

ASHLAND RECREATION CENTER

Fall Programs 2016



162 W. Union St., Ashland

508-881-0140 x2

www.AshlandMass.com

GENERAL INFORMATION

The Ashland Recreation Department offers programs year round for the community. All Recreation Department programs are self-supporting. Fees charged for programs cover the cost of materials, pay instructors salaries and help defray other cost. Non-residents may register for classes one weeks after residents and are charged a \$10 non-resident fee.

All Class fees will be raised \$10 seven days prior to the start of class.

There are no programs on holidays when Ashland Public Schools are closed

For official school calendar visit: www.ashland.k12.ma.us

SNOW POLICY

If schools are cancelled, then the Ashland Community Center will be closed and programs rescheduled.

If schools have a morning delay, then programs resume at 12:00 pm at the Ashland Community Center.

Please speak directly with your instructor should an Evening Program be cancelled.

Thank you.

RECREATION STAFF

Kelly Rund, Recreation Director

krund@ashlandmass.com

Judy Belcher, Administrative Assistant

jbelcher@ashlandmass.com



**Discount Movie
Tickets**

Regal Cinemas

\$9 each

We are always looking for new programs.

If you have an idea for a program you would like to see offered or have a program that you would like to offer please email us at:

Recreation@AshlandMass.com

Coming Soon.... A fun approach to strength, conditioning & overall fitness for kids



Frequently Asked Questions

When do I register?

Registration begins September 1st for Ashland Residents and is on a first come first serve basis. Non-residents may register starting September 6th.

How can I register?

You can register on-line, by mail or in person at the Ashland Community Center. If you have any questions about a program, please call the office at 508-881-0140x2, prior to registering. We do NOT accept registrations over the phone. We accept Cash, Checks and Master Card & Visa as payment. Please make checks payable to:

Ashland Recreation Department.

Full payment must accompany your registration. Complete the registration form including the waiver portion. Also include dates of birth and emergency phone contacts and numbers. Only parents or legal guardians may register a child and sign the parental consent form.

A \$32.50 service charge will be assessed for all returned checks

What are the fees?

The program fees are stated at the end of each program description. **Non-residents must add \$10.00 per program. Late Registrations (7 days or less before start date add \$10).**

Will I be sent a confirmation?

WE DO NOT SEND OR CALL WITH CONFIRMATIONS. Consider yourself and/or your children enrolled in the programs of your choice when you send in a completed registration form with payment. You will be called only if: the chosen program has reached capacity **or** there are changes in the status of the program.

Will late registrations be accepted?

Late registrations will be accepted, subject to class availability. Pro-rated fees are at the discretion of the program instructor and only after a minimum of two sessions have been missed.

When and where are programs held?

Unless otherwise specified, classes are not scheduled during holidays or vacations. All programs, unless otherwise specified, are held at the Ashland Community Center.

Please take note of the class and age limits.

Many programs are designed for certain age and size groups and deviations from these are discouraged for the sake of the children.

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What are the cancellation and refund policies?

We will notify you if a program has been filled, cancelled or changed. The Ashland Recreation Department reserves the right to cancel or consolidate any program that does not meet minimum participation limits and is not responsible for any missed classes due to a participant's inability to attend.

Program Refund Procedures

These are the only reasons for refunds:

1. Class does not meet minimum enrollment and is cancelled, full refund will be issued.
2. A refund will be issued, less a \$10 withdrawal fee, if a participant withdraws from a class after notifying the Recreation Director at least 1 week prior to the start of the session.
3. A 50% refund will be issued for refunds less than 1 week before the start of the program but prior to the second class.
4. **If you withdraw after the second class, no refund or credit will be issued**
5. A refund will be issued, if a participant is unable to attend class due to a prolonged illness or injury (3 or more weeks). This request must be made prior to the end of the program session and must be accompanied by a doctor's note.

What about Make up classes?

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants' inability to attend.

Corrections

The Recreation Department reserves the right to correct mistakes made in this brochure at the time of print. We also reserve the right to cancel any program because of low enrollment, poor weather, etc.

