

Town of Sudbury Park & Recreation/Atkinson Pool



A CAPRA Accredited Agency!

SPRING PROGRAMS 2014

Recreation Registration:

9:00AM, Wed., April 2nd

Pool Member Registration:

9:00AM, Tues., April 1st

Non-Member Registration:

9:00AM, Thurs., April 3rd

Inclement

Weather

Hotline:

(978) 639-3233



40 Fairbank Road, Sudbury, MA 01776

(978) 443-1092

www.recreation.sudbury.ma.us

www.pool.sudbury.ma.us

www.inclusive.sudbury.ma.us

www.youth.sudbury.ma.us (Twens & Teens)

www.teen.sudbury.ma.us (Teen Center)

Inclement Weather Hotline: (978) 639-3233



PARK & RECREATION STAFF 978-443-1092:

Nancy McShea, Park & Recreation Director x 3259
 Amber Comeau, Program Coordinator x 3256
 Anna Wood, Adaptive Sports & Recreation Specialist x 3257
 Jessica Bendel, Youth Coordinator/Teen Center Director x 3227
 Patricia Haberstroh, Office Coordinator x 3258
 Anne Lee, Pre-School Coordinator x 3231
 Chery Finley, Aquatic Supervisor x 3264
 John Barrett, Aquatic Supervisor x 3255

OTHER HELPFUL NUMBERS:

Fairbank Senior Center 978-443-3055
 Park & Recreation Fax # 978-443-1051
 Inclement Weather Hotline 978-639-3233
 Field Closings 978-639-3234

PARK & RECREATION COMMISSION

Robert C. Beagan, Paul Griffin, Thaddeus Gozdeck (Chair),
 James Marotta, Richard C. Williamson

**WE VALUE INCLUSION**

When seen next to a program within the brochure, this symbol notates that people with and without disabilities are welcome to register. For questions, adaptations, and accommodations, please contact Anna Wood, Certified Therapeutic Recreation Specialist. If necessary, parents or aides are welcome to attend with participants.

FACILITY RENTAL POLICY

Our gym and classrooms are available to be rented to the public, with a certificate of liability insurance. The fee is \$30 an hour. Payment is due at the time of the rental. Refunds will only be given if the recreation department is notified 48 hours before the scheduled date. For weekend rentals please notify the recreation department on Friday no later than 2:00PM.

**Find us on Facebook!****SUDBURY PARK & RECREATION
ATKINSON POOL****FINANCIAL AID**

Financial aid is available for some of our programs for **Sudbury Residents** based on financial need. Please visit our website or stop by our office to fill out a scholarship application.

E-MAIL UPDATES

When registering, please double check your e-mail address. We send e-mail reminders to participants about our programs. We don't want you to miss something important!

REGISTRATION INFORMATION

REGISTRATION INFORMATION

Online Registration is STRONGLY RECOMMENDED at

www.recreation.sudbury.ma.us or www.pool.sudbury.ma.us and is the **PREFERRED METHOD**. We accept **Walk-in Registration** as long as space is available, but there is a chance that you will have to wait in a line and spots fill quickly. We accept **Cash, Check, & Credit Card**- Visa or MasterCard. Feel free to familiarize yourself with the website prior to registration.

REFUNDS AND WITHDRAWALS

Refund request must always be in written form and dated at least 7 business days prior to the start of the program (*excluding all American Red Cross programs). Refund requests made at least 7 days in advance of the program will be assessed a **\$5 withdrawal fee**, except for summer which will be assessed a \$25 withdrawal fee. After that time, **no refunds**. **Refunds are easier to process if you pay by credit card!** If you pay by check, you must submit a refund form with a copy of the cancelled check at the FCC.

ACCOUNT LOG IN INFORMATION

We have implemented a new saved family account option for our users. This allows users to save all of their family members' information and then choose the participant from the drop down list when registering for programs, alleviating the need to re-enter information every time. Please feel free to contact us with any questions or if you need some assistance **prior to registration**.

Returning Sudbury Park & Recreation Participant Set-Up

- You should see a "Login" button in the upper right hand corner of our online registration page... Click it!
- Click "I would like to create a new account." Please use the same email address that you most often use, this will make sure the system can find the correct account. If it can find a match for that email address follow the steps below, if not, keep trying with other email addresses you may have used.
- You will see "Click Here to Reset and Retrieve Password." A temporary password will be sent to your email account. Use this to log in and then you will automatically be asked to create a new password. This new password will need to be 8 characters long and include numbers and letters.
- Once you have a new password, you will have to click "Login" to access your account. You will be brought back to our start page but now it will "WELCOME" you with your name (or the name of the family member).

New Sudbury Park & Recreation Customer Set-Up

- You should see a "Login" button in the upper right hand corner of our online registration page... Click it!
- New customers will be brought to an information page for you to fill out. At the bottom of the page you will be able to set a password.
- At the "WELCOME" page you can click on "Account" to add additional members of your family.

