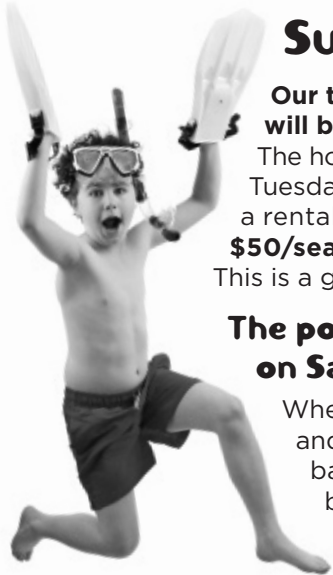


Norton Parks & Recreation Programs & Events



Summer Swimming

Our town pool at Everett Leonard Park (6 Parker St.) will be open this summer from June 19 - Sept. 6!

The hours will be Monday, Wednesday, Friday 10-5, Tuesday and Thursday 12-7 and Saturday (if there is not a rental) 10-6. We are selling **family memberships for \$50/season & individual memberships for \$30/season.** This is a great way to cool off this summer!

The pool is also available for rentals on Saturdays & Sundays!

When you rent Everett Leonard Park you have full and private access to the pool, the pavilion with bathrooms and a kitchen, a propane grill, the basketball court, the volleyball court, the baseball field, the playground, a life guard and a park attendant.

Email Sheri at sljm.cohen@comcast.net for more information on pool rentals and memberships.

Please visit our website: nortonma.org, click on Town Department, click on Parks and Recreation. You may become an email subscriber on this page to receive updates.

Striker Soccer Program

A fun 8 week instructional soccer program where everyone plays and everyone wins!

Saturday mornings, September 11 - October 30, 2010
8:00 - 8:45 am at the Norton Middle School soccer field
Cost is \$40.00 per player

*child must be born between August 1, 2005 - July 31, 2006

Go to www.nortonyouthsoccer.org to register for Striker's as space is limited.

If you are interested in instructing, or have any questions, please contact Sheri Cohen at 617-688-4454 or email sljm.cohen@comcast.net.



Check out our website for updates and upcoming events & programs:

**nortonma.org ▶ Click on Town Departments
▶ Click on Parks & Recreation**

Thank you to Lennon Design for donating the time to create our flyers.
Lennon Design | 508.226.8834

Mark your calendars!

Fishing Derby

June 5, 2010

166 John Scott Blvd.
Slattery Property, Norton

Halloween Parade

October 24, 2010 • 12 noon

Along Route 123 (starting at the Norton/Attleboro line).

Lighting of the Common

December 5, 2010 • 5pm

Norton Common

Thank You to our 2010 Sponsors

Advanced Compactors
All Purpose Plumbing
Baker's Landscaping
Bedrock Granite
Blueview Nursery
Chateau Restaurant of Norton
Children's Haircuts
Haskins Pharmacy
Law Office of Henry J. Sousa, Jr.
Midway Auto Supply, Inc.
Midway Service Center
Norton Family Dentistry
Tedeschi Food Shops
The Martial Arts Connection
Wendells Pub



**We are now on Facebook.
Become a fan of Norton Parks
and Recreation!**

Programs

The Martial Arts Connection

Karate Kids

Boys & girls ages 4-6

\$40 per child

Includes t-shirt, karate pants and white belt

Program begins 1st week in June

Tuesdays • 5:45-6:30pm

or Thursdays • 4-4:45pm

4 weeks

During the classes we will work to improve your 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 7-12

\$40 per child

Includes t-shirt, karate pants and white belt

Program begins 1st week in June

Mondays • 4-4:45pm

or Fridays • 6-6:45pm

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

Program begins 1st week in June

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 June only

Program begins 1st week in June

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.

Kids Get Fit Program

Boys & girls ages 5 - 12

\$30 per child

Fridays • 4-4:45pm

This program is designed to get children to enjoy exercising. We will work on flexibility, cardio, balance, core and strength training while having fun!

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



Women's Self-Protection Class

Women only ages 13 & above

\$20 per person

Tuesday, June 22 • 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.

These programs 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 ▶ Click on Town Departments

▶ Click on Parks & Recreation ▶ Click on Enrollment Forms

Programs

Norton Kayak Company

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 508.740.7728 nortonkayakco.com

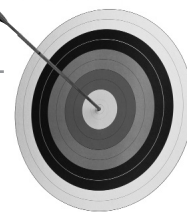
A portion of proceeds to benefit the Norton Parks & Recreation Department and the Everett Leonard Pool.