Liability

The Town of Ashland and its staff are not liable for damages or injuries sustained during any recreation program. The Town of Ashland is not responsible for lost belongings or valuables.

Ashland Flag Football



Learn the game of football with assistant Ashland HS football coach Jay Meade along with former and current AHS football players. Players will be taught skills and drills and have an opportunity to play in informal flag football games. Players will be separated by grade level: 3rd and 4th grade, 5th and 6th grade, and 7th and 8th grade. The first half of each session will be designed for players to practice football skills, while the second half will be informal flag football games. Emphasis will be placed on learning the game of football and its various positions, physical fitness and most importantly, Teamwork.

Lead Coach:

Jason Meade

Location:

Ashland High School Football Field, 65 East Union St

Dates:

Saturdays, September 10, 2016 - November 12, 2016

Time:

10:00 - 11:30

Fee:

\$35, T-Shirt Provided

Who:

Boys and Girls in grades 3-8

Equipment needed:

water bottle, sneakers



Half Day Explorer's 2016-2017



The Explorer's program provides a quality experience for children in grades K-5. Half Day Explorer's will meet every half day. The Recreation Department will pick the children up from their school at dismissal and explore the days activity. When we return from our trip all students will have the opportunity to work on their homework. Snack will be provided each week for your child, please note any food allergies on PURPLE emergency card (you will receive this card when you register, registration is not complete until this card is returned.)

Who's Eligible: Children in kindergarten thru fifth grade.

Fees: \$350.00 all 9 early release days (excluding 11/23, 12/23 & last day of school)

\$120 November 1-3 or March 1, 8, 15

\$50 individual days



Location: Your child will be picked up directly from school by the Recreation Department. After our trip we will return to the Community Center, 162 W. Union St. for you to pick up your child. ** You MUST send a note to the school releasing your child to the Recreation Department for all Half Days!!!!!!

Hours: We will return to the Community Center by 5:30 PM, you **MUST** pick your child up by **6PM**. Please be respectful of our staff and be on time to pick up your child.

2016-2017 Adventures* :

- October 19: Animal Adventures, Bolton
- November 1: Super Duck Tour, Boston
- November 2: Ecotarium, Worcester
- November 3: Launch Trampoline Park, Norwood
- March 1: Claytime Pottery, Shrewsbury
- March 8: Lazer Craze, Westborough
- March 15: SkyZone, Westborough
- April 13: Capron Park Zoo, Attleboro
- May 12: Garden In The Woods, Framingham

* All trips subject to change



All program fees increase by \$10 one week before class starts. Register early and SAVE!!!!

Back Yard Discovery

Do you ever wonder what lives under a rock? What makes the plants grow? Join us as we discover all this and more! Each day will consist of a craft, a story, a snack and an adventure in our big back yard, the Ashland State Park! We will examine leaves, turn over rocks, handle bugs, splash in a stream plant seeds and more. Please dress accordingly for the weather, we will go outside daily unless there is thunder or lightning. Staff is first aid/CPR certified and will carry a cell phone and first aid kit on all trips. Parents do NOT have to stay but are always welcome to join us on our weekly adventures.



WHO: Ages 3 1/2 to 6

FEE: \$90

WHEN: Mondays 12:30 - 2:30 or Thursdays 9:30 - 11:30

FALL 1: Monday 9/12 - 10/31 (no class 10/3, 10/10)

Thursday 9/15 - 10/20

FALL 2: Monday 11/7 - 12/12

Thursdays 10/27 - 12/15 (no class 11/3, 11/24)

Challenger Sports' Mini Kickers



Mini Kickers is an exciting program that teaches basic soccer skills while developing strength, balance, coordination and teamwork in children ages 2-6. Our professional, licensed, British coaches will ensure your child has a positive First Kicks experience!

