

NORFOLK RECREATION

January - April 2026

REGISTRATION BEGINS

WEDNESDAY, DEC. 10th at 12:30pm
Register online at NorfolkRec.com



Norfolk's Holiday Festivities Sunday, Nov. 30th



Sponsored by Norfolk Lions & Norfolk Recreation



3:30PM LION'S SANTA PARADE

*Come join the fun! Starts at Hillcrest Village ~ Ends at the Library.
Hot Chocolate and Cookies on Town Hill too!*

4:00PM PICTURES WITH SANTA

Free – in the Library Community Room

4:30PM THE LIGHTING OF TOWN HILL

Gather around the Gazebo for the countdown w/Exhale Dance!

Children are welcome to bring an ornament for the tree!

***** HOLIDAY on the HILL *****

Check out the decorated trees along Main Street!

Stop by on Dec. 1st to cast your vote!

To enter a tree and /or to vote: norfolkmalions.org/holiday-on-the-hill



Monday, Dec. 15th

Grand Menorah Lighting Ceremony

Monday, December 15th @ 6:00pm on Town Hill



Norfolk Recreation...Building Community Spirit, Health, and Opportunity



REGISTRATION & POLICY INFORMATION



Norfolk Recreation 1 Liberty Lane Norfolk, MA 02056

Our Offices & Multipurpose Room are on the ground floor of the Town Hall. Direct Door #4.

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

TO REGISTER: NorfolkRec.com
Email: recreation@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*****

The most efficient and preferred method of registration is online at NorfolkRec.com. Registration by mail or in-person requires a completed paper registration form (which can be found at NorfolkRec.com or in the office) along with payment by check or cash. Registrations mailed in early will be NOT be processed early. Advance Registration is required for all programs unless noted.

Registrations are not transferable.

=> CREDIT CARDS accepted online.

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

REGISTRATION CONFIRMATION

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

WAITLISTS

If a program is full, please add your child's name to the waitlist if the program is for them, or your name, if the program is for you. If a spot opens up, those waitlisted will be notified of their pending spot. Prompt responses are required due to time restraints. No reply or a late reply may forfeit your place on the waitlist.

*****REFUND POLICY*****

Refunds are only given if a program is canceled by Norfolk Recreation, for a documented medical reason, or if there is a change in a school schedule. For any other reason, with more than 7 days notice, if we can fill your spot from our waitlist, a refund will be given less a processing fee, but this takes time. The Complete **REFUND POLICY** is on Recreation's page on the Town of Norfolk's website:

norfolkmass.gov.

FEE REDUCTION POLICY

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

=> BE SURE TO OPT-IN FOR TEXTS!

To receive welcome emails and text cancellation notices, **be sure to OPT-IN** for both email and text notifications in your Recreation account! Please make recreation@norfolkmass.gov a contact to help ensure our emails make it to your inbox!

ALLERGIES and MEDICAL CONDITIONS

Please inform us of any allergy or medical condition that may be of concern in a routine or an emergency situation. Include information when registering or please email us.

ACCOMMODATIONS

If you or a family member need accommodations or if there are circumstances that would be helpful for us to know in advance of the program, please add that information when registering or email us in advance. If an accommodation is outside of our scope, we will work with you and the school if applicable to have accommodations provided when possible.

SNACKS: NUT FREE Please!

Only nut-free snacks should be sent to any recreation program. Participants will be notified if snacks need to be further restricted.

PROGRAM CANCELCATION POLICY

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

WEATHER CANCELS: If school is canceled, recreation programs at the school that day/evening are also canceled.

Make-up dates/refunds will be arranged for any canceled class.

RETURNED CHECK FEE

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

OUTSTANDING BALANCES:

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

PHOTOGRAPHS-Social Media/Advertising

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

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

PROGRAM & PARK LOCATIONS

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

ATHLETIC FIELD USE:

NORFOLK RECREATION ALLOCATES THE FIELDS AT THE POND STREET COMPLEX & FREEMAN-KENNEDY SCHOOL. FIELDS MAY ONLY BE USED BY ORGANIZATIONS GROUPS, OR PAID INSTRUCTION WITH ADVANCE PERMISSION.

FIELD FEES MAY APPLY. PLEASE SEE OUR WEBSITE FOR POLICIES.

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



WINTER PROGRAMS AT A GLANCE



INFANT & PRE-K PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday	
Hands On Music 6 mos. - 5 yrs. Pg. 4	Hands On Music 6 mos. - 5 yrs. Pg. 4	Lil Scientists 3 - 5 yrs. Pg. 4	Practicing Preschool 2 - 4 yrs. Pg. 4		Sticky Fingers 18 mos. - 4 yrs. Pg. 5	
VAMOS! H.O. Music Spanish 4 - 8 yrs. Pg. 4	Practicing Preschool 2 - 4 yrs. Pg. 4				Bluebird House Workshop Parent & Child Pg. 9	
Krafty Kiddos 2 - 5 yrs. Pg. 5	Lil Ninjas 2 - 5 yrs. Pg. 5					

SCHOOL-AGE PROGRAMS

FEBRUARY VACATION: Pgs. 7 & 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Lights, Camera, ACT! Grades 3 - 6 Pg. 8	Guided Drawing Grade 1 Pg. 6	Game Time Grades 1 - 2 Pg. 6	Coding for 2nd Graders Grade 2 Pg. 6	Friday Night Kids Club Grades K - 6 Pg. 5	K Pop Demon Hunters Grades 1 - 6 Pg. 7
FK Morning Show Grades 5 - 6 Pg. 9	Intro To Piano Ages 6 - 9 yrs. Pg. 6	Spanish Explorers Grades 3 - 6 Pg. 7	Coding with Makey Makey Grade 2 Pg. 6	Crafters Corner Plus Grades 3 - 6 Pg. 7	Slime Time Party Grades 3 - 7 Pg. 7
Home Alone Safety Grades 3 - 6 Pg. 9	Animal Adventures Grades K - 6 Pg. 8	Cupcake Decorating Grades K - 6 Pg. 9	Guided Drawing Grade 2 Pg. 6	Paint Nights Grades 1 - 8 Pg. 7	Valentines Sea Glass Grades 1 - 6 Pg. 7
Pokemon Engineering LEGO Grades K - 2 Pg. 10	BLAST Babysitting Grades 7 - 8 Pg. 8	Field Hockey Clinics Grades K - 8 Pg. 12	Zoombinis Grades 3 - 6 Pg. 6	Dodgeball Grades 3 - 6 Pg. 11	Bluebird House Workshop Parent & Child Pg. 9
Robomonorail Makers Grades 3 - 6 Pg. 10	Lights, Camera, ACT! Grades 3 - 6 Pg. 8	Karate/Stranger Danger Grades K - 6 Pg. 13	Lights, Camera, ACT! Grades K - 2 Pg. 8	Super Sports Grades 1 - 2 Pg. 11	Card Trading Workshop Grades 2 - 6 Pg. 11
Karate/Stranger Danger Grades K - 6 Pg. 13	FK Morning Show Grades 5 - 6 Pg. 9		FK Morning Show Grades 5 - 6 Pg. 9		Learn To Play Hockey 6 - 12 yrs. Pg. 13
	AI Smartcore Robot Grades K - 2 Pg. 10		Kids Test Kitchen Grades 1 - 6 Pg. 9		Learn to Skate 3+ yrs. Pg. 13
	Pokemon Master LEGO Grades 3 - 6 Pg. 10		First Time Tennis Grades 7 - 8 Pg. 11		Next Step Skating 3+ yrs. Pg. 13
	Ninja Warrior Grades K - 2 Pg. 11		Super Sports Grades K - 1 Pg. 11		
	Norfolk Ice Classes 3+ yrs. Pg. 13				

