

'24

MILLIS RECREATION

# SPRING & SUMMER

BROCHURE



**ONLINE REGISTRATION: [MILLISRECREATION.ACTIVITYREG.COM](http://MILLISRECREATION.ACTIVITYREG.COM)**

# Events 2024



*Register Online*  
**[www.millisma.gov](http://www.millisma.gov)**  
*Under Recreation Dept.*

# Spring 2024 Programs

## Spring Preschool

### **PRESCHOOL SOCCER – Millis Recreation Department**

More touches on the ball and less stoppage time results in more fun and provides the opportunity for optimal player development. The 3v3 continuous play format will allow for a significant increase of touches on the ball for every child in the program, regardless of age or skill level. The scrimmage sessions will begin with a 30 minute warm-up and technical skill sessions followed by a 30 minute scrimmage. This type of play is recommended by the MA Youth Soccer Association. Coaches needed! The fee includes T-shirt. Children MUST be at least 4 in order to participate. In fairness to other participants, we use the honor system and trust that you will adhere to this policy. Registration form MUST be in by Monday, April 8, 2024 to ensure placement on a team. All others will be on a wait list and will be placed ONLY where there are spots available. Special Requests will not be honored.

**Clyde Brown Fields**

**Sundays, 4/28-6/9 (no game 5/26)**

**Times to be determined**

**Ages: 4-5**

**6 weeks**

**Fee: \$80**

**\*\*Please volunteer to be a coach and participate in your child's soccer experience.**

**COACHES DRAFT – April 10th, 6:00 pm at Town Hall.**

**ALL COACHES MUST FILL OUT CORI FORM.**

### **MOVEMENT & MINDFULNESS CLUB: Coach Chasta, Power Kids Run Club**

This class is an introduction to movement and mindfulness for preschoolers. We use active movement for gross motor exploration, creative yoga poses, mindfulness, and breathing techniques. Great class to learn how to calm down and relax while also having fun! To learn more visit [www.powerkidsrunclub.com](http://www.powerkidsrunclub.com)

**Spring Street Soccer Field (near the CFB Spring Street Lot)** **Ages: 2.5-5**

**Thursdays, 4/4-5/16 (no class on 4/18)**

**1:30pm-2:20pm**

**6 Weeks**

**Fee: \$125**

### **TINY TUNES - Go Go Allegro**

Come expose your baby to music! We will be playing songs, interacting with instruments, and teaching parents fun games for musical development. Learn how to expose your child to cultures from all around the world, just through rhythm and melody. We will also discuss how to listen to music with your baby and give you learning resources from around the world. Come discover the wonderful world of music with your baby.

Attendance of one adult per child is required for this class.

**Millis Veterans Memorial Building, Room 130**

**Tuesdays, 4/23-6/11**

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

**Ages: Birth-2**

**8 Weeks**

**Fee: \$170**

### **MINI-MUSICIANS - Go Go Allegro**

Join us with your little ones for an introduction to music exploring rhythm and pitch in a fun setting! We believe children can be introduced to the joy of music and in the process develop valuable skills. A comprehensive music program will aid in the educational, physical and social development of the child. Our primary objective is to encourage and develop children's natural creativity and interest in music. We use musical concepts and movement to help young children engage with one another and gain skills they can use throughout their school years and beyond. Our programs teach active listening, vocabulary, phonological awareness, and print awareness all through developmentally appropriate musical activities including exploration of rhythm, pitch, keeping time, and making music together. Attendance of one adult per child is required for this class.

**Millis Veterans Memorial Building, Room 130**

**Tuesdays, 4/23-6/11**

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

**Ages: 2.5- 4.5**

**8 Weeks**

**Fee: \$170**

### **PRESCHOOL MINI-SPORTS - F.A.S.T. Athletics**

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and t-ball. It will ease children into learning the basics of all these great games as well as teaching them the importance of teamwork. Each class F.A.S.T. Athletics will have new and exciting games planned for the students. Min. 8/Max. 15.

**Town Park (behind Town Hall)**

**Saturdays, 5/4-6/15 (no class on 5/25)**

**9:00am - 9:45am**

**Ages: 3-6**

**6 weeks**

**Fee: \$100**

### **PRESCHOOL T-BALL DEVELOPMENT - F.A.S.T. Athletics**

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction to t-ball where learning and skill development are our priorities. Min.8/Max. 15.

**Town Park (behind Town Hall)**

**Saturdays, 5/4-6/15(no class on 5/25)**

**10:00am - 10:45am**

**Ages: 3-6**

**6 weeks**

**Fee: \$100**

### **SUPERKIDS GYMNASTICS—Shen's Gymnastics**

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

**Shen's Gymnastics Academy, 16 Everett St, Holliston MA.**

**Tuesdays, 4/4-5/9**

**Saturdays, 4/6-5-11**

**Fee: \$160/session**

**10:30am**

**9:00am**

**Ages: 3-5**

**6 weeks**

**6 weeks**

**Register Online**  
**[www.millisma.gov](http://www.millisma.gov)**  
**Under Recreation Dept.**

## **AMERICAN NINJA WARRIOR JUNIOR – Shen’s Gymnastics Academy**

Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids will gain agility, balance, coordination, and strength as they tumble and maneuver through the courses. This Ninja Junior class is perfect for 3–5-year-old highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment.

**Shen’s Gymnastics Academy, 16 Everett St, Holliston MA. Ages: 3-5**  
**Wednesdays, 4/24-5/29** **6 weeks**  
**5:30-6:30 pm** **Fee: \$135**

## **Youth-Spring**

### **YOUTH SOCCER—Millis Recreation Department**

The soccer program for Ages 6-8 will teach soccer skills through practice and competition in a 6-on-6 game setting. This play will improve soccer skills and increase the level of competition. Coaches needed! The fee includes a T-shirt. All players must register regardless of previous play. Registration form **MUST** be in by Monday, April 8th to ensure placement on a team. All others will be on a wait list and will be placed **ONLY** where there are spots available. Special Requests will not be honored

**Clyde Brown Fields** **Ages: 6-8**  
**Sundays, 4/28-6/9 (no game 5/26)** **6 weeks**  
**Times to be determined** **Fee: \$80**

**\*\*Please volunteer to be a coach and participate in your child’s soccer experience.**

**COACHES DRAFT – April 10th, 6:00 pm at Town Hall.**  
**ALL COACHES MUST FILL OUT CORI FORM.**

### **POWER KIDS RUN CLUB “2K CLUB” - Coach Chasta, Power Kids Run Club**

This coed 2K club is a great way to introduce running and physical fitness. Kids will learn about pace, form, teamwork, and how to build their confidence to end the season with a FUN 2K run/walk. All fitness levels are welcome. To learn more visit [www.powerkidsrunclub.com](http://www.powerkidsrunclub.com) PKRC By Coach Chasta

**Spring Street Soccer Field (near the CFB Spring Street Lot) Grades:**  
**K-3 Mondays, 4/1-5/13 (no class on 4/15)** **6 Weeks**  
**3:00pm-4:00pm** **Fee: \$140**

### **KUNG FU KIDS PARKOUR - Wu Xing Kung Fu**

Parkour and Kung Fu for kids! In this class we learn to become more aware of our bodies and minds by playing fun games and exercising in ways designed to challenge and reward students for giving their best effort. We teach Parkour, tumbling, exciting animal moves, kicks and punches while we work on our listening, focus and confidence. We let kids express themselves in a fun, supportive environment while also learning respect, manners and tolerance for each other. We get stronger in mind and body, all while having a great time!

**Wu Xing Kung Fu, 903 Main St. Ages: 5-13**  
**Tuesdays, 3:45 pm – 4:30 pm OR**  
**Saturdays, 10:00am – 10:45am** **Fee: \$120 for 4 classes**  
**(rolling admission)**

## **AMERICAN NINJA WARRIOR CLASSES--Shen’s Gymnastics Academy**

Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids will gain agility, balance, coordination and strength as they tumble and maneuver through the courses.

This one-hour class is perfect for highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment. With every attempt at one of our courses, and every victory when completing, boys and girls will discover that they are the ultimate American Ninja warrior!

**Shen’s Gymnastics Academy, 16 Everett St, Holliston** **Ages: 5-12**  
**Saturdays, 4/6-5/11** **6 weeks**  
**1:30-2:30 pm** **Fee: \$170**

### **CHESS WIZARDS**

Chess Wizards is one of the nation’s premier chess education companies. Our interactive, discovery-based curriculum inspires students to think ahead, visualize their goals, treat others with respect and to learn from mistakes. Our classes are geared to suit children of all skill levels; from chessling to checkmate artist, students will build upon their knowledge through lessons, tournaments, variation games and more! More than just a game of winning and losing, we make learning chess fun!

