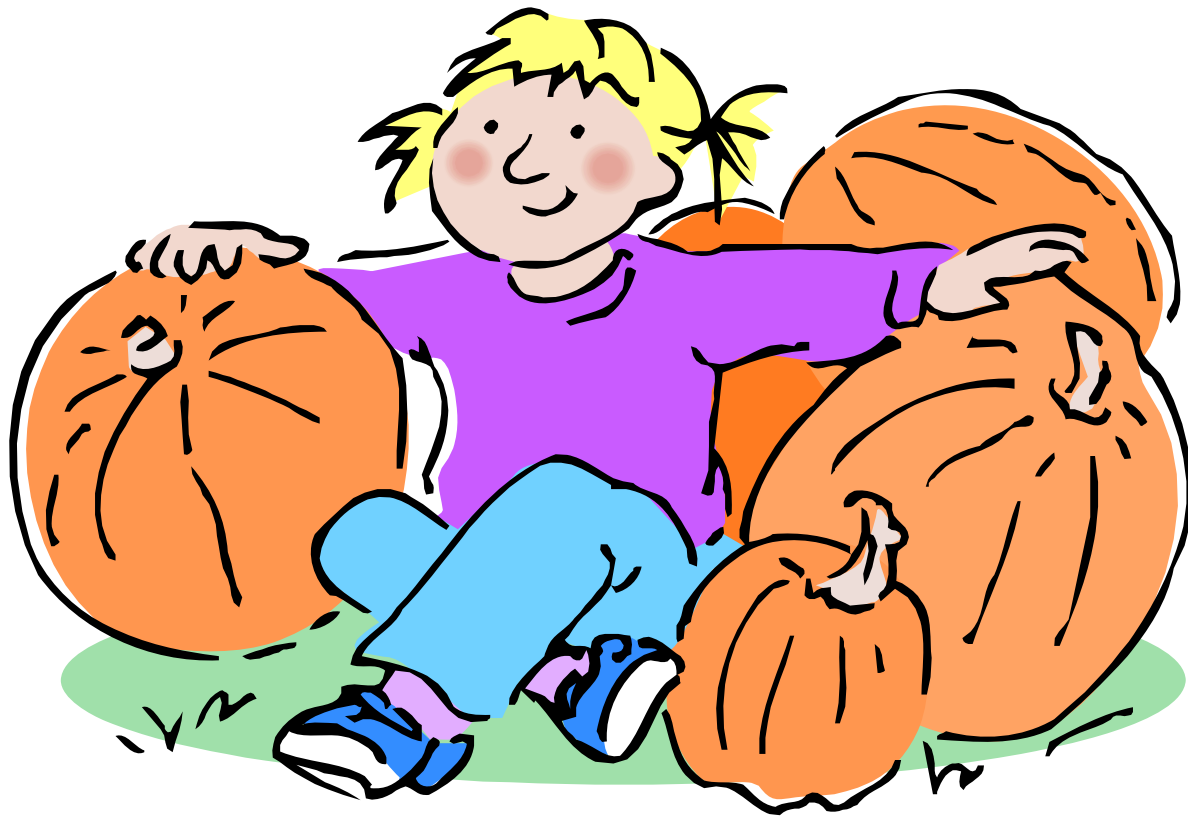


**Town of Sudbury  
PARK & RECREATION  
ATKINSON POOL**



**FALL 2006  
PROGRAMS & ACTIVITIES**

40 Fairbank Road, Sudbury, MA 01776  
(978) 443-1092 Fax (978) 443-1051  
[www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation)

# GENERAL INFORMATION

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## GREETINGS FROM THE DIRECTOR

It is the fall season and we are happy to offer superior programs of different interest for people of all ages. Please visit our website for more information on all of our fall programs. The department is pleased to offer some great new pool and recreation programs, plus bring back lots of old favorites. Registration will begin on the date and time stated on our website for recreation and pool programs. Please try our online registration process, it is seamless & in real time, 100% of spaces are available.

Thank you for your continued support and we look forward to serving you in the future.

Leisurely Yours,

Dennis Mannone Jr.  
Recreation Director



## PARK & RECREATION STAFF 978-443-1092:

Dennis Mannone, Recreation Director	ext. 259
Peter Coleman, Program Coordinator	ext. 256
Patricia Haberstroh, Office Coordinator	ext. 258
Barbara Donovan, Preschool Coordinator	ext. 231
Jessica Bendel, Youth Coordinator	ext. 227
Lisa Barnes, Teen Center Coordinator	ext. 257
Tim Goulding, Aquatic Director	ext. 261
Chery Finley, Aquatic Supervisor	ext. 264
Katie DuPont, Aquatic Supervisor	ext. 255

## OTHER HELPFUL NUMBERS:

Fairbank Senior Center	978-443-3055
Parks & Grounds Department	978-443-3213
Park & Recreation Fax #	978-443-1051
Park & Recreation Website	<a href="http://www.sudbury.ma.us/services/recreation">www.sudbury.ma.us/services/recreation</a>

## PARK & RECREATION COMMISSION

Paul Griffin (Chair)  
Greg Bochicchio  
Jack Braim  
Greg Hunt  
Alan Jefts



## FREQUENTLY ASKED SPORT CONTACTS AND PHONE NUMBERS:

(Not affiliated with the Park and Recreation Department, please contact directly.)

SPORT	CONTACT	NUMBER	WEBSITE
Baseball & T-Ball	Katie Howd	978-443-5573	<a href="http://www.sudburybaseball.com">www.sudburybaseball.com</a>
Sudbury Youth Basketball-Girls	Margaret Chunias	978-443-3467	<a href="http://www.sudburybasketball.com">www.sudburybasketball.com</a>
Sudbury Youth Basketball-Boys	Pat Rosseel	978-443-8172	<a href="http://www.sudburybasketball.com">www.sudburybasketball.com</a>
Football-Pop Warner	Steve Pace	978-443-7401	<a href="http://www.sudburypopwarner.com">www.sudburypopwarner.com</a>
Cheerleading	Steve Pace	978-443-7401	<a href="http://www.sudburypopwarner.com">www.sudburypopwarner.com</a>
Youth Hockey	Alan Jefts	978-440-9534	<a href="http://www.smshockey.com">www.smshockey.com</a>
Lacrosse-Boys	Adam Zais	978-443-0827	<a href="http://www.sudburylacrosse.com">www.sudburylacrosse.com</a>
Lacrosse-Girls	Paul Griffin	978-443-7541	<a href="http://www.sudburylacrosse.com">www.sudburylacrosse.com</a>
Youth Soccer	Sandy Moore	978-443-1321	<a href="http://www.sudburysoccer.org">www.sudburysoccer.org</a>
Adult Soccer	Peter Buxton	978-443-2818	<a href="http://www.othsl.org">www.othsl.org</a>
Softball-Girls	Cathy Dill	978-443-7849	<a href="http://www.sudburysoftball.org">www.sudburysoftball.org</a>
Softball-Women	Jean Lind	978-443-9130	
Softball-Men	Carlo Lepordo	978-443-9573	<a href="http://www.sudburymenssoftball.org">www.sudburymenssoftball.org</a>
Softball-Seniors	Don Sackman	978-443-7451	
Softball-Seniors (Marlboro)	Ferdinand Scerra Jr.	508-317-6339	
Swim Team-Sudbury Youth	Dori & Kirk Hutchinson	978-443-4817	<a href="http://www.sudburyswimteam.org">www.sudburyswimteam.org</a>
Sudbury Youth Wrestling	Joel Mode	978-440-9923	<a href="http://www.eteamz.com/sudburywrestling">www.eteamz.com/sudburywrestling</a>

# GENERAL INFORMATION

## REGISTRATION BEGINS at 9:00AM:

**Registration for RECREATION Programs: Wednesday, September 6th**

**Registration for POOL Programs: Thursday, September 7th**

**100% of ALL SPACES** for all recreation programs will be made available online on September 6th and for all pool programs on September 7th. You can register online at our website ([www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation)) or in person at the Atkinson Pool/Fairbank Community Center. If you register online, a small processing fee of \$2.00 will be added to the cost of each program.

**Online Registration is the PREFERRED METHOD and STRONGLY RECOMMENDED** if you want to save time and increase the probability that your children will get into their desired program!!

You are welcome to register any time after this initial registration period as long as there is still space available in the program, everything is on a **first-come, first-served basis**.

### **PROGRAM BROCHURE AVAILABLE ONLINE**

An expanded copy of our brochure with full program descriptions is available on our website:

**[www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation)**

### **PAYMENT**

We accept cash, credit card (Visa or MasterCard), or check. Please use **separate checks** for pool and recreation programs.

Please make checks payable to:

**ATKINSON POOL** for Pool Programs

**TOWN OF SUDBURY** for Recreation Programs

### **WAYS TO REGISTER**

**Online Registration:** [www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation).

**Walk-in Registration** as long as space is available.

**Mail-in Registrations** are processed **after** walk-ins. Payment **MUST** be received at time of registration.

We accept **Cash, Check, and Credit Card**- Visa or MasterCard.

### **REFUNDS AND WITHDRAWALS**

You may withdraw from a program up to 7 business days prior to the start date (\*excluding **all** American Red Cross programs\*). A **withdrawal fee of \$5** will be applied. After that time, **no refunds** will be issued.

**Refunds are easier to process if you pay by credit card!!** If you pay by check, you must submit a refund form and a copy of the cancelled check at the FCC.

### **PROXY REGISTRATIONS, PROGRAM CONFIRMATION & DISCLAIMER**

A person may submit another's registration form, provided the form is properly completed and signed. Limit is **ONE PER PERSON**. If you register for a program online, you will receive an email confirmation. The Rec. Department reserves the right to correct mistakes made in this brochure at the time of print and cancel any program due to low enrollment or poor weather.

### **FINANCIAL AID**

Aid is available **for Sudbury Residents** based on financial need. A minimal payment of \$25 is required at the time of registration. Stop by our office for more info.

**REGISTER FOR ALL PROGRAMS AT OUR FRONT  
DESK LOCATED AT THE ENTRANCE TO THE  
ATKINSON POOL**

# PRESCHOOL PROGRAMS



## PARK & RECREATION PRESCHOOL PROGRAMS



Children will engage in a variety of age appropriate activities in a group setting. There will be games, free play, arts and crafts, singing, and story-time. **Please bring your own PEANUT-FREE snack.** All registrations are on a first-come, first-served basis. This is a drop-off program—parents do not have to stay during the program! There will be **NO CLASSES** during the holiday school vacation week (December 25th-29th).

**Registration for Non-Residents will begin on Monday, September 11th!!**

### **Terrific Twos:**

**WHO:** Age 2  
**DAYS:** Mondays, Tuesdays, Thursdays, or Fridays  
**DATES:** Sept. 18-Jan. 26  
(no class Oct. 2, Oct. 9, Nov. 10, Nov. 23, Nov. 24, Jan. 1, and Jan. 15)  
**TIME:** 9:30-11:00 AM  
**WHERE:** FCC—Room 4  
**COST:** \$252 per child (**Mondays**)  
\$288 per child (**Fridays**)  
\$306 per child (**Thursdays**)  
\$324 per child (**Tuesdays**)

### **Kreative Kids:**

**WHO:** Age 3  
**DAY:** Wednesdays  
**DATES:** Sept. 20-Jan. 24  
**TIME:** 9:30-11:30 AM  
**WHERE:** FCC—Room 4  
**COST:** \$360 per child

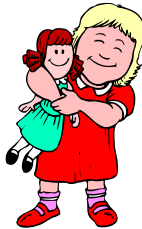


*Instructed by Barbara Donovan, Preschool Coordinator and Preschool Staff*

## AFTERNOON RELIEF

Do you need time when you cannot bring your child with you? Are there are times when you need to get things done? Why not drop them off at the Park and Recreation Preschool Room on Tuesdays.

Your child will be able to play, read stories, play games, and if they would like to, do an art project. You can bring your own **PEANUT-FREE** snack and all children must be **potty trained**. In order to have enough staff, you must register by the **Thursday before the Tuesday** your child is coming.



**WHO:** Ages 3-6  
**DAY:** Tuesdays  
**TIME:** 12:00-3:00 PM  
**DATES:** Sept. 19-Jan. 23 (no class 12/26)  
**WHERE:** FCC—Room 4  
**COST:** \$25 per child per day



*Instructed by Barbara Donovan, Preschool Coordinator and Preschool Staff*

## OPEN GYM

The gym is going to be open for children on Tuesdays and Wednesdays this fall. This is a perfect opportunity for children to have fun, run around, and play together. Some equipment will be provided, but you can feel free to bring any toys and balls with you as well. Parents will need to stay in the gym and supervise your children during this play time. **NO FOOD OR DRINK** will be allowed in the gym and all participants must pay the daily fee at the Pool front desk as they enter the facility.

**WHO:** Ages 5 and under  
**DAYS:** Tuesdays **and** Wednesdays  
**TIMES:** 10:30 AM-12:00 PM (**Tuesdays**)  
2:00-3:30 PM (**Wednesdays**)  
**DATES:** Sept. 26-Dec. 20 (no class 10/31 & 11/7)  
**WHERE:** FCC—Gym  
**COST:** \$4 per child per day (maximum of \$10 per family per day)



# KINDERGARTEN WORKSHOPS

Need something fun and interactive for your child to do after or before kindergarten class? The workshops are theme-based activities that involve crafts, games, stories, and more. Sign up for as little or as many as you wish.

**WHO:** Children currently in Kindergarten  
**DAYS:** Mondays or Fridays  
**TIMES:** 9:15-10:45 AM or 12:30-2:00 PM  
**DATES:** See below  
 (No morning workshops on Mondays)  
**WHERE:** FCC—Room 4  
**COST:** \$22 per child per workshop

*Instructed by Barbara Donovan, Preschool Coordinator & Kindergarten Workshop Staff*

**FILL OUT THE REGISTRATION FORM BELOW. CIRCLE WHICH WORKSHOP(S) YOU WANT TO ATTEND AND AT WHAT TIME. YOU MAY WRITE ONE CHECK PER CHILD FOR THE WORKSHOPS YOU ENROLL INTO.**

Participant's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M / F  
 Parent/Guardian's Name: \_\_\_\_\_ Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

## FUN AND GAMES

### **SEPTEMBER 15TH AND 18TH**

Hop, skip, and jump into this fun and games workshop. You will get to bring a game home to teach your family too. Wear your sneakers, bring your energy and we will provide the rest!

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## JR. METEOROLOGIST

### **OCTOBER 13TH AND 16TH**

Check the forecast outside as we will explore all the different weather elements and climates as the earth rotates. You will also be able to explain how the different items you make work.

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## NATIVE AMERICAN POW-WOW

### **NOVEMBER 17TH AND 20TH**

Come and explore the past and experience what life was all about as we talk about customs and create items that were used many years ago.

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## PLANES, TRAINS, AND AUTOMOBILES

### **SEPTEMBER 22ND AND 25TH**

Come and learn the many ways to travel as you make the different items of transportation to get to your destination.

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## HOCUS POCUS

### **OCTOBER 20TH AND 23RD**

Fill your bag with tricks, so razzle and dazzle your family and friends with your magic.

