



Flag Football Page 7



Clay for Kids Page 9



Tree Top Adventures Page 17

Fall 2017

FOXBORO

Parks & Recreation



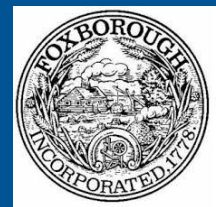
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[facebook.com/FoxboroRecreationDepartment](https://www.facebook.com/FoxboroRecreationDepartment)



<https://twitter.com/FoxboroRecreation>



Foxboro, Massachusetts
40 South St.
508 543-7255

To sign up for programs or find out more see
www.foxbororec.com

Contact Info

Mailing Address: 40 South St.
Foxboro, MA 02035
Rec Office: 80 South St.
Phone: 508 543-7255
Fax: 508 543-1254
Hours: Mon-Thurs
8:30-3pm
Website: www.foxboro.com
Email: hstapleton@foxboroughma.gov

www.facebook.com/FoxboroRecreation

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Staff

Recreation Director: Debbie Giardino

Recreation Coordinators: Heidi Stapleton
Renee Tocci

Weather Cancellations:

In case of inclement weather, in which classes or activities may be cancelled, you will be contacted by the Foxboro Recreation Department. You may also check our website and Facebook page. Our cancellations are aligned with Foxboro Public Schools. Any program is assumed running as scheduled unless you have received word directly from the Recreation Department.

Withdrawal Policy:

If you have signed yourself or your child up for a program and have to withdraw for any reason, a \$15 processing fee will be charged.

If Foxboro Recreation needs to cancel a class or program due to lack of attendance or for any reason, participants will be refunded which will be in the form of a check and will take 2-3 weeks.

Rental Facilities:

We have two facilities to rent for parties/events and more:

CRRA Recreation Hall- 68 Mill Street (stats/max capacity/costs- see online details)

The Chapel Meeting House- 58 Mill Street (stats/max capacity/costs- see online details)

Director's Message

The Board of Recreation is proud to present this 2017 Fall edition of the Recreation on-line brochure. The department offers a variety of activities, programs and special events to residents and visitors of all ages. At Foxboro Recreation we meet the needs of toddlers through senior citizens. Our staff and Recreation board members are consistently striving to meet the challenge of providing many recreational programs and activities throughout the year.

Please take a look at the many programs we are offering this fall. If you need entertainment for your children on their day off from school, we have opportunities for them to spend the day with us. If you are looking to take a hike, meet new friends, learn a new skill, we have those programs for you. While our programs are affordable, we do offer many free family events in and around the community such as the Halloween Parade, our annual tree lighting on the common and many more.

We hope you will join us and register for some of our amazing programs.


Thank you for your support of Foxboro Recreation!

Our programs are easy to register for!

Just visit www.foxbororec.com and check out our new APP!

Our link is on our home page.

Keep up to date with what's happening at the Rec!



Town of Foxboro Parks, Fields and Amenities	Address	Notes
Booth Playground/Fields	80 South Street	Playground/Fields/Office
Payson Complex	46 Payson Road	Playground/Fields/Touch-a-Truck
Foxboro Skate Park	80 South Street	Skate Pass-early spring
Tennis Court	80 South Street	Open to Public
CRRA-Donald Cotter Recreation Hall	68 Mill Street	Rental/Programs
Chapel Meeting House	58 Mill Street	Rental/Programs
Town Pool	68 Mill Street	Open to Public/Membership
Camp St. Augustine Property	68 Mill Street	Scouts/Land
Lane Property-Conservation Land	North Street	Please no ATVs

Toddler and Preschool Programs

Foxboro Recreation recognizes that the early years are an important time in a child’s life. We offer a variety of quality programs at our recreation centers as well as a many great toddler/preschool programs. Class sizes are limited in order to give each participant the quality of attention you expect. Activities will enhance socialization, assist in building self-confidence, and provide some educational experience. Our programs are all play based where children will participate in crafts, games, circle time, sharing, creative play, and other activities based on their age.