Mini Kickers is a 45 minute soccer specific activity session which will meet once a week on Wednesdays for 6 weeks. Every player will receive a soccer ball and uniform (repeat players can choose a backpack, toy Lenny the Lion or new uniform)

When: Sept 13- Oct 25 (no class 10/11)

Cost: \$90

Ages 2-3: 2:30 - 3:15

Ages 4-6: 3:30 - 4:15



School Vacation Weeks 2017

February 21 - 24 & April 18 - 21



The ARC Vacation Week programs will provide a quality experience for children in grades K-6. Our program has been planned to give all children the ability to participate in a wide variety of exciting activities, and events, some educational, some fun and to allow the opportunity to make new friends while sharing these experiences. Each day we will travel offsite to a local museum, zoo, or recreational facility. **Please pack a lunch & snack for your child each day.**

Drop off starts at 8:00, please have your child to the Community Center before 8:30 am otherwise he or she may miss the bus. From 8 - 8:30 activities will include arts & crafts, board games, a movie and more. We will return to the Community Center at approximately 3:45 pm. You must sign your child out by 4:00 pm.

If the weather conditions do not allow safe traveling to our destinations, the Community Center may be open for in house games and activities...please check our answering machine after 7:00am.



Program Cost: \$ 200 per week (4 days)

Don't wait to register, Price Increases to \$225

On February 1 and April 1



On The Mark Archery

Archery was a huge recreational activity in the early 1800s and it's growing in popularity once again thanks to the wild success of the Hunger Games franchise and the summer Olympics. Whether you have never held a bow before or if you are an experienced archer, you will find success in this timeless, all-inclusive sport that is given a modern twist by entertaining and exciting coaches. Relax, have fun and come join this addicting class that will leave you wanting more. All equipment is provided. Enrolled students are eligible to compete in the annual On the Mark Archery tournament this October. Capacity: Minimum 10/Maximum 16

Who: Grades 4 & up (Adults too!)

Time: 4:00 – 5:00 pm

Date: Sunday, September 18th through October 23rd

(no class 10/02 and 10/09)

Tuition: \$103



Yoga Flow

Yoga Flow is a 60 minute class that connects breath and body movement. This class will be a little challenging and fun at the same time. Yoga Flow includes Sun Salutations, back bending, twists and core work (as examples). Basic yoga poses knowledge is helpful but not required. Please bring a yoga mat and a water with you to class. Please arrive a few minutes early so we can start on time. Yoga is for everybody. We stress upon our students to flow at your own pace and take resting poses when needed. This is your practice, Enjoy!

WHO: 18+

COST: \$70 6-week session (Drop-ins welcome \$15)

WHEN: September 21 - November 2 (no class 10/12)

TIME: 6:30 PM - 7:30 PM

WHERE: Ashland Community Center, 162 West Union Street



Let's Gogh Make a Mess!

Afraid to let your toddler paint in your house for fear of the mess they will make?!? Join us on Mondays at the Ashland Community Center for fun crafts and activities. We will cut, glue, color, paint, make a mess and have some fun! Adults be prepared to lend a hand and have some fun too! We will encourage the children to use their creativity and to be proud of their accomplishments. Each week will have 2-3 crafts followed by a story.



WHERE Ashland Community Center
TIME 9:30 am - 10:15 am (Ages 2- 5)
FEE \$62 / 6 weeks
Fall 1 Sept 12 – Oct 31
(no class 10/3, 10/10)
Fall 2 Nov 7 - Dec 12

Music, Mommy & Me!

Early introduction to music in your child's life is important in their education. Music will help to jump start their learning process. Songs and nursery rhymes are choreographed with massage, floor and lap games, dance and an introduction to musical instruments with active parent involvement. Singing along will help develop your child's vocabulary while the use of the instruments fosters dexterity. Interaction with other children will help to develop confidence, social skills and fun! (Any siblings who can walk MUST PAY)

DATES: September 23 - December 10
(no class 11/11, 11/12, 11/25, 11/26)

FEE: \$95 / 10 week session

2 - 4 years old Friday 9:30 am - 10:20 am

2 - 4 years old Saturday 10:00 - 10:50

6 months - 24 months Friday 10:30 am - 11:20 am

6 months - 24 months Friday 11:30 am - 12:20 pm

6 months - 24 months Saturday 9:00 - 9:50



Willow Brook Farm, Holliston (Lil Folk Farm)

