

2010 Winter Programs

Pee Wee Soccer

Who: Boys and Girls ages 3-5

When: Tues 9:30am-10:30am or 1:00pm-2:00pm 1/12-2/23
(No class on 2/15)

Wed 9:30am-10:30am or 1:00pm-2:00pm 1/13-2/24
(No class on 2/16)

Where: Mansfield Sportsplex Rte. 106 Mansfield, Ma.

Fee: \$50. For 6 weeks

We are thrilled to have Christine Dodds back to instruct for this popular program. Kids have extra energy so this class is perfect to burn it off! This non-competitive instructional program introduces new players to basics such as dribbling and shooting. Returning players will have a chance to improve skills. Players should wear shin guards and sneakers or cleats. Space is limited.

Pee Wee Baseball

Who: Boys and Girls ages 4-5

When: Saturdays 4/17, 4/24, 5/1, 5/8, 5/15, 5/22
(Weather and field conditions permitting)

Where: Booth Playground

Fee: \$65.00 includes game shirt and hat

Instructor: Volunteer coaches

A FUNdamental league. Focus will be on teaching the basics of baseball while having fun in a non-competitive environment. Instruction in hitting, throwing, field and base running. Mini-games will be played to reinforce skills.

Required equipment- glove, sneakers or cleats, shorts, sweats or baseball pants.

***Volunteer coaches are needed for this activity.** Please indicate on your form if you want to coach. This program fills up fast. The more coaches, the more children can play.

Session I: 8:30am-9:30am

Session II: 9:35am- 10:35am



*First annual Father/ Daughter Dance
At Lakeview Pavilion*

Friday February 26th 7:00pm-9:00pm

Fathers and daughters, grandfathers and granddaughter, uncles and nieces are all invited to enjoy an evening of refreshments, music, dancing and fun. A great opportunity for the busy dad to spend quality time with his daughter(s).

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• We have reserved the Ballroom at Lakeview Pavilion for this memorable evening. Chocolate fountains and soda bar included.

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• Keepsake photos available to purchase.

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• Open to all girls of Foxboro

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• \$35.00 per couple \$10. Each additional girl.

Adult Programs

Rag Quilting

Who: any adult interested in learning this craft

When: Thursdays 1/14- 2/25 7-8:30pm (no class 2/18)

Where: Recreation Office (80 South St)

Fee: \$45.00

Don't miss this class taught by the ever popular and creative Maria Eisenhauer. Making a Rag Quilt is an easy way to learn quilting and brush up on your sewing skills. You will want to have basic sewing skills to attend this class. We will supply sewing machines so you don't have to travel to class with yours. The completed product will measure 44 x36. Please bring to class sharp scissors, 7 yards of fabric, Or 1 yard of up to 7 different colors of cotton or flannel,

Knit one Pearl one for Beginners

Who: any adult interested in learning to knit

When: Thursdays 1/14- 2/25 7-8:30pm (no class 2/18)

Where: Recreation Office (80 South St)

Fee: \$45.00

Knitting is more popular than ever. Andrea McGillicuddy is the talented and creative instructor for this class. This is a class for those who have been waiting to learn and experience the joys of knitting. Participants will learn basic stitches; the end product will be mittens of your choice. Make them for yourself or as a wonderful gift. Material list will be given on the first night. Practice yarns and needles supplied. Sign up early, space is limited.

Men's over 21 Basketball

When: Thursday 7:30 - 9:30pm (no class 2/18)

Where: Ahern School Gym

Fee: \$2.00 at the door

ID's will be checked. Informal play with teams rotating on and off the court. Bring your "A" game, sneakers and water.

Women's Volleyball

When: Wednesdays 7-9pm (no class 2/17)

Where: Ahern School Gym

Fee: \$2.00 at the door

Open to women of all ages and abilities. Led by veteran coach Judy Norwood. Play is informal, recreational and fun. Wear sneakers and bring water for this inexpensive night of Camaraderie and exercise.

Tie a Fly-Fly Fishing School

When: Tues. 7-9pm 1/19-3/16 (no class 2/16)



Where: CRRA 68 Mill St.

Fee: \$85.00

Learn a new life-long exciting low cost hobby! This is a hands on class and the instructor guarantees that you will tie a fly after the first night. Each class will help you progress to the next level. In addition to fly tying, some basic casting and knot tying skills will be taught.

Instructor: Larry Grant, 40 years

of experience and has fished all over N.E. in both salt and fresh water. Larry has previous teaching experience with great success and is a former instructor and Director of the United Fly Tiers of Boston. He has a proven record and personally guarantees even a novice will be able to tie a fly.

Some materials included. Please call Rec. Office for a list of tools required and where to purchase.



Carrie is Back!

New Year Resolution: Strength and Conditioning Program

Who: All ages and abilities

When: Mondays 10-11am 1/25-3/8(6 weeks, no class 2/15)

Where: CRRA 68 Mill St.

Fee: \$45.00

Mat based class focusing on abs, butts, thighs and upper arms. All places that jiggle after the Holidays! This class is built on the success of building muscle (to replace fat) using repetition. Great way to get rid of the winter blahs and get ready for a new you for the spring! Sign up now and bring a friend!

Lunch Express Workout

Who: all ages and abilities

When: Mondays 12-12:45pm 1/25-3/8 (6 weeks, no class 2/15)

Where: CRRA 68 Mill St

Fee: \$45.00

Work out as above, but designed for those who must return to work. Due to a little cardio and emphasis on repetition you can return to work right after this work out with barely a hair out of place! Bring a co-worker, and avoid the lunchroom, do something positive for yourself in 2010.

