Stoughton Recreation

RECREATION DEPARTMENT
STOUGHTON







Winter/Spring 2017

10 Pearl Street
Stoughton, MA 02072
781.341.1300 x9244

Register Online at www.StoughtonRec.org

Contact.

Recreation Director
John Denison
JWDenison@Stoughton-ma.gov

Assistant Recreation Director
Tim Davis, CPRP
TDavis@Stoughton-ma.gov

General Inquiries:
Recreation@Stoughton-ma.gov
781-341-1300 x9244

Payment.

Stoughton Recreation accepts Credit/Debit cards, cash, and checks. Please make all checks payable to the “Town of Stoughton”

Refunds.

Refunds must be requested in a letter along with your name, address, participant name, and title of program. Refunds will not be granted after a program is underway. A 10% surcharge will be assessed on all refund requests.

Registration Begins December 1st, 2016



Skiing & Snowboarding

Discounted Lift Tickets Available For Purchase

"Any Time" Lift Ticket: $53.00 (Normally $69.00)

Open 7 Days a Week

Weekdays 9AM - 10PM , Weekends & Holidays 8AM - 10PM

With 26 trails over 110 acres, Wachusett Mountain is an ideal getaway right here in our backyard! Whether you ride the bunny hill or cruise the 1.5 mile long "Balance Rock" Trail, there is terrain for all to enjoy and learn on.

To purchase, visit the Stoughton Recreation Department at 10 Pearl Street, Stoughton, MA 02072 or purchase online at www.StoughtonRec.org

Please note, if purchased online, you must wait for your pass to arrive in the mail before visiting the mountain!

Tickets Will Be Avialable December 19th

NEW

February Break
Ski Trip to Wachusett Mountain

Join Stoughton Recreation as we hit the slopes at Wachusett Mountain Ski area. Spend a full day of your February break carving the snow on 110 acres of pure winter bliss. Fee includes Lift pass and Transportation. Equipment rentals are available at the mountain for an additional fee.

Thursday, February 23, 2017
9:00A—5:00P
Grades: 4 –8
Fee: $62(Res) $65(NR)

Classes & Activities

CPR & First Aid Classes

Join Stoughton Recreation as you earn you First Aid and CPR certifications! Whether it be for work, educational purposes, or just have - this certification can go a long way. Taught by our Red Cross Certified teacher, this class will give you all of the tools you need to be prepared! Ages 16+

Location: Stoughton Rec Department Program Room

CPR Certification
Tuesday, March 14, 2017
5:00P-7:00P
Res $45/ NR $50

First Aid Certification
Tuesday, March 21, 2017
5:00P—6:30P
Res $55 / NR $60



Adult Ceramics

Veteran Ceramics instructor Denise Wallace brings many years of experience and expertise to this seven week course. Students will work on and complete several projects of their choice. Instruction as well as green ware, glazes, paints, and firing are included in this class. Students are responsible for their own brushes, ceramic tools and electrical hardware. Projects selected must be completed before moving on to the next project. Limitations on projects is at Instructor's discretion.

Mondays, February 6th, 2017—April 3rd, 2017
7:00P—8:30P
Location: Stoughton Recreation Program Room
Cost: $80

Kids Ceramics & Crafts

Join veteran art instruction Allene Maddalena as she teaches children the art of ceramics and ceramic bisque painting. Projects will include seasonal lighted pieces, clay molding, embroidery floss bracelet designs and so much more! Seats are limited so sign up today!

Wednesdays, March 1, 2017—April 12, 2017
3:30P—4:30P
Location: Stoughton Recreation Program Room
Cost: $45 Res / $50 NR



Card Making with Christine

Join Stoughton Recreation and our very own Christine in creating one-of-a-kind Holiday and Seasonal cards. Various materials and techniques will be used including die cutting, rubber stamping and embossing. All materials are included in the cost! ***Ages 6+***

Valentine's Day Workshop
February 9, 2017
Spring Season Workshop
April 6, 2017

Cost: $10.00 Per Class
5:00P-6:00P
Location: Stoughton Recreation Department

Coming Soon—February Break 2017

Heartsavers Babysitter Training

Hosted by the Stoughton Youth Commission

Register your household at www.StoughtonRec.org to be notified with updates!

Health & Fitness

CrossFit for Beginners

Interested in trying CrossFit, but find it intimidating? CrossFit for Beginners is designed to introduce the movements and workouts we do in CrossFit on a daily basis as well as introduce the foundations of living a healthy and active life. Classes will take place at Crossfit Kumba located at Elite Health and Fitness.

