

Town of Sudbury Park & Recreation/Atkinson Pool



A CAPRA Accredited Agency!

RECREATION REGISTRATION:

Wednesday, December 2nd at 9:00 AM

POOL REGISTRATION SESSION A:

Pool Members: Tuesday, December 8th at 9:00 AM

Non-Members: Thursday, December 10th at 9:00 AM

POOL REGISTRATION SESSION B & C:

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

Non-Members: Thursday, February 11th at 9:00 AM

Winter 2016

40 Fairbank Road, Sudbury, MA 01776
(978) 443-1092



www.recreation.sudbury.ma.us

www.pool.sudbury.ma.us

www.inclusive.sudbury.ma.us

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

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

GENERAL INFORMATION

PARK & RECREATION STAFF 978-443-1092:

Amber Forbes, Assistant Recreation Director/ Adaptive Recreation Specialist	x 3256
John Barrett, Assistant Aquatics Director	x 3255
Chery Finley, Aquatics Supervisor	x 3264
Patricia Haberstroh, Office Coordinator	x 3258
Anne Lee, Preschool Coordinator	x 3231
Mark Simmons, Youth Coordinator/Teen Center Director	x 3227
Patricia Freeman, Program Coordinator	x 3257

OTHER HELPFUL NUMBERS:

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

PARK & RECREATION COMMISSION

Robert C. Beagan, Michael Ensley, Paul Griffin,
James Marotta, Richard C. Williamson



WE VALUE INCLUSION

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



FINANCIAL AID

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

E-MAIL UPDATES

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



Find us on Facebook to keep up with department happenings!

REGISTRATION INFORMATION

REGISTRATION INFORMATION

Online Registration is **STRONGLY RECOMMENDED**

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



REFUNDS AND WITHDRAWALS

Refund requests must be in written form and dated at least 7 business days prior to the start of the program (*excluding **all** American Red Cross Programs. The Fee is \$10). Refund requests made at least 7 days in advance of the program will be assessed a **\$5 withdrawal fee**, except for summer camps which will be assessed a \$25 withdrawal fee. After that time, **no refunds will be given**. **Refunds are easier to process if you pay by credit card!** If you pay by check, you must submit a refund form with a copy of the cancelled check at the FCC. The Park & Recreation Department/Atkinson Pool does not issue credits at any time.

THANK YOU & SAVE THE DATE!



SUDBURY HALLOWEEN 5K & FUN RUN



THANK YOU TO OUR SPONSORS & CONGRATULATIONS TO OUR WINNERS!



SAVE THE DATE: SUNDAY OCTOBER 23rd, 2016 HASKELL FIELD



SPECIAL EVENTS & WINTER INFORMATION

FREE - OUTDOOR ICE SKATING

Bring the family to Featherland Park and the Fairbank Community Center for outdoor skating! Enjoy open hours at Featherland and view the FCC rink hours on our website. The areas will be lit from 4:00 - 11:00 PM each night. Bring your own skates.

Please remember that use of the ice skating rink is at your own risk and all trash must be removed from the site.

Call the Park and Recreation office with any questions at (978) 443-1092.



SAFE SKATING TIPS:

- Always skate with at least one other person.
- Remove loose objects from ice surface.
- Skate in well-lit areas only.
- Hockey players should be careful skating near young children.
- Ice is not checked during winter storms. Clean-ups will be done by Park staff as time allows. Staff must work on snow removal on roads and tree repairs first.



WINTER WEATHER POLICY

Sudbury Park & Recreation/Atkinson Pool staff make every effort to open on time and remain open for all scheduled hours. In the event of inclement weather, we will follow a similar delay, early-release and cancellation plan as the **Sudbury School Department**. In the case of delay, Park & Rec/Atkinson Pool will open at 9am and all morning programs will be cancelled. At 9am, the decision will be made to open, delay opening further or remain closed based on the current weather forecast. Please call the **Inclement Weather Hotline (978-639-3233)** for updated information.

