

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



2017 Winter 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 an 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

**Online Registration
for Residents
December 7th @8am**

**Online for Non-Residents
December 9th @8am
(If space is available)**

**Mail-in/Drop offs
December 9th**

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

Please Recycle this Brochure



SHREWSBURY PARKS & RECREATION WINTER 2017

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 December 9th 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 - \$199.00 and \$20 for programs more than \$200.00.

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 be distributed throughout the school system in the Fall and late Spring.

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).

Contracted Programs

Course content is under supervision of the contracted vendor.

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.

Switching of Classes

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

Updated Household Information

Participants are responsible for contacting the office to update household information before registration begins. The recreation department will not hold/add spots for households that are missing/incorrect information.

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Senior Recreational Bowling

Come and join the senior bowling league at the Town & Country Bowling Alley. This recreational league provides exercise and an enjoyable atmosphere. Weekly fee includes 3 games and shoes,

Start Time: 1pm Dates: Ongoing Fee: \$10
Day: Fridays Age: Seniors
Loc: Town & Country Bowl (Rte 9 & Oak St.)
Pay at the bowling alley each week

Senior Fitness & Nutrition

Want to look and feel better while improving strength, flexibility and endurance? Exercise mind and body with the latest in aging research, falls prevention and nutrition. Karen McKenzie is one the country's first senior fitness specialists and host of cable TV's talk show "Senior on the Move". Stay active and informed!

(8 classes)

#134050-A Time: 9:30 -10:30am
Res: \$25 Non-Res: \$25 Dates: 1/4-2/22
Day: Wed Age: Seniors Loc: Senior center
Instructor: Karen McKenzie

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!

#133082-A Res: \$50 Non-Res: \$60
Dates: 1/4-3/8 (no 2/22 & 3/1, 8 classes)
Time: 7:15-8:15pm Loc: Beal School
Day: Wednesday Ages: Adults (ages 15 and up with parent participation)
Zumba Instructor: Laurie Demers

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

Competitive/Advance Co-Ed Volleyball

Players who played in competitive leagues and/or HS or College matches. Yankee B- and higher skill level. Skill sets for multiple positions and formations (example: attacker, setter, 4 vs 4 diamond formation). High intensity, fast paced game with rotation between courts for multiple games. For new players, you must contact Recreation Supervisor Gary Grindle

(ggrindle@shrewsburyma.gov or 508-841-8503) before the system will allow you to register. Ages: Adults
#133211-B Time: 7:45-9:30pm
Day: Tuesdays Loc: Sherwood MS
Dates: 1/3-4/11 (14 classes, no 2/21)
Res: \$56 Non-Res: \$56

Recreational Co-Ed Volleyball

Recreational volleyball for beginners and intermediate players. Our volleyball instructor Madelyn O'Farrell be available to instruct any adults that are looking to learn or improve on volleyball skills and rules.

Ages: Adults
#133210-A Time: 7:45-9:30pm
Day: Thursdays Loc: Sherwood MS
Dates: 1/5-4/13 (14 classes, no 2/23)
Res: \$56 Non-Res: \$56

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.

#133079-A
Dates: 1/5-3/2 (no 2/23, 8 classes)
Ages: Adults Time: 6:30-7:30PM
Res: \$56 Non-Res: \$66 Day: Thursdays
Loc: Beal School Instructor: Kris Wilhelmy

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Beginner Yoga

This is a Hatha yoga class which involves moving through a sequence of asanas (postures), breath 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 breath 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. #133080-A
Dates: 1/3-2/28 (no 2/21, 8 classes)
Ages: Adults Time: 6-6:55PM
Res: \$56 Non-Res: \$66 Day: Tuesday
Loc: Senior Center Instructor: Kris Wilhelmy

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. #133081-F
Dates: 1/3-2/28 (no 2/21, 8 classes)
Ages: Adults Time: 7-8:15pm
Res: \$68 Non-Res: \$78 Day: Tuesday
Loc: Senior Center Instructor: Kris Wilhelmy

Men's Informal Basketball

Pick up games are played on a weekly basis. Basketball is a great way to keep in shape during the colder months. Participants are able to play on Tuesdays and/or Wednesdays.
#133020-B Res: \$70 Non-Res: \$77
Time: 7:45-9:30pm (28 classes)
Ages: Adults Loc: Oak MS
Dates: 1/3-4/12 (no 2/21 & 2/22)
Day: Tuesday & Wednesday

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.