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## SLUMBER PARTY DAY

### **DECEMBER 1ST AND 4TH**

We will pretend we are on a sleepover as we talk about spending the night somewhere as we make items to take along.

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## NAME GAME

### **SEPTEMBER 29TH (FRIDAY ONLY)**

Explore all the creative ways to spell your name and items you will be able to use and display.

**Please Circle: Fri. 9:15-10:45am  
 Fri. 12:30-2:00pm**

## HALLOWEEN RAGE

### **OCTOBER 27TH AND 30TH**

Ghosts and goblins beware as we create spooky crafts that you will be able to enjoy for Halloween! Spiders, skeletons, and mummies will haunt our creepy workshop! (costumes are optional)

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## HOLIDAY CRAFTS

### **DECEMBER 8TH AND 11TH**

Come and make gifts for those special people in your life. Your handmade gift that will be sure to put a smile on someone's face.

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## ANIMAL PLANET

### **OCTOBER 6TH (FRIDAY ONLY)**

From pets to predators, come learn about the amazing world of animals as you create items for them and their habitat.

**Please Circle: Fri. 9:15-10:45am  
 Fri. 12:30-2:00pm**

## MAKING MUSIC

### **NOVEMBER 3RD AND 6TH**

Come and learn about the different types of music and be able to tell the difference between them and their sounds as you create your own instruments.

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## WINTER WONDERLAND

### **DECEMBER 15TH AND 18TH**

Snowflakes are falling, winter will be coming. We will add a dash of color and put a little sparkle in our winter activities as you will bring home items you can appreciate all season.

**Please Circle: Fri. 9:15-10:45am Fri. 12:30-2:00pm  
 Mon. 12:30-2:00pm**

## DON'T FORGET...

**PLEASE BRING A BROWN PAPER BAG TO EACH WORKSHOP TO CARRY YOUR CRAFTS AND TREATS HOME IN!**

**TOTAL WORKSHOPS:** \_\_\_\_\_

**TOTAL PAYMENT:** \_\_\_\_\_

Date Received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Check: # \_\_\_\_\_ Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Int: \_\_\_\_\_ Entered in Sportsman: Y/N



# YOUTH PROGRAMS

## VIKING 4 AND 5-YEAR OLD SOCCER

This fun program will give children a chance to learn some basic soccer skills while playing fun soccer-related games and drills. Participants will receive a T-shirt and should bring a size 3 or 4 soccer ball, shin guards, and water bottle.

**WHO:** Ages 4 and 5  
**DAY:** Saturdays  
**SESSION I:** 9:00-9:50 AM  
**SESSION II:** 10:00-10:50 AM  
**SESSION III:** 11:00-11:50 AM  
**DATES:** Sept. 16-Oct. 28  
**DURATION:** 7-Weeks  
**WHERE:** Curtis Middle School Field  
**COST:** \$72 per child



*Instructed by Viking Sports*

## VIKING BASKETBALL — GRADE K-2

Players will learn the basic skills of dribbling, shooting, and passing. Scrimmage games will be played using low hoops and age adjusted rules. Participants should bring a basketball and water bottle.

**WHO:** Grades K-2  
**DAY:** Saturdays  
**SESSION I:** 1:00-1:50 PM (Kindergarten)  
**SESSION II:** 2:00-2:50 PM (1st Grade)  
**SESSION III:** 3:00-3:50 PM (1st Grade)  
**SESSION IV:** 4:00-4:50 PM (2nd Grade)  
**SESSION V:** 5:00-5:50 PM (2nd Grade)  
**DATES:** Nov. 4-Dec. 16 (no class 11/11 & 11/25)  
**DURATION:** 5-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$55 per child



*Instructed by Viking Sports*

## THUNDERCAT SPORTS BASKETBALL

Formerly Wildcat Sports. Participants will learn fundamental skills from coaches through unique drills, games, teaching techniques, trivia, and more. Emphasis will be on learning, participation, and FUN in a non-competitive atmosphere. Clinic is coed and participants will receive a T-shirt.

Please bring an appropriate size basketball, sneakers, and a water bottle.

**WHO:** Ages 5-12  
**DAY:** Saturdays  
**SESSION I:** 12:00-12:50 PM (Ages 5-6)  
**SESSION II:** 1:00-1:50 PM (Ages 7-8)  
**SESSION III:** 2:00-2:50 PM (Ages 9-12)  
**DATES:** Sept. 30-Oct. 28  
**DURATION:** 5-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$72 per child



*Instructed by Chris Allen and Thundercat Sports*

## VIKING KINDERGARTEN AND 1ST GRADE T-BALL/BASEBALL

Players will use fun, age-appropriate games and drills to practice throwing, catching, batting, and base running. Players will bat off of a "T." Fun and safety will be emphasized. Participants should bring a glove and water bottle.

**WHO:** Grades K-1  
**DAY:** Saturdays  
**SESSION I:** 1:00-1:50 PM  
**SESSION II:** 2:00-2:50 PM  
**DATES:** Sept. 16-Oct. 28  
**DURATION:** 7-Weeks  
**WHERE:** Curtis Middle School Field  
**COST:** \$72 per child



*Instructed by Viking Sports*

## THUNDERCAT SPORTS JAM (Basketball, Soccer, and Floor Hockey)

Formerly Wildcat Sports. Play, play, and play some more! Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun, non-competitive atmosphere. Clinic is coed and participants will receive a T-shirt. Please bring an appropriate size basketball or soccer ball, sneakers, and a water bottle.

**WHO:** Ages 5-12  
**SESSION I:** 10:00-10:50 AM (Ages 5-7)  
**DATES:** Oct. 28-Dec. 9 (no class 11/11 & 11/25)  
**WHERE:** FCC—Gym  
**DAY:** Saturdays  
**SESSION II:** 11:00-11:50 AM (Ages 8-12)  
**DURATION:** 5-Weeks  
**COST:** \$72 per child



*Instructed by Chris Allen and Thundercat Sports*

# YOUTH PROGRAMS

## SUPER SPORTS

### (Multi-Sports Including Soccer, Dodge Ball, Kickball, Flag Football, and Lacrosse)

Get up, get going, and get active with our F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as soccer, dodge ball, lacrosse, and kickball. Program will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day.

**WHO:** Grades K-6

**SESSION I:** 4:00-5:00 PM (Grades K-2)

**DATES:** Sept. 20-Oct. 25

**WHERE:** FCC—Gym and Field

**DAY:** Wednesdays

**SESSION II:** 5:00-6:00 PM (Grades 3-6)

**DURATION:** 6-Weeks

**COST:** \$72 per child



*Instructed by F.A.S.T. Athletics*

## PLAY SOCCER CLINIC

Attention soccer fans! Join our international coaches for our 6-week program and learn cool new soccer moves and skills. Please bring a soccer ball (if you have one) and a water bottle.

**WHO:** Ages 4-12

**DAY:** Fridays

**SESSION I:** 4:00-5:30 PM (Ages 4-8)

**SESSION II:** 5:30-7:00 PM (Ages 9-12)

**DATES:** Sept. 22-Oct. 27

**DURATION:** 6-Weeks

**WHERE:** FCC—Meet behind the basketball courts

**COST:** \$90 per child



*Instructed by Play Soccer*

## INDOOR SOCCER

Our soccer program will teach the fundamental skills of dribbling, shooting, and passing. The students will have the chance to scrimmage each other as well as practice shoot-outs, breakaways, and 1 on 1's.

**WHO:** Grades K-6

**DAY:** Wednesdays

**SESSION I:** 4:00-5:00 PM (Grades K-2)

**SESSION II:** 5:00-6:00 PM (Grades 3-6)

**DATES:** Nov. 1-Dec. 13 (no class 11/22)

**DURATION:** 6-Weeks

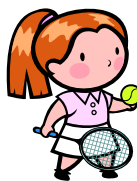
**WHERE:** FCC—Gym

**COST:** \$72 per child



*Instructed by F.A.S.T. Athletics*

## LITTLE TENNIS



The Longfellow Club brings you Little Tennis! We provide the motor skill build-ups to teach your children successful tennis. Participants should bring a tennis racket and water bottle.

**WHO:** Ages 5-7

**DAY:** Fridays

**TIME:** 3:30-4:30 PM

**DATES:** Sept. 22-Oct. 27

**DURATION:** 6-Weeks

**WHERE:** Featherland Park Tennis Courts

**COST:** \$108 per child

*Instructed by Longfellow Tennis Pros*

## BEGINNER USA TENNIS

Beginner USA Tennis brings the fun in fundamentals, so your child gets the best instruction possible. Game-based teaching approach gets every child learning and growing. Please bring a tennis racket and a water bottle.

**WHO:** Ages 8-10

**DAY:** Fridays

**TIME:** 4:30-5:30 PM

**DATES:** Sept. 22-Oct. 27

**DURATION:** 6-Weeks

**WHERE:** Featherland Park Tennis Courts

**COST:** \$108 per child



*Instructed by Longfellow Tennis Pros*



## AMC MOVIE TICKETS

The Atkinson Pool is selling discount AMC Theatre tickets.

**GOLD TICKETS:** \$8.00

**SILVER TICKETS:** \$6.00

\* You may purchase tickets at the Pool front desk.



# YOUTH PROGRAMS

## ELEMENTARY SCHOOL GOLF

A program to develop the swing and knowledge of the game, including putting, chipping, etiquette, and the use of clubs. Participants should bring golf clubs if you have them (rental equipment is available) & warm clothes/raincoat.

**WHO:** Grades 3-5  
**DAY:** Tuesdays  
**TIME:** 4:00-5:00 PM  
**DATES:** Sept. 12-Oct. 17  
**DURATION:** 6-Weeks  
**WHERE:** Wayland Country Club  
**COST:** \$90 per child



*Instructed by Wayland Country Club Golf Pros*

## JUNIOR HIGH TENNIS

If you want to play high school tennis, this class is for you! Learn the drills, tactics, strategy, and fundamentals to make you a successful high school player! Please bring a tennis racket, water bottle, and sunscreen.

**WHO:** Ages 11-14  
**DAY:** Thursdays  
**TIME:** 3:30-5:00 PM  
**DATES:** Sept. 21-Oct. 26  
**DURATION:** 6-Weeks  
**WHERE:** Featherland Park Tennis Courts  
**COST:** \$180 per child



*Instructed by Longfellow Tennis Pros*

## MIDDLE SCHOOL GOLF

A program to develop the swing and knowledge of the game, including putting, chipping, etiquette, and the use of clubs. Participants should bring golf clubs if you have them (rental equipment is available), warm clothes, and a raincoat when appropriate.

<b>WHO:</b> Grades 6-8	<b>DAY:</b> Tuesdays
<b>TIME:</b> 3:00-4:00 PM	<b>DATES:</b> Sept. 12-Oct. 17
<b>DURATION:</b> 6-Weeks	<b>WHERE:</b> Wayland Country Club
<b>COST:</b> \$90 per child	



*Instructed by Wayland Country Club Golf Pros*

# World Language Center

488 Boston Post Rd (RT 20, Village Plaza)

Marlborough MA

508-229-8484

[wlcenter@aol.com](mailto:wlcenter@aol.com)

[www.worldlanguagecenters.com](http://www.worldlanguagecenters.com)

*Foreign language instructions by native speakers!*

**Chinese, German, French, Japanese, Brazilian Portuguese,  
Spanish, English as Second Language.**

*\* Adult - Fall group classes starting during the week of September 24<sup>th</sup>*

*\* Children- Fall group classes starting during the week of October 1<sup>st</sup>*

*Foreign Language instructions, professional language training for business people, proficiency test, SAT, TOEFL  
Preparation courses are also available.*



# YOUTH PROGRAMS

## KIDS JUST LOVE CRAFTS

Join us for a jammed packed 6 weeks of ooey, gooey, arts and crafts, stories and songs. Make a mess, have some fun as you cut, color, paint, and glue. Watch your child's excitement grow as they create age appropriate projects which include fire safety, fall animals, puppets, as well as many more!

**WHO:** Ages 2-4 (with adult)  
**DAY:** Thursdays  
**SESSION I:** 9:30-10:15 AM  
**SESSION II:** 10:30-11:15 AM  
**SESSION A**  
**DATES:** Sept. 28-Nov. 2  
**SESSION B**  
**DATES:** Nov. 9-Dec. 14 (no class 11/23)  
**WHERE:** FCC—Room 1  
**DURATION:** 6-Weeks (Session A)  
 5-Weeks (Session B)  
**COST:** \$48 per child (Session A)  
 \$41 per child (Session B)



*Instructed by Kids Just Love Crafts Staff*

## BUDDING ARTIST AND A BUDDY

Come and share the joy of creating art together!

Unique art activities are specially designed to enhance your toddler's basic learning skills and self expression. You will get to take home a wonderful art experience and an individual masterpiece from each class. Through individual projects, children of different ages and ability levels are equally engaged. Please wear mess around clothes.

**WHO:** Ages 1.5-4 (with adult)  
**DAY:** Mondays  
**SESSION I:** 9:30-10:15 AM  
**SESSION II:** 10:30-11:15 AM  
**SESSION A**  
**DATES:** Sept. 18-Nov. 6 (no class 10/2 & 10/9)  
**SESSION B**  
**DATES:** Nov. 13-Dec. 18  
**DURATION:** 6-Weeks  
**WHERE:** FCC—Room 1  
**COST:** \$72 per child



*Instructed by Beth Meditz, M.Ed., Kids Love Art Parties*

## MAKING SPANISH FUN

This program introduces children to basic Spanish words and phrases using songs, games, and crafts. We will learn about food names, transportation, circus animals, and action words (cooking, singing, painting, dancing, etc.).

**WHO:** Ages 2-5 (with adult)  
**DAY:** Tuesdays  
**TIME:** 10:15-11:00 AM  
**SESSION I:** Sept. 26-Oct. 24  
**SESSION II:** Nov. 14-Dec. 12  
**DURATION:** 5-Weeks  
**WHERE:** FCC—Room 2  
**COST:** \$72 per child



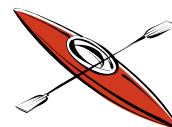
*Instructed by Sandra Maiuri*

## MOMMY/DADDY & ME KAYAKING

Come out and meet other parents, be active with your toddler, and learn the basics of kayaking.

These sessions will teach you the basics of paddling, safety, and special considerations when paddling with children. The majority of the time will be spent on the water. Your child sits safely between your legs in the kayak's cockpit.

**WHO:** Adults and Children ages 1-5  
**DAY:** Saturdays  
**TIME:** 9:00-10:30 AM  
**DATES:** Sept. 23-Oct. 7  
**DURATION:** 3-Weeks  
**WHERE:** Memorial Beach in Marlborough  
**COST:** \$84 per pair



*Instructed by Still River Outfitters*

## CORONATION TEA PARTY

This event blends the magic of a royal coronation with the charm of a children's tea party that will capture any little girl who has dreams of becoming a princess. This party will include coronation with tiaras and pink capes, scepter-making, tea party tale, review of table manners, and the hilarious The Polke-Dot Princess story/game. Parents can drop children off or stay and watch the festivities.

