



Online
Registration Available
December 21st
www.millis.net

**MILLIS
RECREATION**

Winter 2016

Preschool Programs

PRESCHOOL KARATE – Elite Martial Arts Academy

The focus in this class is to help children improve and develop gross and fine motor skills through the Martial Arts. In a typical class we will conduct basic stretching and conditioning exercises to improve flexibility, coordination and balance. Children will be taught basic karate punches, kicks and blocks. Techniques will be reinforced weekly using various equipment and fun drills designed to hide repetition and to keep children excited.

Elite Martial Arts Academy **Ages: 3-4**
1275 Main Street, Millis
Tuesdays, 1/12-3/1 **4:00-4:30 pm** **8 weeks**
OR
Fridays, 1/15-3/4 **10:00-10:30 am** **8 weeks**
Fee: \$55 per session

DANCE/TUMBLE – Millis Dance Theatre

This popular class includes the fundamentals of ballet and creative movement through imaginative dance with ribbons, scarves, hula hoops etc. Then on to basic tumbling. Students go through our beginner gymnastic circuit of mini trampoline, low balance beam, forward and backward rolls, cartwheels, etc. This fun class is presented in a positive, age-appropriate manner. (Attire: leotard, tights and ballet slippers for girls - boys comfortable clothing. Bring a water bottle.)

Millis Dance Theatre, 903 Main Street **Ages: 3-5 years**
Thursdays, 1/14-3/31 (no Class 2/18) **1:00 - 2:00 pm** **11 Weeks**
Fee: \$180

TINY TOTS – Norfolk Arena

Tiny Tots is for younger skaters usually between the ages of 3 – 6. The lesson is 25 minutes long and then can stay on for practice time with a parent.

Norfolk Arena, 1 Dean Street, Norfolk **Ages: 3-6**

SESSION I
Tuesdays, 12/29-2/9 **9:30-9:55 am** **7 Weeks**
Fee: \$135 **OR**
Fridays, 1/8-2/12 **1:00-1:25 pm** **6 Weeks**
Fee: \$120

SESSION II
Tuesday, 2/22-4/12 **9:30 am** **8 Weeks**
Fee: \$150



MOMMY & ME



MOMMY AND ME GYMNASTICS – Shen’s Gymnastics Academy

A fun, instructor-led gymnastics classes for toddlers aged 18 months – 2.5 years and their mom or dad. This 50-minute class brings the parents onto the floor amidst the excitement. A small student/teacher ratio is kept for personal attention. We have small preschool-sized equipment for children this age including: rings, bars, ladders and slide. Kids also love using our zip line and trampoline in this class. The instructor will set up different obstacle courses each week especially designed to help with locomotion skills and hand-eye coordination.

Shen’s Gymnastics Academy, 16 Everett St, Holliston

Ages: 18 months-2.5 years

SESSION 1

Mondays, 1/4-2/22	9:30 am	8 Weeks
Thursdays, 1/7-2/25	9:30 am	8 Weeks
Saturdays, 1/2-2/27	11:00 am	9 Weeks

SESSION 2

Mondays, 2/29-4/25	9:30 am	9 Weeks
Thursdays, 3/3-4/28	9:30 am	9 Weeks
Saturdays, 3/5-4/30	11:00 am	9 Weeks

Fee: 8 weeks \$ 170, 9 weeks \$ 190 - 10% sibling discount

SUPERKIDS GYMNASTICS – Shen’s Gymnastics Academy

A 60-minute, energetic, fun, gymnastics class for preschool and kindergarten-aged kids. Children, ages 3-6 participate in this class while their parents watch from the seating area. The kids get lots of personal attention and lots of turns on the apparatus such as trampoline, balance beam, rings, vault, bars, and tumble track. The instructor will set up an obstacle course designed to teach basic gymnastics skills. Kids will also improve their locomotion skills, hand-eye coordination, social skills, taking turns and listening skills, all while they are having fun, getting exercise, and learning gymnastics!

Shen’s Gymnastics Academy, 16 Everett St, Holliston **Ages: 3-6**

SESSION I

Mondays, 1/4-2/22	1:30 or 5:30 pm	8 Weeks
Thursdays, 1/7-2/25	9:30 or 10:30 am	8 Weeks
Saturdays, 1/2-2/27	11:00 am	9 Weeks

SESSION II

Mondays, 2/29-4/25	1:30 or 5:30 pm	9 Weeks
Thursdays, 3/3-4/28	9:30 or 10:30 am	9 Weeks
Saturdays, 3/5-4/30	11:00 am	9 Weeks

Fee: \$ 190 -- 8 week session, \$ 213 -- 9 week session
10% sibling discount

Youth Programs

CHARLES RIVER CHILDREN'S CHORALE

The Charles River Children's Chorale is in our third season. Starting in January and running through May, this program is open to children grades 2-4 in the Metro West Region. Director, Lelia Tenreyro Viana, brings 20 years experience teaching music to our program and is excited to begin another term of musical adventure. Our children will learn to sing together, learn to read their music and explore their world through the songs they sing. The Charles River Children's Chorale will perform in March and we will celebrate the year with a short musical play! Contact us with any questions at: charlesriverchildrenschorale@gmail.com

Veterans Memorial Building, Room 18 **Grades: 2-4**
Thursdays, 1/14-5/5 **4:00-5:30 pm** **15 weeks**
Fee: \$150 *(speak to us about payment options)

DRAMA KIDS – DramaKids International

ACT UP with PURPOSE! Develop your SPEAKING skills, learn to EXPRESS yourself, build your CONFIDENCE and have FUN! Drama Kids will help your child develop the skills they need to succeed in school and in everyday activities! No experience required...only the willingness to have fun and get creative! We are Drama Kids we are different from other programs, and the difference is DRAMATIC!

