



Holiday Pops



Ski Program



Daddy Daughter Dance



Toddler Programs



Light Up Clinton



Scare Crow Competition



Take a look at all of our
EXCITING NEW
PROGRAMS!

NOW accepting registrations
for all Fall/Winter



560 High Street
Clinton, MA 01510
978-365-4140



Contact Information

Office Location:
560 High Street
Clinton, MA 01510

Mailing Address:
560 High Street
Clinton, MA 01510

978-365-4140
www.clintonrec.com

Like us on Facebook!

Office Hours:
8:30—5:00 pm
Monday—Friday

Staff:
Director—
Emily Easterling
eeasterling@clintonma.gov

Recreation Manager— Kaylee Grosso
kgrosso@clintonma.gov

Park Manager—Mike Gamache

Parks & Recreation Commission:
Chairman—Edward Verrier
Secretary—Yoanna Osborne
Jamie Johnston
Carly Ciarletta
Joe Repole

Parks and Recreations Facilities

Clinton Parks & Recreation Community Building

(560 High Street)

Central Park

(242 Church Street)

Hamilton Square

(intersection of Water & Main Street)

Duffy Park

(New Harbor Road)

Turini's Corner

(corner of High and Water Streets)

Savage Field

(29 Vale Street)

Edward J. Philbin Memorial Park

(Intersection of Wilson St. & Berlin St.)

Carlisle Park

(61 Beacon Street)

**Parks
Make
Life
Better!**

FAQ's and Other Information:

When do I register?

Registration is on a first come first serve basis and can be done by filling out the registration form and bringing it into the office on 560 High Street or registering online with RecDesk. Registration begins as soon as you receive your brochure. Specific registration forms & deadlines can be found online with the information regarding that individual program.

Will I be sent a confirmation?

We do not send or call with confirmations.

Consider yourself and/or your children enrolled in the programs of your choice when you send in a completed registration form with payment. You will be called if:

- The chosen program has reached capacity
- There are changes in status of the program
- There are other unforeseen complications

What is the Cancellation Policy?

We will notify you if a program has been filled, cancelled, or changed. Clinton Recreation reserves the right to cancel or consolidate any program that does not meet minimum participation limits and is not responsible for any missed classes due to a participant's inability to attend.

Park Watch Program:

The Park Watch Program is a partnership between the Clinton Parks & Recreation Department, Police Department, and town residents to help keep

What if an individual class is cancelled?

Every attempt will be made to reschedule a class that has been cancelled due to inclement weather, etc. For programs that take place outside, every attempt will be made to run that program on those days.

In most cases, an additional week will be added to the end of the program to account for missed time. When a class can not be added then that circumstance would be handled as needed. We are not responsible for classes missed due to the participant's inability to attend.

How do I get a refund?

- If a program is cancelled or you withdraw prior to one week before the start of a program, you will receive a full refund.
- If you withdraw within one week to the start of a program or after the program starts, a refund will not be issued.

How do I use the online registration system?

To use our new online registration system all you need to do is make an account. Each account requires a user name and password. The account creator can add family members to their account. Once an account is made you can select the programs you want to sign-up for, check the dates of the programs, and make a payment using a credit card.

Where can I find detailed information about all these programs?

Go to www.clintonrec.com for registration forms and detailed information



Savage Field Project

The Clinton Parks and Recreation Department was very excited to gain the support of the town for the Savage Field Project at the FY17 Town meeting in June! Work on this project will start during the spring of 2017. The first part of the project will feature an improved parking area (100 spaces), new playground, picnic pavilion, and walking trail around the property. Please continue to support this project as we enter the first construction phase of the renovations. The department will continue to work diligently in this project through



order to see completion.



CPR On-Going Projects and Improvements:

The Clinton Parks and Recreation Department has been hard at work to improve the park properties that we manage. Check out these completed and upcoming projects!

⇒ Upcoming Projects!

- **Work to Foster Fountain:** During the fall we will be improving the pump system on the fountain. This work will include installing a new pump and pump box, installing an automatic chemical dispensing system, and applying silicone to the base of the fountain to prevent leaks.
- **Park Recycling System:** This summer the Parks and Recreation Department was awarded a grant for recycling bins in all the park properties. The grant was awarded through Keep America Beautiful through Dr Pepper Snapple Group. This grant corresponds with the Town's Recycling Initiative and will encourage residents to make positive, earth friendly decisions while at the parks. All 14 recycling bins will be blue and will be placed early this fall.

⇒ Completed Projects!

