NORFOLK RECREATION

January - April 2027

REGISTRATION BEGINS

WEDNESDAY, DEC. 2nd at 12:30pm

Register online at NorfolkRec.com



Norfolk's Holiday Festivities



SUNDAY, NOVEMBER 29TH

Sponsored by Norfolk Lions & Norfolk Recreation



3:30PM LION'S SANTA PARADE

Come join the fun! Starts at Hillcrest Village ~ Ends at the Library.
Hot Chocolate and Cookies on Town Hill too!

4:00PM PICTURES WITH SANTA

Free – in the Library Community Room

4:30PM THE LIGHTING OF TOWN HILL



Gather around the Gazebo for the countdown w/Exhale Dance!
Children are welcome to bring an ornament for the tree!

HOLIDAY on the HILL



Check out the decorated trees on Main Street!
Stop by on Nov. 29th to cast your vote!
To enter a tree and/or vote: norfolkmalions.org/holiday-on-the-hill



MONDAY, DECEMBER 7TH

6:00PM ON TOWN HILL

Grand Menorah Lighting Ceremony



Norfolk Recreation...Building Community Spirit, Health, and Opportunity

REGISTRATION & POLICY INFORMATION

Norfolk Recreation
1 Liberty Lane
Norfolk, MA 02056

Our Offices & Multipurpose Room are on the ground floor of the Town Hall. Direct Door #4.

Joshua Walther, Director
Kim Guerino, Program Coordinator
Ashley Lint, Recreation Administrator

TO REGISTER: NorfolkRec.com
Email: recreation@norfolkmass.gov
Phone: (508) 520-1315

Core office hours are 9:00am-2:00pm M-TH.
We are in the office at other times & days based on the programming schedule.

Recreation Commissioners:
Chairperson: *Rob Taglienti* **Clerk:** *Chris Thoman*
Jill H. Lawrence, Lauren Sager, Alex Perry

HOW TO REGISTER

The most efficient and preferred method of registration is online at **NorfolkRec.com**. Registration by mail or in-person requires a completed paper registration form (which can be found at NorfolkRec.com or in the office) along with payment by check or cash. Registrations mailed in early will be NOT be processed early. Advance Registration is required for all programs unless noted.

Registrations are not transferable.
=> CREDIT CARDS accepted online.
=>ONLY Checks and cash are accepted in the office.

REGISTRATION CONFIRMATION

When Registering online, receipts are automatically emailed confirming registration. With mail-in registrations, you will be contacted ONLY if there is a question about your registration or if you do not get into the class.

WAITLISTS

If a program is full, please add **your child's name** to the waitlist if the program is for them, or your name, if the program is for you. If a spot opens up, those waitlisted will be notified of their pending spot. Prompt responses are required due to time restraints. No reply or a late reply may forfeit your place on the waitlist.

REFUND POLICY

Refunds are only given if a program is canceled by Norfolk Recreation, for a documented medical reason, or if there is a change in a school schedule. For any other reason, with more than 7 days notice, if we can fill your spot from our waitlist, a refund will be given less a processing fee, but this takes time. The Complete *REFUND POLICY is on Recreation's page on the Town of Norfolk's website: norfolkmass.gov.*

FEE REDUCTION POLICY

Fee reduction is available to Norfolk residents. Please call or email Joshua Walther, 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.

=> BE SURE TO OPT-IN FOR TEXTS!

To receive welcome emails and text cancellation notices, be sure to OPT-IN for both email and text notifications in your Recreation account ! Please make recreation@norfolkmass.gov a contact to help ensure our emails make it to your inbox!

ALLERGIES and MEDICAL CONDITIONS

Please inform us of any allergy or medical condition that may be of concern in a routine or an emergency situation. Include information when registering or please email us.

ACCOMMODATIONS

If you or a family member need accommodations or if there are circumstances that would be helpful for us to know in advance of the program, please add that information when registering or email us in advance. If an accommodation is outside of our scope, we will work with you and the school if applicable to have accommodations provided when possible.

SNACKS: NUT FREE Please!

Only nut-free snacks should be sent to any recreation program. Participants will be notified if snacks need to be further restricted.

PROGRAM CANCELATION POLICY

Programs are self-supporting so we reserve the right to cancel a program if registration numbers do not support the class. We need to know in advance of the program start date that we have enough participation so, please, register early!

WEATHER CANCELATIONS: If school is canceled, recreation programs at the school that day/evening are also canceled. Make-up dates/refunds will be arranged for any canceled class.

RETURNED CHECK FEE

Checks returned by the bank incur a $25 fee payable to the Town of Norfolk and collected by the Town Treasurer.

OUTSTANDING BALANCES:

If your account has an outstanding balance, your ability to register for additional programs may be limited. If you have any question about your account, please contact us!

PHOTOGRAPHS-Social Media/Advertising

Photographs of participants may be posted on Social Media (no names) and/or sent to newspapers and used in print media. ***If you do not want your child's photograph publicized,*** please note when registering.

PROGRAM & PARK LOCATIONS

1. **Multipurpose Room:** Next to our office on the Ground floor at the Town Hall, 1 Liberty Lane, Enter **Door #4/#5**
2. **H.O.D. School:** 232 Main Street, Gym entrance is at rear of school **Doors #12/13**, Library is on right, front corner of school.
3. **Freeman-Kennedy School:** 70 Boardman Street, Preschool & Gym entrance is through **DOOR #21**.
4. **Pond Street Complex:** GPS address: 33 Pond St.
5. **Rockwood Rd. Playground & Comm. Garden:** 49 Rockwood Rd.

ATHLETIC FIELD USE:

NORFOLK RECREATION ALLOCATES THE FIELDS AT THE POND STREET COMPLEX & FREEMAN-KENNEDY SCHOOL. FIELDS MAY ONLY BE USED BY ORGANIZATIONS GROUPS, OR PAID INSTRUCTION WITH ADVANCE PERMISSION.
FIELD FEES MAY APPLY. PLEASE SEE OUR WEBSITE FOR POLICIES.

ORGANIZATIONS & INDIVIDUALS PROVIDING SERVICES AT TOWN FIELDS ARE REQUIRED TO PROVIDE INSURANCE CERTIFICATES.

WINTER PROGRAMS AT A GLANCE

INFANT & PRE-K PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Hands On Music 6 mos. - 5 yrs. Pg. 4	Hands On Music 6 mos. - 5 yrs. Pg. 4	Practicing Preschool 2 - 5 yrs. Pg. 4	Practicing Preschool 2 - 5 yrs. Pg. 4		
VAMOS! H.O. Music Spanish 4 - 8 yrs. Pg. 4	Practicing Preschool 2 - 5 yrs. Pg. 4	Dance 1.5 - 5 yrs. Pg. 5			
Practicing Preschool 2 - 5 yrs. Pg. 4	Lil Ninjas 2 - 5 yrs. Pg. 5				

