

Town of Sudbury Park & Recreation/Atkinson Pool



A CAPRA Accredited Agency!

RECREATION REGISTRATION:

Wednesday, December 4th at 9:00 AM

POOL REGISTRATION SESSION A:

Pool Members: Tuesday, December 10th at 9:00 AM

Non-Members: Thursday, December 12th at 9:00 AM

POOL REGISTRATION SESSION B & C:

Pool Members: Tuesday, February 11th at 9:00 AM

Non-Members: Thursday, February 13th at 9:00 AM

Winter 2014

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 (Tweens & Teens)

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

GENERAL INFORMATION

PARK & RECREATION STAFF 978-443-1092:

Nancy McShea, Park & Recreation Director	x 3259
Amber Comeau, Program Coordinator	x 3256
Jessica Bendel, Youth Coordinator/Teen Center	x 3227
Anna Wood, Therapeutic Recreation Specialist	x 3257
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.

SNOWSHOE LOAN PROGRAM

Get outside this winter and enjoy the snow with your friends and family!

Never tried snowshoeing? Sudbury Park and Recreation Staff will be available to provide brief instructions and additional information Monday - Friday (9am-4pm).

4 Pairs of Men's Snowshoes, 4 Pairs of Women's Snowshoes, and 8 Pairs of Children's Snowshoes

To Reserve Snowshoes for your next winter adventure:

- CALL:** The Sudbury Park & Rec to reserve the pass 978-443-1092
PROVIDE: Name, address, and phone number
RESERVE: Snowshoes can be reserved for up to 24 hours
PICK UP: Any time after 9:00 am on the day of the reservation
RETURN: Before 9:00 am the following morning
COST: FREE!



For more information, contact the Sudbury Park & Recreation Department/Atkinson Pool at 978-443-1092.

DISCOUNTED TICKETS AVAILABLE

AMC MOVIE TICKETS

The Atkinson Pool is selling discount AMC Theatre tickets. You may purchase tickets at the Pool front desk.

GOLD TICKETS: \$9.00

SILVER TICKETS: \$7.00



DECEMBER AND FEBRUARY VACATION PROGRAMS

DECEMBER BREAK

MIDDLE SCHOOL DAY TRIPS

Don't get stuck at home! Spend some of your February vacation hanging out with friends and having fun. All programs will start and end at the Fairbank Community Center and then the participants will take a van or bus to the designated location. Space is limited!

PROGRAM	DATE & TIME	COST
Ice Skating and Lunch at Fire and Ice in Boston	Mon. Dec. 23 10 AM - 4 PM <i>*Lunch included</i>	\$52
Bowling and a Movie	Fri. Dec. 27 10 AM - 4 PM <i>*Lunch included</i>	\$52

Instructed by Sudbury Park & Recreation Staff

NEW!

FEBRUARY BREAK

MIDDLE SCHOOL OVERNIGHT!

That's right-we said OVERNIGHT! Here's your chance to spend the night at the community center. We will have a night full of fun and excitement including games, movies, mini tournaments, dinner, make your own sundaes and breakfast!

TIME: 7:00 PM - 7:00 AM **AGE:** Grades 6 - 8
WHERE: FCC **COST:** \$60

GIRLS ONLY!

DAY: Tuesday
DATE: Feb. 18-19

BOYS ONLY!

DAY: Thursday
DATE: Feb. 20-21

Instructed by Sudbury Park & Recreation Staff

NEW!

DODGEBALL DAYS!

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced.

TIME: 9:00 - 12:00 PM
WHERE: FCC Gym
COST: \$44

FAST.

MIDDLE SCHOOL

DAY: Tuesday
DATE: Feb. 18

AGES 7 - 10

DAY: Thursday
DATE: Feb. 20

Instructed by FAST Athletics



ADAPTIVE AND INCLUSIVE PROGRAMS

Visit page 17 for a list of the programs that will be running during February Vacation week. Classes will be run at the FCC and H2K Studio.

- 1) **Vacation Week with H2K:** Ages 4-7 and 13+
- 2) **Martial Arts and More:** Ages 8-12
- 3) **Indoor Soccer Camp:** Ages 5-10
- 4) **Scratch That! A DJ Group for Teens** Ages 13+
- 5) **All Hands On Deck: A Music Video Project for Teens** Ages 13+



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:

WED., Feb. 20: The World of Jan Brett

THUR., Feb. 21: Pets, Pets, Pets!

