

# Town of Franklin

## Municipal Services Guide

### Town Hall

355 East Central Street  
Franklin, Ma 02038  
(508) 528-7900 ♦ (508) 553-4800



Franklin Senior Center

## Winter Brochure 2009

November 2009-February 2010

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<http://www.franklinma.virtualtownhall.net>



# Recreation Department

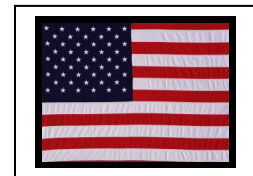


## Franklin Youth Sports Organizations

<p><b>Franklin Chargers Football</b> Jay Horrigan P.O. Box 66 Franklin, Ma 02038 <a href="mailto:president@franklinchargers.org">president@franklinchargers.org</a> <a href="http://www.franklinchargers.org">www.franklinchargers.org</a></p>	<p><b>Franklin Youth Soccer</b> Rich Scafati P.O. Box 525 Franklin, Ma 02038 520-4070 <a href="http://www.franklinyouthsoccer.org">www.franklinyouthsoccer.org</a></p>
<p><b>Franklin Youth Baseball</b> Mark Eccher P.O. Box 40 Franklin, Ma 02038 528-5584 <a href="http://www.franklinyouthbaseball.com">www.franklinyouthbaseball.com</a></p>	<p><b>Franklin Girls Softball</b> Dave Sotille P.O. Box 706 Franklin, Ma 02038 Email: <a href="mailto:fgsa@fgsafastpitch.org">fgsa@fgsafastpitch.org</a> <a href="http://www.fgsafastpitch.org">www.fgsafastpitch.org</a></p>
<p><b>Franklin Boys Youth Lacrosse</b> Lincoln Purdy P.O. Box 263 Franklin, Ma 02038 520-6646 <a href="http://www.eteamz.com/franklinyouthlacrosse/">www.eteamz.com/franklinyouthlacrosse/</a></p>	<p><b>Franklin Girls Youth Lacrosse</b> Ryan Jette 150 Emmons Street Franklin, Ma 02038r 520-4909 <a href="http://www.franklin.ma.us/recreation">www.franklin.ma.us/recreation</a></p>
<p><b>Franklin Flyers Youth Hockey</b> Mark Allen P.O. Box 71 Franklin, Ma 02038 528-7132 <a href="http://www.franklinflyers.com">http://www.franklinflyers.com</a></p>	<p><b>Franklin Youth Basketball</b> Ryan Jette 150 Emmons Street Franklin, Ma 02038 520-4909 <a href="http://www.franklin.ma.us/recreation">www.franklin.ma.us/recreation</a></p>
<p><b>Franklin Youth Wrestling</b> Hugh McNally 7 Musket Way Franklin, Ma 02038 520-4674 <a href="http://www.franklinwrestling.org">www.franklinwrestling.org</a></p>	<p><b>Franklin Metrowest Basketball</b> Steve White 11 Tanglewood Drive Franklin, Ma 02038 541-3915 <a href="http://franklinmetrohoops.com/">http://franklinmetrohoops.com/</a></p>

## Recreation Department Office Hours

Monday 8:30 am-4:30 pm  
 Tuesday 8:30 am-4:30 pm  
**Wednesday 8:30 am-6:30 pm**  
 Thursday 8:30 am-4:30 pm  
**Friday 8:30-1:30 pm**



## ONLINE REGISTRATION NOW AVAILABLE



Visit our website:

[http://franklinma.virtuالتownhall.net/Pages/FranklinMA\\_Recreation/index](http://franklinma.virtuالتownhall.net/Pages/FranklinMA_Recreation/index)



## **Registration Information**

Walk-In & Online Registration for Winter Programs will begin on Monday, November 2 at 8:30 am at the **Recreation office on 150 Emmons Street**. For online registration, please visit our NEW website at: [http://franklinma.virtualtownhall.net/Pages/FranklinMA\\_Recreation/index](http://franklinma.virtualtownhall.net/Pages/FranklinMA_Recreation/index)

Please click on "Program Registration" and look for the link "**ONLINE REGISTRATION**" where you will be directed to a secure site. You can enter your information (Name, address, phone, email) as well as credit card information. Please make sure to provide a valid email address as this is how we communicate with participants.