**WHO:** Ages 4-8  
**DATE:** Saturday, October 28th  
**TIME:** 2:00-3:30 PM  
**WHERE:** Wayland Senior Center, 40 Cochituate Road in Wayland  
**COST:** \$20 per child



*Instructed by Janet Parnes, Royal Tea Parties by Lady J*

# YOUTH PROGRAMS

## LITTLE ARTISTS

Explore drawing, painting, and collage. Emphasis is on expanding creativity in a nurturing studio environment and introducing students to traditional and new approaches to making art.

**WHO:** Ages 4-5 **DURATION:** 8-Weeks

**COST:** \$170 per child

### TUESDAYS

**SESSION I:** 9:30-10:45 AM

**SESSION II:** 12:30-1:45 PM

**DATES:** Sept. 12-Oct. 31

**WHERE:** FCC—Room 1

### WEDNESDAY AFTERNOONS

**TIME:** 12:30-1:45 PM

**DATES:** Sept. 13-Nov. 1

**WHERE:** Artspace, 63 Summer St. in Maynard

### THURSDAY MORNINGS

**TIME:** 9:30-10:45 AM

**DATES:** Sept. 14-Nov. 2

**WHERE:** Artspace, 63 Summer St. in Maynard

*Instructed by Michelle Garro*



## FAIRYTALE BALLET

Try this creative movement-based approach to dance through imaginary musical play. A fun time for anyone who wants to learn ballet basics. We'll visit the magic kingdom, travel the enchanted forest, and play make believe games set to music. Your child will learn plier, relevee, point/flex, jete, port-de-bras, and more! Ballet slippers are encouraged for a safe, slip-free experience. Caregivers **must** remain in the building.

**WHO:** Ages 3.5-6

**DAY:** Thursdays

**SESSION I:** 10:30-11:15 AM

**SESSION II:** 1:15-2:00 PM

**DATES:** Sept. 28-Nov. 16

**DURATION:** 8-Weeks

**WHERE:** FCC—GYM

**COST:** \$72 per child

*Instructed by Lisa Von Lichtenberg*

## START WITH ART

This program includes theme-based and color-based lessons. Be inspired by the works of great artists. Create your own masterpiece! Venture into a multi-medium hands-on class for an art experience. We will experiment with paint, clay, wood, 3D, color, and more. Our class is centered on each child's creativity and individuality. Please wear old clothes.

**WHO:** Ages 4-Grade 6

**SESSION I:** 12:30-1:30 PM (Ages 4-6)

### SESSION A

**DATES:** Sept. 21-Oct. 26

**DURATION:** 6-Weeks

**COST:** \$120 per child

**DAY:** Thursdays

**SESSION II:** 3:45-4:45 PM (Grades 1-6)

### SESSION B

**DATES:** Nov. 2-Dec. 14 (no class 11/23)

**WHERE:** FCC—Room 1

*Instructed by Christine Van*



## TOT SOCCER

**WHO:** Ages 3-Kindergarten

**WHERE:** Velocity Sports Performance, 31 Union Avenue in Sudbury

**COST:** \$99 per child

### AGES 3-4

**DAYS:** Tuesdays **or** Thursdays

**SESSION I:** 9:00-10:00 AM

**SESSION II:** 1:00-2:00 PM

**DATES:** Sept. 12-Oct. 26

### KINDERGARTEN

**DAYS:** Wednesdays **or** Fridays

**SESSION I:** 9:00-10:00 AM

**SESSION II:** 1:00-2:00 PM

**DATES:** Sept. 13-Oct. 27

*Instructed by Velocity Sports Performance*

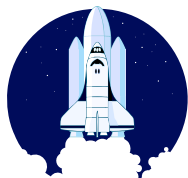


# YOUTH PROGRAMS

## MAD SCIENCE

Explore the earth, moon, Mars, and beyond as you will be taking part in the Academy of Future Space Explorers after-school program. This program will feature exciting student activities from the NASA Langley Center for Distance Learning and will take children on a voyage of discovery. Topics will include planets and moons, atmosphere and beyond, space phenomena, sun and stars, rocket science, space travel and technology, and living in space.

**WHO:** Grades K-2  
**DAY:** Tuesdays  
**TIME:** 4:00-5:00 PM  
**DATES:** Sept. 19-Nov. 7  
**DURATION:** 8-Weeks  
**WHERE:** FCC—Room 2  
**COST:** \$96 per child

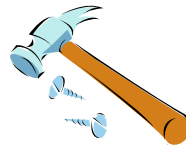


*Instructed by Mad Science Staff*

## WOODWORKING

You will learn the proper use of tools (hammers and screwdrivers) and make all sorts of toys and useful items. Choose from boats, cars, boxes, and more! You'll do some creative painting too!

**WHO:** Ages 5-7  
**DAY:** Tuesdays  
**TIME:** 4:00-5:00 PM  
**DATES:** Sept. 26-Oct. 31  
**DURATION:** 6-Weeks  
**WHERE:** FCC—Room 1  
**COST:** \$100 per child



*Instructed by Robert Leduc of Wooden Toys & Crafts*

## SCIENCE ADVENTURES

In **Club Guts**, you will tour the human body and all its amazing systems! Explore the skeletal system as you enter the Bone Zone, and create a breathtaking lung model. Pulses will race as you become Heart Smart. Come discover how the body works from the inside out. In **Science Rocks**, dig deep into the world of geology as you put together your very own rock collection complete with a display case. From lava to erosion, discover how rocks are formed and recycled. Explore the sweet taste of cookie geology and build your own model volcano.

**WHO:** Grades K-6  
**DAY:** Thursdays  
**TIME:** 4:00-5:00 PM

**CLUB GUTS**  
**DATES:** Sept. 28-Oct. 26

**SCIENCE ROCKS**  
**DATES:** Nov. 9-Dec. 14 (no class 11/23)

**DURATION:** 5-Weeks  
**WHERE:** FCC—Room 2  
**COST:** \$91 per child



*Instructed by Science Adventures Staff*

## CHILDREN'S YOGA

This program is a chance for children to foster creative expression and learn about animals, astronomy, and nature. They will also reap benefits that include better coordination and balance. They will also learn the importance of breathing deeply which helps them to think more clearly, sleep better, and relax tight muscles. Please wear comfortable clothing.

**WHO:** Ages 2-8 (with adult)  
**DAY:** Mondays  
**TIME:** 2:00-2:45 PM  
**DATES:** Sept. 18-Nov. 20 (no class 10/2 & 10/9)  
**DURATION:** 8-Weeks  
**WHERE:** FCC—Room 2  
**COST:** \$72 per child



*Instructed by Maureen Trunfio*

## JUNIOR JAZZERCISE

Keep your kids moving this fall! Participants will learn that fitness can be fun. They will dance to the latest music and learn the hottest steps. Appreciation is given for good, healthy habits as they exercise their body, mind, and spirit. Please bring a water bottle and wear comfortable clothes and sneakers.

**WHO:** Grades 1-5  
**DAY:** Tuesdays  
**TIME:** 4:15-5:00 PM  
**DATES:** Sept. 26-Nov. 28 (no class 11/7)  
**DURATION:** 9-Weeks  
**WHERE:** FCC—GYM  
**COST:** \$108 per child



*Instructed by Sue Galligani*

# YOUTH PROGRAMS

## PUDDLESTOMPERS NATURE EXPLORATION

Bring your young naturalists to join PUDDLESTOMPERS Nature Exploration for hands-on exploration of the beautiful open spaces in Sudbury. This program includes exploration, movement, a project, a snack and a story, as well as a handout with more information and activities. Backpack babies welcome to come along for free. For more information, visit their website at [www.puddlestompers.com](http://www.puddlestompers.com).

**WHO:** Ages 2-5 (with adult)  
**DAY:** Tuesdays  
**SESSION I:** 10:00-10:55 AM (Ages 2-3)  
**SESSION II:** 11:00-11:55 AM (Ages 3-5)  
**DATES:** Sept. 19-Nov. 21  
**DURATION:** 10-Weeks  
**WHERE:** Sudbury Conservation Lands (indoor space at the Fairbank Community Center)  
**COST:** \$185 per child



*Instructed by Rachel Rock and PUDDLESTOMPERS Nature Exploration*

## KEYS FOR KIDS® - GROUP KEYBOARD CLASS

Keys for Kids® is an engaging comprehensive group music program designed to help children discover the world of music through the keyboard. Classes encourage development of both the individual's and the group's musical skills and will be taught to small groups of parent-child teams. Groups are carefully organized according to children's age, skill level, and musical goals. Parents are expected (and for the youngest students, required) to learn along and then practice with their children.

**WHO:** Ages 3.5-9  
**WHERE:** The Concord Conservatory of Music (in the West Concord Union Church),  
1317 Main Street in Concord  
**COST:** \$318 per child (includes book fee)

**DURATION:** 15-Weeks



### MONDAY AFTERNOONS

**SESSION I:** 1:15-2:00 PM (Ages 3.5-5)  
**SESSION II:** 2:00-2:45 PM (Ages 5-7)  
**DATES:** Sept. 11-Jan. 8 (no class 10/9, 12/25, & 1/1)

### SATURDAY MORNINGS

**SESSION I:** 9:30-10:15 AM (Ages 3.5-5)  
**SESSION II:** 10:15-11:00 AM (Ages 5-7)  
**SESSION III:** 11:00-11:45 AM (Ages 7-9)  
**DATES:** Sept. 16-Jan. 13 (no class 11/25, 12/23, & 12/30)

*Instructed by Nikan Milani and Isabel Aybar*

## MUSIC A TO Z—GROUP VOICE INSTRUCTION

Music A to Z is intended as an introduction for children to experience the joy of raising their voice in song with friends. Taught as a precursor to private voice lessons, children use songs with movement and rhythm instruments, to learn the FUNdamentals of music: rhythm, melody, dynamics, pitch intervals, tempos and musical forms.

**WHO:** Ages 5-11  
**WHERE:** The Concord Conservatory of Music (in the West Concord Union Church),  
1317 Main Street in Concord  
**COST:** \$168 per child

**DURATION:** 10-Weeks



### THURSDAY AFTERNOONS

**SESSION I:** 1:30-2:15 PM (Ages 5-6)  
**SESSION II:** 4:00-4:45 PM (Ages 6-8)  
**SESSION III:** 4:45-5:30 PM (Ages 9-11)  
**DATES:** Sept. 28-Dec. 7 (no class 11/23)

### FRIDAY AFTERNOONS

**SESSION I:** 4:00-4:45 PM (Ages 6-8)  
**SESSION II:** 4:45-5:30 PM (Ages 9-11)  
**DATES:** Sept. 29-Dec. 8 (no class 11/24)

*Instructed by Shadi Ebrahimi*

# YOUTH PROGRAMS

## ADVENTURES IN DRAWING AND PAINTING

Explore drawing, painting, & collage. Emphasis is on expanding creativity in a nurturing studio environment and introducing students to traditional and new approaches to making art.

**WHO:** Grades 1-5  
**DURATION:** 8-Weeks  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$170 per child  
**MONDAYS—GRADES 1-3**  
**TIME:** 3:45-5:00 PM  
**DATES:** Sept. 11-Nov. 13 (no class 10/2 & 10/9)  
**TUESDAYS—GRADES 1-3**  
**TIME:** 4:00-5:15 PM  
**DATES:** Sept. 12-Oct. 31  
**THURSDAYS—GRADES 4-5**  
**TIME:** 4:00-5:15 PM  
**DATES:** Sept. 14-Nov. 2



*Instructed by Michelle Garro*

## SUPER SUNDAY

Drop your children off and give yourself 5 hours of free time to get ready for the holidays! This day is geared to different levels of ability and ages, with unique activities designed to engage everyone. Participants will be sharing quality time with other kids, playing games, and making creative, one-of-a-kind items to give as gifts. Please bring a lunch, snack, and 2 drinks.

**WHO:** Grades 1-4  
**DATE:** Sunday, December 3rd  
**TIME:** 11:00 AM-4:00 PM  
**WHERE:** FCC—Room 1  
**COST:** \$48 per child



*Instructed by Beth Meditz and Diane Dinell*



## PARK & RECREATION/ ATKINSON POOL E-MAIL LIST

Would you like to be informed with what Park and Recreation and the Atkinson Pool are up to? All you have to do is sign-up at:

[www.sudbury.ma.us/services/recreation/mailing.asp](http://www.sudbury.ma.us/services/recreation/mailing.asp) and join our e-mail list today.

## HOGWARTS SCHOOL OF WIZARDRY

Experience learning the way Harry, Ron, and Hermione do! Students in this workshop will be exposed to a variety of Hogwarts related projects, games, and activities. Do not miss out on the opportunity to learn spells, potions, and see what house the Sorting Hat assigns you to.

**WHO:** Grades 1-4  
**DATE:** Sunday, October 22nd  
**TIME:** 1:00-3:30 PM  
**WHERE:** FCC—Room 1  
**COST:** \$48 per child



*Instructed by Beth Meditz and Diane Dinell*

## THE ART & SCIENCE OF HAVING FUN

Join this class for a fun-filled day learning about art and science and how the two worlds collide! Children will get both creative and experimental. Participants will make a wide variety of original art projects as well as fun and interesting science experiments. This class will mix art and science projects that every child is sure to love. Please wear mess around clothes and bring a snack and drink.

**WHO:** Grades 1-4  
**DATE:** Saturday, November 18th  
**SESSION I:** 12:00-2:30 PM (Art)  
**SESSION II:** 2:30-5:00 PM (Science)  
**WHERE:** FCC—Room 2  
**COST:** \$48 per child per session



*Instructed by Beth Meditz and Diane Dinell*

## LEXINGTON LEARNING CENTER INC.

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[www.lexingtonlearningctr.com](http://www.lexingtonlearningctr.com)



# YOUTH PROGRAMS

## MUSICAL THEATER—JOSEPH & THE AMAZING TECHNCOLOR DREAMCOAT

Originally a musical with only singing, we have added lines for all and made this production even more amazing! Whether you have experience or not, consider joining us for this production which ends with a show for family and friends. No experience or auditions and all are welcome, especially boys! Participants should wear dance shoes (no sneakers) and comfortable clothes.

**WHO:** Grades 1-6  
**DAY:** Thursdays  
**CAST I:** 4:00-5:00 PM  
**CAST II:** 5:00-6:00 PM  
**DATES:** Oct. 5-Dec. 14 (no class 11/23)  
**DURATION:** 10-Weeks  
**WHERE:** FCC—GYM  
**COST:** \$205 per child (includes costume)



*Instructed by Elaine Jarvis and Nancy Peck*

## CHESS LESSONS

This program will teach all aspects of chess including strategy, tactics, openings, middle games, end games, combinations, traps, basic checkmates, chess rules, scorekeeping, and tournament etiquette. Participants will learn to solve problems and analyze chess games. A tournament will be held at the end. No experience is necessary and all levels are welcome. Please bring a pencil.