SNOWSHOE LOAN PROGRAM

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

Looking to get out for a little snowshoeing? Sudbury Park and Recreation Staff will be available to provide brief instructions and additional information Monday - Friday (9AM- 4PM).

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

To reserve snowshoes for your next winter adventure:

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



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

DISCOUNTED TICKETS AVAILABLE

AMC MOVIE TICKETS

The Atkinson Pool sells discounted AMC Theatre movie tickets. You may purchase tickets at the Pool front desk.

Please note that AMC Green Tickets have replaced AMC Gold Tickets. Green tickets are valid for one admission to any movie except those distributed by Disney, Pixar, Marvel and Lucasfilm LTD.

GREEN TICKET: \$9.00



DECEMBER AND FEBRUARY VACATION PROGRAMS

SPORTSMANIA!

This program offers a variety of sports such as: soccer, basketball, pillow polo, dodgeball, world cup soccer and kickball; the sports go on and on. Bring your friends and let's have some fun! *Min. 8*

DATES: Dec. 28 - Dec. 30

DURATION: 3 days

TIME: 9:00 AM - 12:00 PM

AGES: 7-13

WHERE: FCC Gym

COST: \$72

FAST.

Instructed by FAST Athletics

MLK Day Dodgeball Tournament

Grab your friends and join the FAST Athletics coaches for a dodgeball tournament this Martin Luther King holiday. Be ready for a fun, competitive tournament with multiple matches throughout the morning. Bring water, gym clothes, and sneakers.

DATES: Monday, Jan 18

TIME: 9:00 - 11:00 AM

AGES: 7-12

WHERE: FCC Gym

COST: \$25

FAST.

Instructed by FAST Athletics

DECEMBER & FEBRUARY MIDDLE SCHOOL DAY TRIPS

Don't get stuck at home! Spend some of your vacation time hanging out with friends and having fun.

All programs will start and end at the Fairbank Community Center.

The participants will take a bus to the designated location.

DECEMBER BREAK

PROGRAM	DATE & TIME	COST
Snow Tubing at Nashoba <i>Min.15</i>	Tues. Dec. 29, 9 AM - 4 PM <i>*Rentals included</i>	\$72
A day at Fairbank Snowshoeing, Arcade, Movie, and Amazing Race! <i>Min. 12</i>	Wed. Dec. 30 9 AM - 4 PM <i>*Snowshoes included</i>	\$48

FEBRUARY BREAK

PROGRAM	DATE & TIME	COST
Ice Skating & Lunch in Downtown Boston <i>Min.15</i>	Tues. Feb. 16 9 AM - 4 PM <i>*Rental included</i>	\$65
A day at Fairbank Snowshoeing, Arcade, Movie, and Amazing Race! <i>Min. 12</i>	Thur. Feb. 18 9 AM - 4 PM <i>*Snowshoes included</i>	\$48

Facil

Facilitated by Sudbury Park & Recreation Staff

BOSTON COLLEGE MEN'S BASKETBALL GAME

Come with all of your friends and watch the Boston College Eagles take on the Florida State Seminoles live at the Conte Forum for a night filled with great basketball, great food, and tons of fun. The hometown team takes on a Top 25 team and an ACC foe in this exciting matchup. *Min. 15*



TIME: 5:00 - 9:30PM

DATE: JAN 26

WHERE: Curtis Middle School Gym

COST: \$44



Facilitated by Sudbury Park & Recreation Staff

DECEMBER AND FEBRUARY VACATION PROGRAMS

LIFEGUARD TRAINING

Pre-requisites - MUST BE 15 years old and MUST swim 300 yards continuously, 100 yards of front crawl with rhythmic breathing and a stabilizing propellant kick; 100 yards of breaststroke using a pull, breathe, kick and glide sequence, 100 yards of front crawl or breaststroke or a combination of both; as well as a 40 yard timed swim and retrieval of a 10 pound object. Then he or she must tread water for two minutes keeping your hands under your arms. Upon successful completion of the course, participants will be certified in Lifeguard Training, First Aid & C.P.R./A.E.D. for the professional rescuer.



