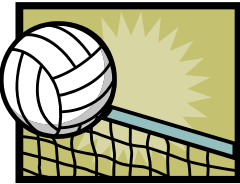




## **HOPKINTON PARKS AND RECREATION**

Enriching lives through quality parks and programs



## **2015 SPRING/ SUMMER BROCHURE**

**REGISTER ONLINE AT: [WWW.HOPKINTONREC.ORG](http://WWW.HOPKINTONREC.ORG)**

**Registration begins April 1, 2015**

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

**T**hank you for taking the time to read this brochure. At the Hopkinton Parks & Recreation Department, our goal is to provide meaningful and quality programs to people of all ages and cater to various interests. As you will see, we offer much more than just sports programs to children; we have expanded into adult fitness programs, holistic yoga clinics, and other artistically driven activities. We're proud to call Hopkinton our home and want to give back to this great community. For this reason, we have carefully crafted and selected programs and instructors that offer excellent criteria for this beautiful community, so please, take advantage and enjoy.

Please take the time to carefully review this packet and consider each program. We can guarantee that each one will be outstanding and offer a rewarding experience.

We hope we can exceed your expectations this season by providing a high quality experience that was pleasurable to have been a part of. We look forward to seeing you this season.

Yours Truly,

Jay Guelfi

A handwritten signature in black ink, appearing to read 'Jay Guelfi', with a stylized, cursive script.

Parks and Recreation Director

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## **PARKS AND RECREATION GENERAL INFORMATION**

**18 Main Street, Rm. 101 Hopkinton, MA  
(508)- 497-9750**

**Office Hours:** Monday- Thursday, 8:00- 4:00 pm; Fridays until 2:00 pm

### **Staff:**

Director: **Jay Guelfi** [jguelfi@hopkintonma.gov](mailto:jguelfi@hopkintonma.gov)  
Program Coordinators: **Colleen Allen** [callen@hopkintonma.gov](mailto:callen@hopkintonma.gov)  
**Kevin Nathan** [knathan@hopkintonma.gov](mailto:knathan@hopkintonma.gov)

### **Commissioners:**

Chairman: **Bob Dobinski**  
Vice Chairman: **Dan Terry**  
Commissioners: **Amy Markovich**  
**Bob McGuire**  
**Eric Sonnett**

*Parks and Recreation Commission meetings are held the second and fourth Monday of every month. In case of postponement, all announcements will be posted on town's website.*

### **Locations:**

- **Carrigan Park**
- **Daniel Shays Field**
- **EMC Fields and Playgrounds**
- **Emerald Hills**
- **Fruit Street Complex**
- **Pyne Field**
- **Reed Park**
- **Sandy Beach**
- **Town Common**
- **Victory Field**

## **Frequently Asked Questions**

### **How does Registration work?**

*Registration is done on a first come, first serve basis. Waitlists are available.*

### **How do I register?**

*1: go to [www.hopkintonrec.org](http://www.hopkintonrec.org) and set up a family account, add all members*

*2: register for desired activities*

### **Do scheduled program dates ever get cancelled? How will I be notified?**

*At times a program date can be canceled due to weather; or if held on school property, due to school events. Email blasts will be sent out to affected participants to let them know of the change.*

### **If there are cancellations, do you provide make up dates?**

*We will do our best to reschedule missed dates, however make up sessions are not guaranteed.*

### **What if there are not enough registered participants in the program I registered and pay for?**

*The Department of Parks and Recreation reserves the right to cancel any program due to low enrollment, poor weather etc. You will be refunded in full.*

*The Town of Hopkinton is not responsible for any stolen or damaged belongings or valuables.*

## BEACH/ BOAT PASSES

Sandy Beach is OPEN from Saturday, June 27th - Friday, August 28, 2015. Lifeguards and boat ramp monitors will be on duty from 10:00 am-5:00 pm, daily.

All restrictions and rules will be enforced by gate guards.



Passes can be purchased online at [www.hopkintonrec.org](http://www.hopkintonrec.org) or in Parks & Recreation office.

**Please pick up all passes from Parks & Recreation office. (See Office Hours on general info page. Call before coming by.)**

|                                       |         |
|---------------------------------------|---------|
| Season Pass for Hopkinton residents   | \$30.00 |
| Day Pass for Hopkinton residents      | \$5.00  |
| Day Pass for non- Hopkinton residents | \$15.00 |
| Boat Launch Stickers*                 | \$50.00 |

*\*Must have sticker in order to launch boat.*

*\*Boating Stickers are only available for Hopkinton residents.*

*\*Proof of Hopkinton residency required to purchase Boating Sticker*

## PLAYGROUND GROUP – SUMMER PROGRAM



Hopkinton Parks & Recreation is proud to offer its Playground Group program for summer 2015. We will have locations at Center School for the **Kids Program (ages 5- 7)** and Elmwood for the **Sports Program (ages 8- 12)**.

**Cost is \$160 per session.**  
**No refunds**

### **KIDS [ages 5- 7]- Center School, 8:30- 3:30**

Camp includes: Arts & Crafts, Sports Activities, games, and a weekly visit from outside entertainers (Abrakidabra Magic Shows, The High Flying Frisbee Dog performances, and a puppeteer)

### **SPORTS [ages 8- 12]- Elmwood School, 9:00- 4:00**

Camp includes: Olympic event sports activities, weekly visits from Animal Adventures, field trips to Sandy Beach, and Water Wizz Amusement Park. The week ends with Olympic ceremony, pizza party, and popsicles.