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

Instructed by Sudbury Park & Recreation Preschool Staff

BABYSITTERS TRAINING COURSE

Receive training in babysitting responsibilities by learning some basic characteristics of children, how to supervise and play with children. You will also learn basic care such as feeding and changing, accident prevention, proper emergency response and first aid. Upon successful completion of this course, students will receive a babysitter's course completion certificate, as well as C.P.R. for children and infants.

TIME: 8:45AM - 3:30 PM **DATES:** Feb. 18 & 19
AGES: 11 - 15 **COST:** \$100



Instructed by Atkinson Pool Staff

ALL - SPORTS CLINIC

This clinic is great for children of all ages. Participants 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 dodge ball. 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.*

TIME: 9:00 - 2:00 PM **DATES:** Feb. 18 - 21 (Tues. - Fri.)
AGE: Grades K - 6 **WHERE:** Curtis Middle School Gym
COST: \$158

Instructed by New England Sports Camps

NEW!

BRICKS 4 KIDZ[®] JUNIOR ROBOTIC WORKSHOP

What's more fun than building robots with Lego[®] technic pieces?... Making them come to life! At Bricks 4 Kidz Junior Robotic Workshop, build robots with our unique model plans... or create your own robot from your imagination... then learn how to bring your 'bot to life with a user-friendly, drag and drop program. Want to learn to incorporate motion sensors, position sensors and lights into your creations? Like remote controls? We'll Show you how. Come join us for this exciting 5-half day workshop!

TIME: 9:00 - 12:00 PM **DATES:** Feb. 18 - 21 (Tues. - Fri.)
AGES: 6 - 10 **WHERE:** FCC - Room 1
COST: \$242



Instructed by Bricks for Kidz

GARRO STUDIOS ART WEEK

DATES: February 18 - 20 (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: 10+ **TIME:** 12:30 3:30 PM

ADAPTIVE & 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 register such as friends, siblings, and persons without disabilities who are interested in the class. If necessary, parents or aides are welcome to attend.

The Sudbury Park & Recreation Department strives to provide sport and recreation opportunities to community members of all ages and abilities. The following are the adaptive sports and recreation programs available for individuals with disabilities and/or differing learning styles. Questions about the program and supports available? Call Anna Wood, Certified Therapeutic Recreation Specialist, at 978-639-3257 or email WoodA@sudbury.ma.us

INFANT AND YOUTH ADAPTIVE & INCLUSIVE PROGRAMS

ADAPTIVE ICE SKATING

In this ice skating program, beginner skaters with disabilities will get comfortable on the ice while learning basic skating techniques. Each participant will have a 1:1 skating instructor if necessary, but will learn to skate in a small-group setting. Parents need not participate but are asked to remain on site. Skaters need their own single blade skates, a caged helmet, snow pants and gloves. *Participants must be able to stand.*

DAY: Saturday **AGE:** 18 months+
DATES: Jan. 18 - Mar. 29 ***No Class 2/15, 2/22, 3/15**
COST: \$175 **TIME:** 12:35-1:20 PM
DURATION: 11 weeks
WHERE: Valley Sport Arena 2320 Main Street West Concord, MA



Instructed by Sharper Edge Skating School



SKIING & RIDING LESSONS AT CANON MOUNTAIN

Head north with your family for a weekend this winter! Join your host, Adaptive Sports Partners of the North Country, for a day of skiing or snowboarding at Franconia, NH's Cannon Mtn. This program is for all levels of skiing or boarding. Includes ticket, equipment, and instruction.

DAYS: Weekends **AGES:** Ages 6+
DATES: Sat. and Sun. 1/11-3/16 ***No lessons 2/15, 2/16, 2/22, 2/23**

WHERE: Cannon Mountain, Franconia NH

DOWNHILL COSTS

Half Day \$56
Full Day: \$80
1 Parent: \$32

CROSS COUNTRY COSTS

\$26
 \$38
 \$17



Instructed by Adaptive Sports Partners of the North Country

NASHOBA ADAPTIVE SKI PROGRAM

In this program participants with disabilities will get the opportunity to learn how to ski under the supervision of well trained and experienced instructors. Participants with varying disabilities including developmental disabilities, visual impairments and/or hearing impairments are encouraged to participate. This program does *not* have sit skis available and therefore can not accommodate persons with paraplegia or quadriplegia. Lessons include instruction, a ski ticket, and all equipment. Parent participation is NOT required.

