

Spring & Summer 2011



Laugh! LEARN! Play!
XXXXXXXXX
NORTHBOROUGH RECREATION



Recreation Brochure & Community Guide

www.northboroughrecreation.com

Laurence Falls



Laurence Falls, Northborough... *"The Village of the Future"*

Offering a distinctive selection of three different building styles, Northborough's newest residential community is a place that anyone can call home. Five distinguished Townhomes and sixteen Duplex Townhomes service the needs of all generations. Plus, nine Single Family, detached homes are perfect for those looking for privacy.

Laurence Falls provides a selection of homes that are sure to offer something for everyone. Those who love Northborough who have raised their children and grandchildren here, young singles, couples, and newly weds alike can all take pleasure in the maintenance free and affordable living offered at this new community.

While you can close the door behind you and be assured the benefits of condo living, Laurence Falls also caters to those who lead busy lives and enjoy traveling on the weekends.

DISTINCTIVE FEATURES:

- A classic setting is reminiscent of an old New England style village
- Lush landscaping & winding cul-de-sacs
- Waterfalls, walking trails and open space
- First floor living
- Walk-out lower level
- Soaring ceilings
- Low-maintenance
- Easy access to downtown & all major routes

With only thirty units to choose from and prices as low as \$399,000, isn't it time you make the decision to buy?



**Call Michael Durkin for your own
personal preview today at 508-466-1233**

Coldwell Banker Residential Brokerage
318 Main Street, Northborough, MA
508-393-5500 • www.NewEnglandMoves.com
www.KeepDurkinWorkin.com • KeepDurkin@yahoo.com



GROWING UP WITH A
HEALTHY SMILE
BUILDS
CONFIDENCE!



**CHILDREN'S
DENTISTRY OF
NORTHBOROUGH**
DR. JOLANTA MACDONALD

**38 SW CUTOFF
NORTHBOROUGH, MA 01532
508-393-9394**

WWW.MYCHILDRENSDENTIST.COM

NOW WELCOMING NEW PATIENTS!

Your child is special and so is their smile!

Now offering Saturday adult cleaning appointments with Dr. Craig Macdonald.

- COMFORTABLE, CHILD-FRIENDLY OFFICE & STAFF
- SATURDAY, BEFORE & AFTER SCHOOL HOURS
- DIGITAL X-RAYS & WHITE FILLINGS
- NITROUS OXIDE & HOSPITAL DENTISTRY AVAILABLE
- INFANT ORAL HEALTH DENTAL EDUCATION PROGRAM



**SCHEDULE YOUR
APPOINTMENT TODAY**
508-393-9394
WWW.MYCHILDRENSDENTIST.COM

\$50

**DOLPHIN
DOLLARS**

Valid offer for new patients only.
For use on any dental service.
Expires 90 days after mailing.

Northborough Recreation

Town Offices Building, ground floor, 63 Main Street, Northborough, MA 01532

Phone: 508/393-5034; Fax: 508/393-6996

Allie Lane, Recreation Director; email: alane@town.northborough.ma.us

Michelle Lyseth, Recreation Assistant; email: mlyseth@town.northborough.ma.us

Spring Hours: Mondays, Wednesdays, Thursdays 8am –4pm; Tuesdays 8am-7pm; Fridays 7am-noon

Summer Hours (as of June 28): Monday-Friday, 8am –4pm

NORTHBOROUGH PARKS & RECREATION COMMISSION

Sean McCann—Chairman; Sean Durkin, David Putnam, David Rawlings & Jim Wing

INCLEMENT WEATHER POLICY

No refunds will be issued due to inclement weather. Please call our office to see if a program has been cancelled or delayed due to weather. (See **EMAIL BLASTS** below.)

For Your Convenience, We Offer Three Ways To Register!

Mail-In: Pre-registration is required for all of our programs and events (unless otherwise noted). All registrations are handled on a first-come, first-serve basis. Registration forms are required for every individual participating in our programming. Registration forms are available in this current brochure and can also be downloaded from our website. Payment must accompany a completed registration form. Please make checks payable to the Town of Northborough. Waivers on registration forms must be signed, otherwise participation in the program will not be allowed. Incomplete registration forms are subject to being returned to the sender. All fees are expected to be paid at the time of registration. We cannot be held responsible for lost or misdirected mail.

Walk-In: Pre-registration is required for all of our programs and events (unless otherwise noted). All registrations are handled on a first-come, first-serve basis. Registration forms are required for every individual participating in our programming. Registration forms are available in this current brochure, or can also be downloaded from our website, and are available in our office. Payment must accompany a completed registration form. Please make checks payable to the Town of Northborough; we also accept cash. Waivers on registration forms must be signed, otherwise participation in the program will not be allowed. Incomplete registration forms are subject to being returned. All fees are expected to be paid at the time of registration. In the event the office is closed, you may also leave your registration form in the Town Offices drop off box, which is emptied Monday-Friday at approximately 7am.

On-Line Registration: Pre-registration is required for all of our programs and events (unless otherwise noted). Credit card payment is required for on-line registration. You may need to create a household account on our website unless you/your family have participated in recent past programming. We accept the following credit cards: Visa, MasterCard & Discover. All fees are expected to be paid at the time of registration.

If You Wait-You May Be Too Late: Nothing jeopardizes a recreation program faster than individuals who wait until the last minute to register. All programs require a high level of coordination, including facility scheduling, staffing, advertising, and purchasing of supplies. Register no later than one week before a program begins and save money! Those signing up 'late' (within a week of a program or event's start date) will need to pay a higher rate indicated in order to help offset the additional administrative costs that arise due to late registrations.

Non-Resident Participation: Non-residents are welcome to join any program at no additional fee!

Refunds & Withdrawals: Refunds are only issued when a class is cancelled due to low enrollment *or* the course requested is already full. No other refunds will be given. Classes are non-transferable. **Withdrawals:** Students withdrawing from a class at least 5 full business days before the start date of a class will receive a credit toward another recreation program. Credits are honored for 12 months from the date issued.

Age Requirement: For spring grade school programs, please sign your child up according to the grade he/she is currently enrolled in; for summer programs, please sign your child up according to the grade he/she will be in for Fall 2010. For preschool programs, the child must be the specified age by the last day of the activity.

E-Mail Blasts: Program delays or cancellations due to weather will be communicated through e-mail only due to our steadily increasing customer base. Please contact us if you need us to use an alternate source of communication. **We will use the email address provided in your household account.**

The cover art is titled '8 Houses, Flower Garden & A Tree Painting' by Karla G.

NOTE REGARDING ADVERTISING: Advertising contained herein does not constitute an endorsement by the Town of Northborough or its employees.



Summer Camp 2011

Northborough Recreation offers a variety of summer camps for kids ages 4-14 years old! Registration begins on February 12th but will be ongoing through summer or until camps fill.

Be sure to sign up by April 1st to qualify for the Early Bird rates for camp!
As of April 2nd, regular season rates are in effect.

There are 8 weekly sessions of camp this summer. Sign up for as many weeks as you like!

Session #1	June 27-July 1	Session #5	July 25-July 29
Session #2	July 5-July 8*	Session #6	Aug 1-Aug 5
Session #3	July 11-July 15	Session #7	Aug 8-Aug12
Session #4	July 18-July 22	Session #8	Aug 15-Aug 19

*July 4th week- Camps will run Tuesday through Friday, no Half Day Kids Discovery Camp this week.

CLUB ASSABET: ages 4 & 5

- For kids 4 & 5 years old (must be at least 4 by the start of the week signing up for)
- Eight sessions offered, June 27th—August 18th
- Camp runs Mondays—Thursdays, 9am—noon (with the exception of session 2, which runs Tuesday—Friday due to the holiday on Monday)
- Based at Assabet Park, route 135, Northborough
- Will be relocated in the event of rain to Southwest Recreation Center, 38 Southwest Cutoff
- Smaller program consisting of 20 children or less
- Playground time, storytime, snack, arts and crafts, games and exclusive use of the Splash Pad each day before it is opens to the public
- Weekly themes will be incorporated into all activities

KID'S DISCOVERY: grades K—5

- For kids entering grades K-5 in Fall 2011
- Eight sessions offered, June 27th—August 19th
- Choose from the half-day program or full-day program
- Half day: Mondays—Thursdays, 8am-noon (session 2: no half day program this week)
- Full day: Mondays—Fridays, 8am-4pm
- Field trips for full day camp only, included in fees; this year some of our trips include visits to Water Wizz, Southwick Zoo, Adrenaline Zone, Bonkers Funhouse, and more!
- Activities include gym games, sports, and arts and crafts; full day campers sign up for their choice of afternoon activities each day, including drama, yoga, dodgeball, and more
- Based at Zeh Elementary for sessions 1—6; Lincoln St. Elementary for sessions 7—8

TEEN SCENE: grades 6—8

- For kids entering grades 6—8 in Fall 2011
- Eight sessions offered, June 27th—August 19th
- Runs Mondays—Fridays, 8am-4pm
- Extended day available from 4—6pm for additional fees
- Activities include gym games, sports, hiking, and art!
- Field trips, included in fees, include Six Flags, Water Country, Central Rock, 5 Wits, Checkered Flag Karting and more!
- Based at Zeh Elementary for sessions 1—6; Lincoln St. Elementary for sessions 7—8

Please visit www.northboroughrecreation.com for more complete information regarding program details, registration procedures, pricing and more, or to sign up on-line with your credit card.



Birthdays Parties!

Let our Birthday Party Staff do all of the work for you!

Preschool Birthday Parties

38 Southwest Cutoff

- * For children ages 2—5 years old with a parent
- * 2 hour long parties
- * Max of 15 children
- * One staff person to run games and activities, set up and clean up
- * Convenient weekday timeslots (limited weekend availability)
- * Party Options: Cooking, Crafts or Games
- * Held at Southwest Rec Center, 38 Southwest Cutoff
- * Please call 508/393-5034 to check availability or to book your child's party
- * More information available at www.northboroughrecreation.com



Youth Birthday Parties

Town Hall Gym & Rec Center

- * For children ages 5 & up
- * 2 hour long parties
- * Max of 20 children (additional children can be added for an extra fee)
- * Two staff people to run games and activities, set up and clean up
- * Saturday & Sunday timeslots
- * Party Options: Obstacle Course, Gym Games, Sports Games, Arts & Crafts
- * Use of our gym and kid-friendly Rec Center
- * Held at the Town Hall Gym & Rec Center, 63 Main Street, Northborough
- * Please refer to our website at www.northboroughrecreation.com for more information or to book your child's party



Babysitter's Expo

Here's a great opportunity for both parents and potential sitters to meet. The Recreation Department will arrange for a venue for both to meet in a comfortable café-style setting. Babysitters should bring resumes and contact information—feel free to be creative! Children are welcome to come along. Potential sitters must register at www.northboroughrecreation.com or call 393-5034; there is no fee. The resumes of sitters who attend this expo will be kept on file at the Recreation Office for parents who may not be able to attend.

Ages: 12 years old and up
Date: Tuesday, April 26
Time: 5—6pm
Location: Senior Center, 119 Bearfoot Road, Northborough
Cost: No charge

Easter Egg Hunt

This annual event is sponsored by the Northboro Junior Woman's Club. Come have your picture taken with the Easter Bunny and then join the search for Easter Eggs!! Sorry, for Northborough residents only. For more information, please go to www.northborojuniors.org

Ages: 1-7
Location: Zeh School Field, Howard Street
Date: Sunday, April 17
Time: 12:30 pm—pictures with the Easter bunny & bake sale
 1pm—Easter Egg Hunt
Cost: Free, no need to register for this event, but for Northborough residents only.

