

# SOUTHBOROUGH RECREATION

**FALL & WINTER 2022-2023**

REGISTRATION OPENS AUGUST 24, 2022





# DEPARTMENT INFORMATION

## SOUTHBOROUGH RECREATION DEPARTMENT

21 Highland Street  
Southborough, MA 01772  
[www.SouthboroughRec.com](http://www.SouthboroughRec.com)  
508-229-4452  
[Recreation@southboroughma.com](mailto:Recreation@southboroughma.com)

### OFFICE HOURS:

Monday: 9:00A - 4:00P

Tuesday: 9:00A - 4:00P

Wednesday: 9:00A - 4:00P

Thursday: 9:00A - 4:00P

Friday: 9:00A - 12:30P

### RECREATION STAFF:

#### TIM DAVIS, CPRP

Recreation Director

#### JOE DURANT

Program Coordinator

#### DENISE MAYER

Administrative Assistant

## REGISTRATION INFORMATION

All Program Registrations can be found at [www.SouthboroughRec.com](http://www.SouthboroughRec.com)

Registrations may be processed online or in person. We accept Cash, Credit (Visa, MC, Discover), and checks (made out to Southborough Recreation). Registrations will not be taken before registration officially opens or after the posted deadline dates. Registrations that require additional paperwork (i.e. medical forms) will not be considered complete until all paperwork is received.

### REFUNDS

Refunds will be granted with a 10% fee assessed from your total. If there is a refund request due to a medical condition, a note from a medical professional is required. If for a medical reason, a full refund will be granted. Refunds will **not** be granted once your program begins. Refunds will **not** be granted if you do not show up for your registered program. Alternative refund policies may apply to specific programs as noted.

### PROGRAM CANCELLATIONS

Cancellations for Recreation Department sponsored programming will be announced by the Recreation Department. Email will be utilized for all participants registered into a program. The Recreation Department reserves the right to cancel programs for any reason they deem necessary (weather, enrollment numbers, safety, etc.). If a cancellation is due to a COVID-19 related matter, a full refund will be issued. If a program is currently underway – a prorated refund will be granted.

### MAKE UP CLASSES

We will do our best to provide make up classes to anything that is cancelled or postponed. The Recreation Department reserves the right to offer a qualified substitute instructor in the event the listed program coordinator is not available or end a class due to schedule conflicts.

### SCHOLARSHIPS

Scholarships are available for Southborough Residents only. Scholarship applications can be found on our website under the “forms” tab.

### PROGRAM AIDES

If you would like to request a program aide (1:1) be provided for your child during a recreation program, please inform the Recreation Department no later than 10 business days prior to the start of your registered program. **The Southborough Recreation Department cannot guarantee an aide will be secured.**

## DIRECTORS CORNER

Summer 2022 has ended, and it went by in a flash! From our summer campers to our ninja warriors, it was a pleasure providing so many individuals with recreational opportunities! In addition to our programming, capital improvements continued to take place. Most recently our athletics lights at the Mooney Baseball Complex and Richardson Tennis Courts at Neary School were turned on and are being put into full use. Kallander Field has been renovated to address the fields drainage issues; and this fall four (4) new pickleball courts along with a refreshed tennis court will be open at the Mooney/Finn complex for the public to enjoy! This fall and winter you will see the full return of RAP programming, Trottier cross country, expanded pre-K programming, adult sports, and ski and snowboarding. New programs will be added monthly! Our department continues to expand to meet the growing needs of our community. Thank you for the support and we hope you will join us this season!

**Tim Davis, CPRP**  
Recreation Director

# RECREATION AFTER SCHOOL PROGRAMS (RAP)

RAP classes are designed to provide development of academic, social, and physical skills for children in fun, friendly, safe environments. Programs are led by highly trained professionals and employees of the Southborough Recreation Department and located on the grounds of Southborough Public Schools. Classes begin at the end of the school day.

If a program is held off-site, the Recreation Department will transport participants to the facility. It is the parent/guardian's responsibility to pick up at the conclusion of the program. Prices and times vary by day.