DAY: Tues. - Thur. **TIME:** 8:00 AM - 6:30 PM **COST:** \$285

DATES: Feb. 16 - Feb. 18 ***Please bring a lunch and snacks ***

THERE ARE NO REFUNDS IF YOU DO NOT PASS THE COURSE

Instructed by Sudbury Park and Recreation Staff

CHILDHOOD ADVENTURES - PRESCHOOL

Escape for some creativity and adventures during February school vacation week! **Please bring your own PEANUT-FREE** snack.

Sign your child up for as many days as you would like. Each day of the week has a different theme:

TIME: 9:00 AM - 12:00 PM

AGE: 3.5 - 5

WHERE: FCC Room 4

COST: \$39 per child per day



TUES., Feb. 16:	Dr. Seuss' World
WED., Feb. 17:	Amazing Art & Artists
THURS., Feb. 18:	Wild Weather
FRI., Feb. 19:	STEM Mini Minds



Instructed by Sudbury Park & Recreation Preschool Staff



SPACE LAB

In this class, we never stop exploring! Students will build a mini-model telescope to explore far away worlds to colonize. Design a pop-up model of an alien solar system then build a rover to explore one of its rocky planets. Imagine you have to use only the planet's resources to grow your own food and make your own "papyrus". Light up your new world as we experiment with glow sticks and learn about luminescence!

Min 10, Max 20.

DATES: Tues, Feb. 16 - Fri, Feb. 19

DURATION: 4 days

TIME: 9:00 AM - 4:00 PM

GRADES: 1 - 5th

LOCATION: FCC Room 1

COST: \$296



Instructed by Wicked Cool for Kids

ALL - SPORTS CLINIC

The All Sports Clinic features multiple sports in a relaxed, fun atmosphere. Sports to be offered: *Floor Hockey, Soccer, Wiffle ball, Basketball and Arena Football!* Also, *lots of recreational games!* What Makes the All Sports Unique? Certified teachers as directors, accomplished coaches and athletes as counselors and an impeccable track record here in Sudbury. *All Sports Clinics- Where Sports are Fast and Fun!!* Min. 10 ***Pizza lunch will be available for purchase.**

TIME: 9:00 AM - 2:00 PM

DATES: Feb. 16 - 19 (Tues. - Fri.)

AGES: 5 - 14

COST: \$169

WHERE: Curtis Middle School Gym

Instructed by New England Sports Camps

GARRO STUDIOS ART WEEK

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

DATES: Feb.16 - Feb. 18 (Tues. - Thurs.)

MORNING SESSION: 9:00 AM - 12:00 PM

AFTERNOON SESSION: 12:30 PM - 3:30 PM

AGES: 6 - 10

COST: \$180 per session

WHERE: Garro Studios - 63 Summer Street, Maynard

Instructed by Michelle Garro



PRESCHOOL PROGRAMS

NEW!!

INTERGENERATIONAL GRAND GROUP



Join us for a grandparent connection group that will meet simultaneously with your grandchildren's playgroup (2 yr-old— K). We will have a free play time for grandparents and grandchildren together. Then, grandparents will have the chance to gather for a discussion group while children continue supervised play. Discussions will be facilitated by Park & Rec Staff.

DAY: Wednesdays **DATES:** Jan 6 - Mar. 2 *No class 2/17
TIME: 12:30 - 1:30 PM **DURATION:** 8 weeks
COST: \$122 **AGE:** 2 - 5

Hosted by Sudbury Park & Recreation Preschool Staff

NEW!!

STEM FOR TOTS

It's never too early to spark children's interest in Science, Technology, Engineering and Math. With this class, children will learn STEM concepts through hands-on activities, engaging stories, music and movement, challenges, and simple experiments. Each day is a fun learning experience!