Hatha Yoga



Who: Men and Women of all Ages

When: Tuesdays 1/19, 1/26, 2/2, 2/16, 2/23, 3/2, 3/16,
3/23, 3/30 6:30-7:45pm

Where: CRRA 68 Mill St.

Instructor: Diane Lancaster

Diane has been a fitness instructor since the 80's. Her background includes choreographed aerobic dance, muscle conditioning, rope jumping, agility training and Pilates. She has been practicing yoga since 1998 and teaching since 2004. This class is great for the mind, body and spirit. Quiets the mind and reduces stress, refresh the body with this classic Hatha Yoga class. Increased flexibility and strengthen the body through postures, breathing and meditation. This class is suitable for all levels of ability, age and physical condition.

Attention all Middle School Boys and Girls



Who: 5th and 6th graders

When: Friday Night 1/15, 2/12, 3/12, 4/9, 5/14, 6/11

Where: Invensy's Cafeteria

Fee: \$6.00 from 7pm-9pm or \$10.00 from 6pm -9pm

New This year, and only for our 5th and 6th grade friends!

"Brown Bag Bingo" We have added another element to your night of fun. Come to the cafeteria at 6:00pm and we will be playing many different varieties of BINGO until 7:00pm. The prizes are all in brown bags and you will get to choose!! You may win anything from itunes gift cards, subway gift cards to DVD's and cash. Or you may get a dud!

The dance will start at 7pm and DJ Paul will play your favorites!

As always, snacks and drinks available to purchase (.50- \$1.00)

Chaperones are needed for each dance. If we do not get at least 5 chaperones the dance will be cancelled. Please call Recreation Department to volunteer.

Friday Night Dance Parties

Who: 7th and 8th graders

When: Fridays (7:30-9:30pm) 1/22, 3/26, 4/30, 5/28, 6/18

Where: Invensy's Cafeteria

Fee: \$6.00 at the door

Let DJ Paul play your favorites! As always snacks and drinks available to purchase (.50-\$1.00). Door prizes and contest too!! Chaperones are needed for each dance. If we do not get at least 5 chaperones the dance will be cancelled. Please call Recreation Department to volunteer



Teen Oil Painting Workshop

Who: boys and girls (7th grade and up)

When: Wednesdays 7-8:30pm or Saturdays 12-1:30pm

Where: Recreation Office South St.

Fee: \$48.00 6 weeks

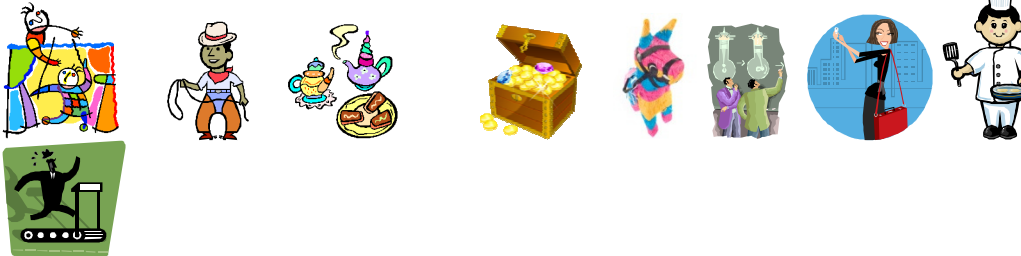
In this workshop participants will enjoy painting with an artist. Students will work with still life and photographs. You will explore color, textures and techniques to expand your skills or learn new ones. Each student will finish out with paintings to keep.

Jenn Murray is a graduate of Radford University with a degree in fine art. She is pursuing career in art education.

Note on Materials: Easels will be provided. Call Rec. Office for list of additional materials needed for each participant.

The Foxboro Recreation Department Knows How To Throw A Birthday Party!

Wouldn't you like to have your child's Birthday party be memorable and effortless? Wouldn't you like to be a guest at the party, and not the host? Wouldn't you like to provide a Birthday party that is fabulous and affordable?.....Well.....you can!!! Choose from the following list of available themes, or let Beth Bayuk create one for you:



- Puppet Theater Production Party
- Legos Party
- Invention/ Convention Party
- Sweet 16 Party
- Treasure Hunt Party
- Fashion Show Extravaganza Party
- "Miss Manners" Party
- Fiesta Party
- "Planet Fitness" Party
- Spa Party
- High School Musical
- Hannah Montana
- Pokemon Party
- Cowboy Party
- P.J. Party
- Tea Party
- "Let's Go Green" Party
- Square Dance Party
- "Food Creations" Party
- "Winter Wonderland" Party



All you need to do is pick a theme, date, list of invited guests, and provide the cake.....sit back....relax...and Beth will do the rest!

All parties are held at the # 68 Mill Street Recreation Hall, and are 90 minutes in length. Our services include one-of-a-kind invitations, and mailing, "theme" decorations and set up, "theme" activities, a "theme" craft, a "party-memory" T-shirt for the Birthday girl or boy, gift list, and clean up.

Here's how to make this happen:

-Call early to reserve a date and time: 508-543-7255

All parties are \$150.00 for the first 10 guests, \$10.00 for each additional guest. For parties of 11 or more guests, a \$25.00 assistant's fee will be charged.

Enjoy!

