

# NORFOLK RECREATION

## SPRING & SUMMER 2026



REGISTRATION OPENS  
**WEDNESDAY, MARCH 18 @ 12:30 PM**  
**REGISTER at [NorfolkRec.com](http://NorfolkRec.com)**



Norfolk Recreation is pleased to present the 3rd Annual  
**Friday, June 5: Fireworks**

Live Music by Music Matters & Food Trucks  
6:00pm-9:30pm @ Freeman-Kennedy Fields  
See page 3



Norfolk Lions Club proudly presents

# Saturday, June 13: Community Day

Fun for all! Games, booths, food, Touch-a-Truck & more!  
11am - 4pm at Holmes Field, 33 Myrtle St. See pages 3 & 27

## SUMMER CONCERTS

THURSDAYS-Town Hill-6:30pm-8pm  
Sponsored by Norfolk Recreation

**JUNE 18: FSPA's Electric Youth**

**JUNE 25: So Lucky DMB Tribute**

**JULY 2: SE New England**

Community Band

**JULY 9: Soul Syndicate**

**JULY 16: AK Cody**

**JULY 23: Ken DoRosario**

**JULY 30: Fast Times**

**AUG. 6: B.C. & Company**

When possible, rain cancelations will be rescheduled to the following Monday.



## TUNES FOR TOTS

TUESDAYS 5:30-6:30 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 30: Sulinha's Trio**

**JULY 7: Toe Jam Puppet Band**

**JULY 14: Ants On A Log**

**JULY 21: Jungle Jim**

**JULY 28: Rockabye Beats**

NORFOLK TRAVELS W/ COLLETTE TOURS!



NEXT STOP: PORTUGAL—SIGN UP BY 4/16/26!

COMING IN 2027: ALASKA & CROATIA!

See Back Cover for Details

Easter Egg Hunt & NCL's Easter Bunny Breakfast Sat., March 28!  
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 –Ground Floor  
Norfolk, MA 02056

To directly enter our offices and multi-purpose room, please use Door #4 that faces the road.

Joshua Walther, Director  
Ashley Lint, Recreation Administrator

TO REGISTER: [NorfolkRec.com](http://NorfolkRec.com)

Email: [recreation@norfolkmass.gov](mailto:recreation@norfolkmass.gov)

Phone: (508) 520-1315

Core office hours are 9:00am-2:00pm M-TH.

We are in the office at other times & days based on the programming schedule.

### Recreation Commissioners:

Chairperson: Rob Taglienti Clerk: Chris Thoman  
Jill H. Lawrence, Kim Meehan, Alex Perry

### \*\*\*HOW TO REGISTER\*\*\*

Online registration at [NorfolkRec.com](http://NorfolkRec.com) is the most efficient method of registration. Mail or in-person registration requires a completed paper form and payment by cash or check. Mailed registrations are not processed early. Advance registration for all programs is required unless noted.

**Registrations are not transferable.**

=> **CREDIT CARDS are accepted online.**

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

### REGISTRATION CONFIRMATION

Receipts are automatically emailed when registering online 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 join the waitlist (use your child's name for youth programs or your own for adult programs). If a spot becomes available, we'll contact those on the waitlist first. Please respond promptly! A late response or no response may result in losing the spot.

### \*\*\*REFUND POLICY\*\*\*

Refunds are issued only if a program is canceled by Norfolk Recreation, for a documented medical reason, or due to a school schedule change. With more than 7 days' notice, refunds (minus a processing fee) may be issued if the spot is filled from the waitlist. Refunds within 7 days of the program start are not available.

See the full Refund Policy at [norfolkmass.gov](http://norfolkmass.gov).

### FEE REDUCTION POLICY

Fee reductions are available to Norfolk residents. For regional programs, fee reductions are available to K.P. residents. To inquire, please contact us at [recreation@norfolkmass.gov](mailto:recreation@norfolkmass.gov). Fee reductions are limited to one per child, per session. All inquiries are confidential.

### => OPT-IN to Get Urgent Text Notices!

To receive welcome emails and cancellation text alerts, make sure you have opted in to both email and text messages in your Recreation account!

Please add [recreation@norfolkmass.gov](mailto:recreation@norfolkmass.gov) to your contacts so our emails don't go to spam!

### 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 it would be helpful for us to know to ensure a positive program experience, please share details during registration or email us in advance of the program starting.

### SNACKS: NUT FREE Please!

Only peanut/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 minimum enrollment may be needed to run a class. *Early registration helps ensure classes will run so please do not wait to register!*

### 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 questions about your account, please contact us!

### PHOTOGRAPHS-Social Media/Advertising

Participant photos may be used on social media, in newspapers, or in print materials (no names).

If you do not want your child's photo used, please note this during registration.

### 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 for paid instruction with advance permission and w/ a Cert. of Insurance on file. Field fees apply. Full Policies are on our website.

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

Questions? Please email: [recreation@norfolkmass.gov](mailto:recreation@norfolkmass.gov)



# FIREWORKS!

LIVE MUSIC, FOOD TRUCKS & MORE

**FRIDAY, JUNE 5th 6pm-9:30pm**

**Sponsored by Norfolk Recreation: dedicated to giving back to Norfolk!**

Come early, bring your chairs, relax with friends and neighbors, play cornhole, savor the delectable food offered by a variety of food trucks and enjoy live music by Mike Tarara and his band, *Music Matters*...

The evening will end with an awe-inspiring fireworks show!

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

**For sponsorship opportunities:**

go to [norfolkrec.com](http://norfolkrec.com) or email [jwalther@norfolkmass.gov](mailto:jwalther@norfolkmass.gov)



*Norfolk Lions proudly present*



# COMMUNITY DAY

**SATURDAY, JUNE 13th**

**11am-4pm at Holmes Bus**

33 Myrtle Street, Norfolk

***Join in for a day of Community Fun!***

The day is filled with free activities, live entertainment, train and hay wagon rides, giveaways, craft booths, bouncy houses, food and drink, antique cars, touch-a-truck, games, building birdhouses, and so much more!



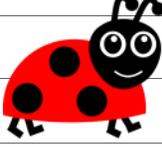
Plus, the Fire Department will top the day off with Foam Fun!!



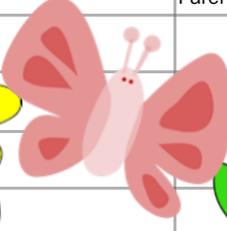
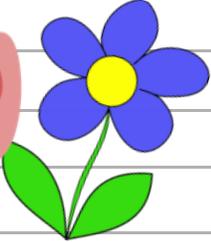
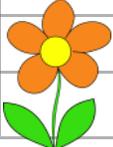
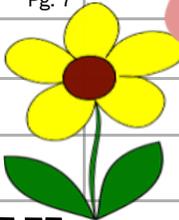
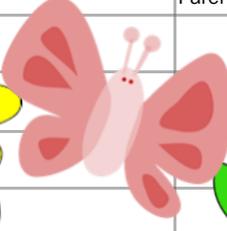
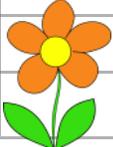
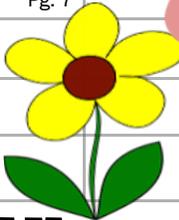
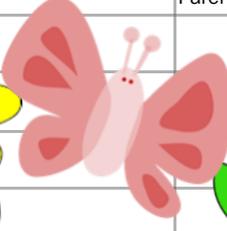
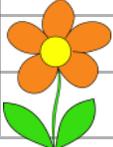
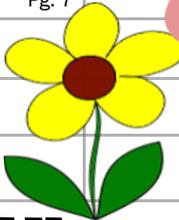
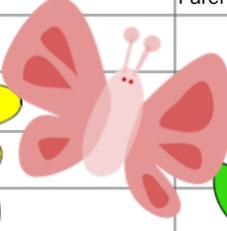
# SPRING PROGRAMS AT-A-GLANCE



## INFANT & PRE-K PROGRAMS

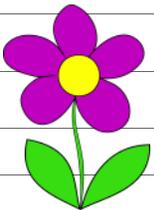
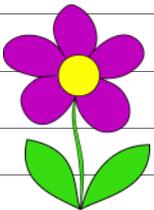
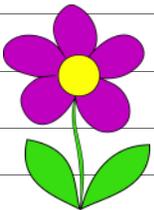
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>Hands-On Music</b> 6 mos. - 5 yrs Pg. 5	<b>Practicing Preschool</b> 2 - 3+ yrs. Pg. 5	<b>L'il Scientists</b> 3 - 5 yrs. Pg. 6	<b>Practicing Preschool</b> 2 - 3+ yrs. Pg. 5		<b>1,2,3 Soccer</b> 2 - 5 yrs. Pg. 6
<b>Krafty Kiddos</b> 2 - 5 yrs. Pg. 6	<b>Hands-On Music</b> 6 mos. - 5 yrs. Pg. 5				<b>Sticky Fingers</b> 18 mos. - 4 yrs. Pg. 6
<b>Run &amp; Mindfulness</b> 4+ yrs. Pg. 10	<b>Discover Running</b> 3 - 6 yrs. Pg. 10				