**Veterans Memorial Building, Room 130** **Grades:1-5**  
**Thursdays, 4/4-5/30 (no class on 4/18)** **8 weeks**  
**6:00 pm-7:00 pm** **Fee: \$175**

### **SCIENCE: SPLAT! – Wicked Cook for Kids**

Splat! Is where science and art meet. We will create and design colorful projects while learning science concepts. Construct a kinetic motion-based marble painting, colorful kaleidoscopes, and use chromatography to find hidden colors. Experiment with primary and secondary colors while growing polymers and create a shimmering undersea scene.

**Veterans Memorial Building, Room 130** **Grades:1-5**  
**Thursdays, 4/23-5/21** **5 weeks**  
**3:30 pm-4:30 pm** **Fee: \$175**

### **LEARN TO SKATE—Norfolk Arena**

The U.S. Figure Skating Basic Skills program was created to be the best beginning ice-skating program in the world. It is designed to serve the needs of both recreational and competitive skaters. The curriculum keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of “supervised” practice time.

Program Objectives

- Provide an engaging and safe skating experience for the beginner
- Teach correct technique of the simple basic elements
- Promote health and physical fitness

All skaters require the following equipment:

- Skates
- Helmet
- Gloves
- Snow Pants

Skates and helmets are available for rent or purchase in the Norfolk Ice Arena Pro Shop [www.norfolkarena.com/proshop.html](http://www.norfolkarena.com/proshop.html) (Phone: 508-528-6700).

### General Information:

- General Information
- Make up sessions will not be offered for skaters who forget their equipment.
- Refunds will not be offered for any reason. That includes illness, injury or non-enjoyment of the program.
- If a class is cancelled due to inclement weather, a make-up class will be offered.
- The student/teacher ratio is 1:12.
- Classes held at Norfolk Arena, 1 Dean Street Norfolk, MA 02056

**Norfolk Ice Arena, 1 Dean St., Norfolk**

**All Ages (grouped accordingly)**

**\*Tuesdays, 4/30-6/18 5:00-5:50 pm 8 weeks**

**Sundays, 4/28-6/16 10:00-10:50 am 8 weeks**

**Fee: \$180/session**

**\*LEARN TO PLAY HOCKEY IS OFFERED DURING THE TUESDAY LEARN TO SKATE PROGRAM—All ages MUST PASS BASIC 2**

### HORSEBACK RIDING LESSONS--Melissa Price

Whether you have always dreamed of riding or want a brush up course to get you started back in the saddle again, this is the course for you. Come and spend an hour a week at the farm learning to groom and tack up a horse as well as basic riding skills from getting on to learning how to sit correctly in the saddle and control a horse. (Max. 6 students)

**Shadowfax Farm, 112 Farm Street, Millis**

**Ages: 7 & up**

**Session 1**

**Mondays, 4/29-5/20**

**Session 2**

**Mondays, 6/3-6/24**

**4 weeks**

**5:00 pm -6:00 pm**

**Fee: \$175**

### FRIDAY AFTER SCHOOL DODGEBALL--F.A.S.T. Athletics

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class. Min. 10/Max. 24

**Basketball Courts at Town Park, 900 Main St.**

**Ages: 8-11**

**Fridays, 5/10-6/14 (no class on 5/24)**

**5 weeks**

**4:00pm - 5:00pm**

**Fee: \$95**

### KARATE - Beginner & Advanced - Master Julie Guido & Master Christine Howard

Learn the art of Kempo Karate. This six-week program offers beginner and advanced levels. The beginner level teaches age-appropriate self-defense techniques; the advanced level is for students who have previously taken Karate and focuses on more difficult age-appropriate self-defense techniques. Both levels teach important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

**Medway Burke School Gym, 16 Cassidy Lane, Medway**

**Ages: 5-13**

**Fridays, 3/22-5/10 (no class 3/29 or 4/19)**

**6 weeks**

**4:00-4:50 pm**

**Fee: \$65**

### TENNIS LESSONS - Tom Ingraham

Instructional tennis lessons provided by a Millis High School tennis coach. Tennis provides many benefits for youth with cognitive and physical disabilities, including hand-eye coordination, balance, mobility, strength and fitness. It builds self-confidence, relieves stress and creates a social outlet. And it's a great way for the family to stay active together. Please bring your own racket.

**Town Park Tennis Courts**

**Ages 7 & up**

**Saturdays, 5/4-5/25**

**4 lessons**

**10:00 am-11:30 am**

**Fee: \$5**

### HOME ALONE SAFETY – Juanita Allen Kingsley

In this class, children learn the basics of being safe when home alone for short periods of time. Learn how to safely answer the telephone and door, as well as Internet safety, accident prevention, and fire protection. Simple First Aid techniques are taught. A short movie and role playing are included in the program.

**Medway Burke School Library, 16 Cassidy Lane, Medway**

**Ages: 9-11**

**Tuesday, 5/21**

**1 session**

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

**Fee: \$50**

## Spring Pre-Teen/Teen Programs

### INTRO TO WEIGHT TRAINING - Encompass Fitness

The 4-week program will focus on getting students comfortable with the gym as well as their bodies. Personal Trainer, Wellness Life Coach and Certified Nutrition Consultant Kristen Foss will teach students the fundamentals of basic exercises, how to safely use the gym equipment and proper gym etiquette. Exercise is known to be one of the best ways to improve mental health and physical well-being. Additionally, exercise provides self-confidence and reassurance that many students need to maintain a healthy lifestyle.

**Encompass Fitness- 27 Milliston Road, Millis**

**Ages: 14+**

**Session 1:**

**Mondays and Wednesdays,**

**4/1-5/1 (no class on 4/15 & 4/17)**

**4 Weeks**

**3:00pm-4:00pm**

**Fee: \$150**

**Session 2:**

**Mondays and Wednesdays, 5/6-5/29**

**4 Weeks**

**3:00pm-4:00pm**

**Fee: \$150**

### RUN & MINDFULNESS – Coach Chasta, Power Kids Run Club

We will work on running skills & drills as well as incorporate mind-body connection, self-talk, guided visualization, and breathing techniques. This class will help build endurance, confidence, and mindfulness to achieve their goals and overcome any stressful situation. Our program is a great way to get ready for any sport or as a stand-alone fitness activity! We will end the season with a FUN run/walk (1.5/2miles). All fitness levels are welcome. To learn more visit [www.powerkidsrunclub.com](http://www.powerkidsrunclub.com)

**Spring Street Soccer Field**

**(near the CFB Spring Street Lot)**

**Ages: 10-Middle School**

**Tuesdays, 4/2-5/7 (no class on 4/16)**

**6 Weeks**

**5:00pm-6:00pm**

**Fee: \$140**

## **FREERUNNING AND PARKOUR – Wu Xing Kung Fu**

Beginners and experienced Freerunners welcome! We teach Parkour in a graduated, fun setting that puts safety first, using mats and other equipment to help acquire skill and confidence. Build strength and gain flexibility as you learn how to interact safely with the environment. Learn break falls, cartwheels, rolls and more to disperse energy from jumps or falls; learn how to use the principles of stride, precision and wall running to plot your course. We stress efficiency, flow and the ability to change levels smoothly while maintaining momentum. Parkour is a great exercise for the mind and body- it develops willpower, control, drive, humility, focus and balance. It also promotes body awareness, strengthens the core and fosters better metabolism, and all while having a fun workout with great people!

**Wu Xing Kung Fu, 903 Main St.**

**Ages 13+**

**Thursdays:**

**4:45 pm – 5:30 pm**

**(rolling admission)**

**Fee: \$120 for 4 classes,**



**Millis Rec. Serves is a community service platform for local high school and middle school students. Contact Erin LeBlanc with questions at [eleblanc@millisma.gov](mailto:eleblanc@millisma.gov)**

## **Adaptive & Inclusive Pre-Teen/Teen Programs**

### **START YOUR GARDEN – Millis Recreation**

Get ready for spring and start your garden! Plant vegetable seedlings with friends! Bring new plants home and watch them grow and transplant them into your home garden when ready. Soil, seeds, and garden tools provided. All abilities welcome.

**Veterans Memorial Building, Room 206**

**Ages: 10+**

**Wednesday, 4/10**

**Fee: \$10**

**6:00pm-7:00pm**

### **THE HANGOUT – Millis Recreation Department**

An inclusive and adaptive social event for teens and young adults of all abilities. Music, fun and lightly structured activities bring friends together each month for a night out. Free of charge but registration is required.

**Veterans Memorial Building Gym, 900 Main Street**

**Ages: 13-22**

**Wednesdays, 4/24 & 5/15**

**Fee: Free**

**6:00pm-7:00pm**

### **FITNESS FOR ALL – Coach Chasta, Power Kids Run Club**

Are you looking for a fun physical activity while connecting with others in a healthier way? Join us for our high energy and fun fitness class. Participants will engage in low to moderate intensity workouts targeting muscular strength, flexibility, and range of motion. Our primary goal in this adapted fitness program is to promote optimal health and well-being while having fun. All abilities welcome!

