

Norfolk Recreation

Winter 2017

NEW! REGISTRATION TIME BY AGE GROUP!

REGISTRATION STARTS ON Wednesday, Dec. 7

BABIES-PRE-K: 7:00am

SCHOOL AGE: 12:30pm

ADULTS: 10:00am

By mail, in-person or online at www.virtualnorfolk.org/rec

Credit cards accepted on-line only. Checks & cash accepted in the office.

NORFOLK'S HOLIDAY FESTIVITIES

SUNDAY, DEC. 4

3:30pm Norfolk Lion's Santa Parade

Starts at Hillcrest Village ~Ends at Library

4:00pm Pictures with Santa at the Library

Enjoy Hot Chocolate & Cookies too! ~In Library Lobby

4:30pm Tree Lighting on Town Hill

Create a memory! Children are welcome to bring a hand-made ornament to decorate the Town Tree!

All events are free & sponsored by Norfolk Lions Club & Norfolk Recreation



Start the weekend with NCL's Jingle Bell Run on Saturday, Dec. 3

SEE PAGE 14 FOR COMMUNITY EVENT INFORMATION

REGISTRATION INFORMATION

Norfolk Recreation

1 Liberty Lane - Ground Floor
Norfolk, MA 02056



Our Offices are located on the ground floor of the Town Hall at 1 Liberty Lane.

Ann Proto, Director

Kathy O'Brien, Assistant Director

www.virtualnorfolk.org/rec

Email: recreation@norfolk.ma.us

Phone: (508) 520-1315

Recreation Commissioners:

Todd Lindmark, Chair

Tom Terpstra, Clerk & CPC Representative

Members: Liza Carreiro

Jim Lehan, Kevin Doolin

HOW TO REGISTER

Registration may be completed online, by mail or in our office. All programs require advance registration unless noted and are subject to availability. Register online at www.virtualnorfolk.org/rec. Register by mail by sending a registration form along with a check to: Norfolk Recreation, 1 Liberty Lane, Norfolk, MA 02056. Walk-in registrations are welcome in our office (cash or check only). Core office hours are typically 8:30am-3pm Monday-Thursday. We are here other days and times too so please call or email if you have a question.

Credit cards are accepted for online registration only. Only checks and cash are accepted in the office.

REFUND POLICY

Refunds are only given if a program is cancelled by Norfolk Recreation or for a documented medical reason. If you cannot participate for any other reason and we can fill your spot from our waiting list, we will issue a credit less a \$10 processing fee. Refunds are issued by Town check regardless of original payment method and may take 3-6 weeks to process.

Returned Checks

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

Accessibility

All program locations are accessible. If you feel you may need additional help or have any questions, please contact us at 508-520-1315 or email us at recreation@norfolk.ma.us.

Program Confirmation

We do not send registration confirmations so no news is good news!

We will only call or email if there is a question about your registration or if the class is full.

WE USE EMAIL for Program Changes and Updates

We primarily communicate through email so please be sure to check any emails you receive from us.

You are always welcome to call us at 508-520-1315 or email us: recreation@norfolk.ma.us

Photographs-Facebook/Electronic Media

Photographs may be taken of participants and sent to newspapers or posted on Norfolk Recreation's Facebook and Norfolk-Wrentham Youth Basketball's Page. **If you do not want your child's photograph publicized**, please make a registration note and notify the instructor in writing on the first day of the program.

Class Cancellation Policy

Programs are self-supporting so we reserve the right to cancel a program if registration numbers are too low to support the class. **The best way to assure your class will run is to register early!** If you are wondering about your class, please call us. Full refunds will be issued if a class does not run. If School is cancelled, all programs at the school will also be canceled.

Waiting Lists

If you are interested in a program that is full, please call to be placed on the waiting list or register for the wait-list online if a one is available. If there is a cancellation, people on the wait-list will be the first to be contacted.

Fee Reduction Policy

Fee reduction is available to Norfolk residents in need. Please call Ann Proto, Recreation Director, for further information or check off the spot on the registration form. Fee reductions are limited to one fee reduction per session per child. All inquiries are confidential.

PROGRAM LOCATIONS:

1. **Multipurpose Room:** Next to our office at the Town Hall, 1 Liberty Lane, Enter Door #4
2. **H.O.D. School:** 232 Main Street, Gym entrance at rear of school, Library is located in right, front corner
3. **Freeman-Kennedy School:** 70 Boardman Street, Preschool & Gym entrance is through **DOOR #21**.
4. **Pond Street Complex:** GPS address: 33 Pond St.
5. **Kids Place at Rockwood Rd.:** 49 Rockwood

ATHLETIC FIELD USE:

Norfolk Recreation allocates the fields at the Pond Street Complex & Freeman-Kennedy School. Fields are available on an allocated basis and may only be used by organizations or groups with permission. Field fees may apply. Please see our website for policies.



PROGRAMS AT-A-GLANCE



Swimming-Page 9 INFANT/PRESCHOOL PROGRAMS					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Sticky Fingers 18 mos-3 yrs (pg. 4)	Parent & Tot Gymnastics 18 mos-3 yrs (pg. 5)	Practicing Preschool 2+-3+ yrs (pg. 4)	Practicing Preschool 2+-3+ yrs (pg. 4)		Sticklers Lacrosse 4-7 yrs (pg. 5)
Mommy, Music, & Me 6 mos-4 yrs (pg. 4)	Jumping Gymnastics 3-5 yrs (pg. 5)	Practicing Preschool Extended Day 2+-3+ yrs (pg. 4)	Practicing Preschool Extended Day 2+-3+ yrs (pg. 4)		
Music & Me 3.5-5 yrs (pg. 4)	Math For Kidz 3.7-5 yrs (pg. 5)		Tiny Dancers 3-5 yrs (pg. 5)		

