

Framingham Parks & Recreation Department



2025 Spring &

Summer Programs



Registration Begins April 7, 2025
(unless otherwise noted)

www.FraminghamRec.com

The Framingham Parks and Recreation Department offers programs year-round and publishes seasonal brochures. Registration is held three times a year.

All Recreation Department programs are self-supporting and the fees that are charged are used for purchasing materials along with vendor fees and instructor salaries. In addition, non-residents may participate in certain recreational activities for an additional fee.

OUR MISSION

The purpose of the Framingham Parks, Recreation and Cultural Affairs Department is to create recreation opportunities, preserve open space, manage public athletic fields and parks, and administer recreation programs and facilities for the varied population of Framingham.

Parks and Recreation Commission

Policies for all recreation programming and facilities are determined by the Framingham Parks and Recreation Commission, which consists of a 5-member board appointed by the Mayor.

Current Board Members:

- Kathleen F. Hauck, Chair
- David Gudejko, Vice Chair
 - Tony Tolson
 - Jose Ferreira
 - Jeanne Bizzoco

Parks and Recreation Staff Members

Director – James Snyder

Deputy Director – Alison Eliot

Supt. of Maintenance – Christopher McGinty

Superintendent of Recreation – Elaine Prue

Financial Manager – Dan Murphy

Office Manager – Maria Soma

Activities Supervisor – Kaly Davidson

Recreation Supervisor – Anthony Tolson

Field Scheduler – Barbara Silva

The City of Framingham values inclusion. When seen next to a program, this symbol notates that people with and without disabilities are welcome to register.



The City of Framingham intends to comply with the Americans with Disabilities Act. If you need a reasonable modification of policies, auxiliary aides, or services, please contact us at least two weeks before the event or as soon as possible. If necessary, parents or aides are welcome to attend with participants.

Important City Numbers

DPW	508.532.5600
Health Department	508.532.5470
Public Schools	508.626.9117
City Hall	508.532.5411
Police Department	508.872.1212
Fire Department	508.532.5930
Loring Arena	508.532.5950
Callahan Center	508.532.5980

PLEASE NOTE

- **All services and fees are subject to change.**
- **Spanish & Portuguese translations available & provided by the Parks & Recreation Dept.**
- **All Recreation Programs are non-refundable.**
- **Class sizes are limited and based on a first come, first served basis.**
- **REGISTER EARLY!**

TABLE OF CONTENTS

Registration Information	page 3
Special Community Events & Park Update	pages 4 & 5
Preschool Programs	page 6
Adaptive/Special Needs & Unified Programs	page 7
April Break/Spring Programs	page 8 & 9
Summer Programs	pages 10 - 12
Adult Programs	pages 13 & 14
Family Programs	page 14
55+ Senior Programs	page 15
City Beach Information	pages 16 & 17
Park Locations	page 18

OOPS!

The Framingham Parks & Recreation Staff has made every effort to prepare this brochure as accurately as possible. Circumstances may require that adjustments to program dates, times, locations, fees, etc. may be made. We apologize for any inconveniences these adjustments may cause.



The City of Framingham Parks & Recreation Department offers numerous Seasonal and Summer job opportunities.

We have many roles that need to be filled! Apply for a Summer Maintenance Position or become a Lifeguard or Bathhouse Attendant at one of our 3 City Beaches!

Each position has minimum age requirements, as well as specific qualifications that need to be met prior to applying.

Please visit our office or the 'Employment Opportunities' section of the City's webpage at www.framinghamma.gov for more information and to apply.

Applications should be received no later than May 1st to be considered for a Seasonal or Summer Position within our Department.

How to Contact Us

Main Line:
508.532.5960

Email:
parks.recreation@framinghamma.gov

Instagram:
FramParksandRec

Facebook:
City of Framingham Parks and Recreation Department

Parks & Recreation Administration Building

Bowditch Field Athletic & Cultural Complex
475 Union Avenue
Framingham, Massachusetts 01702
508.532.5960

Office Hours

Monday, Wednesday and Thursday: 8:30am – 5:00pm
Tuesday: 8:30pm - 7:00pm
Friday: 8:30am - 12:30pm
Saturday – Closed
Sunday – Closed
(Holiday Hours May Vary)

Financial Assistance

The Framingham Parks & Recreation Department has a commitment to providing leisure opportunities to all residents of Framingham regardless of financial status.

Financial assistance is available for any Parks & Recreation Department sponsored program. Requests are limited to up to 50% reduction of one program per child each season. A maximum of \$100 per child, per calendar year will be considered.

Framingham Parks & Recreation follows the national poverty guidelines when determining awards. Please go to FraminghamRec.com for additional Financial Aid Information & Application.

Registration Begins APRIL 7, 2025 unless otherwise noted.

Register at **www.FraminghamRec.com**

All Recreation Programs are non-refundable, limited, and based on a first-come, first-served basis. **REGISTER EARLY!**

Non-Resident Participation

Non-residents may join classes with the Framingham Parks and Recreation. Non-residents are allowed to register after the initial enrollment date. Non-resident are subject to an additional fee. Please look on-line to see enrollment dates and additional fee (program specific) information.

Course Confirmation

We do not send or call to confirm registrations. Consider your registration accepted upon emailed receipt and report to your class unless the department notifies you of a cancellation.

Inclement Weather

All programs, day or night, will start accordingly unless otherwise noted. Our inclement weather cancellation will be put on our website at **www.FraminghamRec.com**. When available, social media posts will be made and an email blast will also be sent.

Filled Programs / Waiting List

Should programs fill, you may be placed on a waiting list (in the order they are received). If a spot becomes available, you will be contacted.

Cancellations

The Department will make every effort to reschedule a class that has been cancelled due to inclement weather. The Department is not responsible for missed classes due to the participant's inability to attend. In addition, refunds are not given for lack of attendance.

Refunds

If a program is cancelled, a full refund will be issued to the account on file. Refunds are not eligible after a participant is enrolled into the class UNLESS someone on the waitlist can fill your spot prior to the start of class.

How do I reserve a park or athletic field?

Framingham residents or Framingham based groups wishing to utilize a facility with the Parks and Recreation Department must complete a Field Permit Request. Please go to www.FraminghamRec.com to complete a field permit request.