**Veterans Memorial Building, 900 Main Street, Gym**

**Ages: 10+**

**Tuesdays, 4/2-5/7 (no class on 4/16)**

**5 Weeks**

**6:15pm-7:00pm**

**Fee: \$120**

## **BASKETBALL SKILLS & DRILLS- Dan Donovan**

Coach Dan Donovan has 50 years of experience coaching youth basketball of varying ages. During this class he'll focus on basic skills such as dribbling, passing, and shooting while encouraging teamwork and fun! All abilities welcome.

**Veterans Memorial Bldg. Gym**

**Mondays, 4/8-4/29**

**6:00pm-7:00pm**

**Ages: 13-22**

**4 weeks**

**Fee: \$25**

## **ADAPTIVE & INCLUSIVE HIP HOP DANCE- Exhale Dance**

Exhale adaptive and inclusive dance program incorporates appropriate dance styles for individuals with special needs. We offer a safe space to build and foster friendships in our comfortable temperature-controlled, wheelchair accessible studio. Get ready for 1 hour of upbeat dancing, stretching and coordination building skills. (Max: 12)

What to expect:

- Staff that is ready to meet the individual needs of its students taking into account their emotional maturity, attention span, and developmental stage.
- An increase in confidence, cooperation, strength and coordination.
- Dancers can wear their own shoes and any active wear they feel most comfortable in. We just ask all shoes to be clean and dedicated only to our dance floor for the length of the session.

**Exhale Dance School, 65 Holbrook St., Norfolk**

**Ages: 13-22**

**Thursdays, 4/11-6/6 (No class on 4/18)**

**8 Weeks**

**7:00pm-8:15pm**

**Fee: \$100**

## **April Vacation**

### **TRY GOLF - Maplegate Country Club**

**Instructors: PGA Professional Greg Dowdell, USGTF Professional Kevin Weldon.**

Fun based introduction to Golf targeted at New Golfers from ages 5-12. Program will consist of four 1 hr. group lessons covering basic rules and swing fundamentals. Fun based games including putting tournament, best ball mini tournament and plenty of practice time. Program includes use of practice facilities, range balls, Green Fees and all equipment. Greg Dowdell is the Director of Instruction at Maplegate and has been teaching golf for over 30 years.

**Maplegate Country Club, 160 Maple St, Bellingham**

**Ages: 5-12**

**Monday – Thursday 4/15-4/18 (Rain Date: 4/19)**

**4 Sessions**

**9:00-10:00am**

**Fee: \$125**

**Register Online**

**[www.millisma.gov](http://www.millisma.gov)**

**Under Recreation Dept.**

**4 DAY JR GOLF ACADEMY- Maplegate Country Club**  
**Instructor: PGA Professional Greg Dowdell, USGTF Professional Kevin Weldon.**

Program is targeted for serious Jr Golfers of all ability levels between the ages of 9-17 and will cover rules and etiquette, pre shot routine, full swing and short game. Time will be shared between the practice area and the Golf course always under the supervision of a Maplegate Staff member. Program includes a personalized V1 video Swing Analysis, daily on course completion, use of practice facilities, range balls, all equipment, Green Fees & lunch daily. Greg Dowdell is the Director of Instruction at Maplegate and has been teaching golf for over 30 years.

**Maplegate Country Club, 160 Maple St, Bellingham**      **Ages: 9-17**  
**Monday – Thursday, 4/15-4/18 (Rain Date: 4/19)**      **4 Sessions**  
**11:00am-4:00pm**      **\$425**

## **Adult Spring Pickleball Programs**

### **ADVANCED BEGINNER PICKLEBALL TRAINING-John and Clarissa Pelaez**

This program is intended for players who have knowledge of the rules but still need to apply it towards gameplay. Coach John Pelaez will go over a quick “tip of the day” drill to work for a few minutes before playing a couple games. Please note this is a guided gameplay, so we won’t go over SPECIFIC techniques unless it is the “tip of the day”. Ideally, you will sign up to this program once you complete the intro to pickleball.

**Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)**  
**Mondays;**

**Session 1: 4/29-5/20**

**Session 2: 6/3-6/24**

**10:30 am-12:00 pm**      **4 weeks**      **Fee: \$80/session**

### **BEGINNER PICKLEBALL LESSONS-John and Clarissa Pelaez**

Learn to play the fast growing sport with the funny name. Have you ever played ping-pong, tennis, racquetball, badminton? Whether you played a few years ago, yesterday or never, pickleball is the sport for you. You will be taught to play in a non-judgmental class. Lessons will cover the basic rules of play, strokes, strategies and court etiquette. Equipment supplied by the Rec Dept.. This is good opportunity to get some exercise and meet new friends. Wear court shoes or sneakers and comfortable loose clothing, suitable for exercising. Bring water...smiles...and enthusiasm. Beginners Only.

**Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)**  
**Wednesdays;**

**Session 1: 5/1-5/22**

**Session 2: 6/5-6/26**

**10:30 am-11:30 am**      **4 weeks**      **Fee: \$70/session**

### **INTERMEDIATE PICKLEBALL TRAINING SESSION -John and Clarissa Pelaez**

If you have been playing pickleball for 6 months-1 year this session is geared for you! Understanding and applying the rules to your games isn’t a question anymore. We are able to play competitive games, but can’t get over that hump of successfully drop-shotting at will. Pickleball is not about powering your way through a point, but creating an opportunity for you and your partner. We will go over drills to improve your game and have a few guided game plays to make sure you apply them.

**Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)**  
**Wednesdays;**

**Session 1: 5/1-5/22**

**Session 2: 6/5-6/26**

**11:30 am-1:00 pm**

**4 weeks**  
**Fee: \$80/session**

### **LEARN TO PLAY PICKLEBALL CLINIC – Mike Regan**

So you’ve heard of pickleball, but don’t know what the fuss is all about? This introductory clinic will teach you game rules and techniques to help you fall in love with this rapidly growing sport. Equipment supplied by the Rec Dept.. This is good opportunity to get some exercise and meet new friends. Wear court shoes or sneakers and comfortable loose clothing, suitable for exercising. Bring water... smiles...and enthusiasm.

**Millis Pickleball Courts**

**Saturday; 5/18**

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

**One Session**  
**Fee: \$25**

### **INDOOR PICKLEBALL – Millis Recreation Department** **NO INSTRUCTOR – SEASONED PLAYERS**

Pickleball - the fastest-growing sport in America - has finally come to Millis! This fun game, invented 50 years ago, is a combination of tennis, badminton and ping-pong and is played with a whiffle ball on a short court. It can be played by just about anyone and is a great way to exercise, be social and have a blast. Join us and find out why the pickleball craze is sweeping the nation! Racquets are available for use or bring your own. This class is geared towards seasoned players. This class is geared towards seasoned players.....**NO INSTRUCTOR**

**Veterans Memorial Building, Gym**

**Tuesdays; 4/9-5/7**

**10:30-12:00 pm – ADVANCED PLAYERS ONLY**

**Thursdays; 4/11-5/9**

**10:30-12:00 pm – ADVANCED PLAYERS ONLY**

**12:30-2:00 pm – Intermediate Players**

**Adults and Seniors**  
**5 weeks**

**Fee: \$35/session**

**Register Online**  
**[www.millisma.gov](http://www.millisma.gov)**  
**Under Recreation Dept.**

# Spring Adult Programs

## ADULT TENNIS LESSONS - Tom Ingraham

This tennis instruction is for beginners or can be a brush-up for the more experienced. Lessons are given by Millis High School tennis coach & staff. Please bring your own racket.