DAY: Mondays **LOCATION:** FCC ROOM 1
DATES: Jan 4 - Feb. 22 *No class 1/18 or 2/15
TIME: 2:30 - 3:30 PM
DURATION: 6 weeks
AGE: 3 - 5
COST: \$104



Hosted by STEM Beginnings



DROP IN PLAY TIME

hosted by THE SUDBURY FAMILY NETWORK

The Sudbury Family Network hosts this morning of fun at the Fairbank Community Center. Let the kids run around and play with balls, play-mats and more. ALL CHILDREN ARE WELCOME, but they must be accompanied by an adult.

DAY: Mondays (Every other) **TIME:** 9:30 - 11:00 AM
DATES: Dec. 7, 21 Jan. 11, 25, Feb. 8, 22, Mar. 7, 21
AGES: 5 and under **COST:** FREE
WHERE: FCC Room 2



Hosted by The Sudbury Family Network

Knucklebones Lil' Rockers

Knucklebones Lil Rockers will get your child moving through dance, music-making and unique props. Each week, your coach will create a class filled with stretches, music (live and recorded), games and activities. From scarves, ribbons, parachutes and musical instruments, to balancing stones, hula hoops and much more, this class encourages self-expression, movement, gross motor development and fun!

DAY: Mondays **TIME:** 9:00-9:50AM
DATES: Feb. 22 - Mar. 28 **DURATION:** 6 weeks
AGES: 2-4 **LOCATION:** FCC GYM
COST: \$86



Instructed by Knucklebones



JUMP, ROLL, & SING

Children and their favorite adult will enjoy a morning of movement and interaction! The children will engage in exercise, creative movement, circle time, and singing. *Please note:* this is not a drop-off class; both caregivers and children participate in the fun! *Min. 5*

DAY: Wednesdays
TIME: 9:30 - 10:30 AM
WINTER: DEC 2 - MAR. 2 *No Class 12/30 & 2/17
SPRING: MAR. 16 - JUN 8 *No Class 4/20
DURATION: 12 Weeks per session
WHERE: FCC ROOM 2
COST: \$110 per session
AGES: 15 months - 2.5 years (w/adult)



Instructed by Sudbury Park & Recreation Preschool Staff

Knucklebones Micro Athletics

Knucklebones has designed a program to enhance gross motor skills, athletics fundamentals, physical exercise, creative movement and fun! Each class, your child will play variety of skill-enhancing activities and games. From learning to kick using Rhino Skin balls, to practicing throwing playing Messy Backyard, we make sure your child is active and having fun while developing a passion for play that stays with them! The program is supported using unique and age-appropriate equipment. Sneakers required.

DAY: Mondays **TIME:** 10:00 - 10:50AM
DATES: Feb. 22 - Mar. 28 **DURATION:** 6 weeks
AGES: 2-4 **LOCATION:** FCC GYM
COST: \$86



Instructed by Knucklebones

PRESCHOOL PROGRAMS (Cont.)

PRE-ZIP TENNIS

Pre-Zip Clinics are designed for 4-5 year olds with little or no tennis experience. Classes focus on motor skills, balance, coordination, agility and racquet drills. Please bring clean, dry sneakers. Racquet provided.

DAY: Sundays
TIME: 9:00 - 9:45 AM
SESSION 1: Jan. 10- Feb. 28 *No class 1/17 or 2/14
SESSION 2: Mar. 6 - Apr. 10
WHERE: Longfellow Club - Zip Zone, Wayland
AGES: 4 - 5
COST: \$98



Instructed by the Longfellow Club

HIPPITY - HOP

Has your child wanted to "dance like the big kids?" If so, this is their chance! Hippity-Hop, specifically designed for the younger set, is full of rhythm, body awareness, simple choreography, and high-energy fun all set to cool, funky music! *Min. 5*

DAY: Fridays
TIME: 3:15 - 4:00 PM
DATES: Jan. 22 - Mar. 4 *No Class 2/19
DURATION: 6 Weeks
AGES: 4 - 6
WHERE: House of Dance, 365 Boston Post Rd, Sudbury
COST: \$143



