

MILLIS RECREATION

SPRING & SUMMER

2026 Recreation Guide



online registration:
millisrecreation.activityreg.com



SPRING & SUMMER EVENTS 2026

Looking for more programming or services for older adults?

Contact the Millis Senior Center at (508) 376-7051.

Age Well Millis Health Fair - April 14

Make sure to stop in at the Age Well Millis Health Fair on April 14th from 11:00am-2:00pm at the Veterans Memorial Building, 900 Main Street, lower level with a special presentation by the Alzheimer's Association."

March



April



There's always lots going on at Millis Recreation... Mark your calendars!

June



June



August



SPRING 2026 PROGRAMS

Spring Preschool

PRESCHOOL SOCCER - Millis Recreation Department

Our **Preschool Soccer Program** is designed to maximize fun and development by giving each child more touches on the ball and less stoppage time. Using a **3v3** continuous play format, every player—regardless of age or skill level—has more opportunities to stay involved and build confidence. Each session begins with a **30-minute warm-up** and technical skill activities, followed by a **30-minute scrimmage**. This style of play is recommended by the **Massachusetts Youth Soccer Association** and is ideal for introducing young players to the game in a positive environment. **Volunteer coaches are needed**, and the program fee includes a team T-shirt. Children must be **at least 4 years old** to participate. **Registration forms must be received by Monday, April 6, 2026** to guarantee placement on a team. Registrations received after this date will be placed on a waitlist and accepted only if space is available. While we do our best to consider requests, **we cannot guarantee that special requests will be made.**

Clyde Brown Fields **Ages: 4-5**
Sundays, 4/26-6/7 (no game 5/24) **6 weeks**
Times to be determined (Games will be either 12:00 or 1:00) **Fee: \$85**
***Please volunteer to be a coach and participate in your child's soccer experience. ALL COACHES MUST FILL OUT CORI FORM.**

FIRST FRIENDS CLUB – Molly Graham

This program is a playgroup for toddlers, preschoolers, and their caregivers. Each weekly session is designed around a fun theme, blending play-based learning with social connection. Children explore, create, and grow through activities like story time, crafts, sensory play, and more. With small class sizes and a nurturing environment, First Friends Club fosters confidence, creativity, and early friendships in a supportive setting. Min/Max; 10/12

Veterans Memorial Building, Room 130 **Ages: 18 months - 4 yrs**
Thursday, 4/30-6/4 **6 classes**
9:30am-11:00am **Fee: \$90**

PRESCHOOL MINI-SPORTS - F.A.S.T. Athletics

Our Mini Sports program introduces young children to a variety of sports and activities in a fun, supportive environment. Over six weeks, participants will enjoy **2 weeks of T-Ball, 2 weeks of soccer, and 2 weeks of other age-appropriate games and activities** focused on movement, coordination, and teamwork. Designed for preschoolers, this program helps build confidence, motor skills, and a love for being active through play-based instruction and lots of encouragement. Min. 8/Max. 20..

Town Park (behind Town Hall)..... **Ages: 3-5**
Saturdays, 4/25-6/6 (no class on 5/23) **6 weeks**
9:00am-9:45am..... **Fee: \$110**

PRESCHOOL T-BALL DEVELOPMENT - F.A.S.T. Athletics

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction to t-ball where learning and skill development are our priorities. Min.8/Max. 20.

Town Park (behind Town Hall)..... **Ages: 3-5**
Saturdays, 4/25-6/6 (no class on 5/23) **6 Weeks**
10:00am-10:45am..... **Fee: \$110**

PRESCHOOL SPRING DANCE – Exhale Dance

This program will allow dancers ages 3-5 the opportunity to participate in their first structured, drop-off dance class! Children will learn through play as they explore rhythms, small/fine motor skills, basic dance terminology and the expectations of a dance class. Instructors will begin each class by welcoming the dancers into space, they will then move across the floor and learn basic ballet terminology (plie, tendu, parallel bourrées, skips, chases, leaps, etc.). Each class will finish with fun games that include props such as ribbon wands, maracas, rhythm sticks and hula hoops! Min/Max; 5/15.

Exhale Dance, 65 Holbrook Street, Norfolk..... **Ages: 3-5**
Thursday, 4/2-5/28 (no class on 4/23)..... **8 classes**
4:00pm-4:45pm..... **Fee: \$80**

MOMMY AND ME GYMNASTICS - Shen's Gymnastics

Our very popular & fun instructor-led gymnastics classes designed for children aged 18 mos. – 3 years and their mom or dad. This 50-minute class brings the parents onto the floor amidst the excitement. We have small preschool-sized equipment for children this age. The instructor will set up different courses each week especially designed to help with locomotion skills and hand-eye coordination.



Shen's Gymnastics Academy, 16 Everett St., Holliston
Ages: 18 months – 3 yrs

Session 1:

Tuesdays, 3/31-4/28 **9:30am**..... **5 Weeks**
Saturdays, 4/4-5/2..... **9:00am**..... **5 Weeks**
Fee: \$125

Session 2:

Tuesdays, 5/5-6/23 **9:30am**..... **8 Weeks**
Saturdays, 5/9-6/27..... **9:00am**..... **8 Weeks**
Fee: \$200

Register Online
www.millisma.gov
Under Recreation Dept.

SUPERKIDS GYMNASTICS - Shen's Gymnastics

A 60-minute, energetic, fun, gymnastics class for preschool and kindergarten-aged kids. Children, ages 3-5 participate in this class while their parents watch from the seating area. The kids get lots of personal attention and lots of turns on the apparatus such as trampoline, balance beam, rings, vault, bars, and tumble track. The instructor will set up an obstacle course designed to teach basic gymnastics skills. Kids will also improve their locomotion skills, hand-eye coordination, social skills, taking turns and listening skills, all while they are having fun, getting exercise, and learning gymnastics!

Shen's Gymnastics Academy, 16 Everett St., Holliston MA **Ages: 3-5**
Session 1:

Tuesdays, 3/31-4/28 10:30am 5 Weeks
Wednesdays, 4/1-4/29 3:30pm 5 Weeks
Saturdays, 4/4-5/2 11:00am 5 Weeks
Fee: \$145

Session 2:

Tuesdays, 5/5-6/23 10:30am 8 Weeks
Wednesdays, 5/6-6/24 3:30pm 8 Weeks
Saturday, 5/9-6/27 11:00am 8 Weeks
Fee: \$230

AMERICAN NINJA WARRIOR JUNIOR - Shen's Gymnastics Academy

Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids ages 3-6 will gain agility, balance, coordination and strength as they tumble and maneuver through the courses. This 45-minute class is perfect for highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment. With every attempt at one of our courses, and every victory when completing, boys and girls will discover that they are the ultimate American Ninja warrior

Shen's Gymnastics Academy, 16 Everett St., Holliston MA **Ages: 3-6**
Session 1:

Saturdays, 4/4-5/2 5 Weeks
12:30pm-1:15pm Fee: \$160

Session 2:

Saturdays, 5/9-6/27 8 Weeks
12:30pm-1:15pm Fee: \$255

Youth—Spring



YOUTH SOCCER - Millis Recreation Department

Our **Ages 6–8 Youth Soccer Program** focuses on developing fundamental soccer skills through age-appropriate practices and fun 6-on-6 games. Players will build confidence, improve skills, and enjoy friendly competition

in a supportive team environment. **Volunteer coaches are needed**, and the program fee includes a team T-shirt. All players must register, regardless of previous participation. **Registration forms must be received by Monday, April 6, 2026**, to guarantee team placement. Registrations received after this date will be placed on a waitlist and accepted only if space is available. While we do our best to consider requests, **we cannot guarantee that special requests will be made.**

Clyde Brown Fields Ages: 6-8
Sundays, 4/26-6/7 (no game 5/24) 6 Weeks

Times to be determined (Games will be at either 12:00 or 1:00) Fee: \$85

***Please volunteer to be a coach and participate in your child's soccer experience. ALL COACHES MUST FILL OUT CORI FORM.**

NOVICE GIRLS GYMNASTICS - Shen's Gymnastics

Our 60-minute novice gymnastics classes are for girls aged 6+. Children learn and perfect basic gymnastics events such as floor, vault, bars, etc. We follow the USA Gymnastics levels when teaching our recreational classes to ensure continued progression for each student. We teach basic skills to learn and grow as a gymnast, working on strength, flexibility and balance. .

