

MILLIS RECREATION

FALL 2026

Recreation Guide

online registration:
millisrecreation.activityreg.com



PRESCHOOL

PRESCHOOL SOCCER—Millis Recreation Department

Our Preschool Soccer Program is designed to maximize fun and development by giving each child more touches on the ball and less stoppage time. **Using a 3v3 continuous play format**, every player—regardless of age or skill level—has more opportunities to stay involved and build confidence. Each session begins with a 30-minute warm-up and technical skill activities, followed by a **30-minute scrimmage**. This style of play is recommended by the **Massachusetts Youth Soccer Association** and is ideal for introducing young players to the game in a positive environment. **Volunteer coaches are needed**, and the program fee includes a team T-shirt. Children must be **at least 4 years old** to participate. **Registration forms must be received by Monday, August 31, 2026** to guarantee placement on a team. Registrations received after this date will be placed on a waitlist and accepted only if space is available. While we do our best to consider requests, **we cannot guarantee that special requests will be made.**

Clyde Brown School Field **Ages: 4-5**
Sundays, 9/20-11/1 (no games 10/11) **6 weeks**
Game Times: 12:00 or 1:00pm (schedule to be posted 9/11)
Fee: \$95

***COACHES:** Please volunteer to be a coach and participate in your child's soccer experience. **You MUST fill out a CORI form prior to coaching.**

COACHES CLINIC – September 8, 2026 from 7:00-8:00 pm at Town Park

SIBLING SPORTS W/ COACH MIKE

This program is run by Coach Mike (formerly of Kids in Sports) who has over 10 years of experience teaching children the fundamentals of different sports. Sibling Sports is a multi-sports program and ideal for parents looking for one class for multiple children. The kids will learn how to play soccer, football, basketball, baseball, floor hockey and volleyball in a fun, safe and supportive environment. All equipment and activities are age-specific focused on developing gross motor skills, building confidence and learning sportsmanship as building blocks for young athletes. Please note: each child must be enrolled to participate. Min 8 / Max 14

Millis Veterans Memorial Gym **Ages: 2-5**
Wednesdays, 9/16 – 10/21 **6 weeks**
4:45pm - 5:30pm **Fee: \$120**



TINY TYKES SOCCER—Challenger Sports

Tiny Tykes is an innovative program, created by childcare specialists that introduces children aged 2 to 3-years to the basic skills of soccer. Our modules use fundamental soccer

activities, games, and stories to develop their skills in the following areas: balance, agility and coordination, technical skills, gross motor skills, physical development, social skills, self-confidence, communication, and teamwork. Each player will receive their own soccer ball, jersey, and shirts package.

Millis Veterans Memorial Gym + Town Fields **Ages: 2-3**
Tuesdays, 9/15-10/20 **6 weeks**
10:30am-11:15am **Fee: \$120**

PRESCHOOL MINI-SPORTS—F.A.S.T. Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, and t-ball. It will ease children into learning the basics of all these great games as well as teaching them the importance of teamwork. In each class, F.A.S.T. Athletics will have new and exciting games planned for the students. Minimum 8/Maximum 20.

Millis Town Park, 900 Main St. (behind Town Hall) **Ages: 3-6**
Saturdays, 9/19-10/24 **6 weeks**
9:00-9:45 am **Fee: \$120**



PRESCHOOL T-BALL DEVELOPMENT—F.A.S.T. Athletics

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases.

This is an easy introduction to t-ball where learning and skill development are our priorities. Minimum 8/Maximum 20.

Millis Town Park, 900 Main St. (behind Town Hall) **Ages: 3-6**
Saturdays, 9/19-10/24 **6 weeks**
10:00-10:45 am **Fee: \$120**



Register Online at
www.millisma.gov
Under
Recreation Dept.





AMERICAN NINJA WARRIOR JUNIOR— Shen's Gymnastics Academy

Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids ages 3-6 will gain agility, balance, coordination, and strength as they tumble and maneuver through the courses. This 60-minute class is perfect for highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment. With every attempt at one of our courses, and every victory when completing, boys and girls will discover that they are the ultimate American Ninja warrior!

Shen's Gymnastics, 16 Everett St., Holliston **Ages: 3-6**
Tuesdays, 9/1--11/10 4:30pm-5:30pm **11 weeks**
Wednesdays, 9/2--11/11 5:30pm-6:30pm **11 weeks**
Fee: \$280

MOMMY & ME GYMNASTICS— Shen's Gymnastics Academy

Our very popular & fun instructor-led gymnastics classes designed for children aged 18 mos – 3 years and their caregiver. This 45-minute class brings the parents onto the floor amidst the excitement. We have small preschool-sized equipment for children this age. The instructor will set up different courses each week especially designed to help with locomotion skills and hand-eye coordination.

Shen's Gymnastics, 16 Everett St., Holliston
Ages: 18 mos-3 yrs.
Tuesdays, 9/1-11/10 9:30am 11 weeks
Saturdays, 9/5-11/14 10:00am 11 weeks
Fee: \$280/session

SUPERKIDS GYMNASTICS—Shen's Gymnastics Academy

A 60-minute, energetic, fun, gymnastics class for preschool and kindergarten-aged kids. Children aged 3-5 participate in this class while their parents watch from the seating area. The kids get lots of personal attention and lots of turns on the apparatus such as trampoline, balance beam, rings, vault, bars, and tumble track. The instructor will set up an obstacle course designed to teach basic gymnastics skills. Kids will also improve their locomotion skills, hand-eye coordination, social skills, taking turns and listening skills, all while they are having fun, getting exercise, and learning gymnastics!

Shen's Gymnastics, 16 Everett St., Holliston **Ages: 3-5**
Tuesdays, 9/1-11/10 10:30am 11 weeks
Thursdays, 9/3-11/12 3:30pm 11 weeks
Saturdays, 9/5-11/14 10:00am 11 weeks
Fee: \$325/session

CAREGIVER & ME DANCE CLASS – Millis Dance

We are so excited to welcome our dancers' caregivers into the room with our youngest dancers! Caregivers of any kind are welcome to attend, whether they are parents, grandparents, aunts, uncles, or nannies. It takes a village to raise wonderful dancers who are also wonderful human beings. It all starts here! **This is a non-performing class that will not participate in the end of the year recital. ** (Attire: Girls: Dance dress or leotard and skirt, pink tights, and pink ballet slippers; Boys: T-shirt, leggings or sweatpants, black ballet slippers)

Millis Dance, 903 Main Street, Millis **Ages: 2-4**
Thursdays, 9/10-12/17 (No class on 11/26) **14 weeks**
9:00am-9:45am **Fee: \$245**

PRESCHOOL BALLET/TAP – Millis Dance

In this fun and lively combination class, young dancers learn coordination, balance, and how to move gracefully and fluidly with basic ballet steps and choreography. Then dancers will switch to tap, a natural way for energetic young dancers to develop a great sense of rhythm, concentration, and musicality. Tap class is when making noise and being active is built right in! Each class will carve out time for creativity, using imaginative props such as colorful ribbons, glittery scarves, hula-hoops, magic wands and more. Ballet/Tap is a perfect combination for every young dancer. (Attire: Girls: leotard, pink tights, pink ballet shoes and black tap shoes; Boys: white t-shirt, Black leggings or sweatpants, black ballet slippers and black tap shoes; non-binary: any of the above in which they are comfortable.)