ADULT/FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
First Aid & CPR Pg. 14	Candle Making 101 Pg. 14	Intro to Quilting Pg. 14	Intro to Crochet Pg. 14	The Combo Class Pg. 17	Functional Strength Pg. 16
Advanced Pickleball Pg. 15	American Mah Jongg Pg. 15	Advanced Pickleball Pg. 15	Men's Basketball Pg. 16	Happy Dogs Hike Pg. 17	Ladies Snowshoe/Trek Pg. 17
Beginner Pickleball Pg. 15	Estate Planning Basics Pg. 15	Beginner Pickleball Pg. 15	Zumba Pg. 16		
The Combo Class Pg. 17	Messages From Spirit Pg. 15	Functional Strength Pg. 16	Ladies Snowshoe/Trek Pg. 17		
	Futsal Pg. 16	The Combo Class Pg. 17	Slow Flow Yoga Pg. 17		
	Zumba Toning Pg. 16				

SCHOOL HALF DAYS

Stay up to date with newly added programs scheduled on half days of school. Flyers will be sent home through the school and posted on our Facebook page: facebook.com/norfolkrec

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!

HANDS-ON MUSIC with Ms. Viviana

6 Months - 5 Years with Adult

Instructor: Viviana Vilches

MONDAYS: 1/12, (NO 1/19), 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, 3/9, 3/16, 3/23, 3/30

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: 1/13, 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24, 3/3, 3/10, 3/17, 3/24

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

Fee: \$172

Min/Max: 5/12

FOR 9:30 & 10:30 AM CLASSES:

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



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

Ages 4 - 8 years with Adult

Instructor: Viviana Vilches

MONDAYS: 4:00-5:00pm

DATES: 1/12, (NO 1/19), 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, 3/9, 3/16, 3/23, 3/30

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

Location: Norfolk Town Hall Multipurpose Room

Fee: \$188

Min/Max: 5/12



PRACTICING PRESCHOOL

2 - 4 Years

1.5 Hour Drop-Off Program

Instructors: Emily Spiller & Regina Lodola



TUESDAYS: 9:30-11:00am

S1: 1/13, 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24

S2: 3/3, 3/10, 3/17, 3/24, 3/31, 4/7

THURSDAYS: 9:30-11:00am

S1: 1/15, 1/22, 1/29, 2/5, 2/12, (NO 2/19), 2/26

S2: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9

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

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

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

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

Location: Freeman Kennedy School SACC Room

Fee: \$139 per session

Max. Participants: 12



EXTENDED DAY for Practicing Preschool

Instructors: Emily Spiller & Regina Lodola

TUESDAYS: 11:00am-12:00pm

S1: 1/13, 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24

S2: 3/3, 3/10, 3/17, (NO 3/24)*, 3/31, 4/7

THURSDAYS: 11:00am-12:00pm

S1: 1/15, 1/22, 1/29, 2/5, 2/12, (NO 2/19), 2/26

S2: 3/5, 3/12, 3/19, (NO 3/26)*, 4/2, 4/9

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: Session 1: \$89, Session 2: \$79

Min. Participants: 7

***THERE IS NO EXTENDED DAY ON 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: 9:15-10:00am

S1: 1/10, (NO 1/17), 1/24, 1/31, 2/7, 2/14

S2: 2/28, 3/7, (NO 3/14), 3/21, 3/28, (NO 4/4), 4/11

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

Please dress for mess!

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



Location: Norfolk Town Hall

Max Enrollment: 12 **Fee:** \$69/session

KRAFTY KIDDOS

Ages 2-5 yrs. DROP OFF

Instructor: Denise Foley & Recreation Staff

MONDAYS: 9:30-11:00am

S1: 1/12, (NO 1/19), 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2

S2: 3/9, 3/16, 3/23, 3/30, 4/6, 4/13

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

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

Location: Freeman Kennedy School

Max Enrollment: 12

Fee: \$139/session



L'IL SCIENTISTS

Ages 3-5 yrs. DROP OFF

Instructors: Emily Spiller & Denise Foley

WEDNESDAYS: 9:30-11:30am

S1: 1/14, 1/21, 1/28, 2/4, 2/11, (NO 2/18), 2/25

S2: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8

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

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

Location: Freeman Kennedy School SACC Room

Fee: \$139/session



LIL' NINJAS

Ages 2 to 5 years

Instructors: Knucklebones

TUESDAYS: 1:30 - 2:20pm

DATES: 3/3, 3/10, 3/17, (NO 3/24), 3/31, 4/7

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

Location: Norfolk Town Hall Multipurpose Rm. **Fee:** \$139



FRIDAY NIGHT KIDS CLUB

Instructors: Norfolk Rec Staff

Grades: K - 6

Fridays: 6:00-10:00pm

DATES: 1/23, 2/27, & 3/27

Grab yourself a night out on the town while your children try out a fun and exciting alternative to hiring a babysitter! Your child will participate in fun activities while getting to interact with other children! Our staff will keep the children entertained with games, crafts, and a pizza dinner. After dinner we will watch a movie and have some treats to finish up the night! Space is limited so please register early to insure your spot. If your child has a food allergy please send them with dinner and snacks. Registration is per night.

Location: Norfolk Town Hall Multipurpose Room

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



ZOOMBINIS!

Instructors: Mark Pizzi

GRADES 3 - 6

THURSDAYS: Dismissal-4:15pm

DATES: 1/15, 1/22, 1/29, 2/5, 2/12,
(NO 2/19), 2/26, 3/5, 3/12, 3/19, (NO 3/26), 4/2

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

Location: Freeman Kennedy School Library

Max. Enrollment: 15

Fee: \$159



INTRO TO PIANO

Instructor: Ivy Music Academy

Ages 6-9

TUESDAYS: 4:00-5:00pm

January: 1/6, 1/13, 1/20, 1/27

March: 3/10, 3/17, 3/24, 3/31

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. A great opportunity to give piano a try!

Location: Norfolk Town Hall Multipurpose Room

Fee: \$120 per session



GUIDED DRAWING: GRADES 1 & 2

Instructor: Jen Pfeiffer

Grade 1: TUESDAYS, Dismissal-4:20pm

DATES: 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24, 3/3, 3/10, 3/17

Grade 2: THURSDAYS, Dismissal-4:20pm

DATES: 1/22, 1/29, 2/5, (NO 2/12), (NO 2/19), 2/26, 3/5, 3/12, 3/19, (NO 3/26), 4/2



Do you love to watch drawing videos, enjoy "how to draw" books, then join us for some guided drawing fun and create a sketchbook full of fall drawings! Our time together will include a few minutes of outside exercise and fun and a quick snack, then onto the drawing activity of the day.