Community Yard Sale

Northborough Recreation is hosting it's second Community Wide Yard Sale! The main location of the yard sale will be at Algonquin Regional High School, on the same day and location as Big Truck Day. Consider renting a booth space for only \$30; you are guaranteed a large audience, as we usually have approximately hundreds of families attend our Big Truck Day event! Booths will line the perimeter of the event so you will have plenty of visibility. Or...prefer to work from home? For only \$15, you can register your yard sale with us, and we will advertise it on a map that will be distributed to the public. (The deadline to list your yard sale with us is April 20.) Open to all Northborough residents and residents in these communities: SHREWSBURY, WESTBOROUGH, BERLIN, BOYLSTON & SOUTHBOROUGH. You will need to provide your own table and chairs. To register, please call 508-393-5034 or sign up on-line at www.northboroughrecreation.com.

Date: Saturday, May 7 (rain date: Sunday, May 8)
Time: 10 am-1 pm
Location: Algonquin High School, Northborough, upper parking lot
Cost: \$30 to rent a booth space on-site; \$15 to advertise your home yard sale

Big Truck Day

Bring your child to come see all of the big trucks used by the Town's Public Works Department. Parents, make sure to bring your camera! T-shirts will be available for \$10. (This event will run at the same time and location as our 2nd Annual Community Yard Sale event.)

Date: Saturday, May 7 Rain Date Sunday May 8
Time: 10 am-1 pm
Location: Algonquin High School, upper parking lot
Cost: Suggested donation of \$10/family in order to help continue this event

Spring Brush Days

Northborough residents only. Grass and leaves can be brought on regular business days from 7am to 2pm or on the dates listed below. Brush up to 6" in diameter will be accepted. Please take any plastic bags home with you, they do not compost. Please do not use the garage as a dump site, please help us keep it clean. Deposit only leaves and grass. For more information, please contact the DPW at 393-5030.

Dates: Friday & Saturday, April 22 and 23
 Friday, May 20
 Friday & Saturday, June 17 and 18
Times: 8am to noon
Location: Highway garage, 190 Main Street

Annual Town Clean-Up

Sponsored by the Northborough Community Affairs Committee and Northborough Women's Club. This is a great opportunity to teach kids about helping out in the community! Let's clean up Northborough. Meet at Melican Middle School to pick up gloves, bags and assignments. Volunteers are invited to attend a free cookout afterward at Ellsworth-McAfee Park on Rt 135, 12:15-1:45. If you can't clean up that day/time, you can still participate anytime that weekend. Contact Lisa Hodge lisabhodge@yahoo.com with questions. Join our Facebook page "Northborough Community Affairs Committee" to keep up with this event and more!

Date: Saturday, May 7 (rain date: Sunday, May 8)
Time: 8am-noon
Location: Meet at Middle School, Cookout at Ellsworth-McAfee Park

2011 Summer Concert Series

Sponsored by the Northborough Community Affairs Committee. The 2011 Summer Concert Series is now being planned. Free concerts will be held at Ellsworth-McAfee park. Bring your picnic blankets, chairs and dinner to hang out with family and friends and enjoy some great music. Join our Facebook page, "Northborough Community Affairs Committee" to keep informed as the concerts are planned. To learn more about this committee and its upcoming events, visit <http://northboroughcac.tripod.com>, or contact Lisa Hodge at lisabhodge@yahoo.com.

OVERNIGHT
TRIP

Red Sox vs. Orioles Games in Baltimore
Tuesday—Thursday, April 26—28

Featuring sightseeing at Washington D.C. and Oriole Park at Camden Yards. Sporting legends match great teams and cities against each other. For that reason alone, the Boston Red Sox and the Orioles share a great tradition and rivalry! Baltimore is also the birthplace of baseball's most legendary hero, "Babe" Ruth!

DAY 1: On Tuesday, April 26, depart from Northboro for a great trip featuring the Red Sox vs. the Orioles at Camden Yards! You'll travel to Baltimore's Inner Harbor to enjoy the lively atmosphere of great restaurants and shops. Next, you'll enjoy pre-game warm ups and, at 7:30 PM, sit back in your reserved seat to enjoy the game.

DAY 2: First, enjoy a complimentary breakfast buffet at your hotel. This morning, a native guide will provide a narrated tour of this fascinating city, where Baby Ruth was born and raised. After your Baltimore tour, your motor coach will bring to the Inner Harbor for shopping and dining. This evening, you'll enjoy another exciting game between the Red Sox and the Orioles. After the game, you'll return to The Sleep Inn & Suites.

DAY 3: Enjoy another delicious breakfast before you board your coach for the return trip home. You'll arrive home in the early evening after a most memorable time in Baltimore, Maryland.

Ages:	For the whole family, children under 18 with an adult
Dates:	Tuesday—Thursday, April 26—28, 2011
Time:	Leave at 7am on Tuesday and return early evening on Thursday
Cost:	\$309/person double; \$299/person triple; \$409/person single; \$249 each for kids under 16 years old with two parents
Includes:	Deluxe hotel accommodations at The Sleep Inn & Suites; two full course breakfast buffets; Red Sox vs. Orioles reserved seating for two games; Baltimore sightseeing tour; luxury Silver Fox coach equipped with CD/DVD/WiFi Motor Coach
Location:	Board the bus at Melican Middle School, 145 Lincoln Street; please park at the far end furthest from the school

DAY
TRIP

Red Sox vs. Cleveland Indians
@ Fenway Park
Monday, August 1

Come root for the Red Sox at this exciting home game vs. the Cleveland Indians—the whole family is welcome! Transportation provided by Select Tours. Seating will be in the Right Field Section in box seats. Please board the coach at 4:30pm from Melican Middle School at 145 Lincoln Street, Northborough.

Ages:	For the whole family, children under 18 with an adult
Dates:	Monday, August 1st
Time:	Board the bus at 4:30pm; game time is at 7pm
Cost:	\$110 person
Location:	Board the bus at Melican Middle School, 145 Lincoln Street
Includes:	Transportation and tickets to the game

Men's Softball League

PULL OUT THE GLOVES, DUST OFF THE CLEATS, IT'S TIME TO "PLAY BALL"! League play will begin in early May and will end with playoffs in late July. Teams wishing to participate must notify the Rec Dept no later than April 15; call 393-5034 or email recreation@town.northborough.ma.us. Please indicate team name and contact info for the team's coach/captain at this time as well, team rosters can be submitted at a later date. Individuals are also welcome to sign up. Teams must have a minimum of 10 but no more than 18. Payment in full is required at time of team/individual registration.

Ages:	18 and up
Days:	games will be on Mondays, Tuesdays, Wednesdays or Thursdays, schedule tba
Dates:	tba; league play will run early May to late July
Times:	7:30-10:30pm
Cost:	\$1000/team
Location:	Melican Middle school Softball field
Coordinators:	Marty Murphy and Neal Greenwald

New York City Trip

At last...a chance for you to get away to New York, New York! Spend the day shopping, sightseeing, visit New York's world class museums or take in a Broadway show! From the latest fashion on Fifth and Madison Avenues, to quaint antique shops in Greenwich Village, from the world's largest department stores to discount and bargain shops, the Big Apple has it all! Transportation provided by Fox Tours

Date: Saturday, April 30

Time: Bus departs at 6:30am and arrives approximately at 10:30am in NYC. Meet the bus at 6:15pm for the return trip home, with arrival time back in Northborough at 10:30pm.

Location: Board the bus at Melican Middle School, 145 Lincoln Street, Northborough

Fee	Until April 22	As of April 23
	\$59	\$64

Nantucket Spectacular

Join us for a tranquil voyage and a refreshing day on beautiful Nantucket Island! Nantucket has emerged as one of the premier vacation and fun spots in North America. The coach will begin boarding at 7am from Melican Middle School at 145 Lincoln Street, Northborough. Next, you will be transported to the Nantucket Ferry dock in Hyannis where you will set sail at 9:20am in Hyline's First Class Cabin. Once on the Island, take time to explore the exciting shops and art galleries. Experience Nantucket Island's colonial American architecture and atmosphere, along with its miles of sandy beaches and wide variety of activities available. You will set sail at 4:00pm for the return trip to the mainland, with complimentary crackers and cheese available. Upon arrival, you will board your coach for the return trip home, returning approximately at 7:30pm. The cruise will last approximately an hour and 45 minutes, each way. Enjoy the view from the air-conditioned cabin or our private sundeck! Transportation provided by Fox Tours.

Day: Saturday

Dates: August 13, 2011

Times: Board the bus at 7:00 am for the trip to Hyannis; estimated time home is 7:30pm

Location: Board the bus at Melican Middle School, 145 Lincoln St.

Fee	Until August 5	As of August 6
	\$79	\$84

Splash Pad Hours

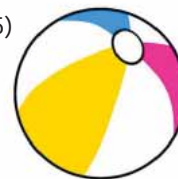
The Splash Pad at Assabet Park is one our most popular spots in Northborough for toddlers and preschoolers! The Splash Pad is adjacent to the toddler playground at Assabet Park. Roughly the same dimensions as a basketball court, it offers several different water features such as bubblers, misters and geysers to delight babies to preschool-aged kids. As it is on an asphalt surface, we recommend water shoes to protect sensitive toes. Bring your beach chair and a picnic lunch and enjoy the day while your little ones run and play in the water! Please note that because the Splash Pad is open to the public for no charge, it is no longer monitored by Recreation staff. The Splash Pad will close in inclement weather, so call the Recreation Department at 508/393-5034 if you have questions about the schedule. Don't forget the water toys!

Dates: Monday, June 18 —September 5 (Labor Day)

Days: Sundays—Saturdays

Times: Weekdays: 12pm—6pm; weekends: 10am—4pm

Location: Assabet Park, Rt 135, Northborough (corner of Gale Road and Rt 135)



www.northboroughrecreation.com

Big Truck Day

Bring your child to come see all of the big trucks used by the Town's Public Works Department. Parents, make sure to bring your camera! T-shirts will be available for \$10. (This event will run at the same time and location as our 2nd Annual Community Yard Sale event.)

Date: Saturday, May 7 Rain Date Sunday May 8
Time: 10 am-1 pm
Location: Algonquin High School, upper parking lot
Cost: Suggested donation of \$10/family in order to help continue this event



Children's Open Playgroup

Do you need somewhere fun and safe for your kids to run around and get some exercise during the damp late winter/early spring months? We are offering playgroups at our new facility at 38 Southwest Cutoff and also the Town Hall Gym and Rec center. We will have an obstacle course set up, balls, scooters, games, blocks, puzzles and more! Please check the website for updated times. Pre-registration is required due to parking limitations.

Days: Mondays, Tuesdays, Thursdays, Fridays and Saturdays
Dates: Open throughout spring, please check dates and times online
Ages: 1-6 years old with a parent
Location: Town Hall and Rec Center, ground floor of Town Hall/Southwest Rec Center
Cost: \$5/playgroup for 1st child, \$1/playgroup each for siblings



KIDS' NIGHT OUT

ONE OF OUR MOST POPULAR EVENTS! Kids get a chance to go out for the night! Kids will play gym games and sports games, including jailbreak, basketball, pillow polo, and soccer AND get to make art projects, watch movies, and more! A pizza dinner is included. Register early to save a spot or sign up at the door, space permitting. Kids will also go out on the playground, weather permitting.