### **Recreation Department Policies**

All programs are offered on a first come, first serve basis. Franklin Recreation reserves the right to cancel or consolidate any program that does not meet the minimum participant registration numbers. Remember nothing terminates a program faster than waiting until the last minute to register. Avoid disappointment and register promptly. Please check to make sure the program has met the minimum participant requirement if you have any question.

### **Participants Responsibility**

We ask all participants to respect the staff, volunteers, coaches, other participants, age requirements, and the equipment we use. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the Director reserves the right to dismiss or suspend a participant in any program without a refund or fees returned.

Franklin Recreation is not a day care, after-school care program or babysitting service. Please read and understand the policies. If they are unclear to you, please ask questions. All participants must pre-register and sign a waiver for ALL programs. The program coordinator on duty is solely responsible for the activities taking place. Children should not be left unattended in the building or at the fields at any time. Please be on time dropping off and picking up children from their programs. Failure to do so will result in additional cost, penalties or suspension from programming.

### **Registration**

Registration for programs will be during the regular operating hours listed in the seasonal brochure that is sent to each Franklin household. Registrations will be accepted until the program is full or 1 week prior to the start date. In some cases, registration will be accepted up till the start of the program. You may register for a program at the Old Town Hall 150 Emmons Street, Monday-Friday. We now accept mail in registration by printing off a copy of our waiver form, and sending a check with the registrants information. All Franklin residents will be given first opportunity to sign up for a program. If a particular program sells out quickly, non-residents may not be allowed to register. Included on our website in the "Program Registration" area is the mail in registration forms which can be U.S. mailed into our office.

### **Course Confirmation**

No confirmations are sent out!!!! Please understand that it is your responsibility to know the date, time, and location of any program. A participant is registered only when payment is received, unless the department notifies you otherwise. We will only notify you if there are any problems or changes.

### **Weather Cancellations**

When the Franklin School Department cancels school because of emergencies or weather conditions, all Recreation Department programming will be cancelled for the entire day. If a storm develops later in the day, please call the Recreation Department's weather line, 520-4909 ext. 2, or visit our website at [http://franklinma.virtualtownhall.net/Pages/FranklinMA\\_Recreation/index](http://franklinma.virtualtownhall.net/Pages/FranklinMA_Recreation/index)

### **Switching Programs**

If space allows and you wish to switch to another program, we will be happy to switch you to that program. However, receipt numbers and participant information must be presented in person at the Recreation office.

### **REFUND POLICY**

All programs are refundable within 7 days before the program starts, unless the Recreation Department cancels a program, or you have mailed in a registration and no openings exist. You may request to withdraw from a program in sufficient time (7 days prior), pending that a replacement can be found and no costs have been incurred by the Recreation Department.

### **Special Needs**

Children and adults with special needs are encouraged to participate in recreation programs. Staff members are sensitive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the facility, transportation, or wish to discuss program details, please call the Director of Recreation and ADA Coordinator, Ryan Jette to ask about specifics. The Town of Franklin is working toward bringing all facilities into compliance with ADA guidelines. For a copy of our ADA Self Evaluation and Transition Plan, please see Ryan Jette (Director of Recreation & ADA Coordinator).

### **Inability to Pay**

It is the policy of the Recreation Department that no resident of the Town shall be refused participation in a program or the use of facilities because of inability to pay. Confidential applications can be made to the Director of Recreation.