Any questions regarding field usage, or to request a special events permit, please contact via email at parks.recreation@framinghamma.gov

- All programs listed in this brochure are tentative and may change.
- Additional programs may be added after this brochure has been published. For a full, up-to-date, listing, please visit our website at www.FraminghamRec.com
- This brochure will include a condensed description of our programs. For full descriptions, please visit www.FraminghamRec.com
- If you have any questions regarding the programs listed in this brochure, or on our website, please give our Office a call at 508-532-5960



Special Community Events & Park Updates

EGGciting Event @ Cushing Memorial Park



Saturday, April 19, 2025 ~ 10:00am – 12:00pm ~ Academy Building ~ \$5 per child



A fantastic family event for **children ages 3 – 12 yrs!** Meet the Bunny at the Academy Building in Cushing Memorial Park while you play games and visit our craft room!
Egg Hunt starts promptly at 10:00am SHARP!
 Please dress for the weather & mud! This is a rain, sleet, snow, or shine event!

**** REGISTRATION FOR THIS EVENT BEGINS FEBRUARY 3rd ****
**** PLEASE NOTE – MUST PRE-REGISTER BY APRIL 4th ****
(space is limited so please register early!)

Stars and Stripes Over Framingham



Friday, June 27, 2025 ~ 5:00pm ~ Farm Pond Area ~ FREE

This family-friendly event, which will feature entertainment and food, will conclude with a firework display over Farm Pond.



THIS IS A RAIN OR SHINE EVENT

Concerts



Come join your neighbors and friends for eight weeks of Free Family Fun & Entertainment! Concerts will be held every Friday evening, weather permitting at various locations across Framingham

*Stars and Stripes Over Framingham

Date	Time
June 27*	5:00pm
July 11	6:00pm
July 18	6:00pm
July 25	6:00pm
August 1	6:00pm
August 8	6:00pm
August 15	6:00pm
August 22 (rain date)	

Family Fun & Movie Night @ Bowditch Field

Friday, August 15 ~ 6:00pm



Head down to Bowditch Field with your blanket and picnic dinner for a fantastic evening of games and family fun! Family Fun Night begins at 6:00pm with the movie on the BIG SCREEN to follow at Sunset! Family friendly games and activities will be provided before the movie.

This event is FREE to all Framingham Residents!

Rain Date: Tuesday, August 22

Flag Day Procession & Ceremony at Cushing Memorial Park

Saturday June 14, 2025 ~ TBD



Join us as we commemorate and celebrate the adoption of the United States Flag. This honored tradition will begin with a procession around Cushing Memorial Park at 10:00am and will be followed by a ceremony in front of the Veterans Memorial in Cushing Memorial Park.

Veteran's Park Concerts

Dates/Times: TBD



NEW!

Join your friends and neighbors at Veterans Memorial Park for an evening of free family fun, trucks, and music!

325th Birthday Celebrations

Please visit <https://www.framinghamma.gov/3908/325th> to check out our incredible events to commemorate the 325th Birthday of Framingham.



NEW!

Farmer's Markets

June 19th - October 9th, 2025 ~ Food Trucks: 12:00pm-7:00pm

Vendor Booths: 3:00pm-7:00pm Fresh Produce | Community Artisans | Food Trucks | Baked Goods



National Trails Day

June 7th ~ 9:00am - 1:00pm

NEW!

Join us in helping local trails! Learn how to identify invasive species, enjoy a nice walk while cleaning up trails, enter a raffle for a chance to win a surprise gift from our sponsors, and MORE!

Preschool Programs

Start Smart Baseball



Developmentally appropriate introductory baseball program for children 3-5 years old. A parent MUST participate with child. Children keep equipment at the end of class. ***There will be no program on May 25th for Memorial Day Weekend.**

Ages	Day	Time	Dates	Location	Fee
3 - 5 yrs.	Saturdays	9:00am - 10:00am	May 3 - June 7	Bowditch Athletic Complex	\$75
3 - 5 yrs.	Saturdays	10:00am - 11:00am	May 3 - June 7	Bowditch Athletic Complex	\$75

Taekwondo



Taekwondo is an integrated and complete system for self-defense and personal improvement. The aim of training is to improve the whole person: body, mind and spirit.

For a complete list of our Taekwondo offerings, please visit www.FraminghamRec.com.

The Framingham Parks & Recreation Department has teamed with some amazing individuals and organizations to bring Adaptive, Special Needs, and Unified Programs to the community. These programs are continually changing and will be updated accordingly on our registration page. Please check it regularly for changes and new programs.

As always, The City of Framingham values inclusion. When seen next to a regularly listed program, this symbol notates that people with and without disabilities are welcome to register.



VOLUNTEER!

The majority of our Adaptive & Unified Programs cannot be run without your help!

If you are interested in Volunteering – please check out the opportunities on our registration page. By ‘registering’ to become a Volunteer, we will have the contact information needed to forward additional information to you as needed (program details, orientation, cancellations, etc.)

Prior to registering, please make sure you are able to commit to all of the dates/times of each program as the participants look forward to seeing same faces each week.

All Volunteers will be required to complete and submit a CORI form. Orientation and training will always be provided for our Adaptive & Unified Program Volunteers.



MetroWest Flyers – Track



The Special Olympics Massachusetts Spring Track program will train athletes in traditional Track & Field events as well as compete on the local level at the Regional Qualifying Tournament on May 17th, and culminates in the season-ending State Summer Games at Harvard University on June 12-14th!

Ages	Day	Time	Dates	Location	Fee
8 - 15 yrs.	Sundays	3:00pm - 4:00pm	April 6 - June 8	Bowditch Field Track & Other Metro West Tracks	Free
16+ yrs.	Sundays	4:00pm - 5:00pm	April 6 - June 8	Bowditch Field Track & Other Metro West Tracks	Free

MetroWest Flyers – Tennis



Ages	Day	Time	Dates	Location	Fee
14+ yrs.	Sunday	10:00am - 11:30am	April 6 - June 8	Bowditch Complex Tennis Courts	Free

Please check our registration page regularly for updates and additional Adaptive, Special Needs & Unified Programs!

