

# NORFOLK RECREATION

## SPRING & SUMMER 2025

REGISTRATION OPENS  
WEDNESDAY, MARCH 5 @ 12:30 PM

Register at **NORFOLKREC.COM**



# NORFOLK COMMUNITY DAY

## Saturday, June 14, 11-4pm

*Followed by an evening of music, entertainment &*

# FIREWORKS

Foodtrucks  
 Starting @  
 6:00pm



## & Food Trucks at Freeman-Kennedy Fields

### SUMMER CONCERTS

THURSDAYS on Town Hill  
 6:30pm-8pm

- JUNE 26: The Reminisants
- JULY 3: SE New England Community Band
- JULY 10: Heartland Radio
- JULY 17: Ocean Breeze
- JULY 24: FSPA's Electric Youth
- JULY 31: Pub Kings
- AUG. 7: BC & Co.

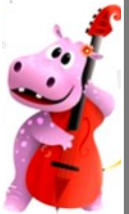


CONCERTS SPONSORED BY  
 NORFOLK RECREATION &  
 NORFOLK'S CULTURAL COUNCIL

### TUNES FOR TOTS

TUESDAYS 5:45-6:45 PM ON TOWN HILL  
 RAIN LOCATION: INSIDE LIBRARY  
 Thanks to our sponsors: Norfolk Lions, SEPAC, C & C Ice Cream,  
 Norfolk Community League, & Exhale School of Dance!

- JUNE 24: Jungle Jim
- JULY 1: Toe Jam Puppet Band
- JULY 8: Rolie Polie Guacamole
- JULY 15: The BaNannies
- JULY 22: BenAnna Band



SEE BACK COVER!



Easter Egg Hunt & NCL's Easter Bunny Breakfast Sat., April 12!  
**More Community Events on Pages 3, 27, & 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](http://NorfolkRec.com)**  
**Email: [recreation@norfolk.ma.us](mailto: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](http://NorfolkRec.com). Registration by mail or in-person requires a completed paper registration form (which can be found at [NorfolkRec.com](http://NorfolkRec.com) or in the office) along with payment by check or cash. Registrations mailed in early will be NOT be processed early. Advance Registration is required for all programs unless noted.

**Registrations are not transferable.**

**=> MasterCard, Visa & Discover accepted online.**

**=> ONLY Checks and cash are accepted in the office.**

## REGISTRATION CONFIRMATION

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

## WAITLISTS

If a program is full, please add your child's name to the waitlist if the program is for them, or your name, if the program is for you. If a spot opens up, those 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 more than 7 days notice, if we can fill your spot from our waitlist, a refund will be given less a processing fee, but this takes time. The Complete **REFUND POLICY** is on Recreation's page on the Town of Norfolk's website: [norfolk.ma.us](http://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.

## => **BE SURE TO OPT-IN!**

**In your recreation account opt-in to email and text notifications so you don't miss cancellation notices and welcome emails!**

**Please make [recreation@norfolk.ma.us](mailto: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. Participants will be notified if snacks need to be further restricted.

## **PROGRAM CANCELCATION POLICY**

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

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

## **RETURNED CHECK FEE**

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

## **OUTSTANDING BALANCES:**

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

## **PHOTOGRAPHS-Social Media/Advertising**

Photographs of participants may be posted on Social Media (no names) and/or sent to newspapers and used in print media.

**If you do not want your child's photograph publicized,** please note when registering.

## **PROGRAM & PARK LOCATIONS**

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

## **ATHLETIC FIELD USE:**

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

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

# COMMUNITY DAY

**Saturday, June 14!**



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 much more!



## FIREWORKS



Enjoy a quintessential new England evening: Come early, bring your chairs, relax with friends and neighbors, play cornhole, savor the variety of delectable food offered by *Thankque BBQ*, *Mike & Lenny's Pizza*, *Trolley Dogs*, *Pete's Pushcarts*, *Hometown Poki*, *BerrySweets* and our very own *C&C Ice Cream!*



Enjoy live music by Mike Tarara and his band, *Music Matters*, be entertained by Fire Dancers and end the night with an awe-inspiring fireworks show at 9 pm!

### THANKS AGAIN TO OUR 2024 SPONSORS!

- \* East Coast Fireproofing Co., Inc. \* Long's Jewelers \*
  - \* OneLocal Everyday Banking \*
  - \* LDS Construction \* MF Landscape \* Patriot Field Hockey Club \*
  - \* Affluent Auto Studios \* Norfolk Lions Club \* Law Office of Justin Puhlick \*
  - \* Kevin Kalkut for State Representative \* The Taglienti Family \*
  - \* Loughlin Electric \* Mr. Fence \* S.M. Lorusso & Sons, Inc. \* Bill Donovan \* The Consiglio Family \*
  - \* Heirloom New England \* Kathy Taft \*
- \* And to all of our other supporters! \*

**Norfolk**  
RECREATION

**SUPPORT NORFOLK'S OWN SLICE OF AMERICANA!**

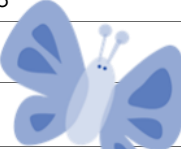
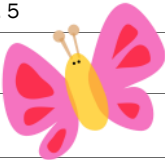
**For sponsorship opportunities:  
go to [norfolkrec.com](http://norfolkrec.com) or email [recreation@norfolk.com](mailto:recreation@norfolk.com)**



# SPRING PROGRAMS AT-A-GLANCE

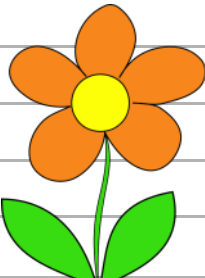
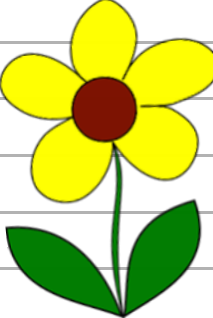
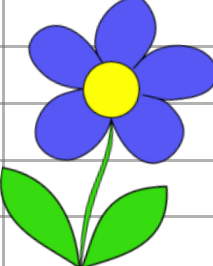

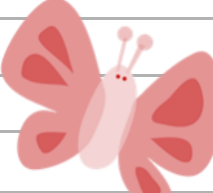


## INFANT & PRE-K PROGRAMS

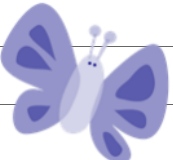
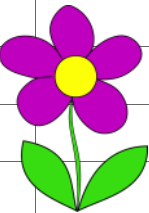
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Hands-On Music 6 mos. - 5 yrs Pg. 5	Practicing Preschool w/ Ext. Day Option 2 - 3+ yrs. Pg. 5	L'il Scientists 3 - 5 yrs. Pg. 5	Practicing Preschool w/ Ext. Day Option 2 - 3+ yrs. Pg. 5	Krafty Kiddos 2 - 5 yrs. Pg. 6	1,2,3 Soccer 2 - 5 yrs. Pg.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

## SCHOOL-AGE PROGRAMS

April Vacation with Ms. Jen - Pg. 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Karate/Stranger Danger Grades K - 6 Pg. 7	Zoombinis Grades 3 - 6 Pg. 7	Karate/Stranger Danger Grades K - 6 Pg. 7	Coding with Makey Makey Grade 2 Pg. 7	Friday Night Kids Club Grades K - 6 Pg. 4	Card Trading Workshop Grades 2 - 6 Pg. 8
After School Tennis 6 - 11 yrs. Pg. 9	Crafters Corner Grades 3 - 6 Pg. 7	Home Alone Safety Grades 3 - 6 Pg. 8	FK Morning Show Grades 4 - 6 Pg. 8	Paint Nights Grades 1 - 7 Pg. 7	Learn to Skate 3+ yrs. Pg. 10
NEFC Soccer Academy 6 - 8 yrs. Pg. 9	Abstract Art Grades 3 - 6 Pg. 7	After School Tennis 6 - 11 yrs. Pg. 9	F.A.S.T. Super Sports Grades K - 1 Pg. 9	Wicked Workshop Grades 1 - 7 Pg. 7	KPW Youth Hockey Free Skate Night Pg. 10
FK Morning Show Grades 4 - 6 Pg. 8	FK Morning Show Grades 4 - 6 Pg. 8	PKRC Coed 2K Club 5 - 8 yrs. Pg. 9	PKRC Run & Mindfulness Ages 4+ Pg. 9	F.A.S.T. Super Sports Grades 1 - 2 Pg. 9	KP Youth Field Hockey Grades K - 6 Pg. 11
PKRC Coed 5K Club 8+ yrs. Pg. 9	Cupcake Decorating Ages 8+ Yrs. Pg. 8	PKRC Coed 5K Club 8+ yrs. Pg. 9		F.A.S.T. Flag Football Grades 3 - 6 Pg. 9	Master Field Hockey Clinic Grades 4 - 7 Pg. 11
Vamos! Hands-On Music Ages 4-7 Pg. 6	BLAST Babysitting & CPR Grades 7 - 8 Pg. 8	Skyhawks Beginning Golf Age 4 - Grade 2 Pg. 10			College App Process Grades 9 - 11 Pg. 12
	Intro To Piano 6 - 9 yrs. Pg. 9	Skyhawks Golf Sampler Grades 3 - 6 Pg. 10			
	Skyhawks Basketball Grades K - 6 Pg. 9				
	Learn to Skate 3+ yrs. Pg. 10				
	Learn to Play Hockey 6 - 12 yrs. Pg. 10				
	KP MS Field Hockey Grades 7 - 8 Pg. 11				