Grades: K - 5
Dates: March 19, April 9 and May 21
Days: Saturdays
Time: 4 pm - 10 pm
Cost: \$30.00/night for one child and \$15.00/night each for siblings
Location: Town Hall Gym & Recreation Center
Instructors: Northborough Recreation staff



www.northboroughrecreation.com

Game Night

Bring a friend or come and make new ones at Game Night! Why play video games at home by yourself when you can get out and play with other kids? Head on over to the Southwest Rec Center for an evening of pizza, Wii, and board games. (No parents allowed!) Kids will be supervised by Recreation staff. Pre-registration required, please sign up in advance.

Ages: 8—13
Days: Fridays
Dates: March 4, 18, April 1, 15, May 6, May 20
Times: 5—9pm
Cost: \$25 per night first child, \$10 per night for siblings
Location: Southwest Rec Center
Staff: Recreation Staff



Painting Party

Kids LOVE to paint...parents hate the clean-up! This one day program is the perfect solution! Your child will get to paint using a variety of different brushes, rollers, and other fun painting techniques. Please have your child wear play clothes, it may get messy! This is a drop-off program. A nut-free snack will be provided.

Ages: 3—6 years old
Days: Tuesdays
Dates: March 22 and April 26
Time: 12-2pm
Location: Southwest Rec Center, 38 Southwest Cutoff
Instructor: Stefanie Youssef



Fee/party	Until March 14 or April 18	As of March 15 or April 19
	\$20	\$25

Friday Night PJ Parties

Drop your kids off at our new facility at Southwest Cutoff for a fun evening of craft-making, games, movies, pizza and more...in their favorite pj's! Bring a pillow and sleeping bag or blanket for extra comfort. Add some special friends for even more fun! Sign up for as many as you'd like! Kids will be supervised by Recreation staff. Drop-ins not allowed, please sign up in advance.

Ages: 5—10 years old
Days: Fridays
Dates: March 11 & 25; April 8, 29, May 13, 27
Times: 5—9pm
Cost: \$25 per night first child, \$10 per night for siblings
Location: Southwest Rec Center, 38 Southwest Cutoff
Staff: Recreation Staff



SPACE Workshop

Explore the universe with us! This fast paced and fun, hands-on program is 3 hours long with up to 12 experiments planned. We will examine lights, stars, planets, gravity, rockets and all kinds of celestial objects. Kids will make and take home at least 6 different projects. Come along for a morning full of fun and engaging experiments!

Grades: 1—5
Date: Saturday April 30th
Time: 9—12pm
Location: Southwest Recreation Center, 38 Southwest Cutoff
Instructor: Top Secret Science

Fee	Until April 22	As of April 23
	\$25	\$35



Youth Swim Lessons at Westborough Swim & Tennis Club

Please see the following pages for toddler/preschooler aquatics programs, including Parent Tot Swim and Gym & Swim.

Description of Levels

Please contact the Recreation Department at 393-5034 if your child falls outside of the age range recommended for the level.

Level #1: Water Exploration. The objective is to make the child feel comfortable in the water and develop good attitudes and safe practices in the water. Children will learn the elementary aquatic skills, putting their face in the water, blowing bubbles, entering and exiting the water safely, etc. Appropriate for children 3-5 years old.

Level #2: Primary Skills. Children will learn to float without support, and recover to a vertical position, hold their breath, kick and begin to move their arms. Appropriate for children ages 5-7 years old.

Level #3: Stroke Readiness. Builds the skills through practice. Children will learn to coordinate the front and back crawl. The elementary backstroke will be introduced, as well as treading water. Appropriate for children 7-10 years old.

Level #4: Stroke Improvement. Develops confidence in the skills learned and improves other aquatic skills. Suggested ages: 9-12 years old.

Ratios: 1:4 for Level 1 classes, 1:5 for Levels 2, 3 & 4

Location: Westborough Swim & Tennis Club, 35 Chauncy Street, Westborough

Fee/session	Until one week before session begins	Within one week of session beginning
Spring (10 wks)	\$185	\$195
Summer (4 wks)	\$70	\$80

Spring Swim Schedule

SATURDAY CLASSES

Dates: March 26—June 11 (Skipping April 23 & May 28)

Times:
 Level 1: 12—12:30pm
 Level 2: 12:30—1pm
 Level 3: 1—1:30pm
 Level 4: 1:30—2pm



SUNDAY CLASSES

Dates: March 27—June 12 (Skipping April 24 & May 29)

Times:
 Level 1: 12—12:30pm
 Level 2: 12:30—1pm
 Level 3: 1—1:30pm
 Level 4: 1:30—2pm

Summer Swim Schedule

The bubble will be removed after Memorial Day; lessons will be outside.

SATURDAY CLASSES

Dates: Session 1: June 25—July 16; Session 2: July 23—August 13

Times:
 Level 1: 9:30—10
 Level 2: 10—10:30am
 Level 3: 10:30—11am
 Level 4: 11—11:30am

SUNDAY CLASSES

Dates: Session 1; June 26—July 17; Session 2: July 24—August 14

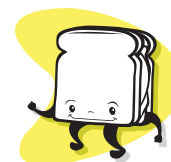
Times:
 Level 1: 9:30—10am
 Level 2: 10—10:30am
 Level 3: 10:30—11am
 Level 4: 11—11:30am

Classes will not be held if there is the threat of lightning. Make-ups will be scheduled at the discretion of WTSC staff. Otherwise, make-up classes are not available. Please contact the front desk at WTSC at 366-1222 if you have questions regarding cancellations due to weather.

Eat & Run, Have Lots of Fun!

Lunch is over...“I want a snack...and to play...and to run...” Sound familiar? Then this preschool class is perfect for your child. During each class the children will create and BAKE their own yummy treat to snack on and burn off energy participating in a variety of fun and games. All recipes will be nut-free. This is a drop-off program, all children must be potty trained.

Ages: 3—5 years old, must be potty-trained
Day: Wednesdays
Dates: Session 1: March 23, 30 April 6, 13; Session 2: April 27, May 4, 11, 18
Time: 1-2:30pm
Location: Southwest Recreation Center, 38 Southwest Cutoff
Instructor: Stefanie Youssef



Fee/session	Until March 15/April 19	As of March 16/April 20
4 weeks	\$60	\$70

First Kix Soccer

Bulldogs Charge!!!!!! Let their imaginations run wild! A friendly and fun introduction to dribbling, stopping and controlling the ball. Our non-competitive curricula introduces soccer players to simple skills with fun games. Players will also be taught how to interact on a team and how to be a good sport. All equipment provided.

Ages: 3 – 5 years old
Days: Mondays
Dates: Session 1: April 4—May 2 (skip April 18) ; Session 2: May 16—June 13 (skip May 30)
Times: 9:15am — 10:15am
Location: Ellsworth McAfee fields, Route 135/South Street, Northborough
Rain Location: Town Hall Gym, 63 Main Street
Instructors: Play Soccer/BEST Soccer

Fee/session	Until March 27/ May 8	As of March 28/ May 9
	\$85	\$95

Gym and Swim

The diversity of games, skills and fun activities will allow your child to grow physically, mentally and socially. Each week your child will be involved in 40 minutes of gym activities as well as a 40 minute Red Cross Swim Lesson. This is a drop-off program, your child must be potty-trained. Please dress your child in his/her bathing suit with gym clothing over it.

Ages: 2.9—5 years old
Days: Thursdays
Dates: April 7—May 19 (skip April 20)
Times: 9:30—11am
Location: Westboro Swim & Tennis Club

Fee	Until March 30	As of March 31
	\$150	\$160



Parent/Tot Swim

For children ages 1-3 years, to help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water. Adult participation is required.

Ages: 1-3 years old
Days: Saturdays
Dates: March 26—June 11 (skipping April 23 & May 28)
Times: 10am—10:30am
Location: Westboro Swim And Tennis, 35 Chauncy Street, Westboro

Fee	Until March 18	As of March 19
10 Weeks	\$185	\$185

Lunch Break

Preschoolers and kindergartners will experience the socialization that come with eating lunch together and then playing 'gym type' games and activities. We will also go outside, weather permitting. This is a drop-off program, kids must be potty-trained. Please pack a nut-free lunch and a drink.

Ages: 3-6 years old
Days: Tuesdays
Dates: Session 1: March 24, 31, April 7, 14
Session 2: April 28, May 5, 12, 19
Times: 12-2pm
Location: Rec Center, ground floor of Town Hall
Instructor: Stefanie Youssef



Fee	Until March 16/ April 20	As of March 17/April 21
	\$60	\$70

Martial Art Little Tigers

Children learn to reach their full potential through our confidence-building Taekwondo program. Children's classes concentrate on skills and the core values of respect and discipline. Master Kim and all his certified instructors pay special attention to the student's gross motor development, coordination, concentration, and flexibility. This class is an all-belt class so experienced and beginner students are welcomed.

Ages: 4—6 year olds
Days: 2 times/week; view the schedule at www.northboroughrecreation.com
Dates: March 28—May 13, skip April vacation
Location: Kim's Taekwondo, 247 West Main St., Northborough location



Fee	Until March 20	As of March 21
6 weeks	\$85	\$95

Mixed Age Move and Groove

Apple Tree Arts is coming to Northborough! Come sing, dance, and play with rhythm sticks, egg shakers, and drums with your 1 - 4 year old. Listen and move to recorded music of many styles and countries, participate in guided movement activities, and learn rhythm and tonal patterns that will lay down the foundation for a pathway to musical literacy. Music enhances all aspects of learning, come join the fun!

Ages: 1—4
Dates: April 27—June 1
Days: Wednesdays
Time: 9:30am—10:15am
Instructor: Appletree Arts
Location: Southwest Recreation Center, 38 Southwest Cutoff



Fee	Until April 19	As of April 20
	\$70	\$80

www.northboroughrecreation.com

Pre-K Cook & Create

What a great way to spend time with your little ones! You and your child will enjoy making and baking yummy treats and crafts. Your child will love both eating foods that they make themselves and creating a new work of art each week! These hands-on fun activities will nourish their creativity (and stomachs), and foster their imagination. All recipes will be nut free.

Ages: 2—5 years old
Days: Tuesdays
Dates: May 10, 17, 24, 31
Time: 9:30—10:30am
Location: Southwest Recreation Center, 38 Southwest Cutoff
Instructors: Stefanie Youssef



Fee	Until May 2	As of May 3
	\$55	\$65

Pre-K T-Ball

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 more. This is an easy introduction to t-ball where learning and skill development are our priorities.

Ages: 3-6 years old
Days: Sundays
Dates: May 1—June 12 (skip May 29)
Time: 9—10am
Location: Ellsworth-McAfee Park, Rt 135
Instructors: F.A.S.T. Athletics



Fee	Until April 23	As of April 24
6 weeks	\$65	\$75

Preschool Adventures

Each week, you and your child will explore letters and numbers as we read stories, cook, craft, run and play games. Each class will be a new hands-on fun adventure.