- **Tree Maintenance at Carlisle Park:** In July all the trees at Carlisle Park were dead-wooded and evaluated. By doing this, the department is ensuring the park is safe for residents to enjoy.
- **Philbin Memorial Park:** Over the summer the department replaced parts at the Philbin Memorial Splash Pad. These mechanical fixes allowed the splash pad to run regularly throughout the summer. The department also added a bike rack at this property along with a new sign. The triangle across from the park now features a new granite bench that was donated to the property.
- **Savage Field:** Aside from the major renovations taking place later this spring the department has put time and effort into this property of the last couple months. This spring the bleachers at the Little League Field and the Softball Field were rebuilt thanks to the handiwork of park manager Mike Gamache and Eagle Scout Patrick Duffy. We hired Vermont Recreational to touch up some holes on the basketball court. Both of the dugouts on the Little League Field now feature cement slabs to help with flooding, along with new fencing on the backstop. These small changes go along way in showing how committed the department is to improving this property!

Fall Programs (September/October)

Toddler Programs

Sprouting Melodies 1&2

This class is designed to incorporate both the earliest stages of development and the beginning stages of babies exploration. We will be increasing your little ones awareness of themselves and others and foster the building of trust and exploration through active music making and listening.

Dates: Mondays, September 12th- October 24th, 2016 (no class 10/10)
Time: 9:00am-9:45am **Cost:** \$90.00 per person for the 6 week session
Ages: 0-18 months **Location:** Clinton Parks and Recreation Department

Sprouting Melodies 3

Between 18 months and 3 years of age, each day is an adventure full of growth and exploration! Songs become learned and mastered, and young children want to show off their new skills and independence.

Dates: Mondays, September 12th- October 24th, 2016 (no class 10/10)
Time: 10:00am-10:45am
Cost: \$90.00 per person for the 6 week session
Ages: 18 months-3 years

Location: Clinton Parks and Recreation Department



Micro Soccer

This proven clinic will help children learn the beginning skills, technique and etiquette of soccer. Children actively engage in learning everything from passing and kicking, to heading and dribbling skills. You will be amazed and your child will feel empowered as they improve throughout this session. Parents are highly encouraged to participate with their child in this program. Proper clothing and sneakers are required.

Dates: Saturdays September 17th-October 29th, 2016 (no class 10/22)
Time: 9:00am-10:00am **Cost:** \$86.00 per person for the 6 week session
Ages: 2-4 years old **Location:** Central Park



Toddler Playtime

Join us every Monday for a parent run play group. Meet other parents from the area and introduce your children to new friends. It's a great way to increase your child's socialization. We will supply all the necessary games and equipment. Come join the fun!

Dates: Mondays October 17th-December 19th, 2016
Time: 11:00am-12:00pm **Cost:** Free (donations are appreciated)
Ages: 1-4 years old **Location:** Clinton Parks & Recreation Department

Elementary Programs

The Gift of Art

Join us this fall as we create masterful art pieces that keep on giving. Each week participants will get to create a new piece of artwork designed to be given as a gift to a friend, or loved one. Our instructors will help participant's complete fun and exciting gifts this season. Each week participants will work with different mediums, have the opportunity to express themselves artistically and develop their art skills.

Dates: Wednesdays October 26th-December 7th (No class Nov. 23rd)
Time: 3:00pm-4:00pm **Cost:** \$60.00 per person for the 6 week session
Ages: K-3rd grade **Location:** Clinton Elementary School



Middle School Programs

Floor Hockey



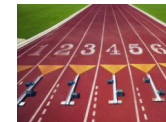
Our floor hockey program provides a safe and fun environment for boys and girls to get together, make friends and learn the basic skills and principles involved in the game of hockey. Our program encourages skill development and fun for all participants!

Dates: Mondays September 26th-November 7th 2016 (no class 10/10)
Time: 2:45pm-3:45pm
Cost: \$75.00 per person for the 6 week session
Grades: 5th-6th graders
Location: Clinton Middle School Basketball Courts

Fast Track

In this program runners of all skill levels will learn the proper techniques of running. Each week will focus on a different track event starting with sprints and ending with distance runs. Participants will reinforce starting technique, proper stride and pace. This program will help prepare you for the demands of high school track.

Dates: Tuesdays September 27th-November 1st 2016
Time: 2:45pm-3:45pm
Cost: \$110.00 per person for the 6 week session
Grades: 4th-8th graders
Location: Clinton High School Track



Bubble Soccer

The kids will have so much fun in this after school program called "Bubble Soccer!" Bubble soccer is the fun new way to play the game of soccer! Watch as you bounce off your friends, roll on the ground and flip as you try and score a goal. Its action packed, exciting and safe!