DISCOUNTED TICKETS AVAILABLE

AMC MOVIE TICKETS**GOLD TICKETS: \$9.00****SIX FLAGS NEW ENGLAND****TICKETS ARE JUST \$36!**

APRIL VACATION CHILDHOOD ADVENTURES - PRESCHOOL

Escape for some creativity and adventures! **Please bring your own PEANUT-FREE snack.**
Sign your child up for as many days as you like. Each day of the week will have a different theme:

TIME: 9:00 AM - 12:00 PM **AGE:** 3.5 - 6
WHERE: FCC-Room 4 **COST:** \$37 per child per day

 TUES. Apr. 22 Big Top Circus	 WED. Apr. 23 Wonderful World of Dinosaurs	 THURS. Apr. 24 Ocean Adventure	 FRI. Apr. 25 A Day on the Farm
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Instructed by Sudbury Park & Recreation Preschool Staff

INTENSIVE LIFEGUARD TRAINING COURSE

Prerequisite - MUST swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing propellant kick; 100 yards of breaststroke using a pull, breathe, kick and glide sequence; 100 yards of front crawl or breaststroke or a combination of both; as well as a 40 yard timed swim and retrieval of a 10 pound object. Upon successful completion of the course, participants will be certified in Lifeguard Training, First Aid & C.P.R./A.E.D. for the professional. ***There are NO refunds if you do not pass the course***

Attendance for all classes is Mandatory!

WHO: Ages 15+ **DATES:** Apr. 22 - 25 (Tues. - Fri.) **TIME:** 8:30 AM - 5:00 PM **COST:** \$275 **WHERE:** Atkinson Pool

Instructed by Chery Finley, Aquatic Supervisor



WICKED COOL - SCIENCE, GADGETS, AND CONTRAPTIONS

Explore energy, light and electricity as we make things that glow, refract and electrify! See around corners with your own periscope! Create glow in the dark slime and examine the mysterious properties of magnets. Keep time with your own sand clock, and construct a balloon mobile to race against your friends. Min 10.

AGES: 7 - 10
DATES: Apr. 22 - 25 (Tues. - Fri.)
HALF DAY: 9:00 AM - 12:00 PM
COST: \$194
FULL DAY: 9:00 AM - 4:00 PM
COST: \$276
WHERE: FCC



Instructed by Wicked Cool for Kids

CHALLENGER SOCCER

This program involves all facets of soccer from individual skill development to technical and tactical practice. Players will be exposed to practices that develop them both as individual and team players. Each day will include progressive practices and small-sided games as well as coached scrimmages. Please bring 2 snacks, a water bottle, and lunch (for full day).

DATES: Apr. 22 - 25 (Tues. - Fri.)

WHERE: Haskell Field

AGES: 3 - 6
TIME: 8:00 - 8:55 AM
COST: \$56

AGES: 7 - 12
TIME: 9:00 AM - 3:00 PM
COST: \$158

Instructed by Challenger Soccer

ALL - SPORTS CLINIC

This clinic is great for children of all ages. Participants will play several different sports such as soccer, basketball, flag football, lacrosse, and street hockey as well as popular playground games like capture the flag and dodgeball. Emphasis will be placed on sportsmanship, fitness, fun, and cooperation. Coached by qualified teachers and coaches from the college, high school, and youth levels. *Min. 10*
***Pizza lunch will be available for purchase.**

AGES: Grades K - 6
DATES: Apr. 22 - 25 (Tues. - Fri.)
TIME: 9:00 - 2:00 PM
COST: \$158
WHERE: Curtis Middle School Gym

*Instructed by
New England Sports Camps*

GARRO STUDIOS ART WEEK

DATES: April 22 - 24 (Tues. - Thurs.) **COST:** \$170
WHERE: Garro Studios - 63 Summer Street, Maynard

Instructed by Michelle Garro

MORNING SESSION (Elementary)

Students will work on drawing, painting, printmaking, and clay projects! All materials provided.

AGES: 6 - 10 **TIME:** 9:00 AM - 12:00 PM

AFTERNOON SESSION (Middle and High School)

Students will work from both observation and imagination on drawing, painting, printmaking, and mixed media projects.

AGES: 9 + **TIME:** 12:30 - 3:30 PM

HAMMEL TENNIS CAMP

DATES: Apr. 22 - 25 (Tues. - Fri.) **TIME:** 9:00 - 11:30 AM
COST: \$194 **WHERE:** Zip Zone - Longfellow Club

Instructed by Longfellow Club

RED BALL - AGES: 4 - 8

Using smaller courts, appropriate sized racquets, and low compression balls, kids will begin to learn and play tennis. Focus on motor skills, balance, coordination, agility, and racquet skills.

ORANGE/GREEN BALL - AGES: 8 - 12

Students are taught basic skills and strategies of tennis in a fun and highly effective manner. Focus on rallying skills, serving, and point play using low compression balls.

SUDBURY SPRING SPRINT TRIATHLON here at Sudbury Park & Recreation/Atkinson Pool!

Come participate, cheer on the racers, or help us out! We are always looking for volunteers with race support along the course and with water stations.

