

Town of Shrewsbury  
Parks & Recreation Department  
100 Maple Ave, Shrewsbury MA  
Email: [parkrec@shrewsburyma.gov](mailto:parkrec@shrewsburyma.gov)  
508-841-8503



# 2016 Spring Brochure

## Existing On-line Account

Please log into your account a few days before registration to confirm household information (username, password, birthdates, grades and contact info).

## New Online Accounts

If you have registered with us in person within the past and provided a valid email address then you will be in our online system. Use the email address submitted to us as your "user name" and then use your "zip code" as password for first time entry into the system.

If you have not registered with us before or didn't list a valid email then please click on the "New Account" under Quick Links to submit household information to us. Please allow one business day for the household account to be approved.

[shrewsburyma.gov/parkrec](http://shrewsburyma.gov/parkrec)

**Online Registration  
for Residents**

**March 3<sup>rd</sup> @8am**

**Online for Non-Residents**

**March 7<sup>th</sup> @8am**

**(If space is available)**

**Mail-in/Drop offs**

**March 7<sup>th</sup>**

Registration forms received before noon will be randomly entered by the end of the day (space availability)

**Office Hours Mon.-Fri. 8am-12pm & 1pm-4:30pm**

Visit us on the web at: [www.shrewsburyma.gov/parkrec](http://www.shrewsburyma.gov/parkrec)

**Please Recycle this Brochure**



# SHREWSBURY PARKS & RECREATION SPRING 2016

## Policies

Please contact us at 508-841-8503 with any questions. Office hours are Mon-Fri 8am-Noon & 1-4:30pm.

### Registration & Program Info

#### Online Registration is Preferred

Programs have enrollment limits, and sign-ups are accepted on a strict first come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. Programs are for residents unless otherwise noted with a non-resident fee. Non-Residents may register starting March 7<sup>th</sup> unless otherwise noted. Must have an active household account to register online. Incomplete or inaccurate forms will be returned.

#### Proxy Registrations

A person may submit another's registration form, provided the form is properly completed and signed and accompanied by the correct fee. Limit of one per submitted (in addition to your own).

#### Refund Policy

Refunds must be requested in writing or via email within three (3) days of receipt. A household credit will be applied to your account minus an administrative fee. A refund check may also be requested, but will take up to three weeks to be processed. The fee shall be \$10.00 for programs under \$99.00 or \$15.00 for programs \$100.00 or more.

Verifiable medical excuses will be granted prior to the start of the program or pro-rated once the program has started. A household credit will be issued.

If we are able to sell your spot to someone on the waiting list then a refund will be processed minus the administrative fee.

Please note that refunds of less than \$10.00 will be applied to household credit only. There are no refunds issued for missed or canceled classes due to weather.

#### Advertisements

Programs and special events will be shown on channel 15 & 26, in local print, online, newspapers and town web site. Brochures will no longer be distributed throughout the school system due to the new school policy.

#### Waiting List

If a program is full, a participant can be placed on the online waiting list. If a spot does become available we will use the waiting list as a reference. Once you agree to take the open spot, you will have 24 hours to pay online (item will be located in shopping cart). If payment is not received within 24 hours the open spot becomes available to the next waiting list participant).

## Cancellation Policy

Programs may be cancelled due to lack of enrollment, inclement weather and holidays. We also reserve the right to cancel any registration due to misprints or human error. The parks & recreation department is not responsible for rain/snow cancellations and will do its best to make up classes permitting time or weather constraints.

### Cancellation Hotline

Contact 508-841-8336 for any cancellations due to inclement weather (@ 1 hour before the class starts).

### Age & Grade Requirements

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class. The grade limit required corresponds to the child's current grade level. Adult classes are aged at 18 and older unless otherwise specified, Seniors are aged 60 and older. All registration forms must have a date of birth listed.

### Code of Conduct

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

### Valuables

The parks & recreation department is not responsible for any lost or stolen items, valuables in particular should not be brought to any program.

### Medication Policy

Parks and Recreation staff cannot dispense medication and/or epi-pen. An epi-pen may be kept on site in case EMS is called for an emergency. If a child requires daily medication, parents must make arrangements for someone to come and dispense the medication if necessary. In case of emergency we will call 911.

### Photo Policy.... Smile

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know.