Millis Dance, 903 Main Street, Millis **Ages: 3-5**
Thursdays, 9/10-12/17 (No class on 11/26) **14 weeks**
10:00am - 10:55am **Fee: \$325**

PRESCHOOL BALLET/TUMBLE – Millis Dance

This child-centered class focuses on learning the basics of beginner ballet, developing social skills and creative expression. Children will be introduced to the graceful flow of classical ballet using sparkle wands, colorful ribbons and various imagination provoking props. Dancers will also try their hand at basic tumbling skills such as, forward rolls, bridges and beginner cartwheels. Our fun and lively class is filled with giggles and lots of wiggles, jumps, twirls and imaginative play. Moving creatively in Ballet/Tumble is sure to boost a young dancer's physical and emotional well-being. (Attire: Girls: leotard, pink tights and pink ballet slippers Boys: black sweatpants, white t-shirt and black ballet slippers; Non-binary: any of the above in which they are comfortable).

Millis Dance, 903 Main Street, Millis **Ages: 3-6**
Tuesdays, 9/15-12/15 **14 weeks**
3:30pm-4:25pm **Fee: \$325**

YOUTH PROGRAMS

YOUTH SOCCER—Millis Recreation Department

Our Ages 6–8 Youth

Soccer Program focuses on developing fundamental soccer skills through age-appropriate practices and fun 6-on-6 games. Players will build confidence, improve skills, and enjoy friendly competition in a supportive team environment. **Volunteer coaches are needed**, and the program fee includes a



team T-shirt. All players must register, regardless of previous participation. **Registration forms must be received by Monday, August 31, 2026**, to guarantee team placement. Registrations received after this date will be placed on a waitlist and accepted only if space is available. While we do our best to consider requests, **we cannot guarantee that special requests will be made.**

Clyde Brown School Field

Ages: 6-8

Sundays, 9/20-11/1 (no games 10/11)

6 weeks

Game Times: 12:00 or 1:00pm (schedule to be posted 9/11)

Fee: \$95

****Please volunteer to be a coach and participate in your child's soccer experience.**

ALL COACHES MUST FILL OUT CORI FORM.

COACHES CLINIC – September 8, 2026 from 7:00-8:00 pm at Town Park

NEW

ALL ABOUT THEATRE – Millis Community Theatre

The theatre teacher will meet kids outside Clyde F. Brown School at dismissal and walk them to the Town Hall. This class is a brief introduction to key theatre concepts, great for kids who have expressed interest in performing. Through five sessions, students will learn about what makes a play, the basics of acting, how to express a character, voice and projection techniques, and essential stage directions. At the end of the course, participants will gain confidence in understanding and performing simple theatrical roles.

Veterans Memorial Building, Room 130

Ages 5-10

Wednesdays, 9/9–10/7

5 weeks

3:00pm – 4:00pm

Fee: \$80



KIDS AFTER-SCHOOL RUNNING CLUB – Millis Recreation

A Town staff member will meet kids outside Clyde F. Brown School at dismissal and walk them to the Town

fields for a fun, active afternoon. Our Kids Running Club is a fun and active way for kids to stay healthy, build confidence, and enjoy the great outdoors after school. Whether your child is a seasoned runner or just wants to try something new, this club is all about fun, friendship, and fitness!

Town Fields & Local Paths

Grades: 3-5

Thursdays, 9/10-10/15 (No class on 10/8)

5 weeks

3:00-3:50 pm

Fee: \$75

NEW



KIDS AFTER-SCHOOL GYM CLUB – Millis Recreation

A Town staff member will meet kids outside Clyde F. Brown School at

dismissal and walk them to the Town fields or gym for a fun, active afternoon. Get your kids moving, laughing, and making new friends with our exciting after-school sport and game program! Each week is packed with high-energy games like dodgeball, wiffleball, capture the flag, and more, designed to build confidence, teamwork, and a love for staying active. Whether your child is a seasoned player or just looking for fun, this program offers a safe, supportive environment where everyone can join in, learn new skills, and have a blast. Spots are limited—sign up today and don't miss out on the fun!

Veterans Memorial Gym

Grades: 3-5

Thursdays, 10/22-11/19 (No class 11/12)

4 weeks

3:00-3:50 pm

Fee: \$60

BEGINNER SKATEBOARDING—Rad Chad Skate Co.

Beginner Skateboarding is for participants with little to no skateboarding experience. Teaching fundamental skateboarding skills such as establishing what the rider's dominant stance is (regular footed or goofy footed) accelerating, balance, stopping, transitions and some tricks, and Ollies, we help participants develop confidence to apply these skills on their own. Proper safety equipment must be provided by the rider (knee pads, elbow pads and helmets) and must be always worn during class. A skateboard and athletic shoes are also required. (Min 6/Max 12)

Millis Outdoor Basketball Courts (behind Town Hall)

Ages: 7-13

Wednesdays, 9/16-10/7

4 weeks

4:00 pm - 5:00 pm

Fee: \$85



COOKING FOR KIDS – Kids' Test Kitchen

Parents report that kids come home from Kids' Test Kitchen EXCITED about fresh ingredients and new recipes! Reluctant eaters learn that food is safe and fun! And everyone practices essential life skills like teamwork, time management, patience, along with the obvious skills like slicing, measuring, and cooking! On a mission to redefine kid food, Kids' Test Kitchen's enthusiastic Facilitators get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! Lessons are planned to celebrate seasonal produce, whole grains, and legumes. Each series of classes offers fresh new recipes to prepare and explore! Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

**Families who have students with allergies or other necessary dietary modifications will be required to complete our diet modification form before the first class.*

Veterans Memorial Building, Room 104
Tuesdays, 9/22-10/20
5:00pm-6:00pm

Grades: K-5
5 Weeks
Fee: \$210

BASKETBALL CLINIC W/ COACH MIKE

This program is run by Coach Mike (formerly of Kids in Sports) who has over 10 years of experience teaching children the fundamentals of different sports. The Basketball clinic will focus on the basics of basketball and is ideal for kids just learning the sport. Coach Mike will teach the fundamentals of basketball (dribbling, passing, shooting and playing defense) through fun activities, drills and games. Children should wear sneakers and athletic attire. Min 8 / Max 14

Veterans Memorial Gym
Mondays, 9/14 – 10/26 (no class 10/12)
5:00pm-6:00pm

Ages: 4-7
6 weeks
Fee: \$125



HORSEBACK RIDING LESSONS – Melissa Price

Whether you have always dreamed of riding or want a brush up course to get you started back in the saddle again, this is the course for you. Come and spend an hour a week at the farm learning to

groom and tack up a horse, as well as basic riding skills from getting on to learning how to sit correctly in the saddle and control a horse. (Max. 6 students)

Shadowfax Farm, 112 Farm St, Millis
Mondays, 9/14-10/5
6:00-7:00 pm

Ages: 7 & up
4 weeks
Fee: \$175

KIDS' PAINT NIGHT – Sara Stranahan

Join Sara for a fun paint night this Spring! You will paint alongside the instructor, who will go step by step through the painting process, which makes this program perfect for anyone of any skill level! An 11"x14" canvas, paint, and paintbrushes will be ready for you at your seat. At the end of the hour, you will be able to take home your finished painting!