Framingham Includes All

Framingham Includes All (FIA) is a year-round recreation program that provides accessible social activities, outings/field trips, as well as competitive and non-competitive opportunities for individuals with and without special needs. Participants of all levels are welcome to attend. We welcome participants from surrounding communities as well! Please Note: Transportation to/from FIA events is NOT included.

Social Events



Framingham Recreation Department anticipates offering varied social events throughout the year. More information and details on specific social events can be found on www.FraminghamRec.com.

Field Trips



More information on specific field trips can be found on www.FraminghamRec.com.

Ages	Day	Time	Dates	Location	Fee
5 - 99 yrs.	Tuesday	5:30pm-7:00pm	April 8	Fun and Games	\$15

*If you are looking for more Adaptive Programming, please also check out the great work of our friends at Natick Recreation and Parks. More information on their Adaptive Programming can be found at <https://register.communitypass.net/Natick>.

Basketball Clinic



Clinic is designed to provide fundamental instruction, personal development, and team play. Emphasis is placed on the development of the game of basketball i.e.; shooting, dribbling, passing, offense/defense. Participants will be placed into groups according to age and ability. Please bring a snack and a water bottle. **This program will be held rain or shine.**

*** REGISTRATION FOR THIS CLASS BEGINS FEBRUARY 3 ***

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Tuesday - Friday	9:00am - 12:00pm	April 22 - April 25	Barbieri Elementary School Gym	\$130

KidZone



Come join Kaly and Anthony for fun small group and circle games, nature walks, science experiments, and arts & crafts! Please make sure your child brings plenty of water (water fountains/bubblers are NOT available) as well as a snack. Please note that there is no refrigeration on-site. **This program will be held rain or shine.**

*** REGISTRATION FOR THIS CLASS BEGINS FEBRUARY 3 ***

Ages	Day	Time	Dates	Location	Fee
5-13 yrs.	Tuesday - Friday	1:00pm - 4:00pm	April 22 - April 25	Academy Building	\$130

Top Secret Science



Come join this very cool and fun elementary school vacation program! Each day the kids will explore up to 20 weird and wacky hands-on science experiments and will make and take home at least 10 different projects.

This program will be held rain or shine.

*** REGISTRATION FOR THIS CLASS BEGINS FEBRUARY 3 ***

Ages	Day	Time	Dates	Location	Fee
6-12 yrs.	Tuesday - Friday	9:00am - 12:00pm	April 22 - April 25	Loring Arena	\$140
6-12 yrs.	Tuesday - Friday	1:00pm - 4:00pm	April 22 - April 25	Loring Arena	\$140

Spring Programs

BLAST: Babysitter Lessons and Safety Training & CPR/AED



Our topics cover how to react responsibly to medical emergencies, perform first aid for common childhood injuries and illnesses. We'll cover household safety, and many fundamentals of childcare. Gain a certificate of completion for babysitting, first aid instructions, and a babysitter checklist, as well as be certified in CPR.

Ages	Day	Time	Dates	Location	Fee
10 - 14 yrs.	Tuesday	5:30pm - 8:15pm	March 11	Loring Arena Classroom	\$90
10 - 14 yrs.	Tuesday	5:30pm - 8:15pm	May 13	Loring Arena Classroom	\$90

Kids Golf



Learn the fundamentals of golf! Please bring equipment- **NO equipment will be supplied.**

Ages	Day	Time	Dates	Location	Fee
7 - 13 yrs.	Tuesday	4:00pm - 5:00pm	April 15 - May 6	Southborough Golf and Learning Center	\$205
7 - 13 yrs.	Tuesday	4:00pm - 5:00pm	May 20 - June 10	Southborough Golf and Learning Center	\$205

Spring Into STEM Challenge LEGO Engineers



Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

Ages	Day	Time	Dates	Location	Fee
7 - 12 yrs.	Thursday	5:30pm - 6:30pm	April 23- May 28	Academy Building	\$130

Kid's Test Kitchen

Our mission is to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time!

Ages	Day	Time	Dates	Location	Fee
6 - 12 yrs.	Wednesday	5:30pm - 6:30pm	April 30 - June 4	Academy Building	\$170

Taekwondo

Taekwondo is an integrated and complete system for self-defense and personal improvement. The aim of training is to improve the whole person: body, mind and spirit. This is an introductory class to martial arts including instruction and games. For a complete list of our Taekwondo offerings, please visit www.FraminghamRec.com.

Kids Tennis

The tennis clinic instructors give each participant personal attention and age appropriate instruction, ranging from basic skills to match play strategy. Bring your racket, a snack, and water bottle.

For a complete list of our Tennis offerings, please visit www.FraminghamRec.com.

Track Clinic

Learn the fundamentals of running track! Some of the skills that will be taught are hurdles, sprints, relays, and long jump.

Ages	Day	Time	Dates	Location	Fee
8 - 14 yrs.	Monday	6:15pm - 7:30pm	April 28 - May 19	Bowditch Athletic & Cultural Complex	\$70

Home Alone Safety Class

Learn different techniques to help you stay safe when you are home alone. Participants will take home instructions of what to do in an emergency and who to call, as well as other important tools.

Ages	Day	Time	Dates	Location	Fee
8 - 11 yrs.	Tuesday	4:00pm - 5:30pm	March 11	Loring Arena Classroom	\$55
8 - 11 yrs.	Tuesday	4:00pm - 5:30pm	May 13	Loring Arena Classroom	\$55

Girls R.A.D. Self Defense Class

This class was developed to empower women and girls - to educate them in basic confrontational principals. They will learn how to recognize risks, avoid the risks, and become aware of potential risks.

Ages	Day	Time	Dates	Location	Fee
11 - 14 yrs.	Wednesday	3:30pm - 5:30pm	May 14-May 21	Loring Arena Classroom	\$5

Zookeeper's Club **New!**

Design a zoo with habitats for 5 animals, considering their needs. Create a petting zoo for farm animals and a comfortable space for arctic creatures. Use your knowledge of adaptations, food chains, and natural environments to build the ultimate zoo!

Ages	Day	Time	Dates	Location	Fee
6 - 9 yrs.	Monday	5:30pm - 6:30pm	April 29-June 3	Academy Building	\$145

AI Academy **New!**

Come and learn how to create a fun business at light speed with the help of AI Technology! This course offers a blend of technology, business knowledge, and creative thinking. Participants will need to bring their own laptop or tablet, earbuds, or headphones, and need access to an email account.