Shen's Gymnastics Academy, 16 Everett St., Holliston

Ages: 6+

Session 1:

Thursdays, 4/2-4/30 4:30pm 5 Weeks
Saturdays, 4/4-5/2 9:00am 5 Weeks

Fee: \$145

Session 2:

Thursdays, 5/7-6/25 4:30pm 8 Weeks
Saturdays, 5/9-6/27 9:00am 8 Weeks

Fee: \$230

KUNG FU KIDS PARKOUR - Wu Xing Kung Fu

Parkour and Kung Fu for kids! In this class we learn to become more aware of our bodies and minds by playing fun games and exercising in ways designed to challenge and reward students for giving their best effort. We teach Parkour, tumbling, exciting animal moves, kicks and punches while we work on our listening, focus and confidence. We let kids express themselves in a fun, supportive environment while also learning respect, manners and tolerance for each other. We get stronger in mind and body, all while having a great time!

Wu Xing Kung Fu, 903 Main St. Ages: 5-13
Tuesdays, 3:45pm-4:30pm OR Saturdays, 10:00am-10:45am
Fee: \$130 for 4 classes (rolling admission)

Register Online

www.millisma.gov

Under Recreation Dept.



AMERICAN NINJA WARRIOR CLASSES - Shen's Gymnastics Academy

Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids will gain agility, balance, coordination and strength as they tumble and maneuver through the courses. This one-hour class is perfect for highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment. With every attempt at one of our courses, and every victory when completing, boys and girls will discover that they are the ultimate American Ninja warrior!

Shen's Gymnastics Academy, 16 Everett St., Holliston **Ages: 5-12**

Session 1:

Saturdays, 4/4-5/2.....5 Weeks
12:30pm-1:30pm.....Fee: \$160

Session 2:

Saturdays, 5/9-6/27.....8 Weeks
12:30pm-1:30pm.....Fee: \$255

MINING AND BUILDING - Snapology

Travel to the Nether and beyond in this Minecraft™ inspired workshop! Students will have access to thousands of LEGO® bricks and endless materials for inspiration.

A trained Snapologist will help bring creative ideas to reality by teaching LEGO® building tricks and tips. They'll also use their critical thinking with Minecraft™ trivia, a scavenger hunt, and other STEAM challenges! Min/Max; 8/14

Veterans Memorial Building, Room 130.....Grades: 1-4
Mondays, 3/30-5/18 (no class 4/20) 7 classes
4:45pm-5:45pm.....Fee: \$185



SPRING COOKING FOR KIDS - Kids' Test Kitchen

Parents report that kids come home from Kids' Test Kitchen EXCITED about fresh ingredients and new recipes! Reluctant eaters learn that food is safe and fun! And everyone practices essential life skills like teamwork, time management, patience, along with the obvious skills like slicing, measuring, and cooking! On a mission to redefine kid food, Kids' Test Kitchen's enthusiastic Facilitators get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! Lessons are planned to celebrate seasonal produce, whole grains, and legumes. Each series of classes offers fresh new recipes to prepare and explore! Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

**Families who have students with allergies or other necessary dietary modifications will be required to complete our diet modification form before the first class.*

Veterans Memorial Building, Room 104.....Grades: K-5
Tuesdays, 4/7-5/12 (no class 4/21)5 Weeks
3:30pm-4:30pm.....Fee: \$190

SAFE@HOME – Wicked Safety Training

Safe@Home is a program by Safe Sitter designed for students to teach home safety when parents are away. Learn to practice safe habits. Prevent unsafe situations. What to do when faced with challenges such as power failures or weather. Mix 6 / Max 12

Veterans Memorial Building, Room 130..... Grades: 3-6
Thursday, 5/14..... 1 day
4:00pm-5:30pm.....Fee: \$50



TENNIS LESSONS - Tom Ingraham

Instructional tennis lessons provided by a Millis High School tennis coach. Tennis provides many benefits for youth with cognitive and physical disabilities, including hand-eye coordination, balance, mobility, strength and fitness. It builds self-confidence, relieves stress and creates a so-

cial outlet. And it's a great way for the family to stay active together. Please bring your own racket.

Town Park Tennis Courts Ages: 7 & up
Saturdays, 5/2-5/23..... 4 Lessons
10:00am-11:30am.....Fee: \$55

SPRINGTIME KIDS PAINT NIGHT – Sara Stranahan



Join Sara for a fun paint night this Spring! You will paint alongside the instructor, who will go step by step through the painting process, which makes this program perfect for anyone of any skill level! An 11"x14" canvas, paint, and paintbrushes will be ready for you at your seat. At the end of the hour, you will be able to take home your finished painting!

Veterans Memorial Building, Room 130.....Grades: 6-12
Thursday, 4/16..... 1 session
6:00pm-7:00pm.....Fee: \$35

KARATE - Beginner & Advanced - Master Julie Guido & Master Christine Howard

Learn the art of Kempo Karate. This six-week program offers beginner and advanced levels. The beginner level teaches age-appropriate self-defense techniques; the advanced level is for students who have previously taken Karate and focuses on more difficult age-appropriate self-defense techniques. Both levels teach important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

Medway Burke School Gym, 16 Cassidy Lane, Medway.....Ages: 5-13
Fridays, 4/10-5/29 (no class 4/24 or 5/15) 6 Weeks
4:00pm-4:50pm.....Fee: \$65

LEARN TO SKATE - Norfolk Arena

The U.S. Figure Skating Basic Skills program was created to be the best beginning ice-skating program in the world. It is designed to serve the needs of both recreational and competitive skaters. The curriculum keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time.



Program Objectives

- Provide an engaging and safe skating experience for the beginner
- Teach correct technique of the simple basic elements
- Promote health and physical fitness

All skaters require the following equipment:

- Skates
- Helmet
- Gloves
- Snow Pants

Skates and helmets are available for rent or purchase in the Norfolk Ice Arena Pro Shop www.norfolkarena.com/proshop.html (Phone: 508-528-6700).

General Information:

- Make up sessions will not be offered for skaters who forget their equipment.
 - Refunds will not be offered for any reason. That includes illness, injury or non-enjoyment of the program.
 - If a class is cancelled due to inclement weather, a make-up class will be offered.
 - The student/teacher ratio is 1:12.
 - Classes held at Norfolk Arena, 1 Dean Street Norfolk, MA 02056
- Norfolk Ice Arena, 1 Dean St., Norfolk All Ages (grouped accordingly)**
Tuesdays, 4/28-6/165:00pm-5:50pm8 Weeks
Fee: \$185/session
Sundays, 4/26-6/14 (no class 5/24)...10:00am-10:50am..7 Weeks
Fee: \$175/session

- *Learn to Play Hockey is offered during the Tuesday
- Learn to Skate Program — All ages MUST PASS Basic 2

HORSEBACK RIDING LESSONS - Melissa Price

Whether you have always dreamed of riding or want a brush up course to get you started back in the saddle again, this is the course for you. Come and spend an hour a week at the farm learning to groom and tack up a horse as well as basic riding skills from getting on to learning how to sit correctly in the saddle and control a horse. (Max. 6 students)



Shadowfax Farm, 112 Farm Street, Millis..... Ages: 7 & up
Mondays, 4/7-5/18 4 Weeks
6:00pm-7:00pm..... Fee: \$175

INTRO TO SKATEBOARDING- Rad Chad Skate Co.



Intro to Skateboarding is for participants with little to no skateboarding experience. Teaching fundamental skateboarding skills such as establishing what the rider's dominant stance is (regular footed or goofy footed) accelerating, balance, stopping, transitions and some tricks, and Ollies, we help participants develop confidence to apply these skills on their own. Proper safety equipment must be provided by the rider (knee pads, elbow pads and helmets) and must be always worn during class. A skateboard and athletic shoes are also required. (Min 6/Max 12)
Millis Outdoor Basketball Courts (behind town hall) Ages 8-14
Wednesdays, 4/8- 5/6 (no class 4/22) 4 weeks
4:00pm-5:00pm.....Fee: \$85



ADAPTIVE & INCLUSIVE HIP HOP DANCE - Exhale Dance Adaptive & Inclusive Program

Exhale adaptive and inclusive dance program incorporates appropriate dance styles for individuals with special needs. We offer a safe space to build and foster friendships in our comfortable temperature-controlled, wheelchair accessible studio. Get ready for 1 hour of upbeat dancing, stretching and coordination building skills. (Max: 12)

What to expect:

- Staff that is ready to meet the individual needs of its students taking into account their emotional maturity, attention span, and developmental stage.
 - An increase in confidence, cooperation, strength and coordination.
 - Dancers can wear their own shoes and any active wear they feel most comfortable in. We just ask all shoes to be clean and dedicated only to our dance floor for the length of the session.
 - Our recital performance will be on May 31st at 1pm at KP High School in Wrentham. This group would go on at the very start of the show and then they can head out right after they perform.
- Exhale Dance School, 65 Holbrook St., Norfolk..... Ages: 7-12**
Thursdays, 4/2-5/28 (No class on 4/23) 8 classes
4:00pm-4:45pm.....Fee: \$100



Register Online at
www.millisma.gov
Under
Recreation Dept.