The early childhood years from birth to age 5 are a critical time for developing many important language, physical, social, and emotional skills.

Enrolling in early childhood programs gives young children opportunities to practice those key developmental skills. A sports class not only teaches gross motor skills like kicking a ball, but also important social skills like waiting your turn and sharing with others. Art classes are great opportunities to practice fine motor skills by using paint brushes crayons or markers and to use language by sharing ideas with others.

All of our preschool and toddler programs are led by Renee and her caring, expert staff who understand early childhood development and design age-appropriate activities that ensure children have the best possible introduction to organized play. Our staff is skilled at easing the transition into participating independently.

Program Schedule Options

Full Year registration

September 11, 2017-May 24, 2018

Toddler Time

Two days per week program for toddlers (18 months-3 years)

Monday/Wednesday

9-11:30am

CRRA Hall- 68 Mill Street

Fee: \$1,155.00 per year (\$128.34 monthly in 9 installments

Sept 1-May 1)

Ready Set Preschool Play

Two days per week program for preschool (3 years-5 years)

Tuesday/Thursday

9-11:30am

CRRA Hall -68 Mill St.

Fee: \$1,155.00 per year (\$128.34 monthly in 9 installments Sept 1-May 1)

Extended Hours

Ready Set Preschool Play students can extend their school day. Bring a lunch, eat with teachers, and play in the classroom and on the playground, extended hours available from 11:30am-12:15pm.



Ages: 18 months-5 years

CRRA Hall- 68 Mill St.

\$125 for 6 weeks

6 Week Sessions & 5 Week Sessions

September 11-October 16 (no class Oct 10)
October 23-December 4 (no class week of Nov 20)
December 11-January 22 (no class week of Dec 24-Jan 1)
January 29-March 12 (no class week of Feb 19)
March 19-April 30 (no class week of April 16)

**One day per week program
for toddlers and Preschoolers (18 months-5 years)**

Monday/Wednesday
9:00-11:30AM



Ages: 18 months- 3 years

CRRA Hall- 68 Mill St.

\$125 for 6 weeks

**One day per week program
for preschool (18 months-5 years)**

Tuesday/Thursday
9:00-11:30AM



Ages: 18 months-5 years

CRRA Hall- 68 Mill St.

\$125 for 6 weeks

Pee Wee Soccer

Shervin Dadkhipoor will be instructing this popular program. 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. Space is limited.

September 16-October 21
Saturdays
8-9am



September 15-October 20
Fridays
10-11am

Ages: 3-5

Booth Field

\$70 for 6 weeks

Preschool Yoga

This program introduces children to yoga to help them relax and be present. We accomplish teaching poses through games and activities, songs and expression play. The hope is to teach children from an early age to be mindful and aware of their bodies and emotions and teach way for them to accept and cope with them. Children are encouraged to bring their own yoga mats but there will be some on hand if a child needs to use one.



Tuesdays

September 12 -October 17
9-9:45am

Ages: 3-5

Chapel Meeting House

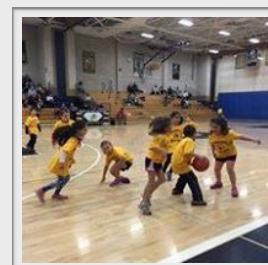
\$60 for 6 weeks

Jr. Basketball

This fun program teaches boys and girls (Grades k & 1st) the skills needed to play basketball. The drills are fun and the kids will learn how to dribble, shoot, pass and more.

If you would like to be a parent volunteer coach, please let us know!

Please note Tuesdays program ends on a Monday.
The Really Big Game is held Monday, December 19th as it is Monday vs. Tuesdays program.



Starts in November
Check our website for dates and times

Ages: 5-7

Burrell Gymnasium

\$75 for 6 weeks/includes t-shirt

Friday Night Boy's Flag Football League

This was a fantastic program the last three years run by Donny Cotter. In it's fourth year, we are so excited to bring this successful program back to Foxboro boys grades 4-7. Boys will play on Sam Berns Community Turf Field and will receive a football jersey. Week 1 will be skills & scrimmaging and games will be weeks 2 - 6.

