

Town of Shrewsbury
Parks & Recreation Division
100 Maple Ave, Shrewsbury MA
Email: parkrec@shrewsburyma.gov

Follow us on Twitter
@ShrewsburyParks
508-841-8503

2020 Spring Brochure



shrewsburyma.gov/parkrec
**Online Registration
for Residents
March 4th @8am**

**Online for Non-Residents
March 6th @8am
(If space is available)**

**Mail-in/Drop offs
March 6th**

Registration forms received before
noon will be randomly entered by the
end of the day (space availability)

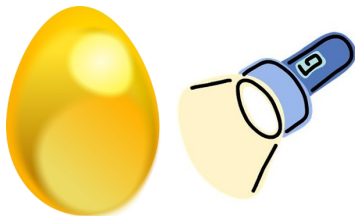
Existing On-line Account

Please log into your account a few days
before registration to confirm household
information (username, password,
birthdates, grades and contact info).

New Online Accounts

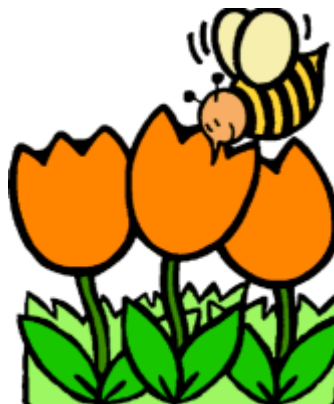
If you have registered with us in person
within the past and provided a valid email
address then you will be in our online
system. Use the email address submitted
to us as your "user name" and then use
your "zip code" as password for first time
entry into the system.

If you have not registered with us before
or didn't list a valid email then please click
on the "New Account" under Quick Links to
submit household information to us. Please
allow one business day for the household
account to be approved.



**EGG HUNT
APRIL 10TH!
MORE INFO IN
BROCHURE**

Recreation Supervisor located on first
floor. Customer Service located on
2nd floor of Town Hall
Office Hours Mon.-Fri.
8am-12pm & 1pm-4:30pm
Visit us on the web at:
www.shrewsburyma.gov/parkrec



SHREWSBURY PARKS & RECREATION SPRING 2020

Policies

Please contact us at 508-841-8503 with any questions. Office hours are Mon-Fri 8am-Noon & 1-4:30pm.

Registration & Program Info Online Registration is Preferred

Programs have enrollment limits, and sign-ups are accepted on a strict first come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. Programs are for residents unless otherwise noted with a non-resident fee. Non-Residents may register starting March 6th unless otherwise noted. Must have an active household account to register online. Incomplete or inaccurate forms will be returned.

Refund Policy

Refunds must be requested in writing or via email within three (3) days of receipt. A household credit will be applied to your account minus an administrative fee. A refund check may also be requested, but will take up to three weeks to be processed. The fee shall be \$10.00 for programs under \$99.00 or \$15.00 for programs \$100.00 - \$199.00 and \$20 for programs more than \$200.00.

Verifiable medical excuses will be granted prior to the start of the program or pro-rated once the program has started. A household credit will be issued.

If we are able to sell your spot to someone on the waiting list then a refund will be processed minus the administrative fee.

Please note that refunds of less than \$10.00 will be applied to household credit only. There are no refunds issued for missed or canceled classes due to weather.

Advertisements

Programs and special events are advertised in the SPS weekly "Community Bulletin", Park & Rec list serve and town web site.

Brochures are distributed to the school system in the Fall and Spring.

Waiting List

If a program is full, a participant can be placed on the online waiting list. If a spot does become available we will use the waiting list as a reference. Once you agree to take the open spot, you will have 24 hours to pay online (item will be located in shopping cart). If payment is not received within 24 hours the open spot becomes available to the next waiting list participant).

Contracted Programs

Course content is under supervision of the contracted vendor.

Code of Conduct

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

Age & Grade Requirements

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class. The grade limit required corresponds to the child's current grade level. Adult classes are aged at 18 and older unless otherwise specified, Seniors are aged 55 and older. All registration forms must have a date of birth listed.

Valuables

The parks & recreation department is not responsible for any lost or stolen items, valuables in particular should not be brought to any program.

Medication Policy

An epi-pen may be kept on site in case EMS is called for an emergency. If a child requires daily medication, parents must make arrangements for someone to come and dispense the medication if necessary. In case of emergency we will call 911.