TO REGISTER FOR THESE PROGRAMS:

- Go to nortonma.org ▶ Click on Town Departments
- ▶ Click on Parks & Recreation ▶ Click on Enrollment Forms

Ace Archers



Archery Clinic

Kids 8 & above & adults of all ages
\$100 per person
June 28 - July 2 • 1:00-3:00pm

This clinic stresses safety, correct shooting form and fun. All equipment is provided. Instructors are USA Archery certified, and the lead instructor is a Regional Coach. There will be a mini-tournament on Friday, with awards presented. Parents and siblings are invited to observe the program.

TO REGISTER FOR THIS PROGRAM:

Download the registration form at <http://www.acearchers.com/download/2010NRP.pdf>

This program is provided by Ace Archers, Inc. and takes place at the Everett Leonard Park (6 Parker St.) Norton 508-697-5647 • www.acearchers.com

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

New Heights Yoga

Yoga Class

Adults - Kids over 10 welcome during school vacation.
\$60 per person - All levels welcome.
Wednesdays starting June 2 • 9:30-10:45am
or Sundays starting June 6 • 8:30-9:45am
8 weeks

The benefits of yoga can be experienced at all levels and ages. You'll have a greater awareness of your mind/body, leading to improved mental and physical health. You will need a mat, towel, comfortable clothing, and water. Blocks and straps are optional.

TO REGISTER FOR THIS PROGRAM:

Go to newheightsyoga.vpweb.com
▶ Click on Purchase a package
or mail a check to The Martial Arts Connection, address below

This program is provided by New Heights Yoga, and takes place at The Martial Arts Connection, 41 Pleasant Street, Unit 4, Norton 508-648-8466 • 617-899-2154

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

Programs

Marathon Physical Therapy

Running Club

Call our Norton location at (508) 285-5533 for pricing.

Get in great shape, train for a 5K, or a 1/2 marathon! This program is great for first timers and seasoned veterans. Not only will you have a lot of fun, but you will get a ton of great stuff too!

- Weekly group runs starting and ending at Marathon locations
- Training to keep you motivated and in shape
- Training plans for all levels (from beginner to advanced)
- Education seminars and clinics (including injury prevention, strength training, flexibility, and heart rate monitor training)
- Complimentary injury screens to keep you healthy



Pilates

Ages 14 & above
\$15 per class

Wednesdays starting June 2
12:00-1:00pm

This class is floor based focusing on the fundamental principles of Pilates: core stabilization, movement integration, breathing, and rib alignment. With a limited class size, clients receive hands on care that allow them to maximize their potential. Class is limited to 10 students.

Personal Training

Open to everyone
30 minute packages:
\$190/5 sessions;
\$360/10 sessions
60 minute packages:
\$356/5 sessions;
\$675/10 sessions

Marathon Physical Therapy provides personal training programs to fit your needs. Whether you are training for one or multiple events, wanting to improve your overall fitness, or supplementing your physical therapy with whole body wellness, our Certified Strength & Conditioning Specialists and Certified Personal Trainers have the knowledge to help you achieve your goals while ensuring you train safely and effectively.

Massage

1 hour massage: \$75
1/2 hour massage: \$40
(3) 1 hour massage package: \$214
(5) 1 hour massage package: \$356
(10) 1 hour massage package: \$675

Marathon is proud to offer massage therapy to help promote a balanced lifestyle and is an effective technique in preventative care and general wellness. Our certified and licensed massage therapists offer the following types of massage: Therapeutic Clinical Massage, Performing Arts Massage, Sports Massage, Pre/Post Natal Massage and Pregnancy Treatments, Myofascial Release.

MGA Links

Junior Golf After School Program

Boys & girls ages 6 & above
\$40 per child

Tuesdays starting June 8 • 4:00-5:00pm

The program will cover all aspects of the game of golf. Open to players of all ages and ability levels. We will focus on all the basics of the swing and different shots on the course.

Week 1: Introduction to golf
Learn about the game of golf, the golf course and all the different clubs used.
This week will also cover putting.

Week 2: Chipping
Learn how to execute a chip shot and learn how to hit a sand shot.

Week 3: Full Swing
Learn the basic swing fundamentals and what clubs to use for these shots.

Week 4: Skills Contest
We will have a skills competition and play a couple of holes.

TO REGISTER FOR THIS PROGRAM:

Email pwalsh@mgalinks.org

These programs take place at
MGA Links
300 West Main Street • Norton
508-222-0555 • www.mamantapett.com

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

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

TO REGISTER FOR THESE PROGRAMS:

Please call 508-285-5533

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!