

NORFOLK RECREATION

SPRING & SUMMER 2024



REGISTRATION OPENS
MONDAY, MARCH 18 @ 12:30 PM



Register at **NORFOLKREC.COM**

We have a new website! See Pg. 3 to create your new account now!!



NORFOLK COMMUNITY DAY

Saturday, June 15, 11-4pm

Followed by an evening of



FIREWORKS



& Food Trucks at Freeman-Kennedy Fields

SUMMER CONCERTS

THURSDAYS on Town Hill
6:30pm-8pm

JUNE 13: The Reminisants

JUNE 20: Ken DoRosario

**JUNE 27: SE New England
Community Band**

JULY 11: BC & Company

JULY 18: Jumpin' Juba

JULY 25: Pub Kings

AUG. 1: FSPA's Electric Youth

AUG. 8: Heartland Radio



TUNES FOR TOTS

TUESDAYS 5-6pm on TOWN HILL

RAIN LOCATION: INSIDE LIBRARY

Norfolk Recreation & Library thank our sponsors:

Norfolk Lions, Norfolk Community League, SEPAC,

C&C Ice Cream, & Exhale School of Dance!

JUNE 18: BenAnna Band

JUNE 25: Rockabye Beats

JULY 9: Ken DoRosario 'Kendo'

JULY 16: Toe Jam Puppet Band

JULY 23: Matt Heaton

JULY 30: Philip Alexander



**Easter Egg Hunt & NCL's Easter Bunny Breakfast Sat., March 23!
More Community Event Information on Back Cover**

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.

BREAKING NEWS!!!

***OUR ONLINE REGISTRATION
PAGE IS CHANGING!!***

**For Spring & Summer
Online Registration, go to
norfolkrec.com!!!**

*To prepare for spring/summer registration and
all future registrations:*

1. Go to **norfolkrec.com** *before* March 18.
2. Create your new family account.
3. Be sure to add each family member.
4. Bookmark the page!



- * Please go to **NORFOLKREC.COM** and create your new account by clicking on the '**Create New Account**' icon.
- * For a faster and easier registration process, please set up your new account **BEFORE** registration begins.
- * Be sure to add all household members to your the account.
- * Add your cell phone for prompt notification of any changes.
- * New programs will only be found on **norfolkrec.com**.
- * The old system (norfolk.activityreg.com) is available for history and for programs advertised up through our 'Winter' brochure only.

COMMUNITY DAY

Saturday, June 15!



Enjoy a day of family fun at the Holmes Bus Complex from 11am-4pm, presented by Norfolk's Lions Club! The day is filled with free activities, entertainment, raffles, and attractions! Enjoy the bouncy houses, Touch-a-Truck, games, building birdhouses, local vendors, and so more!



FIREWORKS

Celebrate in the evening at the Freeman Kennedy fields with supper and a true summer tradition, *fireworks*! Come early, relax with friends and neighbors, play cornhole, savor the variety of delectable food offered by *Cousins Lobster, Thankque BBQ, Mike & Lenny's Pizza, Clyde's Cupcakes, and our very own C&C Ice Cream!*



Enjoy live music by Mike Tarara and his band, *Music Matters*, and end the night with an awe-inspiring fireworks show at 8:45 pm!



HELP SUPPORT NORFOLK'S OWN SLICE OF AMERICANA!

All Families, Businesses, Individuals, Neighborhoods and Groups of Friends

Please consider contributing either individually or join forces for even greater impact. Help us make this a night to remember! Various sponsorship tiers are available, each offering prominent community recognition including t-shirts, banners, and more! Interested in a Neighborhood showdown...the largest neighborhood group donation wins a shared prize! Every donation will be directly utilized to enhance the fireworks display!

For sponsorship opportunities:

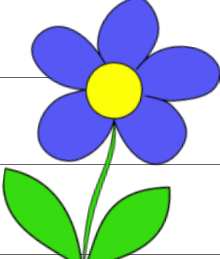


go to norfolkrec.com or email recreation@norfolk.com



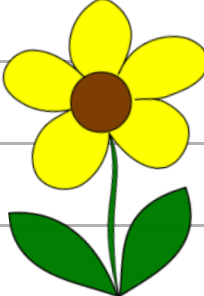


SPRING PROGRAMS AT-A-GLANCE



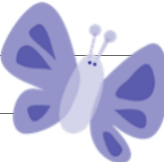

INFANT & PRE-K PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Hands-On Music 6 mos. - 5 yrs. Pg. 6	Hands-On Music 6 mos. - 5 yrs. Pg. 6	L'il Scientists 3 - 5 yrs. Pg. 6	Practicing Preschool w/ Ext. Day Option 2 - 3+ yrs. Pg. 6		1,2,3 Soccer 2 - 5 yrs. Pg. 7
	Practicing Preschool w/ Ext. Day Option 2 - 3+ yrs. Pg. 6		Mini Artists 3.5 - 5 yrs. Pg. 8		Sticky Fingers 18 mos. - 4 yrs. Pg. 7
	PKRC Preschool Program 2.5 - 5 yrs. Pg. 10				

SCHOOL-AGE PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Karate/Stranger Danger Grades K - 6 Pg. 8	Coding with Makey Makey Grade 2 Pg. 7	Karate/Stranger Danger Grades K - 6 Pg. 8	Zoombinis Grades 3 - 6 Pg. 7	Friday Night Kids Club Grades K - 6 Pg. 7	KP Youth Field Hockey Grades K - 5 Pg. 11
After School Tennis 6 - 11 yrs. Pg. 10	Crafters Corner Grades 3 - 6 Pg. 8	After School Tennis 6 - 11 yrs. Pg. 10	Project Kindness Grades 3 - 6 Pg. 8	F.A.S.T. Super Sports Grades 1 - 2 Pg. 10	KP MS Field Hockey Grades 6 - 8 Pg. 11
NEFC Soccer Academy 6 - 8 yrs. Pg. 10	Script Writing Grades 3 - 6 Pg. 8	PKRC 2K Club 5 - 8 yrs. Pg. 10	FK Morning Show Grades 5 - 6 Pg. 9	F.A.S.T. Flag Football Grades 3 - 6 Pg. 10	Paint Nights Grades 1 - 7 Pg. 8
FK Morning Show Grades 5 - 6 Pg. 9	FK Morning Show Grades 5 - 6 Pg. 9		F.A.S.T. Super Sports Grades K - 1 Pg. 10	Paint Nights Grades 1 - 7 Pg. 8	Mosaic Tile Mandalas Grades 1 - 7 Pg. 8
PKRC 5K Club 8+ yrs. Pg. 10	Intro To Piano 6 - 9 yrs. Pg. 9		BLAST Babysitting & CPR Grades 7 - 8 Pg. 9	Home Alone Safety Grades 3 - 6 Pg. 9	American Sign Language 7+ yrs. Pg. 9
	Learn to Skate 3+ yrs. Pg. 11				Learn to Skate 3+ yrs. Pg. 11
	Learn to Play Hockey 6 - 12 yrs. Pg. 11				Next Step Skating 3+ yrs. Pg. 11

ADULT/FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Pickleball Pg. 13	ZUMBA Toning Pg. 13	Pickleball Pg. 13	ZUMBA Pg. 13	Happy Dogs Hike Pg. 14	Ladies Light Hike Pg. 14
The Combo Class Pg. 14	Futsal Pg. 14	The Combo Class Pg. 14	Slow Flow Yoga Pg. 13	The Combo Class Pg. 14	American Sign Language Pg. 9
	American Mah Jongg 101 Pg. 12	Function Strength Training Pg. 13	Yin Yoga Pg. 13		Function Strength Training Pg. 13
	Messages From Spirit Pg. 12	Happy Dogs Hike Pg. 14	Ladies Light Hike Pg. 14		
			Your First 5K Pg. 14		

SPRING GOLF PROGRAMS AT FOREKICKS, MAPLEGATE C.C. & WENTWORTH HILLS C.C. - PAGE 12

Norfolk Recreation is proud to support the Norfolk Small Business Association! We couldn't do a lot of what we do without them! Be sure to check them out at norfolkmasba.org/nsba-members!

HANDS-ON MUSIC with Ms. Viviana

6 Months - 5 Years with Adult

Instructor: Viviana Vilches

MONDAYS: 4/8, (NO 4/15), 4/22, 4/29, 5/6, 5/13, 5/20, (NO 5/27), 6/3, 6/10

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

TUESDAYS: 4/9, (NO 4/16), 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11

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: MONDAYS: \$119, TUESDAYS: \$129

Min/Max: 5/12

FOR 9:30 & 10:30 AM CLASSES:

Registration priority given to Norfolk residents during the first 24 hours of registration



L'IL SCIENTISTS

Ages 3-5 yrs. DROP OFF

Instructors: Emily Spiller & Denise Foley

WEDNESDAYS: 9:30-11:00am

DATES: 5/1, 5/8, 5/15, 5/22, 5/29, 6/5

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



PRACTICING PRESCHOOL

2 - 3+ Years

1.5 Hour Drop-Off Program

Instructors: Emily Spiller & Regina Lodola

TUESDAYS: 9:30-11:00am

DATES: 4/30, 5/7, 5/14, 5/21, 5/28, 6/4

THURSDAYS: 9:30-11:00am

DATES: 5/2, 5/9, 5/16, 5/23, 5/30, 6/6

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

Instructors: Emily Spiller & Regina Lodola

TUESDAYS: 11:00am-12:00pm

DATES: 4/30, 5/7, 5/14, 5/21, 5/28, 6/4

THURSDAYS: 11:00am-12:00pm

DATES: 5/2, 5/9, 5/16, 5/23, 5/30, 6/6

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: \$89 per session

Min. Participants: 7

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

1 2 3 4 5 6 7 8 9 0

**MUST BE REGISTERED FOR PRACTICING PRESCHOOL
TO ATTEND EXTENDED DAY!**

STICKY FINGERS

18 Months-4 Years with Adult

Instructor: Denise Foley

**SATURDAYS: 9:15-10:00am OR
10:15-11:00am**

DATES: 4/27, 5/4, 5/11, 5/18, (NO 5/25), 6/1

All the messy stuff without the clean up at home! 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: Freeman Kennedy School, Door #21

