

Upcoming Programs

# Norton Parks & Recreation Programs



**Something for Everyone!**

Please visit our website: [nortonma.org](http://nortonma.org)



Click on Town Departments



Click on Parks & Recreation

# Programs

## The Martial Arts Connection

### Karate Kids

Boys & girls ages 4-6  
\$30 per child  
Wednesdays starting March 3  
1:30-2:15pm  
4 weeks

During the classes we will work to improve the child's large motor skills, eye-hand coordination, balance, body control, focus, sharing and physical fitness. We accomplish this goal with the instruction of the most basic and fundamental martial art skills in a fun and exciting way! Each week the students will have a mental lesson as well that they get to take home and work on throughout the week with their families.

*Pre-registration is required and a minimum of 5 sign-ups in order to run the program.*

### Beginner Martial Arts

Boys & girls ages 7-13  
\$30 per child  
Fridays starting March 5  
4-4:45pm  
4 weeks

While working on the same basic skills as the Karate Kids, we also begin to work on the more essential details that help to keep children safe in real self-protection situations. The main focus of these classes are to make children aware of potentially dangerous situations and how to deal with them appropriately when they arise, but to do so in a non-intimidating and fun environment!

*Pre-registration is required and a minimum of 5 sign-ups in order to run the program.*

### Boxing/Conditioning Class

Male & female ages 13 & above  
\$30 per person  
6 class punch card system  
Begins March 1 at 6:45pm  
1 hour classes

**Class time options: Mondays 6:45pm, Thursdays 6:45pm & Saturdays 7:00am**  
This strength and conditioning program focuses on increasing any student's physical fitness, shaping their body and training basic boxing skills without contact to other students. Do you want a great boxing/striking workout without the bruises? Tired of the boring treadmill or elliptical? This is your class! Please bring hand weights, boxing gloves and water.

### Morning Boxing/Conditioning Class

Male & female ages 13 & above  
\$30 per person  
8 classes during March only  
Begins March 2 at 9:30am  
45 minute classes  
**Class time options: Tuesdays 9:30am and Fridays 9:30am**

This is the same program as above but in a slightly shorter class. Same skills and drills are used as the evening class. Please bring hand weights, boxing gloves and water.



### Women's Self-Protection Class

Women only ages 13 & above  
\$20 per person  
March 23 • 7:30-9:30pm  
*One night only*

This seminar focuses on teaching women the basics of self-protection and self-awareness in common but potentially dangerous situations. One out of three women will be attacked at some point during their lifetime - this class is a must for women of any age.

*Pre-registration is required and a minimum of 8 sign-ups in order to hold the class.*

### Men's Grappling Series

Men only ages 13 & above  
\$30 per person  
Wednesdays starting March 3  
7:15-8:00pm  
4 weeks

The focus of the class will be "Positions and Submissions." We will show basic skills needed to put yourself into a dominant position for self-defense purposes while on the ground and how to peacefully end the confrontation with controlled submissions as opposed to harmful and potentially fatal strikes! Please wear loose fitting workout clothes - no shorts or tank tops.

*Pre-registration is required and a minimum of 5 sign-ups in order to hold the class.*

### Senior Program

Senior men & women only  
\$10 per person  
Tuesdays starting March 2  
11:00-11:30am

*4 weeks - at the Senior Center*  
This session is designed around a Martial Arts program. These classes will always start with stretching, and all of the controlled moves can be done standing or seated.

*Pre-registration is required and a minimum of 6 sign-ups in order to run the program.*

These programs, except for the Senior Program, take place at:

The Martial Arts Connection  
41 Pleasant Street, Unit 4  
Norton, MA

If you have specific questions, please call Mr. Murphy and Miss Joyce at 508-222-0014.

*All proceeds to benefit the Norton Parks & Recreation Department and the Everett Leonard Pool.*

### TO REGISTER FOR THESE PROGRAMS:

- Go to [nortonma.org](http://nortonma.org) ▶ Click on Town Departments  
▶ Click on Parks & Recreation ▶ Click on Enrollment Forms

# Programs

## Mass Premier Courts



### Sports Combo Class

Boys & Girls ages 4-6 • \$44 per child  
Tuesdays starting March 2  
12:30-1:20pm  
4 weeks

This program introduces the basic skills of a new sport each week. Classes are designed to be fun while learning a variety of sports in a teamwork environment. Sports being played are: Soccer, Flag Football, Baseball, and Floor Hockey.

*Pre-registration is required and a minimum of 4 sign-ups in order to run the program.*

### Sports Combo Class

Boys & Girls ages 3 & 4 • \$44 per child  
Mondays Starting March 1  
9:15-10:05pm  
4 weeks

This program introduces the basic skills of a new sport each week. Classes are designed to be fun while learning a variety of sports in a teamwork environment. Sports being played are: Soccer, Flag Football, Baseball, and Floor Hockey.

*Pre-registration is required and a minimum of 4 sign-ups in order to run the program.*

Children enrolled in Sports Combo classes can play in our huge Open Play Area for **FREE** on the day of their class!

### Soccer/Flag Football/Baseball

Boys & Girls ages 5-10 • \$99 per child  
Tuesdays starting February 23  
4:00-4:50pm  
9 weeks

This three sport combo class will focus on the basic skills of Soccer, Flag Football, and Baseball. While learning the basics, children will have fun playing games in each of these sports.

*Pre-registration is required and a minimum of 4 sign-ups in order to run the program.*

### Basketball

Boys & Girls Ages 5-7 • \$99 per child  
Mondays starting February 22  
4:00-4:50pm  
9 weeks

This program focuses on fundamental Basketball skills. Specific drills will be incorporated to improve players overall technique. Participants will also play games in a teamwork environment.

