

Town of Sudbury
PARK & RECREATION
ATKINSON POOL



SPRING 2007
PROGRAMS & ACTIVITIES

40 Fairbank Road, Sudbury, MA 01776
(978) 443-1092 Fax (978) 443-1051
www.recreation.sudbury.ma.us
www.pool.sudbury.ma.us
www.youth.sudbury.ma.us

GENERAL INFORMATION

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GREETINGS FROM THE DIRECTOR

It's springtime and we are happy to offer various programs of different interests for people of all ages. The department is pleased to offer some great new activities, and bring back many of your old favorites as well. Please try our online registration process, it is seamless & in real time 100% of spaces are available. Special thanks go to my staff for a job well done.

Be sure to visit the Atkinson Pool for a swim as we have made many improvements over the past year. 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 COMMISSION

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

Brochure Mailing Timeline:

Fall - August
Winter - November
Summer Camps/Clinics - February
Spring - April
Summer - June

PARK & RECREATION STAFF 978-443-1092:

Dennis Mannone, Recreation Director	ext. 3259
Ryan Pratt, Program Coordinator	ext. 3256
Patricia Haberstroh, Office Coordinator	ext. 3258
Barbara Donovan, Pre-School Coordinator	ext. 3231
Jessica Bendel, Youth Coordinator	ext. 3227
Lisa Barnes, Teen Center Coordinator	ext. 3257
Tim Goulding, Aquatic Director	ext. 3261
Chery Finley, Aquatic Supervisor	ext. 3264



OTHER HELPFUL NUMBERS:

Fairbank Senior Center	978-443-3055
Parks & Grounds Department	978-443-3213
Park & Recreation Fax #	978-443-1051
Inclement Weather Hotline	978-639-3233
Field Closings	978-639-3243

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	Marcy Wilkins	978-579-7939	www.sudburybaseball.com
Babe Ruth Baseball	Katie Howd	978-443-5573	www.sudburybaberuth.com
Sudbury Youth Basketball-Girls	Margaret Chunias	978-443-3467	www.sudburybasketball.com
Sudbury Youth Basketball-Boys	Pat Rosseel	978-443-8172	www.sudburybasketball.com
Pop Warner Football and Cheerleading	Steve Pace	978-443-7401	www.sudburypopwarner.com
Youth Hockey	Alan Jefts	978-440-9534	www.sms hockey.com
Lacrosse-Boys	Adam Zais	978-443-0827	www.sudburylacrosse.com
Lacrosse-Girls	Paul Griffin	978-443-7541	www.sudburylacrosse.com
Youth Soccer	Sandy Moore	978-443-1321	www.sudburysoccer.org
Adult Soccer	Peter Buxton	978-443-2818	www.othsl.org
Softball-Girls	Cathy Dill	978-443-7849	www.sudburysoftball.org
Softball-Women	Jean Lind	978-443-9130	
Softball-Men	Carlo Lepordo	978-443-9573	www.sudburymenssoftball.org
Softball-Seniors	Richard Morris	978-443-0583	www.emass-seniorsoftball.com
Swim Team-Sudbury Youth	Dori & Kirk Hutchinson	978-443-4817	www.sudburyswimteam.org
Sudbury Youth Wrestling	Joel Mode	978-440-9923	www.eteamz.com/sudburywrestling

GENERAL INFORMATION

WHEN CAN I REGISTER?

REGISTRATION for **RECREATION** programs will begin on **Tuesday, April 3rd at 9:00am!**

REGISTRATION for **POOL** programs will begin on **Thursday, April 5th at 9:00am!**

100% of ALL SPACES for all programs will be made available online on that day. You can register online at our website (www.recreation.sudbury.ma.us) for recreation programs, (www.pool.sudbury.ma.us) for pool programs or you may choose to register in person at the Atkinson Pool/Fairbank Community Center. If you register online, a small processing fee of \$2.00 will be added to each program.

Online Registration is the PREFERRED METHOD and STRONGLY RECOMMENDED if you want to save time and increase the probability that your children get into their desired program!! You may choose to register in person, but there is a chance that you will have to wait in a line. At that point, some programs may already be full.

Please feel free to go to our website and look at the programs you will be registering for ahead of time. 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**.

INCLEMENT WEATHER

Programs may be cancelled due to inclement weather. To check on the status of your program, call our hotline at:
978-639-3233

WAYS TO REGISTER

Online Registration at www.recreation.sudbury.ma.us

Walk-in Registration as long as space is available.

Payment **MUST** be received at time of registration.

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

E-MAIL UPDATES

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

PROXY REGISTRATIONS & CONFIRMATION

A person may submit another's registration form, provided the form is properly completed, signed, and accompanied by the correct fee (wait until availability is confirmed before filling in their check). Limit is **ONE PER PERSON**.

Due to the number of registrations we receive, we do not confirm placement by mail or phone.

If you do not hear from us, you are in the program!

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 unless your spot can be promptly filled. **Refunds are easier to process if you pay by credit card!!** If you pay by check, to receive a refund, you must submit a refund form and a copy of the cancelled check at the FCC.

FINANCIAL AID

Aid is available for some of our programs. It is offered to **Sudbury Residents** based on financial need. A minimal payment of \$25 per participant per program is required at the time of registration. Stop by our office for more information.

UPCOMING BROCHURES

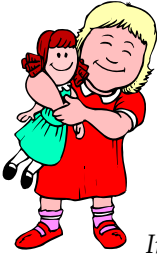
Our summer program brochure with summer swim lesson information adult fitness and youth programs will be out in late June.

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

PRESCHOOL PROGRAMS

AFTERNOON RELIEF

Are there times when you need to get things done and you cannot bring your child with you? 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, do an art project and be able to go outside. 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 **Friday before the Tuesday** your child is coming.



WHO: Ages 3-6
DAY: Tuesdays
TIME: 12:00-3:00 PM
DATES: Apr. 24-June 5
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 spring. 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: Apr. 24-May 23
WHERE: FCC—Gym
COST: \$4 per child per day



Wayland High School

August 6 - August 10 & August 13 – August 17

Champion Soccer School is back for its fifth year. It is a co-ed program for players entering grades K-12. Players are taught by high school coaches and male and female college-level athletes. Students will be divided into small groups based on age and skill-level to ensure a fun, safe, and challenging atmosphere for players of all abilities. (Goalkeeper program available for grades 6-8, 9-12)

Junior Introductory – Grades K-2
Youth Development – Grades 3-5
Middle School Prep – Grades 6-8
High School Academy – Grades 9-12
New! Team training program available.
Details online – for grades 6-12

Full day: 9 AM–3 PM (All programs)
K-5: 1 week - \$215 2 weeks - \$399
6-12: 1 week - \$249 2 weeks - \$430
Half day option: 9 AM–12 PM (K-2 only)
1 week - \$140 2 weeks - \$260

Registration Forms Available Online

Email: ChampionSoccerSchool@yahoo.com
Website: www.ChampionSoccerSchool.com

Phone: (508) 358-0713
Call or email to request a brochure!

KINDERGARTEN WORKSHOPS

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

WHO: Children currently in Kindergarten
TIMES: 9:15-10:45 AM or 12:30-2:00 PM
 (No morning workshops on Mondays)
COST: \$22 per child per workshop
Instructed by Barbara Donovan, Preschool Coordinator and Kindergarten Workshop Staff

DAYS: Mondays or Fridays
DATES: See below
WHERE: FCC—Room 4

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 REGISTER FOR.

Participant's First Name: _____ Last Name: _____ DOB: ____/____/____ Gender: M / F
 Parent/Guardian's Name: _____ Address: _____ Town: _____ Zip: _____
 Home Phone: (____)____-____ Work Phone: (____)____-____ Cell Phone: (____)____-____
 Email Address: _____



HAWAIIAN LUAU

FRIDAY APRIL 27th or MONDAY APRIL 30th

Join our Hawaiian Luau as we erupt a volcano, string our own leis, do the limbo, and learn about some Hawaiian customs. We will sample some Hawaiian food too.

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 12:30-2:00pm Mon. 12:30-2:00pm

MEXICAN FIESTA

FRIDAY MAY 4th or MONDAY MAY 7th

Hola! It's Fiesta Time! Come help us celebrate Cinco de Mayo (May 5th), Where you will make your own piñata, don sombreros, and learn about some Mexican customs.