Max Enrollment: 12

Fee: \$59/session



FRIDAY NIGHT KIDS CLUB

With Norfolk Recreation Staff

Grades K - 6

Fridays: 6:00-10:00pm

DATES: 5/10 & 5/31

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



1, 2, 3 SOCCER DEVELOPMENT

*Offered by Norfolk Recreation in conjunction with
Professional Soccer Coaches*

Ages 2 - 5 years

SATURDAYS: 4/27, 5/4, 5/11, 5/18, (NO 5/25), 6/1

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

CODING WITH 'MAKEY MAKEY'™ for 2nd Graders

*Instructor: Ellen Horton,
Technology Integration Specialist*

TUESDAYS: 3:15-4:15 pm

DATES: 4/23, 4/30, 5/7, 5/14, 5/21, 5/28

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

Location: H. Olive Day School Library

Max. Enrollment: 8

Fee: \$89



ZOOMBINIS

Instructors: Ellen Horton & Mark Pizzi

GRADES 3 - 6

THURSDAYS: 3:15-4:15 pm

DATES: 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13

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 Zoombinville. 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. *Returning children are welcome, but please know winter session topics are repeated!*

Location: Freeman Kennedy School Library

Max. Enrollment: 20

Fee: \$139



KARATE & STRANGER DANGER

Grades K - 6 Instructor: Designed Defense

MONDAYS AND WEDNESDAYS:

Beginners: 3:15-4:15pm Advanced: 4:30-5:30pm
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: \$95/ student's first month includes gear
\$85/ month returning students

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

PAINT NIGHTS with MS. Jen

Grades 1 - 7

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. Additional, fun activities will be part of the evening as well.

Friday, May 17, 6-8pm: Party Panda

Saturday, May 18, 3-5pm: Party Panda

Friday, June 14, 6-8pm: Summer Fireflies

Max Enrollment per Night: 18

Location: Norfolk Town Hall Multipurpose Room

Fee: \$35 per child per night

SCRIPT WRITING: Grades 3 - 6

Instructor: Ms. Jen Callej

Tuesdays: 4:30-5:30pm

Dates: 4/23, 4/30, 5/7, 5/14, 5/21, 5/28

If you enjoy the theatre life, writing scenes and stories, or creating fun characters then this class is for you! We will learn the basics of how to write a script versus writing a story/book and dive into plot ideas, characters and scenes. Each script will be considered a mini-script...great for 5-10 minute performances! Students will receive notebooks and folders to bring to each class.

Location: Freeman Kennedy School Art Room

Fee: \$109

MINI-ARTISTS

Ages 3.5 - 5 years **DROP OFF**

Instructor: Ms. Jen Callej

Thursdays: 4/25, 5/2, 5/9, 5/16, 5/23, 5/30

Time: 1:00-2:00pm

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! Miss Jen is a former preschool teacher and early childhood art teacher with over 10 years of experience!

Children must be fully potty trained.

Location: Town Hall Multipurpose Room

Fee: \$79

Max Participants: 8



PROJECT KINDNESS:

Grades 3-7 Instructor: Ms. Jen Callej

Thursdays: 4/25, 5/2, 5/9, 5/16, 5/23, 5/30

Time: 5:00-6:00pm

This is not your regular ART class! Project Kindness is a mixture of art, community service, creation and kindness. Spring is our Fundraiser Session! Students will create various projects from canvases, to ceramics, wooden pieces and more. Each piece will be given to folks who donate to support our cause of choice which we decide in class.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$109



CRAFTERS CORNER: Grades 3 - 6

Instructor: Ms. Jen Callej

Tuesdays: 3:15-4:15pm

Dates: 4/23, 4/30, 5/7, 5/14, 5/21, 5/28

Calling all crafters and art lovers! Come join the Crafters Corner After School Club! Each class will feature a new craft or project like: Ceramic painting, Jewelry, Sketching & Drawing, Canvas Painting, Collaging, Journaling and more. Hang out with friends, listen to music, and create!

Location: Freeman Kennedy School Art Room

Fee: \$109

MOSAIC TILE MANDALA WORKSHOP

Grades 1-7 Instructor: Ms. Jen Callej

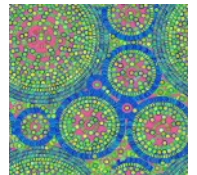
Saturday, 5/18

Time: 6:00-8:00pm

Enjoy using various colored and shaped tiles to make an abstract mandala! Students will design their mandala and adhere their tiles in a mosaic fashion. A beautiful piece of art for your home, office or bedroom.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$35



F/K MORNING SHOW

Grades 5-6 Instructor: Mrs. Robin Tucceri

Mondays: 4/22, 4/29, 5/6, 5/13, 5/20, (NO 5/27), 6/3, 6/10

Tuesdays: 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11

Thursdays: 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13

Time: 3:15-4:15pm

Max: 8 Students



Join the morning crew and help bring the F/K favorite back 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.

Location: Freeman Kennedy School Makerspace

Fee: Mondays: \$79 Tuesdays: \$79 Thursdays: \$89



AFTER SCHOOL PROGRAM DISMISSAL PROCEDURES

When registering your child for an after school program that takes place in the

Norfolk Schools you must notify your child's school that they will be attending that program along with the dates.

H. OLIVE DAY SCHOOL:

For programs at the Day School, please send a note or email to your child's teacher letting them know your child will be attending the program. You may also use 'Dismissal Manager' if you prefer.

FREEMAN KENNEDY SCHOOL:

For programs at the Freeman Kennedy School please use 'Dismissal Manager' to notify the school that your child is attending the program. Be sure to check off 'Recreation' and name the program when you enter the information.

SACC:

At both schools, if your child attends SACC, please let SACC know so they know to make pick-up or drop-off arrangements for your child.

INTRO TO PIANO

Instructor: Ivy Music Academy

Ages 6-9

TUESDAYS: 4:30-5:30 pm

May: 5/7, 5/14, 5/21, 5/28

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



HOME ALONE SAFETY

Grades 3 - 6

Instructor: Juanita Allen Kingsley

Friday: May 10

Time: 3:15 - 4:45 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 discuss internet safety, learn about accident prevention and fire safety protection and how to call 911. We will cover simple first aid techniques, such as how to relieve choking, and talk about how to use our time wisely!

Location: Freeman Kennedy School Library **Fee:** \$59

BLAST BABYSITTING & CPR/AED

(Includes ASHI CPR Certification)

Grades 6 - 8

Instructor: Juanita Allen Kingsley

Thursday: June 20 Time: 9:00am - 12:00 pm

In this workshop, we will cover how to react responsibly to medical emergencies, perform first aid for common childhood injuries and illnesses. We'll cover household safety, and many fundamentals of childcare. By the end of this class you'll be prepared to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform basic first aid, and begin babysitting safely and

competently. You'll leave with a certificate of completion for babysitting, first aid instructions, and a sitter checklist, and you will also be certified in CPR. (ASHI - American Safety & Health Institute)

Location: Norfolk Town Hall Multipurpose Room

Max. Participants: 12

Fee: \$109

AMERICAN SIGN LANGUAGE

for Beginners

Instructor: Kristen Hogan

All Ages Welcome:

must be 7 years old to attend

without and adult

SATURDAYS: 11:00am-12:00pm

DATES: 4/27, 5/4, 5/11, 5/18, (NO 5/25), 6/1, 6/8

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! New and returning students welcome.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$99



Please check online often as we continue to add more programs!

NEFC JUNIOR SOCCER ACADEMY

Ages 6 - 8 years Coed

Instructor: NEFC

MONDAYS: 4:00 - 5:00 pm

DATES: 4/29, 5/6, 5/13, 5/20, (NO 5/27), 6/3

This is an introductory level offering 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 their fundamental soccer skills. It is an exciting way for young players to learn & develop the necessary skills to grow and be successful in the sport of soccer.

Location: Pond Street Field Complex

Fee: \$25

Maximum Participants: 20



AFTER SCHOOL TENNIS

Ages 6 - 11 Instructor: Matt Anderson

Mondays: 4/29, 5/6, 5/13, 5/20, (NO 5/27) 6/3, 6/10

OR Wednesdays: 5/1, 5/8, 5/15, 5/22, 5/29, 6/6

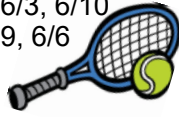
Ages 6 - 8: 3:30 - 4:25pm

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 will work 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

Movement & Mindfulness Club Ages 2.5-5

This class is an introduction to movement and mindfulness for preschoolers. We use active movement for gross motor exploration, creative yoga poses, mindfulness and breathing techniques. Great class to learn how to calm down and relax while also having fun!

Tuesdays: 1:30-2:20pm

DATES: 4/23, 4/30, 5/7, 5/14, 5/21, 5/28

Location: Town Hall Multipurpose Room

Fee: \$124

2K Club Ages 5-8

This coed 2K club is a great way to introduce running and physical fitness. Kids will learn about pace, form, teamwork, and how to build their confidence to end the season with a FUN 2K run/walk. All fitness levels are welcome.

Wednesdays: 4:00-5:00pm

DATES: 4/24, (NO 5/1), 5/8, 5/15, 5/22, 5/29, 6/5, 6/12, 6/19

Location: Pond Street Field Complex

Fee: \$159

5K Club Ages 8+

This coed 5K club will be a great way to become stronger physically and mentally. We will work on setting goals, build strength of character, speed, agility, form, and endurance! We will build mileage over time and end the season with a 5K fun run. All fitness levels are welcome.