**WHO:** Ages 6-12  
**DAY:** Thursdays  
**TIME:** 4:00-5:00 PM  
**SESSION I:** Sept. 21-Oct. 26  
**SESSION II:** Nov. 2-Dec. 14 (no class 11/23)  
**DURATION:** 6-Weeks  
**WHERE:** FCC—Room 3  
**COST:** \$72 per child



*Instructed by George Mirijanian*

## HORSEBACK RIDING

Learn the proper grooming, equipment, mounting, and beginner riding skills. Wear long pants and shoes with heels, no sandals! Helmets will be supplied. Lessons will take place regardless of the weather since it is an indoor facility.

**WHO:** Ages 6-15  
**DAY:** Sundays  
**TIME:** 2:00-3:00 PM  
**SESSION I:** Sept. 10-Oct. 1  
**SESSION II:** Oct. 8-29  
**SESSION III:** Nov. 5-26  
**SESSION IV:** Dec. 3-31 (no class 12/24)  
**DURATION:** 4-Weeks  
**WHERE:** Century Mill Stables, Bolton  
**COST:** \$180 per child per session



*Instructed by Century Mill Stables Staff*

## COOL CRAFTS

**WHO:** Ages 8-12  
**DAY:** Fridays  
**TIME:** 4:00-5:15 PM  
**WHERE:** FCC—Room 1  
**COST:** \$22 per child per workshop (\$25 for Oct. 13th)



### OCT. 13TH: **Lovely Lamps**

Create dyed fabric beaded boutique-like shades. You will take home both a lamp and shade.

### OCT. 27TH: **Pillow Talk**

Create unusual pillows your friends will envy.

### NOV. 17TH: **Christmas Calendar**

Create your own calendar to count the days to Christmas. Each day on this special calendar will hide a gift. This unique calendar will be a favorite—this calendar is 2-dimensional and will also make an unusual gift.

### DEC. 1ST: **Snowman**

Create snowmen that will never melt. Perfect centerpiece, door stop, or gift. Use fabrics and tube socks to create an unusual eye-catching craft.

### DEC. 8TH: **Jazzy Jewels**

Create unique and wearable jewelry. Using beads, wire, and other mediums to create jewelry your friends will want.

*Instructed by Leanne Cordischi*



Do not let **LOW ENROLLMENT** ruin your program! Most program cancellations are due to not enough sign-ups for an instructor to run a class.

Don't procrastinate, **SIGN-UP NOW!!**

# YOUTH PROGRAMS

## ARCHERY LESSONS

This is a Jr. Olympic Archery Development (JOAD) program that focuses on safety, proper shooting form, technique, and follow through. Archers progress through 10 levels of achievement towards the rank of Gold Olympian. All equipment is provided and no prior experience is needed.

**WHO:** Ages 8-Adults  
**WHERE:** Archery USA, Union Ave in Sudbury  
**DURATION:** 4-Weeks  
**COST:** \$80 per person per session

### MONDAYS AT 6:30-8:00 PM

**SESSION I:** Sept. 4-25  
**SESSION II:** Oct. 2-23  
**SESSION III:** Oct. 30-Nov. 20  
**SESSION IV:** Nov. 27-Dec. 18

### WEDNESDAYS AT 4:00-5:30 PM

**SESSION I:** Sept. 6-27  
**SESSION II:** Oct. 4-25  
**SESSION III:** Nov. 1-22  
**SESSION IV:** Nov. 29-Dec. 20

### FRIDAYS AT 5:30-7:00 PM or 7:00-8:30 PM

**SESSION I:** Sept. 1-22  
**SESSION II:** Sept. 29-Oct. 27 (no class 10/20)  
**SESSION III:** Nov. 3-24  
**SESSION IV:** Dec. 1-22



\* Everyone who registers for this program can purchase an Unlimited Shooting Pass for an additional \$20 (retail price is \$115). For more information, please contact Archery USA directly at (978) 440-8881.

*Instructed by Pros from Archery USA*

## THE ABC'S OF ETIQUETTE

Like all of us, children experience awkward moments: dropping a fork, misdialing a phone number, forgetting someone's name, etc. The opportunities for confusion abound! This two-part class addresses such dilemmas, teaching children leadership skills that will build their confidence in social and dining situations. Lively discussion, role-play, colorful graphics, and games offer interactive ways for students to review introductions, telephone etiquette, dining skills, thank you notes, and hosting/attending a party. Each class includes a snack and workbook.

**WHO:** Ages 8-12  
**DAY:** Wednesdays  
**TIME:** 4:00-6:00 PM  
**DATES:** Oct. 25-Nov. 1  
**DURATION:** 4-Hour Workshop (2 Weeks)  
**WHERE:** FCC—Room 2  
**COST:** \$100 per child



*Instructed by Janet Parnes*

## VIDEO GAME DESIGN

This program teaches students the fundamentals of programming and video game design. Students will create and develop a storyboard and bring characters to life in their own video game (a strict non-violence policy will be enforced).

**WHO:** Grades 3-8  
**DAY:** Mondays  
**SESSION I:** 3:00-4:00 PM (Grades 6-8)  
**SESSION II:** 4:15-5:15 PM (Grades 3-5)  
**DATES:** Sept. 18-Nov. 20 (no class 10/2 & 10/9)  
**DURATION:** 8-Weeks  
**WHERE:** FCC—Room 1  
**COST:** \$144 per child



*Instructed by Children's Technology Workshop*

## BROCHURE FORMAT

An expanded copy of our fall brochure with full program descriptions is available on our website:

[www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation)

# YOUTH PROGRAMS

## ROBOTICS

In this program, you will build a Binary Player Robot, controlled by an easily replaceable paper memory disc. You will create the programs on the paper disc that control the robot. When the robot operates, the disc rotates under an optical scanner (just like a CD-ROM), which sends signals to control the two motors that drive the robot. When the robots are complete, we can build a maze and write programs to enable each robot to successfully navigate it.

**WHO:** Ages 10 and up  
**DAY:** Tuesdays  
**TIME:** 4:00-5:30 PM  
**DATES:** Oct. 31-Dec. 5  
**DURATION:** 6-Weeks  
**WHERE:** FCC—Room 3  
**COST:** \$186 per child



*Instructed by Ed Harrow*

## YOUR DIGITAL PHOTOS: WHAT NEXT AFTER TAKING THEM?

Designed for youth who already have some familiarity with a digital camera, this program covers the following topics: moving digital images from a camera into a computer for viewing, editing and archiving; improving your pictures via basic, simple image editing techniques; transmitting images to friends and family over the web via email and attached files; building picture collections by burning CDs and DVD's; making prints; and turning your images into personal gifts and collectibles.

**WHO:** Ages 10-14  
**DAY:** Wednesdays  
**TIME:** 4:05-5:45 PM  
**DATES:** Sept. 20-Oct. 4  
**DURATION:** 3-Weeks  
**WHERE:** FCC—Room 1  
**COST:** \$70 per child



*Instructed by Stanley Klein, Professional photographer and teacher*

## DIGITAL PHOTO BASICS FOR YOUTH (Shooting, Editing, & Sharing Photos)

This practical and fun-filled course will help your child to shoot more compelling photos with a digital camera and also edit, print, and share them via the computer as well. Topics include: understanding the digital camera (especially the icon modes such as action, landscape, close up, snow scenes, etc.); moving the digital images from the camera into a computer for viewing and editing; basic image editing (cropping and removing red eye, as a way to dramatically improve photos); sharing digital images via the web and by burning CDs to create personal picture collections; and making high-quality, inexpensive prints.

**WHO:** Ages 10-14  
**DAY:** Mondays  
**TIME:** 4:05-5:35 PM  
**DATES:** Nov. 13-Dec. 4  
**DURATION:** 4-Weeks  
**WHERE:** FCC—Room 3  
**COST:** \$75 per child



*Instructed by Stanley Klein, Professional photographer and teacher*

## MIDDLE SCHOOL ART PROGRAM

Explore drawing, painting, & collage. Emphasis is on expanding creativity in a nurturing studio environment and introducing students to traditional and new approaches to making art.

**WHO:** Grades 5-8  
**DURATION:** 8-Weeks  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$195 per child  
**TUESDAYS—BIMONTHLY**  
**TIME:** 2:45-4:00 PM  
**DATES:** Sept. 12th, 26th, Oct. 10th, 24th,  
Nov. 7th, 28th, Dec. 12th, and Jan. 2nd  
**WEDNESDAYS**  
**TIME:** 3:30-5:00 PM  
**DATES:** Sept. 13-Nov. 1



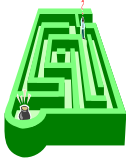
*Instructed by Michelle Garro*

# YOUNG ADULT PROGRAMS

## MEGA MAZE

Join other Curtis 6th graders for an afternoon of fun at Davis Farmland Mega Maze. The maze is made entirely out of corn! There is more than one solution to complete the maze, which means you will have fun all afternoon.

**WHO:** Curtis 6th Graders  
**DATE:** Wednesday, September 27  
**TIME:** 1:00-5:30 PM (Half-Day)  
**WHERE:** FCC  
**COST:** \$25 (by Sept. 20)  
\$35 (after Sept. 20)



Bring a bagged lunch with you!

## CANOE TRIP

Enjoy an afternoon of canoeing on the Nashua River (West Groton, MA) with your friends. This trip is perfect for beginners or experienced paddlers. All of the equipment is provided. There will also be a certified guide leading the way.

**WHO:** 6th-8th Graders  
**DATE:** Wednesday, October 4  
**TIME:** 2:30-7:00 PM  
**WHERE:** FCC  
**COST:** \$30 (by Sept. 27)  
\$40 (after Sept. 27)



Bring a bagged dinner, bathing suit and towel!

## COMMUNITY SERVICE

The youth coordinator is offering community service events for students in grades 6-8 on half-day Wednesdays.

### UPCOMING EVENTS:

**October 18**-Rake leaves and decorate pumpkins

**November 1**- Prepare a meal

**November 15**- Support local Armed Forces

More information will be distributed through the Curtis Middle School.

## TEEN CENTER

Join in the fun at Sudbury Teen Center! Enjoy pool tables, ping pong, foosball, air hockey, jukebox, cable TV, video games and machines, snack bar, and more!!

**WHO:** 7th & 8th Graders  
Sudbury public & private schools  
**DAY:** Fridays  
**WHERE:** FCC  
**TIME:** 7:30-10:00 PM  
**COST:** \$4 per person



### TENTATIVE DATES:

**September 15th and 29th**

**October 13th and 27th**

**November 17th, December 8th and 15th**

**ALL DATES ARE SUBJECT TO CHANGE!**

*Directed by Lisa Barnes*

For more information, rules, and event happenings, please contact Lisa Barnes at 978-443-1092 ext. 257

or log onto: [www.sudbury.ma.us/services/recreation](http://www.sudbury.ma.us/services/recreation)

## SUDBURY AFTER SCHOOL CLUB

The Fairbank Community Center is now open on **Tuesdays** and **Thursdays** after school. Join your friends for fun after school.

Kids can take the bus from Curtis.

### ACTIVITIES INCLUDE:

Homework Help, Indoor and Outdoor Sports, Snack, and Special Activities

**WHO:** 6th-8th Graders  
**DAYS:** Tuesdays & Thursdays  
**WHERE:** FCC  
**TIME:** 2:30-4:00 PM  
**DATES:** Tuesday, Sept. 26- June 2007  
**COST:** \$20 for 10 Admittances  
or  
\$3 at the door



## Youth Coordinator Monthly Newsletter

You can now sign-up to receive information from the Youth Coordinator about programs being offered for your children. Simply go to [www.youth.sudbury.ma.us](http://www.youth.sudbury.ma.us) and click on the green "Subscribe to Email List" button. You will then be sent e-mail reminders about upcoming programs. If you have any questions, please contact Jessica Bendel at 978-443-1092 x227.



# SKATING PROGRAMS

## TINY BLADES

Excellent introduction to ice skating for youngsters who want to learn the basic skills. Whether your child has their eyes set on figure skating or ice hockey in the future, this program will prepare them with instruction on gliding, stopping, proper skating technique, getting up from a fall, and many other important skills. The skater to instructor ratio is 10:1. The lesson is 25 minutes long. Rental skates will be available on a first-come, first-serve basis. **Helmets are recommended.**

**WHO:** Ages 2.5–5  
**DAYS:** Monday-Friday  
**TIMES:** 9:00 AM (Tuesdays or Thursdays)  
1:00 PM (Mon., Wed., or Fri.)  
**SESSION I:** Sept. 18-Dec. 1 (no class 11/20-11/24)  
**SESSION II:** Dec. 4-Feb. 16 (no class 12/25-12/29)  
**DURATION:** 10-Weeks  
**WHERE:** Navin Arena in Marlboro  
**COST:** \$119 per child

*Instructed by Navin Arena Skate Pros*



## LEARN TO SKATE

Excellent introduction to ice skating for children who want to learn the basic skills. Each class consists of a 25-minute lesson where skaters learn the necessary skills to enjoy recreational ice skating or enter into a hockey or figure skating program in the future. The program includes an optional, unsupervised 25-minute practice on weekdays or free admission to public skating. Rental skates will be available on a first-come, first-serve basis. **Helmets are recommended.**

**WHO:** Ages 4 and up  
**WHERE:** Navin Arena in Marlboro  
**WEDNESDAYS AT 4:00 PM**  
**SESSION I:** Sept. 20-Nov. 29 (no class 11/22)  
**SESSION II:** Dec. 6-Feb. 14 (no class 12/27)  
**DURATION:** 10-Weeks  
**COST:** \$119 per child  
**WEEKENDS**  
**TIME:** 2:00 PM (Sat. or Sun.)  
**SESSION I:** Oct. 7-Nov. 26 (no class 11/18-11/19)  
**SESSION II:** Dec. 2-Jan. 21 (no class 12/23-12/24)  
**DURATION:** 7-Weeks  
**COST:** \$89 per child



*Instructed by Navin Arena Skate Pros*

## JUNIOR BRIDGE CLASS

The Junior Bridge program is designed as a stepping stone between the Tiny Blades and Learn to Skate programs. A great opportunity for those skaters who are not quite ready for the larger group experience, but have moved beyond the beginning programs. Skaters will eventually move on to other programs, such as Learn to Skate or Learn to Play Hockey. Rental skates will be available on a first-come, first-serve basis. **Helmets are recommended.**

**WHO:** Ages 3 and up  
**MONDAYS AT 9:00 AM**  
**SESSION I:** Sept. 18-Nov. 27 (no class 11/20)  
**SESSION II:** Dec. 4-Feb. 12 (no class 12/25)  
**THURSDAYS AT 1:00 PM**  
**SESSION I:** Sept. 21-Nov. 30 (no class 11/23)  
**SESSION II:** Dec. 7-Feb. 15 (no class 12/28)  
**DURATION:** 10-Weeks  
**WHERE:** Navin Arena in Marlboro  
**COST:** \$119 per child

*Instructed by Navin Arena Skate Pros*



## GOLDEN EDGES

Whether you are a beginner or an experienced skater, our adult program will provide you with an opportunity to join other adult skaters in weekly lessons and practice time. Classes include an optional, unsupervised 25-minute practice. Rental skates will be available on a first-come, first-serve basis.