**Town Park Tennis Courts**

**Saturdays, 5/4-5/25**

**12:00 pm-1:30 pm**

**Adults & Teens**

**4 lessons**

**Fee: \$50**

## ADULT DANCE CARDIO - Exhale Dance

Adult Dance Cardio is a fun way to get your heart rate up and body moving! No dance experience required! This class uses fun, upbeat music and easy, repetitive choreography for a new way to shake up your exercise routine! Maximum: 15

**Exhale Dance Studio, 18 Union St., Norfolk**

**Wednesdays, 4/24-6/5**

**7:15pm-8:15pm**

**Adult**

**7 weeks**

**Fee: \$80**

## PILATES, STRENGTH & MOBILITY- Toni Manzon

This 60-minute class is based on traditional Pilates mat exercises and will include mobility, flexibility, balance and strength. This format is designed for beginners, intermediate or advanced fitness levels. Participants should wear comfortable clothing and bring a mat, hand towel and water. Maximum: 20

**Veterans Memorial Building, Room 130**

**Wednesday, 4/3-6/26 (No class on 5/8)**

**9:30am-10:30 am**

**Ages: 18+**

**12 weeks**

**Fee: \$220**

## AMERICAN HEART ASSOCIATION HEART SAVER, FIRST AID, CPR, AED TRAINING – Millis Fire Department

Receive training and certification in First Aid, CPR and AED from the Millis Fire Department. This 4-hour course + break for lunch will be divided into a morning and afternoon session. Please bring water and nut-free snack/lunch. Limit: 12

**Millis Fire Department, 885 Main Street**

**Saturday, 4/13**

**10:00am-3:00pm**

**Adult & Teen**

**1 session**

**Fee: \$25**

## CREATE YOUR OWN SEED & SOUL AFFIRMATION KIT & SET INTENTIONS FOR THE YEAR – Heartspark \*NEW\*

What would you like to invite more of into your life? In this workshop, Certified Life Coach and Intuitive Energy Practitioner Amanda Johnson from Heartspark and Certified Yoga & Breathwork Instructor Nikki Bouchee from Pause with Nikki, will guide participants through discussions and activities to gain clarity about what intentions they want to set for the rest of the year. Participants will then create an affirmation kit, filled with inspirational items that they can use throughout the year to support their goals, including: hand rolled beeswax meditation candles (created during the workshop), and the choice of inspirational cards and beautiful crystals. Head home with a personalized kit and access to an online resource of simple daily mindfulness practices to do with it. Max: 20

**Veterans Memorial Building, 900 Main Street, Room 130**

**Tuesday, April 23rd**

**6:00pm-7:30pm**

**Adult**

**1 Session**

**Fee: \$45**

## MEDITATION SESSION – Heartspark \*NEW\*

Our hearts are powerful, energetic powerhouses that help us connect with our passions and desires, while also guiding us toward our most expansive lives. Join certified life coach and intuitive energy practitioner, Amanda Johnson from Heartspark, as you learn how to connect with and listen to your own Heartspark - the inner knowing that lights you up from the inside and helps you know what is right for your unique life journey. You will gain clarity through gentle breathwork, a guided meditation and a mini-reiki energy healing. Plus, you'll be invited to complete and take home a journaling workbook, and participate in a supportive, open discussion about your experience. This session will help you get clear on one (or more!) things your heart wants you to know right now so you can take steps toward alignment. Max: 6

**Location: Medway Mill, 165 Main Street #213, Medway**

**Tuesday, April 9th**

**6:00pm-8:00pm**

**Adult**

**1 Session**

**Fee: \$65**

## LADIES LIGHT HIKING- Nanci Cahalane

Add dimensions to your walking or jogging—do you like the idea of hiking, but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. We will meet at various local locations every week (a list will be given out). This class moves at a good pace—we'll be looking for hills! We meet at various locations in neighboring towns. The first meeting location will be at the "F. Gilbert State Forest", 45 Mill Street, Foxborough, MA.

**Various Locations**

**Thursdays, 5/2-6/6**

**OR**

**Saturdays, 5/4-6/15 (no hike 5/25)**

**9:45-11:00 am**

**Adults**

**6 sessions**

**Fee: \$32**

**Note: Canceled only for very inclement weather, make-ups after 2nd cancellation**

## YOUR FIRST 5K- Nanci Cahalane

Here is your chance to do something you may only have dreamed of. If you've ever thought about becoming a runner or running again after taking years off, here is your opportunity! This adult program is designed to get you off the couch or away from the desk and ready to run a 5K (3.1 miles). In this 10-week program which is catered to beginners, you will be given specific instructions for running other days of the week on your own. Workouts will be followed with stretching and advice about running and nutrition.

**Pond St. Recreation Complex, Rte. 115, Norfolk**

**Thursdays, 4/25-6/27**

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

**Adult**

**10 weeks**

**Fee: \$75**

## CARDIO BOXING CIRCUIT - Mohawk Martial Arts

Conveniently located inside Encompass Fitness here in Millis, come in and learn some great boxing techniques while really focusing on a great workout. Circuit training is doing multiple different drills within a workout and rotating, and we have focuses on footwork, core strength, and punching technique drills. This class is great for people who've never put on boxing gloves before, all the way up to actual boxers because you can always go at your own pace, but there's as hard of a workout there as you want.

**Encompass Fitness: 27 Milliston Road, Millis**

**Tuesdays and Thursdays, 4/2-5/9**

**5:00-6:00pm**

**Teens-Adults**

**6 Weeks**

**Fee: \$120**

## INTRODUCTION TO NO GI JIU JITSU -Mohawk Martial Arts

Come join us in learning one of the fastest growing sports in the United States. Jiu jitsu is a ground based martial art that utilizes leverage and technique to overcome your opponent. Jiu Jitsu is a great tool for self defense because by design it allows a smaller person to overcome a larger one. Besides just a great workout, it's a sport that teaches you real time problem solving skills under duress. Celtics coach Joe Mazzula swears by it to help keep his mental preparedness in check. You don't have to be in shape to start, we will get you there in a really fun way!

**Encompass Fitness: 27 Milliston Road, Millis**

**Tuesdays and Thursdays, 4/2-5/9**

**7:00pm – 8:00pm**

**Teens-Adults**

**6 Weeks**

**Fee: \$120**

## YOGA FROM HOME

**Download zoom on your computer, tablet or phone. We will provide you with a live link you can use for the session!**

## STRETCHING AND MEDITATION- Cathy Mann, The Yoga Studio

Join us for a relaxing, inspiring class TO RELAX, RELEASE AND RENEW. Class will include gentle stretching, guided visualization, breath work, meditation and healing energy. Simple techniques to reduce stress and improve focus. All are welcome

**Zoom/Online**

**Sundays, 5/5-5/26**

**4:00-5:00 pm**

**Adults & Teens**

**4 weeks**

**Fee: \$60**

## GENTLE HATHA YOGA- Cathy Mann, The Yoga Studio

Come experience a class of luxurious, soft stretching, relaxing slow movements and healing body positions to promote an increase of natural energy flow. Great for beginners, people recovering from injuries or chronic problems like back pain, arthritis, headaches, and more.

**Zoom/Online**

**Thursdays, 5/2-5/23 9:30-10:45 am OR**

**Saturdays, 5/4-5/25 11:45 am-1:00 pm**

**Adults & Teens**

**4 weeks**

**Fee: \$48/session**

## IYENGAR YOGA-Cathy Mann, The Yoga Studio

Iyengar Yoga is Hatha Yoga taught in the classical way. Attention to detail, focused breathing and correct posture allows the external body to relax, awakening your internal awareness. This class is designed for the continuing student who wants to move to the next level and deepen their practice.

**Zoom/Online**

**Tuesdays, 5/7-5/28**

**10:00-11:00 am**

**Adults & Teens**

**4 weeks**

**Fee: \$48**

## GENTLE HATHA YOGA- Denise D'Amico, The Yoga Studio

Come experience a class of luxurious, soft stretching, relaxing slow movements and healing body positions to promote an increase of natural energy flow. Great for beginners, people recovering from injuries or chronic problems like back pain, arthritis, headaches, and more. Please bring your own mat.

**The Yoga Studio, 840 Main St., Millis**

**Tuesday, 5/7-5/28 5:30-6:45 pm**

**Saturdays, 5/4-5/25 11:00 am-12:00 pm**

**Adults & Teens**

**4 weeks**

**Fee: \$65/session**

## INTRO TO KUNG FU- Wu Xing Kung Fu

Learn the basic theory and applications of 5 Animal Hung Gar Kung Fu! Students learn powerful kicks, punches, stances and applications of classic Hung Gar 5 Animal/5 Element kung fu from Southern China. We forge strength, humility and awareness while getting in shape and learning to master oneself. We work hard but have fun, with exciting and challenging drills designed to stretch our minds and build our bodies. We work martial theory, but also lots of application so that you can use what you have learned. Embrace the power of the Tiger, the speed of the Panther, the connectedness of the Snake, the perception of the Crane and the skill of the Dragon!

**Wu Xing Kung Fu, 903 Main St.**

**Tuesdays, 7:00 pm – 8:00 pm OR**

**Wednesdays, 6:00 pm -- 7:00 pm OR**

**Saturdays, 11:00am – 12:00 pm OR**

**(rolling admission)**

**Teens & Adults**

**Fee: \$125 for 4 classes**

## INTRODUCTION TO TAI CHI – Joshua Grant

Tai Chi is meditation in motion. It is the practice of moving calmly with awareness and ease. Experience first hand the mind/body benefits of tai chi and qi gong training. Sessions will include rejuvenation qi gong (energy work) exercises and meditation, introductory Yang Style Tai Ji and fundamental drills. Instructor Joshua Grant is a 2X US National WuShu Taj Ji Gold Medalist and former member of the US National WuShu Team, US National Tai Ji Team and US Pan AM Wushu Team. Joshua has taught Tai Chi and WuShu for over 35 years and is the author of Tai Chi for Wimps.