Mondays: 4:30-5:30pm

DATES: 4/22, 4/29, 5/6, 5/13, 5/20, (NO 5/27), 6/3, 6/10, 6/17

Location: Pond Street Field Complex

Fee: \$159

F.A.S.T. SUPER SPORTS

For K-1 & Gr. 1-2

Instructor: F.A.S.T. Athletics

Time: 3:15 - 4:15pm

Thursdays: Grades K - 1

Dates: 4/25, 5/2, 5/9, 5/16, 5/23, 5/30

Fridays: Grades 1 - 2

Dates: 4/26, 5/3, 5/10, 5/17, (NO 5/24), 5/31

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

Fees: Thursdays: \$99 Fridays: \$89



F.A.S.T. FLAG FOOTBALL

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

Fridays: 4/26, 5/3, 5/10, 5/17, (NO 5/24), 5/31

Time: 3:15-4:15pm

Come have fun while learning game strategies along with catching, throwing, and snapping techniques and, most importantly, how to work together as a team. This is fun, active and perfect for Friday afternoons. Red Zone Defense, Fourth and Inches and the QB Challenge will also be discussed.

Location: Freeman Kennedy Fields, pickup @ fields
(Class is in the gym if raining)

Fee: \$89



We are always working to add new programs so please be sure to follow us on Facebook and check back often at

NorfolkRec.com

including information on 2 programs being worked on now: on a

*** 1-Day Girls Lacrosse Clinic during April Vacation Week**

*** 'So You Are Going Off To College' program we are working on with the Norfolk Police Department!**

KING PHILIP YOUTH **FIELD HOCKEY** **SPRING SKILLS CLINICS**

For Grades K-1, 2-3, 4-5

Sundays: 4/28, 5/5, 5/12, 5/19, (NO 5/26), 6/2, 6/9

Time: 9:00am-10:30am

Join Varsity coach Kaitlyn Wilder along with KP Field Hockey players in this program that is designed for all levels of players. It is the perfect way to get started in this great game and the best way to practice to improve your skills no matter what level you are. Skill development will include stick skills, positioning, and game play.

What you need to bring: A field hockey stick if you have one (loaners are available), a mouthguard, shin pads, and water. Goggles are optional.

Wear sneakers or cleats. Be sure to tie hair back.

=>STICKS ARE AVAILABLE TO BORROW!

Grades will be grouped together, then by skill.

Location: King Philip High School Practice Field

Fee: \$89

For Summer Clinic and Information on the Fall Commonwealth League - see page 22

**KP SPORTS CLINICS SUPPORT
KING PHILIP TEAMS! Thank you!**



Middle School **FIELD HOCKEY CLINIC** **All Levels Welcome!**

*With K.P.'s Varsity Coach, Kaitlyn Wilder,
& King Philip Players*

For all KP Students Grades 6, 7, 8

Sundays: 4/28, 5/5, 5/12, 5/19, (NO 5/26), 6/2, 6/9

Time: 10:30am-12:00pm

This clinic has it all! Experienced players will develop and improve skills and work on game tactics. Developing and new players will focus on basics. This clinic will give everyone the opportunity of playing and getting the 'feel' of the High School's turf field.

For players interested in giving field hockey a try for the first time, we have loaner sticks available and drills will start with the basics. Stations will have all players working on everything from skill development to game play tactics. Come join the fun and comradery field hockey offers.

What to bring: Field Hockey Stick (loaners available too), shin pads, mouth guard, & large water/sports drink, goggles are optional.

Location: King Philip High School Practice Field

Fee: \$89



LEARN TO SKATE - Ages 3 yrs. +

Location: Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 5 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 4/23 - 6/11

Sundays: 10:00am, 4/28-6/16

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.



Fee: \$145

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

NEXT STEP SKATING: **BRIDGE PROGRAM**

Location: Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 5: Beginner OR Advanced:

Sundays: 4/28 - 6/16 Time: 12:00pm



The Bridge Class at Norfolk Arena will focus on advancing your proficiency with basic skating skills. We will be focusing on stroking, forward crossovers, backward crossovers, turns, posture, and speed. Full ice will be used!

Fee: \$250

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

LEARN TO PLAY HOCKEY **Ages 6-12**

Location: Norfolk Ice Arena
1 Dean Street, Norfolk

Session 5 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 4/23 - 6/11



"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.**

Fee: \$145

Register with us & we register you with Norfolk Ice Arena

SPRING GOLF PROGRAMS AT MAPLEGATE C.C.

160 Maple Street, Bellingham

*Instructors: PGA Professional Greg Dowdell &
USGTF Professional Kevin Weldon*

There are several options available.

Classes fill up quickly so please register asap!



JUNIOR PROGRAMS

GOLF FOR TODDLERS (ages 1-4)

TRY GOLF (ages 5-12)

ADULT PROGRAMS

AFTER WORK ADULT GROUP LESSONS

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

GOLF CLINICS at WENTWORTH HILLS

*w/ Golf Pros Bruce Hamilton &
Denis Amico of Golf Smart LLC*

Junior & Adult Golf Clinics

Go To to NorfolkRec.com for class descriptions, schedules and to register.

FOREKICKS GOLF CLINICS

April Vacation Junior Golf Clinic ages 8-15

Grassroots Golf Clinics for Ages 4 & 5

Micro Golf Clinics for Ages 6 & 7

Junior Golf Clinics for Ages 8 - 15

Adult Golf Clinics for Ages 16 & up

Location: ForeKicks, 10 Pine Street, Norfolk

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

CAREER & BUSINESS CLASSES

INSTRUCTOR: DAWN QUESNEL, CPCC
EXECUTIVE CAREER & BUSINESS COACH

WRITING A RESUME TO HELP YOU STAND OUT

4/2: 6:30-8:30PM

Norfolk Town Hall Multipurpose Room

\$40 per person



SMALL BUSINESS SUCCESS: GETTING OFF THE REVENUE ROLLERCOASTER

6/11: 6:30-8:30pm

Norfolk Town Hall Multipurpose Room

\$60 per person

Go to NorfolkRec.com for more details!

AMERICAN MAH JONGG 101

Instructor: Katie Nunes

Adults

TUESDAYS: 6:30-8:30pm

DATES: 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4



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

HELP US PLAN FOR THE BEST PROGRAMS BY REGISTERING EARLY!

NorfolkRec.com

MESSAGES FROM SPIRIT: A Mediumship Experience

With Dr. Cathy Ripley Greene

TUESDAY: 4/9

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

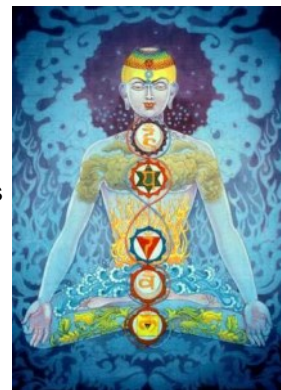
ones in spirit helps us understand that the bond of love remains. Join professional Medium, Dr. Cathy Ripley Greene, as she shares what she has learned over her many years working with spirit communication.

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



PICKLEBALL for Adults

Instructor: Kelly Pereira, PE teacher
Freeman-Kennedy School



MONDAYS: 6:00-7:30pm OR 7:30-9:00pm

Both Monday classes are beginner/advanced beginner:

DATES: 4/22, 4/29, (NO 5/6), 5/13, 5/20, (NO 5/27), 6/3

WEDNESDAYS:

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

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

DATES: 4/24, (NO 5/1), 5/8, 5/15, 5/22, 5/29, 6/5

Join Kelly to learn and improve at the game that is sweeping the nation, Pickleball! The earlier class times are designed for those new or fairly new to the game and the later class is for more experienced players. All players will develop basic skills as well as improve technical skills 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

Fee: \$85

MAXIMUM: 14

YIN YOGA With Gail Taylor

THURSDAYS: 10:00 - 11:00am

DATES: 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20

Yin Yoga is a slow-paced and gentle style of yoga that works with very basic postures to increase mobility, mobilize, stretch and hydrate the body's extensive fascial network and invite the practitioner into a deeply meditative internal space. Great for all levels! **Please bring yoga mat.**

Other equipment supplied.

Gail has been teaching yoga for 20 years and holds several certifications.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$72

Minimum: 7 / Maximum:12

SLOW FLOW YOGA With Gail Taylor

THURSDAYS: 6:30 - 7:30pm

DATES: 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20

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: \$72

Minimum: 7 / Maximum:12



ZUMBA With Carol Bouchard

Thursdays: 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6

Time: 6:00pm-7:00pm



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 & slow rhythms & resistance training are combined to tone and sculpt your body while burning fat.

Location: H.O.D. Gym (Rear of school)

Fee: \$70

\$20 OFF YOUR TOTAL WHEN YOU SIGN UP FOR ZUMBA & ZUMBA TONING!

ZUMBA TONING

With Christine French

Tuesdays: 5/7, 5/14, 5/21, 5/28, 6/4, 6/11

Time: 6:30 - 7:30pm

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.O.D. Gym (Rear of school)

Fee: \$54

FUNCTIONAL STRENGTH TRAINING for INJURY PREVENTION

Instructor: Rachel Abelow

WEDNESDAYS: 10:00-10:45am

DATES: 3/20, 3/27, 4/3, 4/10

SATURDAYS: 9:00-9:45am

DATES: 4/6, 4/13, (no 4/20), 4/27, (NO 5/4), 5/11

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

Fee: \$80

ADULT EXERCISE WITH NANCI

Instructor: Nanci Cahalane,

AFFA/FRA Certified Personal Trainer, MIAA Certified Coach

THE COMBO CLASS

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

MONDAYS: 6:30 - 7:30 PM

4/29, 5/6, 5/13, 5/20, (NO 5/27), 6/3, 6/10, 6/17

WEDNESDAYS 6:30 - 7:30 PM

5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/12

FRIDAYS 8:30 - 9:30 AM

5/3, 5/10, 5/17, (NO 5/24), 5/31, 6/7, 6/14

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: Mondays & Wednesdays:\$53; **Fridays:** \$45



YOUR FIRST 5K!