Equestrian Lessons

Tiny Trotters - Ages 4 - 6

\$250 per session



Your little rider will love to explore the wonderful world of ponies at our farm! Each class will include mounted riding time teaching the very basics. Riders will also learn key elements of Horsemanship - grooming, tacking, leading, care and feeding! Riding helmets will be provided or bring your own ASTM approved riding helmet. Riders should also wear a boot with a short heel. This is a 2 hour drop-off program- Enjoy Fall at the farm with some adorable ponies! Space is limited, register early!!!



ASTM APPROVED RIDING HELMET IS REQUIRED BY STUDENTS ALONG WITH PROPER BOOTS/FOOTWEAR AND LONG PANTS- REQUIRED FOR RIDING.

Helmets & Boots are available to rent or purchase at the farm

SESSION 1:

Tuesday 9/20,9/27,10/4, 10/11, 10/18	9:30-11:30 or 1:00-3:00
Wednesday 9/21,9/28,10/5,10/12, 10/19	9:30-11:30 or 1:00-3:00
Thursday 9/22,9/29,10/6,10/13, 10/20	9:30-11:30 or 1:00-3:00

SESSION 2:

Tuesday 10/25,11/1,11/15,11/29,12/6	9:30-11:30 or 1:00-3:00
Wednesday 10/26,11/2,11/16,11/30, 12/7	9:30-11:30 or 1:00-3:00
Thursday 10/27,11/3,11/17,12/1,12/8	9:30-11:30 or 1:00-3:00



Therapeutic Riding

Therapeutic Riding combines the enjoyment and freedom of horseback riding with important occupational, physical and speech therapy goals for 2-16 year olds.

This exciting program uses Equine-assisted Activities and Therapies (EAAT) to provide sensory, cognitive, physical, emotional and social stimulation for children with a variety of disabilities. EAAT integrates therapeutic interventions within the riding experience, helping riders develop strength, flexibility and confidence.

The warm, friendly and supportive atmosphere provides students with a wide variety of needs with the perfect environment to spread their wings and experience the countless benefits that therapeutic riding provides.



Private Therapeutic Lessons are available throughout the week for \$65. Anyone interested should email Nancy at LilFolkFarm@gmail.com to discuss their child's needs and how to get started!

EMPOWERED by MEG

MaryEllen Giombetti is the owner of **EMPOWER FITNESS & NUTRITION** www.empowerwithmeg.com a privately held fitness company, based out of Metrowest for over 7 years. She is certified by the ISSA as a Personal Fitness Trainer as well as a Fitness Nutrition Specialist. Our focus is helping everyone lead healthier and happier lives through fitness and food. From individuals to the worksite, we have successfully helped hundreds of people find their way to better health.



Move It To Lose It

Monday's 5:45 PM - 6:30 PM

Need to lose weight and hate to do it alone? Then become part of a team in the Move It To Lose It class. Modeled after the popular show The Biggest Loser, each week, you will work with certified personal trainer MaryEllen Giombetti and participate in structured group workouts. Your weight will be monitored first as a team and then you'll weigh in privately with MaryEllen. The individual with the highest percentage of body weight lost will win the Move It To Lose It Cash Jackpot! Recent Biggest Movers have lost over 30lbs. and 10-15% of their bodyweight. (Jackpot is based on number of participants and all individuals are required to bring \$10 separate from Tuition to 1st class) Additionally, MaryEllen will provide you with a complete 8 week "Done For You" workout program and meal plan so that you reach your weight loss and transformation goals. Don't wait! If you don't move it, you won't lose it! Please wear athletic clothes and sneakers.

What to bring: Water, a pair of dumbbells & a yoga mat.