Min 5 / Max 15

Veterans Memorial Building, Room 104

Ages 6-12

Session 1

Thursday, 10/15

6:00pm-7:00 pm

One Session

Fee: \$35

Session 2

Thursday, 12/17

6:00pm-7:00 pm

One Session

Fee: \$35

SAFE@HOME – Wicked Safety Training

Safe@Home is a program by Safe Sitter designed for students to teach home safety when parents are away. Learn to practice safe habits. Prevent unsafe situations. What to do when faced with challenges such as power failures or weather.

Mix 6 / Max 12

Veterans Memorial Building, Room 130

Grades 3-6

Thursday, 10/15

4:00pm – 5:30pm

1 Day

Fee: \$55

KIDS NIGHT OUT – Millis Recreation

Give your kids a fun-filled evening while you enjoy a well-deserved break—especially with no school the following day! Our Kids Night Out program on Tuesday, November 10th from 5–7 PM is perfect for children in grades 1–5 and packed with exciting games, sports, music, and more. Kids will also enjoy cheese pizza as part of the evening, making it a complete night of fun with friends in a safe and engaging environment. Spots are limited, so be sure to register early before it fills up.

Veterans Memorial Building, Gym

Grades 1-5

Tuesday, 11/10

5:00pm – 7:00pm

1 Day

Fee: \$30



Register Online at
www.millisma.gov
Under
Recreation Dept.



YOUTH PROGRAMS



RECREATION BASKETBALL—Millis Recreation Dept.

Our 2026-2027 youth basketball program will be structured to allow for instruction and playing time. This

program will include practice dates prior to the beginning of the season. This program will allow time for instruction, equal playing time and full-court games. Two coaches needed for each team. Games will be played on Saturdays with teams practicing 1x a week. The teams will be broken down by grades. Late sign-ups will be assigned to teams accordingly after the draft on **Monday, Nov. 2, 2026, at Veterans Memorial Building, Room 130.** While we do our best to consider requests, **we cannot guarantee that special requests will be made.**

PLEASE NOTE: Kindergarten and 1st Grade Boys will be "Skills and Drills" and not actual games.

YOU MUST REGISTER BEFORE OCTOBER 22nd!!

Veterans Memorial Building Gym

Saturday games 12/5-1/30 (no games 12/26) 8 weeks

Fee: \$135

Kindergarten – Co-ed – Skills & Drills

1st grade boys – Skills & Drills

2nd-3rd grade boys

1st-3rd grade girls

MANDATORY EVALS –

Monday, October 26th at Town Hall Gym:

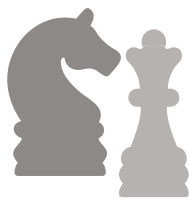
6:00 pm 2nd grade GIRLS

6:30 pm 3rd grade GIRLS

7:00 pm 2nd grade BOYS

7:30 pm 3rd grade BOYS

There are NO Evals for 1st grade Girls



CHESS WIZARDS' ENRICHMENT CLUB – Chess Wizards

Chess Wizards is one of the nation's premier chess education companies. Our interactive, discovery-based curriculum inspires students to think ahead, visualize

their goals, treat others with respect and to learn from mistakes. Our classes are geared to suit children of all skill levels; from chessling to checkmate artist, students will build upon their knowledge through lessons, tournaments, variation games and more! More than just a game of winning and losing, we make learning chess fun! Min/Max; 10/14

Veterans Memorial Building, Room 130

Grades K-5

Thursdays, 10/1-12/3 (no class on 11/12 & 11/26) 8 Weeks

6:00pm-7:00pm

Fee: \$200

KUNG FU KIDS PARKOUR — Wu Xing Kung Fu

Parkour and Kung Fu for kids! In this class we learn to become more aware of our bodies and minds by playing fun games and exercising in ways designed to challenge and reward students for giving their best effort. We teach Parkour, tumbling, exciting animal moves, kicks and punches while we work on our listening, focus and confidence. We let kids express themselves in a fun, supportive environment while also learning respect, manners and tolerance for each other. We get stronger in mind and body, all while having a great time!

Wu Xing Kung Fu, 903 Main St.

Ages: 5-13

Wednesdays, 4:45 pm -- 5:30 pm OR

Thursdays, 3:45 -- 4:30 pm OR

Saturdays, 10:00am – 10:45am

Fee: \$135 for 4 classes

(rolling admission)

KARATE: Beginner & Advanced - Master Julie Guido & Master Christine Howard

Learn the art of Kempo Karate. This six-week program offers beginner and advanced levels. The beginner level teaches age-appropriate self-defense techniques; the advanced level is for students who have previously taken karate and focuses on more difficult age-appropriate self-defense techniques. Both levels teach important life skills, such as confidence, self-control, and patience. The biggest benefit to karate is that it is an individual sport in which each student works at his or her own pace. The last class will include a test during which the students will demonstrate the skills they have learned during the program. At the conclusion of the test, the students will earn their rank, which, depending on their level, will be either a stripe or a belt.

Burke Memorial School, 16 Cassidy Lane, Medway (Gym)

Ages: 5-13

Fridays, 10/16-11/20

6 weeks

4:00pm-4:50pm

Fee: \$65

AMERICAN NINJA WARRIOR - Shen's Gymnastics Academy

Made popular by the TV series, our Ninja class is the ultimate obstacle course. Kids ages 5-12 will gain agility, balance, coordination, and strength as they tumble and maneuver through the courses. This one-hour class is perfect for highly active boys and girls who are looking for a fun recreational activity where they can learn true Ninja-style movements and techniques in a safe environment. With every attempt at one of our courses, and every victory when completing, boys and girls will discover that they are the ultimate American Ninja warrior!

Shen's Gymnastics, 16 Everett St., Holliston

Ages: 5-12

Saturdays, 9/5-11/14

11 weeks

12:30 - 1:30 pm

Fee: \$360



LEARN TO SKATE/PLAY HOCKEY—Norfolk Arena

The U.S. Figure Skating Basic Skills program was created to be the best beginning ice-skating program

in the world. It is designed to serve the needs of both recreational and competitive skaters. The curriculum keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of “supervised” practice time.