DAY: Sunday **TIME:** 3:00 - 4:30 PM **AGE:** 6+ **DATES:** Jan. 12 - Feb. 9 **COST:** \$290
DURATION: 5 weeks **WHERE:** Nashoba Valley Ski Area *Instructed by Nashoba Valley Adaptive Ski Program*



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:** 5:30-6:15 PM **SESSION 1:** Jan. 22-Feb. 12 **SESSION 2:** Feb. 26 - Mar. 19 **DURATION:** 4 weeks/session
AGE: 6 - 12 **COST:** \$98/session **WHERE:** H2K- Happy Healthy Kids Fitness, 730 Boston Post Road, Sudbury

Instructed by H2K Happy Health Kids



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. Parents are asked to stay on site during the class, but do not participate.

DAY: Saturday **TIME:** 11:30 AM-12:15 PM
SESSION 1: Jan. 18 - Mar. 1 ***No Class 2/15, 2/22** **COST:** \$110/session
SESSION 2: Mar. 8 - Apr. 5 **DURATION:** 5 weeks
AGES: 6-12 **WHERE:** FCC Room 2

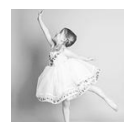
Instructed by Marci Zieff of Creating Calm

CREATIVE BALLET

This beginner dance class will focus on self-expression and rhythm. Dance instructors 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!

DAY: Saturday **TIME:** 9:15 - 10:00 AM
DATES: Jan. 25, Feb. 1, Feb. 8, March 1 **DURATION:** 4 weeks
COST: \$80 **AGES:** 3 - 5
WHERE: Performing Arts Connection, 31 Union Ave. Sudbury

Instructed by Carla German, Performing Arts Connection



INFANT AND YOUTH ADAPTIVE PROGRAMS (Cont.)

INDOOR SUPER SOCCER

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: Thursdays **TIME:** 5:00 - 6:00 PM
SESSION 1: Jan. 16-Feb. 13 **SESSION 2:** Feb. 27 - Mar. 27
DURATION: 5 weeks/session **AGES:** 8 - 12
WHERE: FCC Gym **COST:** \$137/session

Instructed by Super Soccer Stars SHINE

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. Parents are asked to stay on site during the class, but do not participate. Class is appropriate for all levels.

Please bring a blanket & yoga mat.

DAY: Saturday **TIME:** 10:30 - 11:15 AM
WHERE: FCC Room 2 **AGES:** 6-12
SESSION 1: Jan. 18 - March 1 ***No Class 2/15, 2/22**
SESSION 2: March 8- April 5 **COST:** \$110/session
DURATION: 5 weeks/session *Instructed by Marci Zieff, Creating Calm*

NEW!

CROSSFIT UNION KIDS FITNESS

CrossFit Union Kids fitness classes are designed to enhance overall health and mental well being. Led by skilled coaches, these workouts focus on mobility, speed development, proper weight training techniques, and functional strength training. These skilled movements, coupled with exercise, reduces learned helplessness and improves cognitive skills. The fun group setting helps address problem behaviors and isolation tendencies. Our goal is that every child leaves with a smile on their face, sweaty, healthier, and more connected! Program is best structured for participants who can engage in a small group environment without aide, who can follow 2 step directions, and who excel at being active participants.

DAY: Tuesday **TIME:** 4:30 - 5:30 PM **AGES:** 8 - 12 **SESSION 1:** Jan. 14 - Feb. 11 **SESSION 2:** Feb. 25 - Mar. 25
COST: \$187/session **WHERE:** Crossfit Union, 31 Union Ave, Sudbury *Instructed by Crossfit Trainer*

NEW!