Photo Policy.... Smile

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know.

Switching of Classes

Participants will not be allowed to switch or change programs to different nights.

Updated Household Information

Participants are responsible for contacting the office to update household information before registration begins. The recreation department will not hold/add spots for households that are missing/incorrect information.

Senior Recreational Bowling

Come and join the senior bowling league at the Town & Country Bowling Alley. This recreational league provides exercise and an enjoyable atmosphere. Weekly fee includes 3 games and shoes, Start Time: 1pm Dates: Ongoing Fee: \$11
Day: Fridays Age: Seniors
Location: Bowlero (Rte 9 & Oak St.)

The Complete Workout

Look and feel your best while improving strength, flexibility, and endurance. This class will exercise mind and body with the latest in aging research, falls prevention, and nutrition information. Karen McKenzie is a senior fitness specialist and host of cable TV's talk show "Seniors on the Move" (8 classes).

144050-A Time: 9:30 -10:30am
Res: \$25 Non-Res: \$25
Dates: 3/11-4/29 Day: Wed
Age: Seniors Loc: Senior center

Weather Cancellation Hotline

In case of inclement weather, call no earlier than 1 hour prior to the class starting. If school is cancelled due to weather, all parks & recreation programs are cancelled. If there is a school delay, then all youth AM classes are automatically cancelled
508-841-8336

SHREWSBURY PARKS & RECREATION SPRING 2020

Tai Chi & Chi Gong

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life.

#143070-A Res: \$59 Non-Res: \$69

Dates: 3/25-6/3 (no 4/22, 10 classes)

Time: 6-7pm Day: Wednesday Ages: Adults

Loc: Beal School Instructor: Laurie Demers

Yoga for Strength

Yoga for Strength is an all levels class that uses poses to build strength and muscle tone using your own body weight, as well as the inclusion of small weights (1-3 lbs). In this class we will hold poses to help build strength and stamina. Adding weights helps to build muscle and increase bone density and is a great way to maintain strength. During class you are encouraged to go at your own pace in a noncompetitive and nonjudgmental approach and to respect the signals that your body sends you. Please bring a mat and a set of 1 to 3 pound weights.

#143079-A

Dates: 3/26-6/4 (no 4/23, 10 classes)

Ages: Adults Time: 6:30-7:30PM

Res: \$74 Non-Res: \$84 Day: Thursdays

Loc: Beal School Instructor: Kris Wilhelmy

Intermediate Yoga

This class is for those students comfortable with the asanas (postures) taught in the beginner class and who want to deepen their practice. The main requirement for this class is good body awareness. Each asana is held a little longer which helps to increase your strength, stamina and breathing capacity. Proper breathing and body alignment are emphasized. Class ends with relaxation to leave you feeling invigorated, peaceful and relaxed. Please bring a mat to class. Loc: Senior Center Instructor: Kris Wilhelmy

Dates: 3/31-6/16 (no 4/21 & 5/5 10 classes)

#143081-F Ages: Adults Time: 7-8:15pm

Res: \$89 Non-Res: \$99 Day: Tuesday

Beginner Yoga

This is a Hatha yoga class which involves moving through a sequence of asanas (postures), breathe awareness, and meditation, as we align, strengthen and calm the body, mind and spirit. Health benefits include overall toning, increased flexibility and range of motion, core strength, improved circulation and posture, as well as reducing tension, relaxing tight muscles, and increasing breathe awareness for a more calm, yet energized state of mind. During class, you are encouraged to go at your own pace in a noncompetitive and nonjudgmental approach and to respect the signals that your body sends you. Class ends with relaxation to leave you feeling invigorated, peaceful and relaxed. This class is suitable for beginners or more experienced students who prefer a more gentle class. Please bring a mat to class.

Loc: Senior Center Instructor: Kris Wilhelmy

Dates: 3/31-6/16 (no 4/21 & 5/5, 10 classes)

#143080-A Ages: Adults Time: 6-6:55PM

Res: \$74 Non-Res: \$84 Day: Tuesday

Slow Flow Yoga

Slow Flow yoga provides poses that range from gentle to challenging, but done with stable, self-centering energy. The pace of these classes is understandably slower and emphasis is placed on safe alignment and the maintaining balance of the slow breathing. The toned-down speed builds strength, stability, and postural integrity. Slow flow is more conducive to the meditative practices of mindfulness of action and awareness of breathing by allowing you to notice the space between poses while still retaining a gentle rhythm of movement. This makes it particularly well-suited to newer students, or for those who desire deep concentration within their practice.

