

NORFOLK RECREATION

FALL 2026

September - December

REGISTRATION BEGINS

WEDNESDAY, SEPT. 2 at 12:30pm



Registration for Adult Exercise Classes with Nanci,
Forekicks Golf, Tennis, Skating & Archery OPEN 8/24

Register online at NorfolkRec.com

(check/cash payment info inside cover)

CHECK OUT OUR COMMUNITY PAGE - PG. 15



HAUNTED TRAIN RIDE SATURDAY, OCTOBER 17TH

SEE PAGE 15 FOR TICKET INFO!

NORFOLK-WRENTHAM-PLAINVILLE



YOUTH BASKETBALL

The KP Instructional League for Grades K-6

Registration is Oct. 1 - Nov. 2. See page 10 for details.



***Norfolk Travels announces our 2027 trips
with Collette Tours!*** See Back Cover 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.

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.

=> 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 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 get timely notices, be sure to opt-in to email and text notifications in your Recreation account so you receive cancellation notices and welcome emails! 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 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 CANCELCATIONS: 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.



FALL PROGRAMS AT-A-GLANCE

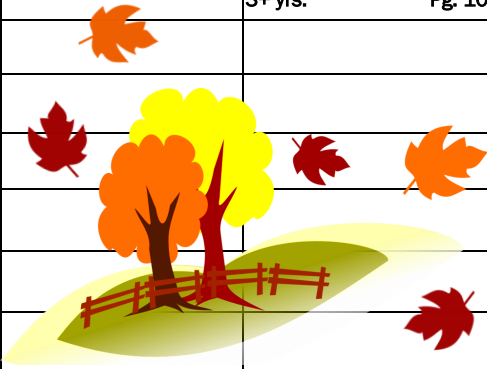


INFANT & PRE-K PROGRAMS

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	Practicing Preschool 201 3 - 5 yrs. Pg. 4	Practicing Preschool 101 2 - 3 yrs. Pg. 4	Little Naturalists 3 - 6 yrs. Pg. 5	1,2,3 Soccer Development 2 - 5 yrs. Pg. 5
VAMOS! H.O. Music Spanish 4 - 8 yrs. Pg. 4	Practicing Preschool 101 2 - 3 yrs. Pg. 4	Mini Flag Football 3 - 5 yrs. Pg. 5			Bluebird House Workshop Parent & Child Pg. 5
Practicing Preschool 201 3 - 5 yrs. Pg. 4			Dance Classes 1.5 - 5 yrs. Pg. 5		

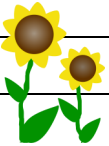
Forekicks Golf: Pg. 10

SCHOOL-AGE PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Home Alone Safety Grades 3 - 6 Pg. 6	BLAST Babysitting Grades 7 - 8 Pg. 6	Cupcake Decorating Grades K - 6 Pg. 6	Guided Drawing Grade 2 Pg. 6	Friday Night Kids Club Grades K - 6 Pg. 3	Bluebird House Workshop Parent & Child Pg. 5
Musical Theatre Grades 3 - 6 Pg. 7	Cupcake Decorating Grades K - 6 Pg. 6	Game Time Grades 1 - 2 Pg. 7	Kids Test Kitchen Grades 1 - 6 Pg. 6	Paint Nights Grades 1 - 8 Pg. 7	Archery For All Ages 10+ Pg. 6
14 in 1 Adventure Robot Grades 3 - 6 Pg. 8	Guided Drawing Grade 1 Pg. 6	All Sports Grades 3 - 6 Pg. 9	Bracelet Buddies Grades 1 - 2 Pg. 7	Super Sports Grades 1 - 2 Pg. 9	NWP Youth Basketball Grades K - 6 Pg. 10
FK Morning Show Grades 5 - 6 Pg. 8	Intro To Piano Ages 6 - 9 yrs. Pg. 7	Karate/Stranger Danger Grades K - 12 Pg. 9	Let's Paint Grades 3 - 6 Pg. 7	Dodgeball Grades 3 - 6 Pg. 9	Learn to Skate 3+ yrs. Pg. 10
Robotics: Creature Creator Grades K - 2 Pg. 8	Spa, Glam, Chocolate Ages 5 - 12 Pg. 7	PKRC 2K Club 5+ yrs. Pg. 11	FK Morning Show Grades 5 - 6 Pg. 8		Next Step Skating 3+ yrs. Pg. 10
Karate/Stranger Danger Grades K - 12 Pg. 9	FK Morning Show Grades 5 - 6 Pg. 8	Afterschool Tennis 6 - 11 yrs. Pg. 11	Zoombinis Grades 3 - 6 Pg. 8		
Novel Makers Grade 4 - 6 Pg. 9	AI Smart Core 4 Robot Grades K - 2 Pg. 8	PKRC Coed 5K Club 8+ yrs. Pg. 11	Super Sports Grades K - 1 Pg. 9		
Afterschool Tennis 6 - 11 yrs. Pg. 11	Space Wars Robotics Grades 3 - 6 Pg. 8	Yoga & Crafts Grades 1 - 2 Pg. 11	Coding for 2nd Graders Grade 2 Pg. 11		
		After School Basketball Grades K - 6 Pg. 9			
		Spanish Explorers Grades 3 - 6 Pg. 9			
	Norfolk Ice Classes 3+ yrs. Pg. 10				