## ADULT / FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Pickleball Pg. 13	American Mah Jongg 101 Pg. 12	Intro to Quilting Pg. 12	Intro to Crochet Pg. 12	Intro to Knitting Pg. 12	Adult Paint & Frost Pg. 12
The Combo Class Pg. 14	Messages From Spirit Pg. 12	Pickleball Pg. 13	ZUMBA Pg. 13	The Combo Class Pg. 14	Ladies Light Hike Pg. 14
	ZUMBA Toning Pg. 13	Function Strength Training Pg. 13	Slow Flow Yoga Pg. 13	Happy Dogs Hike Pg. 14	
	Futsal Pg. 14	The Combo Class Pg. 14	Ladies Light Hike Pg. 14		
		Happy Dogs Hike Pg. 14	Your First 5K Pg. 14		
		Estate Planning Basics Pg. 13			



## SPRING GOLF PROGRAMS AT FOREKICKS & WENTWORTH HILLS : PG. 10



## FRIDAY NIGHT KIDS CLUB FOR K-6: MAY 2 &/OR MAY 30

Grab yourself a night out on the town from 6-10pm 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 add'l sibling) - Pizza dinner included.

## HANDS-ON MUSIC with Ms. Viviana

6 Months - 5 Years with Adult

Instructor: Viviana Vilches

**MONDAYS:** 4/14, (NO 4/21), 4/28, 5/5, 5/12, 5/19, (NO 5/26), 6/2, 6/9, 6/16

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

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

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

**TUESDAYS:** 4/1, 4/8, 4/15, (NO 4/22), 4/29, 5/6, 5/13, 5/20, 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

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:** \$139

**Min/Max:** 5/12

**ATTN: 9:30am & 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: 9:30-11:30am**

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

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

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

**Location:** Freeman Kennedy School SACC Room

**Fee:** \$139



## PRACTICING PRESCHOOL

2 - 3+ Years

1.5 Hour Drop-Off Program

Instructors: Emily Spiller & Regina Lodola

**TUESDAYS: 9:30-11:00am**

**DATES:** 4/29, 5/6, 5/13, 5/20, 5/27, 6/3

**THURSDAYS: 9:30-11:00am**

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

**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—Enter Door #21 (closest to large playground)

**Fee:** \$139



**Max. Participants:** 12

**EXTENDED DAY for Practicing Preschool**

Instructors: Emily Spiller & Regina Lodola

**TUESDAYS: 11:00am-12:00pm**

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

**THURSDAYS: 11:00am-12:00pm**

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

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: Tue.** \$79; **Thurs.** \$89

**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**

**DATES: 5/3, 5/10, 5/17, (NO 5/24), 5/31, 6/7**

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

**Please dress for mess!**

**A HANDS-ON CLASS  
FOR BOTH CHILDREN & PARENTS!**

**Location:** Norfolk Town Hall

**Fee:** \$69



## KRAFTY KIDDOS

**Ages 2-5 yrs. DROP OFF**

Instructor: Denise Foley & Staff

**FRIDAYS: 9:30-11:00am**

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

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

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

**Location:** Freeman Kennedy School

**Max Enrollment:** 12

**Fee:** \$119



## MINI-ARTISTS

**Ages 3.5 - 5 years DROP OFF**

Instructor: Ms. Jen Callej

**Thursdays: 5/1, 5/8, 5/15, 5/22, 5/29, 6/5 OR**

**Fridays: 5/2, 5/9, 5/16, (NO 5/23), 5/30, 6/6, 6/13**

**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!

*Children must be fully potty trained.*

**Location:** Town Hall Multipurpose Room

**Fee:** \$89



## 1, 2, 3 SOCCER DEVELOPMENT

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

**Ages 2 - 5 years**

**SATURDAYS: 5/3, 5/10, 5/17, (NO 5/24), 5/31, 6/7**

**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:** \$99



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

**Ages 4 - 7 years with Adult**

Instructor: Viviana Vilches

**MONDAYS: 4:00-5:00pm**

**DATES: 4/14, (NO 4/21), 4/28, 5/5, 5/12,  
5/19, (NO 5/26 & NO 6/2), 6/9, 6/16**

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

**Location:** Norfolk Town Hall Multipurpose Room

**Fee:** \$145

**Min/Max:** 5/12



## SKYHAWKS MULTI-SPORT TOTS

Instructor: Skyhawks

**Ages 3.5-5yrs**

**Tuesdays: 2:00-2:45pm**

**Dates: 4/15, (NO 4/22), 4/29, (NO 5/6),  
5/13, 5/20, 5/27, 6/3**

Begin an athletic journey with Multi-SportTots! This program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. This engaging introduction to multiple sports is packed with learning and teamwork! A variety of different sports will be experienced during the program.

**Location:** Town Hall Multipurpose Room

**Fees:** \$109



# 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. Stranger Danger is also addressed. Spectators are always welcome! Participants are welcome to study at the home studio in Manville, RI.

**Location:** H. Olive Day School Gymnasium

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

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

## CODING WITH 'MAKEY MAKEY'™

**for 2nd Graders** Instructor: Ellen Horton,  
Technology Integration Specialist

**THURSDAYS: 3:15-4:15 pm**

**DATES:** 4/17, (NO 4/24), 5/1, 5/8, 5/15, 5/22, 5/29

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 – join us and let the adventure begin. **Location:** H. Olive Day School Library

**Max. Enrollment: 8**

**Fee: \$99**



## ZOOMBINIS

Instructors: Mark Pizzi

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

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

It's the craze! Kids have a blast while developing and improving computational thinking skills playing Zoombinis, an engaging and challenging logic puzzle game. The Zoombinis, small blue creatures each with distinct traits, need your help to escape the evil Bloats and safely travel to Zoombiniville. Students will face a series of 12 puzzles that increase in difficulty, and test and strengthen their logical thinking and pattern recognition skills. Students will participate in hands-on as well as online activities.

Returning children are welcome, but please know winter session topics are repeated! **Location:** F-K School Library

**Max. Enrollment: 20**

**Fee: \$139**



## Workshop: Grades 1 - 7

Instructor: Ms. Jen Callej

**Friday 5/9 OR Friday 5/23: 6-9pm**

Team Elphaba or Glinda? Come listen and sing to all the tunes, paint a Wicked themed canvas, make some sparkle green or pink slime and play some trivia for some special prizes!



**Location:** Town Hall Multipurpose Room

**Fee: \$45**

## TROPICAL SUNSET PAINT NIGHT

**With MS. Jen Grades 1 - 7**

**Friday, June 20, 6-8pm**

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. Fun activities too!

**Location:** Town Hall Multipurpose Rm. **Fee: \$37**



## CRAFTERS CORNER Grades 3 - 6

Instructor: Jen Callej

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

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

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

**Location:** Freeman Kennedy School Art Room

**Fee: \$119**



## ABSTRACT ART Grades 3 - 6

Instructor: Jen Callej

**TUESDAYS: 4:30-5:30pm**

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

Come enjoy creating art using different mediums and unusual techniques! From splattered paint, salt, glue, clay, collage and more...discover the fun in abstract art.

**Location:** Freeman Kennedy School Art Room

**Fee: \$99 OR \$79** when you also register for Crafter's Corner (only applies to same child in both classes.)



## APRIL SCHOOL VACATION!

## FUN & ART WITH MS. JEN

**Monday-Wednesday, 4/21-4/23**

**Grades 1 - 7**

**1:00-5:00pm**

Join Ms. Jen for some school vacation week creativity and fun! Enjoy crafts, board games, socializing with friends and more! Activities will vary daily but a great time is sure to be had by all.

