



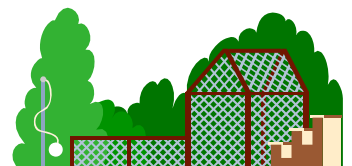
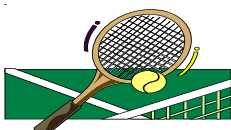
HOPKINTON PARKS AND RECREATION

"Enriching lives through quality parks and programs"

2013 SPRING/SUMMER ACTIVITIES BROCHURE

REGISTER ON-LINE AT:

WWW.ACTIVITYREG.COM



Hopkinton Parks and Recreation Registration Form

18 Main St., Hopkinton, MA 01748

Family Last Name: _____

Address: _____ Town: _____ Zip: _____

Home Phone: _____ Work phone: _____ Cell phone: _____

Parent E-Mail : _____ (please write clearly)

Parents/Guardian Names: _____

Emergency Contact (if other than above): _____ Phone: _____

Applicable for playground groups and CIT Program only:

Physician: _____ Phone: _____

Pick Up Authorization (other than above): _____ Tel: _____

Program Information

First Name	Gender	Grade	D.O.B.	Code	Session	Program Name	Cost	Shirt size
								CHILD S M L ADULT S M L XL
								CHILD S M L ADULT S M L XL
								CHILD S M L ADULT S M L XL
								CHILD S M L ADULT S M L XL
								CHILD S M L ADULT S M L XL
								CHILD S M L ADULT S M L XL
								CHILD S M L ADULT S M L XL

Methods of Payment: Check, Credit Card, or Cash

TOTAL COST

On-line registrations may be made with credit card at: www.activityreg.com

Make check # _____, payable to **HOPKINTON PARKS & RECREATION**

Credit Card: VISA, MASTERCARD (circle one)

Name on Credit Card: _____ Account # _____ CVV# _____ (3 digits on back)

Expiration Date: ____/____/____ Signature: _____

Please accept the above persons for this participation. I am aware of the risk inherent in this activity, and I hereby release the sponsors, Town of Hopkinton, its employees, its agents, and its officers from responsibility for any and all associated losses, claim of loss, injury or damage resulting from participation in this activity. I have determined the nature and extent of the planned activities, and feel that this participant is of sufficient age, ability and discretion to participate. I agree that this participation will be at the discretion of the Recreation Department. **IF ANY PARTICIPANT BECOMES A DISCIPLINE PROBLEM HE OR SHE WILL BE EXPELLED FROM THE PROGRAMS WITHOUT REFUND OF THE PROGRAM FEE.** Permission is hereby given for treatment of this participant by a medical doctor in the event of injury or illness during participation. Unless noted on this form, participant has no allergies of other problems which will interfere with normal participation. We do not discriminate on the basis of race, religion, color, sex, marital status, national origin or persons with disabilities.

Does Participant have any special medical needs? _____

Parent/Guardian Signature (must be signed): _____ Date: _____

General Information and Frequently Asked Questions

• Parks and Recreation's Mission Statement •

To enable and provide sustainable parks and recreational programs that enhance the quality of life for our community.

- Registration is done on a first come/first serve basis. Waiting lists may be available.
- Registrations are accepted by mail, walk-in and on-line.
Cash, checks and Visa and Mastercard are accepted.
- Non-residents may register if a program is not filled by residents. Must be done with Departments approval.
- **You will NOT be notified of confirmation of registration unless you register on-line and print receipt.** You may call the office during normal business hours to confirm. You will be called only if the chosen program has reached capacity or there are changes in the status of the program.
- A \$25.00 service charge will be assessed for all returned checks.
- The Recreation Department reserves the right to correct mistakes made in this brochure at the time of print. We also reserve the right to cancel any program due to low enrollment, poor weather, etc.
- If Hopkinton Public Schools are closed due to the weather, all Recreation programs are cancelled. Some cancellations will be announced on our website.
- The Town of Hopkinton is not responsible for lost or stolen belongings or valuables.
- All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. Make up sessions can not be guaranteed. We are not responsible for making up classes missed due to the participant's inability to attend.
- Please take note of the class and age limits. **Many programs are designed for certain age and size groups. Deviations from these are not allowed.**

REFUND POLICY

- **If a program is cancelled, you will receive a refund for that program. If you withdraw from a program refunds are not guaranteed. You must apply for a refund through the department. If your refund is granted there will be a \$10.00 refund charge. No refunds after one week prior to event start date. There are no refunds for the Summer Playground Group.**

REGISTRATION SPECIFIC INFORMATION

On-Line Registration: www.activityreg.com

This is the preferred method.

Additional brochures available at:

The Parks and Recreation Office in the Town Hall and on the Web at www.hopkinton.org

Mail - In: Starting immediately. Use registration form enclosed.

Make all checks payable to: Hopkinton Parks and Recreation

Walk - In: To the Parks and Recreation Office and place registration under the door.

CONTACT INFORMATION

PARKS AND RECREATION

18 MAIN STREET

HOPKINTON, MA 01748

PHONE 508-497-9750

FAX 508-497-9786

WWW.

OFFICE HOURS

MONDAY, WEDNESDAY, AND FRIDAY, FROM 10:00 AM TO 1:00 PM



PLAYGROUND GROUP

Hopkinton Parks and Recreation continues its Playground Group program at the **CENTER** School (note different location from past years). We have **7 one week sessions** of the Sports Group and Kid's Group. The playground group is under the direction of **T.J. Elder**, a Holliston Middle School Teacher.

The child to counselor ratio is 8-1.

COST: \$160 PER PERSON PER SESSION

The hours will be 9AM - 4PM, Monday - Friday. We provide 2 snacks daily. We will continue to add new equipment and have a magician, arts and crafts projects and Ed from Animal Adventures show. Sports Group will go on a weekly field trip and Sandy Beach. Each child will receive one tee shirt to wear during the day. Please choose correct size as no changes can be made. Children must wear shirt to all field trips. Max. # of shirts is 2

CHOOSE CODE LETTER

K FOR KIDS GROUP

S FOR SPORTS GROUP

THEN PICK SESSION NUMBER BELOW

Dates: Session 1: 7/1 - 7/5*

Session 4: 7/22 - 7/26

Session 7: 8/12 - 8/16

Session 2: 7/8 - 7/12

Session 5: 7/29 - 8/2

Session 3: 7/15 - 7/19

Session 6: 8/5 - 8/9

*** 4 day session price \$128.00**

THERE WILL BE NO REFUNDS FOR THIS PROGRAM.

In order to secure a spot, please sign up for all sessions in advance. Many sessions sell out quickly. You may not drop off your child prior to 8:50AM, and you must sign child in at the desk.

KID'S GROUP (ages 5-7)

Included in each session will be arts and crafts instruction from Kid's Crafts, along with games, story time, and again join Animal Adventures for their weekly visit.

We also will have a kid's pool.

SPORTS GROUP (ages 8-12)

Boys and girls will enjoy all kinds of sports activities in this group. We will also try to organize one field trip (additional charge). We'll bus to Sandy Beach twice a week to swim, with our staff and lifeguards on duty at all times.

REQUIRED!!!!!!

A copy of your child's birth certificate and this year's medical immunization records must be on file with Parks & Recreation BEFORE CAMP STARTS.

If you register on-line, you must drop off or mail them to Parks & Recreation Office. Registration will be VOIDED if these forms are not submitted by May 25TH.