### **DATES:**

Session 1- July 6- 10  
Session 2- July 13- 17  
Session 3- July 20- 24  
Session 4- July 27- 31  
Session 5- August 3- 7  
Session 6- August 10- 14

### **GENERAL INFORMATION:**

Food: Please send a lunch daily; we provide a snack

Hydration: Pack a reusable water bottle (labeled) for refills

Weather Protection: Hats, Sunglasses, Sunblock, Rain gear (if necessary)

## **Babe Ruth Baseball**

*Babe Ruth's goal is to provide teenagers of all ability levels the opportunity to play organized baseball. Everyone is welcome to play in a fun, competitive, and educational environment*

Register online at: <http://www.hopkintonrec.org>

Visit: <http://www.eteamz.com/hopkintonbaberuth> for more information

### **The Spring (Pre) Season:**

The goal of the spring season is to give everyone the opportunity to play games in an informal setting. The season lasts about a month and is an ideal opportunity for 7<sup>th</sup> graders, and 13 year olds that have never played on the "Big Diamond" before, to become orientated to the bigger field. We offer individual instruction from our coaches, some of whom have played High School, American Legion, Collegiate, and Stan Musial baseball, to introduce young players to the new rules and skills that are required on the bigger field. There are no standings, playoffs, or championship teams in the Spring Season. The key areas of instruction include: leading, pitching from the stretch, and base running in a fun, relaxed atmosphere where coaches and players alike 'get the rust out'... Everybody is welcome!

**Begins April 27**

**\$115.00**

**Location: Field TBD**



### **The Regular Season**

It usually begins about the time when school baseball is winding down and ends just before the student's Summer Vacation. This season also is about one month in length. The league took on a new look recently as several local businesses stepped up to the plate and sponsored teams. This league was a great success last season. With 65% of the players being 13 and 14 years old, it is a perfect place for middle and high school students of all abilities. Virtually all of Hopkinton's best 13 and 14 year olds participated last year, in what was a most enjoyable season for all. Everyone is welcome!

**Begins May 18**

**\$175.00**

**Location: Field TBD**

### **Senior Babe Ruth**

If you are aged 15- 19 year old, and would like to play Varsity High School, American Legion, or College baseball some day, this is the team for you. This team plays a competitive schedule, requires players to try out, make a "summer commitment" and involves some travel. This program is ideal for high school players that want to face good competition in a very organized, competitive environment.

**Begins June 8**

**\$175.00**

**Location: Field TBD**



# COMMUNITY EVENTS

Parks and Recreation is proud to sponsor and endorse many community events in town.

## Movies on the Common – Thursday Nights

Bring family and friends to the Town Common to enjoy FREE outdoor movies. Movies are family friendly. Past movies include *Frozen*, *The Lego Movie*, and *Wreck it Ralph*. Free Popcorn is provided.

**Dates/ times:** June 25, 8:30 PM  
July 16, 8:30 PM  
July 23, 8:30 PM  
August 6, 8:15 PM



## Annual Easter Egg Hunt on the Town Common – Saturday, April 4, 11:00 am

*Sponsored by Hopkinton Drug Store*

Come down to the Common for a meet & greet with the Easter Bunny and hunt for Easter Eggs. There will be lots of candy, prizes, and fun for all!  
If inclement weather, go to Hopkinton Drug to meet Easter Bunny



## Concerts on the Common: Summer Series

Lower Level Band – 6/19/15, 6:00

Reminiscent – 6/28/15, 5:00

Roy Scott Big Band – 7/12/15, 5:00

Metrowest Symphony – 7/19/15, 5:00



Times Square – 7/26/15, 5:00

Summer Concert Band – 8/2/15, 5:00

Glamour Girls – 8/9/15, 5:00

Missy Maxfield – 8/16/15, 5:00

**SAVE THE DATE!**

**THE 12TH ANNUAL SHARON TIMLIN MEMORIAL**



**5K/Family Fun Day Event**

**SATURDAY, JUNE 20, 2015**

**8:30 AM - 12 NOON**

**HOPKINTON HIGH SCHOOL**

**A Fun Day For The Whole Family!!**

Register online at [www.sharontimlinrace.org](http://www.sharontimlinrace.org)

Honored Guest: Mike Timlin, retired MLB Pitcher  
for Boston Red Sox

Enjoy 5K race, kids 1 mile race, fun and games for kids, dunk tank, obstacle courses, great raffles, music and much more.

All proceeds benefit the Angel Fund towards ALS Research.

For more information go to [www.sharontimlinrace.org](http://www.sharontimlinrace.org) or  
contact Abbie Rosenberg (508) 625-1660.

**LIVE  EVAN**

**3rd Annual Evan Girardi Memorial 5K Run/Walk**



**Saturday September 26, 9AM**

Register to Help Support Heart Happiness

[www.live4evan.org](http://www.live4evan.org)

## **Library Events This Spring/ Summer**

### **March 23- May 2:**

Poetry Marathon Month at the Library - *Read poetry, enter your name for a raffle prize.  
Share your favorite poetry and enjoy with others*

4/15/15 – 6:30 PM – Poetry writing workshop with *Polly Brown*

4/25/15 – 1:30 PM – Poetry for the People with *Cheryl Perreault*

4/29/15 – 7:00 PM – Author visit by *William Martin*

5/6/15 – 7:00 PM – Author visit (TBD)

5/13/15 – 7:00 PM – Spain Pilgrimage on the Camino de Santiago de Compostela *with Nancy Hanfin*

5/20/15 – 7:00 PM – Author visit by *Hank Phillippi Ryan*

### **Monthly Programs:**

Sit & Knit: 4/16, 5/14, & 6/11 at 6:30 PM

History Book Club: 5/18 and 6/15 at 6:30 PM



### **Children's Programs:**

- Baby Kneads Sign Language – March 20, 27 at 10:30 AM
- Animal Invaders presented by the Museum of Science – April 23 at 2:30 PM
- Ms. Grady the Music Lady (Music and Movement for Toddlers) on Thursdays: 4/ 2, 5/7, 6/4 @ 11am
- Story time for Ages 2 ½ - 5, Tuesdays. March: 24, 31 April: 7, 28, May: 5, 12, 19, 26 at 10:30a
- Story time for Ages 2 ½ - 5, Wednesdays. April 1, 8, 29 May 6, 13, 20, 27
- Book Groups: 4<sup>th</sup>/ 5<sup>th</sup> Grade: April 29, June 3 at 3:30 PM  
Middle School: April 28, June 2 at 2:30 PM  
High School: April 17, May 29 at 4:00 PM

