



Holliston Recreation Department 2014 Spring & Summer Programs



Registration Begins on Tuesday March 18, 2014 at 9:00am

Three Ways to Register!

1-Register online at www.townofholliston.us/parks-recreation

2-Mail your registration form and check made out to the
Town of Holliston to the Recreation Department at 100 Linden St.

3-Stop by and register in person (cash and check only).

Holliston Recreation Department
100 Linden St., Holliston, MA 01746
Phone: 508-429-2149 Fax: 508 429-0696



Office Hours:
9:00am-3:00pm Monday thru Thursday Closed Friday

Kristen Hedrick, Director hedrickk@holliston.k12.ma.us
Maureen Korson, Recreation Administrator korsonm@holliston.k12.ma.us

Holliston Park Commission:

Thomas Chipman
Inge Daniels, Co-chairperson
Paul Healy
Melissa Kaspern, Co-chairperson
Art Winters



Registration Information and Program Policies

- Participants are required to have a current physical/immunization form on file each year. The deadline for dropping off these forms for summer programs is May 15, 2014.
- Space is limited. A minimum number of participants are required for each program to run.
- We do not confirm registrations. You will only be notified if the program is full or cancelled.
- The Recreation Department reserves the right to correct mistakes in this brochure and online.
- We make every effort to run our programs rain or shine. In the event of extreme weather, we reserve the right to cancel a program. There are no Recreation Programs when school is cancelled.
- We do not prorate program fees. Full payment is due at the time of registration.
- Participants must be the required age indicated by the start of the program.
- In order to accommodate the rising number of children with allergies, our programs are now nut free. Please no peanut butter, etc. for snacks or lunches.
- Requests for refunds (or changes to an existing registration) must be made in person or via a phone conversation directly with the Recreation Department; please DO NOT use the general office email (hollistonparkrec@holliston.k12.ma.us) as that inbox is not checked daily.

Refund Policy:

- Refunds (less a 25% fee) will be issued only if you request to withdraw from a program in sufficient time that a replacement can be found and no cost has been incurred because of your withdrawal. We do not refund after the start of a program.
- Medical refunds will be issued if a participant is unable to attend class due to a prolonged illness or injury (3 or more weeks). Your request must be made prior to the end of the program session and must be accompanied by a doctor's note.
- Special Refund Policy for Outdoors at Goodwill Park, Junior Patoma, Senior Patoma, Counselor-in-Training and Great-Get-a-Ways:
 - ⇒ Requests for refunds received from Feb 5 thru Jun 1 --15% program fee withheld
 - ⇒ Requests for refunds received from Jun 2 thru the start of the program—25% fee withheld



FOR THE MOST CURRENT INFORMATION ON ALL OUR PROGRAMS PLEASE CHECK OUR WEBSITE AT:

www.townofholliston.us/parks-recreation

Under "LINKS" click on "Register Online" then click on "Register for Activities"


JUNE

MON	TUES	WEDS	THURS	FRI
16 PreK MiniGames	17 4-6 yrs pg 10	18	19	20
23 PreK TBall PreK Soccer Horse Buddies 1 Golf 1	24 3-6 yrs pg 10 3-6 yrs pg 10 6 yrs & up pg 14 6-17 yrs pg 16	25	26	27

Don't let important Recreation Department program information and updates end up in spam!"

Be sure to add our email address: hollistonparkrec@holliston.k12.ma.us
into your address book!

JULY & AUGUST

MON	TUES	WED	THURS	FRI
Jun 30 Home Alone Babysitting Lessons Jr/Sr Patoma 1 Golf 2	Jul 1 Grades 3-5 pg 4 Grades 5-7 pg 4 Grades 2-7 pg 12 6-17 yrs pg 16 Great Get-A-Ways 1a pg 12	2	3 Great Get-A-Ways 1bp pg12	4  NO PROGRAMS
7 Goodwill A Cheerleading Jr/Sr Patoma 2 CIT Horse Buddies 2 Golf 3	8 4yrs-1st grade pg 9 7-12 yrs pg 11 Grades 2-7 pg 12 13-15 yrs pg 13 6 yrs & up pg 14 6-17 yrs pg 16 Great Get-A-Ways 2a pg12	9 Art Explosion pg 14	10 Great Get-A-Ways 2b pg12	11
14 Goodwill B Street Hockey Ultimate Sports Jr/Sr Patoma 3 Golf 4	15 4 yrs-1st grade pg 9 Grades 3-6 pg 11 Grades 3-6 pg 11 Grades 2-7 pg 12 6-17 yrs pg 16 Great Get-A-Ways 3a pg12	16 Art Explosion pg 14	17 Great Get-A-Ways 3b pg12	18
21 Goodwill C Jr/Sr Patoma 4 CIT Horse Buddies 3 Golf 5	22 4 yrs-1st grade pg 9 Grades 2-7 pg 12 13-15 yrs pg 13 6yrs & up pg 14 6-17 yrs pg 16 Great Get-A-Ways 4a pg12	23 Art Explosion pg 14	24 Great Get-A-Ways 4b pg12	25
28 Goodwill D Dodge Ball/ Flag Foot Ball Jr/Sr Patoma 5 Basketball Guard Play Basketball Post Play Golf 6	29 4 yrs-1st grade pg 9 7-13 yrs pg 11 Grades 2-7 pg 12 Grades 8-12 pg 15 Grades 8-12 pg 15 Grades 6-17 pg 16 Great Get-A-Ways 5a pg12	30	31 Great Get-A-Ways 5b pg12	Aug 1
4 Goodwill E Backyard Games Jr/Sr Patoma 6 CIT Horse Buddies 4 Girls Basketball Track & Field Golf 7	5 4 yrs-1st grade pg 9 Grades 2-6 pg 11 Grades 2-7 pg 12 13-15 yrs pg 13 6 yrs & up pg 14 Grades 2-6 pg 15 Grades 6-9 pg 15 Ages 6-17 pg 16 Great Get-A-Ways 6a pg12	6	7 Great Get-A-Ways 6b pg12	8



AUGUST

MON	TUES	WED	THURS	FRI
11 Goodwill F Jr/Sr Patoma 7 Wicked Cool Vet School Golf 8	12 4 yrs-1st grade pg 9 Grades 2-7 pg 12 Grades 2-5 pg 14 Ages 6-17 pg 16 Great Get-A-Ways 7a pg12	13	14 Great Get-A-Ways 7b pg12	15
18 Golf 9 British Soccer	19 Ages 6-17 pg 16 Ages 3-14 pg 17	20	21	22