Sketchbooks and related pencils/tools will be provided.

Location: H. Olive Day School

Max Enrollment: 12/class **Fee:** \$149/session



CODING for 2nd Graders

Instructor: Ellen Horton

THURSDAYS: Dismissal-4:15pm

DATES: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12

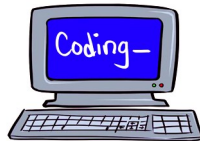
Learn to code Dot and Dash using Blockly. Coding provides the opportunity to develop mathematical concepts, problem solving and social skills. Children start honing their problem-solving skills as soon as they take on their first coding challenge.

Location: H. Olive Day School Library

Max. Enrollment: 8

Fee: \$119

**A wonderful introduction
to a new language, coding!**



CODING WITH 'MAKEY MAKEY'™ for 2nd Graders

Instructor: Ellen Horton

THURSDAYS: Dismissal-4:15pm

DATES: 2/26, 3/5, 3/12, 3/19, (NO 3/26), 4/2, 4/9, 4/16,
(NO 4/23), 4/30, 5/7, 5/14

Ready to turn everyday objects into interactive wonders? Join our **10 week** Makey Makey course and embark on a journey where creativity meets technology! Learn the art of invention by transforming bananas into piano keys, or your favorite snacks into game controllers. Imagine the possibilities as you explore hands-on projects that fuse art and technology, all while gaining valuable STEM skills. Unleash your imagination, challenge yourself, and be part of a community where innovation knows no bounds. Don't miss out on the chance to make learning fun and unforgettable – sign up for the Makey Makey course now and let the adventure begin. .

Location: H. Olive Day School Library

Max. Enrollment: 8

Fee: \$179



GAME TIME with Mrs. Leger

Instructor: Ashley Leger, H.O.D. 1st Grade



WEDNESDAYS: Dismissal-4:15pm

Grades 1 - 2

S1: 1/7, 1/14, 1/21, (NO 1/28), 2/4, 2/11, (NO 2/18), 2/25

S2: 3/4, (NO 3/11), 3/18, 3/25, 4/1, 4/8, 4/15

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

Location: H. Olive Day School, Room 40

Max Enrollment: 12

Fee: \$59 per session



PAINT NIGHTS with MS. Jen

For Grades 1 - 8

Kick back, relax, and come have some fun learning how to create some pretty awesome canvas paintings! Each workshop will be instructional with room for unique personal touches.

January: Winter Sunset

FRIDAY, 1/9: 6-8pm

February: Loveable Penguin

FRIDAY, 2/6: 6-8pm

March: LaBuBu Painting

FRIDAY, 3/6: 6-8pm

April: Rainbow Cats

FRIDAY, 4/10: 6-8pm

Max Enrollment: 12 per Night

Location: Norfolk Town Hall Multipurpose Room

Fee: \$39 per child per night

3-HOUR SATURDAY EVENING ART WORKSHOPS!

K Pop Demon Hunters

Indulge in the K Pop Craze with a personalized canvas painting that POPS, make some color coded demon hunters bracelets, GOLDEN slime and play some trivia with prizes!

Pizza and dance party included!

SATURDAY, 1/17: 6:00-9:00pm

Grades 1 - 6

Location: Norfolk Town Hall Multipurpose Room

Max Enrollment: 18

Fee: \$59 (Sibling: \$39)

Valentines Sea Glass

Celebrate the day of love with friends and art! Come create a framed sea glass heart, **decorate sugar cookies** and play some games!

SATURDAY, 2/7: 6:00-9:00pm

Grades 1 - 6

Location: Norfolk Town Hall Multipurpose Room

Max Enrollment: 18

Fee \$59 (Sibling: \$39)

SLIME TIME PARTY

Have you heard of the Pool of Slime? Come have a blast making 20lbs of slime in a kiddie pool! Make giant bubbles, take some home and have fun with friends. We will also be making small batches of individual slimes with different ingredients! Extra slime will be packaged and labeled by students for donation. **Pizza dinner included!**

SATURDAY, 3/14: 6:00-9:00pm

Grades 3 - 7

Location: Norfolk Town Hall Multipurpose Room

Max Enrollment: 18

Fee \$59 (Sibling: \$39)

CRAFTERS CORNER PLUS:

Instructor: Jen Callej

FRIDAYS: 3:15-5:00pm

Grades 3 - 6

S1: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

S2: 3/6, 3/13, 3/20, 3/27, (NO 4/3), 4/10, 4/17

Calling all crafters and art lovers! Come join this artsy after school club! With an extended time, students will be able to enjoy longer length and intricate projects in Ceramics, Jewelry, Sketching, Painting, Collaging and much more! Hang out with friends, relax & create!



Location: Freeman Kennedy School Art Room

Max Enrollment: 16

Fee: \$199 per session

FUN & ART WITH MS. JEN

Monday-Thursday, 2/16-2/19

Grades 1 - 6

1:00-5:00pm

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

Daily Themes: Monday - Winter Dazzle!

Tuesday - Tropical Vacation!

Wednesday - Cute Animals!

Thursday - Mystical Magic!

Location: Norfolk Town Hall Multipurpose Room

Fee: \$159

Min/Max: 8/16

FEBRUARY SCHOOL VACATION!

NEW

SPANISH EXPLORERS!

Instructor: Ailish McBride

This class will run for 10 weeks, beginning in January. FINAL SCHEDULE IS TO BE DETERMINED:



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. We can't wait to launch this program and offer it on an ongoing basis!

Location: Freeman Kennedy School, Room TBD

Max Enrollment: 16

Fee: \$99

LIGHTS, CAMERA, ACT!

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

This program is offered as one session - skills learned at the beginning serve as the foundation for later classes that focus on each age group's performance.

K - 2nd Grade *THE TOY SHOP*

THURSDAYS: 3:15 - 4:30pm OR 4:45 - 6:00pm
DATES: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, (NO 2/19), 2/26, 3/5, 3/12, 3/19, (NO 3/26), 4/2, 4/9, 4/16, (NO 4/23), 4/30, 5/7, 5/14, 5/21, 5/28, 6/4

*** Final Performance Date/Time: TBD

On date of performance all students stay at dismissal; doors open for guests at 5pm for both classes.