**Fund Raising Events by the Library Foundation:**  
*Touch a Truck - 5/31/15; Pink Drink Night - 6/24*

# HILLERS SPORTS CLINICS

## BOYS BASKETBALL CLINIC (Formally known as Bliss Camp)

**Locations:** Hopkinton High School - Athletic Center  
Hopkinton Middle School - Brown Gym  
**Time:** 9:00 am- 2:00pm  
**Dates:** Session I: July 13- 17  
Session II: July 27- 31  
**Grades:** 4- 9  
**Cost:** \$200.00

Come and learn basketball's basic skills with the Hopkinton High School staff, former and current Hillers varsity players. Players practice individual skills through fun and competitive drills. Players will learn about team play and sportsmanship while gaining experience through a morning and afternoon game.

Players of all abilities are welcome to learn from High School athletes and coaches

Register at [www.hopkintonrec.org](http://www.hopkintonrec.org)

Coached by *Tom Keane, Varsity Coach - HHS Boys Basketball*

## GIRLS BASKETBALL CLINIC

**Locations:** Hopkinton High School - Athletic Center  
Hopkinton Middle School - Brown Gym  
**Time:** 9:00 am- 2:00pm  
**Dates:** July 19- 23  
**Grades:** 4- 9  
**Cost:** \$200.00

The Mission of the Hopkinton Girls basketball clinic is to provide participants a competitive, but fun environment. Campers will work with the Hopkinton Hiller's coaching staff and varsity basketball players on the fundamental and finer points of the game. Campers will work on shooting, passing, defense and learning team concepts within the game of basketball.

Please come join us as we will have a fun week of new drills and skills!

Register at [www.hopkintonrec.org](http://www.hopkintonrec.org)

Coached by *Kritsen Baldiga - Assistant Varsity Coach, HHS Girls Basketball and Jessica Zwillinger - JV Coach HHS Girls Basketball*



## **YOUTH FOOTBALL CLINIC**

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 same drills as the NFL Combine (40 yard dash, long jump, high jump, etc.)

**Location:** Hopkinton Middle School - Field #1 (behind Middle School)

**Time:** 9:00 am- 2:00pm

**Dates:** July 6- 9

**Ages:** 6- 14

**Cost:** \$160.00

Register at [www.hopkintonrec.org](http://www.hopkintonrec.org)

*Retired Hillers football coach Dave Hughes and current Hillers football coach Jim Gerard, along with his very capable staff will bring their expertise to the youth of Hopkinton.*



## **FIELD HOCKEY (Beginner Clinic)**

Come join the Hopkinton Varsity Field Hockey coach Joan Bannon – 2009 Massachusetts State Champion Coach and USFHA Level I Certified, for a fun 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.

**Location:** Hopkinton High School - Field #9 (Behind High School)

**Times:** 3:45 PM - 5:45 PM

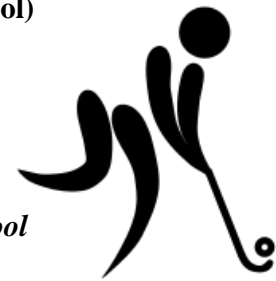
**Dates:** August 3-6

**Grades:** Entering 4th-8th

**Cost:** \$95.00

Register at [www.hopkintonrec.org](http://www.hopkintonrec.org)

*Coached by Joan Bannon, Varsity Field Hockey, Hopkinton High School*



## **FIELD HOCKEY (Advanced Clinic)**

This clinic will bring your game to the next level. It will provide female athletes the opportunity to become better field hockey players in a fun and positive environment by working on individual skills and scrimmaging.

**Location:** Hopkinton High School - Field #9 (Behind High School)

**Time:** 6:00 PM - 8:00 PM

**Dates:** August 3-6

**Grades:** 9-12

**Cost:** \$95.00

Register at [www.hopkintonrec.org](http://www.hopkintonrec.org)

*Coached by Ginger Daly, Becker College Head Coach and USFHA Level I Coach*

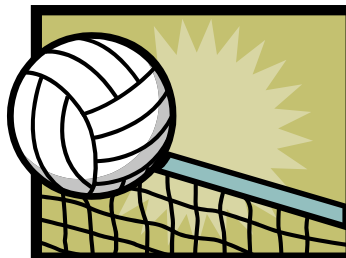
## MIDDLE SCHOOL VOLLEYBALL CLINIC

Join Hopkinton Varsity Volleyball Coach Margie Grabmeier and the members of the 2014 State Champion Hillers Varsity Volleyball Team for a series of practices and games designed to help you master your 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 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!

**Location:** Hopkinton Middle School - Brown Gym  
**Time:** 2:00- 3:30 PM  
**Dates:** Session 1: May 12, 14, 19, 21  
Session 2: May 26, 28, June 2, 4  
**Grades:** 6-8  
**Cost:** \$80 per individual session or \$150 for both

Register at [www.hopkintonrec.org](http://www.hopkintonrec.org)

Coached by *Margie Grabmeier, Varsity Volleyball Coach, Hopkinton High School*



## TRACK AND FIELD SUMMER CLINIC

The fifth 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 bring sneakers and a water bottle.**

**Location:** Hopkinton High School - Track  
**Time:** 6:00 pm - 7:00 pm for Preschoolers (minimum age 3)  
6:00 pm - 8:00 pm for Grades K-8  
**Dates:** Monday and Wednesday evenings from June 22 - July 22  
**Cost:** \$70.00

Register at [www.hopkintonrec.org](http://www.hopkintonrec.org)

Coached by *Brian Hall Track and Field Coach, Hopkinton High and Jean Cann*



# Other Sports/ Recreational Activities

## Adult Women's Softball

The Hopkinton Women's Softball League is a slow pitch, competitive league. This softball program is one of the premier adult programs offered in town.