Spring Pre-Teen/Teen/Young Adult Programs

SAFE SITTER BABYSITTING COURSE – Wicked Safety Training

Safe Sitter teaches middle school students how to stay safe while home alone, to care for younger siblings, and to babysit responsibly. You'll learn how to practice safe habits & prevent unsafe situations. What to do when faced with challenges such as power failures or weather. Help assess and respond to injuries and illnesses. Learn valuable childcare, business, and safety skills. Mix 8 / Max 12.

Veterans Memorial Building, Room 130..... Grades 6-8
Thursday, 4/23..... 1 Day
9:00am-3:00pm..... Fee:\$120

BASKETBALL SKILLS & DRILLS - Dan Donovan

Adaptive & Inclusive Program

Coach Dan Donovan has 25 years of experience coaching youth basketball of varying ages. During this class he'll focus on basic skills such as dribbling, passing, and shooting while encouraging teamwork and fun! All abilities welcome.



Veterans Memorial Building, Gym..... Ages:13+
Mondays, 4/6-5/4 (no class on 4/20)..... 4 Weeks
6:00pm-7:00pm..... Fee: \$25

SPRING COOKING FOR TEENS - Kid's Test Kitchen

Adaptive & Inclusive Program

Kids' Test Kitchen is a fun and engaging, hands-on cooking class for eaters of all ages and abilities. On a mission to redefine kid's food, our enthusiastic facilitators get people cooking, tasting, and thinking about healthy ingredients! Kids' Test Kitchen presents students



the opportunity to explore new or familiar foods in their raw, unmanipulated state. Then,

working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with an opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned! Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own. Lessons are planned to celebrate seasonal produce, whole grains, and legumes. People have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

**Families who have students with allergies or other necessary dietary modifications will be required to complete our diet modification form before the first class.*

Veterans Memorial Building, Room 104..... Ages 13+
Tuesdays, 4/7-5/12 (no class 4/21)..... 5 Weeks
4:45pm-5:45pm..... Fee: \$190

FREERUNNING AND PARKOUR - Wu Xing Kung Fu

Beginners and experienced Freerunners welcome! We teach Parkour in a graduated, fun setting that puts safety first, using mats and other equipment to help acquire skill and confidence. Build strength and gain flexibility as you learn how to interact safely with the environment. Learn break falls, cartwheels, rolls and more to disperse energy from jumps or falls; learn how to use the principles of stride, precision and wall running to plot your course. We stress efficiency, flow and the ability to change levels smoothly while maintaining momentum. Parkour is a great exercise for the mind and body - it develops willpower, control, drive, humility, focus and balance. It also promotes body awareness, strengthens the core and fosters better metabolism, and all while having a fun workout with great people!

Wu Xing Kung Fu, 903 Main St.Ages: 13+
Thursdays: (rolling admission)
4:45pm-5:30pm..... Fee: \$130 for 4 classes

ADAPTIVE & INCLUSIVE HIP HOP DANCE - Exhale Dance

Adaptive & Inclusive Program

Exhale adaptive and inclusive dance program incorporates appropriate dance styles for individuals with special needs. We offer a safe space to build and foster friendships in our comfortable temperature-controlled, wheelchair accessible studio. Get ready for 1 hour of upbeat dancing, stretching and coordination building skills. (Max: 12)

- What to expect:**
- Staff that are ready to meet the individual needs of their students considering their emotional maturity, attention span, and developmental stage. (1 instructor, 2 assistants)
 - An increase in confidence, cooperation, strength and coordination.
 - Dancers can wear their own shoes and any active wear they feel most comfortable in. We just ask for all shoes to be clean and dedicated only to our dance floor for the length of the session. Min/Max; 5/15
- Exhale Dance School, 65 Holbrook St., Norfolk..... Ages: 13-22**
Thursdays, 4/2-5/28 (No class on 4/23) 8 classes
6:45pm-7:30pm..... Fee: \$100

PUNCHING FOR EMPOWERMENT- Sweet Science Metrowest Boxing

Adaptive & Inclusive Program

Join Nick Conner from Sweet Science Metrowest Boxing in this adaptive and inclusive, non-contact, fitness boxing program. The environment is safe, judgement free and provides an opportunity to build self-confidence while having fun working out with boxing equipment like heavy bags and mitts. Reduced stress, improve mood, and enhance your overall well-being this winter with Sweet Science Metrowest Boxing! Minimum: 6, Maximum: 12 Equipment provided

Encompass Fitness, 27 Milliston Road, Millis..... Ages: Pre-Teen+
Session 1 Fridays, 3/20-4/24 6 Weeks
Session 2 Fridays, 5/1-6/5
5:00-5:45pm..... Fee: \$150

April Vacation

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APRIL VACATION MULTI SPORTS AND GAMES - F.A.S.T. ATHLETICS

Come join F.A.S.T. Athletics this April Vacation for their popular Multi-Sports Program! Students will rotate through a huge variety of games and activities—from soccer and kickball to capture the flag, pillo polo, and new surprises and games each day—building skills, teamwork, and confidence in a high-energy, inclusive environment that keeps everyone active, engaged, and smiling all day long! Min/Max; 10/30
Veterans Memorial Gym Ages 7-12
Tuesday-Friday, 4/21-4/24 4 days
9:00am-12:00pm Fee: \$140

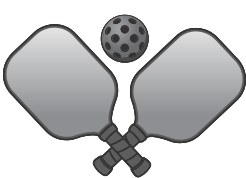
APRIL VACATION GYMNASTICS PROGRAM - Shen's Gymnastics

Kids ages 3 1/2 – 12 will enjoy the experience of gymnastics and physical exercise. No gymnastics experience necessary! Some of the activities include: trampoline, zip-line, tumbling into our giant foam pit, arts & crafts, gymnastics games, and of course, instructor-led gymnastics. Regardless of the skill level of our campers, our staff focuses on providing the fundamentals of gymnastics in a no-pressure, fun, camp situation. You select the days or weeks you want to come, and we will be here and ready to play! Wear comfortable clothing (or leotard) for gymnastics, and bring along water, peanut-free snack, and, if staying for a full day, a peanut-free lunch too. (must be potty trained)
Shen's Gymnastics Academy, 16 Everett Street, Holliston, MA
Ages: 3.5-10
Monday-Friday, 4/20-4/24 5 Days
9:00am-12:00pm Fee: \$295
9:00am-3:00pm Fee: \$445

Spring Pickleball Programs

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PICKLEBALL LADDER LEAGUE – Millis Recreation



Our Spring Pickleball Ladder League is a fun and social way for players to enjoy competitive games while playing with a variety of partners and opponents. Participants are placed on a ladder and move up or down each week based on match results, helping create balanced and competitive play for all skill levels. It's a great option for anyone looking to stay active and enjoy pickleball this spring. Min. 8 / Max. 18l.
Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)
Adults
Thursdays; 4/16-6/4 8 weeks
5:30pm-7:30pm Fee: \$55

ADVANCED BEGINNER PICKLEBALL TRAINING John Pelaez

This program is intended for players who have knowledge of the rules but still need to apply it towards gameplay. Coach John Pelaez will go over a quick “tip of the day” drill to work for a few minutes before playing a couple games. Please note this is a guided gameplay, so we won't go over SPECIFIC techniques unless it is the “tip of the day”. Ideally, you will sign up to this program once you complete the intro to pickleball.
Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)
Adults
Mondays;
Session 1: 4/27-5/18 Adults
Session 2: 6/1-6/22 4 Weeks
10:30am-12:00 pm Fee: \$85/session

BEGINNER PICKLEBALL LESSON - John Pelaez

Learn to play the fast growing sport with the funny name. Have you ever played ping-pong, tennis, racquetball, badminton? Whether you played a few years ago, yesterday or never, pickleball is the sport for you. You will be taught to play in a non-judgmental class. Lessons will cover the basic rules of play, strokes, strategies and court etiquette. Equipment supplied by the Rec Dept. This is good opportunity to get some exercise and meet new friends. Wear court shoes or sneakers and comfortable loose clothing, suitable for exercising. Bring water, smiles and enthusiasm. Beginners Only.
Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)
Wednesdays:
Session 1: 4/29-5/20 Adults
Session 2: 6/3-6/24 4 Weeks
10:30am-11:30am Fee: \$70/session