Dates: Thursdays September 22nd-November 3rd, 2016 (no class 10/20)
Time: 3:00pm-4:00pm
Cost: \$75.00 per person for the 6 week session
Grades: 5th-6th graders
Location: Savage Field



Adult Programs

Total Body Workout

Boost your metabolism and burn more calories with this 60 minute class! Learn how to strength train safely for toning, revved up metabolism and prevention of osteoporosis! The weight training segment includes the most effective moves to train your body to burn calories and release stored fat. **Please bring a mat, 5-8lb weights and a water.*

Dates: Tuesdays September 13th-December 20th (no class Oct. 25th/Nov. 29th)
Time: 6:30pm-7:30pm **Cost:** \$156 per person for the 13 class session
Ages: 18+ years old **Location:** Clinton Parks and Recreation Department

Total Body Workout 101

Just getting started? Just getting back? This class is for you! Enter the world of fitness and boost your metabolism and burn more calories with this 60 minute class! Metabolism boosting and good health tips will be shared every week perfect for the first time exerciser! **Please bring a mat, 5-8lb weights and a water.*

Dates: Tuesdays, September 13th-December 20th (no class Oct. 25th/Nov. 29th)
Time: 7:30pm-8:30pm **Cost:** \$156.00 per person per 13 class session
Ages: 18+ years old **Location:** Clinton Parks and Recreation Department

Fall Events (September/October)

YOGA with Justin

YOGA with Justin

For everyone! Classes are held with a group of students to explore the benefits of Yoga practice together. Variations of the poses are introduced based on the individual's needs. Students can focus on the proper alignment of each pose and experience the holistic benefits from practicing Yoga.

Dates: Thursdays September 8th-November 17th

Time: 6:30pm-7:45pm

Cost: \$143.00 per person for the 11 week session; \$15.00 per class for drop ins

Ages: All ages **Location:** Clinton Parks and Recreation Department

Outdoor Movie

Outdoor Movie

Grab your blanket and chairs and head to Central Park for our second family friendly movie in the park! Enjoy an evening outdoors with your family and friends for free. Don't forget to stop by the concession stand to purchase your movie time snacks!

Date: Saturday, October 8th, 2016 (Rain date 10/15) **Location:** Central Park

Time: 6:00pm-9:00pm *Movie begins @ 7:00pm* **Cost:** FREE Admission

Our Feature Presentation:



Scarecrows @ Central Park

Scarecrow Building Contest

Scarecrows are BACK! We had so many great scarecrows last year, we can't wait to see what you come up with this year! How it works is simple. People will pay a small registration fee and we will provide the clothes, and straw/leaves needed to create a unique scare crow. All crows will be displayed in Central Park with winners being selected by a panel of judges. *Plots are limited, day of registration accepted, pre-register to guarantee a space.

Date: Saturday October 22nd, 2016 (rain date Oct. 29th)

Time: 10:00am-1:00pm

Cost: \$12.00 per scarecrow

Ages: All ages with adult

Location: Central Park ****Bring two(2) canned goods for our food drive and receive \$2.00 off the price of admission.****



Bus Trips

Foxwoods Resort & Casino

Spend the day at The World's Largest Casino! The tour includes transportation to and from the casino on a motor coach. **Be on the lookout for future dates!**

Fall Foliage Tour

Our day includes a guided tour and visit to the Cathedral of the Pines located in southwestern New Hampshire, luncheon at the Woodbound Inn, a visit to Smith's Country Cheese located in Winchendon, MA and finally a visit to Red Apple Farm in Phillipston, MA. Each person will receive a gift to take home. **Departure from Shaw's Parking Lot in Clinton at 7:00 am. Return to Shaw's Parking Lot in Clinton at 6:00 pm. Registration due by September 7th, 2016**

Pumpkin Carving Workshop & Contest

Pumpkin Carving Workshop



The Clinton Parks & Recreation department's annual Pumpkin Carving workshop is back! Children of all ages are welcome to enter the contest that will take place in conjunction with the Annual Halloween Walk on High Street. Parents must accompany their children during the carving workshop. Carved pumpkins will be displayed on High Street the night of the Halloween Walk and winners will be selected

that night as well! **Please bring your own pumpkin to the workshop!**

Day: Tuesday

Time: 6:00—8:00 pm

Dates: October 25th, 2016

Duration: One night only!

Cost: \$2 per child

Ages: all ages with adult supervision

Location: Clinton Parks & Recreation Building

*pre-registration encouraged but not required, space limited

**A bag of wrapped candy can be donated in lieu of fee

Halloween Walk Details

The Halloween Walk will take place on **Thursday, October 27th** from 6:00pm-8:00pm at all the High Street businesses. Be sure to join us for a night of fun, candy, and prizes! The Walk is organized and sponsored by the Discover Clinton Committee.