Location: H.O.D. School Library **Max:** 16 **Fee:** \$399

3rd - 6th Grade

MISS NELSON IS MISSING

MONDAYS: 3:15 - 4:30pm OR 4:45 - 6:00pm
DATES: 1/5, 1/12, (NO 1/19), 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, (NO 4/20), 4/27, 5/4, 5/11, 5/18, (NO 5/25), 6/1

*** Improv Show Date: 3/2

All students stay at dismissal; doors open at 5pm

*** Final Performance Date/Times: TBD

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**TUESDAYS: 3:15 - 4:30pm OR 4:45 - 6:00pm**  
**DATES:** 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24, 3/3, 3/10, 3/17, (NO 3/24), 3/31, 4/7, 4/14, (NO 4/21), 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

\*\*\*Improv Show Date: 3/3

All students stay at dismissal; doors open at 5pm

\*\*\*Final Performance Date/Time: TBD

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Location: Freeman Kennedy School Cafeteria/Stage
Max Enrollment: 16 **Fee** \$399

*** Improv & Final performance dates are tentative due to school events. Once dates & times are finalized we will notify you via email and flyers distributed in class.



This year the Grade 3-6 final performance may be a movie recording from NCTV with a Red Carpet Viewing for each class.

Please note: Listed class dates include a make-up date if needed.

ANIMAL ADVENTURES

Care and feeding of wild exotic animals



Grades K - 6 Instructor: Animal Adventures
TUESDAYS: 3:30 - 4:30pm

Time has been allotted for parents to get older students to the H. Olive Day School. Students arriving from other schools-enter Door 12 at rear of school.

TRANSPORTATION IS NOT PROVIDED.

Please send a snack for the supervised snack time from dismissal time until the program begins at 3:30pm.

DATES: 1/20, 1/27, 2/3, 2/10



Whether your child is destined to be a vet or just loves animals, this program has it all! Along with learning fun, interesting, and educational facts, children will have the opportunity to meet, see and touch the animals (always optional). Children will learn about each animal's care, environment, and challenges! The professional handlers from Animal Adventures will surprise and delight us with a wonderful variety of animals from a different continent each week. In the past we have met a 10' snake, an owl, a skunk, a tarantula, and even a West Nile crocodile and so many more! We will end the program off exploring animals from Australia, including a kangaroo!



Animal Adventures in Bolton, MA is dedicated to teaching the public about animals and the environment we share.

Learn more at animaladventures.net

Location: H.Olive Day Gymnasium

Fee: \$89

BLAST BABYSITTING & CPR/AED

Grades 7 - 8 Instructor: Juanita Allen Kingsley
Tuesday, 3/17 **2:30 - 5:15pm**

In this workshop, along with covering the fundamentals of childcare, will cover how to react responsibly to medical emergencies, perform first aid for common childhood injuries & illnesses, and become CPR certified! We will also discuss household safety, how to best select safe and suitable games and activities, and prevent accidents. By the end of this class you'll be prepared to interview for a babysitting job and begin babysitting safely and competently. You'll leave with a certificate of completion for babysitting, first aid and CPR along with a sitter checklist.



Location: KP Middle School Library

Max. Participants: 12

Fee: \$119

F/K MORNING SHOW

Grades 5-6 Instructor: Robin Tucceri

MONDAYS:

S1: 1/5, 1/12, (NO 1/19), 1/26, 2/2, 2/9, (NO 2/16), 2/23

S2: 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13

TUESDAYS:

S1: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24

S2: 3/3, 3/10, 3/17, (NO 3/24), 3/31, 4/7, 4/14

THURSDAYS:

S1: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, (NO 2/19), 2/26

S2: 3/5, 3/12, 3/19, (NO 3/26), 4/2, 4/9, 4/16

TIME: 3:20-4:20pm

Max: 8 Students

Join the morning crew and help bring this F/K favorite to students and staff. The Morning Show reports on school events, fun-facts and trivia, book reviews, staff interviews, weather, lunch choices, and more. We are looking for on-screen anchors, writers, editors, producers and camera crew operators. Whatever your interest is, there is a spot for

you on our crew! New ideas are always welcome as we want to make the F/K Morning Show better than ever! The FK Morning Show, along with credits, may be posted on the School's Website and Credits with first names/last initials will be accessible on School website. Please contact Mrs. Tucceri if you have any questions at tucceri@norfolk.k12.ma.us.

Location: Freeman Kennedy School Makerspace

Fee: Mondays, S1: \$85 S2: \$95

Tuesdays, S1: \$95 S2: \$85

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

Cupcake Decorating Workshops

with Al Runs on Cake

Grades K-6

Winter Themed Cupcakes

WEDNESDAY, 1/28 1:00-2:30pm (1/2 Day of School)

St. Patrick's Day Themed Cupcakes

WEDNESDAY, 3/11 1:00-2:30pm (1/2 Day of School)

Join Allary from Al Runs on Cake for some school half day fun on one or both dates that is sure to be sweet! Kids will be decorating a half of dozen of their own cupcakes! Piping lessons, color mixing and sparkle topping will be included.

Allergies? Please be sure to note them at registration.

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

HOME ALONE SAFETY

Grades 3-6 Instructor: Juanita Allen Kingsley

Monday, 3/16

3:15-4:30 pm

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

Location: Freeman Kennedy School Library

Fee: \$79



Kids' Test Kitchen

inspire healthy eaters



Grades 1 - 6

Instructor: Kids Test Kitchen

THURSDAYS: 4:30 - 5:30pm

DATES: 1/29, 2/5, 2/12, (NO 2/19), 2/26, 3/5, 3/12

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



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

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

Location: Town Hall Multipurpose Room

Fee: \$225

Max Enrollment: 12

BLUEBIRD HOUSE WORKSHOP

Parent with Child Class

Instructor: Jim Schmidt, Built for Bluebirds

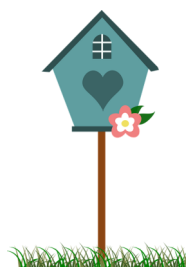
SATURDAY: 2/28 12:00-2:00pm

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: 12

Fee: \$79 per pair



AI SMART CORE 4 ROBOT

Grades K - 2 *Instructor: Minds in Motion*

TUESDAYS: 3:15 - 4:15 pm

DATES: 1/27, 2/3, 2/10, (NO 2/17). 2/24, 3/3, 3/10

Dive into the exciting universe of robotics by building and taking home your very own AI SmartCore 4 Robot! This remarkable kit features 4 separate modular smart vehicles that are powered by cutting-edge AI SmartCore technology! It allows All-Terrain Cube to navigate directions with balance and predictability; Enables Super Snake to entertain the most curious of four and two-legged friends; Empowers Turbo Trike to cruise at high speeds while maintaining control; and transforms Titan Tank into a roving explorer. Whether navigating tricky terrain, zooming at top speeds, or exploring new territories, every day promises hands-on fun and learning! With 42 easy-to-snap-together parts, a remote control, and a rechargeable LiPO battery, it's perfect for new robot builders eager to master robotic engineering! Ready to build the future? Join us and let your imagination take flight! !



Location: H. Olive Day School Library

Fee: \$159



Kids build and bring home all of their kits and creations in Minds in Motion programs!