INTERMEDIATE PICKLEBALL TRAINING SESSION - John Pelaez

If you have been playing pickleball for 6 months-1 year this session is geared for you! Understanding and applying the rules to your games isn't a question anymore. We are able to play competitive games, but can't get over that hump of successfully drop-shotting at will. Pickleball is not about powering your way through a point, but creating an opportunity for you and your partner. We will go over drills to improve your game and have a few guided game plays to make sure you apply them.
Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)
Wednesdays:
Session 1: 4/29-5/20 Adults
Session 2: 6/3-6/24 4 Weeks
11:30am-1:00pm Fee: \$85/session

Spring Adult Programs

MEN'S TUESDAY NIGHT BASKETBALL

If you love to play basketball and want to get some exercise, join us for this fun, non-competitive program. Games will be played on a slightly smaller court in a 4-on-4 format, allowing for more touches and continuous play. All registrants will have the opportunity to play multiple games each session. Please bring water, and both a light and dark shirt (No Gray). **Registration is required prior to the first session**, and space is limited. **Tell your friends, non-residents are welcome!**

Veterans Memorial Building, Gym Ages: 25+ Tuesdays; 4/7-6/2 (no games 4/21)8 Weeks 7:00pm-9:00pm.....Fee: \$55



WOMEN'S MONDAY NIGHT BASKETBALL

This women-only informal basketball program is a great way to stay active and meet some new friends. Bring water and a towel. Pinnies will be provided for the season. Registration is required before the first session. Limit 20 participants.

Tell your friends, non-residents are welcome!

Veterans Memorial Building, Gym Ages 25+ Mondays; 3/23-5/18 (no games 4/20)8 Weeks 7:00pm-8:30pm.....Fee: \$55

ADULT TENNIS LESSONS - Tom Ingraham

This tennis instruction is for beginners or can be a brush-up for the more experienced. Lessons are given by Millis High School tennis coach and staff. Please bring your own racket.

Town Park Tennis Courts Adults & Teens Saturdays, 5/2-5/23 4 Lessons 12:00pm-1:30pm.....Fee: \$55

ADULT DANCE CARDIO - Exhale Dance

Adult Dance Cardio is a fun way to get your heart rate up and body moving! No dance experience required! This class uses fun, upbeat music and easy, repetitive choreography for a new way to shake up your exercise routine! Min/Max; 5/15

Exhale Dance Studio, 65 Holbrook St. NorfolkAdult Tuesdays, 3/31-5/26 (no class 4/21) 8 Weeks 7:30pm-8:30pm..... Fee: \$80

ADULT FITNESS BOXING – Sweet Science Metrowest Boxing

Join Nick Conner from Sweet Science Metrowest Boxing in this non-contact, adult fitness boxing program. The environment is safe, judgement free and provides an opportunity to learn skills and drills of fundamental boxing while getting a great workout. These sessions will include equipment like heavy bags, mitts, rope work and more. Boxing has shown to build confidence, self-esteem, trust and a sense of purpose while reducing stress, improving mood, and enhance one's health and fitness. This program is based on fitness not competition...Oh, and FUN! Join us this winter with Sweet Science Metrowest Boxing! Min 6 / Max 18 **Equipment available but we recommend purchasing own.**

Encompass Fitness, 27 Milliston Rd Ages: 18+ Mondays, 3/16-4/20 OR6 weeks Wednesdays, 3/18-4/22 OR Fridays, 3/20-4/24 6:00pm-7:00pm..... Fee: \$150

PILATES, STRENGTH & MOBILITY - Toni Manzon

This 60-minute class is based on traditional Pilates mat exercises and will include mobility, flexibility, balance and strength. This format is designed for beginners, intermediate or advanced fitness levels. Participants should wear comfortable clothing and bring a mat, hand towel and water. Maximum: 20

Veterans Memorial Building, Room 130 Ages:18+ Wednesday, 4/1-6/3 10 Weeks 9:30am-10:30am..... Fee: \$225



LADIES LIGHT HIKING - Nanci Cahalane

Add dimensions to your walking or jogging—do you like the idea of hiking, but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. We will meet at various local locations every week (a list will be given out). This class moves at a good pace—we'll be looking for hills! We meet at various locations in neighboring towns. The first meeting location will be at the "F. Gilbert State Forest", 45 Mill Street, Foxborough, MA.

Various LocationsAdults Thursdays, 4/30-6/4 OR Saturdays, 5/2-6/13 (no hike 5/23) 6 sessions9:45am-11:00amFee: \$32 Note: Canceled only for very inclement weather, make-ups after 2nd cancellation



**Register Online at
www.millisma.gov
Under Recreation Dept.**



PLANNING FOR RETIREMENT: INCOME, INVESTMENTS, AND THE RISKS THAT MATTER MOST - D'Arcangelo Financial Advisors

Join Tom Betros, CFA®, CFP®, and Michael Betros, CPA/PFS, as they share practical strategies for planning your retirement income, investing wisely, improving tax efficiency, and addressing the key risks you may face — so you can move into retirement with clarity and confidence. D'Arcangelo Financial Advisors has been in business for over 25 years.

Min 5 / Max 20.

Veterans Memorial Building, Room 104.....Adults
Thursday, 4/30.....One Day
6:30-7:30pm.....Fee: \$10

CHANGE YOUR HABITS CHANGE YOUR LIFE **NEW!**

Dr. Kylee Eagles

Learn how to establish healthy habits for a longer and happier life. Tackle challenges like meal prep, finding time to exercise and stress. Learn how hormones affect your body's metabolism and what to do about it. Dr. Eagles, a board-certified sports med and obesity specialist will be your guide on your path to becoming your healthiest self. Learn all this for less than the cost of most copays in the office. Min 4 / Max 25.

Min 5 / Max 20.

Veterans Memorial Building, Room 104.....Teens & Adults
Thursday, 5/7.....One Day
6:00-7:15pm.....Fee: \$30



CHINESE CUISINE COOKING CLASS – Becky Fong Hughes

Join Becky and learn how to wrap wontons and make it two ways! Wonton dumplings are traditionally filled with shrimp and pork, but we will share a

vegetarian option. Learn different styles of wrapping dumplings. We'll add a bit of kick and crunch for your enjoyment.

Min 5 / Max 10

Veterans Memorial Building, Room 18.....Adults
Thursday, 5/7.....One Day
6:30-8:30pm.....Fee: \$40

AMERICAN HEART ASSOCIATION HEART SAVER, FIRST AID, CPR, AED TRAINING - Millis Fire Department

Receive training and certification in First Aid, CPR and AED from the Millis Fire Department. This 4-hour course + break for lunch will be divided into a morning and afternoon session. Please bring water and a snack/lunch. Limit: 12

Millis Fire Department, 885 Main Street Adult & Teen
Saturday, 4/4 1 Session
10:00am-4:00pm.....Fee: \$30

BEGINNER ACOUSTIC GUITAR LESSONS -

Luigi Grasso



Have you ever wanted to learn to play the acoustic guitar? Did you know that many studies have shown that learning to play an instrument will stimulate your mind? This introductory, 4 session course will help you learn the guitar in a fun, easily understood manner, with solid results! Luigi Grasso

is a professional guitarist/vocalist/instructor with many years of experience instructing students of all ages and skill levels; Berklee College of Music educated; he has a vast amount of musical experience in all styles of music. Together we will learn the first 3 strings of the guitar, 3 easy melodies along with chords, 3 songs from the beginning to end, basic chords, rhythms, strumming patterns and more. Together, we will play songs and melodies we've learned on a weekly basis. Maximum: 6

Veterans Memorial Building, Room 130.....Teen & Adults
Wednesdays, 4/8-4/29.....4 Weeks
7:00pm-8:30pm.....Fee: \$175

ADVANCED BEGINNER ACOUSTIC GUITAR LESSONS - Luigi Grasso

This class is for students who have completed the Beginner Lessons and all other advanced beginner players. We will learn:

- The 4th, 5th and 6th strings
- Three new melodies and accompanying chords
- More advanced chords
- Rhythms and strumming patterns

Veterans Memorial Building, Room 130.....Teens & Adults
Wednesdays, 5/6-5/27.....4 Weeks
7:00pm-8:30pm.....Fee: \$175

SPRINGTIME ADULT PAINT NIGHT - Sara Stranahan



Join Sara for a fun paint night this Spring! You will paint alongside the instructor, who will go step by step through the painting process, which makes this program perfect for anyone of any skill level! An 11"x14" canvas, paint, and paintbrushes will be ready for you at your seat. At the end of the hour, you will be able to take home your finished painting! Min 5/Max 15

Veterans Memorial Building, Room 130 ..Adults
Thursday 4/16.....One Session
7:00pm-8:30pm.....Fee: \$40

GENTLE HATHA YOGA - Denise D'Amico, The Yoga Studio

Come experience a class of luxurious, soft stretching, relaxing slow movements, and healing body positions to promote an increase of natural energy flow. Great for beginners, people recovering from injuries or chronic problems like back pain, arthritis, headaches, and more. Please bring your own mat.