Ghost & Goblin Road Race

Clinton PTA Fundraiser

The 3rd Annual Ghost & Goblin Road Race will be held on Saturday, October 22nd, 2016 in Clinton, MA. Race activities begin at 2PM and the 5k will begin at 3PM sharp. This is a family event and there will be activities for children, refreshments for sale and music for everyone to enjoy! Costumes are welcomed to celebrate Halloween, but certainly not required. All proceeds raised by the Clinton PTA will be put towards the Clinton School District. Day of registration as well as bib pick-up begins at 11:00am.

Time: 1 Mile Fun Run begins at 2:00pm. 5K starts at 3:00pm, family festivities to follow until 6:00pm

Date: Saturday, October 22nd, 2016

Cost: \$25 per racer

Location: Central Park in Clinton, MA



September

October



September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Office Closed: Labor Day	6	7 Fall Foliage Tour Registration Due*	8 YOGA with Justin	9	10
11	12 Sprouting Melodies*	13 Total Body Workout /101*	14	15 YOGA with Justin	16	17 Micro Soccer*
18	19 Sprouting Melodies	20 Total Body Workout /101	21	22 -Bubble Soccer* -YOGA with Justin	23	24 Micro Soccer
25	26 -Sprouting Melodies -Floor Hockey*	27 -Fast Track* -Total Body Workout /101	28	29 -Bubble Soccer -YOGA with Justin	30	

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 -Micro Soccer
2	3 -Sprouting Melodies -Floor Hockey	4 -Fast Track -Total Body Workout /101	5	6 -Bubble Soccer -YOGA with Justin	7 Fall Foli- age Tour*	8 -Micro Soccer -Outdoor Movie
9	10 Office Closed: Columbus Day	11 -Fast Track -Total Body Workout /101	12	13 -Bubble Soccer -YOGA with Justin	14	15 Micro Soccer
16	17 -Sprouting Melodies -Toddler Playtime* -Floor Hockey	18 -Fast Track -Total Body Workout /101	19 NYC Shopping Trip Registration Due*	20 YOGA with Justin	21	22 -PTA Road Race -Scarecrow Contest*
23	24 -Sprouting Melodies -Toddler Playtime -Floor Hockey	25 -Fast Track -Pumpkin Carving Workshop	26 Gift of Art*	27 -Bubble Soccer -YOGA with Justin -Halloween Walk	28	29 Micro Soccer
30	31 -Toddler Playtime -Floor Hockey -Halloween					

* indicates the start a program requiring pre-registration or a purchased ticket

Winter Programs (November/December)

Sprouting Melodies

Sprouting Melodies 1&2

This class is designed to incorporate both the earliest stages of development and the beginning stages of babies exploration. We will be increasing your little ones awareness of themselves and others and foster the building of trust and exploration through active music making and listening.

Dates: Mondays, November 7th- December 12th, 2016

Time: 9:00am-9:45am

Cost: \$90.00 per person for the 6 week session

Ages: 0-18 months

Location: Clinton Parks and Recreation Department

Sprouting Melodies 3

Between 18 months and 3 years of age, each day is an adventure full of growth and exploration! Songs become learned and mastered, and young children want to show off their new skills and independence.

Dates: Mondays, November 7th- December 12th, 2016

Time: 10:00am-10:45am

Cost: \$90.00 per person for the 6 week session

Ages: 18 months-3 years

Location: Clinton Parks and Recreation Department

Girls Science Club

Girls Science Club

Engaging hands-on chemistry and geology projects will encourage girls to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lip balms, and lotions. Explore how chemists create formulas and make your own cool products to take home. New projects include creating brilliant salt crystals and investigating gems and geodes.

Dates: Tuesdays, November 8th- December 13th, 2016

Time: 3:00pm-4:00pm

Cost: \$122.00 per person for the 6 week session

Grades: 1st-3rd

Location: Clinton Elementary School



BLAST Babysitting Training & CPR/First Aid

This November the Clinton Parks & Recreation Department will be holding 2 safety classes here at our office. The first session children will learn important safety lessons and techniques for when they may ever be home alone. The next session will touch on how to handle the basics of infant and childcare. At the end of this course you will be certified in Pediatric First Aid and CPR. **Minimum of 8 participants for each program is needed to run this program.*

Date: November 11th, 2016

Time: 10:30pm-2:30pm

Cost: \$90.00 per person

Ages: 11-18 years old

Location: Clinton Parks and Recreation Department



Ski and Snowboard

Student Ski and Snowboard Program

Clinton students in grades 4-12th may join us each Thursday night starting January 5th, 2017 for six, consecutive, organized ski/snowboard trips to Wachusett Mountain. Buses will take participants to & from the mountain each of the six weeks. Buses leave the Clinton Middle School at 2:45pm and return at 8:00pm. **Each student joining us for the 6 week program MUST complete the online waiver for Wachusett Mountain and fill out the bus waiver from Clinton Parks and Recreation. An online code for the 2017 season will be forthcoming. This year a credit card has to be used for all Wachusett payments.**

Ski and Snowboard prices vary based on the package selected, Ski and Snowboard fee will be paid directly to Wachusett Mountain.