SCHOOL-AGE PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
FK Morning Show Grades 5 - 6 Pg. 7	Guided Drawing Grade 1 Pg. 6	Home Alone Safety Grades 3 - 6 Pg. 7	Coding for 2nd Graders Grade 2 Pg. 6	Friday Night Kids Club Grades K - 6 Pg. 5	Bluebird House Workshop Parent & Child Pg. 7
Musical Theatre Grades 3 - 6 Pg. 8	Intro To Piano Ages 6 - 9 yrs. Pg. 6	Karate/Stranger Danger Grades K - 12 Pg. 11	Coding with Makey Makey Grade 2 Pg. 6	Paint Nights Grades 1 - 8 Pg. 7	Ski/Snowboard Lessons Ages 7 - 18 Pg. 10
Gamebots Robotics Grades K - 2 Pg. 9	Animal Adventures Grades K - 6 Pg. 8	Cupcake Decorating Grades K - 6 Pg. 5	Guided Drawing Grade 2 Pg. 6	Dodgeball Grades 3 - 6 Pg. 10	Learn To Play Hockey 6 - 12 yrs. Pg. 11
Reco Robot Grades 3 - 6 Pg. 9	BLAST Babysitting Grades 7 - 8 Pg. 8	Field Hockey Clinics Grades K - 8 Pg. 10	Zoombinis Grades 3 - 6 Pg. 6	Super Sports Grades 1 - 2 Pg. 10	Learn to Skate 3+ yrs. Pg. 11
Karate/Stranger Danger Grades K - 12 Pg. 11	FK Morning Show Grades 5 - 6 Pg. 7	PKRC Coed 5K Club Ages 8+ Pg. 10	FK Morning Show Grades 5 - 6 Pg. 7		Next Step Skating 3+ yrs. Pg. 11
Novel Makers Grades 4 - 6 Pg. 11	Chemical Creations Grades K - 2 Pg. 9		Kids Test Kitchen Grades 1 - 6 Pg. 5		Ski/Snowboard Lessons Ages 7 - 18 Pg. 10
	Spike Prime Robotics Grades 3 - 6 Pg. 9	February Vacation Week 2/16 - 2/19 Ages 6 - 10 Pg. 9	First Time Tennis Grades 7 - 8 Pg. 10		
	Ninja Warrior Grades K - 2 Pg. 5		Super Sports Grades K - 1 Pg. 10		
	Norfolk Ice Classes 3+ yrs. Pg. 11		Let's Paint Grades 3 - 6 Pg. 7		
	Spanish Explorers Grades 3 - 6 Pg. 7		Ski/Snowboard Lessons Ages 3 - 18 Pg. 10		

ADULT/FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Combo Class Pg. 14	Beginner Pickleball Pg. 12	First Aid & CPR Pg. 11	Chunky Knit Blanket Pg. 12	Combo Class Pg. 14	Functional Strength Pg. 13
Futsal Pg. 13	Advanced Pickleball Pg. 12	Beginner Pickleball Pg. 12	Men's Basketball Pg. 13		Ladies Snowshoe/Trek Pg. 14
	American Mah Jongg Pg. 12	Advanced Pickleball Pg. 12	Zumba Pg. 13		Bluebird Workshop Pg. 7
	Messages From Spirit Pg. 12	Functional Strength Pg. 13	Ladies Snowshoe/Trek Pg. 14		Travel w/ Points & Miles Pg. 13
	Zumba Toning Pg. 13	Combo Class Pg. 14	Slow Flow Yoga Pg. 14		
	Estate Planning Basics Pg. 12		Let's Paint for Adults Pg. 14		

Norfolk Recreation

IT'S IMPORTANT TO REGISTER EARLY!



IN ORDER FOR US TO BE ABLE TO PLAN APPROPRIATELY IT IS IMPORTANT TO REGISTER! MANY CLASSES FILL UP QUICKLY AND OTHERS MAY BE CANCELED DUE TO LOW ENROLLMENT! DON'T MISS OUT!

HANDS-ON MUSIC with Ms. Viviana

6 Months - 5 Years with Adult
Instructor: Viviana Vilches

MONDAYS: 1/4, 1/11, (NO 1/18), 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1, 3/8, 3/15, 3/22
9:30-10:25am: For ages 6-29 months
10:30-11:25am: For ages 2.5-6 years
11:30am-12:25pm: For ages 2.5-6 years
1:30pm-2:25pm: For ages 2.5-6 years

TUESDAYS: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, 3/9, 3/16
9:30-10:25am: For ages 6-29 months
10:30–11:25am: For ages 2.5-6 years
11:30am-12:25pm: For ages 2.5-6 years



Calling all 6 mos. to 5-year-olds! Grab one of your favorite adults and join us for this creative music and movement program! Music will help jump start your child's learning process. This interactive class combines massage rhymes, lullabies, floor* and lap games, action songs, dance and introduction to musical instruments.



Adults and children, through active participation, form a unique bond with one another as they experience a variety of music and rhythm activities. Please bring a blanket or mat for your child. Non-walking siblings are welcome to 'sit-in'. Walking siblings must pay for the class. ***Chair options available for adults.**

Location: Norfolk Town Hall Multipurpose Room

Fee: $172 **Min/Max:** 5/14

FOR 9:30 & 10:30 AM CLASSES:
Registration priority given to Norfolk residents during the first 24 hours of registration



VAMOS! HANDS-ON MUSIC in SPANISH with Ms. Viviana

Hablo Español ☺

Ages 4 - 8 years with Adult
Instructor: Viviana Vilches
MONDAYS: 4:00-5:00pm
DATES: 1/4, 1/11, (NO 1/18), 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1, 3/8, 3/15, 3/22

Join us for an exciting 60 minute Spanish Music class, where you and your child will learn Spanish and Music through singing, dancing and games! Únete and have fun!!

Location: Norfolk Town Hall Multipurpose Room

Fee: $188 **Min/Max:** 5/12

PRACTICING PRESCHOOL

Ages 2 - 5 Years

Instructors: Emily Spiller, Regina Lodola & Becky Reda
(Depending on which day of the week)



MONDAYS: 9:30-11:00am
S1: 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1
S2: 3/8, 3/15, 3/22, 3/29, 4/5

TUESDAYS: 9:30-11:00am
S1: 1/19, 1/26, 2/2, 2/9, (NO 2/16), 2/23
S2: 3/2, 3/9, 3/16, 3/23, 3/30, 4/6

WEDNESDAYS: 9:30-11:00am
S1: 1/13, 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24
S2: 3/3, 3/10, 3/17, 3/24, 3/31, 4/7

THURSDAYS: 9:30-11:00am
S1: 1/14, 1/21, 1/28, 2/4, 2/11, (NO 2/18), 2/25
S2: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8

Registration limited to Norfolk residents and to 1 day ONLY during the first 24 hours of registration.

Practicing Preschool is a theme-based program designed to introduce your child to a preschool-like experience in a shorter class format. Each week features a new theme with engaging art, science, music, and hands-on activities while encouraging social skills, friendships, and confidence. Classes are led by caring, experienced preschool teachers. Participants should bring an allergy-friendly snack and a water bottle each day. Please note any allergies during registration. Dress for mess & pack a full change of clothes!

Location: Freeman Kennedy School SACC Room 1

Fee: $125 per session for Monday S1, Monday S2, Tuesday S1
Fee: $149 per session for Tuesday S2, Wednesday S1, Wednesday S2, Thursday S1, Thursday S2
Max. Participants: 12

EXTENDED DAY for Practicing Preschool

Move pickup time from 11am to 12pm while children continue to explore with our amazing staff!

TIME: 11:00am-12:00pm (All regular NPS School Days)

*THERE IS NO EXTENDED DAY ON NORFOLK PUBLIC SCHOOL EARLY RELEASE DAYS:
Wed 1/27, Tues 3/9, Thurs 3/11, Wed 3/31

Fees: $99 per session for Thursday S1

Fees: $89 per session for Monday S1, Monday S2, Tuesday S1, Tuesday S2, Wednesday S1, Wednesday S2, Thursday S2
Min. Participants: 7

MUST BE REGISTERED FOR PRACTICING PRESCHOOL TO ATTEND EXTENDED DAY!



DANCE CLASSES:



Instructor: Jennifer Nye

CAREGIVER AND ME: AGES 1.5 - 3 years
WEDNESDAYS: 12-12:45pm
Get ready to move and groove with Miss Jenn. Classes will nurture creativity while building confidence, coordination and friendships. The focus is on FUN and finding joy in movement. Props and engaging music are used to build a kid friendly experience on a foundation of age-appropriate motor skills and the fundamental elements of dance. No special dance attire is required. Please wear comfortable clothing that provides ease of movement and bare feet or sticky socks. No ballet slippers please.