Tuesdays, 01/10/2017—02/07/2017
5:00P—6:00P
Elite Fitness Center, Crossfit Kumba
Cost: $80.00

Spin Class

This aerobic base-building ride is the perfect way to recover from a hard week of work and training, and it will help you improve your overall endurance and teach your body how to burn more fat and sugar at a higher caloric burn rate. Led by Elite Fitness instructors, come cycle up a sweat with friends!

Tuesdays, 02/28/2017—03/28/2017
5:00P—6:00P
Elite Fitness Center
Cost: $55.00



Cardio-Boxing

Elite's Cardio-Boxing program is an intense cross-training and total-body workout, that utilizes the training routines used by combat athletes in martial arts, boxing, and kickboxing. Gloves are provided all we need is your hard work and dedication!

Mondays, 02/27/2017—03/20/2017
5:00P—6:00P
Elite Fitness Center
Cost: $80.00

Exercise for Beginners

New to working out? Been a while since the last time you were at the gym? This is an excellent program to develop the foundation to get you going! Over this 5 week program, learn the basics of strength training, and cardio interval workouts with a Certified Personal Trainer.

Mondays, 01/23/2017—02/27/2017*
5:00P—6:00P
Elite Fitness Center
Cost: $80.00

*No Class 2/20/17

Zumba

Come get in shape with you traditional Zumba Class taught by instructor Jacqueline Harrison. This total body workout combines all elements of fitness including cardio, muscle conditioning, balance, and flexibility. Whether you are a beginner or experienced, come join and make new friends while taking the "work" out of workout!

Mondays, 02/06/2017—03/20/2017*
3:15P—4:15P
Gibbons Elementary School Gym
Res $35 / NR $40

*No Class 2/20/2017

Yoga

Join Yoga instructor Maria Rosa as she leads you through classes to improve your health, fitness, and mental performance. Whether you are a beginner or experienced , come join your fellow employees and community members in this incredible exercise in fitness and relaxation. Fee includes the class with yoga mat supplied. You are more than welcome to bring your own as well!

Wednesdays, 2/1/2017—3/15/2017
5:00P—6:00P
Stoughton Youth Commission/COA Building
Res $35 / NR $40

Early Release Activities

Dolce Cupcakes of Easton
Cooking and Baking Classes

Join Dolce Cupcakes of Easton as you participate in the preparation of incr-EDIBLE works of culinary art! Come learn to cook, bake, and create one of a kind items for all to enjoy! All materials included in price! Each child will take home what they cook!

Ages 6-16
Cost: $28/per class

January 26, 2017—1:00P—2:30P
Dipped, Rolled, and Dusted Cookies

February 9, 2017—4:00P—5:30P
Kids Make Dinner—Asian Flair

March 9, 2017—1:00P—2:30P
"Not Your Mom's Rice Crispy Treats!"

April 6, 2017—1:00P—2:30P
Spring Themed Cookies

May 11, 2017—1:00P—2:30P
Stuff Your Cupcakes!

June 8, 2017—1:00P—2:30P
Brownie Surprise

Dolce Cupcakes

Recreation Early Thursday Field Trips

Looking for something to do on Early Thursdays? Stoughton Recreation has you covered! Join our staff as we venture on various field trips to fill our afternoons with fun activities for all to enjoy. The price will include admission and transportation! Seats are limited on our bus so register today to guarantee a spot!

Grades 4-8

January 26: LaserQuest
1:00P—3:00P,
Cost: $20

April 6: Monster Mini Golf and Arcade
1:00P—3:00P,
Cost: $15

NEW

Stoughton Ice Center Open Skate

Looking for an Early Release activity? Visit the Stoughton Ice Center to enjoy an afternoon of Ice skating in Stoughton's very own state of the art ice rink. You must provide your own skates and a waiver must be filled out by a parent of guardian in order for your child to skate. Skating will be supervised by Stoughton Ice Center Staff.

January 26: 2017
March 9: 2017
April 6: 2017
May 11: 2017

Cost: $10.00
12:45PM—2:30PM

Sports, Clinics, & Classes

Spring TinyTikes Soccer
(Formerly Mini-Kickers)

TinyTykes is a FUNdamental Introduction to the game of soccer for players aged 2 – 5. Players learn the introductory skills of soccer through fun games, stories and music in weekly classes lasting 45 – 60mins each. Classes will run for five (5) weeks and take place at Halloran Park. We will be offering two (2) separate class sessions on Tuesdays and Thursdays.