PLAY GROUP POLICIES

Mandatory Orientation Meeting

Parent must attend a 15 minute orientation on Monday morning.

1. Massachusetts and the Town of Hopkinton require that all children must have a medical form on file. This includes proof of vaccination.
2. Prescription medicines will not be given by staff. You may come to the session and dispense to your child. This includes sunscreen.
3. No child is permitted to leave the group unless accompanied by a counselor. No child will be released to anyone unless that person is on the authorized pickup list you provide. There will be a sign in and out sheet.
4. Late pickup policy: Any child being picked up after hours will be charged \$1.00 per minute late. This fee will be payable, in cash, before the next day. No child will be admitted without payment.
5. We are not responsible for lost or stolen articles.
6. Children will be charged for any malicious damage done to town property or equipment.
7. Children are expected to cooperate with the counselors. Any child who is considered disruptive may be asked to leave after a conference with parents. We reserve the right to cancel enrollment, with no refunds, at any time due to disruptive behavior.
8. All children need to bring a lunch and drink in a cooled bag or box.

COUNSELOR IN TRAINING PROGRAM (C.I.T.)

This program is designed for teens ages 13-15 who enjoy working with young children. CIT's will receive on the job counselor training and experience all the activities that our playground groups have to offer. There will be 3 two-week sessions offered. We will only accept three candidates per session. The accepted candidates will report directly to the playground group director. CIT's will play a vital role in the Hopkinton Parks and Recreation summer program. They will shadow an assigned counselor or program director and work directly with the children. The CIT program director will oversee each CIT and provide them with exercises and tools to help them prepare for a potential future role as a full-time counselor. Full time counselor positions not guaranteed.

Session:

01: July 8 - July 19

02: July 22 - August 2

03: August 5 - August 16

Cost: \$225.00 Space is limited to three CITs per session.

One session only per applicant.

When: Monday - Friday, 9AM - 4PM.

This program is held at the CENTER School (note different location than past years)..

REQUIRED!!!!!! A copy of your child's birth certificate must be on file with Parks and Recreation and this year's medical/immunization records. Registration will be VOIDED if these form are not submitted by May 25, 2013.

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YOU CAN ONLY REGISTER FOR THIS PROGRAM ON LINE.

CONCERTS ON THE COMMON

**ALL CONCERTS START AT
5:00 PM SUNDAYS ON THE TOWN COMMON**

**A LIST OF DATES AND BANDS
COMING SOON!**

**CHECK THE COMMON SANDWICH BOARD
IF CANCELLED DUE TO RAIN**



HOPKINTON BASKETBALL ASSOCIATION'S BASKETBALL CAMP



New this year, you can now register through the Parks and Recreation Department for this program and no longer need to go through Hopkinton Basketball.

Girls Current Grade 3-8

July 22nd-July 26th

Boys Current Grade 3,4,5

July 15th-July 19th

Boys Current Grade 6,7,8

July 29-Aug 2

Time: 9 AM- 2 PM

Meet at the High School Athletic Center on the first day.



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SUMMER TRACK AND FIELD PROGRAM

**Monday and Wednesday evenings, starting at 6 p.m.
from June 24 until July 24**

The third annual summer track & field program will introduce youth to the sport of track and field with a mixture of fun games, instruction, theme nights and competition. Experienced coaches, select high school athletes and parent volunteers will lead teams through different stations, including throwing, jumping, hurdling, relays and more. All participants will receive a T-shirt, awards and refreshments. The inclusive program will divide participants into teams for friendly competition. We also encourage full family participation. Please note any special needs or concerns in comments box.

Where: Hopkinton High School outdoor track

Pre-school (ages 3-5)	Cost: \$40.00	6:00 to 7:00 PM
Elementary (ages 6 to 10)	Cost: \$70.00	6:00 to 8:00 PM
Middle School (ages 11-14)	Cost: \$70.00	6:00 to 8:00 PM





Hopkinton Parks and recreation is proud to offer youth football & cheerleading to residents of Hopkinton & Ashland. Open to children in grades 2-8 for the 2013-14 school year. Practice begins August 5th and the cost is \$225.00 for football and \$150.00 for Cheerleading.

For more info:

www.hopkintonashlandayf.org

www.hopkintonashlandayc.org

AQUATIC ACTIVITIES

BEACH/BOAT PASSES

The Town of Hopkinton's Sandy Island Beach will have its opening day on **Saturday, June 18th**. Starting this day, lifeguards and boat ramp monitors will be on duty from 10 AM to 5 PM, seven days a week until **Sunday, August 20th**. Sandy Beach is on Hayward Street and Lake Shore Drive. All gate restrictions will be enforced. The Board of Health does a weekly water analysis to ensure safety.



“Residents Only” Season Tags are \$30.00 per person ages 3 to 60 years old. All others are free.

Daily passes are \$5.00 per person.

Daily passes from “Non Hopkinton Residents” are \$15.00

Passes can be purchased at the Parks & Rec. Office or at the beach.

“Residents Only” boat launch parking stickers: \$50.00 Trailer Registration and Drivers License are required.

Proof of Hopkinton residency needed for all tags and passes.

Boat stickers can be purchased only at the Parks and Recreation office. No exceptions!!!!

All vehicles launching boats (including trailers, car tops, pickup trucks and others) must have a sticker to launch.

RED CROSS SWIMMING LESSONS



The Parks and Recreation Department is offering Red Cross approved swimming lessons at Sandy Beach. These are **one week sessions** meeting Monday thru Friday for all ages .To register, **choose a session, a time, and a level**. All lessons are 30 minutes. Children must be released to a parent or guardian after lesson. **All swimmers will be evaluated at first lesson to be sure the right level was chosen.** Parents may be asked to move a child for their safety and skill.

Cost: \$60 (Beach passes must also be purchased)

LESSON LEVELS

(Age level as of August 31, 2013)

- Level 1: Tiny Tots** (3 to 4 years old) Orients child to water and an instructor. **Offered at 11:20AM only.**
- Level 2: Beginner 1** (5 to 6 year old) Orients child to water with more advanced skills. No experience in water required.
- Level 3: Beginner 2** (7+ years Old) Students will learn the front crawl stroke, and elementary back strokes.
- Level 4: Adv. Beg.** Must have passed Level 3 or have some skill in the front crawl, with breathing side to side. Student will improve crawl and elementary backstroke, and learn breast stroke and side stroke. Some classes are in deep water.
- Level 5: Intermediate** Must have passed Level 4. Students will learn the butterfly stroke and discuss the recognition of spinal injury.
- Level 6: Swimmer** Must have passed Level 5. Class involves endurance swimming. Students will learn the basic skills in deep water.
- Level 7: Adv. Swimmer** Class involves endurance swimming with perfection of strokes and rescue skills. Taught in deep water.

Session Dates: **Session 1: July 8 - July 12 ***
Session 2: July 15 - July 19*
Session 3: July 22 - July 26*

Code:
1030 Levels 2 and 3 at 10:30AM
1120 Level 1 at 11:20AM
1200 Level 4, 5, 6, 7, at 12:00PM

***ASSUME ALL LESSONS WILL BE HELD RAIN OR SHINE!!! PLEASE SHOW UP FOR ALL LESSONS. YOU WILL BE CONTACTED IF CANCELLED! EVERY EFFORT WILL BE MADE TO MAKE UP THE MISSED SESSION. IT IS POSSIBLE THAT THE MAKEUP COULD BE THE FOLLOWING WEEK OR ON THE WEEKEND!!!**

ATHLETIC BASED TRAINING (ABT)

Athletic Based Training's speed and agility camps will focus on sharpening the skills that are so vital to on the field performance. Athletes will learn proper running mechanics (arm action, knee drive), Acceleration (first step quickness), and change of direction (cutting, agility). Each session will include a dynamic warm up, running mechanics, drills, core, flexibility and conditioning.