Spring & Summer Safety Training Classes Home Alone Safety & Babysitter Lessons and Safety Training

Home Alone Safety Class

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



Who: Grades 3,4 &5
Session 1: Tue Apr 22 **Time:** 9:00-11:00 am
Session 2: Mon Jun 30 **Time:** 9:00-11:00am
Where: Flagg Building, 100 Linden St
Cost: \$50.00

Baby Sitter Lessons & Safety Training

Lots of girls AND boys have already participated in this popular and informational workshop where you'll learn all about the basics of infant and child care. You will also learn how to react responsibly to medical emergencies and how to perform first-aid for common injuries and illnesses. Sign-up early, this is a very popular class! Please bring a drink and a snack. *Instructor: Juanita Allen, EMT*

Who: Grades 5, 6 & 7
Session 1: Tue Apr 22 **Time:** 11:30-2:30pm
Session 2: Mon Jun 30 **Time:** 11:30-2:30pm
Where: Flagg Building, 100 Linden St.
Cost: \$55.00



ADULT PROGRAMS

Get Fit For Summer!

Holliston Recreation has teamed up with Athletic Based Training to offer you a chance to get back in shape after a long cold winter. "ABT" programs are fun and highly energizing and all fitness levels are welcome; everyone is encouraged to go at their own pace. Benefits include increased strength and fitness, decreased body fat, stronger core, increased mobility and flexibility. Athletic Based Training is the top training center in the Metro West. All coaches have degrees in exercise science/sports medicine and hold credentials in nationally recognized organizations. *Instructors: Athletic Based Training Staff*

Who: Adults **Time:** Mon & Wed 7:00pm & Sat 7:00am

Session 1: Mar 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31, Apr 3, 5, 7, 10, 12, 14, 17, 19

Session 2: Apr 28, May 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29, 31, Jun 2, 5, 7, 9, 12, 14

Where: Athletic Based Training, 53 Jeffery Ave. Holliston

Cost: \$119.00 (sign up for sessions 1 & 2 and save! \$199 for both!)

Adult Fitness Boot Camp With ABT

Don't let the word "boot camp" scare you - you will not have a drill sergeant screaming in your face to drop and give me 20! ABT Fitness Boot Camps are fun and highly energizing while forcing your body to constantly adapt and change. All fitness levels are welcome as everyone is encouraged to go at their own pace. Benefits include increased strength and fitness, decreased body fat, increased lean muscle mass, stronger core and tighter midsection, and increased mobility, flexibility, and range of motion. Each session is different and will include flexibility, mobility, strength training, core, strength training and conditioning. *Instructors: Athletic Based Training Staff*

Who: Adults **Time:** 5:30am-6:30am

When: Tues & Thurs Jun 24, 26 Jul 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 Aug 5, 7, 12, 14, 19, 21

Where: Adams Field **Cost:** \$165.00

Men's Over 35 Basketball

Looking for competition, camaraderie & exercise? Pick-up format will be used with games to 15 points. Everyone plays with two courts going at the same time teams will rotate. Please register in advance, space is limited!

Session 1: Mon Apr 7, 14, 27, May 5, 12, 19, Jun 2, 9, 16 & 24 (10 dates) (No program Apr 21 & May 26)

Time: 8:00-10 pm **Cost:** \$ 60

Session 2: Thurs Apr 3, 10, 17, May 1, 8, 15, 22, 29, Jun 12 & 19 (11 dates) (No program Apr 24 & Jun 5)

Time: 8-10 pm **Cost:** \$ 66

Where: Holliston High School

Register On-line: www.townofholliston.us/parks-recreation



ADULT PROGRAMS

Adult Golf at Pinecrest Golf Club Pinecrest Golf Club, 212 Prentice St.

Pinecrest Golf Club is an attractive facility for instruction, clinics and enjoyable golf with it's 18 challenging holes, practice range and putting green. Returning this year is Golf Pro & instructor Joe McKinney, who has been director of instruction at some of the finest private country clubs in North America. Joe was named New England PGA Teacher of the Year. If you are interested in more information or for private instruction please contact Joe at Mckinney89@aol.com or call Joe at (617) 285-2707.

Beginner Adult Golf Lessons: the focus will concentrate on golf fundamentals. You will learn the proper grip, stance, and alignment necessary to make the full swing. You will be given drills and exercises to make the proper swing easier and more effective. Each session will include one portion that is dedicated to putting and short game basics. There will also be some discussion about golf course etiquette.

Intermediate Adult Golf Lessons: for individuals who already play golf and have a basic knowledge of the game, or those who have previously taken our beginner class. The class will again emphasize the fundamentals and stress more individual attention. You will be taught the cause and effect of basic ball flight laws and important basic rules of golf. Included in each lesson: short game and putting.

Spring Adult Golf

Session 1: Tues Apr 29, May 6, 13, 20	Who: Adult Beg.	Time: 9:00-10:00am	Cost: \$162
Session 2: Tues Apr 29, May 6, 13, 20	Who: Adult Int.	Time: 10:00-11:00am	Cost: \$162
Session 3: Wed Apr 23, 30 May 7, 14,	Who: Adult Beg.	Time: 5:00-6:00pm	Cost: \$162
Session 4: Wed Apr 23, 30 May 7, 14	Who: Adult Int.	Time: 6:00-7:00pm	Cost: \$162
Session 5: Tues May 27, Jun 3, 10, 17	Who: Adult Beg.	Time: 9:00-10:00am	Cost: \$162
Session 6: Tues May 27, Jun 30, 10, 17	Who: Adult Int.	Time: 10:00-11:00am	Cost: \$162
Session 7: Wed May 21, 28, Jun 4, 11	Who: Adult Beg.	Time: 5:00-6:00pm	Cost: \$162
Session 8: Wed May 21, 28, Jun 4, 11	Who: Adult Int.	Time: 6:00-7:00pm	Cost: \$162

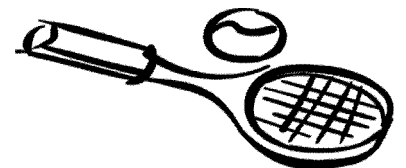
Summer Adult Golf

Session 1: Wed Jun 18, 25, Jul 2, 9	Who: Adult Beg.	Time: 6:00-7:00pm	Cost: \$162
Session 2: Wed Jun 18, 25, Jul 2, 9	Who: Adult Int.	Time: 7:00-8:00pm	Cost: \$162
Session 3: Wed Jul 30, Aug 6, 12, 20	Who: Adult Beg.	Time: 6:00-7:00pm	Cost: \$162
Session 4: Wed Jul 30, Aug 6, 13, 20	Who: Adult Int.	Time: 7:00-8:00pm	Cost: \$162

Adult Tennis

Have you always wanted to learn to play tennis? Do you have some skills, but are you ready to improve your game? Join us for this 5-week tennis program designed especially for beginner to lower intermediate adults/ You will learn all the fundamentals, including the forehand, volley, and serve. If you have any questions about skill level or racquets please contact instructor Lyn Calkins at campcalks@gmail.com or call her at (508) 735-0085.