Here is your chance to do something you may have only dreamed of!

Thursdays: 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20, 6/27

Time: 6:30-7:30pm



If you've ever thought about becoming a runner or running again after taking years off, here is your opportunity! This adult program is designed to get you off the couch or away from the desk and ready to run a 5K (3.1 miles). In this 10-week program, catered to beginners, you will progress from walker to runner. We will meet as a group once a week and you will be given specific instructions for running other days of the week on your own. Workouts will be followed with stretching and advice about running and nutrition.

Location: Pond Street Complex **Fee:** \$75

FUTSAL: Adult Indoor Soccer

Tuesdays: 4/23, 4/30, (NO 5/7), 5/14, 5/21, 5/28, 6/4, 6/11

Time: 8:00pm-9:30pm

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 **Fee:** \$39



LADIES LIGHT HIKING

Time: 9:45am - 11:00am

Thursdays: 5/2, 5/9, 5/16, 5/23, 5/30, 6/6 **AND/OR**

Saturdays: 5/4, 5/11, 5/18, (NO 5/25), 6/1, 6/8, 6/15



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

HAPPY DOGS HIKE

Time: 10:30 - 11:30 AM

Wednesdays: 4/24, 5/1, 5/8, 5/15, 5/22, 5/29 **AND/OR**

Fridays: 5/3, 5/10, 5/17, (NO 5/24), 5/31, 6/7, 6/14

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. Bring a leash, pick-up bags and water for 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 the Meeting House Chapel.

Other locations will be given out at first meeting.



Norfolk Community Garden

Online and paper registrations accepted for 2024 Plots accepted starting APRIL 8th!

Did you know that the Norfolk Public Library has a seed catalog? For more info go to:

norfolkpl.org/resources/seed-lending-library





SUMMER PROGRAMS AT-A-GLANCE



JUNE 17-21: SKYHAWKS MINI HAWK: Ages 4-7 (pg. 24); BRAZILIAN UNITED SOCCER: (pg. 23)

WEEK 1: JUNE 24 - 28

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)
F.A.S.T. MINI SPORTS: Ages 3-6 (pg. 23)
F.A.S.T. ALL SPORTS: Ages 7-12 (pg. 23)
GIRLS BASKETBALL CLINIC: Ent. Gr. 4-9 (pg. 22)
K.P. GIRLS LACROSSE: Ent. Gr. 3-9 (pg. 22)

SUMMER OUTDOOR PROGRAM: Ent. Gr. 1-6 (pg. 26)
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 27)
KRAFTY KIDS with Ms. Jen: Ent. Gr. 1-7 (pg. 20)
TOP SECRET SCIENCE: Ent. Gr. K-5 (pg. 21)
MINECRAFT MASTER ENGINEERING w LEGOS: Ages 7-12 (pg. 18)
BASH'EM BOTS w LEGOS: Ages 7-12 (pg. 18)

WEEK 2: JULY 1 - 3 (Monday-Wednesday)

OOEY GOOEY FUN!: Ages 3-6 yrs. (pg. 16)
SUMMER OUTDOOR PROGRAM: Ent. Gr. 1-6 (pg. 26)
THEME DAYS with Ms. Jen: Ent. Gr. 1-7 (pg. 20)
SKYHAWKS BEGINNING GOLF: Ages 6-9 (pg. 24)

LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 27)
BRIDGES & SKYSCRAPERS: Ages 7-11 (pg. 19)
ELECTRICITY & MAGNETMANIA: Ages 7-11 (pg. 19)

WEEK 3: JULY 8 - 12

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)
CODE & CONTROL ROBODOZER: Ages 8-12 (pg. 19)
FUTURE ENGINEERS: Ages 8-12 (pg. 19)
SKYHAWKS STEM & PLAY VOLLEYBALL: Ages 10-14 (pg. 24)

SUMMER OUTDOOR PROGRAM: Ent. Gr. 1-6 (pg. 26)
LEADER-IN-TRAINING Ent. Gr. 9-10 (pg. 27)
I LOVE THE 80'S WEEK with Ms. Jen: Ent. Gr. 1-7 (pg. 20)
MATH BLAST: Ent. Gr. 1&2 (pg. 18)

WEEK 4: JULY 15 - 19

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)
TOP SECRET SCIENCE: Ent. Gr. K-5 (pg. 21)
MATH BLAST: Ent. Gr. 4-6 (pg. 18)
SKYHAWKS ULTIMATE SPORTS: Ages 10-14 (pg. 24)

SUMMER OUTDOOR PROGRAM: Ent. Gr. 1-6 (pg. 26)
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 27)
BOYS BASKETBALL CLINIC: Ent. Gr. 4-9 (pg. 22)
INCREDIFLIX: Ages 7-13 (pg. 18)
DOUBLE FEATURE ART with Ms. Jen: Ent. Gr. 3-7 (pg. 20)

WEEK 5: JULY 22 - 26

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)
SOLAR BOT.14: Ages 8-12 (pg. 19)
AI ACADEMY: Ages 8-12 (pg. 19)

SUMMER OUTDOOR PROGRAM: Ent. Gr. 1-6 (pg. 26)
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 27)
SUNSHINE, SAND & WAVES with Ms. Jen: Ent. Gr. 1-7 (pg. 20)
BRITISH SOCCER CLINICS BY CHALLENGER: Ages 3-14 (pg. 23)

WEEK 6: JULY 29 - AUGUST 2

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)
KINDERGARTEN READINESS: Ent. K (pg.17)
F.A.S.T. MINI SPORTS: Ages 3-6 (pg. 23)
F.A.S.T. ALL SPORTS: Ages 7-12 (pg. 23)
NINJA WARRIOR: Ent. Gr. 1-3 (pg. 17)
GAME SHOW CHALLENGES: Ent. Gr. 2-6 (pg. 17)
LCA: BROADWAY BOUND with Ms. Jen: Ent. Gr. 1-7 (pg. 20)

SUMMER OUTDOOR PROGRAM: Ent. Gr. 1-6 (pg. 26)
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 27)
MATH BLAST: Ent. Gr. 2&3 (pg. 18)
CIRCUIT MAKERS: Ent. Gr. 1-3 (pg. 17)
APP INVENTORS: Ent. Gr. 4-7 (pg. 17)
ANIMAL ADVENTURES w LEGOS: Ages 5-7 (pg. 18)
MINECRAFT ENGINEERING w LEGOS: Ages 5-7 (pg. 18)
NCTV STOP MOTION ANIMATION: Ages 9-12 (pg. 20)

WEEK 7: AUGUST 5 - 9

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)
F.A.S.T. MINI SPORTS: Ages 3-6 (pg. 23)
F.A.S.T. FLAG FOOTBALL: Ages 7-12 (pg. 23)
KINDERGARTEN READINESS: Ent. K (pg.17)

SUMMER OUTDOOR PROGRAM: Ent. Gr. 1-6 (pg. 26)
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 27)
LCA: PLAYHOUSE THEATRE with Ms. Jen: Ent. Gr. 3-7 (pg. 20)
INCREDIFLIX: Ages 7-13 (pg. 18)

WEEK 8: AUGUST 12 - 16

FC PUMA SOCCER: Ages 5-14 (pg. 23)
K.P. SUMMER FIELD HOCKEY: Ent. Gr. 3-9 (pg. 22)

CHESS WIZARDS: Ages 6-12 (pg. 21)

WEEK 9: AUGUST 19 - 23

LIL' NINJAS: Ages 3-6 (pg. 17)

NINJA WARRIOR: Ent. Gr. 1-3 (pg. 17)

**WEEKLY SUMMER PROGRAMS: Learn To Skate (pg. 25), Golf (pg. 25),
Combo Class (pg. 25), Summer Yoga (pg. 25), Intro to Piano (pg. 21),
Summer Softball (pg. 21), Jr. Warrior Flag Football (pg. 21)**

FALL: Commonwealth Field Hockey (pg. 22), Liberty Flag Football (pg. 27)

COMMUNITY EVENTS: Page 4 & The Back Cover!



FUN IN THE SUN



Calling all 3-6 year olds!

Join us for fun-filled mornings!
***NEW THIS YEAR: Extended Day Available
for children entering K & 1***

Lead Instructors: Ms. Sarah Natan & Ms. Denise Foley
Mondays-Thursdays: 9:00am-12:00pm

This half-day program is packed with lots of activity and perfect for children ready for a camp-like experience. Every day will be filled with theme-based crafts, stories, games, gym time, and playground time. Children will enjoy water play each day and on Thursdays they should wear a bathing suit under their clothes and bring a towel for sprinklers and water games (weather dependent).

Children will go home in bathing suits.

Fun in the Sun (4.5+ yrs.) and 3, 4, Let's Play More (3-4.4 yrs.) run concurrently and share gym time and outdoor time.

Each age group has age-appropriate crafts, activities, and supervision.

- **Week 1: June 24-27 KINDNESS & CREATIVITY!**
- **Week 3: July 8-11 BEACH BASH!**
- **Week 4: July 15-18 SUPERHERO TRAINING CAMP!**
- **Week 5: July 22-25 COWBOYS & ALIENS!**
- **Week 6: July 29-Aug. 1 ANIMAL KINGDOM!**
- **Week 7: Aug. 5-8 FLOWER POWER!**

- ⇒ Drop off is from 9am-9:15am and Pick up is from 11:45am-12pm
- ⇒ Please send *a full change of clothing* with your child each day.
- ⇒ Please label EVERYTHING your child brings with them. Towel too!
- ⇒ Snacks & water are provided. Please provide allergy info in advance.
- ⇒ Apply sunscreen before leaving home.