Bus Fees

\$110 per person for 6 weeks

\$100 per each additional child (w/2+ family)

\$25 per day

*** In order to use the Clinton Parks and Recreation discount code without taking the bus to the program you must pay the \$25.00 one day fee as you will be added to our roster. ** 25 participants are needed for us to run the student ski and snow program**

Registration Deadline: November 28th, 2016

GPS Ski and Snowboard Club (non-student program discount options)

Those residents not participating in our 6-week student program still have the opportunity to save on Season Passes to Wachusett this winter! Simply purchase your season pass online at www.wachusett.com under the Group Sales



Youth Lego Programs

Construction Vehicles and Machines

Two Days Only! Dig into engineering with big trucks, construction vehicles, and super machines. Explore the engineering terms, concepts, and vocabulary behind large-scale building machines. Build and learn about steamrollers, bulldozers, wrecking balls, tower cranes, and more while playing with your favorite building system: LEGO!

Dates: Tuesday Dec. 27th, 2016 & Wednesday Dec. 28th, 2016

Cost: \$60.00 per person for the 2 day session

Ages: 5-8 year olds

Time: 9:00am-12:00pm

Location: Clinton Parks and Recreation Department



Winter Events (November/December)

Christmas Tree Sales

Christmas Tree Sales

The Clinton Lions Club will be selling Christmas Trees again this year at our office, 560 High Street in Clinton. The sale start date will be posted on our website, www.clintonrec.com. They normally start selling 2-3 weeks prior to Christmas. All trees are sold for \$25, and support the Lions Club.



Bus Trips

New York City Shopping Trip

For your convenience, a map of NYC illustrating points of interest will be provided for all. On arrival in New York, stops will be made at both Rockefeller Center and Macy's. You're on your own to enjoy the 'Big Apple' and see the sights. You'll depart at 6:30 pm from New York City, **Bus will depart at 6:30am from Shaw's Parking Lot in Clinton. Bus will return at 10:30 pm to Shaw's Parking Lot in Clinton.**

Day: Saturday November 19th, 2016

Cost: \$74.00

Time: Bus will depart at 6:30am and will return at 10:30pm from the Shaw's parking lot

Registration due by October 19th, 2016



Shop Local and Holiday Party

Shop Local Day

Join The Discover Clinton Committee and local businesses for a fun-packed day. "Shop Local Day" is an event designed to promote all the thriving businesses right here in Clinton.



Selectman's Holiday Kids Party

After you spend the day shopping, parents and kids can unwind at the Selectman's Holiday Kids Party. This event will have give-a-ways, games, crafts and fun entertainment for the whole family, so save the date!

Day: Saturday

Time: Schedule of events TBA

Date: November 26th, 2016

Duration: all day, one day!

Holiday Tree Lighting Event

The Clinton Parks & Recreation Department, along with the Holiday Tree Lighting Committee will be organizing a special ceremony/event to debut the lighting of the Holiday Tree in Central Park.

Come enjoy some free, family fun that will include hot chocolate, cookies, and music!

Ornaments will be on sale for you and your family again this year to decorate our town's holiday tree!

Day: Saturday

Time: After Selectman's Holiday Party

Date: November 26th, 2016

Ages: All ages with parent present

Cost: Free



Holiday Craft Workshops

The Clinton Parks & Recreation Department will be organizing Holiday Craft Decorating Workshops here in our office. The dates, times, and projects are listed below. Hope to see you there!