PRESCHOOL DANCE: **Ages 3 - 5 years**
WEDNESDAYS: 1-1:45pm
Get ready to move and groove with Miss Jenn. Classes will nurture creativity while building confidence, coordination and friendships. The focus is on FUN and finding joy in movement. Props and engaging music are used to build a kid friendly experience on a foundation of age-appropriate motor skills and the fundamental elements of dance. No special dance attire is required. Please wear comfortable clothing that provides ease of movement and bare feet or sticky socks. No ballet slippers please.

S1: 1/13, 1/20, (NO 1/27), 2/3, 2/10, (NO 2/17), 2/24
S2: 3/3, 3/10, 3/17, 3/24, (NO 3/31), 4/7
Location: Norfolk Town Hall Multipurpose Room
Fee: $49 per session

LIL' NINJAS

knucklebones

Ages 2 to 5 years
TUESDAYS: 1:30 - 2:20pm
DATES: 2/23, 3/2, (NO 3/9), 3/16, 3/23, 3/30
Does your child love to run, jump, climb and tumble? Then this "play" on American Ninja Warrior is the perfect class. Each week your child will participate in stretching, elements, obstacles and games to help gross motor skills, fitness and fun. From swinging on a high bar to balance beams, climbing structures and tumbling on mats to leaping into a ball pit - your child is sure to have a blast!
Location: Norfolk Town Hall Multipurpose Rm. **Fee:** $139

NINJA WARRIOR



Grades K - 2 *Instructor: Knucklebones*
TUESDAYS: 3:15-4:15 pm
DATES: 2/23, 3/2, (NO 3/9), 3/16, 3/23, 3/30
The Ninja Warrior program emphasizes a blend of strength, skill, flexibility, fitness and fun. Throughout class participants will engage in various games, drills, elements and obstacle courses. From scaling up cargo nets on a truss to walking across balance beams, climbing over the A-frame to hanging on monkey bars, this class allows participants to have fun while progressing through the basics of ninja warrior elements.
Location: H. Olive Day Gymnasium **Fee:** $139

Cupcake Decorating Workshops

with Al Runs on Cake **Grades K-6**
Winter Themed Cupcakes
WEDNESDAY, 1/27 1:00-2:30pm (1/2 Day of School)
St. Patrick's Day Themed Cupcakes
TUESDAY, 3/9 1:00-2:30pm (1/2 Day of School)
Join Allary from Al Runs on Cake for some school half day fun on one or both dates that is sure to be sweet! Kids will be decorating a half of dozen of their own cupcakes! Piping lessons, color mixing and sparkle topping will be included.
Allergies? Please be sure to note them at registration.
Location: Norfolk Town Hall Multipurpose Room **Fee:** $69



Grades 1 - 6 **THURSDAYS: 4:30 - 5:30pm**
DATES: 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4, (NO 3/11), 3/18
Kids' Test Kitchen's facilitators will have children cooking, tasting, and thinking about healthy ingredients! Children will have the opportunity to explore new foods. Then, as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Children will have an opportunity to taste the result of their hard work. Students receive a printed recipe - or a sample of the finished dish - so they can show off what they learned! Lessons are planned to celebrate seasonal produce, whole grains, and legumes.

Families with allergies or other dietary modifications will be required to complete a form before the first class so modifications can be made.

Location: Town Hall Multipurpose Room
Fee: $225 **Max Enrollment:** 12

FRIDAY NIGHT KIDS CLUB

Instructors: Norfolk Rec Staff
Grades: K - 6



Fridays: 6:00-10:00pm
DATES: 1/22, 2/26, 3/19, 4/9
Grab yourself a night out on the town while your children try out a fun and exciting alternative to hiring a babysitter! Your child will participate in fun activities while getting to interact with other children! Our staff will keep the children entertained with games, crafts, and a pizza dinner. After dinner we will watch a movie and have some treats to finish up the night! Space is limited so please register early to insure your spot. If your child has a food allergy please send them with dinner and snacks. Registration is per night.
Location: Norfolk Town Hall Multipurpose Room
Fee: $39/night ($29 per add'l sibling) includes dinner

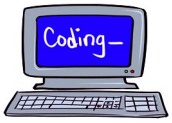
ZOOMBINIS



Instructors: Mark Pizzi

GRADES 3 - 6
THURSDAYS: Dismissal-4:15pm
DATES: 1/14, (NO 1/21), 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4, (NO 3/11), 3/18, 3/25, 4/1, 4/8
It's the craze! Kids have a blast while developing and improving computational thinking skills
playing Zoombinis, an engaging and challenging logic puzzle game. The Zoombinis, small blue creatures each with distinct traits, need your help to escape the evil Bloats and safely travel to Zoombiniville. Students will face a series of 12 puzzles that increase in difficulty, and test and strengthen their logical thinking and pattern recognition skills. Students will participate in hands-on as well al online activities.
Location: Freeman Kennedy School Library
Max. Enrollment: 15 **Fee:** $149

CODING for 2nd Graders



Instructor: Ellen Horton
THURSDAYS: Dismissal-4:15pm
DATES: 1/14, (NO 1/21), 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4, (NO 3/11), 3/18
Learn to code Dot and Dash using Blockly. Coding provides the opportunity to develop mathematical concepts, problem solving and social skills. Children start honing their problem-solving skills as soon as they take on their first coding challenge.
Location: H. Olive Day School
Max. Enrollment: 8 **Fee:** $129

CODING WITH 'MAKEY MAKEY'™ for 2nd Graders

Instructor: Ellen Horton
THURSDAYS: Dismissal-4:15pm
DATES: 3/25, (NO 4/1), 4/8, 4/15, (NO 4/22), 4/29, (NO 5/6), 5/13, 5/20

Ready to turn everyday objects into interactive wonders? Join our Makey Makey course and embark on a journey where creativity meets technology! Learn the art of invention by transforming bananas into piano keys, or your favorite snacks into game controllers. Imagine the possibilities as you explore hands-on projects that fuse art and technology, all while gaining valuable STEM skills. Unleash your imagination, challenge yourself, and be part of a community where innovation knows no bounds. Don't miss out on the chance to make learning fun and unforgettable – sign up for the Makey Makey course now and let the adventure begin.

Location: H. Olive Day School
Max. Enrollment: 8 **Fee:** $119

INTRO TO PIANO



Instructor: Ivy Music Academy
Ages 6-9
TUESDAYS: 4:00-5:00pm
Jan: 1/5, 1/12, 1/19, 1/26
Feb: 2/2, 2/9, (NO 2/16), 2/23, 3/2 **Beginner to Intermediate*
Mar: 3/16, 3/23, 3/30, 4/6
January and March sessions offer an exciting introduction to piano and skills for beginners looking to give piano a try! Students will develop a solid foundation in piano.
The *February session* is designed for students who have completed the intro class previously, are familiar with notes, and ready for level two where they will learn various songs.