Who: Adults
When: Thurs May 1, 8, 15, 22, 29
Time: 12:30-2:00pm
Where: Goodwill Park
Cost: \$130.00





SPRING PROGRAMS



Mommy, Music & Me

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

When: Tues Apr 8-Jun 17 (no class Apr 22)

Session 1: Ages 6-23 mos. **Time:** 9:30-10:15

Session 2: Ages 2-3 yrs. **Time:** 10:30-11:15

When: Wed Apr 16-Jun 25 (no class Apr 23)

Session 3: Ages 6-23 mos. **Time:** 9:30-10:15

Session 4: Ages 2-3 yrs. **Time:** 10:30-11:15

Where: Flagg Building, 100 Linden St
Cost: \$95.00

Pre-K Soccer

This is an easy introduction to soccer where learning and skill development are the priority. Participants will learn the basic skills including dribbling, trapping, passing & shooting. *Instructors: F.A.S.T. coaching staff*

Who: 3-6 years

Session 1: Mon Apr 28, May 5, 12, 19, Jun 2, 9

Session 2: Thurs May 1, 8, 15, 22, 29, Jun 5

Time: 9:30-10:25 am

Where: Flagg Field, 100 Linden St.

Cost: \$ 80.00

Pre-K Mini-Sports & Games

this popular program is a combination of warm-ups and sports such as kickball, wacky ball, tag, and t-ball. Children will ease into learning the basics of all of these great sports while learning the importance of team work! *Instructors: F.A.S.T. coaching staff*

Who: 3-6 years

Session 1: Mon Apr 28, May 5, 12, 19, Jun 2, 9

Session 2: Thurs May 1, 8, 15, 22, 29, Jun 5

Time: 1:00-1:55 pm

Where: Flagg Field, 100 Linden St.

Cost: \$ 80.00

Pee Wee Tennis

The first time tennis player will be introduced to the game of tennis in a class where the emphasis will be placed on developing hand-eye coordination skills through the use of fun games! Please wear sneakers, bring a water bottle and a racquet. Please contact Lyn Calkins at campcalks@gmail.com with any questions. A minimum of 4 participants (max of 6) is required for the class to run.

Who: 4-6 yrs

When: Tues Apr 29, May 6, 13, 20, 27

Session 1: 1:00-1:45pm

Session 2: 1:45-2:30pm

Where: Goodwill Park

Cost: \$75.00

Afterschool Dodgeball & Flag Football

Love Dodgeball? Love Flag Football? Then this is the program for you! We will be playing dodgeball in every way imaginable, octopus dodgeball, cracker dodgeball and of course traditional dodgeball too!

Is flag football your game? We'll work on passing, defense, offense and team work! Students will be picked up at 2:33pm from the Miller School by a Recreation Department staff member and walked over to the Flagg Field for the program. Bring a water bottle and snack. *Instructors: F.A.S.T. coaching staff*

When: Mon Apr 28, May 5, 12, 19, Jun 2, 9

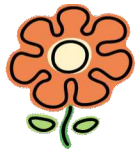
Who: Grades 3-5

Time: 3:00-4:00 pm

Where: Flagg Field, 100 Linden St.

Cost: \$80.00





SPRING PROGRAMS



Spring Horse Buddies

Introduce your child to the wonderful world of horses with Breezy Hill's Horsemanship Program. This exciting new program is a safe, informative, and fun environment for your child to learn about this majestic animal. Plenty of hands on activities are planned to teach basics of horse care and riding. Your child will leave this program with the feeling of what it is like to be a horse owner. New this year! Parent day on Friday! Participants are required to print out and bring the Breezy Hill Horse Farm waiver and release to the first day of the program. Please go to <http://www.breezyhillfarm.com/>

When: Apr 21-25 (Mon-Fri)

Who: 6 yrs & up **Time:** 10:00-12:00 noon

Where: Breezy Hill Horse Farm, 583 Adams St. Holliston

Cost: \$125.00

Spring Golf Pinecrest for Kids

Pinecrest Golf Club is an attractive facility for instruction, clinics and enjoyable golf with it's 18 challenging holes, practice range and putting green. Returning this year is Golf Pro & instructor Joe McKinney, who has been director of instruction at some of the finest private country clubs in North America. Joe was named New England PGA Teacher of the Year. Joes will staff the programs as needed to insure expert instruction, supervision of children and proper staff to student ratio. If you are interested in more information or for private instruction please contact Joe directly at Mckinney89@aol.com or call Joe at (617) 285-2707.

Beginner Golf Lessons: the focus will concentrate on golf fundamentals. You will learn the proper grip, stance, and alignment necessary to make the full swing. You will be given drills and exercises to make the proper swing easier and more effective. Each session will include one portion that is dedicated to putting and short game basics. There will also be some discussion about golf course etiquette.

Intermediate Golf Lessons: for individuals who already play golf and have a basic knowledge of the game, or those who have previously taken our beginner class. The class will again emphasize the fundamentals and stress more individual attention. You will be taught the cause and effect of basic ball flight laws and important basic rules of golf. Included in each lesson: short game and putting.

Advanced Golf Lessons: for the experienced player, or also for those who might be trying out for the school golf team and included 9 holes of golf daily.