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 12:30-2:00pm Mon. 12:30-2:00pm



SPRING CELEBRATION

FRIDAY MAY 11th or MONDAY MAY 14th

Find out all the wonderful things this season has to offer as we spring into action and make something special (for your mom, grandma, or any adult women in your life).

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 12:30-2:00pm Mon. 12:30-2:00pm

PIRATE TREASURE HUNT

FRIDAY MAY 18th or MONDAY MAY 21st

Aaaaaaar matey!! We'll learn about what it must be like to be a Pirate and live on the high seas! We will make our own treasure maps and go on a hunt for treasure left long ago by Captain Fairbank.

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 12:30-2:00pm Mon. 12:30-2:00pm



CELEBRATE AMERICA

FRIDAY MAY 25th ONLY!

Come and help us celebrate the spirit of America as we have star-spangled fun and create different items you and your friends will be proud of.

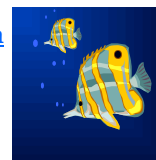
PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 12:30-2:00pm

UNDER THE SEA

FRIDAY JUNE 1st or MONDAY JUNE 4th

Hold your breath...we're going on an adventure to the ocean floor. We'll acquaint ourselves with fish friends, create beautiful seascapes and have a whale of a time!

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 12:30-2:00pm Mon. 12:30-2:00pm



KINDERCAMP

FRIDAY JUNE 8th or MONDAY JUNE 11th

Come have fun as we learn different games. Make a travel kit you can play with family and friends and learn a little bit about camping.

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: _____

ONE DAY PROGRAMS

WEBKINZ WORKSHOP

Have you adopted a Webkinz? Bring your little friend to this workshop for an afternoon of play and crafts. We will make toys and a very special project for your pet and play interactive games and have relay races!

Join us for 2 and a 1/2 hours of creative fun!

WHO: Grades K-4
DATE: Sunday, May 6
TIME: 2:30-5:00 PM
WHERE: FCC—Room 1
COST: \$48 per child

Instructed by Beth Meditz and Diane Dinell

CALLING ALL RED SOX FANS

Join this workshop and make everything related to your favorite local baseball team...THE RED SOX!! You will have the opportunity to make decorations for your room as well and fan gear to take to a game. Start the baseball season off right - become a part of this class and get ready for a great baseball season!

WHO: Grades K-4
DATE: Wednesday, Jun. 13
TIME: 3:00-5:30 PM
WHERE: FCC—Room 1
COST: \$48 per child

Instructed by Beth Meditz and Diane Dinell

AFTERNOON OF ARTS AND CRAFTS

Drop the kids off for an afternoon of games and crafts and more. Space is limited and participants must be Sudbury residents.

WHO: Children Ages 3-7 (must be toilet trained)
DATE: Sunday, May 13
TIME: 2:00-5:00 PM
WHERE: FCC—Room 4
COST: \$15 per child to be donated to charity



Pre-registration is required so please e-mail youth@town.sudbury.ma.us with the names and ages of the children who will be attending as well as parent contact information.

The deadline to sign-up is Wednesday, May 9th.

Sponsored by the Youth Action Committee at Lincoln-Sudbury Regional High School.

SUDBURY SUMMER CONCERT SERIES

Sudbury Park and Recreation is pleased to be offering our 3rd Annual Summer Concert Series this summer. This series will consist of performances by a variety of musical groups and entertainers so the entire family is welcome to come.



All of these community events are **FREE** and will be held on select **Monday** nights in July and August.



* More information on specific dates and performances will be available in the coming months.

Please visit our website (www.recreation.sudbury.ma.us) for more details.

YOUTH PROGRAMS

VIKING 4 AND 5-YEAR OLD SOCCER

WHO: Ages 4 and 5
DAY: Saturdays
CLASS I: 9:00-9:50 AM
CLASS II: 10:00-10:50 AM
CLASS III: 11:00-11:50 AM
DATES: Apr. 28-Jun. 9
DURATION: 7-Weeks
WHERE: Curtis Middle School Back Fields
COST: \$72 per child



Instructed by Viking Sports

PLAY SOCCER SPRING CLINIC

WHO: Ages 4-8
DAY: Fridays
TIME: 5:30-7:00 PM
DATES: May 4-Jun. 8
DURATION: 6-Weeks
WHERE: FCC—Back Fields
COST: \$90 per child



Instructed by Play Soccer

BABY BEAR

WHO: 4-24 Months
DAY: Wednesdays
CLASS I: 9:00-9:45 AM (4-11 Months)
CLASS II: 10:00-10:45 AM (12-24 Months)
DATES: Apr. 25-Jun. 13
DURATION: 8-Weeks
WHERE: FCC—Room 2
COST: \$72 per child

Instructed by The Under 5 Club

VIKING PRE-K & KINDERGARTEN T-BALL

WHO: Ages 4 and 5
DAY: Saturdays
CLASS I: 1:00-1:50 PM (Age 4)
CLASS II: 2:00-2:50 PM (Age 5)
DATES: Apr. 28-Jun. 9
DURATION: 7-Weeks
WHERE: Curtis Middle School Back Fields
COST: \$72 per child

Instructed by Viking Sports

THUNDERCAT BASKETBALL

WHO: Ages 5-12
DAY: Saturdays
CLASS I: 1:00-1:50 PM (Ages 5-7)
CLASS II: 2:00-2:50 PM (Ages 8-12)
DATES: May 5-Jun. 2
DURATION: 5-Weeks
WHERE: FCC—GYM
COST: \$72 per child



Instructed by Thundercat Sports

BE AN ALLIGATOR, BUTTERFLY OR CAMEL...YOGA FOR KIDS

WHO: Ages 4-7
DAY: Mondays
TIME: 3:40-4:25 PM
DATES: Apr. 23-May 21
DURATION: 5-Weeks
WHERE: FCC—Room 2
COST: \$50 per child

Instructed by Anu Patolawala

JUNIOR JAZZERCISE

WHO: Grades 1-4
DAY: Mondays
TIME: 5:15-6:00 PM
DATES: Apr. 23-Jun. 11 (no class 5/28)
DURATION: 7-Weeks
WHERE: FCC—GYM
COST: \$126 per child

Instructed by Sue Galligani

JUNIOR GOLF

WHO: Ages 7-10
DAY: Tuesdays
CLASS II: 4:00-5:00 PM
DATES: Apr. 24-May 29
DURATION: 6-Weeks
WHERE: Wayland Country Club
COST: \$132 per child

Instructed by Wayland Country Club Golf Pros

YOUTH PROGRAMS

CHESS LESSONS

WHO: Ages 6-9
DAY: Thursdays
CLASS II: 4:00-5:00 PM
DATES: May 3-Jun. 7
DURATION: 6-Weeks
WHERE: FCC—Room 3
COST: \$72 per child



Instructed by George Mirijanian

BEGINNER USA TENNIS

WHO: Ages 8-11
DAY: Fridays
TIME: 4:30-5:30 PM
DATES: Apr. 27-Jun. 1
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$108 per child



Instructed by Longfellow Tennis Pros

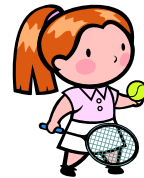
FLOOR GYMNASTICS

WHO: Ages 6-13
DAY: Wednesdays
TIME: 6:00-6:45 PM
DATES: Apr. 25-May 30
DURATION: 6-Weeks
WHERE: FCC—GYM
COST: \$90 per person

Instructed by Casey John Cohen

LITTLE TENNIS

WHO: Ages 5-7
DAY: Fridays
TIME: 3:30-4:30 PM
DATES: Apr. 27-Jun. 1
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$108 per child



Instructed by Longfellow Tennis Pros

DODGEBALL

WHO: Grades 4-6
DAY: Tuesdays
TIME: 4:00-5:00 PM
DATES: May 1-Jun. 5
DURATION: 6-Weeks
WHERE: FCC—GYM
COST: \$72 per child



Instructed by F.A.S.T. Athletics

ULTIMATE SPORTS

WHO: Grades 1-3
DAY: Wednesdays
TIME: 4:00-5:00 PM
DATES: Apr. 25-May 30
DURATION: 6-Weeks
WHERE: FCC—Back Fields
COST: \$72 per child