**WHO:** Adults  
**FRIDAYS AT 9:00 AM**  
**SESSION I:** Sept. 22-Dec. 1 (no class 11/24)  
**SESSION II:** Dec. 8-Feb. 16 (no class 12/29)  
**DURATION:** 10-Weeks  
**WHERE:** Navin Arena in Marlboro  
**COST:** \$119 per person

*Instructed by Navin Arena Skate Pros*





# TRIPS AND TICKETS

## BARNUM & BAILEY CIRCUS TICKETS



Come see the Greatest Show on Earth as we have a limited amount of tickets to see the **Barnum & Bailey Circus** at the TD Banknorth Garden on Saturday, October 14th at 7:00pm. Tickets are only \$15 per person. **You must reserve your tickets in person at the Fairbank Community Center.** For more information, please feel free to give us a call at (978) 443-1092 x256.



## NEW ENGLAND PATRIOTS TRIPS

We are offering 2 trips through Celebration Tours to see the **New England Patriots play in Buffalo** (October 20th-22nd) and **Miami** (December 8th-11th). Please stop by our office for trip brochures or log onto our website for more info.

## BOSTON CELTICS TICKETS

Check our website this fall as we are hoping to have discounted **Boston Celtics** tickets for sale.



## LAVENDER ESCAPE

Lavender Escape will be having a unique weekend getaway for women from **Friday, September 29th-Sunday, October 1st!!** Enjoy the rustic adventures in the hills of **Contoocook, NH** to escape stress, explore nature and friendships, and enrich your mind and soul. We offer wellness workshops, health seminars, fitness classes, pampering, and nature's tranquility. Create with stamping, clay jewelry, and scrapbooking & enjoy cooking lessons, aromatherapy, and movies. The cost is \$335 per person and includes 2 night's lodging in shared cabins, 5 delicious meals, and activities (additional charges may apply). For more information, please log onto our website.

## PARK & RECREATION TRIPS

We are offering several getaways through Celebration Tours this fall, including trips to the **Annual Scallop Festival** (September 24th), **Conway Scenic Railroad** (September 30th), see the musical **Tarzan & Columbus Day Parade** in New York City (October 8th-9th), and **New York City/Atlantic City** (November 26th-28th). Please stop by our office for trip brochures or log onto our website for more information.

# GIORGIO'S FITNESS PROGRAMS

## KIDKWONDO

**WHO:** Ages 3-6  
**DAYS:** Mon.-Thurs. **TIME:** 9:30-10:15 AM  
**DAYS:** Mon. & Tues. **TIME:** 1:00-1:45 PM  
**DAYS:** Mon., Wed., & Thurs. **TIME:** 3:15-4:00 PM  
**DAY:** Saturdays **TIME:** 9:00-9:45 AM  
**COST:** \$100 per child

## TAEROBIXX

**WHO:** Adults (Ages 12 and over)  
**DAYS:** Mon., Wed., & Thurs. **TIME:** 9:30-10:30 AM  
**DAY:** Mondays **TIME:** 6:30-7:30 PM  
**DAYS:** Tues. & Fri. **TIME:** 8:30-9:30 AM  
**DAY:** Saturdays **TIME:** 9:00-10:00 AM  
**COST:** \$100 per person

## TAEKWONDO

**COST:** \$100 per person  
**AGES 3-7**  
**DAYS:** Mon.—Fri. **TIME:** 4:00-4:45 PM  
**AGES 8-11**  
**DAYS:** Mon.—Fri. **TIME:** 4:45-5:30 PM  
**DAY:** Saturdays **TIME:** 10:00-10:45 AM  
**ADULTS**  
**DAYS:** Mon.—Sat. **TIME:** 10:45-11:45 AM  
**DAYS:** Mon.—Thurs. **TIME:** 6:30-7:30 PM



## FUSION FIT

**WHO:** Adults  
**DAY:** Fridays **TIME:** 9:30-10:30 AM  
**COST:** \$100 per person

# GIORGIO'S FITNESS PROGRAMS

## DANCE FIT KIDS

**WHO:** Ages 3-6  
**DAY:** Mondays **TIME:** 1:00-1:45 PM  
**DAY:** Wednesdays **TIME:** 9:30-10:15 AM  
**COST:** \$100 per child

## YOGA DANCE

**WHO:** Ages 3-6  
**DAY:** Mondays **TIME:** 9:30-10:15 AM  
**DAY:** Tuesdays **TIME:** 11:15 AM-12:00 PM  
**COST:** \$100 per child

## BEGINNER IRISH STEP DANCING

**COST:** \$100 per child  
**AGES 4-6**  
**DAY:** Thursdays **TIME:** 4:00-4:40 PM  
**AGES 7-11**  
**DAY:** Thursdays **TIME:** 5:20-6:00 PM

## JAZZ TUMBLING

**WHO:** Ages 6-8  
**DAY:** Tuesdays **TIME:** 4:45-5:30 PM  
**COST:** \$100 per child

## YOUTH YOGA

**WHO:** Ages 6-10  
**DAY:** Tuesdays **TIME:** 5:30-6:15 PM  
**COST:** \$100 per child



## POWER BANDS

**WHO:** Adults  
**DAY:** Thursdays **TIME:** 10:30-11:30 AM  
**COST:** \$100 per person

## GIORGIO'S MUSIC CONNECTION

Giorgio's is offering a variety of music lessons this fall in the following instruments:  
 acoustic guitar and electric guitar.

The cost for 5 lessons is \$100 for new students only. To inquire about availability or for more information, please contact Giorgio's Music Connection at (978) 440-8531.



## BALLET JAZZ

**WHO:** Ages 4-8  
**DAY:** Tuesdays **TIME:** 4:00-4:45 PM  
**COST:** \$100 per child



## YOUTH SPORTS CONDITIONING

**WHO:** Ages 9-15  
**DAY:** Thursdays **TIME:** 5:15-6:00 PM  
**COST:** \$100 per child

## HIP-HOP

**COST:** \$100 per person  
**AGES 9-12 (will start 9/11, no class 9/18)**  
**DAY:** Mondays **TIME:** 4:15-5:00 PM  
**ADULTS (will start 9/28)**  
**DAY:** Thursdays **TIME:** 9:30-10:30 AM

## TOTAL BODY TRAINING

**WHO:** Adults (Ages 12 and over)  
**DAY:** Mondays **TIME:** 8:30-9:30 AM  
**DAY:** Tuesdays **TIME:** 9:30-10:30 AM  
**COST:** \$100 per person

## ADULT MOVING MUSCLE

**WHO:** Adults  
**DAY:** Tuesdays **TIME:** 6:30-7:30 PM  
**COST:** \$100 per person

## ADULT BUTTS AND GLUTS

**WHO:** Adults  
**DAY:** Thursdays **TIME:** 6:15-7:15 PM  
**COST:** \$100 per person

## GENERAL INFORMATION

All programs begin the week of September 18th and are for **NEW STUDENTS ONLY!** Your registration will allow you to attend 10 classes of a particular program during the fall.

Babysitting is available from **8:30am-12:00pm** (on Mondays, Tuesdays, Thursdays, and Fridays), **9:30am-12:00pm** (on Wednesdays), and **9:00am-12:00pm** (on Saturdays).

All classes will be held at Giorgio's Health and Fitness Connection, Chiswick Park on Union Avenue in Sudbury.

# VELOCITY SPORTS PROGRAMS



## PERFORMANCE FITNESS FOR ADULTS

Train like a professional athlete or just look like one! Our functional training group classes provide a time-compressed cardio workout combined with strength and movement exercise to stabilize your core abdominals and spinal regions, increase your speed, agility, and balance. If you'd like to hit the golf ball further, add velocity to your tennis shot, feel stronger than ever this winter on the slopes - then Velocity Sports Performance has the solution for you!

**Group classes:** Monday – Friday 8:00-9:00 AM & 9:00-10:00 AM  
Tues. & Thurs. 6:30-7:30 PM Saturday 10:30-11:30 AM  
\*private one-on-one personal training available\*

## YOUTH AND TEAM PROGRAMS

So you think you've got game? If your child needs that extra speed, strength, power, or flexibility to leave the competition in the dust – Velocity Sports Performance is here to provide the professional training you need. Our programs will improve your performance in all sports including soccer, football, basketball, lacrosse, hockey, baseball, softball, and more.

**Elementary School – Grades 3-5:** Monday – Friday 3:30-4:30 PM, 4:30-5:30 PM, and Saturday 10:30-11:30 AM

**Middle School – Grades 6-8:** Monday – Friday 3:00-4:30 PM, 5:00-6:30 PM, 6:30-8:00 PM, and Saturday 9:00-10:30 AM

**High School:** Monday – Friday 3:00-4:30 PM, 5:00-6:30 PM, 6:30-8:00 PM, and Saturday 9:00-10:30 AM

**Team Training:** Mon., Wed., & Fri. 5:00-6:00, 6:30-7:30, & 7:00-8:00 PM

## RICH GEDMAN BASEBALL ACADEMY 6-WEEK HITTING CLINICS

Featuring Rich Gedman (Former Red Sox Catcher, current Worcester Tornadoes Manager), John Kelly (Pitcher Brockton Rox), and professional instructors from the CAM-AM League.

### AGES 6-9 – 6:1 Player-to-Coach Ratio

**DAYS:** Mondays, Tuesdays, Thursdays, or Fridays  
**TIME:** 4:30-5:30 PM  
**SESSION I:** September 11th-October 19th  
**SESSION II:** October 23rd-December 7th (no class 11/23)  
**COST:** \$169 per child per session

### AGES 10-12 – 6:1 Player-to-Coach Ratio

**DAYS:** Mondays, Tuesdays, Thursdays, or Fridays  
**TIME:** 3:30-4:30 PM  
**SESSION I:** September 11th-October 19th  
**SESSION II:** October 23rd-December 7th (no class 11/23)  
**COST:** \$169 per child per session

### AGES 13-15 – 3:1 Player-to-Coach Ratio

**DAYS:** Tuesdays or Thursdays  
**TIME:** 5:30-6:30 PM  
**SESSION I:** September 11th-October 19th  
**SESSION II:** October 23rd-December 7th (no class 11/23)  
**COST:** \$199 per child per session



**TO RESERVE YOUR SPOT, CALL (978) 443-0025 TODAY! Please make checks payable to Batter Up.**

**PLEASE NOTE:** Enrollment in the first session does not guarantee priority placement in the second session. If you would like to reserve a spot in both, please sign up for both. If your son or daughter has to withdraw from his or her spot, a refund will only be given if their spot is filled. There are no make-up sessions and no refund for missed classes.

Rich Gedman will be actively involved in the instruction and guidance of all participants. However due to professional and family commitments, he may not be at every session of the clinic.

## GENERAL INFORMATION

All programs will be held at Velocity Sports Performance, located in Chiswick Park on Union Avenue in Sudbury. For more information, please contact Velocity Sports Performance at (978) 443-5727.

# WARRIOR'S WAY PROGRAMS

## LITTLE WARRIORS

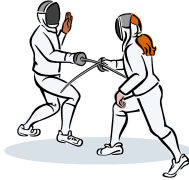
**WHO:** Ages 3-7  
**DAYS:** Mon., Wed., & Fri. **TIME:** 10:30-11:30 AM  
**DAYS:** Tues. & Thurs. **TIMES:** 9:30-10:30 AM or 4:00-4:45 PM  
**DAY:** Saturdays **TIME:** 8:00-9:00 AM  
**COST:** \$150 per child

## BUDOKON

**WHO:** Adults  
**DAY:** Tuesdays **TIME:** 7:30-8:30 PM  
**DAY:** Wednesdays **TIME:** 5:45-6:30 PM  
**DAY:** Saturdays **TIME:** 10:45-11:45 AM  
**COST:** \$150 per person

## YOUTH FENCING

**WHO:** Ages 8-13  
**DAY:** Tuesdays and Thursdays  
**TIME:** 5:00-5:45 PM  
**COST:** \$150 per child

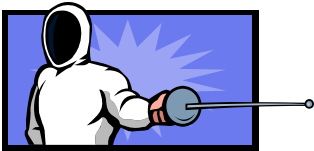


## PARENT/CHILD YOGA

**WHO:** Children and Adults  
**DAY:** Wednesdays  
**TIME:** 4:15-5:00 PM  
**COST:** \$150 per pair



## BEGINNER FENCING



**WHO:** Ages 13 and up  
**DAY:** Saturdays  
**TIME:** 11:45 AM-12:45 PM  
**COST:** \$150 per person

## ADULT FENCING

**WHO:** Adults  
**DAYS:** Tuesdays and Thursdays  
**TIME:** 6:30-7:30 PM  
**COST:** \$150 per person



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8						Little Warriors 8-9	Body Cond. 8-8:45
		Beg. Reformer 8:45-9:30		Beg. Aerobic Dance 8:45-9:30	Beg. Reformer 8:45-9:30	Yoga 8-9	Core Cond. 8:45-9:30
9	Kickboxing 9:30-10:30	Kickboxing 9:30-10:30	Kickboxing 9:30-10:30	Kickboxing 9:30-10:30	Kickboxing 9:30-10:30	Kickboxing 9-10	Moving Muscle 9:30-10:30
	Circus Yoga 9:30-10:30	Little Warriors 9:30-10:30	Drumming 9:30-10:30	Little Warriors 9:30-10:30	Drumming 9:30-10:30	Fit Games for kids* 9-10	Parent Child Taekwondo 9:30-10:30
10	Basu & Weights 10:30-11:30	Reformer 10:30-11:15	Yogalates 10:30-11:30	Reformer 10:30-11:15	Reformer 10:30-11:15	Youth Taekwondo 10-10:45	
						Basu/Weights/Pilates 10-10:45	
	Little Warriors 10:30-11:30	Martial Games 10:30-11:30	Little Warriors 10:30-11:30	Martial Games 10:30-11:30	Little Warriors 10:30-11:30	Budokon 10:45-11:45	Assisted Yoga Stretch 10:30-12
						Reformer 10:45-11:30/11:30-12:15	
11	Reformer 11:45-12:30	Reformer 11:15-12	Reformer 11:30-12:15	Pilates 11:15-12:15	Yoga 11:15-12:15	Adult Taekwondo 10:45-12	
						Beg. Fencing 11:45-12:45	
12	Beg. Reformer 12:30-1:15	Yoga 12:15-1	Reformer 12:15-1	Yoga 12:15-1	Reformer 12:15-1	Tournament Class 12:45-1:45	
4	Child Taekwondo Ages 4-7 4-4:45	Little Warriors 4-4:45	Child Taekwondo Ages 4-7 4-4:45	Little Warriors 4-4:45			
	Reformer 4:15-5:15		PC Yoga 4:15-5				
5	Youth Taekwondo Ages 7-12 5-5:45	Youth Fencing Ages 8-13 5-5:45	Youth Taekwondo Ages 7-12 5-5:45	Youth Fencing Ages 8-13 5-5:45			
	Yoga 5:30-6:15	Irish Step Ages 5-8 5-5:45	Moving Muscle 5:45-6:30	Irish Step Ages 5-8 5-5:45			
6		Kickboxing 5:45-6:30	Budokon 5:45-6:30	Reformer 5:45-6:30			
		Reformer 6-6:45	Reformer 6:30-7:15	Kickboxing 5:45-6:30			
	Adult Taekwondo 6:30-7:30	Adult Fencing 6:30-7:30	Adult Taekwondo 6:30-7:30	Adult Fencing 6:30-7:30			
		Reformer 6:45-7:30	Grappling 7-8	Boran Thai 6:30-7:30			
7		Budokon 7:30-8:30	Yoga Sweat Shop 7:30-8:30				



## GENERAL INFORMATION

The fall session will begin Monday, September 18th and end on Sunday, December 17th. Your registration will allow you to attend 10 classes during this time frame.