Ages	Day	Time	Dates	Location	Fee
9 - 13 yrs.	Wednesday	6:45pm - 7:45pm	April 30 - June 4	Academy Building	\$140

PAL Basketball Gym Schedule

Police Athletic League - Outdoor Courts for skills & drills workouts for grades 6 - 12. This program is FREE!

Grades	Day	Time	Dates	Location
6 - 8	Monday	6:00pm - 8:30pm	Through end of August	Harmony Grove Gym
6 - 8	Wednesday	6:00pm - 8:30pm	Through end of August	Harmony Grove Gym
9 - 12	Thursday	6:00pm - 8:30pm	Through end of August	Harmony Grove Gym
9 - 12	Friday	6:00pm - 8:30pm	Through end of August	Harmony Grove Gym

THINK TANK - Pitch the next BIG Idea!

Have an idea for a program? Help us Create-a-Class!

Do you have an idea for a class, activity, or program that you'd like to see offered through your Framingham Parks & Recreation Department? Even better, do you have a special interest or talent you would like to share with others? The Framingham Parks & Recreation Department is always looking for new program ideas and local "hidden" talent to teach or lead various recreational classes.

We are always looking for new instructors with creative ideas!

If you have a particular interest or talent and are willing to lead activities; or if you have a suggestion for a new program, please email the Recreation Department at:

Parks.Recreation@FraminghamMA.gov



Summer Programs & Clinics

**** PROGRAM NOTE ****

Need a full-day option for your child? This year we are providing registration for 3 of the summer clinic weeks. To stay for lunch, it is **required** to register for the Summer Lunch Registration for that week.

If you register for back-to-back clinics (held during the same week and at the same location), please register for the Summer Lunch Registration and supervision will be provided to your child between clinic. Please pack a lunch as lunch will **NOT** be provided.

For example; if you sign up for Lacrosse and Field Hockey the week of July 21st - 24th, 2025 **AND register for the summer lunch registration for that week**, staff will be on site to supervise lunch in between clinics.

Summer Lunch Registration

Register for lunch is available for weeks that have a clinic in the morning and afternoon at the same location. You must be registered for BOTH clinics. Please bring a lunch- lunch will NOT be provided. There is no refrigeration on site. For all of our summer lunch options, please visit www.FraminghamRec.com.

Some weeks have multiple lunch registrations. Please make sure you are registered for the correct clinics for that registration week.

Basketball Clinic

Clinic is designed to provide fundamental instruction, personal development, and team play. Participants will be placed into groups according to age and ability. Please bring a snack and a water bottle. This clinic will be held Monday - Thursday with Friday scheduled as a rain day if needed.

Ages	Day	Time	Dates	Location	Fee
5-13 yrs.	Monday - Thursday	9:00am - 12:00pm	July 14 - July 17	Bowditch Athletic Complex	\$130
5-13 yrs.	Monday - Thursday	9:00am - 12:00pm	July 28 - July 31	Bowditch Athletic Complex	\$130
5-13 yrs.	Monday - Thursday	9:00am - 12:00pm	August 11 - August 14	Bowditch Athletic Complex	\$130

Hitting and Fielding Clinic



This co-ed clinic will focus on fielding skills, positioning, and batting while growing your love for Softball and Baseball! Skills and drills will be taught by experienced coaches and will expose participants to different techniques and field positions, as well as working on hand-eye coordination in the batter's box. This clinic will be held Monday – Thursday with Friday scheduled as a rain day if needed.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday - Thursday	1:00pm - 4:00pm	July 7 - July 10	Bowditch Athletic Complex	\$130
5 - 13 yrs.	Monday - Thursday	1:00pm - 4:00pm	August 11 - August 14	Bowditch Athletic Complex	\$130

Circuit Makers 101



Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. This clinic will run rain or shine and will NOT run on Fridays.

Ages	Day	Time	Dates	Location	Fee
5 - 8 yrs.	Monday - Thursday	9:00am - 12:00pm	August 18 - August 21	Loring Arena	\$165

Dance Clinic



Build your skills of all dance types and improve the precision in your routines in a safe and exciting environment. Participants will learn jazz, hip-hop, and other skills while also learning new routines. Participants will also have the opportunities to create their own choreography! This clinic will run rain or shine and will NOT run on Fridays.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday - Thursday	9:00am - 12:00pm	July 7 - July 10	Loring Arena	\$130
5 - 13 yrs.	Monday - Thursday	9:00am - 12:00pm	August 11 - August 14	Loring Arena	\$130

Hands-On Electronics



Tinker with electronics while learning the basics of computer programming. Experiment with the fundamentals of electronics and circuitry, and design your own interactive and programmable devices. Participants use the latest tools including Arduino and Raspberry Pi to experiment with LEDs, resistors, motors, and programming. This program will not have a rain date.

Ages	Day	Time	Dates	Location	Fee
9 - 13 yrs.	Monday - Thursday	1:00pm - 4:00pm	August 18 - August 21	Loring Arena	\$165

Wacky Games Clinic



This class is not your average sports class! Using an array of high quality and unique equipment, we'll play outside the box games for all to enjoy. Capture the flag meets giant six-foot inflatable tubes, welcome to Powerball! From Gaga to real life Mario Kart and much more, everyone will be challenged, learn new skills, and have a blast! Please bring a snack and a water bottle. This program will run Monday - Thursday with Friday as a rain date.

Ages	Day	Time	Dates	Location	Fee
6 - 11 yrs.	Monday- Thursday	1:00pm - 4:00pm	August 4 - August 7	Bowditch Athletic Complex	\$185

Outdoor Adventure Clinic



Join us for a day of Outdoor Adventures! Activities may include a combination of kayaking, fishing, archery, canoeing, and map/compass reading all in 1 afternoon at 1 location! Kayaks, canoes, PFD's (personal flotation device), fishing rods, live bait & tackle, maps, compasses, and archery equipment will be provided! Rain dates will be scheduled as needed.