## RAP 1 – FALL 2022

**Visit [www.SouthboroughRec.com](http://www.SouthboroughRec.com) for full program descriptions, times, and pricing.**

SCHOOL TIME GRADE	Tuesday 9/13, 9/20, 9/27, 10/4, 10/11	Wednesday 9/14, 9/21, 9/28, 10/12, 10/19	Thursday 9/15, 9/22, 9/29, 10/6, 10/13	Friday 9/16, 9/23, 9/30, 10/7, 10/14
<b>Finn</b> 3:30 PM - 4:30 PM K-1	Slime Factory & Chemical Reactions Lab BEST Soccer Martial Arts	LEGO Challenges STEM Class	Broadway Fundamentals Halloween Nailed it Basketball	
<b>Woodward</b> 3:15 PM - 4:15 PM 2-3	Broadway Fundamentals <u>Sew Studio</u> (Pick up at 4:30PM)	Basketball Business Sharks (1hr, 15min) (Pick up at 4:30PM) Halloween Nailed it	STEM Class BEST Soccer <u>Fun on the Farm</u> (Pick up at 5:00PM at Chestnut Hill Farm)	Slime Factory & Chemical Reactions Lab Gaga Ball
<b>Neary</b> 3:05 PM - 4:05 PM 4-5	Basketball	BEST Soccer Archery	Flag Football	

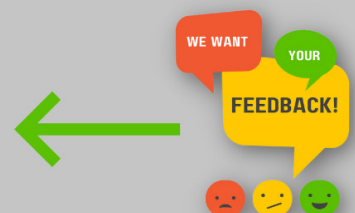
Classes **underlined** are held off-site at the vendor's facility.

Visit [www.SouthboroughRec.com](http://www.SouthboroughRec.com) for details

*All programs are subject to change.*



## Dog Park in Southborough?



# COMMUNITY PROGRAMMING

## ARCHERY IN THE PARK

**Location:** Neary School Fields  
**Saturdays 10/1 - 10/29**  
**Ages 9+ | Cost \$200/session**

Enjoy New England's favorite season outdoors and sign up for archery to experience the excitement of shooting a bow and arrow! "On the Mark" Archery's passionate and energetic instructors modernize this timeless Olympic sport and give it a fresh and enthusiastic twist to keep you challenged and engaged throughout the entire course. Each week, learn something new while focusing on the form more than results. All equipment provided. All skill levels welcomed. Families welcomed!

## ADULT ICE HOCKEY

**Location:** St. Marks Ice Skating Rink  
**Sundays 11/27/22 to 2/26/23**  
**7:00PM to 8:00PM**  
**Ages 35+ | \$225.00**

This is a pickup league open to residents and non-residents! Registration is limited due to ice capacity. All games take place on Sunday evenings and are weather dependent through the winter season. All games will be played at the St Marks Ice Rink in Southborough.

## ADULT BASKETBALL SESSION 1

**Locations:** Finn and Fay School Gymnasiums  
**Beginning October 2022**  
**Sunday: 6:30 to 8:30PM – Fay School**  
**Wednesday: 7:00 to 9:00PM – Finn School**  
**Dates and Locations subject to change\***  
**Ages 18+ | \$65/per session**

Newcomers are ALWAYS welcome. Attendance need not be regular! This is a pickup league – we call our own fouls and keep our own score. Open to residents and non-residents! Registration is limited due to gym capacity.

## TROTTIER CROSS COUNTRY

**Location:** Trottier Track  
**September to November (Exact Dates TBD)**  
**Monday, Tuesday and Thursdays (No late bus on Mondays)**  
**2:15 to 3:45PM**  
**Grades: 6-8 | \$160**

Cross Country is great way for student athletes to get in shape while enjoying the beautiful outdoors. Cross country meets are typically around 2 miles long. Practices will meet at Trottier on the outdoor track from 2:15PM to 3:45PM Mondays, Tuesdays and Thursdays (Unless we have a meet on one of those days). Parents are responsible for pick up at conclusion of meets.

## PRE-K PROGRAMS

### PRE-K SOCCER

**Location:** Fayville Park, Central Street  
**Fall Session 1: Saturdays 9/10 - 10/8**  
**Fall Session 2: Saturdays 10/22 - 11/19**  
**11:00AM – 11:45AM**  
**Ages 3-6 | \$90**

Pre-K Soccer will teach the fundamental skills of dribbling, trapping, passing, and shooting. The students will work on these fundamentals through a variety of unique, nontraditional games. Parents are encouraged to participate if their child needs the extra support!

### PRE-K T-BALL

**Fall Session 1: Saturdays 9/10 - 10/8**  
**Fall Session 2: Saturdays 10/22 - 11/19**  
**10:00AM – 10:45AM | \$90**

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction into t-ball where learning and skill development are our priorities.