Cost: Res $70 / NR $75

Tuesdays
May 2, 2017—May 30th, 2017
11:00A—12:00P
Thursdays
May 4, 2017—June 1, 2017
1:00P—2:00P

NEW

Softball Clinic

Interested in trying out softball? Looking to improve your skills? Join us as we hold a 4 Day softball clinic over April vacation! Led by Stoughton High School Softball Coach Felicia Baptista, these four sessions will help athletes learn, practice, and perform different drills and skills while having fun in a structured environment. High school players and coaches will assist each player in development. Gloves are required. All classes will take place at the West School Athletic Complex Weather Permitting.

Cost: Res $50/ NR $55
April 18, 2017—April 21, 2017
9:00A—12:00P



NEW

Archery For Kids (Grades 4+)

Archery was a huge recreational activity in the early 1800s and it's growing in popularity once again thanks to the wild success of the Hunger Games franchise and the summer Olympic Games. Whether you have never held a bow before or if you are an experienced archer, you will find success in this unique sport that is given a modern twist by entertaining and exciting instructors. All equipment is provided.

NEW

Archery For Adults (18+)

Try out one of the most addicting sports in the world: traditional recurve archery. This lifelong activity combines the elements of yoga and golf into a shot process that requires patience, focus and discipline to succeed. Archery is easy to learn, but difficult to master. Our coaches will guide you on the pathway to success in this unique introduction to shooting that balances individualized instruction with structured group activities. Meet new people and enjoy friendly competition in this class that will leave you wanting more. All equipment is provided.

Cost: Res $90 / NR $95
Wednesdays, May 10, 2017—May 31, 2017
5:30P—6:30P
Halloran Park

LAST CALL!

BLUE HILLS SKI AND SNOWBOARD LESSONS

Registration Closes December 16th
Register Today @ www.StoughtonRec.org

Norfolk District Attorney Spring Basketball Clinic

The Norfolk County DA and Stoughton Recreation present a vacation clinic for young boys and girls in grades 3 through 8 to obtain basketball and life skills. The clinic will be coached by distinguished high school coaches and athletes. Proper clothing is required and participants are welcome to bring their own basketballs, but are not required to. Spaces are limited.

February 21, 2017—February 23, 2017
Time: 9:00A—12:00P
Location: Stoughton High School
Cost: $15.00

NEW

Field Hockey Clinic

Join Stoughton Recreation and Coach Sheila Campbell as we develop and learn various field hockey skills and techniques. Whether you are a beginner or someone who has been playing for years, you are sure to learn something new. This is a 6-week clinic taking place at the South Elementary School Gymnasium. Grades 5-8 Only.

February 28, 2017—April 4, 2017
Time: 6:30P—7:30P
Location: South Elementary School Gym
Cost: $60.00

NEW

Karate

Seido Karate is traditional Japanese karate with an emphasis on emotional and physical growth. We will learn kicks, punches, blocks, and stances while we improve coordination, balance, strength, and power. (We'll play lots of games while we do it because learning challenging things should be fun!). Classes will include personal safety and self empowerment strategies. We will also learn about how karate values help us be our best selves and be part of our community. These classes are intentionally inclusive of people who may think they won't be good at karate, a desire to learn is more important than athletic ability. The Seido philosophy is: "Technique over Strength, Spirit over Technique."

Cost: $45
Mondays, March 6, 2017—April 3, 2017
Location: Stoughton Youth Commission/COA Building

Juniors Seido Karate
Kindergarten -2nd grade
4:00p-4:45
Youth Seido Karate
3rd grade -6th grade
5:00P-5:45P

NEW

Empowerment Self Defense Workshop

In this 3 hour Empowerment Self Defense workshop we will learn and practice skills for awareness, verbal assertiveness, and physical protection. The goal of Empowerment Self Defense is to feel stronger and more confident in everyday situations while also preparing for potentially dangerous situations. The workshop will specifically address gender based harassment and safety in dating relationships. Open to women and teen girls age 15+, no previous experience or training necessary. All practice scenarios can be adapted for physical limitations as needed. Our workshop teacher has been teaching Empowerment Self Defense for over 15 years and she has worked with survivors of interpersonal violence and sexual assault for over 20 years.

Family Discount Available: For every second registration, receive $15 off

February 11, 2017
1:00P—4:00P
Elite Fitness Center, Stoughton
Cost: $35

NEW

Volleyball Clinic

This 6-week skills clinic is designed for all levels of talent. The program focuses on basic volleyball rules, techniques, and fundamentals. Throughout this clinic, participants will learn the skills needed to flourish in the game and have a successful gain in knowledge of the sport. Each session will be lead by High School coaches and athletes.

Mondays, April 24, 2017—June 5, 2017 *
6:30P-8:30P
O'Donnell Middle School Gymnasium
Cost: $50

*No Class May 29, Memorial Day