Join **Liane Blyn and her Athletic Based Training Staff** who are former athletes, hold degrees in strength and conditioning and are former strength and conditioning coaches at the high school, collegiate, and professional levels.

YOUTH SPEED AND AGILITY CAMP

Grades 3-8 and all sports - Co-ed

Date: Aug 12-15

Mon-Thurs 2:00-3:30pm

Cost: \$99.00



FIGHTIN' IRISH FLAG FOOTBALL

Fightin' Irish Flag Football is a new in-town program run by the Hopkinton Parks and Recreation Department. It is a safe, non-contact, no-blocking, 5 on 5 flag football league for girls and boys in grades 2 through 8. The mission of the program is to provide a fun, organized football experience using a flag system instead of "tackling". The league's main focus is on advancing the player's running, catching and passing football skills. The main objective is fun!

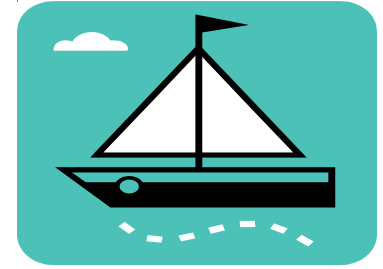
Like the town's American Youth Football program, there will be 6 separate grade based divisions for the 2013 season. The teams will start with Mitey Mites (grades 2-3), then there will be 4th, 5th, 6th, 7th and 8th grade teams.

Each player who participates will receive an official Fightin' Irish team jersey, and official flag belt. Players must also wear black shorts (no pockets) and cleats (no metal spikes). Mouth guards are required for all players at all times.

Practice and games are once a week. Teams will practice for 45 minutes and then play a 45 minute game. The season will consist of 8 regular season games for each team, and 1-2 weeks of playoffs. Super bowl champions will receive a championship t-shirt. The cost of the program is \$85 for the season which starts in mid April.

Dates and Site location to be determined. Check back for an update soon.

BOATING ACTIVITIES



BOATING CAMP

Boating is FUN! Camp

Kayaking, Sailing and Canoeing: June 24 – August 23

Hopkinton State Park

We're looking for girls and boys with a spirit of adventure! If you know someone aged 8 to 15 who wants to be active and have fun all summer, sign them up for a summer on the water. No experience necessary!

Each day there are **lots of games and activities**; the kids **get wet and learn a bunch of cool stuff about sailing and paddling**. And, while they are doing all this, they are making friends, learning water safety, and becoming confident, independent boatsmen (and boatswomen!).

What else? **Well, on Fantasy Fridays we change the world.** We are explorers discovering new lands, lords and ladies of faraway kingdoms, pirates on the high seas or astronauts flying our ships through space. Every Friday is something new!

We finish camp with our very own version of *Capture the Flag*. Sure, it sounds like a normal camp game right? Until you throw in buccaneers, boats, shanties, pirates, and islands to defend! **Anchor's Aweigh!!**

Check out our website for Early Bird Specials! Prices, schedule and reistration at www.BoatingCamp.com. Sing up today! Enter code HR2013 for a free t-shirt. Still have questions? Call 617-299-3392 to speak with Casey.

THURSDAY NIGHT DRIVE - IN MOVIE on the TOWN COMMON



Hopkinton Parks and Recreation is offering a FREE Drive-In Movie Night's. Bring your lawn chairs and blankets to the Town Common to view a family movie "Drive-In" style. You will be entertained by a current hit movie on a 15' x 27' Screen with a 4000 watt audio system.

The movie choice will be posted as we get closer to the date in order to pick something current. Check web-site if inclement weather.

When: Thursday night's June 20, 27, July 11, 18

Rain Dates will be the following Monday night.

Time: Dark

TENNIS and GOLF LESSONS

Summer Youth tennis lessons continue to be 4 days per week.

These lessons are directed by **Bob Clausen** and his staff and will teach kids how to serve, volley, fore and backhand. We are offering 4 two week sessions.

Where: Courts in front of Middle School

PICK CODE # FIRST, THEN SESSION #

CODE

T001 8:30 - 9:30AM Beginners, age 5-8

T002 9:30 - 10:30AM Beginners, age 8-12

T003 10:30 - 11:30AM All Levels, ages 12 and up

SESSION 1: June 25, 26, 27 July 1, 2, 3*

SESSION 2: July 8, 9, 10, 11, 15, 16, 17, 18

SESSION 3: July 22, 23, 24, 25, 29, 30, 31, August 1

SESSION 4: August 5, 6, 7, 8, 12, 13, 14 and 15

Rain makeup days are Fridays for all sessions.

Cost: \$120.00 per player

***Session 1 Cost: \$90.00**

Ratio: 4 students to 1 teacher

ADULT LESSONS

Tennis lessons for adults are going strong again this year as **Bob Clausen** will teach all aspects of the game to beginners through lower intermediates. Bob and his staff teach our very popular kids' programs. The adult program is now **5 weeks** in length.

CODE

ADT 01 Tue 4/23 Beginners 9:30 - 11AM

ADT 02 Tue 4/23 Adv/Int 11AM - 12:30PM

ADT 03 Thur 4/25 Adv/Int 9:30 - 11AM

ADT 04 Thur 4/25 Beginners 11AM - 12:30PM

Held at Reed Park

Cost: \$130.00 per person

SPRING KID'S TENNIS LESSONS

These lessons are directed by Bob Clausen and his staff and will teach kids how to serve, volley, fore and backhand.

These are 5 week one hour sessions for beginners and intermediate players.

Cost: \$90.00 Where: Reed Park

Code: KT01 Tuesdays, starting 4/23 Ages 8-12 3:30PM

Code: KT02 Tuesdays, starting 4/23 Ages 5-8 4:30PM

Code: KT03 Wednesdays, starting 4/24 Ages 5-8 3:30PM

Code: KT04 Wednesdays, starting 4/24 Ages 8-12 4:30PM

Code: KT05 Thursdays, starting 4/25 Ages 8-12 3:30PM

Code: KT06 Thursdays, starting 4/25 Ages 5-8 4:30PM

GOLF CLINICS and LEAGUES

Hopkinton Parks and Recreation has arranged for youth and adult residents to take golf lessons at the Pinecrest Golf Club in Holliston with PGA Pro **Andy Froude**, or join **Ken Chrzan**, PGA Pro from the Golf Teaching Center at Juniper Hills in Northboro. The descriptions below are general guidelines the students will learn.

Beginner Lessons: The following programs for kids and adults will concentrate on golf fundamentals—proper grip, stance, and alignment. You will be given drills and exercises to make the proper swing easier and more effective. Each session will include one lesson dedicated to putting and short game basics. We will also offer some discussion regarding golf course etiquette and answer any golf related questions you may have.

Intermediate Lessons: This program is for the individual who already plays golf and has basic knowledge of the game or has previously taken our beginner class. Emphasis on golf fundamentals as well as more individual attention will be given. Exposure to more important basic rules and the cause and effect of basic ball flight laws will be discussed. One full lesson will cover putting and the short game. Discussion on course management and how you can lower your score will also be covered.