#143078-A

Dates: 3/18-6/10 (no 3/25, 4/1 & 4/22, 10 classes)

Ages: Adults Time: 6-6:55PM

Res: \$74 Non-Res: \$84 Day: Wednesday

Loc: Senior Center Instructor: Cheryl Wolf

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Instagram & Twitter @ShrewsburyParks

SHREWSBURY PARKS & RECREATION SPRING 2020

Zumba®

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin & international music and dance movements. The class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. All levels welcome!

#143082-A Res: \$65 Non-Res: \$75
Dates: 3/25-6/3 (no 4/22, 10 classes)
Time: 7:05-8:05pm Loc: Beal School
Day: Wednesday Ages: Adults (ages 15 and up
with parent participation)
Zumba Instructor: Laurie Demers

Co-Ed Slow-Pitch Softball League

Games will be held on Friday nights from 6:30-9:30PM. Please contact Gary Grindle (508-841-8503) with inquires about joining our league or if you want to be put on the free agent list. A captain's meeting TBA. There is a limited # of teams. All teams need to have at least 70% Shrewsbury residents. Any player that is not listed on the team roster will not be allowed to play (adults 18+). Games will begin in April/May (exact date TBA). A minimum number of 3 women need to be playing at

Adult Golf Lessons

A great program for golfers of all levels. Instructors work with participants individually within the group for gradual improvement over the span of five classes.

#143220-A Day: Thursday Res: \$145
Time: 6-7PM Dates: 4/30-5/28 (5 classes)

#143220-B Day: Saturday Res: \$145
Time: 9-10AM Dates: 5/2-5/30 (5 classes)

Location: Juniper Hill Country Club
Juniper Hills, 142 School Street, Northboro. Please call 508-351-9500 with any questions (clubs are available).
Ratio is 5 to 1

Please activate or "login" into your online account prior to registration. Don't wait until the last minute. Any changes require up to 1 business day.

Tennis Permits (online req)

Allows you to reserve courts online
\$60 Fee for entire season, May-Oct

Permits start May 1st

More details, rules &

PDF registration form posted online @

www.shrewsburyma.gov/parkrec

We will e-mail access to tennis site

Please allow 3 business days

for account to be set-up.

Daily Tennis Permits @

www.shrewsburytennis.org

146010-A

Youth Programs

Gymnastics

Each structured class is 45 minutes in length, which is designed to introduce basic gymnastic skills and stimulate gross motor skill development for children ages 4 & 5. The use of special preschool equipment, in addition to the safe use of all gymnastic equipment, develops and refines motor skills, coordination, and self confidence. The ratio will be 8 students to 1 instructor. Children must be 4 by the start of the first class. Location: Gymnastics Learning Center, located at 574 Lake Street in Shrewsbury. A parent must attend the first session so that a wavier form can be signed (if one has not been filled out previously with GLC). You can also visit GLC's home page and create an account with includes the wavier material. "GLC PARENT PORTAL" is located in the middle of the front page at <http://gymnasticslearningcenter.com/>

#141150-A Time: 1:30-2:15pm Res: \$85

Day: Wednesday Ages: 4&5

Dates: 4/1-5/27 (no, 4/22, 8 classes)

Special Olympics Track & Field

For residents ages 6 and up starting on Thursday April 2nd from 6-7pm. Registration is currently being accepted online. This is a great opportunity for high school students or adults looking to volunteer.

SHREWSBURY PARKS & RECREATION SPRING 2020

Tae Kwon Do (Beginners)

TAE KWON DO develops self confidence, self defense training and self discipline. A uniform is included for participants. This program is for new applicants that have not taken classes with the Academy. Location: US TAE KWON DO center academy (Rte 9, next to Town Fair Tire)

Ages: 6 to 12 for classes below

#142290-A Dates: 3/17-4/16 Time: 5:50-6:35pm
Res: \$82 (10 classes) Day: Tues & Thurs

#142290-B Dates: 3/14-4/18 Time: 9-9:45am
Res: \$48 (6 classes) Day: Saturday

#142290-C Dates: 3/14-4/18 Time: 10-10:45am
Res: \$48 (6 classes) Day: Saturday

Teen Tae Kwon Do

Improve self confidence, self defense and self discipline for teenagers! This program is for new applicants that have not taken classes with the Academy. Uniform is included. Location: US TAE KWON DO center academy (Rte 9, next to Town Fair Tire) 6 classes

#142291-D Dates: 3/13-4/17 Day: Friday
Time: 7-7:40pm Res: \$48 Ages: 13 and up

Dodgeball/Matball

Coach Travis has a few ideas for this next session and is going to be incorporating a variety of games each week. All of the equipment is provided, kids should wear sneakers and comfy clothes.