[http://franklinma.virtualtownhall.net/Pages/FranklinMA\\_Recreation/Program%20Assistance%20Fund.pdf](http://franklinma.virtualtownhall.net/Pages/FranklinMA_Recreation/Program%20Assistance%20Fund.pdf)

# Indoor Youth Sports



## Intramural Basketball (grades 9-12)

The Franklin Recreation Department continues its youth basketball program this year for boys and girls in grades 9-12. We will run games on Saturdays from 2:00-6:30 p.m. This league is an intra-Franklin Town League consisting of High School Boys. Participation is open to any resident of Franklin that is a High School student not playing on a freshman, JV or varsity high school basketball team. Due to gym time availability, the league will be capped at 60 players consisting of 6 teams of 10. Registration will be on a FCFS basis and open to the first 60 players. Registration can be done in person at the Recreation Office, or on-line.

*Pickup hoop: November 14-December 5, Saturdays, 2:00-6:30 pm*

*Season: December 12-March 6, Saturdays, 14 weeks*

*(1)- 90 minute practice/game between 2:00pm-6:30 pm*

**FEE: \$100**

**LOCATION: Horace Mann Gymnasium**



## Pee Wee Winter Baseball

Utilize practice time indoors during the cold winter to introduce your child to baseball. The Carpe Diem turf is a great surface to practice ground balls, running bases, hitting, and pitching. Get your little one ready for spring tee ball by enrolling in this introductory baseball league. Timed skill stations, tee work, mini games, wiffle ball drills, pitching machines and plenty of training equipment. This program will be limited to 30 kids.

*1:00pm-2:00pm 4 yr olds (15 kids), 5 yr olds (15kids)*

*2:00 p.m.-3:00 p.m. 6 yr olds (30 kids)*

*January 9-March 13, Saturdays, 8 weeks*

**FEE: \$80**

**LOCATION: Carpe Diem Turf**



## Tennis Lessons

Franklin Recreation is offering indoor tennis instruction for the first time. This program is geared toward the beginner to intermediate tennis player ages 6-12 years old. Quick Start tennis curriculum will be used for this 8 week session.

Instructed by our summer tennis coach, Tyler Fausnaucht.

*January 10-March 7, Sundays, off February 14<sup>th</sup>*

*Quick start 8 & under: 6:00-7:00 p.m.*

*Quick start 12 & under: 7:00-8:00 p.m.*

**FEE: \$100**

**LOCATION: FHS Field House**

## Track & Field (Indoor)

Franklin Recreation is offering indoor track for all boys and girls ages 7-14 years old. Practices will be held at the Franklin High School Field House. Weekend meets may be held at various indoor facilities. High school track coach Lauren Taranto and Mike Masuer will organize and run meets and practices. Runners of all abilities can participate in events 40 yard dash, 300 yard dash, 600 yard dash, 1000 yard dash, 1 mile, 2 mile, hurdles.

*December 12-February 27, Saturdays, 6:00 pm (7-10)*

*December 12-February 27, Saturdays, 7:00 pm (11-14)*

**FEE: \$90**

**LOCATION: Franklin High School Field House**

# Indoor Youth Sports

## Indoor Lacrosse (Girls)

Franklin Recreation will continue an indoor girls lacrosse league to help new players develop the basics, while refreshing fundamentals with our returning players. Line drills help players work on passing and cradling skills. We will organize all practices and games at the Carpe Diem turf on Cottage Street (Aubuchon Hardware building).

**January 9-March 13, Saturdays, (10 weeks)**

*K-2<sup>nd</sup> grade: 5:00 p.m., 3<sup>rd</sup> & 4<sup>th</sup> grade: 4:00 p.m.,  
5<sup>th</sup> & 6<sup>th</sup> grade: 3:00 p.m. 7<sup>th</sup> & 8<sup>th</sup> grade: 3:00 p.m.*

**FEE: \$80**

**LOCATION: Carpe Diem Turf**

## Indoor Field Hockey (Girls)

We will continue to develop young players skills with this indoor field hockey program run by Lisa Cropper. Beginners and intermediate players should continue to work on fundamentals of field hockey this winter at the Carpe Diem Turf field on Cottage Street (Aubuchon Hardware building). Girls in grades 5-8