Instructed by F.A.S.T. Athletics

FLAG FOOTBALL

WHO: Grades 4-6
DAY: Fridays
TIME: 4:00-5:00 PM
DATES: Apr. 27-Jun. 1
DURATION: 6-Weeks
WHERE: FCC—Back Fields
COST: \$72 per child

Instructed by F.A.S.T. Athletics

F.A.S.T. FAVORITES

WHO: Grades 1-3
DAY: Mondays
TIME: 4:00-5:00 PM
DATES: Apr. 23-Jun. 4 (no class 5/28)
DURATION: 6-Weeks
WHERE: FCC—Back Fields
COST: \$72 per child

Instructed by F.A.S.T. Athletics

YOUTH PROGRAMS

KIDS JUST LOVE CRAFTS

WHO: Ages 2-4 (with adult)
DAY: Thursdays
CLASS I: 9:30-10:15 AM
CLASS II: 10:30-11:15 AM
DATES: Apr. 26-May 31
DURATION: 6-Weeks
WHERE: FCC—Room 1
COST: \$48 per child



Instructed by Kids Just Love Crafts Staff

FAIRYTALE BALLET

WHO: Ages 3.5-6
DAY: Thursdays
CLASS I: 10:30-11:15 AM
CLASS II: 1:15-2:00 PM
DATES: May 3-Jun. 7
DURATION: 6-Weeks
WHERE: FCC—GYM
COST: \$78 per child



Instructed by Lisa Von Lichtenberg

MAKING SPANISH FUN

WHO: Ages 2-5 (with adult)
CLASS I: Tuesdays
TIME: 10:00-10:45 AM
DATES: Apr. 24-May 22
WHERE: FCC—Room 2
CLASS II: Wednesday
TIME: 10:00-10:45 AM
DATES: May 2-May 30
WHERE: FCC—Room 1
DURATION: 5-Weeks
COST: \$72 per child



Instructed by Sandra Maiuri

FAIRYTALE BALLET TOO

WHO: Ages 2.5-3.5
DAY: Thursdays
TIME: 11:20-12:00 PM
DATES: May 3-Jun. 7
DURATION: 6-Weeks
WHERE: FCC—Gym
COST: \$78 per child

Instructed by Lisa von Lichtenberg

KINDERBLAST

WHO: Ages 5 and up (boys only)
DAY: Thursdays
TIME: 2:15-3:00 PM
DATES: May 3-Jun. 7
DURATION: 6-Weeks
WHERE: FCC—Gym
COST: \$78 per child

Instructed by Lisa von Lichtenberg

PROGRAM IDEAS

We are always looking for new ideas for programs. If you have any thoughts or a special talent and are interested in offering a program, please give us a call:
978-443-1092 ext. 3256

PUDDLESTOMPERS NATURE EXPLORATION

Come explore the wonders of Mother Nature in the spring with your young naturalist. Weekly classes include hands-on nature exploration activities, active movement and play, snack and a story. Each class follows a specific theme. Get outside and enjoy the beauty of new life in the spring with your energetic child! Younger siblings, up to age 10 months and in a backpack, are welcome. Exceptions to age groupings may be granted by PUDDLESTOMPERS to allow siblings to take class together.

WHO: Ages 2-5 (with adult)
CLASS I: 10:00-10:55 AM (Ages 2-3)
CLASS II: 11:00-11:55 AM (Ages 3-5)
WHERE: Sudbury Conservation Lands (indoor space at the Fairbank Community Center)
COST: \$178 per child

DAY: Tuesdays
DATES: Apr. 24-Jun. 12
DURATION: 8-Weeks

Instructed by PUDDLESTOMPERS Nature Exploration Staff

YOUTH PROGRAMS

SCIENCE ADVENTURES CREEPY CRAWLIES

WHO: Grades K-6
DAY: Thursdays
TIME: 4:00-5:00 PM
DATES: Apr. 26-May 24
DURATION: 5-Weeks
WHERE: FCC—Room 2
COST: \$91 per child



Instructed by Science Adventures Staff

BUDDING ARTIST AND A BUDDY

WHO: Ages 1.5-4 (with adult)
DAY: Mondays
CLASS I: 9:30-10:15 AM
CLASS II: 10:30-11:15 AM
DATES: Apr. 23-Jun. 11 (no class 5/28)
DURATION: 8-Weeks
WHERE: FCC—Room 1
COST: \$96 per child



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

START WITH ART

WHO: Ages 4-6 and Grades 1-6
DAY: Thursdays
CLASS I: 12:30-1:30 PM (Ages 4-6)
CLASS II: 3:45-4:45 PM (Grade 1-6)
DATES: May 3-Jun. 7
DURATION: 6-Weeks
WHERE: FCC—Room 1
COST: \$120 per child



Instructed by Christine Van

ADVENTURES IN DRAWING AND PAINTING

DURATION: 8-Weeks
WHERE: Artspace, 63 Summer St. in Maynard
CLASS I:
WHO: Grades 1-3
DAY: Mondays
DATES: Apr. 30-Jun. 25 (no class 5/28)
TIME: 3:45-5:00 PM
COST: \$130 per child

CLASS II:
WHO: Grades 3-5
DAY: Thursdays
DATES: Apr. 26-Jun. 14
TIME: 4:00-5:15 PM
COST: \$150 per child

Instructed by Michelle Garro

MAD SCIENCE

WHO: Grades K-2
DAY: Tuesdays
TIME: 4:00-5:00 PM
DATES: Apr. 24-Jun. 12
DURATION: 8-Weeks
WHERE: FCC—Room 2
COST: \$96 per child



Instructed by Mad Science Staff

IMAGIMOTION KIDZ

WHO: 1.5-5 years
DAY: Thursdays
CLASS I: 9:30-10:15 AM (1.5-3 years w/ Adult)
CLASS II: 10:15-11:00 AM (3-5 years)
DATES: Apr. 26-May 31
DURATION: 6-Weeks
WHERE: FCC—Room 2
COST: \$60 per child

Instructed by Imagimotion Kidz

MOMMY/DADDY & ME KAYAKING

WHO: Adults and Children ages 1-5
DAY: Mondays
TIME: 4:00-5:30 PM
DATES: May 7-21
DURATION: 3-Weeks
WHERE: Warner's Pond in Concord
COST: \$102 per pair
\$50 for an additional adult



Instructed by Still River Outfitters

YOUTH PROGRAMS

LITTLE ARTISTS

TUESDAYS

WHO: Ages 4-5
CLASS I: 9:30-10:45 AM
CLASS II: 12:30-1:30 PM
DATES: Apr. 24-Jun. 12
DURATION: 8-Weeks
WHERE: FCC—Room 1
COST: \$140

WEDNESDAY MORNINGS

WHO: Kindergarten
TIME: 12:30-1:45 PM
DATES: Apr. 25-Jun. 13
DURATION: 8-Weeks
WHERE: Artspace,
 63 Summer St. in Maynard
COST: \$150



THURSDAY AFTERNOONS

WHO: Kindergarten
TIME: 9:30-10:45 AM
DATES: Apr. 26-Jun. 14
DURATION: 8-Weeks
WHERE: Artspace,
 63 Summer St. in Maynard
COST: \$150

Instructed by Michelle Garro

DALCROZE EURHYTHMICS

Dalcroze Eurhythmics is based upon the ideas and teachings of Swiss musician and educator Emile Jacques-Dalcroze, who believed that engaging in movement, improvisation, and systematic ear training led to a more thorough understanding of music. The Concord Conservatory of Music's Dalcroze Eurhythmics class also incorporates games and activities designed to allow students to experience music and song in a variety of ways. Depending upon the child's age, classes are offered with or without parent involvement.

DURATION: 10-Weeks
COST: \$216 per child (includes book fee)
WHERE: The Concord Conservatory of Music, 1317 Main St. (West Concord Union Church)



WEDNESDAY CLASSES: Apr. 4-Jun. 13 (no class 4/18)

Dalcroze Babies (Ages 6-12 months with parent)

Dalcroze 2 (Ages 24-36 months with parent)

TIME: 11:30 AM-12:15 PM

TIME: 10:30-11:15 AM

FRIDAY CLASSES: Apr. 13-Jun. 22 (no class 4/20)

Dalcroze 1 (Ages 12-24 months with parent)

Dalcroze 2 (Ages 24-36 months with parent)

Dalcroze 3 (Ages 3-4 years)

TIME: 11:30 AM-12:15 PM

TIME: 10:30-11:15 AM

TIME: 1:00-1:45 PM

Instructed by Isabel Aybar

JEAN LIND TEEN CENTER

JEAN LIND TEEN CENTER

Join in the fun at Sudbury's Teen Center!