## SCHOOL-AGE PROGRAMS **FOREKICKS SPRING GOLF: PG. 10**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>Karate/Stranger Danger</b> Grades K - 6 Pg. 7	<b>Spanish Explorers</b> Grades 3 - 6 Pg. 8	<b>Karate/Stranger Danger</b> Grades K - 6 Pg. 7	<b>Zoombinis</b> Grades 3 - 6 Pg. 7	<b>Friday Night Kids Club</b> Grades K - 6 Pg. 8	<b>Learn to Skate</b> 3+ yrs. Pg. 10
<b>After School Tennis</b> 6 - 11 yrs. Pg. 9	<b>Intro To Piano</b> 6 - 9 yrs. Pg. 6	<b>Fuse Bead Fun</b> Gr. 1-2 Pg. 7	<b>FK Morning Show</b> Grades 4 - 6 Pg. 8	<b>F.A.S.T. Flag Football</b> Grades 3 - 6 Pg. 9	<b>Next Step Skating</b> Pg. 10
<b>Minecraft Engineering LEGO</b> Grades K - 2 Pg. 8	<b>BLAST Babysitting &amp; CPR</b> Grades 7 - 8 Pg. 9	<b>Pokemon Master LEGO</b> Grades 3 - 6 Pg. 8	<b>F.A.S.T. Super Sports</b> Grades K - 1 Pg. 9	<b>F.A.S.T. Super Sports</b> Grades 1 - 2 Pg. 9	<b>KP Youth Field Hockey</b> Grades K - 6 Pg. 11
<b>FK Morning Show</b> Grades 4 - 6 Pg. 8	<b>FK Morning Show</b> Grades 4 - 6 Pg. 8	<b>After School Tennis</b> 6 - 11 yrs. Pg. 9	<b>Kids Test Kitchen</b> Grades 1- 6 Pg. 8		<b>Bluebird House Workshop</b> Parent & Child Pg. 7
<b>PKRC Run &amp; Mindfulness</b> 4+ yrs. Pg. 10	<b>FAST Basketball</b> Grades K - 6 Pg. 9	<b>PKRC Coed 2K Club</b> 5+ yrs. Pg. 10	<b>Let's Paint!</b> Grades 3 - 6 Pg. 7		
<b>Vamos! Hands-On Music</b> 4 - 8 yrs. Pg. 5	<b>Learn to Skate</b> 3+ yrs. Pg. 10	<b>PKRC Coed 5K Club</b> 8+ yrs. Pg. 10			
<b>Musical Theatre</b> Grades 3- 6 Pg. 7	<b>Learn to Play Hockey</b> 6 - 12 yrs. Pg. 10				
<b>Home Alone Safety</b> Grades 3-6 Pg. 9					

COMMUNITY GARDEN Pg. 14

## ADULT / FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>Pickleball</b> Pg. 14	<b>Travel w/ Points &amp; Miles</b> Pg. 12	<b>Strength Training</b> Pg. 13	<b>Ladies Light Hike</b> Pg. 13	<b>The Combo Class</b> Pg. 13	<b>Ladies Light Hike</b> Pg. 13
<b>The Combo Class</b> Pg. 13	<b>Messages From Spirit</b> Pg. 12	<b>The Combo Class</b> Pg. 13	<b>ZUMBA</b> Pg. 13		
<b>First Aid &amp; CPR</b> Pg. 12	<b>Estate Planning Basics</b> Pg. 12	<b>Pickleball</b> Pg. 14	<b>Slow Flow Yoga</b> Pg. 13		
	<b>ZUMBA Toning</b> Pg. 13				
	<b>Futsal</b> Pg. 14				

### IT'S IMPORTANT TO REGISTER EARLY!



IN ORDER FOR US TO BE  
ABLE TO PLAN  
APPROPRIATELY IT IS  
IMPORTANT TO  
REGISTER AS EARLY AS  
POSSIBLE! MANY

CLASSES FILL UP QUICKLY AND OTHERS  
MAY BE CANCELED DUE TO LOW  
ENROLLMENT! DON'T MISS OUT!

### 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
  - ◆ All donations are appreciated
  - ◆ To make a donation online go to [NorfolkRec.com](http://NorfolkRec.com) & choose '2026 Program Scholarship Donations' In the program section.
- ◆ If have any questions please email us at [recreation@norfolkmass.gov](mailto:recreation@norfolkmass.gov) or call 508-520-1315.

*Donations to Norfolk Recreation Gift Fund may be tax deductible. deductible, please consult your accountant for more info.*

## HANDS-ON MUSIC with Ms. Viviana

6 Months - 5 Years with Adult

Instructor: Viviana Vilches

**MONDAYS:** 4/27, 5/4, 5/11, 5/18,  
(NO 5/25), 6/1, 6/8, 6/15, 6/22

**9:30-10:25am:** For ages 6-29 months

**10:30-11:25am:** For ages 2.5-6 years

**11:30am-12:25pm:** For ages 2.5-6 years

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

**TUESDAYS:** 4/14, (NO 4/21), 4/28, 5/5, 5/12, 5/19,  
5/26, 6/2, 6/9, 6/16, 6/23

**9:30-10:25am:** For ages 6-29 months

**10:30-11:25am:** For ages 2.5-6 years

**11:30am-12:25pm:** For ages 2.5-6 years

Calling all 6 mos. to 5-year-olds! Grab one of your favorite adults and join us for this creative music and movement program! Music will help jump start your child's learning process. This interactive class combines massage rhymes, lullabies, floor\* and lap games, action songs, dance and introduction to musical instruments. Adults and children, through active participation, form a unique bond with one another as they experience a variety of music and rhythm activities. Please bring a blanket or mat for your child. Non-walking siblings are welcome to 'sit-in'. Walking siblings must pay for the class.



\*Chair options available for adults.

**Location:** Norfolk Town Hall Multipurpose Room

**Fees:** MONDAYS: \$142, TUESDAYS: \$172

**Min/Max:** 5/12

**ATTN: 9:30am & 10:30 am CLASSES:**  
**Registration priority given to Norfolk residents**  
**during the first 24 hours of registration**



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

Ages 4 - 8 years with Adult

Instructor: Viviana Vilches

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

**DATES:** 4/27, 5/4, 5/11, 5/18, (NO 5/25),  
6/1, 6/8, 6/15, 6/22

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

**Location:** Norfolk Town Hall Multipurpose Room

**Fee:** \$155

**Min/Max:** 5/12



## PRACTICING PRESCHOOL

2 - 3+ Years

1.5 Hour Drop-Off Program

Instructors: Emily Spiller & Regina Lodola

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

**DATES:** 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

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

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

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

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

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

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

**Location:** Freeman Kennedy School SACC Room

**Fee:** \$139

**Max. Participants:** 12



## EXTENDED DAY for Practicing Preschool

Instructors: Emily Spiller & Regina Lodola

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

**DATES:** 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

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

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

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

**Fee:** \$89

**Min. Participants:** 7



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

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

## STICKY FINGERS

18 Months-4 Years with Adult

Instructor: Denise Foley

**SATURDAYS: 9:45-10:30am**

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

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 Multipurpose Room **Fee:** \$69



## KRAFTY KIDDOS

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

Instructor: Denise Foley & Staff

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

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

Does your child love to create, play, and listen to stories? Join us for a fun-filled morning of **themed crafts, games, and story time!** Each class brings a new adventure with topics like **Gardening, Firefighters & Police, Summer Fun, Friendship, Favorite Animals**, and more. Come ready to get crafty and have fun!

