

NORFOLK RECREATION

FALL 2024

September - December

REGISTRATION BEGINS WEDNESDAY, SEPT. 4 at 12:30pm



Registration for Adult Exercise Classes,
Adult Co-Ed Soccer, Golf, Tennis & Skating OPEN 8/26!

Register online at NorfolkRec.com
(check/cash payment info inside cover)

CHECK OUT THE COMMUNITY PAGE - PG. 15



HAUNTED TRAIN RIDE
SATURDAY, OCTOBER 19TH
SEE PAGE 15 FOR TICKET INFO!



NORFOLK-WRENTHAM-PLAINVILLE YOUTH BASKETBALL



The KP Instructional League for Grades K-6
Registration is Oct. 1 - Nov. 3. See page 10 for details.



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.

Ann Proto, Director
Joshua Walther, Program Coordinator
Ashley Lint, Recreation Administrator

TO REGISTER: NorfolkRec.com
Email: recreation@norfolk.ma.us
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: Kim Meehan
Jill H. Lawrence, Alex Perry, Chris Thoman

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. Pap Advance Registration is required for all programs unless noted.

Registrations are not transferable.

=> **MasterCard, Visa & Discover 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 wait-listed 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 enough advance 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: norfolk.ma.us.

FEE REDUCTION POLICY

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

=> CHECK YOUR EMAIL FOR UPDATES!

We communicate through email & text so please check your inbox for program updates, welcome letters, and waitlist openings!

Please make recreation@norfolk.ma.us 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. If necessary, we may reach out to participants to further restrict snack choices brought to a program.

PROGRAM CANCELCATION 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

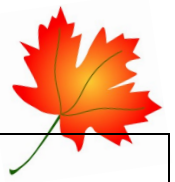
1. **Multipurpose Room:** Next to our office on the Ground floor at the Town Hall, 1 Liberty Lane, Enter Door #4/#5
2. **H.O.D. School:** 232 Main Street, Gym entrance at rear of school Doors 12/13, Library is located in right, front corner.
3. **Freeman-Kennedy School:** 70 Boardman Street, Preschool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



FALL 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	Lil' Scientists 3 - 5 yrs. Pg. 5	Practicing Preschool 2 - 3+ yrs. Pg. 4	Krafty Kiddos 2 - 5 yrs. Pg. 5	1,2,3 Soccer Development 2 - 5 yrs. Pg. 6
VAMOS! Hands On Music in Spanish 4 - 7 yrs. Pg. 4	Practicing Preschool 2 - 3+ yrs. Pg. 4		Mini Artists 3.5 - 5 yrs. Pg. 5	Mini Artists 3.5 - 5 yrs. Pg. 5	Sticky Fingers 10 mos. - 4 yrs. Pg. 5
				Knucklebones Mini Sport 3 - 5 yrs. Pg. 5	

Community Page: Pg. 15 SCHOOL-AGE PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Lights, Camera, ACT! Grades K - 2 Pg. 7	Intro To Piano Ages 6 - 9 yrs. Pg. 7	Lights, Camera, ACT! Grades 3 - 6 Pg. 7	Coding for 2nd Graders Grade 2 Pg.8	Friday Night Kids Club Grades K - 6 Pg. 6	American Sign Language All Ages Pg. 11
FK Morning Show Grades 5 - 6 Pg. 9	FK Morning Show Grades 5 - 6 Pg. 9	Karate/Stranger Danger Grades K - 6 Pg. 9	Lights, Camera, ACT! Grades 3 - 6 Pg. 7	Home Alone Safety Grades 3 - 6 Pg. 6	Paint Nights Grades 1 - 8 Pg. 7
RE/CO Robot Grades 3 - 6 Pg. 8	Chemical Creations Grades K - 2 Pg. 8	PKRC 2K Club 5 - 8 yrs. Pg. 11	Kids Test Kitchen Grades 1 - 6 Pg. 8	Swiftmas Tree Workshop Grades 1 - 8 Pg. 7	NWP Youth Basketball Grades K - 6 Pg. 10
Karate/Stranger Danger Grades K - 6 Pg. 9	Learn to Skate 3+ yrs. Pg. 10	Afterschool Tennis 6 - 11 yrs. Pg. 10	FK Morning Show Grades 5 - 6 Pg. 9	Advanced Theater 101 Grades 5 - 6 Pg. 7	Learn to Skate 3+ yrs. Pg. 10
Afterschool Tennis 6 - 11 yrs. Pg. 10	Learn to Play Hockey 6 - 12 yrs. Pg. 10	BLAST Babysitting Grades 7 - 8 Pg. 11	F.A.S.T. Super Sports Grades K - 1 Pg. 9	F.A.S.T. Super Sports Grades 1 - 2 Pg. 9	Next Step Skating 3+ yrs. Pg. 10
NEFC Junior Academy 6 - 8 yrs. Pg. 6	Crafters Corner Grades 3 - 6 Pg. 7		PKRC Run & Mindfulness 4+ yrs. Pg. 11	F.A.S.T. Street Hockey Grades 3 - 6 Pg. 9	Learn to Play Hockey 6 - 12 yrs. Pg. 10
PKRC Coed 5K Club 8+ yrs. Pg. 11	Slime Masters Grades 3 - 6 Pg. 7			F.A.S.T. Dodgeball Grades 3 - 6 Pg. 9	Card Trading Grades 2 - 6 Pg. 6
	Zoombinis Grades 3 - 6 Pg. 8			Survivor Challenges Grades 3 - 6 Pg. 9	

ADULT / FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Beginner Pickleball Pg. 14	Zumba Toning Pg. 14	Beginner Pickleball Pg. 14	Zumba Pg. 14	Happy Dogs Hike Pg. 13	Ladies Light Hike Pg. 13
The Combo Class Pg. 13	Messages From Spirit Pg. 12	Advanced Pickleball Pg. 14	Ladies Light Hike Pg. 13	The Combo Class Pg. 13	Functional Strength Pg. 12
	Holiday Wreath & Tree Pg. 12	The Combo Class Pg. 13	Slow Flow Yoga Pg. 13		American Sign Language Pg. 11
	Futsal Pg. 14	Happy Dogs Hike Pg. 13	Men's Basketball Pg. 14		Over 30 Co-Ed Soccer Pg. 11
	Estate Planning Basics Pg. 11	Functional Strength Pg. 12			
	American Mah Jongg Pg. 12	First Aid & CPR Pg. 11			



IT'S IMPORTANT TO REGISTER EARLY!
MANY CLASSES FILL UP QUICKLY! DON'T MISS OUT!