ROBOMONORAIL MAKERS

Grades 3 - 6 *Instructor: Minds in Motion*

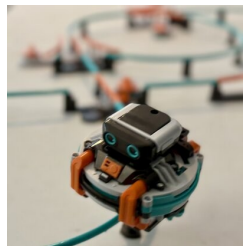
MONDAYS: 3:15 - 4:15 pm

DATES: 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, 3/9

Blast into the future of transportation and build your very own Robot Monorail System! Watch in awe as your RoboRails Robot balances on a single wheel and zips along a track, powered by a super-fast gyroscope and monowheel. Get ready to unleash your inner engineer with over 180 durable track pieces. With special connectors like the seesaw, splitter, and cross switch, you'll add cool twists, turns, and challenges to your track that make it one-of-a-kind. Dive into hands-on experiments that explore physics concepts like rotational motion, acceleration, and angular momentum as you see gyroscopic forces in action. Are you ready to build the monorail of tomorrow? The adventure starts now!

Location: Freeman Kennedy School Library

Fee: \$159



POKEMON ENGINEERING w/ LEGO®

Grades K - 2

Instructor: Play-Well Teknologies

MONDAYS: 3:15 - 4:15 pm

DATES: 1/26, 2/2, 2/9, (NO 2/16), 2/23, 3/2, 3/9

Let Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!



Location: H. Olive Day School Library

Fee: \$159

POKEMON MASTER ENGINEERING with LEGO®

Grades 3 - 6

Instructor: Play-Well Teknologies

TUESDAYS: 3:15 - 4:15 pm

DATES: 1/27, 2/3, 2/10, (NO 2/17). 2/24, 3/3, 3/10

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



Location: Freeman Kennedy School Library **Fee:** \$159

FEBRUARY SCHOOL VACATION!

SKY HIGH ENGINEERING

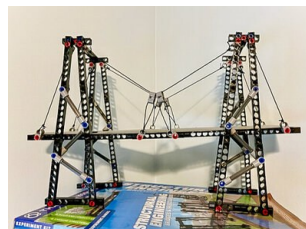
Tuesday-Friday, 2/17-2/20

Ages 7-11

9:00am-12:00pm

Instructor: Minds in Motion

Do you ever wonder how bridges span huge distances and how skyscrapers stay standing? Get ready to get your mind in motion as you work with and take home your very own Bridges and Skyscrapers Set! Learn all about basic structural elements and witness firsthand the forces acting on structural components! Learn about the strength of materials as you compete with your classmates to see who can build the tallest tower using the pieces in this kit! Challenge yourself by building different types of bridges such a suspension bridge or cable stayed bridge. Come bring out the architect side of you as you enter the fascinating world of structural engineering and explore the magic of STEM!



Location: Norfolk Town Hall Multipurpose Room

Fee: \$189 **Min/Max:** 8/14

CARD TRADING WORKSHOP

Grades 2-6

Instructor: Billy Murray, Wild Willy's Sports Cards

SATURDAY: 3/14 11:00am-12:15pm

Join us for a fun filled workshop of Sports Card and Pokemon Card trading! Billy Murray, owner of Wild Willy's Sports Cards, will guide you through the basics of sports and Pokemon card trading. He will provide information regarding fair trading practices, go over how to best protect these little investments from damage and the proper way to store these types of collectibles. Discussion will include info on "packs" versus single cards and retail packs versus hobby packs, among others.



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

Location: Town Hall Multipurpose Room **Fee:** \$35

F.A.S.T. SUPER SPORTS

Instructor: F.A.S.T. Athletics

TIME: 3:15 - 4:15pm

THURSDAYS: Grades K - 1

Session 1: 1/15, 1/22, 1/29, 2/5, 2/12

Session 2: 3/5, 3/12, 3/19, (NO 3/26), 4/2, 4/9

FRIDAYS: Grades 1 - 2

Session 1: 1/16, 1/23, 1/30, 2/6, 2/13

Session 2: 3/6, 3/13, 3/20, 3/27, (NO 4/3), 4/10

Get up, get going and get active with 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.

Location: H. Olive Day School Gymnasium

Fee: \$119



knucklebones

NINJA WARRIOR

Grades K - 2 Instructor: Knucklebones

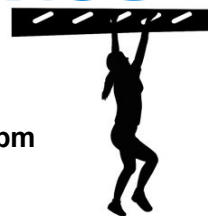
TUESDAYS: 3:15-4:15 pm OR 4:30-5:30pm

DATES: 3/3, 3/10, 3/17, (NO 3/24), 3/31, 4/7

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

Location: H. Olive Day Gymnasium

Fee: \$139



FIRST-TIME TENNIS

Grades 2 - 8

Instructor: Matt Andersen

THURSDAYS: Grades 7 & 8: 3:00 - 4:00pm

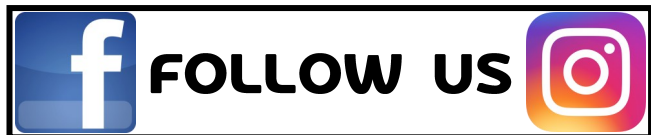
DATES: 3/19, 3/26, 4/2, 4/9, 4/16, 4/23

Have you thought you might like to play tennis but haven't had the chance to try? Then this class is for you. Learn the basics from a great instructor. Whether you choose to continue with lessons or not, this class will give you a sound footing so you can have fun playing. Learn and practice forehand, backhand, and volleys, plus understand grips and ball placement. This program is inside so weather doesn't make a difference.

Location: Kingswood Tennis Club

5 Beach St, Foxborough, MA 02035

Fee: \$99



F.A.S.T. DODGEBALL

Instructor: F.A.S.T. Athletics

TIME: 3:15 - 4:15pm

FRIDAYS: Grades 3 - 6

Session 1: 1/16, 1/23, 1/30, 2/6, 2/13

Session 2: 3/6, 3/13, 3/20, 3/27, (NO 4/3), 4/10

Always a favorite! F.A.S.T. Athletics will teach everyone different versions of Dodgeball along with game strategies while emphasizing teamwork. Join in for a great end-of-the-school-week activity!

Location: Freeman Kennedy School Gymnasium

Fee: \$119



FIELD HOCKEY WINTER SKILLS CLINICS

For Grades K-2, 3-4, 5-6

***With K.P.'s Varsity Coach,
Kaitlyn Wilder***



These clinics are the perfect time for new players to be introduced to field hockey and for experienced players to sharpen their skills. ALL LEVELS OF EXPERIENCE WELCOME!

Players will learn field hockey basics as well improve their skills through a series of dribbling, passing, and shooting skills. Team play will also be introduced and practiced. The sessions are somewhat progressive, however Session 1 is not a prerequisite to session 2.



GRADES K - 2

WEDNESDAYS: 4-4:55pm

LOCATION: KP Middle School, Auxiliary Gym

Session 1: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11

Session 2: 2/25, 3/4, 3/11, 3/18, 3/25, 4/1

Fee: \$99



GRADES 3 - 4

WEDNESDAYS: 5:00-5:55pm

LOCATION: KP Middle School, Auxiliary Gym

Session 1: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11

Session 2: 2/25, 3/4, 3/11, 3/18, 3/25, 4/1

Fee: \$99



GRADES 5 - 6

WEDNESDAYS 6-7:15pm

LOCATION: KP Middle School, Auxiliary Gym

Session 1: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11

Session 2: 2/25, 3/4, 3/11, 3/18, 3/25, 4/1

Fee: \$119



FOR ALL GRADE LEVELS: SNEAKERS ARE REQUIRED, NO CLEATS!