Mommy and Me Craft

Date: Wednesday, December 7th

Time: 6:00-7:00pm

Cost: \$5.00 per person

Ages: 1-4 years old with a parent

Gingerbread House Decorating

Date: Wednesday, December 14th

Time: 6:00-7:30 pm

Cost: \$5.00 per person

Ages: All ages welcome with adult

Light Up Clinton

Holiday Lighting Competition

Join us this winter for our 2nd annual **Holiday Lighting Competition!** Here's how it works. There is a \$10.00 entry fee to be entered into the competition, residents will be able to decorate their houses/apartment from November 28th- December 16th. Judging will take place on December 16th by the Clinton Parks and Recreation Commission. **This years 1st place winner will receive a pair of Celtics Tickets!**

For complete list of rules please visit our website:

www.clintonrec.com

Dates: Competition starts November 28th, 2016

Cost: \$10.00 per residence

Judging: Takes place December 16th, 2016



Holiday Pops Concert



The Clinton Parks & Recreation Department in conjunction with the Holiday Pops Committee is excited to present the 21st annual Holiday Pops Concert. This year's theme is "Joy to the World" and will feature The New Hampshire Philharmonic with the Pinkerton Academy Choir as well as the Clinton Middle School Symphony

Singers.

Time: Doors open at 6:00, show starts at 7:00 pm

Dates: Saturday December 10th, 2016

Cost: Balcony seats \$15.00, 12 and under \$10.00

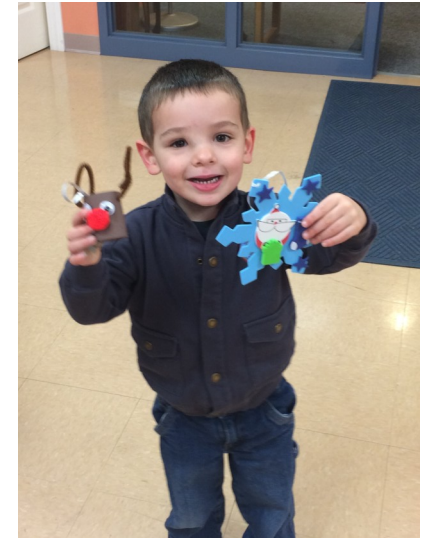
Table seats \$20 per person, Full table \$110 (6 seats)

Ages: All ages with parents present

Location: Clinton Town Hall Auditorium

Tickets will be sold at the Clinton Parks & Recreation Office November 1st-December 9th. Tickets will also be available at the door for remaining seats.

Purchase your tickets early in order to secure your desired seat!



November


December



November 2016

December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 -Holiday Pops Tickets On Sale -Fast Track -Total Body Workout/101	2 Gift of Art	3 -Bubble Soccer -YOGA with Justin Office open until 6pm	4	5
6	7 -Sprouting Melodies* -Toddler Playtime -Floor Hockey	8 -Girls Science Club* -Total Body Workout/101	9 Gift of Art	10 YOGA with Justin Office open until 6pm	11 Office Closed: Veterans Day -BLAST*	12
13	14 -Sprouting Melodies -Toddler Playtime	15 -Girls Science Club -Total Body Workout/101	16 Gift of Art	17 YOGA with Justin Office open until 6pm	18	19 NYC Shopping Trip
20	21 -Sprouting Melodies -Toddler Playtime	22 -Girls Science Club -Total Body Workout/101	23	24 Office Closed: Turkey Day 	25	26 -Tree Lighting -Selectman's Kids Party -Shop Local
27 Registration opens for Light Up Clinton →	28 -Sprouting Melodies -Toddler Playtime	29 Girls Science Club	30 Gift of Art			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Office open until 6pm	2	3
4	5 -Sprouting Melodies -Toddler Playtime	6 -Girls Science Club -Total Body Workout/101	7 -Gift of Art -Holiday Craft Workshop* -Ski Deadline	8 Office open until 6pm	9	10 Holiday Pops Concert*
11	12 -Sprouting Melodies -Toddler Playtime	13 -Girls Science Club -Total Body Work-	14 Gingerbread House Workshop*	15 Registration closes for Light Up Clinton	16 Light Up Clinton Judging*	17
18	19 Toddler Playtime	20 Total Body Workout/101	21	22	23	24
25 Christmas Day 	26	27 LEGO*	28 LEGO	29	30	31 New Year's Eve 

← Holiday Vacation →

* indicates the start a program requiring pre-registration or a purchased ticket

Winter Programs (January/February)

Adult Fitness Classes

Total Body Workout

Boost your metabolism and burn more calories with this 60 minute class! Learn how to strength train safely for toning, revved up metabolism and prevention of osteoporosis! The true solution to reducing belly fat begins with this 60 minute class! The weight training segment includes the most effective moves to train your body to burn calories and release stored fat.

Dates: Tuesdays January 10th-April 11th, 2017 (no class 2/21)

Time: 6:30pm-7:30pm

Cost: \$156 per person for the 13 class session

Ages: 18+ years old

Location: Clinton Parks and Recreation Department

Total Body Workout 101

Just getting started? Just getting back? This class is for you! Enter the world of fitness and boost your metabolism and burn more calories with this 60 minute class! Metabolism boosting and good health tips will be shared every week perfect for the first time exerciser! Please bring a mat, 5-8lb weights and a mat.