BASKETBALL

If your child wants to start learning how to play on a team with peers this basketball program is for you! This team is for children who have demonstrated an ability to engage in a group of 8 or more and who already know the basics of basketball including dribbling, passing, and shooting. Weekly practices will focus on strategies of team play while having fun in a supportive, small group environment.

DAY: Wednesday **TIME:** 5:30 - 6:15 PM **AGES:** 8 - 12 **DATES:** Mar. 19 - Apr. 16 **COST:** \$68
DURATION: 6 weeks **WHERE:** Assabett Valley Boys and Girls Club 212 Great Road Maynard, MA

Coached by Anna Wood and Wendy Allegrone-Leslie



NEW!

CREATIVE CONNECTIONS

During this class, children will acquire a new appreciation for movement and dance through a series of activities including improvisational creative movement, team-focused dance building, and prop-centered imaginative activities. Exploration of these movement types will foster body awareness, self-regulation, social skills, team building, imagination, and creativity. A variety of props will be used throughout the class to encourage thinking outside the box.

This class focuses on allowing students to explore their own imagination and creative powers while instilling important social and emotional skills.

DAY: Saturday **SESSION 1:** Feb. 8-Mar. 8 ***No Class 2/22** **SESSION 2:** Mar. 16 - Apr. 6 **COST:** \$88/session
AGES: 6 - 8 **TIME:** 3:00-3:45 PM **AGES:** 9 - 12 **TIME:** 4:00-4:45PM
WHERE: FCC Room 2 *Instructed by Matt Tucker, MA, R-DMT*

NEW!

YOGIS

Yogis is a fun and energetic yoga class, tailored for the young Middle School student. Students will be brought through a wide range of yoga postures while learning about the importance of breathing and the principles of yoga. Partner poses and stress reduction techniques will be the focus of the class.

Each 60 minute session will integrate movement, journaling, relaxation and time for sharing.

DAY: Wednesday **TIME:** 4:00-5:00 PM **DATES:** Jan. 8-Feb. 26 ***No class 2/19** **AGE:** 10-13 **WHERE:** H2K Studios
DURATION: 7 weeks **COST:** \$142 *Instructed by H2K Happy Healthy Kids*

NEW!

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:** 5:45- 6:45 PM **AGES:** 6-12 **DATES:** Jan. 16-Feb 13
COST: \$182/child (\$137 for second child from same family) **WHERE:** FCC 2 *Instructed by Sara Tree, MT-BC, Roman Music Therapy Services*

TEEN & ADULT ADAPTIVE & INCLUSIVE PROGRAMS

NEW!

MUSICAL THEATER

Like to sing, act and/or dance? Well this theater class is for you! During this musical theater program, participants will be introduced to child appropriate musicals in a supportive, small group environment. Instructors will work with your stage star to learn the very basics of singing, dancing, and acting while having fun being imaginative and creative! The Performing Arts Connection strives to encourage confidence both on stage and off in this class.

DAY: Fridays

TIME: 4:45-5:30 PM

AGES: 13+

DATES: January 24-February 14

COST: \$80

DURATION: 4 weeks

WHERE: Performing Arts Connection, Union Ave Sudbury, MA

Instructed by Samantha Bower, Performing Arts Connection

BOWLING

DATES:

Jan. 14
Jan. 28
Feb. 11
Feb. 25
Mar. 11
Mar. 25
Apr. 8

Come on out and hit the bowling lanes this winter. With the help of Sudbury's Boy Scout Troop #60, this program welcomes participants of all abilities to come and bowl every other Tuesday! Participants will be paired up with a Boy Scout and will bowl three games each evening while socializing in a supportive, small group environment.

Each bowling pair will have their own bowling lane. This program meets *every other* Tuesday.

DAY: Tuesdays

TIME: 5:30 - 7:00 PM

AGES: 12 - 17

DURATION: 7 weeks

COST: \$75 (includes 3 games & shoes/night)

WHERE: Bowl-A-Drome, Acton, MA

Facilitated by Sudbury Boy Scout Troop #60



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. Please bring a blanket and a yoga mat.

DAY: Wednesdays

TIME: 5:30-6:15 PM

WHERE: FCC Room 2

AGES: 13-17

SESSION 1: Jan. 8-Feb. 26 *No class 1/15, 2/19

COST: \$132

SESSION 2: March 5-April 2

COST: \$110/session

Instructed by Marci Zieff, Creating Calm

HIP HOP DANCE

Come join us 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.