HANDS-ON MUSIC with Ms. Viviana

6 Months - 5 Years with Adult

Instructor: Viviana Vilches

MONDAYS: 9/30, 10/7, (NO 10/14), 10/21, 10/28, 11/4, (NO 11/11), 11/18, 11/25, 12/2, 12/9, 12/16

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

10:30-11:15am: For ages 2-5 years

11:30am-12:15pm: For ages 2-5 years

TUESDAYS: 10/1, 10/8, 10/15, 10/22, 10/29, (NO 11/5), 11/12, 11/19, 11/26, 12/3, 12/10

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

10:30-11:15am: For ages 2-5 years

11:30am-12:15pm: For ages 2-5 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.**

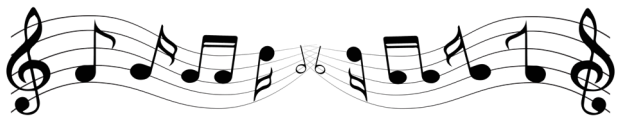
Location: Norfolk Town Hall Multipurpose Room

Fee: \$139

Min/Max: 5/12

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



Ages 4 - 7 years with Adult

Instructor: Viviana Vilches

MONDAYS: 4:00-5:00pm

DATES: 9/30, 10/7, (NO 10/14), 10/21, 10/28, 11/4, (NO 11/11), 11/18, 11/25, 12/2, 12/9, 12/16

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



2 - 3+ Years

1.5 Hour Drop-Off Program

Instructors: Emily Spiller & Regina Lodola

TUESDAYS: 9:30-11:00am

S1: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

S2: 10/29, (NO 11/5), 11/12, 11/19, 11/26, 12/3, 12/10

THURSDAYS: 9:30-11:00am

S1: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24

S2: 10/31, 11/7, 11/14, 11/21, (NO 11/28), 12/5, 12/12

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

Practicing Preschool is a theme-based preschool curriculum program that is a bit shorter in duration and designed to introduce your 2-3+ year old to a preschool-like experience. A new and different theme will be explored each week. Practicing Preschool emphasizes social skills by encouraging friendships and trust. Along with building these important skills, your child will have fun making craft projects, using their imagination, creating with various mediums, exploring music and movement, and be enchanted by stories and games. Our preschool classes are taught by caring, experienced preschool teachers.

Snacks are provided-our snacks are suitable for many allergies, but we always want to be safe. PLEASE be sure to note allergy information when you register.

Always dress for mess and pack a full change of clothes!

Location: Freeman Kennedy School SACC Room

Fee: \$139 per session

Max. Participants: 12



EXTENDED DAY for Practicing Preschool

TUESDAYS: 11:00am-12:00pm

S1: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

S2: 10/29, (NO 11/5), 11/12, 11/19, 11/26, 12/3, (NO 12/10)

THURSDAYS: 11:00am-12:00pm

S1: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24

S2: 10/31, 11/7, 11/14, 11/21, (NO 11/28), 12/5, (NO 12/12)

Extend Practicing Preschool by an hour and move pickup time from 11am to 12:00pm. This additional time will be spent exploring arts and crafts, stories, as well as music. On nicer days, children may venture outside.

Fee: S1 - \$89 per session; S2 - \$79 per session

Min. Participants: 7

***THERE IS NO EXTENDED DAY ON*
*NORFOLK PUBLIC SCHOOL EARLY RELEASE DAYS***



MUST BE REGISTERED FOR PRACTICING PRESCHOOL TO ATTEND EXTENDED DAY!

L'IL SCIENTISTS

Ages 3-5 yrs. DROP OFF

Instructors: Emily Spiller & Denise Foley

WEDNESDAYS: 9:30-11:30am

S1: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23

S2: 10/30, 11/6, 11/13, 11/20, 11/27, 12/4

Children this age are naturally inquisitive of the world around them. This class will hone their curiosity and give children the opportunity to explore, feel, smell, and experiment! Join us!

Please send a labeled water bottle/cup for your child.

Location: Freeman Kennedy School SACC Room

Fee: \$139/session



MINI-ARTISTS

Ages 3.5 - 5 years DROP OFF

Instructor: Jen Callej

THURSDAYS: 1:00 - 2:00 pm

DATES: 10/31, 11/7, 11/14, 11/21, (NO 11/28), 12/5, (NO 12/12), 12/19

FRIDAYS: 1:00 - 2:00 pm

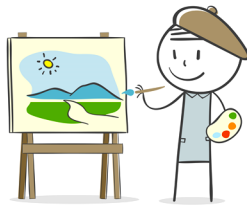
DATES: 11/1, 11/8, 11/15, 11/22, (NO 11/29), 12/6, 12/13

Come get crafty and creative with Miss Jen in this educational and colorful class! We will be learning different mediums of art, creating seasonal projects and crafts along with learning about famous artists and re-creating some of their work! Children must be fully potty trained.

Location: Norfolk Town Hall Multipurpose Room

Max Enrollment: 8

Fee: \$79



STICKY FINGERS

18 Months-4 Years with Adult

Instructor: Denise Foley

SATURDAYS: 9:15-10:00am

S1: 9/21, 9/28, 10/5, (NO 10/12), 10/19, 10/26

S2: 11/2, (NO 11/9), 11/16, 11/23, (NO 11/30), 12/7, 12/14

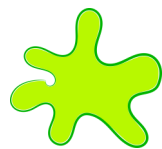
All the messy stuff without the at home clean up! Come join Ms. Denise and share the tactile learning experiences toddlers love: playdough, shaving cream, paints, glitter and more! Explore, create and build together! Young children will also learn important peer social skills such as taking turns and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

Please dress for mess!

A HANDS-ON CLASS FOR BOTH CHILDREN & PARENTS!