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

**Location:** Freeman Kennedy School SACC Room

**Max Enrollment:** 12

**Fee:** \$139



## 1, 2, 3 SOCCER DEVELOPMENT

**A spring favorite!**

Offered by Norfolk Recreation in conjunction with Professional Soccer Coaches

**Ages 2 - 5 years**

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

Rain make-up dates: 6/13, 6/20

**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 skills 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**

As kids progress and get a bit older, skill development will progress to include 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



## L'IL SCIENTISTS

**Ages 3-5 yrs. DROP OFF**

Instructors: Emily Spiller & Becky Reda

**WEDNESDAYS: 9:30-11:30am**

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

Get ready to mix, squish, pour, and explore! At this age, children are naturally curious about the world around them—and this hands-on class turns that curiosity into discovery. Little scientists will explore, touch, smell, experiment, and maybe even make a (small!) mess along the way. Join us for big fun and exciting discoveries!

*Please send a labeled water bottle or cup with your child.*

**Location:** Freeman Kennedy School SACC Room

**Max Enrollment:** 12

**Fee:** \$139




**INTRO TO PIANO for Ages 6-9**  
 Instructor: Ivy Music Academy  
**TUESDAYS: 4:00-5:00 pm**  
**DATES: 5/5, 5/12, 5/19, 5/26**  
 These fun group lessons are an exciting introduction to piano and music skills for beginning level music students. The goal of the course is for students to develop a solid musical foundation in piano, and, most importantly, to instill in the a genuine love and appreciation for music.  
**Location:** Town Hall Multipurpose Room  
**Fee:** \$120 per session



# KARATE & STRANGER DANGER

Grades K - 6 Instructor: Designed Defense

**MONDAYS AND WEDNESDAYS:**

**Beginners:** Dismissal-4:15pm **Advanced:** 4:30-5:30pm

 **REGISTER & PAY AT CLASS!**

*Classes are held 2X/week continually during the school year.*

*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:** \$110/ student's first month includes gee

\$90/ month returning students

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



## MUSICAL THEATER: Descendants: Rise of Red

Instructor: Aly Pereira Grades 3 - 6



**MONDAYS: Dismissal-4:15pm**

**DATES:** 3/30, (NO 4/6), 4/13, (NO 4/20), 4/27, 5/4, 5/11, 5/18, (NO 5/25), 6/1, 6/8

Come join in on the fun of learning how to take part in a musical theater performance! Children will learn the basics of putting together a production and sing, dance and act their way into a world of excitement in the musical, 'Red's Medley Excerpts', an adaptation along the theme of the original, "Descendants: Rise of Red". Students will audition for roles and everyone will receive a speaking part of some kind. No experience needed. Costumes are encouraged but not required.

**Location:** Freeman Kennedy School Cafeteria

**Max Enrollment:** 18

**Fee:** \$149



## ZOOMBINIS Instructor: Mark Pizzi

Grades 3 - 6

**THURSDAYS: Dismissal - 4:15 pm**

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

Join 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 help to escape and safely travel to Zoombiniville. Students will face a series of 12 puzzles that increase in difficulty strengthening 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:** \$129

## FUSE BEAD FUN



Instructor: Ashley Leger

**WEDNESDAYS: Dismissal-4:15pm**

Grades 1 - 2

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

Get ready to design, create, and fuse! Students will explore their creativity by making colorful Perler bead creations and pixel-inspired art. From simple shapes and animals to more detailed designs, children will practice patience, fine motor skills, and artistic expression while having tons of fun.

Students will plan their designs, build them bead by bead, and watch their creations come to life through the fusing process. Whether your child loves patterns, bright colors, or imaginative designs, this hands-on club is the perfect place to create and connect with friends after school!

**Location:** H. Olive Day School

**Max Enrollment:** 12

**Fee:** \$59



## Let's Paint:



## Exploring Famous Artist

Grades 3-6 Instructor: Marianne Koslosky

**THURSDAYS: Dismissal-4:30pm**

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

Get ready to think like an artist and paint like the masters! In this fun, hands-on art class, students will explore famous artists and create bold, colorful masterpieces inspired by their styles. We'll experiment with painting techniques, discover why artists make the choices they do, and share our ideas about the art we see. There's no right or wrong in art—just creativity, imagination, and lots of color!

**Week 1:** Let's Explore Color!

**Week 2:** 6-7: Andy Warhol Style

**Week 3:** Starry Night - Van Gogh

**Week 4:** Dots, Dots and More Dots!

**Week 5:** K-Pop Demon Hunter

**Week 6:** Make Our Own Mondrian



**Location:** Freeman Kennedy School Art Room

**Max Enrollment:** 12

**Fee:** \$149

## BLUEBIRD HOUSE WORKSHOP

Parent with Child Class

Instructor: Jim Schmidt, Built for Bluebirds

**SATURDAY: 4/11 12:00-2:00pm**

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



**Location:** Norfolk Town Hall Multipurpose Room

**Max Enrollment:** 10 pairs

**Fee:** \$79 per pair

## F/K MORNING SHOW

Grades 4-6 Instructor: Robin Tucceri

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

TUESDAYS: 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9

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

Time: Dismissal-4:15pm Max: 8 Students/day



Join the morning crew and help bring this F/K favorite to students and staff! The Morning Show reports on school events, fun-facts and trivia, book reviews, staff interviews, weather, lunch choices, and more. Students contribute as 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 and last initials will be accessible on School website.

Location: Freeman Kennedy School Makerspace  
Fee: Mondays - \$72, Tuesdays - \$95, Thursdays - \$95



Grades 1 - 6

Instructor: Kids Test Kitchen

THURSDAYS: 4:30 - 5:30pm

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

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



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

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

Location: Town Hall Multipurpose Room

Fee: \$225

Max Enrollment: 12



## FRIDAY NIGHT KIDS CLUB

Instructors: Norfolk Rec Staff

Grades: K - 6

Fridays: 6:00-10:00pm

DATES: 5/1 and/or 5/29

Grab yourself a night out on the town while your children participate in a fun and exciting alternative to hiring a babysitter! 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!

Location: Norfolk Town Hall Multipurpose Room

Fee: \$39/night (\$29 per add'l sibling) dinner included



## MINECRAFT ENGINEERING w/ LEGO®

Grades K - 2

Instructor: Play-Well Teknologies

MONDAYS: 3:15 - 4:15 pm

DATES: 4/27, 5/4, 5/11, 5/18, (NO 5/25), 6/1, 6/8, 6/15

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

Location: H. Olive Day School Library

Fee: \$179

## MINECRAFT MASTER ENGINEERING with LEGO®

Grades 3 - 6

Instructor: Play-Well Teknologies

WEDNESDAYS: 3:15 - 4:15 pm

DATES: 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10

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

Location: Freeman Kennedy School Library Fee: \$179

## SPANISH EXPLORERS!

Grades 3 - 6

Instructor: Ailish McBride

TUESDAYS: Dismissal - 4:15 pm

DATES: 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9



Calling all 3rd-6th graders! Join Ms. McBride at the Freeman Kennedy School for a fun, hands-on Spanish program. Each week brings a new theme—the alphabet, numbers, greetings, animals, days and months, clothing, colors, and common phrases.

Students will learn vocabulary through games like Go Fish, Memory, and Pictionary, plus crafts and other activities.

New and returning students welcome!

Location: Freeman Kennedy School

Max Enrollment: 16

Fee: \$79

## **AFTER SCHOOL TENNIS**

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

**MONDAYS:** 4/27, 5/4, 5/11, 5/18, (NO 5/25) 6/1, 6/8  
OR

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

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

**Ages 8 - 11:** 4:30pm - 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. In this fast paced, fun class, Coach Matt will explain and demonstrate basic strokes, grips and ball placement. The older group will work on basics along positioning to develop a consistent rally along with the importance of how to cooperate with a partner in a doubles game.

Racquets are available to borrow. Please make a note when registering.

**Location:** Pond Street Complex Courts **Fee:** \$99

## **HOME ALONE SAFETY**

**Grades 3 - 6** Instructor: *Juanita Allen Kingsley*

**Monday:** 5/11 **Time:** Dismissal- 4:30 pm

Take the first steps towards independence! In this course, we will teach children the basics of being safe when home alone for short periods of time. We will discuss internet safety, learn about accident prevention and fire safety protection and how to call 911. We will cover simple first aid techniques, such as how to relieve choking, and talk about how to use our time wisely!