If you would like to help, please call 978-443-1092. *This race will benefit the Atkinson Pool.*

TRI SPROUTS KIDS' TRIATHLON

DATE: Saturday, May 17th

TIME: 9:00AM start

RACE: 50 Yard Pool Swim

1 Mile Bike

1/2 Mile Run

**SUDBURY SPRINT TRIATHLON**

DATE: Sunday, May 18th

TIME: 8:00AM start

RACE: 400 Yard Pool Swim

7 Mile Bike

2.3 Mile Run

For more information and to register, please visit: www.firm-racing.com

BOSTON RED SOX TICKETS

WHAT: Boston Red Sox vs. Tampa Bay Rays

WHEN: Saturday, May 31st at 7:15 PM (This is not Memorial Day Weekend)

WHO: Sudbury residents only

COST: \$36 per ticket and are non-refundable

SEATS: The seats are located in Rightfield Grandstand Section 2, Rows 11-13

*Tickets will be distributed using a lottery system

*There is a 4 ticket limit per family

Interested in joining us? Please email your name, address, phone number, and number of tickets you would like to

bendelj@sudbury.ma.us no earlier than 9:00 AM and no later than 12:00 PM on Wednesday, April 30.

The lottery will be held that day and you will be notified no later than Friday, May 2nd if your name was selected.

**MASSACHUSETTS STATE PARK PASS**

Discover your Massachusetts State Parks by borrowing the Sudbury Park & Recreation Park Pass for free!

The Park Pass entitles the bearer to free parking at over 50 facilities in the Massachusetts State Parks System that charge a day-use parking fee. Spend a day exploring nearby Walden Pond, take a drive on a sunny day to Horseneck Beach, or hike Wachusett Mountain (just to name a few)! Please note the Parks Pass is not valid at Nahant and Nantasket Beaches. **We look forward to seeing you in a state park!**

HOW TO USE THE Park Pass:

CALL: The Sudbury Park & Rec/Atkinson Pool front desk at **(978) 443-1092** to reserve pass for desired day.

RESERVE: Park Pass can be reserved for 24 hours. Please provide name, address, and phone number.

PICK UP: Pass can be picked up any time after 9:00 AM on day of reservation.

RETURN: Must be dropped off before 9:00 AM the following morning.

COST: FREE!

**Sudbury Park and Recreation is pleased to be offering our 10th annual Summer Concert Series this summer.**

With the help of contributions from local business, we are able to provide you with wonderful nights of family fun throughout the summer. Come join us for our 10th annual Summer Concert Series. Bring friends, family, a picnic dinner, a blanket or chairs, and maybe even your dancing shoes! See you there.

WHEN: Mondays starting at 7:00PM, July 7 - August 4

FAMILY FUN NIGHT: July 21st

WHERE: Haskell Field (Rain location - Fairbank Community Center Gym)

WHO: Everyone! Make a night of it and bring along a picnic dinner!

COST: FREE!

Sponsorship opportunities available,
please contact Amber Comeau at comeaua@sudbury.ma.us



5-STAR MANNERS WORKSHOP FOR A MOTHER'S DAY SURPRISE!

Boys and girls will learn life skills that help them to be comfortable and respectful in social situations. In honor of Mother's Day, the Children will prepare themselves to treat Mom (or a special lady in their lives) as the Guest of Honor at a family meal.

Topics: introducing ourselves (eye contact; the handshake, etc.); dining skills (including host etiquette); and making easy conversation. *Min. 5*

DAY: Saturday
DATE: May 3
TIME: 2:00 - 3:30 PM
AGE: 8 - 11
WHERE: FCC Room 1
COST: \$40



Instructed by Janet Parnes, First Impressions & Etiquette Expert



IMPACT: SELF DEFENSE FOR PEOPLE WITH DISABILITIES

Studies show that students with disabilities are more likely to experience violence and bullying than those without disabilities. IMPACT: Ability teaches students practical skills to protect themselves from a wide range of potentially unsafe situations. Students also learn to report meaningful details of an incident to a safe and trusted adult. This self-defense course is taught by experienced special education professionals who use role-play and experiential exercises to teach students about safety.

IMPACT:Ability courses have been taught in public and private schools throughout Massachusetts as well as through programs sponsored by the MA Down Syndrome Congress, the Williams Syndrome Association, and the Department of Developmental Services. *Min. 8*

DAY: Monday
DATE: May 5
TIME: 6:15 - 8:15 PM
AGES: 12+
WHERE: FCC Gym
DURATION: 1 class
COST: \$82 per person

Instructed by IMPACT:Ability

BABYSITTING WORKSHOP

This class introduces children to all aspects of babysitting. Learn strategies for the babysitter, first aid and choke saving techniques as well as mealtime, bedtime, diapering and discipline.

Issues of contracts and ethics are also covered. A police presentation on safety issues includes door and telephone answering techniques, and accident and fire prevention. *Min. 8*

Pizza will be served, please bring a drink.

DATES: Mon., Jun. 9 or Tues. Aug. 19
TIME: 5:00 - 8:00 PM
AGE: 11 - 14
COST: \$45
WHERE: Parmenter VNA 266, Cochituate Rd., Wayland, MA

Instructed by Beth Oleson of Parmenter Health

HOME ALONE

This one day course is designed for children who are unattended at home for short periods of time. Children learn telephone and door answering techniques, accident and fire prevention, and first aid skills. The class includes a variety of teaching methods, including active discussion, a video and role playing. Pizza will be served, please bring a drink.

DAY: Tuesday
DATES: May 6 or Aug. 5
TIME: 5:00 - 7:30 PM
AGE: 9 - 11
WHERE: Parmenter VNA 266, Cochituate Rd., Wayland, MA
COST: \$45

Instructed by Beth Oleson of Parmenter Health



ADAPTIVE FISHING CLINIC

Ready to get outside and cast a line? Sign up for this one-day adaptive fishing clinic! This program is designed for the beginner fisherman and will introduce participants to the outdoors through the experience of fishing. This clinic is open for people of all ages and abilities. All equipment (including any necessary adaptive equipment) is provided as well as instruction, fishing license, and fishing education materials.