**January 5-March 9, Tuesdays, 3:00-4:00 p.m. (grade 5 & 6), 4:00-5:00 p.m. (grade 7 & 8)**

**FEE: \$80**

**LOCATION: Carpe Diem Turf**

## Sports for Tots

This program will give your little one a chance to try all different sports in a relaxed, fun environment. We will be taking our Sports for Tots program indoors to the Carpe Diem turf field at Aubuchon Hardware on Cottage Street. Soccer, tee ball, lacrosse, and running are some of the activities they'll try. Parents are encouraged to stay and work along side your child. Please provide a snack and covered drink for your child. Shirts will be provided to all participants. Ages; 3-5 years old. If this program sells out, a second class will be added.

**December 2-January 13, Wednesdays, 9:30-10:15am**

**January 20-February 24, Wednesdays, 9:30-10:15am**

Ages: 3 -5 years olds

**FEE: \$80**

**LOCATION: Carpe Diem Turf**

## Girls Volleyball

This winter Franklin Recreation will continue girl's volleyball at the youth level. Volleyball is a sport for all abilities, heights and ages. Girls in grades 6-8 grade are welcome to join our program. We will cover some of the fundamentals of the game. However, advanced players will move along at a quicker pace. Instructor: Andrea Spendlove.

No practice held on Feb 14th.

**January 10-March 7, Sundays, 4:30-6:00 p.m.**

**FEE: \$90**

**LOCATION: FHS Field House**

## Karate Kids

This ongoing martial arts program will help new and experienced students develop life skills such as awareness, discipline, coordination, balance, focus, respect, self-esteem, and self-defense skills. Ongoing private lessons and group classes are offered in 6-week sessions. Taught by an instructor-certified third-degree black belt in Kenpo Karate. To register, contact James Bryant at 781-583-1741 or [james.bryant@masterscenters.com](mailto:james.bryant@masterscenters.com) or pick up a form at the Recreation Dept.

Wednesdays, 5:00-6:00 pm (ages 8+)

**December 9-January 27, (no class on the 23 & 30), 5:00-6:00 p.m.**

**February 3-March 10, 5:00-6:00 p.m.**

**FEE: \$85 group or \$130 private lesson**

**LOCATION: Recreation Department**



## Girls Spring Lacrosse

Girl's youth lacrosse is a town-sponsored league designed for girls in grades kindergarten through 8. Teams will be divided into three groups by grade, K-2<sup>nd</sup> (U9), 3<sup>rd</sup> & 4<sup>th</sup> (U11), 5<sup>th</sup> & 6<sup>th</sup> (U13), and 7<sup>th</sup> and 8<sup>th</sup> (U15). Players will receive instruction during practice time and play games against teams from around the Metro west area. Franklin Girls Youth Lacrosse is a member of the Massachusetts Bay Youth Lacrosse League in the Metro West Division. We will play an 8 game schedule and practice twice a week. Practices held Tuesday and Thursday evenings, games held on Sunday afternoons. This year, all players and coaches will be required to have a membership to US Lacrosse.

**March 9-June 17, Tuesdays, Thursdays & Sundays**

**FEE: \$150 includes US Lacrosse Membership, K-2 grade \$100**

**LOCATION: Franklin High School Turf**

## Youth Wrestling

Wrestling in Franklin has been synonymous with success. Kids now get a chance to experience wrestling at the youth level. Experienced coaching and uniforms will be provided. Jay Bakalars, Mark Healy and Ron Ricard will be coordinating all practices and meets. Hugh McNally and Lisa Gannon will work to coordinate our Franklin Invitational at FHS field house. Meets held on weekends around the Hock.