*Please bring your own glove and bat if you own one. T-Shirts will be provided.*

**Location:** Hopkins Field 6/29 - 9/4  
Pyne Field/Fruit St 6/29 - 9/4  
Carrigan Park 8/1 - 9/5  
**Time:** 6:00 pm -7:30 pm  
**Dates:** Mondays - Thursdays 1x/week  
**Cost:** \$40.00



## WOMEN'S GOLF - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)

**New this year!** Hopkinton Parks and Rec is happy to announce Ladies\*\* Beginner Golf Clinics hosted at Glen Ellen Country Club. The clinic is instructed by several of the area's top golf professionals. Over the course of each session, we will teach stance, grip, full swing, short game, rules and etiquette. If you choose more than one session, the golf pros will adjust lessons to progress your game. We will focus on having fun and introducing our new players to this great game. *Clubs will be provided if you do not have any.*

**\*\* Daughters are welcome too...Age 12+**

**Location:** Glen Ellen Country Club  
84 Orchard St, Millis, MA  
**Dates:** Session 1- July 8 & 14  
Session 2- July 22 & 29  
Session 3- August 5 & 12  
**Times:** 6:00pm-7:00pm  
**Cost:** \$65 per participant.

**20 maximum per session**



# ELITE

ATHLETE TRAINING

**Outwork the Competition**



EMAIL

[EliteAthleteTrainingEAT@gmail.com](mailto:EliteAthleteTrainingEAT@gmail.com)

**TRAIN WITH CURRENT &  
FORMER COLLEGE &  
PROFESSIONAL ATHLETES**



## **Hopkinton- Ashland AYF Pre-Season Football Camp featuring Elite Athlete Training**

Non-contact camp designed to help increase athlete's speed, agility and explosiveness. Featuring conditioning by Eric Dickson of Elite Athlete Training

- Dates: July 27<sup>th</sup> – July 30<sup>th</sup>
- Time: 9:00- 11:30 @ Fruit St. Sports Complex
- Cost: \$200 (\$175 if you sign up before by July 1<sup>st</sup>)
- Registration at [www.MWSportscenter.com](http://www.MWSportscenter.com), Summer Football Camps or Call MWS at (508) 881-9300
- Special Guest Instructor, Nick Haag, current Linebacker and Defensive End for the Cedar Rapids Titans



### **Football Camp Includes:**

Football Specific Conditioning:

- Stretching/ Improving Flexibility
- Dynamic Warm-up
- Ladder Drills
- Cone Drills
- Stop/Start Drills
- Hurdles
- Proper Running Mechanics
- Speed and Reaction Drills
- Linear & Lateral Explosiveness
- FASTER First Step Quickness



### **OFFENSIVE & DEFENSIVE DRILLS**

[www.Elite-AthleteTraining.com](http://www.Elite-AthleteTraining.com)  
Or call (774) 230-7554



**Spring 2015- April Vacation Camp - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

Report to Spring Training during the April School Vacation for pre-season instruction with fun and Frozen Ropes! Frozen Ropes is back again with their popular April Vacation camp. Our professional staff will provide hands on instruction with innovative drills. The camp is designed for players of all skill and ability levels. Players will be divided by age and skill level and will compete in a number of games and contests during the week.

**Location:** EMC Park  
**Dates:** April 21- April 24  
**Time:** 9:00am-3:00pm  
**Cost:** \$240.00  
**Ages:** 8- 12

**Frozen Ropes Baseball Camp- Half Day**

**register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

Experience top-notch instruction and fun this summer with Frozen Ropes, the 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.

**Location:** EMC Park  
**Dates:** July 13- 17  
**Time:** 8:30am-12:30pm  
**Age:** 5-7  
**Cost:** \$185.00

**Frozen Ropes Summer Baseball Camp- Full Day**

**register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

Experience top-notch instruction and fun this summer with Frozen Ropes, the 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.

**Location:** EMC Park  
**Dates:** July 13-17  
**Time:** 8:30am- 2:30pm  
**Age:** 5-7 and 8-12  
**Cost:** \$275.00

## **Frozen Ropes Summer Softball Camp- Full Day**

**register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

Experience top-notch instruction and fun this summer with Frozen Ropes, the 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.

**Location:** EMC Park  
**Dates:** July 13- 17  
**Time:** 8:30- 2:30  
**Age:** 8-12  
**Cost:** \$275.00



## **GIRLS ON THE RUN**



Girls on the Run is a nationally recognized non-profit that is run by certified coaches. GOTR inspires girls to be joyful, healthy, and confident using a fun, experienced-based curriculum which creatively integrates running. The lessons teach life skills through group processing, running games, and workouts. The program provides pre-adolescent girls with the necessary tools to embrace their individual strengths. Girls choose and conduct a community service project and at each season's conclusion, the girls complete a 5K running/ walking event as a group.

### **Location & Times:**

|                       |                   |
|-----------------------|-------------------|
| <b>Middle School</b>  | <b>2:00- 3:00</b> |
| <b>Elmwood School</b> | <b>2:30- 3:30</b> |
| <b>Hopkins</b>        | <b>3:15- 4:15</b> |

### **Dates:**

**Tuesdays: April 7, 14, 28, May 5, 12, 19, 26, June 2, 9, 16**  
**Thursdays: April 9, 16, 30, May 7, 14, 21, 28, June 4, 11, 18**

**Grades:** 3-8

**Cost:** \$185.00

### **Quotes from some of the over 250,000 girls who have participated in the program throughout the US:**

“GOTR made me realize that I am the boss of my brain.”

“I know that whatever I set my mind to, I can do.”

“At GOTR, I learned how to be comfortable in my own skin.”

# WEEKLY SESSIONS AT HOPKINTON STATE PARK



\$15 Off! Use Coupon  
"HOPPARKS"  
by July 1, 2015



## BOATING IS FUN CAMP, AGES 8-13

Have your little adventurer take on the high seas and learn boating safety & the FUNdamentals of sailing, kayaking, canoeing, & paddleboarding!