Community Page: Pg. 15

ADULT / FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
First Aid & CPR Pg. 11	Estate Planning Basics Pg. 11	Holiday Wreath & Tree Pg. 12	Zumba Pg. 14	Charcuterie Boards Pg. 11	Functional Strength Pg. 13
The Combo Class Pg. 13	Messages From Spirit Pg. 12	Functional Strength Pg. 13	Let's Paint Pg. 12	The Combo Class Pg. 13	Ladies Light Hike Pg. 13
Advanced Pickleball Pg. 14	Holiday Crafting Pg. 12 & 13	The Combo Class Pg. 13	Ladies Light Hike Pg. 13		Travel with Points & Miles Pg. 12
Beginner Pickleball Pg. 14	American Mah Jongg Pg. 12	Beginner Pickleball Pg. 14	Slow Flow Yoga Pg. 13		
		Zumba Toning Pg. 14	Men's Basketball Pg. 14		
		Futsal Pg. 14			

FRIDAY NIGHT KIDS CLUB: 9/25, 10/23, 11/13, 12/18

6-10PM



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! Children will be 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: Town Hall Multipurpose Room

Fee: \$39 (\$29 per add'l sibling) - Pizza dinner included.

Grades: K - 6

HANDS-ON MUSIC with Ms. Viviana

6 Months - 5 Years with Adult

Instructor: Viviana Vilches



MONDAYS: 9/21, 9/28, 10/5, (NO 10/12), 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14

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

1:30-2:25pm: For ages 2.5-6 years

TUESDAYS: 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, (NO 11/3), 11/10, 11/17, 11/24, 12/1, 12/8, 12/15

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 6-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: 5/12

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



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

Ages 4 - 8 years with Adult

Instructor: Viviana Vilches

MONDAYS: 4:00-5:00pm

DATES: 9/21, 9/28, 10/5, (NO 10/12), 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14

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 101

Ages 2 - 3 Years

Instructors: Emily Spiller & Regina Lodola



TUESDAYS: 9:30-11:00am

S1: 9/22, 9/29, 10/6, 10/13, 10/20, 10/27

S2: 11/10, 11/17, 11/24, 12/1, 12/8, 12/15

THURSDAYS: 9:30-11:00am

S1: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29

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

PRACTICING PRESCHOOL 201

Ages 3 - 5 Years

Instructors: Emily Spiller & Regina Lodola

MONDAYS: 9:30-11:00am

S1: 9/21, 9/28, 10/5, (NO 10/12), 10/19, 10/26, 11/2

S2: 11/9, 11/16, 11/23, 11/30, 12/7, 12/14

WEDNESDAYS: 9:30-11:00am

S1: 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

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

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

Fee: \$149 per session

Max. Participants: 12



EXTENDED DAY for Practicing Preschool

Move pickup time from 11am to 12pm while exploring arts and crafts, stories, as well as music. On nicer days, children may venture outside.

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

THERE IS NO EXTENDED DAY ON

NORFOLK PUBLIC SCHOOL EARLY RELEASE DAYS

Tues 11/10, Wed 10/7, Wed 11/25, Thurs 11/12

Fees: \$99 per session for Monday S1, Monday S2, Tuesday S1, Thursday S1

Fees: \$89 per session for Tuesday S2, Wednesday S1, Wednesday S2, Thursday S2

Min. Participants: 7

MUST BE REGISTERED FOR PRACTICING PRESCHOOL TO ATTEND EXTENDED DAY!

 **register now**

LITTLE NATURALISTS

Ages 3-6

Instructor: Kelly Olesen

FRIDAYS: 9:30-11:30AM

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



This drop-off program is designed to inspire curiosity, creativity, and a love of the outdoors. This program will take place **rain or shine**, so please make sure your child dresses appropriately for all weather. Children will embark on outdoor adventures as they discover woodland animals, seasonal changes, plants, and insects through engaging stories, hands-on exploration, creative activities, and free play in nature. Instructor, Kelly Olesen, holds a PhD in Neuroscience and completed postdoctoral research in ecology. Children must be fully potty trained before registering.