Dates: Tuesdays January 10th-April 11th, 2017 (no class 2/21)

Time: 7:30pm-8:30pm

Cost: \$156.00 per person per 13 class session

Ages: 18+ years old

Youth Softball Pitching/Catching Clinic

Youth Softball Clinic

Calling all ball players! This January get a jump start to your season with our pitching/catching clinic. Participants will improve their overall skills and knowledge of the game with an emphasis on team play and fundamentals.

Dates: January 31st, 2017

Time: 1:00pm-4:00pm

Cost: TBD

Ages: 7-12 years old

Location: Clinton Middle School



Youth Lego Programs

Jedi Engineering

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building motorized and architectural projects with imagination and engineering to defeat the Empire!

Dates: Wednesdays Feb. 1st- March 15th (No class 2/22)

Time: 3:00-4:30pm

Cost: \$120 per person for 6 week session

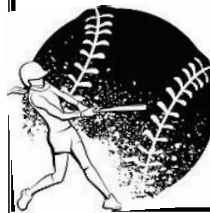
Grades: K-3rd

Location: Clinton Elementary School



Clinton Youth Softball League

The Clinton Youth Softball League strives to provide a positive, competitive youth softball experience for each player, parent and coach. We are dedicated to the advancement and long term player development of each participant by building character, using softball as a tool to improve self-confidence and self-esteem, and making players better, more productive community athletes. Last season our league became members of the Wachusett Softball Association which introduced our players to new teams of all levels. This year marks our 4th season offering players the opportunity to play and learn more about the sport. Whether you are an experienced player or new to the sport, our league welcomes all levels of talent.



Clinton Youth Softball registration will open January 2nd, 2017 and close March 3rd, 2017.

More information about the league and information about how to register can be found on our website: www.clintonrec.com

February Vacation Activities

LEGO NXT Program

Build and program robots using the LEGO® Mindstorms NXT system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

Dates: February 20th-24th, 2017

Time: 9:00am-12:00pm

Cost: \$225 per person

Ages: 7-12 years old

Location: Clinton Parks and Recreation Building

Multi-Sport Clinic

Spend your February Vacation playing a multitude of sports such as wiffle ball, kickball, flag football, ultimate Frisbee, and bubble soccer.

Dates: February 20th-24th, 2017

Time: 9:00am-12:00pm

Cost: \$135 per person

Grades: 3rd-6th

Location: Clinton Middle School

Safety Classes

This winter the Clinton Parks & Recreation Department will be holding 2 safety classes: Home Alone Safety and BLAST. Children will learn important safety lessons and techniques for when they may ever be home alone. BLAST will touch on how to handle the basics of infant and childcare, as well as become certified in Pediatric First Aid and CPR. **Minimum of 8 participants**

Home Alone Safety

Date: February 22nd, 2016

Time: 10:00am-12:00pm

Cost: \$45.00 per person

Ages: 8-11 years old

Location: Clinton Parks and Recreation

BLAST Babysitter Training/CPR/First Aid

Date: February 22nd, 2016

Time: 1:00pm-5:00pm

Cost: \$90.00

Ages: 11-18 years old

Location: Clinton Parks and Recreation



Winter Events (January/February)

Daddy Daughter Dance

2017 Dance Details

The Clinton Parks & Recreation presents the 38th annual Clinton Daddy Daughter Dance on Saturday, February 11th from 4:00 - 6:00pm at the Clinton Middle School. Clinton dad (or guardian's) and daughters ages 2 yrs. and up are invited to get dressed up together and join in on this night of fun! The night will feature music, games, snacks & drinks, professional pictures, and much more!

Day: Saturday

Time: 4:00pm-6:00pm

Date: February 11th, 2017

Duration: One night only!

(Blizzard Date: February 12th)

Ages: 2 yrs. and up

Cost: \$10 per ticket (\$20 per couple)
\$5.00 each additional child

Location: Clinton Middle School

Tickets will go on-sale starting Monday, January 9th, 2017 and can be purchased at the Clinton Parks and Recreation Office. Tickets must be purchased in advance.



Ice Rink and Block Parties

Residents can expect another fabulous season of ice skating! The ice rink will be located this season at Savage Field to allow for under the lights ice skating and special events.

The rink will be opening Mid-January for the winter season.

Open hours: The rink will be open weather permitting from the beginning of January to the end of February. The rink will be open dawn to dusk daily. Ice hockey is permitted Monday-Friday 2:00pm-3:30pm; Saturday/Sunday 8:00am-10:00am and 3:00pm-4:00pm.