**Burke-Memorial School, 16 Cassidy Lane, Medway (Library)**

**Wednesdays, 3/20-5/29 (no class 4/17)**

**6:00-6:45 pm**

**10 weeks**

**Fee: \$105**

## ACOUSTIC GUITAR LESSONS - Luigi Grasso

Have you ever wanted to learn to play the acoustic guitar? Did you know that many studies have shown that learning to play an instrument will stimulate your mind? This introductory, 4 session course will help you learn the guitar in a fun, easily understood manner, with solid results! Luigi Grasso is a professional guitarist/vocalist/instructor with many years of experience instructing students of all ages and skill levels; Berklee College of Music educated; he has a vast amount of musical experience in all styles of music. Together we will learn the first 3 strings of the guitar, 3 easy melodies along with chords, 3 songs from the beginning to end, basic chords, rhythms, strumming patterns and more. Together, we will play songs and melodies we've learned on a weekly basis. Maximum: 6

**Veterans Memorial Building, Room 130**

**(Class on 4/10 in Room 104)**

**Adults & Teens**

**Session 1:**

**Wednesdays, 4/3-4/24**

**4 weeks**

**7:30pm 9:00pm**

**Fee: \$175**

**Session 2:**

**Wednesdays, 5/1-5/22**

**Fee: \$175**

**4 weeks**

**7:30pm 9:00pm**

**Register Online**  
**[www.millisma.gov](http://www.millisma.gov)**  
**Under Recreation Dept.**

## MESSAGES FROM SPIRIT – A Mediumship Experience – Cathy Ripley Greene

What is a mediumship? While no one can be certain about what happens when we die, connecting with the consciousness of our loved ones in spirit helps us understand that the bond of love remains. Join professional Medium, Dr. Cathy Ripley Greene, as she shares what she has learned over her many years working with spirit communication. She begins this program by sharing how the process of mediumship works and how you are most likely connecting with your loved ones but may not know it. Then she will make connections with Spirit for some audience members. While not everyone will receive a personal connection during this demonstration, everyone present will experience the blessings of Spirit's messages. Participants may experience both laughter and tears and will leave the program with an increased sense of hope and wonder. Cathy has been providing connections with Spirit for the purpose of healing, both privately and within a group setting, for many years. Join us for an evening with Spirit!

**Medway Memorial School Cafeteria, 16 Cassidy Lane**

**Thursday, 5/2**

**6:30-8:30 pm**

**1 session**

**Fee: \$59**

## PEBBLE ART CLASS at The Muffin House Café' – Kerry Consentino-Vilori

Have you ever wanted to learn how to create a picture using materials found directly off the beach? Come join local guest artist, Kerry Consentino-Vilori, owner of The Orange Jellyfish, who creates beautiful custom pebble art and sea glass designs. We will each create our own custom pebble art family picture using various styles of beach stones, driftwood and shells directly hand picked off local New England beaches. Each design can contain stones representing two to six people while being glued on cardstock and enclosed in a rustic gray frame. This class will allow for a great deal of autonomy, as various styles of stones, driftwood, and scallop shells will be available for the choosing. The stones and driftwood come in various shapes, sizes, and colors which allows for both adults and children to be represented within the picture. While the frame color for all will be light rustic gray, the cardstock colors available for selection will be white, light crème, or light blue. This class is truly a wonderful opportunity to create a sentimental piece for yourself or as a gift for someone special.

**Muffin House will graciously serve warm beverages and yummy treats perfect on a cold winter evening, at no additional charge! Gather your friends and join us.**

**Muffin House Café', 116 Main Street, Medway**

**Thursday, 5/2**

**6:00-8:00 pm**

**Ages: 18+**

**1 session**

**Fee: \$69 (treats included)**

## PAMPER YOURSELF FOR MOTHER'S DAY – Molly's Apothecary

Join Molly's Apothecary for a fun filled evening customizing pampering bath and body products! Participants will make a variety of bath and body products designed to pamper and spoil all!

**Molly's Apothecary, Medway Mills, Suite 5, Medway**

**Wednesday, 5/1**

**6:30-8:30 pm**

**One session**

**Fee: \$60**

## STAGE YOUR HOME TO SELL IN A SELLERS MARKET - Joleen Rose

In the world of real estate Joleen Rose, CBR, LMC, SRES Realtor, feels strongly that you never get a second chance to make a good first impression. Learn successful strategies for staging your home to look its best before you put it on the market. Invited guest speaker and professional home stager Sandra Bouchard, owner of Define by Re-design, will address key points in making your home show to its best potential. This, accompanied with a strong targeted marketing plan, internet exposure and virtual tours are key points addressed to help sell your home and bring you top dollar. Feel free to bring your own interior photos to be reviewed, time permitting. Take advantage of this informative evening and bring home lots of catalog handouts.

**Berkshire Hathaway Home Services,**

**4 West Mill Street, Medfield**

**Wednesday, 4/24**

**6:00 pm – 7:00 pm**

**Adults**

**1 session**

**Fee: \$10**

## GOLF FOR MOMS - Maplegate Country Club

**Greg Dowdell, PGA Professional and Kevin Weldon, USGTF Professional**  
Put the kids on the bus, drop them at daycare, grab a cup of coffee and head over to Maplegate to learn the game of golf with Medway's own PGA Professional. The program covers basic rules and etiquette, along with the fundamentals of the pre-shot routine, full swing, and short game. Participants will have the use of practice facilities, range balls and equipment. Minimum 4/maximum 16.

**Maplegate Country Club, 160 Maple St, Bellingham**

**Mondays, 5/6-6/3 (Rain Date 6/10; no class on 5/27)**

**10:00-11:30 am**

**Adults**

**4 weeks**

**Fee: \$140**

## AFTER WORK ADULT GROUP GOLF LESSONS - Maplegate Country Club

**Greg Dowdell, PGA Professional and Kevin Weldon, USGTF Professional**  
Program is targeted for adult women and men golfers of all ability levels and will consist of five 90-minute group lessons Program covers basic rules and etiquette, the full swing, short game and fun based competitions. Program includes use of practice facilities, range balls, equipment and all Green Fees. Greg Dowdell is the Director of Instruction at Maplegate and has been teaching golf for over 30 years.

**Maplegate Country Club, 160 Maple St, Bellingham**

**Mondays, 5/6 -6/10 (no class 5/27; Rain Date 6/17)**

**6:00-7:30 pm**

**Adults**

**5 sessions**

**Fee: \$170**

## LADIES ONLY AFTER WORK ADULT GROUP LESSON – Maplegate Country Club

**Instructors: PGA Professional Greg Dowdell, USGTF Professional Kevin Weldon**

This program is targeted for adult women golfers of all ability levels and will consist of five 90-minute group lessons where students can choose to work with our professional staff on the practice area or head directly to the golf course. Program covers basic rules and etiquette, the full swing and short game. Program includes use of practice facilities, range ball, equipment and all green fees.

**160 Maple Street, Bellingham**

**Tuesdays, 5/7-6/4 (Rain Date: 6/11)**

**Thursdays, 5/9-6/6 (rain Date: 6/13)**

**Fee: \$170/Session**

**Adults**

**5 Classes/Session**

**6:00-7:30 pm**

# Summer, 2024 Programs

## Summer Preschool

### PRESCHOOL SOCCER SKILLS - F.A.S.T. Athletics

Our soccer program will teach the fundamental skills of dribbling, trapping, passing, and shooting. The students will work on these fundamentals through a variety of unique, nontraditional games. Parents are also encouraged to participate if their child needs extra support. Min.10/Max.16

**Town Park, 900 Main Street (behind Town Hall)**

**Ages: 3-6**

**Saturdays, 7/13 - 8/17**

**6 weeks**

**9:00am - 9:45 am**

**Fee: \$100**

### PRESCHOOL T-BALL DEVELOPMENT - F.A.S.T. Athletics

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction to t-ball where learning and skill development are our priorities. Min.10/Max.16

**Town Park, 900 Main Street (behind Town Hall)**

**Ages: 3-6**

**Saturdays, 7/13-8/17**

**6 weeks**

**10:00am - 10:45am**

**Fee: \$100**

### PRESCHOOL MINI-SPORTS WEEKS - F.A.S.T. Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and t-ball. It will ease children into learning the basics of all these great games as well as teaching them the importance of teamwork. Each class F.A.S.T. Athletics will have new and exciting games planned for the students.