Swimming-Page 9 SCHOOL AGE/YOUTH PROGRAMS Skating-page 7					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Karate/Stranger Danger Gr. K-6 (pg. 7)	Chess Wizards Gr. K-2 (pg. 7)	Karate/Stranger Danger Gr. K-6 (pg. 7)	F.A.S.T. Super Sports Gr. 1-2 (pg. 7)	F.A.S.T. Super Sports Gr. K-1 (pg. 7)	Sticklers Lacrosse Ages 4-7 (pg. 5)
Animal Adventures Gr. K-6 (pg. 7)	Actors' Studio Gr. 3-6 (pg. 9)	Introduction to STEM Using LEGO® Gr. K-2 (pg. 7)	Drama Kids 5-8 yrs (pg. 6)	F.A.S.T. Afterschool Dodgeball Gr. 3-6 (pg. 9)	Pony Club Ages 5+ (pg. 6)
F/K Morning Show Gr. 5-6 (pg. 8)	Robotics I & II Ages 10+ (pg. 10)	F/K Morning Show Gr. 5-6 (pg. 8)	Chess Wizards Gr. 3-5 (pg. 7)	Ski & Snowboard at Blue Hills Ages 7-17 (pg. 11)	Cherry Blossom Paint Night Ages 6-10 (pg. 8)
Actors' Studio Gr. 3-6 (pg. 9)	Advanced Indoor Field Hockey Gr. 5-8 (pg. 11)	Fiber Art Gr. 3-6 (pg. 9)	F/K Morning Show Gr. 5-6 (pg. 8)		New Year Vision & Dream Boards Ages 6-10 (pg. 8)
Girls Volleyball Gr. 4-8 (pg. 9)			Advanced Basics of Drawing Gr. 5-8 (pg. 10)		Valentine's Day Workshop Ages 6-10 (pg. 8)
			4-H Babysitting Gr. 5-6 (pg. 11)		
			Afterschool Archery Ages 8+ (pg. 11)		

~~~~~February & April Vacation Programs: NCTV Ages 9-12 (pg. 10) & Horseback Riding Ages 5-16 (pg. 6) ~~~~~

| <b>ADULT/FAMILY</b> Ed2Go-Back Cover |                                  |                                    |                                          |                                    |                                  |
|--------------------------------------|----------------------------------|------------------------------------|------------------------------------------|------------------------------------|----------------------------------|
| Monday                               | Tuesday                          | Wednesday                          | Thursday                                 | Friday                             | Sat/Sun                          |
| The Combo Class<br>(pg. 13)          | Adult Zumba<br>(pg. 12)          | Futsal Indoor Soccer<br>(pg. 12)   | Ladies Night Out<br>Ceramics<br>(pg. 11) | Strength Train/Pilates<br>(pg. 13) |                                  |
| Circuit Training<br>(pg. 13)         | Home Buying Bootcamp<br>(pg. 12) | Estate Planning Basics<br>(pg. 12) | Early Morning Yoga<br>(pg. 11)           |                                    | Ladies Snowshoe/Trek<br>(pg. 13) |
|                                      |                                  | The Combo Class<br>(pg. 13)        | Adult Zumba<br>(pg. 12)                  |                                    |                                  |
|                                      |                                  | Happy Dog Hike<br>(pg. 13)         | Men's Basketball<br>(pg. 12)             |                                    |                                  |
|                                      |                                  |                                    | Ladies Snowshoe/Trek<br>(pg. 13)         |                                    |                                  |

 **LIKE US ON FACEBOOK AND STAY UP-TO-DATE!  
JUST SEARCH "NORFOLK RECREATION".**

**RECREATION  
PROGRAMS MAKE  
GREAT GIFTS!** 

Schedule Change

## STICKY FINGERS

18 months-3 Years with Adult  
Instructor: Jena Root



**MONDAYS at 9:30-10:15am Or 10:30-11:15am**

Session 1: 1/9, (no 1/16), 1/23, 1/30, 2/6, 2/13  
Session 2: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10

All the messy stuff without the at home clean up! Come join Ms. Jena and share the tactile learning experiences toddlers love: playdough, shaving cream, paints and glitter! Explore, create and learn together by experimenting in this class. Young children will also learn important peer social skills such as taking turns and using kind words with new friends. Come and share the fun of these discoveries with your child while meeting others with children the same age. If you wish to bring a smock, please do. **Please dress for mess!**

**Location:** F/K - Enter Door 21 to the right of main door

**Max. Participants:** 14

**Fee:** Session 1: \$35, Session 2: \$40

INFANT/PRESCHOOL AGE PROGRAMS

## MOMMY, MUSIC & ME

6 months-4 years With Adult  
Instructor: Viviana Vilches



**MONDAYS:**

**9:30-10:15am:** For ages 6-23 months

**10:30-11:15am:** For ages 2-4 years

**11:30-12:15pm:** For ages 2-4 years

**DATES:** 1/9, (no 1/16), 1/23, 1/30, 2/6, 2/13, (no 2/20), 2/27, 3/6, 3/13, 3/20, 3/27

Join us for this marvelous music and movement program! Music will help jump start your child's learning process.

This eight-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. Non-walking siblings are welcome to 'sit-in'. Walking siblings must pay for the class. Welcome dads and caretakers too!



## MUSIC & ME

**Ages 3.5-5 years DROP-OFF (NEW age group)**

**MONDAYS at 1:30-2:15pm**

**DATES:** 1/9, (no 1/16), 1/23, 1/30, 2/6, 2/13, (no 2/20), 2/27, 3/6, 3/13, 3/20, 3/27

Feel the rhythm with music teacher, Viviana Vilches for an exciting new music and movement "drop-off" Music & Me class (parents may stay in backroom adjacent to Multipurpose room if needed). In this fast-paced 10-week class, Miss Viviana will take your child to the next level of their musical journey where they will play with percussion instruments, be exposed to musical theory and participate in a rhythm band. Come join the musical fun! Parents will be welcome to join the last class to see what students have learned.

*Viviana has been bringing her passion for music and education to children for several years in nearby towns. We are fortunate to have her in Norfolk where her programs and excitement for music continue to gain popularity each year! Join Viviana for this fun, lively and nurturing class and enjoy her passion of music.*

**Location:** Multipurpose Room, Town Hall - Enter Door #4

**Min. Participants:** 5 **Max. Participants:** 10 **Fee:** \$97

## PRACTICING PRESCHOOL

2+ - 3+ Years 1.5 Hour Drop-Off Program  
Instructors: Amanda Torrey & Jillian Sullivan

**WEDNESDAYS at 9:30-11:00am**

Session 1: 1/18, 1/25, 2/1, 2/8, 2/15  
Session 2: 3/8, 3/15, 3/22, 3/29, 4/5, 4/12

**THURSDAYS at 9:30-11:00am**

Session 1: 1/19, 1/26, 2/2, 2/9, 2/16  
Session 2: 3/9, 3/16, 3/23, 3/30, 4/6, 4/13



Practicing Preschool is a pre-school curriculum themed-based program a bit shorter in duration and designed to introduce your 2+-3+ year old to a preschool-like experience. A new and different theme will be explored each week. Practicing Preschool emphasizes social skills by encouraging friendships and trust. Along with building these important skills, your child will have fun making craft projects, using their imagination, creating with various mediums, exploring music and movement and be enchanted by stories and games. Snack is provided. If your child has allergies, we ask that you provide the snack. Our preschool classes are taught by caring, experienced preschool teachers with years of experience. **Please dress for mess!**

**Location:** Freeman Kennedy School: Enter Door 21 to the right of main door

**Max. 14 Fee:** Session 1: \$79, Session 2: \$95



## PRACTICING PRESCHOOL EXTENDED DAY

Instructors: Amanda Torrey & Jillian Sullivan

**WEDNESDAYS at 11:00am-12:15pm**

Session 1: 1/18, 1/25, 2/1, 2/8, 2/15  
Session 2: 3/8, 3/15, 3/22, 3/29, 4/5, 4/12

**THURSDAYS at 11:00am-12:15pm**

Session 1: 1/19, 1/26, 2/2, 2/9, 2/16  
Session 2: 3/9, 3/16, 3/23, (no 3/30\*), 4/6, 4/13

*\*March 30 is an early release day for FK School so there is no Extended Day, but Practicing Preschool WILL run as scheduled from 9:30-11am.*

Would you like an additional hour and a quarter of Practicing Preschool? This time will be spent exploring arts and crafts, plus story and music time. On nicer days children may venture outdoors.

**Please dress for mess!**  
Immediately follows Practicing Preschool

**Fee:** \$69 per session





## **PARENT & TOT GYMNASTICS**

**18 Months-3 Years with Adult**

*Instructors: YMCA - Valentina Sternadore*

**TUESDAYS at 9:15-9:55am & 10:00-10:40am**

Session 1: 1/10, (no 1/17), 1/24, 1/31, 2/7, 2/14  
Session 2: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11