Ages	Day	Time	Dates	Location	Fee
9 - 14 yrs.	Friday	9:00am - 2:00pm	July 12	Wauhakum Beach	\$110
9 - 14 yrs.	Friday	9:00am - 2:00pm	August 16	Wauhakum Beach	\$110

KidZone

Join Recreation Staff for fun small group and circle games, nature walks, science experiments, and arts & crafts, in a safe, structured environment. Great for participants who prefer a more easy-going atmosphere, enjoy learning and love arts and crafts! Please make sure your child brings water and a snack. This program will run rain or shine.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday - Thursday	1:00pm - 4:00pm	July 14 - July 17	Academy Building	\$130
5 - 13 yrs.	Monday - Thursday	1:00pm - 4:00pm	July 28 - July 31	Academy Building	\$130

Soccer Clinic

Learn and sharpen your soccer fundamentals! Please bring a snack and water bottle. Shin guards are MANDATORY. Participants will be placed into groups according to age and ability. Classes will run Monday - Thursday with Friday scheduled as a rain day if needed.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday - Thursday	1:00pm - 4:00pm	July 14 - July 17	Bowditch Athletic Complex	\$130
5 - 13 yrs.	Monday - Thursday	9:00pm - 12:00pm	August 11 - August 14	Bowditch Athletic Complex	\$130

Tennis Clinic

The tennis clinic instructors give each participant personal attention and age-appropriate instruction, ranging from basic skills to match play strategy. Bring your racket, a snack, and water bottle.

***Classes will run Monday - Thursday with Friday scheduled as a rain day if needed.**

Ages	Session	Day	Time	Dates	Location	Fee
6 - 15 yrs.	Session I	Monday - Thursday	9:00am - 12:00pm	July 14 - July 17	Bowditch Athletic Complex	\$140
6 - 15 yrs.	Session II	Monday - Thursday	9:00am - 12:00pm	July 28 - July 31	Bowditch Athletic Complex	\$140
6 - 15 yrs.	Session III	Monday - Thursday	9:00am - 12:00pm	August 4 - August 7	Bowditch Athletic Complex	\$140
6 - 15 yrs.	Session IV	Monday - Thursday	9:00am - 12:00pm	August 18 - August 21	Bowditch Athletic Complex	\$140

Skateboard Clinic - Beginner

Please visit www.FraminghamRec.com for class descriptions and requirements. Proper safety gear and skateboards are required. Participants must keep all safety gear on at all times and wear athletic shoes. Classes will run Monday - Thursday with Friday scheduled as a rain day if needed.

Ages	Day	Time	Dates	Location	Fee
7 - 14 yrs.	Monday - Thursday	9:00am - 12:00pm	July 7 - July 10	Framingham Skate Park	\$185
7 - 14 yrs.	Monday - Thursday	9:00am - 12:00pm	*August 4 - August 7*	Framingham Skate Park	\$185

***This session will be a beginner/intermediate combination class.**

Taekwondo

Taekwondo is an integrated and complete system for self-defense and personal improvement. The aim of training is to improve the whole person: body, mind and spirit. This is an introductory class to martial arts including instruction and games. For a complete list of our Taekwondo offerings, please visit www.FraminghamRec.com.

Ninja Warrior Clinic

Each child will participate in stretching, obstacles, and age-appropriate games to incorporate fitness and fun! Sneakers are required. Please bring a snack and a water bottle. This program will run Monday - Thursday with Friday as a rain date.

Ages	Day	Time	Dates	Location	Fee
5 - 8 yrs.	Monday- Thursday	1:00pm - 4:00pm	July 7 - July 10	Bowditch Athletic Complex	\$185

Ultimate Sports/Street Floor Hockey Clinic **NEW!**

Participants will enjoy fast-paced games like Ultimate Frisbee, Handball, and Capture the Flag, learning essential skills like throwing and catching. Please bring a snack and a water bottle. This program will run Monday - Thursday with Friday as a rain date.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday- Thursday	9:00am - 12:00pm	July 21 - July 24	Bowditch Athletic Complex	\$140

Golf Sampler **NEW!**

In addition to traditional golf, children will get to explore and practice the basics of disc (frisbee) golf and foot (soccer) golf. All equipment is provided. Please bring a snack and a water bottle. This program will run Monday - Thursday with Friday as a rain date.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday- Thursday	1:00pm - 4:00pm	July 21 - July 24	Academy Building	\$140

Lacrosse Clinic **NEW!**

We will work on footwork, ground balls, passing, catching and shooting. We will also do mini-games, competitions throughout the sessions. Please bring a snack and a water bottle. This program will run Monday - Thursday with Friday as a rain date.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday- Thursday	9:00am - 12:00pm	July 21 - July 24	Bowditch Athletic Complex	\$130

Field Hockey Clinic **NEW!**

The goal of camp is to have each player leave having learned something new and with a new found love for the sport. Please bring a snack and a water bottle. This program will run Monday - Thursday with Friday as a rain date.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday- Thursday	1:00pm - 4:00pm	July 21 - July 24	Bowditch Athletic Complex	\$130

Volleyball Clinic **NEW!**

Join Framingham High School Volleyball Alum for our NEW volleyball clinic! Learn the fundamentals of Volleyball and knowledge of the sport. This program will run Monday - Thursday with Friday as a rain date.

Ages	Day	Time	Dates	Location	Fee
8 - 13 yrs.	Monday- Thursday	6:30pm - 8:00pm	July 14 - July 17	Bowditch Athletic Complex	\$70
8 - 13 yrs.	Monday- Thursday	6:30pm - 8:00pm	August 4 - August 7	Bowditch Athletic Complex	\$70

Flag Football Clinic **NEW!**

Our program is perfect for beginners as well as those with prior experience. We emphasize skill development through drills, friendly competition, and games, ensuring every child has a positive and engaging experience. Bring a snack and a water bottle. This program will run Monday - Thursday with Friday as a rain date.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday- Thursday	1:00pm - 4:00pm	July 28 - July 31	Bowditch Athletic Complex	\$130

Track Clinic

Learn the fundamentals of running track. Some of the skills that will be taught are hurdles, sprints, relays, and long jump. Bring a snack and a water bottle. This program will run Monday - Thursday with Friday as a rain date.