Fridays

September 15-October 20
6:15-7:15pm
Pizza party and Playoffs
Date TBD



Stayed tuned- we are looking at running a 2-3 grade league as well on Friday nights.

Grades 4 & 5 and 6 & 7 Sam Berns Community Turf Field \$85 includes jersey

Fall Field Hockey- Travel Teams

Games start September 9th running through November. Games will be held between 9am-noon on Saturdays. Practices are on Sundays TBD

Coach Melissa Bordieri, FHS Varsity Coach since 2002, will be coordinating the Foxboro Youth Field Hockey teams for the 5th year in a row. This program is designed to develop youth players, grades 4-8, into competitive, well-rounded athletes, while promoting respect, sportsmanship and a love for the sport of field hockey. This is a great opportunity both to learn about the game and to develop skills at a competitive level.

Each player must have a mouth guard, shin guards, goggles, cleats and a stick.

Melissa is looking for a field hockey coach to assist with this program if you are interested, please let us know.

Saturdays
September 9-October 28
9am-noon



Grades 4-8 Payson Complex \$125 resident/\$145 nonresident

Fall Girl's Volleyball

Anna Cesary and Emma Flaherty have been instructing our volleyball program for over a year now and it has been a huge success! These girls are energetic, knowledgeable and love the sport of volleyball.

September 11th-October 23rd
Date of the week- TBD

Grades 6-8 Ahern Gym \$85

Tennis for Children

Shervin Dadkhahipoor and Jennifer Vincent are teaming up to teach our Fall tennis program. Shervin is a USPTA certified tennis professional and owner/director of Shervin-Style Tennis Academy right here in Foxboro. His passion for the game is contagious and your child will instantly love the game!

Jennifer is an enthusiastic tennis instructor who has been playing the game for many years and has a wonderful approach to the game!



Fall Session 1

Mondays

September 11-October 2
under 10 years
5:30-6:15pm

Tuesdays

September 12-October 3
10-12 years
5:30-6:30pm

Wednesdays

September 13-October 4
12 and up
5:30-6:30pm

Thursdays

September 14-October 5
10-12 years
5:30-6:30pm

Fall Session 2

Mondays

October 16-November 6
under 10 years
5:30-6:15pm

Tuesdays

October 17-November 7
10-12 years
5:30-6:30pm

Wednesdays

October 18-November 8
12 and up
5:30-6:30pm

Thursdays

October 19-November 9
10-12 years
5:30-6:30pm

Children will be put in groups based on their skill and level of play!

Age: 5-Teen

Booth Tennis Courts

\$50 for 4 weeks

Clay with Lizanne Donegan:



Lizanne Donegan lives in town and has taught pottery to adults and children in the greater Boston area for 21 years, Lizanne handcrafts her pottery at Potters Place in Walpole. She is delighted to have the opportunity to share her knowledge and enthusiasm of working with clay with our community by offering classes to children this fall. This will be Lizanne's 4th year teaching with Recreation.

Kids Clay Pumpkin Class, Jack O' Lanterns

Would you like to try working with clay? Come and learn to make a clay pumpkin. In this two class workshop we will learn to make a clay pumpkin in the first class. The second class we will decorate our pumpkins with under glaze paint. You can carve a scary face or a funny face or just paint your pumpkin and then leave your pumpkin to be kiln fired.



Tuesdays

September 19 & September 26
3:45-5:15pm

Grades 1-5

CRRA Hall- 68 Mill St.

\$65 for two sessions

Teen clay pumpkin class, Jack O Lanterns

Would you like to try working with clay? Come and learn to make a clay pumpkin. In this two class workshop we will learn to make a clay pumpkin in the first class. The second class we will decorate our pumpkins with under glaze paint. You can carve a scary face or a funny face or just paint your pumpkin and then leave your pumpkin to be kiln fired.



Tuesdays

October 3 & October 10 2017
3.45- 5.15pm

Grades 6-9

CRRA Hall- 68 Mill St.