## BOATING FOR TEENS, AGES 13-15

Four weeks on the water and your teen will soon be a master of the sea! Take sailing and paddling to the next level and foster a life-long passion.

## BOATING IN BOSTON

**BOATINGCAMP.COM TO REGISTER**

## Gymnastics

Shen's Gymnastics Academy owner, Zufang Shen was a former national coach of China and an international judge. Shen's is located at 16 Everett St. Holliston, MA.

### Mommy and Me Gymnastics:

Our very popular and fun instructor-led gymnastics classes designed for children aged 20 months- 3 years with their mom or dad. This 60 minute class brings the parents into the floor amidst their 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

#### When: Session 1

|                     |              |         |
|---------------------|--------------|---------|
| Mondays: 3/2- 4/7   | 9:30- 10:30  | 9 Weeks |
| Tuesdays: 3/5- 4/30 | 10:30- 11:30 | 9 Weeks |

#### Session 2

|                          |              |          |
|--------------------------|--------------|----------|
| Mondays: 5/4- 6/22       | 9:30- 10:30  | 7 Weeks* |
| <b>(No class 5/23)**</b> |              |          |
| Thursdays: 5/7- 6/25     | 10:30- 11:30 | 8 Weeks  |
| Saturdays: 5/9- 6/27     | 9:00- 10:00  | 7 Weeks* |
| <b>(No class 5/16)**</b> |              |          |

**Cost:** 7 weeks \$160.00      8 Weeks \$180.00      9 Weeks \$200.00  
**For children ages 20 months- 3 years. With Mom, Dad, or Babysitter**



### **Tumbling/ Back Handspring**

This 60-minute tumbling class focuses on tumbling skills to learn the back handspring. This class may be tailored to meet individual student needs, ranging from: round-off, back handspring, and front tuck

**When:** Session 1

Saturdays: 3/7- 5/2                      11:00- 12:00                      9 Weeks

Session 2

Wednesdays: 5/6- 6/24                      3:30- 4:30                      7 Weeks\*

**(No class 5/13)\*\***

Saturdays: 5/9- 6/27                      9:00- 10:00                      7 Weeks\*

**(No class 5/16)\*\***

**Cost:** 7 Weeks \$180.00                      9 Weeks \$225.00

**For children of all ages!**

### **April Vacation Gymnastics Camp**

Kids ages 3 ½ - 12 will enjoy the experience of gymnastics and physical exercise. **No gymnastics experience necessary!** Some of the activities include: trampoline, 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.

You select the days or weeks you want to come, and we will be here and ready to play! Wear comfortable clothing (or leotard) for gymnastics, and bring along water, peanut-free snacks, and also a lunch if planning on staying for full day.

**When:** April 20- 24

Full Day- 9:00- 3:00                      Half Day- 9:00- noon

**Cost:** Half Day \$50/day or \$180/week                      Full Day \$80/day or \$295/week

**For children aged 3 ½ - 12**

## **Summer Gymnastics**

Kids ages 3½- 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 trampoline, zip-line, tumbling into our giant foam pit, & slide in our bouncy house, contests, games, arts & crafts, and of course, instructor led gymnastics on all of the gymnastic apparatus.

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

You select the days or weeks you want to come, and we will be here and ready to play! Bring a towel, comfortable clothing (or leotard) for gymnastics, water, and a peanut-free lunch.

Sign up for a full day, several days, a week, or several weeks. **Full Day: 9:00- 3:00, Half Day: 9:00- Noon.**

**When:**

- Week 1: June 22- 26
- Week 2: July 6- 10
- Week 3: July 13- 17
- Week 4: July 20- 24
- Week 5: July 27- 31
- Week 6: August 3- 7
- Week 7: August 10- 14
- Week 8: August 17- 21
- Week 9: August 24- 28



**Cost:** Half Day, \$50/day or \$180/week  
Full Day, \$80/day or \$295/week  
**For children 3½- 12 (Must be potty trained)**

## **EQUESTRIAN PROGRAMS**

Location for all programs: **Lil Folk Farm- 1070 Washington Street, Holliston Ma**

### **SPRING PROGRAMS**

#### **Tiny Trotters:**

This 2- hour drop off class is the perfect way to develop your child's love for ponies, riding and farm life! Your Tiny Trotter will learn to groom, tack, lead and care for ponies through hands on interaction and fun games. Each week riders will have a private riding lesson by a licensed instructor. Playing with our farm animals is also a highlight. We will provide a ASTM Riding helmet or bring your own. A boot with a short heel is also required.

*For dates/times/cost go to [www.hopkintonrec.org](http://www.hopkintonrec.org)*

#### **Pony Club**

Do you have a animal lover who would love the opportunity to learn about Ponies, horses and a wide variety of farm animals! Our after school pony club will be perfect. Students will spend 2 hours learning how to care for and handle a wide assortment of animals: ponies, goats, sheep, rabbits, donkeys, llamas, alpacas, Eloise- our mini pig, and many more. Students will also learn basic horsemanship skills including tacking, grooming, feeding, care and of course a daily pony ride! The perfect class for your animal lover!! This is a drop- off program. Ages 6 - 11

For dates/times/cost go to [www.hopkintonrec.org](http://www.hopkintonrec.org)

### **SUMMER PROGRAMS**

#### **Summer Riders**

Spend your summer vacation at our riding academy; learn to ride, or develop your riding skills! Our program is perfect for the beginner, intermediate, or advanced rider. Students will ride daily with our Massachusetts certified instructors based on their riding level. Campers ride each day in groups formed by their level of riding experience to provide for proper instruction. Campers with prior riding experience receive more advanced instruction to ensure they are challenged in all aspects of their riding education. Students will also work on various horsemanship skills, such as grooming, braiding, bathing, feeding, stall maintenance, horse training skills, leading, and much more! Riders will also be exposed to driving basics with our miniature horses. An ASTM approved riding helmet, riding boots, and long pants are required for riding. Campers may provide their own helmet and boots or we rent and sell equipment.