Location: Classes held at Leland Wild. Please park in the dirt parking lot at the intersection of Leland Rd & Miller St.

Max Enrollment: 12 **Fee:** \$139

MINI FLAG FOOTBALL

Ages 3 - 5 **Instructor:** F.A.S.T. Athletics

WEDNESDAYS: 4:30-5:15pm

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



Introduce your little athlete to the exciting game of flag football in a fun, positive, and non-contact environment! Through age-appropriate games and activities, children will learn the basics of throwing, catching, running, teamwork, and sportsmanship. Each class is designed to build confidence, improve coordination, and keep kids active while having a blast with friends. No experience is necessary—just bring your energy and get ready for some football fun!

Location: Freeman Kennedy Fields **Max:** 16 **Fee:** \$129

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

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

Location: Norfolk Town Hall Multipurpose Room

Fee: \$49 per session



1, 2, 3 SOCCER DEVELOPMENT



Offered by Norfolk Recreation in conjunction with Professional Soccer Coaches

Ages 2 - 5 years

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

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:** \$109

*****Please wear sneakers & comfortable clothes. Cleats & shin guards are not required for these programs but are beneficial for the older children*****

BLUEBIRD HOUSE WORKSHOP

Parent with Child Class

Instructor: Jim Schmidt, *Built for Bluebirds*

SATURDAY: 11/7

10:00am - 12:00pm

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: \$79 per project





Kids' Test Kitchen

inspire healthy eaters

Grades 1 - 6

Instructor: Kids Test Kitchen

THURSDAYS: 4:30 - 5:30pm

DATES: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5

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. Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own.

Kids have food allergies, but they shouldn't miss out on the fun. We are comfortable working with allergies 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: \$225 per session

Max Enrollment: 12

HOME ALONE SAFETY

Grades 3-6 *Instructor: Juanita Allen Kingsley*

MONDAY, NOVEMBER 23 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:** \$89

GUIDED DRAWING: GRADES 1 & 2

Instructor: Jen Pfeiffer

Grade 1: TUESDAYS, 3:15-4:15pm

DATES: 9/29, 10/6, 10/13, 10/20, 10/27, (NO 11/3), NO 11/10, 11/17, 11/24, 12/1

Grade 2: THURSDAYS, 3:15-4:15pm

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

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

ARCHERY FOR ALL!

Ages 10+

with On the Mark Archery

SATURDAYS: Fall 1: 5-6pm, Fall 2: 4-5pm

F1: 9/12, 9/19, 9/26, 10/3

F2: 10/17, 10/24, 11/7, 11/14

Learn the unique sport of Archery this fall and discover the excitement of shooting a bow and arrow! Participants will learn the fundamentals of proper form in order to succeed. Each class focuses on specific skill balanced with creative training drills and games. All coaching and equipment provided. Led by certified USA Archery instructors. Organized into youth / family section & individual adult sections.

Location: Jarvis Farm, 691 Common St, Walpole, MA

Fee: \$195/session

Max: 10



CUPCAKE DECORATING

with Al Runs on Cake

Grades K-6

Halloween Themed Cupcakes

WEDNESDAY, 10/7 1:00-2:30pm (1/2 Day of School)

Thanksgiving Themed Cupcakes

TUESDAY, 11/10 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

Max Enrollment: 15

Fee: \$69



BLAST BABYSITTING & CPR/AED

Grades 7 - 8

Instructor: Juanita Allen

Kingsley

TUESDAY, 11/24

2:30 - 5:15 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:** \$129



Game Time

Grade 1 & 2

Join Mrs. Leger after school for a fun and engaging Games Club for Grades 1 & 2! Students will explore cooperative card and board games that build teamwork, problem-solving skills, and good sportsmanship. Each week, children will play or learn new games, practice taking turns, and work together—all while having lots of fun with friends! Please pack a peanut/nut free snack and water.

WEDNESDAYS: 3:15-4:15PM

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

Location: H. Olive Day School

Max Enrollment: 12

Fee \$79

Bracelet Buddies

Grade 1 & 2

Join Mrs. Leger after school where students will have the opportunity to make friendship bracelets, name bracelets, themed bracelets, and special creations to keep or give as gifts. Each session will feature new designs and materials, allowing every child to create something unique. Students will create their own unique bracelets using colorful beads, charms, and stretchy cord while learning basic jewelry-making techniques.