**Location:** Norfolk Town Hall Multipurpose Room

**Fee: \$149**

## F/K MORNING SHOW

**Grades 4-6** Instructor: Mrs. Robin Tucceri

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

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

**Thursdays:** 5/1, 5/8, 5/15, 5/22, 5/29, 6/5

**Time: 3:15-4:15pm**

**Max: 8 Students**



Join the morning crew and help bring this 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:** \$75



## HOME ALONE SAFETY

**Grades 3 - 6**

Instructor: Juanita Allen Kingsley

**Wednesday:** June 18

**Time:** 3:30 - 5:15 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:** Town Hall Multipurpose Room **Fee:** \$59

## BLAST BABYSITTING & CPR/AED

*(Includes ASHI CPR Certification)*

**Grades 6 - 8**

Instructor: Juanita Allen Kingsley

**Tuesday:** May 27

**Time:** 2:30 - 5:15 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:** KP Middle School Library

**Max. Participants:** 12

**Fee:** \$109

## MOTHER'S DAY CUPCAKE FLOWER BOUQUET

**Grades K - 6**

Instructor: Melt In Your Mouth

**Tuesday, 5/6 1:00-2:30pm (1/2 Day of school)**

Learn to decorate beautiful and delicious flower cupcakes and create a flower bouquet. Everyone loves these cupcakes, making them perfect gifts for any occasion (psst, especially for Mother's Day)! This class is perfect for everyone, whether you're a beginner or a seasoned baker. Set in a fun, welcoming environment, this workshop encourages all skill levels (and ages) to explore their creativity. What's Included:

- All the tools and treats you need to make your cupcake dreams come true, including
  - 5 freshly baked cupcakes from Melt in Your Mouth
  - Frosting
  - Decorative accessories, piping tips, and piping bags
- A beautiful package to take your cupcakes home or to gift to someone special

**Location:** Norfolk Town Hall Multipurpose Room **Fee:** \$59



## CARD TRADING WORKSHOP

**Grades 2-6 with Billy Murray, Wild Willy's Sports Cards**

**SATURDAY: 5/3**

**1:00-2:30pm**

Come join Bill Murray owner of Wildwillyssportscard on (X) for a fun filled afternoon as he opens, talks about and explains the differences between the different types of Sports cards and Pokemon products from Retail Packs, Hobby Packs, Value packs, Blaster Boxes, Hobby Boxes and more. He will also talk about Card Grading and reputable companies to utilize with examples. Free cards will be given to attendees to trade or keep during the trading period. *Attendees can bring 10-15 cards they want to trade amongst themselves also.*



**Location:** Town Hall Multipurpose Room **Fee:** \$25

## SWEET 'N SPARKLY

## Cupcake PAINT & FROST!

*with Jen Callej & Al Runs on Cake*

**Ages 8+ Monday, 4/21 6:00-8:30pm**

Join Miss Jen and Allary from Al Runs on Cake for a double feature event that is sure to be sweet! Kids will paint a colorful cupcake canvas followed by decorating a half of dozen of their own cupcakes! Piping lessons, color mixing and sparkle topping will be instructed.



**Location:** Norfolk Town Hall Multipurpose Room  
**Fee:** \$59





## NEFC JUNIOR SOCCER ACADEMY

**Ages 6 - 8 years Coed**

*Instructor: NEFC*

**MONDAYS: 4:00 - 5:00 pm**

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

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:** \$29

**Maximum Participants:** 20

## AFTER SCHOOL TENNIS

**Ages 6 - 11** *Instructor: Matt Anderson*



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

**OR Wednesdays:** 4/30, 5/7, 5/14, 5/21, 5/28, 6/4

**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

**Coed 5K Club** **Ages 8+**

**Mondays: 4:30-5:30pm OR Wednesdays: 3:15-4:00pm**

**Mondays:** 4/7, 4/14, (NO 4/21), 4/28, 5/5, 5/12, 5/19, (NO 5/26), 6/2, 6/9

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

**Location:** Mondays @ Pond Street Field Complex;  
Wednesdays @ Freeman Kennedy Fields

**Fee:** \$169 per program OR Bundle both for \$309

**Coed 2K Club** **Ages 5-8**

**Wednesdays: 4:00-5:00pm**

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

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

**Run & Mindfulness** **Ages 4+**

**Thursdays: 4:00-5:00pm**

**DATES:** 4/10, 4/17, (NO 4/24), 5/1, 5/8, 5/15, 5/22, 5/29, 6/5

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

*For Full Program description please go to  
NorfolkRec.com or to learn more  
visit [www.powerkidsrunclub.com](http://www.powerkidsrunclub.com).*

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

## INTRO TO PIANO for Ages 6-9

*Instructor: Ivy Music Academy*

**TUESDAYS: 4:30-5:30 pm** **Dates:** 5/6, 5/13, 5/20, 5/27

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:** Town Hall Multipurpose Room

**Fee:** \$120 per session

## 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:** 5/1, 5/8, 5/15, 5/22, 5/29

**Fridays: Grades 1 - 2**

**Dates:** 5/2, 5/9, 5/16, (NO 5/23), 5/30, 6/6



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

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

## SKYHAWKS BASKETBALL

*Instructor: Skyhawks*

**Tuesdays:** 4/15, (NO 4/22), 4/29, (NO 5/6), 5/13, 5/20, 5/27, 6/3

**Grades K-2: 3:15-4:15pm** **Grades 3-6: 4:30-5:30pm**



Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court!

**Location:** H. Olive Day School Gymnasium

**Fee:** \$125

## F.A.S.T. FLAG FOOTBALL

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

**Fridays:** 5/2, 5/9, 5/16, (NO 5/23), 5/30, 6/6

**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:** \$109

## **SKYHAWKS BEGINNING GOLF**

**Age 4- Gr. 2** Instructor: Skyhawks

**Wednesdays:** 4/16, (NO 4/23), 4/30, 5/7, 5/14, 5/21, 5/28  
**Ages 4-5 years: 2:00-2:45pm**      **Grades K-2: 4:30-5:30pm**

Swing into Skyhawks Beginning Golf, powered by Payne Stewart Golf Experiences. This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities. Ideal for beginners and those improving, join Skyhawks for rewarding progress with every shot! Skyhawks will provide all equipment. Participants may NOT bring their own clubs. Parent participation may be requested in our 4 & 5 yr old session as needed to support your child.

**Location:** Freeman Kennedy Fields

**Fees: Ages 4-5:** \$109; **Grades K-2:** \$125

## **SKYHAWKS GOLF SAMPLER Gr. 3-6**

Instructor: Skyhawks

**Wednesdays:** 4/16, (NO 4/23), 4/30, 5/7, 5/14, 5/21, 5/28  
**3:15-4:15pm**

This program provides a fun introduction to the rules, strategies, and fundamental skills of three versions of golf. Our beginner golf program 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. In addition to traditional golf, children will get to explore and practice the basics of disc (frisbee) golf and foot (soccer) golf. All equipment is provided. Participants may NOT bring any equipment.

**Location:** Freeman Kennedy Fields

**Fee:** \$125

## **SPRING GOLF! Jrs. & Adult**

### **AT WENTWORTH HILLS:**

**WI PROS BRUCE HAMILTON & DENIS AMICO OF GOLF SMART**

**JUNIOR GOLF CLINICS: \$154/SESSION**

Tue/Wed (J-1): 4/8-4/16, 5:00-5:45pm

Tue/Wed (J-2): 4/29-5/7, 5:00-5:45pm

**ADULT GOLF CLINICS: \$194/SESSION**

Tue/Wed (A-1): 4/8-4/16, 6:00-6:45pm

Tue/Wed (A-2): 4/29-5/7, 6:00-6:45pm

Tue/Wed (A-3): 5/13-5/21, 6:00-6:45pm

Tue/Wed (A-4): 6/10-6/18, 6:00-6:45pm



### **AT FOREKICKS IN NORFOLK:**

- ◆ April Vacation Jr. Golf Clinic: Ages 8-15
- ◆ Grassroots Golf Clinics: Ages 4 & 5
- ◆ Micro Golf Clinics: Ages 6 & 7
- ◆ Junior Golf Clinics: Ages 8 - 15
- ◆ Adult Golf Clinics: Ages 16 & up

**Location:** ForeKicks, 10 Pine Street, Norfolk

**DESCRIPTIONS & DETAILS AT  
NORFOLKREC.COM**



## **LEARN TO SKATE - Ages 3 yrs. +**

**Location:** Norfolk Ice Arena, 1 Dean Street, Norfolk

**Session 5 (Per Norfolk Ice Arena Schedule):**

Tuesdays: 5:00pm, 4/29 - 6/17

Sundays: 10:00am, 4/27-6/15

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. Lessons will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time.

**Fee: Tuesdays - \$145; Sundays - \$135**

Skates (\$5) & 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, 4/29 - 6/17

"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



## **KP WALPOLE YOUTH HOCKEY "FREE" SKATE NIGHT**

SATURDAY, MARCH 22nd @ 5:00pm  
Norfolk Ice Arena, 1 Dean Street, Norfolk  
(Prior registration at NorfolkRec.com is required)

**Interested in Pursuing Hockey?**

KPWYH is a non-profit, community hockey organization for boys and girls from Norfolk, Plainville, Walpole, Foxboro and Wrentham, Mass, with a history dating back to 1970. Our players range in age from pre-kindergarten through high school, and we offer a range of teams and programs at each age level. KPWYH strives to teach the fundamentals of skating and ice hockey to all athletes in a fun, safe and encouraging atmosphere, following USA Hockey developmental guidelines.