April Vacation Clinic - April 16-19 (Mon - Thurs) Ages 6-17

This program is to serve as the season starting refresher course. The class will run Tuesday - Friday.

The class will be divided into beginner and intermediate skill levels along with age. The class will cover all aspects of the game of golf and some on course activities.

CODE

AVG 01 9:00 AM - 10:00 AM - Beginners Cost: \$130.00

AVG 02 10:00 AM - 11:00 AM - Intermediate Cost: \$160.00

AVG02 11:00 AM - 12:30 PM - Advanced Cost: \$210.00

Where: Pinecrest Golf Course, Holliston

MORE GOLF

PINECREST in HOLLISTON

ADULT CLINICS

Cost: \$140.00 - Beginner and Intermediate clinic

BEGINNER LESSONS - The following programs for kids and adults concentrate on golf fundamentals. You will learn the proper grip, stance and alignment necessary to make the full swing. You will be given drills and exercises to make the proper swing easier and more effective. Each session will include one portion that is dedicated to putting and short game basics.

We will also offer some discussion about golf course etiquette.

Code	Dates	Time
PCA 1	April 23, 30 May 7, 14	9:00 - 10:00AM
PCA 2	April 24, May 1, 8, 15	5:00 - 6:00PM
PCA 3	May 21, 28, June 11, 18	9:00 - 10:00AM
PCA 4	May 22, 29, June 12, 19	5:00 - 6:00PM

INTERMEDIATE LESSONS - This program is for individuals who already play golf and have a basic knowledge of the game or for those who have previously taken our beginner class. The class will again emphasize the fundamentals and stress more individual attention. We will teach you the cause and effect of basic ball flight laws. We will expose you to some of the more important basic rules of golf and answer any questions you have about them. Each lesson will deal with the short game and putting. We will have a discussion about course management and how you can start to lower your scores.

Code	Dates	Time
PCA 5	April 23, 30 May 7, 14	10:00 - 11:00AM
PCA 6	April 24, May 1, 8, 15	6:00 - 7:00PM
PCA 7	May 21, 28, June 11, 18	10:00 - 11:00AM
PCA 8	May 22, 29 June 12, 19	6:00 - 7:00PM

Code	Dates	Time	Cost
PKB1	April 20, 27, May 4, 11	2:00 - 3:00PM	\$140.00
PKB2	May 18, 25, June 8, 15	2:00 - 3:00PM	
PKB3	April 20, 27, May 4, 11	3:00 - 4:00PM	
PKB4	May 18, 25, June 8, 15	3:00 - 4:00PM	

SUMMER KID'S GOLF (choose clinic and session)
Age 6 - 9 Beginner Code:PSB
Time: 9:15-10:15 AM Cost: \$140.00

This group will learn the basic fundamentals of the game; grip, set-up, aim and how to put the ball in motion. Also, basic etiquette, putting, and having fun!

Age 10-17 Beginner & Intermediate Code:PSI
Time: 10:30 AM - 12:00 PM Cost: \$180.00

This group will stress the fundamentals with more individual attention. Short game and putting will be emphasized. Basic course management will be discussed and how to improve through proper practice. Reduced rates for golf after the lesson.

Age 10-17 Advanced (includes 9 holes of golf) Code:PSA
Time: 11:00 AM - 3:00 PM Cost: \$220.00

This program is for the more experienced player, who might be trying out for the school golf team. Players will learn cause and effect of the ball flight laws. More advanced short game work, course management skills, practice drills and exercises will all help lower your score. Students in the advanced class must bring or purchase lunch each day. Special lunch pricing is available.

Session 1	Monday - Thursday	6/24 - 6/27
Session 2	Tuesday - Friday	7/1, 2, 3, 5, *NO 7/4
Session 3	Monday - Thursday	7/8 - 7/11
Session 4	Monday - Thursday	7/15 - 7/18
Session 5	Monday - Thursday	7/22 - 7/25
Session 6	Monday - Thursday	7/29 - 8/1
Session 7	Monday - Thursday	8/5 - 8/8
Session 8	Monday - Thursday	8/12 - 8/15
Session 9	Monday - Thursday	8/19 - 8/22

JUNIPER HILL in NORTHBOROUGH

ADULT GROUP SERIES FOR 5 WEEKS

ALL ABILITIES

Great program for golfers of all abilities. Instructors work with students individually within the group. Encourages gradual improvement over five weeks. **Cost: \$125 Per player 1 HOUR PER SESSION**

CODE:	Day	Date	Time
JA 01	Tuesday	April 23	10:00-11:00 AM
JA 02	Thursday	April 25	6:00 - 7:00 PM
JA 03	Friday	April 26	12:00 - 1:00 AM
JA 04*	Friday	April 26	5:30 - 6:30 PM

*Intermediate Level

ADULT CAMP - 3 DAY GOLF PROGRAM

Six hours of instruction gives the student sufficient time to grasp necessary basics at an excellent price! Video analysis and training aids are used to develop the player's game. Full swing and short game instruction will be conducted. **Class will meet from 10:00 A.M. to 12:00 P.M. Cost: \$125.00**

Session 1	Friday April 6 – Sunday April 8
Session 2	Tuesday April 10 – Thursday April 12
Session 3	Friday April 13 – Sunday April 15

GET ON-COURSE

\$115.00 - 3 nights Adults and Juniors

Improve and learn more about your game as you play. Our on-course instruction is now available for beginners, juniors, and more advanced players. Established golfers will improve their strategy. These 3 nights will cover where to aim, what club to hit, and how to play certain shots. Beginners will learn course etiquette and feel more comfortable while achieving a better understanding of the game. Golfers will meet at the **Juniper Hill Golf Shop at 6:15PM** to begin. Must have own equipment. **Each class is 1 1/2 hrs.**

Adults and Juniors will be in different groups
GOC1 - Wednesday April 24, May 1, May 8
GOC2 - Wednesday April 25, May 2, May 9

JUNIOR GROUP SERIES

\$105.00 / 5 one hour classes

Great program for golfers of all abilities. Instructors work with students individually within the groups. **Ages 7-14.**

CODE:	Day	Date	Time
JKG 01	Tuesday	April 23	4:30 PM
JKG02	Thursday	April 25	4:30 PM (Intermediate)
JKG 03	Friday	April 26	4:30 AM (Parent/Child)

JUNIOR GOLF PROGRAM (AGES 7-14)

Time 9:00AM - 12:00 PM Cost: \$250

Our number one goal is to make sure your children enjoy themselves playing golf. As they keep playing and develop correct swing mechanics, they become better players. We combine instruction, imitation, and fun exciting games to keep their interest level high. All aspects of the game from putting to full swing plus on-course play will be included. **Ratio: 4-1**

JC 01	Monday - Friday	4/15 - 4/19
JC 02	Monday - Friday	6/24 - 6/28
JC 03	Monday - Friday	7/1 - 7/5
JC 04	Monday - Friday	7/8 - 7/12
JC 05	Monday - Friday	7/15 - 7/19
JC 06	Monday - Friday	7/22 - 7/26
JC 07	Monday - Friday	7/29 - 8/2
JC 08	Monday - Friday	8/5 - 8/9
JC 09	Monday - Friday	8/12 - 8/16
JC 10	Monday - Friday	8/19 - 8/23

TEAM SPORTS CLINICS

METROWEST BASEBALL CLINICS

Softball Camp

This Softball Camp will cover all the elements of softball, such as: Hitting, Fielding, Pitching, Catching, Throwing Mechanics and Base Running, Strategy, etc... Each player will get opportunities in small groups to work on their individual strengths and weakness and time to focus on a specialty aspect such as pitching or hitting throughout the week long camp. This camp is ideal for players at all levels of experience. Ages 8-13 years old.