Enjoy the use of: a DJ, pool tables, ping pong, foosball, air hockey, jukebox, cable TV, video games and machines, snack bar, and more!!

WHO: 7th & 8th Graders who live in or attend school in Sudbury
DAY: Friday Nights
WHERE: FCC
TIME: 7:30-10:00 PM
COST: \$4 per person

TENTATIVE DATES:

April 27th

May 11th and 18th

June 1st and 15th

**ALL DATES ARE SUBJECT TO
CHANGE!**

Directed by Lisa Barnes

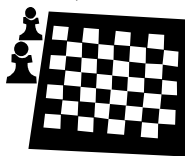
For more information, rules, and event happenings, please contact Lisa Barnes at 978-639-3257
 or log onto: www.recreation.sudbury.ma.us



YOUNG ADULT PROGRAMS

CHESS LESSONS

WHO: Ages 10-12
DAY: Thursdays
CLASS I: 3:00-4:00 PM (Ages 10-12)
DATES: May 3-Jun. 7
DURATION: 6-Weeks
WHERE: FCC—Room 3
COST: \$72 per child



Instructed by George Mirijanian

JUNIOR HIGH TENNIS

WHO: 6th-8th Grade
DAY: Thursdays
TIME: 3:30-5:00 PM
DATES: Apr. 26-May 31
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$180 per child



Instructed by Longfellow Tennis Pros

MIDDLE SCHOOL ART PROGRAM

WHO: Grades 5-8
DURATION: 8-Weeks
WHERE: Artspace,
63 Summer St. in Maynard
TUESDAYS
TIME: 2:45-4:00 PM
DATES: April 24-Jun. 12
COST: \$150 per child

WEDNESDAYS

TIME: 3:30-5:00 PM
DATES: April 25-Jun. 13
COST: \$170 per child

THURSDAYS

TIME: 2:45-4:00 PM
DATES: April 26-Jun. 14
COST: \$150 per child

Instructed by Michelle Garro

INTRODUCTION TO KAYAKING

WHO: Ages 10-15
DAY: Mondays
TIME: 6:00-8:00 PM
DATES: May 7-21
DURATION: 3-Weeks
WHERE: Warner's Pond in Concord
COST: \$90 per person



Instructed by Still River Outfitters

JUNIOR GOLF

WHO: Ages 11-15
DAY: Tuesdays
CLASS I: 3:00-4:00 PM
DATES: Apr. 24-May 29
DURATION: 6-Weeks
WHERE: Wayland Country Club
COST: \$132 per child

Instructed by Wayland Country Club Golf Pros

DIGITAL PHOTO BASICS FOR YOUTH

WHO: Ages 10-13
DAY: Tuesdays
TIME: 4:05-5:35 PM
DATES: May 22-Jun. 12
DURATION: 4-Weeks
WHERE: FCC—Room 1
COST: \$110 per child



*Instructed by Stanley Klein, Professional
photographer and teacher*

HERSHEY TRACK & FIELD CLINIC

WHO: Ages 9-14 (as of 12/31)
PRACTICES
DAY: Mondays
TIME: 4:00-5:30 PM
DATES: Jun. 4-Jun. 18
DURATION: 3-Weeks
WHERE: Maynard High School Track
COST: \$55 per child



MEETS (Subject to Change)

Thursday, June 14th at Weston HS
Thursday, June 21st at Concord HS
Saturday, June 30th at Nashoba Regional HS

Instructed by David Bell

YOUNG ADULT PROGRAMS

AFTERNOON HIKE

Join other Curtis students for an afternoon hike on one of our local trails. Bring a snack and comfortable shoes with you!

WHO: Grades 6-8
DATE: Tuesday, May 15
TIME: 2:30-5:30 PM
WHERE: Curtis (Pick up at FCC)
COST: \$25 (by May 10)
\$35 (after May 10)

Instructed by Backyard Journeys

6TH GRADE PARTY

There will be a party with swimming, basketball, volleyball and dinner for children entering Grade 6 in the fall of 2007. This will be a great time to meet other students who will be attending Curtis next year.



WHO: Incoming 6th Graders
DAY: Sunday, June 24th
TIME: 3:30-6:00PM
WHERE: Atkinson Pool
COST: \$12

LAST DAY TO REGISTER: June 8, 2007

CHAPERONES PLEASE!

In order for this event to run smoothly we will need parent volunteers. If you are interested in chaperoning please contact Jessica Bendel at 978-443-1092 x3227

WORCESTER TORNADOES

This is a great chance to spend time with friends, and watch some minor league baseball. Children should bring extra money for snacks or souvenirs.

WHO: Grades 6-8
DATE: Sunday, June 3rd
TIME: 12:30-6:00 PM
WHERE: Bus departs from FCC
COST: \$25



LAST DAY TO REGISTER: May 9, 2007

YOUTH COORDINATOR E-MAIL LIST

You can now sign-up to receive monthly e-mail reminders about upcoming programs.



Simply go to www.youth.sudbury.ma.us and click on the green "Subscribe to Email List" button.

COMMUNITY SERVICE

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

UPCOMING EVENTS:

April 25th— Help clean the trails for the Sudbury Valley Trustees

May 7th— Veterans Activity

More information will be distributed through the Curtis Middle School.

SUDBURY AFTER SCHOOL CLUB

Take the bus from Curtis. Activities will include homework help, games in the gym, special activities. Snack is included.

WHO: Grades 6-8
DAYS: Tuesdays
DATE: Apr. 24-May 15
DURATION: 4 weeks
TIME: 2:30-5:00 PM
WHERE: FCC
COST: \$20 per child



Instructed by Jessica Bendel

GIORGIO'S FITNESS PROGRAMS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHILDREN'S CLASSES	9:30-10:15	Kidkwondo Ages 3-6	Kidkwondo Ages 3-6	Kidkwondo Ages 3-6		Kidkwondo (9:00-9:45) Ages 3-6 Taekwondo Ages 8-11 (10:00-10:45)
	1:00-1:45	Dance Fit Kids Ages 3-6 Kidkwondo Ages 3-6	Kidkwondo Ages 3-6			Parent Child Taekwondo (10:00-10:45)
	3:15-4:00			Kidkwondo Ages 3-6	Kidkwondo Ages 3-6	
	4:00-4:45	Kidkwondo Ages 3-7	Kidkwondo Ages 3-7 Ballet Jazz Ages 4-8	Kidkwondo Ages 3-7	Kidkwondo Ages 3-7	
	4:15-5:00	Hip-Hop Ages 9-12				
	4:45-5:30	Taekwondo Ages 8-11	Taekwondo Ages 8-11 Jazz Tumbling Ages 6-8	Taekwondo Ages 8-11	Taekwondo Ages 8-11	
	5:15-6:00			Youth Sports Conditioning Ages 9-15		
	5:30-6:15		Youth Yoga Ages 6-10			

SELF DEFENSE
courses available
upon request. If
you are interested
in a group class for
a club or
organization please
contact Giorgio's
(978) 440-8531

GIORGIO'S CLASSES

All Classes
are 10
admittances for
\$100.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ADULT CLASSES	8:30-9:30	Total Body Training	Taerobixx (12 and older)	Power Bands	Taerobixx (12 and older)	
	9:00-10:00					Taerobixx (12 and older)
	10:45-11:45	Taekwondo	Taekwondo	Taekwondo	Taekwondo	Taekwondo (12 and older)
	9:30-10:30	Taerobixx (12 and Older)	Total Body Training	Taerobixx (12 and older)	Taerobixx 12 and Older Hip Hop	Fusion Fit
	6:30-7:30	Taekwondo	Adult Moving Muscle Taekwondo	Taekwondo	Adult Butts and Guts Taekwondo	

GENERAL INFORMATION

All programs begin the week of **April 3rd** and are for **NEW STUDENTS ONLY!** Your registration will allow you to attend 10 classes of a particular program at any of the times offered during the spring. Babysitting is available from:
8:30am-12:00pm on Mondays, Tuesdays, Thursdays, and Fridays and
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.