THURSDAYS: 3:15-4:15PM

DATES: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5

Location: H. Olive Day School

Max Enrollment: 12

Fee \$79

INTRO TO PIANO with Ivy Music

TUESDAYS: 4:00-5:00 pm

Ages 6-9

Fall 1: 9/29, 10/6, 10/13, 10/20

Fall 2: 11/17, 11/24, 12/1, 12/8

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

Max Enrollment: 6

Fee: \$120



SPA + GLAM + SLIME +

CHOCOLATE WORKSHOP

Ages 5-12 Tuesday, 9/22 4pm - 7pm

Treat your child to the ultimate pampering experience filled with hands-on activities, creativity, and delicious treats! During this workshop, children will experience a mini spa day with facials, a glam station with nail painting, a slime lab with colorful mix-ins, and a chocolate experience decorating delicious chocolate treats.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$125

Max: 15



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 "Peter's Medley Excerpts."

This play has been rewritten along the theme of the original "Peter Pan." 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: 9/14, 9/21, (NO 9/28), 10/5, (NO 10/12), 10/19, 10/26, 11/2, 11/9, 11/16

Location: Freeman Kennedy School, Cafeteria/Stage

Max Enrollment: 25

Fee \$149

LET'S PAINT

Grades 3-6

Instructor: Marianne Koslosky

THURSDAYS: 3:15-4:30PM

DATES: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5

Join our seasoned art teacher, Marianne Koslosky, for a 6-week art program where your child will explore some famous female artists. From colors, to flowers, famous faces, and more!

Location: Freeman Kennedy School

Fee: \$149

Max Participants: 12



PAINT NIGHTS

with Marianne Koslosky

For 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.

October: Falling for Fall

FRIDAY, 10/2: 6-8pm

November: Pumpkin Patch Painting

FRIDAY, 11/6: 6-8pm

December: Snowy Sunsets

FRIDAY, 12/4: 6-8pm

Max Enrollment: 12

Location: Norfolk Town Hall Multipurpose Room

Fee: \$39 per child per night



14 in 1 ROBOT ADVENTURE

Grades 3 - 6 Instructor: *Minds in Motion*

MONDAYS: 3:15 - 4:15 pm

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

Come and take home your very own solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Use your own creativity, put your mind in motion, and create your own designs!

Location: Freeman Kennedy Library **Fee:** \$169



F/K MORNING SHOW

Grades 5-6 Instructor: *Robin Tucceri*

MONDAYS:

S1: 9/14, 9/21, 9/28, 10/5, (NO 10/12), 10/19, 10/26, 11/2

S2: 11/9, 11/16, 11/23, 11/30, 12/7, 12/14, 12/21

TUESDAYS:

S1: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20

S2: 10/27, (NO 11/3), (NO 11/10), 11/17, 11/24, 12/1, 12/8, 12/15, 12/22

THURSDAYS:

S1: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29

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

TIME: 3:15-4:15pm

Max: 8 Students

The Freeman-Kennedy Morning Show is back, and we want you on our crew! Whether you want to be an on-screen anchor, a creative writer, an editor, a background designer or a camera operator, there is a spot for you on our crew. Together, we'll feature school events, trivia, book reviews, interviews, weather, and more! New ideas are always welcome! 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.

Location: Freeman Kennedy School Makerspace

Fees: Mondays, S1: \$105; S2: \$105

Tuesdays, S1: \$105; S2: \$105

Thursdays, S1: \$95; S2: \$85



AI SMART CORE 4 ROBOT

Grades K - 2 Instructor: *Minds in Motion*

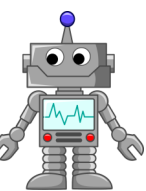
TUESDAYS: 3:15 - 4:15 pm

DATES: 9/29, 10/6, 10/13, 10/20, 10/27, (NO 11/3), (NO 11/10), 11/17

Dive into the exciting universe of robotics by building and taking home your very own AI SmartCore 4 Robot!

This remarkable kit features 4 separate modular smart vehicles that are powered by cutting-edge AI SmartCore technology! Whether navigating tricky terrain, zooming at top speeds, or exploring new territories, every day promises hands-on fun and learning! With 42 easy-to-snap-together parts, a remote control, and a rechargeable LiPO battery, it's perfect for new robot builders eager to master robotic engineering! Ready to build the future? Join us and let your imagination take flight!

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



ROBOTICS: CREATURE CREATOR

Grades K - 2 Instructor: *Snapology*

MONDAYS: 3:15 - 4:15 pm

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

Create your own creature inspired robotic models! The guided builds provide hands-on experience with pulley wheels, gear ratio, tilt and motion sensors, combining simple machines, and basic programming. The companion application connects via Bluetooth, and students use picture-block coding to bring their creation to life!