A perfect class for an active child! Children will be hopping, skipping and tumbling to their favorite music. Add some balls, hoops, plus a parachute and they all have a great time. Mom, Dad or Nanny too!

**Location:** Multipurpose Room, Town Hall

**Maximum Participants:** 12

**Fee:** Session 1: \$35, Session 2: \$40

## **MATH FOR KIDZ**

**Ages 3.7-5**

*Instructor: Mrs. Anne Pizzi*

**TUESDAYS at 1:15-2:15pm**

Session 1: 1/10, (no 1/17), 1/24, 1/31, 2/7, 2/14  
Session 2: 3/7, 3/14, 3/21, (no 3/28), 4/4, 4/11

Through music, movement, storytelling and manipulative play, your child will be introduced to the wonderful world of math. The goal of this program is to peak your child's curiosity and to help your Pre-K child attain math readiness while having lots of fun. This program is designed to help kids understand the concept of numbers, what they represent, as well as to develop a sense of number manipulation. Anne Pizzi's love of music and theater, along with her experience as a math curriculum teacher and many years as a classroom teacher have helped her develop this class to excite young minds and introduce them to the wonderful world of math.

**Location:** Town Hall Multipurpose Room, Ground Floor Enter Door #4

**Fee:** \$42



## **JUMPING GYM**

**3-5 Years Drop-Off**

*Instructors: YMCA - Valentina Sternadore*

**TUESDAYS at 10:45-11:30am**

Session 1: 1/10, (no 1/17), 1/24, 1/31, 2/7, 2/14  
Session 2: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11

Shake, rattle and roll! Basic gymnastic skills improve coordination, balance, strength and flexibility. Add music, balls, hoops and parachutes and it's jumping gymnastics at its best! This is a fun, drop-off class perfect for the active child. The class will increase confidence, coordination and will help develop listening skills, taking turns and following coaching instructions.

**Location:** Multipurpose Room, Town Hall

**Maximum Participants:** 10

**Fee:** Session 1: \$35, Session 2: \$40



## **TINY DANCERS**

**Ages 3-5**

*Instructor: Erin Swezey*

**THURSDAYS at 1:30-2:15pm**

Session 1: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16  
Session 2: 3/9, 3/16, 3/23, (no 3/30), 4/6, 4/13

This introductory ballet and tumbling class takes an imaginative approach to learning in a nurturing and fun-filled environment that will cultivate your child's love for dance. Students will learn basic dance movement and gymnastic skills while also developing rhythm and coordination with the use of familiar children's songs and props as exciting learning tools. New and returning students welcome.

**Location:** Multipurpose Room, Town Hall

**Maximum Participants:** 10

**Fee:** Session 1: \$45, Session 2: \$38



**PRESCHOOL/SCHOOL AGE PROGRAMS**

## **STICKLERS LACROSSE**

**Ages 4-7**

*Instructor: Fore Kicks*

**SATURDAYS at 10:30-11:30am**

**DATES:** 2/4, 2/11, 2/18, (no 2/25), 3/4, 3/11, 3/18, 3/25, 4/1, 4/8

Sticklers curriculum introduces children to the important fundamentals of Lacrosse such as scooping, cradling and shooting. Mini-Lacrosse sticks and balls are used to provide children with a safe and fun experience in a Sticklers class! Each class is full of energy and instruction. Children will love mixing fitness and lacrosse specific skills in every class.

**Location:** Fore Kicks, Rt. 115 Norfolk

**Fee:** \$150




## **PARTY PACK!**

**Have a great party at your home with our activity filled party pack! Equipment appropriate for ages 2-6 yrs.**

**Party Pack Includes:** A 12 Foot Parachute, Two Playground Balls, Twelve Sacks, Twelve Hula Hoops

**Fee:** \$15 plus deposit **Deposit Required:** \$50

Kids and parents alike love our party pack! Pick up the pack at the Recreation Office at a pre-arranged time. Return the pack on time on the designated day and in good order. If items are returned damaged, broken, or late, all or part of the deposit will be used to cover the costs. Please call the Recreation Office at 508-520-1315 to reserve or mail in registration form. **Norfolk Residents Only Please.**



## **SWIM LESSONS**

**for ALL AGES**

**See page 9**

## DRAMA KIDS FOR K-2:

**Sign up now for classes leading to and including the Spring Performance!** Instructor: Jen Callej



**THURSDAYS at 3:15-4:15pm**

**FEE: \$ 310 Jan. 5-June 3**

**DATES:** 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, (no 2/23), 3/2. (no 3/9-this date is reserved for a *Mid session weather Make-up*) 3/16, 3/23, (no 3/30), 4/6, 4/13, (no 4/20), 4/27, 5/4, 5/11, 5/18, 5/25, 6/1.

*\*Weather Make-Up: 6/8*

 **Please note:** If, on Dec. 14, there are available spots in this program, the option of registering for each half separately will be available. The program will be divided as follows: Jan. 5 – March 2 (\$145), March 16 – 6/3 (\$180)

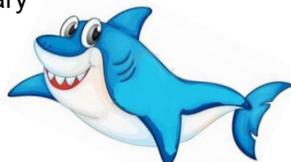
The Drama Kids developmental drama program for Lower Primary provides young children ages 5 to 8 with unique opportunities to develop clear speech, fluent delivery and pleasing social skills. Our program helps to give them the confidence to be participants in all aspects of their lives, able to ask questions, seek answers and share information with others. Children who mix well with others find it easier to make friends and adjust to new situations. Drama Kids' highly trained teachers motivate and inspire the students to become articulate communicators through enthusiastic participation in a wide range of creative activities including speech, creative movement, scene-work, games, improvisation and a special year-end performance during the spring. Each year we have a new curriculum, your child will never repeat a lesson during their years with us.

 The second portion of this program will focus on preparation of the Drama Kids Performance "Paradesia"! Paradesia takes place on a tropical island...complete with hula girls, tribal boys, sharks and a little bit of magic! Drama Kids strives to make a child's experience on stage comfortable, therefore we do not hold auditions or require strenuous line rehearsing.

Instructors are visibly available during performance to help direct children or read lines. Children will be an active part of character roles and development in class, and are able to voice opinions and ideas to add to the play. Performance will take place at Dean College, complete with costumes, music and props!

**Performance Date: Saturday, June 3 at Dean College in Franklin, MA. Time to be determined.**

**Program Location:** H.O.D. Library



## PONY CLUB at Norfolk Equestrian

Ages 5-17

With Lic. Instructor/Owner Christine M. Kimakhe

**SUNDAYS 1-3pm DATES:** Session 1: Jan. 22, 29, Feb. 5, 12  
Session 2 March 19, 26, April 2, 9



**Welcome to Pony Club!** This is an exciting program for the new rider as well as a those riders who would like to further their knowledge. Along with an hour-long riding lesson with a certified instructor, participants will spend ½ hour beforehand and ½

afterward learning how to care for horses and how to interact with horses in a safe way for all. "Ground" lessons include grooming, tacking up and leading. This program takes place year round thanks to a heated indoor arena! Parents are welcome to watch lessons from viewing room. *Please wear jodhpurs or jeans with paddock boots or sturdy boots with a ½" heel. Riding helmets are required and may be borrowed at the center or you may bring your own.*

**Location:** Norfolk Equestrian, 39 Miller Street, Norfolk

**Max. Participants: 5 Fee: \$195**

### FEBRUARY VACATION "BARN DAYS"

#### At NORFOLK EQUESTRIAN

**Tues. & Thursday Feb. 21 & 23 11am-3pm**



Barn days are a great way spend time caring for and being with the horses before and after your hour long lesson. During these mini-camp days, students will learn about horse care and horsemanship. A great way to become more familiar the life of a horse!

**Fee:** 2 days: \$135, 1 day only: \$75

### APRIL VACATION HORSEBACK RIDING CAMP

Ages 5-16

With Lic. Instructor/Owner Christine M. Kimakhe