Practices: Franklin High School wrestling room. This program will be limited to 40 participants

**November 17-February 25, Tues. & Thurs. 7:00-8:30 pm**

*Meets scheduled weekends*

**FEE: \$125, includes uniform & head gear**

**LOCATION: Wadsworth Wrestling Club, 40 Kenwood Circle**

## Middle School Wrestling Program

This program is available to any area youth wrestler who either does not have a program in their community or for the wrestler that wants that extra workout. We will be concentrating on sound fundamental techniques. Practices will be conducted in a team format on Sunday and Wednesday nights for the month of November. In December the days will switch over to Monday and Wednesday nights. Grades 5-8

*November 8-February 18, Mon & Wed, 7:00-8:15pm*

**FEE: \$150**

**LOCATION: Wadsworth Wrestling Club, 40 Kenwood Circle**

## Beginners/Novice Wrestling Program

This program is available to any area youth wrestler that is interested in starting to learn how to wrestle. We will concentrate on the fundamentals and letting the kids have some fun with wrestling. Workouts will be held on Monday nights starting at 7:00PM. These workouts will run for 50 minutes. Grades 2-4

*November 23-February 8, Mondays, 7:00-8:00pm*

**FEE: \$125**

**LOCATION: Wadsworth Wrestling Club, 40 Kenwood Circle, off Grove Street**

## Chess Minds

Instructor, Bob Salvas, a lifetime member of the US Chess Federation will teach students the rules and techniques used by champion chess players. Students will learn strategies in critical thinking, problem solving, and decision making. Students will also have opportunities to compete in local chess competitions. The beginner program is designed to teach the rules and strategies of the game to those who either do not know how to play or those who only have a passing knowledge of chess. The intermediate/advanced program is for students who have graduated from the beginner program. It is designed to teach tactics and strategies for the game to those who have a thorough knowledge of the official rules of chess. This class will be held at the Recreation Department, 150 Emmons Street

*Jan 20-March 3, Wednesdays, 5:00-6:00 p.m. (beginners), 6:00-7:00 p.m. (intermediates)*

*March 10-April 14, Wednesdays, 5:00-6:00 p.m. (beginners), 6:00-7:00 p.m. (intermediates)*

**FEE: \$90**

**LOCATION: Recreation Department**

## Kid Care Babysitting

This class allows potential sitters the opportunity to learn about the business of babysitting, child care & wellness, basic first aid and safety from Franklin Police & Fire, child care specialist, pediatrician, and basic first aid. Ages 11-16 years old. Babysitters are encouraged to take one of our CPR classes. 6 hours of training.

*December 1-December 15, Tuesdays, 4:00-6:00 pm*

*FEB VACATION: February 16 & 18 10:00am-1:00 pm*

**FEE: \$55**

**LOCATION: Recreation Department**

## Squish

This is a sensory exploration class for toddlers. Activities will include play dough, sand, paint, water, shaving cream and much more. This is not an art class, but more of a science class. Touch, smell, and engage in sensory activities that will encourage your child to explore and learn about change, cause and effect, and create learning experiences. Be prepared to get messy. Ages 30 months-4 years old. Ms. Susie's class

*November 13-December 18, Fridays, 9:00-10:00 am*

*January 8-February 12, Fridays, 9:00-10:00 am*

*February 26-April 2, Fridays, 9:00-10:00 am*

**FEE: \$75**

**LOCATION: Recreation Department**

## Tumbling Two's

This is a play-based class, which focuses on moving your body. A different obstacle course is set up each week with a certain skill to be worked on. There is lots of singing, games, balls, parachute play and fun to be had in this very active class. Dress comfortably. Ages: Mobile--2 ½ years old. Ms. Susie's class

*November 18-December 23, Wednesdays 9:00-9:45 am*

*January 6-February 10, Wednesdays 9:00-9:45 am*

*February 24-March 31, Wednesdays 9:00-9:45 am*

**FEE: \$75**

**LOCATION: Recreation Department**

## Jumping Gymnastics

Each week a new obstacle course will be created to help children develop coordination, balance, strength, and flexibility. Basic gymnastics skills are also a part of this fun. Soft mats with different shapes and balance beam will be used in this class.