Location: H. Olive Day School Library

Fee: \$219

Minimum: 8

Maximum: 16



ZOOMBINIS

Instructor: *Mark Pizzi*

Grades 3 - 6

THURSDAYS: 3:15-4:15 pm

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

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. This program is for beginners.

Location: Freeman Kennedy School Library

Max. Enrollment: 15

Fee: \$149



SPACE WARS ROBOTICS

Instructor: *Snapology*

TUESDAYS: 3:15 - 4:15 pm **Grades 3 - 6**

DATES: 9/29, 10/6, 10/13, 10/20, 10/27, (NO 11/3), (NO 11/10), 11/17, 11/24, 12/1

In Snapology's Star Wars-inspired program, partner groups will explore robotics while digging into their favorite parts of the Star Wars movies - the machines! While working to complete various challenges, your student will learn to effectively utilize sensors, how different mechanical components work, and how programming is a challenging but rewarding skill that they can master with just a little practice. Think X-Wing, AT-AT, Space Rover and more, all created with LEGO® Spike Prime Robotics Kits. These great builds will be connected by Bluetooth to their iPad Tablets for programming.

Location: Freeman Kennedy School Library

Fee: \$219

Minimum: 8

Maximum: 16

F.A.S.T. BASKETBALL

TUESDAYS Instructor: F.A.S.T. Athletics

Grades K-2: 3:15-4:15pm

Grades 3-6: 4:30-5:30pm

S1: 9/29, 10/6, 10/13, 10/20, 10/27

S2: 11/17, 11/24, 12/1, 12/8, 12/15

Our basketball program will help increase the student's confidence in passing, shooting, and dribbling skills so when it's time to make that game winning shot they are ready! They will also learn the proper techniques of playing defense, rebounding and boxing out. Players will play games like knock out, dribbling relay races, hot hands and controlled scrimmages.

Location: H. Olive Day School Gym **Max:** 24 **Fee:** \$129

Max Enrollment: 24



F.A.S.T. ALL SPORTS

Grades 3 - 6 Instructor: F.A.S.T. Athletics

WEDNESDAYS: 3:15-4:15pm

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

Participants will enjoy a variety of sports including soccer, flag football, kickball, dodgeball, floor hockey, capture the flag, and more. Coaches will teach fundamental skills, teamwork, and sportsmanship through fun drills, games, and friendly competition. Each class will finish with exciting scrimmages, giving players the opportunity to put their skills into action while having fun in a positive, high-energy environment.

Location: Freeman Kennedy Fields **Max:** 24 **Fee:** \$129

F.A.S.T. SUPER SPORTS

Instructor: F.A.S.T. Athletics

THURSDAYS: Grades K - 1 3:15 - 4:15pm

S1: 10/1, 10/8, 10/15, 10/22, 10/29

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

FRIDAYS: Grades 1 - 2 3:15 - 4:15pm

S1: 10/2, 10/9, 10/16, 10/23, 10/30

S2: 11/6, 11/13, 11/20, (NO 11/27), 12/4, 12/11

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: \$129



F.A.S.T. DODGEBALL

Grades 3 - 6 Instructor: F.A.S.T. Athletics

FRIDAYS: 3:15 - 4:15pm

S1: 10/2, 10/9, 10/16, 10/23, 10/30

S2: 11/6, 11/13, 11/20, (NO 11/27), 12/4, 12/11

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 Gym **Fee:** \$129



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

STARTS SEPT. 9TH!

Registration Required at NorfolkRec.com

Payment Due to Designed Defense at class

Classes are held 2X/week continually when school is in session. **Join any time!** This class teaches the art of

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

Location: H. Olive Day School Gymnasium

Fee: \$120/ student's first month includes gee

\$95/ month returning students



NOVEL MAKERS

A Book, Journal & Crafting Adventure

Grades 4-6 Instructor: Robin Tucceri

Mondays 4:30-5:30PM: 9/14, 9/21, 9/28, 10/5, (NO 10/12), 10/19, 10/26

- Love reading, creating, and design? This isn't your average book club! Each week, we'll dive into the illustrated novel Pie in the Sky by Remy Lai - a hilarious and moving story about two brothers who secretly bake elaborate, forbidden cakes to survive moving to a brand-new country. Instead of just talking about the book, we'll bring it to life! Students will transform a blank notebook into a personalized, artsy "Smash Book" using a mix of digital design, trendy stationery, and hands-on crafting. Over six weeks, students will design custom stickers, paint bakery mugs, sculpt air-dry clay "fake bakes," and create bedroom decor banners. Bring your favorite afternoon snack, and get ready to read, chat, and create!

Location: FK Makerspace

Max Enrollment: 12

Fee: \$109



SPANISH EXPLORERS!