**Check out all that KPWYH has to offer at:  
www.kpwhockey.org**

# KP Youth Field Hockey Programs

*KPYFH offers year round programs and welcomes players from all towns and with all skill levels.*

## USA Masters Spring Field Hockey Clinic

**Grades 4-7 Sunday, 5/18 TIME: 2:00-3:45pm**



Hone your skills in this premium developmental clinic with coaching by highly experienced USA Masters athletes. Leveled skill development will include individual stickwork, fundamental skills, possession, scoring and defensive tactics and ending with coached, competitive, small-game play. This clinic will be coached by members of the USA Masters Field Hockey World Cup team, including KP Youth Field Hockey Coordinator, Patricia Zini, providing high level coaching in small groups with a focus on fun!

Open to all skill levels, beginner, intermediate and advanced.

*AT KP HIGH SCHOOL TURF FIELD FEE: \$35 includes t-shirt*



### KING PHILIP YOUTH FIELD HOCKEY

#### WEEKLY SKILLS CLINICS

*With Varsity Coach Wilder with  
KP Staff and Players.*

**SUNDAYS: 4/27, 5/4, 5/11, 5/18\*, (NO 5/25), 6/1, 6/8,  
Gr. K-1 at 9-10am Gr. 2-3 & 4-5\* at 9-10:30am**

*\*On 5/18 Grades 4 & 5: 2-3:45pm (Masters Clinic)*

**At KP HIGH SCHOOL: Turf Field**

Join Varsity Coach Kaitlyn Wilder and the KP Field Hockey staff and players for Sunday morning skills, drills, and scrimmages! Perfect for players of all levels, this program is a fun way to get started or continue developing your skills. **Fees: K/1: \$89, 2-5: \$119**

#### MIDDLE SCHOOL CLINIC:

**Gr. 6, 7 & 8: TUESDAYS at 3:30-4:30pm**

**DATES: 4/29, 5/6, 5/13, 5/20, 5/27, 6/3**

**AT FOREKICKS – NORFOLK (10 Pine St)**



This clinic has it all! Experienced players will develop and improve skills and work on game tactics. New and developing players will work on fundamentals. Stations will have all players working on everything from skill development to game play tactics. Come join the fun and comradery field hockey offers. No cleats at ForeKicks.

**What you need to bring:** A field hockey stick if you have one (loaners are available), a mouthguard, shin pads, and water. Goggles are recommended, but optional. Be sure to tie hair back.

**Fee: \$129**

**=>STICKS ARE AVAILABLE TO BORROW!**

### COMMONWEALTH FIELD HOCKEY LEAGUE

**All Towns, all skills welcome!**

**Teams: Grades 1/2, 3/4, 5/6 & 7/8**



**FALL 2025 Games on Saturdays 9/6 - 11/1**

*With Patricia Zini, Field Hockey Coordinator*

**!!REGISTER BY JUNE 1 and save \$30!!  
REGISTRATION CLOSES July 1st!**

Join KP Youth Field Hockey as we participate in our 16th season in the Commonwealth Field Hockey League. Our program is designed for girls in the tri-town area to develop fundamental field hockey skills and knowledge while fostering teamwork, sportsmanship, and love of the game. Become a part of the growing KP Youth Field Hockey community and play in a supportive, yet competitive environment. The season consists of 1-2 practices per week and 8 Saturday games. Participating in this league provides the amazing opportunity for girls to compete with girls in similar youth programs in surrounding towns. More information at [norfolkrec.com](http://norfolkrec.com).

Games and practices will be at Freeman Kennedy School in Norfolk, KP High School or Forekicks. Practices will be on Mondays and Wednesdays for 3/4, 5/6, and 7/8 teams. Grades 1/2 practice Wednesday only.

 **Registration Fee:**   
**\$149 per player by 6/1, \$179 per player 6/1-7/1**

**Fee includes uniform and practice t-shirt.**

**Questions? Please email Patricia Zini at  
[kpyouthfieldhockey@norfolk.ma.us](mailto:kpyouthfieldhockey@norfolk.ma.us)**

## INTRO TO QUILTING WORKSHOP

*Instructor: Heirloom New England* **Ages: Adults**

**WEDNESDAYS: 10:00am - 12:00pm**

**DATES: 4/2, 4/9, 4/16, 4/23**

Start your quilting journey in this four-week class: we'll learn how to precisely cut fabric, sew bits together, and turn them into warm, useful heirloom pieces for your family. Sewing machines and fabric will be available, but if you have specific fabric you'd like to use, please bring it.



**Location: Heirloom New England, 18 Union Street**

**Maximum Enrollment: 5 Fee: \$69**

## INTRO TO CROCHET

*Instructor: Heirloom New England*

**Ages: Adults**

**THURSDAYS: 10:00am - 12:00 pm**

**DATES: 5/1, 5/8, 5/15, 5/22**

Over the course of four sessions we'll learn all we need to get hooking! From making foundation chains and granny squares to blankets and amigurumi creatures, we'll explore the sculptural world of crochet. All supplies included to get you started.



**Location: Heirloom New England, 18 Union Street**

**Maximum Enrollment: 8 Fee: \$59**

## INTRO to KNITTING NIGHT for Adults

*Instructor: Heirloom New England*

**FRIDAY, 4/11: 6:00 - 8:00pm**

We'll enjoy a knitting crash-course in this single session workshop! Over the course of two hours we'll learn about yarn and needles, casting on, and getting started on our knitting journey. Beginners will leave with knowledge to get started on a project without committing to a longer class. And we'll have fun doing it!



**Location: Heirloom New England, 18 Union Street**

**Maximum Enrollment: 8 Fee: \$39**

## ADULT PAINT & FROST

*SPRING IS IN THE AIR!*

**Ages 18+ Instructors: Jen Callej & Al Runs on Cake**  
**Saturday, 5/10 6:00-9:00pm**

**NEW!  
PAINT NIGHT &  
CUPCAKE  
DECORATING!**

Join Jen Callej and Allary from Al Runs on Cake for a great escape from the daily hustle and a Mothers Day treat!

Enjoy a laid back and fun paint night learning

simple techniques like blending, shading and highlighting followed by a lesson on piping and creating beautiful floral designed cupcakes! Each person will leave with a beautiful canvas and 6 delicious cupcakes!

**Location: Town Hall Multipurpose Rm. Fee: \$65**



## THE COLLEGE APPLICATION PROCESS

*with Jackie Katz*

**Students in Grades 9-11 & Their Parents**

**SATURDAY: 5/3**

**4:00-5:30pm**



This seminar is for parents and students to learn about the college process. The college application process is very different than it used to be-- this seminar will break it down into more manageable steps. Tailored to high school sophomores and juniors, attendees will learn the best strategies for applying to college, building their college list and completing the common application. It is never too early to learn this process and begin this exciting journey!



**Location: Town Hall Multipurpose Room**

**Fee: \$18 per student**

## AMERICAN MAH JONGG 101

*Instructor: Katie Nunes*

**TUESDAYS: 6:30-8:30pm**

**DATES: 4/8, 4/15, 4/22, (NO 4/29), 5/6, 5/13, 5/20, 5/27**

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 will explain 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. The course will finish with an evening reserved for gameplay only!

We provide all you need including Mah Jongg sets to use during class and the yearly card issued by the National Mah Jongg League needed by each player (card is yours to keep). The instructor will give you helpful learning sheets as well.

**Location: Norfolk Town Hall Multipurpose Room**

**Fee: \$89**

**Max Participants: 16**



## MESSAGES FROM SPIRIT:

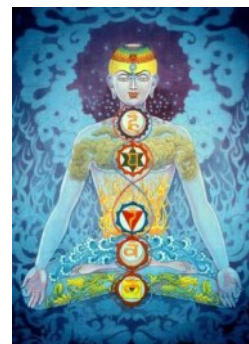
### A Mediumship Experience

*With Dr. Cathy Ripley Greene*

**TUESDAY: 4/29**

**6:00 - 8:00 pm**

What is a mediumship? No one can be certain about what happens when we die, connecting with the consciousness of our loved ones in spirit helps us understand that the bond of love remains. Join professional Medium, Dr. Cathy Ripley Greene, as she shares what she has learned over her many years working with spirit communication. She begins by sharing how the process of mediumship works and how you are likely connecting with your loved ones but may not know it. She will then make connections with Spirit for some audience members.



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

**WEDNESDAYS:**

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

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

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

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: Mondays: \$89; Wednesdays: \$99 MAXIMUM: 14**

## **FUNCTIONAL STRENGTH TRAINING** **for INJURY PREVENTION**

*Instructor: Rachel Abelow*



**WEDNESDAYS: 10:00-10:45am**

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

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: \$140**

## **SLOW FLOW YOGA** *With Gail Taylor*

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

**\*\*\*Each time slot requires a separate registration\*\*\***

**DATES:** 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/12, (NO 6/19), 6/26

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: \$95**



## **ESTATE PLANNING BASICS**

*Instructor: Attorney Amy Antonellis*

**Wednesday, May 7: 6:30-8:00pm**

It's time to start planning! Right now is the perfect time to make sure your affairs are in order before the holidays are in full swing. Are you wondering what the necessary steps are to protect your family if something were to happen? Where would your property go and who would raise your children? These and other important questions will be addressed by Attorney Amy Antonellis, who owns a local law practice focusing on estate planning. The seminar will explain the necessary components of an effective estate plan and real life scenarios will be evaluated to illustrate the use of various estate planning tools, such as wills, trusts, durable power of attorneys and health care proxies. You won't want to miss this informative and easy to understand seminar on a very important topic.