Instructed by House of Dance

PRE-K BASKETBALL

Miniballs and a ton of fun! This class is created for 3 - 5.5 year olds and will work on having fun while learning the fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children! *Min. 8*

DAY: Saturdays
TIME: 11:00AM - 11:50 AM
AGES: 3 - 5.5
WHERE: FCC Gym
SESSION 1: Jan. 9 - Jan. 30
SESSION 2: Mar. 5 - Apr. 2
DURATION: 4 Weeks
DURATION: 5 weeks
COST: \$60
COST: \$73



Instructed by F.A.S.T. Athletics

MINI SPORTS

This program is a combination of warm up games and sports, such as soccer, kickball, wacky ball, and basketball. It will ease children into learning the basics of all these great games as well as teach them the importance of teamwork! F.A.S.T. Athletics will have new, exciting games each class! *Min. 8*

DAY: Saturdays
TIME: 10:00 AM - 10:50 AM
AGES: 3 - 5.5
WHERE: FCC Gym
SESSION 1: Jan. 9 - Jan. 30
SESSION 2: Mar. 5 - Apr. 2
DURATION: 4 Weeks
DURATION: 5 weeks
COST: \$60
COST: \$73

Instructed by F.A.S.T. Athletics



SUPER SOCCER STARS

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curriculum uses positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. For ages 2 and up!

COST: \$203 **DURATION:** 6 weeks **WHERE:** FCC Gym

THURSDAY

SESSION I: Jan. 7 - Feb. 11
SESSION II: Feb. 25 - Mar. 31
AGES 2-3: 3:00 - 3:40PM
AGES 3-5: 3:50 - 4:35PM



SUNDAY

SESSION I: Jan. 3 - Feb. 14 *No class 1/17
SESSION II: Feb. 21 - Apr. 10 *No class 2/28 or 3/27
AGES 2-3: 9:00 - 9:40 AM
AGES 3-4: 9:50 - 10:35 AM
AGES 4-5: 10:40 - 11:30 AM



Instructed by Super Soccer Stars

YOUTH PROGRAMS

SUPER SOCCER STARS FUTSAL!

A modified form of soccer played with five players per side on a smaller, typically indoor play area. Futsal uses a smaller weighted futsal ball. Futsal is a fast paced game which allows the players to get more touches on the ball which accelerates player development!

AGES: 6-8 **WHERE:** FCC Gym
DAY: Sundays **COST:** \$203
DATES: Jan. 3 - Feb. 14 *No Class 1/17
TIME: 11:35AM - 12:35PM
DURATION: 6 weeks



Instructed by Super Soccer Stars



DRAMA KIDS

Drama Kids is dramatically different! We are a skills-based program that teaches life skills through Drama activities. Classes focus on creative thinking, risk-taking, leadership and team-building. We do this with Improvisation, Speech, Movement, Scene work with partners, small and large groups! We perform for each other each week! Most importantly, we have FUN!

TIME: 4:45-5:45PM **LOCATION:** FCC GYM
DAY: Tuesdays **AGES:** 5-11
DATES: Jan. 7 - Mar. 18 *No Class 2/18
DURATION: 10 weeks
COST: \$234

Instructed by Drama Kids

YOUTH PROGRAMS (Cont.)

VIKING BASKETBALL GRADES K-2

Players will learn the basic basketball skills of dribbling, passing and shooting during the first half of the class and will play a fun scrimmage during the second half; age adjusted rules and lower hoops will be used as necessary. Emphasis will be on fun and learning. All players will receive a Viking Sports T-shirt. *Min. 6*

DAY: Saturday **DATES:** Jan. 2 - Mar. 12 ***No Class 2/6, 2/13, 2/27**
DURATION: 10 Weeks **WHERE:** FCC Gym **COST:** \$97

CLASS I	CLASS II	CLASS III	CLASS IV	CLASS V
12:00-12:50 PM (Kindergarten)	1:00-1:50 PM (Kindergarten)	2:00-2:50 PM (1st Grade)	3:00-3:50 PM (1st Grade)	4:00-4:50 PM (2nd Grade)

Instructed by Viking Sports



VIDEO GAME DESIGN



Kids have fun playing video games, but they have even more fun creating the games themselves!