Grades 3 - 6

Instructor: Ailish McBride

TUESDAYS: Dismissal - 4:15 pm

DATES: 9/29, 10/6, 10/13, 10/20, 10/27, (NO 11/3), (NO 11/10), 11/17, 11/24, 12/1, 12/8, 12/15

Join Ms. McBride 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. New and returning students welcome!

Location: Freeman Kennedy School

Max Enrollment: 16

Fee: \$89



NORFOLK-WRENTHAM PLAINVILLE YOUTH BASKETBALL

For Boys & Girls Grades K-6

Join us in our 20th 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 players. 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. 2.

FEE: \$159, All Grades

Siblings: Take \$20 off fee.

2026-2027 DATES:

SATURDAYS

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

Boys Grades 1 - 6 at KP HIGH SCHOOL

12/5, 12/12, 12/19, (NO 12/26), (NO 1/2),

1/9, 1/16, 1/23, 1/30

(DATES SUBJECT TO THE KPHS & KPMS FACILITY SCHEDULE)

GAME SCHEDULES: Final schedule depends on total registrations.

K Boys most likely play at 8:45am @ KPMS

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

Grade 1 boys most likely play at 9am @ KPHS

Grade 2 - 6 boys most likely play between 10am & 2pm @ KPHS

*****NO MORE WEDNESDAY PRACTICES*****

NorfolkRec.com

E-mail any questions to: recreation@norfolkmass.gov or call Norfolk Recreation at 508-520-1315.

FOREKICKS FALL GOLF CLINICS

Grassroots Golf Clinics for Ages 4-7 \$425

Thursdays 4-5pm

Micro Golf Clinics for Ages 6-7 \$425

Tuesdays 4-5pm, Thursdays 4-5pm, or Fridays 4-5pm

Junior Golf Clinics for Ages 8-14 \$425

Tuesdays 5-6pm, Thursdays 5-6pm, or Fridays 5-6pm

Adult Golf Clinics for Ages 15+ \$475

Thursdays 6-7pm or Fridays 9-10am

All classes begin the week of August 31st and run for 10 consecutive weeks

Location: ForeKicks, 10 Pine Street, Norfolk

Please go online to NorfolkRec.com for class descriptions, schedules and to register.



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, 9/8-10/27

SUNDAYS: 10:00am, 9/13-11/1

Session 2 (Per Norfolk Ice Arena Schedule):

TUESDAYS: 5:00pm, 11/3-12/22

SUNDAYS: 10:00am, 11/8-12/20



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 Norfolk Ice Arena

Register with us & we register you with Norfolk Ice Arena

Fee: \$185 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, 9/13-11/1

SUNDAYS: 12:00pm, 9/13-11/1

Session 2 (Per Norfolk Ice Arena Schedule):

SUNDAYS: 11:00am, 11/8-12/20

SUNDAYS: 12:00pm, 11/8-12/20



The Bridge Class at Norfolk Arena will concentrate on improving basic skating skills and taking the next step. The focus will be on stroking, forward crossovers, backward crossovers, turns, posture, & speed. We will be use full ice!

Weekly Skate & Helmets rentals

Available at Norfolk Ice Arena

Register with us & we register you with Norfolk Ice Arena

Fee: \$325 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, 9/8-10/27

Session 2 (Per Norfolk Ice Arena Schedule):

TUESDAYS: 5:00pm, 11/3-12/22

"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.

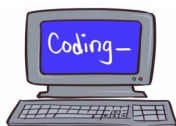
Full Hockey equipment is required.

Register with us & we register you with Norfolk Ice Arena

Fee: \$185 per session

CODING for 2nd Graders

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



THURSDAYS: 3:15-4:15 pm

DATES: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, (NO 11/12), 11/19
Learn to code Dash using Blockly. Participants will use their imagination and creativity while working together to create a game/activity using their skills and some basic materials.

Location: H. Olive Day School, Classroom #20

Max. Enrollment: 8

Fee: \$129

AFTER SCHOOL TENNIS

Ages 6 - 11

Instructor: Matt Andersen

MONDAYS: 8/31, (NO 9/7), 9/14, 9/21, 9/28, 10/5, (NO 10/12), 10/19

WEDNESDAYS: 9/2, 9/9, 9/16, 9/23, 9/30, 10/7

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

POWER KIDS RUN CLUB



Coed 5K Club **Ages 8+**

WEDNESDAYS: 3:15-4:15pm

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

Location: Freeman Kennedy School Fields **Fee:** \$169

Maximum: 15

Coed 2K Club **Ages 5+**

WEDNESDAYS: 4:30-5:30pm

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

Location: Pond Street Field Complex **Fee:** \$169

Maximum: 15

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!

