



Natick Recreation & Parks

People Driven. Service Focused.

Karen Partanen
Recreation & Parks
Director

Additional Winter Programming Registration begins January 21 at 12:00 Noon

YOUTH

ARCHERY (grades 4-6)

Instructor: On the Mark Archery Staff

Location: Cole Center Gym, 179 Boden Lane

Learn the focus oriented sport of traditional recurve archery and experience the thrill of success when your arrow strikes the target. This course emphasizes safety, discipline and proper form in a fun environment that enables students to learn more than just the fundamentals of shooting. Our certified USA Archery instructors empower the individual by training their instincts and mindset to concentrate on an objective and zero in on their target. All equipment provided. (4 wks)

Mon Feb 1-Feb 22 6:00-7:00 pm \$155

ADVANCED ARCHERY (grades 4-6)

Instructor: On the Mark Archery Staff

Location: Cole Recreation Center, 179 Boden Lane, Natick

Explore the shooting form taught in the Olympic training camps known as the 'National Training System' (NTS) and learn a new way of shooting in a technical step-by-step outline that will improve your consistency, accuracy and mental fortitude. Equipment is provided. (5 wks)

Mon Mar 15-Apr 12 6:00-7:00 pm \$190

FLAG FOOTBALL (grades 2-4)

Instructor: F.A.S.T Athletics Staff

Location: Cole Center North Turf Field

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone defense, fourth and inches and the QB Challenge. The F.A.S.T. Coaches will have tons of plays ready to go for their teams! (5 wks)

Tue Feb 2-Mar 9 3:30-4:30 pm \$93

No class on Feb 16

INTRO TO THEATER #1 (ages 5 & 6)

Instructor: Cindy Wright

Location: Cole Center gym

Children will develop acting, musical and dance skills. There will be a short theatre performance that will be recorded at last class. (6 wks)

Fri Feb 5-Mar 19 3:30-4:30 pm \$95

No class on Feb 19

INTRO TO THEATER #2 (grades 1-4)

Instructor: Cindy Wright

Location: Cole Center gym

Children will develop acting, musical and dance skills. There will be a short theatre performance that will be recorded at last class. (6 wks)

Fri Feb 5-Mar 19 4:45-6:00 pm \$110

No class on Feb 19

MINI MUSICAL THEATER (ages 5-10)

Instructor: Cindy Wright

When: February Vacation

Location: Cole Center Gym, 179 Boden Lane

This program is a wonderful introduction to the world of musical theater. Children will sing, dance and act to bring a familiar story to life. Classes will be spent learning songs, dances and dialogue. Age appropriate roles will be assigned. Children will work toward an informal performance at the end of the last class, which will be recorded. (4 days).

Tue-Fri Feb 16-19 10:00 am-12:00 pm \$115

PLAY TENNIS AMERICA (grades 3-6)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan Drive, Natick

Fundamentals taught for beginners and advance beginners only, no advanced players. Numbers are limited to 8/time or four players per court. Information regarding drop off and pick up will be sent out to parents before the first class. (6 wks)

01 Sun Jan 31-Mar 14 5:00-6:00 pm Gr 3 & 4 \$105

02 Sun Jan 31-Mar 14 6:00-7:00 pm Gr 5 & 6 \$105

No class on Feb 21

Cole Recreation Center * 179 Boden Lane Natick, Massachusetts 01760

508-647-6530 * Fax: 508-647-6535 * www.natickma.gov/recreation



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SKYHAWKS STREET HOCKEY (ages 7-11)

Instructor: Skyhawks Staff

Location: Johnson Elementary School Outdoor Rink

Score a winning goal with our NEW Street Hockey program! Coaches teach the key concepts of passing, shooting, defense and stick handling in a safe, non-checking environment. Specifically designed for beginning and intermediate players, this program teaches new skills, builds confidence and instills valuable lessons such as teamwork, sportsmanship and respect. Equipment will be provided. No roller blades or skates allowed, sneakers required. (5 wks)

Wed Feb 3-Mar 10 3:30-4:15 pm \$85
No class on Feb 17

SOCCER CLINIC (ages 6-9)