Location: Norfolk Town Hall

Max Enrollment: 12 **Fee:** \$59/session



KRAFTY KIDDOS

Ages 2-5 yrs. DROP OFF

Instructor: Denise Foley & Recreation Staff

FRIDAYS: 9:30-11:00am

S1: 9/27, 10/4, 10/11, 10/18, 10/25

S2: 11/1, (NO 11/8), 11/15, 11/22, (NO 11/29), 12/6, 12/13

Does your child love to create, play games, and read stories? If so then join us for fun morning of themed crafts and activities with topics that have included Firefighters & Police, Halloween, Friendship, Favorite Animal and more!

Please send a labeled water bottle /cup for your child.

Location: Freeman Kennedy School

Max Enrollment: 12

Fee: \$99/session



KNUCKLEBONES MINI SPORT

Ages 3 - 5 years *Instructor: Knucklebones*

FRIDAYS: 2:00 - 2:50 pm

DATES: 9/27, 10/4, 10/11, 10/18, 10/25, 11/1

This class is not your average sports class! Using an array of unique equipment and creative learning, participants will focus on a new sport every class; learning fundamentals and techniques to set the groundwork for future fun. From soccer to basketball, hockey to Tball, we'll also throw in some outside the box sports like F1 and American Ninja Warrior...for the love of play.

Location: Freeman Kennedy Fields

Fee: \$139

KINDERGARTEN FIELD HOCKEY

Grade K

Instructor: Kaitlyn Wilder

SATURDAYS: 8:00 - 9:00 am

DATES: 9/21, 9/28, 10/5, (NO 10/12), 10/19, 10/26, 11/2

Help your young athlete discover the joy of field hockey while making new friends and having fun with this new program designed to introduce young girls in kindergarten to the exciting and dynamic world of field hockey! This Introductory program focuses on fun, age-appropriate fundamental skill development, safety, teamwork, and sportsmanship. We aim to create a positive and supportive environment where girls can develop basic field hockey skills and build confidence.

Location: Freeman Kennedy Fields

Fee: \$79



register now

Go to: NorfolkRec.com

1, 2, 3 SOCCER DEVELOPMENT

Offered by Norfolk Recreation in conjunction with
Professional Soccer Coaches
Ages 2 - 5 years

SATURDAYS: 9/14, 9/21, 9/28, 10/5, (NO 10/12), 10/19
NOTE: Class ages overlap for parent's discretion.

Kickin' with Parents!

9:00 - 9:45 AM Ages 2 - 3 with a Parent

Join us as we play fun soccer games that enhance balance, coordination and gross motor skills. We will focus on soccer basics including striking a stationary ball and moving balls during directional play. Children and parents also get the opportunity to share those first unforgettable, goal scoring moments! Children will be encouraged to move from parent-supported participation to active, independent play.



Little Kickers!

10:00 - 10:45 AM Ages 3 - 4 years

Ball skills, playing cooperatively and building confidence are the focus of this program. Basic ball mastery and directional play is encouraged through fun and engaging games such as Sharks and Minnows and Busy Bee. We'll have fun while learning important soccer skills!



Dribble, Kick, Pass!

11:00 - 11:45 AM Ages 4 - 5 years

This Saturday soccer program will focus on skill development such as dribbling, passing, shooting, trapping and shielding. Children will learn to play in a group setting and grasp the importance of cooperation and sharing with their fellow players. Soccer games such as Red Light, Green Light and Monster Invasion will keep the program fun while allowing for development and reinforcement of newly learned skills.



LOCATION: Freeman Kennedy Fields **Fee:** \$89

NEFC JUNIOR SOCCER ACADEMY

Ages 6 - 8 years Coed *Instructor: NEFC*

MONDAYS: 4:00 - 5:00 pm

DATES: 9/16, 9/23, 9/30, 10/7, (NO 10/14), 10/21

This Fall, **New England Futbol Club (NEFC)** is offering this introductory level, Junior Soccer Academy to the youngest players, most of whom are new to soccer! While your player is having fun participating in highly interactive training sessions, they will be learning and improving the fundamental skills necessary to be successful in the sport of soccer.



Location: Pond Street Field Complex, Field D

Fee: \$25

Maximum Participants: 20

**REGISTRATION OPEN TO NORFOLK RESIDENTS
ONLY FOR THE FIRST 24 HOURS OF REGISTRATION**

FRIDAY NIGHT KIDS CLUB

With Norfolk Recreation Staff
Grades K - 6

Fridays: 6:00-10:00pm
DATES: 9/20, 10/18, 11/15 & 12/13



Grab yourself a night out on the town while your children have a blast in this exciting alternative to hiring a babysitter! Kids will participate in fun activities with friends, new and old! 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 and fills quickly so please register early to ensure your spot. If your child has a food allergy please send them with dinner and snacks.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$35 (\$29 per additional sibling) includes dinner

HOME ALONE SAFETY

Grades 3-6 *Instructor: Juanita Allen Kingsley*

FRIDAY, 10/25 **3:15-4:30 pm**

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 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:** \$69

CARD TRADING

Grades 2-6



Instructor: Billy Murray, Wild Willy's Sports Cards

SATURDAY: 11/9 **1:00-3:00 pm**

Join us for a fun filled night of Sports Card and Pokemon Card trading! Billy Murray, owner of Wild Willy's Sports Cards, will guide you through the basics of sports and Pokemon card trading. He will provide information regarding fair trading practices, go over how to best protect these little investments from damage and the proper way to store these types of collectibles. He will also guide you

on how to get proper valuations of your cards, so that when you do trade each individual makes a "fair" trade. After his presentation there will be time for children to trade cards with their friends.

Please bring 2 cards that you would like valued and 10-15 cards that you would like to trade.

Location: Town Hall Multipurpose Room **Fee:** \$15



Swift-mas Tree Workshop

Grades 1 - 8 Instructor: Jen Callej

FRIDAY, 12/6 6:00 - 8:00 pm



Get in the "Swift-y" holiday spirit and come make your own mini "Swift-mas" tree! Yes, it surely is a thing! Everyone will get their own miniature fake Christmas tree to decorate with various ornaments, decor and lights to represent Taylor Swift and her music, albums, fashion and more!