**Location:** Norfolk Public Library - Community Room

**Max. Participants: 30**

**Fee: FREE!**

**REGISTRATION IS REQUIRED!**

**Register @ [NorfolkRec.com](http://NorfolkRec.com)**



## **ZUMBA** *With Carol Bouchard*

**Thursdays:** 5/1, 5/8, 5/15, 5/22, 5/29, 6/5

**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 with the simple goal: 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: \$69**



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

## **ZUMBA TONING**

*With Christine French*

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

**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! Sculpt specific muscle groups through resistance and lightweights, 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**

## **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**

4/28, 5/5, 5/12, 5/19, (NO 5/26), 6/2, 6/9, 6/16

**WEDNESDAYS 6:30 - 7:30 PM**

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

**FRIDAYS 8:30 - 9:30 AM**

5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13

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:** 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/12, **6/18\***, 6/26

**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:** \$150

\*The 6/18 class is being held on Wednesday that week

### **FUTSAL: Adult Indoor Soccer**

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

**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:** 5/1, 5/8, 5/15, 5/22, 5/29, 6/5 **AND/OR**

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



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:** 4/30, 5/7, 5/14, 5/21, 5/28, 6/4 **AND/OR**

**Fridays:** 5/2, 5/9, 5/16, 5/23, 5/30, 6/6

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 2025 Plots accepted starting APRIL 7th!*

Did you know that the Norfolk Public Library has a seed catalog? For more info go to:  
[norfolkpl.org/resources/seed-lending-library](http://norfolkpl.org/resources/seed-lending-library)





# SUMMER PROGRAMS AT-A-GLANCE



**JUNE 16-20:** SKYHAWKS MINI HAWKS: Ages 4-7 (pg. 24)

## WEEK 1: JUNE 23 - 27

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)  
KP YOUTH FIELD HOCKEY SUMMER CLINIC: Ent. Gr. K-8 (pg. 22)

SUMMER OUTDOOR ESCAPE: Ent. Gr. K-6 (pg. 25)  
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 26)  
KRAFTY KIDS with Ms. Jen: Ent. Gr. 1-7 (pg. 20)  
TOP SECRET SCIENCE: Ent. Gr. K-5 (pg. 21)  
CHEMICAL CREATIONS: Ages 6-11 (pg. 19)  
X IN 1 ROBOT FUN: Ages 6-11 (pg. 19)

## WEEK 2: JUNE 30 - JULY 3 (Monday-Thursday)

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)  
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)  
THEME DAYS with Ms. Jen: Ent. Gr. 1-7 (pg. 20)  
SKYHAWKS BEGINNING GOLF: Ages 5-9 (pg. 24)

SUMMER OUTDOOR ESCAPE: Ent. Gr. K-6 (pg. 25)  
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 26)  
TOP SECRET SCIENCE: Ent. Gr. K-5 (pg. 21)

## WEEK 3: JULY 7 - 11

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)  
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)  
SKYHAWKS SPORTS & GAMES: Ages 7-12 (pg. 24)  
KIDS TEST KITCHEN: Ent. Gr. 1-6 (pg. 18)  
DOUBLE FEATURE ART with Ms. Jen: Ent. Gr. 3-7 (pg. 20)

SUMMER OUTDOOR ESCAPE: Ent. Gr. K-6 (pg. 25)  
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 26)  
MATH BLAST: Ent. Gr. 1&2 (pg. 18)  
CIRCUIT MAKERS: Ent. Gr. 1-3 (pg. 17)  
APP INVENTORS: Ent. Gr. 4-7 (pg. 17)

## WEEK 4: JULY 14 - 18

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)  
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)  
MATH BLAST: Ent. Gr. 4-6 (pg. 18)  
SKYHAWKS TRACK & FIELD: Ages 7-12 (pg. 24)  
HYDROPOWER EXPLORERS: Ages 7-12 (pg. 19)  
FUTURE ENGINEERS: Ages 7-12 (pg. 19)

SUMMER OUTDOOR ESCAPE: Ent. Gr. K-6 (pg. 25)  
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 26)  
BOYS BASKETBALL CLINIC: Ent. Gr. 4-9 (pg. 22)  
INCREDIFLIX: Ages 7-13 (pg. 18)  
PASSPORT ADVENTURES with Ms. Jen: Ent. Gr. 1-7 (pg. 20)

## WEEK 5: JULY 21 - 25

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)  
FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)  
6 IN 1 SPACE FLEET ROBOT: Ages 7-12 (pg. 19)  
CRIME SCENE INVESTIGATION: Ages 7-12 (pg. 19)  
NINJA WARRIOR: Ent. Gr. 1-3 (pg. 17)  
GAME SHOW CHALLENGES: Ent. Gr. 1-5 (pg. 17)

SUMMER OUTDOOR ESCAPE: Ent. Gr. K-6 (pg. 25)  
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 26)  
KIDS TEST KITCHEN: Ent. Gr. 1-6 (pg. 18)  
PROJECT KINDNESS with Ms. Jen: Ent. Gr. 3-7 (pg. 20)  
BRITISH SOCCER CLINICS BY CHALLENGER: Ages 3-14 (pg. 23)

## WEEK 6: JULY 28 - AUGUST 1

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)  
LCA: BROADWAY BOUND with Ms. Jen: Ent. Gr. 1-7 (pg. 20)

SUMMER OUTDOOR ESCAPE: Ent. Gr. K-6 (pg. 25)  
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 26)  
MATH BLAST: Ent. Gr. 2&3 (pg. 18)  
WILDLIFE WONDERS w LEGOS: Ages 5-7 (pg. 18)  
POKEMON MASTER ENGINEERING w LEGOS: Ages 7-12 (pg. 18)

## WEEK 7: AUGUST 4 - 8

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 ESCAPE: Ent. Gr. K-6 (pg. 25)  
LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 26)  
LCA: PLAYHOUSE THEATRE with Ms. Jen: Ent. Gr. 3-7 (pg. 20)  
INCREDIFLIX: Ages 7-13 (pg. 18)

## WEEK 8: AUGUST 11 - 15



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)  
LIL' NINJAS: Ages 3-6 (pg. 17)  
NINJA WARRIOR: Ent. Gr. 1-3 (pg. 17)

**WEEKLY SUMMER PROGRAMS: Learn To Skate (pg. 23), Golf (pg. 21),  
Combo Class (pg. 24), Summer Yoga (pg. 24), Intro to Piano (pg. 21),  
Summer Softball (pg. 21)**

**FALL: Commonwealth Field Hockey (pg. 11), Liberty Flag Football (pg. 26)**

**COMMUNITY EVENTS: Pages 4, 27 & The Back Cover!**

# Calling all 3-6 year olds!

Join us for fun-filled mornings!  
for children entering K & 1\*



MONDAY-THURSDAY: 9am-12:00pm with extended day option

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 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.

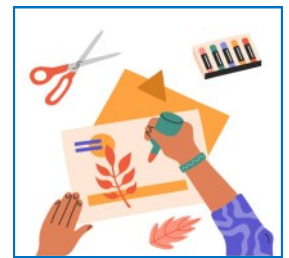
- Week 1: June 23-26 FARM FUN!
- Week 2: June 30-July 3 PIRATES & MERMAIDS
- Week 3: July 7-10 BEACH BASH!
- Week 4: July 14-17 WILD WEST!
- Week 5: July 21-24 TROPICAL RAIN FOREST!
- Week 6: July 28-31 ANIMAL KINGDOM!
- Week 7: Aug. 4-7 UNDER THE SEA!



- ⇒ 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 arriving.

Fees: \$129/Week Extended Day (12-3pm): \$95/Week

Location: Freeman-Kennedy School SACC ROOM



**FUN IN THE SUN**

## 3, 4, LET'S PLAY MORE



### TEXT MESSAGE COMMUNICATIONS



It is extremely important to "OPT-IN" to text messaging in your Norfolk Rec account.

We utilize email and text messaging to communicate important information regarding programs, including cancelation information.

We will NEVER use text messaging for marketing purposes, only program info.

### 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 arrival.





# KINDERGARTEN READINESS

For children entering 'K' this fall! Taught by H. Olive Day Kindergarten teacher, Ms. Kylee Day

**WEEK 6:** 7/28-7/31 **M-Th 9am-12pm OR**  
**WEEK 7:** 8/4-8/7 **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.