Ages	Day	Time	Dates	Location	Fee
5 - 13 yrs.	Monday- Thursday	1:00pm - 3:00pm	August 18 - August 21	Bowditch Athletic Complex	\$130

Sports For Life Clinic

Join us on this exciting journey where kids can discover new sports, make friends, and unleash their potential. Together, we create unforgettable moments that combine the thrill of sports with valuable life lessons. Open to Framingham Residents only.

Ages	Day	Time	Dates	Location	Fee
7 - 12 yrs.	Monday- Thursday	9:00am - 12:00pm	June 30 - July 3	Academy Building	\$50
7 - 12 yrs.	Monday- Thursday	1:00pm - 4:00pm	June 30 - July 3	Academy Building	\$50

Financial Aid

The Framingham Parks & Recreation Department has a commitment to providing leisure opportunities to all residents of Framingham regardless of financial status.

Financial assistance is available for any Parks & Recreation Department sponsored program. Requests are limited to up to 50% reduction of one program per child each season. A maximum of \$100 per child, per calendar year will be considered.

Framingham Parks & Recreation follows the national poverty guidelines when determining awards. Please go to FraminghamRec.com for additional Financial Aid Information & Application.

Please visit www.FraminghamRec.com for additional Financial Aid Information & Application.

Golf



Learn the fundamentals of golf! Please bring equipment. There will be NO equipment provided.

***Cancellations due to rain will be made up on Thursday of that week.**

Ages	Day	Time	Dates	Location	Fee
18+ yrs.	Tuesday	5:30pm - 6:30pm	April 15 - May 6	Southborough Golf and Learning Center	\$255
18+ yrs.	Tuesday	5:30pm - 6:30pm	May 20 - June 10	Southborough Golf and Learning Center	\$255

USTA New England Social Tennis League



The USTA Social Tennis League offers players ages 21-40 and 40+, ranging from recreational to advanced players, the opportunity to meet new people through the game of tennis.

Ages	Day	Time	Dates	Location	Fee
21+ yrs.	Wednesday	6:00pm - 9:00pm	April 30 - June 11	Bowditch Athletic Complex	\$80
21+ yrs.	Wednesday	6:00pm - 9:00pm	June 25 - August 6	Bowditch Athletic Complex	\$80
21+ yrs.	Wednesday	6:00pm - 9:00pm	August 20 - October 1	Bowditch Athletic Complex	\$80

USTA New England Social Pickleball League



The USTA Social Tennis League offers players ages 21+, ranging from recreational to advanced players, the opportunity to meet new people through the game of Pickleball.

Ages	Day	Time	Dates	Location	Fee
21+ yrs.	Wednesday	6:00pm - 8:00pm	April 30 - June 4	Butterworth Tennis Courts	\$55
21+ yrs.	Wednesday	6:00pm - 8:00pm	June 25 - July 20	Butterworth Tennis Courts	\$55
21+ yrs.	Wednesday	6:00pm - 8:00pm	August 20 - September 24	Butterworth Tennis Courts	\$55

Men's Slow Pitch Softball League

Players must be 18 years of age or older AND out of High School PRIOR to May 1, 2025. Number of players per team shall not exceed 25 and cannot be less than 15. All teams must have a minimum of 15 players on their roster that CANNOT be changed. A MINIMUM of 75% of the original 15 players (12 players) MUST be Framingham residents. (residency will be verified). Players can be added or deleted from a team roster before June 2nd ONLY if they appear on places 16-25 of the roster form. Rosters will be frozen as of June 4rd. Players can play for only one team, regardless of division. Game start times are at 6:30pm, 7:40pm, & 8:50pm.

Rosters will be available beginning Monday, February 3rd. Roster forms will be emailed to team managers & must be filled out electronically. No hand-written rosters will be accepted. Teams must have matching shirts (color, logo) NO LATER THAN June 2nd. ASA Certified Umpires as well as Official ASA Slow Pitch Softball Rules are used (some in-house league rules apply). Games and practices may be held at Ryan Field, Mary Dennison I & II, or George King Field. League Entry Fee is \$850.00 per team.

***Rosters and checks are due to the Parks & Recreation Office
NO LATER THAN 12:00pm on Friday, March 14th.**

Adult One Day Tennis Tournament



The format guarantees each participant three round robin games, with one set per match, using a best-of-6 scoring system. Additionally, the top two seeds will receive a BYE round for the elimination games. USTA tournament rules (some in-house rules apply). Both double and singles will be available for registration. More information can be found at www.FraminghamRec.com.

Ages	Day	Time	Dates	Location	Fee
18+ yrs.	Saturday	9:00am - 5:00pm	April 9	Winch Tennis Courts	\$20 per person

PAL Basketball Tournament



Both High School and Adult Teams welcome. For more information, please reach out to atolson@framinghamma.gov.

Ages	Day	Time	Dates	Location	Fee
14+ yrs.	Saturday	9:00am - 5:00pm	August 23	Framingham High School Gym	Free

Open Gym - Basketball Schedule



Basketball Court Only. Open Gym / pick-up games. When using the facility at Walsh Middle School, please enter the building through Door 4/5. \$2 per person per night ~ CASH ONLY PLEASE

Tuesday night is women's night.

Ages	Day	Time	Dates	Location	Fee
18+ yrs.	Tuesday	6:00pm - 8:30pm	Through end of August	Walsh Middle School	\$2 per night
18+ yrs.	Wednesday	6:00pm - 9:00pm	Through end of August *	Walsh Middle School	\$2 per night
18+ yrs.	Saturday	3:00pm - 6:00pm	Through end of August *	Walsh Middle School	\$2 per night
18+ yrs.	Sunday	12:00pm - 3:00pm	Through end of August *	Walsh Middle School	\$2 per night

Tennis Lessons



The tennis clinic instructors give each participant personal attention and age-appropriate instruction, ranging from basic skills to match play strategy.

For a complete list of our Tennis offerings, please visit www.FraminghamRec.com.

Family Programs

Bowditch & Winch Tennis Court Lights

Depending on weather and court conditions, the lights at both Bowditch and Winch are active from early-May through mid-October until 10:00pm.

DCR Parks Pass

This pass entitles the bearer to free parking for one vehicle at over 50 facilities in the MA State Parks System! Residents may reserve this pass up to 7 days in advance by leaving a \$35 refundable deposit. The Framingham Parks & Recreation Office only has 1 of these passes and it is issued on a first-come, first-served basis.