**Dates:** 6/15-6/19; 7/6-7/10; 7/13-7/17; 7/20-7/24; 7/27-7/31; 8/3-8/7; 8/10-8/14; 8/17-8/21;8/24-8/28

**Times:** 8:30-12:30 HOURS

**Ages:** 7-12

**Cost:** \$370 WEEK

## **Tiny Trotters**

Spend your summer vacation at our riding academy; learn to ride, or develop your riding skills! Our program is perfect for the beginner, intermediate, or advanced rider. Students will ride daily with our Massachusetts certified instructors based on their riding level. Campers ride each day in groups formed by their level of riding experience to provide for proper instruction. Campers with prior riding experience receive more advanced instruction to ensure they are challenged in all aspects of their riding education.

Students will also work on various horsemanship skills, such as grooming, braiding, bathing, feeding, stall maintenance, horse training skills, leading, and much more! Riders will also be exposed to driving basics with our miniature horses. An ASTM approved riding helmet, riding boots, and long pants are required for riding. Campers may provide their own helmet and boots or we rent and sell equipment.

**Dates:** 6/15-6/19; 7/6-7/10; 7/13-7/17; 7/20-7/24; 7/27-7/31; 8/3-8/7; 8/10-8/14; 8/17-8/21; 8/24-8/28

**Times:** 8:30am-12:30pm

**Ages:** 4-6

**Cost:** \$370 WEEK



## **Junior Farmers**

Farmers Ages 4-12 years old will learn about all of our barnyard animals! Learn how to care, handle, and have fun with them! Goats, sheep, ponies, llamas, donkeys, pigs, chickens, cows and more! Farmers will also learn how to lead a pony, llama, and alpaca...add in some goat bathing and you have a summer week of farm fun! Collecting farm fresh eggs are also a special treat to bring home each day. Farm games like grain bag races, wheel barrel races, and egg tosses. Daily pony rides, wagon rides throughout the week, egg collecting/egg basket, and photo album scrapbook is included!

**Dates:** 7/6-7/10; 7/13-7/17; 7/20-7/24; 7/27-7/31; 8/3-8/7; 8/10-8/14; 8/17-8/21

**Times:** 8:30-12:30

**Ages:** 4-12

**Cost:** \$265/week



## **TENNIS**

Bob Clausen and his staff offer a fun approach to learning tennis. Emphasis on developing hand/ eye coordination while providing an intro to the game of tennis. Instruction covers the basics of forehands, backhands, serves, volleys, and overheads. **Classes will be held at Reed Park      12 kids maximum**

### **Spring Schedule:**

#### AGES 5- 8:

|  |         |
|--|---------|
| Tuesdays- April 28- May 26, 4:30- 5:30   | \$90.00 |
| Wednesdays- April 29- May 27, 3:30- 4:30 | \$90.00 |

#### AGES 8- 12

|  |         |
|--|---------|
| Tuesdays- April 28- May 26, 3:30- 4:30   | \$90.00 |
| Wednesdays- April 29- May 26, 4:30- 5:30 | \$90.00 |

### **Summer Schedule:\***

**Each four week session is made up of three classes:**

**8:30- 9:30 – 5- 8 year olds**

**9:30- 10:30 – 8- 12 year olds**

**10:30- 11:30 – 12 year olds +**

|                                   |          |
|-----------------------------------|----------|
| Session I – June 29- July 2, 6- 9 | \$120.00 |
|-----------------------------------|----------|

|                                  |          |
|----------------------------------|----------|
| Session II – July 13- 16, 20- 23 | \$120.00 |
|----------------------------------|----------|

|  |          |
|--|----------|
| Session III – July 27- 30, August 4- 7 | \$120.00 |
|--|----------|

|                                    |          |
|------------------------------------|----------|
| Session IV – August 10- 13, 17- 20 | \$120.00 |
|------------------------------------|----------|

There are four sessions in the summer with two weeks per session. Classes are Mondays- Thursday. Make ups for rain days on Fridays.      12 kids maximum.



## **Soccer Clinics**

### **Fast Feet Day Clinic**

The AVSC 4-day “Fast Feet” clinics continue this year. Your child will be taught proper techniques in passing, receiving, ability to retain possession, creative attacking and individual defending. Players will be taught dozens of cool and creative soccer moves in a challenging, but supportive training environment. Your child will get thousands of quality of touches on the ball. *Clinic t-shirt will be provided.*

**Location:** Cornells Field, 229 Hayden Rowe St, Hopkinton, Ma  
**Dates:** June 29th – July 2nd  
July 13th – July 16th  
August 3rd – August 6th  
August 10th – August 13th  
**Times:** 9:00 a.m. and 3:00 p.m.  
**Ages:** 7-14  
**Cost:** \$275

### **Shooting, Passing and Striker Clinic**

The focus of the clinic is to teach the player how to lead, support and finish the attack with passing, shooting and finishing techniques and for the more advanced player explore the role of the striker. Clinic t-shirt.

**Location:** Cornells Field, 229 Hayden Rowe St, Hopkinton, Ma  
**Dates:** July 20th – July 23rd  
**Times:** 9:00 a.m. and 3:00 p.m.  
**Ages:** 7-14  
**Cost:** \$275

## ART & DANCE PROGRAMS

### ART EXPLORATIONS - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)

Come join Elmwood art teacher Bonnie Muir for a week of uninhibited creativity! By focusing on the artistic process and the exploration of materials whether it is paint, clay, or fabric, children will have fun using their imaginations and learning new technical skills. There will be suggested projects each day, as well as time for independent exploration.

**Location:** Elmwood School - Art Room  
**Dates:** July 6- 10  
**Times:** 9:00- 11:30  
**Grades:** 3- 7  
**Cost:** \$200.00



### Kids Arts Workshop

This is a hands on art workshop for children. We believe that 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! All materials included. Guaranteed to knock your smocks off!