WHO: 18+

COST: \$135 9-week session

WHEN: September 12 - November 21

WHERE: Ashland Community Center, 162 West Union Street

EMPOWERED by MEG

Armed & F-AB-ulous Tuesdays, 5:45 pm - 6:30pm

Transform your arms and abs and increase your upper body strength with this turbo charged class, expertly designed to help you build sleek, sexy muscles. Sculpt long and lean arms just like your favorite celebrities (think Michelle Obama, Madonna, Jennifer Aniston). Carve out six-pack abs that will be the envy of all your friends. In addition to using free weights and resistance tubes, we'll be combining powerful yoga and pilates elements that will get your blood pumping and muscles working. Isolating the biceps, triceps and core muscles this class will leave you feeling armed and fabulous.

What to bring: Water, a pair of dumbbells & a yoga mat.

WHO: 18+

COST: \$144 12-week session

WHEN: September 6 - November 22

WHERE: Ashland Community Center, 162 West Union Street

H.I.I.T. Body Bootcamp Tuesdays, 6:30 pm - 7:15pm

High Intensity Interval Training (H.I.I.T.) will transform your body & have you seeing results in less time! Interval training boosts your metabolism so that you can torch fat & burn 700-1,000 calories a session. Work out more efficiently. CrossFit inspired challenges & expertly designed workouts, get you lean and build your strength and cardio endurance. Whether you want to drop pounds, get shredded or just try something new, H.I.I.T. Body Bootcamp will get you faster and better results. Participants should be injury-free. Class will take place indoors & outdoors when weather permits

What to bring: Plenty of water, a pair of 8-15 lb. dumbbells and a yoga mat.

WHO: 18+

COST: \$144 12-week session

WHEN: September 6 - November 22

WHERE: Ashland Community Center, 162 West Union Street

EMPOWERED by MEG

Fifty Plus & Fit Thursdays, 5:00p m - 5:45 pm

Does the hustle and bustle of crowded gyms scare you? Want to work out with a motivating group of peers? If you are 50 or older, come check out Fifty Plus & Fit. Learn the basics of strength training, improve your core and stop wasting time doing long boring cardio sessions. This class can also help you to lose weight and get you started with an exercise plan that you can adapt as you progress. A better healthier you is just weeks away.

What to bring: Water, a pair of dumbbells & a yoga mat.

WHO: 18+

COST: \$120 10-week session

WHEN: September 8 - November 17 (no class October 20)

WHERE: Ashland Community Center, 162 West Union Street

Buns n' Guns Thursdays, 5:45p m - 6:30 pm

Look good coming and going! This class will help you shape, lift and slim your backside, while simultaneously sculpting your arms. Did you know that the gluteus maximus is the largest muscle in the human body? Then why not turn it into a lean, mean, fat burning machine! Infused with plyometrics, lunges and squats of all kinds and a little jump roping, this class will put your greatest asset to work for you. Come on, what are you waiting for? Get fit in all the right places, your buns and guns will thank you for it. Due to the nature of this class, participants should have no known knee injuries/issues and be comfortable jumping and doing exercises that require bending of the knees.

What to bring: Water, a pair of dumbbells & a yoga mat.

WHO: 18+

COST: \$120 10-week session

WHEN: September 8 - November 17 (no class October 20)

WHERE: Ashland Community Center, 162 West Union Street



New York City

Want to see New York? Don't want to drive and spend half the day looking for parking? At last, a chance for you to get away to New York, New York! The Big Apple! Here you can get an early start on your shopping, spend the day sightseeing, or visit New York's world class museums. From the latest fashion on Fifth and Madison Avenues to quaint antique shops in Greenwich Village, from the world's Largest department stores to discount and bargain shops, the Big Apple has it all! You will be on your own for the day to enjoy the city at your own pace. There will be a brief stop at the halfway point both to and from New York for coffee, snacks and restrooms.



Saturday, December 10th

Travel aboard a deluxe motor coach with DVD and restroom

Depart Ashland at 6 AM and arrive in the city at approximately 10 AM (drop off varies either Macy's or Rockefeller Center).

Depart New York at 7 PM and return to Ashland at approximately 11 pm.