FREE TRIAL day 1/7—please sign up by 12/30/15 at Rec. Dept. to participate

Veterans Memorial Building, Room 130 **Ages: 5-13**
Thursdays, 1/14-3/31
(including built-in snow day—would end on 3/24 without snow)
(No class 2/25) **5:00-6:00 pm ages 5-8** **10 weeks**
OR
6:00-7:00 pm ages 9-12

(classes will be combined if needed at the 5:00 time slot)
Fee: \$175

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 10+**
4:30pm Tuesdays or 6:45pm Thursdays **4 week sessions**
Fee: \$80 per session

KUNG FU KIDS – 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 6-10
Fridays, 3:30 - 4:15pm OR Saturdays, 9:30 am - 10:15am
Fee: \$80 per session



KARATE – Elite Martial Arts Academy

The focus in this class is to help children improve and develop gross and fine motor skills through the Martial Arts. In a typical class, we will conduct basic stretching and conditioning exercises. Children will be taught basic karate punches, kicks, and blocks. All techniques will be reinforced weekly using various equipment and fun drills designed to hide repetition.

Elite Martial Arts Academy
1275 Main Street, Millis
Thursdays, 1/14-3/3 **8 weeks**
Ages: 5-7 **3:00-3:45 pm**
Ages: 8 & up **3:45-4:30 pm**
Fee: \$55

BASIC KUNG FU – Wu Xing Kung Fu

Learn 5 Animal Kung Fu! Students learn powerful kicks, punches, stances and applications of classic Hung Gar 5 animal/5 element Kung Fu from Southern China. Build strength, confidence and respect while getting in shape and learning to master one’s self. We work hard and play hard, with exciting drills and games designed to stretch our minds and build our bodies.

Learn 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. Ages 10 & up

Fee: \$80 per session

4 week sessions

Tuesdays	6:45 - 7:45 pm
Wednesdays	4:30 - 5:30 pm
Thursdays	5:30 - 6:30 pm
Fridays	4:30 - 5:30 pm
Saturdays	10:30 - 11:30am

Come to as many of these classes as you like!

FAMILY PARKOUR! – Wu Xing Kung Fu

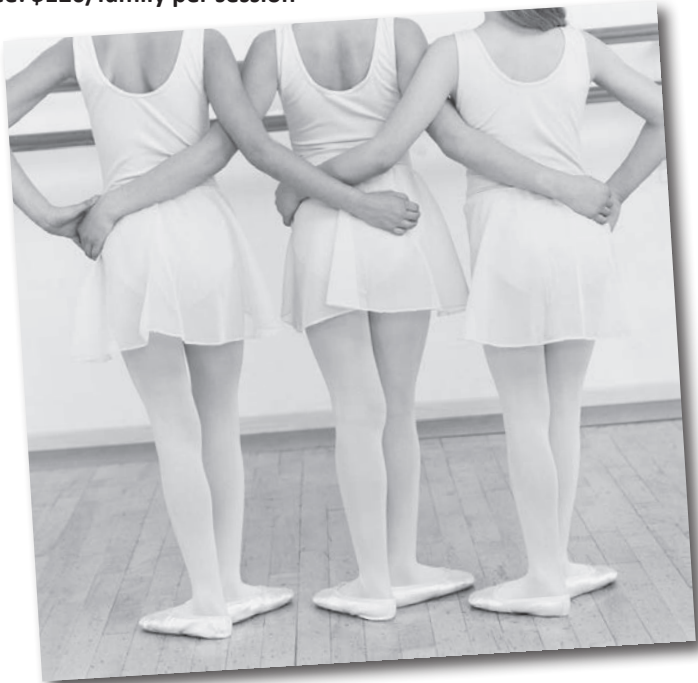
Do Parkour with your Kids! If you like to watch American Ninja Warrior and have always wanted to jump on, off and around stuff, this class is for you! Beginners and experienced Freerunners are welcome; six years old to adult. We teach Parkour in a graduated, fun setting that puts safety first, using 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 better balance, core strength and fun acrobatic moves under the skilled eye of a professional Freerunner. Have fun and get great exercise while bonding as a family. We adjust the class to work with multiple levels of skill, sometimes together and sometimes in different groups. Must have one Parent or Guardian plus one or more children participating to qualify for this class.

Wu Xing Kung Fu, 903 Main St. Ages: 5+

Wednesdays at 3:30 pm to 4:15 pm

4 week sessions

Fee: \$120/family per session



BALLET/JAZZ – Millis Dance Theatre

This is a perfect class for students who respect the traditional beauty of ballet but also crave the up-beat, contemporary style of jazz dance. We will focus on the graceful flow of movement and elegant posture as well as freedom of movement, flexibility and fun funky choreography. This class is the best of both worlds! No experience necessary. (Attire: black leotard, pink tights and ballet slippers).