DAY: Wednesday
DATE: May 21, 2014
COST: \$20 per pair
TIME: 5:00 - 7:00 PM
AGE: 6+ with a parent
WHERE: TBD (in or around Sudbury)

Instructed by Jim Legacy Angler Education Program, DCR Universal Access Program

INTRODUCTION TO STAND-UP PADDLEBOARDING - ONE DAY CLINIC

Have you ever wanted to walk on water? Try paddleboarding! You can paddle around to enjoy nature or use it as a super core workout. All the essential skills will be taught so you can get start enjoying the sport on calm water.

WHERE: Willis Pond, Sudbury
COST: \$62

Instructed by Still River Outfitters



YOUTH (AGES 9 - 15)

DATE: Monday, July 7
TIME: 3:00 - 5:00 PM

MIDDLE SCHOOL (GRADES 6 - 8)

DATE: Sunday, June 22
TIME: 1:00 - 3:00 PM

ADULT

DATE: Monday, July 7
TIME: 5:00 - 7:00 PM

ADAPTIVE AND INCLUSIVE SPORTS AND RECREATION PROGRAMS



WE VALUE INCLUSION

When seen next to a program within the brochure, this symbol notates that people with and without disabilities are welcome to participate. If necessary, parents or aides are welcome to attend with participant. SCHOLARSHIPS ARE AVAILABLE. **For more information about programs or how to apply for a scholarship, please contact Anna Wood, Certified Therapeutic Recreation Specialist at 978-639-3257 or WoodA@sudbury.ma.us**

ADAPTIVE & INCLUSIVE PROGRAMS - APRIL VACATION WEEK CLASSES

SCENES FROM CINDERELLA, THEATER PROGRAM

Join us this vacation week and be part of our Cinderella production! This class will teach participants basic theater skills including character development, projection, singing, and dancing all while having fun! Topics covered will include acting and basic theatrical terminology, script interpretation, character development, singing, dancing and audition techniques. Theater games will be used as well as scripted materials to make this production one to remember!

DAY: Monday-Wednesday **DATES:** April 21 - 23
TIME: 4:00 PM - 7:00 PM **AGE:** 11+
COST: \$92 **WHERE:** FCC Gym

Instructed by Nancy Bergstein

VACATION WITH H2K

Join us during February and April vacation for some fitness fun! H2K is offering a healthy fitness camp for your children that will help keep them active and learning during school vacation. Each day we will begin with morning meditation followed by a Zumba or yoga class, a healthy snack, crafts and games!

DATES: April 21 - 25
AGE 4 - 7: 9:00 AM - 11:00 PM **AGE 13+:** 1:00 - 3:00 PM
1 DAY PASS: \$45 **2 DAY PASS:** \$80 **5 DAY PASS:** \$190
WHERE: H2K- Happy Healthy Kids Fitness

Instructed by H2K Happy Healthy Kids

SUPER SOCCER CAMP

Super Soccer Stars Shine is a unique program that uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including, but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. This soccer camp will focus on simplifying soccer into specific components while teammates work together to build new skills in a fun, non-competitive and educational environment. Coaches use specific tools and techniques including picture schedules, cheers and repetition to reinforce communication, aid in transition and increase task completion.

DATES: April 21 - 25 **TIME:** 10:00 AM - 12:00 PM
AGE: 5 - 10 **COST:** \$220
WHERE: FCC Gym



Instructed by Super Soccer Stars SHINE

IGNITE!U ENRICHMENT THROUGH EXERCISE

Enrichment through exercise at Ignite! U looks like this...The Neuro Motive coach sets the intention and creates a goal for the children that day (cognitive and physical). The pre-activity begins, children complete a cognitive task, pertaining to the goal. We warm up, igniting the production of neural growth hormones and open the brain to whole-brain functioning, through functional, sometimes complex, heart pumping movements. The lesson is where we work on the cognitive task desired, now that brain is primed through exercise and focus drills, the child is in optimal state for learning. Post anchoring activities are where the cognitive and physical goals for the day are tested, through a heart pumping workout or game!

DATES: April 21 - 25 **TIME:** 12:00 - 2:00 PM
AGE: 5- 12 **COST:** \$182
WHERE: 79 Main St. Boylston, MA @ CrossFit Brutality

*Instructed by Joshua Love, Neuro Motive Coach
 Ignite! U Enrichment Through Exercise*

INFANT & YOUTH ADAPTIVE AND INCLUSIVE PROGRAMS

MUSIC THERAPY FOR CHILDREN THAT ARE NON-VERBAL

Let's make some music! Music making and instrument play is a fun and natural way to communicate. Using instruments, our bodies and our voices, we will create music as a group to support the development of verbal and non-verbal communication skills. Goals for the group will include increasing communication skills, imitating sounds, choice making and successful participation in a group activity. Parent participation is required.