Students learn the fundamentals of object-oriented programming through video game design while creating their own game. All students work at their own pace, making this a great workshop for both new and more experienced game makers.

Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic, and object-oriented programming. Games can be played at home (MS Windows only) and software used in class is available for download (MAC and PC) for those who want to continue working on their games at home. Laptop provided. Nonviolence policy is enforced.

DAY: Friday **DATES:** Jan. 8 - Mar. 4 ***No Class Feb. 19** **TIME:** 5:15 - 6:15 PM **LOCATION:** FCC Room 1
DURATION: 8 weeks **GRADES:** 2 - 5 **COST:** \$195



Instructed by Empow Studios



SCRATCH COMPUTER PROGRAMMING

Scratch the Surface of Design and Programming with Scratch! Using free software developed by M.I.T., kids design and create their own animations and interactive 2D games. Students learn the basics of computer programming using puzzle-like blocks of code. Using math, geometry, story telling and basic animation principles, kids design their projects with prepared elements in Scratch. After class, projects can easily be shared online with family and friends! Laptop provided.

DAY: Fridays **DATES:** Jan. 8 - Mar. 4. **No Class Feb. 19** **TIME:** 4:00-5:00 PM **LOCATION:** FCC Room 1
DURATION: 8 weeks **GRADE:** 2 - 5 **COST:** \$195



Instructed by Empow Studios



GARRO STUDIOS DRAWING AND PAINTING LESSONS

Classes will cover the 7 art elements. In addition to drawing and painting still life and landscape, kids' classes will include mixed media and printmaking lessons. Emphasis is on nurturing individual creativity and stretching imagination. Students will be using a variety of art making media including watercolor, ink, acrylic paint, clay, pastel, charcoal and more!

All classes are instructed by Michelle Garro and held at Garro Studios - 63 Summer St., Maynard.

COST: \$180 for Monday - Friday, \$190 for Saturday **DURATION:** 8 Weeks

MONDAY: Jan.21- Mar.21 *No Class 2/15 TIME: 4:15 - 5:30 PM AGES: Grade K - 3	TUESDAY: Jan.19 - Mar. 15 *No Class 2/16 TIME: 4:15 - 5:30 PM AGES: Grade K - 3	THURSDAY: Jan. 28 -Mar 24 *No Class 2/18 TIME: 4:15 - 5:30 PM AGES: Grade 2 - 5	FRIDAY: Jan. 22 - Mar. 18 *No Class 2/19 TIME: 5:00 - 6:15 PM AGES: Grade 2 - 5	SATURDAY: Jan. 23- Mar. 19 TIME: 1:00 - 2:15 PM AGES: Grade K-3
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YOUTH PROGRAMS (Cont.)

LEARN TO SKATE

This program is for anyone 18 months+ (including adults!), who want to learn to ice skate. Participants must bring single blade skates, a helmet and warm gloves. Please note rentals are not available.

Please arrive 15 minutes early to get ready for class.

DAY: Saturdays
TIME: 1:20 - 2:00 PM
AGE: 18 Months - Adult
WHERE: Valley Sports Arena, 2320 Main St., West Concord
DATES: Jan. 16 - Mar. 26 (8 Weeks) ***No class 2/13, 2/20, 3/19**
COST: \$208



Instructed by Sharper Edge Skating Staff



STEM FOR KIDS

It's never too early to spark children's interest in Science, Technology, Engineering and Math. With this class, children will learn STEM concepts through hands-on activities, engaging stories, music and movement, challenges, and simple experiments. Each day is a fun learning experience!