Block Party...ON ICE

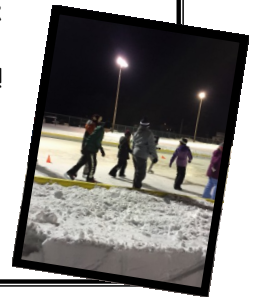
Join us for the BEST party of the winter as we turn our ice rink into the place to be. With skating under the lights, music, a fire pit, and concessions this will be one night you won't want to miss!

Dates: February 3rd, 2017 & February 24th, 2017

Cost: Free to attend, concession will be available

Time: 6:00-8:00pm

* Bring your own skates to the ice rink!



Mother Son Movie

2017 Movie Night Details

Join us as a family of undercover superheroes, while trying to live the quiet suburban life, are forced into action to save the world in *The Incredibles*. The Clinton Parks and Recreation Department invites mothers and sons to spend an afternoon together at the movies while watching the classic film *The Incredibles*. All movie goers will receive a main entree and a drink.

Day: Saturday

Time: 4:00pm, Doors open at 3:00pm

Dates: February 11th, 2017

Duration: One afternoon only!

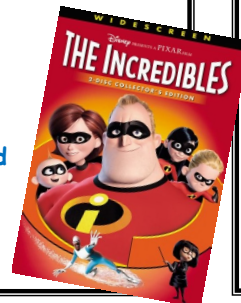
(Blizzard Date: February 12th)

Ages: All ages with mothers present

Cost: \$10 per ticket (\$20 per couple) \$5.00 each additional child

Location: The Strand Theater, www.strandmovies.com

Tickets will go on-sale starting Monday, January 9th, 2017 and can be purchased at the Clinton Parks and Recreation Office. Advance reservation highly suggested by not required.



Boston Celtic's Trip

Last winter we had such a great time on the Boston Celtics Trip and are excited to offer another trip to the Garden! This trip will feature transportation to and from the game, admission into the game and plenty of time to watch basketball and have some fun! This trip is great for families, friends, and seniors. **Space for this trip will be limited**, if you are interested please register early. We will be able to announce the game date as soon as the Celtic's schedule is available.

Game details will be announced soon! Please check back with our department in early September to reserve you spot!





Winter







January

February

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day 	2 Softball Registration Opens	3	4	5 Ski Program*	6	7
8	9 DDD/MS Movie Tickets On Sale	10 Total Body Workout/101*	11	12 Ski Program	13	14
15	16	17 Total Body Workout/101	18	19 Ski Program	20	21
22	23	24 Total Body Workout/101	25	26 Ski Program	27	28
29	30	31 -Total Body Workout/101 -Youth Softball Clinic				

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LEGO Program*	2 Ski Program	3 BLOCK PARTY On Ice	4
5 Super Bowl Sunday 	6	7 Total Body Workout/101	8 LEGO Program	9 Ski Program	10	11 -Daddy Daughter Dance* -Mother/Son Movie*
12	13	14 Total Body Workout/101 Valentine's Day 	15 LEGO Program	16	17	18
19	20	21	22 -Home Alone Safety* -BLAST*	23	24 BLOCK PARTY On Ice	25
 						
26	27	28 Total Body Workout/101				

Save the Date!

Star Wars LEGO Program continues on March 1st, 8th, 15th

Glowing EGGstravagnza April 15, 2017

* indicates the start a program requiring pre-registration or a purchased ticket



The primary mission of the Clinton Parks & Recreation Commission is to oversee, develop, and provide programs and special events for all ages and abilities that offer participants a fun, educational, healthy, and memorable experience, as well as to manage and preserve the



Find us online!

Notes from Parks & Recreation Staff

The Clinton Parks and Recreation Department is very excited and encouraged to see the town embrace recreational programming and our park improvement projects. Over the last year many local organizations have embraced the value of quality programming and have begun to offer recreation opportunities beyond what is offered by the Clinton Parks and Recreation Department and we are very proud of this movement. Recreational programming is now being offered through the school system, through Saint John's Gym, the Library and Senior Center for example. Furthermore, the support of the town towards our many park improvements has been very encouraging. Over the last year the department has worked to improve the properties we manage and will we are excited about the improvements yet to come especially at Savage Field.

The Clinton Parks and Recreation Department set a goal to be the heart of the community, a place where residents come to gather community information. This past year the department worked hard to forge relationships with organizations in town, created a community event page on the website and openly advertised for community events alongside the departments own offerings. Residents have started to turn to the Clinton Parks and Recreation Department when they have questions, ideas, or concerns and the Department is very proud of this line of communication.

THANK YOU

Again thank-you for your continued support. Many of our programs depend highly on the