Session 1 July 8-12 Session 2 July 15-19
Time: 9:00 am – 11:30 am Cost: \$160.00 (both sessions \$250.00)
Equipment Required: Sneakers or Cleats, Fielding Glove, Water bottle
All sessions held at EMC Park

FROZEN ROPES

SPRING AND SUMMER BASEBALL & SOFTBALL CLINICS

Experience top-notch instruction and fun this summer with the only nationally recognized full-time baseball and softball training centers. The Frozen Ropes summer camps feature full-time professional instructors, structured curriculums and drills, controlled scrimmages to improve game skills, and low student to instructor ratio. All players received a Frozen Ropes T-shirt. Other prizes will be awarded. Players should bring their glove, batting gloves (optional), hat, water bottle, sunscreen if needed, bat (optional), snack and lunch..

All Programs at EMC Park

SPRING TRAINING CAMP (Bring snack and lunch)

Report to Spring Training during the April School Vacation for pre-season instruction and fun with Frozen Ropes!

April 16-19 8:30 AM - 2:30 PM Ages 8-12 Cost: \$240

SUMMER BASEBALL CAMP (Bring snack, lunch or both)

July 15 - 19 8:30 AM - 12:30 PM Ages 5 -7 Cost: \$185

July 15 - 19 8:30 AM - 2:30 PM Ages 5 -7 Cost: \$275

July 15 - 19 8:30 AM - 2:30 PM Ages 8 -12 Cost: \$275

SUMMER FAST-PITCH SOFTBALL CAMP (Bring snack & lunch)

July 15 - 19 8:30 AM -2:30 PM Ages 8-12 Cost: \$275

Hopkinton Varsity Soccer Youth Skills Clinic

August 26 – August 29, 2013 – 9:00AM – 12:00PM (rain date August 30th)

The Hopkinton Hillers Boys and Girls High School Varsity soccer teams and Hopkinton Youth Soccer are joining together to run a four-day soccer skills development camp at Hopkinton High School Field #5.

The camp is open to boys and girls who have will have completed Grades 1 through 7 in 2013. Players will be divided by age group and will learn from and interact with Hopkinton's best high school soccer athletes.

The 3-hour sessions will be lead by Seniors of the Hopkinton Boys and Girls High School Soccer teams. Players will learn new skills each day and will participate in fun games/activities pertaining to each "Skill of the Day." Players will be divided by age and all campers will receive a free "Junior Hillers" Soccer Camp Shirt. Two parents will be on site at all times.

The goal of the camp is to help every player improve while having fun and developing a connection/relationship with the varsity teams. It is one of the many integrated programs offered by the two groups to help strengthen Hopkinton's soccer community.

Proceeds from the camp will help the teams purchase equipment and uniforms for the HHS soccer program. The cost for registration is \$80.00 per child. Visit the Hopkinton Youth Soccer website at www.hopkintonsoccer.org to register.

MORE CLINICS

FIELD HOCKEY CLINIC

These 4 day Field Hockey Clinics are designed to teach and improve field hockey fundamentals. Each day there will be new skills and drills featuring the latest stick work, passing, and offensive/defensive techniques.

Beginner Clinic – Come join **Hopkinton Varsity Field Hockey coach Joan Bannon** - 2009 Massachusetts State Champion Coach and USFHA Level I Certified, for a fun filled week of skills, drills and games. Each camp provides the athlete with the opportunity to become better field hockey players in a fun, positive environment.

Instruction will also be from current or former players. **Equipment:** Water Bottle, Mouth Guard, Shin Pads and stick if you have them (we will have extras)

Where: Hopkinton High School - Field 9

Date: July 29, 30, 31, August 1 (Rain date August 2)

Time: 5:30PM – 7:30PM

Who: New and Beginner Players 4th grade to 8th grade

Advanced Clinic – This clinic will bring your game to the next level. It clinic provides female athletes the opportunity to become better field hockey players in a fun and positive environment by working on individual skills and scrimmaging. The instructor is **Ginger Daly, Head Coach Becker College and USFHA Level I Coach.**

Where: Hopkinton High School Field 9

Date: August 5, 6, 7, 8 (rain date August 9)

Time: 5:30-7:30PM

Who: Experienced High School Players

Where: Held at Hopkinton School Field 9



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Cost for each clinic \$85.00

BOYS LACROSSE CLINIC

Beginner Clinic

This four day Lacrosse Clinic is designed to teach and improve lacrosse fundamentals. Each day there will be new skills and drills featuring the latest stick work, passing, and offensive/defensive strategies. Come join **Hopkinton Varsity Lacrosse Coach Justin O'Leary** - for a fun filled week of skills, drills and games. This camp provides the athlete with the opportunity to become a better lacrosse player in a fun, positive environment. Instruction will also be from current or former players.

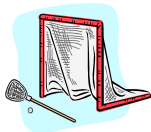
Where: Hopkinton High School Field #9

Date: Session 1 - July 8, 9, 10, 11 (Rain date July 12)

Time: 6:00PM – 7:30PM

Who: New and Beginner Players 4th grade to 8th grade

Cost: \$80.00



MIDDLE SCHOOL VOLLEYBALL CLINIC

The Hillers Varsity Girls Volleyball coach will be running two 4-day sessions for Middle School girls this spring. Attend one or both sessions! Join varsity coach Margie Grabmeier and members of the Hillers varsity volleyball team for a series of practices and games designed to help you master volleyball skills. You will improve your bump, set, spike and overhead serve while learning the basic rules of team volleyball during “match” play!

You will also receive information on area clubs, clinics and camps for even more opportunities to play throughout the year.

Whether you want to improve your skills for a school or club team, or want to impress your friends with your beach or backyard game, this clinic is for you!

Session 1 – May 7, 9, 14, and 16

Session 2 – May 21, 23, 28 and 30

Grades: 6, 7 and 8 Girls

Times: 2:00-3:30PM

Where: Brown Gym

Cost: \$75 per person

Wear gym attire (shorts, T-shirt, sneakers) and bring a **water bottle.**

Knee pads are recommended, but not required.

YOUTH FOOTBALL CLINIC

Retired Football Coach Hughes and the present Football Coach, Jim Girard, along with his very capable staff will bring their expertise to the youth of Hopkinton. Players will receive individual instruction in all three aspects of football through a positive and enjoyable atmosphere. Participants will be grouped according to age, size, and experience. The emphasis of this non contact camp is on the fundamentals and overall knowledge of the game. A different life skill will be the theme of the day and woven into the rules and techniques as your child improves as a football player. Players will be tested in the 40 yard dash, long jump, vertical jump and the shuttle run. We are seeking present and future American Youth Football players so they can get a “refresher course” for the fall season.

July 8th thru July 11th

Ages: 6 to 12 years old

Time: 9:00AM to 2:00PM

Cost: \$150.00 per person

**Where: Fields 1 & 2 Behind Doyle Gym
at the Middle School**

Include T-Shirt (indicate size)

CHILDREN'S PROGRAMS

LIL' FORK FARM

* 1070 Washington Street, Holliston

SPRING TINY TROTTERS*

Your "tiny trotter" will begin to explore the wonderful world of ponies and farm life by learning grooming, tacking, handling, and care through hands on interaction with our ponies and Farm animals. Each week will also consists of a weekly private riding lesson by one of our Massachusetts certified riding Instructors. We supply your rider with a riding helmet, sweet ponies and a wide assortment of farm animals to play with.