Loc: Oak MS Gym

Grades 1st-6th #142235-A
Dates: 3/17-4/28 (no 4/21) Day: Tuesdays
Res: \$35 (6 weeks) Time: 6:15-7:15pm

Teen Pickup Basketball *New

Each week teams will be picked from those who are in attendance. Two side courts will be used and pinnies are available to help distinguish teams. Program is open to boys in Grades 9-12th. (6 meetings)

#142310-A Time: 7:30-8:30PM
Res: \$30 Non-Res: \$30 Loc: Oak MS Gym
Dates: 3/17-4/28 (no 4/21) Day: Tuesdays

Sign Language Kids Workshop *New

Learn sign language basics in a fun, interactive way! Kathy Romeo teaches common words to each group using flash cards, crafts, games and activities.

#132122-B Grades: 5-8th
Time: 6:15-7:45PM Res: \$66 Non-Res: \$66
Day: Tuesdays Loc: Sherwood MS Café
Dates: 3/10-4/14 (6 classes)

Girls Rhythm & Ride Cycling *New

Teen Rhythm and Ride is set in a fun, outdoor-themed environment at our Core Cycle facility. Teen Rhythm & Ride is a fun upbeat class with motivating playlists every week (yes we take requests). Each song brings a new rhythm and exercise! Teens settle into the music accompanied by glowing neon lights all while learning various types of rides and terrains. We will ensure proper form, hand positioning, ideal lower body positioning, resistance, and teach them about RPM (rotations per minute) training. This class is everything you might expect in a regular group cycle class with a little extra flavor to keep it motivating and exciting! We know teens want to work out with friends, so spread the word for a fun teen cardio experience! Location: Core Cycle Facility 299 West Main Street Northborough

#132252-A Time: 11-11:55AM
Res: \$70 Non-Res: \$70 Day: Sundays
Dates: 3/8-4/5 (5 classes) Ages: 12-15

Contacts for Local Sport Programs 2020

<u>Little League:</u>	www.shrewsburylittleleague.com
<u>LL Girl's Softball:</u>	www.shrewsburylittleleague.com
<u>American Football:</u>	www.sayfco.org
<u>Youth Hockey:</u>	www.syha.net
<u>Ski Ward Race Team</u>	www.skiwardraceteam.com
<u>Youth Soccer:</u>	www.shrewsburyyouthsoccer.com
<u>QRC (Adult Rowing Club):</u>	www.qrcrowing.org
<u>Girl's Youth Lacrosse:</u>	www.shrewsburygirlslax.usl.la.org
<u>Boys Lacrosse:</u>	www.shrewsburyyouthlacrosse.uslaxteams.com
<u>Girl's Field Hockey:</u>	www.wcufha.com

SHREWSBURY PARKS & RECREATION SPRING 2020

Flashlight EGGtravaganza

Come out and join us for this fun and exciting event for children ages 10 and under. Children will have the opportunity to search the bunny patch using a flash light for a special numbered & golden egg. MC Bunny will make a special appearance to hand out candy. Parents must accompany their children. Please bring a flash light and camera!

146230-A Dates: 4/10
Time: 7:45PM Ages: 10 and under
Resident Fee: Free (registration is required)
Day: Friday Loc: Dean Park upper field
Event will be held rain or moonlight

No registrations will be taken on site.
Program is geared toward children 10 and under with adult supervision. Space is limited.