Instructor: Luke Rothero, New England Surf

Location: Cole Center North Turf Field

Natick Recreation has collaborated with a new company to the area, New England Surf, to bring a soccer program to Natick. This soccer program teaches the fundamentals of soccer using a fun and energetic curriculum to work on and review all skill sets. (6 wks)

Mon Feb 1-Mar 15 3:30-4:30 pm \$105
No class on Feb 15

THEATER WORKSHOPS (grades 5-8)

Staff: Cindy Wright-Acting Director

Location: Cole Center gym

This program gives middle school kids an opportunity to experience and explore theater arts through their participation in acting and dance style workshops. There will be a performance including acting and music, which will be recorded on the last day. (7 wks)

01 Sat Feb 6-Mar 20 9:30-11:00 am Gr 5 & 6 \$145
02 Sat Feb 6-Mar 20 11:30 am-1:00 pm Gr 7 & 8 \$145

THUNDERCAT MULTI SPORT (grades 1-4)

Instructor: Thundercat Staff

Location: Cole South Grass Field

Warm ups and general exercise activities will be emphasized every day. Your child will have fun playing socially distant games/activities such as noodle tag, bull in the ring, kickball, steal the beacon, freeze dance party and more. Depending on the updated guidance, we may be able to play other sports/activities such as dodgeball and soccer. More specific safety procedures will be released to parents before the start of class. (5 wks)

Thu Feb 4-Mar 11 3:30-4:30 pm \$85
No class on Feb 18

TEENS & ADULTS

ARCHERY (grades 6 and up)

Instructor: On the Mark Archery Staff

Location: Cole Recreation Center, 179 Boden Lane, Natick

Find your passion this fall and discover the empowerment of shooting a bow and arrow. The complex details of the shooting form are broken down into simplified steps that are easy to understand and execute. Mastery of the sport takes years, but fundamental success can be found with a focused mind and a determined attitude. All equipment is provided. (4 wks)

Mon Feb 1-Feb 22 7:15-8:15 pm \$155

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****NEW** VIRTUAL FITNESS CLASSES (ages 18 & Up)**

Instructor: Gina Manganiello, and Fitness Delivered to You staff

Location: Zoom, virtual

Classes are taught by certified and experienced instructors through the virtual platform Zoom.

Try a new class from the comfort and security of your new home!

Guidelines for all classes: Dress as if you were attending an in-person class, Mute your sound to defend background issues, any inappropriate behavior and/or language will not be tolerated and we hope you stay open to enjoy the social experience!

Zoom links will be emailed to registered participants prior to their class.

Class options are listed below. All classes, other than the express classes are roughly (1) hour long.

Pick the number of classes you would like to attend per week and then choose your classes!

Registrants will choose one of the options below.

Sessions begin Monday February 1, 2021

Fee Options

Choose 2 class options per week: \$65.00 for 8 weeks

Choose 4 class options per week: \$85.00 for 8 weeks

All 14 class options per week: \$115.00 for 8 weeks

All 14 class options per week plus access to On Demand Library: \$135.00 for 8 weeks

(On Demand Library: Videos of recorded classes that you can watch during your own time)

Weekly Schedule for Virtual Fitness: General Classes

Mondays

8:30 am Total Body Conditioning

5:00 pm Myofascial Restorative Bodywork

Fridays

8:30 am Fridays Fusion Core Crusher (30 minutes)

9:00 am Legs and Booty Resistance Band

Tuesdays

9:00 am Full Body Muscle – Stability Ball

5:30 pm Yoga

6:30 pm BollyX

Saturdays

9:00 am HIIT • Low Impact Full Body Circuit

10:15 am Yoga

Wednesdays

8:15 am Barre

9:30 am Lets Lift

5:30 pm Tabata/Muscle

Sundays

9:15 am Barre

10:30 am Yoga

Thursdays

8:00 am Express 30 Minutes Low Impact HIIT with Glutes/Abs

9:00 am Pilates with Weights

For a full list of class options and their descriptions, please click [HERE](#)