April Vacation Week Kids Golf

When: Apr 22, 23, 24, 25 (Tues-Fri)

Who: 6-17 years

Session 1: Beginner 9:00-10:00am

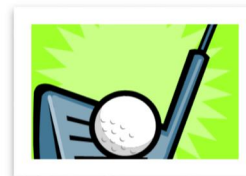
Cost: \$142

Session 2: Intermediate 10:00-11:30am

Cost: \$182

Session 3: Advanced 10:30-3:00pm

Cost: \$252



Kids Beginner & Intermediate Spring Golf

Session 1: Sun Apr 20,27, May 4, 11 **Who:** 6-9 yrs **Time:** 2:00-3:00pm **Cost:** \$142

Session 2: Sun Apr 20, 27, May 4, 11 **Who:** 10-16yrs **Time:** 3:00-4:00pm **Cost:** \$142

Session 3: Sun May 18, 25, Jun 1, 8 **Who:** 6-9 yrs **Time:** 2:00-3:00pm **Cost:** \$142

Session 4: Sun May 18, 25, Jun 1, 8 **Who:** 10-16yrs **Time:** 3:00-4:00pm **Cost:** \$142





SUMMER PROGRAMS



Outdoors at Goodwill Park



Outdoors at Goodwill Park is back bringing new and exciting themes and ideas as well as old favorites to our playground program! Every week we will have arts & crafts, water fun, games, scavenger hunts and more! The playground adds even more varied playtime fun! This year come dressed in a special way every Wednesday. Water games include: splash balls, slides, pools, sprinklers, and more! Water Day is every day; wear a bathing suits & don't forget your sunscreen & towel. Children should bring a lunch, drink and water bottle daily. Children must be 4 years old and completely potty trained at the start of the program. Please note the new pick-up time!

Session A: July 7- 11 Antarctic Adventure It's winter in July! We'll make snow balls, igloos, freeze pops, ice cream and more! We'll become Eskimos searching for walrus & polar bears and then pretend we're penguins swimming in the icy seas!

Session B: July 14-18 12 Buggin Out We'll be busy as bees! We'll learn about honeybees, ladybugs, creepy crawlies, ants and more! We'll make bugs on logs, spider hats and use magnifying glasses to search for insects. We'll wrap ourselves in cocoons and then emerge as butterflies and fly away!

Session C: July 21-25 Carnival Fun! Face Painting, carnival games, backwards day, tattoos, crazy hair day, balloons and more! Join us for merriment and fun!

Session D: July 28-Aug. 1 Ooey Gooley- More than Messy Week! Painting with fly swatters, marbleizing with shaving cream are a few of the arts and crafts we'll try. Water play and active games are enjoyed as always.

Session E: Aug 4-8 Animal Planet! We share the planet with some awesome animals and some of them will visit Goodwill this week for an amazing show. We'll make different kinds of animals during arts and crafts and possibly turn into animals during dramatic play! Come dressed as your favorite animal on Wednesday. Our games, dramatic play and crafts will all be wild fun!

Session F: Aug 11-15 Fantasy Land! Jack in the Beanstalk, Where the Wild Things Are, giants, castles, kings, princesses, dragons, Goldilocks, the Gingerbread Man and more! We'll explore flights of fantasy through stories, books and rhymes!



Who: 4 years - entering first grade
Time: 9:00 am- 12:45 pm (pick-up begins at 12:45 pm)
Where: Goodwill Park
Cost: \$128.00



Summer Program Scholarships are awarded every year! Please apply!!!

The Timothy O'Connell Summer Day Program Scholarship (submission due by June 2, 2014)

The Joseph Larracey Sports Program Scholarship (submission due by Jun 2, 2014)

The Gregory Bruno Soccer Program Scholarship (submission due by Jul 31, 2014)

Recipients are chosen based on their creative application.

Children from all financial backgrounds are encouraged to apply.

For more info check our website: www.townofholliston.us/parks-recreation

Or call us 508 429-2149



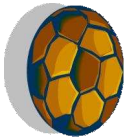


SUMMER PROGRAMS



Pre-K Mini Games

This fun and exciting program is a combination of warm-ups and games such as kickball, wacky ball, tag, and t-ball. While participants ease into learning the basics of all of these great sports, they will also learn the importance of team work! Every day there will be new and exciting games to play! *Instructors: F.A.S.T. coaching staff*



Who: 4-6 years
When: Jun 16-20
Time: 9:00-11:00am
Where: Goodwill Park
Cost: \$95.00



Pre-K T-Ball

This is an easy introduction to t-ball where learning and skill development are the priority. Participants will be taught basic skills in fielding, throwing, hitting, and base running. They will also play lots of fun games such as "Home Run Derby", "Last One Standing" and "Running Bases". *Instructors: F.A.S.T. coaching staff*

Who: 3-6 years
When: Jun 23-27
Time: 9:00-9:55
Where: Goodwill Park
Cost: \$70.00



Pre-K Soccer

This is an easy introduction to soccer where learning and skill development are the priority. Participants will learn all the basic skills including dribbling, trapping, passing & shooting. *Instructors: F.A.S.T. coaching staff*

Who: 3-6 years
When: Jun 23-27
Time: 10:00-10:55
Where: Goodwill Park
Cost: \$70.00



Summer Kids Track Meet

Looking for an extra little "something" to do this summer? Join Mr. Mangan and Mr. Tyman Monday evenings for Holliston's Annual Summer Kids Track Meet! There will be races in the 50m, 100m, 200m, 400m & 800m, 4x 100m relay & 4x400m relay. In every heat it will be boys vs. boys and girls vs. girls and everyone races against their own age group. There will be ribbons presented for the top three in each race!!

Participants are required to have a signed waiver and release before they race.

For more information call:
 Paul Manan 508 429-1533 Mike Tyman 508 429-1215



Who: ages 3 & up
When: Mon Jul 7, 14, 21, 28, Aug 4
Time: Registration begins at 5:30 & 1st race is at 6:00
Where: Holliston High School Track
Cost: \$1.00 (yes! That's right! \$1.00)



SUMMER PROGRAMS



Junior Patoma

You asked for it and we delivered an additional week of summer fun! We are now offering seven one week sessions to fit your schedule! At Junior Patoma your child will have an unforgettable experience and make memories that will last a lifetime. This program is jam packed with great outdoor summertime activities such as archery, arts & crafts, tennis, theme days, games, swimming, scavenger hunts, sand castle competitions, make your own ice cream, tie-dye, trivia games, shaving cream fun, field game days and much more! Kids will have tennis & archery each week!