### Contracted Programs

Course content is under supervision of the contracted vendor.

### Switching of Classes

Participants will not be allowed to switch or change programs to different nights.

# SHREWSBURY PARKS & RECREATION SPRING 2016

## Senior Fitness & Nutrition

Want to look and feel better, while improving strength, flexibility and endurance? Join us at the Senior Center at 9:30am on Wednesday's starting March 9<sup>th</sup>. Exercise mind and body with the latest in aging research, fall prevention and nutrition. Karen McKenzie is one of the country's first senior fitness specialists and host of cable TV's talk show "Seniors on the Move", stay active and informed (8 classes).

#144050-A                      Time: 9:30 -10:30am  
Res: \$25                        Non-Res: \$25  
Dates: 3/9-4/27                Day: Wed  
Age: Seniors                    Loc: Senior center

## Tai Chi & Chi Gong

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life.

#143070-A    Res: \$42    Non-Res: \$47  
Dates: 3/30-5/25 (no 4/20, 8 classes)  
Time: 6-7:15pm (varies by skill level) Beginners will be at 6pm and repeat students at 6:30pm  
Day: Wednesday            Ages: Adults  
Loc: Beal School             Instructor: Laurie Demers

## Zumba®

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin & international music and dance movements. The class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. All levels welcome!

#143082-A                      Res: \$50    Non-Res: \$60  
Dates: 4/4-6/6 (no 4/18 & 5/30, 8 classes)  
Time: 6:30-7:30pm            Loc: Beal School  
Day: Monday                    Ages: Adults (ages 15 and up with parent participation)  
Zumba Instructor: Laurie Demers

## Co-Ed Slow-Pitch Softball League

Games will be held on Friday nights from 6:30-9:30PM. Please contact Gary Grindle (508-841-8503) with inquires about joining our league or if you want to be put on the free agent list. A captain's meeting TBA. There is a limited # of teams. All teams need to have at least 70% Shrewsbury residents. Any player that is not listed on the team roster will not be allowed to play (adults 18+). Games will begin in April/May (exact date TBA). A minimum number of 3 women need to be playing at all times.

## Yoga for Strength

Yoga for Strength is an all levels class that uses poses to build strength and muscle tone using your own body weight, as well as the inclusion of small weights (1-3 lbs). In this class we will hold poses to help build strength and stamina. Adding weights helps to build muscle and increase bone density and is a great way to maintain strength. During class you are encouraged to go at your own pace in a noncompetitive and nonjudgmental approach and to respect the signals that your body sends you. Please bring a mat and a set of 1 to 3 pound weights.

#143079-A  
Dates: 3/17-5/26 (no 4/21, 10 classes)  
Ages: Adults                      Time: 6:30-7:30PM  
Res: \$70    Non-Res: \$80            Day: Thursdays  
Loc: Beal School                Instructor: Kris Wilhelmy

## Tennis Permits (online req)

\$60 Fee for entire season, May-Oct

Permits start May 1<sup>st</sup>

More details, rules &

PDF registration form posted online @

[www.shrewsburyma.gov/parkrec](http://www.shrewsburyma.gov/parkrec)

We will e-mail access to tennis site

Please allow 3 business days

for account to be set-up.

Daily Tennis Permits @

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

146010-A

**Please activate or "login" into your online account prior to registration. Don't wait until the last minute. Any changes require up to 1 business day.**

# SHREWSBURY PARKS & RECREATION SPRING 2016

## Beginner Yoga

This is a Hatha yoga class which involves moving through a sequence of asanas (postures), breathe awareness, and meditation, as we align, strengthen and calm the body, mind and spirit. Health benefits include overall toning, increased flexibility and range of motion, core strength, improved circulation and posture, as well as reducing tension, relaxing tight muscles, and increasing breathe awareness for a more calm, yet energized state of mind. During class, you are encouraged to go at your own pace in a noncompetitive and nonjudgmental approach and to respect the signals that your body sends you. Class ends with relaxation to leave you feeling invigorated, peaceful and relaxed. This class is suitable for beginners or more experienced students who prefer a more gentle class. Please bring a mat to class.