DAY: Tuesdays

TIME: 7:00 - 8:00 PM

SESSION 1: Jan. 21 - Feb. 11

SESSION 2: Feb. 25 - Mar. 18

AGES: 13 - 21

COST: \$102/session

WHERE: FCC Room 2

Instructed by Carole Anne Baer

BOSTON UNIVERSITY BASKETBALL GAMES

Jump in the van and join us while we cheer on the BU Men's Basketball team at two of their home games this winter! The van for these trips will leave from the Fairbank Community Center an hour and a half before the game starts. Participants do not have to ride with the group if parents want to attend. 6 tickets available per event.

AGE: 15+

COST: \$20 per ticket

DATE: Sat., February 8th, 1:00 PM

PICK UP/DROP OFF: FCC/Atkinson Pool Lobby

Run by Anna Wood, CTRS



SECOND ANNUAL SNEAKER PROM

This March, the Sudbury Park and Recreation Department and Minute Man ARC will be hosting the second annual Sneaker Prom for community members with disabilities ages 15+! This dance is an inclusive event with volunteers from surrounding area middle and high schools. Semi-formal attire with funky footwear encouraged!

We will have a DJ, photo station, lounge and healthy snacks available. Attendants are invited and welcome.

Preregistration required. Sign up for DJ Mixing on the next page and have the opportunity to DJ at the sneaker prom!

DAY: Friday

DATE: March 14

AGE: 15+

TIME: 7:00 - 9:00 PM

COST: \$15 per person (includes PCA admission)

WHERE: Fairbank Community Center, Sudbury, MA

Hosted by Sudbury Park and Recreation & Minute Man ARC



FRAMINGHAM STATE UNIVERSITY MEN'S HOCKEY GAMES

Come watch some exciting, men's hockey games this winter at our local Framingham State University! The van for these trips will leave from the Fairbank Community Center an hour before the game starts. Participants do not have to ride with the group if parents want to attend. 6 tickets available per event.

DAY: Saturday

DATE: January 25, 2014

TIME: 2:30 PM **AGE:** Teen - Adult

COST: \$15 per person

WHERE: Framingham State University

PICK UP/DROP OFF: FCC/Atkinson Pool Lobby

Run by Anna Wood, CTRS

TEEN & ADULT ADAPTIVE & INCLUSIVE PROGRAMS (Cont.)

YOGIS

Yogis is a fun and energetic yoga class, tailored for the Middle School student. Students will be brought through a wide range of yoga postures while learning about the importance of breathing and the principles of yoga. Partner poses and stress reduction techniques will be the focus of the class. Each 60 minute session will integrate movement, journaling, relaxation and time for sharing.

This class is best suited for kids that can participate independent of parents/aides in a small group setting.

DAY: Wednesday

TIME: 4:00 - 5:00 PM

DATES: Jan. 8 - Feb. 26 ***No Class 2/19**

AGE: 10 - 13

WHERE: H2K Studios

DURATION: 7 weeks

COST: \$142

Instructed by H2K Happy Healthy Kids



TEEN 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! Please bring water, wear comfortable clothing & sneakers.

DAY: Sunday

TIME: 3:00 - 4:00 PM

SESSION 1: Jan. 19 - Feb. 9

SESSION 2: Mar. 2 - Mar. 23

AGE: 13+

DURATION: 4 weeks/session **COST:** \$98/session

WHERE: H2K- Happy Healthy Kids Fitness, 730 Boston Post Road, Sudbury

Instructed by H2K Happy Healthy Kids



NEW!



WINTER WONDERLAND READING GROUP

The Goodnow Library Young Adult Department and Sudbury Park and Recreation are hosting “Reading in a Winter Wonderland,” a social reading group for community members with disabilities. At the first meeting, members will vote on a book that the group will read together from a selected list. Following weeks will be spent discussing the chosen book, developing insight to the book, practicing reading skills, and enjoying the opportunity for fellowship with other group members. All book group attendees will get a tour of the library and receive a free library card.