All programs will be held at Warrior's Way, which is located at 53 Main Street in Maynard. Be sure to check out their entire fall schedule listed to the left and if you have any questions, please contact Warrior's Way at (978) 461-0008.



53 Main Street  
 Maynard  
 (978) 461-0008

# ADULT PROGRAMS

## FLAT ABS WITH PILATES & STRENGTH TRAINING

The weight training segment of the class includes the most effective moves to train your body to burn calories and release stored fat. You will get stronger while you tighten and tone your body. As you increase your metabolism you will burn more calories 24 hours a day. Incorporating Pilates matwork, the core conditioning segment includes the most effective moves for better posture, a stronger back, and flat abs. This class is perfect for those new to exercising as well as experienced fitness enthusiasts. The instructor brings 30+ years of experience to this program. You will get individual attention to insure that you are exercising safely and effectively. Weekly metabolism boosting tips and recipes are included. Participants should bring a set of hand held weights and a mat.

**WHO:** Adults  
**DURATION:** 10-Weeks  
**COST:** \$120 per person



### MONDAYS AT 4:30-5:30 PM — ALL LEVELS

**DATES:** Sept. 18-Dec. 4 (no class 10/2 & 10/9)  
**WHERE:** FCC—Room 2

### FRIDAYS AT 9:30-10:30 AM — ADVANCED

**DATES:** Sept. 22-Dec. 8 (no class 11/10 & 11/24)  
**WHERE:** FCC—Room 2

### TUESDAYS AT 9:30-10:30 AM — ALL LEVELS

**DATES:** Sept. 26-Dec. 5 (no class 11/7)  
**WHERE:** FCC—GYM

### FRIDAYS AT 10:45-11:45 AM — BEGINNERS

**DATES:** Sept. 22-Dec. 8 (no class 11/10 & 11/24)  
**WHERE:** FCC—Room 2

*Instructed by Marie O'Malley*

## PILATES ON A BALL

Pilates is a total body workout blending core body strengthening, mental focus, breath control, postural alignment, and graceful precise movements and will focus on strengthening your "core" muscles, flexibility, and promote proper body alignment and good posture. Please bring a 65 cm (26") exercise ball, mat, hand towel, water, and a set of hand weights.

**WHO:** Teens and Adults  
**DAY:** Mondays  
**TIME:** 7:00-8:00 PM  
**DATES:** Sept. 25-Dec. 18 (no class 10/2, 10/9, & 11/6)  
**DURATION:** 10-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$120 per person

*Instructed by Sarah Hyland*

## AWESOME ABS & PILATES

Pilates is a total body workout blending core body strengthening, mental focus, breath control, postural alignment, and graceful precise movements and will focus on strengthening your "core" muscles, flexibility, and promote proper body alignment and good posture. Please bring a mat, hand towel, water, and a set of hand weights.

**WHO:** Teens and Adults  
**DAY:** Saturdays  
**TIME:** 8:00-9:00 AM  
**DATES:** Sept. 16-Dec. 9 (no class 10/7, 10/21 & 11/25)  
**DURATION:** 10-Weeks  
**WHERE:** FCC—Room 2  
**COST:** \$120 per person



*Instructed by Sarah Hyland*

## YOUR PERSONAL TRANSFORMATION

Learn to control your metabolism and your physical appearance for the rest of your life. The materials can be used for the rest of your life as a complete cycle of workouts. If your typical "get in shape" program just is not working anymore, you will love this program. You can eat more, lose weight, and get fit! This program is for anyone seeking positive physical change. Each week, participants will receive a packet of materials via email. The materials contain healthy eating strategies with menu suggestions, recipes and logs, and detailed workout guidelines (including photos of the exercises).

**DURATION:** 8-Weeks beginning October 2nd  
**COST:** \$47 per person



*Instructed by Marie O'Malley*



# ADULT PROGRAMS

## SVAROOPA YOGA

Join us to relax and feel good! Relieve stress to handle life's challenges, feel energized and rejuvenated, bring calm into your life! Svaroopa® style of Hatha Yoga focuses on releasing deep tensions in your spine and building body awareness for good health. We begin and end lying in relaxation pose. Participants should bring 3 fluffy blankets (also for sale by instructor) and wear layers of loose, comfortable clothing.

**WHO:** Adults  
**DURATION:** 12-Weeks  
**WHERE:** FCC—Room 2  
**COST:** \$158 per person

### MONDAY EVENINGS

**TIME:** 7:00-8:15 PM (beginners and continuing)

**DATES:** Sept. 18-Dec. 18 (no class 10/2 & 10/9)

### THURSDAY MORNINGS

**TIME:** 9:15-10:30 AM (continuing)

**DATES:** Sept. 21-Dec. 14 (no class 11/23)

*Instructed by Marjorie Crockett, Registered Yoga Teacher, Certified Svaroopa® Yoga Teacher*



## BEGINNING HATHA YOGA

Beginning Hatha Yoga emphasizes breath and alignment. Students learn proper body placement in each pose and learn to connect their movement to their breathing, developing fundamental building blocks for Hatha Yoga as it increases strength, flexibility, balance, and reduces stress. Please bring a yoga mat.

**WHO:** Adults  
**TIME:** 9:30-10:30 AM

### MONDAY MORNINGS

**DATES:** Sept. 18-Dec. 11 (no class 10/2 & 10/9)

**WHERE:** FCC—Room 2

### FRIDAY MORNINGS

**DATES:** Sept. 22-Dec. 15 (no class 11/10 & 11/24)

**WHERE:** FCC—Room 3

**DURATION:** 11-Weeks

**COST:** \$132 per person

*Instructed by Carrie Scheer, Certified Yoga Instructor*



## RESTORATIVE YOGA

This yoga class combines a number of different postures and breathing techniques to help restore alignment & balance within the body. It is open to all levels of yoga, whether advanced or beginning.

**WHO:** Adults (all levels welcome)  
**DURATION:** 12-Weeks  
**COST:** \$144 per person

### TUESDAY MORNINGS

**TIME:** 10:30-11:45 AM

**DATES:** Sept. 19-Dec. 12 (no class 11/21)

**WHERE:** FCC—Room 3

### THURSDAY EVENINGS

**TIME:** 7:00-8:15 PM

**DATES:** Sept. 21-Dec. 14 (no class 11/23)

**WHERE:** FCC—Room 2

*Instructed by Jennifer Davidson, Certified Yoga, Pre-Natal Yoga, and Massage Therapy Instructor*

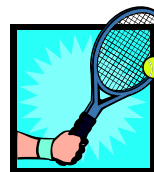


## CARDIO TENNIS

Cardio Tennis is the USTA's newest program! Heart pumping fitness with music and tennis. If you love tennis, this is the class for you! Please bring a tennis racket, water bottle, and sunscreen.

**WHO:** Adults  
**DAY:** Fridays  
**TIME:** 9:00-10:00 AM  
**DATES:** Sept. 22-Oct. 27  
**DURATION:** 6-Weeks  
**WHERE:** Featherland Park Tennis Courts  
**COST:** \$72 per person

*Instructed by Longfellow Tennis Pros*



## INSTANT TENNIS

Learn how to play tennis fast. USTA and Longfellow teach you the basics so you can play tennis fast. Please bring a tennis racket, water bottle, and sunscreen.

**WHO:** Adults  
**DAY:** Tuesdays  
**TIME:** 9:00-10:30 AM  
**DATES:** Sept. 19-Oct. 24  
**DURATION:** 6-Weeks  
**WHERE:** Featherland Park Tennis Courts  
**COST:** \$162 per person

*Instructed by Longfellow Tennis Pros*



## PROGRAM IDEAS

We are always looking for new ideas for programs. If you are interested in offering a program, please call us:

978-443-1092 ext. 256



# ADULT PROGRAMS

## ADULT BEGINNING GOLF LESSONS

A program to develop the swing and the use of clubs. Putting, chipping, full swing with a range of clubs, and sand shots will be practiced. Each student will receive personal instruction in addition to group activity. Participants should bring golf clubs if you have them (rental equipment is available) and warm clothes.

**WHO:** Adults  
**DAY:** Tuesdays  
**SESSION I:** 10:00-11:00 AM  
**SESSION II:** 6:00-7:00 PM  
**DATES:** Sept. 12-Oct. 17  
**DURATION:** 6-Weeks  
**WHERE:** Wayland Country Club  
**COST:** \$100 per person



*Instructed by Wayland Country Club Golf Pros*

## THE LUNCH WHISTLE

Exercise and dance to fitness the body's way with global music, martial arts, expressive movement creative modern dance, and mind/body principles for all levels. Experienced aerobics and dance fanatics of all styles love the sweaty, fun, full-body workout. You will explore your movement range on three levels to choose from. Beginners find the easy-to-follow aerobic exercise to music great. NIA is non-impact exercise that is creative, and fun. This class will be done barefoot (white leather soles acceptable) and all levels are welcome.

**WHO:** Adults  
**DAY:** Thursdays  
**TIME:** 12:00-1:00 PM  
**DATES:** Sept. 28-Nov. 16  
**DURATION:** 8-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$48 per person



*Instructed by Lisa von Lichtenberg*

## INTRODUCTION TO KAYAKING

This course is designed for beginners interested in recreational kayaking on calm waters, ponds, and lakes. We will cover equipment, safety, strokes, maneuvers, and demonstrate wet-exits and self-rescue techniques. The class is hands-on and with a lot of time spent on the water demonstrating and practicing the skills discussed during the program.

**WHO:** Ages 15 and up  
**DAY:** Thursdays  
**TIME:** 5:00-7:00 PM  
**DATES:** Sept. 21-Oct. 5  
**DURATION:** 3-Weeks  
**WHERE:** Memorial Beach in Marlborough  
**COST:** \$84 per person



*Instructed by Still River Outfitters*

## MOMMY/DADDY & ME KAYAKING

Come out, be active with your toddler, and learn the basics of kayaking. These sessions will teach you the basics of paddling, safety, and special considerations when paddling with children. The majority of the time will be spent on the water. Your child sits safely between your legs in the kayak's cockpit.

**WHO:** Adults and Children ages 1-5  
**DAY:** Saturdays  
**TIME:** 9:00-10:30 AM  
**DATES:** Sept. 23-Oct. 7  
**DURATION:** 3-Weeks  
**WHERE:** Memorial Beach in Marlborough  
**COST:** \$84 per pair

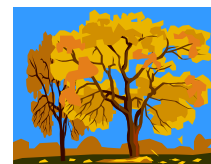


*Instructed by Still River Outfitters*

## FALL FOLIAGE KAYAK/CANOE TRIP

Enjoy the breathtaking views of autumn in New England from a different perspective. As you glide through the water in a canoe or kayak, everything will slow down and life will seem tranquil. We will pause for hot chocolate and cookies in a picturesque spot. No experience is necessary. Directions will be sent to you. Please include an email address and specify your preference of a canoe or kayak.

**WHO:** Adults  
**DATE:** Saturday, October 14th  
**TIME:** 2:00-5:00 PM  
**WHERE:** Sudbury River  
**COST:** \$60 per person



*Instructed by Still River Outfitters*

# ADULT PROGRAMS

## CONVERSATIONAL SPANISH

Learn the basic of Spanish language to get by while traveling speaking to someone of for fun. We will work with vocabulary and fun, easy grammar. Participants should bring a notebook and pen.

**WHO:** Adults (**beginners**)  
**DAY:** Thursdays  
**TIME:** 7:30-9:00 PM  
**SESSION I:** Sept. 21-Oct. 26  
**SESSION II:** Nov. 2-Dec. 14 (**no class 11/23**)  
**DURATION:** 6-Weeks  
**WHERE:** FCC—Room 1  
**COST:** \$114 per person



*Instructed by Sandra Maiuri*

## RUBBER STAMPING 101

Hop on the stamping train, just in time for the holidays! Attend this creative hands-on class where you will complete dazzling projects every week. You will learn unique and exciting rubber stamping techniques using new and innovative embellishments. Your new skills will enable you to create greeting cards, scrapbook pages, personalized stationery, gift packaging, and much more! All supplies will be provided, you will have tons of fun, and be impressed with your creations!

**WHO:** Adults  
**DAY:** Tuesdays  
**TIME:** 7:00-9:00 PM  
**DATES:** Sept. 26-Nov. 7 (**no class 10/31**)  
**DURATION:** 6-Weeks  
**WHERE:** FCC—Room 2  
**COST:** \$275 per person



*Instructed by Beth Long*

## MEN'S 40 AND OVER BASKETBALL

**WHO:** Men 40+  
**DAY:** Mondays  
**TIME:** 7:00-9:00 PM  
**DATES:** Sept. 18-Dec. 18 (**no class 10/2 & 10/9**)  
**DURATION:** 12-Weeks  
**WHERE:** Peter Noyes School Gym  
**COST:** FREE



Do not let **LOW ENROLLMENT** ruin your program!

Don't procrastinate, **SIGN-UP NOW!!**

## FRAMING YOUR PHOTOS QUICKLY & INEXPENSIVELY

Want to take charge of matting and framing your own beloved photographs for yourself or to give as gifts? Topics covered will include standard-size photographic prints, mats and frames; accessories necessary for do-it-yourself framing; and most important, available and inexpensive sources of supply for all the materials required. You will discover that framing can be fun and fast and take away a beautiful framed work as well.

**WHO:** Adults  
**DAY:** Wednesdays  
**TIME:** 7:00-9:00 PM  
**DATES:** Nov. 22-Dec. 6  
**DURATION:** 3-Weeks  
**WHERE:** FCC—Room 1  
**COST:** \$75 per person



*Instructed by Stanley Klein, Professional photographer and teacher*

## INTRODUCTION TO JAZZ GUITAR

Participants will focus on learning to play the chords, melody, add melodic embellishments, and improvise over the changes in a group setting for a standard jazz repertoire. The prerequisites for this class are you must be able to read a simple lead sheet, know standard jazz chords, be able to do some improvisation over the chord changes, be willing to practice weekly, and have your own acoustic guitar.

**WHO:** Adults  
**DAY:** Mondays  
**TIME:** 7:00-8:45 PM  
**DATES:** Sept. 18-Dec. 11 (**no class 10/2 & 10/9**)  
**DURATION:** 11-Weeks  
**WHERE:** FCC—Room 3  
**COST:** \$12 per person



*Instructed by Mark Globerson*

## CO-ED VOLLEYBALL

**WHO:** Adults  
**DAY:** Wednesdays  
**TIME:** 7:00-9:00 PM  
**DATES:** Sept. 20-Dec. 20  
**DURATION:** 14-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$65 per person



\* A minimum number of participants is required

# ADULT PROGRAMS

## TEEN/ADULT ART PROGRAM

Explore drawing, painting, & collage. Emphasis is on expanding creativity and introducing students to traditional & new approaches to making art.