\$65 for two sessions

Delicious Sushi for Beginners- “Fall” in Love with Sushi

Andrea has been teaching children in Foxboro about cooking, kitchen prep/tools and making delicious dinners for over four years now. Time flies when you are having fun!

This session is making sushi!

Younger Kids

Simple Sushi
Monday, September 25th
 4:00-6:00pm
 Grades: 1-3

Cooking with Teens

Sushi Basics
Monday, November 6th
 5:30-7:30pm
 Ages: 13+



Kids in the Kitchen

Kid Friendly Sushi
Tuesdays- 2 weeks
October 3 & 10
 4:00-6:30pm
 Ages: 9-13

Parent & Child

Family Friendly Sushi
Thursday, November 9th
 4:00-6:00pm
 Ages: 8+

Ages: 6+

CRRA Hall-68 Mill St.

\$50-\$95 depending on the class

Monthly Cooking Adventures for Adults

We are so lucky to have such an amazing chef like Andrea, living in Foxboro, who is willing to demo and teach her favorite recipes and meals!

Sushi in September: Sushi, Dumplings & Tempura

Making delicious sushi!
Wednesday, September 20th
 6:30-9pm

Sausage Making at Home

Country Breakfast sausage, Sweet Italian sausage & Bratwurst
Wednesday, October 18th
 6:30-9pm

Homemade pasta for the holidays

Cooking pasta from scratch!
Wednesday, November 15th
 6:30-9pm

Ages: Adults

CRRA Hall- 68 Mill St.

\$50 per session

Foodie Field Trip for Adults- Eataly Boston- 9am-2pm

Details to come!!

Disney's Aladdin with Laura Canfield

Based on the iconic animated film, with an Academy Award-winning score by Alan Menken, Howard Ashman and Tim Rice, Disney's Aladdin KIDS is sure to send audiences soaring on a flying carpet ride filled with romance and adventure. Join us as we go "One Jump Ahead" into "A Whole New World".

50 children (grades K-5) will have the chance to perform a full musical (approximately 30 minutes in length), complete with scripts, costumes, props and sets. Boys and girls will be introduced to the fascinating and wonderful world of musical theater.

Directed by Laura Canfield, "Disney's Aladdin, Kids" will cover a full range of acting, dancing and singing skills. A team of middle and high school students, who have worked and performed, in previous shows, will also assist Mrs. Canfield. Beginning Sunday, September 17th and continuing each Sunday, through November 5th, from 2-5pm (with break/peanut free snack time built in), in the lower level of St. Mary's Church. During November 6-9 (production week), rehearsals will be from 5-7:30pm at the Orpheum Theatre. Show dates are November 10th and 11th at 6:30pm at Foxboro's Orpheum Theatre.

\$200 per child and there is a discount of \$20 for another child in the family. This will automatically be calculated when you register your children online.



**September 17th-November 5th
Show Dates are Nov, 10th & 11th at 6:30pm**

Grades K-5

St. Mary's Church

\$200 for session

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Babysitting Training Course

Donna Giampetro RN, BSN is a certified American Heart Association, BLS (CPR/First Aid) instructor with over 25 years of health care experience. Her experience and background allows them to bring a unique and extensive level of expertise to the classroom.

We will review:

- Adult/ infant CPR and AED
- Adult/children choking prevention
- First Aid Basics
- Safety for the sitter
- Games and crafts to play
- How to launch your own babysitting business



Mon, September 11th & Tues, September 19th
5:30-8:30pm

Saturday, November 11th
9am-3pm

Ages: 11+

Chapel Meeting House- 58 Mill St.
(includes materials, snacks, and certificate)

\$95 for 6 hour session

Home Alone

Unexpected events such as a snow day, business appointment, or child care plans falling through can happen at any time. Occasionally your child may need to be alone after school. Making sure your child is prepared and feels confident and safe is essential for a successful home alone experience. Staying home alone can be a positive experience for kids and can help them to gain a sense of self assurance and independence.