Location: Norfolk Town Hall Multipurpose Room
Fee: $120 per session

GUIDED DRAWING: GRADES 1 & 2

Instructor: Jen Pfeiffer
Grade 1: TUESDAYS, Dismissal-4:15pm
DATES: 1/12, 1/19, 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, (NO 3/9), 3/16
Grade 2: THURSDAYS, Dismissal-4:15pm
DATES: 1/14, 1/21, 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4, (NO 3/11), 3/18
Do you love to watch drawing videos, enjoy "how to draw" books, then join us for some guided drawing fun and create a sketchbook full of fall drawings! Our time together will include a few minutes of outside exercise and fun and a quick snack, then onto the guided video drawing activity of the day. Sketchbooks and related pencils/tools will be provided.
Location: H. Olive Day School
Max Enrollment: 12/class **Fee:** $149/session

YOGA & CRAFTS



Instructor: Kate MacLeay
Grades 1 & 2
WEDNESDAYS: Dismissal—4:15pm
DATES: 1/20, (NO 1/27), 2/3, 2/10, (NO 2/17), 2/24, 3/3, 3/10
Come explore, create, and move in this fun 45-minute recreational class designed especially for 1st and 2nd graders! Each week, children will enjoy imaginative yoga adventures, playful breathing exercises, and a creative craft inspired by the day's theme. From exploring the ocean and jungle to blasting off into space and discovering magical fairy tales, every class encourages movement, creativity, mindfulness, and fun.
Please bring: a yoga mat, water bottle, and a smile!
Location: H. Olive Day School
Maximum Enrollment: 12 **Fee:** $79

PAINT NIGHTS

For Grades 1 - 8
Instructor: Marianne Koslosky

Kick back, relax, and come have some fun learning how to create some pretty awesome canvas paintings! Each workshop will be instructional with room for unique personal touches.

January: Light Up the Night
FRIDAY, 1/8: 6-8pm

February: Polar Bear
FRIDAY, 2/5: 6-8pm

March: March Madness of Color
FRIDAY, 3/5: 6-8pm

April: April Showers
FRIDAY, 4/2: 6-8pm

Max Enrollment: 12 per Night
Location: Norfolk Town Hall Multipurpose Room
Fee: $39 per child per night

LET'S PAINT



Grades 3-6
Instructor: Marianne Koslosky
THURSDAYS: 3:15-4:30PM
DATES: 1/14, (NO 1/21), 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4

Join our seasoned art teacher, Marianne Koslosky, for a 6-week after school art program where your child will explore different artists, colors, techniques, and creativity!
Location: Freeman Kennedy School
Fee: $149 **Max Participants: 12**

BLUEBIRD HOUSE WORKSHOP



Ages: 8+
Instructor: Jim Schmidt, Built for Bluebirds
SATURDAY: 3/13 10:30am - 12:30pm

PAINT, BUILD & SET UP YOUR OWN BLUEBIRD HOUSE! Join us for this hands-on family workshop that is perfect for kids, families, and nature lovers of all ages! Participants will build a one-of-a-kind handcrafted Bluebird house kit, paint the Bluebird house in the color(s) of your choice and can add an HD birdhouse pole (included) so it's ready for setup in your yard. All tools, paints, and materials provided; no experience necessary!

Location: Norfolk Town Hall Multipurpose Room
Max Enrollment: 10 **Fee:** $99 per pair

F/K MORNING SHOW



Grades 5-6 *Instructor: Robin Tucceri*
MONDAYS:
S1: 1/11, (NO 1/18), 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1
S2: 3/8, 3/15, 3/22, 3/29, 4/5
TUESDAYS:
S1: 1/12, 1/19, 1/26, 2/2, 2/9, (NO 2/16), 2/23
S2: 3/2, (NO 3/9), 3/16, 3/23, 3/30, 4/6
THURSDAYS:
S1: 1/14, (NO 1/21), 1/28, 2/4, 2/11, (NO 2/18), 2/25
S2: 3/4, (NO 3/11), 3/18, 3/25, 4/1, 4/8

TIME: 3:15-4:15pm **Max: 8 Students**

Join the morning crew and help bring this F/K favorite to students and staff. The Morning Show reports on school events, fun-facts and trivia, book reviews, staff interviews, weather, lunch choices, and more. We are looking for on-screen anchors, writers, editors, producers and camera crew operators. Whatever your interest is, there is a spot for you on our crew! New ideas are always welcome as we want to make the F/K Morning Show better than ever! The FK Morning Show, along with credits, may be posted on the School's Website and Credits with first names/last initials will be accessible on School website. Please contact Mrs. Tucceri if you have any questions at tucceri@norfolk.k12.ma.us.

Location: Freeman Kennedy School Makerspace
Fee: **Mondays, S1:** $105 **S2:** $95
Tuesdays, S1: $105 **S2:** $95
Thursdays, S1: $95 **S2:** $95



HOME ALONE SAFETY

Grades 3-6 *Instructor: Juanita Allen Kingsley*
WEDNESDAY, 2/3 **3:15-4:30 pm**

In this course, we will teach children the basics of being safe when home alone for short periods of time. We will talk about how to use our time wisely, discuss internet safety, learn about accident prevention, and fire safety protection. We cover simple first aid techniques, such as relieving choking, and what to do in an emergency including how and when to call 911.

Location: Freeman Kennedy School Library **Fee:** $89

SPANISH EXPLORERS!



Grades 3 - 6 *Instructor: Ailish McBride*
TUESDAYS: 3:15 - 4:15 pm
DATES: 1/12, 1/19, 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, (NO 3/9), 3/16, 3/23, 3/30

Join Ms. McBride at the Freeman Kennedy School for a fun, hands-on Spanish program. Each week brings a new theme—the alphabet, numbers, greetings, animals, days and months, clothing, colors, and common phrases. Students will learn vocabulary through games like Go Fish, Memory, and Pictionary, plus crafts and other activities.

Location: Freeman Kennedy School
Max Enrollment: 16 **Fee:** $89

Musical Theatre



Join in on the fun of learning how to take part in a musical theatre performance. Children will learn the basics of putting together a production. In this class, boys and girls will audition for a role in the musical "Annie's Medley Excerpts." This play has been rewritten along the theme of the original "Annie." Children will sing, dance, and act their way into a world of excitement. Everyone receives a speaking part of some kind. No experience required. Costumes are encouraged, but not necessary.

3rd - 6th Grade

MONDAYS: 3:15-4:15PM
DATES: 1/11, (NO 1/18), 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1, 3/8, 3/15
Location: Freeman Kennedy School, Cafeteria/Stage
Max Enrollment: 25 **Fee** $149

Valentine's Day Chocolate Workshop

NEW!



Presented by Chocolate by Cami, LLC
Ages 5-12 Tuesday, 2/9 5:30pm - 7pm
Join us for a fun, hands-on workshop where participants will create their own delicious Valentine's Day chocolate treats, including beautifully decorated chocolate-covered strawberries and festive chocolate creations. Participants will learn fun chocolate decorating techniques using colorful sprinkles, chocolate drizzles, and Valentine's Day decorations. Everyone will design and package their own beautiful chocolate treats to take home and share with someone special! All supplies and gift packaging included.

Location: Norfolk Town Hall Multipurpose Room
Fee: $89 **Max:** 15

Spring Chocolate Workshop

NEW



Presented by Chocolate by Cami, LLC
Ages 10-16 Tuesday, 3/23 5:30 - 7pm
Celebrate the arrival of spring with a fun, creative, and delicious chocolate-making experience! Join us for an exciting hands-on workshop where participants will create their own breakable chocolate creations filled with sweet surprises! Participants will learn basic chocolate-making and decorating techniques while designing their own beautiful spring-themed chocolate treats. Using colorful chocolate drizzles, festive sprinkles, and creative decorations, each participant will personalize their chocolate masterpiece and fill it with delicious surprises. At the end of the workshop, everyone will package their creations to take home, break open, and enjoy! All supplies and gift packaging included.