### PRE-K MINI SPORTS

**Location:** Fayville Park, Central Street  
**Fall Session 1: Saturdays 9/10 - 10/8**  
**Fall Session 2: Saturdays 10/22 - 11/19**  
**9:00AM – 9:45AM**  
**Ages 3-6 | \$90**

This program is a combination of warm-up games and sports such as soccer, kickball, and t-ball. It will ease children into learning the basics of all these great games as well as teaching them the importance of teamwork! Each class F.A.S.T. Athletics will have new and exciting games planned for the students.





# COMMUNITY PROGRAMMING

## HOME ALONE SAFETY COURSE

**Location:** Recreation Building

**Date:** 10/20/22

**3:30PM to 5:00PM | \$50**

Take the first steps towards independence! In this course, we will teach children the basics of being safe when home alone for short periods of time. We'll learn about accident prevention and fire safety protection, how to call 911 and we'll cover simple first aid techniques, such as how to relieve choking. We will also talk about how to use our time wisely!

## BABY SITTING COURSE

**Location:** Recreation Building

**Date:** November 21st –22nd

**2:30PM to 5:00PM | \$60**

**MUST COMPLETE BOTH DAYS IN THEIR ENTIRETY TO RECEIVE CERTIFICATION.**

Learn how to interview for a babysitting job, choose safe and age-appropriate toys and games, perform first aid, learn diapering and feeding techniques, handle bedtime issues, learn tips for having a safe babysitting experience and more! This class includes a variety of teaching methods, including active discussion, a video and role playing, with material provided by Smart Kids 101.

Please bring a water bottle, snack and doll or stuffed toy to each class.

## SOUTHBOROUGH REC SKIING AND SNOWBOARDING – Trottier and Neary

Registration for the Winter Ski and Snowboard program will be available come Fall 2022 when program details are released from the mountain. Please keep an eye at [www.SouthboroughRec.com](http://www.SouthboroughRec.com) for more details.

## YOGA IN THE PARK

**Location:** Neary School (outdoor stage)

**Dates:** Saturdays, Sept. 10th, 17th, 24th, and Oct. 1st

**7:30AM to 8:20AM | \$50**

Join us outside for a Hatha Yoga style class that challenges both, beginners and advanced students alike, with a thoughtful arrangement of poses (asanas). This class offers proper modifications for beginners and options for advanced students to take their practice to the next level. Please bring a mat and water.

## YOGA FOR HEALTHY JOINTS

**Location:** Zoom

**Oct 13 – Nov 17 (6 weeks)**

**5:30PM to 6:30PM | \$85**

Stretch, de-stress, build strength, and cultivate balance through yoga. This special 6 week series focuses on joint health—each class emphasizes movement of different joints or groups of joints to help support healthy range of motion and mobility. You'll takeaway simple mini-practices you can do at home, at work or on-the-go to support joint health from head to toe. Each class ends with 5 minutes of guided savasana (yoga nidra) to promote deep release and relaxation. This class is taught by experienced Kripalu teachers Mary Green and Malú Doherty.

## YOGA FOR A HEALTHY BACK

**Location:** Zoom

**Dates:** Thursdays, Dec. 1st, 8th, and 15th (3 weeks)

**5:30PM to 6:30PM | \$45**

This special pre-holiday yoga session focuses on the spine: structure, movement, alignment and DIY techniques. Each class is designed to support a healthy range of spinal motion and mobility while also building strength and soothing tension. You'll takeaway simple exercises you can do on your own to support overall spinal health. Each class ends with 5 minutes of guided savasana (yoga nidra) to promote deep release and relaxation. This class is taught by experienced Kripalu teachers Malú Doherty and Mary Green.







# **SOUTHBOROUGH**

## **RECREATION**

21 HIGHLAND STREET  
SOUTHBOROUGH, MA 01772

**PROGRAMS FOR ALL AGES CAN BE FOUND AT [WWW.SOUTHBOROUGHREC.COM](http://WWW.SOUTHBOROUGHREC.COM)!**



### **Heritage Day 2022**

October 10, 2022  
10 a.m. - 3 p.m.  
St. Mark's Field  
Southborough, MA  
\*SUBJECT TO CHANGE

SAVE THE DATE  
**Gobble Wobble 5k Road Race**  
**Thanksgiving Day 2022**  
Details TBA