DAY: Monday

AGES: 15+

DATES: Jan. 27 - Mar. 3 ***No class 2/17**

TIME: 5:30 - 6:30 PM

DURATION: 5 weeks

COST: \$30

WHERE: Goodnow Library Sudbury, MA

Facilitated by Megan Statza, Young Adult Librarian



SUDBURY SHARP SHOOTERS: 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. Athletes use their own power chair and attach a 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 amongst players of all ages.

AGE: Anyone using a power wheelchair

DAY: Saturdays

TIME: 9:00 - 10:30AM

COST: \$70

DATES: Mar. 22 - May 17 ***No Practice 4/19, 4/26**

DURATION: 7 weeks

WHERE: Framingham State University, Framingham, MA

Coached by Anna Wood, Coach, CTRS

NEW!

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

SESSION 1: Jan. 10 - Feb. 14 ***No Class 1/24**

SESSION 2: Feb. 28 - Mar. 28

COST: \$182/session

DURATION: 5 wks/session **WHERE:** FCC Room 2

GIRLS 13+ ONLY: 4:15 - 5:00 PM

GUYS 13+ ONLY: 5:00 - 5:45PM

Instructed by Scott Ruland, Board Certified Music Therapist

PRIVATE ADAPTIVE & INCLUSIVE PROGRAMS



CALM BODIES, CALM MINDS

This program is perfect for anyone on the autism spectrum, with an anxiety disorder or ADD/ADHD. 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. **Please bring a blanket and yoga mat.**

DAY: Saturday

TIME: 12:30 - 1:00 or 1:15 - 1:45

SESSION 1: Jan. 18 - Mar. 1 ***No Class 2/15, 2/22**

SESSION 2: Mar. 8 - Apr. 5

DURATION: 5 wks/session **WHERE:** FCC Room 2

AGE: Any

COST: \$212/session

Instructed by Marci Zieff, Creating Calm

PRIVATE ADAPTIVE & INCLUSIVE PROGRAMS (cont.)

NEW!

IGNITE! U FITNESS

Join Ignite!U, Enrichment through Exercise, this winter and workout with an Ignite! U NeuroMotive Coach! Sessions will begin with a physical warm up, progress through focus and attention drills, and work on individual fitness goals. Movement and exercise enhances the brain's ability to create new neurons and new neural pathways. When a new skill is learned, new neural connections in the brain are made. With new neural pathways comes the opportunity for solutions to problem behaviors, learned perseverance, reduced learned helplessness ultimately arming the mind for better thinking and performance. Ignite! U Coaches work with clients with Autism, ADHD, Stroke, Brain Injury, MS, and chemotherapy patients in a fitness setting. Register for a class online and the instructor will call you to set up a schedule.

DAY & TIME: Scheduled on a person to person basis

AGES: Any

COST: \$60/session

DATES: Jan. 4- Apr. 4

WHERE: Crossfit, 79 Main Street Boylston, MA

Instructed by Joshua Love, Ignite! U, Enrichment Through Exercise

FEBRUARY VACATION WEEK ADAPTIVE & INCLUSIVE PROGRAMS

NEW!

ALL HANDS ON DECK: A MUSIC VIDEO PROJECT FOR TEENS

A lot goes into making a music video and we need all hands on deck to create this! Some folks want to be in front of the camera, but we need folks in front, behind and all around. Maybe you will be a "Video Star," or maybe you'll be the lead videographer, or maybe the engineer who makes the final cut editing the video. Group members will choose the music, the storyline and the do all of the video recording to create their own music video. Increase your social network by connecting with new and old friends while you work together in creative ways on a final project you'll be able to take home at the end of the week. Group members need to be able to function in a group setting with minimal one-on-one support, or come with an appropriate support person.

DAY: Tues. - Fri.

DATE: Feb. 18 - 21

TIME: 9:00 AM - 12:00 PM

AGE: 13+

COST: \$330

WHERE: FCC Rm 3

Instructed by Scott Ruland, Board Certified Music Therapist



VACATION WITH H2K

Join us during February 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!

DAY: Mon. - Fri.