COST: \$65 Per Person

An Adult MUST accompany all children



Ashland Community Center, 162 West Union St, Ashland, MA 01721 tel: 508-881-0140 x2
Email: recreation@ashlandmass.com

NASHOBA VALLEY SKI & SNOWBOARD CLUB

Wednesdays, January 4 - February 8

**** Ski Registration Opens, October 5th, 10 am ****

Learn to ski or snowboard with the Recreation Department this winter. If you already ski or snowboard you can polish your technique. This program is open to students at the Mindess Elementary School. The buses will depart from the Mindess School @ 2:45pm and return to the **COMMUNITY CENTER** at 7:15 pm. Please be here on time for pick up. If you choose to pick your child up at Nashoba Valley **you must** send a note with your child to be given to the lead chaperone of his/her bus.

Please be sure to send your child with the appropriate clothing. We suggest that your child wear long underwear, a turtleneck, a warm jacket and if possible waterproof ski pants. We feel that it is worth the money to buy your child a good pair of ski mittens or gloves. Please put your child's name on all clothing articles and equipment. The Recreation Department is not responsible for any lost items.

If your child has their own equipment it may be dropped off to the Community Center between 9 am and 2pm on Wednesday's or by 5pm on Tuesday's.

DO NOT BRING EQUIPMENT TO THE SCHOOL

Pre-fit:

The pre-fit for rental equipment will be held at the Ashland Community Center, **Wednesday, December 14, from 5:30-6:30 pm**. Ski and Snowboard rentals are \$110 for the six weeks. **If you miss the pre-fit YOU must take your child to Nashoba Valley before the program starts to be fitted. NO EXCEPTIONS!**

Program costs:

BUS FEE\$TBA *

6 One-Hour Lessons + Lift Tickets...\$220.00 (4:15 pm)

6 Lift Tickets.....\$196.00

*** If you choose not to pay the bus fee there will be NO transportation or supervision provided by the Recreation Department or our Chaperones**

HELMETS!

Ski/Board Helmets are **MANDATORY** for all participants

Rent one for the 6 sessions for \$45 or purchase one at the pre-fit for \$60.

Ski Trip Chaperones Needed!!!



Responsible, reliable adults or young adults (18+) are needed to chaperone the Nashoba Valley Ski Trips. Chaperones are responsible for taking attendance, handing out badges and maintaining order on the bus and helping the kids with equipment at the ski area. Both skiing and non-skiing chaperones are needed to monitor behavior on and off the slopes. Five chaperones are needed to commit to the full six weeks per bus. Chaperones who ride the bus will receive a free lift pass for the day. Anyone interested in making the full commitment should call or stop by the Recreation Department before November 1st.

Additional Chaperones are welcome to meet us at Nashoba to assist with group management. Limited lift passes may be available. (please call ahead).

ASHLAND RECREATION
(508) 881 -0140 X2

JANUARY 4- FEBRUARY 8

WACHUSETT MT.

Open to all AMS and AHS Students. Spend the afternoon cruisin' the slopes with your friends. The bus will depart for Wachusett by 2:10 (AHS) & 2:25(AMS) and return to the school @ 8:00 pm for parent pick up.

Step 1 - Register for your seat on the bus www.activityreg.com or in person at the Recreation Office

Step 2 - Complete the Ski Club Emergency Form

Step 3 - You will be sent a code to gain access to Wachusett's on-line registration system once we have both your bus registration and emergency form

Step 4 - Log onto Wachusett's system to select your lift pass: 6-week lift (\$120), Bronze Pass (\$269), Silver Pass (\$329) or Gold Pass (\$559) You may also add rentals and lessons if needed.

RATES:

- \$130 Transportation
- \$120 6-Week Lift Badge *
- \$100 6-Ski Rentals
- \$100 6-Snowboard Rentals
- \$20 6-Helmet Rentals
- \$60 6-One Hour Lessons (3:50pm)

*Century Passes also available

Registration begins October 5th at 10:00 AM

Register on-line at www.activityreg.com

Helmets are **MANDATORY** for all Wachusett Mountain participants.