3,4, LET'S PLAY MORE

Fees: \$125/Week; **Extended Day (12-3pm):** \$59/Week
Location: Freeman-Kennedy School

OOEY GOOEY FUN!

For Ages 3-6

Ms. Sarah Natan & Ms. Denise Foley & Staff.

Time: 9:30am-12:00pm

Monday-Tuesday: July 1-2

Does your child love to get into messy things? Here is their opportunity to do just that! Children will have fun and lots of giggles exploring lots of ooey-gooley messy stuff with their hands and feet! Please, dress for mess!!

This is a fun opportunity to experience lots of different tactile sensations. Crafts, stories, gym time and outside play will also be part of this fun week.

Snacks are provided. If your child has allergies, please list them in additional comments when registering. You are welcome to review our snacks with us or to provide a snack (be sure to let us know!). Please apply sunscreen before leaving home.

Location: Freeman-Kennedy School

Fee: \$65



FOR ALL SUMMER PROGRAMS:

- ✓ Please send lots of water and a NUT-FREE snack with your child every day unless otherwise noted.
(We provide snack for Fun in the Sun & 3, 4, Let's Play Some More)
- ✓ If your child has any allergies, please enter all allergy information in the registration notes for each PROGRAM & please double check with the teacher on the first day of the class.
- ✓ Please mark ALL clothing, backpacks & food with your child's name.
- ✓ Please apply sunscreen before arriving.



KINDERGARTEN READINESS

For children entering 'K' this fall!

Taught by H. Olive Day Kindergarten teacher, Ms. Kylee Day

WEEK 6: 7/29-8/1 **M-Th 9am-12pm OR**
WEEK 7: 8/5-8/8 **M-Th 9am-12pm or 1-4pm**

Is your little one going to Kindergarten in the fall?? How exciting! Join Ms. Kylee Day at the H.O. Day School for Kindergarten Readiness held in her Kindergarten classroom. This program helps children become familiar with the expectations and workings of a kindergarten classroom. There will be lots of fun while playing games and participating in activities that help children develop the social and emotional skills needed for the classroom ahead along with exercises to help develop name writing, number and letter skills, and to enhance fine-motor ability.

Location: H. Olive Day School: Ms. Day's Room. Meet at main door for drop off and pick up.
Fee: \$150 per session



LIL' NINJAS

Ages 3 to 5 years

WEEK 9: Monday-Thursday, 8/19-8/22
Time: 1:00-1:50pm

Does your child love to run, jump, climb and tumble? Then this "play" on American Ninja Warrior is the perfect class. Each week your child will participate in stretching, elements, obstacles and games to help gross motor skills, fitness and fun. From swinging on a high bar to balance beams, climbing structures and tumbling on mats to leaping into a ball pit - your child is sure to have a blast!

Location: Pond Street Complex **Fee:** \$109

NINJA WARRIOR

Entering Grades 1 - 3

WEEK 6: Monday-Thursday, 7/29-8/1 OR
WEEK 9: Monday-Thursday, 8/19-8/22
Time: 9:00am-12:00pm

Knucklebones Ninja is a blend of strength, skill, flexibility, fitness and fun. Throughout class participants will engage in various games, drills, elements and obstacle courses. From scaling up cargo nets on a truss to walking across balance beams, climbing over the A-frame to hanging on monkey bars, this class allows participants to have fun while progressing through the basics of ninja warrior elements.

Location: Pond Street Complex **Fee:** \$219

GAME SHOW CHALLENGES

Entering Grades 2 to 6

WEEK 6: Monday-Thursday, 7/29-8/1
Time: 1:00-4:00pm

Have you ever wanted to be a contestant on a TV show? Or, better yet, enter the video game you're playing? Knucklebones' Game Show Challenges covers the spectrum with each week focusing on a new show or video game. From The Floor is Lava to Survivor, American Ninja Warrior to Minute to Win It, Mario Kart to Angry Birds - we'll get everyone up, moving and engaged in their very own season!

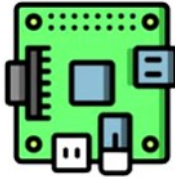
Location: Pond Street Complex **Fee:** \$219

CIRCUIT MAKERS 101: Ent. Gr. 1-3

Instructor: Circuit Labs

WEEK 6: July 29-August 2 **Time:** 9-12pm

Let's get creative with electricity! In this junior electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create many projects that they can be proud of, and each class day includes a take-home project.



Location: Millis Veterans Memorial Building, Rm 104
Fee: \$210

APP INVENTORS: Ent. Grades 4-7

Instructor: Circuit Labs

WEEK 6: July 29-August 2 **1-4pm**

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. We will also explore wireless communication by building custom Bluetooth hardware controllers and

readouts for our apps. Participants will learn both the programming and design aspects of creating great apps, and have the opportunity to build apps of their own with the support of Circuit Lab instructors.

Location: Millis Veterans Memorial Building, Rm 104
Fee: \$210



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INCREDIFLIX



FOR AGES 7-13

WEEK 4: Monday-Friday July 15-19

ANIMATION FLIX:

Time: 9:00am-12:00pm

In this fast paced class, you'll create up to four new stop motion movies using a different medium each day! Animate cars, film with green screen, and new for 2024 you create a 2D Mario movie, and more!

ACTION STOP MOTION FLIX:

Time: 1:00-4:00pm

Use stop motion tricks to create fires, explosions, and even floods, as your characters can battle it out or work together to save the day in this action packed stop motion class. You'll work in small groups to storyboard, create the action, film, and voice-over these exciting movies!

WEEK 7: Monday-Friday August 5-9

LIVE ACTION FLIX:

Time: 1:00-4:00pm

Discover your filmmaking talents! You don't have to be an actor to take part, as we'll guide you through the Hollywood process to create, direct, film, act, and more. You won't just make an incredible movie, you'll have the skills to make your own movies with friends.

LEGO FLIX:

Time: 9:00am-12:00pm

Bring Lego worlds to life! We provide Legos. You provide your imagination. Work in groups to create a Lego set with Lego characters for a stop-motion movie you'll storyboard, shoot, and add voice-overs too.

Choose 1 of the 1/2 day programs or take both and make it a full day!

Location: Freeman Kennedy School

Fee: Half Day Program

(9am-12pm OR 1-4pm): **\$249**

Full Day Program (9am-4pm): **\$459**



MATH BLAST!!

Entering Grades 1-6
with Ms. Jen Violet

Ent. Grade 1 & 2: M-F, July 8-12

Ent. Grades 4-6: M-F, July 15-19

Ent. Grades 2 & 3: M-F, July 29-August 2

Join in for this fun, half day program filled with hands-on math, exciting games, awesome experiments, cool technology, and stem activities. Perfect for the child that enjoys learning through playing & exploration expertly directed by math specialists. Please pack a nut free snack & water.



Location: H. Olive Day School

Fee: \$139



MINECRAFT MASTER ENGINEERING

w/Legos®

AGES 7 - 12

Instructor: Play-Well TEKnologies

WEEK 1: M-F, 6/24 - 6/28

Time: 9am-12pm

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.

Location: Freeman Kennedy School

Fee: \$189

BASH'EM BOTS w/Legos®

AGES 7 - 12

Instructor: Play-Well TEKnologies

WEEK 1: M-F, 6/24 - 6/28

Time: 1-4pm

Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

Location: Freeman Kennedy School

Fee: \$189



ANIMAL ADVENTURES w/Legos®

AGES 5 - 7

Instructor: Play-Well TEKnologies

WEEK 6: M-F, 7/29 - 8/2

Time: 9am-12pm

Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

Location: Freeman Kennedy School

Fee: \$189

MINECRAFT ENGINEERING w/Legos®

Ages 5 - 7

Instructor: Play-Well TEKnologies

WEEK 6: M-F, 7/29 - 8/2

Time: 1-4pm

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

Location: Freeman Kennedy School

Fee: \$ 189



WEEK 2: Monday-Wednesday, 7/1-7/3

Bridges & Skyscrapers

Ages 7-11

9:00am-12:00pm

Do you ever wonder how bridges span huge distances and how skyscrapers stay standing? Get ready to get your mind in motion as you work with and take home your very own Bridges and Skyscrapers Set! Learn all about basic structural elements and witness firsthand the forces acting on structural components! Come bring out the architect side of you as you enter the fascinating world of structural engineering and explore the magic of STEM!

Electricity & Magnetmania

Ages 7-11

12:30-3:30pm

Learn all about electronics, magnetism, and more in this fun and educational hands-on workshop! Take part in our Minds in Motion electronic lab and take home your very own circuit kit. You will also take part and witness many cool magnetic experiments including making and taking home the World's Simplest Motor! Watch electricity being produced by a hand held generator and take part in a cool activity involving a very powerful magnet. Behold a special magnetic top levitating and much, much more!

Sign up for both and stay a full day!

Location: Freeman Kennedy School

Fee: \$169 per session OR \$319 for both programs

WEEK 3: Monday-Friday, 7/8-7/12

Code & Control Robodozer

Ages 8-12

9:00am-12:00pm

Build and take home your very own powerful robotic bulldozer and sleek handheld wireless controller! Learn the advantages and disadvantages of tracked vehicles as well as examples of robots with continuous tracks. The special Code and Control wireless unit enables you to either directly control your Robo Dozer in real time, or write and save sequences of commands for the robot to perform at the push of a button. Once completed, you can try a few experiments with your new Code and Control Robo Dozer and compete with your fellow classmates!