Location: Norfolk Town Hall Multipurpose Room

Max Enrollment: 18

Fee: \$35

CRAFTERS CORNER: Grades 3 - 6

Instructor: Jen Callej

TUESDAYS: 3:15-4:15pm

Dates: 10/29, (NO 11/5), 11/12, 11/19, 11/26, 12/3, (NO 12/10), 12/17

Calling all crafters and art lovers! Come join this artsy after school club! Each class will feature a new craft or project like: Ceramics, Jewelry, Sketching, Painting, Collaging and so much more! Hang out with friends, relax and create!

Location: Freeman Kennedy School Art Room

Max Enrollment: 16

Fee: \$109

SLIME MASTERS

Grades 3 - 6 Instructor: Jen Callej

TUESDAYS: 4:30-5:30pm

Dates: 10/29, (NO 11/5), 11/12, 11/19, 11/26, 12/3, (NO 12/10), 12/17

Join Miss Jen in this six-week messy and wacky slime course! We had so much fun in this class last year, we decided to bring it back with some all new slime recipes! We'll explore and experiment with a different type of slime each week. The possibilities are endless!

Location: Freeman Kennedy School Art Room

Max Enrollment: 16

Fee: \$109

PAINT NIGHTS with MS. Jen

Grades 1 - 8

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.

November: Autumn by the Lake

SATURDAY, 11/23: 3-5pm OR 6-8pm

December: Christmas Tree Farm

SATURDAY, 12/21: 5-5pm OR 6-8pm

Max Enrollment: 18 per Night

Location: Norfolk Town Hall Multipurpose Room

Fee: \$35 per child per night

LIGHTS, CAMERA, ACT!

Join Ms. Jen for some new dramatic fun! Students will enjoy a wide range of creative activities where they will learn various acting techniques, build confidence and practice self-expression all while working together. Each age group will focus on different skills and participate in different exercises that meet them where they are developmentally. Come let loose and find your voice!

K - 2nd Grade

Beginner students will dig into their imagination and discover the world of acting through storytelling, movement, simple improv and creative play. Students work together to develop scenes and create skits.

MONDAYS: 3:15 - 4:15pm OR 4:30 - 5:30pm

DATES: 10/28, 11/4, (NO 11/11), 11/18, 11/25, 12/2, 12/9

Location: H.Olive Day School Library

Max Enrollment: 16

Fee \$109

3rd - 6th Grade

Students in this class continue to focus on storytelling with a larger emphasis on the foundations of improv. Actors will begin utilizing and writing small scripts, learning speech exercise and breathwork, creating partner and group based scenes and enhancing on-stage performance skills!

WEDNESDAYS: 3:15 - 4:15pm OR 4:30 - 5:30pm

DATES: 10/30, 11/6, 11/13, 11/20, (NO 11/27), 12/4, 12/11

THURSDAYS: 3:15 - 4:15pm OR 4:30 - 5:30pm

DATES: 11/7, 11/14, 11/21, (NO 11/28), 12/5, 12/12*, 12/19

Location: Freeman Kennedy School Cafeteria/Stage

***12/12 will be held in the

Norfolk Town Hall Multipurpose Room***

Max Enrollment: 16

Fee \$109

Advanced Theatre 101

Grades 5 - 6

Instructor: Jen Callej

FRIDAYS: 3:15-4:15pm

Dates: 11/1, 11/8, 11/15, 11/22, (NO 11/29), 12/6, 12/13

Dive into the different parts of Theatre in this new course for 5th and 6th grade students! Explore characterization and more advanced acting skills, write and direct your own scenes and help create props and scenery for both FK and HOD spring performances.

Location: Freeman Kennedy School Cafeteria/Stage

Max Enrollment: 10

Fee: \$109

INTRO TO PIANO

Ages 6-9 Instructor: Ivy Music Academy

TUESDAYS: 3:45-4:45 pm

October: 10/1, 10/8, 10/15, 10/22

November: 11/5, 11/12, 11/19, 11/26



These fun group lessons are an exciting introduction to piano and music skills for beginning level music students. The goal of the course is not only to develop a solid musical foundation in piano, but most importantly to instill in the student a genuine love and appreciation for music.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$120 per session

RE/CO ROBOT

Grades 3 - 6 *Instructor: Minds in Motion*

MONDAYS: 3:15 - 4:15 pm

DATES: 10/21, 10/28, 11/4, (NO 11/11), 11/18, 11/25, 12/2

Build and take home your very own RE/CO Robot! RE/CO robot is a mechanical off-roading adventure! Its ability to be controlled wirelessly, and its tank-like tracks, make it perfect for rugged conditions! 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 Library

Fee: \$149

Max Enrollment: 15



CHEMICAL CREATIONS

Grades K - 2 *Instructor: Minds in Motion*

TUESDAYS: 3:15 - 4:15 pm

DATES: 10/22, 10/29, (NO 11/5), 11/12, 11/19, 11/26, 12/3

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 complete with test tubes, safety goggles, and more! 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 really 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 really powerful magnet, magic sand, and many other exciting experiments in this fascinating and educational program! !

Location: H.Olive Day School Library

Fee: \$149

Max Enrollment: 15



CODING for 2nd Graders

*Instructor: Ellen Horton,
H.O.D. Technology Integration Specialist*

THURSDAYS: 3:15-4:15 pm

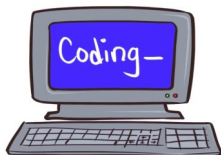
DATES: 10/3, 10/10, 10/17, 10/24, (NO 10/31), 11/7, 11/14

Learn to code Dash using Blockly. Participants will use their imagination and creativity while working together to create a game/activity using their programming skills and some basic materials.

Location: H. Olive Day School Library

Max. Enrollment: 8

Fee: \$99



ZOOMBINIS

Instructors: Ellen Horton & Mark Pizzi

GRADES 3 - 6

TUESDAYS: 3:15-4:15 pm

DATES: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, (NO 11/5), 11/12, 11/19, 11/26, 12/3



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 as online activities.