Who: Entering grades 2-5

Time: 8:30-3:00 pm

Drop-off begins at 8:30 and Pick-up will start at 3pm

Where: Stoddard Park



Session 1: June 30- July 3(4 days) **Cost:** \$160
Session 2: July 7-11 **Cost:** \$ 200
Session 3: July 14-18 **Cost:** \$ 200

Session 4: July 21-25 **Cost:** \$ 200
Session 5: July 28-Aug 1 **Cost:** \$ 200
Session 6: Aug 4-8 **Cost:** \$ 200
Session 7: Aug 11-15 **Cost:** \$ 200

Just a Little Longer!

The extra time at Patoma, **Junior or Senior**, will offer participants extra time for fun at their favorite summer activities, while giving parents the flexibility to schedule later pick-up times. Participants will be able to explore arts & crafts, field activities, group games, and extra swimming in Lake Winthrop. Parents will be able to take advantage of flexible pick-up at Stoddard Park between the hours of 3:00 and 5:00. Program limited to 20 participants on a first come-first serve basis. For your convenience you can register by session or for specific days! You must register in advance, space is limited!

Cost: \$13/day OR \$60 per week **Session 1(four days)** \$49

Time: 3-5 pm **Who** grades 2-7

Senior Patoma

This program was designed especially for those adventurous middle school kids who enjoy being outdoors and hanging with their friends. In addition to all of the fun outside stuff like swimming, games, archery, tennis, arts & crafts, scavenger hunts and ice cream making, participants will also get to go on two great field trips each week. Be prepared to have lots of fun, but please leave your cell phone, ipod, gaming equipment, etc. at home. This is an outdoor experiential program and for maximum enjoyment everyone needs to “unplug”. Did you notice the increase in cost? We added a longer day for the water field trips for added kid enjoyment and started the program earlier! Field trips listed below may be subject to change depending on availability.

Who: Entering grades 6 & 7

Time: 8:30 am -3:00 pm Mon, Wed, Thurs, Fri & 8:30-5:00 Tues (due to field trip)

Where: Stoddard Park

Session 1: June 30- July 3	Water Wizz 8:30 - 5:00, Kimball Farm 8:30-3:00	Cost: \$ 200
Session 2: July 7-11	Canobie 8:30-5:00, Sky Zone 8:30-3:00	Cost: \$ 247
Session 3: July 14-18	Water Country 8:30- 5:00, Starland 8:30-3:00	Cost: \$ 247
Session 4: July 21-25	Water Wizz 8:30 - 5:00, United Skates 8:30-3:00	Cost: \$ 247
Session 5: July 28-Aug 1	Canobie 8:30-5:00, Starland 8:30-3:00	Cost: \$ 247
Session 6: Aug 4-8	Water Country 8:30- 5:00, PINZ 8:30-3:00	Cost: \$ 247
Session 7: Aug 11-15	Water Wizz 8:30-5:00, Sky Zone 8:30-3:00	Cost: \$ 247





SUMMER PROGRAMS



Counselor in Training Program (CIT)

This program is for 13 thru 15 year olds who enjoy working with young children. Kerry Perpall will be on hand to help CITs learn effective communication, child safety, first aid and all the basics on how to be a fun and engaging counselor. This program runs in two-week sessions (8:15 am-3:10 pm at Junior Patoma or 8:40 am-12:55 pm at Goodwill Park). All registration forms must be accompanied by a brief paragraph stating why the candidate wants to be a CIT. Due to the popularity of this program please list a first and second choice. Participants may only register for one session before May 1st. After May 1st participants may register for an additional session if available. Walk-in or Mail-in registration only. Registrations will not be processed without the paragraph! Please indicate t-shirt size on registration form.

Want to try a mini session? Junior Patoma will be running for seven weeks this summer and the Fourth of July week will have a four day session available!

Outdoors at Goodwill will be accepting participants that are 13 years old. You must be the required age to participate in these programs. No exceptions.

CIT -Outdoors at Goodwill		CIT-Outdoors at Junior Patoma	
Who: 13,14 &15 years		Who: 14-15 years	
Session A: July 7-18	Cost: \$100	Session 1A: June 30- July 3(4 days)	Cost: \$72
Session B: July 21-Aug 1	Cost: \$100	Session 1: July 7-18	Cost: \$180
Session C: August 4-15	Cost: \$100	Session 2: July 21-Aug 1	Cost: \$180
		Session 3: Aug 4-15	Cost: \$180
Time: 8:40 am-12:55 pm		Time: 8:15 am-3:10 pm	
Notice the new lower prices!		Notice the new lower prices!	

Great Get-A-Ways

(This program will be accepting registrations beginning April 15, 2014)

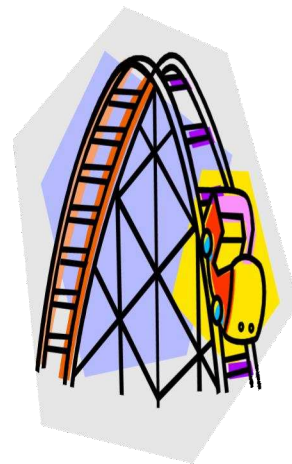
Designed especially with those more independent 8th & 9th graders in mind! Individual sessions are offered with many choices for all different interests! Price includes admission, transportation and general supervision for all activities. Participants will be responsible for bringing a lunch or buying lunch, unless otherwise specified. Additional waivers are required for some trips and will be provided in advance. Exact departure and return times will be finalized in June and sent home with a confirmation email.

Session 1a	July 1	Water Wizz 8:45 - 5:00	Cost: \$ TBA
Session 1b	July 3	Kimball Farm 9:00-2:00	Cost: \$ TBA
Session 2a:	July 8	Canobie 9:15-5:00	Cost: \$ TBA
Session 2b	July 10	Sky Zone* 11:00- 3:00	Cost: \$ TBA
Session 3a:	July 15	Water Country 8:45-5:00	Cost: \$ TBA
Session 3 b:	July 17	Starland*9:00- 2:00	Cost: \$ TBA
Session 4a:	July 22	Water Wizz 8:45 - 5:00	Cost: \$ TBA
Session 4b:	July 24	United Skates 10:00- 2:00	Cost: \$ TBA
Session 5a:	July 29	Canobie 9:15-5:00	Cost: \$ TBA
Session 5b:	July 31	Starland* 8:30-3:00	Cost: \$ TBA
Session 6a:	Aug 5	Water Country 8:45- 5:00	Cost: \$ TBA
Session 6b:	Aug 7	PINZ 10:30-1:30	Cost: \$ TBA
Session 7a:	Aug 12	Water Wizz 8:45-5:00	Cost: \$ TBA
Session 7b:	Aug 14	Sky Zone* 8:30-3:00	Cost: \$ TBA

Where: Stoddard Park

*Additional Waiver Required

Field Trips subject to change depending on availability





SUMMER PROGRAMS



Cheerleading

This program will teach the basic skills of cheerleading including proper arm motions and placement as well as jump techniques, cheers, stunts and dances. At the end of the program participants will present a short routine they have prepared for family and friends. *Instructors: F.A.S.T. Coaching Staff*

Who: ages 7-12 yrs

When: Jul 7-11

Time: 9:00-12:00

Where: Flagg Field, 100 Linden St.