Location: Norfolk Town Hall Multipurpose Room
Fee: $89 **Max:** 15

ANIMAL ADVENTURES



Care and feeding of wild exotic animals

Grades K - 6 *Instructor: Animal Adventures*
TUESDAYS: 3:30 - 4:30pm
Time has been allotted for parents to get older students to the H. Olive Day School. Students arriving from other schools-enter Door 12 at rear of school .
TRANSPORTATION IS NOT PROVIDED.
Please send a snack for the supervised snack time from dismissal time until the program begins at 3:30pm.
DATES: 1/12, 1/19, 1/26, 2/2



Whether your child is destined to be a vet or just loves animals, this program has it all! Along with learning fun, interesting, and educational facts, children will have the opportunity to meet, see and touch the animals (always optional). Children will learn about each animal's care, environment, and challenges! The professional handlers from Animal Adventures will surprise and delight us with a wonderful variety of animals from a different continent each week. In the past we have met a 10' snake, an owl, a skunk, a tarantula, and even a West Nile crocodile and so many more! We will end the program off exploring animals from Australia, including a kangaroo!



Animal Adventures in Bolton, MA is dedicated to teaching the public about animals and the environment we share. Learn more at animaladventures.net

Location: H.Olive Day Gymnasium **Fee:** $89

BLAST BABYSITTING & CPR/AED



Instructor: Juanita Allen Kingsley
Grades 7 - 8
TUESDAY, 2/2 2:30 - 5:15pm
In this workshop, along with covering the fundamentals of childcare, will cover how to react responsibly to medical emergencies, perform first aid for common childhood injuries & illnesses, and become CPR certified! We will also discuss household safety, how to best select safe and suitable games and activities, and prevent accidents. By the end of this class you'll be prepared to interview for a babysitting job and begin babysitting safely and competently. You'll leave with a certificate of completion for babysitting, first aid and CPR along with a sitter checklist.

Location: KP Middle School Library
Max. Participants: 12 **Fee:** $129

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CHEMICAL CREATIONS



Grades K - 2
Instructor: Minds in Motion
TUESDAYS: 3:15 - 4:15 pm
DATES: 1/12, 1/19, 1/26, 2/2, 2/9, (2/16), 2/23

Come experience a hands-on world of fun as you conduct a variety of scientific experiments! You will work on and take home your very own Chemistry Lab Kit, enabling you to complete many activities! Learn and discover many different scientific concepts in an entertaining and innovative approach. You will be trained to work like a real scientist in the lab. You will also make and take home some cool chemical creations! Learn all about energy and molecules, create a crazy bouncy glob from glue, and some scary green slime! Make your very own UV bracelet and watch it react to the sun. You will also get to witness some amazing scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a powerful magnet, magic sand, and many other exciting experiments in this fascinating and educational program!

Location: H. Olive Day School Library **Fee:** $169

Kids build and bring home all of their kits and creations in Minds in Motion programs!

RECO ROBOT



Grades 3 - 6
Instructor: Minds in Motion
MONDAYS: 3:15 - 4:15 pm
DATES: 1/11, (NO 1/18), 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1

Build and take home your very own RE/CO Robot! RE/CO robot is a mechanical off-roading adventure! It comes equipped with an infrared sensor and artificial intelligence. Its ability to be controlled wirelessly, and its tank-like tracks, make it perfect for rugged conditions! With the wireless remote control added, RE/CO Robot can access new play modes like storytelling, singing, dancing, and even programming. Students can enjoy guiding it over all sorts of terrain or allow the friendly robot to lead the way, using its infrared sensor to find a clear path in patrol mode. For parents who look to get the most out of their children's time, RE/CO Robot is a great all in one package! It combines assembling with 106 pieces, STEAM learning with infrared sensors, programming with easy directional commands, and having fun with the freedom of a handy wireless remote control!

Location: Freeman Kennedy School Library
Fee: $169

GAMEBOTS ROBOTICS

Grades K - 2 *Instructor: Snapology*
MONDAYS: 3:15 - 4:15 pm
DATES: 1/11, (NO 1/18), 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1, 3/8, 3/15

Have a blast creating robotic games each week while learning about robotics. Students will learn about gear ratio, sensors, programming, and pulleys as they create fun to play games. Whether creating a robotic hockey player, pinball machine, or ring toss, your child is sure to have fun building, learning, and playing.

Location: H. Olive Day School Library **Fee:** $219

SPIKE PRIME GAMEBOTS ROBOTICS

Grades 3 - 6 *Instructor: Snapology*
TUESDAYS: 3:15 - 4:15 pm
DATES: 1/12, 1/19, 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, (NO 3/9), 3/16

In this game-focused robotics program, your engineer will explore the basics of robotics while playing some really awesome games with and against their classmates! While working with a partner to complete various challenges, your student will be taught how to effectively utilize sensors, how different mechanical components work in their robots, and how programming is a challenging but rewarding skill that they can master with just a little practice. We will support them in the development of their coding and building skills and inspire them with creative building challenges and awesome games!

Location: Freeman Kennedy School Library **Fee:** $219

FEBRUARY SCHOOL VACATION!

Tuesday-Friday, 2/16 - 2/19

Instructor: Minds in Motion

X IN 1 ROBOT FUN

Ages 6-10 **9:00am-12:00pm**

If you are new to robot building, this is for you! Come assemble up to five different vehicles, three different dinosaurs, and two windmills as you work on and take home your very own X in1 Robot kit! Come unleash your inner robot engineer!



FUTURE ARCHITECTS

Ages 6-10 **12:30pm-3:30pm**

Unleash your inner architect as you work on and take home your very own Architectural Design kit! Dive into the world of building design as you construct everything from simple arches and domes to iconic landmarks like the Sydney Opera House and the Eiffel Tower. As you build stadiums, skyscrapers, and even a Ferris wheel, you'll discover the secrets behind how engineers and architects plan, design, and create the world's most incredible structures.

Location: Norfolk Town Hall Multipurpose Room
Fee: $199 per program **Min/Max:** 6/14
**If registering for both sessions, pack a lunch for your child!*

FIRST-TIME TENNIS



Grades 7 & 8 *Instructor: Matt Anderson*

THURSDAYS: 3:00 - 4:00pm

DATES: 3/18, 3/25, 4/1, 4/8, 4/15, (NO 4/22), 4/29

Have you thought you might like to play tennis but haven't had the chance to try? Then this class is for you. Learn the basics from a great instructor. Whether you choose to continue with lessons or not, this class will give you a sound footing so you can have fun playing. Learn and practice forehand, backhand, and volleys, plus understand grips and ball placement. This program takes place indoors.

Location: Kingswood Tennis Club
5 Beach St, Foxborough, MA 02035 **Fee:** $99

POWER KIDS RUN CLUB



Coed 5K Club **Ages 8+**

WEDNESDAYS: 3:15-4:15pm

DATES: 1/13, 1/20, (NO 1/27), 2/3, 2/10. (NO 2/17), 2/24, 3/3, 3/10

Location: Freeman Kennedy School Fields

Fee: $155 **Maximum**: 15

*****This program is outdoors*****

For full program description please go to NorfolkRec.com or to learn more visit www.powerkidsrunclub.com.

F.A.S.T. SUPER SPORTS



Instructor: F.A.S.T. Athletics

TIME: 3:15 - 4:15pm

THURSDAYS: Grades K - 1
Session 1: 1/14, (NO 1/21), 1/28, 2/4, 2/11, (NO 2/18), 2/25
Session 2: 3/4, (NO 3/11), 3/18, 3/25, 4/1, 4/8

FRIDAYS: Grades 1 - 2
Session 1: 1/15, 1/22, 1/29, 2/5, 2/12
Session 2: 2/26, 3/5, 3/12, 3/19, (NO 3/26), 4/2

Get up, get going and get active with F.A.S.T. Athletics Super Sports Program. Each week children will play games such as Soccer, Basketball, Flag Football, Dodgeball, Baseball, Kickball and Capture the Flag. Learning the basic skills of each sport is emphasized. Each class will end with a high energy game of the sport played that day.