Program Objectives

- Provide an engaging and safe skating experience for the beginner
- Teach correct technique of the simple basic elements
- Promote health and physical fitness

All skaters require the following equipment:

- Skates
- Helmet
- Gloves
- Snow Pants

Skates and helmets are available for rent or purchase in the Norfolk Ice Arena Pro Shop www.norfolkarena.com/proshop.html (Phone: 508-528-6700).

General Information:

- Make-up sessions will not be offered for skaters who forget their equipment.
- Refunds will not be offered for any reason. That includes illness, injury or non-enjoyment of the program.
- If a class is cancelled due to inclement weather, a make-up class will be offered.
- The student/teacher ratio is 1:12.
- Classes held at Norfolk Arena, 1 Dean Street Norfolk, MA 02056

Norfolk Ice Arena, 1 Dean St., Norfolk

All Ages (grouped accordingly)

Session 1

Tuesdays, 9/8-10/27 5:00-5:50 pm 8 weeks

Sundays, 9/13-11/1 10:00-10:50 am

Fee: \$185/session

Session 2

Tuesdays, 11/3-12/22 5:00-5:50 pm 8 weeks

Sundays, 11/8-12/20 10:00-10:50 am 7 weeks

Fee: \$175-\$185/session

***LEARN TO PLAY HOCKEY IS OFFERED DURING THE TUESDAY LEARN TO SKATE PROGRAM—All ages MUST PASS BASIC 2**

NOVICE GIRLS GYMNASTICS—Shen’s Gymnastics Academy

Our 60-minute novice gymnastics classes are for girls ages 6 and up. Children learn and perfect basic gymnastics events such as floor, vault, bars, etc. We follow the USA Gymnastics levels when teaching our recreational classes to ensure continued progression for each student. We teach basic skills to learn and grow as a gymnast, working on strength, flexibility, and balance.

Shen’s Gymnastics, 16 Everett St., Holliston

Thursdays, 9/3-11/12

4:30pm

Saturdays, 9/5-11/14

9:00am

Ages: 6+

11 weeks

11 weeks

Fee: \$330/session



BALLET/JAZZ – Millis Dance

Ballet/Jazz combo is an exciting and fun class that focuses on the graceful and elegant style of ballet, before switching to the upbeat and lively style

of jazz dance. Dancers will start at the ballet barre, learning ballet vocabulary and introductory ballet movement. In the jazz portion of the class, dancers travel across the studio with kicks, turns and leaps and learn fun and funky choreography that builds flexibility, coordination and confidence. Each class will carve out time for creativity, using imaginative props such as colorful ribbons, glittery scarves, hula-hoops, magic wands and more. Ballet/Jazz is the best of both worlds! (Attire: Girls: leotard, pink tights, pink ballet shoes and tan jazz shoes; Boys: white t-shirt, Black sweatpants, black ballet slippers and black jazz shoes; non-binary: any of the above in which they are comfortable.)

Millis Dance, 903 Main Street, Millis

Saturdays, 9/12-12/12 (no class on 10/31 & 11/28) 12 weeks

10:00am – 10:55am

Grades: K-2

12 weeks

Fee: \$325

JAZZ/HIP HOP – Millis Dance

Jazz/Hip-hop is a high energy, age-appropriate class, consisting of fun, and funky choreography, stretch and strength exercises, and jazz technique. Jazz improves overall technique, alignment, jumps & turns. Hip Hop puts the emphasis on musicality and rhythm. Find your groove and individual style in this fun, fresh class. (Attire: leotard of any color, tan tights, tan jazz shoes, and clean sneakers)

Millis Dance, 903 Main Street, Millis

Fridays, 9/11-12/18 (No class on 11/27)

3:30pm-4:25pm

Grades: K-2

14 weeks

Fee: \$325

PRE-TEEN/YOUNG ADULT PROGRAMS

ADAPTIVE & INCLUSIVE HIP HOP DANCE— Exhale Dance

Adaptive & Inclusive

Exhale adaptive and inclusive dance program incorporates appropriate dance styles for individuals with special needs. We offer a safe space to build and foster friendships in our comfortable temperature-controlled, wheelchair accessible studio. Get ready for 45 minutes of upbeat dancing, stretching and coordination building skills. (Max: 12)

What to expect:

- Staff that are ready to meet the individual needs of their students considering their emotional maturity, attention span, and developmental stage. (1 instructor, 2 assistants)
- An increase in confidence, cooperation, strength and coordination.
- Dancers can wear their own shoes and any active wear they feel most comfortable in. We just ask for all shoes to be clean and dedicated only to our dance floor for the length of the session. Min/Max; 5/15

Exhale Dance School, 65 Holbrook Street, Norfolk **Grades: 1-6**
Thursdays, 9/3 - 12/17 (no class on 11/26) **15 classes**
4:00pm-4:45pm **Fee: \$185**

CHARLES RIVER CHILDREN'S CHORALE 2026-2027

The CRCC invites all children grades 2-6 to join in their 26-27 season. We are kicking off our 12th season of music and fun. Our mission is to continue to improve the musicality, technique and artistic intelligence of each performer. Music director Lelia Tenreyro-Viana and Assistant Director/Accompanist Tim Treacy bring two lifetimes of experience in performance and musicality to our program. Each season our goal is to empower each singer individually through solo voice production lessons, and group-wise through choral repertoire, music theory, acting and movement. We will continue to expand our singers' understanding of our world through music from various cultures and languages. Each student will get at least 2 half- hour private coaching sessions included in the program.

Group rehearsal will take place on Thursdays from 5:00 to 6:00 PM, we are in the process of securing a location and it will be updated soon. Private coaching sessions are to be arranged with the instructor. (There will be no rehearsal if there is no school). *Payment Plans and Scholarships available if needed

Location: To Be Determined
Thursdays, 9/17/26-6/10/27

Grades: 2-6
5:00-6:00 pm
Fee: \$200



MONOLOGUE WORKSHOP – Millis Community Theatre

In this five-session series, older kids will choose a monologue to study and perform. Classes will cover aspects of character development, voice and movement, as well as audition best practices. Students complete the class with a piece they can use for auditions and reference for future roles. Max 12

Veterans Memorial Building, Room 130
Thursdays, 9/10–10/8
3:30pm – 5:00pm

Ages 11-15
5 weeks
Fee: \$95



ADAPTIVE & INCLUSIVE HIP HOP DANCE—Exhale Dance

Exhale adaptive and inclusive dance program incorporates appropriate dance styles for individuals with special needs. We offer a safe space to build and foster friendships in our comfortable temperature-controlled, wheelchair accessible studio. Get ready for 45 minutes of upbeat

dancing, stretching and coordination building skills. (Max: 12)
What to expect:

- Staff that are ready to meet the individual needs of their students considering their emotional maturity, attention span, and developmental stage. (1 instructor, 2 assistants)
- An increase in confidence, cooperation, strength and coordination.
- Dancers can wear their own shoes and any active wear they feel most comfortable in. We just ask for all shoes to be clean and dedicated only to our dance floor for the length of the session. Min/Max; 5/15

Exhale Dance School, 65 Holbrook Street, Norfolk **Ages: 12+**
Thursdays, 9/3-12/17 (No class on 11/26) **15 classes**
6:15pm-7:00pm **Fee: \$185**

BASKETBALL SKILLS & DRILLS- Dan Donovan

(Adaptive & Inclusive)



Coach Dan Donovan has 25 years of experience coaching youth basketball of varying ages. During this class he'll focus on basic skills such as dribbling, passing, and shooting while

encouraging teamwork and fun!