*Pre-registration is required and a minimum of 4 sign-ups in order to run the program.*

These programs take place at:  
**Mass Premier Courts**  
97 Green Street, Route 106  
Foxboro, MA • 508.543.2626 x13  
mpcourts.com

*A portion of the proceeds to benefit the Norton Parks & Recreation Department and the Everett Leonard Pool.*

### TO REGISTER FOR THESE PROGRAMS:

Go to [mpcourts.com](http://mpcourts.com) ▶ Click on Kids Programs  
▶ Click on MP Kids Foxboro

# Slugger Wiffle Ball

For 4 year old boys & girls\*

A fun 7-week instructional wiffle ball program where everyone plays and everyone wins!

**SATURDAY MORNINGS**  
**MAY 1 - JUNE 19, 2010**

(no class on Saturday, May 29)  
More details to follow with regards to time and place.

**Cost is \$40 per player**

Go to [nortonbaseballsoftball.org](http://nortonbaseballsoftball.org) to register for Slugger wiffle ball as space is limited.

Registration ends February 14, 2010.

This is a Norton Parks & Recreation program run by Norton Youth Baseball/Softball. NYBS is donating all proceeds to Norton Parks & Recreation and the Everett Leonard Pool

•child must be 4 by April 30, 2010

Any parents interested in instructing the class, please contact Sheri Cohen at 617-688-4454 or [sljm.cohen@comcast.net](mailto:sljm.cohen@comcast.net)

# Programs

## Norton Kayak Co.



### Norton Family Paddles

Ages 13 & above  
\$55 per adult/\$50 ages 13-17  
Last Sunday of the month, May-Oct.  
9am-noon

Spend quality time with your family as you leisurely explore the Norton reservoir by kayak. The trip includes your kayak and gear rental, paddling lesson and safety instruction from an A.C.A.-certified instructor.

### Senior Paddle

Senior men & women only  
\$45 per person  
Friday, May 28  
9am-noon

Kayaking is a fun and easy-to-learn sport - perfect for the adventurous senior. The trip includes your kayak and gear rental, paddling lesson and safety instruction from an A.C.A.-certified instructor.

### Monday Morning Mothers Paddle

Women only  
\$55 per person  
Monday, May 10 • 9:30am-12:30pm  
Do something for yourself before the kids get out of school. Enjoy a morning of fresh air and exercise with other local moms. The trip includes your kayak and gear rental, paddling lesson and safety instruction from an A.C.A.-certified instructor.

### After-School Paddles

Ages 13-17  
\$50 per teen  
Thursdays, May 20 or June 10  
3:00-6:00pm

Something different to do after school! The trip includes your kayak and gear rental, paddling lesson and safety instruction from an A.C.A.-certified instructor.

### Teen Adventure Weeks

Ages 13-17  
\$140 per teen  
Weeks of July 19 or August 16  
Mondays-Thursdays • 8:30am-noon  
4 day program

Fresh air and fun! In addition to learning valuable paddling and water safety skills, your teen will explore the islands, view and photograph wildlife, learn about the environment, and practice angling skills while we fish for largemouth bass and pickerel.

These programs are provided by Norton Kayak Co., and take place on the Norton Reservoir. 237 Mansfield Ave. • Norton, MA 508.740.7728 nortonkayakco.com

*A portion of proceeds to benefit the Norton Parks & Recreation Department and the Everett Leonard Pool.*

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▶ Click on Parks & Recreation ▶ Click on Enrollment Forms

# Calendar of Events



## FREE Community Skating Party

February 20 • 3-6pm

166 John Scott Blvd., • Slattery Property, Norton  
Skating is open every day, 10am-5pm, weather depending  
Ice needs to be frozen solid

## Hair-Cut-A-Thon at Children's Haircuts

March 12-27 • \$10 per child

200 North Washington Street, Norton  
Please call Karen at 508-285-5335 to schedule your appointment  
*A portion of the proceeds to benefit the Norton Parks & Recreation Department.*

## Town of Norton's Annual Spring Egg Hunt

March 27 • 1pm

Town Forest on Plain Street, Norton  
Fun event where kids ages 2-8 can search for eggs with treats inside.  
Special appearance by a furry friend and please be sure to bring your own basket.

## Fishing Derby

June 5

166 John Scott Blvd., • Slattery Property, Norton  
Come join us for a fun morning of fishing.

## Halloween Parade

October 24, 2010 • 12 noon

Come and enjoy all of the sights and sounds of the parade along Route 123 (starting at the Norton/Attleboro line). The kids love to dress up in their costumes and collect candy by the handfuls.

## Lighting of the Common

December 5, 2010 • 5pm

Norton Common  
Come celebrate the Holiday season with an evening of festive family fun with Mr. and Mrs. Clause, singing Christmas carols and sipping hot chocolate.

Please continue to check out our website for updates and upcoming events & programs:

**nortonma.org**



**Click on Town Departments**



**Click on Parks & Recreation**

The Norton Parks & Recreation Commission is a group of volunteers dedicated to providing quality programs for everyone in Norton. Please help support our efforts by taking part in our programs.

Thank you for your continued support.

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## **Have an idea?**

Is there a program or class you'd like to see offered?

Do you or someone you know have a talent to share with the people of Norton by teaching a class or running a program?

**Let us know at [sljm.cohen@comcast.net](mailto:sljm.cohen@comcast.net)**

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