Location: H. Olive Day School Gymnasium **Fee:** $129

F.A.S.T. DODGEBALL



Instructor: F.A.S.T. Athletics

TIME: 3:15 - 4:15pm

FRIDAYS: Grades 3 - 6
Session 1: 1/15, 1/22, 1/29, 2/5, 2/12
Session 2: 2/26, 3/5, 3/12, 3/19, (NO 3/26), 4/2

Always a favorite! F.A.S.T. Athletics will teach everyone different versions of Dodgeball along with game strategies while emphasizing teamwork. Join in for a great end-of-the-school-week activity!

Location: Freeman Kennedy School Gym **Fee:** $129

FIELD HOCKEY WINTER SKILLS CLINICS For Grades K-8

With K.P.'s Varsity Coach, Kaitlyn Wilder

These clinics are perfect for new and experienced players to sharpen their skills. All levels of experience are welcome! Players will learn field hockey basics as well improve their skills through a series of dribbling, passing, and shooting drills. Game play will also be introduced. Sessions are somewhat progressive, however session 1 is not a prerequisite to session 2.

LOCATION: KP Middle School, Auxiliary Gym
Session 1: 1/6, 1/13, 1/20, (NO 1/27), 2/3, 2/10, (NO 2/17), 2/24
Session 2: 3/3, 3/10, 3/17, 3/24, (NO 3/31), 4/7, 4/14

GRADES K - 2
WEDNESDAYS: 4-4:55pm
Fee: $99



GRADES 3 - 4
WEDNESDAYS: 5:00-5:55pm
Fee: $99

GRADES 5 - 6
WEDNESDAYS: 6-7:15pm
Fee: $119

GRADES 7 - 8
WEDNESDAYS: 7:15-8:30pm
Fee: $119

Players must wear sneakers (no cleats), mouthguard, and shin guards. Sticks are available to borrow, but please bring a stick if you have one. Goggles and gloves are strongly encouraged. Please bring a water bottle.

Let us know if you are interested in our Field Hockey Goalie Clinic at time of registration.



SKI & SNOWBOARD LESSONS



Thursdays: 1/7, 1/14, 1/21, 1/28, 2/4
Ages 3-7 3:45-4:45pm
Ages 7-18 5:00-6:00pm
Saturdays: 1/2, 1/9, (NO 1/16), 1/23, 1/30, 2/6
Ages 7-18 1:00-2:00pm

Whether your child is brand-new or carving turns, Blue Hills instructors will teach them skiing or snowboarding skills in a fun and positive environment that will give your child the confidence they need. 1-hour lessons are offered on Thursdays OR Saturdays for 5-weeks. Register on Blue Hills group store page, https://bluehills.snowcloud.shop. Please note: equipment rentals & lift tickets are sold separately as an additional fee. Families will travel independently to Blue Hills in Canton, MA for lessons. **Registration closes 12/15.**

Thursday Fee: $210 **Saturdays Fee:** $235

PEDIATRIC & ADULT FIRST AID & CPR/AED

Ages 15 & up *Instructor: Juanita Allen Kingsley*

WEDNESDAY, 2/3 **5:00 - 7:15 pm**

The ASHI Pediatric CPR, AED, and First Aid training program provide an ideal training solution for schools, Scout Leaders, childcare providers, youth sports coaches, and others required to learn how to respond to medical emergencies involving children and infants. Topics covered include: First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult and Pediatric CPR & AED. You receive a 2-year certification upon completion.

Location: Freeman Kennedy School Library
Max. Participants: 12 **Fee:** $119

KARATE & STRANGER DANGER



Instructor: Designed Defense

MONDAYS *AND* WEDNESDAYS:
Beginners: Grades K-6 3:15-4:15pm Max: 30
Advanced: Grades 3-12 4:30-5:30pm Max: 20
ONGONING ENROLLMENT - JOIN ANY TIME!
Registration Required at NorfolkRec.com
Payment Due to Designed Defense at class

Classes are held 2X/week continually when school is in session. This class teaches the art of American Kenpo Karate. 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! Participants are also entitled to study at the home studio in Manville, RI.

Location: H. Olive Day School Gym
Fee: $120/ student's first month includes gee
$95/ month returning students

NOVEL MAKERS



Grades 4-6 *Instructor: Robin Tucceri*

Mondays 4:30-5:30PM: 1/11, (NO 1/18), 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1, 3/8, 3/15

This isn't your average book club! Each week, we'll dive into the hit graphic novel *Amulet: The Stonekeeper* (Book 1) by Kazu Kibuishi—a thrilling, fast-paced story about two siblings who travel into a mysterious parallel world of strange creatures, ancient magic, and giant robots to save their family. Instead of just talking about the book, we'll bring it to life! Students will transform a blank notebook into a personalized, artsy "Junk Journal"—using a mix of design, trendy stationery, and hands-on crafting. Throughout the program, students will sculpt and paint their own glowing metallic Amulet stone pendants, assemble mini mechanical robot companions, design custom fantasy map stickers and symbol patches, and create glowing portal art for their rooms. Bring your favorite afternoon snack, and get ready to read, chat, and create!

Location: FK Makerspace
Max Enrollment: 12 **Fee:** $159

LEARN TO SKATE—Ages 3 yrs. +

Location: Norfolk Ice Arena, 1 Dean Street, Norfolk
Session 3 (Per Norfolk Ice Arena Schedule):
Tuesdays: 5:00pm, 1/5—2/23
Saturdays: 11:00 am, 1/9—2/27
Sundays: 10:00am, 1/10—2/28
Session 4 (Per Norfolk Ice Arena Schedule):
Tuesdays: 5:00pm, 3/2—4/20
Saturdays: 11:00am, 3/6—4/24 (NO 3/27)
Sundays: 10:00am, 3/7—4/25 (NO 3/28)

The U.S. Figure Skating Basic Skills program was created to be the best beginning ice-skating program in the world. It is designed to serve the needs of both recreational and competitive skaters. The curriculum keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time.



Skates & Helmets available to rent on a weekly basis at the rink (cost is weekly).

Fees: $185 **Sat & Sun Session 4:** $175

Register with us & we register you with Norfolk Ice Arena

NEXT STEP SKATING: BRIDGE PROGRAM

Location: Norfolk Ice Arena, 1 Dean Street, Norfolk
Any Age *Must skate well forwards, backwards, crossovers
Session 3: Sundays: 11:00am, 1/10—2/8
Session 4: Sundays: 11:00am, 3/7—4/25 (NO 3/28)
Adults Ages 18+
Session 3: Sundays: 12:00pm 1/10—2/8
Session 4: Sundays: 12:00pm, 3/7—4/25 (NO 3/28)

The Bridge Class at Norfolk Arena will focus on basic skating skills. We will be focusing on stroking, forward crossovers, backward crossovers, turns, posture, and speed. We will be using full ice!

Weekly Skate & Helmets rentals available

Register with us & we register you with Norfolk Ice Arena
Fees: Session 3: $300 **Session 4:** $275

LEARN TO PLAY HOCKEY

Ages 6-12 ***Location: Norfolk Ice Arena, 1 Dean Street, Norfolk***



Session 3 (Per Norfolk Ice Arena Schedule):
Tuesdays: 5:00pm, 1/5—2/23
Session 4 (Per Norfolk Ice Arena Schedule):
Tuesdays: 5:00pm, 3/2—4/20

"Learn to play hockey" offers children the fundamental skills to gain a competitive edge while making the game fun. Players gain confidence, develop skills and gain knowledge to compete and enjoy the game at every age and skill level. Join a program that emphasizes sportsmanship, fun and fundamentals. Players enhance their skills through various group games and activities incorporated into each session.