The Yoga Studio, 840 Main St., Millis Adults & Teens
Tuesday, 4/7-4/28.....5:30-6:45pm4 Weeks
Wednesdays, 4/8-4/29.....5:30-6:45pm
Saturdays, 4/4-4/25.....11:00am-12:00pmFee: \$65/session

FLOW & GLOW YOGA - Cara Krinsky, The Yoga Studio

Join us to stretch, build strength and gently flow. We will focus on yoga postures, alignment, and the breath.

The Yoga Studio, 840 Main St., Millis Adults & Teens
Tuesdays, 4/7-4/28 4 Weeks
7:00pm-8:00pm..... Fee: \$65

INTRO TO KUNG FU - Wu Xing Kung Fu

Learn the basic theory and applications of 5 Animal Hung Gar Kung Fu! Students learn powerful kicks, punches, stances and applications of classic Hung Gar 5 Animal/5 Element kung fu from Southern China. We forge strength, humility and awareness while getting in shape and learning to master oneself. We work hard but have fun, with exciting and challenging drills designed to stretch our minds and build our bodies. We work martial theory, but also lots of application so that you can use what you have learned. Embrace the power of the Tiger, the speed of the Panther, the connectedness of the Snake, the perception of the Crane and the skill of the Dragon!

Wu Xing Kung Fu, 903 Main St. Teens & Adults
Tuesdays, 7:00pm-8:00pm OR Wednesdays, 7:15pm-8:15pm
OR Saturdays, 11:00am-12:00pm
Fee: \$130 for 4 classes (rolling admission)

INTRODUCTION TO TAI CHI - Joshua Grant

Tai Chi is meditation in motion. It is the practice of moving calmly with awareness and ease. Experience first hand the mind/body benefits of tai chi and qi gong training. Sessions will include rejuvenation qi gong (energy work) exercises and meditation, introductory Yang Style Tai Ji and fundamental drills. Instructor Joshua Grant is a 2X US National WuShu Taj Ji Gold Medalist and former member of the US National WuShu Team, US National Tai Ji Team and US Pan AM Wushu Team. Joshua has taught Tai Chi and WuShu for over 35 years and is the author of Tai Chi for Wimps.



Burke-Memorial School, 16 Cassidy Lane, Medway (Gym)
Wednesdays, 4/8-6/17 (no class 4/22)..... 10 Weeks
6:00pm-6:45pm Fee: \$130

BEGINNER KNITTING – Gabrielle Belisle



Looking for a new hobby? Come learn how to knit! This program will teach you everything you need to know to get started as a new knitter and begin your own crafting journey at home. We will be making a hat and scarf set, and you learn how to read a pattern, cast on, knit, purl, decrease, work in the round, troubleshoot, and cast off. Knitting also has

the benefit of reducing stress and anxiety and improving motor function. All notions will be provided in the class fee, but we ask you to please bring a weight 4 (worsted weight) yarn of your choice in a solid mid-toned color. Please avoid black and deep blue as it can be hard to see your stitches. **Burke-Memorial School, 16 Cassidy Lane, Medway (Library)**

Wednesdays, 4/29-6/3 (no class 4/22)..... 6 weeks
6:30-8:00 pm Fee: \$85

LADIES NIGHT OUT — Mother's Day Event

Join Molly's Apothecary for a special Mother's Day event, celebrating the special women in our lives! You will be making and customizing 5 wonderful full size products for the mom in your life (or yourself)! All supplies are included.

Molly's Apothecary, Medway Mills, Suite 5..... Adults
Wednesday, 5/6 One session
6:30pm-8:30pm Fee: \$75



PEBBLE ART @ CraftRoots – The Orange Jellyfish

Have you ever wanted to learn how to create a picture using materials found directly off the beach? Come join us and local artist Kerry Consentino-Vilorio, owner of The Orange Jellyfish. During this two-hour class, create your own custom pebble art picture using various styles of beach sea glass, pottery, stones, driftwood and shells directly hand picked off local New England beaches. Each design will be glued on to cardstock and enclosed within an 8x8 glass frame. This class will allow for a great deal of autonomy, allowing for one to work within a relaxed environment while working at their own pace. Feel free to bring any special beach, shells, stones or sea glass from home that you may want to incorporate within your picture. Frames are black lacquer, and you can choose white, light creme or light blue cardstock. This class is truly a wonderful opportunity to create a sentimental piece for yourself or if wanting to gift it to someone special. All materials included.



CraftRoots Brewing, 4 Industrial Rd #3, Milford Ages 18+
Wednesday, 5/13 One session
6:00pm-8:00pm Fee: \$68



SUMMER 2026 PROGRAMS

Summer Preschool

INTRO TO BASEBALL CLINIC W/ COACH MIKE



This program is run by Coach Mike (formerly of Kids In Sports) who has over 10 years of experience teaching children the fundamentals of different sports. This Baseball clinic will focus on the basics of Baseball and is ideal for beginners. Coach Mike will teach the fundamentals of baseball (throwing, catching, hitting and running bases)

in a fun environment. Children should wear sneakers (no cleats) and athletic attire. Min 8 / Max 12

Town Park, 900 Main Street (behind Town Hall)..... Ages: 3-5
Wednesdays, 7/22 - 8/266 Weeks
5:00pm-6:00pm.....Fee: \$125

PRESCHOOL SOCCER SKILLS - F.A.S.T. Athletics



Our soccer program will teach the fundamental skills of dribbling, trapping, passing, and shooting. The students will work on these fundamentals through a variety of unique, non-traditional games. Parents are also encouraged to participate if their child needs extra support. Min.8/Max.20

Town Park, 900 Main Street (behind Town Hall)..... Ages: 3-5
Saturdays, 7/11 - 8/15 6 Weeks
9:00am-9:45am..... Fee: \$110

PRESCHOOL MINI-SPORTS - F.A.S.T. Athletics



Our Mini Sports program introduces young children to a variety of sports and activities in a fun, supportive environment. Over six weeks, participants will enjoy **2 weeks of T-Ball, 2 weeks of soccer, and 2 weeks of other age-appropriate games and activities** focused on movement, coordination, and teamwork. Designed for preschool-

ers, this program helps build confidence, motor skills, and a love for being active through play-based instruction and lots of encouragement. Minimum 8/Maximum 20.

Town Park (behind Town Hall).....Ages: 3-5
Saturdays, 7/11-8/15.....6 Weeks
10:00am-10:45am..... Fee: \$110

Summer Youth

"GET OUT AND PLAY" - Millis Recreation



Millis Recreation welcomes children of all abilities to join us in our inclusive "Get Out and Play" weeks! Activities include but are not limited to Sports, Arts & Crafts, Structured Free Play, Musical Bingo, Play-

ground play and more. We will include a Themed day each week. "Get Out and Play" will be overseen by our Program Coordinator and led by our adult staff and teen counselors. New this year will be our Counselor in Training program that will help incoming 6th through 8th graders a chance to learn how to be counselors. We are looking forward to making long lasting summer memories with your children as they have an opportunity to have some fun in the sun this summer. We look forward to seeing you soon!

Millis Town Park/Town Hall Gym..... Grades: Incoming K-5
Monday - Thursday9:00am-12:00pm
WEEK 1:..... 7/13 - 7/16
WEEK 2:..... 7/20-7/23
WEEK 3:.....7/27-7/30
WEEK 4:..... 8/3-8/6 ...

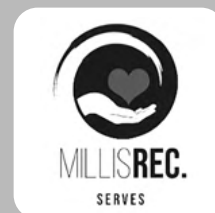
Fee: \$125/week

Counselor in Training (CIT) Fee: \$50/week
****EARLY BIRD SPECIAL: \$450 for all 4 weeks**
You must Register by April 1, 2026**

Register Online

www.millisma.gov

Under Recreation Dept.



FULL DAY SCHEDULE FOR MORE FUN!