GIORGIO'S MUSIC CONNECTION

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

WARRIOR'S WAY PROGRAMS

TAEKWONDO

WHO: Ages 4-7
DAYS: Mondays and Wednesdays
TIME: 4:00-4:45 PM
COST: \$150 per child for 10 classes

PARENT CHILD YOGA

WHO: Children and Adults
DAY: Wednesdays
TIME: 4:15-5:00 PM
COST: \$150 per pair for 10 classes

BUDOKON

WHO: Adults
DAY: Tuesdays **TIME:** 8:45-9:30 AM
DAY: Tuesdays **TIME:** 7:30-8:30 PM
DAY: Saturdays **TIME:** 10:15-11:30 AM
COST: \$150 per person for 10 classes

LITTLE WARRIORS

WHO: Ages 4-10
DAYS: Tuesdays and Thursdays
TIME: 4:00-4:45 PM
DAY: Saturday
TIME: 8:00-9:00 AM
COST: \$100 per child for 10 classes

ADULT SPINNING

WHO: Adults
DAY: Monday, Wednesday, Friday **TIME:** 8:45-9:30 AM
DAY: Tuesday and Sunday **TIME:** 8:45-9:30 AM
DAY: Wednesday and Friday **TIME:** 6:00-6:45 AM
DAY: Saturday **TIME:** 7:00-8:00 AM
COST: \$150 per child for 10 classes

YOUTH FENCING

WHO: Ages 8-13
DAY: Tuesdays and Thursdays
TIME: 5:00-5:45 PM
COST: \$150 per child for 10 classes

ADULT FENCING

WHO: Adults
DAYS: Mondays and Thursdays
TIME: 6:30-7:30 PM
COST: \$150 per person for 10 classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
6			Spin and Cond. 6-6:45 Lorraine		Spin 6-6:45 John	Spin 7-8 Karen	
8	Spin 8:45-9:30 Andy	Budokon 8:45-9:30	Spin 8:45-9:30 Andy	Babysitting 8:45-9:30	Spin 8:45-9:30 Andy	Little Warriors 8-9	Body Cond. 8-8:45 Karen
8	Reformer/ Babysitting 8:45-9:30	Spin 8:45-9:30 Karen	Reformer/ Babysitting 8:45-9:30	Yoga 8:45-9:30	Reg. Reformer 8:45-9:30	Yoga 8-9	Spin 8:45-9:30 Andy
9	Kickboxing 9:30-10:30	Kick n' Condition 9:30-10:30	Kickboxing 9:30-10:30	Kick n' Condition 9:30-10:30	Kickboxing 9:30-10:30	Kickboxing 9-10	All Balls 8:45-9:30 Karen
	Kid's Games 9:30-10:30	Kid's Games 9:30-10:30	Kid's Games 9:30-10:30	Kid's Games 9:30-10:30	Kid's Games 9:30-10:30	Fit Games for kids* 9-10	Yoga 9:45-10:45
10	Yoga 10:30-11:15 Lynn	Reformer 10:45-11:30	All Balls 10:45-11:45	Reformer 10:45-11:30	Cardio Reformer 10:45-11:30**	Youth Taekwondo 10:15-11 Mr. Zizza	Parent Child Taekwondo 9:45-10:30
	Little Warriors 10:30-11:15	Martial Games 10:30-11:30	Little Warriors 10:30-11:30 Ages 3-7	Adult Taekwondo 10:30-11:30	Little Warriors 10:30-11:30 Ages 3-7	Budokon 10:15-11:30	
11		Yoga 11:30-12:15	Creative Movement 11:45-12:30 Ages 3-5	Pilates 11:30-12:15	Yoga 11:30-12:30	Reformer 10:30-11:30	
12 3	Ballet 3:30-4:15				Reformer 12:30-1:15	Rhythmic Movement 11:30-12:15	
4	Child Taek- wondo Ages 4-7 4-4:45	Little Warriors Ages 3-7 4-4:45	Child Taekwondo Ages 4-7 4-4:45	Little Warriors Ages 3-7 4-4:45		Adult Taekwondo 11:30-12:30	Spin 3-3:45 Annie
	Reformer 4:15-5	Youth Fencing Ages 8-13 5-5:45	PC Yoga 4:15-5	Youth Fencing Ages 8-13 5-5:45		Tournament Class TBA Mr. Bloch, Master Demuz, Master Nick, Mr. Zizza	
5	Youth Taek- wondo Ages 7-12 5-5:45	Irish Step Ages 5-8 5-5:45	Youth Taekwondo Ages 7-12 5-5:45	Irish Step Ages 5-8 5-5:45			
	Yoga 5-5:45	Kick n' Condition 5:45-6:30	Moving Muscle 5:45-6:30	Kick n' Condition 5:45-6:30			
6	Kickboxing 5:45-6:30	Reformer 6-6:45	Boran Thai 5:30-6:30 Robert	Reformer 5:45-6:30			
	Adult Taek- wondo 6:30-7:30	Adult Fencing 6:30-7:30	Reformer 6:30-7:15	Yoga 6:30-7:30 Lindsay	Spin n' Yoga 6:15-7:30 Lorraine		
		Pilates 6:45-7:30	Adult Taekwondo 6:30-7:30	Adult Fencing 6:30-7:30			
7	Yoga 6:45-7:45 Lorraine	Budokon 7:30-8:30 Andy	Grappling 7:30-8:30				
			Yoga 7:30-8:30				



GENERAL INFORMATION

The spring session will begin Monday April 23rd and end on Friday, June 15th. 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 spring schedule listed to the left and if you have any questions, please contact Warrior's Way at (978) 461-0008.

For more information please visit our website:

www.warriorsart.com



CENTURY MILL STABLES

PONY PALS

Finally, a safe introduction to ponies for preschoolers! Learn all about ponies. Brushing, tacking, feeding, and more. Pony Pals provides a supportive and friendly environment where kids can learn to get comfortable around these wonderful animals. Meet the ponies, Sprinkle, Daisy and Mouse, and learn all about how to care for them.

WHO:	Ages 2-6 (with adult)	DURATION:	4-Weeks
WHERE:	Century Mill Stables in Bolton	COST:	\$96 per person
CLASS I:	Apr. 30-May 21	DAY: Monday	TIME: 1:00-1:50 PM
CLASS II:	May 2-23	DAY: Wednesday	TIME: 1:00-1:50 PM
CLASS III:	Jun. 4-25	DAY: Monday	TIME: 1:00-1:50 PM
CLASS IV:	Jun. 6-27	DAY: Wednesday	TIME: 1:00-1:50 PM

PONY POWER

Is your preschooler ready to ride? Pony Power is a program designed to provide a safe and fun way to get the kids into the saddle! Learn to groom, tack and handle the ponies – and learn to ride, too! This program emphasizes groundwork and handling, yet each child gets individual attention in a short private lesson each week learning to mount, dismount, steer at the walk and intro to trot.

WHO:	Ages 2-6	DURATION:	4-Weeks
WHERE:	Century Mill Stables in Bolton	COST:	\$144 per person
CLASS I:	Apr. 30-May 21	DAY: Monday	TIME: 2:00-2:50 PM
CLASS II:	May 2-23	DAY: Wednesday	TIME: 2:00-2:50 PM
CLASS III:	Jun. 4-25	DAY: Monday	TIME: 2:00-2:50 PM
CLASS IV:	Jun. 6-27	DAY: Wednesday	TIME: 2:00-2:50 PM

HORSE POWER

For the older child that is ready to ride! Horse Power is a program designed to provide a safe and fun way to get kids into the saddle! Learn to groom, tack and handle the horses and ponies – and ride too!

WHO:	Ages 7 and up	DURATION:	4-Weeks
WHERE:	Century Mill Stables in Bolton	COST:	\$180 per person
CLASS I:	May 6-27	DAY: Sunday	TIME: 2:00-2:50 PM
CLASS II:	June 3-24	DAY: Sunday	TIME: 2:00-2:50 PM

HOOFEATS FOR ADULTS

Whether you are an experienced rider that has been away from the sport, or a beginner just starting out with a love of horses, join Century Mills Hoofbeats program and join the fun! No experience necessary.