Cost: \$105.00

Street Hockey

Hockey season is over, what to do? Come and join us for some street hockey fun! Participants will learn the fundamentals and rules of the game. After the instructional period is over, each day will end with a good, old fashioned street hockey game. *Instructors: F.A.S.T. Coaching Staff*

Who: Grades 3-6

When: July 14-18

Time: 9:30-11:00pm

Where: Goodwill Park, basketball court

Cost: \$95.00

Ultimate Sports

If you are tired of playing the same sports everyday than this program is for you! Have you heard of Fort Knox? Ultimate Frisbee? Or Army Dodgeball? These non-traditional games will definitely keep participants active and on their toes. This unique program will also put emphasis on proper stretching techniques, physical fitness and team work! *Instructors: F.A.S.T. Coaching Staff*

Who: Grades 3-6

When: July 14-18

Time: 11:30-1:00pm

Where: Goodwill Park, Basketball Court

Cost: \$95.00

Backyard Games

Step away from that computer right now! This fun new program is all about getting outside and trying new games! Everybody will have the opportunity to try out some tried and true fun family favorites like badminton, wiffleball and beach volleyball. And then there will also be some new twists on old favorites like relay races, kickball, shipwreck and dodgeball! *Instructors: F.A.S.T. coaching staff*

Who: Grades 2-6

When: Aug 4-8

Where: Flagg Field, 100 Linden St.

Time: 9:00 am- 12:00 pm

Cost: \$ 105.00

Dodge Ball & Flag Football Combo

Love dodge ball? Love flag football? Then this is the program for you! We will be playing dodge ball in every way imaginable, octopus dodge ball, cracker dodge ball and of course traditional dodge ball too! Is flag football your game? We'll work on passing, defense, offense and team work! Join us for five days of non-stop action! Please bring a water bottle and a snack!

Session 1 **Who:** ages 7-10 yrs

Time: 9:30-11:00

Session 2 **Who:** ages 10-13 yrs

Time: 11:00-12:30

When: Jul 28-Aug 1

Where: Flagg Field, 100 Linden St.

Cost: \$90.00



SUMMER PROGRAMS



Summer Horse Buddies

Introduce your child to the wonderful world of horses with Breezy Hill's Horsemanship Program. This exciting new program is a safe, informative, and fun environment for your child to learn about this majestic animal. Plenty of hands on activities are planned to teach basics of horse care and riding. Your child will leave this program with the feeling of what it is like to be a horse owner. New this year! Parent day on Friday!

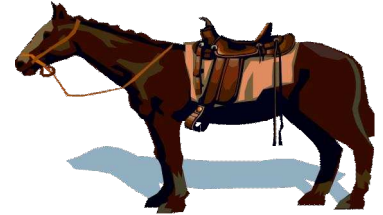
Who: 6 yrs & up

Session 1: Jun 23-27

Session 2: Jul 7-11

Session 3: Jul 21-25

Session 4: Aug 4-8



Time: 10:00-12:00 noon

Where: Breezy Hill Horse Farm, 583 Adams St. Holliston

Cost: \$125.00

Participants are required to print out and bring the Breezy Hill Horse Farm "Waiver and Release" to the first day of the program. Please go to <http://www.breezyhillfarm.com/>

Wicked Cool Vet School

Grab a lab coat animal lovers as we learn about our favorite furry, flying and fishy friends! Make amazing animal models, build big bones and investigate animal intestines, dissect an owl pellet to discover a predator's diet. We'll catch invertebrates as we study insect exoskeletons and get into tiny worlds to look at animal cells and parasites. We will end the week with a featured live animal visit with tips for animal care and keeping pets healthy. *Instructor: Wicked Cool for Kids Staff*



Who: entering grades 2-5

When: Aug 11-15

Time: 9:00-12:00pm **Cost:** \$175.00

Time: 9:00-4:00pm **Cost:** \$275.00

Where: Flagg Building, 100 Linden St.



Art Explosion

This art program engages kids in projects that help develop their creative streaks. Different medias are used from collages, watercolors, wax-resist to printing and sculpture. A step-by-step approach helps even the non-artist to create a masterpiece.

Who: entering grades 2-5

When: Wed Jul 9, 13, 23 (3 classes)

Time: 9:30-11:30am

Where: Flagg Building, 100 Linden St.

Cost: \$95.00





SUMMER PROGRAMS



Girls' Basketball Guard Play

This is an affordable & unique program designed specifically for high school and middle school players who wish to elevate their play as guards and forwards. Unlike other programs that focus on general skills, our focus will be on specific skills to elevate the footwork, passing and shooting of all non-post players. This is not an entry level program; players who attend should have experience playing organized basketball. Components will include ball handling, successful post entry passing, shooting form, shot preparation and footwork, and successful use of the jab step series. Participants will use learned skills in competition scenarios and learn useful drills that will allow them to improve skills. *Director: Kate Horsmann, Girls' Varsity Coach Sharon, H.S. Participants also registering for the Post Play Program will have supervised lunch with staff. Please bring your own lunch.*

Who: girls entering grades 8-12 **When:** Jul 28, 29, 30 & 31 (4 days) **Time:** 9:00-12:00 pm

Where: High School Field House, 370 Hollis St.