Loc: Senior Center Instructor: Kris Wilhelmy  
Dates: 3/22-6/7 (no 4/19 & 5/3, 10 classes)  
#143080-A Ages: Adults Time: 6-6:55PM  
Res: \$70 Non-Res: \$80 Day: Tuesday

## Intermediate Yoga

This class is for those students comfortable with the asanas (postures) taught in the beginner class and who want to deepen their practice. The main requirement for this class is good body awareness. Each asana is held a little longer which helps to increase your strength, stamina and breathing capacity. Proper breathing and body alignment are emphasized. Class ends with relaxation to leave you feeling invigorated, peaceful and relaxed. Please bring a mat to class. Loc: Senior Center Instructor: Kris Wilhelmy

Dates: 3/22-6/7 (no 4/19 & 5/3, 10 classes)  
#143081-F Ages: Adults Time: 7-8:15pm  
Res: \$85 Non-Res: \$95 Day: Tuesday

## Weather Cancellation Hotline

In case of inclement weather, call no earlier than 1 hour prior to the class starting. If school is cancelled due to weather, all parks & recreation programs are cancelled. If there is a school delay, then all youth AM classes are automatically cancelled  
# 508-841-8336

## Adult Golf Lessons

A great program for golfers of all levels. Instructors work with participants individually within the group for gradual improvement over the span of five classes.

#143220-A Day: Saturday  
Time: 9-10AM Res: \$140  
Dates: 4/30-5/28 (5 classes)  
Location: Juniper Hill Country Club  
Juniper Hills, 142 School Street, Northboro. Please call 508-351-9500 with any questions (clubs are available). Ratio is 5 to 1

## Youth Programs

### Tae Kwon Do (Beginners)

TAE KWON DO develops self confidence, self defense training and self discipline. A uniform is included for participants. This program is for new applicants that have not taken classes with the Academy. Location: US TAE KWON DO center academy (Rte 9, next to Town Fair Tire)

Ages: 6 to 12 for classes below

#142290-A Dates: 3/15-4/14  
Res: \$72 (10 classes) Day: Tues & Thurs  
Time: 5:50-6:35pm

#142290-B Dates: 3/12-4/16  
Res: \$42 (6 classes) Day: Saturday  
Time: 9-9:45am

#142290-C Dates: 3/12-4/16  
Res: \$42 (6 classes) Day: Saturday  
Time: 10-10:45am

### Kids Equipment Day Rain or Shine!

South Street Municipal Garage from 9am-1pm. Kids will be able to see all of the town trucks and tractors that are used to maintain the town. Bring a camera! The Municipal garage is located at 211 South Street. Event is sponsored by Parks & Rec, Highway Dept  
Time: 9AM-1PM Day: Saturday  
Dates: June 4<sup>th</sup> Resident: Free

# SHREWSBURY PARKS & RECREATION SPRING 2016

## Teen Co-Ed Volleyball

Each week we will focus on a new skill while reviewing previously skills learned. Skills that will be learned include bumping, setting, blocking, serving, positioning and rules. Time will also be set aside for the pickup games. Program is for both boys and girls.

Grades: 7-10th

#142211-A

Time: 6-7:30pm

Day: Tuesdays

Loc: Sherwood MS

Res: \$40 Non-Res: \$40

Instructor: Madelyn O'Farrell

Dates: 3/15-5/10 (no 4/19, 8 classes)

## Gymnastics

Each structured class is 45 minutes in length, which is designed to introduce basic gymnastic skills and stimulate gross motor skill development for children ages 4 & 5. The use of special preschool equipment, in addition to the safe use of all gymnastic equipment, develops and refines motor skills, coordination, and self confidence. The ratio will be 8 students to 1 instructor. Children must be 4 by the start of the first class.

Location: Gymnastics Learning Center, located at 574 Lake Street in Shrewsbury. A parent must attend the first session so that a wavier form can be signed (if one has not been filled out previously with GLC).

#141150-A Time: 2-2:45pm Res: \$87

Day: Wednesday Ages: 4&5

Dates: 3/30-6/8 (no, 4/20, 10 classes)

## Get On-Course Golf (ages 10-15)

Improve and learn more about your game as you play. Golfers will improve their strategy, where to aim, what clubs to hit, and how to play certain shots. Please meet at Juniper Hill Golf Shop at 6:15pm to begin play. Golfers must have their own clubs. (3 classes)

#142221-A Intermediate Day: Tuesday

Dates: 4/26, 5/3 & 5/10 Time: 6:15-8PM

Location: Juniper Hill Country Club Res: \$130

202 Brigham St, Northborough, MA.

Please call 508-351-9500 with any questions..