You must provide your child's most recent physical in order to participate. Please email to [kfogarty@millisma.gov](mailto:kfogarty@millisma.gov)

**Minimum 8/Maximum 15.**

**Town Park (behind Town Hall)**

**Ages: 3-6**

**Session 1**

**7/8-7/12**

**9:00am-12:00pm**

**Session 2**

**8/19-8/23**

**5 Days**

**9:00am-12:00pm**

**Fee: \$175/session**

### GOLF FOR TODDLERS- Maplegate Country Club

Instructors: PGA Professional Greg Dowdell, USGTF Professional Kevin Weldon

Fun based program targeted at new Golfers aged 1-4. Program will consist of two 60 min sessions covering basic golf concepts & swing fundamentals. Plastic Clubs & balls will be used. Greg Dowdell is the Director of instruction. at Maplegate and has been teaching golf for over 30 years.

**Maplegate Country Club, 160 Maple St, Bellingham**

**Ages: 1-4**

**Monday, 6/17, 7/8, 7/29, 8/19 (Rain Date: 6/24)**

**1 Day sessions**

**10:00AM - 11:00AM**

**Fee: \$30/session**

## Summer Youth

### "GET OUT AND PLAY" - Millis Recreation

Millis Recreation welcomes children of all abilities to join us in our inclusive "Get Out and Play" weeks! Themed weeks include various activities which are led by teen counselors and overseen by "Get Out and Play" adult staff members. We are looking forward to making long lasting summer memories with your children as they have an opportunity to experience some fun in the sun this summer. We look forward to seeing you soon!



**Millis Town Park/Town Hall Gym**

**Grades: K-5**

**Monday - Thursday 9:00 am - 12:00 pm**

**WEEK 1: WINTER IN JULY**

**7/15 - 7/18**

**WEEK 2: SPIRIT WEEK**

**7/22-7/25**

**WEEK 3: SPORTS & GAMES -**

**7/29-8/1**

**WEEK 4: IN THE WATER**

**8/5-8/8**

**Fee: \$95/week**

### MOHAWK YOUTH FOOTBALL CLINIC - MHS Football Staff

This Program will focus on all aspects of the game including but not limited to; terminology, stances, throwing, catching and kicking. This is a non-contact clinic. No pads are needed. The Mohawk Football Community looks forward to working with and welcoming the youth into our family and having some fun. Any questions contact Head Coach Bob Martellio at [football@millisschools.org](mailto:football@millisschools.org)

**Clyde Brown Field, 5 Park Road, Millis**

**Ages 7-14**

**June 24th - 26th**

**9:00am-12:00pm**

**Fee: \$125**

### VOLLEYBALL SKILLS - Skyhawks Sports Academy

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player. Participants receive a Skyhawks t-shirt and a player evaluation.

**Medway High School Gym,**

**88 Summer Street, Medway**

**Ages:10-14**

**7/15-7/19**

**5 days**

**9:00 am-12:00 pm**

**Fee: \$165**

## **TENNIS LESSONS - Tom Ingraham**

Instructional tennis lessons provided by a Millis High School tennis coach and staff. One and a half hour lessons each morning, followed by an optional tournament on the last day. Please bring your own racket.

### **Town Park Tennis Courts**

**Ages 7 & up**

**Session 1**

**7/15-7/19**

**Session 2**

**8/5-8/9**

**10:00 am-11:30 am**



**5 lessons**

**5 lessons**

**Fee: \$65/session**

## **BASKETBALL SKILLS-Paul Geary & Steve Cassidy**

This program is designed to teach 1st/2nd Grade children the fundamental concepts of basketball. The program focuses on helping the children to gradually increase their ability to do the basic skills to help them play basketball.

**Veterans Memorial Building Gym**

**8/12-8/14**

**9:00-10:30 am**

**Grades: 1&2**

**3 days**

**Fee: \$40**

## **SUMMER DANCE PROGRAM—Millis Dance Theatre**

Dancers will explore several dance styles in a fun, supportive environment - Ballet, Jazz, Tumble, Crafts and Games. Designed for young children with the focus on small group enrichment taught by our experienced and creative staff. Children must be potty trained to attend. Space is limited for small group instruction and lots of individual care will be given. We will have fun dancing together.

**Millis Dance Theatre, 903 Main Street**

**Ages: 3-8**

**Session 1**

**7/8-7/12**

**Session 2**

**7/15-7/19**

**9:00 am-11:45 am**

**5 days**

**Fee: \$180/session**

## **INTERMEDIATE DANCE PROGRAM—Millis Dance Theatre**

Dancers receive personalized instruction in several dance styles while having fun and building friendships. – Jazz, Acro, Hip Hop, Ballet and Contemporary. No prior experience required. This class is designed for dancers who want to take their dance training to the next level and for those who just want to enjoy dancing. Program is taught by our experienced staff. Summer is a special time at Millis Dance Theatre and we will learn a lot and have fun too!

**Millis Dance Theatre, 903 Main Street**

**Ages: 8-14**

**7/22-7/26**

**9:00 am-1:00 pm**

**5 days**

**Fee: \$210**

## **BEST SOCCER SUMMER CAMPS – BEST SOCCER CLUB**

### **STAFF**

**Ages 5 & 6 years old:** 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! Half-day only for ages 5 & 6.

**Ages 7 years old 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 spatial 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. Full day players will need to submit a current immunization form to the Rec Department in order to participate. Choose from half-day or full day program for ages 7+.

**BEST t-shirt included in fee.**

**Millis Town Park, 900 Main Street**

**Ages: 5 & up**

**Monday-Friday, 7/29-8/2**

**5 days**

**9:00 am-12:00 pm (half day)**

**Fee: \$195**

**9:00am-3:00 pm (full day for ages 7+ only)**

**Fee: \$300**

**\*\* You must email a copy of your child's most recent physical form to [kfogarty@millisma.gov](mailto:kfogarty@millisma.gov) prior to start of camp.**

## **TRACK & FIELD – Skyhawks Sports Academy**

The fundamentals of body positioning, stride, proper stretching and cool down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events. Participants receive a Skyhawks t-shirt and a certificate.

**Medway Middle School Track, 45 Holliston St., Medway**

**Ages: 7-12**

**8/5-8/9**

**5 days**

**9:00 am-12:00 pm**

**Fee: \$165**

**Register Online**  
**[www.millisma.gov](http://www.millisma.gov)**  
**Under Recreation Dept.**

## **TRY GOLF- Maplegate Country Club**

**Instructors:** PGA Professional Greg Dowdell, USGTF Professional Kevin Weldon

Fun based introduction to Golf targeted at New Golfers from ages 5-12. Program will consist of four 1 hr. group lessons covering basic rules and swing fundamentals. Fun based games including putting tournament, best ball mini tournament and plenty of practice time. Program includes use of practice facilities, range balls, Green Fees and all equipment. Greg Dowdell is the Director of Instruction at Maplegate and has been teaching golf for over 30 years.

**Maplegate Country Club, 160 Maple St, Bellingham** **Ages: 5-12**

**Monday – Thursday**

**Session 1** 6/24-6/27

**Session 2** 7/15-7/18

**Session 3** 8/5-8/8

**Session 4** 8/19-8-22

**9:00am- 10:00am**

**Fee: \$125/session**

## **4 DAY JR GOLF ACADEMY- Maplegate Country Club**

**Instructor:** PGA Professional Greg Dowdell, USGTF Professional Kevin Weldon

Program is targeted for serious Jr Golfers of all ability levels between the ages of 9-17 and will cover rules and etiquette, pre shot routine, full swing and short game. Time will be shared between the practice area and the Golf course always under the supervision of a Maplegate Staff member. Program includes a personalized V1 video Swing Analysis, daily on course completion, use of practice facilities, range balls, all equipment, Green Fees & lunch daily. Greg Dowdell is the Director at Maplegate and has been teaching golf for over 30 years.

**Maplegate Country Club, 160 Maple St, Bellingham** **Ages: 9-17**

**Monday – Thursday**

**Session 1** 6/24-6/27

**Session 2** 7/15-7/18

**Session 3** 8/5-8/8

**Session 4** 8/19-8-22

**11:00am-4:00pm**

**Fee: \$425/session**

## **SUPERSPORTS AND FLAG FOOTBALL WEEK – F.A.S.T.**

### **Athletics**

Get up, get going, get active with F.A.S.T. Athletics Super Sports and Flag Football Program. F.A.S.T. Athletics will offer a variety of sports each day such as: Soccer, Flag Football, Dodge ball, Baseball, and Kickball. Programs will include proper stretching and warmup games as well as learning basic skills of each sport. Each class will end with a high energy game with the sport played that day. The students will also get an opportunity each day to play a fun/competitive flag football game vs their friends with our staff as coaches/refs!