Students will spend half of each class learning the basics of horse care and horsemanship (grooming and tacking) and the other half in the saddle in a small group lesson.

WHO:	Adults	DURATION:	4-Weeks
WHERE:	Century Mill Stables in Bolton	COST:	\$180 per person
CLASS I:	Apr. 4-25	DAY: Wednesday	TIME: 7:00-7:50 PM
CLASS II:	Apr. 6-27	DAY: Friday	TIME: 11:00-11:50 AM
CLASS III:	May 2-23	DAY: Wednesday	TIME: 7:00-7:50 PM
CLASS IV:	May 4-25	DAY: Friday	TIME: 11:00-11:50 AM
CLASS V:	Jun. 6-27	DAY: Wednesday	TIME: 7:00-7:50 PM
CLASS VI:	Jun. 8-29	DAY: Friday	TIME: 11:00-11:50 AM

VELOCITY SPORTS PROGRAMS

ADULT FITNESS PROGRAM

Delivers fast paced, high energy workouts structured for total body conditioning. Small group activity based training emphasizes dynamic movement to improve full body strength, shape, function, and definition.

WHO: Adults
DATES: Apr. 5-May 31
DAYS: Monday-Friday (8:00-9:00 AM, 9:00-10:00 AM)
 Tuesday, Thursday (6:30-7:30 PM)
 Saturday (10:30-11:30 AM)
COST: \$119 for 6 admittances

Offer ends May 31st
 Introduction 6 pack available for first time clients only.

SUMMER PERFORMANCE PROGRAMS

BECOME THE ATHLETE YOU WANT TO BE!
 PERFORMANCE CLASSES FOR GRADES 3 –5

**WE WILL MAKE THE COMPETITION
 FEAR YOU**

PROVEN HIGH SCHOOL AND MIDDLE SCHOOL
 PROGRAMS TO BECOME FASTER, STRONGER AND
 MORE EXPLOSIVE FOR THE UPCOMING SCHOOL
 YEAR!

SPORT SPECIFIC 4 DAY CLINICS THROUGHOUT THE
 SUMMER

CALL (978) 443-5727 FOR MORE DETAILS ON OUR
 SUMMER PROGRAMS

VELOCITY TRAINED. FAST. STRONG. EXPLOSIVE

RICH GEDMAN BASEBALL CAMP

This clinic will address catching, throwing, hitting, pitching,
 running, infield & outfield play, stability, balance, mobility,
 coordination, and flexibility.

WHO: Ages 6-12
DAYS: Tuesday-Friday
DATES: Apr. 17-20
COST: \$210 per child

Call Batter Up for
 more details:
 (978) 443-0025

GENERAL INFORMATION



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.

ADULT PROGRAMS

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 with Jazzercise. At Jazzercise, 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. Therefore, Jazzercise is committed to helping people understand and value the importance of health and fitness. All fitness levels welcome!

COME AND TRY A JAZZERCISE CLASS FOR FREE!!

WHO: Adults & 12+ w/parent
WHERE: FCC-GYM
WHEN: Spring Schedule begins
 on April 23rd

8 WEEK (unlimited class) PASS \$95
 EFT (unlimited class) \$40/month (Best Deal)
 Full Time Student: \$30/month
 ONE Class Pass \$12

Mon	Tues	Wed	Thurs	Fri	Sat
	EXPRESS (8:45 AM)		EXPRESS (8:45 AM)		Body Sculpt (8:00 AM)
Jazzercise (9:30 AM)		Jazzercise (9:30 AM)		Jazzercise (9:30 AM)	Jazzercise (9:00 AM)
	Jazzercise (6:30 PM)		Jazzercise (6:30 PM)		

ON-GOING ENROLLMENT

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

Sign up at the Jazzercise
 table outside the FCC—Gym

ADULT PROGRAMS

NIA ADULT DANCE CLASS

WHO: Ages 14 and up
DAY: Thursdays
TIME: 12-1:00 PM
DATES: May 3-Jun. 14
DURATION: 7-Weeks
WHERE: FCC-Gym
COST: \$78 per person

Instructed by Lisa von Lichtenberg

GOLF CLINIC FOR ADULTS

WHO: Adults
DAY: Tuesdays
CLASS I: 10:00-11:00 AM
CLASS II: 6:00-7:00 PM
DATES: Apr. 24-May 29
DURATION: 6-Weeks
WHERE: Wayland Country Club
COST: \$132 per person



Instructed by Wayland Country Club Golf Pros

MEN'S SUMMER OUTDOOR BASKETBALL

Sign yourself up or register a whole team for this league run by Boston Ski & Sports Club. All games are officiated by certified IAABO referees and all players will receive a league T-shirt.

WHO: Adults
DAY: Mondays
GAME TIMES: 7:00 or 8:00 PM
DATES: Jun. 11-Jul 30
DURATION: 8-Games
WHERE: FCC Basketball Courts
COST: \$65 for individual registrants or enter a full team for \$450**



To Register: call BSSC (617) 789-4070 x 242 or www.bssc.com

**Prices listed for Sudbury residents & BSSC members, all others, add \$25.

TEEN/ADULT ART PROGRAM

WHO: Teens and Adults
DURATION: 8-Weeks
WHERE: Artspace, 63 Summer St. in Maynard
MONDAY MORNINGS—9:00-11:30 AM
DATES: Apr. 23-Jun. 18 (no class 5/28)
COST: \$230 per person
MONDAY EVENINGS—6:30-8:30 PM
DATES: Apr. 23-Jun. 18 (no class 5/28)
COST: \$200 per person
WEDNESDAY MORNINGS—9:00-11:30 AM
DATES: Apr. 25-Jun. 13
COST: \$230 per person
SATURDAY MORNINGS—9:30 AM-12:00 PM
DATES: Apr. 28-Jun. 16
COST: \$230 per person

Instructed by Michelle Garro

LEXINGTON LEARNING CENTER AD 1/8 PAGE

LAVENDER ESCAPE

Lavender Escape will be having a unique weekend getaway for women from **June 8th-10th** (Friday-Sunday)! Enjoy the rustic adventure in the hills of **Contoocook, New Hampshire**.

Escape stress, explore nature and friendships, and enrich your mind and soul. Experience wellness and health workshops, fitness classes, aromatherapy, pampering, crafts, and unexpected fun. If you register before April 27th, the cost is \$310 per person (the cost will be \$335 per person after this date) and the **deadline to register is May 25th**. Included in this trip are 2 nights lodging in shared cabins, 5 delicious meals, and activities (additional charges may apply). For more information, please stop by our office or log onto our website.

ADULT PROGRAMS

FLAT ABS WITH PILATES & STRENGTH TRAINING

WHO: Adults
DURATION: 9-Weeks (8-Weeks on Mondays)
COST: \$108 per person (\$96 on Mondays)

MONDAYS AT 4:30-5:30 PM — ALL LEVELS

DATES: Apr. 23-Jun. 18 (no class 5/28)
WHERE: FCC—Room 2

FRIDAYS AT 9:30-10:30 AM — ADVANCED

DATES: Apr. 27-Jun. 22
WHERE: FCC—Room 2

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

DATES: Apr. 24-Jun. 19
WHERE: FCC—GYM

FRIDAYS AT 10:45-11:45 AM — BEGINNERS

DATES: Apr. 27-Jun. 22
WHERE: FCC—Room 2

Instructed by Marie O'Malley

CARDIO KICKBOXING

WHO: Adults
DAY: Tuesdays
TIME: 9:00-9:30 AM
DATES: Apr. 24-Jun. 19
DURATION: 9-Weeks
WHERE: FCC—GYM
COST: \$54 per person



Instructed by Marie O'Malley

AWESOME ABS & PILATES

WHO: Teens and Adults
TUESDAY EVENINGS
TIME: 7:00-8:00 PM
DATES: Apr. 24-Jun. 12 (no class 5/22)
DURATION: 7-Weeks
WHERE: FCC—Room 2
COST: \$84 per person
SATURDAY MORNINGS
TIME: 8:00-9:00 AM
DATES: Apr. 28-Jun. 9 (no class 5/26)
DURATION: 6-Weeks
WHERE: FCC—Room 2
COST: \$72 per person

Instructed by Sarah Hyland

SVAROOPA YOGA

WHO: Adults
MONDAY EVENINGS
TIME: 7:00-8:15 PM
DATES: Apr. 23-Jun. 11 (no class 5/28)
DURATION: 7-Weeks
WHERE: FCC—Room 2
COST: \$93 per person
THURSDAY MORNINGS
TIME: 9:15-10:30 AM
DATES: Apr. 26-Jun. 14 (no class 5/24)
DURATION: 7-Weeks
WHERE: FCC—Room 2
COST: \$93 per person



Please bring 3 blankets to each class!