Cost: \$ 90.00

Girls' Basketball Post Play

This affordable program is designed specifically for high school and middle school players who wish to elevate their post play. We will focus on specific skills to elevate offense and defense. This is not an entry level program. Players who attend should have experience playing organized basketball. You will learn: offensive positioning and footwork, post defense and footwork, and post moves specifically geared toward the women's game. Participants will also learn to read defenders in competition scenarios and learn useful drills that will allow them to work on their skills after the program has ended. *Director: Kate Horsmann, Girls' Varsity Coach Sharon HS. Participants also registering for the Guard Play Program will have supervised lunch with staff. Please bring your own lunch.*

Who: girls entering grades 8-12 **When:** Jul 28, 29, 30 & 31 (4 days) **Time:** 1:00-4:00 pm

Where: High School Field House, 370 Hollis St

Cost: \$ 90.00

Girls' Basketball

Coach Jason MacDonald and the Holliston High school players will teach all kids the fundamentals of shooting, passing, and dribbling with an emphasis on teamwork and sportsmanship through-out the week. The day will consist of warm-up and stretching and focus on the fundamentals of basketball. Drills to enhance the athletes' enjoyment and progress as young basketball players will be combined with unique and fun games. Knock Out, Dribble Tag, Free Throws, and the "Coca Cola Shootout" are a few of the fun games included! *Instructor: Coach Jason MacDonald*

Who: girls entering grades 2-6

When: Aug 4-8

Time: 9:00 - 12:00 pm

Where: Holliston HS Field House, 370 Hollis St.

Cost: \$92.00



Introduction to Track & Field

This program will give kids grades 6 through 9 a chance to learn what track & field is all about. We offer an introduction for new athletes and an opportunity for experienced track & field athletes to improve their skills. Athletes will receive instruction in long jump, high jump, javelin, shot put, discus, sprints, proper running form, techniques, and hurdles. Whether you're training to have fun, meet new friends, or looking for structured training, we are here to guide you to your future success. Come experience one of the purest sports on earth. Please bring a water bottle. *Instructor: HHS Track Coaches*

Who: girls & boys entering grades 6-9

When: Aug 4-8

Time: 9:00 am- 12:00 pm

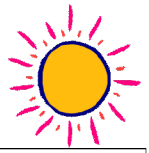
Where: Holliston High School Track

Cost: \$ 92.00





SUMMER PROGRAMS



Kids Summer Golf at Pinecrest

Pinecrest Golf Club is an attractive facility for instruction, clinics and enjoyable golf with it's 18 challenging holes, practice range and putting green. Returning this year is Golf Pro & instructor Joe McKinney, who has been director of instruction at some of the finest private country clubs in North America. Joe was named New England PGA Teacher of the Year. Joe will staff the programs as needed to insure expert instruction, supervision of children and proper staff to student ratio. All students should have water bottles and hats for hot days and jackets for cool days. Fridays are reserved for make-ups. Joe can provide clubs for those that need them. If you are interested in more information or for private instruction please contact Joe directly at Mckinney89@aol.com or call Joe at (617) 285-2707.

Session 1: Jun 24-27

Session 2: Jun 30-Jul 3

Session 3: Jul 7-10

Session 4: Jul 14-17

Session 5: Jul 21-24

Session 6: Jul 28-31

Session 7: Aug 4-7

Session 8: Aug 11-14

Session 9: Aug 18-21

Kids

Children in this group will learn the basic fundamentals of the game: grip, set-up, aim and how to create a swing that puts the ball in motion. Kids will also learn basic etiquette, putting and have FUN!!

Who: Ages 6-9 yrs

Time: 9:15-10:15 am

Cost: \$142.00

Beginner & Intermediate

Focus on fundamentals with more individual attention. Short game and putting will be emphasized. Basic course management, as well as how to improve through proper practice will be discussed. Reduced rates for golf offered after the lesson.

Who: Ages 10-17

Time: 10:30 am -12:00 pm

Cost: \$182.00

Advanced

For the experienced player who hopes to try out for the school golf team. Work on cause & effect of ball flight law, advanced short game, course management, drills & how to lower scores. will all be covered. Also includes 9 holes of golf daily. Students must bring or purchase lunch each day. Special lunch pricing available.

Who: Ages 10-17

Time: 10:30 am -3:00 pm

Cost: \$252.00



BUT WAIT!!! THERE'S MORE!!!

WE STILL HAVE GREAT PROGRAMS STILL UNDER CONSTRUCTION!

CHECK BACK WITH US ON OUR WEBSITE:

www.townofholliston.us/parks-recreation

Swim Lessons! Archery!





SUMMER PROGRAMS



TENNIS

STILL UNDER CONSTRUCTION!

Check back with us on our website
www.townofholliston.us/parks-recreation

Or call us at 508 429-2149



Challenger British Soccer!

This popular program returns again this summer to run you through foot skills, technical drills, tactical practices, scrimmages and even a World Cup competition. Register by Jul 4th and receive a free official British Soccer jersey (does not include \$7.99 for s/h)

First Kicks - A fun introduction to the very basic elements of the game. Parents encouraged to play!

Who: 3-4 yrs

Time: 1:00-1:45 pm

Cost: \$60

Mini-Soccer - Fundamentals, skill building and small sided games.

Who: 5-6 yrs

Time: 2:00-3:30 pm

Cost: \$80

Half Day - Individual skill development, core techniques and small sided games.

Who: 6-12 yrs

Time: 9:00 am-12:00 pm

Cost: \$133

Full Day - Focus on game related techniques, tactical development & coached match play.

Who: 7-14 yrs

Time: 9:00 am-3:00 pm

Cost: \$190

When: Aug 18-Aug 22

Where: Adams Field, Woodland St. Behind the Robert Adams Middle School

Frequently Asked Questions

How do I find out more about Park and Recreation Programs?

The most current information about all of our programs by checking our webpage:
www.townofholliston.us/parks-recreation

Look under the “LINKS” section on the left hand side of the page.

When are Parks and Rec flyers and brochures published?

We follow the following schedule :

Fall Programs Flyer— published by late August. Registration begins by the end of August for our fall programs which generally begin by the third week of September.

Winter Programs Flyer — published by late November. Registration begins by the end of November for our winter programs which generally begin by the third week of January.

Spring/Summer Brochure—published in February. Registration held in March.

What does “limited availability” mean?

“Limited availability” means that the program is still open for registration; however, there are not that many spaces available. It is recommended that when you see “limited availability” in the “Max# Open” field it is recommended that you register ASAP.

What is the best way to register for a program?