Friday, September 22nd
5:30-8:30pm

Ages: 9+

Chapel Meeting House- 58 Mill St.

\$55 for one- three hour class

Introduction to Robotics

Students will be instructed in robotic basics through a hands on program with working robots. Each participant will build and keep their own working robot. Working in a team, students will operate a set of robots that can play soccer and compete in a mini soccer tournament. Carl Geden has been teaching with us for over 4 years now!

**Thursdays
September 14-October 12
4-5:30pm**



Ages: 10+ CRRR Hall- 68 Mill St. \$140 for 5 weeks (includes robots and tools)

Chess Wizards

Join us this winter 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 program includes fun team chess games (like bughouse), recess time (of course), snacks, tournaments, and puzzles. Each child receives a Chess Wizards T-Shirt, trophy, and puzzle folder. Unleash your brain power and spend some of your break time with Chess Wizards!

**December 26-29, 2017
9am-12pm**



Ages: 5-13 Chapel Meeting House-58 Mill St. \$225 for 4 days

LEGO Master Builders

Join the team from Event-FULL (www.event-full.net) and get ready to be inspired to DESIGN & BUILD! Promoting teamwork, negotiation and pure childhood enjoyment, kids will have the opportunity to use thousands of LEGOs to create anything they want as they become their very own LEGO designer for the day! Kids will have the opportunity to work together or alone as they use their imagination to create with trunk loads of bricks, clocks, bases, mini figures and MORE...the building possibilities are endless! The LEGOs stay with us but the memory will last a lifetime. Each guest will go home with a framed photo of themselves taken with their LEGO creation as a nice memory from the day. Please send your child with a nut-free snack and drink.

LEGO City & Super heroes
Saturday, September 23rd
 9am-noon

Pokemon in a LEGO World
Sunday, November 19th
 1-4pm

LEGO Star Wars vs Ninjago
Saturday, December 2nd
 9am-noon



Ages: 5-10

CRRR Hall- 68 Mill St.

\$55 for one three hour session

Skills Empowered

Skills Empowered provides a safe, fun, and enriching environment for children and youth to build friendships, memorable experiences and valuable social skills through engaging activities, mentoring and high quality coaching. Our program is designed to teach children and youth in a small group setting how to more effectively interact with their peers through in the moment coaching. We work towards helping children and youth become more confident and comfortable in social situations. Our format usually consists of teaching a specific skill or concept then allowing time for practicing and applying those skills during a fun and engaging activity or game with their peers.

Mondays
September 18-November 13th
 5:15-6pm
 6-8 years

Thursdays
September 21-November 9th
 5:15-6pm
 12-15 years

Mondays
September 18-November 13th
 6:15-7pm
 9-11 years

Thursdays
September 21-November 9th
 6:15-7pm
 16-20 years

Joe and Nadia Borderi are both licensed school adjustment counselors as well as licensed certified social workers. Check out their full bios online.

Ages: 6-20

Chapel Meeting House

\$230 for 8 weeks

American Girl Doll Create & Play

Join the team from Event-FULL! LLC (www.event-full.net) and bring your special friend (does not have to be an American Girl Doll- feel free to bring a favorite stuffed animal if you choose) to this workshop for several hours you will both enjoy! What you make and take home will lead to several hours of continued play and enjoyment at home!

Please send your child with a nut-free snack and drink. Class is limited to 12 participants.

Little Chefs

Saturday, September 23rd

1-4pm

Halloween Costume Party

Sunday, October 15th

1-4pm

Winter Princess

Saturday, December 2nd

1-4pm

Ages: 5-10

CRRRA Hall- 68 Mill St.

\$55 for one three hour session

Star Wars JEDI Training



Are you a youngling who is interested in becoming a JEDI student in training? Join the team from Event-FULL!, LLC (www.event.net) and enjoy a number of different activities including making and taking home your one recycled droid, taking part in a lightsaber training session and learning what it takes to be a JEDI knight. Each child will also go home with a framed picture of themselves taken with R2D2! May THE FORCE be with you...Please send your child with a nut-free snack and drink. Class is limited to 15 participants.