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

BEGINNING HATHA YOGA

WHO: Adults
DAY: Mondays
TIME: 9:30-10:30 AM
DATES: Apr. 23-Jun. 11 (no class 5/28)
DURATION: 7-Weeks
WHERE: FCC—Room 2
COST: \$84 per person



Instructed by Carrie Scheer, Certified Yoga Instructor

AMC MOVIE TICKETS

The Atkinson Pool is selling discount AMC Theatre tickets.



GOLD TICKETS: \$8.50
SILVER TICKETS: \$6.50

* You may purchase tickets at the Pool front desk.



Don't 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!!**

ADULT PROGRAMS

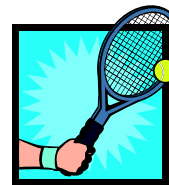
INSTANT TENNIS

WHO: Adults
DAY: Tuesdays
TIME: 9:00-10:30 AM
DATES: Apr. 24-May 29
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$162 per person

Instructed by Longfellow Tennis Pros

CARDIO TENNIS

WHO: Adults
DAY: Fridays
TIME: 9:00-10:00 AM
DATES: Apr. 27-Jun. 1
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$72 per person



Instructed by Longfellow Tennis Pros

DIGITAL PHOTOGRAPHY FUNDAMENTALS FOR ADULTS

WHO: Adults
DAY: Tuesdays
TIME: 7:00-8:45 PM
DATES: May 22-Jun. 12
DURATION: 4-Weeks
WHERE: FCC—Room 1
COST: \$105 per person



Instructed by Stanley Klein, Professional photographer and teacher

HOME-BASED STRENGTH TRAINING PROGRAM SEMINAR

Each week participants will receive a packet of materials via email. The materials contain healthy eating strategies with menu suggestions, recipes, and logs as well as detailed workout guidelines (including photos of the exercises). With the healthy eating strategies you'll have boundless energy to sail through your days. Learn to eat to support a healthy metabolism instead of going on another diet! Simple 30 minute exercise programs that can be done at home or at a club are designed to train your body to release stored fat. This program is for anyone seeking positive physical change.

WHO: Adults
DATES: Apr. 23-Jun. 11
COST: \$48 per person

Instructed by Marie O'Malley

MEN'S 40 AND OVER BASKETBALL

WHO: Men 40+
DAY: Mondays
TIME: 7:00-9:00 PM
DATES: Apr. 23-Jun. 11 (no class 5/28)
DURATION: 7-Weeks
WHERE: Peter Noyes School Gym
COST: FREE



WOMEN'S PICK-UP BASKETBALL

WHO: Adults
DAY: Tuesdays
TIME: 7:00-9:00 PM
DATES: Apr. 24-Jun. 12
DURATION: 8-Weeks
WHERE: Nixon School Gym
COST: FREE



YOGA FOR STRESS RELEASE

WHO: Adults
DAY: Wednesdays
TIME: 9:00-10:00 AM
DATES: Apr. 25-May 30
DURATION: 6-Weeks
WHERE: FCC-Room 2
COST: \$60 per person

Instructed by Anu Patolawala



CO-ED ADULT SOCCER AND SOFTBALL LEAGUES



Get out and play! Sign up as an individual or enter a whole team in a league run by Boston Ski & Sports Club. Leagues start in April, May, and June and play some games in Sudbury (if you enter a full team, you could play many of your games in Sudbury). Choose weeknight or weekend leagues. Sudbury residents can take advantage of BSSC member pricing for these leagues. For more information, log onto www.bssc.com or contact Mark at (617) 789-4070 x 222.

Program Descriptions

Our program, vendors websites are available online for expanded program descriptions.

www.recreation.sudbury.ma.us

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) 639-3233."

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 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: Swim pass entitles the user to six swims for the price of five. 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

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 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 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) 639-3233

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

Staff Initial: _____

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—Personal Water Safety Refines the strokes so students swim with ease, efficiency, and power.

Skills to be taught: Endurance swimming in the following strokes: front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke. As well as survival floating on front and back, feet first surface dives, and self-rescue techniques while fully clothed.

MORNING LESSONS

Session A

DURATION:

Meets once a week for 6 weeks

COST:

Members

\$60

Non-Members

\$90

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 Level 2
9:25-9:55 Level 3 Level 4		10:05-10:35 Level 2		10:05-10:35 Level 2	10:05-10:35 Level 1	9:25-9:55 Parent & Child Level 3
10:00-10:30 Level 1 Level 2						10:00-10:30 Parent & Child Level 1
10:35-11:05 Level 2 Level 3				12:30-1:00 Level 1		10:35-11:05 Level 2 Level 3
11:10-11:40 Level 4 Level 5				1:05-1:35 Level 2		11:10-11:40 Level 4 Level 5
11:45-12:15 Level 6 Personal Water Safety						11:45-12:15 Level 6 Personal Water Safety
6 weeks		6 weeks	6 weeks	6 weeks	6 weeks	6 weeks
Begins: April 29		Begins: May 1	Begins: May 2	Begins: May 3	Begins: May 4	Begins: April 28
No Class: 5/13 5/27						No Class: 5/26 6/2
End June 17		End June 5	End June 6	End June 7	End June 8	End June 16

REGISTRATION DATES

Recreation & Pool Registration starts at 9:00 AM

Register online @ www.pool.sudbury.ma.us

Recreation Program Registration: Tuesday, April 3

Pool Registration for Session A & B Lessons: Thursday, April 5

COMING THIS SUMMER

LEVEL 6 LIFEGUARD READINESS

This is not a Lifeguard certification course

in addition to **Pool R.A.T.S**

(Recreational Aids Teaching Swimming)



WEEKDAY AFTERNOON LESSONS

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 3		
		4:20-4:50 Level 2		4:20-4:50 Level 1		
		4:55-5:25 Level 3		4:55-5:25 Level 2		
		5:30-6:00 Level 4		5:30-6:00 Level 4/5		
		6 weeks		6 weeks		
		Begins: May 1		Begins: May 3		
		Ends: June 5		Ends: June 7		

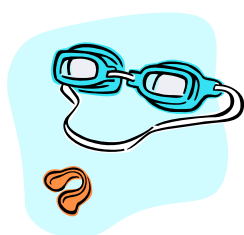
Atkinson Pool Registration Policies and Swim Level Placement

The Atkinson Pool cannot guarantee a change in levels after registration. If 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.

Forgot your goggles? Need a new swim cap? How about your own water belt?

Purchase them at the Atkinson Pool?

Classic Goggles \$ 4
Vision Goggles \$ 8
Silicone Cap \$ 9
Latex Cap \$ 4
Ear Plugs \$ 4
Nose Clips \$ 2
Adult Water Belt \$ 20



Swimmers Suit Wash \$ 6
Swimmers Shampoo & Conditioner \$ 6
Swimmers Lotion \$ 6
Chamois Towel \$ 12
Child Swim Diapers \$ 15
Child Flotation Bubble \$ 15

All Swim Supplies are Non-Refundable and Non-Returnable Per Order of the Board of Health

HOLIDAY HOURS

Sunday April 8: Easter CLOSED all day

Monday, April 16: Patriot's Day 6 am—9 am Adult lap only, 12 pm—3 pm Lap & Family

Sunday, May 13: Fiske Triathlon CLOSED 7 am - 12pm, OPEN to public at 12pm

Monday, May 28: Memorial Day 6 am—9 am Adult lap only, 12 pm—3 pm Lap & Family

AMERICAN RED CROSS COURSES

LIFEGUARD TRAINING

Pre-requisite - Minimum age of 15, and MUST swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick; 100 yards of breaststroke using a pull, breathe, kick and glide sequence, 100 yards of front crawl or breaststroke or a combination of both. As well as a 40 yard timed swim and retrieval of a 10 pound brick Upon successful completion of the course participants will be certified in Lifeguard Training , First Aid, C.P.R. & AED for the professional.