**Location:** Freeman Kennedy School Library **Fee:** \$69



## **BLAST BABYSITTING & CPR/AED**

*(Includes ASHI CPR Certification)*

**Grades 7 - 8**

Instructor: *Juanita Allen Kingsley*

**TUESDAY:** May 12

**Time:** 2:30pm - 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:** K.P. Middle School Library

**Max. Participants:** 12

**Fee:** \$119

## **F.A.S.T. SUPER SPORTS**

**For K-1 & Gr. 1-2**

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

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

**THURSDAYS:** Grades K - 1

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

**FRIDAYS:** Grades 1 - 2

**Dates:** 5/1, 5/8, 5/15, (NO 5/22), 5/29, 6/3

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



## **F.A.S.T. BASKETBALL**

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

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

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



**TUESDAYS:** 4/28, 5/5, 5/12, 5/19, 5/26

FAST Athletics basketball program helps increase the student's confidence in passing, shooting, and dribbling skills so when it's time to make that game winning shot they are ready! Students will also learn the proper techniques of playing defense, rebounding, and boxing out. Besides scrimmaging, the students will also play games such as knock out, dribbling relay races, and hot hands.

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

**Fee:** \$109



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

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

**FRIDAYS:** 5/1, 5/8, 5/15, (NO 5/22), 5/29, 6/5

**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: students meet in gym and pickup is at the fields

(Class remains in the gym if raining)

**Fee:** \$109

**Fall Liberty Flag Football League!!** (see pg. 26)

**Registration opens March 30th! Now for K-8!**





## SPRING GOLF at FOREKICKS! Juniors & Adult

- ◆ 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**



## POWER KIDS RUN CLUB

### Discover Running Ages 3-6

**TUESDAYS: 1:30-2:15pm**

**DATES: 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9**

Preschool movement and mindfulness through yoga, breathing, and fun gross motor exploration.

Location: Pond Street Field Complex Fee: \$169

### Coed 2K Club Ages 5+

**WEDNESDAYS: 4:30-5:30pm**

**DATES: 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10**

Kids will be introduced to pace, form, teamwork, and the fun of running!

Location: Pond Street Field Complex Fee: \$169

### Coed 5K Club Ages 8+

**WEDNESDAYS: 3:15-4:15pm**

**DATES: 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10**

The next step to becoming stronger physically and mentally!

Location: Freeman Kennedy School Fields Fee: \$169

### Run & Mindfulness Ages 4+

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

**DATES: 4/27, 5/4, 5/11, 5/18, (NO 5/25), 6/1, 6/8, 6/15**

Mindfulness, breathing, and yoga will be introduced to enhance running.

Location: Pond Street Field Complex Fee: \$169

**FULL PROGRAM DESCRIPTIONS are on-line at  
NorfolkRec.com or to learn more please  
visit [www.powerkidsrunclub.com](http://www.powerkidsrunclub.com).**

**ALL FITNESS LEVELS WELCOME!**

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

## LEARN TO SKATE - Ages 3 yrs. +

Location: Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 5 (Per Norfolk Ice Arena Schedule):

**TUESDAYS: 5:00pm, 4/28 - 6/16**

**SUNDAYS: 10:00am, 4/26-6/14 (7 classes)**

The U.S. Figure Skating Basic Skills program was created to be the best beginning ice-skating program in the world. 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: \$170; Sundays: \$155

Skates (\$5) & Helmets (\$2) available to rent on a weekly basis at the rink (cost is weekly). Please arrive early for fitting!

Register with us & we register you with Norfolk Ice Arena

## NEXT STEP SKATING: BRIDGE PROGRAM

At Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 5: Sundays: 11:00am, 4/26 - 6/14 (7 classes)

Sundays: 12:00pm, 4/26 - 6/14 (7 classes)

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



Fee: \$285

Weekly Skate & Helmets rentals available at pro shop.

Register with Norfolk Recreation & we will 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 at 5:00pm**

**DATES: 4/28 - 6/16**



"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: \$170

Register with Norfolk Recreation & we register you with Norfolk Ice Arena

# KP Youth Field Hockey

Entering our 17th year, KP Youth Field Hockey offers year-round programs for players of all skill levels across the KP district and surrounding towns. We proudly support the King Philip High School Field Hockey program—both financially and developmentally—helping to build a strong pathway for future success.

## The COMMONWEALTH LEAGUE for Grades 1-8

KP Youth Field Hockey is the only program offering King Philip players the opportunity to participate in the award-winning Commonwealth League, featuring 8 weeks of scheduled games against other school districts, along with twice-weekly practices. Players benefit from excellent, caring coaching led by League Coordinator, USA Masters Team member, Patricia Zini.



### **KING PHILIP YOUTH FIELD HOCKEY**

### **WEEKLY SKILLS CLINICS**

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

**SUNDAYS: 4/26, 5/3, 5/10, 5/17, (NO 5/24), 5/31, 6/7**

**Gr. K-1 at 9-10am**

**Gr. 2-3, 4-5, 6-8 at 9-10:30am**

**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/continue developing your skills.

**Fees: K/1: \$99, 2-8: \$129**

**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.

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



### **COMMONWEALTH FIELD HOCKEY LEAGUE**

**All Towns, all skills encouraged to join!  
Teams: Grades 1/2, 3/4, 5/6 & 7/8**

**SPACE IS LIMITED SO REGISTER  
A.S.A.P.! REGISTRATION CLOSES 7/1**

**FALL 2026 Games on Saturdays 8/29 - 10/24**

*Led by Patricia Zini, Field Hockey Coordinator*

Join KP Youth Field Hockey as we participate in our 17th 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:** \$50 per player  
Fee includes borrowed uniform and t-shirt.  
**Questions? Please email Patricia Zini at**  
[kpyouthfieldhockey@norfolkmass.gov](mailto:kpyouthfieldhockey@norfolkmass.gov)

## Travel with Points & Miles



With Ann Proto



Is it possible to take a \$10,000 vacation and only pay \$2,000? Yes! Learn how everyday spending can turn into big travel wins using smart credit card strategies. Whether you want to dabble or go all-in, you'll leave these sessions with tools you can actually use. Attend one or both sessions based on your experience.

### Session 1: THE BASICS

**TUESDAY, April 7: 6:30-8:30 PM**

Perfect for beginners or the travel-curious. Learn the basics of airline, hotel, and transferable points programs, how they differ, and how to get started in a way that matches your travel style.

### Session 2: LEVELING UP

**TUESDAY, April 21: 6:30-8:30 PM**

Ready to go further? We'll explore card details, airline alliances, transfer partners, bonus strategies, bank rules, and hands-on search tools like seats.aero and points.yeah.

**Important:** Points and miles strategies only make financial sense if credit cards are paid in full each month. Paying interest quickly outweighs any travel rewards, so eliminating balances is essential before diving in.

**Location:** Norfolk Town Hall Multi-purpose Room

**Session 1 or 2: \$29      Both Sessions: \$49**

*Second household member: \$10/session*



## ESTATE PLANNING BASICS



Instructor: Attorney Amy Antonellis

**TUESDAY, May 12: 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**

## MESSAGES FROM SPIRIT:

### A Mediumship Experience

With Dr. Cathy Ripley Greene

**TUESDAY: 4/14 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



## PEDIATRIC & ADULT FIRST AID

### & CPR/AED

**Ages 16 & up**

*Instructor: Juanita Allen Kingsley*

**MONDAY, 5/11**

**5:00 - 7:15 pm**

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

**Location:** Freeman Kennedy School Library

**Max. Participants: 12**

**Fee:** \$129

## 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**

4/27, 5/4, 5/11, 5/18, (NO 5/25), 6/1,  
6/8, 6/15

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

4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10

**FRIDAYS 9:00 - 10:00 AM**

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

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

**Location:** Norfolk Town Hall Multipurpose Room

**Fee:** \$53



### LADIES LIGHT HIKING

**Time:** 9:45am - 11:00am

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

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



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.

#### Locations for Ladies Hiking

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.



### FUNCTIONAL STRENGTH TRAINING

Instructor: Rachel Abelow

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

**DATES:** 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10

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 Rm.

**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:** 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25

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:** \$89



### ZUMBA With Carol Bouchard

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

**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:** \$72



**\$20 off your total when you sign up for both ZUMBA & ZUMBA Toning!**

### ZUMBA TONING

With Christine French

**TUESDAYS:** 5/5, 5/12, 5/19, 5/26, 6/2, 6/9

**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:** \$56



## **PICKLEBALL** for Adults

*Instructor: Mark Williamson*

### **MONDAYS:**

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

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

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

### **WEDNESDAYS:**

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

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

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

Join Mark to learn and improve at the game that is sweeping the nation, Pickleball! The Beginner/Advanced Beginner classes are designed for those new or fairly new to the game and the More Advanced/Competitive are 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:** \$99/session

**MAXIMUM:** 14



## **FUTSAL: Adult Indoor Soccer**

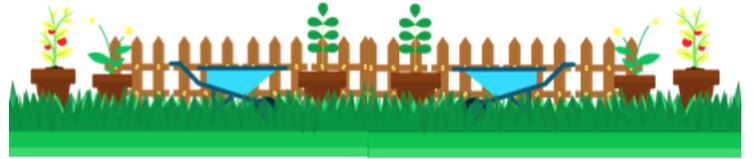
**Tuesdays:** 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9

**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:** \$49



**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)**

**Norfolk Community Garden**

**Online & paper registrations for 2026 plots accepted starting April 6th!**

The poster features a central text area surrounded by various gardening-related illustrations: a red watering can, a shovel, a basket of fruit, a potted plant, a pair of red gloves, a garden bed with seedlings, and a water faucet.