## Youth Golf Classes (Ages 7-14)

The beginner lessons are designed to teach the fundamentals of the game to players new to the sport. Intermediate lessons are for players who have played on the golf course and understand the basics swings/skills of the game. (5 classes)

#142220-A Beginner Day: Tuesday

Dates: 4/26-5/24 Time: 4:30-5:30PM Res: \$115

#142220-B Beginner Day: Wednesday

Dates: 4/27-5/25 Time: 4:30-5:30PM Res: \$115

#142220-C Beginner Day: Thursday

Dates: 4/28-5/26 Time: 4:30-5:30PM Res: \$115

Location: Juniper Hill Country Club

Juniper Hills, 142 School Street in Northboro. Please call 508-351-9500 with any questions (clubs are available). Ratio is 5 to 1

## Tiny Tykes Basketball

### 1<sup>st</sup> & 2<sup>nd</sup> Grade

The focus of the program is to develop basic skills and introduce children to the rules of the game. Children will learn the fundamentals of dribbling, passing and shooting in this non-competitive and fun program.

Limited amount of space, so please register promptly.

Instructor: Mo Tucker & Staff

Loc: Oak MS (4 classes)

#132022-E Time: 6-7pm Res: \$35

Day: Thurs Grades: 1 & 2<sup>nd</sup>

Dates: 4/7-5/5 (no 4/21)

## Teen Tae Kwon Do

Improve self confidence, self defense and self discipline for teenagers! This program is for new applicants that have not taken classes with the Academy. Uniform is included. Location: US TAE KWON DO center academy (Rte 9, next to Town Fair Tire) 6 classes

#142291-D Dates: 3/11-4/15 Day: Friday

Time: 7-7:40pm Res: \$42 Ages: 13 and up

# SHREWSBURY PARKS & RECREATION SPRING 2016

Shrewsbury Parks & Recreation  
 100 Maple Ave, Shrewsbury MA  
 Telephone: 508-841-8503

3 Ways to Register

1. Online for Residents March 3rd @ 8am (space limited)
2. Online for Non-Residents March 7th @ 8am (space limited)
3. Mail-in/Drop offs March 7th- Registration forms received before noon will be randomly entered by the end of the day (space availability)

Please Print Required Information Below

Household E-Mail: \_\_\_\_\_ (Needed for On-Line Account)

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

**\*\*If Registering Child\*\***

Mother Name: \_\_\_\_\_ Mother Cell: \_\_\_\_\_

Father Name: \_\_\_\_\_ Father Cell: \_\_\_\_\_

Mother Work Phone: \_\_\_\_\_ Father Work Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Emergency Cell: \_\_\_\_\_ Emergency Home/Work: \_\_\_\_\_

Allergies or Medical concerns: \_\_\_\_\_

Child's School: \_\_\_\_\_ Special Needs: \_\_\_\_\_

Participants Full Name	Date of Birth	Age	Grade	Male	Female	Activity #	Fee

Indicate here if you don't wish for your child to be video taped or photographed

TOTAL  
 (checks payable to Town of Shrewsbury)

**Waiver:** Participant or parent hereby states that he or she understands the physical nature of the activity as well as any risk involved and agrees to release, discharge and hold harmless the Town of Shrewsbury, its employees and agents from any and all actions, claims, damages, and/or injuries that might occur during a parks & recreation activity and that the participant is accustomed to such activity or has consulted a physician as to the advisability of participation. Parent or participant hereby consents to medical treatment in the event of illness or injury (participant or child). Please list any medical/allergies/special needs that the staff should be aware of to make your participation a success. The Recreation Department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have your child photographed please check the box above. I understand the rules/policies stated above and in the brochure or online and agree to follow them accordingly. \*Refunds will be granted within 3 days of receipt minus an administration fee, unless the program is underway. If a participant does not follow the rules or guidelines when registering for a program then he/she will not be allowed to participate in that activity.

Participant or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Office use only:

Amount: \_\_\_\_\_ Payment: \_\_\_\_\_