Location: Freeman Kennedy School Library

Max. Enrollment: 15

Fee: \$159



Kids' Test Kitchen

inspire healthy eaters



Grades 1 - 6

Instructor: Kids Test Kitchen

THURSDAYS: 4:30 - 5:30pm

DATES: 9/26, 10/3, 10/10, 10/17, 10/24, (NO 10/31), 11/7

On a mission to redefine kid food; Kids' Test Kitchen's enthusiastic Facilitators get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! Kids' Test Kitchen presents kids the opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with an opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned! Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own. Lessons are planned to celebrate seasonal produce, whole grains, and legumes.



Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

***Families who have students with allergies or other necessary dietary modifications will be required to complete our diet modification form before the first class.**

Location: Town Hall Multipurpose Room

Fee: \$189 per session

Max Enrollment: 12

F/K MORNING SHOW

Grades 5-6 Instructor: Robin Tucceri

MONDAYS:

S1: 9/9, 9/16, 9/23, 9/30, 10/7, (NO 10/14), 10/21, 10/28

S2: 11/4, (NO 11/11), 11/18, 11/25, 12/2, 12/9, 12/16

TUESDAYS:

S1: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

S2: 10/29, (NO 11/5), 11/12, 11/19, 11/26, 12/3, (NO 12/10), 12/17

THURSDAYS:

S1: 9/12, 9/19, 9/26, 10/3, 10/10, 10/17

S2: 10/24, (NO 10/31), 11/7, 11/14, 11/21, (NO 11/28), 12/5, (NO 12/12), 12/19

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

Fees: Mondays, S1: \$85; S2: \$75

Tuesdays, S1: \$85; S2: \$75

Thursdays, S1: \$75; S2: \$75



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.

KARATE & STRANGER DANGER

Grades K - 6 Instructor: Designed Defense

MONDAYS AND WEDNESDAYS:

Beginners: 3:15-4:15pm Advanced: 4:30-5:30pm

STARTS SEPT. 4!!
REGISTER & PAY AT CLASS!



Classes are held 2X/week continually when school is in session. Join any time! Register and pay monthly fees directly to Designed Defense at the class. Registration forms available from Sensei Kim at class or on Recreation's website under 'Information'.

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

Location: H. Olive Day School Gymnasium

Fee: \$100/ student's first month includes gee \$85/ month returning students

=>All fees paid directly to Designed Defense at class.

F.A.S.T. SUPER SPORTS

Instructor: F.A.S.T. Athletics

TIME: 3:15 - 4:15pm

THURSDAYS: Grades K - 1

S1: 9/19, 9/26, 10/3, 10/10, 10/17

S2: 10/24, (NO 10/31), 11/7, 11/14, 11/21, (NO 11/28), 12/5

FRIDAYS: Grades 1 - 2

S1: 9/20, 9/27, 10/4, 10/11, 10/18

S2: 10/25, 11/1, 11/8, 11/15, 11/22

Get up, get going and get active with a 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. Games may be played outside depending on availability and weather.

Location: H. Olive Day School Gymnasium

Fee: \$99



F.A.S.T. STREET HOCKEY

Grades 3 - 6

Instructor: F.A.S.T. Athletics

FRIDAYS: 3:15 - 4:15pm

DATES: 9/20, 9/27, 10/4, 10/11, 10/18

Come join F.A.S.T. Athletics for some street hockey fun. One-timers, passing, shooting and dribbling will be some of the training focus in the beginning. After the instructional period is over, each day will end with a good old fashion street hockey game. Through it all we will remind the students of safety and good sportsmanship.

Location: Meet @ Freeman-Kennedy Gym

Fee: \$99



F.A.S.T. DODGEBALL

Grades 3 - 6

Instructor: F.A.S.T. Athletics

FRIDAYS: 3:15 - 4:15pm Grades 3 - 6

DATES: 10/25, 11/1, 11/8, 11/15, 11/22



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: Meet @ Freeman-Kennedy Gym

Fee: \$99

SURVIVOR CHALLENGES

Grades 3 to 6

Instructor: Knucklebones

FRIDAYS: 9/27, 10/4, 10/11, 10/18, 10/25, 11/1

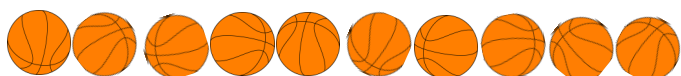
Time: 3:15-4:15pm

The challenge is on! Outlast, outplay, and outwit using your mental, physical, and creative skills during your very own season of Survivor. We'll recreate various challenges from the TV show, working individually, in pairs, and as a tribe to come out on top. In our version, no one will be voted off the island!

Location: Freeman Kennedy Fields

Fee: \$139





NORFOLK-WRENTHAM PLAINVILLE YOUTH BASKETBALL

For Boys & Girls Grades K-6

Join us in our 18th year of Youth Basketball! NWPYB is professionally coached and supported by the King Philip staff and players. This instructional league is specifically geared toward elementary school player. Our philosophy is to teach players the FUNDamentals of the game in a caring and fun manner. Our goal is to give players an excellent foundation and experience to enjoy the game at all levels while emphasizing team work and sportsmanship. Boys and girls play on separate teams.



Registration starts Oct. 1 and ends Nov. 3.

LOOK FOR FLYERS THROUGH SCHOOL!



FEE: K-2: \$129, Grades 3-6: \$159
Siblings: Take \$20 off fee.

2024-2025 DATES:

SATURDAYS

Boys/Girls K & Girls Grades 1-6: at KP Middle School

Boys Grades 1 - 6 at KP HIGH SCHOOL

12/7, 12/14, 12/21, (NO 12/28),

1/4, 1/11, 1/18, 1/25, 2/1

WEDNESDAY PRACTICES for gr. 3-6 only: Times TBA

GAME SCHEDULES: Final schedule depends on total registrations.

K Boys will play at 8:45am @ KPMS

Grade K - 6 Girls to play between 9:30am & 1pm @KPMS

Grade 1 boys will play at 9:00am @ KPHS

Grade 2 - 6 boys will play between 10:00am & 2:00pm @ KPHS

NorfolkRec.com

E-mail any questions to: recreation@norfolk.ma.us or call Norfolk Recreation at 508-520-1315.