DAY: Mondays
DATES: Jan 4 - Feb. 22 **No class 1/18 or 2/15**
TIME: 4:00 - 5:00PM
DURATION: 6 weeks
AGE: 6-8
COST: \$104



Hosted by STEM Beginnings

ZIP 1 & ZIP 2

This program is designed for kids with a range of tennis experience, from no tennis experience to some experience. Classes focus on motor skills, balance, agility, racquet skills and rallying skills, serving & point play. Please bring clean, dry sneakers. Racquet provided. 6 weeks.

DAY: Sundays
TIME: 9:45 - 10:30 AM
SESSION 1: Jan. 10 - Feb. 28
***No class 1/17 or 2/14**
SESSION 2: Mar. 6 - Apr. 10
WHERE: Longfellow - Zip Zone, Wayland
AGES: 6 - 7
COST: \$98



Instructed by the Longfellow Club

ZIP 3

This program is designed for children with at least one year of zip tennis experience, continuing focus on rally skills, tactics, serving and point play. Please bring clean, dry sneakers. Racquets available. 6 weeks.

DAY: Sundays
TIME: 10:30 AM- 11:30 AM
SESSION 1: Jan. 10 - Feb. 28
***No class 1/17 or 2/14**
SESSION 2: Mar. 6 - Apr. 10
WHERE: Longfellow - Zip Zone, Wayland
AGES: 7 - 8
COST: \$130



Instructed by the Longfellow Club

HIP HOP DANCE

Kids learn the foundation and basics of hip-hop dance, including age-appropriate moves and music from professional dance educators. Each class will include a stretch and conditioning warm-up, across the floor dance and a funky dance combination. Elementary Hip-Hop is full of rhythm, body awareness, simple choreography and high-energy craziness!

DAY: Fridays
TIME: 4:00 - 5:00 PM
DATES: Jan. 22 - Mar. 4 ***No Class 2/19**
DURATION: 6 Weeks
GRADES: 1 - 5
COST: \$143
WHERE: House of Dance,



365 Boston Post Rd., Sudbury
 Instructed by House of Dance

WILD WEDNESDAYS (GRADES K - 5)

MINI WILD WEDNESDAYS

Sudbury Park and Recreation is now offering half-day, afterschool coverage for all 17 early release days! Mini Wild Wednesdays are designed for elementary school students and take place at the Fairbank Community Center. Join us for swimming, art, gym & camp games!

Transportation provided to FCC. Parents can now enroll children for individual Wednesdays.

TIME: AFTER SCHOOL - 6:15PM **LOCATION:** FCC **COST:** \$45

REGISTER NOW!

NOV. 11 - FULL	FEB. 24
NOV. 25	MAR. 9 - FULL
DEC. 2 - FULL	MAR. 16 - FULL
DEC 16 - FULL	APR. 6
JAN. 13 - FULL	APR. 27
JAN. 27	MAY 4
FEB. 10	MAY 18



Facilitated by Sudbury Park & Recreation Staff

WILD WEDNESDAYS (GRADES 6 - 8)

WILD WEDNESDAYS

This program is designed for middle school students on early release Wednesdays.

Please contact Mark Simmons for any questions. **Email:** simmonsm@sudbury.ma.us **Phone:** (978) 639-3227

GRADES: 6 - 8 **WHEN:** Early Release Wednesdays **DEPART FROM:** Curtis Middle School Cafeteria **RETURN TO:** FCC
COSTS: \$60 **TIME:** Noon-6:15

Facilitated by Sudbury Park & Recreation Staff

November 25th— Roller Kingdom

April 6th— CoCo Keys — **FULL (Seeking Chaperones)**

December 2nd— Boston Trapeze School — **FULL**

April 27th— Pinz Bowling

December 16th— Snow Tubing — **FULL**

May 4th— Patriot Place/5 Wits

January 13th— Laser Craze — **FULL**

May 18th — Boston Duck Boat Tours

January 27th— Ice Skating

February 10th— Snow Tubing — **FULL (Seeking Chaperones)**

February 24th— Boston Indoor Rock Climbing — **FULL**

March 9th— Marlborough Mall/Movies

March 16th— Jump on In

REGISTER NOW!