Fee: $185 **Full Hockey equipment is required.**

Register with us & we register you with Norfolk Ice Arena

GAME-PLAY MAH JONGG (American)



Adults—Beginner+ Level
TUESDAYS: 6:30-8:30pm
DATES: 1/12, 1/19, 1/26, 2/2, (NO 2/9), (NO 2/16), 2/23, 3/2, 3/9, 3/16
Meet up with friends and enjoy playing American Mah Jongg in the comfort of our Multipurpose Room at Town Hall! Game sets provided. Bring your own cards! Register for one night or all 8 nights! Please note there will be no instructor or instructional portion on these nights.
Pre-registration is required to ensure a workable number of players. Please no last minute cancellations. A sub list will be provided.
Location: Norfolk Town Hall Multipurpose Room
Fee: $15 per night
Max Participants: 12 (We will add tables if more sign up!)

MESSAGES FROM SPIRIT: A Mediumship Experience



Instructor: Dr. Cathy Ripley Greene
TUESDAY: 4/13 6:00 - 8:00pm
What is a mediumship? No one can be certain about what happens when we die, connecting with the consciousness of our loved ones in spirit helps us understand that the bond of love remains. Join professional Medium, Dr. Cathy Ripley Greene, as she shares what she has learned over her many years working with spirit communication. She begins by sharing how the process of mediumship works and how you are likely connecting with your loved ones but may not know it. She will then make connections with Spirit for some audience members. While not everyone will receive a personal connection during this demonstration, everyone present will experience the blessings of Spirit's messages. Participants may experience both laughter and tears and will leave the program with an increased sense of hope and wonder. Join us for an evening with Spirit!
Location: Norfolk Town Hall Multipurpose Room
Fee: $59

CHUNKY KNIT BLANKET WORKSHOP

NEW!

South Shore Blanket Parties
Ages: 18+
Thursday, January 7th: 6:00-8:00pm
Chunky knit blankets are all the rage lately and you'll be surprised how easy they are to make! The hand knitting technique is a lifelong skill that is therapeutic , meditative and fun. Program includes the two hour hand knitting lesson and 4 skeins of yarn to make a throw sized blanket. Bags will not be provided. If you do not with to carry your project, we encourage you to bring a large tote to carry your blanket and any working yarn home.
Location: Norfolk Town Hall Multipurpose Room
Min. Participants: 6 **Max. Participants:** 16 **Fee:** $109

ESTATE PLANNING BASICS

FREE!

Instructor: Attorney Amy Antonellis
Tuesday, March 23: 6:30-8:00pm
It's time to start planning! Right now is the perfect time to make sure your affairs are in order before the holidays are in full swing. 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.



Location: Norfolk Public Library - Community Room
Max. Participants: 30 **Fee: FREE!**
REGISTRATION IS REQUIRED!

PICKLEBALL for Adults

Instructor: Mark Williamson
TUESDAYS: ***New day of the week***
Beginner/Advanced Beginner: 6:00 pm-7:30pm
More Advanced/Competitive: 7:30-9:00pm
S1: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9
S2: 2/23, 3/2, (NO 3/9), 3/16, 3/23, 3/30, 4/6

WEDNESDAYS:
More Advanced/Competitive: 6:00pm - 7:30pm
Beginner/Advanced Beginner: 7:30pm - 9:00pm
S1: 1/6, (NO 1/13), 1/20, (NO 1/27), 2/3, 2/10, (NO 2/17), 2/24, 3/3
S2: 3/10, 3/17, 3/24, (NO 3/31), 4/7, 4/14 *Only 5 weeks

Join in to learn and improve at the game that is sweeping the nation, Pickleball! This is a great opportunity to develop the basic skills to play the game as well as improve your technical skills as you advance including forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dink shots, and proper footwork. Three courts will be set up in the gym so there will be room for everyone! Paddles are available to borrow or bring your own.



Location: Freeman Kennedy School Gym, Door #21
Fee: $99/session for Tuesday S1, Tuesday S2, Wednesday S1
Fee: $85/session for Wednesday S2
MAXIMUM: 14

ZUMBA *With Rachel Lecky*

THURSDAYS: 6:30- 7:30pm

DATES: 1/14, 1/21, 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4, (NO 3/11), 3/18, 3/25, 4/1, 4/8

Zumba is a fun, high-energy dance fitness class that combines Latin and international rhythms with easy-to-follow choreography. This interval-style workout mixes low- and high-intensity movements to improve cardiovascular fitness, muscle conditioning, balance, flexibility, and overall energy—all while feeling more like a dance party than a workout. This program is run by Rachel Lecky, licensed Zumba instructor.

Location: H.Olive Day School Gymnasium **Fee:** $129

$30 OFF YOUR TOTAL WHEN YOU SIGN UP FOR ZUMBA & ZUMBA TONING!

ZUMBA TONING *With Christine French*

TUESDAYS: 6:30 - 7:30pm AGES 18+

DATES: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, (NO 3/9), 3/16, 3/23, 3/30, 4/6

Love Zumba but want to try something a little different? This fun and energetic class takes traditional Zumba moves and adds the challenge of resistance by adding light weights, resulting in a higher calorie burn than strength training alone and offering a superb opportunity for cardiovascular exercise. And, because it's Zumba, it's fun! You will find that adding resistance with light weights tones and sculpts specific muscle groups, such as your arms, core and lower body. Throw in high energy, upbeat music and you have a great night that helps get your body looking and feeling awesome*!*

Location: H. Olive Day School Gym **Fee:** $149

MEN'S BASKETBALL

Close to 30 and OVER

THURSDAYS: 7:00 - 9:30 pm

DATES: 1/14, (NO 1/21), 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4, (NO 3/11), 3/18, 3/25, 4/1, 4/8, 4/15, (NO 4/22), 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10

Come down and jump in to Men's Basketball at the F/K gym. Register online at NorfolkRec.com. Registration is required for this program. Not registering in advance may jeopardizes this program's ability to run!

Please be sure we have a CURRENT email address and cell number so we can notify you of last minute changes.

Please note: There is no longer a "pay as you go" drop-in option. **ADVANCE REGISTRATION IS REQUIRED.**

Fee: $139 **Max enrollment:** 30

Location: Freeman Kennedy School Gym, Door #21

Please Note: On occasion, the school needs the gym for school events so basketball is cancelled; price reflects possible cancellations.

FUNCTIONAL STRENGTH TRAINING for INJURY PREVENTION



Instructor: Rachel Abelow

WEDNESDAYS: 10:00 - 10:45am

DATES: 1/20, (NO 1/27), 2/3, 2/10, (NO 2/17), 2/24, 3/3, 3/10, 3/17

SATURDAYS: 9:00 - 9:45am

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

This class is an all levels strength training & cardiovascular workout featuring bodyweight exercises and functional equipment including the TRX suspension trainer, resistance bands, bosu balls and others. The class will promote muscular balance, cardiovascular fitness, and physical and mental well being. By emphasizing proper form and modifying exercises to the individual, we will maximize results while preventing injury. This class is run by Rachel Abelow, B.S. Exercise Physiology, Certified Personal Trainer.

Location: Norfolk Town Hall Multipurpose Room

Fee: $140 per session

FUTSAL: ADULT INDOOR SOCCER

MONDAYS: 8:00 - 9:30pm ***New Day of the Week***

DATES: 1/11, (NO 1/18), 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1, 3/8, 3/15, 3/22, 3/29

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 intermediate skill levels and those with experience. New players welcome. Court shoes or indoor soccer shoes required.