DAY: Thursday **TIME:** 5:15 - 6:00 PM
DATES: Apr. 3 - May 15 **AGES:** 6 - 12
COST: \$254 (\$191 for sibling) **WHERE:** FCC Room 2

*Instructed by Mary Kerrigan, MT-BC
 Roman Music Therapy Services*

CREATIVE BALLET AND MOVEMENT

This beginner dance class will focus on self-expression and rhythm. Dance therapist Matt Tucker will start teaching the basic ballet techniques by using props, games, and cooperative learning techniques. Learn fun dances, play wonderful dance games, and experience the joy of movement in every class. Children are welcome to wear tutus and dance shoes but this is not required.

DAY: Saturday
TIME: 9:15 - 10:00 AM
DATES: May 10 - June 7
AGES: 4-7
COST: \$80
WHERE: FCC Room 2

*Instructed by Matt Tucker
 MA, R-DMT*



INFANT & YOUTH ADAPTIVE AND INCLUSIVE PROGRAMS (CONT'D)

NEW!!

PEE-WEE POWER SOCCER

Power soccer is the fastest growing sport on wheels! Played similar to the game of soccer, power soccer is designed specifically for people using power wheelchairs. This pee-wee power soccer program will help children increase their independence by improving their chair driving skills, speed control, and visual special skills. Athletes use their own power chair and attach a plastic guard (provided) to maneuver, kick, and pass a 13" soccer ball around an indoor basketball court.

DAY: Tuesday **TIME:** 4:45 PM-5:45 PM
DATES: Apr. 29 - May 20 **DURATION:** 4 weeks
COST: \$50 **WHERE:** FCC Gym
AGES: 4 - 7



Instructed by Anna Wood, Coach, CTRS

TAE KWON-DO

In this class your child will learn a variety of Tae Kwon-Do techniques designed to build strength, coordination, and self esteem in a fun, non competitive environment. The rules of martial arts: respect, responsibility and self control will be emphasized. Your child will learn a range of techniques from basic kicks and punches to more complex moves. All martial arts enthusiasts are encouraged to join. If your child needs a 1:1 aide in a classroom, please bring a 1:1 aide to class.

CHILDREN WITH 1:1 AIDES: Tuesday **TIME:** 5:00-5:45PM
DATES: Apr. 29 - Jun. 10 *No class 5/27 **COST:** \$112
CHILDREN WITHOUT 1:1 AIDES: Wednesday **TIME:** 4:15-5:00PM
DATES: Apr. 30 - Jun. 11 **COST:** \$153
WHERE: FCC Rm 2 *Instructed by Marci Zieff, Creating Calm*

ZUMBA WITH A BUDDY

This modified Zumba® fitness class for people with disabilities will use slower, modified, low-impact steps and simple arm movements to gain the same benefits as any Zumba® program! Participants should bring a helper, or buddy" (family member or aide) to join in the fun at no extra charge. We will be dancing to a mix of Latin and World rhythms while learning to "feel" the music through dance and movement. The main objective of this class is to get participants moving, smiling, sweating and having fun! Individuals who use wheelchairs are welcome

DAY: Wednesday **TIME:** 5:15-6:00PM
DATES: May 7-June 11 **DURATION:** 5 weeks
AGE: 6 - 12 **COST:** \$122
WHERE: H2K- Happy Healthy Kids Fitness
Instructed by H2K Happy Health Kids

FRIDAY FLICKS at GOODNOW LIBRARY

The Goodnow Library Young Adult Department and Sudbury Recreation are hosting Friday Flicks, movie showings for community members with disabilities and their families. These movies will be sensory friendly films—the lights will be up and the sound will be down. Movie showings will take place from 5pm to 9pm at Goodnow Library in the Community Room. Please arrive on time as the library closes to regular patrons at 5pm. Snacks will be provided. On May 2nd we will be showing the movie "Turbo," on June 6th we will be showing the movie "Frozen."

DATES: May 2 & June 6 **TIME:** 5:00-8:00PM
AGES: Any **COST:** \$5 per family per night-
Hosted by Megan Statza Goodnow Library Librarian



FOAM SWORD ADVENTURES

What do you get when you mix Harry Potter and Lord of the Rings with basic instruction in swordsmanship and lessons in teamwork and creative problem solving? You get a romping good time filled with physical and fun education! Students will learn basic guards, strikes and tactics. Then, with a little creative flair, the novice sword fighters play games that require strategizing, teamwork, problem solving and an accurate sword arm, or take on the roles of fantasy heroes. Why pick up a video game when you can unplug and live the adventure?

DAY: Saturday **TIME:** 12:45-1:45PM **DATES:** May 3-June 7 **DURATION:** 6 weeks **AGE:** 6-10
COST: \$182 **WHERE:** FCC Room 2 *Instructed by Guard Up! Family Swordsmanship*

ADAPTIVE KAYAKING: Level 1

Introduction to Kayaking is a six-hour course focusing on skills needed for any type of kayak including but not limited to sit on tops, recreational, folding and inflatable. Simple rescues are demonstrated by the instructor combined with the paddling skills practiced by students to maneuver safely and comfortably on still water. Designed as a stand-alone course, students desiring more intensive skills would proceed to Level 2 or 3 to continue the learning and refinement process. *Participants must be able to manage personal care, be able to float on their back, turn from face down to face up while floating in the water with a properly fitting PFD, and remain sitting and balanced in a kayak (with adaptations if needed).*

DAY: Wednesday **TIME:** 5:30 - 7:30 PM
DATES: May 14, 21, 28 **DURATION:** 3 weeks
AGES: 9 - 15 **COST:** \$104
WHERE: Willis Pond Sudbury, MA *Instructed by Still River Outfitters*

SUPER SOCCER STARS SHINE: SPRING SOCCER PROGRAM

Super Soccer Stars Shine is a unique program that uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including, but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. Weekly practices will focus on simplifying soccer into specific components while teammates work together to build new skills in a fun, non-competitive and educational environment. Coaches use specific tools and techniques including picture schedules, cheers and repetition to reinforce communication, aid in transition and increase task completion.