Sticks are available to borrow, but please bring a stick if you have one. Shin pads and mouthguards are required. Goggles and gloves are strongly suggested.

**Please bring a water bottle.
Please mark all items with a name!**

Let us know if you are
interested in a
FIELD HOCKEY GOALIE CLINIC
at registration time!

GRADES 7/8 K.P. FIELD HOCKEY CLINIC

***With K.P.'s Varsity Coach,
Kaitlyn Wilder***

KP Middle School, Auxiliary Gym

WEDNESDAYS: 7:15-8:30pm

Session 1: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11

Session 2: 2/25, 3/4, 3/11, 3/18, 3/25, 4/1

Join Varsity Coach Kaitlyn Wilder along with varsity players to learn, develop and refine your skills. More experienced players will continue to develop their dribbling, passing, and shooting skills taking their game to the next level! Those newer to field hockey will be taught basics of the game and work on stick handling and ball maneuvering.



Location: KP Middle School, Aux Gym
Fee: \$119 per session



REQUIRED: shin pads, mouthguard & SNEAKERS. NO CLEATS. Goggles and gloves are recommended.

Please bring your field hockey stick and water. If you would like to borrow a stick, let us know at registration (player's height is needed)

***Be a K.P. Sports Booster!
The King Philip
Sports Programs
appreciate your support!***



AFTER SCHOOL PROGRAM DISMISSAL PROCEDURES



When registering your child for an after school program that takes place in the Norfolk Schools you must notify your child's school that they will be attending that program along with the dates.

H. OLIVE DAY SCHOOL:

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

FREEMAN KENNEDY SCHOOL:

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

SACC:

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

KARATE & STRANGER DANGER

Grades K - 6 Instructor: Designed Defense

MONDAYS AND WEDNESDAYS:

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

**STARTS JANUARY 5!
REGISTER & PAY AT CLASS!**

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



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

Location: H. Olive Day School Gymnasium

Fee: \$110/ student's first month includes gee
\$90/ month returning students

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

OUR LONGEST RUNNING PROGRAM!!!

LEARN TO SKATE—Ages 3 yrs. +

Location: Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 3 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 1/6 - 2/24
Saturdays: 11:00 am, 1/3 - 2/21
Sundays: 10:00am, 1/4 - 2/22



Session 4 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 3/3 - 4/21
Saturdays: 11:00am, 2/28 - 4/18
Sundays: 10:00am, 3/1 - 4/19 (7 classes)

The U.S. Figure Skating Basic Skills program was created to be the best beginning ice-skating program in the world. It is designed to serve the needs of both recreational and competitive skaters. The curriculum keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time.

Skates & Helmets available to rent on a weekly basis at the rink (cost is weekly).

Fees: \$170 Sunday Session 4: \$155

Register with us & we register you with Norfolk Ice Arena

NEXT STEP SKATING: BRIDGE PROGRAM

Location: Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 3: Sundays: 12:00pm, 1/4 - 2/22

Session 4: Sundays: 12:00pm, 3/1 - 4/19 (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!

Weekly Skate & Helmets rentals available

Register with us & we register you with Norfolk Ice Arena

Fees: Session 3: \$285

Session 4: \$260



LEARN TO PLAY HOCKEY Ages 6-12

Location: Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 3 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 1/6 - 2/24
Saturdays: 11:00 am, 1/3 - 2/21

Session 4 (Per Norfolk Ice Arena Schedule):

Tuesdays: 5:00pm, 3/3 - 4/21
Saturdays: 11:00am, 2/28 - 4/18



"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.

Fee: \$170 Full Hockey equipment is required.

Register with us & we register you with Norfolk Ice Arena

ADULT PROGRAMS

CANDLE MAKING 101

Instructor: Heather McNamara

TUESDAY: 3/24

6:30 - 8:30 pm

Ready to dive into the world of candle making? Join Heather, founder of Hedge & Heather and a longtime artisan candlemaker, for a hands-on beginner's workshop where magic meets craft!

Location: Norfolk Town Hall Multipurpose Room

Fee: \$69

Min/Max: 6/12



PEDIATRIC & ADULT FIRST AID & CPR/AED

Ages 16 & up

Instructor: Juanita Allen Kingsley

MONDAY, 3/16

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: \$119

INTRO TO QUILTING

Instructor: Heirloom New England

Ages: Adults

WEDNESDAYS: 12:00 - 2:00pm

DATES: 2/4, 2/11, 2/18, 2/25



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

Location: Heirloom New England, 18 Union Street

Maximum Enrollment: 8

Fee: \$79

INTRO TO CROCHET

Instructor: Heirloom New England

Ages: Adults

THURSDAYS: 10:00am - 12:00 pm

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



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

Location: Heirloom New England, 18 Union Street

Maximum Enrollment: 8

Fee: \$69



AMERICAN MAH JONGG 101

Instructor: Katie Nunes For Adults

TUESDAYS: 6:30-8:30pm

DATES: 1/13, 1/20, 1/27, 2/3, (NO 2/10), 2/17, 2/24, 3/3

Have you thought about learning to play Mah Jongg, but are not sure where to start? Then this is the class for you! This 7-week program prepares you with the knowledge and skills to get started playing this thought-provoking, strategic, and social game now played worldwide. Katie Nunes, an experienced player and teacher, will start by explaining the very basics of the game such as the tile names and game terminology. As the rules become familiar, players will progress and practice, typically with a partner, and as strategies become familiar, players will ultimately play on their own. Of course the instructor will be guiding all of this practice. The course will finish with an evening reserved for gameplay only!

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



Location: Norfolk Town Hall Multipurpose Room

Fee: \$95

Max Participants: 16

MESSAGES FROM SPIRIT:

A Mediumship Experience

Instructor: Dr. Cathy Ripley Greene

TUESDAY: 2/10 6:00 - 8:00pm

What is a mediumship? No one can be certain about what happens when we die, connecting with the consciousness of our loved ones in spirit helps us understand that the bond of love remains. Join professional Medium, Dr. Cathy Ripley Greene, as she shares what she has learned over her many years working with spirit communication. She begins by sharing how the process of mediumship works and how you are likely connecting with your loved ones but may not know it. She will then make connections with Spirit for some audience members. While not everyone will receive a personal connection during this demonstration, everyone present will experience the blessings of Spirit's messages. Participants may experience both laughter and tears and will leave the program with an increased sense of hope and wonder. Join us for an evening with Spirit!



Location: Norfolk Town Hall Multipurpose Room

Fee: \$59

ESTATE PLANNING BASICS

Instructor: Attorney Amy Antonellis

Tuesday, March 10: 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

register now

Go to: NorfolkRec.com

PICKLEBALL for Adults

Instructor: TBD

MONDAYS:

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

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

S1: 1/5, 1/12, (NO 1/19), 1/26, 2/2, 2/9, (NO 2/16), 2/23

S2: 3/2, 3/9, 3/16, 3/23, 3/30, 4/6

WEDNESDAYS:

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

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

S1: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10

S2: 2/24, 3/3, 3/10, 3/17, (NO 3/24) 3/31, 4/7

Join in to learn and improve at the game that is sweeping the nation, Pickleball! This course is designed for those new or fairly new to the game, beginners and advanced beginner players. This is a great opportunity to develop the basic skills to play the game as well as improve your technical skills as you advance including forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dink shots, and proper footwork. Three courts will be set up in the gym so there will be room for everyone! Paddles are available to borrow or bring your own.