Future Engineers

Ages 8-12

1:00-4:00pm

If you like to create and build things, this program is for you! You will build up to 8 working models including a material lift, stationary bike, crane bridge, construction crane, and a windmill! You will learn different scientific principles involving pulleys and mechanics. You will also learn about basic circuits as you construct a Maze Challenge, Flying Disc, Turbo Air, and Alarm System with our STEM Lab kit! As future engineers, the STEM lab will teach you how to comprehend a schematic diagram and interpret the flow of electricity. Come obtain the necessary skills and experience to take on the technological challenges of the future!

Sign up for both and staying a full day!

Location: Freeman Kennedy School

Fee: \$189 per session OR \$339 for both programs

WEEK 5: Monday-Friday, 7/22-7/26

SOLARBOT.14

Ages 8-12

9:00am-12:00pm

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. 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. Take part in one of the alternative energies that is used widely across the globe. Use your creativity, put your mind in motion and create your own designs.

AI ACADEMY

Ages 8-12

1:00-4:00pm

Come and learn how to create a fun business at light speed with the help of AI Technology! Come get in early on the AI revolution, specifically ChatGPT, and be some of the first students to learn how to use these amazing tools! Learn what Artificial Intelligence is, and how to use it responsibly and ethically. Learn to be world-class leaders as you understand the importance of branding, the basics of marketing, basic accounting, and the importance of budgeting. You will also learn about sales and the importance of excellent customer service. This is a launchpad for the entrepreneurs of tomorrow! Join us and find out what happens when you combine AI technology with your awesome creativity!

Sign up for both and staying a full day!

Location: Freeman Kennedy School

Fee: \$189 per session OR \$339 for both programs

MS. JEN'S ART WEEKS

=> Sign up by the week
=> At Freeman Kennedy School

BRIFTY KIDS

MONDAY- THURSDAY: 9:30am-3:30pm
ENTERING GRADES 1 - 7
WEEK 1: June 24 - 27

Fee: \$199



If you like making crafts, getting creative and using lots of art supplies, this is the club for you! Join us in creating all new crafts using wood, ceramics, fabric, clay, painting and more!

THEME DAYS!

MONDAY- WEDNESDAY: 9:30am-3:30pm
ENTERING GRADES 1 - 7
WEEK 2: July 1 - 3

Fee: \$169

Monday 7/1 - Swiftie Day!

Shake off the school year and celebrate summer and T. Swift! Friendship bracelets, album cover coasters, karaoke and more!

Tuesday 7/2 - Mindful Arts

Dive into some yoga, meditation, abstract art, sensory games and musical exploration!

Wednesday 7/3 - Party in the USA

Celebrate red, white and blue style with crafts, games and old fashioned fair contests!

I LOVE THE 80's WEEK



MONDAY- THURSDAY: 9:30am-3:30pm
ENTERING GRADES 1 - 7
WEEK 3: July 8 - 11

Fee: \$199

Travel back to the most retro and tubular times, the 1980's! We will be exploring not only retro art techniques but also music, entertainment, dance, fashion and inventions! Act in an old-school game-show, invent your own retro toy, rock out to some 80's jams and much more!

DOUBLE FEATURE ART

CANVAS CREATIONS & WILD n WACKY

MONDAY- THURSDAY: 9:30am-3:30pm
ENTERING GRADES 3 - 7
WEEK 4: July 15 - 18

Fee: \$199

Get the best of two Art Programs in one! Join us as we learn painting techniques with ALL NEW themed canvas creations every morning, followed by some ALL NEW Wild n Wacky art, obstacles, relays, games and more!

SUNSHINE, SAND & WAVES

MONDAY- THURSDAY: 9:30am-3:30pm
ENTERING GRADES 1 - 7
WEEK 5: July 22 - 25



Surfs up! Join us for a week long beach trip full of crafting, games and acting! Explore mythical ocean creatures, islands, and good old summer fun at the beach through art!

Location: Freeman Kennedy School, Room TBD
Fee: \$199

LIGHTS, CAMERA, ACT: SUMMER STAGE!

BROADWAY BOUND

Instructor: Ms. Jen Callej
ENTERING GRADES 1 - 7
MONDAY-THURSDAY: 9:30am-3:30pm
WEEK 6: July 29 - August 1

Let's get DRAMATIC and MUSICAL! Spend the week learning all about musical theatre, singing, show-tunes, dancing, acting and more! Through games, teamwork and exploration, we will have a blast putting together some entertaining snippets of Broadway's best!

Location: Freeman Kennedy School Fee \$199

PLAYHOUSE THEATRE

Instructor: Ms. Jen Callej
ENTERING GRADES 3 - 7
MONDAY-THURSDAY: 9:30am-3:30pm
WEEK 7: August 5 - 8



Do you love creating your own characters and scenes with others? Maybe coming up with props and costume guides? In this LCA week, we will be learning and writing simple scripts in groups, constructing a fun costume book, playing acting games and even having a little Broadway fun!

Location: Freeman Kennedy School Fee: \$199

NCTV STOP MOTION ANIMATION

Ages 9-12 MONDAY-FRIDAY: 9:30am-12pm
Week 6: July 29-August 2

Join the NCTV staff for their week long Stop Motion Animation program this summer! During this program you will learn storyboarding and planning, set design and creation, stop motion animation techniques, filming, sound effect creation, and basic editing. The videos will be seen on NCTV's channels as well as YouTube™. No experience necessary!



Location: NCTV Studio, 158 Main St., Norfolk, MA
Maximum Participants: 7 Fee: \$89 per week

TOP SECRET SCIENCE!

Instructor: Mass Science Center

Come join one of these very cool and fun summer programs! Over the past 30 years, Top Secret Science (www.TopSecretScience.org) has worked hands-on with over 1.5 million local children. Each day the kids will



explore up to 20 weird and wacky hands-on science experiments and will make and take home at least 10 different projects. The

scientists are fast paced and funny and your kids will be thoroughly entertained (they'll even learn some interesting things too). Be prepared for lots of fun stuff. Each child receives a Free Top Secret Science Tee Shirt! Hope to see you there!!

Entering Grades K-5

WEEK 1: June 24-28, Monday-Friday

WEEK 4: July 15-19 Monday-Friday

Time: Choose 1/2 day (9-12pm) or full day (9-3pm)

At least 50% of the experiments will be new if your child attended last summer!

Location: Freeman Kennedy School

Fee: 9am-12pm: \$189, 9am-3pm: \$329



CHESS WIZARDS



Ages: 6-12

Instructor: Eugenia Shilnikova

WEEK 8: M-F August 12-16 Time: 9:00am-12:00pm

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Included are fun team chess games (like Corner Chess), recess time, snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend part of your vacation with Chess Wizards!

Location: Millis Town Hall, Room 130

Fee: \$225

INTRO TO PIANO

Instructor: Ivy Music Academy

Ages 6-9

TUESDAYS: 4:30-5:30 pm

July: 7/9, 7/16, 7/23, 7/30

August: 8/6, 8/13, 8/20, 8/27



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



Softball



K-4 SUMMER CLINIC

We are excited to offer a new softball clinic for girls just learning the sport. All experiences level welcome, even those with no experience!

This clinic be taught by current college level players who developed their skills while playing Norfolk Girls Softball.

These players are excited to be able to introduce the sport they love to the next generation.

Monday & Tuesday evenings this summer on the Freeman Kennedy Softball fields!

More details online!



JR. WARRIOR FLAG FOOTBALL

With KP's Head Football Coach Lee and staff

Entering Grades 2-8 Choose 1 or more weeks!

Dates: 6/24-6/28, 7/8-7/12, 7/15-7/29, 7/22-7/26
Monday-Friday **Time:** 9:00-2:30pm

At the Jr. Warrior Flag Football Camps, our main goal is for kids to have fun playing football! That being said, campers will also learn basic skills such as; catching, throwing, route running, lineman skills, form tackling (using the bags and shields,) punting, and even get to try some field goals! This year we will be implementing Wacky Wednesdays and multiple sports into our weeks! We all love football at the Jr WARRIOR Camps but it is the relationships and values that football and sports have brought into our lives that we are truly passionate about sharing. Most of our staff are alums of the camp and excited to work with our future Jr. Warriors!

Fee: \$289; 5/1 & After: \$339

Multi-camper and multi-week discounts available!

Location: King Philip HS Athletic Fields



TO REGISTER GO TO:

www.kpsportscamps.com



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SUMMER FIELD HOCKEY



Entering Grades 3-9
KP Head Coach Kaitlyn Wilder,
KP Staff & Players
WEEK 8: August 12-15
MONDAY-THURSDAY:
9:00am-12:30pm



Join the King Philip Coaching staff along with KP Field Hockey Players, to learn the fundamental skills of field hockey in this fun-filled summer program. As players progress, so do drill levels. Emphasis will be on the development and refinement of good stick work, passing, shooting, receiving and defensive skills. Program will include a warm-up and cool-down, instruction, conditioning, scrimmages and more. Players receive a ball and pinnie (size required when registering)!

Different themes each day. The theme for Day #1 is Go KP! USA, Hawaiian and Neon themes will follow!

Please bring a healthy snack and lunch (peanut/tree nut free), a mouth guard, shin guards and plenty of water. Wear sneakers and bring cleats. Goggles now optional.

Location: KP High School Turf field
Fee: \$160/1st player, Siblings: \$95 each

CHECK OUT SPRING CLINICS on Page 11

**KP SPORTS CLINICS SUPPORT
KING PHILIP TEAMS! Thank you!**

COMMONWEALTH FIELD HOCKEY LEAGUE

Teams: Grades 1/2, 3/4, 5/6 & 7/8
FALL 2024 Games:
Saturdays Sept. 7 - Nov. 2

PLAYERS MUST REGISTER BY JULY 12th!
Teams must be registered w/ League by 7/13!