All abilities welcome.

Veterans Memorial Bldg. Gym
Mondays, 9/14-10/5
6:00pm-7:00pm

Ages: Pre-Teen+
4 weeks
Fee: \$25

VACATION & 1/2 DAY PROGRAMS

PUNCHING TOWARD EMPOWERMENT – Sweet Science Metrowest Boxing

(Adaptive & Inclusive)

Join Nick Conner from Sweet Science Metrowest Boxing in this adaptive and inclusive, non-contact, fitness boxing program. The environment is safe, judgement free and provides an opportunity to build self-confidence while having fun working out with boxing equipment like heavy bags and mitts. Reduce stress, improve mood, and enhance your overall well-being this fall with Sweet Science Metrowest Boxing! Minimum: 6, Maximum: 12

Encompass Fitness, 27 Milliston Road, Millis **Ages: Pre-Teen+**
Fridays, 10/2-11/6 **6 weeks**
5:00pm-5:45pm **Fee: \$150**

YOUTH FITNESS BOXING AND CONDITIONING – Sweet Science Metrowest Boxing

Join Nick Conner from Sweet Science Metrowest Boxing in this non-contact, youth fitness boxing program. The environment is safe, judgement free and provides an opportunity to learn skills and drills of fundamental boxing while getting a great workout. These sessions will include equipment like heavy bags, mitts, and more. Boxing has shown to build confidence, self-esteem, trust, and a sense of purpose while reducing stress, improving mood, and enhance one's health and fitness. This program is based on fitness not competition...Oh, and FUN! Join us this fall with Sweet Science Metrowest Boxing! Min 6 / Max 18 Equipment available but we recommend purchasing own.

Encompass Fitness, 27 Milliston Rd **Ages: 12+**
Tuesdays, 9/29-11/3 OR **6 weeks**
Thursdays, 10/1-11/5 **Fee: \$150**
5:00pm-5:45pm

FREERUNNING AND PARKOUR – Wu Xing Kung Fu

Beginners and experienced Freerunners welcome! We teach Parkour in a graduated, fun setting that puts safety first, using mats and other equipment to help acquire skill and confidence. Build strength and gain flexibility as you learn how to interact safely with the environment. Learn break falls, cartwheels, rolls and more to disperse energy from jumps or falls; learn how to use the principles of stride, precision and wall running to plot your course. We stress efficiency, flow and the ability to change levels smoothly while maintaining momentum. Parkour is a great exercise for the mind and body- it develops willpower, control, drive, humility, focus and balance. It also promotes body awareness, strengthens the core and fosters better metabolism, and all while having a fun workout with great people!

Wu Xing Kung Fu, 903 Main St. **Ages 13+**
Thursdays; 9/10-12/17 **4:45 pm – 5:30 pm**
Fee: \$135 for 4 classes
(rolling admissions)

SPORTS MANIA – F.A.S.T. Athletics

Join us for a day of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, dodgeball, and kickball, but the fun continues with hand ball and pillow polo. We kick off with proper stretching and warm-up games, and then right into the games. Games and tournaments will be featured in this exciting program held in a safe and FUN environment. Please bring a water bottle, snack and lunch. Nut free food items only please.

Veterans Memorial Building, Gym **Ages: 6-12**
Friday, 10/9 **1 Day**
9:00am - 2:00pm **Fee: \$120**



HALF DAY BASKETBALL – Mills Recreation

Looking for a fun and active way to spend your half day? Join Millis Recreation for an exciting basketball program designed to keep players engaged, learning, and competing! With support from current varsity players, participants will work on fundamental skills such as shooting, passing, and dribbling while also being introduced to a variety of creative basketball games and skill-based challenges. This program combines instruction with friendly competition, giving players plenty of opportunities to improve and have fun. The afternoon will wrap up with lively games*, where participants can showcase what they've learned and enjoy game play with their peers. Come ready to play, compete, and have a great time on the court!

**A Millis Recreation employee will meet students at Clyde Brown Elementary School at dismissal and walk them to the Veterans Memorial Building. Please pack a nut-free lunch.*

Veterans Memorial Building, Gym **Grades: 1-5**
Thursday, 11/12 **1 Day**
11:30-3:00pm **Fee: \$65**



Register Online at
www.millisma.gov
Under
Recreation Dept.



FALL PICKLEBALL PROGRAMS

PICKLEBALL LADDER LEAGUE – Millis Recreation

Ready to test your game and compete? Our Fall Pickleball Ladder League is designed for players who are looking for a more competitive, results-driven experience. Players will be placed on a weekly ladder and will move up or down based on match performance, ensuring you're consistently matched with others at a similar skill and competitive level. Expect fast-paced games, strategic play, and the opportunity to challenge yourself each week against a variety of opponents and partners. This league is ideal for players who enjoy competition, want to track their progress, and are motivated to improve their game over the course of the season.

League highlights:

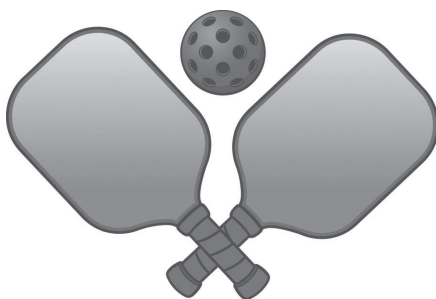
- Weekly ladder movement based on results
- Competitive matchups with players of similar skill
- Rotating partners to test versatility and adaptability
- Scores recorded in DUPR to track your performance

A DUPR rating is not required to register, but you'll be asked to get a free account before league starts and all match scores will be entered to help build and reflect your competitive rating. Bring your competitive edge and be ready to climb the ladder! Min. 8 / Max. 18

Millis Outdoor Pickleball Courts
(behind Town Hall, 900 Main St.)
Thursdays; 8/27 – 10/15
5:30pm- 7:30pm

Adults

8 weeks
Fee: \$65



EVENING BEGINNER LEVEL PICKLEBALL LESSONS – Mike Regan

Have you thought about playing “the fastest growing game in America” Pickleball? Do you enjoy meeting new local people, getting some light exercise and having a blast? If so, then this class is for you. Coach Mike, our certified PB instructor, will teach you the basics and rules to get you playing games in the first class. No experience necessary. Paddles and balls provided.