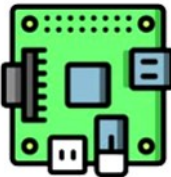
**Location:** H. Olive Day School: Ms. Day's Room.  
Meet at main door for drop off and pick up.  
**Fee:** \$150 per session

## CIRCUIT MAKERS 101: Ent. Gr. 1-3

*Instructor: Circuit Labs*

**WEEK 3:** July 7-11 (M-F) **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:** \$240

## APP INVENTORS: Ent. Grades 4-7

*Instructor: Circuit Labs*

**WEEK 3:** July 7-10 (M-Th) **Time:** 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:** \$200



# knucklebones

## LIL' NINJAS

**Ages 3 to 5 years**

**WEEK 8: Monday-Thursday, 8/11-8/14**

**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:** FK Playground Field

**Fee:** \$119

## NINJA WARRIOR

**Entering Grades 1 - 3**

**WEEK 5: Monday-Thursday, 7/21-7/24 OR**

**WEEK 8: Monday-Thursday, 8/11-8/14**

**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:** FK Playground Field

**Fee:** \$229

## GAME SHOW CHALLENGES

**Entering Grades 1 to 5**

**WEEK 5: Monday-Thursday, 7/21-7/24**

**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:** FK Playground Field

**Fee:** \$229

## JR. WARRIOR FLAG FOOTBALL

*With KP's Head Football Coach Lee and staff*

**Entering Grades K-8** Choose 1 or more weeks!

**Dates:** 6/23-6/27, 7/7-7/11, 7/14-7/18, 7/21-7/25

**Monday-Friday Time:** 9:00-2:30pm

**Fee:** \$299; 4/15 & After: \$359  
Multi-camper and multi-week discounts available!

**Location:** King Philip HS Athletic Fields



**FOR PROGRAM DETAILS & TO REGISTER GO TO:**

**[www.kpsportscamps.com](http://www.kpsportscamps.com)**

# INCREDIFLIX



FOR AGES 7-13

**WEEK 4: Monday-Friday July 14-18**

**LIVE ACTION FLIX:**

**Time: 9:00am-12:00pm**

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.

**MARIO FLIX:**

**Time: 1:00-4:00pm**

"It's-a-me, Mario!" Brand new for 2025 Stop Motion Movie making with your favorite Mario Characters. Create a Mario Movie full of fun to save the day, or even be Bowser trying to take over the world! Work in small groups to storyboard, build the world, film, and do voice-overs.

**WEEK 7: Monday-Friday August 4-8**

**SPECIAL EFFECTS MOVIE FLIX:**

**Time: 9:00am-12:00pm**

Explosions, tornados, meteors, and even super powers! In these high intensity live action movies the special effects will blow your mind. In groups, you'll get to direct, act, and even select your special effects to include while filming. Make a movie that will surprise all your friends and family!

**LEGO FLIX:**

**Time: 1:00-4:00pm**

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

**9AM-12PM**

Ent. Grade 1 & 2: M-F, July 7-11

Ent. Grades 4-6: M-F, July 14-18

Ent. Grades 2 & 3: M-F, July 28-August 1



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.

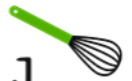
**Location:** H. Olive Day School

**Fee:** \$159



# Kids' Test Kitchen

inspire healthy eaters



On a mission to redefine kid food; Kids' Test Kitchen's enthusiastic Facilitators get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! Kids' Test Kitchen presents kids the opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with an opportunity to taste the result of their hard work. Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own.

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

**Entering Grades 1-6**

**WEEK 3:** July 7-11

**WEEK 5:** July 21-25

**Monday-Friday**

**Time: 9:00am-12:00pm**

**Location:** Freeman Kennedy School

**Fees: \$325**



## WILDLIFE WONDERS w/Legos®

**AGES 5 - 7**

*Instructor: Play-Well TEKnologies*

**WEEK 6: M-F, 7/28 - 8/1**

**Time: 9am-12pm**

Design and build your way through the animal kingdom, from sea to safari, using tens of thousands of LEGO® parts. With the guidance of an experienced Play-Well instructor, you'll recreate diverse habitats while crafting animals in their natural surroundings. Your animal adventure awaits!

**Location:** Freeman Kennedy School

**Fee:** \$189

\*\*\*\*\*

## MINECRAFT ENGINEERING w/Legos®

**Ages 7 - 12**

*Instructor: Play-Well TEKnologies*

**WEEK 6: M-F, 7/28 - 8/1**

**Time: 1-4pm**

LEGO® Master, I choose you!! In the race to be crowned the Ultimate Pokémon Champion, we need your help! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face to face with the current champion in an epic battle for the title. Learn from our Play-Well Pokémon Masters so you can make it to the top!

**Location:** Freeman Kennedy School

**Fee:** \$189



### WEEK 1: Monday-Friday, 6/23-6/27

#### **Chemical Creations**

**Ages 6-11**

**9:00am-12:00pm**

Experience a hands-on world of fun as you conduct a variety of scientific experiments! You will work on and take home your very own Chemistry Lab Kit, enabling you to complete many activities! Learn and discover many different scientific concepts in an entertaining and innovative approach. You will be trained to work like a real scientist in the lab. You will also make and take home some cool chemical creations! Experience a powerful magnet, magic sand, and many other exciting experiments in this fascinating and educational program!

#### **X In 1 Robot Fun**

**Ages 6-11**

**12:30-3:30pm**

If you are new to robot building, this is for you! Come assemble up to five different vehicles, three different dinosaurs, and two windmills as you work on and take home your very own X in 1 Robot kit! You will construct ten animated building options with child friendly parts that function indoors with the use of a Hand Generator, outdoors with the use of the XL Solar Panel, and indoors and outdoors with the Wind Powered LED. With X in 1 Renewable Energy Kit, the fun never has to end. Come unleash your inner robot engineer! !

**Sign up for both programs, bring a lunch, and stay a full day!**

**Location: Freeman Kennedy School**

**Fee: \$199 per session OR \$369 for both programs**

### WEEK 4: Monday-Friday, 7/14-7/18

#### **Hydropower Explorers**

**Ages 7-12**

**9:00am-12:00pm**

Come explore the power of water by building models and conducting experiments with your very own Hydropower kit! Embark on thrilling hands-on activities as you assemble up to 12 working experiments. Learn how different devices are used to extract useful energy, from a waterwheel in a small stream to a giant turbine in a tidal power station! Learn where the energy in oceans and rivers comes from and discover how we can generate electricity from them. Come join in this educational and hands-on hydro-powered adventure!

#### **Future Engineers**

**Ages 7-12**

**12:30-3:30pm**

If you like to create and build things, this program is for you! Enjoy an adventure of physics, gravity, and action and take home your very own engineering kit! Through 26 model-building exercises, you'll investigate all six classic simple machines — wheels and axles, levers, pulleys, inclined planes, screws, and wedges — as well as gears. Young researchers will gain hands-on experience with the design process and learn about various topics in the fascinating world of engineering. Come obtain the necessary skills and experience to take on the technological challenges of the future and continue your engineering journey at home!

**Sign up for both programs, bring a lunch, and stay a full day!**

**Location: Freeman Kennedy School**

**Fee: \$199 per session OR \$369 for both programs**

### WEEK 5: Monday-Friday, 7/21-7/25

#### **6 IN 1 SPACE FLEET ROBOT**

**Ages 7-12**

**9:00am-12:00pm**

Build and take home your very own Solar Space Fleet Robot! The Solar Space Fleet Kit is an innovative solar powered science kit that can transform into six different lunar modules. Using your own mini solar panel, watch as direct sunlight brings the kits to life! Watch as it moves around and speeds up or slows down depending on the intensity of light as you learn, experiment, and have fun with solar power! Each complete model can also be powered by your very own mini rechargeable battery. Come join in this super fun solar space adventure!

#### **CSI: CRIME SCENE INVESTIGATION**

**Ages 7-12**

**12:30-3:30pm**

Come join our Minds In Motion Crime Team in this fun and interesting program! We will provide you with all the tools you need to become your very own crime scene investigator. Learn all about forensics, searching for evidence, and gathering clues and bring home your very own detective kit! Come ready with your thinking caps and be prepared to use all the skills necessary to solve the crime of the century and help save the Minds In Motion Laboratory! We need you!

**Sign up for both programs, bring a lunch, and stay a full day!**

**Location: Freeman Kennedy School**

**Fee: \$199 per session OR \$369 for both programs**

# Ms. JEN'S ART WEEKS

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

## KRAFTY KIDS

MONDAY- THURSDAY: 9:30am-3:30pm  
ENTERING GRADES 1 - 7  
WEEK 1: June 23 - 26



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 & more!

Fee: \$199

## THEME DAYS!

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

*Monday, 6/30: Fashion!*

*Tuesday, 7/1:-Pets Galore!*

*Wednesday, 7/2 : Hollywood Hipsters!*

*Thursday, 7/3 Party in the USA!*

Each day will be full of crafts/art, games, entertainment, acting and more!

Fee: \$199

## DOUBLE FEATURE ART

### CANVAS CREATIONS & WILD n WACKY

MONDAY- THURSDAY: 9:30am-3:30pm  
ENTERING GRADES 3 - 7  
WEEK 3: July 7 - 10

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!