****There are NO refunds if you do not pass any part of the course****

Attendance for all classes is Mandatory

DAY: Tuesday
TIME: 6:30—9:00 PM
DATES: April 24—June 5
COST: \$250

Instructed by: Ann Boudrot



A.R.C. INTENSIVE LIFEGUARD TRAINING r.06

Pre-requisite - Minimum age of 15, and MUST swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick; 100 yards of breaststroke using a pull, breathe, kick and glide sequence, 100 yards of front crawl or breaststroke or a combination of both. As well as a 40 yard timed swim and retrieval of a 10 pound brick Upon successful completion of the course participants will be certified in Lifeguard Training , First Aid, C.P.R. & AED for the professional.

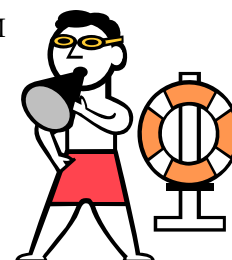
****There are NO refunds if you do not pass any part of the course****

Attendance for all classes is Mandatory

Please bring Lunch

DAY: *Tuesday—Friday * Tuesdays class will start at 8:00AM
DATES: April 17 - April 20
TIMES: Tuesday 8:00 AM—4:30 PM
Wednesday—Thursday 8:30 AM - 4:30 PM
Friday 8:30 AM—3:30 PM
COST: \$250

Instructed by: Chery Finley



LIFEGUARD TRAINING RECERTIFICATION r.06

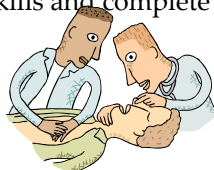
Prerequisite: You MUST have a current American Red Cross Lifeguard Training, First Aid, and CPR for the Professional Rescuer certificate. Each participant will have the opportunity to view segments, practice and perform skills, and complete the written exam.

DAY: Thursdays
COST: \$100
DATE: May 24, 31 and June 7
TIMES: 4:00pm—8:30 pm

AMERICAN RED CROSS CPR for the Professional Rescuer REFRESHER COURSE

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

DAY: Mondays
DATES: June 4 & 11



TIMES: 4:00 - 8:00 PM
COST: \$80

YOUTH PROGRAMS

WEEKEND SPRINGBOARD DIVING

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

AGE: 7 and older
DAY: Saturday
TIME: 10:00 - 11:00 AM (Beginner)
11:00 - 12:00 PM (Adv. Beg.)
START DATE: April 28
DURATION: 5 classes
COST: Member: \$66
Non-Member \$99



*Instructed by Coach Jim Kelly
and The Boston Area Diving Staff*

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.



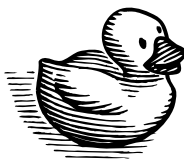
Call the Atkinson Pool for more information.

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.

Children under 1 are FREE!



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

Members are FREE!

Program Descriptions

Our program, vendors websites are available online for expanded program descriptions.

www.pool.sudbury.ma.us

Don't 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!!**

SUDBURY SUMMER CONCERT SERIES

Sudbury Park and Recreation is pleased to be offering our 3rd Annual Summer Concert Series this summer. This series will consist of performances by a variety of musical groups and entertainers so the entire family is welcome to come.



All of these community events are **FREE** and will be held on select **Monday** nights in July and August.

* More information on specific dates and performances will be available in the coming months. Please visit our website (www.recreation.sudbury.ma.us) for more details.

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.

	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>
7:15-8:00 PM	Deep Water <i>Geralyn</i>		Deep Water <i>Geralyn</i>		

6:00 - 6:45 AM Deep Water Workout

DATES: April 23—June 13
DURATION: 15 classes (No class: May 28)
COST: Members/Seniors: \$83
 Non-Members: \$135

8:15 - 9:00 AM Aquacise Class

DATES: April 10—June 15
DURATION: 27 classes
COST: Members/Seniors \$149
 Non-Members \$243

(No class: April 17, 19,& 20)

Two day a week Aquacise option

DURATION: 18 classes
COST: Members/Seniors \$99
 Non-Members \$162

9:30 - 10:15 AM Deep Water Workout

DATES: April 10—June 15
DURATION: 27 classes
COST: Members/Seniors \$149
 Non-Members \$243

(No class: April 17, 19,& 20)

Evening Deep Water Workout

DATES: April 23—June 13
DURATION: 15 classes
COST: Members \$83
 Non-Members \$135

(No class: May 28)

YOGA—STRETCH EXPRESS

An abbreviated yoga class designed to take participants through a vinyasa of yoga postures including sun salutation. This is a wonderful way to start your day and connect movement (asana) with breath (pranayama) and quiet the mind. Regular practice results in improved flexibility, strength and alignment. It can also give the practitioner a clearer focus, and overall sense of peace.

DATES: April 23—June 13 (No class: May 28) **DURATION:** 15 classes
DAYS: Monday and Wednesday **COST:** Members \$83
TIME: 7:00—7:30 AM Non-Members \$135

Join us in the pool lobby either before or after your swim workout. Please bring a mat, the instructor will provide props such as straps and block. Instructed by Peggy Mangan-Cross.

OTHER FUN PROGRAMS

4th Annual 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 May!

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



Join the **4th Annual 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 FREE and receive an information packet.

SWIM WORKOUT AND PERFORMANCE TRAINING

This training is for swimmers wanting to stay in shape and gear up for the summer season. Workouts will encompass dry land training and endurance base swimming.

DATES: April 9—June 7
TIME: 6:00—8:00 PM
DAYS: Monday, Wednesday and Thursday
WHO: Ages 10-18
COST: \$325 for three days a week
\$220 for two day a week option



Contact Ann Boudrot for registration:
waterlog@comcast.net

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 the Beede Center. Divers looking to compete year round should contact Jim Kelly at: jim@USAdiver.com or visit: www.badwest.com



The Atkinson Pool Staff would like to thank all of our patrons for their patience during the busy winter swim team season.



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

POOL R.A.T.S

Recreational Aids Teaching Swimming

If you are 12-14 years old and looking for something FUN, come join the POOL RATS. Learn basic water safety.

DAYS: Monday—Friday
TIME: TBA
DATES: Coming this Summer!



Call Atkinson Pool for more information
978-443-1092 x 3264

Atkinson Pool Schedule April – June 2007

	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 Lessons	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
10:00-11:00	4 Lap 4 Lessons	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
11:00-12:00	2 Lap 4 Lessons 2 Tiny Tot	4 Lap 2 Tiny Tot 2 Awesome	6 Lap 2 Awesome	6 Lap 2 Tiny Tot	6 Lap 2 Awesome	6 Lap 2 Tiny Tot	4 Lap 4 Lessons
12:00-1:00	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	6 Lap 2 Family	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 Clinic 2 Family	4 Lap 2 Family 2 Lesson	3 Lap 3 Clinic 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	CLOSED
7:00-8:00		3 Lap 3 Clinic 2 Family	4 Lap 2 Family 2 Lesson	3 Lap 3 Clinic 2 Family	3 Lap 3 Clinic 2 Family	CLOSED	
8:00-9:00		6 Lap 2 Family	4 Lap 2 Family 2 Lesson	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

Cancellation/Closing Policy:
978-639-3233 Weather Hotline

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

Sunday, April 8: Easter—CLOSED ALL DAY

Monday, April 16: Patriots Day 6am—9am Adult Lap only, 12noon—3pm Lap & Family

Sunday, May 13: Fiske Triathlon 7am– 12:00pm CLOSED, 12:00 pm OPEN to public

Monday, May 28 : Memorial Day 6am—9am Adult Lap only, 12noon—3pm Lap & Family

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

www.pool.sudbury.ma.us

Atkinson Pool



Atkinson Pool
40 Fairbank Rd
978-443-1092

- fitness swimming
- exercise programs
- family swim
- swim lessons
- springboard diving lessons
- scuba lessons
- birthday parties
- group rates available

Memberships and daily fees
are available.



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



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