Millis Outdoor Pickleball Courts
(behind Town Hall, 900 Main St.)
Mondays; 9/14-10/5
5:00pm-6:00pm

Adults

4 weeks
Fee: \$65

EVENING INTERMEDIATE LEVEL PICKLEBALL LESSONS – Mike Regan

Now that you know the basics of how to play Pickleball it's time to go to the next skill level. Coach Mike will observe your play and work on how to improve your game. Upon completion of this class, you will understand the necessary skills and drills to play with higher skilled players. If you want to improve your Pickleball skills and have fun, then this class is for you. Bring your own paddle if you prefer.

Millis Outdoor Pickleball Courts
(behind Town Hall, 900 Main St.)
Mondays; 9/14-10/5
6:15pm- 7:15pm

Adults

4 weeks



WOMEN'S SOCIAL PICKLEBALL LEAGUE – Millis Recreation

Looking for a fun, welcoming way to get into pickleball or take your game to the next level? Join our Tuesday Night Women's Social League! This league is perfect for all skill levels who want to build confidence, improve skills, and enjoy the game in a relaxed supportive environment. Each week features rotating partners and friendly matchups, so you'll meet new people, learn from different playing styles, and keep things fresh and exciting. Come solo, bring a friend, and join a great group of women who are all here for the same reason: to enjoy pickleball and have a great time doing it! Min. 10 / Max. 18

Millis Outdoor Pickleball Courts
(behind Town Hall, 900 Main St.)
Tuesdays; 8/25 – 10/13
5:30pm- 7:30pm

Adults

8 weeks
Fee: \$65

Register Online

www.millisma.gov

Under Recreation Dept.



MEN'S TUESDAY NIGHT BASKETBALL

If you love to play basketball and want to get some exercise, join us for this fun, non-competitive program. Games will be played on a slightly smaller court in a 4-on-4 format, allowing for more touches and continuous play. All registrants will have the opportunity to play multiple games each session. Please bring water, and both a light and dark shirt (No Gray). Registration is required prior to the first session, and space is limited. Tell your friends, non-residents are welcome!

Veterans Memorial Building, Gym

Tuesdays; 9/8-10/27

7:00-9:00 pm

Ages 25+

8 weeks

Fee: \$55

ADULT PAINT NIGHT – Sara Stranahan

Join Sara for a fun paint night this Fall! You will paint alongside the instructor, who will go step by step through the painting process, which makes this program perfect for anyone of any skill level! An 11"x14" canvas, paint, and paintbrushes will be ready for you at your seat. At the end of the class, you will be able to take home your finished painting!

Min 5 / Max 15

Veterans Memorial Building Room 104

Session 1

Thursday, 9/24

7:00pm-8:30 pm

Session 2

Thursday, 12/3

7:00pm-8:30 pm

Adults

One Session

Fee: \$40

One Session

Fee: \$40

CHINESE CUISINE COOKING CLASS "WONTONS" –

Becky Fong Hughes

Join Becky and learn how to wrap wontons and make it two ways! Wonton dumplings are traditionally filled with shrimp and pork, but we will share a vegetarian option. Learn different styles of wrapping dumplings. We'll add a bit of kick and crunch for your enjoyment.

Min 5 / Max 10

Veterans Memorial Building Room 18

Thursday, 10/1

6:30pm-8:30 pm

Adults

One Session

Fee: \$55

CHINESE CUISINE COOKING CLASS "SOUP"– Becky

Fong Hughes

Some Like it Hot – Make a classic favorite dish, hot and sour soup! Join Becky and learn how to create the perfect Hot and Sour Soup with classic flavors and ingredients, along with alternative options from your cupboard. She will share other classic Chinese dishes to be served together and accompany any meal. Min 5 / Max 10

Veterans Memorial Building Room 18

Thursday, 11/19

6:30pm-8:30 pm

Adults

One Session

Fee: \$55

AMERICAN MAHJONG 101 – MomJonhh Coaching – Brooks Day & Jill Dumas

Have you been wondering what all the hype is about? Have you been wanting to learn but feel intimidated? Sign up for 3 nights of American Mahjong 101 — no stress, only fun! We'll teach you the rules and etiquette of the game, and all about the tiles. We provide all the materials you'll need for the classes — just bring yourself! Pre-purchase of the National May Jong League card is not required for the classes but will be needed to continue to practice and play afterwards. **The first class is required.** To purchase NMJL card: <https://www.nationalmahjongleague.org> (\$15).

Please Note: Registration will be available in increments of 4. (Example: If Group 1 is full, please register for Group 2.

Please note that Mahjong must be played in groups of four, so registrations will be accepted only in multiples of four players.

Veterans Memorial Building Room 130

Tuesdays, 9/29 – 10/13

6:00pm-8:30 pm

Adults

3 weeks

Fee: \$125

AMERICAN MAHJONG GUIDED/OPEN-PLAY NIGHT

– MomJonhh Coaching – Brooks Day & Jill Dumas

Have you completed a Mahjong 101 class and now want to practice and meet more people to continue to play with?

Come join us for a fun night of Mahjong! We will be there to guide you and answer any questions as you continue to learn how to play on your own. There might be prizes...!!! Please bring your own NMJL card if you have one.

To purchase NMJL card: <https://www.nationalmahjong-league.org> (\$15).

Please Note: Registration will be available in increments of 4. (Example: If Group 1 is full, please register for Group 2.

Please note that Mahjong must be played in groups of four, so registrations will be accepted only in multiples of four players.

Veterans Memorial Building Room 130

Thursday, 11/12

6:00pm-8:30 pm

Adults

1 session

Fee: \$20



BOOK FOLDING ART PROJECT – Kelly O'Malley

This crafting project is perfect for the book lover. If you want to make a unique keepsake for yourself, friend, or loved one, this creative way to upcycle hardcover books is for you. This innovative project allows you to create a distinct piece of art that will generate conversation and be a statement piece for any crafter. Patterns are custom designed by the instructor and step-by-step, hands-on instructions on the Measure, Mark, and Fold technique are provided in this interactive class. Min 5 / Max 20

Veterans Memorial Building Room 130

Tuesday, 11/17

Adults

6:30pm-8:00 pm

Fee: \$45

ADULT PROGRAMS

HIIT BOXING AND CONDITIONING—Sweet Science Metrowest Boxing

This incredible class is delivered by a certified USA Bronze Level Coach. The workout uses heavy bags and other boxing equipment to provide a 60 minute High Intensity Interval Training to achieve individual fitness goals. All fitness levels welcome and no experience is required. Workouts are scaled to meet your level of conditioning, and we will coach you in proper form and technique. Gloves and wraps are available for borrowing and purchasing. It is highly recommended to eventually own your own equipment.

Encompass Fitness, 27 Milliston Rd

		Adults
Monday, 9/28-11/2	7:00-8:00 am	6 weeks
Tuesdays, 9/29-11/3	6:00-7:00 pm	6 weeks
Wednesdays, 9/30-11/4	9:00-10:00 am	6 weeks
Thursdays 10/1-11/5	6:00-7:00 pm	6 weeks
Fridays, 10/2-11/6	7:00-8:00 am	6 weeks
Fee: \$150/session		

ADULT TAP – Millis Dance

Get Tappin'! Whether you danced when you were a kid and miss it, or you're looking for a fun new challenge, tap is a great way to stay in shape while refining your balance, rhythm, and musicality! This is a beginner level with room to grow! The class will be taught to the level of dancers participating so don't be intimidated or scared of trying something new! (Attire: Comfortable clothes and black tap shoes.)