**Location:** Hopkinton Middle School – Art Room

**Dates:** Session 1: July 6, 7, 8, 9  
Session 2: July 13, 14, 15, 16  
Session 3: July 20, 21, 22, 23

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

**Grades:** K- 6

**Cost:** \$185.00 per Session



## Patricia Brosnihan Dance Center



### Summer Dance Programs for boys and girls

**Location:** 77 West Main Street, Hopkinton, MA

**Dates:** July 13-17

**Ages/Times** 8-10yrs 9am-3pm  
11-13yrs 9am-3pm  
(Extended care available 8:30-9am & 3-3:30pm)

**Dates:** August 10-14th

**Ages/Times:** 3&4yrs 8:30am-10:15am  
5-7yrs 9am-3pm  
(\*1/2 day option for 5 yr olds / extended care available 8:30-9am & 3-3:30pm)

**Cost:** 3-4yr \$90  
\*5-7yrs \$285  
\*1/2 day Opt. 5 yr \$150

Optional Extended Care 8:30-9:00am \$15 for week  
3:00-3:30pm \$15 for week

*Dance wear or shorts and t-shirts Ballet shoes or socks*

## MIND, BODY, SPRIT PROGRAMS

### Body ~n~ Beyond



#### Beginner Yoga

Body n' Beyond, Inc. offers a supportive environment for those new to yoga or for those who are looking to assure proper form and to refine their alignment. The beginner class, rooted in Hatha, will slow down the pace and look at the basics of asanas (postures), pranayama (breathing techniques), meditation and movement. This class will help you build a foundation from which to grow. Please dress comfortably, bring a mat and water bottle. Students need to register for each class at least 48 hours prior to start time and need to cancel 24 hours prior to start time.

*Purchase a **Yoga Pass** with Hopkinton Park and Rec and it entitles student to choose 8 classes per session (Class choices can be made directly with Body n' Beyond, Inc. once purchase is complete. Students can take up to two classes per week)*

**Location:** Body n' Beyond, Inc., 225 Wood St, Hopkinton, MA 01748-1<sup>st</sup> floor

**Dates/Sessions:** 8 classes per session

**Spring Session Dates: Mondays:** 8:00am-9:00am or 9:30am-10:30am

April 6, 13, 27 May 4, 11, 18 June 1, 8

**Thursdays:** 8:45am-9:45am

April 9, 16, 30 May 7, 14, 21, 28 June 4, 11

**Summer Session Dates: Mondays:** 8:00am-9:00am or 9:30am-10:30am

June 15, 22, 29 July 13, 20, 27 Aug 3, 10

**Thursdays:** 8:45-9:45 am

June 18, 25 July 2, 9, 16, 23, 30 Aug 6, 13

**For What Ages:** 16+ Min 4, Max 10

**Cost:** \$120 per session

## Body~n~Beyond (cont.)

### **Meditation - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

Discover techniques that will connect all parts of yourself: the physical, emotional, intellectual and spiritual aspects. When all four parts are aligned, they easily communicate with each other and create balance. Once we have balance, we have the power to believe in ourselves and make secure decisions without turmoil or doubt. Our goal in this meditation is for each participant to go home confident and revitalized! Please dress comfortably and bring a mat, pillow and water bottle.

**Location:** Body n' Beyond, Inc., 225 Wood St, Hopkinton, MA 01748-1st Floor  
**Dates/Sessions:** 1 class per month  
Mondays, April 27th, May 18th, June 22nd  
**Time:** 7pm-9pm  
Min 5, Max 10  
**Ages:** 18 +  
**Cost:** \$35 per class

### **Meditation for Parents and Teens - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

Meditation is a great tool for a parent and child to connect by learning techniques to boost self-awareness and confidence. Meditation encourages each person to be self-assured, strong and balanced. Specific breathing techniques are taught in class that can come in handy during the school day, work day, at home or whenever there's a need to calm down and hit the reset button. During these sometimes emotionally tumultuous years for our children, meditation can provide a safe place for them to feel non-competitive, introspective, present, compassionate, and connected. Plus when you do this together, it will foster a strong connective bond. Our goal in this meditation is for each participant to go home confident and revitalized!

**Location:** Body n' Beyond, Inc. 225 Wood St., Hopkinton, MA- 1<sup>st</sup> Floor Studio  
**Dates/Sessions:** Sunday, May 3rd  
**Time:** 3:00- 4:30pm  
**Ages:** 12+  
**Cost:** \$35

## Body~n~Beyond (cont.)

### **Group Training for Youth - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

Our exercise specialist, Bethany Staiti, excels in program design and exercise prescription. Bethany has been a track and field coach for 3 years for kids in grades 5-12. She understands the differences in abilities for kids in their pre-teen and teenage years and loves to create programs the will compare their results to themselves instead of their peers. Her goal with kids is to increase their body awareness, and to increase their confidence in sports and in life. This program will include agility skills to increase coordination, plyometrics, and circuit training, most of which can be recreated in their own back yard. This program will be challenging but fun, teaching kids how to be discipline while enjoying being active.

**Location:** Body n' Beyond, Inc., 225 Wood St, Hopkinton, MA 01748-1st Floor Studio  
**Dates/Sessions:** 1 or 2 classes per week (8 weeks)  
**Tuesdays:** April 7, 14, 28 May 5, 12, 19, 26 June 2  
**Thursdays:** April 9, 16, 30 May 7, 14, 21, 28 June 4

**Ages:** 11-14 **Min 3, Max 5**  
**Cost:** 1x/week: \$110 per session  
2x/ week: \$190 per session

### **Group Training for Adults - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

Our exercise specialist, Bethany Staiti, excels in program design and exercise prescription. Her degree in Exercise Physiology allows her to target specific muscle groups and combine the correct stretching and strengthening techniques to fix existing imbalances and prevent injuries. Her customized exercise programs are low impact and easy to do at home. This program includes minimum weight lifting but is sure to deliver results. Learn body awareness during each exercise session and how to use your own body weight to create an effective and fun at home workout routine. Please dress comfortably in sneakers, bring a mat and water bottle.