EXTEND THE SUMMER FUN!

WEEK #1	 Get Out & Play 9am-12pm @ Town Hall	+	 Smarty Robotics Extravaganza 12pm-3pm @ Town Hall	=	 9AM - 3PM FUN!
WEEK #2	 Get Out & Play 9am-12pm @ Town Hall	+	 Smarty Snapology Scientists 12pm-3pm @ Town Hall	=	 9AM - 3PM FUN!
WEEK #3	 Get Out & Play 9am-12pm @ Town Hall	+	 FAST Sports & Game 12pm-3pm @ Town Hall	=	 9AM - 3PM FUN!
WEEK #4	 Get Out & Play 9am-12pm @ Town Hall	+	 Chess Wizards 12pm-3pm @ Town Hall	=	 9AM - 3PM FUN!

- A member of Millis Recreation will walk children from "Get Out & Play" to their next 12pm-3pm session.
- Children will be dismissed from "Get Out & Play" 15 minutes early to provide time for them to eat a quick lunch before starting the second half of their day.



MOHAWK YOUTH FOOTBALL CLINIC MHS Football Staff

This Program will focus on all aspects of the game including but not limited to; terminology, stances, throwing, catching and kicking. This is a non-contact clinic. No pads are needed. The Mohawk Football Community looks forward to working with and welcoming the youth into our family and having some fun. Any questions contact Head Coach Don Shumaker at football@millisschools.org

Clyde Brown Field, 5 Park Road, Millis Ages 6-14
June 22-22
9:00am-12:00pm..... Fee: \$125

INTRO TO FLAG FOOTBALL CLINIC W/ COACH MIKE

This program is run by Coach Mike (formerly of Kids In Sports) who has over 10 years of experience teaching children the fundamentals of different sports. The Flag Football clinic will focus on the basics of Flag Football and is ideal for beginners. Coach Mike will teach the fundamentals of flag football (throwing, catching, kicking, defense and running) in a fun environment. Children should wear sneakers (no cleats) and athletic attire. Min 8 / Max 12

Town Park (behind Town Hall) Ages: 4-7
Tuesdays, 6/23 - 7/28..... 6 weeks
5:00pm - 6:00pm..... Fee: \$125

TENNIS LESSONS - Tom Ingraham



Instructional tennis lessons provided by a Millis High School tennis coach and staff. Tennis provides many benefits for youth with cognitive and physical disabilities, including hand-eye coordination, balance, mobility, strength and fitness. It builds self-confidence, relieves stress and creates a social outlet. And it's a great way for the family to stay active together. One and a half hour lessons each morning, followed by an optional tournament on the last day. Please bring your own racket..

Town Park Tennis Courts Ages 7 & up
7/13-7/17 5 lessons
10:00 am-11:30 am Fee: \$75



BEST SOCCER SUMMER CAMPS - BEST SOCCER CLUB STAFF

Ages 5 & 6 years old: Players learn the importance of a good warm-up through fun games and activities.

The coaches will develop the basic foot skills, passing and shooting through structured games with every player actively involved. Players will also learn the basics of soccer match play via 3v3 tournaments focusing on positions, start of play and dead ball situations. The games and matches develop safe play, teamwork, communication and interest in soccer while still having lots of FUN! Half-day only for ages 5 & 6.

Millis Town Park, 900 Main Street Ages: 5-6
Monday-Friday, 7/27-7/31..... 5 days
9:00 am-12:00 pm (half day) Fee: \$225

Ages 7 years old and above: As players learn and grasp the basic fundamentals of soccer, focus can shift towards the WHEN, WHERE, and WHY, in order to get a better understanding of the game of soccer. For example, the player will learn WHEN to dribble, WHERE to dribble and WHY we dribble. The coaches ensure that foot skills, passing and shooting are reinforced and developed through a variety of coaching activities. Conditioned games (4v4, 5v5 and 6v6) are used to focus on the WHEN, WHERE, and WHY, we perform certain skills. The players will also develop their positional sense and spatial awareness in a tournament played at the end of every session. Players will be divided by age and skill level to ensure an appropriate environment for a challenging and fun camp. Full day players will need to submit a current immunization form to the Rec Department in order to participate. Choose from half-day or full day program for ages 7+.

BEST t-shirt included in fee.
****You must provide a copy of your child's most recent physical in order to participate in this program. Please email Kris Fogarty at kfogarty@millisma.gov.**

Millis Town Park, 900 Main Street..... Ages: 7 & up
Monday-Friday, 7/27-7/31..... 5 days
9:00 am-12:00 pm (half day) Fee: \$225
9:00am-3:00 pm (full day for ages 7+ only) Fee: \$375

SUMMER GYMNASTICS PROGRAM - Shen's Gymnastics

Description: Kids ages 3.5–10 will enjoy the experience of gymnastics and physical exercise at Shen's Gymnastics camp. No gymnastics experience necessary! Join us for fun-filled days of gymnastics and other fun activities. Some of the activities include trampoline, zip-line, tumbling into our giant foam pit, jump & slide in our bouncy house, contests, games, arts & crafts, and of course, instructor-led gymnastics on all of the gymnastic apparatus. Regardless of the skill level of our campers, our staff focuses on providing the fundamentals of gymnastics in a no-pressure, fun, camp situation. You select the days or weeks you want to come, and we will be here and ready to play! Bring comfortable clothing (or leotard) for gymnastics, water, snack, and a lunch (peanut free). (must be potty trained)

Shen's Gymnastics Academy, 16 Everett St., HollistonAges: 3.5-10

Session 1: 6/22-6/26 Session 5: 7/27-7/31

Session 2: 7/6-7/10 Session 6: 8/3-8/7

Session 3: 7/13-7/17 Session 7: 8/10-8/14

Session 4: 7/20-7/24 Session 8: 8/17-8/21

9:00am-12:00pm..... Fee: \$295

9:00am-3:00pm..... Fee: \$445

SUMMER KIDS COOKING CLASS - "Kids' Test Kitchen"



Kids' Test Kitchen presents kids the opportunity to explore new or familiar foods in

their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with an opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned! Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe. **Families who have students with allergies or other necessary dietary modifications will be required to complete our diet modification form before the first class. *A recreation employee will walk any students registered for Millis Rec Get Out & Play program (9am-12pm) to this program, located in the same building.*

Veterans Memorial Building, Room 104..... Grades: K-5

Tuesdays, 6/16-7/14 5 Weeks

4:30pm-5:30pm..... Fee: \$190

INTRO TO SKATEBOARDING- Rad Chad Skate Co.



Intro to Skateboarding is for participants with little to no skateboarding experience. Teaching fundamental skateboarding skills such as estab-

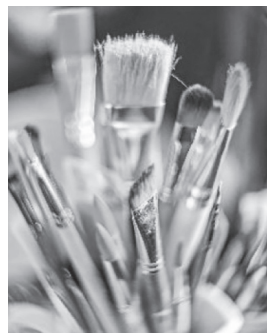
lishing what the rider's dominant stance is (regular footed or goofy footed) accelerating, balance, stopping, transitions and some tricks, and Ollies, we help participants develop confidence to apply these skills on their own. Proper safety equipment must be provided by the rider (knee pads, elbow pads and helmets) and must be always worn during class. A skateboard and athletic shoes are also required. (Min 6/Max 12)

Millis Outdoor Basketball Courts (behind town hall) Ages 8-14

Wednesdays, 6/3-6/24..... 4 weeks

4:00pm-5:00pm..... Fee: \$85

SUMMERTIME KIDS PAINT NIGHT – Sara Stranahan



Join Sara for a fun paint night this Summer! You will paint alongside the instructor, who will go step by step through the painting process, which makes this program perfect for anyone of any skill level! An 11"x14" canvas, paint, and paintbrushes will be ready for you at your seat. At the end of the hour, you will be able to take home your finished painting!