*November 11-December 16, Wednesdays 10:00-10:45 am*

*January 6-February 10, Wednesdays 10:00-10:45 am*

*February 24-March 31, Wednesdays 10:00-10:45 am*

**FEE: \$75**

**LOCATION: Recreation Department**

## First Friends

Do you have a 2 or 3 year old that wishes they could go to school? Let your preschooler enjoy some independence and socialization with peers in this preschool curriculum based class taught by two certified teachers. Each week, we will explore a different theme and have related activities such as stories, songs, finger plays, art activities, and games as well as gross motor play. This one hour class is a great transitioning first step before preschool and longer drop off activities. Snacks are provided, however, if your child has allergies, we ask that you provide their snack. Also, please send a labeled sippy cup for your child.

*November 30-January 11, Mondays, 9:30-11:00am*

*December 1-January 12, Tuesdays, 9:30-11:00 am*

*January 25- March 8, Mondays, 9:30-11:00 am*

*January 26-March 9, Tuesdays, 9:30-11:00 am*

**FEE: \$75 (Dec class), \$90 (January classes)**

**LOCATION: Recreation Department**



**NEW PROGRAMS**

## **Drama Kids®**

Drama Kids provides remarkable creative drama education for children and young adults. Drama Kids® provides imaginative learning experiences that also include occasional fun class performances to enhance the experience. Highly qualified and specially trained teachers and new creative lessons in each class, proved to both fun and highly developmental. Early participation in drama develops confidence, and speaking skills, and serves as a wonderful introduction to acting and begins a life-long enjoyment of creative arts. This program is for children ages 3-11 years old. 10 WEEK SESSION! Register online at: [www.dramakids.com/ma4](http://www.dramakids.com/ma4)

*January 7-March 18, Thursdays, 4:00 p.m. and 5:00 p.m. See Drama Kids website for more information*

**LOCATION: Recreation Department**

## **Baby Signs® Parent Workshop**

This Workshop is specially designed to teach parents all you need to know to begin using the Baby Signs® Program at home. The fee includes a kit with a Parent Guide, a DVD with video dictionary, a DVD for baby, bookmarks with signs for some of your favorite books, and a quick-flip reference guide. This is a good, but not required, prequel to Sign, Say and Play.

*December 10, 2009, Thursday, 7:00-8:30pm*

**FEE: \$60**

**LOCATION: Recreation Department**

## **Baby Signs® Sign, Say & Play**

This program for Mommy/Daddy and Baby strengthens the parent/infant bond, helps baby reduce frustration and share their world, helps them learn to talk, boosts their self-confidence, promotes positive emotional development, and jumpstarts intellectual development. No class Feb. 13<sup>th</sup>.

*January 23-March 6, Saturdays, 10:00-10:45 a.m.*

**FEE: \$ 135**

**LOCATION: Recreation Department**

## **Bon A “Petite”**

Calling all budding chefs! This drop off cooking class, especially designed for 3-5 year olds, is an opportunity to create delicious snacks & recipes. We will stir, measure, bake and cook a different project every class. Taught by two certified teachers, a book and craft will compliment each food activity.

*December 10-January 21, Thursdays, 12:30-2:00 p.m.*

*January 28-February 25, Thursdays 12:30-2:00 p.m.*

*March 18-April 15, Thursdays, 12:30-2:00 p.m*

**FEE: \$100**

**LOCATION: Recreation Department**

## **More Fun with Friends**

Has your child already enjoyed First Friends? If your child is age 2.9-5 years old, here is a special drop off class designed just for you! Children will enjoy the same First Friends experiences while exploring a different theme every week. We have increased our class time to 2 hours to allow for more involved activities. Please note the time changes. Class will be taught by certified teachers with a low teacher-child ratio to allow many hands on learning opportunities. Each week we will explore a different theme and have related activities such as stories, songs, fingerplays, art activities, and games as well as gross motor play. Remember to be prepared to get messy and have fun, so dress comfortably. Snack is provided, however if your child has allergies we ask that you provide their snack.