**Location:** Body n' Beyond, Inc., 225 Wood St, Hopkinton, MA -1st Floor Studio & Field

**Dates/Sessions:** Dates/Sessions: 1 or 2 classes per week (8 weeks)  
**Tuesdays:** April 7, 14, 28 May 5, 12, 19, 26 June 2  
**Fridays:** April 10, 17, 24 May 1, 8, 15, 29, June 5

**Time:** 9:15am-10:15am

**Ages:** 18 + Min 3, Max 5

**Cost:** 1x/Week: \$110 per session  
2x/week: \$190 per session

## **bCalm Yoga**



### **Power Vinyasa Flow Yoga - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

As a Baron Baptiste Yoga Institute affiliate studio, our classes are rooted in the Baptiste methodology offering powerful, energetic, playful Vinyasa flow with a strong emphasis on breath and linking breath to movement. Classes are heated, mildly heated, and non-heated classes

### **Pilates Mat - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

Pilates Mat class is appropriate for all levels, even those students with no previous experience. Students will learn exercise terminology and proper form/ technique with an understanding of the intent of each exercise.

### **Barre - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

This non-impact, one hour workout uses the ballet barre, the mat, and various props to target all major muscle groups. Results include sculpted arms, flat abs, a lifted bottom, and elongated thighs.

**All programs are for teenagers/ adults, 13+**

**Location:** bCalm Yoga, Pilates, Barre- 61 Wood St. Hopkinton, Ma

**Dates:** On going

**Times:** See schedule at [www.bcalmyoga.com](http://www.bcalmyoga.com)

**Ages:** 13+ - Adults

## **bCalm Athlete Yoga**

*New this summer!* Hopkinton Parks and Rec, with bCalm Yoga, is offering a 6 week Yoga program to High School athletes. Come learn what Yoga is all about and how the practice of Yoga physically and mentally can translate directly into their game! For most athletes yoga is considered “great for their flexibility”, which is true. However, there are so many other hidden benefits of yoga when athletes add it to their everyday training.

### ***Yoga will:***

- Increase physical strength and teach each athlete how to be keenly aware of their body moving in space.
- Strengthen their core and teach them to move from their center/core.
- Yoga will bring full body balance physically and mentally.
- Increase VO2 Max with Yoga breathing techniques.
- Most importantly, Yoga will teach each athlete how to be and perform in the present moment which translates directly to their game.

If you are a high school athlete, it is a good idea to consider adding yoga as part of your personal workout routine or asking your coach if it can be added to your team’s practices.

**Location:** bCalm Yoga, Pilates, Barre Studio; 61 Wood Street, Hopkinton  
**Dates:** Male Athletes Wed./weekly 7/8 to 8/12  
Female Athletes Mon./weekly 7/13 to 8/17  
**Times:** 5:00pm-6:00pm  
**Cost:** \$75 Minimum 12 athletes



## **Fat Loss Seminar**

Dr. Paul Henning, PhD is a leading researcher in exercise physiology and is a certified Metabolic Precision transformation specialist. He will be giving a lecture at Hopkinton High School. This seminar will cover why people fail when trying to achieve fat loss, their desired health, energy levels, and body shape. Specifically, attendees will learn four key reasons where people go wrong when trying to achieve the health, energy levels and body shape they've always desired. See examples of people from all walks of life that have made incredible transformations with metabolic precision. Dr. Henning will introduce his metabolic precision online coaching.

**Location:** Hopkinton High School Rm. A219

**Date:** Tuesday, May 26

**Time:** 7:00 PM

For more information, visit [www.paulhenningphd.com](http://www.paulhenningphd.com)

## **Radi8**

Come join me for 8 weeks of fitness and nutrition! We will start by getting fit with my Metabolic Conditioning & Strength Training Workout which is a high-intensity circuit training exercise program using a combination of weights and body strength movements. We begin with a Heat Building Section (warm-up), then the 20-minute heart-pumping Metabolic Conditioning & Strength Workout, ending with a Cool & Stretch (cool down). Next, we move to the nutrition section where we will use my favorite app to create our own private group for accountability, motivation and more, keep track and share our food & exercise, and record our body measurements.

This is an amazing program for someone who wishes to take back control of their eating habits, get a heart-pumping, muscle-building workout and break free from the negative mindset of a dieter.

*Let me teach you how to Radi8! Bring dumbbells you use at home: 3lb, 5lb, and/or 10lb and a mat*

**Location:** EMC Park

**Dates:** April 13- June 1 Tues./ Thurs.

**Times:** 9:00am - 10:00am

**Cost:** 8 weeks fitness program = \$200

8 weeks fitness and nutrition = \$259



## **Sohum Yoga & Meditation - register at [www.hopkintonrec.org](http://www.hopkintonrec.org)**

### **Meditation 101**

Whether this is the first time you've meditated, or you'd like the opportunity to work with experienced meditation instructors, this class is perfect for you. We'll be delving into various meditation techniques such as breath, body, and loving kindness meditation. Benefits of this class include: Stress reduction; Greater focus and concentration; More balance and equanimity

**Location:** 30 Lyman St., #108B in Westboro  
**Dates/Times:** go to <http://www.sohum.org/> for up to date schedule  
**Cost:** \$75.00

### **Yoga 101**

Whether this is the first time you've stepped onto a Yoga mat, or you'd like the opportunity to work with experienced Yoga instructors, this class is perfect for you. We'll be delving into various Yoga poses combined with Yogic breathing. Benefits of this class include: In-depth instruction on alignment; Introduction to various types of Yoga postures; A slower pace, with an opportunity for questions to be asked as needed.

**Location:** 30 Lyman St., #108B in Westboro  
**Dates/Times:** go to <http://www.sohum.org/> for up to date schedule  
**Cost:** \$75.00