Dates/Sessions:

Session 2A	Tuesday April 2, 9, 23, 30, May 7	
Session 2B	Wednesday April 3, 10, 24, May 1, 8	
Session 2C	Thursday April 4, 11, 25, May 2, 9	
Session 3A	Tuesday May 14, 21, 28, June 4, 11	
Session 3B	Wednesday May 15, 22, 29, June 5, 11	
Session 3C	Thursday May 16, 23, 30, June 6, 13	

Times for all dates: 9:30-11:30 AM or 1:00-3:00 PM

Ages: 4 - 6 yrs old Cost: \$245.00 per session

Equipment Needed: We loan a riding helmet or bring your own

TINY TROTTERS RIDING PROGRAM*

Tiny Trotters will begin to explore the wonderful world of riding, ponies and farm life through hands on animal interaction and riding lessons taught by our Massachusetts Licenses riding instructors. Tiny Trotters will take a 30 min. daily private riding lesson, interact with our adorable farm animals and learn a wide assortment of horsemanship skills. Campers will learn grooming, tacking, leading, care, feeding, bathing and driving with our miniature horses is always a big hit! Ages 4-6 yrs. **\$355.00 per student (incl Photo album) 8:30 to 12:30 PM**

6/17-6/21	7/8-7/12	7/15-7/19	7/22-7/26
7/29-8/2	8/5-8/9	8/12-8/16	8/19-8/23

SUMMER RIDING PROGRAM*

Spend summer vacation with us learning to ride or developing your riding skills. Students ride daily with our instructors based on their riding level, work on a wide variety of horsemanship skills (grooming/tacking/leading/bathing) and learn to drive with our miniature horses, Rascal, Ruby and Kappy! Riding helmet, boots, long pants required for riding.

Ages: 7-16 years old Cost: \$355.00 (incl photo album) Time: 8:30AM - 12:30PM

6/17-6/21	7/8-7/12	7/15-7/19	7/22-7/26
7/29-8/2	8/5-8/9	8/12-8/16	8/19-8/23

JUNIOR FARMER*

Farmers will learn about all of our barnyard animals through hands on interaction! Learn how to care for, handle and have fun with goats, sheep, llamas, alpacas, donkeys, miniature horses, bunnies, chickens and our new Black Angus Low line cow-ZEUS! Collecting farm fresh eggs to bring home daily, daily pony rides, weekly wagon rides and driving with our miniature horses all round out a week to remember! Ages 4 to 12 years old. **No equipment required.**

Cost: \$250.00 includes photo album scrap book

Time: 8:30AM - 12:30PM

7/8-7/12	7/15-7/19	7/22-7/26
7/29-8/2	8/5-8/9	8/12-8/16

SHEN'S GYMNASTICS ACADEMY

*16 Everett St, Holliston

MOMMY & ME GYMNASTICS*

Our very popular & fun instructor-led gymnastics classes designed for toddler's aged 18 months to 3 years old and their mom or dad. This 60-minute class brings the parents onto the floor amidst the excitement. We have small preschool-sized equipment for children this age including: rings, bars, ladders and slide. Kids also love using our zip line and trampoline in this class. The instructor will set up different obstacle courses each week especially designed to help with locomotion skills and hand-eye coordination.

Session 1: Mon 4/1 - 4/29 9:30 - 10:30 \$110.00 - 5 Wks
Thur 4/4 - 5/2 10:30-11:30 \$110.00 - 5 Wks

Session 2: Mon 5/6 - 6/24 9:30 - 10:30
(\$150.00 - 7 Weeks) (no class on 5/27)
Thur 5/9 - 6/27 10:30-11:30 (\$170.00 - 8 Wks)

SUPERKIDS! GYMNASTICS*

A 60-minute energetic, fun, gymnastics class for preschool and kindergarten-aged kids. Children, ages 3-5 participate in this class while their parents watch from the seating area. The kids get lots of personal attention and lots of turns on the apparatus such as, rings, trampoline, zip line, vault, balance beam and tumble track. The instructor will set up an obstacle course designed to teach basic gymnastics skills, cartwheels, forward rolls, and handstands. Kids will also improve their locomotive skills, hand-eye coordination, social skills, taking turns and listening skills, all while they are having fun, getting exercise, and learning gymnastics!

Session 1: Mon 4/1 - 4/29 9:30-10:30 (5 Weeks)
Wed 4/3 - 5/1 9:30-10:30 or 1:00-2:00 (5 Wks)
Thur 4/4 - 5/2 3:30-4:30 (5 Weeks)

Session 2: Mon 5/6 - 6/24 9:30-10:30 (7 Weeks)
(no class on Memorial Day, 5/27)
Wed 5/8 - 6/26 9:30-10:30, or 1:00-2:00 (8 Wks)
Thur 5/9 - 6/27 3:30-4:30 (8 Weeks)

Cost: 5 Weeks - \$110.00 7 Weeks - \$150.00 8 Weeks - \$170.00

CHEER AND TUMBLING*

This 90-minute cheer and tumbling class will cover tumbling, jumping, stunting, as well as cheer fundamentals. We have several coaches, so students can tumble at their own level - some students may be working on their cartwheel and round off, while others can work on their back handspring and back tuck. Our coaches will use our new spotting belt for the trampoline which enables the student to learn new flips in an effortless manner. Open for all ages!

Session 1: Wed 4/3-5/1 7:00-8:30pm (5 weeks)
Sat 4/6-5/4 11:30am-1:00pm (5 weeks)

Session 2: Wed 5/8-6/26 7:00-8:30pm (8 weeks)
Sat 5/11-6/29 11:30am-1:00pm (8 weeks)

Cost: 5 Weeks - \$137.00 8 Weeks - \$213.00

MORE CHILDREN'S PROGRAMS

SUMMER ART WORKSHOP

for Children entering grades 1- 6

This is a hands on art workshop for children. We believe all children are artists and ready for creating artwork inspired by personal reflections, art history, expression and the imagination! Students will explore various art mediums. Each week with new and exciting projects! Guaranteed to knock your smocks off!

Instructor **Christine Van 11 years of art teaching Metro-West Art Centers & Parks and Rec Dept.**

Session: 1 July 1 - July 3*

Session: 2 July 8 - July 11

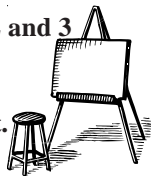
Session: 3 July 15 - July 18

Cost: \$130.00* Session 1 or \$165.00 Session 2 and 3

Times: 9:00-12:00 AM

Where: Middle School Art Room 255

Please bring a water bottle and smock or old t-shirt.



FAST TRACK ATHLETICS MIDDLE SCHOOL DODGEBALL

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class.

Grades: 6-8

Dates: April 24th - June 5th (7 sessions)

Location: Brown Gym

Time: 2:00-3:00PM

Cost: \$85.00

SUPER SPORTS

Get up, get going, get active with F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodgeball, Baseball and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day. Equipment required: sneakers, water, peanut-free snacks, sunscreen.