Min 5 / Max 15

Veterans Memorial Building, Room 130

Ages: 6-12

Thursday, 8/20..... One Session

6:00pm-7:00pm..... Fee: \$35

ROBOTICS EXTRAVAGANZA – Snapology



Snapology's most popular robot builds are combined for an exciting workshop

exploring the mechanics of simple and complex machines. LEGO® hardware is combined with the companion app to send and receive software instructions via Bluetooth. Students will build with motion and tilt sensors, motors, axles, gears, and pulleys to make robots from our GameBots, KinderBots, Creature Creator, and Space Wars curriculum. **A recreation employee will walk any children registered for Millis Rec Get Out & Play program (9am-12pm) to this program, located in the same building*

Veterans Memorial Building, Room 130..... Grades: Incoming 2-5

Monday – Thursday, 7/13 – 7/16 4 days

12:00pm – 3:00pm Fee: \$250

SNAPOLOGY SCIENTISTS – Snapology



This workshop lets children explore their curiosities and cultivate a deep love for science by experiencing the different domains of scientific study. Students will engage with concepts from the fields of astronomy, earth science, biology, chemistry, physics, and/or engineering using LEGO® bricks and other interactive learning tools. We make science fun, exciting, and approachable at Snapology! **A recreation employee will walk any children registered for Millis Rec Get Out & Play program (9am-12pm) to this program, located in the same building*

Veterans Memorial Building, Room 130 Grades: Incoming K-3

Monday – Thursday, 7/20 – 7/23 4 days

12:00pm – 3:00pm Fee: \$250

Register Online

www.millisma.gov

Under Recreation Dept.

SPORTS AND GAME CAMP – F.A.S.T. Athletics

Participants will stay active and engaged through a rotating lineup of soccer, kickball, pillo polo, plus a variety of other outdoor games and recreational activities. Each day is packed with movement, teamwork, and friendly competition, giving athletes the chance to build skills, boost confidence, and enjoy summer with friends. From fast-paced games to classic playground favorites, this program keeps kids moving, laughing, and loving every minute of summer. Min 10 / Max 25

**A recreation employee will walk any children registered for Millis Rec Get Out & Play program (9am-12pm) to this program, located in the same building*

****You must provide a copy of your child's most recent physical in order to participate in this program.**

Please email Kris Fogarty at kfogarty@millisma.gov.

Town Fields, 900 Main Street-Behind Town HallAges: 7+
Monday-Thursday, 7/27-7/30 4 Days
12:00pm-3:00pm Fee: \$175

FLAG FOOTBALL & SPORTS CAMP – F.A.S.T. Athletics



This summer program blends flag football with a variety of fun, active games to keep participants moving and engaged. Along with flag football drills and scrimmages, the week includes fitness games, team-building activities, and other recreational sports. Designed

for all skill levels, the program promotes teamwork, confidence, and fun in a positive, energetic environment with a primary focus on Flag Football.

**You must provide a copy of your child's most recent physical in order to participate in this program. Please email Kris Fogarty at kfogarty@millisma.gov.*

Town Fields, 900 Main Street-Behind Town Hall.....Ages: 7-12
Monday - Friday, 8/10-8/14..... 5 Days
Half Day; 9:00am-12:00pm Fee: \$175
Full Day; 9:00am-3:00pm Fee: \$215

BASKETBALL CLINIC - F.A.S.T. Athletics



3.....2.....1.....bzzzz. Our basketball program will help increase the student's confidence in passing, shooting, and dribbling skills so when it's time to make that game winning shot they are ready! They will also learn the proper techniques of playing defense, rebounding and boxing

out. Besides playing scrimmages, the students will also play games such as knock out, dribbling relay races, and hot hands. Minimum 10/ Maximum 30

***You must provide a copy of your child's most recent physical in order to participate in this program.**

Please email Kris Fogarty at kfogarty@millisma.gov.

Veterans Memorial Hym, 900 Main StreetAges: 7-12
Monday-Friday, 6/22-6/26..... 5 Days
Half Day; 9:00am-12:00pm Fee: \$175
Full Day; 9:00am-3:00pm Fee: \$215

CHESS WIZARDS



Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend part of your vacation with Chess Wizards!

Veterans Memorial Building, Room 130.....Grades: (Incoming K-5)
Monday - Thursday, 8/3-8/6 4 Days
12:00pm - 3:00pmFee: \$225

CIRCUIT MAKERS 101 - Circuit Lab

Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience with creating their own electronics, designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day. Most class days include a take-home project.

Veterans Memorial Building, Room 104..... Grades: Incoming 1-3
Monday-Friday, 7/7-7/11..... 5 Days
9:00am-12:00pm.....Fee: \$240

HANDS-ON ELECTRONICS – Circuit Lab

In a world powered by smart technology and AI, the most innovative engineers understand how software and hardware work together. This course gives young makers that critical edge. We start by exploring the magic of electronics with simple circuits, then begin making customized programmable devices with Arduino. We will gain practice working with LEDs, speakers, a variety of sensors, and several kid-friendly programming interfaces. Each class day is a chance to design, build, and code a new hands-on project while developing a valuable skill set. Min 7 / Max 20

Freeman-Kennedy School, 70 Boardman St, Norfolk

Grades: Incoming 4-7

Monday-Friday, 7/13-7/17..... 5 Days
1:00pm-4:00pm.....Fee: \$240

KUNG FU KIDS PARKOUR - Wu Xing Kung Fu

Parkour and Kung Fu for kids! In this class we learn to become more aware of our bodies and minds by playing fun games and exercising in ways designed to challenge and reward students for giving their best effort. We teach Parkour, tumbling, exciting animal moves, kicks and punches while we work on our listening, focus and confidence. We let kids express themselves in a fun, supportive environment while also learning respect, manners and tolerance for each other. We get stronger in mind and body, all while having a great time!

Wu Xing Kung Fu, 903 Main St.Ages: 5-13
Wednesdays, 4:45pm-5:30pm OR Thursdays, 3:45pm-4:30pm OR
Saturdays, 10:00am-10:45am Fee: \$120 for 4 classes
(rolling admission)

LEARN TO SKATE - Norfolk Arena

The U.S. Figure Skating Basic Skills program was created to be the best beginning ice-skating program in the world. It is designed to serve the needs of both recreational and competitive skaters. The curriculum keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time.

Program Objectives

- Provide an engaging and safe skating experience for the beginner
- Teach correct technique of the simple basic elements
- Promote health and physical fitness

All skaters require the following equipment:

- Skates
- Helmet
- Gloves
- Snow Pants

Skates and helmets are available for rent or purchase in the Norfolk Ice Arena Pro Shop www.norfolkarena.com/proshop.html (Phone: 508-528-6700).

General Information:

- Make up sessions will not be offered for skaters who forget their equipment.
- Refunds will not be offered for any reason. That includes illness, injury or non-enjoyment of the program.
- If a class is cancelled due to inclement weather, a make-up class will be offered.
- The student/teacher ratio is 1:12.
- Classes held at Norfolk Arena, 1 Dean Street Norfolk, MA 02056

Norfolk Ice Arena, 1 Dean St., Norfolk

All Ages (grouped accordingly)

Tuesdays, 6/23-7/215:00pm-5:50pm5 Weeks

Fee: \$120/session

Tuesdays, 7/28-8/25...5:00pm-5:50pm5 Weeks

Fee: \$120/session



Summer Pre-Teen/Teen/Young Adult

"GET OUT AND PLAY" COUNSELORS IN TRAINING - Millis Recreation

Millis Recreation is excited to introduce our new **Counselors in Training (CIT) program** for incoming 6th-8th graders as part of our inclusive summer camp. This program gives participants hands-on experience assisting staff, working with younger campers, and learning leadership and teamwork skills in a fun, supportive environment. It's a great opportunity to build confidence, gain experience, and be a leader while helping create lasting summer memories.

Park/Town Hall Gym Grades: Incoming 6-8
Monday - Thursday, 9:00 am - 12:00 pm

WEEK 1: 7/13 - 7/16

WEEK 2: 7/20-7/23

WEEK 3:7/27-7/30

WEEK 4: 8/3-8/6

FEE: \$50 per week

ADAPTIVE ART EXPLORATION –Sara Stranahan Adaptive & Inclusive Program

In Art Explorations, participants will be able to explore a wide variety of art materials and develop new skills and techniques in art-making. In this 4-week program, each week we will delve into a new medium (Collage, Painting, Drawing, and Clay). Each week's content will revolve around the medium, but options for projects and experimentations will be very open. It's all about trying new things and finding out the kinds of art that may be interesting, fun, therapeutic, stress-relieving, and exciting! This class will be taught by Sara, an artist and licensed PK-12 art educator. This class is open to participants of any skill level, ages Pre-Teen+. All abilities will be welcomed and supported! Min 5 / Max 10

Veterans Memorial Building, Room 104..... Ages: Pre-Teen+
Mondays, 6/22-7/13 4 Weeks
5:30pm-6:30pm..... Fee: \$75

*Learn to Play Hockey is offered during the Tuesday Learn to Skate Program — All ages MUST PASS Basic 2

Millis Recreation Department

Kris Fogarty, Director

E-MAIL: kfogarty@millisma.gov

Jeff Page, Program Coordinator

E-MAIL: jpage@millisma.gov

Veterans Memorial Building, Room 128
900 Main Street, Millis, MA 02054

HOURS: **Mon.-Thurs. 8:00-3:00 Fri. 9:00-12:30**
PHONE: **(508) 376-7050 • Fax: (508) 376-7053**

WEBSITE: www.millisma.gov

LIKE US ON FACEBOOK: **Millis Recreation Dept**
FOLLOW US ON INSTAGRAM: **MillisRec**

INTERESTED IN TEACHING A CLASS?