Sunday, November 5th

1-4pm

Ages: 5-10

CRRRA Hall- 68 Mill St.

\$55 for one three hour session

Right Brain Curriculum

The Lego Civics Project: City Builder (Grades 2-5)

Students work to create their own Lego city while meeting as a city council to govern their town. As they build, they must make challenging budgeting decisions, prioritizing between the construction of key city buildings as they weigh costs and consider designs. The class learns about democratic elections as students prepare to run for mayor or help manage a friend's campaign. Candidates take positions on campaign issues as the city holds a mayoral debate! Meanwhile, students study how laws are made and work together to create their own city constitution. As the city takes form, students learn about the symbols on national and state flags and create their own city flag. A fun and engaging way to learn about civics!



See a full curriculum preview!

rightbraincurriculum.com/legocivics

Saturday, September 16

10am-3pm

Grades 2-5

CRRA Hall- 68 Mill St.

\$99

The Lego Civics Project: Green City

As students create a model Lego city, the focus is on the environment. The class learns about electrical grids, recycling, trash collection, water and air pollution. Students meet as a city council to debate environmental laws and the effect of endangered species laws, pollution regulations, automobiles and nature preserves on both ecology and the economy. Students will debate whether the benefit of having the convenience of cars offsets the pollution they cause. They contemplate scenarios as a City Council such as an issue arising when a company that wants to move into town to produce furniture wishes to locate in the same area as endangered arctic foxes. The Council must decide what to do! Students must also weigh the effects of coal, oil, natural gas and green power as they decide how to power their city. A fun and engaging way to learn about the environment!

Saturday, November 11

10am-3pm

Grades 2-5

CRRA Hall- 68 Mill St.

\$99

The Lego Civics Project: Taking Care of Business

In this class, students create the downtown Main Street of a Lego City as each student constructs a business of their own design. They learn about profits, budgets, taxes, insurance and marketing as students design their own company and storefront. They must create their own marketing campaign and advertise to the other members of the city. They learn about fire, flood and disaster insurance and must decide whether it is worth spending on insurance for their own business. The business owners also meet as a city council and debate issues that could affect the city's business environment from parking meters to taxes to health care for workers to environmental regulations. Students must balance the interests of their businesses with the greater good of their city. A fun and engaging way to learn about economics!

See a full curriculum preview!

rightbraincurriculum.com/legocivics

Saturday, December 9th

10am-3pm

Grades 2-5

CRRA Hall-68 Mill St.

\$99

Tree top Adventures

Have you been to the newest ropes and zip line course in Canton, MA? It is amazing! On Friday, October 5th, there will be no school due to professional development day- so come along with us on an adventure! Our trip includes 4 hours of climbing and zipping through this amazing place! It also includes a pizza lunch. Tree Top waiver needs to be signed and we are off! Bus leaves Booth parking lot at 9:00am and returns at 3pm.



Friday, October 6th

9am-3pm

Grades: 5-8

Meet at Booth Parking Lot

\$60

United Skates of America

On Monday, November 22 there will be an early release day- so come along with us and roller skate the day away! Our trip includes 3 hours of skating, laser tag, rock wall, pizza and 30 tokens at the arcade. Bus leaves Booth parking lot at 2:30pm and returns at 7pm



Monday, November 22nd

2:30-7pm

Grades: 4-6

Meet at Booth Parking Lot

\$30

We have an APP!

- Find directions to a field/town property in Foxborough
- See info on upcoming events and programs
- Get notifications on weather cancellations and more
- Report a maintenance issue at a park or field

iTunes download: https://play.google.com/store/apps/details?id=com.app_fpar.layout&hl=en

Android user: <https://itunes.apple.com/us/app/foxborough-recreation-department/id1095859485?mt=8>

Links on our homepage @ www.foxbororec.com



Dog Training with Jane Young:

We are thrilled to have Jane Young, owner and operator of Foxfield Dog Training, who is collaborating with Recreation to host dog training classes! Her classes fill up quickly! Jane has over 20 years of experience training dogs. She will work with your dog and your whole family to learn how to get the most enjoyment from our pet!