Ages: 6-12 years

Dates: July 8-11 (rain date July 12)

August 19-22 (rain date August 23)

Time: 8:00-11:00AM

Cost: \$100.00

Held at Fruit St. field

FAST TRACK ATHLETICS ARCHERY

Who has the best shot? this class will focus on aim, posture and balance when shooting with our bow and arrows. Proper technique will be explained to ensure everyone has the opportunity to hit their marks! Can you hit your target 10, 20, 30, or even 50 yards out? Come join us and find out! Equipment Required: water, sneakers, sunscreen.

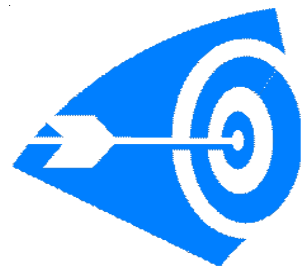
Ages: 7-15 years

Dates: July 15-18 (rain make up on July 19th)

Location: Fruit St. field

Time: 3:00-4:30PM

Cost: \$75



PRE-K TBALL

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. Equipment Required: Glove, sneakers and water bottle.

Ages: 3-6 years

Dates: Saturdays July 13-Aug 17

Location: Fruit St. field

Time: 9:00-10:00AM

Cost: \$75



PRE-K MINI SPORTS

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and Tball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class F.A.S.T. Athletics will have new and exciting games planned for the students. Equipment Required: sneakers and water bottle.

Ages: 3-6 years

Dates: Saturdays July 13-Aug 17

Location: Fruit St. field

Time: 10:00-11:00AM

Cost: \$75

MORE CHILDREN'S PROGRAMS

IMAGINATION WEEK

Join us for a 4-day adventure in to our Imaginations! Everyone has an Imagination! It is what keeps us engaged in our day-to-day lives as we deal with "Reality". What fun would life be if we couldn't turn "reality" on it's ear and see it through our looking glasses? We will explore the duality of Imagination and Reality through children's book literature and art from an historical and creative perspective. Let's Draw, Paint, "Write, Assemble and Make our Imaginations come to life! Bring a water bottle and lunch (peanut free). Please dress for a mess and come to camp with sunscreen and bug spray already applied.

The class is recommended for children ages 5-11.

Date: July 8-12 Time: 9:30am - 12:30pm

Cost: \$230

Held at: Whitehall Farm Studios, 301 Wood St., Hopkinton

NAUTICAL NONSENSE WEEK

If Nautical Nonsense is something you wish, then jump over to art camp and paint like a fish! Well, maybe a fish can't hold a paintbrush - but we can sure have fun creating amazing artwork inspired by our underwater friends! Join us for this summer Art Camp where we explore the great mystery of the seas. Our adventure will journey through exotic beaches and deserted islands, where we will study marine and aquatic life through a scientific and artful lens. From the newly found Giant Squid, to Pirates and Mermaids, to the Great Coral Reef - we will be sure to explore some super saltwater creatures. Let's hope our voyage doesn't shipwreck too far into the abyss of the Deep Dark Sea! Arrg! Please dress for a mess and come to camp with sunscreen and bug spray already applied. Bring a water bottle and snack.

The class is recommended for children ages 5-11.

Date: July 15-18 Time: 12:30pm - 4:00pm

Cost: \$230

Held at: Whitehall Farm Studios, 301 Wood St., Hopkinton

NATURE ABOUNDS WEEK

With our studio nestled next to Lake Whitehall, it is hard for our art to not be inspired by beauty of the natural world around us. During the week, we will forage in the woods collecting pieces of the natural world that we will use in our art or inspire our pieces. Each artist will receive a natural journal that will be used throughout our study of the natural world. Small science experiments will guide our minds into reveling in the connection of science, art and nature. Come explore, experiment and create with us at the Farm. Please dress for a mess and come to camp with sunscreen and bug spray already applied. Bring a water bottle and lunch (peanut free).

The class is recommended for children ages 5-11.

Date: August 5-8 Time: 12:30pm-4:00pm

Cost: \$230

ASTOUND, ASSEMBLE AND EXPLORE WEEK

We love to put things together here at the studio, and we certainly love to explore. Let's assemble these 2 ideas into one and really create something FANTASTIC! Whether we know it or not, we are constantly assembling things in our lives. From the outfits that we choose in the morning to the dinner on our plates at night, we manage to put things together all day and every day. Let's take a look at putting things together from an artistic, sculptural, scientific and literary perspective. The possibilities are endless and will ASTOUND you! Please dress for a mess and come to camp with sunscreen and bug spray already applied. Bring a water bottle and lunch (peanut free).

This class is recommended for children ages 5-11.

Date: July 22-25

Time: 9:30am - 12:30pm

Cost: \$230

Held at: Whitehall Farm Studios, 301 Wood St., Hopkinton

ART "FULL" MORNINGS

Join Whitehall Farm Studios for an exciting adventure in colors, shapes, movement and materials! Use clay, paint, paper, water, glue and more to explore, create and improvise. Classes focus on inspirational and exciting topics, including introductions to fine art and children's book illustration. We will be working towards helping your child begin to develop his or her own personal taste and style. Come on over to the farm and let's have an art-FULL morning!

The class is recommended for children ages 3-6.

Date: Mondays (April 22, 29, May 6, 13, 20, June 3, 10, 17)

Time: 9:30 - 10:30am

Cost: \$130/8 weeks

Held at: Whitehall Farm Studios, 301 Wood St., Hopkinton

AROUND THE WORLD AND THROUGH THE TIMES

Travel around the world and back in time to Ancient Egypt, Greece, Africa and more. Discover and create art that teaches you about these amazing places and periods in time. Study the art movements of Pop Art, Bauhaus and Art Nouveau while using a variety of mediums and techniques. Students will learn about art through the ages while constructing their own master pieces. Class is recommended for artists of varying skills from ages 6-11. No skill required.

Date: Mondays (April 22, 29, May 6, 13, 20, June 3, 10, 17)

Time: 4:00-5:15 pm

Cost: \$160/8 weeks

Held at: Whitehall Farm Studios, 301 Wood St., Hopkinton

MORE CHILDREN'S PROGRAMS

GYMNASTICS CLINICS

APRIL VACATION

Kids ages 3 ½ – 12 will enjoy the experience of gymnastics and physical exercise. No gymnastics experience necessary! Some of the activities include: teampoline, zip-line, tumbling into our giant foam pit, jump & slide in our giant combo bouncy house, arts & crafts, and of course, instructor-led gymnastics.

Regardless of the skill level of our campers, our staff focuses on providing the fundamentals of gymnastics in a no-pressure, fun, camp situation.

Children: Ages 3 1/2 - 12 (must be potty trained)
Where: Shen's Gymnastics Academy
16 Everett St., Holliston
When: Vacation Week: April 15-19
Time: 9:00AM - Noon, Noon - 3:00PM or 9AM-3PM
Cost: Half Day \$155.00 Full Day \$240.00

SUMMER GYMNASTIC CAMP

Kids ages 3 ½ – 12 will enjoy the experience of gymnastics and physical exercise at Shen's Gymnastics Camp. No gymnastics experience necessary! Join us for fun-filled days of gymnastics and water activities, (we have a giant inflatable water slide). Some of the activities include climbing the rock wall, trampoline, zip-line, tumbling into our giant foam pit, jump & slide in our bouncy house, contests, games, arts & crafts, and of course, instructor-led gymnastics.

Regardless of the skill level of our campers, our staff focuses on providing the fundamentals of gymnastics in a no-pressure, fun, camp situation. Bring a towel, comfortable clothing (or leotard) for gymnastics, water, snack, and a lunch (peanut free).