DATE: Feb. 17 - 21

AGE 4 - 7: 10:00 AM - 12:00 PM

AGE 13+: 1:00 - 3:00 PM

COST: \$220

WHERE: H2K- Happy Healthy Kids Fitness, 730 Boston Post Road, Sudbury

Instructed by H2K Happy Healthy Kids



MARTIAL ARTS AND MORE

Join us this February break for a week of martial arts and stress reduction! Each day, participants will learn a variety of Tae Kwon-Do techniques designed to build strength, coordination and self-esteem in a fun, noncompetitive environment. After a good work out, participants will learn to calm their bodies and minds through a variety of relaxation techniques. Examples of these techniques include guided imagination journeys, playful yoga moves, moving meditation, and breath work. Participants will have a snack between programs and complete a craft project such as making a stress ball.

DAY: Tues. - Fri.

DATE: Feb. 18 - 21

TIME: 9:30AM-12:00PM

AGE: 8-12

COST: \$218

WHERE: FCC Room 2

Instructed by Marci Zieff, Creating Calm

INDOOR 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.

DAY: Tues. - Fri.

DATE: Feb. 18 - 21

TIME: 1:00 - 2:00 PM

AGE: 5 - 10

COST: \$110

WHERE: FCC Gym

Instructed by Super Soccer Stars SHINE

NEW!

SCRATCH THAT! A DJ GROUP FOR TEENS

How you wondered how DJ's create such cool tunes and mashups? Do you enjoy listening to hip hop, rap or electronic music? In this group, we will explore various elements of DJing including learning how to use DJ equipment, scratching, beatmixing, and you'll even have a chance to record your own electronic or hip hop mixes. Come with your creativity and energy and have some fun making and listening to music.

This program will be led by Scott Ruland, a Board Certified Music Therapist with experience teaching DJ Technology to a wide range of students.

DAY: Tues. - Fri.

DATE: Feb. 18 - 21

TIME: 1:00 - 2:30 PM

AGE: 13+

COST: \$242

WHERE: FCC Room 2

Instructed by Scott Ruland, Board Certified Music Therapist



ATKINSON POOL DAILY & MEMBERSHIP RATES

FULL YEAR AND SIX MONTH MEMBERSHIP: Entitles member to lap and family swim as well as a discounts on aquatic programs.

MONTHLY MEMBERSHIP (three month minimum commitment): This is a continuous membership plan with no expiration date. This membership entitles member to lap and family swim as well as a discount on aquatic programs. The monthly membership fee will be automatically charged to your credit card account on the 10th business day of each month. The monthly membership can be cancelled at any time after the original three month minimum commitment.

LUNCHTIME MEMBERSHIP (full year): This membership is valid for swimming privileges only during the hours of 11:00 am to 3:00 pm, Monday - Friday.

SWIM PASS: Swim pass entitles the user to six swims for the price of five. Family swim pass entitles the user to 18 swims for the price of 15. Swim passes have a one year expiration date and may be transferred to family members and friends. Swipe once for each family member or guest swimming for that day.

All memberships are non-refundable and begin the day of purchase.

Memberships cannot be purchased and applied the same day as program registration.



Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$85	n/a	\$49	\$288	\$576
Adult	\$7	\$35	\$238	\$35	\$204	\$408
Youth	\$5	\$25	n/a	\$24	\$138	\$276
Senior	\$5	\$25	n/a	\$22	\$126	\$252
Couple	n/a	n/a	n/a	\$45	\$264	\$528

Non-Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$100	n/a	\$55	\$324	\$648
Adult	\$8	\$40	\$270	\$40	\$234	\$468
Youth	\$6	\$30	n/a	\$27	\$156	\$312
Senior	\$5	\$25	n/a	\$25	\$144	\$288
Couple	n/a	n/a	n/a	\$53	\$306	\$612

FAMILY: Two adults and all children under 21

YOUTH: Ages 4-17

COUPLE: Two adults living at the same address

ADULT: Anyone over 18 years of age

SENIOR: 60 years of age or older

The Atkinson Pool is pleased to offer year-round community access to the facility. A wide variety of programs are offered throughout the year. Our programs provide opportunities for individuals and families to participate in affordable exercise and recreational programs in an exciting atmosphere. The Atkinson Pool consists of an 8 lane, 25 yard lap pool and a separate diving well. The facility is open to Sudbury residents and non-residents with the payment of a daily fee. We also provide several membership options. Please feel free to visit our website www.pool.sudbury.ma.us for more detailed information regarding our membership options and prices.



