

PAL VS Patriots

April 26 7:00pm ~ \$5.00 per person (at the door) Framingham High School



DCR Parks Pass

This pass entitles the bearer to free parking for one vehicle at over 50 facilities in the Massachusetts State Parks systems that charge a day-use parking fee. (parks listed at <u>www.mass.gov/dcr.</u>) Framingham Residents can reserve the pass, 7 days in advance, by leaving a \$35.00 refundable deposit. Passes will be issued on a first come first serve basis.

GREEN UP DAY!!! -- Volunteers Needed !! Saturday, May 1 ~ ~ www.greenupday.org Town-Wide Clean-Up ~ ~ Call 508-532-5960 for more info.

Introduction to Kayaking for Adults & Families

Saturdays, August 21, 28, & Sept. 4 6:30pm – 8:30pm ~ \$80 per person Classes will be at the Farm Pond boat ramp, Mt. Wayte / Dudley Rd.

Mother's Day Kayak Trip Saturday, May 8 ~ 2:00pm - 5:00pm \$65 for ages 16 - Adult, \$30 for ages 6 - 15 years Children 5 & under are free! Class will be held on the Concord River in Concord.



Sassamon Trace Golf Course (9 hole, par 32), in Natick Season packages are available. For more information, please call

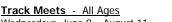
the Sassamon Trace Golf Course at 508-655-1330.



Public Beaches

<u>Open June 24 – August 19 ~ 10:00am – 7:00pm</u> Learned Pond ~ Lake Waushakum ~ Saxonville Beach Beach Tags go on sale, at the Parks & Recreation Office,

 June 21, from 10:00am – 4:00pm.
* Special evening hours on Monday, June 21, from 5:00pm – 6:00pm * \$10 per resident / \$30 Maximum per resident family, Non-Res. rates avail.





Wednesdays, June 9 – August 11 5:30pm at Framingham State College Track Register on-site each week. Sponsored by the Greater Framingham Running Club



<u>Adult Aikido</u> - Ages 15 – Adult Saturdays, April 24 – June 5 (no class May 29) 11:00am – 12:00pm ~ \$45 per person Classes held at Framingham Aikikai, 61 Fountain St.

Adult Keyboard - Ages 15 - Adult

Tuesdays, April 27 – May 25 6:15pm – 7:15pm ~ \$50 per person Intro. classes held at Paula Giles' Studio, 44 Lake Road (508-877-8143).

Golf Lessons

Five week program ~~ Prices & Times TBA Register May 4th at the Parks & Recreation Office.

First Aid & CPR Certification

SESSION I: Thursday, May 6 SESSION II: Thursday, June 24 6:00pm – 9:30pm ~ \$65 per person American Heart Association Certificate - good for 2 years. Class will be held at the Academy Building at Cushing Memorial Park.

Men's 'Over 40' Basketball League

Price, time, & location TBA Contact the Parks & Recreation Office for more information.

Men's Slow Pitch Softball \$550 (team registration only) League plays May through August.

Open Gym Schedule

Danforth Gym ~ ~ Basketball Court Only ~ \$2 per person Tuesdays – 5:30pm-8:00pm * Saturdays – 3:30pm-7:00pm Sundays – 12:00pm-3:00pm

Tai Chi & Meditation

Wednesdays, June 23 – August 11 6:00pm – 7:15pm ~ \$50 per adult Classes held at the Academy Building in Cushing Memorial Park

Tennis Lessons

Monday – Beginner ~ Tuesday – Advanced Beginner Wednesday **OR** Thursday - Low Intermediate Week of May 3 – Week of June 7 6:30pm – 8:00pm ~ \$75 per person Classes held at Bowditch Courts-Enter on Walnut Street

Yoga

Mondays, April 26 – May 17 6:00pm – 7:00pm ~ \$25 per adult (\$30 Non-Residents) Classes held at Brophy School gym.

Zumba-Bollywood Fusion Sundays, May 9- June 27th – 7 weeks (no class May 30) 10:30 – 11:30am ~ \$70 per person Fat burning & body toning dance class for all fitness levels! Classes held at 495 Worcester Rd.

SENIOR PROGRAMS

Senior Citizen Exercise Ongoing Classes at the Callahan Center Tuesdays 10:00am – 11:00am



No Fee! Additional classes have been arranged at Focus on Fitness, 63 Fountain St. Classes held on Wed. at 10:30am. \$5.00 per class.

Senior Softball

Age 55 & over, League Play ~~ www.emass-seniorsoftball.com Contact Gerry Yaffe at 508-877-7244 or gyaffe@aol.com



~ ALL CLASSES ARE LIMITED AND BASED ON A FIRST COME FIRST SERVED BASIS ~ ~ PAYMENT FOR ALL RECREATION PROGRAMS IS CASH OR CHECK ONLY ~ ALL PROGRAMS ARE NON-REFUNDABLE ~

Residents Register on first day of Registration, Non-Residents the next day if space is available. On-line registration included. All services and fees are subject to change based on budget appropriations. Spanish & Portuguese translations available at the Parks & Recreation Dept. The Town of Framingham intends to comply with the Americans With Disabilities Act, if you need a reasonable modification of policies, auxiliary aides, or services. Please contact us at least two weeks before the event or as soon as possible.

For more information on any recreation programs call:

Dan Avery, Elaine Intze or Trisha Powell at 508-532-5960

~ Dedicated to Excellence in Public Service ~

Join our "Notifu Me" mailing list to receive Parks & Recreation News, Updates, Announcements & Cancellations! www.framinghamma.gov/list.aspx