AFTER SCHOOL TENNIS

Ages 6 - 11 Instructor: Matt Andersen

MON: 9/9, 9/16, 9/23, 9/30, 10/7, (NO 10/14), 10/21

WED: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16

Ages 6 - 8: 3:30 - 4:25pm, Ages 8 - 11: 4:30 - 5:30pm

Tennis is a sport that lasts a lifetime...and this is the age to start! Join Coach Matt for this beginner to advanced beginner tennis program. This fun class will explain basic strokes, grips and ball placement. The older group works on basics along positioning to develop a consistent rally and how to cooperate with a partner.



Location: Pond Street Complex Courts

Fee: \$99

LEARN TO SKATE—Ages 3 yrs. +

Instruction by and at Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 1 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 9/3 - 10/22

Saturdays: 11:00 am, 9/7 - 10/26

Sundays: 10:00am, 9/8 - 10/27



Session 2 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 10/29 - 12/17

Saturdays: 11:00am, 11/2 - 12/21

Sundays: 10:00am, 11/3 - 12/22

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 (\$4) & Helmets (\$2) available to rent on a weekly basis at the rink (cost is weekly).

Register with us & we register you with Norfolk Ice Arena
Fee: \$155 per session

NEXT STEP SKATING: BRIDGE PROGRAM

Instruction by and at Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 1 (Per Norfolk Ice Arena Schedule):

Sundays: 11:00am, 9/8-10/27

Session 2 (Per Norfolk Ice Arena Schedule):

Sundays: 11:00am, 11/3-12/22

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 (\$4) & Helmets(\$2) rentals available

Register with us & we register you with Norfolk Ice Arena
Fee: \$265 per session



LEARN TO PLAY HOCKEY Ages 6-12

Instruction by and at Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 1 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 9/3 - 10/22

Saturdays: 11:00 am, 9/7 - 10/26

Session 2 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 10/29 - 12/17

Saturdays: 11:00am, 11/2 - 12/21



"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.

Full Hockey equipment is required.

Register with us & we register you with Norfolk Ice Arena
Fee: \$155 per session

POWER KIDS RUN CLUB



Coed 5K Club Ages 8+

Mondays: 4:30-5:30pm

DATES: 9/16, 9/23, 9/30, 10/7, (NO 10/14), 10/21, 10/28, 11/4, (NO 11/11), 11/18

Location: Pond Street Field Complex **Fee:** \$159

Coed 2K Club Ages 5-8

Wednesdays: 4:00-5:00pm

DATES: 9/18, 9/25, 10/2, (NO 10/9), 10/16, 10/23, 10/30, 11/6, 11/13

Location: Pond Street Field Complex **Fee:** \$159

Run & Mindfulness Ages 4+

Thursdays: 4:00-5:00pm

DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, (NO 10/31), 11/7, 11/14

Location: Pond Street Field Complex **Fee:** \$159

*For Full Program description please go to
NorfolkRec.com or to learn more
visit www.powerkidsrunclub.com.*

*All kids finishing PKRC Club runs and challenges will
receive a medal and some cool swag!*

BLAST BABYSITTING & CPR/AED

Grades 7 - 8 *Instructor: Juanita Allen Kingsley*

WEDNESDAY, 10/30 2:30 - 5:30 pm

In this workshop, along with covering the fundamentals of childcare, we 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:** \$109

PEDIATRIC & ADULT FIRST AID & CPR/AED

Ages 16 & up *Instructor: Juanita Allen Kingsley*

WEDNESDAY, 10/30 6:15 - 8:30 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: Norfolk Town Hall Rear Multipurpose Room

Max. Participants: 12 **Fee:** \$109

OVER 30 CO-ED ADULT SOCCER LEAGUE



SUNDAYS: Between 5:00 - 7:00pm

DATES: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27

Be a part of this new collaboration with our friends at Walpole recreation! The 6-a-side league (1 goalie and 5 field players) will be a 6-week semi-competitive but fun league which will consist of teams of 8-10 players. Games will be 2 - 25 minute halves with a 5 minute halftime break. Each team will have a volunteer captain chosen during the registration process. If you would like to be with friends or enter an entire team please note that during the registration process. Numbered t-shirts will be given out and players are required to wear shin guards and appropriate footwear (sneakers, turf shoes or plastic/rubber cleats—NO METAL SPIKES PERMITTED).

Location: S.M. Lorusso & Sons Athletic Field Complex, Turf 1, 2400 Main Street, Walpole **Fee:** \$75 per player

AMERICAN SIGN LANGUAGE for Beginners

Instructor: Kristen Hogan



All Ages Welcome:

must be 7 years old to attend without and adult

SATURDAYS: 10:30-11:30am

DATES: 9/28, 10/5, (NO 10/12), 10/19, 10/26, 11/2, 11/9, 11/16, 11/23

Come learn basic American Sign Language in a fun and exciting environment. We will cover many basic signs, as well as ASL phrases, and structure of the language. We will also touch on Deaf Culture, as well as conversation tips as well as the importance of facial expression and body language. Come learn with us!

Location: Town Hall Multipurpose Room **Fee:** \$129

ESTATE PLANNING BASICS



Instructor: Attorney Amy Antonellis

Tuesday, November 5: 6:30-8:30pm



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 - Meeting Room

Max. Participants: 30 **Fee:** FREE!

REGISTRATION IS REQUIRED!

Register @ NorfolkRec.com

HOLIDAY BOXWOOD TREE & WREATH

Instructor: Marnna McGlone

TUESDAY: 12/3 OR 12/10

6:00 - 9:00 pm

It's time to decorate! You will leave this class with two beautiful holiday floral designs! Come learn how to create your own fresh, beautiful holiday wreath *and* the very popular boxwood tree. Marnna will show you how to make them your own by infusing your ideas and style to adorn your home with beautiful, made by YOU, holiday floral decorations. Adornments are varied and include natural and store bought options. Marnna is a retired florist with over 45 years of knowledge and experience!