Ages: 2 - 5 years old
Days: Thursdays
Dates: March 29, April 5, 12, 26 (No class April 19)
Times: 9:30-10:15am
Location: Southwest Rec Center, 38 Southwest Cutoff
Instructor: Stefanie Youssef



Fee	Until March 21	As of March 22
	\$55	\$65

Pre-K Multi Sports

This program is a combination of warm-up games and sports such as soccer, t-ball, kickball and basketball. It will ease children into learning the basics of all of these great sports as well as help teach them the importance of teamwork. All equipment will be provided.

Ages: 3—5 years old
Days: Sundays
Dates: July 10—August 14
Times: 9—10am
Location: Ellsworth-McAfee Park, route 135
Instructors: F.A.S.T. Athletics



Fee	Until July 2	As of July 3
	\$75	\$85

Preschool Gymnastics

Each week offers a new and exciting theme such as: Letters and Numbers, Nature, Circus, Forwards and Backwards and more!! These classes will allow children to use their imaginations while improving all components of fitness and the fundamentals of gymnastics. Each class is divided into three segments: the first segment is a musical warm-up that includes running, jumping, skipping and stretching; the second segment is an obstacle course on our spring floor, teaching the basics for handstands, cartwheels, and somersaults; the third segment combines specialized preschool equipment along with standard Olympic apparatus to establish a foundation in all the gymnastics events. Parent participation is not required.

*****Please note you can only register for this program 2 times through the Recreation Department, then you need to register through Mass Gymnastics directly.

Ages: 3 and 4 year olds
Days: Wednesdays
Dates: April 6—May 25
Time: 10:15—11 or 11:15—12pm
Location: Mass Gymnastics, Otis St. Westborough



Fee	Until March 29	As Of March 30
8 weeks	\$95	\$105

Rhythm Kids (Drumming)

This class combines the excitement of African drumming with age-appropriate musical fun for 3-5 year olds with a parent or caregiver. We will sing, dance, drum, and play! Djembe drums and hand-held percussion instruments will be used during the class. Adults have a blast too as they model basic rhythms and play alongside their children. For more information about this program, visit www.rhythmkids.com.

Ages: 3 - 5 year olds with an adult
Days: Thursdays
Dates: April 28—June 2
Times: 9:30—10:30am or 10:30—11:15am
Location: Southwest Rec Center, 38 Southwest Cutoff/Rt 20
Instructors: Rhythm Kids



Fee	Until April 20	As Of April 21
6 weeks	\$65	\$75

Sports Squirts

The Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as Soccer, T-ball, Basketball, Lacrosse and Hockey, all taking place in a safe structured environment ensuring learning is taking place. Activities are designed to evoke a child's imagination in which they can Find Nemo, send Shrek into a spin or capture Jellyfish with Sponge Bob Square Pants. All activities promote hand-eye coordination, movement and balance and most importantly Fun, Fun, Fun.

Ages: 3—5 years old
Dates: August 22—26
Days: Monday—Friday
Times: 4:30—5:30pm
Location: Ellsworth McAfee Park (Rt. 135)
Instructor: US Sports Institute



Fee	Until August 14	As of August 15
	\$79	\$89

Tennis Week-Long Clinics (Summer)

This program will teach children the basic fundamentals in stroke production (forehand, backhand, volley, serve and smash), court movement and basic footwork skills. **Children must provide their own racquets.**

Ages: 3—5 years old
Dates: Session 1: July 18—22
Session 2: August 15—19
Days: Monday—Friday
Times: 9—9:45am
Location: Melican Middle School Tennis Courts
Instructor: US Sports Institute

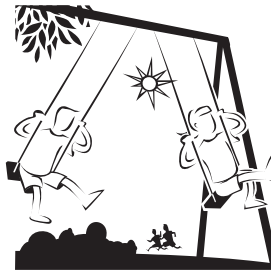


Fee/session	Until July 10/August 7	As of July 11/August 8
	\$69	\$79

Tumble & Play: Weekly Drop-Off Programs!

Kids will have fun at this activity-filled program while they participate in gymnastics, gym games, making crafts & playing outside on the Town Hall playground. Nut-free snacks will be provided. These are drop-off programs, children must be potty-trained.

Ages: 3-6
Days: Monday, Tuesday, Wednesday
Dates: Session 1: July 18—20
Session 2: July 25—27
Session 3: August 1—3
Session 4: August 8—10
Time: 9am to 11am
Location: Town Hall Gym
Instructor: Katie Weaver



Fee/session	Until one week before session begins	Within one week of session beginning
	\$60	\$70

Tumble Tots

Children and parents participate together in a 45-minute class once a week. Each week offers a new and exciting theme such as: Letters and Numbers, Nature, Circus, Forwards and Backwards and more!! These classes will allow you to help your child learn listening skills, balancing, jumping, and basic gymnastics. Each class is divided into three segments: the first segment is a musical warm-up that includes running, hopping, galloping and gymnastics positions; the second segment is an obstacle course on our spring floor, teaching the basics for handstands, cartwheels, and somersaults; and the third segment combines specialized preschool equipment along with standard Olympic apparatus to establish a foundation in all the gymnastics events.

******Please note you can only register for this program twice through the Recreation Department, then you need to register through Mass Gymnastics directly.*

Ages: 18 months—3 years old
Days: Wednesdays
Dates: April 6—May 25
Time: 10:15—11am or 11:15—12pm
Location: Mass Gymnastics, Otis St. Westborough



Fee/session	Until one week before session begins	Within one week of session beginning
8 weeks	\$95	\$105

T-Ball

CREATE WONDERFUL SUMMERTIME MEMORIES FOR YOUR FAMILY!

Have your child learn the basic skills and rules of t-ball in a fun, everyone wins atmosphere! All kids will be on teams coached by parents from the community. Please have your child bring a glove labeled with the child's name. Foam bats will be supplied. T-shirts are included and will be provided on the first day of the program! Due to high demand in the past seasons, we have added an extra day so we can accommodate more players! Registration begins May 4.

Ages: 4--6 years old (must be at least 4 by the time this program begins)
Days: Tuesdays or Wednesdays
Dates: Tuesdays: July 12—August 16
Wednesdays: July 13—August 17
Time: 6:30pm-7:30pm (half-hour practice & half-hour game)
Location: Ellsworth-McAfee lower fields. (Rt. 135 park/South Street)
Cost: \$65 per child
Coordinator: Katie Weaver
Coaches: Parent Volunteers (see below)

To register: Registration for t-ball will start on Tuesday, May 4 at 8am, on-line and in the office. We highly recommend on-line registration at www.northboroughrecreation.com in order to avoid lines and to increase the likelihood of being on the team of your child's choice!

VOLUNTEER T-BALL COACHES NEEDED

Interested in coaching your child's team? We are in need of two coaches per team, for approximately 18 teams. No experience is necessary, and training will be provided. Non-residents are welcome. If you would like to volunteer, please contact the Recreation Department and specify which night (Tuesdays or Wednesdays) you would like to coach.

All coaches will be CORI'd by the Recreation Department. You do not need to be a Northborough resident to coach *or* play!

Your child/children will automatically be registered for your team.

To apply as a volunteer, please email recreation@town.northborough.ma.us or call the office at (508) 393-5034.



Adventure Kids

This program runs for 9 hours over 3 days and combines recreational kayaking skill development with adventure education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team through our fun challenge games. Our staff members are ACA certified instructors and trained adventure facilitators.

Ages: 8—14
Days: Monday—Wednesday
Dates: August 22—24
Times: 12:30—3:30pm
Location: Centennial Beach, Marlboro
Instructor: Still River Outfitters



Fee	Until August 14	As of August 15
	\$120	\$130

Junior Olympic Archery (Spring and Summer)

For ages 8 & up. The fundamentals of archery will be taught in a fun and safe environment. Equipment will be provided for you. Parents can sign up too! Taught by Archery USA.

Spring session:

Days: Thursdays
Dates: Session 1: April 14—May 12; Session 2: May 19—June 16
Times: 4pm—5:30pm
Location: Ellsworth-McAfee Park, Route 135/South Street, meet at the pavilion

Summer session

Days: Mondays—Fridays
Dates: Session 1: June 27—July 1; Session 2: August 1—5
Times: 9am—11am
Location: Ellsworth-McAfee Park, Rt 135, meet at the pavilion



Fee	Until one week before session begins	Within one week of session starting
	\$100	\$110

Beastie Art Camp

This program is designed to increase students' awareness in creating characters, learning to express themselves through an art form, and to learn basic techniques for developing their own individual characters. This week, students will get to choose several "Beastie" characters from Mr. LaChance's expansive collection to draw and will also create their own "Beastie" character to share with others. Materials will be provided. Kids who have taken Mr. LaChance's program before will have new characters to their growing collection of Beasties!

Grades: 3—5
Days: Monday—Friday
Dates: August 1—5
Times: 9am—11am
Location: Proctor Elementary, 26 Jefferson Road, Northborough
Instructor: Ray LaChance



Fee	Until July 24	As of July 25
	\$135	\$145

Chess Wizards

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. The mission of Chess Wizards is to improve students' logic, concentration and critical thinking skills while introducing students to the magical world of chess. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship. All of students will be divided into groups according to their chess experience. At the end of this vacation week, each student will have had the chance to participate in a mini-chess tournament, and will receive a trophy, a chess board they can use and a Chess Wizards T-shirt.

Grades: K—5
Days: Monday—Friday
Dates: April 18—22
Time: Half Day: 9—12pm; Full Day: 9—3pm
Location: Southwest Rec Center, 38 Southwest Cutoff
Instructors: Chess Wizards

Fee	Until April 10	As of April 11
Half-Day	\$155	\$165
Full-Day	\$240	\$250

Theater April Vacation Camp: "TORT"

Come join the fun with SkyRise Children's Theater program this April Vacation. "TORT" tells the adventure of the stories 'The Tortoise and the Hare' and 'The Monkey and The Fox'. This week, kids will become apart of a team, develop life skills, and learn the values of performing in a theater environment. Each day holds a new promise for growth, where the shy become brave, the gifted become leaders and where each kid learns that no role is a small one. The rehearsal schedule will be set at the beginning of the week. Rehearsals are 4 ½ hours each day and consist of two 2-hour blocks of time with a 15-30 minute snack break between the two sessions for those cast members involved in both sessions. It's important to note that not all cast members are involved in every rehearsal session. Each child's schedule for the week is dependent on the role in which they're cast.

Grades: K—2 (16 spots) & Grades 3—8 (12 spots)
Days: Monday—Friday
Dates: April 18—22
Time: 9am—1:30pm
Location: Trinity Church, Hudson and Main Streets
Instructors: Skyrise Children's Theater

Fee	Until April 10	As of April 11
	\$150	\$160

Soccer April Vacation Camp

Our curricula will help improve your child's soccer skills and knowledge in a safe, fun and educational environment.

Ages 5 & 6: Players learn the importance of a good warm up through fun games and activities. The coaches will develop the basic foot skills, passing and shooting through structured games with every player actively involved. Players will also learn the basics of soccer match play via 3v3 tournaments focusing on positions, start of play and dead ball situations. The games and matches develop safe play, teamwork, communication and interest in soccer while still having lots of FUN!!

Ages 7 and above: As players learn and grasp the basic fundamentals of soccer, focus can shift towards the WHEN WHERE and WHY in order to get a better understanding of the game of soccer. For example, the player will learn WHEN to dribble, WHERE to dribble and WHY we dribble. The coaches ensure that foot skills, passing and shooting are reinforced and developed through a variety of coaching activities. Conditioned games (4v4, 5v5 and 6v6) are used to focus on the WHEN, WHERE and WHY we perform certain skills. The players will also develop their positional sense and spacial awareness in a tournament played at the end of every session. Players will be divided by age and skill level to ensure an appropriate environment for a challenging and fun camp week.