# SUMMER PROGRAMS AT-A-GLANCE



## WEEK 1: JUNE 22 - 26

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)  
 FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)  
 LIGHTS, CAMERA, ACT: BRIGHT STAGES: Ent. Gr. 1-2 (pg. 18)  
 WILDLIFE WONDERS w LEGOS: Ages 5-7 (pg. 20)  
 DINO DESIGN w LEGOS: Ages 5-7 (pg. 20)  
 KP YOUTH FIELD HOCKEY SUMMER CLINIC: Ent. Gr. K-9 (pg. 22)

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)  
 TOP SECRET SCIENCE: Ent. Gr. K-5 (pg. 17)  
 F.A.S.T. MINI SPORTS: Ages 3-6 (pg. 23)  
 F.A.S.T. ALL SPORTS: Ages 7-12 (pg. 23)

## WEEK 2: JUNE 29 - JULY 3

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)  
 FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)  
 KIDS TEST KITCHEN: Ent. Gr. 1-6 (pg. 18)  
 MINECRAFT MASTER ENGINEERING w LEGOS: Ages 7-12 (pg. 20)  
 ENGINEERING DESIGN CHALLENGE w LEGOS: Ages 7-12 (pg. 20)

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. 17)  
 GAME SHOW CONTESTANT: Ent. Gr. 1-4 (pg. 21)  
 KNUCKLEBONES MULTISPORT: Ages 3-5 (pg. 21)

## WEEK 3: JULY 6 - 10

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)  
 FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)  
 RECO ROBOT: Ages 7-12 (pg. 19)  
 ELECTRICITY & MAGNETMANIA: Ages 7-12 (pg. 19)  
 POKEMON ENGINEERING w LEGOS: Ages 5-7 (pg. 20)  
 RADICAL RIDES w LEGOS: Ages 5-7 (pg. 20)

SUMMER OUTDOOR ESCAPE: Ent. Gr. K-6 (pg. 25)  
 LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 26)  
 UNPLUGGED ADVENTURES: Ent. Gr. K-5 (pg. 17)  
 MATH BLAST: Ent. Gr. 1&2 (pg. 18)  
 GIRLS BASKETBALL CLINIC: Ent. Gr. 4-9 (pg. 22)  
 F.A.S.T. T-BALL: Ages 3-6 (pg. 23)  
 F.A.S.T. BASEBALL: Ages 7-12 (pg. 23)

## WEEK 4: JULY 13 - 17

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)  
 CHESS WIZARDS: Ages 5-12 (pg. 18)  
 CHEMICAL CREATIONS: Ages 6-11 (pg. 19)  
 CSI: CRIME SCENE INVESTIGATION: Ages 6-11 (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)  
 CIRCUIT MAKERS: Ent. Gr. 1-3 (pg. 17)  
 HANDS-ON ELECTRONICS: Ent. Gr. 4-7 (pg. 17)  
 F.A.S.T. MINI SPORTS: Ages 3-6 (pg. 23)  
 F.A.S.T. ALL SPORTS: Ages 7-12 (pg. 23)

## WEEK 5: JULY 20 - 24

3,4, LET'S PLAY SOME MORE: Ages 3-4 yrs (pg. 16)  
 FUN IN THE SUN: Ages 4.5-6 yrs (pg. 16)  
 CYBERCRAWLER ROBOT: Ages 7-11 (pg. 19)  
 OUTER SPACE & PHYSICS FUN: Ages 7-11 (pg. 19)  
 BRITISH SOCCER CLINICS BY CHALLENGER: Ages 3-14 (pg. 24)

SUMMER OUTDOOR ESCAPE: Ent. Gr. K-6 (pg. 25)  
 LEADER-IN-TRAINING: Ent. Gr. 9-10 (pg. 26)  
 WIZARDING WORLD OF ENGINEERING w LEGOS: Ages 7-12 (pg. 20)  
 MACHINE MAYHEM w LEGOS: Ages 7-12 (pg. 20)

## WEEK 6: JULY 27 - 31

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)  
 FLOATING INTO FIRST: Ent. Gr. 1 (pg. 17)  
 F.A.S.T. MINI SPORTS: Ages 3-6 (pg. 23)  
 F.A.S.T. FLAG FOOTBALL: Ages 7-12 (pg. 23)

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)  
 14 IN 1 ROBOT ADVENTURE: Ages 7-12 (pg. 19)  
 FUTURE ENGINEERS: Ages 7-12 (pg. 19)

## WEEK 7: AUGUST 3 - 7

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)  
 HYDROPOWER EXPLORERS: Ages 6-11 (pg. 19)  
 FUTURE ARCHITECTS: Ages 6-11 (pg. 19)  
 FLOATING INTO FIRST: Ent. Gr. 1 (pg. 17)

## WEEK 8: AUGUST 10 - 14

FC PUMA SOCCER: Ages 5-14 (pg. 24)  
 K.P. SUMMER FIELD HOCKEY: Ent. Gr. 1-9 (pg. 22)

LIL' NINJAS: Ages 3-5 (pg. 21)  
 NINJA WARRIOR: Ent. Gr. 1-3 (pg. 21)



**WEEKLY SUMMER PROGRAMS: Learn To Skate (pg. 24), Golf (pg. 21),  
 Combo Class (pg. 24), Summer Yoga (pg. 24), Intro to Piano (pg. 18),  
 Guitar 101 (pg. 18), Summer Softball (pg. 21)**



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

**COMMUNITY EVENTS: Pages 3, 27 & The Back Cover!**

# Calling all 3-6 year olds!

Join us for fun-filled mornings!

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.



**FUN IN THE SUN**

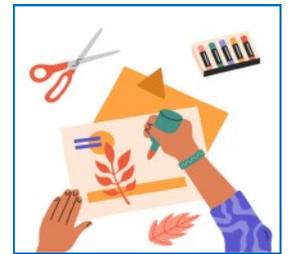
- Week 1: June 22-25 FARM FUN!
- Week 2: June 29-July 2 PIRATES & MERMAIDS!
- Week 3: July 6-9 BEACH BASH!
- Week 4: July 13-16 AROUND THE WORLD!
- Week 5: July 20-23 KINDNESS & FRIENDSHIP!
- Week 6: July 27-30 ANIMAL KINGDOM!
- Week 7: August 3-6 UNDER THE SEA!



- ⇒ 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: \$139/Week Extended Day (12-3pm): \$89/Week

Location: Freeman-Kennedy School



## 3, 4, LET'S PLAY MORE

### **BE SURE TO OPT-IN TEXT MESSAGE COMMUNICATIONS**

Be sure to "OPT-IN" to text messaging in your Norfolk Rec on-line account to receive urgent messages!

We use texts for last minute cancelations and time-sensitive updates only!

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



### **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:** 7/27-7/30 **M-Th 9am-12pm OR**  
**WEEK 7:** 8/3-8/6 **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

**Fee:** \$159 per session

## **FLOATING INTO 1ST!**

*For children entering 'Grade 1' this fall!*

*Instructor: Ms. Jen Pfeiffer*

**WEEK 6:** 7/27-7/30 **M-Th 9am-12pm or 1-4pm OR**

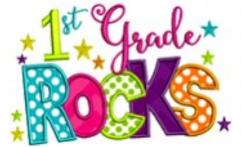
**WEEK 7:** 8/3-8/6 **M-Th 9am-12pm or 1-4pm**

Looking for an opportunity to play and learn with friends, while preparing your child for first grade? Come and join Mrs. Pfeiffer for a fun filled morning or afternoon reviewing Kindergarten skills and previewing first grade routines!

Math, reading, social emotional skills and others will be woven into a variety of summer games, activities and projects. Looking forward to supporting the transition from Kindergarten to grade1 with lots of summer fun!

**Location:** H. Olive Day School

**Fee:** \$159 per session



## **TOP SECRET SCIENCE!**

*Instructor: Mass Science Center*

Come join one of these very cool and fun summer programs! 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!