**WHO:** Teens and Adults  
**DURATION:** 8-Weeks  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**MONDAY MORNINGS—9:00-11:30 AM**  
**DATES:** Sept. 11-Nov. 13 (no class 10/2 & 10/9)  
**COST:** \$275 per person  
**MONDAY EVENINGS—6:30-8:30 PM**  
**DATES:** Sept. 11-Nov. 13 (no class 10/2 & 10/9)  
**COST:** \$230 per person  
**WEDNESDAY MORNINGS—9:00-11:30 AM**  
**DATES:** Sept. 13-Nov. 1  
**COST:** \$275 per person  
**SATURDAY MORNINGS—9:30 AM-12:00 PM**  
**DATES:** Sept. 16-Nov. 4  
**COST:** \$275 per person

Instructed by Michelle Garro



## INTRODUCTION TO THAI CUISINE

If your mouth waters just thinking about Pad Thai or chicken coconut soup, then learn how to create Thai specialties at home in this course. You will learn how to make the basics of Thai cuisine, including appetizers such as chicken satay and spring rolls, soups, curries, and noodle and rice dishes, and then enjoy what you have made afterward. You will also learn about Thai ingredients and where to find them. You will bring home many Thai recipes with you.

**WHO:** Adults  
**DAY:** Mondays  
**TIME:** 6:30-9:00 PM  
**DATES:** Oct. 16-Nov. 6  
**DURATION:** 4-Weeks  
**WHERE:** FCC—Kitchen & Room 1  
**COST:** \$120 per person



Instructed by Tom Kaewprasert, Chef of Sweet Pepper Thai Cuisine in Sudbury

## ADULT FITNESS HORSEBACK RIDING

**WHO:** Adults  
**WHERE:** Century Mill Stables in Bolton  
**WEDNESDAY EVENINGS**  
**TIME:** 7:00-8:00 PM  
**SESSION I:** Sept. 6-27  
**SESSION II:** Oct. 4-25  
**SESSION III:** Nov. 1-29 (no class 11/22)  
**SESSION IV:** Dec. 6-27

**DURATION:** 4-Weeks  
**COST:** \$180 per person  
**FRIDAY MORNINGS**  
**TIME:** 11:00 AM-12:00 PM  
**SESSION I:** Sept. 8-29  
**SESSION II:** Oct. 6-27  
**SESSION III:** Nov. 3-24  
**SESSION IV:** Dec. 1-29 (no class 12/22)



Instructed by Century Mill Stables Staff

## JAZZERCISE®

Designed to boost cardiovascular endurance, strength, and flexibility, Jazzercise offers a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing movements. Over the years, millions of people **of all ages and fitness levels** have reaped the benefits of exercise. We insist that exercise can and should be **FUN**. We believe fitness is an important aspect of well-being and enhances the overall quality of people's lives. We are hosting an OPEN HOUSE on September 23rd at 8:00am—come & see what the excitement is about! **ONE WEEK OF JAZZERCISE FOR FREE (new students only)!!**

	Mon	Tues	Wed	Thurs	Fri	Sat
8:00 am						Body Sculpt
9:00 am						Jazzercise
9:30 am	Jazzercise		Jazzercise		Jazzercise	
6:30 pm		Jazzercise		Jazzercise		

**WHO:** Adults & 12+ w/parent  
**WHERE:** FCC-GYM  
**WHEN:** Fall Schedule begins on September 6th

**COST:** \$12 per class  
 \$40 for a monthly unlimited pass  
 \$95 for an 8-week unlimited pass

### ON-GOING ENROLLMENT

For additional information, contact Dawn Scharmer at (978) 758-9341.

# PARK & REC. REGISTRATION FORM

Participant's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: MALE / FEMALE Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_

E-Mail Address: \_\_\_\_\_

## PROGRAM INFORMATION

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Program Name: \_\_\_\_\_ Session: \_\_\_\_\_ Time: \_\_\_\_\_ Start Date: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

**TOTAL COST:** \$ \_\_\_\_\_

## METHODS OF PAYMENT: CHECK, CREDIT CARD, OR CASH

◇ Make check # \_\_\_\_\_, payable to TOWN OF SUDBURY

◇ Credit Card: VISA or MASTERCARD

Name on credit card: \_\_\_\_\_ Account #: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

### PARENT/GUARDIAN MUST READ AND SIGN IF PARTICIPANT IS UNDER AGE 18:

"Please accept the above persons for this participation. I am aware of the risk inherent in this activity, and I hereby release the sponsors, Town of Sudbury, its employees, its agents, and its officers from responsibility for any and all associated losses, claim of loss, injury or damage resulting from participation in this activity. I have determined the nature and extent of the planned activities and feel that this participant is of sufficient age, ability, and discretion to participate. I agree that this participation will be at the discretion of the Park and Recreation Department. If any participant becomes a **DISCIPLINE PROBLEM, HE OR SHE WILL BE EXPELLED FROM THE PROGRAMS WITHOUT REFUND OF THE PROGRAM FEE.** Permission is hereby given for treatment of this participant by a medical doctor in the event of injury or illness during participation. Unless noted on this form, participant has no allergies or other problems which will interfere with normal participation. We do not discriminate on the basis of race, religion, color, sex, marital status, national origin or persons with disabilities. For cancellation or bad weather, please call Sudbury Park and Recreation Department at (978) 443-1092 ext. 500."

Does Participant have any special medical needs? \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**PLEASE MAIL OR BRING TO:  
SUDBURY PARK AND RECREATION  
40 FAIRBANK ROAD  
SUDBURY, MA 01776**

Date Received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Res: \_\_\_\_ Non-Res. \_\_\_\_ Cash: \$ \_\_\_\_\_ Check: # \_\_\_\_\_ CC Auth.# \_\_\_\_\_ Amt:\$ \_\_\_\_\_ Int: \_\_\_\_\_ Entered in Sportsman: YES / NO



# ATKINSON POOL REGISTRATION FORM

Please complete the registration form, one for EACH CHILD/ADULT in EACH PROGRAM.

**Make check payable to ATKINSON POOL or include credit card information.**

**Mail or bring to: Atkinson Pool, ATTN. Program Registration, 40 Fairbank Rd. Sudbury, MA 01776**

## PARTICIPANT INFORMATION:

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_ M/F

Street Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_

Email Address: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## EMERGENCY CONTACT INFORMATION:

Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_

## PAYMENT:

Circle method of payment: Check or Credit card (VISA or MASTERCARD)

*\* A \$25.00 service charge will be assessed for all returned checks.\**

Name on credit card: \_\_\_\_\_ Account #: \_\_\_\_\_

Signature: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

*Please use multiple registration forms for multiple programs!*

Program Name (swim lesson level)	Session A or B	Day	Time	Cost

## PARENT/GUARDIAN MUST READ AND SIGN IF PARTICIPANT IS UNDER AGE 18:

"Please accept the above person for this participation. I am aware of the risk inherent in this activity, and I hereby release the sponsors, Town of Sudbury, its employees, its agents, and its officers from the responsibility for any and all associated losses, claim of loss, injury or damage resulting from participation in this activity. I have determined the nature and extent of the planned activities and feel that this participant is of sufficient age, ability, and discretion to participate. I agree that this participation will be at the discretion of the Atkinson Pool/Park & Recreation Department. If any participant becomes a DISCIPLINE PROBLEM, HE OR SHE WILL BE EXPELLED FROM THE PROGRAM WITHOUT REFUND OF THE PROGRAM FEE.

Permission is hereby given for treatment of this participant by a medical doctor in the event of injury or illness during participation. Unless noted on this form, participant has no allergies or other problems which will interfere with normal participation. We do not discriminate on the basis of race, religion, color, sex, marital status, national origin or persons with disabilities. For cancellation or bad weather, please call Atkinson Pool/Sudbury Park & Recreation Department at (978) 443-1058 x 500."

Does participant have any special medical needs? \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## FOR OFFICE USE ONLY:

Date Received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Member: \_\_\_\_\_ Non-Member: \_\_\_\_\_

Cash: \$\_\_\_\_\_ Check #: \_\_\_\_\_ CC Auth. #: \_\_\_\_\_ Amount: \$\_\_\_\_\_ Entered in Sportsman: YES / NO

# Atkinson Pool Daily and Membership Fees

**Full Year and Six Month Membership:** Entitles member to lap and family swim as well as a discount on aquatic programs.

**Monthly Membership (three month minimum):** 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.

**Lunchtime Membership (full year):** This membership is valid for swimming privileges only during the hours of 11:00 am to 3:00 pm, Monday through Friday.

**Swim Pass:** Adult and youth swim passes entitle the user to six swims for the price of five. The Family swim pass entitles the user to eighteen swims for the price of fifteen. All swim passes have a one year expiration date and may be shared.

**All memberships are non-refundable and begin the day of purchase.  
A \$30 membership processing fee is applied to all new memberships.**

Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$70	n/a	\$41	\$246	\$492
Adult	\$6	\$30	\$166	\$27	\$162	\$324
Youth	\$4	\$20	n/a	\$16	\$96	\$192
Senior	\$4	\$20	n/a	\$15	\$89	\$177
Couple	n/a	n/a	n/a	\$37	\$222	\$446

Non-Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$85	n/a	\$46	\$276	\$552
Adult	\$7	\$35	\$186	\$31	\$186	\$372
Youth	\$5	\$25	n/a	\$18	\$108	\$216
Senior	\$4	\$20	n/a	\$17	\$101	\$202
Couple	n/a	n/a	n/a	\$43	\$258	\$526

**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

# American Red Cross

## SWIM LEVEL DESCRIPTIONS

### PARENT & CHILD CLASS (8 months - 4 years old)

This is a water orientation for children & parents and introduces the following: Water adjustment, paddle use of arms and legs, front and back floats, breath control, and safety in and around the pool. This class helps to prepare the child for a more structured swim lesson environment.

**Level 1—Introduction to Water Skills** helps students feel comfortable in the water and to enjoy the water safely.

Must be at  
least 4 years  
old to begin  
Level 1 lesson.

**Skills to be taught:** Basic water safety rules, submerging mouth, nose and eyes. Opening eyes underwater and picking up submerged object. Swimming on front and back using arm and leg actions, discuss and demonstrate how to use a lifejacket. Exhaling underwater, bobbing, and floating on front and back. Recognizing a swimmer in distress and getting help.

**Level 2—Fundamental Aquatic Skills** gives students success with fundamental skills.

*\*Must be able to fully submerge face comfortably\**

**Skills to be taught:** Enter and exit water independently, submerge entire head, and blow bubbles with opened eyes independently. Floating on front with face in the water unsupported, float on back unsupported. Change direction of travel while paddling on front or back. Treading water, and discuss & demonstrate lifejacket use.

**Level 3—Stroke Development** builds on the skills in Level 2 by providing additional guided practice.

**Skills to be taught:** Jumping into deep water from the side, bobbing to safety, entering head first from the side in a sitting or kneeling position. Front and back glide, survival float, front gliding, crawl stroke, (rotary breathing, arms pulling, flutter kick), back gliding with and without kicking. Back crawl (arms pulling, flutter kick). Tread in deep water, using hand and leg movements. Butterfly kick and body motion. As well as diving rules, water safety rules, and life jacket safety.

**Level 4—Stroke Improvement** develops confidence in the strokes already learned and how to improve other aquatic skills.

**Skill to be taught:** Open turns on front and back with push off in streamline position. Refining front crawl stroke, back crawl stroke (while building on endurance), and butterfly (entire stroke). Introduction to the breaststroke, elementary backstroke, and sidestroke (kick only). Treading water using modified scissors, breaststroke or rotary kick and sculling arm motions. Diving from edge of pool (compact and stride), and feet first surface diving. Jumping into pool from a height wearing a lifejacket.

**Level 5—Stroke Refinement** provides further coordination and refinement of strokes.

**Skills to be taught:** Shallow water diving from the side of the pool, tuck and pike surface diving. Flip turns on front and back. Perfecting the front crawl, and back crawl. Refining the butterfly, breaststroke, elementary backstroke, and sidestroke. Survival swimming and a few basic rescue skills.

**Level 6—Fitness Swimmer** refines the strokes so students swim them with ease, efficiency, and power.

**Skills to be taught:** Endurance swimming in the following strokes: front crawl, back crawl, butterfly, elementary backstroke, breaststroke & sidestroke. Refine open turns and flip turns for all strokes. Fitness swimming etiquette, proper usage of pull buoy, fins, pace clock, and paddles. Principles of setting up a fitness program. Calculate target heart rate.

# SWIM LESSON SCHEDULE

## Session A

**DURATION:**

Meets once a week for 8 weeks

**COST:**

Members

\$80

Non-Members

\$120

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:50-9:20 Level 1 Level 2		9:30-10:00 Level 1	9:30-10:00 Parent & Child	9:30-10:00 Level 1	9:30-10:00 Level 2	8:50-9:20 Level 1
9:25-9:55 Level 3 Level 4		10:05-10:35 Level 2	10:05-10:35 Level 1	10:05-10:35 Level 2	10:05-10:35 Level 1	9:25-9:55 Parent & Child Level 2
10:00-10:30 Level 1 Level 2						10:00-10:30 Parent & Child Level 3
10:35-11:05 Level 2 Level 3				12:30-1:00 Level 1		10:35-11:05 Level 2
11:10-11:40 Level 4 Level 5				1:05-1:35 Level 2		11:10-11:40 Level 4
11:45-12:15 Level 6 Fitness Swimmer						11:45-12:15 Level 6 Fitness Swimmer
8 Weeks		8 Weeks	8 Weeks	8 Weeks	8 Weeks	8 Weeks
Begins: Sept. 17		Begins: Sept. 19	Begins: Sept. 20	Begins: Sept. 21	Begins: Sept. 22	Begins: Sept. 23
No Class: <b>Oct. 8</b> <b>Nov. 12</b>					No Class: <b>Nov. 10</b>	No Class: <b>Oct. 7</b> <b>Nov. 11, 25</b>
End Nov. 19		End Nov. 7	End Nov. 8	End Nov. 9	End Nov. 17	End Dec. 2

### **Atkinson Pool Registration Policies and Swim Level Placement**

The Atkinson Pool cannot guarantee a change in levels after registration. If a low enrollment exists in a class the pool has the right to cancel the class a week prior to the start date. The class descriptions list the skills that are introduced at each level. If you are still unsure of which swim level to place your child, please call the pool at (978) 443-1092 to speak with our staff to determine proper placement.