YOGA & CRAFTS



Instructor: Kate MacLeay

Grades 1 & 2 WEDNESDAYS: Dismissal—4:15pm

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

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

MAKE YOUR OWN CHARCUTERIE BOARD

Ages 18+ FRIDAY, 11/20 6:30-8:00pm

Build and take home your own charcuterie board, including the board! Join Red Apron Charcuterie for an evening of interactive instruction (and tasting!) where you will learn to make a beautiful, well-balanced board. Ingredients for tonight's board include 4 cheeses, 3 cured meats, fruits, crackers, nuts, jam, and more all arranged on a palm leaf platter for you to take home. During class, enjoy a grazing board with the finest local products, such as cheeses from Smith's Country Cheese from Winchendon, MA, and honey from Top Sun Farm from Stoughton so please come hungry! Along with your beautiful board, you will leave with a 'cheat sheet' with tips & tricks on arranging styling, & pairing meats & cheeses.



Location: Norfolk Town Hall Multipurpose Room

Maximum : 15

Fee: \$99

PEDIATRIC & ADULT FIRST AID & CPR/AED

Ages 15 & up *Instructor: Juanita Allen Kingsley*

MONDAY, NOVEMBER 23

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: TBD

Max. Participants: 12

Fee: \$119

ESTATE PLANNING BASICS

Instructor: Attorney Amy Antonellis

TUESDAY, October 27th, 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 - Meeting Room

Max. Participants: 30

Fee: FREE!

REGISTRATION IS REQUIRED!

HOLIDAY BOXWOOD TREE & WREATH

Instructor: Marnna McGlone

Tuesday: 12/1, 6-9PM

Tuesday: 12/8, 6-9PM

Wednesday: 12/9, 12-3PM

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: \$99, includes all materials and decorations for the boxwood tree & wreath



LET'S PAINT

Adult Beginners, Ages 18+

Instructor: Marianne Koslosky

THURSDAYS: 5-6PM

DATES: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5

Join our seasoned art teacher, Marianne Koslosky, for a 6-week art program where you'll learn everything you need to know about creating unique canvas! From color mixing to paint brush strokes, Marianne has you covered.

Location: Freeman Kennedy School

Fee: \$149

Max Participants: 12



AMERICAN MAH JONGG 101

Instructor: Katie Nunes For Adults 18+

TUESDAYS: 6:30-8:30pm

on 9/29, 10/6, (NO 10/13), 10/20, 10/27

TUESDAYS: 6:30-9pm

on (NO 11/3), 11/10, 11/17

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: \$109

Max Participants: 16



MESSAGES FROM SPIRIT: A Mediumship Experience

Instructor: Dr. Cathy Ripley Greene

TUESDAY: 10/13

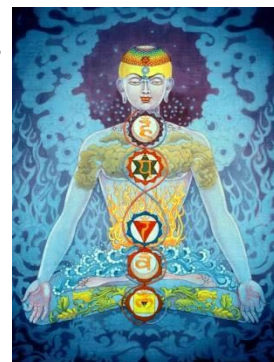
6:00 - 8:00 pm

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

Max Participants: 40



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, October 25: 3-5pm

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, November 1: 3-5pm

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

THANKSGIVING CENTERPIECES

TUESDAY, NOVEMBER 24, 6PM—9PM

Ages 18+

Celebrate the season with a beautiful handmade Thanksgiving centerpiece! Join retired florist Marnna, who brings over 45 years of experience, as she guides you step-by-step in creating a fresh floral cornucopia filled with a vibrant mix of fall colors. Leave with a stunning centerpiece that's perfect for your Thanksgiving table or to give as a thoughtful gift!

Location: Norfolk Town Hall Multipurpose Room

Fee: \$99, all materials included **Max:** 15



SLOW FLOW YOGA *With Gail Taylor*

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

*****Each class is a separate registration*****

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

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.



Please bring yoga mat. Other equipment supplied, some weeks light weights will be used to help with bone maintenance and development.