Fee: \$199

## PASSPORT ADVENTURES

MONDAY- THURSDAY: 9:30am-3:30pm  
ENTERING GRADES 1 - 7  
WEEK 4: July 14 - 17



Let's take an imaginary trip together this summer! Let us visit Paris and paint the Eiffel Tower, design Henna tattoos from India, create 3d Masks from Africa and much more!

Fee: \$199

## PROJECT KINDNESS

MONDAY- THURSDAY: 9:30am-3:30pm  
ENTERING GRADES 3 - 7  
WEEK 5: July 21 - 24



Project Kindness is a special art club where we create art to help others, spread cheer, inspire and to say thank you to friends, family and community members! We will be spending the week creating thoughtful projects for ourselves and our community using different mediums and indulging in some community service help as well!

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

## LIGHTS, CAMERA, ACT

*Instructor: Ms. Jen Callej*



ENTERING GRADES 1 - 7  
MONDAY-THURSDAY: 9:30am-3:30pm  
WEEK 6: July 28 - 31

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** \$219

## PLAYHOUSE THEATRE

*Instructor: Ms. Jen Callej*  
ENTERING GRADES 3 - 7  
MONDAY-THURSDAY: 9:30am  
-3:30pm  
WEEK 7: August 4 - 7



Calling all thespians and curious minds! If you enjoy script reading, characterization, and putting on a play...join us in Playhouse Theatre! Mornings will be dedicated to warm ups, improvisation and learning about the specific script we will be learning as a whole class. Afternoons will be dedicated to line reading, character work, and play formation! Will it be a comedy? A mystery? A mixed up fable? Come find out!

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

# 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](http://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 23-27, Monday-Friday

**WEEK 2:** June 30-July 3 Monday-Thursday

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

**Location:** Freeman Kennedy School

**Fees:** Week 1: 9am-12pm: \$199, 9am-3pm: \$339

Week 2: 9am-12pm: \$179, 9am-3pm: \$299

## CHESS WIZARDS



**Ages:** 6-12

*Instructor: Eugenia Shilnikova*

**WEEK 8: M-F August 11-15 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:** \$240

## INTRO TO PIANO

*Instructor: Ivy Music Academy*

**Ages 6-9**

**TUESDAYS: 4:30-5:30 pm**

**July:** 7/8, 7/15, 7/22, 7/29

**August:** 8/5, 8/12, 8/19, 8/26



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

**Location:** Norfolk Town Hall Multipurpose Room

**Fee:** \$120 per session



# 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 will 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!



## 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](http://NorfolkRec.com) for class descriptions, schedules and to register.**

**REGISTRATION FOR  
WENTWORTH HILLS & FOREKICKS GOLF  
PROGRAMS IS CURRENTLY OPEN!**

## Wentworth Hills Summer Golf Programs

*With Bruce Hamilton & Denis Amico of Golf Smart*

**Junior Golf Clinics: Fee:** \$154

**Tue/Wed (J-3):** 5/13-5/21, 5:00-5:45pm

**Tue/Wed (J-4):** 6/10-6/18, 5:00-5:45pm

**Adult Golf Clinics: Fee:** \$194

**Tue/Wed (A-5):** 7/8-7/16, 5:00-5:45pm

**Tue/Wed (A-6):** 7/8-7/16, 6:00-6:45pm

**Tue/Wed (A-7):** 7/29-8/6, 5:00-5:45pm

**Tue/Wed (A-8):** 7/29-8/6, 6:00-6:45pm

**Tue/Wed (A-9):** 8/19-8/27, 6:00-6:45pm

**CLASSES FILL QUICKLY! Register ASAP!!!**



## 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 23-26 MON-TH 9:00am-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: \$125**

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.

## BOYS BASKETBALL CLINIC

For Boys Entering Grades 4-9  
With Hockomock Coach Jim Killion & K.P. players  
**WEEK 4: July 14-17 M-TH: 9:00am-2:00pm**

Join Coach Killion KP Basketball 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: \$125**

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.

## KP SPORTS CLINICS SUPPORT KPHS SPORTS TEAMS!

### KP YOUTH FIELD HOCKEY SUMMER MINI-CLINIC

Entering Grades 1-2, 3-6, 7-9.

KP Head Coach Kaitlyn Wilder,  
KP Staff & Players

**WEEK 1: Tuesday-Thursday, June 24-26**

**Gr. 1-2: 4-5:00pm Gr. 2-9: 4-5:30pm**

Join Varsity coach Kaitlyn Wilder along with KP Field hockey staff and players designed for all levels of players. This program is the perfect way to get started in this great game or continue with development to improve your skills no matter your level.

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

**Fee: Grades 1-2: \$39 Grades 3-9: \$59**

**CHECK OUT SPRING CLINICS also instructed by  
Coach Kaitlyn Wilder!**

**Are you registered for K.P Youth Field Hockey to  
play in the awarded Commonwealth League?**

**SEE PAGE 11**

### SUMMER FIELD HOCKEY

Entering Grades 1-9

KP Head Coach Kaitlyn Wilder,  
KP Staff & Players

**WEEK 8: Mon-Thursday, August 11-14**

**Grades 1-2: 9:00-10:00am**

**Grades 3-9: 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: Grades 1-2: \$59 Grades 3-9: \$149**

## LEARN TO SKATE - SUMMER

Ages 3+

Instructor: Norfolk Ice Arena

**Summer Session 1** (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 6/3 - 6/24

**Summer Session 2** (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 8/5 - 8/26

Each lesson will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time.

Skates (\$5) & 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



## CHALLENGER SPORTS BRITISH SOCCER CLINIC!!

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

**WEEK 5: July 21-25 MONDAY-FRIDAY**

Ages 3-5: 3-4pm Fee: \$95 (\$115 after 6/20)

Ages 6-14: 9am-12pm Fee: \$190 (\$220 after 6/20)

Ages 7-14: 9-3pm Fee: \$240 (\$280 after 6/20)

At Pond Street Soccer Fields, 33 Pond Street, Norfolk

Register directly at:

[challenger.configio.com/pd/260029](http://challenger.configio.com/pd/260029)

All players get a t-shirt, ball, evaluation & poster.  
Register by JUNE 20 to get an awesome jersey!!

==>AVOID \$10 LATE FEE \*REGISTER BEFORE JULY 11\*\*\*

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 11-15**

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.fcumasocceracademy.com](http://www.fcumasocceracademy.com)

If you have any questions, please call Christian Battaglia at 603-313-1819 or email him at [fcpuma23@gmail.com](mailto:fcpuma23@gmail.com).



register now

Norfolkrec.com

## F.A.S.T. ATHLETICS

### MINI SPORTS Ages 3-6

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

WEEK 1: 6/23-6/27 WEEK 6: 7/28-8/1

WEEK 7: 8/4-8/8

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 Recreation Complex

**Fee:** \$179

### ALL SPORTS Ages 7-12

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

WEEK 1: 6/23-6/27

WEEK 6: 7/28-8/1



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 Recreation Complex

**Fee:** \$179

### FLAG FOOTBALL Ages 7-12

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

WEEK 7: 8/4-8/9



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 Complex

**Fee:** \$179



BE THE FIRST TO KNOW!  
Like Us on Facebook & follow us on Instagram!



## **SUMMER SLOW FLOW YOGA**

With Gail Taylor

**THURSDAYS: 10:00 - 11:00am**

**DATES: 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28**

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.**

**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  
1 hour/week for 6 weeks

**Wednesdays: 7/9, 7/16, 7/23, 7/30, 8/6, 8/13**

**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



## **MINI HAWKS**

**Ages 4-7**

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

**PRE-WEEK: 6/16-6/20 (NO PROGRAM ON 6/19)**

Embark on an adventure with Skyhawks Mini-Hawk where younger children can explore a variety of sports. Mini-Hawk programs offer a fun, structured learning environment while enhancing balance and coordination. Campers improve athletically while learning sportsmanship and teamwork. Perfect for a playful introduction to athletics!

**Location:** Freeman Kennedy Field Complex

**Fee:** \$149

## **BEGINNING GOLF**

**Ages 5-9**

**MONDAY-THURSDAY, 9:00am-12:00pm**      **WEEK 2: 6/30-7/3**

Skyhawks Swing into Skyhawks Beginning Golf, powered by Payne Stewart Golf Experiences. This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities. Ideal for beginners and those improving, join Skyhawks for rewarding progress with every shot! Skyhawks will provide all equipment. *Participants may NOT bring their own clubs.*

**Location:** Pond Street Field Complex

**Fee:** \$149



## **SPORTS & GAMES**

**Ages 7-12**

**MONDAY-FRIDAY, 9:00am-12:00pm**      **WEEK 3: 7/7-7/11**

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. Get ready for lots of fast-paced, action packed fun with Sports & Games! In this program, children will learn the rules and strategies of various versions of very popular cooperative team games such as dodgeball, kickball, capture the flag and street hockey.