Millis Dance Theatre, 903 Main St.

Grades 1-3

Saturdays, 1/16-3/26 (no class 2/20) 12:00 - 1:00 pm

10 weeks

Fee: \$150

ACRO/JAZZ – Millis Dance Theatre

Students will learn acrobatic gymnastic skills such as, cartwheels, round offs, front and back walkovers, front and back handsprings, saltos and aerials as well as fun jazz dance movements. Taught by our gymnastic expert and national gymnastic judge, Andi Neil. Each student will be encouraged to progress at their own level and challenge themselves according to their experience and strength. (Attire: Black leotard, black dance or yoga pants and tan jazz shoes).

Millis Dance Theatre, 903 Main St.

Grades: 4-6

Thursdays, 1/14-3/31 (no class 2/18) 5:00-6:30 pm

11 weeks

Fee: \$200

**THE LITTLE THEATER COMPANY –
Angela’s School of Performing Arts**

In this class your child will learn and use all the fine arts. Theater games will help with self-esteem as well as singing and dance movements. Art such as props and back drops are created. One of our performance pieces is “The Broadway Kids” along with a skit called “Oh Where Is Spring?”. Vocal exercises and note reading done in game form make learning fun! At the end of our 6 week session, a short performance will be performed at the studio. No unwanted costume fees—we make our own! What a great way to introduce your child to all the different forms of the arts. Come join the fun!

Angela’s School of Performing Arts, 280 Ridge St

Ages: K-3rd Grade

Thursdays, 2/4-3/17

5:00-5:45 pm

6 Sessions

Fee: \$90 (performance on 3/17)

SELF DEFENSE/JUJITSU – Sensei Jeremy Flori

Jukido is a style of the Japanese Martial Art of Jujitsu, the techniques of which were founded centuries ago. Today, we use Jujitsu as a comprehensive system of self-defense. Students will develop the skills and confidence to handle a wide variety of threats and to defend themselves from real life situations they might encounter in today’s dangerous world. The techniques you will learn include escapes, throws, takedowns, arm/joint locks, and pressure points, applied as a realistic approach to self-defense. Safety and doing one’s best are always emphasized in class. Students of Jukido develop a strong sense of confidence and self-discipline among the many benefits of hard work. Students may choose 2 of the 3 classes offered each week to better accommodate their busy schedules.

Millis Kokondo Academy

Ages 6-14

The Gym, 27 Milliston Road

1/4 – 2/26

Mon, Wed and Fri 6:00-7:15

8 Weeks

Fee: \$110

YOUTH PROGRAMS

LEARN TO SKATE – Norfolk Arena

Learn to skate is for all ages and levels. We follow the US Basic Skills Program. Our goal is to provide a fun and safe skating experience for the beginner and more advanced skater. We offer a 25 minute lesson and then 25 minutes of practice. *Learn to play hockey skaters have to know how to skate forward and backwards and full equipment is required.

Norfolk Arena, 1 Dean Street, Norfolk **Ages: 3-Adult**

SESSION I

Tuesdays, 12/29-2/9 **5:00-5:25 pm** **7 Weeks**

Fee: \$135 **OR**

Saturdays, 1/2-2/13 **12:00-12:25 pm** **7 Weeks**

Fee: \$135 **OR**

Sundays, 1/3-2/14 **4:00-4:25 pm** **7 weeks**

Fee: \$135

SESSION II

Tuesdays, 2/23-4/12 **5:00-5:25 pm** **8 Weeks**

Fee: \$160 **OR**

Saturdays, 2/27-4/16 **12:00-12:25 pm** **8 Weeks**

Fee: \$160 **OR**

Sundays, 2/28-4/17 **4:00-4:25 pm** **7 weeks**

Fee: \$135

*LEARN TO PLAY HOCKEY IS OFFERED DURING THE TUESDAY LEARN TO SKATE PROGRAM

FACING IT! A PORTRAIT WORKSHOP –

Kathleen Conroy Pueschel

Try out various techniques demonstrated by the instructor to achieve “a likeness” of full face view, ¾ view and profile. Many samples provided by the instructor. Bring family photos, magazine cut-outs, entertainment personalities. Tips on caricaturing from a professional caricature artist who studied traditional portraiture also. We will also draw/include a background setting for one completed “portrait”. Bring any materials you like to use; a mirror, a magazine etc. List provided on completion of registration.

Veterans Memorial Building, Room 130 **Beginning Grade 1-Adult**

Saturday, 2/6 **9:00 am-12:00 pm** **1 session**

Fee: \$65

NOVICE GIRLS GYMNASTICS CLASS –

Shen’s Gymnastics Academy

Our 60-minute girls’ gymnastics classes for girls six and up offer a fun environment where girls will be instructed on all of the Olympic events: vault, bars, balance beam, tumbling and trampoline.