Ages: 5+ for Half Day and 7+ for Full Day
Dates: April 19th - April 22nd
Days: Tuesday —Friday
Times: Half Day 9am—12pm or Full Day 9 am—3pm
Location: Ellsworth McAfee fields, Route 135/South Street, Northborough
Rain Location: Town Hall Gym, 63 Main Street
Instructors: Play Soccer/BEST Soccer
Fee: \$110 for Half Day and \$180 for Full Day



Fee	Until April 11	As of April 12
Half-Day	\$110	\$120
Full-Day	\$180	\$190

Art Summer Camps

The Worcester Art Museum is traveling to Northborough this summer!

Art Safari (Ages 5-7): Go on an amazing exploration of creativity and your wildest imagination! Students, using a multitude of various materials, will develop a stronger sense of the elements of design by creating 2D and 3D projects culminating in semi-life like make believe jungle composed of real and mythological beasts. All art classes have a basis of art history and self-esteem building.

FUNDamentals of Sculpture (Ages 8-10): Students will start with basic sculpting materials and tools to produce individual pieces of art inspired by various works of art. As the week progresses so will the creativity! Surprises are in store for all involved as this learning experience expands a child's imagination and basic understanding of the fundamentals of sculpture!

Ages: 5—7 & 8—10 years old
Days: Monday-Friday
Dates: June 27—July 1
Times: 10am—12pm for ages 5—7; 1—3pm for ages 8—10
Location: Rec Center, 63 Main Street
Instructor: Worcester Art Museum



Fee	Until June 19	As of June 20
	\$98	\$108

Counselor-In-Training ('C.I.T.') Program

This program is designed for 14 and 15 years olds. It provides a great "hands-on" leadership training experience for future counselors who truly enjoy children and are interested in learning how to work with them. Working under the supervision of experienced camp counselors, C.I.T.'s learn and practice the skills necessary to become successful counselors. *Completion of this program does not guarantee a position working at Northborough Rec's summer camps.*

Grades: 8—11 in Fall 2011
Days: Monday-Friday
Dates: Session 1: July 11—15; Session 2: July 25—29
Times: 9 am—4 pm
Location: Zeh Elementary, 33 Howard Street, Northborough



Fee/session	Until July 3/ July 17	As of July 4/ July 18
	\$220	\$230

Cricket

Kids finally get the chance to learn this sport, popular in many countries around the world. Cricket is growing day by day in the USA: it is an exciting sport, easy to learn and fun to play. The USSI Cricket Clinic gives children a structured insight into the sport in a fun relaxed atmosphere. Players will be guided through all technical areas of the game through fun drills and activities and always finishing with the USSI cricket World Cup! Batting, bowling, fielding, ball handling, positioning and the rules of the game will be covered during the week – all taught by US Sports Institute's qualified international cricket coaching staff.

Ages: 6-12 years
Dates: July 18—22
Days: Monday—Friday
Times: 4—5:30pm
Location: Melican Middle School
Instructor: US Sports Institute



Fee	Until July 10	As of July 11
	\$109	\$119



FREE PLAY 120

Remember when you were a kid and used to go outside and simply play? Kids these days have very structured lifestyles with limited opportunities for free play. In this program, kids will engage in free, unstructured play while being supervised by our staff. Drop off is at the pavilion at 4pm, pick up is at the same location by 6pm. Once kids are dropped off, they have the option of playing on the playground, playing basketball, beach volleyball, soccer, bocce ball or skating at the skate park, or, simply socializing with friends. (Will not run in the rain.)

- Grades:** K—5
- Days:** Mondays—Thursdays
- Dates:** 8 sessions offered from April 4—June 2 (skip April vacation week)
- Times:** 4—6pm
- Location:** Ellsworth McAfee Pavilion, Rt. 135/South Street, Northborough
- Instructors:** Northborough Recreation staff
- Cost:** \$20 per child, per week; \$5 each for siblings in the same week



Field Hockey—Developmental Clinic

This developmental level clinic is designed for girls entering 7-9th grades and is intended to instruct girls that have previously been introduced to the sport of field hockey or are looking for their first exposure to the sport. This clinic will teach stick skills, passing and hitting, and other basic fundamentals. Please bring a mouth guard and shin pads. Sticks will be provided.

- Grades:** 7—9 in Fall 2011
- Days:** Monday-Friday
- Dates:** July 11—15
- Times:** 9am—12pm
- Location:** Algonquin Regional H.S., meet at the concession stand
- Instructor:** Dan Welty, ARHS Field Hockey coach, MetroWest Daily News field hockey coach of the year 2010 and Central MA Champions and State Finalists

Fee	Until July 3	As of July 4
	\$85	\$95

Field Hockey: Pre-Season Clinic

This preseason clinic is to help develop the player for tryouts and to get a jump on the fall Field Hockey season! Players will review the fundamentals of push passing, dodging, hitting, tackling and goal shooting. Each 2 hour session will consist of 90 minutes of skills and 30 minutes of scrimmaging. This clinic is for field players only (no goalies). Equipment needed includes: stick, shin guards, mouth guard, goggles, cleats or sneakers, and water/snack.

Open to all, residents and non-residents.

- Grades:** 9—12 in Fall 2011
- Days:** Sunday, Monday & Tuesday
- Dates:** August 21—23
- Times:** 5:30—7:30pm
- Instructor:** Coached by Marissa Mertzic, former WPI player, MIAA official, Spiders field hockey coach and other assistant coaches
- Location:** Algonquin Regional High School fields

Fee	Until August 13	As of August 14
	\$70	\$80



Food, Fun & Sun Gardening Camp

Join us for a fun-filled, 5 week program exploring the science of gardening and cooking. Using the Algonquin Serenity Vegetable Garden and the Family and Consumer Science classroom kitchens at Algonquin High School, we will be whipping up nutritious food right from the garden! We will also use some table to farm connections as we create materials to educate our community about the benefits of eating fresh food.

Grades: 3—5 in Fall 2011
Days: Tuesdays, Wednesdays, Thursdays
Dates: Session 1: July 19—21: Berries & Veggies
 Session 2: July 26—28: Pizza & Pasta
 Session 3: August 2—4: Healthy Fast Food
Times: 9am—12:30pm
Location: Algonquin High School, Bartlett Street, Northborough
Instructor: Sue Halpin, Culinary Arts Director at Algonquin High School



Fee/session	Until one week before session starts	Within one week of session starting
	\$120	\$130

Golf Series for Juniors-Spring

This is a great program for golfers of all abilities. Instructors work with students individually within the groups. There are 5 one hour classes that will encourage gradual improvement. Clubs will be provided, cleats are not required. Classes will not run over April vacation.

Ages: 7—14 years old
Schedule: Tuesdays: April 12—May 17, 4:30 pm—5:30pm
 Wednesdays, April 13—May 18, 4:30pm—5:30pm
 Thursdays, April 14—May 19, 4:30pm—5:30pm
 Fridays, April 29—May 27, 4:30pm—5:30pm
 Saturdays, April 30—May 28, 11am—12pm
 Sundays, May 1—May 29, 10am—11am
Location: Juniper Hill Golf Course



Fee	Until one week before session begins	Within one week of session beginning
	\$100	\$110

Golf Series: Summer Week-Long Programs

Our number one goal is to make sure your children enjoy themselves playing golf. If they enjoy golf, they will keep playing. As they keep playing and develop correct swing mechanics, they will become better players. We combine instruction, imitation, and fun exciting games to keep their interest level high. What's provided? Golf clubs (if needed), golf balls, snacks, refreshments and prizes. What's covered? Putting, chipping, full swing, on-course instruction, etiquette and the rules of golf. Video analysis, training aids and playing fun games will be techniques used to develop better players. Cleats are not required. Please be sure that your child is wearing sunscreen, has a hat and water.

Ages: 7 years old & up
Days: Monday—Friday
Dates: Session 1: June 27—July 1; Session 2: July 11—July 15;
Session 3: August 1– 5; Session 4: August 22—26
Times: 9 am—12 pm
Location: Juniper Hill Golf Course



Fee/session	Until one week before session begins	Within one week of session beginning
	\$245	\$255

Karate

Build your child's confidence through achievement in an environment conducive to growing positive relationships, fostering self-discipline, self-confidence and self-respect. Dominick's School of Martial Arts is dedicated to the highest quality of martial arts training. Parents, consider taking this class with your child!

Ages: 5 years—adults
Dates: April 23—May 21
Days: Saturdays
Times: 10—11am
Location: Dominick's School of Martial Arts, 299 W. Main St. (Times Square Plaza)



Fee	Until April 15	As of April 16
5 weeks	\$70	\$80

Introduction to Kayaking

This program provides kids the chance to learn exciting new skills. This youth specific kayaking class teaches the same skills and safety considerations as our adult program but in a kid friendly format. Kayak games and activities will be used to give kids the needed practice while keeping them active and engaged.

Ages: 10—15 years old
Dates: May 3, 10, 17
Days: Tuesdays
Times: 4:30—6:30pm
Location: Watson Park, Bartlett Pond, Northborough
Instructor: Still River Outfitters



Fee	Until April 26	As of April 27
	\$90	\$100

Lacrosse Clinic for Boys

A returning favorite! This is an energetic and fun camp designed to introduce youth players to the skills of lacrosse. No experience needed to participate and minimal equipment is required. Lessons are created to teach fundamental lacrosse movements and provide an introduction to game principles. A series of interactive games bolster skills while emphasizing fun. Campers' favorites have been Lacrosse Golf, Monkeys and Gorillas, Water balloon toss, and Capture the Flag Lacrosse. Equipment needed includes: stick, helmet and gloves; grades 5-7 will need pads, grades 3-4 will be taught without pads. *Limited equipment is available upon request, call our office.*

Grades: 3—7 in Fall 2011; kids will be separated by grade and ability
Dates: July 25—29
Days: Monday—Thursday
Times: 9am—1pm
Location: Ellsworth-McAfee Park, Route 135
Instructor: Mark Lange ("Fish")



Fee	Until July 17	As of July 18
	\$100	\$110

MultiSports

Experience over 15 different sports from around the world with the US Sports Institute. All activities will take place in an atmosphere which promotes good sportsmanship teamwork and most of all fun. Players will receive technical instruction in each sport then experience the sport in a realistic game situation as well as participating in the exciting USSI World Cup Competition.

Ages: 7—14 years old
Dates: August 22—26
Days: Monday—Friday
Times: half-day: 9am—12:30pm; full-day: 9am—4pm
Location: Ellsworth McAfee Park (Rt. 135)
Instructor: US Sports Institute coaches



Fee/session	Until August 14	As of August 15
Half Day	\$149	\$159
Full Day	\$179	\$189

Paint Your Own Pottery

Looking for a creative and relaxing outlet for your child? PYOP Studio makes it easy for kids to create treasures that will last forever.

Session 1: Paint Me A Story—Children will be read a story first and then paint a piece related to the story. We will paint pieces such as pasta bowl, a figurine, a plate and a mug.

Session 2: April Showers Bring May Flowers—Kids will paint flower-related pieces, such as a bud vase to place garden-picked flowers in, a flower plaque that can be decorated with their name or your house number, a flower impression mug, and a flower pot of their own to plant seeds in and watch flowers grow.

