Pick-up format will be used with games to 15 points. Everyone plays with two courts going at the same time with rotating teams. Advance registration is required.

**Mondays:** Sept. 12, 26, Oct. 11 (Tuesday), 17, 24, 31, Nov. 14, 21 ( 8 dates)

**Cost:** \$ 40.00

**Thursdays:** Sept. 15, 22 (8:30-10), 29, Oct. 6, 13, 20, 27, Nov 3, 10 & 17 (10 dates) \*Note late start time on 9/22

**Cost:** \$ 50.00

**Time:** 8-10 pm

**Where:** Holliston High School Field House



### Cardio Tennis for Adults

This high energy fitness activity combines the best parts of tennis, cardiovascular exercise and delivers a full body workout. This is a social and fun class for players of all abilities. Fast pace drills, music, it's a party on the court! Never played before? This is a great way to be introduced to the sport! Experienced player? Then this will help train you for tennis! Class will have mixed abilities and will provide the ultimate workout for each person! Space is limited!!!

*Instructor: Kelly Day is a certified PTR and Cardio Tennis Senior Teaching Professional and the Holliston Boys Varsity Tennis Coach. Kelly competes on 4.5 USTA teams and serves on several USTA boards.*

**Who:** Adults

**When:** Fridays, September 16, 23, 30, Oct 7 & 14(rain date of Oct 21)

**Time:** 9:30– 11 am

**Where:** Goodwill Park Tennis Courts

**Cost:** \$50 OR \$13 each class for drop-in participants



### Beginner Pastel for Adults

Pastels are the easiest medium in fine art, with the warmest look! We'll jump write in, working on blending, shading, and the techniques needed to complete whatever subjects you want! No experience needed. *Instructor: Doug Keough*



**Who:** adults

**When:** Mondays September 19-October 10

**Time:** 10:00-11:00 am **Cost:** \$140

**Where:** Cheryl Cohen's Art Studio-360 Woodland Street

### Cartooning

In this basic comic cartoon class, you will sketch any cartoon you like. We will look at layout, shading, sketching, and finishing in ink. Bring your favorite cartoon, and we'll get started. *Instructor: Doug Keough*

**Who:** ages 9-99

**When:** Fridays September 23-October 14

**Time:** 3:30-4:30 pm **Cost:** \$140

**Where:** Cheryl Cohen's Art Studio-360 Woodland Street



### Airbrushing 101

Airbrush is for non artists and artist alike. Airbrush is used by fine artists, makeup artists, cake decorators, and anything in between. You can draw with airbrush, paint with stencils, or you can just paint cool effects like metal or stone. Using freehand and stencil techniques, we'll cover everything you need to paint on: t-shirts, canvas, sneakers, helmets, cars, jackets & just about anything else. *Instructor: Doug Keough*

**Who:** ages 9-99

**When:** Fridays September 23-October 14

**Time:** 4:30-6:00 pm **Cost:** \$160

**Where:** Cheryl Cohen's Art Studio-360 Woodland Street