The goal of this league is to foster the development of field hockey by providing a structured league for the up-and-coming K.P. players that is friendly yet competitive. Join in and have fun, be part of a team, and gain valuable game skills! Game schedule released late August. Games and practices will be at Freeman Kennedy School in Norfolk, KP High School or Forekicks.

More information coming soon.

Registration Fee: \$159 per player

Uniform Fee: \$TBD

NEW THIS YEAR: Players will purchase their own field hockey top with our new design!

GIRLS LACROSSE CLINIC



Entering Grades 3-9
KP Head Coach Kourtnie Webster,
KP Staff & Players
WEEK 1: June 24-26
MONDAY-WEDNESDAY: 6:00-8:00pm

Come join the KP's Varsity Coach, staff, and KP Players to learn stick work, ground balls, dodging, and game play. Throughout the clinic players will rotate through stations to develop and improve skills. Mini games will also be played. This clinic is suitable for all abilities. Please bring a stick, goggles and mouth guard along with sneakers and turf cleats. Please bring lots of water, a healthy snack (peanut-free please), and apply sunscreen prior to arriving. Different themes each day.

Day #1 is 'GO KP!' USA, Hawaiian and Neon themes will follow!

Location: King Philip High School Turf field

Fee: \$195 per player

BOYS BASKETBALL CLINIC

For Boys Entering Grades 4-9
With K.P. Varsity Coach Dave DeStefano,
K.P. players, and Staff



WEEK 4: July 15-18 M-TH: 9:00am-2:00pm



Join Varsity Coach Dave DeStefano, the KP boys basketball coaching staff, and KP players for 4 instructional and fun days on the court. This program will focus on developing basketball IQ, offensive skills, and defensive concepts through game-based drills. The staff will help players reach their goals throughout the week and give them tangible ways to reach their goals in the long term. This overall program and clinic strives for a positive, fun, and educational experience.

Each player receives a t-shirt!

Location: KP High School. Check-in/out in main lobby.

Fee: \$175/1st player, Siblings: \$95

If boy/girl siblings sign up for respective clinics, please register one as 1st child, and other as 'sibling' in the other program w/ a note.

GIRLS BASKETBALL CLINIC

For all K.P. Girls Entering Grades 4-9
With K.P. Varsity Coach Jeff Miszkiewicz,
K.P. Players and Staff



WEEK 1: June 24-27 MON-TH 9am-2:00pm

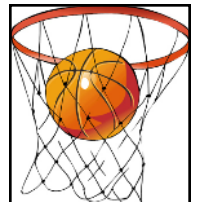
Join Jeff Miszkiewicz, King Philip's Varsity Coach, the coaching staff along with the KP players, for a fun and instructional week of basketball. This program will focus on developing basketball IQ, offensive skills, and defensive concepts through game-based drills. The staff will help players reach their goals throughout the week and give them tangible ways to reach their goals in the long term. This overall program and clinic strives for a positive, fun, and educational experience. Each player receives a t-shirt!

LOCATION: At King Philip High School.

Check-in and check-out in main lobby.

Fee: \$175/1st player, Siblings: \$95

If boy/girl siblings sign up for respective clinics, please register one as 1st child, and other as 'sibling' in the other program with a registration note.



BRAZILIAN UNITED SOCCER

WEEK 1: Monday-Friday; June 17-21

The Brazilian Soccer summer camp is about learning, having fun, and being awesome together, along with creating a safe and enjoyable experience. Participants gain fun and memorable soccer experiences, enjoying freestyle sessions and cultural exposure in a meticulously organized camp rooted in Beyond Soccer philosophy and Brazilian flair. Our main goal is to foster growth, prioritize individual attention, and provide dedicated care for your child's development both on and off the field.



Prices & times vary by age

Location: Pond Street Field Complex

For more information and to register go to:
brazilianunited.com/norfolk-recreation-ma/

register now

Norfolkrec.com

F.A.S.T. ATHLETICS

MINI SPORTS Ages 3-6

MONDAY-THURSDAY, 9:00am-12:00pm

WEEK 1: 6/24-6/27

WEEK 6: 7/29-8/1

WEEK 7: 8/5-8/8

Calling all three to six-year olds! Are you ready to have some fun playing soccer, basketball, t-ball and more? Children will be eased into learning the basics of all these great games, as well as learning the importance of team work! This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and basketball. Bring at least 2 waters, a healthy snack and apply sunscreen in advance. Friday will be used as make-up day if needed.

Location: Pond Street Complex

Fee: \$137

ALL SPORTS Ages 7-12

MONDAY-FRIDAY, 9:00am-12:00pm

WEEK 1: 6/24-6/28

WEEK 6: 7/29-8/1



Get up, get going, get active with a F.A.S.T. Athletics All Sports! A variety of sports will be offered including the classics such as Soccer, Basketball, Baseball and an introduction to Flag Football as well as games like Ultimate Frisbee. All F.A.S.T. programs include proper stretching and warm-up games, as well as learning basic skills of each sport. Each day will end with a fun Round Robin Tournament. Join the experienced team of F.A.S.T. for a great sports week. **Bring at least 2 waters**, a healthy snack and apply sunscreen in advance. An extra t-shirt and towel are recommended. We will play outside if light rain.

Location: Pond Street Complex

Fee: \$169

FLAG FOOTBALL Ages 7-12

MONDAY-FRIDAY, 9:00am-12:00pm

WEEK 7: 8/5-8/9



Come learn and play the great game of Football but without the tackling. Learn game strategies, catching techniques, and, most importantly, how to work together as a team. Play in situational activities including Red Zone Defense, Fourth and Inches, plus the QB Challenge as they learn the importance of teamwork along with sportsmanship. Each day will end with a simulated game broken down into 4 quarters. Join us for one or both weeks. Groups will be separated by age/experience. Join us and have fun, gain experience and get in shape for fall football!

Bring at least 2 waters, a healthy snack and apply sunscreen in advance. We will play outside if light rain.

Location: Pond Street Recreation fields.

Fee: \$169

CHALLENGER SPORTS

BRITISH SOCCER CLINIC!!

With 1 hr., 1/2 day and full day options for ages 3-14

WEEK 5: July 22-26 MONDAY-FRIDAY

Ages 3-6: 8-8:45am Fee: \$95 (\$115 after 6/21)

Ages 7-14: 9am-12pm Fee: \$190 (\$220 after 6/21)

Ages 7-14: 9-3pm Fee: \$240 (\$280 after 6/21)

At Pond Street Soccer Fields, 33 Pond Street, Norfolk

Register directly at:

[https://challenger.configio.com/pd/249532/norfolk-recreation-department?](https://challenger.configio.com/pd/249532/norfolk-recreation-department?m=0&zip=02056&zipdis=30&returncom=productlist&source=search)

[m=0&zip=02056&zipdis=30&returncom=productlist&source=search](https://challenger.configio.com/pd/249532/norfolk-recreation-department?m=0&zip=02056&zipdis=30&returncom=productlist&source=search)

All players get a t-shirt, ball, evaluation & poster.

Register by JUNE 21 to get an awesome jersey!!

==>AVOID \$10 LATE FEE *REGISTER BEFORE JULY 12***

Join CHALLENGER SPORTS for some soccer fun this summer! Each age group will learn and practice the FUNdamental skills of the game through a series of challenges and skill-building activities covering areas such as passing, dribbling, controlling the ball, turning, boundaries of play and scoring in the right goal!

Ages 7-14 will have coached games.

For the youngest players, there is more emphasis on the basics. Key skills will be developed through various themes and use of the imagination to create a high-energy and positive learning environment.



FC PUMA SOCCER AGES 5-14

WEEK 8: Monday-Friday; August 12-16

Times vary based on age.

FC Puma Soccer Academy is returning to Norfolk for another year! For information, ages, pricing and to register, go to:

www.fcpumasocceracademy.com

If you have any questions, please call Christian Battaglia at 603-313-1819 or email him at fcpuma23@gmail.com.





SKYHAWKS



MINI HAWK

Ages 4-7

MONDAY-FRIDAY, 9:00am-12:00pm

PRE-WEEK: 6/17-6/21 (NO PROGRAM ON 6/19)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Location: Freeman Kennedy Field Complex

Fee: \$137



BEGINNING GOLF

Ages 6-9

MONDAY-WEDNESDAY, 9:00am-12:00pm

WEEK 2: 7/1-7/3

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided. Participants may NOT bring their own equipment.

Location: Pond Street Field Complex

Fee: \$99

STEM & PLAY VOLLEYBALL

Ages 10-14

MONDAY-FRIDAY, 9:00am-12:00pm

WEEK 3: 7/8-7/12



This program combines strategic STEM-based activities with traditional Skyhawks volleyball instruction and a focus on life skills such as teamwork and sportsmanship. The STEM Sports® volleyball curriculum enables students the opportunity to get behind the sport they love with modules centered around innovation and technology. Subjects include calculating contact time, optimal serving speed, the science behind serving and more! Participants will also learn the fundamentals of passing, setting, hitting and serving through skill-based drills and scrimmages. Skyhawks puts the Sports in STEM.

Location: Pond Street Field Complex

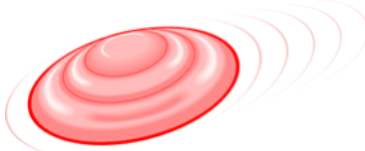
Fee: \$169

ULTIMATE SPORTS

Ages 7-12

MONDAY-FRIDAY, 9:00am-12:00pm

WEEK 4: 7/15-7/19



Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For this program, our patient and knowledgeable staff play a variety of fast paced, cooperative team games focused on hand eye coordination. Proper throwing and catching techniques are taught and practiced while learning the games of Ultimate Frisbee, Ultimate Handball, Ultimate Football, and various versions of Capture the Flag.