Shen’s Gymnastics Academy, 16 Everett St, Holliston Ages: 6 & up

SESSION I

Mondays, 1/4-2/22 **4:30 or 5:30 pm** **8 Weeks**

Thursdays, 1/7-2/25 **4:30 pm** **8 Weeks**

Fridays, 1/8-2/26 **4:30 pm** **8 Weeks**

SESSION II

Mondays, 2/29-4/25 **4:30 or 5:30 pm** **9 Weeks**

Thursdays, 3/3-4/28 **4:30 pm** **9 Weeks**

Fridays, 3/4-4/29 **4:30 pm** **9 Weeks**

Fee: \$190 for 8 week session; \$213 for 9 week session

10% sibling discount

TUMBLING/BACK HANDSPRING

Shen’s Gymnastics Academy

This class is designed to perfect the back walkover and drill basic shapes for the back handspring. Students will work on cartwheels, round-offs, back bends, back walkovers and the back handspring.

Shen’s Gymnastics Academy, 16 Everett St, Holliston Ages: 6 & up

SESSION I

Mondays, 1/4-2/22 **3:30 pm** **8 Weeks**

Saturdays, 1/2-2/27 **11:00 am** **9 Weeks**

SESSION II

Mondays, 2/29-4/25 **1:00 or 4:30 pm** **9 Weeks**

Saturdays, 3/5-4/30 **11:00 am** **9 Weeks**

Fee: \$190 for 8 week session; \$213 for 9 week session

10% discount for families with 2 kids or more

FLOOR HOCKEY—F.A.S.T. Athletics

Come join F.A.S.T. Athletics for some floor hockey fun! Fundamentals of hockey will be taught along with good sportsmanship and rules. After the instructional period is over, each day will end with a good old fashioned floor hockey game.

Veterans Memorial Building, Gym

Ages: 7-13

Thursdays, 3/3-3/31 **3:45 – 4:45 pm**

5 weeks

Fee: \$65

NASHOBA VALLEY SKI LESSONS – Millis Recreation Department

Travel by school bus for a 6-week program leaving Millis High School parking lot at 3:00 pm arriving at Nashoba. One-hour weekly lessons begin at 4:00 pm. We will leave Nashoba at 6:30 pm and return to the High School at 7:30 pm. All levels of ski and snowboarding lessons will be offered. Chaperones needed and a limited number may ski free. Children under 10 must be accompanied by an adult. Lift ticket good for evening ski for those wishing to stay and provide their own transportation home. Helmets MUST be worn.

Nashoba Valley Ski Resort **Grades: 1-12**

Fridays, 1/8-2/12 **3:00—7:30 pm**

6 weeks

Fee: \$265/Lift ticket and lesson

Fee: \$230/Lift ticket only

****Equipment Rental Fee is \$120 extra****



Vacation, Half Days & Special Events

DANCE THE DAY AWAY! – Millis Dance Theatre

Parents: Enjoy some time to yourself while your child has a great time too! No school come to Millis Dance for “Dance The Day Away”! Dance, Tumble, Crafts, Pizza! Our popular dance party includes fun beginner dance steps as well as all of your favorite dance games. We will play with our colorful parachute, hip hop with hula hoops, twirl with rainbow ribbons, tumble on our gymnastic mats and get artsy with a fun craft project. Pizza will be served for lunch! This is a drop off program. No dance experience necessary. Boys and girls are welcome. Bring a water bottle and wear comfortable clothes.

Millis Dance Theatre, 903 Main Street **Ages 3-9 years**
Monday, January 18th (MLK Day) **10:00 - 12:00** **One Session**
Fee: \$15

SNOW TUBING TRIP – Millis Recreation Dept.

The bus will pick the kids up from the Veterans Memorial Building at 12:00 – SHARP!—and head out to Nashoba Valley Snow Tube Park. The kids will enjoy a two-hour block of snow tubing. The bus will arrive back in Millis at approximately 4:00 pm. Please note: lunch will NOT be provided. The admission is for bus and snow tubing pass only. Helmets are optional and you must bring your own. Chaperones wanted!

Nashoba Valley Snow Tube Park **Grades: 5-8**
Wednesday, 2/3 **12:00-4:00 pm** **One Session**
Fee: \$40

HALF DAY DODGEBALL & PIZZA – F.A.S.T. Athletics

F.A.S.T. Athletics will be offering a Dodgeball Tournament and Pizza for students looking to do something fun and exciting on the half days. They will host a round robin dodgeball tournament right after the participants have pizza for lunch. This tournament will be non-stop fun as the staff has created a tournament style bracket which allows almost everyone to play all day long!!! **There will be staff available for Clyde Brown pick up at 11:25am - students can also be dropped off at Clyde Brown after the tournament is over if extended day, regular pick up is at the town hall gym.

Veterans Memorial Building, Gym **Ages: 7-12**
Friday, 1/15 **11:30-2:30 pm OR**
Wednesday, 2/3 **11:30-2:30 pm**
Fee: \$45/day (includes pizza)

THE AMAZING RACE – Knucklebones

With a combined over 40 seasons and countless variations in other countries, Survivor and Amazing Race have created some of the greatest challenges known to man. Replicating scores of these challenges participants will engage in mental, physical and creative tasks. From a giant puzzle to a rolling boulder, and knot tying to being bound together while working to get through a maze, participants will be presented with their very own season. *Please indicate on your registration form if you child needs to be escorted over to the Veterans Memorial Building at dismissal time. *Includes Pizza/drink for lunch.