Location: Freeman Kennedy School Gym, Door #21

Fee: \$99/session

MAXIMUM: 14

ZUMBA *With Carol Bouchard*

THURSDAYS: 6:00 - 7:00pm

DATES: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, (NO 2/19), 2/26, 3/5, 3/12, 3/19, (NO 3/26), 4/2, 4/9, 4/16

Zumba is great exercise, great fun and suitable whether you're trying to up your exercise routine or trying to get back in the game. Join us for these fun and lively classes taught by experienced professionals. If you love rhythm (or even if you are a little rhythm challenged) Zumba is for you! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The goal is simple: to work out, to love working out, and to stick with it! Interval training with fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Location: H.O.D. Gym (Rear of school) **Fee:** \$149



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

ZUMBA TONING *With Christine French*

TUESDAYS: 6:30 - 7:30pm

DATES: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24, 3/3, 3/10, 3/17, (NO 3/24), 3/31, 4/7, 4/14

Love Zumba but want to try something a little different? This fun and energetic class takes traditional Zumba moves and adds the challenge of resistance by adding light weights, resulting in a higher calorie burn than strength training alone and offering a superb opportunity for cardiovascular exercise. And, because it's Zumba, it's fun! You will find that adding resistance with light weights tones and sculpts specific muscle groups, such as your arms, core and lower body. Throw in high energy, upbeat music and you have a great night that helps get your body looking and feeling awesome!

Location: H.O.D. Gym (Rear of school) **Fee:** \$119



**Do you have an idea for a new
program that we don't currently
offer here at Norfolk Recreation?**

**Email us at:
recreation@norfolkmass.gov
We would love your input!**

FUNCTIONAL STRENGTH TRAINING for INJURY PREVENTION

Instructor: Rachel Abelow

WEDNESDAYS: 10:00 - 10:45am

DATES: 1/14, 1/21, 1/28, 2/4, 2/11, (NO 2/18), 2/25, 3/4, 3/11, 3/18, 3/25, 4/1

SATURDAYS: 9:00 - 9:45am

DATES: 1/10, (NO 1/17), 1/24, (NO 1/31), 2/7, 2/14, (NO 2/21), 2/28, 3/7, 3/14, 3/21, 3/28, 4/4

SIGN UP FOR ONE OR BOTH DAYS!

This class is an all levels strength training & cardiovascular workout featuring bodyweight exercises and functional equipment including the TRX suspension trainer, resistance bands, bosu balls and others. The class will promote muscular balance, cardiovascular fitness, and physical and mental well being. By emphasizing proper form and modifying exercises to the individual, we will maximize results while preventing injury.



Location: Norfolk Town Hall Multipurpose Room
Fee: Wednesdays: \$220, Saturdays: \$200

FUTSAL: ADULT INDOOR SOCCER

TUESDAYS: 8:00 - 9:30pm

DATES: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, (NO 2/17), 2/24, 3/3, 3/10, 3/17, (NO 3/24), 3/31, 4/7, 4/14

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 Gym. Enter Door #21 by Playground. **Fee:** \$75



MEN'S BASKETBALL

Close to 30 and OVER

THURSDAYS: 7:00 - 9:30 pm

DATES: 1/15, 1/22, 1/29, 2/5, 2/12, (NO 2/19), 2/26, 3/5, 3/12, 3/19, (NO 3/26), 4/2, 4/9, 4/16, (NO 4/23), 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11

Come down & jump in to Men's Basketball at the F/K gym. Please be sure we have a CURRENT email address and cell number so we can notify you of last minute changes.

There are 2 payment options.:

TO PLAY, YOU MUST BE REGISTERED IN ADVANCE.

1. **Pay \$99** and you are paid through June.
2. **Pay \$25 and register on line now.** Then pay \$5 at the gym each night you play.

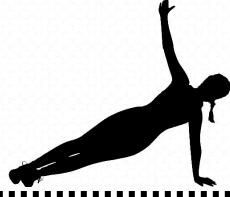
Please Note: On occasion, the school needs the gym for school events so basketball is cancelled; price reflects possible cancellations.

Location: Freeman Kennedy School Gymnasium, Enter Door #21 by the playground.



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 - 7:30pm

1/5, 1/12, (NO 1/19), 1/26, 2/2, 2/9, (NO 2/16),
2/23, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6

WEDNESDAYS 6:30 - 7:30pm

1/7, 1/14, 1/21, 1/28, 2/4, 2/11, (NO 2/18),
2/25, 3/4, 3/11, 3/18, 3/25, 4/1

FRIDAYS 8:30 - 9:30am

1/9, 1/16, 1/23, 1/30, 2/6, 2/13, (NO 2/20),
2/27, 3/6, 3/13, 3/20, 3/27, (NO 4/3), 4/10



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: \$90 per session

Nanci offers personal training sessions for individuals on a semi-private and private basis.

To find out more information or to discuss your needs please contact Nanci directly at

exercisewithnanci@gmail.com

SLOW FLOW YOGA *With Gail Taylor*

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

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

DATES: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, (NO 2/19), 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16

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: \$129

Minimum: 7 / Maximum: 12

LADIES SNOWSHOE/TREK

Time: 9:45 - 11:00am

Session 1:

THURSDAYS: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12

SATURDAYS: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14

Session 2:

THURSDAYS: 2/26, 3/5, 3/12, 3/19, 3/26, 4/2

SATURDAYS: 2/28, 3/7, 3/14, 3/21, 3/28, (NO 4/4), 4/11

Join this invigorating winter 6-week class for the



physically fit hiker! Embrace this part of the year; hiking trails are serene during the winter months. Fresh fallen snow only adds to the magic! Plus, you can burn up to 1000 calories an hour on hilly terrain! Join other women and hike or snowshoe (your choice) in

some wonderful local park areas. Every week we will meet at a new location.

Location: See box below **Fee:** \$32 per session

NOTE: Canceled only for VERY inclement weather with make-ups after 2nd cancellation.

HAPPY DOGS HIKE

Time: 10:30 - 11:30am

Session 1:

FRIDAYS: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13

Session 2:

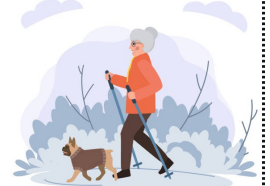
FRIDAYS: 2/27, 3/6, 3/13, 3/20, 3/29, (NO 4/3), 4/10

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

No aggressive dogs please!

Location: Please see box below **Fee:** \$32 per session

NOTE: Cancelled only for VERY inclement weather with make-ups after 2nd cancellation.