Town of Sudbury

Park & Recreation
Atkinson Pool
40 Fairbank Road
Sudbury, MA 01776

PRST STD AUTO
U.S. POSTAGE
PAID
SUDBURY, MA
PERMIT NO. 4

Postal Patron
Sudbury, MA 01776

ATKINSON POOL SCHEDULE DECEMBER - FEBRUARY

	Sunday Open 7:00AM	Monday Open 5:30AM	Tuesday Open 5:30AM	Wednesday Open 5:30AM	Thursday Open 5:30AM	Friday Open 5:30AM	Saturday Open 7:00AM
5:30 - 7:00	CLOSED	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	CLOSED
7:00 - 8:00	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap
8:00 - 9:00	8 Lap	8 Lap	5 Lap 3 Aquacise	8 Lap	5 Lap 3 Aquacise	5 Lap 3 Aquacise	8 Lap
9:00 - 10:00	4 Lap 4 Lessons	8 Lap	6 Lap 2 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
10:00 - 11:00	4 Lap 4 Lessons	8 Lap	6 Lap 2 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
11:00 - 12:00	2 Lap 4 Lessons 2 Tiny Tot	4 Lap 2 Tiny Tot 2 Awesome	6 Lap 2 Awesome	6 Lap 2 Tiny Tot	6 Lap 2 Awesome	6 Lap 2 Tiny Tot	4 Lap 4 Lessons
12:00 - 1:00	5 Lap 2 Family 1 Rental	5 Lap 3 Masters	5 Lap 3 Masters	6 Lap 2 Family	5 Lap 3 Masters	5 Lap 3 Masters	5 Lap 2 Family 1 Rental
1:00 - 2:00	5 Lap 2 Family 1 Rental	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	5 Lap 2 Family 1 Rental
2:00 - 3:30	5 Lap 2 Family 1 Rental	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	5 Lap 2 Family 1 Rental
3:30 - 4:00	5 Lap 2 Family 1 Rental	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	5 Lap 2 Family 1 Rental
4:00 - 5:00	CLOSED	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	5 Lap 2 Family 1 Rental
5:00 - 6:00		2 Lap 6 SST	6 Lap 2 Family	2 Lap 6 SST	2 Lap 6 SST	6 Lap 2 Family	5 Lap 2 Family 1 Rental
6:00 - 7:00		2 Lap 6 SST	4 Lap 2 Family 2 Lesson	2 Lap 6 SST	2 Lap 6 SST	6 Lap 2 Family	CLOSED
7:00 - 8:00		2 Lap 6 SST	3 Lap 4 SST 2 Family	2 Lap 6 SST	2 Lap 6 SST	CLOSED	
8:00 - 9:00		4 Lap 3 NSC 1 Family	4 Lap 3 NSC 1 Family	4 Lap 3 NSC 1 Family	4 Lap 3 NSC 1 Family		
	Close 4:00 PM	Close 9:00 PM	Close 9:00 PM	Close 9:00 PM	Close 9:00 PM	Close 7:00 PM	Close 6:00 PM

Atkinson Pool : 978-443-1092

Above is a basic schedule which varies each month depending on classes, practices, special programs, etc. For a more accurate monthly schedule, please check our website: www.pool.sudbury.ma.us

Inclement Weather Hot Line 978-639-3233

The Atkinson Pool reserves the right to change/modify the schedule at any time. Times listed above are approximate and may vary by 15 minutes or more. On occasion the pool may have rentals or private lessons that will occupy a lap lane.

HOLIDAY HOURS

Tuesday, December 24, Christmas Eve - 5:30am-12noon
Wednesday, December 25, Christmas Day - CLOSED
Tuesday, December 31, New Year's Eve - 5:30am-12noon
Wednesday, January 1, New Year's Day - CLOSED
Monday, January 20, MLK Day - OPEN 6-9 AM & 3-6 PM
Monday, February 17, Presidents Day - OPEN 6-9 AM & 3-6 PM

Please use lap lane etiquette -

2 swimmers split a lane, 3+ swimmers please circle swim, and enter from shallow end of pool