Wednesday Night Family Track Meets



Sponsored by the Greater Framingham Track Club

The primary goal is for all athletes to have fun while acquiring or perfecting their running skills. Winning is not everything. Good sportsmanship is a must. **Registration opens at 5:30 P.M. and events will begin at 6:00 P.M.** Registration Fee is \$1.00 per week. A season pass may be purchased for \$8.00 the first or second week.

*There is no meet on July 2nd.

Ages	Day	Time	Dates	Location	Fee
All Ages	Wednesday	Sign-in begins at 5:30pm	June 4 - August 13	Bowditch Athletic Complex	\$1

Registration Begins APRIL 7, 2025 unless otherwise noted.

Register at www.FraminghamRec.com

All Recreation Programs are non-refundable, limited, and based on a first-come, first-served basis.
REGISTER EARLY!

55+ Co-Ed Senior Softball

Age 55+. Weeknight & Weekend League Play. Various competitive levels available. www.emass-seniorsoftball.com Contact Gerry Yaffe at 508-877-7244 or gyaffe@aol.com for additional information.



Council on Aging / Callahan Center

535 Union Ave.
Framingham, MA 01702
(508) 532-5980

Hours

Mid April - November

Monday, Wednesday and Thursday
8:30 a.m. - 4:30 p.m.

Tuesday
8:30 a.m. - 7:30 p.m.

Friday
8:30 a.m. - 1:30 p.m.

November - Mid-April

Monday - Friday
8:30 a.m. - 4:30 p.m.

It is the mission of the Framingham Council on Aging / Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to under-served groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

**Council on Aging Regular Meetings
occur on the 2nd Tuesday of the
month at 1:30pm; September – July.**

For additional Callahan Center & 55+ Senior Adult program information, please visit <https://www.framinghamma.gov/360/Council-on-Aging>

FRAMINGHAM PARKS & RECREATION

2025 BEACH INFORMATION



The City of Framingham Beaches will be free and open to Framingham Residents only.

Resident ID, showing a Framingham address, will be required for admittance. One Resident ID will be required per family unit* (maximum of 6 people from the same family unit) and must be presented upon arrival at the beach. Resident ID must be shown for each beach visit.

Beaches will be lifeguarded:

June 19 – August 14, 2025 as schedules permit.

Parking Lot gates will remain closed and locked when Lifeguards or Staff are not present.

Beach Locations:

Learned's Pond - Shawmut Terrace
Saxonville Beach - Lake Road
Lake Waushakum - Nipmuc Terrace

- Rules at the Beach are attached and must be adhered to.
- Everyone must sign a waiver prior to entering the beach.
- Any abuse by an individual, or group, will result in the loss of beach privileges.
- All groups of 10 or more people must apply for a group permit in order to use the beach.

** A family consists of 2 Adults and children who are directly related by birth, marriage, or adoption and are living and functioning as a single household at a single address – extended family members are excluded. Children=18 years old and younger**



FRAMINGHAM CITY BEACH **RULES AND REGULATIONS**

HOURS OF OPERATION: Lifeguards will be on duty June 19 – August 14, 2025 as schedules permit. When beaches are open, but lifeguards are not on duty, user assumes all responsibility.

- **RESIDENTS ONLY:** Beach use is for FRAMINGHAM RESIDENTS ONLY.
 - A resident ID showing a Framingham address will be required for admittance.
 - One Resident ID required per family unit (max. 6 immediate family members per family unit) and all must be present upon arrival at the beach.
 - Every family member must sign a waiver prior to entering the beach.
- **YOUTH:** ALL YOUTH under 15 years must be accompanied by an adult over 21 years. All children who are not toilet trained MUST wear SWIM DIAPERS.
- **MASKS / FACE COVERING & SOCIAL DISTANCING:** Masks and Social Distancing practices are not mandatory; however, they are strongly encouraged in common areas like parking lots, bathrooms, and walkways.
- **GROUPS:** The City requires groups of 10 or more people to apply for a group permit in order to use the beach.
- **ALCOHOL:** No alcoholic beverages allowed on City Property.
- **TRASH:** Please use a Carry-in/Carry-Out Policy at all times. Barrels are provided for small items only and fill quickly.
- **SMOKING:** Smoking or vaping is not allowed on beach or in bathhouse.
- **FISHING:** Fishing (nets included) is not permitted.
- **BOATING:** Sand and beach area may not be used as a launching / unloading area for any boat / vessel.
- **SWIM AREA:** Swim in designated area only. No diving or head entry into the water. No swimming in areas designated as non-swimming.
- **NON-SWIMMERS:** Non-swimmers of all ages must remain in areas where they can stand and may be asked to perform, and pass, a swim test prior to being allowed in the deep end.
- **FLOTATION DEVICES:** Use of any flotation aides or swimming devices (including, but not limited to, PFD's, masks, fins, snorkels, floats, water wings, etc.) is strictly forbidden.
- **RESTROOMS:** Restrooms are only open during staffed hours. Restrooms are designated for 1 user at a time. **Please help keep our water clean and use the facilities when needed.**
- **BATHING ATTIRE:** Bathing attire must be worn and is subject to the discretion of the lifeguard. No nudity allowed.
- **MUSIC:** The use of car stereos or Bluetooth speakers are not allowed. Please use personal listening devices.
- **PETS:** No dogs / pets allowed on beach or in bathhouse. Please do not leave pets in vehicles.
- **BICYCLES:** Bicycles must be left at the bicycle stands.
- **BALLPLAYING:** No ball playing of any kind allowed (including but not limited to; Frisbee, KanJam, catch, soccer, etc.)
- **PARKING / BEACH AREA:** No grilling / cookouts, loitering, tailgating or open fires allowed. Parking Lot Gates will remain closed and locked when Lifeguards or Staff are not present.
- **Please BE KIND to staff at the beach. They do not set the policies and are here for your safety.**
- **Continued abuse by an individual, or group, will result in loss of beach privileges.**
- The City of Framingham will not be responsible for any articles lost, damaged, or stolen.
- For more information and a full list of programs, rules and policies, please visit www.framinghamrec.com

Thank you for your cooperation!