Veterans Memorial Building, Gym **Grades: 4-8**
Wednesday, 3/9 **11:30 am-2:00 pm** **1 session**
Fee: \$35



FEBRUARY VACATION GYMNASTICS CAMP Shen's Gymnastics

Join us at Shen's Gymnastics for our February Vacation Camp! Children aged 3.5 – 12 will enjoy the experience of gymnastics and get plenty of physical exercise. No gymnastics experience necessary! Join us for fun-filled days of gymnastics other activities include trampoline, zip-line, tumbling into our giant foam pit, jumping & sliding in our bouncy house, recreational games, arts & crafts, and of course, instructor-led gymnastics. Regardless of the skill level of our campers, our staff focuses on providing the fundamental of gymnastics in no-pressure, fun, camp environment.

Shen's Gymnastics Academy, 16 Everett St., Holliston **Ages: 3.5-12**
Vacation week: 2/15-2/19 **One day, several days or the whole week!**

Pricing:	DAY	WEEK
9:00 – noon	\$50	\$180
9:00 – 3:00	\$79	\$295

10% discount for families with 2 kids or more

VACATION, HALF DAY & SPECIAL EVENTS

EXTREME SCIENCE

Carl Geden; Northeast Educational Technologies

This is a must class for anyone fascinated with science who enjoys hands-on science experiments. Extreme Science is a class that explores the extreme conditions that exist in nature regarding temperature and electricity. The temperature section uses Liquid Nitrogen in experiments that demonstrate the effects of cold temperatures on objects such as a rubber ball, hot dog, flower. Students learn about expansion, contraction, and gas laws and create a cryogenic vacuum. Instantly made ice cream is also enjoyed by all! The electricity section demonstrates simple circuit examples. Students participate in experiments with static electricity, high voltage electricity, miniature lightning bolt and a plasma lamp. All students wear safety glasses and gloves during all experiments.



Burke School Rm. 124, 16 Cassidy Lane, Medway **Ages: 7 & up**
Tuesday, 2/16 **10:00am-12:00pm** **One session**
Fee: \$30

SPORTS MANIA – F.A.S.T. Athletics

Join us over February vacation for tons of fun and fitness with friends and our favorite coaches from F.A.S.T. Athletics! Their popular Super Sports program will be enhanced with even more games and tournaments. All children will stretch, shoot hoops, play catch, run and participate in exciting games for hand ball, pillo polo, soccer and dodgeball. Please bring a water bottle, snacks, drinks and a lunch (peanut-free please).

Veterans Memorial Building, Gym **Ages: 7-12**
Tuesday-Friday, 2/16-2/19 **9:00 am – 3:00 pm** **4 days**
Fee: \$120
Fee: \$40 per day **9:00 am – 3:00 pm** **per day**

DRAWING & CARTOONING--Kathleen Conroy Pueschel

Instructor demonstrates basic drawing skills to improve fun cartoons. Simplified one-point and two-point perspective exercises make your drawings "real"! Expand your gag lines or just draw funny sketches. We'll develop "characters"; handouts aid increased skill in figure drawing. Instructor provides individual attention to encourage your own style. Materials list will be provided when you sign - up, but, instructor will bring an assortment of papers, pencils, pens, collage, glue and use traditional drawing tools such as a protractor, compass, T-square. You bring your enthusiasm and any of your usual art materials, own work, cartoons or comics you like.

Veterans Memorial Building, Room 130 **Grades: 2-6**
Wednesday, 2/17 **10AM – 12 noon** **1 session**
Fee: \$30

— APRIL VACATION —

TRADITIONAL DRAWING – Kathleen Conroy Pueschel

Includes many demonstrations for enjoyable creation of correct perspective, use of light on objects and shadowing, tonal values (light to dark) crosshatching techniques, uses of color to create any sketches with the goal of finishing one complete composition (picture) by the final class. If you are a cartoonist, this course is great for you to develop your skills. Computer folks, too! Instructor gives many hand-outs to take home. Materials will be brought to share, but a materials list will be available when you sign up.

Veterans Memorial Building, Room 130 **Age: 10+**
Wednesday, 4/20 (April Vacation) **10:00 am – 12:00 pm** **1 session**
Fee: \$30



Adult Programs

ADULT VOLLEYBALL LEAGUE – Millis Recreation Dept.

Join us in this fun, non-competitive volleyball program. Players will be assigned to a team each week for a semester of enjoyable, recreational volleyball. Passing and team play are emphasized to ensure that everyone has fun, regardless of skill level.

Veterans Memorial Building Gym **Adults**
Tuesdays, 2/23 – 3/29 **6:30-8:00 pm** **6 weeks**
Fee: \$30

MC101: INTRO TO MEDICAL CODING

Michelle DeFosses, RHIT, CCS.

Ready to learn a new skill in the exciting field of Medicine and Reimbursement and earn a good income?

This class is created for beginners interested in working in a physician's office or hospital and designed for high school students and adults who wish to develop a valuable job skill. The benefits are endless and the rewards are great!