DAY: Thursday **DATES:** May 1 - June 5
DURATION: 6 weeks **WHERE:** FCC Fields Sudbury, MA
AGES: 5 - 8 **TIME:** 4:30 - 5:15 PM
AGES: 9 - 12 **TIME:** 5:30 - 6:15 PM
COST: \$164 *Instructed by Super Soccer Stars*

NEW!!

FITNESS & MOVEMENT TRAINING FOR YOUTH

Get Up & Go with an aerobics class for you -safe, heart-healthy and gentle on the joints. The workout includes easy to follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Max 4 kids.

DAY: Thursday**DATES:** May 8 - Jun. 12**WHERE:** FCC Gym**COST:** \$182**GROUP 1:** 4:30 - 5:15PM**AGES:** 7 - 12**GROUP 2:** 5:30 - 6:15 PM**AGES:** 13+*Instructed by Fitness Together*

NEW!!

SWIM WHISPERER SWIM LESSONS

Are Sensory Processing or Motor Skills issues making it hard to teach your child to swim? Let our specially trained Swim Whisperers® swim instructors turn your child into a confident and independent swimmer. This program will use proven strategies to overcome the 14 most commonly seen roadblocks in teaching children with sensory difficulties how to swim. This class will help children become safe independent swimmers, faster and more efficient than traditional methods. These lessons are best suited for children with Autism, PDD-NOS and sensory discomfort.

DAY: Monday**TIME:** 30 min slots between 3:30 - 8:00 PM**DATES:** Apr. 28 - Jun. 9 *No Class 5/26**AGES:** 2 - 18**DURATION:** 6 weeks**COST:** \$386**WHERE:** Atkinson Pool Sudbury, MA*Instructed by Angel Fish Therapy*

NEW!!

VOLLEYBALL

Join the Lincoln—Sudbury Women's Volleyball team as they teach participants the basics of volleyball including rules, techniques, and plays. Practice each week will consist of a warm up, skill work (passing, serving, hitting), team concepts (positions, rotation), and a cool down. Players must be able to stand and remain with the group independently.

No previous experience playing is necessary.

DAY: Wednesday**AGES:** 10 - 14**DATES:** May 7 - Jun. 11**TIME:** 4:45 - 5:45 PM**DURATION:** 6 weeks**COST:** \$60**WHERE:** Sudbury Park and Recreation Outdoor Sand Volleyball Court*Instructed by LS Women's Volleyball & Anna Wood*

NEW!!

DADDY DAUGHTER/MOTHER SON**BALLROOM DANCING**

Have fun on the dance floor with your son or daughter this Spring in our Daddy/Daughter—Mother/Son Ballroom Dancing class! Couples that attend will learn the basics of the swing and the waltz over the course of 4 weeks. This class will be a low key and basic introduction to these dances in a fun, relaxed, and supportive group setting. Formal attire not required.

This will be a great family night out, don't miss out on the fun!

DAY: Saturday**TIME:** 6:00 - 6:45 PM**DURATION:** 4 weeks**AGES:** 6+ with an adult**DATES:** May 10 - Jun. 14 *No Class 5/24**COST:** \$128**WHERE:** FCC Gym*Instructed by Carole Ann Baer***CALM BODIES-CALM MINDS**

Children report feeling relaxed, more focused, and less anxious after participating in meditation classes. This class designed for children uses guided meditation, yoga stretches, moving meditation and various calming techniques, providing students with tools for both school and home.

This is a slow paced, quiet class making it best suited for students that are able to participate independently and quietly. Parents are asked to stay on site during the class but do not participate. Each participant is asked to please bring a blanket and yoga mat.

DAY: Saturday**TIME:** 10:30 - 11:15 AM**AGES:** 6 - 12**DATES:** May 3-June 14**DURATION:** 7 weeks**WHERE:** FCC Room 2**COST:** \$153*Instructed by Marci Zieff, Creating Calm***ADAPTIVE FISHING CLINIC**

Ready to get outside and cast a line? This program is designed for the beginner fisherman and will introduce participants to the outdoors through the experience of fishing. This clinic is open for people of all ages and abilities. All equipment is provided.

DAY: Wednesday**TIME:** 5:00 - 7:00 PM**DATE:** May 21**AGE:** 6+ with a parent**COST:** \$20 per pair**WHERE:** Walden Pond Concord, MA*Instructed by Jim Legacy**Angler Education Program DCR Universal Access Program***SIB CLUB: SUPPORTING SIBLINGS**

NEW!!

When a brother or sister has mental health challenges, there siblings are at risk. This support group will allow siblings of children with mental health issues to kick back, relax and have some fun with other siblings that are experiencing similar life situations. The club is funded by the Department of Mental Health and will focus on helping the self-esteem and resiliency of the sibling to better the relationship between the sibling and the brother or sister with mental health issues. The group will meet every other week and will eat pizza, share stories, journal, play games, do arts & crafts, and in general laugh a lot together.