Register from the comfort of your home using your credit card and our convenient online registration tool! On our homepage (www.townofholliston.us/parks-recreation) look under the “LINKS” section on the left-hand side, then click on “Register Online”, then from the “Main Menu” click on “Register for Activities”. To pay by check or cash, register in-person at our office located at the Flagg Building, 100 Linden St.

Do I need to send a copy of my online registration/waiver form to the Recreation Office?

No. When you check the box at the bottom of the online registration form you have agreed and “signed” the registration/waiver.

How will I know my child got into the “CIT” program?

Your child is “in” the CIT program once you have submitted the completed registration & immunization forms and the required paragraph (written by your child stating why they want to be a CIT). We only accept registrations if there is space in the program. Space is extremely limited in the CIT program so be sure to register early!

I have missed the first class of the program but I still want to register! Can you pro-rate the registration fee?

Full payment is due at the time of registration; we are unable to prorate program fees.

I can not afford to pay for my child’s programs in full. Do you offer a payment plan?

Yes. We offer payment plans for Junior Patoma, Senior Patoma and Outdoors at Goodwill Park. You must arrange the payment plan in person. The first payment is due in March. Subsequent payments are due by Apr 15th, May 15th and the final payment due by June 15th.

Registration Information and Program Policies

- Participants are required to have a current physical/immunization form on file each year. The deadline for dropping off these forms for summer programs is May 15, 2014.
- Space is limited. A minimum number of participants are required for each program to run.
- We do not confirm registrations. You will only be notified if the program is full or cancelled.
- The Recreation Department reserves the right to correct mistakes in this brochure and online.
- We make every effort to run our programs rain or shine. In the event of extreme weather, we reserve the right to cancel a program. There are no Recreation Programs when school is cancelled.
- We do not prorate program fees. Full payment is due at the time of registration.
- Participants must be the required age indicated by the start of the program.
- In order to accommodate the rising number of children with allergies, our programs are now nut free. Please no peanut butter, etc. for snacks or lunches.
- Requests for refunds (or changes to an existing registration) must be made in person or via a phone conversation directly with the Recreation Department; please **DO NOT** use the general office email (hollistonparkrec@holliston.k12.ma.us) as that inbox is not checked daily.

Refund Policy:

- Refunds (less a 25% fee) will be issued only if you request to withdraw from a program in sufficient time that a replacement can be found and no cost has been incurred because of your withdrawal. We do not refund after the start of a program.
- Medical refunds will be issued if a participant is unable to attend class due to a prolonged illness or injury (3 or more weeks). Your request must be made prior to the end of the program session and must be accompanied by a doctor's note.
- Special Refund Policy for Outdoors at Goodwill Park, Junior Patoma, Senior Patoma, Counselor-in-Training and Great-Get-a-Ways:
 - ⇒ Requests for refunds received from Feb 5 thru Jun 1 --15% program fee withheld
 - ⇒ Requests for refunds received from Jun 2 thru the start of the program—25% fee withheld

Holliston Recreation Consent and Release Form Participation of a Minor

I, the undersigned _____, _____ of _____ a minor
(print name) (relationship to participant) (name of participant)

do hereby consent to _____'s participation in any and all recreation programs organized, operated by,
(name of participant)
or occurring on land or property owned or controlled by the Town of Holliston.

As a condition of participation, I hereby release and discharge the Town of Holliston, including but not limited to its Recreation Department, employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any such recreation programs, from any and all damages, claims, rights, and causes of action that may result from or relate to the participant's engaging in any program. This release is intended to cover any and all personal injuries or property damage, however such injuries or damage occurs or is caused, whether directly or indirectly related to any recreational program, and regardless of the status of any person who may be involved. I acknowledge that I am aware that other participants or persons involved in Town recreation programs may or may not be employees or agents of the Town, may or may not be specially trained for any program or activity, and may not have been screened or reviewed for any purpose by the Town. I expressly agree to and accept any risks associated with the participant's interaction with any such person and acknowledge that the Releasees have no duty in connection with any participant. I agree to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may be asserted by or on behalf of the participant in connection with his/her participation in any recreation program.

I affirm that I have read this Consent and Release Form and that I understand its contents. I further represent that I am legally authorized to execute this form as the parent or guardian of the participant. I understand that his or her participation in recreation programs is voluntary and the programs are provided without fee. I have read or been provided with a copy of the Holliston Recreation Department Information and Policies. I agree, for myself and on behalf of the participant, to abide by all Town policies.

I am aware that photographs and/or videos are frequently taken during Town of Holliston recreational programs for use in promotional activities by the Town. I authorize Holliston to use any and all such photos or videos that may include likenesses of the participant for such purposes.

This Consent and Release Form shall remain valid and binding until expressly revoked by me in writing. Any such revocation shall take effect only upon actual receipt by the Recreation Director for the Town of Holliston and only as the participant no longer participates in any Town recreation program. I agree that, once any such revocation is delivered, it shall be my responsibility to ensure that the participant does not participate in any recreation program until and unless a new Consent and Release Form is properly executed.

Parent/guardian Signature

Date

Holliston Recreation 2014

One participant per registration form. Please make checks payable to: Town of Holliston

Mail Registrations to: 100 Linden St., Holliston, MA 01746 508-429-2149

Participant Name _____ (_____) _____
Home Phone

Date of Birth _____ Age _____ Grade (as of Sept 2013) _____ Sex: M F

Address _____ City/Town _____ Zip Code _____

Daytime Phone _____ Evening Phone _____ Cell Phone _____

**Email address (Required. Program notifications and updates are sent via email.)

Emergency Information

Emergency Contact & relationship to participant _____ Phone _____ Cell Phone _____

Describe Allergies Here: _____

Describe Pertinent Medical Info: _____

Program Name	Session	Date	Time	Cost

TOTAL \$ _____

Immunization/Physical Forms:

We are required by the Board of Health to maintain a current physical/immunization form for child.

These forms MUST be received by May 15, 2014. Even if you have turned in a copy to us in the past, you are required to bring in/mail in a new copy for the 2014 calendar year.

Should my child or I be taken to the hospital for emergency purposes, I hereby grant permission to the attending physician and staff to administer anesthesia, medical, x-ray and surgical procedures as may be deemed necessary or advisable.

Signature _____ Date: _____

Office use only:

Received ___/___/___ Check # _____ Amt.\$ _____ In Computer ___/___/___ IMM/PHYS _____