Locations for Ladies Hiking & Dog Hike:

Locations vary each week. The 1st meeting is at

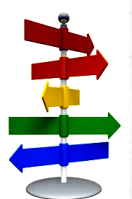
F. Gilbert State Forest

45 Mill Street, Foxborough, MA

Park at Meeting House Chapel

Other locations will be given out at first meeting

NOTE: If conditions are icy "ice cleats" on shoes are strongly recommended. They are available at several locations such as Bass Pro Shop, L.L. Bean, and Walmart.





All About Community



Norfolk Lions Christmas Trees!

Located in Norfolk Center - Next to Dunkin'
Proceeds support Norfolk charitable causes!

**RUNNING NOW UNTIL ALL
TREES & WREATHS ARE GONE!**

Weekdays: 3pm-8pm

Weekends: 9am-8pm

*Also Collecting Coats
for Kids & Families!*



NORFOLK LIONS
Supporting local events
& charities year-round!

POST HOLIDAY TREE PICKUP:

*For \$120 (\$5 for seniors) the BOYS SCOUTS of Troop 80 will
pick up your tree at your home and bring it to the transfer
station. More info available from
the Boy Scouts at the tree lot!*



A TREE DECORATING CONTEST HOLIDAY ON THE HILL

All are welcome to sponsor a tree!

November 30th - January 2nd

Vote on Nov. 30th!

For more info go to:
Norfolkmalions.org

NCL'S 5TH ANNUAL ARTISAN WINTER CRAFT FESTIVAL

KP MIDDLE SCHOOL

18 KING STREET

NORFOLK, MA

NOVEMBER 29, 2025

10 A.M. - 2 P.M.

GET TICKETS AT NORFOLKCL.ORG/EVENTS



NORFOLK COMMUNITY LEAGUE'S
**A VERY
GRINCHY SANTA
BREAKFAST**

SATURDAY
DECEMBER 6TH
H. OLIVE DAY SCHOOL
232 MAIN ST NORFOLK, MA
(BACK DOOR ENTRY ONLY)
9:00AM - 10:30AM

NORFOLK TRAVELS!

Visit PORTUGAL w/ COLLETTE TOURS!

Norfolk Recreation, Norfolk Public Library &

Norfolk Senior Center are pleased to

announce **NORFOLK TRAVELS' Fall 2026**

adventure to **PORTUGAL, 10/15-10/24!!**



Come find out more!

Thursday, January 22,

6:30pm

at Norfolk Public Library



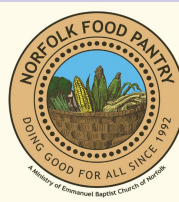
NORFOLK

FREE ENTRY

**MAKERS
MARKET**

NORFOLK GRANGE - 28 ROCKWOOD ST

NOVEMBER 22 / DECEMBER 19 / FEBRUARY 14



Norfolk Food Pantry

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

We are funded entirely by

*donations of volunteer time, food, gift cards and money. Please help by
donating or volunteering. SCAN for more information!*

Thank you!!

SCAN ME



ebcnorfolk.org/foodpantry

A Farewell from the Director

Dear Norfolk Residents,

As I prepare to retire at the end of January, I find myself reflecting on the incredible journey I've had as your Recreation Director. I am deeply grateful for the support, encouragement, and trust you have shown me over the years. Norfolk is truly a special community filled with so many wonderful people!

When I first stepped into this role, my youngest daughter was entering Kindergarten, and my oldest was in second grade. Today, my granddaughter is in first grade! Seeing the next generation of children enjoying the programs and traditions that are such a meaningful part of our community fills my heart with joy. I love seeing familiar faces—friends who were once fellow parents at school events—now bringing their grandchildren to Music with Ms. Viviana, not to mention the young people I met as high school counselors now bringing their own children to activities, a wonderful reminder of how our community grows and comes full circle.

I am incredibly fortunate to still love coming to work every day! I am grateful to the many instructors, teachers, and coaches who have shared their talents with us, and to my colleagues who care so deeply about Norfolk. The collaboration between town departments and the King Philip District makes all that we do possible, and our partnership with the Norfolk Public Schools is invaluable to Recreation and the families we serve. And a special thanks to the DPW Grounds Crew, whose work on the fields cannot go unmentioned or unappreciated—along with their amazing decorating of Town Hill during the holidays.

There are so many incredible groups in Norfolk that come together to make events and activities happen, and I feel profoundly grateful to have had the opportunity to work alongside them. The Norfolk Lions Club, our Police and Fire Departments, the Senior Center, the Norfolk Public Library, and countless other community organizations have always generously offered their time, energy, and support. Being part of these partnerships has made every event more enjoyable and every memory more meaningful. Their unwavering commitment has not only brought our community together but has made my time here truly rewarding.

I am especially grateful to all who have served as Recreation Commissioners over the years, including our current board—Rob Taglienti, Chris Thoman, Kim Meehan, Alex Perry, and Jill Hindley Lawrence. Their dedication, including bringing Fireworks to Norfolk, has meant so much to me and to the community. I also want to thank Josh Walther, who joined us during COVID as Enrichment Coordinator and has helped our programs grow and thrive. His commitment and friendship have made all the difference.

I sincerely thank you for the privilege of serving you and your families for the last 26 years. Although I am retiring, I am not going far. Norfolk will always be a part of me, and I hope to continue seeing many of you around, so this isn't goodbye, just a heartfelt thank you for the years of support, kindness, and the countless moments that have made this such a meaningful chapter in my life.

With all my gratitude and love,

Ann

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

POSTAL PATRON
Norfolk, MA 02056

Norfolk Recreation
1 Liberty Lane
Norfolk, MA 02056

Sports Organization	Website & Contact Information	Registration Dates
King Philip Soccer Association (KPSA): Youth, Teen & Travel Soccer	YOUTH: www.norfolkionssoccer.com TRAVEL: www.kpsoccer.org Email: kpsaboard@gmail.com	Winter Session 2: Closes 12/13/25 Spring: TBA
KP Youth Field Hockey	www.NorfolkRec.com kpyouthfieldhockey@norfolkmass.gov (Patricia Zini)	For Fall 2026: March 2026
KP Youth Lacrosse	www.kpyouthlacrosse.com	10/31/25-1/6/26
KPW Youth Hockey	www.kpwhockey.org	Tryouts for next season Mid-March 2026
Liberty Flag Football	www.NorfolkRec.com recreation@norfolkmass.gov	For Fall 2026: April 2026
Norfolk Baseball	www.norfolkbaseball.com President@norfolkbaseball.com	11/15/25-1/18/26
Norfolk Girls Softball	www.norfolkgirlssoftball.net	<u>1/10/26-2/20/26</u>



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

It's important to register early!

Since our programs are self-supporting (no tax dollars, early registrations help us plan for staff & materials. Plus, many of our programs fill up quickly. The earlier you register, the better the chance you will secure a spot. Please don't wait to register! Norfolkrec.com



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

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

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

Check out the extensive list of courses:

www.ed2go.com/norfolk

**Through this website,
most courses are \$30 to \$119!
More advanced and career courses also available!**