#133070-A Res: \$42 Non-Res: \$47
Dates: 1/4-3/8 (no 2/22 & 3/1, 8 classes)
Time: 6-7:15pm (varies by skill level)
Day: Wednesday Ages: Adults
Loc: Beal School Instructor: Laurie Demers

Contacts for Local Sport Programs 2017

Little League:	www.shrewsburylittleleague.com
LL Girl's Softball:	www.shrewsburylittleleague.com
American Football:	www.sayfco.org
Youth Hockey:	www.syha.net
Ski Ward Race Team	www.skiwardraceteam.com
Youth Soccer:	www.shrewsburyyouthsoccer.com
QRC (Adult rowing):	www.qrcrowing.org
Girls Youth Lacrosse:	www.shrewsburygirlslax.usl.la.org
Boys Lacrosse:	www.shrewsburyyouthlacrosse.uslaxteams.com

Home Safety Course

Is your child ready to be left home alone? This one day clinic is a must! This class is designed for children who are unattended at home for short periods of time. Children will learn telephone and door answering techniques, accident and fire prevention, and first aid skills. This class includes a variety of teaching methods, including active discussion, a video, and role playing. Kids need to bring a snack and drink. The course is being offered through a partnership with UMASS and Parks & Recreation.
Loc: Oak MS Cafe
#132251-B Time: 8:30-10:30am
Ages: 9 and older Day: Saturday
Date: 1/7 Res: \$37
Instructor: Ceil Thurber

Tiny Tykes Basketball

1st & 2nd Grade

We will be offering the program in the Spring session. Information will be posted in the next brochure.

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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. There will only be 2 make-ups classes (weather cancellations etc). 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). You can also visit GLC's home page and create an account with includes the wavier material. "GLC PARENT PORTAL" is located in the middle of the front page at <http://gymnasticslearningcenter.com/>

#131150-A Time: 1:30-2:15pm
Day: Wednesday Ages: 4 & 5
Dates: 1/4-3/15 (no, 2/22, 10 classes)
Res: \$87 Non: \$92

Babysitter's Training Course

This class is designed for children in 6-8th grade who are interested in becoming responsible babysitters. Topics include infant and toddler care, safety and first aid including CPR, how to handle emergencies, game playing and much more! Please bring a doll or stuffed animal to class. Participants must attend all classes to receive a certificate. Classes are taught by a registered nurse. The course is being offered through a partnership with UMASS and Parks & Recreation.

Loc: Oak MS Cafeteria (enter building by gym)

#132250-B Time: 6-8pm
Grade: 6-8th Day: Thursday
Date: 1/5- 2/2 (No 1/12, 4 classes)
Res: \$57 Non-Res: \$57

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

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

#132290-A Dates: 1/10-2/9 Res: \$72
(10 classes) Time: 5:50-6:35pm Day: Tues & Thurs

#132290-B Dates: 1/7-2/11 Res: \$42
(6 classes) Time: 9-9:45am Day: Sat

#132290-C Dates: 1/7-2/11 Res: \$42
(6 classes) Time: 10-10:45am Day: Sat

Tiny Tykes Tennis 1st & 2nd Grade

This class is for a child new to tennis. Emphasis on learning basic tennis skills each week. Our goal is to make tennis a fun game your children will want to play! Please bring a racquet to class. Class is held indoors at Sherwood MS. Instructor: Tony Brissette

131010-A (7 classes) Grade: 1&2nd
Time: 6:15-6:55PM Resident: \$70
Day: Wed Dates: 12/14-2/8 (no 12/28 & 2/1)
Loc: Sherwood MS Gym

131010-B (7 classes) Grade: 1&2nd
Time: 7-7:40PM Resident: \$70
Day: Wed Dates: 12/14-2/8 (no 12/28 & 2/1)
Loc: Sherwood MS Gym

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)

#132291-D Dates: 1/6-2/10
Time: 7-7:40pm Res: \$42 (6 classes)
Day: Friday Ages: 13 and up

SHREWSBURY PARKS & RECREATION WINTER 2017

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

3 Ways to Register

1. Online for Residents December 7th @ 8am (space limited)
2. Online for Non-Residents December 9th @ 8am (space limited)
3. Mail-in/Drop offs Dec 9th- 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: _____