*November 19-December 17, Thursdays, 9:00-11:00 am*

*January 7-February 11, Thursdays, 9:00-11:00am*

*February 25-April 1, Thursdays, 9:00-11:00am*

**FEE: \$80**

**LOCATION: Recreation Department**



## **Stop Motion Animation Movie making (CLAYMATION 1)**

**Clay & animation – what a perfect combination!** Working in teams, you'll do it all – from brainstorming movie ideas, storyboard the details of their movie, making the clay characters to creating the backdrop. As you learn the production process using techniques of stop-motion video, you will animate, record, add special effects, download & edit your own movie. Some examples of Claymation movies include: Wallace and Gromit™ and James and the Giant Peach™. Fun, learning & excitement go hand-in-hand in this special class! We will show our movie at a private screening on the last day of class. All students will take home a clay model from class and receive a copy of their movie on a CD-ROM after class ends. Ages 6-8 years old

***January 6-February 10, Wednesdays, 3:30-4:30 pm***

**FEE: \$85 (6 weeks)**

**LOCATION: Recreation Department**

## **What's the "D" in 3-Dimension?**

No amount of "huffing and puffing" will blow our building down! Understanding and visualizing dimension is the cornerstone of engineering, architecture, and building. In this hands-on LEGO® class, students learn principles of construction and use math skills as we experiment with scale and size, symmetry and reflection, staggering vs. stacking. Most of all, we will have A LOT OF FUN!!

***January 6-February 10, Wednesdays, 4:45-5:45 pm***

**FEE: \$85 (6 weeks)**

**LOCATION: Recreation Department**

## **Star Wars™ Movie Magic**

Are you the next George Lucas? We will create our very own Star Wars™ movie using special digital movie making cameras and software. As directors and producers, we will work in teams to create our own story and script, build various Star Wars™ LEGO® scenes and film our own movie. We will use graphic editing techniques and stop motion animation, add background noise and music, and show our movie at a private screening on the last day of class to share with family and friends. At the conclusion of the class, the movie will be posted on our website for future viewing. Ages: 9-11 years old.

***February 24-April 14, Wednesdays, 3:30-4:30 pm***

**FEE: \$110 (8 weeks)**

**LOCATION: Recreation Department**

## **Indiana Jones™ Digital Movie Making**

Are you the next Steven Spielberg? We will create our very own Indiana Jones movie using special digital movie making cameras and software. As directors and producers we will work in teams to create our own story and script, build various Indiana Jones™ LEGO® scenes and film our own movie. We will use graphic editing techniques, add background noise and music, and show our movie at a private screening on the last day of class to share with family and friends. The final movie will be posted on our website for continued viewing. Ages 9-11 years old.

***February 24-April 14, Wednesdays, 4:45-5:45 pm***

**FEE: \$110 (8 weeks)**

**LOCATION: Recreation Department**

# Bob Bigelow - Improving Youth Sports!



***Sponsored by the Franklin Youth Sports Organizations and the Franklin Recreation Department***

Bob is a former professional and collegiate player and is one of the foremost youth sports speakers in the country. He has been featured dozens of times in the media, and co-authored the ground-breaking book about improving youth sports: "Just Let the Kids Play." Bob has personally conducted hundreds of youth basketball clinics for both players and coaches alike. He advocates *fully meeting the needs of children* as the top priority in youth sports programs, and provides new programs for positive change in youth sports.

Bob has appeared on major TV shows including CNN, on local radio broadcasts, and has been quoted in major publications including Sports Illustrated and the New York Times. He has been featured in numerous local newspaper columns and articles.

Bob has been a featured speaker at many regional, national and international meetings and conferences of organizations and associations concerned with improving youth sports. And now he is coming to Franklin to speak to our coaches and parents.