Social Skills Workshop

Present your child with the opportunity to feel self-reliant and confident in any social situation. Topics include: The Importance of Greeting Others, Rules of Introduction, The Handshake, Eye Contact, and the Power of a Smile, Sportsmanship Etiquette, Hygiene and Appearance, Self-Respect and Respect for others, Behaving Appropriately at Other People's Homes, Making Appropriate Conversation, Proper Telephone Etiquette, Writing Thank You Notes, Social Media Etiquette, Public Speaking and Other Modern Manners. Lessons are taught by a certified etiquette consultant. Instructor: NE School of Protocol

Location: Oak Café
#142123-A Dates: 3/24
Time: 6:30-8pm Res: \$52 Non: \$52
Day: Tuesday Grades: 2nd-7th

"Notify Me" Newsflash

You have the option of receiving newsflashes from the Parks & Recreation Department. Click on "Notify Me" button on the left hand side on our main web page. Those who are "opted in" receive newsflashes about seasonal programs and special events.

Youth Golf Classes (Ages 7-14)

The beginner lessons are designed to teach the fundamentals of the game to players new to the sport. Intermediate lessons are for players who have played on the golf course and understand the basics swings/skills of the game. (5 classes)

#142220-A Beginner Day: Thursday
Dates: 4/30-5/28 Time: 4:30-5:30PM Res: \$115

#142220-B Beginner Day: Saturday
Dates: 5/2-5/30 Time: 10-11AM Res: \$115

Location: Juniper Hill Country Club
Juniper Hills, 142 School Street in Northboro.
Please call 508-351-9500 with any questions (clubs are available). Ratio is 5 to 1

Children's Dining Etiquette

Present your child with the opportunity to feel self-reliant and confident in any social or dining situation. Our workshop is designed to teach them how to conduct themselves on the dining table at home, in a restaurant or when meeting new people. Topics include: Understanding Place Settings, How to Correctly Hold Silverware, The Bread & Butter Plate, The Soup Course, Proper Use of Silverware, Different Dining Styles Including the American vs. Continental Style of Dining, Passing Food at the Table, What to do with Unwanted Food, Excusing Yourself from the Table. Some food samples will be served during class. Dietary restrictions can be accommodated. Lessons are taught by a certified etiquette consultant. Please inform us of any food allergies when signing up.

#142124-A Dates: 4/2
Time: 6:30-8pm Res: \$56 Non: \$56
Day: Thursday Grades: 2nd-7th

Instructor: NE School of Protocol
Location: Sherwood MS Café

Please activate or "login" into your online account prior to registration. Don't wait until the last minute. Any changes require one business day.

SHREWSBURY PARKS & RECREATION SPRING 2020

Shrewsbury Parks & Recreation
 100 Maple Ave, Shrewsbury MA
 Telephone: 508-841-8503

3 Ways to Register

1. Online for Residents March 4th @ 8am (space limited)
2. Online for Non-Residents March 6th @ 8am (space limited)
3. Mail-in/Drop offs March 6th- Registration forms received before noon will be randomly entered by the end of the day (space availability)

Please Print Required Information Below

Household E-Mail: _____ (Needed for On-Line Account)

Address: _____ Town: _____ Zip: _____

Home Phone: _____

****If Registering Child****

Mother Name: _____ Mother Cell: _____

Father Name: _____ Father Cell: _____

Mother Work Phone: _____ Father Work Phone: _____

Emergency Contact: _____ Relationship: _____

Emergency Cell: _____ Emergency Home/Work: _____

Allergies or Medical concerns: _____

Child's School: _____ Special Needs: _____

Participants Full Name	Date of Birth	Age	Grade	Male	Female	Activity #	Fee

Indicate here if you don't wish for your child to be video taped or photographed

TOTAL
 (checks payable to Town of Shrewsbury)

Waiver: Participant or parent hereby states that he or she understands the physical nature of the activity as well as any risk involved and agrees to release, discharge and hold harmless the Town of Shrewsbury, its employees and agents from any and all actions, claims, damages, and/or injuries that might occur during a parks & recreation activity and that the participant is accustomed to such activity or has consulted a physician as to the advisability of participation. Parent or participant hereby consents to medical treatment in the event of illness or injury (participant or child). Please list any medical/allergies/special needs that the staff should be aware of to make your participation a success. The Recreation Department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have your child photographed please check the box above. I understand the rules/policies stated above and in the brochure or online and agree to follow them accordingly. *Refunds will be granted within 3 days of receipt minus an administration fee, unless the program is underway. If a participant does not follow the rules or guidelines when registering for a program then he/she will not be allowed to participate in that activity.

Participant or Guardian Signature: _____ Date: _____

Office use only:

Amount: _____ Payment: _____