Session 3: Fun in the Sun—Kids will paint sun-related items, such as a countdown to summer whiteboard, a flowerpot, a gnome, and an ice cream cone shaped box to store all of your summer finds.

Days: Saturdays

Dates: Session 1: Paint Me A Story—April 2, 9, 16, 23
 Session 2: April Showers Bring May Flowers—May 7, 14, 21, 28
 Session 3: Fun in the Sun—June 4, 11, 18, 25

Time: 10:30am—11:30am

Location: PYOP Studio, 290 Main St. Northborough, MA



Fee	Until one week before session starts	Within one week of session starting
	\$75	\$85

Soccer Summer Camps

Our curricula will help improve your child’s soccer skills and knowledge in a safe, fun and educational environment.

Ages 5 & 6: Players learn the importance of a good warm up through fun games and activities. The coaches will develop the basic foot skills, passing and shooting through structured games with every player actively involved. Players will also learn the basics of soccer match play via 3v3 tournaments focusing on positions, start of play and dead ball situations. The games and matches develop safe play, teamwork, communication and interest in soccer while still having lots of FUN!!

Ages 7 and above: As players learn and grasp the basic fundamentals of soccer, focus can shift towards the WHEN WHERE and WHY in order to get a better understanding of the game of soccer. For example, the player will learn WHEN to dribble, WHERE to dribble and WHY we dribble. The coaches ensure that foot skills, passing and shooting are reinforced and developed through a variety of coaching activities. Conditioned games (4v4, 5v5 and 6v6) are used to focus on the WHEN, WHERE and WHY we perform certain skills. The players will also develop their positional sense and spacial awareness in a tournament played at the end of every session. Players will be divided by age and skill level to ensure an appropriate environment for a challenging and fun camp.

Ages: 5+ for Half Day and 7+ for Full Day

Dates: Session 1: June 27—July 1; Session 2: August 15—19

Days: Monday—Friday

Times: Half Day 9am—12pm or Full Day 9 am—3pm

Location: Ellsworth McAfee fields, Route 135/South Street, Northborough

Instructors: Play Soccer/BEST Soccer

Fee/session	Until June 20/August 8	Until June 20/August 8
Half Day	\$135	\$145
Full Day	\$200	\$210



www.northboroughrecreation.com

Spectacular Science Summer Camp

Come join this very cool and fun summer science program! Each day, kids will explore weird and wacky hands-on science experiments and will make and take home different projects. Our scientists are fast paced and funny and your kids will be thoroughly entertained while learning some interesting things as well! We will explore weird motions and flying things, air and water pressure; crazy chemistry, light and sounds, science magic, electricity, magnets, astronomy and more. Be prepared for lots of fun stuff and 3 wonderful hours of science each day!

Grades: 1—5 in Fall 2011
Dates: Monday—Friday
Days: August 22—26
Times: 9am—12pm or 9am—3pm
Location: South West Recreation Center
Instructor: Top Secret Science



Fee	Until August 14	As of August 15
Half-Day	\$95	\$105
Full-Day	\$165	\$175

Spring Tennis Lessons

With Westboro Swim & Tennis Club

For beginners and up. Come learn the basics of tennis or enhance the skills you already possess. All lessons will take place on indoor courts. Equipment is available upon request. Space is limited to only six spots per level, so be sure to sign up early!

Description of Levels:

Beginner's (5:30pm-6:30pm): You will work on developing basic form, stroke mechanics and work. Some mini-tennis rallying at a slow pace will also be included. No prior experience is necessary.

Advanced Beginners (6:30pm-7:30pm): Advanced Beginners will develop more consistency on shots, power and directional intent. Students in this class should have a prior understanding of how to sustain a rally of slow to moderate pace from the baseline. This class will practice basic singles and doubles positioning and will learn to play a game.

Intermediate (7:30pm-8:30pm): Students in this class will learn how to use spin and power to improve their game. Students in this class should have a prior understanding of basic positioning, be able to put first and second serves into play, and get to the net using an approach shot, split step and volley.

Ages: 7 years old and up
Dates: April 10—May 22
Times: **Beginners: 5:30—6:30pm, Advanced Beginners: 6:30—7:30pm; Intermediate: 7:30—8:30pm**
Days: Sundays
Location: Westboro Swim & Tennis Club, 35 Chauncy Street, Westboro

Fee	Until April 2	As of April 3
(6 weeks)	\$110	\$120

Summer Tennis Clinics

USSI tennis staff will follow curriculums and guidelines laid out by the USTA, which includes the highly appraised Quickstart Tennis format. At every level, participants will learn the basic fundamentals in stroke production, court movement and footwork skills, all in a low pressure environment. Most importantly, it's all about fun, with games, games and more games during each session! This clinic is suited to players who are of beginner to intermediate level. All children who attend will have a great time playing and learning the number one racket sport.

Children need to provide their own racket.

Ages: 6—9 years old, 10-14 years old
Dates: Session 1: July 18—22; Session 2: August 15—19
Days: Monday—Friday
Times: Ages 6—9: 10—11:30am; ages 10—14: 11:30—1pm
Location: Melican Middle School Tennis Courts
Instructor: US Sports Institute

Fee/session	Until July 10/August 7	As of July 11/August 8
	\$109	\$119



Theater Summer Camps

Two theater sessions will be held this summer with each session performing it's own show. Both weeks will be an amazing experience in which each child will have a chance to learn about performing on stage, working with costumers and set design and overall team work within a theater environment.

Casting day will be Mondays, 9-11am. Casting for shows are done in such a way that each child can audition with minimal stress and anxiety. Audition is a big word but we don't want kids to be afraid of theater for that reason! During this two hour session, each child will be working with others to showcase their talents; nothing needs to be prepared or worried about!

Rehearsals are 4 1/2 hours per day with breaks for snacks/lunch. *It's important to note that not all cast members are involved in every rehearsal session.* Although different groups have different rehearsal schedules, everyone gets the same experience, which is the chance to work with others while growing as an individual. Theater is a skill building activity in which all children have a chance to recognize the strength they have within themselves!

Two camps will be held this summer. Kids can sign up for one or both. A performance will held on Fridays to showcase the children's hard work, with performance times to be announced.

- Grades:** K—8 (maximum of 16 kids grades K-2, maximum of 12 kids in grades 3—8 per session)
- Days:** Monday—Friday
- Dates:** Session 1, 'Who's Under My Bridge' (adaptation of Three Billy Goats Gruff): July 25—29
Session 2, 'Donkey Prince': August 22—26
- Times:** 9—11am for grades K—2
9am—1:30pm for grades 3—8, with a 1/2 hour lunch (11am) and snack breaks
- Location:** Trinity Church, corner of Hudson & Main Streets, Northborough
- Instructors:** Tania and Zac Taylor, Skyrise Children's Theater

Fee	Until July 18/August 15	Until July 18/August 15
	\$150	\$160



Facility Rentals

Looking for a location to hold your upcoming event? Our new facility at 38 Southwest Cutoff is available to rent for your needs. We also have limited availability at the Town Hall Gym.

- Showers
- Book Clubs
- Exercise Groups
- Scouting Meetings
- Homeschool Groups
- Parties

To check availability, please contact our office at 393-5034.

After School Programming

Northborough Recreation's After School Programming is a hit with Northborough parents *and* kids! These enrichment programs take place right after school, at your child's school! Kids are dismissed directly to the program. Be sure to send a note to school authorizing dismissal to the program no later than one week in advance.

Express Yourself with the Worcester Art Museum

Get inspired by examples of art from the Worcester Art Museum collection. Let loose your creativity and experiment with sculpture, printmaking, paint and other materials. Develop fun, colorful and experimental art of your own. All materials will be included.

Grades: K—2
Lincoln Street: Mondays, April 25—June 6 (skip May 30), 3:30—4:30pm, art room
Peaslee: Tuesdays, April 26—May 31, 3:30—4:30pm, art room
Zeh: Wednesdays, May 4th—June 8, 3—4pm, art room
Proctor: Thursdays, May 5—June 9, 3—4pm, art room
Instructor: Worcester Art Museum instructors



Fee	Until one week before the class starts	Within one week of class starting
6 weeks	\$75	\$85

Outdoor Soccer

Our curricula will help improve your child's soccer skills and knowledge in a safe, fun and educational environment. PLAY SOCCER/BEST SOCCER will develop their individual skills through a series of games, drills and scrimmages. Players will be divided by age ability to ensure an appropriate environment for a challenging and fun program. No equipment or previous experience necessary. Kids should wear cleats or sneakers and bring water. **Will not run in heavy rain. Class will not be held over April vacation.**

Grades: K—5
Lincoln St: Thursdays, Session 1: April 7—May 5; Session 2: May 19—June 9, 3:30—4:30pm
Zeh School: Tuesdays, Session 1: April 5—May 3; Session 2: May 17—June 7, 3—4pm
Proctor: Wednesdays, Session 1: April 6—May 4; Session 2: May 18—June 8, 3—4pm
Peaslee: Mondays, Session 1: April 4—May 2; Session 2: May 16—June 13 (skip May 30), 3:30-4:30pm
Location: School fields, outside
Instructors: Play Soccer/BEST Soccer

Fee/session	Until one week before program starts	Within one week of program starting
4 weeks	\$65	\$75



Learn Spanish

Come join Hola La's mascot "Pepa" as we get to know Pepa and her family! Pepa recently moved to Boston from Puerto Rico and is eager to get to know the children in Northboro! Children will learn lots of practical Spanish that they can easily reinforce at home. Kids will receive a CD produced by Rosi and Brian Amador of the well-known children's bilingual band Sol y Canto (www.solycanto.com) as well as a booklet that supports our curriculum.

Grades: K—2
Lincoln St: Wednesdays: May 4—June 8 3:30—4:30pm
Zeh School: Wednesdays: March 16—April 27 (skip April 20) 3pm—4pm
Proctor: Mondays: May 9—June 20 3pm—4pm
Peaslee: Mondays: March 14—April 25 (skip April 18)
Location: Classroom will be determined
Instructors: HOLA LA (www.hola-la.com)

Fee	Until one week before the class starts	Within one week of class starting
6 weeks	\$125	\$135



After School Programming

Spectacular Science

Come join this very cool and fun hands-on science program! Top Secret Science has created over 5,000 exciting programs in the Boston area. Each week, the kids will explore 5 weird and wacky hands-on science experiments and will make and take home 2-3 projects. The scientists are fast-paced and funny, and kids are sure to be thoroughly entertained (they'll even learn some interesting things too). Be prepared for some wonderful experiments including chemistry, physics, weather, science magic, crystals, magnets, electricity, etc. There will be at least 25% new experiments from last year's classes. A wonderful hour of science!!

Grades: K—5

Proctor: Thursdays, March 17—April 28 (skip April 21), 3—4pm, art room

Lincoln Street: Wednesdays, March 23—May 4 (skip April 20), 3:30—4:30pm, classroom tba

Peaslee: Wednesdays, May 11—June 15, 3:30—4:30pm, art room

Zeh: Thursdays, May 12—June 16, 3—4pm, art room



Fee	Until one week before the class starts	Within one week of class starting
(6 weeks)	\$75	\$85

Chess Wizards

Have your child be a part of this successful chess academy. Chess wizards is offering this specifically designed class that will cater to all levels of chess ability. Each child is challenged by fun games and lessons from real Wizard teachers. Regardless of a child's ability Chess Wizards makes chess fun for all. Please join us for a free Class to meet the teachers and see if you child would like the class! See online for the dates. All free classes will be after school, pre-registration is required.