Veterans Memorial Building, Room 18 **Adults & Teens**
Mondays, 1/11-1/25 (no class 1/18) **6:00-7:30 pm**
One class each Monday
Fee: \$35 per class or 2/\$65

FINANCIAL PLANNING FOR WOMEN

Donna L. Barry Moilanen, Ph.D.

This course is designed to help women of all ages begin taking control of their financial futures. Developing a financial plan requires time and extensive knowledge, not only of one's personal financial affairs, but also of broader investment and financial issues. Additionally, when it comes to planning one's financial future, women tend to face unique challenges that men do not (i.e., women tend to live longer than men by an average of five to six years; women tend to earn less in the work force and, as such, typically retire with less money; and women tend to be more conservative investors which limits their overall gains).

This course will provide women with basic, financial planning information in a supportive and non-threatening environment. The class size is limited to 12 participants to allow for an "informational discussion" on the 'Five Steps to Financial Security,' as well as a discussion on how to apply these steps to case studies that reflect the typical financial needs of women across the lifespan. We will also discuss eight important Action Steps that each participant can implement to take control of their own financial futures. A free, financial planning consultation will be available to all participants of the course at a mutually agreed upon date and time.

Veterans Memorial Building, Room 130 **Adults**
Monday, 1/11 **6:30-8:00 pm** **One Session**
Fee: \$10



LADIES SNOWSHOE TREK – Nanci Cahalane

Join this invigorating winter 6 week class for the physically fit hiker! Embrace this part of the year-Hiking trails are serene during the winter months. Fresh fallen snow only adds to the magic! Plus, you can burn up to 1000 calories an hour on hilly terrain! Join other women and hike or snowshoe, (your choice), in some wonderful local park areas. Every week we will meet at a new location (a list will be given out).

SESSION I

Thursdays, 1/7-2/11	9:45am-11:00am	6 classes
Saturdays, 1/9-2/13	9:45am-11:00am	6 classes

SESSION II

Thursdays, 3/3-4/7	9:45am-11:00am	6 classes
Saturdays, 3/5-4/16 (no hike 3/26)	9:45am-11:00am	6 classes

Fee: \$25 per session

NOTE: canceled only for very inclement weather; make-ups after 2nd cancellation. Also if conditions are icy "ice cleats" on shoes are strongly recommended. They are available to purchase at several locations including Bass Pro Shop, L.L. Bean, and Walmart.

STAGE YOUR HOME TO SELL IN A SELLERS MARKET

Joleen Rose

In the world of real estate Joleen Rose, CBR, LMC, 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 Redesign 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.

Veterans Memorial Building, Room 204 **Adults**
Wednesday, 2/3 **6:00 pm – 7:00 pm** **1 session**
Fee: \$10

ADULT PROGRAMS

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 one's self. 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. Teens & Adult 4 week sessions

Tuesdays	6:45 - 7:45pm
Wednesdays	4:30 - 5:30pm
Thursdays	5:30-6:30 pm
Fridays	4:30 - 5:30pm
Saturdays	10:30 - 11:30am

Fee: \$80 per session

Come to as many of these classes as you like!

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. Young Adult/Adult

Tuesdays	4:30 pm	4 week sessions
Thursdays	6:45 pm	

Fee: \$80 per session

TAI CHI & CHI GUNG – Wu Xing Kung Fu

Learn the ancient, fluid movements of Tai Chi to help relieve stress and connect with your body. We work with the four main energies (Ward Off, Roll back, Press and Push Down) of Tai Chi to understand balance, power and poise. We also train sensitivity and awareness of ourselves and the world with meditation and Chi Gung. Beginners and experienced Tai Chi practitioners welcome!

Wu Xing Kung Fu, 903 Main St. Adults

Fridays	6:30 pm - 7:15 pm	4 week session
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Fee: \$80 per session

ADULT SELF DEFENSE/JUJITSU - sensei Jeremy Flori

Jukido is a style of the Japanese Martial Art of Jujitsu, the techniques of which were founded centuries ago. Today, we use Jujitsu as a comprehensive system of self-defense. Students will develop the skills and confidence to handle a wide variety of threats and to defend themselves from real life situations they might encounter in today's dangerous world. The techniques you will learn include escapes, throws, takedowns, arm/joint locks, and pressure points, applied as a realistic approach to self-defense. Safety and doing one's best are always emphasized in class. Students of Jukido develop a strong sense of confidence and self-discipline among the many benefits of hard work. Students may choose 2 of the 3 classes offered each week to better accommodate their busy schedules.

Millis Kokondo Academy

Ages 15 and up

The Gym, 27 Milliston Road

1/4 – 2/26

Mon, Wed and Fri 7:30-9:00 pm

8 Weeks

Fee: \$125

DRAWING FOR THE LOVE OF ART

Kathleen Conroy Pueschel

Initial demonstrations of traditional drawing skills such as drawing the inside of a room with library shelves and sofas; yes, a half open door. Okay! You can do it. Also draw outside steps, landscape barn, fencing, road and a close-up tree. You will be on your way to great sketching and you can apply it to computer graphic arts. Doodling encouraged. Fundamentals will give you the freedom to achieve good compositions in your art work. A completed art work of your choice will be displayed in class the final class. Instructor brings extra materials but will provide a materials list after you sign-up. If you like collages, we'll include mixed media also: still life set – ups or draw on object, too.