**MONDAY-THURSDAY DATES:** April 17-20

**1/2 Day: 9am-Noon or Full Day: 9am-2pm**

This is a wonderful, all-around horsemanship and riding program. All levels including first time riders welcome. Participants will have a lesson in the morning and, if the full day option is chosen, will enjoy a trail ride or bareback time in the afternoon. Horse care and horsemanship will be taught including grooming, tacking up, tack care, and bathing. In between, games and crafts, along with barn camaraderie fill every moment. Please see Christine upon arrival for paperwork. If extended time is needed, please check with Christine.

*Please wear jodhpurs or jeans with paddock boots or sturdy boots with a ½" heel. Riding helmets are required and may be borrowed at the center or you may bring your own. Please send 2 healthy snacks, water and for full-day campers, a lunch.*

**Location:** Norfolk Equestrian, 39 Miller St.

**Fee:** 1/2-Day: \$200, Full-Day: \$320



## F.A.S.T. SUPER SPORTS

**Fitness, Agility, Skills, & Teamwork**

**Grades K-2 Instructor: F.A.S.T. Athletics**



### THURSDAYS: Grades 1/2

Session 1: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16,

Session 2: 3/2, 3/9, 3/16, 3/23, (no 3/30), 4/6, 4/13

Or

### FRIDAYS: Grades K/1

Session 1: 1/13, 1/20, 1/27, 2/3, 2/10, 2/17

Session 2: 3/3, 3/10, 3/17, 3/24, 3/31, 4/7

**TIME: 3:15-4:15pm**

Get up, get going and get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as Soccer, Basketball, Flag Football, Dodgeball, Baseball, Kickball and Capture the Flag. Programs include warm-up games as well as learning the basic skills of each sport. Each class will end with a high energy game of the sport played that day. Games may be played outside depending on availability and weather.

**Location:** H.O.D. Gym

**Fee:** \$69 per session

## INTRODUCTION TO STEM USING LEGO®

**Entering Grades K-2 - 1 1/2 hrs!**

**Instructor: Play-Well TEKnologies**

### WEDNESDAYS at 3:15-4:45pm

**DATES:** 1/18, 1/25, 2/1, 2/8, 2/15,

(no 2/22 or 3/1), 3/8, 3/15, 3/22



Ratchet up your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as Motorcycles, Castles, Airplanes and Monorails. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. There is no prerequisite for this course.

**Location:** H.O.D. Library

**Fee:** \$157



## KARATE/STRANGER DANGER

**Grades K-6**

**Instructor: Designed Defense**

### MONDAYS AND WEDNESDAYS:

Beginners: 3:15-4:15pm

Advanced: 4:30-5:30pm

*Classes are ongoing January 4-June and are held twice a week. Join any time!*

This class teaches the art of American Kenpo Karate. Karate is much more than just the kicks and moves. Karate is self-awareness, discipline, self-control and a great way to build confidence. Students will also learn stranger danger, what to look out for and how to avoid bad situations. Spectators are always welcome! **Register at class.**

**Location:** H.O.D. Gym **Fee:** \$60 per month (includes gee)

**All fees paid directly to Designed Defense at class.**



## CHESS WIZARDS

**Grades K-2 & 3-6 8 Weeks!**

**Instructor: Chess Wizards**



### TUESDAYS K-2: 3:15-4:15pm

**Location: H.O.D. Library**

**DATES:** 1/10, (no 1/17), 1/24, 1/31, 2/7, 2/14, (no 2/21), 2/28, 3/7, 3/14

### THURSDAYS Grades 3-6: 3:15-4:15pm

**Location: FK Media Room - pick up at Door #1**

**DATES:** 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, (no 2/23), 3/2, 3/9

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this session, each student will have had the chance to participate in a mini-chess tournament.

**Fee:** \$119

## SKATING PROGRAMS

**Ages Tiny Tots-Adults**



Norfolk Arena offers a variety of skating programs for all ages! Sessions continue throughout the year.

Norfolk Arena will give a \$7 discount on full sessions ONLY for its Learn to Skate Program to Norfolk Residents. Discount is only available if you register BEFORE session starts and may not be combined with other discounts.

Please identify yourself upon registration as a Norfolk Recreation registrant to receive this discount.

For full registration policies, check with Norfolk Arena.

Call Norfolk Arena at 508-520-9200 X 104 for schedule, information and to register.

**www.norfolkarena.com**



## ANIMAL ADVENTURES

**Care and feeding of exotic animals**

**GRADES K-6 WELCOME!** Time has been allotted to get to the H.O.D. School.

### MONDAYS at 3:30-4:30pm

**DATES:** 1/23, 1/30, 2/6



Whether your child is destined to be a vet or just loves animals, this program is both educational and fun! Each year the professional handlers

from Animal Adventures in Bolton surprise and delight us. The variety of animals is wonderful. We have met a 10' snake, an owl, a skunk, a West Nile crocodile, a tarantula and so much more! Animal Adventures is dedicated to teaching the public about animals and the environment we share. Each week children will meet & learn about different animals, discover their challenges, environment and care.

**Children should bring a snack for supervised time from dismissal to start of program.** **Location:** H.O.D. Gym

**Fee:** \$79 **Siblings:** \$69

## F/K MORNING SHOW

Grades 5-6

Instructor: Cheryl Lassey



### MONDAYS at Dismissal-4:20pm

Session 1: 1/9, (no 1/16), 1/23, 1/30, 2/6, 2/13, (no 2/20), 2/27

Session 2: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, (no 4/17), 4/24

### WEDNESDAYS at Dismissal-4:20pm

Session 1: 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15

Session 2: 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, (no 4/19), 4/26

### THURSDAYS at Dismissal-4:20pm

Session 1: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16,

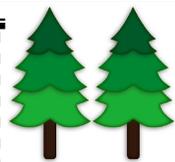
Session 2: 3/2, 3/9, 3/16, 3/23, (no 3/30), 4/6, 4/13, (no 4/20), 4/27

Would you like to be part of the F/K Morning Show? Are you interested in computers and iMovie? Come join the production team and do some of the behind-the-scenes editing. If you are the person that wants to be in front of the camera, then maybe the anchor spot is right for you. Are you interested in coming up with our daily trivia question, sports recap or other fun bits of information that we deliver to the entire school each morning? We do Quote of the Week on Monday, Tuesday Trivia, Wednesday Birthdays, Book Reviews on Thursday and Inspirational Fridays! Whatever your interest is, there is a spot for you! New ideas are welcome as we want to make the F/K Morning Show better than ever! The F/K Morning Show, along with credits, may be posted on the School's Website and the Recreation's Facebook page. Credits with first names/last initials will be accessible on School website. Please notify Ms. Lassey if you have any questions about this.

**Location:** F/K Computer Lab, Pick-up at Door #1

**Min. Participants:** 5 **Max. Participants:** 8

**Fee:** \$69 per session (Monday Session 1: \$62)



## Norfolk Lions Christmas Trees!

**Purchase a tree to support charitable causes!  
Located in Norfolk Center - Next to Dunkin' Donuts.  
Nov. 25 until all trees are gone!**

**Collecting items for Norfolk Food Pantry & Coats 4 Kids  
too! Did you know that in 50 years of Lions service in  
Norfolk the Lions have donated over \$250,000?!!**

**POST HOLIDAY TREE PICK-UP: For \$10 the BOYS SCOUTS  
will pick up your tree at your home and bring to transfer  
station. Sign up at Lions Lot or contact Boys Scouts.**

## NEW YEAR VISION & DREAM BOARDS



**Ages 6-11 Instructor: Jen Callej**

**DATE: Saturday, January 14 TIME: 6:00-8:00pm**

What are you passionate about? What are your hopes, dreams and goals? Join Miss Jen in exploring what the future has to hold for us and how we can manifest and reach our goals! We will be digging into our inner passions and interests through group activities and games while creating individual, creative and colorful vision boards to help display those passions and goals. Please feel free to bring any scanned photos of important people/ places or memories you wish to add to your board.

**Location:** Multipurpose Room, Town Hall  
(Enter Recreation Door #4)