The basic/beginners class will cover sit, down, settle, stay, hand targeting, loose leash walking, leave it, attention to face, sitting for petting and grooming, wait, find it, reaction to distractions, supervised separation, come, off, accepting strangers, reaction to other dogs among other training tips.

Beginners/Basic

Tuesdays
 October 17- November 28
 (no class on October 31)
 6-7pm



Beginners/Basic

Tuesdays
 October 17-November 28
 (no class on October 31)
 7:15-8:15pm

Both classes take a maximum of 10 dogs with their families.

First week combined from 6:30-8:30pm and just a lecture so please don't bring your dog to class.

Ages: All

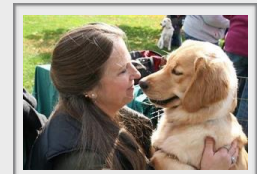
CRRA Hall- 68 Mill St.

\$135 for 6 week course

Free Dog Ownership Demonstration:

Common Dog Myths

Tuesday, September 12
 7-8pm



This demo will debunk that dogs are stubborn pack animals that need a human alpha to keep them from pooping in our shoes when they are mad at us. Come learn the truth about dogs.

Sorry But I Have to...

Tuesday, December 5th
 7-8pm

Will cover tooth brushing, brushing, clipping/grinding nails, putting on collars, harnesses and leashes, cleaning ears and wiping feet.

For the whole family- but please leave your dog at home for demonstrations.

Ages: All

CRRA Hall - 68 Mill St.

FREE Demonstration!

Adult Yoga at the Chapel

Quiet your mind, refresh your body, and relieve stress with this class with this class led by Diane Lancaster, who has more than 20 years of experience in fitness instruction. Regardless of your physical condition or abilities, learn to increase strength and flexibility through positions, breath work, and meditation. Class size is limited. Please bring your yoga mat and water.



Wednesdays

September 6- December 20
(no classes 9/13, 10/18, 11/22 & 12/6)
6:30-7:45pm

Ages: Adult

Chapel- 58 Mill Street

\$120 for 12 weeks

Men's Basketball

Foxboro Men only- IDs will be checked. Informal play with teams rotating on and off the court. Bring your "A" game, sneakers and water. Check for school closing for holidays and snow days. If there is no school, basketball will be cancelled.

Over 21 Years
Foxboro Men only
Thursdays
Starts September 14th
7-9pm



Over 40 League
Foxboro Men only
Tuesdays
Starts September 12th
7-9pm

Ages: Adult

Ahern School Gym

\$2 at the door

Co-Ed Volleyball

Informal play with teams rotating on and off the court. Bring your "A" game, sneakers and water. *Check for school closings for holidays and snow days. If there is no school, volleyball will be cancelled.*

Wednesdays- Ongoing
Starts September 13th
7-9pm



Ages: Men and women over 21

Ahern School Gym

\$2 at the door

Glutes and Abs

Target your butt and abs at the same time with these multitasking workout. Firm your backside and tighten your midsection!



Tuesdays
September 12 & 19 October 3 & 10
9-9:45am

Ages: Adult

Lane Property- North St.

\$50 for 4 weeks

Fall Adult Tennis

Shervin is truly a great instructor! His patient but enthusiastic manner creates an environment for learning as well as looking forward to playing the game!

Beginner/Intermediate
Thursdays
September 14-October 5
6:30-7:30pm



Intermediate/Advanced
Thursdays
October 19- November 9th
7:30-8:30pm

Beginner
Saturdays
September 16- October 7
11:30am-12:30pm

Intermediate/Advanced
Saturdays
October 21-November 11th
8:30-10:00am

Ages: Adult

Booth Tennis Courts

\$50-\$70 for 4 weeks

Your First 5K

Here is your chance to do something you may only have dreamed of. If you've ever thought about becoming a runner or running again after taking years off, here is your opportunity! This adult program is designed to get you off the couch or away from the desk and ready to run a 5K (3.1 miles). In this program which is catered to beginners you will progress from a walker to a runner. We will meet as a group once a week and you will be given specific instructions for running other days of the week on your own. Workouts will be followed with stretching and advice about running and nutrition.
Instructor: Nanci Cahalane; certified personal trainer / certified MIAA coach