Location: Freeman Kennedy Gym **Fee:** $59

Travel More, Spend Less: Making the Most of Points & Miles *With Ann Proto*

A $10,000 vacation for $2,000? It really is possible! Learn to earn and redeem credit card points and miles — one of the most powerful tools a traveler can have.

Session 1: The Fundamentals
SUNDAY, April 4th: 3pm-5pm

Start with the basics and discover why leveraging points and miles works! Learn the ins and outs of bank vs. airline vs. hotel cards, how to pick the right cards for you, and take a first look at online search tools that make trip planning with points and miles simpler.

Session 2: Going Deeper: Finding the Best Redemptions
SUNDAY, April 11th: 3pm-5pm

Now that you have the basics (newcomers welcome too), join us as we delve into the details to maximize your points value — we will explore airline alliances, transfer partners, bank & bonus offers, and get real-time practice with online trip planning search tools.

Important: *Travel rewards only work in your favor when credit card balances are paid in full every month. Paying interest will always cost more than points are worth.*

Location: Norfolk Town Hall Multi-purpose Room
Session 1 or 2: $39 Both Sessions: $49

ADULT EXERCISE WITH NANCI

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





THE COMBO CLASS

1/2-Hour Strength & 1/2-Hour Pilates

MONDAYS: 6:30 - 7:30pm
1/4, 1/11, (NO 1/18), 1/25, 2/1, 2/8, (NO 2/15), 2/22, 3/1, 3/8, 3/15, 3/22, 3/29, 4/5

WEDNESDAYS 6:30 - 7:30pm
1/6, 1/13, 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24, 3/3, 3/10, 3/17, 3/24, 3/31

FRIDAYS 9:00 - 10:00am
1/8, 1/15, 1/22, 1/29, 2/5, 2/12, (NO 2/19), 2/26, 3/5, 3/12, 3/19, (NO 3/26), 4/2, 4/9

This class has the benefits of both strength training and Pilates! The class consists of a half hour of strength training and a half hour of Pilates. Weights are provided. Please bring a towel or mat.

Location: Norfolk Town Hall Multipurpose Room

Fee: $90 per session

Nanci offers personal training sessions for individuals on a semi-private and private basis. To find out more information or to discuss your needs please contact Nanci directly at exercisewithnanci@gmail.com

SLOW FLOW YOGA *With Gail Taylor*

THURSDAYS: 10:00 - 11:00am OR 6:30 - 7:30pm
*****Each time slot requires a separate registration*****

DATES: 1/21, 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15

A vinyasa class where students challenge their own limits and engage in an individual exploration of their physical capacity to move through poses. All are welcome to attend this class and each student is encouraged to work through guided sequences at his or her own pace. We keep the structure of the class accessible for those newer to yoga but offer variations to engage and challenge more seasoned practitioners.



Gail has been teaching yoga for 20 years and holds several certifications. **Please bring yoga mat. Other equipment supplied.**

Location: Norfolk Town Hall Multipurpose Room

Fee: $119 **Minimum: 6 / Maximum:12**

LADIES SNOWSHOE/TREK



Time: 9:45 - 11:00am

Session 1:
THURSDAYS: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11
SATURDAYS: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

Session 2:
THURSDAYS: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8
SATURDAYS: 3/6, 3/13, 3/20, (NO 3/27), 4/3, 4/10, 4/17

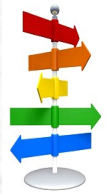
Join this invigorating winter 6-week class for the physically fit hiker! Embrace this part of the year; hiking trails are serene during the winter months. Fresh fallen snow only adds to the magic! Plus, you can burn up to 1000 calories an hour on hilly terrain! Join other women and hike or snowshoe (your choice) in some wonderful local park areas. Every week we will meet at a new location.



Location: See box below **Fee**: $32 per session

NOTE: *Canceled only for **VERY** inclement weather with make-ups after 2nd cancellation.*

Locations for Ladies Snowshoe/Trek:



Locations vary each week. The 1st meeting is at
F. Gilbert State Forest
45 Mill Street, Foxborough, MA
Park at Meeting House Chapel
Other locations will be given out at first meeting

NOTE: If conditions are icy "ice cleats" on shoes are strongly recommended. They are available at several locations such as Bass Pro Shop, L.L. Bean, and Walmart.

FOLLOW US

LET'S PAINT



For Adults, Ages 18+

Instructor: Marianne Koslosky
THURSDAYS: 6:00-7:00pm
DATES: 1/14, (NO 1/21), 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4

Join our seasoned art teacher, Marianne Koslosky, for a paint without pressure 6-week art program where participants will experience a relaxed acrylic painting series exploring colors, composition, atmosphere and finding your own way of painting!

Location: Freeman Kennedy School
Fee: $149 **Max Participants: 12**

All About Community

Norfolk Lions Christmas Trees!

Located in Norfolk Center - Next to Dunkin'
Proceeds support Norfolk charitable causes!

Running NOW until all trees & wreaths are gone!
Weekdays: 3pm-8pm
Weekends: 9am-8pm

Also Collecting Coats for Kids & Families!

Supporting local events & charities year-round!

POST HOLIDAY TREE PICKUP :
More info available from the Boy Scouts at the tree lot! Register for this at norfolkmalions.org!













Norfolk Food Pantry

With the partnership of the Norfolk Lions, Norfolk churches, businesses, and Individuals, we have been able to serve many since 1992.

SCAN ME
ebcnorfolk.org/foodpantry

We are funded entirely by donations of volunteer time, food, gift cards and money. Please help by donating or volunteering. SCAN for more information! Thank you!!

Return2Wild
WILDLIFE REHABILITATION

Giving Orphaned & Injured Wildlife a Second Chance
Norfolk, MA
Please reach out:
774-469-0806 | Return2Wildinfo@gmail.com | Return2Wild.org

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Norfolk, MA 02056

Norfolk Recreation
1 Liberty Lane
Norfolk, MA 02056

Sports Organization	Website & Contact Information
King Philip Soccer Association (KPSA): Youth, Teen & Travel Soccer	**YOUTH:** www.norfolklionssoccer.com **TRAVEL:** www.kpsoccer.org Email: kpsaboard@gmail.com
KP Youth Field Hockey	www.NorfolkRec.com kpyouthfieldhockey@norfolkmass.gov (Patricia Zini)
KP Youth Football & Cheer	www.kpyfc.com
KP Youth Lacrosse	www.kpyouthlacrosse.com
King Philip Walpole Youth Hockey (KPW)	www.kpwhockey.org
Liberty Flag Football	www.NorfolkRec.com recreation@norfolkmass.gov
Norfolk Baseball	www.norfolkbaseball.com president@norfolkbaseball.com
Norfolk Girls Softball	www.norfolkgirlssoftball.com info@norfolkgirlssoftball.com

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LIKE US ON FACEBOOK AND GET RECREATION NEWS & NOTICES FIRST!
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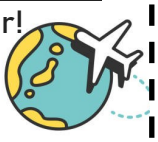
It's important to register early!

Since our programs are self-supporting (no tax dollars, early registrations help us plan for staff & materials. Plus, many of our programs fill up quickly. The earlier you register, the better the chance you will secure a spot. Please don't wait to register! Norfolkrec.com

Norfolk Travels announces our 2027 trips with Collette Tours!

JULY 21—AUGUST 2, 2027: ALASKA DISCOVERY LAND & CRUISE
Featuring Fairbanks, Denali National Park, Talkeetna & Vancouver!

OCTOBER 23-NOVEMBER 3, 2027: CROATIA, SLOVENIA & THE ADRIATIC COAST





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www.ed2go.com/norfolk

Through this website, most courses are $30 to $119!

More advanced and career courses also available!