**Max. Participants:** 15 **Fee:** \$20, Sibling \$15



## VALENTINE'S DAY WORKSHOP

**Ages 6-11 Instructor: Jen Callej**

**DATE: Saturday, February 4 TIME: 6:00-8:00pm**

Show someone you love them with the gift of art! Join Miss Jen in making beautiful Victorian-themed Heart boxes for that special someone. We will be using many different mediums and materials for this project, such as paint, beads, ribbon, glitter, lace and more. Also, there will be cookie decorating, heart bingo and other games to fill the night with fun!

**Location:** Multipurpose Room, Town Hall  
(Enter Recreation Door #4)

**Max. Participants:** 15 **Fee:**

## CHERRY BLOSSOM

### PAINT NIGHT

**Ages 6-11 Instructor: Jen Callej**

**DATE: Saturday, April 8**

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

Make room on the wall for a new piece of art! Join Miss Jen for a special Paint Night and learn the techniques of painting a beautiful Cherry Blossom Tree. Just like at a Paint Bar, we will be using acrylic paints and canvases. This is an instructional paint class, however there is always room for individual creativity. Snacks and drinks will be available as well during the class, and time for games will be determined.

**Location:** Multipurpose Room, Town Hall  
(Enter Recreation Door #4)

**Max. Participants:** 15 **Fee:** \$22, Sibling \$17



## ACTORS' STUDIO

Grades 3-6

Instructor: Mrs. Pizzi

**MONDAYS from Dismissal-4:30pm**

Session 1: 1/9, (no 1/16), 1/23, 1/30, 2/6, 2/13

Session 2: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10

**AND/OR**

**TUESDAYS from Dismissal-4:30pm**

Session 1: 1/10, (no 1/17), 1/24, 1/31, 2/7, 2/14

Session 2: 3/7, 3/14, 3/21, (no 3/28), 4/4, 4/11

Join Mrs. Pizzi for this perennial favorite! This class teaches basic acting skills through scripted theater pieces and theatre games. Topics include basic acting fundamentals, including audition techniques and character interpretation. Other topics will include improvisation, pantomime and Reader's Theater. Participating in Actors' Studio will enhance children's self-esteem and make it easier to step into new situations as well as prepare them for larger productions.

**Location:** F/K Cafeteria & Stage

**Fee:** Session 1: \$49, Session 2: \$42



## YMCA SWIMMING LESSONS

YMCA Bernon Family Branch

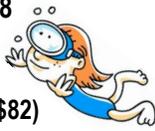
45 Forge Hill Rd., Franklin, MA 02038

All Ages and Abilities Welcome!

Registration starts 11/28!

Session 1: 1/2-2/19 Fee: \$96 (Mondays \$82)

Session 2: TBD



The YMCA is America's #1 provider of swimming lessons. Learn to swim, gain self-confidence, self-esteem and survival skills that will last a lifetime. The YMCA gives lessons to all ages and levels from Parent w/child to Adults. Norfolk Recreation accepts registrations for all ages and all swim classes at our reduced rates.

**Lessons by AGE Category:**

Parent-Child (Ages 6 months-5 yrs), Preschool (Ages 3-5)

Youth (Ages 6-12), Teen and Adult (Ages 13+)

To register with Norfolk Recreation, please provide us with the class name, day and time that you would like to register for, along with the swimmer's name, age or date of birth, best phone number and parent's name. Only some class times for ages up to 5 are on our website, but because there are too many to list, we add them as you notify us with your choice of class.

**For dates/times and availability, please check the YMCA's website: [www.hockymca.org](http://www.hockymca.org). Click on FRANKLIN.** Once you know the class information you would like to register for, call or email us. We will then add the class to our website so you can register. Once you have registered, we will contact the YMCA to reserve your spot..

**NEW Student Evaluations:** For children ages 3 and over to be placed in an appropriate class, the YMCA requires evaluations. Call the YMCA at 774-235-2747 to schedule an evaluation at least one week before registration. Please don't delay-classes fill fast! We need to know your level in order to register you with the YMCA.

If you have any questions, please call us at (508) 520-1315 or email us at [recreation@norfolk.ma.us](mailto:recreation@norfolk.ma.us).

## GIRLS MONDAY NIGHT VOLLEYBALL

Grades 4-6 & 7-8

Instructor: Brianna Souza

**MONDAYS: 7:00-8:00pm Grades 4-6**

**8:00-9:00pm Grades 7-8**

**DATES: 2/27, 3/6, 3/13, 3/20, 3/27**

Join us for this great instructional program that will get you on the road to playing and improving your game. This program is suitable for all levels so whether you want to brush up your skills, improve your game to compete, or are just starting out, we will have skills and drills to help you learn and love the game. Brianna is a Metrowest Coach and has played volleyball at both the Varsity high school and college level.

**Location:** H.O.D. Gym

**Fee:** \$49



## F.A.S.T. AFTERSCHOOL DODGEBALL

Grades 3-6

Instructor: F.A.S.T. Athletics

**FRIDAYS at 3:15-4:15pm**

Session 1: 1/13, 1/20, 1/27, 2/3, 2/10, 2/17

Session 2: 3/3, 3/10, 3/17, 3/24, 3/31, 4/7

A Perennial favorite! F.A.S.T. Athletics will teach everyone different versions of Dodgeball, game strategies and teamwork. F.A.S.T. Coaches are top-notch. Join us for a great end-of-the school week activity.

**Location:** F/K Gym. Pick-up at Door #1

**Fee:** \$65 per session



## FIBER ART

Entering Grades 3-6

Instructor: Laura Mellick,

F/K Art Teacher

**WEDNESDAYS from**

**Dismissal-4:20pm**

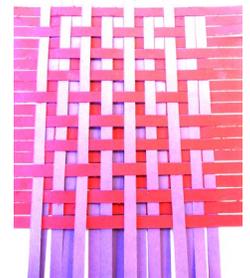
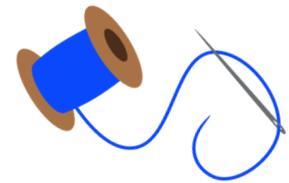
**DATES: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15**

Come join Mrs. Mellick in a class that will explore the wonderful world of fiber arts. Based on what the students wish to do, we could enjoy weaving pouches and bowls, weaving our own paintings together, sewing a drawing (a.k.a. embroidering), sewing a doll or monster, or wet felting a geode or design. Your imagination is limitless!

**Please dress for mess.**

**Location:** F/K Art Room

**Fee:** \$49



## **ADVANCED BASICS OF DRAWING**

**Grades 5-8**

*Instructor: Artist Jason Sawtelle*



**THURSDAYS at 6:30-7:30pm**

**DATES:** 1/19, 1/26, 2/2, 2/9, 2/16, (no 2/23), March 2



Using photographs and real-life subjects, Artist Jason Sawtelle walks young artists through the process of planning, sketching and drawing to help improve their drawing skills. Starting with the importance of how to see the subject, Jason then focuses

on the fundamentals of proportion, perspective, shading, detail and composition. Students will be shown how to create drawings that look like the real-life subject, and even how to apply these concepts to imaginary/fantasy works. The program will conclude in an art show at the end of the last class, giving students the experience of sharing the results of their efforts in a gallery-like setting from 7:30-8:00pm. Students will need to bring one 9"x12" sketch pad, one white vinyl eraser, one pencil sharpener, a small manual sharper, one set of drawing pencils (typically sold in sets of 10 with different levels of hardness/softness in the leads from 4H to 8B.)

*Jason Sawtelle is a professional artist who also does custom murals and commissioned art. You can view his work at [sawtelleart.com](http://sawtelleart.com) (fine art) & [blackbeakstudios.com](http://blackbeakstudios.com) (commissioned art & murals).*

**Location:** Town Hall Recreation Office - Please enter Door #4. **Fee:** \$99

## **IN THE STUDIO WITH NCTV COMEDY SKITS**

**A FEBRUARY VACATION PROGRAM!**

**Ages 9-12**

*Instructor: NCTV Staff*

**Tuesday-Friday, February 21-24**

**TIME: 1:00-3:30pm**



Bring your imagination to NCTV's comedy skit program! In this class, you'll plan, write, film and edit a

comedy skit (or two!) in the studio. All students will be expected to participate both in front of and behind the camera. The videos will be seen on NCTV's channels as well as YouTube. No experience necessary!

**Location:** NCTV Studio, 158 Main Street

**Maximum Participants:** 6

**Fee:** \$39



## **ROBOTICS I**

**Ages 10+**

*Instructor: Carl H. Geden, Electrical Engineer, owner of NE Educational Technologies*

