

Adult Programs

Drop In Coed Volleyball

\$2/pp drop in fee

Ages: High school and up

Days: Wednesdays

Time: 6:30 to 8 pm

Dates: Beginning March 3 and ending June 16th.

Location: Woodward School

Coordinator: Annette Ngai

Here's your chance to play pick up games, once a week. This non-competitive, fun atmosphere is for all volleyball enthusiasts. No instructions are provided. All skill levels are invited to play. Come join in on the fun. Please bring water and wear comfortable sneakers!! **The recreation department reserved the right to limit the number of drop in players and to cancel evening drop in activities. This program meets almost every week except for holidays, early release days and school events.**



Lunch Hour Soccer at the 911 Memorial Field

Days: Mon, Tues, Wed, Thu (OR) Fri

Dates: 1. Beginning April 26 to June 25 (9 weeks)

2. Beginning June 28 to July 23 (4 weeks)

3. Beginning August 2 to August 27 (4 weeks)

Time: 11:30 to 1:30 pm

\$950 per team for 9 weeks

\$450 per team for 4 weeks



Here is an opportunity for you and a group of friends and co-workers to get together over lunch and enjoy a game of soccer. Pick a day of the week that you want to play and register as a team.

Team registration: Each individual team member must complete a registration form. Completed forms for all team members along with a Team Reservation Request Form must be submitted together with registration fees to guarantee field time. A primary contact person must be provided for emergency purposes. Request form must indicate your first choice of the day of week followed by a second and third option.

Min 12/ Max 15 participants per team

Requests will be reviewed on a first come first serve basis.

Lunch Hour baseball at Choate Field

Days: Mon, Tues, Wed, Thu (OR) Fri

Dates: Beginning June 28 to August 20 (8 weeks)

Time: 11:30 to 1:30 pm



\$950 per team for 8 weeks

Here is your chance to get a group of baseball enthusiasts together and enjoy America's favorite pastime.

Pick a day of the week that you want to play and register as a team.

Team registration: Each individual team member must complete a registration form. Completed forms for all team members along with a Team Reservation Request Form must be submitted together with registration fees to guarantee field time. Please provide a team coordinator for emergency purposes. Request Form should include your first choice of the day of week along with a second and third choice.

Min 12/ Max 15 participants per team

Requests will be reviewed on a first come first serve basis



Regal Movie Tickets

Available for sale at the Recreation Office.

Cost is \$ 7.50 per ticket



Adult Workshops

Standard First Aid with CPR

\$95

Ages: 16 and up

Day: Tuesday, May 18 and Thursday, May 20

Time: 6pm to 9:30 pm

Approximate course time: 6.5 hours

Location: Art Center

Instructor: American Red Cross

Min 5/Max 10



While you can't predict when an emergency will occur, you can be prepared. In less time than you think, American Red Cross training can give you the vital knowledge and skills you will need to respond to a life-threatening situation with confidence.

Red Cross Standard First Aid with CPR for Adults and Children is designed for those who want First Aid Certification and who wish to learn how to perform CPR for Adults and Children. This course includes the skills involved in caring for cardiac and choking emergencies; controlling bleeding, injuries to muscles, bones and joints, sudden illnesses and environmental injuries. Participants will learn CPR for adults and children as well as First Aid skills. Participants will also receive a workbook and laminated CPR and First Aid skill cards that include full color images and easy to read text that will walk you step by step through a variety of lifesaving skills. The skills cards will also serve as an excellent refresher and reference tool after training is complete.

Participants are required to pass written and skills testing to receive certification. Certification for CPR is valid for one year and First Aid certification is valid for three years.

HELP WANTED.....

Southborough Recreation is always looking to add to our program offerings.

If you have a program that you would like to offer, please contact us with a summary of a program you would be interested in teaching, experience, where you would hold the class, dates, times, amount of sessions for program and program fee.

You may send this information to

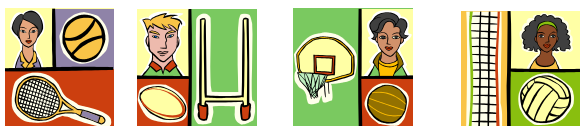
21 Highland Street

Southborough, MA 01722 OR
email to

Jhom@southboroughma.com

Volunteers Needed.....

for special events. Please contact us if you are interested in volunteering.



Healthy Eating

\$25

Ages: 18 and up

Day: Wednesdays

Date: March 24, 31, April 7 and 14

Time: 6:45pm to 7:45 pm

Location: Woodward School Caf

Instructor: Jan Jordan

Min 5/Max 12



For adults and seniors interested in developing healthier eating habits, weight loss, weight maintenance and well balanced diet. The program focuses on eight tips for eating right and the MyPyramid Food guide. The goal of the program is to maintain or improve participants wellness. Participants must commit to all 4 classes and will receive a gift certificate to a local grocery store upon completion.

SAVE THE DATE AND YOUR WINTER GEAR

October 23, 2010 Ski and Skate Swap

Save your gently used winter sport equipment and gear and come sell it at Ski and Skate Swap sponsored by

Friends of Southborough Recreation.

More information will be published in the Fall/Winter brochure.