Millis Dance, 903 Main Street, Millis

	Adult
Mondays, 9/14-12/14 (No Class on 10/12)	13 weeks
7:00pm-7:55pm	Fee: \$325



LINE DANCING – Paul Hughes

Dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face.

Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! Dance to some of the old favorites, and also add some of the newest line dances. No need to have a partner, it is something for everyone and no experience is necessary! Line dance classes for all levels. Dancing is a perfect combination of physical activity, social interaction, and mental stimulation. It's a full body workout for the mind, body and spirit. Please wear a low heeled shoe that slides across the floor. No sneakers please.

Burke Memorial School, 16 Cassidy Lane, Medway (Gym)

Adults	
Fridays, 10/2-11/20	8 weeks
6:00pm-7:00pm	Fee: \$98

CO-ED VOLLEYBALL—Steve Karra & Pattee Lazare

Are you looking to get active, have some fun and meet new people? Join us in this non-competitive and well-organized program that promotes an enjoyable and social atmosphere. What if you don't have any volleyball skills? It does not matter. This is a social program before anything else - it's built on FUN! Players are assigned to a team in which passing and team play are emphasized to ensure that everyone has a great time, regardless of skill level. Registration is required before the first session for returning players.

NEW PLAYERS - Join us on Wednesday, September 30th, at

7:00pm for an informal meet-and-greet. If you have never played volleyball before, give it a try! If it has been a while since you last played, hit a few balls with other players - it will all come back to you! Steve and Pattee will be there to answer questions and accept registrations from new players.

Medway MS 45 Holliston St, Medway (old gym) Adults
Wednesdays, 9/30-12/16 10 week
(No class on 11/11 or 11/25)
7:00pm-9:00pm Fee: \$100

INTERMEDIATE CO-ED VOLLEYBALL—Wally Wenzel & Steve Taraborelli

Ready, Set, Spike! Get your game on and join us on the court for an awesome night of competitive volleyball! This program is for experienced players with a good basic knowledge of the game. play is on a full court using USVBA rules. Tryouts are on the first night. Wally, Steve and Community Education strongly encourage all players to register and pay before the first session.

Medway MS 45 Holliston St, Medway (old gym) Adults
Mondays, 9/14-12/21 10 weeks
(No class on 9/20, 10/12 or 11/2)
7:00pm-9:30pm Fee: \$110

BEGINNER ACOUSTIC GUITAR LESSONS LESSONS —Luigi Grasso

Have you ever wanted to learn to play the acoustic guitar? Did you know that many studies have shown that learning to play an instrument will stimulate your mind? This introductory, 4 session course will help you learn the guitar in a fun, easily understood manner, with solid results! Luigi Grasso is a professional guitarist/vocalist/instructor with many years of experience instructing students of all ages and skill levels; Berklee College of Music educated; he has a vast amount of musical experience in all styles of music. Together we will learn the first 3 strings of the guitar, 3 easy melodies along with chords, 3 songs from the beginning to end, basic chords, rhythms, strumming patterns and more. Together, we will play songs and melodies we've learned on a weekly basis. Maximum: 6

Veterans Memorial Building, Room 130 Teens & Adults
Wednesdays, 9/16-10/7 4 weeks
7:00pm 8:30pm Fee: \$175

FLOW & GLOW YOGA – Cara Krinsky, The Yoga Studio

Join us to stretch, build strength and gently flow. We will focus on yoga postures, alignment, and the breath.

The Yoga Studio, 840 Main St., Millis **Adults & Teens**
Tuesdays, 10/6-10/27 **4 weeks**
7:00pm-8:00 pm **Fee: \$70**

GENTLE HATHA YOGA—Denise D’Amico, The Yoga Studio

Come experience a class of luxurious, soft stretching, relaxing slow movements, and healing body positions to promote an increase of natural energy flow. Great for beginners, people recovering from injuries or chronic problems like back pain, arthritis, headaches, and more. Please bring your own mat.

The Yoga Studio, 840 Main St., Millis **Adults & Teens**
Tuesday, 10/6-10/27 **5:30-6:45 pm** **4 weeks**
Wednesdays, 10/7-10/28 **5:30-6:45pm**
Saturdays, 10/10-10/31 **11:00am-12:15 pm**
Fee: \$70/session

LADIES LIGHT HIKING – Nanci Cahalane, Certified Personal Trainer

Add dimensions to your walking or jogging - do you like the idea of hiking but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. This class moves at a good pace - we'll be looking for hills! We will meet at various local locations every week (a list will be distributed).

First meeting location: F. Gilbert Hills State Forest, 45 Mill St., Foxborough, MA 02035.

Note: If conditions are icy "ice cleats" on shoes are strongly recommended (found at various retail locations). *Note: canceled only for very inclement weather; make-ups after 2nd cancellation.*

Meets at various locations **Adults**
Session 1 **6 weeks**
Thursday, 9/10-10/15 **Fee: \$32**
9:45 am – 11:00 am
OR
Saturdays, 9/12-10/17 **6 weeks**
9:45am-11:00am **Fee: \$32**

Session 2
Thursday, 10/29-12/10 (No class on 11/26) **6 weeks**
9:45am-11:00am **Fee: \$32**
OR
Saturdays, 10/31-12/12 (No class 11/28) **6 weeks**
9:45am-11:00am **Fee: \$32**

PILATES, STRENGTH & MOBILITY—Toni Manzon

This 60-minute class is based on traditional Pilates mat exercises and will include mobility, flexibility, balance, and strength. This format is designed for beginners, intermediate or advanced fitness levels. Participants should wear comfortable clothing and bring a mat, hand towel and water. Maximum: 20

Veterans Memorial Building, Room 130 **Ages: 18+**
Wednesdays, 9/9-11/18 **8 weeks**
(no class 10/21, 10/28 or 11/11)
9:30am-10:30am **Fee: \$180**

INTRODUCTION TO TAI CHI – Dr. Joshua Grant

Tai Chi is meditation in motion. It is the practice of moving calmly with awareness and ease. Experience first-hand the mind/body benefits of tai chi and qi gong training. Sessions will include rejuvenating qi gong (energy work) exercises and meditation, introductory Yang Style Tai Ji and fundamental drills. Joshua is a Doctor of Acupuncture and is licensed to practice in the Commonwealth of Massachusetts. He is a 2X US National Wu Shu Tai Ji Gold Medalist and a former member of the US National WuShu Team, US National Tai Ji Team and US Pan Am Wushu Team. Joshua has taught Tai Ji and Wu Shu for over 35 years and is the author of *Tai Chi for Wimps*.