Grades: K—5 & 6—8

Zeh: Mondays, March 21—June 6 (skip April 18 & May 30), 3—4pm, school library

Proctor: Tuesdays, March 22—May 31 (skip April 19), 3—4pm, school library

Lincoln St: Wednesdays, March 23—June 1 (skip April 20), 3:30—4:30pm, hall

Peaslee: Thursdays, March 24—June 2 (skip April 21), 3:30—4:30pm, school library

Melican: Tuesdays, March 22—May 31 (skip April 19), 2:25—3:25pm, school library



Fee	Until one week before the class start	Within one week of class starting
(10 weeks)	\$131	\$141



Hip Hop

An upbeat class set to today's music! Everyone will learn fun, funky moves. Kids will do a standing and sitting warm-up and learn some across-the-floor combinations and a routine that will be built upon during the 5 weeks. Please be sure to send your child with water!

Grades: 1—5

Zeh School: Tuesdays, April 26—May 31, 3—3:45pm, music room

Proctor: Thursdays, April 28—June 2, 3—3:45pm, music room

Instructor: Becky Marrone



Fee	Until one week before the class starts	Within one week of class starting
(6 weeks)	\$65	\$75

www.northboroughrecreation.com

Belly Dancing (Advanced)

Come learn the art of "belly dancing by shimmying your way through the seasons with a great way of expressing your femininity while getting a good workout!"

Ages: 16 and up
Dates: Session 1: March 30—May 18
Session 2: May 25—July 13
Session 3: July 20—September 7
Days: Wednesdays
Time: 7:30-8:30 pm
Location: Town Hall Gym, 63 main Street
Instructor: Gypsy Phillips

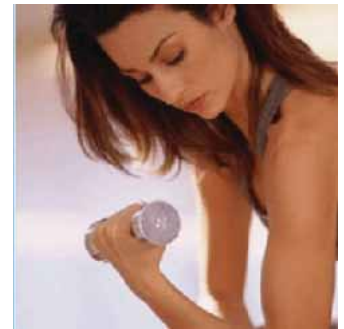


Fee/Session (8 weeks)	Until 1 wk before session begins	Within 1 wk of session beginning
	\$55	\$65

Body Sculpting for Women

This is a women's strength training program designed to tone and strengthen muscles and improve posture using free weights and your own body resistance. Bring water.

Ages: 14 to adult
Dates: Spring: March 20 - May 22, skipping April 24 (9 weeks)
Summer: June 12 - August 28, skipping July 3 and August 7 (10 weeks)
Days: Sundays
Time: 7 pm - 8 pm
Location: Town Hall Gym
Instructor: Sharon Pugsley



Fee/session	Until March 12/ June 4	As of March 13/ June 5
Spring Session (9 weeks)	\$70	\$80
Summer Session (10 weeks)	\$75	\$85

Golf Lessons at Juniper Hill Golf Course

Great program for golfers of all abilities. Instructors work with students individually within the group. Five one-hour classes encourage gradual improvement over five weeks. Golf equipment is provided for no additional charge, cleats are not necessary.

Ages: 16 and up
Beginners: Fridays, April 29—May 27, 6pm—7pm
Saturdays, April 30—May 28, 9am—10am
Sundays, May 1—May 29, 9am—10am
Intermediate: Saturdays, April 30 - May 28 10am—11am
Ladies Group: Fridays, April 29—May 27, 10am—11am
Location: Juniper Hill Golf Teaching Center, School St.



Fee/session	Until 1 wk before session begins	Within 1 wk of session beginning
	\$120	\$130

www.northboroughrecreation.com

Kayaking

Introduction to Kayak is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in stable “recreational” kayaks. This instructional programs’ introduction to safe and efficient paddling is relevant for learning the foundation skills for paddling all types of kayaks. All equipment provided.

- Ages:** 16 and up
- Days:** Tuesdays
- Dates:** May 3, 10 and 17
- Times:** 6:30—8:30pm
- Location:** Watson Park, Bartlett Pond
- Instructors:** Still River Outfitters



Fee	Until April 25	As of April 26
	\$90	\$100

Men’s Softball

PULL OUT THE GLOVES, DUST OFF THE CLEATS, IT’S TIME TO “PLAY BALL”! The Rec Dept is pleased to announce that we will be overseeing the men’s softball program this summer. League play will begin in early May and will end with playoffs in late July. Teams wishing to participate should notify the Rec Dept by April 15; call 393-5034 or email recreation@town.northborough.ma.us. Please indicate team name and contact info for the team’s coach/captain at this time as well. Team rosters will be submitted at a later date. Individuals are also welcome to sign up. Teams must have a minimum of 10 but no more than 18.

- Ages:** 18 and up
- Days:** games will be on Mondays, Tuesdays, Wednesdays or Thursdays, schedule tba
- Dates:** tba; league play will run early May to late July
- Times:** 7-10 pm
- Cost:** \$1000/team or \$100/individual
- Location:** Melican Middle school Softball field



Personal Training at Boost Fitness

If you have been thinking about getting in shape this winter, here is a great program to help you get started. The Smart Start Personal Training program is designed for the beginner looking for guidance, motivation and support to begin a fitness program. Discover how much a personal trainer can do to enhance your enjoyment of exercise and its benefits.

This introductory package consists of 5 half hour sessions under the guidance of a certified personal trainer as well as unlimited access to Boost Fitness in Northborough for one month.

During your sessions, you will discuss your fitness goals, find your “core” and learn about your strengths and weaknesses. You will learn new exercises, you will be challenged, and you will be motivated to succeed. Most importantly, you will have the confidence and knowledge to continue towards your goals.

- Dates:** You receive 5 trainings, scheduled by Boost at the time you register
- Days:** Trainer will call you to set up date and time that works for you!
- Location:** Boost Fitness, Main Street, Northborough
- Cost:** \$119



Sunrise Fusion

Start the day strengthening, stretching and toning over the course of 6 weeks. This class will use a combination of light weights, core exercises and yoga to slim down and firm up to get ready for spring!

- Ages:** 16 & up
- Days:** Wednesdays
- Dates:** March 23—April 27
- Times:** 6—7am
- Location:** 38 Southwest Cutoff/Rt 20
- Instructor:** Naturally Chiropractic



Fee	Until March 16	As of March 17
	\$100	\$110

Teen Yoga

For beginners to advanced, this is a class designed to stretch and strengthen. Mats are provided.

Ages: 13 & up
Day: Thursdays
Dates: March 24—May 5, skip April 21
Times: 2:30—3:30pm
Location: 38 Southwest Cutoff/Rt 20
Instructor: YogaPlus Studio

6 weeks	Until March 17	As of March 18
	\$60	\$65

Yoga (Hatha)

Yoga is an ancient practice uniting mind, body, and spirit. With an emphasis on concepts of mindfulness and healthy living, our class incorporates yoga postures, breathing, relaxation and meditative techniques. Yoga is a great tool to manage stress and anxiety - helping to balance the fast pace and challenges of life. It will also enhance your strength, flexibility and overall well-being. Please bring a yoga mat, eye pillow and blanket if desired.

Days: Mondays or Fridays
Times: Mondays: 7:15-8:30pm; Fridays: 7:15am—8:15am
Schedule: Spring: Mondays, April 4—June 20 (skip April 18 and May 30)
 Fridays, April 1—June 24 (skip April 22 and May 27)
Summer: Mondays, June 27—September 26 (skip July 4, August 1, 15, September 5)
 Fridays, July 8—September 30 (skip July 29, August 12, September 2)
Location: Mondays: Southwest Recreation Center, 38 Southwest Cutoff
Fridays: Town Hall Gym
Instructor: Teresa Iapalucci

Fee/session	Until one week before session begins	Within one week of session beginning
	\$100	\$110

Yoga (Gentle)

Yoga is an ancient practice uniting mind, body, and spirit. With an emphasis on concepts of mindfulness and healthy living, our class incorporates yoga postures, breathing, relaxation and meditative techniques. The gentle pace is geared toward beginners and those who are looking for a less focus on physically vigorous movement. You'll enjoy all the benefits of yoga including increased strength, flexibility and balance as well as stress reduction. Please bring a yoga mat and eye pillow & blanket if desired.

Days: Mondays
Times: 6:15—7:15pm
Schedule: Spring: April 4—June 20 (no class April 18 or May 30)
Summer: June 27—Sept. 26 (no class July 4, Aug. 1, 15 and Sept 5)
Location: South West Recreation Center
Instructor: Teresa Iapalucci

Fee/session	Until one week before session begins	Within one week of session beginning
	\$90	\$100





Northborough Boy Scouts

The Northborough Recreation Department is not affiliated with Northborough Boy Scouts. Please contact the specific Packs and Troops for more information.



Cub Scouts

Pinewood Derby Fishing Camping Rocket Launches Hiking
Community Involvement Museum Overnights Family Activities Sailboat Regatta

The Cub Scout program is a fun and educational experience for boys in grades 1-5. Besides providing a positive place where boys can enjoy safe, wholesome activities, Cub Scouting focuses on building character, improving physical fitness, teaching practical skills, and developing a spirit of community service. The program is family oriented and boy/parent designed. The Packs are organized by elementary school districts:

Pack 25 Lincoln Street School – Peter Alberti, pack25northborough@googlegroups.com, 508-393-0864

Pack 28 Zeh School – Peter Miotto, cubmaster@northborough28.mypack.us

Pack 55 Peaslee School – Timothy Howe, cubmaster@nbpack55.com, 508-351-9665

Pack 58 Proctor School – Timothy Howe, cubmaster@nbpack55.com, 508-351-9665

If your son attends a private school, please contact any representative from above.

Cost: \$55 annual fee; Scholarships are available



Boy Scouts

Boy Scouts is a leadership development program that teaches camping and outdoor skills for boys ages 11-18. Boys who are currently in middle and high school are encouraged to join at any time. You do not need to have been a Cub Scout to join Boy Scouts. Also, each Scout moves through the program at his own pace. 100% participation is encouraged but not a requirement in Boy Scouts. The Scout chooses what trips and activities to attend. Northborough has two Troops. Visit both Troops and find out what each has to offer:

Troop 1 meets at Church of the Nativity on Tuesday evenings at 7pm. Contact Ernie Wolshin, ewolshin@verizon.net, 508-393-5109, or <http://www.troop1northboro.org>.

Troop 101 meets at Trinity Church on Thursday evenings at 7pm. Contact David Covino, dcovino@charter.net, 508-393-5642, or <http://www.bsatroop101ma.org>.

For additional information about Scouting see the Knox Trail Council website at <http://www.KTC-BSA.org> or the Boy Scouts of America website at <http://www.scouting.org>

PUTNAM PIPE
CORPORATION

David Putnam

Cell: 508.958.8114
Res: 508.393.2564
dputnam@putnampipe.com
www.putnampipe.com

Water, Sewer & Drainage Products
24 Hour Courteous & Dependable Service

Putnam Pipe Corp.
86 Elm Street
Hopkinton, MA
01748
Tel: 508.435.3090
Fax: 508.435.5372

Richard C. Martino, O.D.

137 West Main Street
Northborough, MA 01532
(508) 393-2416

*Providing Northborough Families
Quality Eye-care for over 35 Years*

We're not a bank...we're better.