Location: Norfolk Town Hall Multipurpose Room

Fee: \$69, includes all materials, boxwood tree & wreath



AMERICAN MAH JONGG 101

Instructor: Katie Nunes

Adults

TUESDAYS: 6:30-8:30pm

DATES: 9/17, (NO 9/24), 10/1, 10/8, 10/15, (NO 10/22), 10/29, 11/5, 11/12

Have you thought about learning to play Mah Jongg, but are not sure where to start? Then this is the class for you!

This 7-week program prepares you with the knowledge and skills to get started playing this thought-provoking, strategic, and social game now played worldwide.

Katie Nunes, an experienced player and teacher, will start by explaining the very basics of the game such as the tile names and game terminology. As the rules become familiar, players will progress and practice, typically with a partner, and as strategies become familiar, players will ultimately play on their own. Of course the instructor will be guiding all of this practice. The course will finish with an evening reserved for gameplay only!

We provide all you need. Mah Jongg sets to use during class are provided and the yearly card issued by the National Mah Jongg League and needed by each player is supplied for players to keep. (Yes, this is a thing! www.nationalmahjonggleague.org.) The instructor will give you helpful learning sheets as well.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$89

Max Participants: 16



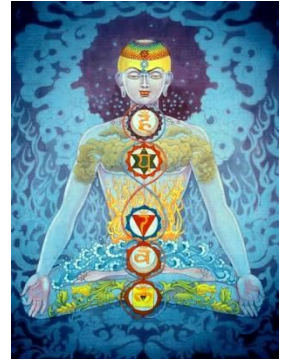
MESSAGES FROM SPIRIT: A Mediumship Experience

Instructor: Dr. Cathy Ripley Greene

TUESDAY: 10/22

6:30 - 8:30 pm

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



FUNCTIONAL STRENGTH TRAINING for INJURY PREVENTION

Instructor: Rachel Abelow

Wednesdays: 10:00-10:45am

DATES: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20

Saturdays: 9:00-9:45am

DATES: 10/5, 10/12, (NO 10/19), 10/26, 11/2, 11/9, 11/16, 11/23

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.

Location: Norfolk Town Hall Multipurpose Room

Fees: Wednesdays - \$220

Saturdays - \$140



ADULT EXERCISE WITH NANCI

Instructor: Nanci Cahalane,

AFFA/FRA Certified Personal Trainer, MIAA Certified Coach

REGISTRATION OPENS 8/26

FOR ALL OF NANCI'S CLASSES

THE COMBO CLASS

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

MONDAYS: 6:30 - 7:30 PM

9/9, 9/16, 9/23, 9/30, 10/7, (NO 10/14),
10/21, 10/28, 11/4, (NO 11/11), 11/18,
11/25, 12/2, 12/9

WEDNESDAYS 6:30 - 7:30 PM

9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6,
11/13, 11/20, (NO 11/27), 12/4

FRIDAYS 8:30 - 9:30 AM

9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8,
11/15, 11/22, (NO 11/29), 12/6

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

Fees: \$90



SLOW FLOW YOGA *With Gail Taylor*

THURSDAYS: 10:00 - 11:00am OR 6:30 - 7:30pm

Each class is a separate registration

DATES: 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24,
(NO 10/31), 11/7, 11/14, 11/21,
(NO 11/28), 12/5, 12/12

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: \$96

Minimum: 7 / Maximum:12



LADIES LIGHT HIKE

Time: 9:45 - 11:00 AM

Session 1:

THURSDAYS: 9/12, 9/19, 9/26, 10/3, 10/10, 10/17

SATURDAYS: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19

Session 2:

THURSDAYS: 10/31, 11/7, 11/14, 11/21, (NO 11/28), 12/5, 12/12

SATURDAYS: 11/2, 11/9, 11/16, 11/23, (NO 11/30), 12/7, 12/14



Add dimension to your walking or jogging! Do you like the idea of hiking but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. This class moves at a good pace - we'll be looking for hills! We will meet at various local locations every week (a list will be given distributed).

Location: See box below

Fee: \$32 per session

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

HAPPY DOGS HIKE

Time: 10:30 - 11:30 AM

Session 1:

WEDNESDAYS: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16

FRIDAYS: 9/13, 9/20, 9/27, 10/4, 10/11, 10/18

Session 2:

WEDNESDAYS: 10/30, 11/6, 11/13, 11/20, (NO 11/27), 12/4, 12/11

FRIDAYS: 11/1, 11/8, 11/15, 11/22, (NO 11/29), 12/6, 12/13

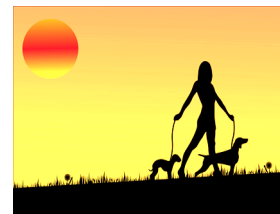
Hike with your "best friend"! Join other dog owners in this popular group exercise! Dogs, just like humans are social beings. Regular play dates with other dogs are an important part of your dog's wellbeing. Let's get together for some fresh air and a romp through the woods with your dog.

No aggressive dogs please!

Location: See box below

Fee: \$32 per session

NOTE: Cancelled only for **VERY** inclement weather, make-ups after 2nd cancellation



Locations for Ladies Hiking & Dog Hike:

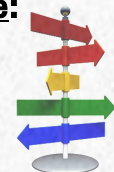
Locations vary each week. The 1st meeting is at
F. Gilbert State Forest

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.



ZUMBA *With Carol Bouchard*

THURSDAYS: 6:00 - 7:00pm

DATES: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24,
(NO 10/31), 11/7, 11/14, 11/21, (NO 11/28) 12/5



Zumba is great exercise, great fun and suitable whether you're trying to up your exercise routine or trying to get back in the game. Join us for these fun and lively classes taught by experienced

professionals. If you love rhythm (or even if you are a little rhythm challenged) Zumba is for you! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The goal is simple: to work out, to love working out, and to stick with it! Interval training with fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Location: H.Olive Day School Gymnasium **Fee:** \$109

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

ZUMBA TONING

With Christine French

TUESDAYS: 6:30 - 7:30 pm

DATES: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, (NO 11/5),
11/12, 11/19, 11/26, 12/3, (no 12/10), 12/17