DAY: Tuesday**TIME:** 6:00-7:30PM**DATES:** May 6-June 17**DURATION:** 4 weeks**AGE:** 6 - 12**COST:** FREE**WHERE:** FCC Room 1*Facilitated by Ann Killion M.S. & Kristin Brock, MSW**Wayside Youth and Family Services*

**TEENS ROCK!**

Join us for a hands-on music experience combining the rhythm and feel of drumming and art of DJ'ing. Come with your creativity and energy and have some fun making and listening to music. Join the drum circle and feel the rhythm of the beat as you play drums, tambourines, shakers, claves, cabasas and other percussion instruments. As we explore rhythm and drumming, we will create beats, play to songs, and improvise together as we respond to the music group members make. In our DJing time, we will explore various elements of DJing including learning how to use the equipment, scratching, beatmixing, and you may even have a chance to record your own electronic or hip hop mixes. Skills addressed in the group will include active listening, impulse control, turn taking, planning, giving and receiving constructive and positive feedback, tolerance of other's musical ideas, musical self-expression.

DAY: Friday**DATES:** May 2 - May 30 *No class 5/23**GIRLS 13+ ONLY:** 4:15 - 5:00 PM**BOYS 13+ ONLY:** 5:00 - 5:45PM**DURATION:** 4 weeks**COST:** \$146**WHERE:** FCC Room 3*Instructed by Scott Ruland, Board Certified Music Therapist***TUESDAY NIGHT BOWLING PROGRAM**

Come on out and hit the bowling lanes! With the help of Sudbury's Boy Scout Troop #60, this program welcomes participants of all abilities to come and bowl this winter! Participants will be paired up with a boy scout and will bowl two games each evening. This program meets *every other* Tuesday and parents/guardians must remain on site.

DAY: Tuesday **TIME:** 5:30 - 7:00 PM**AGES:** 12 - 20 **DURATION:** 4 weeks**WHERE:** Bowl-A-Drome, Acton, MA**COST:** \$56/bowler (3 games & shoes/night)**DATES**

April 15

May 6

May 20

June 3

*Facilitated by Sudbury Boy Scout Troop #60***ADAPTIVE FISHING CLINIC**

Ready to get outside and cast a line? Sign up for this one-day adaptive fishing clinic! This program is designed for the beginner fisherman and will introduce participants to the outdoors through the experience of fishing. This clinic is open for people of all ages and abilities. All equipment (including any necessary adaptive equipment) is provided as well as instruction, fishing license, and fishing education materials.

DAY: Wednesday**TIME:** 5:00 - 7:00 PM**DATE:** May 21, 2014**AGE:** 6+ with a parent**COST:** \$20 per pair**WHERE:** Walden Pond Concord, MA*Instructed by Jim Legacy Angler Education Program,**DCR Universal Access Program***IMPACT: SELF DEFENSE FOR PEOPLE WITH DISABILITIES**

Studies show that students with disabilities are more likely to experience violence and bullying than those without disabilities. IMPACT: Ability teaches students practical skills to protect themselves from a wide range of potentially unsafe situations. Students also learn to report meaningful details of an incident to a safe and trusted adult. This self-defense course is taught by experienced special education professionals who use role-plays and experiential exercises to teach students about safety. IMPACT:Ability courses have been taught in public and private schools throughout Massachusetts as well as through programs sponsored by the MA Down Syndrome Congress, the Williams Syndrome Association, and the Department of Developmental Services. *Min. 8*

DAY: Monday**TIME:** 6:15 - 8:15 PM**DATE:** May 5**AGES:** 12+**WHERE:** FCC Gym**COST:** \$82 per person**IMPACT**

confidence • safety • empowerment

Instructed by IMPACT:Ability**ADAPTIVE KAYAKING: Level 1**

Introduction to Kayaking is a six-hour course focusing on skills needed for any type of kayak including but not limited to sit on tops, recreational, folding and inflatable. Simple rescues are demonstrated by the instructor combined with the paddling skills practiced by students to maneuver safely and comfortably on still water. Designed as a stand-alone course, students desiring more intensive skills would proceed to Level 2 or 3 to continue the learning and refinement process. *Participants must be able to manage personal care, be able to float on their back, turn from face down to face up while floating in the water with a properly fitting PFD, and remain sitting and balanced in a kayak (with adaptations if needed).*

DAY: Wednesday**TIME:** 3:30 - 5:30 PM**DATES:** May 14, 21, 28**DURATION:** 3 weeks**AGES:** 15+ (or ages 9+ with an adult)**WHERE:** Willis Pond, Sudbury**COST:** \$104*Instructed by Still River Outfitters***HIP HOP DANCE**

Come join us in the gym this winter and get funk-a-fied! In this hip hop dance program, participants will let loose and learn the foundational moves to this urban dance style; popping, waving, gliding, and locking. Class will begin with a warm up followed by a sequence of steps to music. Improvisation is welcome! The last class will be spent putting on a short performance for parents and friends. Please wear sneakers and comfortable clothing and bring a water bottle.