Tuesdays
September 12-November 7th
9:30-10:30am

Ages: Adult

Pond Street Recreation Complex, Rte 115-Norfolk

\$75

Ladies Light Hike

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. This class moves at a good pace - we'll be looking for hills! We will meet at various local locations every week (a list will be given out). Note: If conditions are icy "ice cleats" on shoes are strongly recommended. They are available to purchase at several locations including Bass Pro Shop, L.L. Bean and Walmart).

Thursdays
September 14-October 19
OR
Saturdays
September 16- October 21
9:45-11am



Thursdays
November 2-December 14
OR
Saturdays
November 4-December 16
9:45-11am

Ages: Adult

Gilbert Hills State Forest- 45 Mill St.

\$25 for 6 weeks

Don't Miss our 8th Annual Halloween parade through Foxboro Common!

No need to Pre-register!

Free and Fun for All!



FOXBORO RECREATION PRESENTS:



HALLOWEEN COSTUME PARADE

Saturday, October 28th
2:30-4:00 pm



2:30 PM GATHERING TIME:
IN FRONT OF IGO SCHOOL

3:00 PARADE TO COMMON
WHILE TRICK OR TREATING ALONG THE WAY

COSTUMES ENCOURAGED ~ CONSIDER A FAMILY/GROUP ENTRY ~
PRIZES & AWARDS ~ FREE & OPEN TO ALL

A HUGE HIT LAST YEAR! THIS YEAR WE HAVE COLLABORATED WITH THE
CHURCH OF EMMANUEL'S TRUNK OR TREAT EVENT
HELD IMMEDIATELY AFTER THE PARADE AT 4 PM!

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Light up the Town!

4th Annual Light up the town event! Join us in lighting up the town!

Saturday, November 25th

First, you can join the Foxboro Jaycees as they decorate the common from 9:00 am - noon.

Whether your family can make it to that or not, please bring the whole family to the Boyden Library at 4:00 pm to decorate an ornament to



bring home for your own tree!

Then, join us on Foxboro Common from 5-6 pm for hot chocolate, cookies, caroling, visitors from the North Pole, and more!

This event is hosted by:

Foxboro Jaycees, Foxboro Fire & Rescue, Foxboro Police,
Boyden Library, and Foxboro Recreation.

Thank you to Tree Tech for putting the lights on the tree!

Donald Cotter Recreational Hall

Our building is located in the beautiful setting of the Foxboro State Forest. At 68 Mill Street, we are situated in a quiet pine forest area in the Cocasset River Recreation area. The Recreational Hall is home to many classes, programs and events we offer. We run our birthday parties here and rent the hall for private functions. Seating approximately 100 people, the hall has been recently painted and updated and is the perfect setting for your event! Fully equipped with a kitchen (with two stoves and two ovens), tables and chairs, you can use this room for many different events.

Perfect for larger parties, baby/wedding showers, First Communions, Bar/Bat Mitzvahs, company outings/meetings and



Fee: \$200

Chapel Meeting House

The Chapel Meeting House is an historic renovated chapel, located at 56 Mill Street. The main 46' x 16' master room can accommodate a maximum of 65 people, and is suitable for parties, gatherings, reunions, or similar type functions. The Chapel Meeting House has a small side room that contains a handicap accessible toilet, and a small kitchenette/pantry area.

The pantry has ample counter space and full sized refrigerator. There is a very functional, propane fuel led, heating/AC unit, that allows the building to be utilized throughout the entire year.

Use of this building will be very suitable for groups who are looking for a quiet meeting place in a pine forest setting, in a wonderfully warm and friendly atmosphere.



Perfect for small parties, baby/wedding showers, First Communions/Bar/Bat Mitzvahs, company outings/meetings and more.

Fee: \$200