Please contact us with your idea at
Kfogarty@millisma.gov or call (508) 376-7050



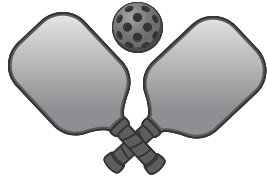
Register Online at
www.millisma.gov
Under
Recreation Dept.



Summer Adult

EVENING BEGINNER LEVEL PICKLEBALL LESSONS -

Mike Regan



Have you thought about playing "the fastest growing game in America" Pickleball? Do you enjoy meeting new local people, getting some light exercise and having a blast? If so, then this class is for you.

Coach Mike, our certified Pickleball in-

structor, is back again this year. He will teach you the basics and rules to get you to play games in the first class. No experience necessary. Paddles and balls provided.

Min 4/Max 16

Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)

Mondays: 7/6-7/27.....Adults

5:00pm-6:00pm.....4 Weeks

Fee: \$60

EVENING INTERMEDIATE LEVEL PICKLEBALL

LESSONS - Mike Regan

Now that you know the basics of how to play Pickleball it's time to go to the next skill level. Coach Mike will observe your play and work on how to improve your game. Upon completion of this class, you will understand the necessary skills and drills to play with higher skilled players. If you want to improve your Pickleball skills and have fun, then this class is for you. Bring your own paddle if you prefer.

Min 4/Max 16

Millis Outdoor Pickleball Courts (behind Town Hall, 900 Main St.)

Mondays: 7/6-7/27.....Adults

6:15pm-7:15pm.....4 Weeks

Fee: \$60



GOAT YOGA - Goats of Dover

Enjoy an experience that will warm your heart and make you laugh. Join us for a gentle, 60-minute vinyasa yoga class with some of the cutest "kids" you'll ever meet—little Nigerian goats. A certified yoga instructor will guide you through a relaxing class while little goats play on your mat, say hello, and help you forget your worries. Class size is limited to 15 people. Please bring your mat, your water, and your sense of humor.

Veterans Memorial Building, Courtyard

Adults & Teens

Saturday, 6/610:30am-11:30am

Fee: \$35/session

SUMMERTIME ADULT PAINT NIGHT - Sara Stranahan

Join Sara for a fun paint night this Spring! You will paint alongside the instructor, who will go step by step through the painting process, which makes this program perfect for anyone of any skill level! An 11"x14" canvas, paint, and paintbrushes will be ready for you at your seat. At the end of the hour, you will be able to take home your finished painting. Min 5/Max 15

Veterans Memorial Building Room130 Adults

Thursday, 7/9.....One Session

7:00pm-8:30 pm.....Fee: \$40

TAI CHI - Wu Xing Kung Fu

Learn the ancient, fluid movements of Tai Chi to help relieve stress and connect to your body. We begin with the four main energies (Ward Off, Roll back, Press and Push Down) of Tai Chi to understand balance, power and poise. We also train sensitivity and awareness of ourselves and the world with meditation and Chi Gung. We also will work with the energetics and theories of Xing Yi and Bagua. Beginners and experienced Tai Chi practitioners' welcome

Wu Xing Kung Fu, 903 Main St.Teens & Adults

Fridays 12:30pm - 1:15pm Fee: \$130 for 4 classes

(rolling admission)

INTRO TO KUNG FU - Wu Xing Kung Fu

Learn the basic theory and applications of 5 Animal Hung Gar Kung Fu! Students learn powerful kicks, punches, stances and applications of classic Hung Gar 5 Animal/5 Element kung fu from Southern China. We forge strength, humility and awareness while getting in shape and learning to master oneself. We work hard but have fun, with exciting and challenging drills designed to stretch our minds and build our bodies. We work martial theory, but also lots of application so that you can use what you have learned. Embrace the power of the Tiger, the speed of the Panther, the connectedness of the Snake, the perception of the Crane and the skill of the Dragon!

Wu Xing Kung Fu, 903 Main St.Teens & Adults

Tuesdays, 7:00pm-8:00pm

Wednesdays, 7:15pm-8:15pm

Saturdays, 11:00am-12:00 pm Fee: \$130 for 4 classes

(rolling admission)

STAGE YOUR HOME TO SELL IN TODAY'S MARKET -

Joleen Rose



In the world of real estate Joleen Rose, CBR, LMC, SRES Realtor, ERA Realty Services, feels strongly that you never get a second chance to make a good first impression. Learn successful strategies for staging your home to look its best before you put it on the market. Joleen will address key points

in making your home show to its best potential. This, accompanied with a strong targeted marketing plan, internet exposure and virtual tours are key points addressed to help sell your home and bring you top dollar. Feel free to bring your own interior photos to be reviewed, time permitting.

Veterans Memorial Building 900 Main Street, Room 104 Adults

Wednesday, 6/3.....1 Session

4:00pm-5:00pm.....Fee: \$10

Register Online
www.millisma.gov
Under Recreation Dept.

Millis Recreation Department

Kris Fogarty, Director • kfogarty@millisma.gov

Jeff Page, Program Coordinator • jpage@millisma.gov

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HOURS: **Mon. - Thurs. 8:00-3:00 Fri. 9:00-12:30**

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FOLLOW US ON INSTAGRAM: **MillisRec**

Please contact us with your idea at

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**YOUTH REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT**

I, _____ (print name), on behalf of myself and/or my minor child, hereby release and hold harmless the Town of Millis, its officers, employees, contract employees, and agents from any claims, causes of action or liability arising or relating in any way to any injuries that I or my child might sustain from my or my child's participation in the voluntary recreation program(s) listed below including such claims or causes of action that I may now or have thereafter acquire (either independently or as a parent of said child) or that my child has or may hereafter acquire either before or after reaching majority. You agree to allow Millis Recreation to use photos of yourself or child.

Name: _____ Address: _____

Home #: _____ Cell #: _____ Email: _____

Age: _____ Grade: _____ DOB: _____ Male/Female (please circle)

Program Title: _____ Fee: _____

Allergies/Special Needs: _____

SHIRT SZ.: (Circle one): Youth Small / Youth Medium / Youth Large / Adult Small / Adult Medium / Adult Large / Adult XL

SIGNATURE (of parent or guardian): _____

Make checks payable to: MILLIS RECREATION DEPARTMENT
900 Main Street
Millis, MA 02054
508-376-7050

*** PLEASE USE A SEPARATE FORM FOR EACH PROGRAM ~ THIS FORM MAY BE DUPLICATED ***

**REFUNDS ARE NOT GIVEN UNLESS CLASS IS CANCELLED BY
MILLIS RECREATION DEPARTMENT**

**ADULT REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT**

I _____ (Print name) would like to participate in the following Millis Recreation Department program

PROGRAM TITLE

FEE

I agree to forever release the Town of Millis, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary recreation programs of the Town of Millis from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the town of Millis voluntary recreation programs. You agree to allow Millis Recreation to use photos of yourself.

ADDRESS: _____ (E-Mail) _____

TELEPHONE #: (Days) _____ (Evenings) _____

ALLERGIES/SPECIAL NEEDS: _____

Make checks payable to: MILLIS RECREATION DEPARTMENT

*** PLEASE USE A SEPARATE FORM FOR EACH PROGRAM ~ THIS FORM MAY BE DUPLICATED ***

REFUNDS ARE NOT GIVEN UNLESS CLASS IS CANCELLED BY MILLIS RECREATION DEPARTMENT

ECRWSS Postal
Customer Millis, MA 02054

STD MAIL
U.S. POSTAGE PAID
MILLIS, MA
PERMIT NO. 20
ZIP CODE 02054

Town of Millis
Recreation Department
Veterans Memorial Building
First Floor, Room 128
900 Main St., Millis, MA, 02054

MILLIS RECREATION

900 Main Street
Millis, Ma 02054
508-376-7050

Director
Kris Fogarty
kfogarty@millisma.gov

Program Coordinator
Jeff Page
jpage@millisma.gov

online registration: millisrecreation.activityreg.com

Register Online
www.millisma.gov
Under Recreation Dept.