Children: Ages 3.5 - 12 (must be potty trained)

Where: Shen's Gymnastics Academy, 16 Everett St., Holliston

When:	Session 1	7/8 - 7/12	Session 2	7/15 - 7/19
	Session 3	7/22 - 7/26	Session 4	7/29 - 8/2
	Session 5	8/5 - 8/9	Session 6	8/12 - 8/16
	Session 7	8/19 - 8/23	Session 8	8/26 -8/30

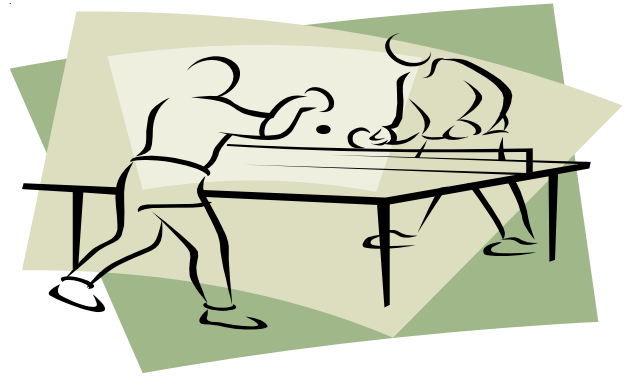
Cost: Half Day 9–Noon or Noon-3 \$45/day or \$175/week
Full Day 9–4 \$74/day or \$290/week

10% discount for multiple days, and 10% sibling discount
Extended day available for \$5/hour/child

PING PONG

Parks and Recreation and the Hopkinton Middle School has teamed up to offer **all middle school students** a place to play ping pong. We've got all the equipment so come on in and enjoy an afternoon of table tennis. Sign up on line for this event.

Where: Middle School Cafeteria
When: Weds afternoons from 2:00 to 3:30 PM
Dates: 5/8, 15, 22, 29
Cost: \$15.00 per person



HOPKINTON'S ANNUAL EASTER EGG HUNT

for preschoolers thru 2nd grade

**SATURDAY, MARCH 30 AT 11:00 AM
ON THE TOWN COMMON**

(if inclement weather, go to Hopkinton Drug to meet bunny)

**SPONSORED BY
HOPKINTON DRUG STORE &
HOPKINTON PARKS AND RECREATION**

ADULT SPORTS AND CLASSES

WOMEN'S SOFTBALL LEAGUE

Sign up for the Hopkinton Women's Softball League - Summer Season. Games are late June - early September. Slow-pitch and friendly competition. No need to already be on a team; if you don't have one, new teams will be formed. More details to follow, please email HopkintonWomensSoftball@gmail.com if you'd like to play, or Like us on Facebook.

Where: Games will be played at the Hopkins School Field

When: 6:00 PM Tuesdays thru Thursdays. Start date TBD

Fee: \$20.00 per player.

ADULT FITNESS

ADULT RIDING LESSONS

Let our kids have all the fun- join our Adult Riding lesson group! Whether you are a beginner or want to get back in the saddle again. This group lesson will involve grooming, tacking, riding and having a great time riding with other adults. Enjoy riding in our Indoor arena and as the weather improves we will be riding outside as well. Riding is not only fun but great exercise! For Ages 18-80 Bring your own riding helmet and riding boots. Each Session 5 weeks.

Session 2A: 4/1-5/6 12:30-2:00

Session 2B: 4/5-5/10 12:30-2:00

Session 3A: 5/13-6/17 12:30-2:00

Session 3B: 5/17-6/14 12:30-2:00

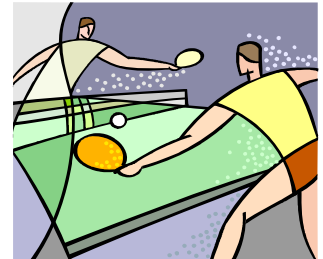
ADULT PING PONG

Parks and Recreation is offering a new program this spring for adults. We are organizing a drop in ping pong night. Come on down and play against your neighbors and friends. This is a 6 week program.

Wednesday Nights April 24th thru May 29th

Time: 7:00 to 8:30 PM

Cost: \$25.00 per person



BOOT CAMP

Walk/Run for life is a six week boot camp that will take you through your pace with unique sport conditioning exercise, speed drills, and techniques, as well as tips that will make you faster and fitter than ever before. Attention to proper mobility and flexibility program will keep you good the go. This boot camp, taught by **Galit Reuveni, a certified trainer**, is perfect for exciting walkers and runners who want to improve their own skills.

Date: March 20th till May 8th (no classes April 15th & 17th)

Times: Session 1 Monday and Wednesday 8:30-9:30 AM

Session 2 Monday and Wednesday 9:30-10:30 AM

Held at EMC Park

Cost: \$130.00 per person



OTHER EVENTS



THE 10th ANNUAL SHARON TIMLIN 5K MEMORIAL RACE/FAMILY FUN DAY EVENT JUNE 15TH, 2012 8:30 AM - 12:00 NOON

Honored guest: Mike Timlin, retired MLB Pitcher for the Boston Red Sox. Enjoy 5K race, kids 1 mile race, fun and games for kids, dunk tank, great raffles, live music and much more. For more information:

<http://www.sharontimlinrace.org>



Relay For Life of Hopkinton

Friday, June 21 ~ 6PM to
Saturday, June 22, 2011 ~ 6AM
Hopkinton High School
90 Hayden Rowe Street
hopkinton.relayforlife@hotmail.com

Teams, sponsors, and volunteers needed.



HOPKINTON PARKS AND RECREATION

GENERAL INFORMATION

18 Main Street, Hopkinton, MA 01748 • 508-497-9750
www.hopkinton.org/parks

Commission Meetings held on the second and fourth Monday of every month in the Town Hall

Parks and Recreation Commissioners: Bob Dobinski
Brian Eberlin
Ken Driscoll
Dan Terry
Brian O'Keefe

Parks and Recreation Interim Director: Laura Poovakad
Recreation Assistant:

Properties Under Parks and Recreation Jurisdiction: The Town Common and Gazebo
Sandy Beach on Lake Masepenock
Reed Park in Woodville
Carrigan Park
Daniel Shays
Emerald Hills East Ball Field
EMC Park and Baseball Fields
Fruit Street Athletic Complex
Victory Fields at Fruit Street

HOPKINTON YOUTH SPORTS AND OTHER COMMUNITY LINKS

HOPKINTON BABE RUTH BASEBALL

DEMONS YOUTH HOCKEY

HOPKINTON YOUTH BASKETBALL (TRAVEL)

HOPKINTON YOUTH BASKETBALL (RECREATION)

HOPKINTON YOUTH LACROSSE

HOPKINTON LITTLE LEAGUE AND SOFTBALL

HOPKINTON YOUTH SOCCER

COMMUNITY EDUCATION PROGRAM (HCEP)

HOPKINTON GIRL SCOUTS

CUBS SCOUTS

HOPKINTON STATE PARK 508-435-4303

HOPKINTON ASHLAND YOUTH FOOTBALL

www.hopkintonbaberuth.com

www.demonsyouthhockey.org

www.hopkintonbasketball.org

www.hopkinton.org/parks

www.hopkintonlax.org

www.eteamz.active.com/hopkintonll

www.hopkintonsoccer.org

www.hopkinton.org/community/hcep

www.hopkintongirlscouts.org

www.cubpack97.org

www.state.ma.us/dem/parks/hpsp

www.hopkintonashlandyf.org