**Town Fields, 900 Main Street-Behind Town Hall** **Ages: 7-12**

**Monday-Friday, 8/12-8/16** **5 Days / Session**

**Half Day; 9:00am-12:00pm** **Fee: \$150**

**Full Day; 9:00am-3:00pm** **Fee: \$190**

**You must email a copy of your child's most recent physical form to [kfogarty@millisma.gov](mailto:kfogarty@millisma.gov) prior to start of camp.**

## **CHESS WIZARDS**

Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Included are fun team chess games (like Corner Chess), recess time, snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend part of your vacation with Chess Wizards!

**Veterans Memorial Building, Room 130**

**8/12-8/16**

**9:00 am-12:00 pm**

**Ages: 6-12**

**1 week**

**Fee: \$225**

## **CIRCUIT MAKERS 101- Circuit Lab**

Let's get creative with electricity! In this junior electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create many projects that they can be proud of, and each class day includes a take-home project.

**Millis Veterans Memorial Building, Room 104**

**Monday-Friday, 7/29-8/2**

**9:00am-12:00pm**

**Grades: 1-3**

**1 Week**

**Fee: \$210**

## **APP INVENTORS- Circuit Lab**

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

**Millis Veterans Memorial Building, Room 104**

**Monday-Friday, 7/29-8/2**

**1:00pm-4:00pm**

**Grades: 4-7**

**1 Week**

**Fee: \$210**

## **KUNG FU KIDS PARKOUR - Wu Xing Kung Fu**

Parkour and Kung Fu for kids! In this class we learn to become more aware of our bodies and minds by playing fun games and exercising in ways designed to challenge and reward students for giving their best effort. We teach Parkour, tumbling, exciting animal moves, kicks and punches while we work on our listening, focus and confidence. We let kids express themselves in a fun, supportive environment while also learning respect, manners and tolerance for each other. We get stronger in mind and body, all while having a great time!

**Wu Xing Kung Fu, 903 Main St.**

**Wednesdays, 4:45 pm -- 5:30 pm OR**

**Thursdays, 3:45 -- 4:30 pm OR**

**Saturdays, 10:00am – 10:45am**

**(rolling admission)**

**Ages: 5-13**

**Fee: \$120 for 4 classes**

## MUSICAL THEATER PRODUCTION-Elaine Kessler

"Peggy the Pint Sized Pirate"

Come be part of this summer's new adventures about Peggy, a small pirate girl with a big dream! Join her as she goes out on a quest to save pirates and meet mermaids, oysters, whales and, of course, sea monsters. If you love to sing, dance, act, and create scenery and costumes, then you will love the excitement of producing this show! All children will have a part in the scripted play and work together to create an end-of-the-week performance for families and friends. No previous experience is necessary, so join the fun! Please bring a water bottle, lunch, beverage and snacks each day.

**Medway Burke-Memorial School Cafeteria, 16 Cassidy Lane,**

**8/19-8/23**

**9:00 am-3:00 pm**

**Grades: 2-8**

**Fee: \$250**

## Summer Pre-Teen/Teen

### INTRO TO WEIGHT TRAINING - Encompass Fitness

The 4-week program will focus on getting students comfortable with the gym as well as their bodies. Personal Trainer, Wellness Life Coach and Certified Nutrition Consultant Kristen Foss will teach students the fundamentals of basic exercises, how to safely use the gym equipment and proper gym etiquette. Exercise is known to be one of the best ways to improve mental health and physical well-being. Additionally, exercise provides self-confidence and reassurance that many students need to maintain a healthy lifestyle.

**Encompass Fitness- 27 Milliston Road, Millis**

**Mondays and Wednesdays, 6/3-6/26**

**3:00pm-4:00pm**

**Ages: 14+**

**4 Weeks**

**Fee: \$150**

### FREERUNNING AND PARKOUR – Wu Xing Kung Fu

Beginners and experienced Freerunners welcome! We teach Parkour in a graduated, fun setting that puts safety first, using mats and other equipment to help acquire skill and confidence. Build strength and gain flexibility as you learn how to interact safely with the environment. Learn break falls, cartwheels, rolls and more to disperse energy from jumps or falls; learn how to use the principles of stride, precision and wall running to plot your course. We stress efficiency, flow and the ability to change levels smoothly while maintaining momentum. Parkour is a great exercise for the mind and body- it develops willpower, control, drive, humility, focus and balance. It also promotes body awareness, strengthens the core and fosters better metabolism, and all while having a fun workout with great people!

**Wu Xing Kung Fu, 903 Main St.**

**Thursdays:**

**4:45 pm – 5:30 pm**

**(rolling admission)**

**Ages 13+**

**Fee: \$120 for 4 classes**



**Millis Rec. Serves is a community service platform for local high school and middle school students. Contact Erin LeBlanc with questions at [eleblanc@millisma.gov](mailto:eleblanc@millisma.gov)**



## Summer Adaptive & Inclusive Pre-Teen/Teen

### FITNESS FOR ALL – Coach Chasta, Power Kids Run Club

Are you looking for a fun physical activity while connecting with others in a healthier way? Join us for our high energy and fun fitness class. Participants will engage in low to moderate intensity workouts targeting muscular strength, flexibility, and range of motion. Our primary goal in this adapted fitness program is to promote optimal health and well-being while having fun. All abilities welcome.

**Veterans Memorial Building, 900 Main Street, Gym**

**Tuesdays, 7/9-8/6**

**6:15pm-7:00pm**

**Ages: 10+**

**5 Weeks**

**Fee: \$120**

### BASKETBALL SKILLS & DRILLS- Dan Donovan

Coach Dan Donovan has 20 years of experience coaching youth basketball of varying ages. During this class he'll focus on basic skills such as dribbling, passing, and shooting while encouraging teamwork and fun! All abilities welcome.

**Veterans Memorial Bldg. Gym**

**Mondays, 7/8-7/29**

**6:00pm-7:00pm**

**Ages:13-22**

**4 weeks**

**Fee: \$25**

### THE HANGOUT – Millis Recreation Department

An inclusive and adaptive social event for teens and young adults of all abilities. Music, fun and lightly structured activities bring friends together each month for a night out. Free of charge but registration is required.

**Veterans Memorial Building Gym, 900 Main Street**

**Wednesdays, 6/5 and 7/24**

**6:00pm-7:00pm**

**Ages: 13-22**

**Fee: Free**

# Summer Adult

## BEGINNER LEVEL PICKLEBALL LESSONS – Mike Regan

Have you thought about playing “the fastest growing game in America” Pickleball?

Do you enjoy meeting new local people, getting some light exercise and having a blast?

If so then this class is for you. Coach Mike our certified PB instructor will teach you the basics and rules to get you playing games in the first class. No experience necessary. Paddles and balls provided.

Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)

**Mondays; 7/8-7/29**

**5:00pm-6:00pm**

**4 weeks**

**Adults**

**Fee: \$60**

## INTERMEDIATE LEVEL PICKLEBALL LESSONS – Mike Regan

Now that you know the basics of how to play Pickleball it’s time to go to the next skill level.

Coach Mike will observe your play and work with on how to improve your game.

Upon completion of this class you will understand the necessary skills and drills to play with higher skilled players. If you want to improve your Pickleball skills and have fun then this class is for you. Bring your own paddle if you prefer.

(Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)

**Mondays; 7/8-7/29**

**6:15pm- 7:15pm**

**4 weeks**

**Adults**

**Fee: \$60**

## PILATES, STRENGTH & MOBILITY- Toni Manzon

This 60-minute class is based on traditional Pilates mat exercises and will include mobility, flexibility, balance and strength. This format is designed for beginners, intermediate or advanced fitness levels. Participants should wear comfortable clothing and bring a mat, hand towel and water. Maximum: 20

Veterans Memorial Building, Room 130 (8/14 in Room 18)

**Ages: 18+**

**Wednesday, 8/7-10/9**

**9:00am -10:00am**

**10 weeks**

**Fee: \$200**

## CARDIO BOXING CIRCUIT - Mohawk Martial Arts

Conveniently located inside Encompass Fitness here in Millis, come in and learn some great boxing techniques while really focusing on a great workout. Circuit training is doing multiple different drills within a workout and rotating, and we have focuses on footwork, core strength, and punching technique drills. This class is great for people who’ve never put on boxing gloves before, all the way up to actual boxers because you can always go at your own pace, but there’s as hard of a workout there as you want.