**TUESDAYS at 3:15-4:45**

**DATES:** 1/10, (no 1/17), 1/24, 1/31, 2/7, 2/14

Come join this hands-on class that is sure to get your gears moving! Students will build and keep their own working robots. Students will also be instructed in robotic basics in this program with working robots. This is no ordinary robotics class; Carl Geden customizes all his classes. All the students why's and how's will be answered. Additionally, working in a team, students will construct a robot that can play soccer and compete in a mini-soccer tournament.

**Location:** F/K - Room 114

**Fee:** \$129 includes robot and batteries

## **ROBOTICS II**

**Ages 11+ NEW ROBOT!**

*Instructor: Carl H. Geden, Electrical Engineer, owner of NE Educational Technologies*

**TUESDAYS at 3:15-4:45**

**DATES:** 3/7, 3/14, 3/21, (no 3/28), 4/4, 4/11

Students will construct a wheeled robot that is controlled by a microprocessor and is equipped with multiple infrared sensors for object detection. This is a more advanced robotics course and students will need to be familiar with computer use. Students will be introduced to a Scratch software programming environment on a laptop and develop software using programming constructs to control the robot. A new, updated robot is yours to keep, including a remote control, batteries, USB cable and Bluetooth® interface.

**Location:** F/K School - Room 114

**Fee:** \$150 includes updated robot and accessories.



## **NCTV STOP MOTION ANIMATION**

**AN APRIL VACATION PROGRAM!**

**Ages 9-12**

**Monday-Friday, April 17-21 TIME: 1:00-3:00pm**

Join the NCTV staff for their week long Stop Motion



Animation program this April! During this program you will learn storyboarding and planning, set design and creation, stop motion animation techniques, filming, sound effect

creation, and basic editing. The videos will be seen on NCTV's channels as well as YouTube™. No experience necessary! **Location: NCTV Studio, 158 Main Street**  
**Maximum Participants: 6**



## **ADVANCED INDOOR FIELD HOCKEY**

**Grades 5-8**

*With Coach Liz Hathaway*

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

**DATES:** 2/28, 3/7, 3/14, 3/21, 3/28, 4/4

\*Weather make-up: 4/11

Attention Chicks with Sticks! Are you ready for the next level? This program, specifically designed for those with a previous season's or clinic's experience, is fast-paced and designed to improve your handling skills and footwork. Varsity Coaches are coaching this clinic aimed at those ready for intensive skill and drill. Girls must have own equipment. Come join us for an action-packed Monday! Field Hockey sticks will be taped. If you need a new stick, let us know and we may be able to help with loaners or new purchases.

**Location:** KP Middle School Auxiliary Gym **Fee:** \$75

## **4-H BABYSITTING COURSE**

**Grades 5-6**

*Instructor: Maureen Howard*

**WEDNESDAYS at 3:20-5:20pm**

3/8, 3/15, 3/22, 3/29



Both boys and girls are welcome to learn how to become responsible, caring, trustworthy, respectful and competent babysitters. This course is the 4-H Babysitting Course. A handbook is also included for your use.

**Location:** Ms. Logan's Room, Pick-up at Door #1

**Maximum Participants:** 12 **Fee:** \$68 includes Booklet

## **AFTERSCHOOL ARCHERY**

**Ages 8+**

*Instructor: Ace Archers, Inc.*

**THURSDAYS at 4:00-6:00pm**

Session 1: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9

Session 2: 3/2, 3/9, 3/16, 3/23, (no 3/30), 4/6, 4/13



This clinic stresses safety, correct shooting form and fun! Ace Archers, Inc. has been holding archery clinics since 2003. All equipment is provided. Children eight-years old and up, plus adults of all ages are invited. Regular street clothing should be worn. Water is available at the facility and facility is also air conditioned. Participants may bring healthy snacks. All instructors are USA Archery certified and the lead instructor is an US Archery Level 4 – NTS Coach.

**Location:** Ace Archers, Inc. 131 Morse Street

Foxboro, MA (second floor) **Fee:** \$99 per session

**Get notices first about programs,  
events, and activities!**



**Become a fan!  
Search Facebook for  
"Norfolk Recreation"**



## **SKIING AND SNOWBOARDING AT BLUE HILLS**

**Ages 7-17**

**Fridays:** 1/6, 1/13, 1/20, 1/27, 2/3

**Lesson time: 4:30-5:45pm**

**\$205 for 1.5 hr lesson only**

**\$235 for 1.5 hr lesson & helmet rental**

**\$290 for 1.5 hr lesson & rentals**

**\$320 for 1.5 hr lesson, rentals, & helmet rental**

**More information available online at:**

[www.virtualnorfolk.org/rec](http://www.virtualnorfolk.org/rec)

**Additional paperwork is required for this program which may be picked up, mailed or emailed.**

**Registration Starts Mon. Dec. 5th**

**& LAST DAY TO REGISTER with all**

**completed paperwork submitted is**

**WEDNESDAY, DECEMBER 21st AT 9:00 AM!**



## **EARLY MORNING YOGA**

**Adult**

*Instructor: Jennifer LaFond*

**THURSDAYS at 7:30-8:30am**

Session 1: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16

Session 2: 3/9, 3/16, 3/23, 3/30, 4/6, 4/13

Yoga is a great way to start the day. Come join me as we travel through a balanced combination of sustained poses as well as poses flowing in a mindful progression from one to another. Attention is always given to basic alignment & therapeutic principles. Classes are balanced with a focus on breath and energy to give you a good physical workout along with increased flexibility and calm, to keep you balanced. This class is suitable for all levels.

**Location:** Multipurpose Room, Town Hall.

Enter Door #4 (faces Library).

**Fee:** \$48

## **LADIES NIGHT OUT: CERAMICS**

*With Laura Mellick, F/K Art Teacher*

**THURSDAY, 7-9pm Feb. 2**

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!**

**Location:** F/K Art Room Enter Door #1

**Fee:** \$29



## ZUMBA

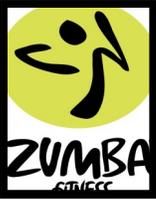
Instructors: Tuesday: Christine French,  
Thursday: Carole Bouchard

**TUESDAYS:** 1/10, (no 1/17), 1/24, 1/31, 2/7, 2/14, (no 2/21),  
2/28, 3/7, 3/14, 3/21, (no 3/28), 4/4, 4/11

**AND/OR:**

**THURSDAYS:** 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, (no 2/23),  
3/2, 3/9, 3/16, 3/23, (no 3/30), 4/6, 4/13

**TIME: 6:30-7:20pm**



Zumba is great exercise, great fun and suitable whether you're trying to up your exercise routine or trying to get back in the game. Join us for this fun and lively class taught by an experienced professional. If you love rhythm (or even if you are a little rhythm challenged) Zumba is loads of fun.

Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The goal is simple: to work out, to love working out and for you to find a program that you will want to stick with! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba has coined the term 'fitness party' and makes fitness fun! Join us for this exciting class!

**Location:** H.O.D. Gym (Rear of school)  
**Fee: Tuesday and Thursdays:** \$120 (23 classes)  
**Tues:** \$64 (11 classes) **Thurs:** \$69 (12 classes)

## HOME BUYING BOOTCAMP

Hosted by Michael Shain of Village Mortgage, NMLS# 776638 MA, along with a panel of experts!

**Date: Tuesday, March 7 Time: 6:30-8pm**

**Location:** Norfolk Public Library Meeting Room



**This program is free, but we ask that you register so we can plan accordingly.**



In today's fast moving Real Estate market, you need to be prepared to come out on top. This seminar is hosted by Mike Shain along with a panel of experts including an

attorney, home inspector, and real estate professional. Come learn about the entire home buying process including the importance of credit which will enhance your buying position. This information will help you end up with the right house at the right price! Real life scenarios will be discussed exemplifying the home buying process.

Michael Shain, NMLS# 776638, is a Mortgage Loan Originator with Village Mortgage Company, NMLS# 6331 in Milford, MA. He has over 25 years of banking and mortgage lending experience. He is a graduate of the Massachusetts School for Financial Studies and currently hosts a cable TV show called Real Estate and Beyond that features current marketplace issues and trends of concerns to both buyers and sellers. Bring your questions!