Veterans Memorial Building, Room 104

All Artists Welcome

4/6 – 5/11

Wednesdays 3:00–4:30 pm

6 weeks

Fee: \$65

Final class: A Gallery Show 4:00 to 4:30 pm. Friends invited.



The following 5 classes will be held at the Yoga Studio at 840 Main Street, Suite 111 in Millis. Classes are \$65 for a 6 week session beginning week of January 17, 2016

GENTLE HATHA YOGA – Cathy Mann or Denise D’Amico

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

The Yoga Studio **Ages: Adults & Teens**
Tuesdays **6:00-7:15 pm**
OR Wednesdays **5:30-6:45 pm**
OR Thursdays **9:30-10:45 am**
OR Saturdays **11:45 am-1:00 pm**

HATHA YOGA FOR ALL – Denise D’Amico or Ginny Dorn

Hatha Yoga for all levels. Attention to detail, focused breathing and correct posture allows the external body to relax, awakening your internal awareness. Build flexibility, strength and endurance in the body and promote a calm focused mind. All levels of experience are welcome.

The Yoga Studio **Ages: Adults & Teens**
Mondays **7:00 pm-8:15 pm**
OR Wednesdays **7:00 pm-8:15 pm**

IYENGAR YOGA – Cathy Mann

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.

The Yoga Studio **Ages: Adults & Teens**
Tuesdays **9:30-10:45 am**

PRENATAL YOGA--Denise D’Amica

Learn techniques to relieve stress, fatigue, nausea, heartburn and other common conditions. Explore gentle movement to strengthen and open the body. Practice breathing exercises to increase calm and focus. Align the body and mind during pregnancy. Yoga is helpful in assisting a Mother throughout her pregnancy. It opens the body, relieves tension and prepares the mother for a healthy delivery experience.

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

MEDITATION AND ONENESS BLESSING – Cathy Mann

Join us for a relaxing, inspiring class of guided visualization, meditation, breath work and healing energy. Simple techniques to reduce stress and improve focus. All are welcome.

Mondays, 1/18-2/8 **6:00-7:00 pm** **Adults & Teens**
4 weeks
Fee: \$45



PILATES & YOGA – Josette Puig

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Medway Senior Center, 76 Oakland Street **Adults**
Wednesdays, 1/13-3/9 (no class 2/17) **7:00-8:00pm** **8 weeks**
Fee: \$70

**EVENING BOOT CAMP – Melanie Greeley;
ACE Certified Personal Trainer**

Join us in this highly energetic class where you will have fun while getting fit! You will burn calories and train your muscles with creative exercises and positive motivation. Cardio and strength-training exercises will change each week so you will never feel bored. Please bring a yoga mat to class.

Burke School Gym, 16 Cassidy Lane, Medway **Adults**
Thursdays, 1/7-3/3 (no class 2/18) **7:00-8:00pm** **8 weeks**
Fee: \$70

**LADIES NIGHT OUT: CERAMICS
Laura Mellick, F/K Art Teacher**

Join us for this popular class! This winter the project is the potter’s choice. Make either a cup, goblet or vase. Laura will help with design and technique. Choose to press a design if you like. Fired pieces will be available for pick-up 1-2 weeks after class-we will email you to let you know when and where to pick up. Join us for this fun night out!

Freeman Kennedy Art Room, 70 Boardman Street, Norfolk, MA Enter Main Door #1
Thursday, 1/28 **7:00-9:00 pm** **1 session**
Fee: \$29

ADULT PROGRAMS

PAINT & SIP – Alyssa Champagne

Grab a couple of friends and join us at one of Medway's most popular restaurants for our exciting painting workshop! All participants are instructed from start to finish in the creation of a winter painting. A different painting will be featured each session. Best of all, you leave at the end of the class with a custom piece of art to decorate your home. All supplies are included. Restaurant 45 is opening their menu for us to enjoy appetizers and/or dinner and drinks before or during class.

Restaurant 45, 45 Milford Street, Medway **Adults**
Monday, 1/25 OR Monday, 3/7 7:00-9:00 pm 1 session
Fee: \$30

LADIES NIGHT OUT – Ann Fisher; Molly's Apothecary

Join Ann Fisher, head teacher and owner of Molly's Apothecary in Medway, for a fun evening of making natural body products. We will make a fun Melt and Pour "glycerin" soap project, a luxurious lotion, and a decadent sugar scrub, using natural ingredients, botanicals, essential oils and perfume grade fragrances. All participants will take

home lovely handmade products at the end of the evening. This class is always fun in groups, so bring a friend!

Medway Mills, 163 Main Street, Suite 5, Medway **Adults**
Wednesday, 2/10 6:30-9:00 pm 1 session
Fee: \$45

LADIES NIGHT OUT Face & Body Ann Fisher; Molly's Apothecary

Join Molly's Apothecary this fall for our popular Ladies Night Out that focuses on products for the face and body! As we know, it will be a long winter and our face and body need soothing help. We will make a hand and body lotion, a body scrub, a face mask and facial cream, all from the highest quality organic and natural ingredients. This class is always fun in groups, so bring a friend!