**Class availability pending instructor availability!**

**Reminder: Children may not automatically move on to the next level after one session, children may need to repeat each level two to three times before mastering all skills!**

# SWIM LESSON SCHEDULE

## Session B

**DURATION:**

Meets once a week for 6 weeks

**COST:**

Members

\$60

Non-Members

\$90

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3:45-4:15 Level 1		3:45-4:15 Level 1		
		4:20-4:50 Level 2		4:20-4:50 Level 2		
		4:55-5:25 Level 3		4:55-5:25 Level 3		
		5:30-6:00 Level 4		5:30-6:00 Level 4		
		6 Weeks		6 Weeks		
		Begins: Sept. 19		Begins: Sept. 21		
		End Oct. 24		End Oct. 26		

## YOUTH PROGRAMS

### COMPETITIVE YOUTH STROKE CLASS

For the current or aspiring competitive swimmer.

This class will include structured workouts focusing on stroke refinement, starts, and turns for all four competitive strokes. Must have successfully Completed A.R.C. Level 5.

**DAY:** Tuesdays

**TIME:** 6:00 - 6:45 PM

**COST:** Members: \$66  
Non-Members: \$99

#### Session A:

**DATES:** TBA

**DURATION:** 5 Classes

#### Session B:

**DATES:** TBA

**DURATION:** 5 Classes



### SPRINGBOARD DIVING

For beginners with no diving experience, and advanced beginners who are able to perform a forward and back dive, ages 7 and older.

*Instructed by Jim Kelly and the Boston Area Diving*

**DAY:** Saturdays

**TIME:** 10:00AM - 11:00 AM (Beginner)  
11:00AM - 12:00 PM (Adv.)

Beg)

#### Session A:

**START DATE:** Sept. 16

**DURATION:** 5 Sessions

**COST:** Member: \$66  
Non Member: \$99

#### Session B:

**START DATE:** Nov. 4

**DURATION:** 4 Sessions

**COST:** Member: \$55



The Atkinson Pool is introducing a special time for **Youth Lap Swimming** (14 & under). During this time there will be a designated lap lane for youths that are looking to further their lap swimming skills.

**DAYS:** Thursday

**TIME:** 7:00 - 8:00 PM

**DATES:** Sept. 14 - Oct. 26



## YOUTH PROGRAMS



### EVENING PARENT & CHILD SWIM CLASS

8 months - 4 years old

This class is a water orientation for children & parents that introduces the following: paddle use of arms and legs, front and back floats, and safety in and around the pool. This class helps to prepare the child for a more structured swim lesson environment.

*Instructed by: Katie DuPont*



#### Class A:

**DAY:** Tuesday  
**TIME:** 6:15 PM - 6:45 PM  
**DATES:** Sept. 19 - Oct. 24  
**DURATION:** 6 classes

#### Class B:

**DAY:** Thursday  
**TIME:** 6:15 - 6:45 PM  
**DATES:** Sept. 21 - Oct. 26  
**COST:** Members \$60 Non-Members \$90

### YOUTH LAP SWIM

The Atkinson Pool is introducing a special time for Youth Lap Swimming (14 & under). During this time there will be a designated lap lane for youths that are looking to further their lap swimming skills.

**DAYS:** Thursday **TIME:** 7:00 - 8:00 PM **DATES:** Sept. 14 - Oct. 26

### BIRTHDAY PARTIES

Having a birthday Party? Host it at the Atkinson Pool!

**DAYS:** Saturday & Sunday **TIME:** Starting at Noon  
**COST:** \$60 (for private room & use of pool)  
 Includes 10 children, each additional child is \$4, and adults are FREE.  
**Call the Atkinson Pool for more information.**



### TINY TOT SWIM

Here's baby's chance to get in the pool with their favorite adult and have a great time splashing around and testing out the water!



**WHO:** Ages 5 and under w/adult  
**DAYS:** Mon., Wed., Fri., & Sun.

**TIME:** 11:15 AM - 12:00 PM  
**COST:** \$4 per Non-Member child



## ADULT PROGRAMS

### ADULT SWIM LESSONS

For adults who would like to be more comfortable in the water OR would like to improve particular swimming skills. Whether you are a beginner or just want to get back into swimming.

**DAY:** Tuesday **COST:** Members: \$66 Non-Members: \$99  
**TIME:** 6:45 - 7:30 PM **DURATION:** 5 Classes

#### SESSION A (Beginners):

**DATES:** TBA

#### SESSION B (Advanced Beginners):

**DATES:** TBA

### POOL HOURS

**Monday - Thursday:** 6:00 AM - 9:00 PM **Friday:** 6:00 AM - 7:00 PM  
**Saturday:** 7:00 AM - 6:00 PM **Sunday:** 7:00 AM - 4:00 PM

# ADULT PROGRAMS

## **DEEP WATER WORKOUT** – Instructed by Peggy Mangan-Cross & Geralyn Strella

Combination of deep water jogging and deep water interval work with the use of floatation and resistance equipment. Emphasis on upper and lower body strength and endurance training. A cardiovascular workout, set to music, that also includes muscle conditioning. Great for people who want a good workout, but are unable to do weight-bearing activity.

## **AQUACISE** – Instructed by Geralyn Strella

Water aerobics set to music! In addition to a cardiovascular workout, each class includes muscle conditioning for all major muscle groups, and stretching for flexibility. Several options to increase or decrease the difficulty of the workout will be given for preference and ability.

## **WATER CARDIO** – Instructed by Sarah Hyland

Water cardio is a complete body workout designed to improve cardiovascular fitness, endurance, increase flexibility and range of motion. Regardless of your age or fitness level, working out in the water is fun and motivating. So dive in, the water is a great place to exercise!

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45 AM	Deep Water <i>Peggy</i>		Deep Water <i>Peggy</i>		
8:15-9:00 AM		Aquacise <i>Geralyn</i>		Aquacise <i>Geralyn</i>	Aquacise <i>Geralyn</i>
9:30-10:15 AM		Deep Water <i>Geralyn</i>		Deep Water <i>Geralyn</i>	Deep Water <i>Geralyn</i>
7:00-8:00 PM		Water Cardio <i>Sarah</i>			

### **6:00 - 6:45 AM Deep Water Workout**

**DATES:** September 11 - December 13  
**DURATION:** 29 classes  
**COST:** Members/Seniors: \$ 160  
Non-Members: \$ 261

### **9:30 - 10:15 AM Deep Water Workout**

**DATES:** September 12 - December 15  
**DURATION:** 39 classes  
**COST:** Members/Seniors \$ 215  
Non-Members \$ 351

### **8:15 - 9:00 AM Aquacise Class**

**DATES:** September 12 - December 15  
**DURATION:** 39 classes  
**COST:** Members/Seniors \$ 215  
Non-Members \$ 351

### **Two day a week Aquacise option**

**DURATION:** 26 classes  
**COST:** Members/Seniors \$ 143  
Non-Members \$ 234

### **7:00 - 8:00 PM Tuesday Water Cardio**

**DATES:** September 12 - October 24  
**DURATION:** 7 classes  
**COST:** Members/Seniors \$ 42  
Non-Members \$ 70

## **AWESOME Aquatics**

This class is perfect for adults or seniors looking for a slower paced workout, this includes any type of disability. Also those who may want to continue exercise or strength training after physical therapy.

Anyone interested in this class, may contact the instructor at [gstrella@comcast.net](mailto:gstrella@comcast.net)

**DAYS:** Monday, Tuesday, & Thursday  
**DATES:** September 11 - December 15

**TIME:** 11:00 AM - 12:00 PM  
**COST:** \$175

# AMERICAN RED CROSS COURSES

## LIFEGUARD TRAINING

Prerequisites: Minimum age of 15, and be able to demonstrate the following skills: 500 yard swim with 200 yards of crawl, 100 yards of breaststroke, (and combination of crawl and breast stroke), also must be able to retrieve diving brick from the bottom of the pool. Upon completion of the course, participants will be certified in Lifeguard Training, First Aid and C.P.R. for the Professional Rescuer.

**Attendance for all classes is Mandatory**

**\*\*\* THERE ARE NO REFUNDS IF YOU DO NOT PASS THE PRE-TEST \*\*\***

<b>DAY:</b>	Saturday	<b>TIME:</b>	3:00 - 6:00 PM
<b>DATES:</b>	Sept. 16 - Dec. 9	<b>COST:</b>	\$220
(No Class Oct. 7, Nov. 11, & Nov. 25)    ** Please bring snack/dinner **			



## BABYSITTER'S TRAINING COURSE

Receive training in babysitting responsibilities, characteristics of children, supervising and playing with children, 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 CPR for children and infants.

<b>WHO:</b>	6th-9th Graders, age 11-15	<b>DAYS:</b>	Sundays
<b>TIME:</b>	9:30 AM - 2:30 PM	<b>DATES:</b>	Oct. 15 & 22
<b>DURATION:</b>	2 Classes	<b>COST:</b>	\$85 per person

**\* Please bring a lunch. Attendance is mandatory for all classes. \***



## CPR for the Professional Rescuer

Designed to teach professional rescuers (those with a duty to act) the skills needed to respond appropriately to breathing and cardiac emergencies.

<b>DAYS:</b>	Monday	<b>TIME:</b>	5:00 - 8:00 PM
<b>DATES:</b>	September 11 & 18	<b>COST:</b>	\$65 per person



## Community FIRST AID and CPR

Designed to provide skills in first aid and accident prevention. Skills taught include CPR, rescue breathing for adults, children, and infants. Other skills include bandaging, splinting techniques, and stabilization of injured person until medical help arrives.

<b>DAYS:</b>	Sundays
<b>DATES:</b>	October 29 & November 7
<b>TIMES:</b>	9:30 AM - 4:00 PM
<b>COST:</b>	\$120

**\* Please bring a lunch. Attendance is mandatory for all classes. \***



## CPR for the Professional Rescuer RE-CERTIFICATION

Prerequisite: Participants MUST possess a current American Red Cross C.P.R. certificate. Each participant will have the opportunity to view segments, practice and perform skills and complete the written examination.

<b>DAY:</b>	Monday	<b>TIMES:</b>	5:00 - 9:00 PM
<b>DATES:</b>	October 16	<b>COST:</b>	\$80



# OTHER FUN PROGRAMS

## 1st Annual FALL FITNESS SWIMMER CHALLENGE

**The Challenge:** To take a virtual swim across your choice of water body. Enjoy the satisfaction of swimming along these magnificent bodies of water without ever leaving the comfort of the Atkinson Pool during the month of October!

**The Options:** **Option A:** is to swim the 7.5 mile (13,200 yards) equivalent to the *Cape Cod Canal*.  
**Option B:** is to swim the 21 (36,960 yards) equivalent to the *English Cannel*.  
**Option C:** is to swim the 50 mile (88,000 yards) equivalent to the *Panama Canal*.  
**Option D:** is to swim the 80 mile (140,800 yards) equivalent to the *Charles River*.

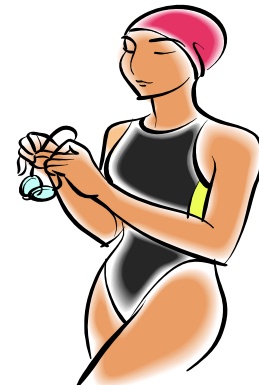


Join the **Atkinson Pool Fitness Challenge** with a twist! All participants will need to choose what option they want to swim, they will then receive a special booklet to keep track of their daily yardage for that particular option. After each swim the participant will write their yardage in their booklet and drop it off at the front desk. The pool will keep track of your yardage, which will be displayed on the pool deck...for everyone to cheer you on! All members are welcome to join the fun, please stop by the front desk to register for \$5 and receive our information packet.

## SUDBURY YOUTH SWIM TEAM

Competitive swim team for youth ages 7-17 who have achieved a Level 4 or higher in Red Cross swimming. The team swims November-March with 3 practices a week at the Atkinson Pool. For more information and an application visit the teams website at: [www.sudburyswimteam.org](http://www.sudburyswimteam.org). All applications are due by **September 30th** and as space are limited, children are placed on the team on a first come, first serve basis.

**\*This program is not affiliated with the Atkinson Pool\***



## BOSTON AREA DIVING

U.S. Jr. Olympic team dedicated to the ideals and goals of U.S. Diving. Practices are held at the Atkinson Pool and Bentley College. Divers looking to compete year round should contact Jim Kelly at: [Jim@USAdiver.com](mailto:Jim@USAdiver.com). or visit: [www.badwest.com](http://www.badwest.com)



## Check out our swim supplies!!!!

Classic Goggles	\$ 4
Vision Goggles	\$ 8
Silicone Cap	\$ 9
Latex Cap	\$ 4
Child Flotation Bubble	\$ 15
Adult Water Belt	\$ 20
Child Swim Diapers	\$ 15



## BOSTON HARBOR DIVING COMPANY

Learn to SCUBA dive at the Atkinson Pool with Captain James Sullivan! Both group classes & private lessons are available. PADI SCUBA group lessons are completed over a weekend, private lessons can take place on your schedule. All gear needed for pool is included, no gear purchases are necessary.



For more information and to register, call:(617)846-5151 or visit: [www.bostondiving.com](http://www.bostondiving.com)

## TINY TOT SWIM

Here's baby's chance to get in the pool with their favorite adult and have a great time splashing around and testing out the water!

**WHO:** Ages 5 and under w/adult  
**TIME:** 11:15 AM - 12:00 PM  
**DAYS:** Mon., Wed., Fri., & Sun.  
**COST:** \$4 per Non-Member child



**Children under 1 are FREE! Members are FREE!**

# Atkinson Pool Schedule September-October

	Sunday Open 7 AM	Monday Open 6 AM	Tuesday Open 6 AM	Wednesday Open 6 AM	Thursday Open 6 AM	Friday Open 6 AM	Saturday Open 7 AM
6:00-7:00	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	4 Lap 4 Aquacise	8 Lap	4 Lap 4 Aquacise	4 Lap 4 Aquacise	8 Lap
9:00-10:00	4 Lap 4 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lesson
10:00-11:00	4 Lap 4 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lesson
11:00-12:00	2 Lap 4 Lessons 2 Tiny Tot	4 Lap 2 Tiny Tot 2 Awesome	6 Lap 2 Awesome	4 Lap 2 Lesson 2 Tiny Tot	6 Lap 2 Awesome	6 Lap 2 Tiny Tot	4 Lap 4 Lesson
12:00-1:00	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	4 Lap 2 Family 2 Lesson
1:00-2:00	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	6 Lap 2 Family
2:00-3:00	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family
3:00-4:00	6 Lap 2 Family	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	6 Lap 2 Family
4:00-5:00	CLOSED	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	6 Lap 2 Family
5:00-6:00		6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	6 Lap 2 Family
6:00-7:00		3 Lap 3 Swim Clinic 2 Family	4 Lap 4 Lesson NO FAMILY	3 Lap 3 Swim Clinic 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	CLOSED
7:00-8:00		3 Lap 3 Swim Clinic 2 Family	3 Lap 3 Water Cardio 2 Lesson	3 Lap 3 Swim Clinic 2 Family	3 Lap 2 Family 2 Lesson 1 Youth lap	CLOSED	
8:00-9:00		6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 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

*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

Monday October 9, Columbus Day:

6am - 9am Adult Lap only, 12noon - 3pm Lap & Family

Friday November 10, Veterans Day Observed: **CLOSED**

Saturday November 11, Veterans Day: **Open regular hours**

Thursday November 23, Thanksgiving: **CLOSED**