**Refreshments including pizza will be served.**



## MEN'S BASKETBALL

**30 and OVER**

**THURSDAYS at 6:30-9:30pm**

**DATES:** 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, (no 2/23), 3/2, 3/9, 3/16, 3/23, (no 3/30), 4/6, 4/13, (no 4/20), 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8

Come down and join in for Men's Over 30 Basketball at the F/K gym for 3 hours on Thursday nights. Register online at [www.virtualnorfolk.org/rec](http://www.virtualnorfolk.org/rec) only. NO REGISTRATION AT THE GYM.

Email address is required for notifications.

**There are 2 payment options.** ADVANCE REGISTRATION IS REQUIRED no matter payment option chosen:

1. **Pay \$65 for 20 weeks** at the time of registration and you are paid through June. 15 spots.
2. LIMITED SPOTS FOR PAY AS YOU GO. REGISTER ONLINE IN ADVANCE. Pay \$5 at program. 12 spots.

**Please Note:** On occasion, the school needs gym for events and Basketball is cancelled. Price reflects possible cancellations.

**Location:** Freeman Kennedy School, Enter Door #21

## FUTSAL-ADULT INDOOR SOCCER

**WEDNESDAYS at 8:00-9:30pm**

**DATES:** 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, (no 2/22 or 3/1), 3/8, 3/15, 3/22, 3/29, 4/5, 4/12



FUTSAL is played in a gymnasium with a low bounce ball where the focus is on short passes. Join the fun and get some GREAT exercise. This is a friendly, co-ed activity geared toward advanced beginner to intermediate skill levels. New players welcome. Court shoes or indoor soccer shoes required. **Location:** F/K Gym, Enter Door #21 **Fee:** \$45  
Pre-registration required.

## ESTATE PLANNING BASICS

**Instructor:** Attorney Amy Antonellis

**WEDNESDAY at 6:30-8:30pm**

**DATE: Wednesday, January 25**



The new year is here and it is time to get organized - take the step and make sure your affairs are in order! Are you wondering what the necessary steps are to protect your family if something were to happen? Where would your property go and who would raise your children? These and other important questions will be addressed by Attorney Amy Antonellis, who owns a local law practice focusing on estate planning. The seminar will explain the necessary components of an effective estate plan and real life scenarios will be evaluated to illustrate the use of various estate planning tools, such as wills, trusts, durable power of attorneys and health care proxies. You won't want to miss this informative and easy to understand seminar on a very important topic.

**Help us plan! Register at: [www.virtualnorfolk.org/rec](http://www.virtualnorfolk.org/rec) (there is no cost) or by calling us at 508-520-1315.**

**Location:** Norfolk Public Library-Meeting Room

**Max. Participants: 30**

**Fee: FREE!**

## ADULT EXERCISE PROGRAMS WITH NANCI

Instructor: Nanci Cahalane, AFFA/FRA Certified Personal Trainer, MIAA Certified Coach

### STRENGTH TRAINING AND BODY SCULPTING

**FRIDAYS: 9:00am**

1/13, 1/20, 1/27, 2/3, 2/10, 2/17, (no 2/24), 3/3, 3/10, 3/17, 3/24, 3/31

Build muscle, burn calories and rev up your metabolism in this 45-minute class! Using proper lifting form and technique you'll build a leaner, sculpted body. 3 - 15lb. hand weights provided as well as exercise balls and some yoga mats. You may prefer to bring your own mat.

**Location:** Multipurpose Room, Town Hall

**Fee: \$66 early registration/\$76 after Noon on January 4th**



### PILATES BASED FLOOR CLASS

**FRIDAYS: 9:45am**

1/13, 1/20, 1/27, 2/3, 2/10, 2/17, (no 2/24), 3/3, 3/10, 3/17, 3/24, 3/31

Build strength from inside out. Stretch and strengthen muscles without stressing joints in this 45-minute class. Pilates promotes flexibility and better posture using core and stability techniques. Some yoga mats provided. You may prefer to bring your own mat.

**Location:** Multipurpose Room, Town Hall

**Fee: \$66 early registration/\$76 after Noon on January 4th**



### THE "COMBO CLASS"

1/2 Hour Strength and 1/2 hour Pilates

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

1/9, (no 1/16), 1/23, 1/30, 2/6, 2/13, (no 2/20), 2/27, 3/6, 3/13, 3/20, 3/27, 4/3

**or WEDNESDAYS: 6:30-7:30pm**

1/11, 1/18, 1/25, 2/1, 2/8, 2/15, (no 2/22), 3/1, 3/8, 3/15, 3/22, 3/29

This class has the benefits of both the strength training and the Pilates class! The class consists of a half hour of strength training and a half hour of Pilates.

**Location:** Multipurpose Room, Town Hall

**Fee:** Mondays: \$66 (11 weeks), Wednesdays: \$78 (13 weeks)



### CIRCUIT TRAINING

**MONDAYS: 8:30-9:00am**

1/9, (no 1/16), 1/23, 1/30, 2/6, 2/13, (no 2/20), 2/27, 3/6, 3/13, 3/20, 3/27, 4/3

Get strength and cardio benefits in just 30 minutes a day! This program is designed to increase lean body mass and decrease weight. We will incorporate short bursts of exercise using frequent repetitions, followed by another burst of exercise targeting a different muscle group. All body parts are trained in one session so there is no need to work out every day.

Because of continuous heart rate throughout the class, the body's ability to burn calories is intensified, not just during the class but continually throughout the whole day.

**Location:** Multipurpose Room, Town Hall

**Fee: \$66 early registration/\$76 after Noon on January 4th**



### LADIES SNOWSHOE/TREK

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

Session 1: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16

Session 2: 3/9, 3/16, 3/23, 3/30, 4/6, 4/13

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

Session 1: 1/14, 1/21, 1/28, 2/4, 2/11, 2/18

Session 2: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8

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 and fresh fallen snow only adds to the magic. Plus, burn up to 1,000 calories an hour on hilly terrain.

Join other women and hike or snowshoe (your choice). If conditions are icy, "ice cleats" are strongly recommended.

**Location:** Every week we will meet at a new location (a list will be given out). First week is at F. Gilbert State Forest (see directions below).

**Fee:** \$25 per session

*Note: Class is cancelled only for very inclement weather.*



### HAPPY DOGS HIKE

**WEDNESDAYS at 10:30-11:30am**

Session 1: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15

Session 2: 3/1, 3/8, 3/15, 3/22, 3/29, 4/5

Bring your 'best friend' and come hike with us in this very popular and fun program. Join other dog owners for some great exercise! Dogs, just like humans are social beings. Regular play dates with other dogs are an important part of your dog's wellbeing. Let's get together for some fresh air and a romp through the woods with your dog. Please bring a leash, pick-up bags and water for your dog. If conditions are icy, "ice cleats" are strongly recommended.

***No aggressive dogs please!*** Fee: \$25 per session

*Note: Class is cancelled only for very inclement weather.*



#### Locations for Snowshoe & Dog Hike:

Locations will vary. First meeting at F. Gilbert State Forest, Foxboro, MA. Take Rt. 1 N or S to Thurston St. If headed N, take right at light on Thurston St. (If headed South, take left). Follow 1.5 miles. Turn left on Mill St. (.2 miles past Normandy Farms). Follow Mill St. for .9 miles and park at the Meeting House Chapel. Cross street to the park entrance by Ranger Station. Other locations will be given out at first meeting.



# Community Page



Norfolk Lions and Norfolk Recreation present

## NORFOLK'S HOLIDAY PARADE & CELEBRATION!

### Sunday, December 4th!



**3:30pm** Come to the parade starting at Hillcrest Village and ending at the Public Library. Enjoy the King Philip Marching Band, Norfolk fire trucks, Police cars, Frosty, and of course, Santa!

**4:00pm** Following the Parade, Pictures with Santa will be taken in the Library meeting Room. Look for signs showing the way. Hot Cocoa and cookies will be served in the Library Lobby.

**4:30pm** Join us for the countdown to light the tree in the Gazebo. Create a special Memory! Children are encouraged to bring a hand-made ornament to decorate the Town Tree.

All events are free!



### NORFOLK COMMUNITY LEAGUE'S ANNUAL SANTA BREAKFAST

**SATURDAY, DEC. 3RD 9-10:30AM**

H. Olive Day School Cafeteria  
Ring in the season with a Holiday Sing-a-long featuring Stacy Lake "Small Singers

& Shakers", followed by a visit from Santa himself! Continental breakfast treats for all ages will be served.