Location: Pond Street Field Complex

Fee: \$169

FOR ALL SKYHAWKS SUMMER PROGRAMS:

Participants should bring multiple water bottles, two snacks, sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

LEARN TO SKATE - SUMMER

Ages 3+ Instructor: Norfolk Ice Arena

Summer Session 1 (Per Norfolk Ice Arena Schedule):
Tuesdays: 5:00pm, 6/18 - 7/23

Summer Session 2 (Per Norfolk Ice Arena Schedule):
Tuesdays: 5:00pm, 7/30 - 9/3

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 Norfolk Rec and we register you with the Norfolk Ice Arena

Location: Norfolk Ice Arena **Fee:** \$135

FOREKICKS SUMMER GOLF CLINICS

Grassroots Golf Clinics for Ages 4 & 5

Micro Golf Clinics for Ages 6 & 7

Junior Golf Clinics for Ages 8 - 15

Adult Golf Clinics for Ages 16 & up

Location: ForeKicks, 10 Pine Street, Norfolk

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



SUMMER GOLF PROGRAMS AT MAPLEGATE C.C.

With PGA Pro Greg Dowdell & USGTF Pro Kevin Weldon

JUNIOR PROGRAMS

GOLF FOR TODDLERS (ages 1-4)

TRY GOLF (ages 5-12)

4-DAY JUNIOR GOLF ACADEMY (ages 9-17)

ADULT PROGRAMS

AFTER WORK ADULT GROUP LESSONS

WOMENS ONLY AFTER WORK LESSONS

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

SUMMER YIN YOGA *With Gail Taylor*

THURSDAYS: 10:00 - 11:00am

DATES: 6/27, (NO 7/4), 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29

Yin Yoga is a slow-paced and gentle style of yoga that works with very basic postures to increase mobility, mobilize, stretch and hydrate the body's extensive fascial network and invite the practitioner into a deeply meditative internal space. Great for all levels! **Please bring yoga mat. Other equipment supplied.**

Gail has been teaching yoga for 20 years and holds several certifications.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$80

Minimum: 7 / Maximum: 12



SUMMER COMBO CLASS W/ NANCI!!!

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

All days: 1 hour/week for 6 weeks

Wednesdays: 7/10, 7/17, 7/24, 7/31, 8/7, 8/14

Time: 6:30-7:30pm

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. Bring a towel or mat.

Location: Town Hall Multipurpose Room

Fee: \$45



Wentworth Hills Summer Golf Programs

With Bruce Hamilton & Denis Amico of Golf Smart

Junior Golf Clinics

Tuesdays (J-3): 6/4-6/25, 5:00-6:00pm

Saturdays (J-4): 6/8-6/29, 10:30-11:30am

Tuesdays (J-5): 7/9-7/30, 5:00-6:00pm

Fee: \$154

Adult Golf Clinics

Wednesdays (A-6): 6/5-6/26, 5:00-6:00pm

Wednesdays (A-7): 6/5-6/26, 6:00-7:00pm

Saturdays (A-8): 6/8-6/29, 9:00-10:00am

Tuesdays (A-9): 7/9-7/30, 6:00-7:00pm

Wednesdays (A-10): 7/10-7/31, 5:00-6:00pm

Wednesdays (A-11): 7/10-7/31, 6:00-7:00pm

Fee: \$194

CLASSES FILL QUICKLY- REGISTER ASAP!

NORFOLK OUTDOOR ESCAPE

(FORMERLY 'THE OUTDOOR PROGRAM')

NOW FOR GRADES K-6 *THEMED WEEKS*

NEW EXTENDED DAY OPTION!

AT THE FREEMAN-KENNEDY FIELDS

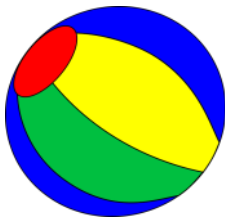
Monday–Thursday: 9:00am–3:00pm

FEE: \$139 per week OR ALL 7 WEEKS: \$799

EXTENDED DAY: 3:00–4:00PM DAILY

(held in the Freeman Kennedy gym)

FEE: \$30 per week OR ALL 7 WEEKS: \$175



WEEK 1: JUNE 24–27

WEEK 2: JULY 1–3 (MON–WED \$109/WK)

WEEK 3 JULY 8–11

WEEK 4: JULY 15–18

WEEK 5: JULY 22–25

WEEK 6: JULY 29–AUG. 1

WEEK 7: AUG. 5–8



SUPERHERO WEEK

“HAPPY BIRTHDAY USA!” WEEK!

DEEP SPACE EXPLORATION WEEK

DEEP SEA DISCOVERY WEEK

OLYMPICS WEEK

ANIMAL ADVENTURES WEEK

END OF THE SUMMER CELEBRATION WEEK

Join us this summer for a ton of fun at the Norfolk Outdoor Escape; a summer experience that is sure to include something for all! Our staff will deliver a variety of supervised sports, games, crafts, science, drama, and other exciting summer time activities to your K - 6th graders . PROGRAM STAFF ARE CERTIFIED IN CPR & FIRST AID AS WELL AS EPIPEN & AED USE. In addition to classic summer fun there will be themed weeks with special activities, tie-dye, Legos™, waterslides, Ice Cream Truck days and more! On the warmer days we will include additional water based activities like slip n' slides as well as utilizing the Freeman Kennedy gymnasium to help us stay cool.

We are looking forward to welcoming back familiar faces as well as treating new ones to an unforgettable summer experience!

Since our indoor facility availability is limited children must be picked up when it is raining steadily or if there is any thunder/lightning. The program will not run in inclement weather.



OPTIONAL FIELD TRIP FRIDAYS!!!

Field Trips are OPTIONAL, have an additional fee, and require separate registration due to space limitations.



Add a field trip to make it a 5-day week!

- ◆ The field trip schedule will be available online prior to registration.
- ◆ Field trips are for participants who are registered for the program the week of the trip ONLY.
 - ◆ The regular program DOES NOT RUN on Fridays; just the field trips.
 - ◆ All drop-offs and pick-ups for field trips will be at the Freeman Kennedy parking lot.

L.I.T. (Leadership-In-Training) Program Gr. 9-11

Do you have a teenager that always loved camp, enjoys kids, and being with others? Our Leadership-in-Training program will help teens gain the necessary knowledge, confidence, and experience to be inspiring role models, mentors, and leaders! Our program will emphasize the important aspects of solid teamwork including communication, organization, responsibility, and initiative. Our program will help inspire your teenager to be their best whether they want to be that creative and fun counselor that all the kids go home and talk about to their parents or simply gain the confidence and skills needed in their fast-paced world. L.I.T.'s will gain hands on experience while working with kids in the grades K - 3 Norfolk Outdoor Escape at Freeman Kennedy as well as working together on team building exercises and challenges. L.I.T.'s will also get experience with important topics including job interviews, behavior management, inclusion and diversity, problem solving, conflict resolution and much more.



DATES & FEES: 9am-3pm Monday -Thursday

FEE: \$75 per week

WEEK 1: JUNE 24-27

WEEK 2: JULY 1-3

WEEK 3: JULY 8-11

WEEK 4: JULY 15-18

WEEK 5: JULY 22-25

WEEK 6: JULY 29-AUGUST 1

WEEK 7: AUGUST 5-8



THERE ARE LIMITED L.I.T. SPACES AVAILABLE PER WEEK

L.I.T. applications will be available online on March 4th.

Applications are due by Friday, April 12th. Interviews held in early May.



CO-ED FLAG FOOTBALL FOR GRADES K-6!

FALL 2024

REGISTRATION STARTS

APRIL 1st 8:00am



For more details & to register go to

NORFOLKREC.COM

RECREATION@NORFOLK.MA.US 508-520-1315

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

POSTAL PATRON
NORFOLK, MA 02056

COMMUNITY EVENTS!

Garden Club of Norfolk

2024 Spring Plant Sale
Saturday, May 18
9AM-Noon



(Rain Date: May 19, 12-3pm)
On the Town Hill

Norfolk Memorial Day Parade & Service

Monday, May 27th, 8:00am
& Norfolk Lions Field of
Flags



Saturday, May 25th
12:00pm
on Town Hill



NORFOLK



SATURDAY, JUNE 15
11am-4pm

Holmes Transportation
22 Myrtle St.

Come join a day of family
fun, free rides, games, food,
& entertainment,
antique cars,
giveaways, &
lots more!



The Friends of the Norfolk Public Library are pleased to bring you another great

BOOK & BAKE SALE



Freeman-Kennedy School, 70 Boardman Street, Norfolk, MA
Saturday April 20, 2024 from 9 am to 3 pm

Friends Only Preview & Sale – April 19, 2024 ~ 6:00 pm – 9:00 pm

Cash, checks or credit cards are accepted (MC, Discover/Visa)

All proceeds used to support programs and services of the Norfolk Public Library

For more information: www.norfolkmalibraryfriends.org

*The small town with the very **BIG** book sale!*

**NORFOLK'S 15th ANNUAL
CLEAN & GREEN EVENT!**
SATURDAY, APRIL 6TH



Pick up litter from any
street or public place
in Norfolk any time that
day or during the prior week
and drop off at the Grange on 4/6
between 9:00am and 3:00pm!



Sponsored by the Norfolk Grange



REGISTER TODAY!
ANNUAL EARTH DAY
CHARLES RIVER
CLEANUP !

Sponsored by the Charles River Watershed Assoc.

April 20, 2024
10AM—12 PM

Norfolk locations available!
crwa.org/cleanup

Norfolk Recreation
(508) 520-1315
1 Liberty Lane
Norfolk, MA 02056