DAY: Tuesday**TIME:** 7:00 - 8:00PM**DATES:** Apr. 8 - Jun. 7**DURATION:** 10 weeks**AGES:** 13 - 21**COST:** \$254**WHERE:** FCC Room 2*Instructed by Carole Anne Baer***POWER SOCCER: SUDBURY SHARP SHOOTERS**

Power soccer is the fastest growing sport on wheels! Played similar to the game of soccer, power soccer is designed specifically for people using power wheelchairs. Athletes use their own power chair and attach a plastic guard used to maneuver, kick, and pass a 13" soccer ball around the court. This team sport teaches skills while fostering camaraderie, teamwork, sportsmanship, leadership, and communication.

DAY: Saturday**TIME:** 9:00 - 10:30AM**DATES:** Mar. 29 - May 17**COST:** \$70**AGE:** Any**WHERE:** Curtis Middle School, Sudbury, MA / Framingham State Univ.*Instructed by Anna Wood, Coach, CTRS*

**HISTORICAL SWORDSMANSHIP**

More versatile than our Fencing classes, Historical Sword Class teaches teens (ages 11-16) sword and arms training from the medieval and renaissance ages. Students learn historically interpreted techniques in German long sword, Japanese sword, rapier and dagger, sword and shield and even pole arms! This is the perfect activity for any student who is interested in history, strategies and tactics.

DAY: Saturday**TIME:** 11:30AM-12:30PM**AGES:** 11-16**DATES:** May 3-June 7**DURATION:** 6 weeks**COST:** \$182**WHERE:** FCC Room 2

Instructed by Guard Up! Family Swordsmanship

NEW!!**STRESS REDUCTION TECHNIQUES FOR TEENS**

This class will focus on various calming techniques, including breath work, guided meditation, gentle yoga stretches, walking and dance meditation. Over time, each student will begin to tune in to what helps them to calm their bodies and minds during times of stress. Class appropriate for all levels, but space is limited. This class is quiet and slow paced making it ideal for students that can work with minimal support and remain quiet(ish) for 30-45 minutes. Please bring a blanket and a yoga mat.

DAY: Wednesdays**TIME:** 5:30 PM-6:15 PM**AGES:** 13-17**DATES:** April 30-June 11**DURATION:** 7 weeks**COST:** \$153**WHERE:** FCC Room 2

Instructed by Marci Zieff, Creating Calm

CLASSES FOR PARENTS AND CAREGIVERS**WAYSIDE YOUTH AND FAMILY: PARENT SUPPORT GROUP**

This group is for parents/guardians who are looking for support and information on their child's behaviors, emotions or mental health challenges. This group will be facilitated by the Wayside Youth and Family Services Parent Support Coordinator. Wayside Youth and Family Support Network is interested in building strength, hope and resiliency in families of children with mental health challenges. Open to anyone from any community. Pre-registration required to help with attendance and planning. This group will meet the last Tuesday of each month.

DAY: Tuesday**TIME:** 10:00AM-11:30AM**DATES:** April 29, May 27, June 24**DURATION:** 3 weeks**COST:** Free**WHERE:** FCC Room 1

Facilitated by Ann Killion, Wayside Youth and Family Parent Support Coordinator

NEW!!**NEW!!****ADULT MEDITATION AND STRESS REDUCTION CIRCLE**

This program is specially designed to alleviate stress and promote inner calm and healing. We will begin the class with gentle stretching, move on to guided meditation and breath work, work on various healing techniques, and then share insights and questions from our practice. Program participants will come away with a valuable set of tools and techniques that will help them to overcome emotional and physical challenges. Open to all levels, class space limited.

DAY: Mondays**TIME:** 11:00 AM-12:00 PM**AGES:** Adults**DATES:** April 28-June 9 *No Class May 19**DURATION:** 6 weeks**COST:** \$90**WHERE:** Roots and Wings Healing Arts Natick, MA

Instructed by Marci Zieff

NEW!!**REIKI: LEVEL 1 TRAINING AND ATTUNEMENT**

Reiki (*ray-key*) is an ancient Tibetan healing system that reduces stress, harmonizes, and heals the body, mind and spirit.

This workshop includes the attunements, a demonstration and practices in hand positions, history of Reiki and its principles, and supervised practice. You will leave class fully trained and certified to perform healings on yourself, others and animals. All participants will receive a Reiki handbook and a certificate of completion.

DAY: Saturday**TIME:** 1:00 - 4:00 PM**AGES:** Adults**DATES:** June 7, 2014**DURATION:** 1 day**COST:** \$158**WHERE:** FCC Room 2

Instructed by Marci Zieff, Reiki Master

**PIANO LESSONS**

Private piano lessons are available for the beginner pianist. Private piano teacher Renee Bordner will work with students in a relaxed, one on one setting to explore the basics of piano playing. Students will be introduced to playing, music theory and beginner note reading. Renee has experience in working with typical children, gifted children, as well as those with developmental disabilities. Renee also has experience working with senior citizens. Students must have a working keyboard or piano in order to complete their weekly assignments.

Individual goals will be set by the student and incorporated into the personal lesson plans for each student.

DAYS: Tuesday**AGES:** Any**COST:** \$38 per lesson + one time \$20 piano book**DATES:** April 22-June 10**WHERE:** Note-worthy Experiences Piano Studio 75 Witherell Dr. Sudbury**TIME:** 30 min lessons, starting at 1:30 PM last lesson starting at 3:00 PM

Instructed by Renee Bordner, B.Ed, M.Ed