All facilities are multi-use. Field use changes with each season. All group activities require a special permit from the Parks and Recreation Office. For a full list of amenities at each park, please visit <https://www.framinghamma.gov/965/Park-Locations>

Anna Murphy - Cove Avenue and Lake Avenue
Arlington St. - 68 Arlington Street
Barbieri - 100 Dudley Road
Bates Road - 40 Bates Road
Bowditch - 475 Union Avenue
Brophy - 575 Pleasant Street (Route 30)
Butterworth - 261 Grant Street
Cameron - 215 Elm Street
Cameron Little League 215 Elm Street
Charlotte Dunning - 48 Frost Street
Danforth - Danforth Street (corner of Cottage Street)
Farley - 31 Flagg Drive
Fuller - 31 Flagg Drive
Furber - Fairbanks Road (off Route 30)
Framingham Skate Park - Dudley Road at Farm Pond
Galvani - Guadalcanal Road (behind State Police on Route 9)
Hemenway - 729 Water Street
Juniper Hill - 29 Upper Jocelyn Avenue
Keefe - 750 Winter Street
King - 454 Water Street
Longs - Dudley Road
Mary Dennison - 54 Beaver Street
Mary Dennison II Softball 54 Beaver Street
McCarthy - 8 Flagg Drive
Merchant Road Fields - 65 Merchant Road
Merloni - Fountain Street (in Longs Complex)
Oakvale - Burbank Circle - 46 Hadley Road
Lundy Field - 492 Potter Road
Potter Road - 492 Potter Road
Reardon - Brownlea Road (off Old Conn Path)
Roosevelt - 80 Fay Road
Temple - Temple Street (south of I90)
Tusoni - Dudley Road (in Long's Complex)
Victory - Auburn Street (off Edgell Road)
Walsh - 301 Brook Street
Winch - 115 A Street



Passive Recreation Areas & Trails

For a full description of each location, please visit <https://www.framinghamma.gov/978/Passive-Recreation-Areas-Trails>

Arthur - Morency Woods
Callahan State Park
Carol Getchell Trail
Cochituate Brook Reservation
Cushing Memorial Park
Farm Pond

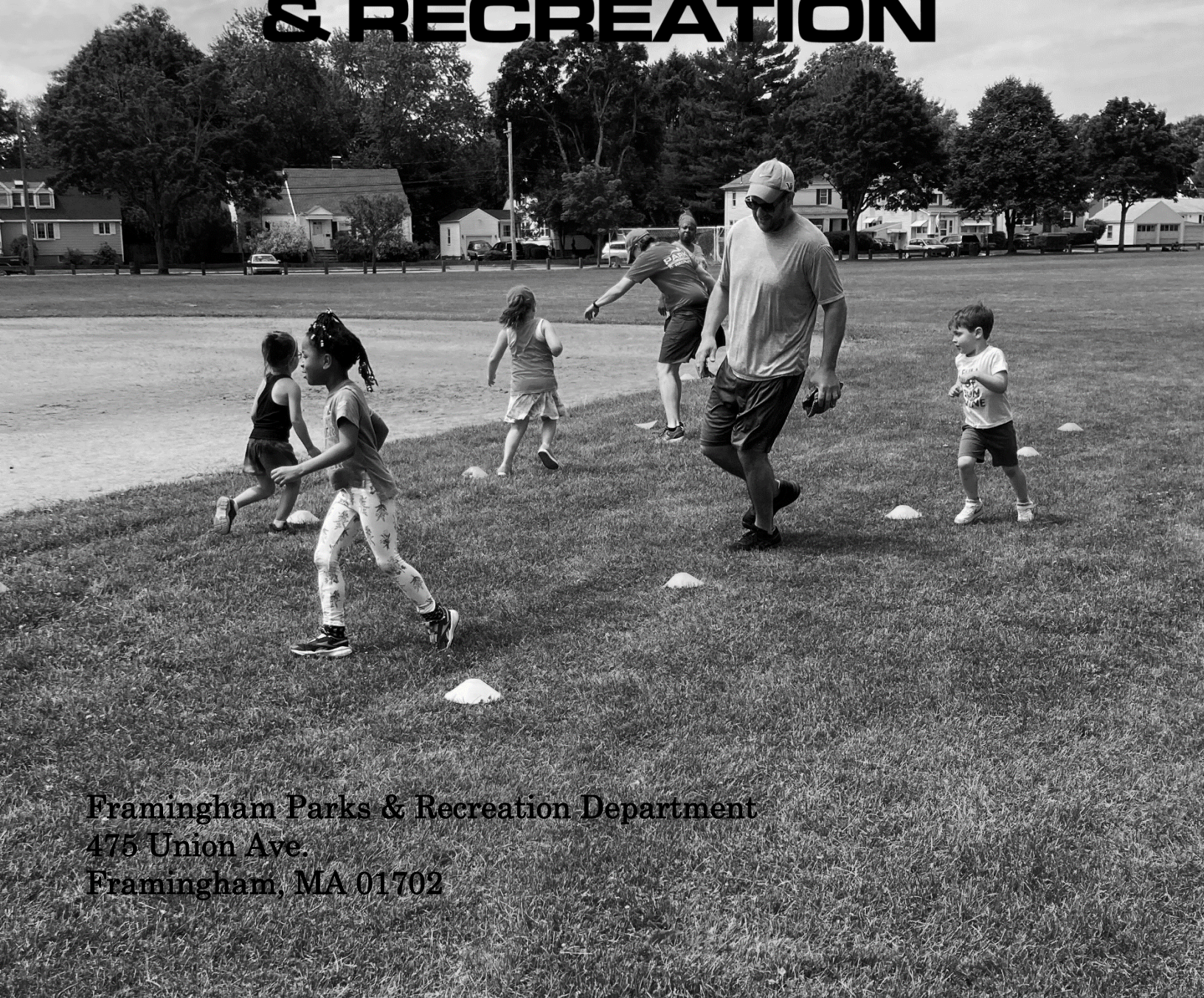
Macomber
Nobscot Conservation Land
Nobscot Scout Reservation
Sudbury Aqueduct Walking Trail
Weston Aqueduct Walking Trail
Wittenborg Woods



PARKS

FRAMINGHAM

& RECREATION



Framingham Parks & Recreation Department
475 Union Ave.
Framingham, MA 01702

**City of Framingham
Resident**