## **Youth Basketball Coaches Lecture (3rd-8th grades)**

**Thursday, December 10, 2009**

**6:00 p.m.-7:00 p.m.**

**FREE TO THE PUBLIC**

## **Youth Sports Lecture (All coaches and parents)**

**Thursday, December 10, 2009**

**7:30 p.m.-9:00 p.m.**

**Franklin High School Auditorium**

**FREE TO THE PUBLIC**

\$15 signed copy of his book will be available for those who would like to purchase

**"Just Let the Kids Play"**

Author, Bob Bigelow

## Ladies Snowshoeing/Trek

Join this invigorating winter 6 week class for the physically fit hiker! Embrace this part of the year-Hiking trails are serene during the winter months. Fresh fallen snow only adds to the magic! Plus, you can burn up to 1000 calories an hour on hilly terrain! Join other women and hike or snowshoe, (your choice), in some wonderful local park areas. Every week we will meet at a new location (a list will be given out). First week location will be F. Gilbert State Forest, Foxboro. 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 Wal-Mart. Pick Thursday or Saturday.

*January 8-February 12, Thursdays, 9:45-11:00 a.m.*

*January 10-February 14, Saturdays, 9:45-11:00 a.m.*

**FEE: \$25 (6 weeks, once a week)**

**LOCATION:** Various locations

## Happy Dogs Hike

Hike with your "best friend" this fall! Join other dog owners in this new group exercise! Dogs, just like humans are social beings. Regular play dates with other dogs are an important part of your dog's wellbeing. Let's get together for some fresh air and a romp through the woods with your dog. Bring a leash, pick-up bags and water for your dog.

**No aggressive dogs, please!**

*January 7-February 11, Wednesdays 10:30-11:30 a.m.*

*March 4-April 8, Wednesdays 10:30-11:30 a.m.*

**FEE: \$25 per session**

Note: Locations will vary; you will be given a list of locations, with directions, at the first meeting.

First meeting location: F. Gilbert State Forest

## Hatha Yoga

Yoga is an ancient approach to life and offers a complete health program which will benefit every system in the body; muscular, circulatory, nervous, immune. When approached as a non-competitive activity, Hatha yoga is an excellent vehicle for stress management. The emphasis of this class will be to focus inward and work at your own ability to achieve your highest level of health and happiness. All levels of experience are welcome. The classes are organized in 6 week sessions. Register Online! Please call (508) 528-5511 for more info. Dress comfortable, bring a mat.

*November 3-December 15, Tuesdays, 7:00-8:30 pm*

*January 5-February 9, Tuesdays, 7:00-8:30 pm*

*February 16-March 23, Tuesdays, 7:00-8:30 pm*

**FEE: \$75**

**LOCATION: Recreation Department**

## Adult Self Defense and Martial Arts

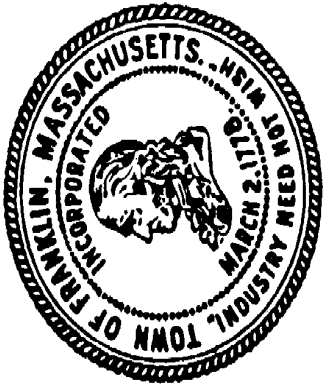
This ongoing program will help new and experienced students get in shape while developing balance, flexibility, increased strength and endurance, coordination, confidence, and awareness. Private lessons and groups classes are offered in 6-week sessions. Taught by an instructor certified, third-degree black belt in Kenpo Karate. To register, contact James Bryant at 781-583-1741 or [james.bryant@masterscenters.com](mailto:james.bryant@masterscenters.com)

*December 9-January 27, 6:00-7:00 p.m. (no class on the 23 & 30)*

*February 3-March 10, 6:00-7:00 p.m.*

**FEE: \$85 group, \$130 for private, \$25 for uniform**

**LOCATION: Recreation Department**



Town of Franklin  
Town Hall  
355 East Central Street  
Franklin, Ma 02038

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**TOWN OF FRANKLIN WEBSITE: <http://franklinma.virtualtownhall.net>**