Burke Memorial School, 16 Cassidy Lane, Medway (Gym)
Adults
Wednesdays, 9/23-12/9 (no class 11/11 or 11/25) **10 weeks**
6:00pm-6:45pm **Fee: \$130**

STAGE YOUR HOME TO SELL IN TODAY’S MARKET Hosted by Joleen Rose, Realtor® – CBR, LMC, SRES | ERA Realty Services

In today's competitive real estate market, making a strong first impression is essential. Join experienced Realtor® Joleen Rose for an engaging and informative session designed to help you prepare your home to stand out and sell for top dollar. Joleen will share proven staging strategies to highlight your home's best features, improve curb appeal, and create a welcoming environment that resonates with today's buyers. She'll also cover the key elements of an effective marketing plan—including targeted outreach, online exposure, and virtual tours—to ensure your property gets maximum visibility. Attendees are encouraged to bring interior photos of their homes for personalized feedback (time permitting).

Veterans Memorial Building 900 Main Street, Room 104
Adults
Wednesday, 9/16 **1 session**
4:00 pm – 5:00pm **Fee: \$10**

ADULT PROGRAMS



CHARCUTERIE CLASS – Red Apron Charcuterie

Join Ana Rojas for an evening building your own Charcuterie Board. This hour and a half interactive workshop include instruction from Ana, 4 assorted cheses,

3 cured meats, fruits, crackers, nuts, jams and a 10" Palm leaf platter will be provided for you to take home. This event is a perfect way for hosts to prepare for their holiday celebrations or for guests to prepare a holiday housewarming gift. Bring your appetite! Ana will offer a grazing board including some of the finest New England products such as natural chocolates from Wright Old School Chocolate from Walpole, MA, and honey from Top Sun Farm from Stoughton, MA. Participants will also take home a cheat sheet with tips and tricks on arranging, styling, and pairing meats and cheeses for all their future Charcuterie ventures. Minimum: 5/ Maximum 20

Veterans Memorial Building, 900 Main Street, Room 130

Adults

Wednesday, 10/14

6:30pm – 8:00pm

1 session

Fee: \$90

PLANNING FOR RETIREMENT: INCOME, INVESTMENTS, AND THE RISKS THAT MATTER MOST - D'Arcangelo Financial Advisors

Join Tom Betros, CFA®, CFP®, and Michael Betros, CPA/PFS, as they share practical strategies for planning your retirement income, investing wisely, improving tax efficiency, and addressing the key risks you may face — so you can move into retirement with clarity and confidence. D'Arcangelo Financial Advisors has been in business for over 25 years.

Min 5 / Max 20

Veterans Memorial Building Room 104

Thursday, 10/22

6:30 pm-7:30 pm

Adults

1 session

Fee: \$10



**Register Online at
www.millisma.gov
Under
Recreation Dept.**



MILLIS RECREATION DEPARTMENT

Kris Fogarty, Director • kfogarty@millisma.gov

Jeff Page, Program Coordinator • jpage@millisma.gov

Veterans Memorial Building, Rm 128, 900 Main St., Millis, MA 02054

HOURS: Mon. - Thurs. 8:00-3:00 Fri. 9:00-12:30

PHONE: (508) 376-7050 • Fax: (508) 376-7053

WEBSITE: www.millisma.gov

LIKE US ON FACEBOOK: Millis Recreation Dept

FOLLOW US ON INSTAGRAM: MillisRec

INTERESTED IN TEACHING A CLASS?

Please contact us with your idea at

Kfogarty@millisma.gov or call (508) 376-7050

**YOUTH REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT**

I, _____ (print name), on behalf of myself and/or my minor child, hereby release and hold harmless the Town of Millis, its officers, employees, contract employees, and agents from any claims, causes of action or liability arising or relating in any way to any injuries that I or my child might sustain from my or my child's participation in the voluntary recreation program(s) listed below including such claims or causes of action that I may now or have thereafter acquire (either independently or as a parent of said child) or that my child has or may hereafter acquire either before or after reaching majority. You agree to allow Millis Recreation to use photos of yourself or child.

Name: _____ Address: _____

Home #: _____ Cell #: _____ Email: _____

Age: _____ Grade: _____ DOB: _____ Male/Female (please circle)

Program Title: _____ Fee: _____

Allergies/Special Needs: _____

SHIRT SZ.: (Circle one): Youth Small/Youth Medium / Youth Large / Adult Small / Adult Medium / Adult Large / Adult XL

SIGNATURE (of parent or guardian): _____

Make checks payable to: MILLIS RECREATION DEPARTMENT
900 Main Street
Millis, MA 02054
508-376-7050

*** PLEASE USE A SEPARATE FORM FOR EACH PROGRAM ~ THIS FORM MAY BE DUPLICATED ***

**REFUNDS ARE NOT GIVEN UNLESS CLASS IS CANCELLED BY
MILLIS RECREATION DEPARTMENT**

**ADULT REGISTRATION FORM
TOWN OF MILLIS RECREATION DEPARTMENT**

I _____ (Print name) would like to participate in the following Millis Recreation Department program

PROGRAM TITLE

FEE

I agree to forever release the Town of Millis, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary recreation programs of the Town of Millis from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the town of Millis voluntary recreation programs. You agree to allow Millis Recreation to use photos of yourself.

ADDRESS: _____ (E-Mail) _____

TELEPHONE #: (Days) _____ (Evenings) _____

ALLERGIES/SPECIAL NEEDS: _____

Make checks payable to: MILLIS RECREATION DEPARTMENT

*** PLEASE USE A SEPARATE FORM FOR EACH PROGRAM ~ THIS FORM MAY BE DUPLICATED ***

REFUNDS ARE NOT GIVEN UNLESS CLASS IS CANCELLED BY MILLIS RECREATION DEPARTMENT

Special



■ Saturday, October 10, 2026

CEMETERY STROLL - Steve Main

Come visit Prospect Hill Cemetery to learn about some of the Town's history through the past. This program will display some of the local influences that helped form Millis that are buried here in this cemetery. Registration is required.

Prospect Hill Cemetery, Millis

All ages

Saturday, 10/10 (rain date 10/11)

12:00 pm

Fee: \$10 or \$5/seniors



■ Saturday. October 24, 2026

HALLOWEEN PARTY & TOUCH A TRUCK

Bring your family and join us at the Town Hall parking lot to get up close to a variety of trucks! Halloween Party with a variety of games and crafts in the Town Hall Gym. Residents are encouraged to dress in costume. Back by popular demand – THE PUMPKIN DROP!!!

Veterans Memorial Building,

1:00pm-3:00 pm

Please bring an unopened bag of candy as "admission".



■ Saturday. December 5, 2026

SANTA PARADE

Join us for our Annual Parade to the bandstand!

5pm kick off from 725 Main Street through the center around the school campus and ending at the bandstand.

Come take a picture with Santa!



**Register Online at www.millisma.gov
Under Recreation Dept.**