Location: Norfolk Town Hall Multipurpose Room

Ages: 18+ **Fee:** \$99

Minimum: 7 / Maximum: 12

FUNCTIONAL STRENGTH TRAINING for INJURY PREVENTION

Instructor: Rachel Abelow

WEDNESDAYS: 10:00-10:45am

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

SATURDAYS: 9:00-9:45am

DATES: 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14

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

Fees: \$140 **Max Participants:** 8

ADULT EXERCISE WITH Nanci

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

*****REGISTRATION OPENS 8/24*****

THE COMBO CLASS

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

MONDAYS: 6:30 - 7:30 PM

9/14, 9/21, 9/28, 10/5, (NO 10/12), 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7

WEDNESDAYS 6:30 - 7:30 PM

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

FRIDAYS 9:00-10:00AM

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

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



LADIES LIGHT HIKE

Time: 9:45 - 11:00 AM

Session 1:

THURSDAYS: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15

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

Session 2:

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

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



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

Locations for Ladies Hiking:

Locations vary each week. The 1st meeting is at

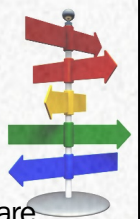
F. Gilbert State Forest

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 Rachel Lecky*

THURSDAYS: 6:00 - 7:00pm

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

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:** \$99



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

ZUMBA TONING

With Christine French

TUESDAYS: 6:30 - 7:30 pm

DATES: 9/29, 10/6, 10/13, 10/20, 10/27, (NO 11/3), (NO 11/10), 11/17, 11/24, 12/1, 12/8, 12/15

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:** \$119

FUTSAL: ADULT INDOOR SOCCER

TUESDAYS: 8:00 - 9:30pm

DATES: 9/29, 10/6, 10/13, 10/20, 10/27, (NO 11/3), (NO 11/10), 11/17, 11/24, 12/1, 12/8, 12/15

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 Gym, Door #21
Fee: \$59 Pre-registration required



PICKLEBALL for Adults

Instructor: Mark Williamson

MONDAYS:

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

More Advanced/Competitive: 7:30-9:00pm

Session 1: 9/14, 9/21, 9/28, 10/5, (NO 10/12), 10/19, 10/26

Session 2: 11/9, 11/16, 11/23, 11/30, 12/7, 12/14

WEDNESDAYS:

More Advanced/Competitive: 6:00pm - 7:30pm

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

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

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

Join Mark 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 Gym, Door #21

Fee: \$99/session

MAXIMUM: 14



MEN'S BASKETBALL

Close to 30 and OVER

THURSDAYS: 7:00 - 9:30 pm

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

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: \$75

Max enrollment: 22

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.



Community Page



THE NORFOLK LIONS CLUB & NORFOLK COMMUNITY LEAGUE PRESENT *THE 25TH ANNUAL* **HAUNTED TRAIN RIDE**

Holmes Field - 22 Myrtle Street

Saturday, October 17th

5:00pm to 8:30pm

Tickets will be available online **ONLY**
Starting 9/15 @ 5:00pm until sold out!

www.norfolkmalions.org

SAVE THE DATE
Norfolk Special Education Parent
Advisory Council Presents

12TH ANNUAL SEPAC FUNDRAISER

**TRUNK
OR
TREAT**

**October 23, 2026
5:30-7:30 pm**

H. Olive Day Rear Parking Lot

Tickets will be available for purchase at norfolksepac.org in Sept 2026

Attention local performers!

The Norfolk Cultural Council's first ever **Local Artist Coffeehouse** is coming the evening of October 17th, 7pm, at the Grange

Auditions for music, monologues, and poetry begin in September.

Performances need to be appropriate for all ages and no more than 5 minutes long.

If you are interested in performing, please email ncc@norfolkmass.gov



ADD YOUR TEAM NAME IN COMMENTS IN PAYPAL

KP 1ST ANNUAL

CORNHOLE TOURNAMENT

THINK YOU GOT WHAT IT TAKES TO TAKE THE TITLE?
PROCEEDS SUPPORT KP BOYS SOCCER

ALL ARE WELCOME!

WRENTHAM AMERICAN LEGION

592 SOUTH ST. WRENTHAM MA.

SUNDAY, AUGUST 30TH PRIZES FOR TOP TEAMS

RAIN DATE SEPT. 13TH

CHECK IN TIME 1:30PM

FOOD & DRINKS AVAILABLE
CASH BAR
SIGNATURE DRINKS!

MUSIC & FUN FOR ALL

\$50 2 PERSON TEAM INCLUDES HOTDOG OR BURGER & DRINK

SIGN UP LINK



Save the Date

November 8, 2026 - 5:00pm

American Legion Post #335

Veteran's Appreciation Dinner

Lake Pearl, Wrentham

Norfolk Food Pantry

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

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!!

SCAN ME

ebcnorfolk.org/foodpantry

Before we know it, it will be time for the Santa Parade & Tree Lighting on Town Hill!

Look for Info through the schools and on Norfolk Rec's Facebook page!

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 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.net



**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!

Norfolk Travels announces our 2026 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

INFO MEETING: Monday, 11/16 at 6:00pm Norfolk Public Library



Ed2go!

Online Adult Education Courses

Convenient, Affordable, and Effective.

Take ed2go courses from the comfort of home or office at times that are 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!