Admission is \$10/child for NCL members/\$12 non-members. Adults: \$1 NCL members/\$3 non-members. Children 12 months or younger are free!

Register online at: [norfolkcommunityleague.org](http://norfolkcommunityleague.org)



15th Annual 5K Run/Walk



## JINGLE BELL RUN

Sponsored by Norfolk Community League

**Saturday, Dec. 3rd at 11:30am**

All proceeds benefit the Santa Foundation. Runners/walkers of all ages & abilities are encouraged and welcome to participate in this fun and festive event!

**NEW THIS YEAR! Junior Jingle Bell Run  
for ages 4+ at 11:00am!**

Road Race starts and finishes at the H.O. DAY School.  
Register online at: [racewire.com/register.php?id=7161](http://racewire.com/register.php?id=7161).



Friends of the Norfolk Public Library

## Book & Bake Sale

**Saturday, April 22nd 9am-3pm**



## Norfolk Community Gala

Sponsored by Norfolk Community League and open to all! This fun evening is a wonderful way to celebrate with friends with dinner, dancing, auctions and more... all while supporting Norfolk!



**Saturday, March 25th at 7pm**

At the Lakeview Pavilion

Visit [www.norfolkqala.com](http://www.norfolkqala.com) for more information.



NORFOLK LIONS CLUB

## CHRISTMAS TREE & WREATH SALE

NORFOLK CENTER-NEXT TO  
DUNKIN DONUTS. STARTS NOV. 25!

See page 8 for more details



## NORFOLK GARDEN CLUB PRESENTS:



*Iris, Goddess of the Rainbow*  
Presented by Stephanie Markham  
Wednesday, March 8 at 7:00pm

Free

*Jaw-Dropping, Traffic Stopping, Get Your  
Neighbors Talking Containers*

Presented by Deborah Trickett  
Wednesday, April 12 at 7:00pm

Free



Do you love to garden or love the idea of gardening but need some help? The Garden Club of Norfolk maintains a wonderful website including how-to's: [www.gardenclubofnorfolkma.com](http://www.gardenclubofnorfolkma.com)

Always welcoming new members!

# **NORFOLK RECREATION REGISTRATION FORM**

## **PLEASE USE ONE FORM PER PERSON**

Register with this form and a check (or cash) payable to Norfolk Recreation and bring or mail to  
Norfolk Recreation, 1 Liberty Lane, Norfolk, MA 02056.  
Online registration is available at [www.virtualnorfolk.org/rec](http://www.virtualnorfolk.org/rec).

Name: \_\_\_\_\_ D.O.B \_\_\_\_\_ Parent's Name \_\_\_\_\_  
Address: \_\_\_\_\_ Phone(s) home/cell: \_\_\_\_\_  
Course Name: \_\_\_\_\_ Day: \_\_\_\_\_ Class Time: \_\_\_\_\_ Fee: \_\_\_\_\_  
Course Name: \_\_\_\_\_ Day: \_\_\_\_\_ Class Time: \_\_\_\_\_ Fee: \_\_\_\_\_  
Course Name: \_\_\_\_\_ Day: \_\_\_\_\_ Class Time: \_\_\_\_\_ Fee: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_  
Allergies \_\_\_\_\_ Alt. P/U person: \_\_\_\_\_

I, \_\_\_\_\_, on behalf of myself and/or my minor child, hereby release and hold harmless the Town of Norfolk, Norfolk Public Schools, King Philip Regional Schools, and all their officers, employees, contract employees, volunteers, organizations providing services 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 Norfolk Recreation activities including such claims or causes of action that I/he/she may now have or thereafter acquire (either independently or as a parent of said child) or that my child may have or hereafter may acquire.

SIGNATURE: **X** \_\_\_\_\_ Date: \_\_\_\_\_

**Registrations are subject to all registration policies including No Refund Policy.  
Policies are online and on page 2 of this brochure.**

I would like to apply to the Fee Reduction Program. \_\_\_\_\_ Please briefly explain the reasons or call Recreation Director at (508) 520-1315

**To register, you may register online at [www.virtualnorfolk.org/rec](http://www.virtualnorfolk.org/rec) or submit this form along with payment to the Recreation Office located on the Ground floor of the Norfolk Town Hall.**

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Course Name: \_\_\_\_\_ Day: \_\_\_\_\_ Class Time: \_\_\_\_\_ Fee: \_\_\_\_\_  
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SIGNATURE: **X** \_\_\_\_\_ Date: \_\_\_\_\_

**Registrations are subject to all registration policies including No Refund Policy.  
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PRESORTED STANDARD  
U.S. POSTAGE PAID  
NORFOLK, MA 02056  
PERMIT NO. 12

POSTAL PATRON  
Norfolk, MA 02056

Norfolk Recreation  
(508)520-1315  
1 Liberty Lane  
Norfolk, MA 02056

| <u>Sports Organization</u>                                             | <u>Website &amp; Contact Information</u>                                                                                                                | <u>Ages</u>                                              | <u>Registration Dates</u>                                                                             |
|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| King Philip Soccer Association (KPSA)                                  | <a href="http://www.kpsoccer.org">www.kpsoccer.org</a><br>Email: info@kpsoccer.org                                                                      | U14, U16, U18                                            | U14: 11/1-12/15<br>U16, U18:<br>11/1-2/28 (late reg. may be available)                                |
| King Philip Soccer Association- TOPS (The Outreach Program for Soccer) | <a href="http://www.kpsoccer.org">www.kpsoccer.org</a><br>Email: lisakellet@comcast.net                                                                 | Ages 4-16 with intellectual and/or physical disabilities | 2/1-3/15                                                                                              |
| Norfolk Baseball                                                       | <a href="http://www.norfolkbaseball.com">www.norfolkbaseball.com</a><br>President@norfolkbaseball.com                                                   | Ages 4-18                                                | 11/15-2/1                                                                                             |
| Norfolk Lions Youth Soccer                                             | <a href="http://www.norfolkliionssoccer.com">www.norfolkliionssoccer.com</a><br>facebook.com/norfolkliionssoccer<br>Email: info@norfolkliionssoccer.com | Age 3 (by 9/1) through 12th Grade                        | Starts January 1! (Spring)<br>April-6/1 (Fall)                                                        |
| Norfolk Vikings (Pop Warner Football/Cheering)                         | <a href="http://www.nmmvikings.org">www.nmmvikings.org</a>                                                                                              | Ages 7-13                                                | Registration starts 3/31                                                                              |
| Norfolk Girls Softball                                                 | <a href="http://www.norfolkgirlssoftball.net">www.norfolkgirlssoftball.net</a><br>Email: gtcurren@yahoo.com                                             | Ages 5-14                                                | 1/15-3/6                                                                                              |
| Norfolk-Wrentham Youth Basketball                                      | <a href="http://www.nwyoutbasketball.com">www.nwyoutbasketball.com</a>                                                                                  | Grades K-6 (all towns invited)                           | Sept.-early                                                                                           |
| Soccer Club of Norfolk -Home of Travel Soccer                          | <a href="http://www.scnorfolk.com">www.scnorfolk.com</a>                                                                                                | Grades 3-6                                               | Indoor Sessions:<br>See website<br>Outdoor Spring:<br>Early January<br>Outdoor Fall:<br>Starts in May |



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IN SPRING BROCHURE**



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**[www.ed2go.com/norfolk](http://www.ed2go.com/norfolk)**

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