Encompass Fitness: 27 Milliston Road, Millis

**Tuesdays and Thursdays, 7/9-8/15**

**5:00-6:00pm**

**Teens-Adults**

**6 Weeks**

**Fee: \$120**

## ACOUSTIC GUITAR LESSONS - Luigi Grasso

Have you ever wanted to learn to play the acoustic guitar? Did you know that many studies have shown that learning to play an instrument will stimulate your mind? This introductory, 4 session course will help you learn the guitar in a fun, easily understood manner, with solid results! Luigi Grasso is a professional guitarist/vocalist/instructor with many years of experience instructing students of all ages and skill levels; Berklee College of Music educated; he has a vast amount of musical experience in all styles of music. Together we will learn the first 3 strings of the guitar, 3 easy melodies along with chords, 3 songs from the beginning to end, basic chords, rhythms, strumming patterns and more. Together, we will play songs and melodies we’ve learned on a weekly basis. Maximum: 6

Veterans Memorial Building, Room 130 (Class on 4/10 in Room 104)

**Adults & Teens**

**Wednesdays, 6/5-6/26**

**7:30pm 9:00pm**

**4 weeks**

**Fee: \$175**

## GOAT YOGA – Goats of Dover NEW!



Enjoy an experience that will warm your heart and make you laugh. Join us for a gentle, 60-minute vinyasa yoga class with some of the cutest “kids” you’ll ever meet—little Nigerian goats. A certified yoga instructor will guide you through a relaxing class while little goats play on your mat, say hello, and help you forget your worries. Class size is limited to 15 people. Please bring your mat, your water, and your sense of humor.

Veterans Memorial Building, Courtyard

**Saturday, 6/8**

**10:30-11:30**

**Adults & Teens**

**Fee: \$35**

**GENTLE HATHA YOGA- Denise D'Amico, The Yoga Studio**

Come experience a class of luxurious, soft stretching, relaxing slow movements and healing body positions to promote an increase of natural energy flow. Great for beginners, people recovering from injuries or chronic problems like back pain, arthritis, headaches, and more. Please bring your own mat.

**The Yoga Studio, 840 Main St., Millis**

**Tuesday, 6/4-6/25 5:30-6:45 pm**

**Saturdays, 6/8-6/29 11:00 am-12:00 pm**

**Adults & Teens**

**4 weeks**

**Fee: \$65/session**

**STAGE YOUR HOME TO SELL IN A SELLERS MARKET -****Joleen Rose**

In the world of real estate Joleen Rose, CBR, LMC, SRES Realtor, feels strongly that you never get a second chance to make a good first impression. Learn successful strategies for staging your home to look its best before you put it on the market. Invited guest speaker and professional home stager Sandra Bouchard, owner of Define by Re-design, will address key points in making your home show to its best potential. This, accompanied with a strong targeted marketing plan, internet exposure and virtual tours are key points addressed to help sell your home and bring you top dollar. Feel free to bring your own interior photos to be reviewed, time permitting. Take advantage of this informative evening and bring home lots of catalog handouts.

**Berkshire Hathaway Home Services,**

**4 West Mill Street, Medfield**

**Wednesday, 6/26**

**6:00 pm – 7:00 pm**

**Adults**

**1 session**

**Fee: \$10**

**INTRO TO KUNG FU- Wu Xing Kung Fu**

Learn the basic theory and applications of 5 Animal Hung Gar Kung Fu! Students learn powerful kicks, punches, stances and applications of classic Hung Gar 5 Animal/5 Element kung fu from Southern China. We forge strength, humility and awareness while getting in shape and learning to master oneself. We work hard but have fun, with exciting and challenging drills designed to stretch our minds and build our bodies. We work martial theory, but also lots of application so that you can use what you have learned. Embrace the power of the Tiger, the speed of the Panther, the connectedness of the Snake, the perception of the Crane and the skill of the Dragon!

**Wu Xing Kung Fu, 903 Main St.**

**Tuesdays, 7:00 pm – 8:00 pm**

**Wednesdays, 7:15 pm -8:15 pm**

**Saturdays. 11:00am – 12:00 pm**

**(rolling admission)**

**Teens & Adults**

**Fee: \$125 for 4 classes**

**ADULT TENNIS LESSONS - Tom Ingraham**

This tennis instruction is for beginners or can be a brush-up for the more experienced. Lessons are given by Millis High School tennis coach & staff. Please bring your own racket.

**Town Park Tennis Courts**

**Tuesdays & Thursdays, 7/16, 7/18, 7/23 & 7/25**

**6:00 pm-7:30 pm**

**Adults & Teens**

**4 lessons**

**Fee: \$50**

**ADULT DANCE CARDIO - Exhale Dance**

Adult Dance Cardio is a fun way to get your heart rate up and body moving! No dance experience required! This class uses fun, upbeat music and easy, repetitive choreography for a new way to shake up your exercise routine! Maximum: 15

**Exhale Dance Studio, 65 Holbrook St., Norfolk**

**Wednesdays, 7/10-8/7**

**7:00pm-8:00pm**

**Adult**

**5 weeks**

**Fee: \$70**

**Register Online**

**[www.millisma.gov](http://www.millisma.gov)**

**Under Recreation Dept.**

# Millis Recreation's Annual



**16**  
**JUNE**  
**9:00 am**

## FATHERS DAY

### FISHING DERBY Southend Pond, Millis

Free Entry • Trophies Awarded

Sponsored by:



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## *Millis Recreation Department*

Kris Fogarty, Director

Eric LeBlanc, Teen Program Coordinator

Veterans Memorial Building, Room 128

900 Main Street, Millis, MA 02054

Hours: Mon.-Thurs 8:00-3:00 Fri. 9:00-12:30

Phone: (508) 376-7050

Fax: (508) 376-7053

E-mail: [kfogarty@millisma.gov](mailto:kfogarty@millisma.gov)

E-mail: [eleblanc@millisma.gov](mailto:eleblanc@millisma.gov)

Web Site: [www.millisma.gov](http://www.millisma.gov)

Like us on Facebook: Millis Recreation Dept

Follow us on Instagram: MillisRec

Interested in teaching a class?

Please contact us with your idea at

[Kfogarty@millisma.gov](mailto:Kfogarty@millisma.gov) or call (508) 376-7050

**YOUTH REGISTRATION FORM  
TOWN OF MILLIS RECREATION DEPARTMENT**

I, \_\_\_\_\_ ( print name), on behalf of myself and/or my minor child, hereby release and hold harmless the Town of Millis, its officers, employees, contract employees, and agents from any claims, causes of action or liability arising or relating in any way to any injuries that I or my child might sustain from my or my child's participation in the voluntary recreation program(s) listed below including such claims or causes of action that I may now or have thereafter acquire (either independently or as a parent of said child) or that my child has or may hereafter acquire either before or after reaching majority. You agree to allow Millis Recreation to use photos of yourself or child.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ Male/Female (please circle)

Program Title: \_\_\_\_\_ Fee: \_\_\_\_\_

Allergies/Special Needs: \_\_\_\_\_

SHIRT SZ.: (Circle one): Youth Small / Youth Medium / Youth Large / Adult Small / Adult Medium / Adult Large / Adult XL

SIGNATURE (of parent or guardian): \_\_\_\_\_

Make checks payable to: MILLIS RECREATION DEPARTMENT  
900 Main Street  
Millis, MA 02054  
508-376-7050

\*\*\* PLEASE USE A SEPARATE FORM FOR EACH PROGRAM ~ THIS FORM MAY BE DUPLICATED \*\*\*

**REFUNDS ARE NOT GIVEN UNLESS CLASS IS CANCELLED BY  
MILLIS RECREATION DEPARTMENT**

**ADULT REGISTRATION FORM  
TOWN OF MILLIS RECREATION DEPARTMENT**

I \_\_\_\_\_ (Print name) would like to participate in the following Millis Recreation Department program

\_\_\_\_\_  
*PROGRAM TITLE*

\_\_\_\_\_  
*FEE*

I agree to forever release the Town of Millis, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary recreation programs of the Town of Millis from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the town of Millis voluntary recreation programs. You agree to allow Millis Recreation to use photos of yourself.

ADDRESS: \_\_\_\_\_ (E-Mail) \_\_\_\_\_

TELEPHONE #: (Days) \_\_\_\_\_ (Evenings) \_\_\_\_\_

ALLERGIES/SPECIAL NEEDS: \_\_\_\_\_

Make checks payable to: MILLIS RECREATION DEPARTMENT

\*\*\* PLEASE USE A SEPARATE FORM FOR EACH PROGRAM ~ THIS FORM MAY BE DUPLICATED \*\*\*

**REFUNDS ARE NOT GIVEN UNLESS CLASS IS CANCELLED BY MILLIS RECREATION DEPARTMENT**

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E C R W S S Postal  
Customer Millis, MA 02054



**MILLIS RECREATION**

**ONLINE REGISTRATION**

**MILLISRECREATION.ACTIVITYREG.COM**



Town of Millis  
Recreation Department  
Veterans Memorial Building  
First Floor, Room 128  
900 Main St., Millis, MA, 02054

*Register Online*  
**[www.millisma.gov](http://www.millisma.gov)**  
*Under Recreation Dept.*