**Entering Grades K-5**

**WEEK 1:** June 22-26,

**WEEK 2:** June 29-July 3

Monday-Friday

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

**Location:** Freeman Kennedy School

**Fee:** 1/2 Day: \$199 Full Day: \$339



## **CIRCUIT MAKERS 101:**

**Ent. Gr. 1-3**

*Instructor: Circuit Labs*

**WEEK 4:** July 13-17

**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, each class day includes a take-home project.



**Location:** Freeman Kennedy School

**Fee:** \$250

## **HANDS-ON ELECTRONICS:**

**Ent. Grades 4-7**

*Instructor: Circuit Labs*

**WEEK 4:** July 13-17

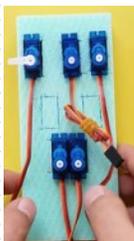
**Time:** 1-4pm

In a world powered by smart technology and AI, the most innovative engineers understand how software and hardware work together. This course gives young makers that critical edge. We start by exploring the magic of electronics with simple circuits, then begin making customized programmable devices with Arduino. We will gain practice working with LEDs, speakers, a variety of sensors, and several kid-friendly programming interfaces.

Each class day is a chance to design, build, and code a new hands-on project while developing a valuable skill set.

**Location:** Freeman Kennedy School

**Fee:** \$250



## **UNPLUGGED ADVENTURES**

*Instructor: Mass Science Center*

Come join this very cool and fun elementary school summer program! Step away from the screens and rediscover the joy of real-world creativity with Unplugged Adventures — a hands-on experience where kids build, craft, and explore the world around them. From designing new family games to creating art from nature and inventing projects with simple tools, every activity sparks imagination and teamwork — no devices required. It is perfect for kids looking to bring back curiosity, conversation, and connection by learning dozens of ways to stay off screens. Make summer feel like summer again — real friends, real fun, and zero Wi-Fi needed. Free Top Secret Science Tee Shirt included!

**Entering Grades K-5**

**WEEK 3:** July 6-10 Monday-Friday

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

**Location:** Freeman Kennedy School

**Fees:** 1/2 Day: \$199, Full Day: \$339



## **CHESS WIZARDS**



**Ages: 5-12**

*Instructor: Chess Wizards*

**WEEK 4: M-F July 13-17**

**HALF DAY AM: 9:00am-12:00pm OR**

**HALF DAY PM: 12:00-3:00pm OR**

**FULL DAY: 9:00am-3:00pm**

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:** Freeman Kennedy School

**Fee: Half Day: \$260 Full Day: \$360**

## **LIGHTS, CAMERA, ACT:**

### **Bright Lights**

*Instructors: Colleen Brightman & Kristina Brightman*



**Entering Grades 2-6**

**WEEK 1: June 22 - 25 (Monday-Thursday)**

**Time: 9:30am - 3:30pm**

Let's get Dramatic & Musical! Spend the week exploring the exciting world of performing through singing, dancing, acting, and more! Through drama games, improvisation, teamwork, and creative exploration, students will have a blast and build confidence performing!

This program is designed for students of all experience levels and encourages collaboration, creativity, and self-expression in a fun supportive environment. Discover your passion, build friendships and learn to shine in the spotlight!

**Location:** Freeman Kennedy School

**Fee: \$300**

## **GUITAR 101: For Kids & Adults!**

*Instructor: Ivy Music Academy*

**Ages:** Kids Class 8-12; Adults 18+

**MONDAYS: Kids Class: 3:45-3:45 pm**

**Adults Class: 5:00-6:00pm**

**\*\*\*Kids & Adult classes are separate\*\*\***

**July: 7/6, 7/13, 7/20, 7/27**

**August: 8/3, 8/10, 8/17, 8/24**

A foundational course on the basics of playing the guitar. Learn how to fret notes, pluck strings, and strum chords to take the first steps towards playing your favorite tunes. Suitable for beginner and novice level guitarists.

**Location:** Norfolk Town Hall Multipurpose Room

**Fee: \$120 per session**

**STUDENTS MUST HAVE THEIR OWN INSTRUMENT**



## **Kids' Test Kitchen**

*inspire healthy eaters*

### **Entering Grades 1-6**

**WEEK 1: June 22 - 26**

**WEEK 2: June 29 - July 3**

**Monday-Friday Time: 9:00am-12:00p**

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.**

**Location:** Freeman Kennedy School **Fee: \$350/week**



## **MATH BLAST!!**

**Entering Grades 1-6**

*with Ms. Jen Violet*

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

**Ent. Grade 1 & 2: M-F, July 6-10**

**Ent. Grades 4-6: M-F, July 13-17**

**Ent. Grades 2 & 3: M-F, July 27-31**



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, Jen Violet. Please pack a nut free snack & water.

**Location:** H. Olive Day School

**Fee: \$159**

## **INTRO TO PIANO**

*Instructor: Ivy Music Academy*

**Ages 6-9**

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

**July: 7/7, 7/14, 7/21, 7/28**

**August: 8/4, 8/11, 8/18, 8/25**

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**







### **WILDLIFE WONDERS w/Legos®**

**AGES 5 - 7** *Instructor: Play-Well TEKnologies*  
**WEEK 1: M-F, 6/22 - 6/26** **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:** \$199

\*\*\*\*\*

### **DINO DESIGN w/Legos®**

**AGES 5 - 7** *Instructor: Play-Well TEKnologies*  
**WEEK 1: M-F, 6/22 - 6/26** **Time: 1-4pm**

Travel back to the Jurassic era in this hands-on STEM adventure powered by LEGO®! Young builders will return to the age of dinosaurs, using LEGO® to bring the time of the dinosaurs to life. Get ready for a dino-sized adventure packed with building, problem-solving, and imagination!

**Location:** Freeman Kennedy School **Fee:** \$199

\*\*\*\*\*

### **MINECRAFT MASTER ENGINEERING**

**AGES 7 - 12** *Instructor: Play-Well TEKnologies*  
**WEEK 2: M-F, 6/29 - 7/3** **Time: 9am-12pm**

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

**Location:** Freeman Kennedy School **Fee:** \$199

\*\*\*\*\*

### **ENGINEERING DESIGN CHALLENGE**

**Ages 7 - 12** *Instructor: Play-Well TEKnologies*  
**WEEK 2: M-F, 6/29 - 7/3** **Time: 1-4pm**

Ready to put your skills to the test? Join our instructors as they guide you through the fundamentals of mechanisms that will inspire your creativity, then, it's your turn to innovate! Working with unique design parameters, you'll construct structures and vehicles, push them to their limits, and see what they can withstand. Compete head-to-head and put real-world concepts into action with exciting LEGO® challenges!

**Location:** Freeman Kennedy School **Fee:** \$199

### **POKEMON ENGINEERING w/Legos®**

**AGES 5 - 7** *Instructor: Play-Well TEKnologies*  
**WEEK 3: M-F, 7/6 - 7/10** **Time: 9am-12pm**

Calling all Pokemon trainers! With the Pokemon Championship approaching, we will build and catch our favorite Pokemon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokemon, and battle to see who will hold the title of Pokemon Master. Join our journey to catch 'em all!

**Location:** Freeman Kennedy School **Fee:** \$199

\*\*\*\*\*

### **RADICAL RIDES w/Legos®**

**Ages 5 - 7** *Instructor: Play-Well TEKnologies*  
**WEEK 3: M-F, 7/6 - 7/10** **Time: 1-4pm**

Start your engines with tens of thousands of LEGO® parts as you dive into the vast world of vehicles! Build and design an array of exciting machines, traversing land, sea, and air, with the assistance of experienced Play-Well instructors. Learn about the engineering principles behind motors, gears, and everything that vrooms and zooms!

**Location:** Freeman Kennedy School **Fee:** \$199

\*\*\*\*\*

### **WIZARDING WORLD OF ENGINEERING**

**AGES 7 - 12** *Instructor: Play-Well TEKnologies*  
**WEEK 5: M-F, 7/20 - 7/24** **Time: 9am-12pm**

Master the magic of Harry Potter using LEGO®! Visit Diagon Alley, play a game of Quidditch, and duel the evil Lord Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts.

**Location:** Freeman Kennedy School **Fee:** \$199

\*\*\*\*\*

### **MACHINE MAYHEM w/Legos®**

**Ages 7 - 12** *Instructor: Play-Well TEKnologies*  
**WEEK 5: M-F, 7/20 - 7/24** **Time: 1-4pm**

Design your custom LEGO® creation to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs and then combine these with tools like drills, hammers, and battering rams. You will refine your masterpiece by sparring with friends and overcoming obstacles all while applying real-world engineering and physics concepts to help you bash and crash your way to victory!