- Free Checking
- Free Online Banking Tools
- Home & Auto Loans

Ask about our free Auto Advisor Service!



148 Main Street, Northborough
508-393-8112 **www.centralfcu.com**

Branch Hours: Monday & Thursday 7AM—6PM;
Tues., Wed., Fri.: 7AM—4:30PM Sat. 8:30 AM—12:00PM
Extended Drive Up Hours: Friday: 7AM—5PM

You need more

SALES

then

Advertise with us!



Contact Michelle at 508/393-5034
or email mlyseth@town.northborough.ma.us

BOB THE PLUMBER

1-800-545-LEAK (5325)

Plumbing, Heating
& Bathroom Remodeling

www.bobtheplumber-ma.com

For 30 Years Serving Northboro, Westboro,
Shrewsbury, Southboro, Hopkinton,
Marlboro and Surrounding Towns

Fully Licensed & Insured MPL11224 - CS91472 - HIC137699
VISA and MASTERCARD ACCEPTED



got leaks?

\$10 OFF

Any Service Call

With coupon.

Not to be combined with any other offer.
Clip and Save for When You Need It!

\$250 OFF

Complete Bathroom
Remodeling

OVER \$5,000. With Coupon.

Not to be combined with any other offer.
Clip and Save for When You Need It!

Telephone (508) 393-8797
drsantoso.com



INE R. SANTOSO, D.D.S.
Family Dentistry

NEW PATIENTS WELCOME

Office Hours
By Appointment

133 CHURCH ST., P.O. BOX 507
NORTHBOROUGH, MA 01532



**U-SAVE
SPORTS CENTER**



Team Uniform & Equipment Sales

RON JONES JOE ZACARO



usavesports@aol.com

TEL. (508) 351-9970 FAX. (508) 351-9958
367 W. Main St., Northboro, MA 01532



Deveaux Electric
Licensed Electrician
Fully Insured
License #25708E

Bill Deveaux
411 B Lake Avenue
Worcester, MA 01604
(508) 393-7605

Access
CCTV
TV/Audio
CAT5

Industrial
Commercial
Residential



222 Boston Turnpike
(Route 9 East)
Shrewsbury, MA

Walk-in Medical Care
7 days a week

Afternoons,
Evenings and
Weekends

508.831.4080

readymed.org





 **st.mary's credit union**

Marlborough • Northborough • Hudson • stmaryscu.org • abettercreditunion.com • 866.585.7628



Your savings federally insured to at least \$250,000 and backed by the full faith and credit of the United States Government. National Credit Union Administration, a U.S. Government Agency.



**With Over 26
Years Experience,
Rob Webster,
From
Northborough,
Can Help You
With Your Car Or
Truck Needs**

Call Rob Today @ 508-528-3450 x233
 Email: RWebster@VendettiMotors.com
 1-888-VENDETTI x233 Mon. - Fri. 9-5:30
www.VendettiMotors.com Saturday by Appointment



Alan Steiman's Landscape

Serving Northboro and surrounding communities.



Contact Us Today!

508-393-6682

info@alanslandscaping.com

A Full Service Landscape Company Since 1974.



PROGRAM REGISTRATION FORM

Participant's Name: _____ DOB: _____ Age: _____ Grade ____ School _____

Participant's Name: _____ DOB: _____ Age: _____ Grade ____ School _____

Participant's Name: _____ DOB: _____ Age: _____ Grade ____ School _____

Address: _____ Town: _____ Home Phone: _____

Mother's Name (if filling out for a child): _____ Cell Phone: _____

Father's Name (if filling out for a child): _____ Cell Phone: _____

Name of person to contact in case of emergency (other than parent): _____

Relationship to the adult or child: _____ Phone: _____

Please list any physical limitations/restrictions and/or medications being taken: _____

Does your child need an aide at school? _____

Adult email address: _____

Participant's Name	Program	Session Dates	Day (s)	Time	Cost
Please do not use this form for summer camp registrations!				<u>TOTAL</u>	

- * Please make checks payable to Town of Northborough.
- * Registration can be done online with a credit card at: www.northboroughrecreation.com.
- * Mail or deliver registration forms to Northborough Recreation, 63 Main Street, Northborough, MA 01532.
- * All classes must be paid in full at time of registration.
- * Mail in registrations accepted on first come, first serve basis. Any forms dropped in the drop off box at Town Hall will be placed with the day's mail.
- * Registration closes when program is full or one week prior to start date.
- * Please refer to policies for more details.
- * Be sure to include your email address so you can receive confirmations of registration and program reminders.

Waiver: In consideration of this application, I or my child, release the Town of Northborough, its employees, agents, representatives, and other persons or organizations for whose conduct it is responsible from any and all liability, loss, damage, costs, claims and/or causes of action, including but not limited to all bodily injuries and property damages resulting or arising from the use of premises, facilities, or equipment of the Town of Northborough, or caused in any way by the Town of Northborough, its employees, agents, representatives, and other persons or organizations for whose conduct it is responsible. I and/or my child upon the necessary physical condition to participate in the registered activity, I authorize the staff to seek emergency medical care on my behalf or child if needed. I will assume all costs. I have read the program policies and understand them and the code of conduct. I understand the refund policy. I understand my child may be photographed by local newspapers. I will notify the Recreation Department if I do not want my child photographed.

Parent/Guardian/Adult over 18 Signature: _____

Date: _____

PARTICIPATION IN PROGRAMS WILL NOT BE ALLOWED IF THIS WAIVER HAS NOT BEEN SIGNED.



Our mission is to raise the needed funds to send Northborough children (K-8) of families suffering financial hardship to Northborough Recreation's summer camp. This past summer (2010), the Northborough Recreation Department had to turn away 20 families hoping to send their kids to camp. The Recreation Department does not run on town monies and is legally unable to accept direct donations to aid in this effort. The Friends of Northborough Recreation Committee would like to help ease this financial burden for these families of our community.

HOW CAN YOU HELP? Become a member of the Friends of Northborough Recreation!
100% of your donation goes towards this cause. We have three levels of membership...

Friend: (\$25)

For a donation of \$25 you will receive a "I'm A Friend" T-shirt(s) for your child(ren), a 1-year membership to the Friends of Northborough Recreation including updates on the committee's efforts, our sincere thanks, and the knowledge that you have helped send a child to summer camp.

Best Friend: (\$100)

For a donation of \$100 you will receive all the benefits of being a "Friend", PLUS... **THE ABILITY TO REGISTER FOR RECREATION CLASSES, CAMPS AND EVENTS ONE DAY EARLIER THAN EVERYONE ELSE!**

SPONSOR: (\$200)

Get all the benefits of being a Best Friend plus guarantee one child a week at summer camp!

YES! I would like to help by becoming a member of the Friends of Northborough Recreation. (Checks can be made payable to the Friends of Northborough Recreation.) Forms can be mailed to Northborough Recreation, Att: Friends of Northborough Recreation, 63 Main St., Northborough, Ma., 01532

Please check one: Friend (\$25) _____ Best Friend (\$100) _____ SPONSOR (\$200) _____ Donation w/out membership _____
-please print clearly-

How would you like to be recognized? (example: The Smith Family, John and Kathy Brown, etc...) _____ or...anonymous _____

Name: _____

Email address: _____

Phone: _____

Mailing Address: _____

Date: _____ # of children: _____ Shirt size(s): * _____

*shirt sizes: Youth small (YS), medium (YM), large (YL) or Adult small (AS) -please indicate boy (B) or girl (G)

THANK YOU SO VERY MUCH! YOUR KINDNESS IS SURE TO PUT A SMILE ON A CHILD'S FACE!

Questions? Please feel free to contact us at: friendsofnorthboroughrec@gmail.com or call Stefanie Youssef at 508-393-5034. Visit us online at www.friendsofnorthboroughrec.org. You can also join our Facebook Group: Friends of Northborough Recreation.

Your donation is tax deductible to the full extent of the law thorough our partnership with the Community Foundation of North Central Massachusetts and the Friends of Northborough Recreation Fund, which is a registered 5013c charitable organization.



Westboro Tennis and Swim Club
35 Chauncy Street, Westboro
508-366-1222
www.thewestboroclub.com

“Westboro’s Best For Swimming, Fitness, Tennis & Group Exercise”

WTSC HAS FITNESS FUN FOR EVERYONE!

- Indoor/Outdoor 6 Lane Pool • Playground and café with full food service
- 11 tennis courts, hard and clay • Large fitness center with Basketball Court
- Aerobic and cycling studios with over 50 free classes/week, including yoga and Pilates • Massage and nutritional counseling services • NEW Kids Club– FREE with family memberships! • NEW Kids Gym –FREE access with any fitness membership!
- Children’s Programs and Camps



Westboro Tennis and Swim Club



Join ANY membership and receive \$0 initiation fee!

Does not apply to junior memberships. New members only.
Some restrictions may apply. Expires 06/15/11.

Westboro Tennis and Swim Club



Receive 10% OFF April Vacation Camp OR \$50 OFF 1 Session of Summer Camp!

Does not apply to tennis camp. New sessions only.
Some restrictions may apply. Expires 06/15/11.

Northborough Recreation
63 Main St.
Northborough, MA 01532

Pre Sorted Standard
U.S. Postage
PAID
PERMIT # 50
Northborough, MA

ECRWSS
Residential Postal Customer



Your Local REALTOR[®] Michelle Gillespie

Direct: 508.934.9818 • Office: 508.393.1355

Email: michelle@michellegillespie.com • Website: michellegillespie.com

Honesty, Integrity & Expertise

*My personal commitment
is to serve you with honesty,
integrity and expertise.*

*I love my job and meeting
new clients and will provide
you with a smooth transition
through the home buying
or selling process.*

Business: With many years of experience as a REALTOR[®], I show proven results to my clients. I specialize as a listing agent, buyers agent, senior residential specialist, short sales and investment property specialist, providing my clients with the tools it takes to sell or purchase a home.

Background: Member of National Association of REALTORS[®], Greater Boston Association of REALTORS[®] and Senior Residential Specialist Council. Northborough Planning Board Member, Chair of Northborough Design Review and Community Preservation Committee Member. PTO Board Member and Northborough Applefest Chairman. Named "Rotarian of the Year"... always giving back to our community.

Client Testimonials:

What Northborough Residents are saying about working with Michelle

"I had my house on the market for two years, but it was not selling. Finally I called Michelle, and within 30 days, it was under agreement! There were some significant obstacles to overcome in the process, but Michelle took control of the situation, and was able to immediately resolve any problems. Selling one home and moving into another became a smooth transition instead of a nightmare."

~ Laurene Aldoriso,
Northborough

"Working with Michelle was a pleasure; she is knowledgeable and professional, but friendly and easy to work with. She was always very available, and I always felt that she had my best interests at heart, listened to what I wanted and needed, and provided advice and guidance throughout the process. When I found my new house, she was in touch every day with a progress report. She kept the ball rolling, right up to the closing. If it were not for Michelle's diligence and daily attention to every detail in the process, I'm sure I would not be in my new home today."

~ Adrienne Rebello,
Northborough/Marlborough

"Working with Michelle feels like working with a good friend. We are selling an antique home that we have lived in and loved for 34 years. Michelle has been very attuned to our wishes and is working to present our home and all its unique features in the best possible way."

~ Geri Stevens,
Northborough