Medway Mills, 163 Main Street, Suite 5, Medway **Adults**
Thursday, 3/10 6:30-9:00 pm 1 session
Fee: \$45

Upcoming Events

A DAY IN NEW YORK CITY

Join us for a memorable day in New York City! There are countless exciting and entertaining places to visit in the city. For ideas and information, visit www.nycgo.com or www.nycinsiderguide.com to help plan your day.

The luxury coach bus drops off and picks up at 5th and 42nd Streets, near the NY Public Library and Bryant Park. This location is ideal if you choose to visit Times Square, St. Patrick's Cathedral, Rockefeller Center, plus much more – a map of the area is provided.

For planning purposes, please note that the bus arrives in the city at approximately 10:30am and departs promptly at 6:00pm.

Saturday, 4/30 6:30 am departure from Medway Middle School
10:00 pm return to Medway Middle School
Fee: \$58

SNOWFLAKE DANCE – Millis Recreation Dept. Veterans Memorial Building Gym

Friday, 2/5 5:00-7:00 pm Grades: 5-7
Cost: \$5.00

Refreshments will be available for purchase

ADULT BOWLING NIGHT

Teams of 4 will be pitted against each other in this fun night of bowling! You can form your own team, or register as an individual and we'll assign you to a team. Lanes fill up quickly so register your team now! Registrations need to be in by February 8th!! See if you can win the coveted trophy!

Ryan's Family Amusement, 1170 Main Street, Millis **Adults**
Saturday, 2/13
Check in at 6:45—Games start at 7:00 pm 1 session
Fee: \$20 per person

TEEN BOWLING TOURNAMENT

Teams of 4 will be pitted against each other in this fun night of bowling! You can form your own team, or register as an individual and we'll assign you to a team. Lanes fill up quickly so register your team now! Registrations need to be in by February 29th!! See if you can win the coveted trophy!

Ryan's Family Amusement, 1170 Main Street, Millis **Ages: 13+**
Saturday, 3/5 6:00-9:00 pm 1 session
Fee: \$20 per person





How to Register

All programs must be registered for in advance unless noted. Registration may be done by mail or by bringing your registration to the office. To register in person or by mail a registration form must be completed and submitted with payment. You may download a form from our website at www.millis.net. Only checks and cash are accepted in the office. Please make checks payable to Millis Recreation Department. If you are paying by cash, you must pay at Treasurer's office and bring receipt with form. Please do not mail cash.

Refund Policy

Refunds are given only if a program is cancelled by Millis Recreation. Refunds are issued by Town Check and may take up to six weeks to process.

Accessibility

All program locations are handicapped accessible.

Notification of Program Enrollment

No news is good news! We do not send confirmations for registrations processed. We will call only if there is a problem with your registration or if class is full. You are welcome to call us to confirm at (508) 376-7050.

Returned Checks

All checks returned by the bank will incur a \$25 fee payable to the Town of Millis and collected by the Town Treasurer.

Class Cancellation Policy

Our classes are self-supporting; therefore we must reserve the right to cancel a class if registration numbers are too low. The best way to assure your class will run is to register on time! If you are wondering about a class, please call.

Millis Recreation Department

Kris Fogarty, Director
Veterans Memorial Building, Room 128
900 Main Street, Millis, MA 02054
Hours: Mon.-Thurs 9:00 -3:00 -Fri. 9:00-12:00
Phone: (508) 376-7050
Fax: (508) 376-7053
E-mail: kfogarty@millis.net
Web Site: www.millis.net
Like us on Facebook: Millis Recreation Dept

***Interested in teaching a class?
Please contact us with your idea at
Kfogarty@millis.net or call (508) 376-7050***

**Online Registration Available, December 21st
WWW.MILLIS.NET**

Adult Bowling Night Registration Form

Team Name: _____

Player 1: _____

Phone: _____

Player 2: _____

Phone: _____

Player 3: _____

Phone: _____

Player 4: _____

Phone: _____

Please make checks payable to Millis Recreation Department

**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.

<i>PRINT CHILD'S NAME</i>	<i>AGE</i>	<i>SEX</i>	<i>GRADE</i>	<i>DATE OF BIRTH</i>
<i>PROGRAM TITLE</i>		\$	<i>FEE</i>	

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

PERSON TO CONTACT IN EMERGENCY: _____

SIGNATURE (of parent or guardian): _____

ADDRESS: _____ (E-Mail) _____

TELEPHONE #: (Days) _____ (Cell) _____

I authorize the Millis Recreation Dept. to use a photo of myself or my child Yes _____ NO _____

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

<i>PROGRAM TITLE</i>	<i>FEE</i>
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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.

ADDRESS: _____ (E-Mail) _____

TELEPHONE #: (Days) _____ (Evenings) _____

I authorize the Millis Recreation Dept. to use a photo of myself or my child Yes _____ NO _____

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

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

ECRW S S Postal
Customer Millis, MA 02054

STD MAIL
U.S. POSTAGE PAID
MILLIS, MA
PERMIT NO. 20
ZIP CODE 02054