**Location:** Freeman Kennedy School **Fee:** \$199



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



# knucklebones

## GAME SHOW CONTESTANT

Entering Grades 1 to 4

**WEEK 2: Monday-Thursday, 6/29-7/2**

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

Have you ever wanted to be a contestant on a TV show? Or, better yet, enter the video game you're playing? Knucklebones' Game Shows covers the spectrum, focusing on new shows and video games in every class. From The Floor is Lava to Survivor, American Ninja Warrior to Minute to Win It, Beastmaster to Squid Games, Mario Kart to Angry Birds - we'll get everyone up, moving and engaged!

**Location:** FK Playground Field

**Fee:** \$249

## Knucklebones MULTI-SPORT

Ages 3 to 5 years

**WEEK 2: Monday-Thursday, 6/29-7/2 Time: 1:00-1:50pm**

This class is not your average sports class! Knucklebones' combines athletic fundamentals, creative movement, gross motor skills and fun. Using an array of unique equipment and creative learning, participants will focus on a new sport every class; learning fundamentals and techniques to set the groundwork for future fun. From soccer to basketball, hockey to T-ball, we'll also throw in some outside the box sports like obstacle courses, Messy Backyard and American Ninja Warrior...for the love of play!

**Location:** FK Playground Field

**Fee:** \$129

## NINJA WARRIOR

Entering Grades 1 - 3

**WEEK 8: Monday-Thursday, 8/10-8/13**

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

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

**Location:** FK Playground Field

**Fee:** \$249

## LIL' NINJAS

Ages 3 to 5 years

**WEEK 8: Monday-Thursday, 8/10-8/13**

**Time: 1:00-1:50pm**

Does your child love to run, jump, climb and tumble? Then Knucklebones 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 climbing up an A-Frame to walking on balance beams, tumbling on mats to crossing "volcanos" - your child is sure to have a blast!

**Location:** FK Playground Field

**Fee:** \$129

# Softball



## K - 4 SUMMER CLINIC

We are excited to once again offer our 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!



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are the best ways  
to keep up to date with us.



## 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.*

## **GIRLS BASKETBALL CLINIC**

For all K.P. Girls Entering Grades 4-9  
With Natick Assistant Coach Joe DiCruttalo,  
K.P. Players and Staff

**WEEK 3: July 6-9 MON-TH 9:00am-2:00pm**

Join Joe DiCruttalo, 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: KP High School. Check-in/out in main lobby.**  
**Fee: \$175/1st player, Siblings: \$125**

## **BOYS BASKETBALL CLINIC**

For Boys Entering Grades 4-9  
With Hockomock Coach Jim Killion & K.P. players  
**WEEK 4: July 13-16 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**



## **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 23-25**

**Gr. 1-2: 4-5:00pm Gr. 3-9: 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: \$49 Grades 3-9: \$79**

**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-THurs, August 10-13**

**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: King Philip High School Turf field**

**Fee: Grades 1-2: \$69 Grades 3-9: \$159**



# F.A.S.T.

## athletics

### **MINI SPORTS** Ages 3-6

**MONDAY-FRIDAY, 9:00am-12:00pm: WEEK 1: 6/22-6/26, WEEK 4: 7/13-7/17, WEEK 6: 7/27-7/31, WEEK 7: 8/3-8/7**

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:** \$199 per week



### **ALL SPORTS** Ages 7-12

**MONDAY-FRIDAY, 9:00am-12:00pm: WEEK 1: 6/23-6/27, WEEK 4: 7/13-7/17**

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:** \$199 per week

### **FLAG FOOTBALL** Ages 7-12

**MONDAY-FRIDAY, 9:00am-12:00pm: WEEK 6: 7/27-7/31, WEEK 7: 8/3-8/7**

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:** \$199 per week



### **T-BALL** Ages 3-6

**MONDAY-FRIDAY, 9:00am-12:00pm: WEEK 3: 7/6-7/10**

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction into t-ball where learning and skill development are our priorities. Boys and Girls welcome!

**Location:** Pond Street Recreation Complex **Fee:** \$199



### **SUMMER BASEBALL** Ages 7-12

**MONDAY-FRIDAY, 9:00am-12:00pm: WEEK 3: 7/6-7/10**

FAST Athletics baseball program teaches the fundamental skills of America's favorite pastime. Students will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will learn the positions, situational plays and strategies as well as play games such as home run derby, last one standing, and golden glove.

**Location:** Pond Street Recreation Complex **Fee:** \$199

**Don't forget to register for our own  
Fall Liberty Flag Football League!! (see pg. 26)  
Registration opens March 30th! Now for K-8!**



## CHALLENGER SPORTS **BRITISH SOCCER CLINIC!!**

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

**WEEK 5: July 20-24 MONDAY-FRIDAY**

Ages 3-5: 8-8:45am Fee: \$95 (\$115 after 6/19)

Ages 6-14: 9am-12pm Fee: \$190 (\$220 after 6/19)

Ages 7-14: 9-3pm Fee: \$260 (\$300 after 6/19)

At Pond Street Soccer Fields, 33 Pond Street, Norfolk  
**Register directly at:**

[challenger.configio.com/pd/268609](http://challenger.configio.com/pd/268609)

All players get a t-shirt, ball, evaluation & poster.  
**Register by JUNE 19 to get an awesome jersey!!**

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

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 10-14**

Times vary based on age.

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

[www.fcpumasocceracademy.com](http://www.fcpumasocceracademy.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).



## **IT'S IMPORTANT TO REGISTER EARLY!**

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



## **SUMMER COMBO CLASS W/ NANCII!!**

1/2-Hour Strength & 1/2-Hour Pilates  
1 hour/week for 6 weeks

**Wednesdays: 7/8, 7/15, 7/22, 7/29, 8/5, 8/12**

**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: Norfolk Town Hall Multipurpose Room**  
**Fee: \$45**

## **SUMMER SLOW FLOW YOGA**

*With Gail Taylor*

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

**DATES: 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27**

A vinyasa yoga class that 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 facial 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: \$85**

**Minimum: 7 / Maximum: 12**

## **LEARN TO SKATE - SUMMER**

**Ages 3+**

*Instructor: Norfolk Ice Arena*

**Summer Session 1 (Per Norfolk Ice Arena Schedule):**  
Tuesdays: 5:00pm, 6/23 - 7/21

**Summer Session 2 (Per Norfolk Ice Arena Schedule):**  
Tuesdays: 5:00pm, 7/28 - 8/25

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: \$155**

## **JR. WARRIOR FLAG FOOTBALL**

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

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

**Dates: 6/22-6/26, 7/6-7/10, 7/13-7/17, 7/20-7/24**

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

**Fee: \$329; 4/1 & After: \$369**

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)**

# NORFOLK OUTDOOR ESCAPE

\*FOR Kids Entering Grades K–6\* \*Themed Weeks\*

\*with 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/WEEK

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 22–25

WEEK 2: JUNE 29–JULY 2

WEEK 3 JULY 6–9

WEEK 4: JULY 13–16

WEEK 5: JULY 20–23

WEEK 6: JULY 27–30

WEEK 7: AUG. 3–6

SCHOOL'S OUT FOR THE SUMMER

HAPPY 250TH USA!

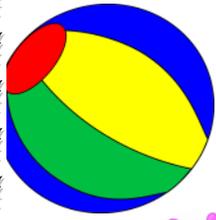
CELEBRATE THE DECADES

DEEP SEA TO DEEP SPACE

OLYMPICS

GAME SHOWS & OTHER FUN

END OF THE SUMMER CELEBRATION



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. 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!**

**PROGRAM STAFF ARE CERTIFIED IN CPR & FIRST AID AS WELL AS EPIPEN & AED USE.**

*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 & have 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. 8-11**

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



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

FEE: \$75 per week

WEEK 1: JUNE 22-25

WEEK 2: JUNE 29—JULY 2

WEEK 3: JULY 6-9

WEEK 4: JULY 13-14

WEEK 5: JULY 20-23

WEEK 6: JULY 27-30

WEEK 7: AUGUST 3-6



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

**L.I.T. applications will be available online on February 23rd.**

**Applications are due by Thursday, April 16th. Interviews held in early May.**

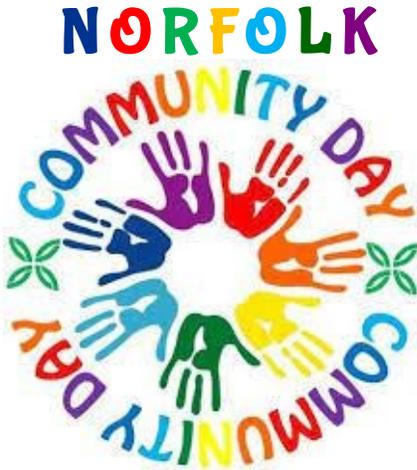
A large logo for Liberty Flag Football. It features a central oval with an American flag design (stars and stripes) and the word "LIBERTY" in red above it and "FLAG FOOTBALL" in red below it. To the left is a blue silhouette of a player running with a football. To the right is a blue silhouette of a player jumping to catch a football. Below the logo is the NFL FLAG logo.