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 Gymnasium **Fee:** \$99

FUTSAL: ADULT INDOOR SOCCER

TUESDAYS: 8:00 - 9:30pm

DATES: 10/1, 10/8, 10/15, 10/22, 10/29, (NO 11/5),
11/12, 11/19, 11/26, 12/3, (NO 12/10), 12/17

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 School Gymnasium
Fee: \$49 Pre-registration required

PICKLEBALL for Adults

*Instructor: Kelly Pereira, PE teacher
Freeman-Kennedy School*

MONDAYS:

Beginner/Advanced Beginner: 6:00 pm-7:30pm OR
7:30-9:00pm

Session 1: 9/9, 9/16, 9/23, 9/30, 10/7, (NO 10/14), 10/21

Session 2: 10/28, (NO 11/4 & 11/11), 11/18, 11/25, 12/2, 12/9, 12/16

WEDNESDAYS:

Beginner/Advanced Beginner: 6:00pm - 7:30pm

NEXT LEVEL **More Advanced/Competitive:** 7:30pm - 9:00pm

Session 1: 9/11, 9/18, 9/25, 10/2, (NO 10/9), 10/16, 10/23

Session 2: 10/30, 11/6, 11/13, 11/20, (NO 11/27), 12/4, 12/11

Join Kelly to learn and improve at the game that is sweeping the nation, Pickleball! This course is designed for those new or fairly new to the game, beginners and advanced beginner players. 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 Gymnasium

Fee: \$85

MAXIMUM: 14



MEN'S BASKETBALL

Close to 30 and OVER

THURSDAYS: 7:00 - 9:30 pm

DATES: 10/3, 10/10, 10/17, 10/24,
10/31, 11/7, 11/14, 11/21, (NO 11/28),
12/5, (NO 12/12), 12/19



Come down and jump in to Men's Basketball at the F/K gym. Register online at NorfolkRec.com.

ADVANCE REGISTRATION REQUIRED. Not registering in advance of playing jeopardizes the program!

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

There are 2 payment options.

ADVANCE REGISTRATION IS REQUIRED regardless of payment option chosen:

1. **Pay \$50** and you are paid through December.
2. **Pay \$20** to register online and then pay \$5 each night you play.

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

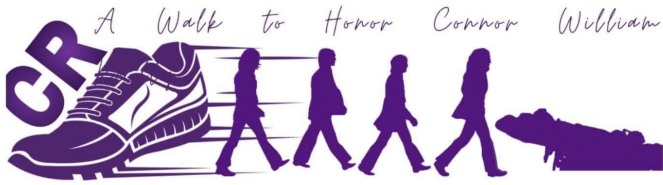
Location: Freeman Kennedy School Gymnasium

Community Page

NORFOLK COMMUNITY LEAGUE & NORFOLK LIONS
WOULD LOVE FOR YOU TO...

JOIN US!

SATURDAY, SEPTEMBER 21ST



come together... right now... over me

www.norfolkmalions.org/walk-for-connor

2024

DISCOVERY DAY

ON TOWN HILL



Saturday September 21st • 3 - 6 PM

Fun for the whole family!
Our event includes food, drinks, live entertainment, activities for the kids, and the opportunity to meet local businesses!

NCL's Annual Artisan Winter Craft Festival

SAVE THE DATE

KP MIDDLE SCHOOL
18 KING ST, NORFOLK

DECEMBER 2ND 2023
NOVEMBER 30, 2024
10:00am - 2:00pm

Before we know it, it will be time for the Norfolk Lion's Santa Parade & Norfolk Recreation's Tree Lighting on Town Hill!



Look for school flyers & Information on Norfolk Recreation's Facebook page!



THE NORFOLK LIONS CLUB & NORFOLK COMMUNITY LEAGUE PRESENT

THE 24TH ANNUAL HAUNTED TRAIN RIDE

Holmes Field - 22 Myrtle Street

Saturday, October 19th
5:00pm to 8:30pm

Tickets will be available online ONLY
Starting 9/10 @ 5:00pm until sold out!

www.norfolkmalions.org

SAVE THE DATE!


Norfolk Special Education Parent Advisory Council Presents

10TH ANNUAL SEPAC TRUNK OR TREAT

October 25, 2024


H. Olive Day Rear Parking Lot

DON'T MISS OUT ON YOUR SCHOOL'S PTO EVENTS:



FOR MORE INFO GO TO:
NORFOLKMAPTO.WORDPRESS.COM

BE SURE TO CHECK
CHECK WEDNESDAY WORDS FOR
ADDITIONAL INFO!



PRESORTED STANDARD
 U.S. POSTAGE PAID
 NORFOLK, MA 02056
 PERMIT NO. 12

POSTAL PATRON
 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.norfolkliionssoccer.com Email: info@norfolkliionssoccer.com TEEN & TRAVEL: www.kpsoccer.org Email: info@kpsoccer.org
KP Youth Field Hockey	www.NorfolkRec.com
KP Youth Lacrosse	www.kpyouthlacrosse.com
Liberty Flag Football	www.NorfolkRec.com
Norfolk Baseball	www.norfolkbaseball.com President@norfolkbaseball.com
Norfolk Girls Softball	www.norfolkgirlssoftball.net
Norfolk-Wrentham-Plainville Youth Basketball	Registration Oct. 1-Nov.3 for December start WWW.NORFOLKREC.COM



**LIKE US ON FACEBOOK
 AND GET RECREATION
 NEWS & NOTICES FIRST!**



@norfolkrec

It's important to register early!

Our programs are self-supporting so we count on early registrations to help us plan for staff & materials.

Plus, waiting to register puts programs at risk of being canceled due to low enrollment!! Please don't wait to register!



ed2go!

Online Adult Education Courses

Convenient, Affordable, and Effective.

Take ed2go courses from the comfort of your home or office at the times that are most convenient for you.

Ed2go offers hundreds of engaging online courses for adults, covering categories from Personal Development to Technology to Language and Arts...even Professional Development and Certifications. Each ed2go course is led by a patient and caring instructor.

Engage in lively discussions with your fellow students and gain plenty of practical information that you can put to immediate use.

Check out the extensive list of courses:

www.ed2go.com/norfolk

Through this website,

most courses are \$30 to \$119!

More advanced and career courses also available!