**Location:** Pond Street Field Complex

**Fee:** \$179

## **TRACK & FIELD**

**Ages 7-12**

**MONDAY-FRIDAY, 9:00am-12:00pm**      **WEEK 4: 7/14-7/18**

Dash, jump, and throw with Skyhawks Track & Field! This program teaches young athletes track and field essentials, from body positioning and stride to stretching and cool-downs. Participants try events like javelin, discus, and hurdles (events vary by location). Each session builds skills, discipline, and sportsmanship. Get on track with Skyhawks!

**Location:** Pond Street Field Complex

**Fee:** \$179



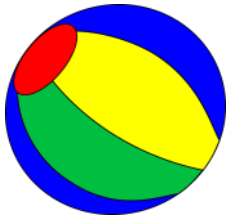
## **FOR ALL SKYHAWKS SUMMER PROGRAMS:**

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



# NORFOLK OUTDOOR ESCAPE

\*FOR GRADES K-6\* \*THEMED WEEKS\*  
\*EXTENDED DAY OPTION!\*



**AT THE FREEMAN-KENNEDY FIELDS**

**Monday–Thursday: 9:00am–3:00pm**

**FEE: \$159 per week OR ALL 7 WEEKS: \$899**

**NON-RESIDENTS \$189/WK**

**EXTENDED DAY: 3:00–4:00PM DAILY**

(held in the Freeman Kennedy gym)

**FEE: \$48 per week OR ALL 7 WEEKS: \$295**



**WEEK 1: JUNE 23–26**

**WEEK 2: JUNE 30–JULY 3**

**WEEK 3: JULY 7–10**

**WEEK 4: JULY 14–17**

**WEEK 5: JULY 21–24**

**WEEK 6: JULY 28–30**

**WEEK 7: AUG. 4–7**



**ANIMAL ADVENTURES**

**“HAPPY BIRTHDAY USA!” WEEK!**

**SPACE EXPLORATION WEEK**

**DEEP SEA DISCOVERY WEEK**

**OLYMPICS WEEK**

**SURVIVOR 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: \$65 per week

WEEK 1: JUNE 23-26

WEEK 2: JUNE 30—JULY 3

WEEK 3: JULY 7-10

WEEK 4: JULY 14-17

WEEK 5: JULY 21-24

WEEK 6: JULY 28-31

WEEK 7: AUGUST 4-7



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

**L.I.T. applications will be available online on February 24th.**

**Applications are due by Thursday, April 17th. Interviews held in early May.**



**CO-ED FLAG FOOTBALL FOR GRADES K-6!**

**FALL 2025**

**REGISTRATION STARTS**

**MARCH 31st 8:00am**



*For more details & to register go to*

**[NORFOLKREC.COM](http://NORFOLKREC.COM)**

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



# All About Community



**SATURDAY, JUNE 14**  
**11am-4pm**

Holmes Transportation  
 22 Myrtle St.



Come join a day of family fun, free rides, games, raffles, & lots of entertainment, community groups, food, antique cars, giveaways, face painting, a **YOUTH ART SHOW** (gr. 1-6) & lots more!

Garden Club of Norfolk

**2025 Spring Plant Sale**  
**Saturday, May 17**



**9AM-Noon**

(Rain or Shine)

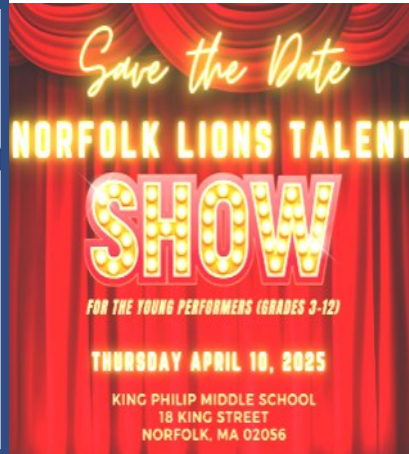
**On the Town Hill**



**Norfolk Memorial Day**  
**Parade & Service**

**Monday, May 26th, 8:00am**  
 Main Street to Cemetery

**& Norfolk Lions Field of Flags**  
**Saturday, May 24th 12pm**



**Gilly's House Summerfest**

Wrentham Developmental Center  
 131 Emerald Street, Wrentham, MA

**FREE ADMISSION FOR EVERYONE!**  
**Food & Activities Are Provided**

Circus Workshop - Water Slide - Bouncy House - Petting Zoo  
 Dragon Foam - Dunk Tank - Arts & Crafts - MC Michael Petit



Hamburgers, Hot Dogs, Chips & Drinks  
 (Sponsored by the Norfolk Lions Club)  
 Restaurant Cook Off

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

**BOOK & BAKE SALE**

At the Freeman-Kennedy School  
 70 Boardman Street, Norfolk, MA

Saturday April 19, 2025 from 9 am to 3 pm

Friends Only Preview & Sale – April 18, 2025 ~ 6:00 pm – 9:00 pm  
 Cash, checks or credit cards are accepted (MC, Discover/Visa)

All proceeds support programs & services of the Norfolk Public Library  
 For more information: [www.norfolkmalibraryfriends.org](http://www.norfolkmalibraryfriends.org)

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



2nd Annual Norfolk Police & Fire

5K & Fun Run



for Autism Awareness



**SATURDAY, APRIL 5th**

Be on the look-out for more info!



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

**POSTAL PATRON  
NORFOLK, MA 02056**

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



The 2025 Fireworks Festival will be here before you know it!  
Pre-order your 2025 Fireworks Festival T-shirt today and receive a FREE 2024 t-shirt\*  
**Order at NorfolkRec.com**  
\*While supplies last

**POINTS & MILES  
MEET-UP!** NEW  
**PLEASE STAY TUNED FOR  
NEW DATE!**

Interested in learning more about maximizing points and miles to travel for less and more often? Let's meet up and share knowledge, experiences, best links, credit card info, mistakes, award redemptions and more! All experience levels welcome!  
Please register at [norfolkrec.com](http://norfolkrec.com) so we know how many to expect!



**SCHOLARSHIP DONATIONS**

It takes a village...please consider helping those in need of financial assistance with program fees by donating to Norfolk Recreation's Scholarship Fund.



- ◆ Amounts range from \$10 to \$50
- ◆ Donate as much and as often as you like.
- ◆ To make a donation online go to [NorfolkRec.com](http://NorfolkRec.com) & choose '2025 Program Scholarship Donations' in the program section.
- ◆ If have any questions please email us at [recreation@norfolk.ma.us](mailto:recreation@norfolk.ma.us) or call 508-520-1315.  
*Donations to Norfolk Recreation Gift Fund may be tax deductible, please consult your accountant for more info.*

**NORFOLK TRAVELS!  
Visit ICELAND w/ COLLETTE TOURS!**

Norfolk Recreation, Norfolk Public Library & Norfolk Senior Center are pleased to announce **NORFOLK TRAVELS'** first adventure to **ICELAND 10/15-10/21!!**

**Come find out more!**  
**Thurs., March 13, 6:30pm**  
**at Norfolk Public Library**  
**Let us know you're coming:**



Use QR code or <https://norfolkpl.assabetinteractive.com/calendar/iceland-trip-information-session-open-to-all/>

*For the on-the-go traveler, are you ready to experience the "land of fire and ice"; chase the aurora borealis across an ethereal wonderland! Enjoy an evening starlit cruise, travel the "Golden Circle," spend time at Thingvellir National Park, and so much more. 7 days, 11 meals, airfare included. \$3,798pp dble occ. Single rate available.*

Sports Organization	Website & Contact Information
King Philip Soccer Association (KPSA): Youth, Teen & Travel Soccer	<b>YOUTH:</b> <a href="http://www.norfolkliionssoccer.com">www.norfolkliionssoccer.com</a> <b>TRAVEL:</b> <a href="http://www.kpsoccer.org">www.kpsoccer.org</a> Email: <a href="mailto:kpsaboard@gmail.com">kpsaboard@gmail.com</a>
KP Youth Field Hockey	<a href="http://www.NorfolkRec.com">www.NorfolkRec.com</a> <a href="mailto:kpyouthfieldhockey@gmail.com">kpyouthfieldhockey@gmail.com</a> (Patricia Zini)
KP Youth Lacrosse	<a href="http://www.kpyouthlacrosse.com">www.kpyouthlacrosse.com</a>
King Philip Walpole Youth Hockey (KPW)	<a href="https://www.kpwhockey.org">https://www.kpwhockey.org</a>
Liberty Flag Football	<a href="http://www.NorfolkRec.com">www.NorfolkRec.com</a> <a href="mailto:recreation@norfolk.ma.us">recreation@norfolk.ma.us</a>
Norfolk Baseball	<a href="http://www.norfolkbaseball.com">www.norfolkbaseball.com</a> <a href="mailto:President@norfolkbaseball.com">President@norfolkbaseball.com</a>
Norfolk Girls Softball	<a href="http://www.norfolkgirlssoftball.net">www.norfolkgirlssoftball.net</a>
Norfolk-Wrentham-Plainville Youth Basketball	Registration Oct. 1-Nov.3 for December start <a href="http://WWW.NORFOLKREC.COM">WWW.NORFOLKREC.COM</a>