**CO-ED FLAG FOOTBALL FOR GRADES K-8!**  
**FALL 2026**  
**REGISTRATION STARTS**  
**MARCH 30th 8:00am**

*For more details & to register go to*  
**[NORFOLKREC.COM](http://NORFOLKREC.COM)**

**RECREATION@NORFOLKMASS.GOV 508-520-1315**

# All About Community



**SATURDAY, JUNE 13**

**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

**2026 Spring Plant Sale**

**Saturday, May 16**

**9AM-Noon**

(Rain or Shine)

**On the Town Hill**



**Norfolk Memorial Day Parade & Service**

**Monday, May 25th, 8:00am**

Main Street to Cemetery

**& Norfolk Lions Field of Flags  
Saturday, May 23rd 12pm**

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 25, 2026 from 9 am to 3 pm**

Friends Only Preview & Sale – April 24, 2026 ~ Beginning at 5:00 pm

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

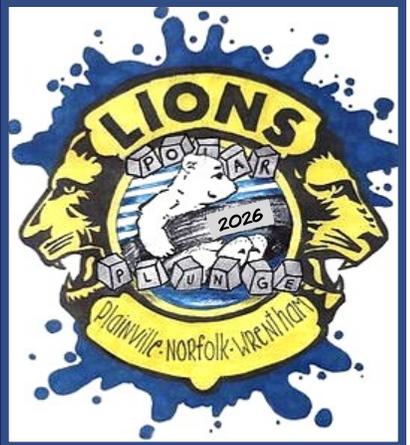
All proceeds support programs & services of the Norfolk Public Library

For more information: [www.norfolkmalibraryfriends.org](http://www.norfolkmalibraryfriends.org)

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



**POLAR PLUNGE**



The Norfolk Lions Present The  
**LIONS TALENT SHOW**

FOR THE YOUNG PERFORMERS (GRADES 3-12)

**THURSDAY APRIL 9, 2026**

RING PHILIP MIDDLE SCHOOL  
18 RING STREET  
NORFOLK, MA 02056

[WWW.NORFOLKMALIONS.ORG/TALENT-SHOW](http://WWW.NORFOLKMALIONS.ORG/TALENT-SHOW)

**Gilly's House Summerfest**

Wrentham Developmental Center

131 Emerald Street, Wrentham, MA

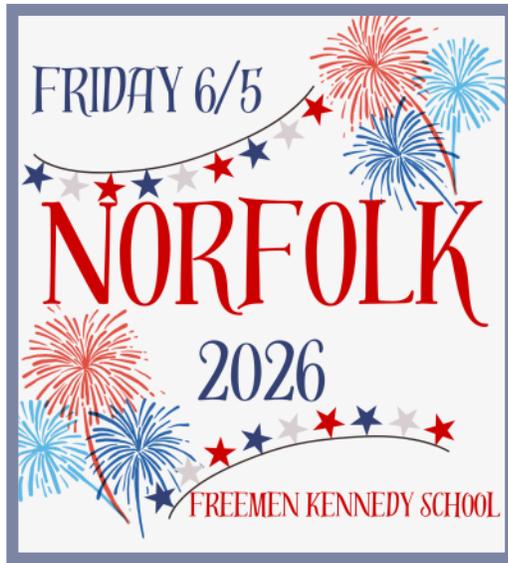
**FREE ADMISSION FOR EVERYONE!**

**Food & Activities Are Provided**

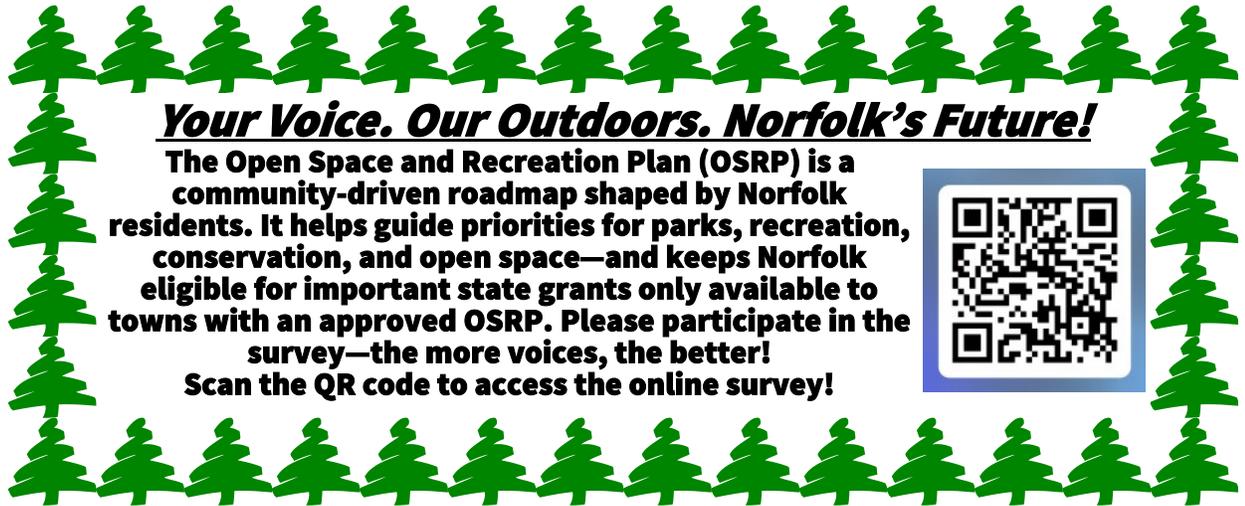
**August 16, 2026 \* 12-4pm**

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 NORFOLK, MA 02056



**KING PHILIP YOUTH FOOTBALL & CHEER**  
**2026 REGISTRATION**  
*\*Returning 2025 Athlete's Only:*  
**MARCH 1<sup>ST</sup> @ 10AM**  
 OPEN TO NEW ATHLETES FROM NORFOLK, WRENTHAM, & PLAINVILLE:  
**MARCH 8TH @ 10AM**  
 FOOTBALL GRADES: 2-8      CHEER GRADES: 1-8  
 WWW.KPYFC.COM



***Your Voice. Our Outdoors. Norfolk's Future!***

The Open Space and Recreation Plan (OSRP) is a community-driven roadmap shaped by Norfolk residents. It helps guide priorities for parks, recreation, conservation, and open space—and keeps Norfolk eligible for important state grants only available to towns with an approved OSRP. Please participate in the survey—the more voices, the better!  
 Scan the QR code to access the online survey!



**NORFOLK TRAVELS! (Again!)**  
 Visit PORTUGAL THIS FALL w/ COLLETTE TOURS!  
 Norfolk Recreation, the Norfolk Public Library & the Norfolk Senior Center are pleased to announce the next NORFOLK TRAVELS' adventures!  
**2027 Trips: Alaska in July and Croatia in the fall!**  
*The Alaska Informational Meeting is June 2 at Norfolk Public Library 6-7pm (scan QR code)*



Sports Organization	Website & Contact Information
King Philip Soccer Association (KPSA): Youth, Teen & Travel Soccer	YOUTH: <a href="http://www.norfolkionsoccer.com">www.norfolkionsoccer.com</a> TRAVEL: <a href="http://www.kpsoccer.org">www.kpsoccer.org</a>
KP Youth Field Hockey	<a href="http://www.NorfolkRec.com">www.NorfolkRec.com</a>
KP Youth Football & Cheer	<a href="http://www.kpyfc.com">www.kpyfc.com</a>
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>
Norfolk Baseball	<a href="http://www.norfolkbaseball.com">www.norfolkbaseball.com</a>
Norfolk Girls Softball	<a href="http://www.norfolkgirlssoftball.net">www.norfolkgirlssoftball.net</a>

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