YOUTH, TWEEN & TEEN PROGRAMS

Sudbury Park and Recreation Department & Nashoba Valley Winter Ski & Snowboard Program

Program begins the first week of January. Rentals are available!!!

ELEMENTARY PROGRAM meets on Tuesday or Wednesday afternoons.

Elementary Age Requirement: Skiing Lessons Grades K - 5; Snowboarding Lessons Grades 1 - 5.

MIDDLE SCHOOL PROGRAM meets on Thursday afternoons.

Additional information is on our website - www.recreation.sudbury.ma.us

Registration Ends: Wednesday, December 16th at 4:00 PM

The MS Thursday program is currently full, but please add your name to the wait list and we will do what we can to accommodate all.

Facilitated by Sudbury Park & Recreation & Nashoba Valley



TEEN CENTER

Hey 7th and 8th graders, come have fun at the Jean Lind Teen Center! Our Friday night events have something for everyone.

Dance to the music of a live DJ, play arcade games, use the pool tables, foos ball table, ping pong, or air hockey tables.

Like video games? We have those too! Xbox 1, Wii, Rock Band, Dance Dance Revolution and more! Come play music on the juke box or hang out in the TV room and chat with friends! **ID Cards Required.**

WHO: 7th & 8th Graders who live in or attend school in Sudbury

DAY: Fridays

TIME: 7:00-9:30 PM

WHERE: Fairbank Community Center

COST: \$8 per person with ID/\$10 per person without ID

EXTRAS: \$1 snacks/drinks

For information, rules, and event happenings, please contact

Mark Simmons at 978-639-3227 or log onto: www.teen.sudbury.ma.us.

Become a fan of the Jean Lind Teen Center on [Facebook](#)!



DATE	GRADE	EVENT
Dec 11th	7th & 8th	Holiday Toy Drive
Jan 8th	7th Only	Ice Cream!
Feb 5th	7th & 8th	Cupid's Corner Event
Mar 4th	8th w/Lincoln	Pool and Ice Cream

TWEEN & TEEN PROGRAMS

BABYSITTERS TRAINING COURSE

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

***Please bring lunch and a snack.**

DAY: Wednesdays
TIME: 12:30 - 6:00 PM
DATES: March 9 & 16 (Early release Wednesdays)
AGES: 11 - 15
COST: \$100
WHERE: Atkinson Pool Lobby



Instructed by Atkinson Pool Staff

YOGA FOR TEENS

In this introductory class, we'll learn about the physical, mental and spiritual practice of yoga. In each 75-minute class, we will tap the benefits of yoga by doing a sequence of poses that strengthen our bodies while promoting flexibility, balance and relaxation. No experience necessary.

Please bring a yoga mat and a small blanket or towel.

DAY: Mondays
TIME: 5:30-6:45PM
DATES: Jan. 4 - Feb. 22 *No Class 1/18, 2/8, 2/15
DURATION: 5 weeks
LOCATION: FCC GYM
COST: \$81



Instructed by Sudbury Park & Recreation Staff, Jane Cunningham

SUNDAY RIVER WEEKEND SKI TRIP

This weekend trip to Sunday River in Maine is a great chance to ski with friends! The trip is open to Lincoln and Sudbury students in grades 6-8. Weekend package includes a two-day lift ticket, bus transportation, 2 nights lodging in Gorham, NH, two breakfasts and one dinner. The Inn features an arcade, indoor pool and walleyball courts. Skiers and snowboarders are welcome! Chaperones receive a two-day ski pass and should contact Mark Simmons at simmonsm@sudbury.ma.us. Please register your child online with your Recreation Department.

DATES: Jan. 22 - 24
COST: \$325

WHERE: Sunday River in Bethel, Maine
GRADES: 6-8
NOTE: A \$100 non-refundable deposit is due upon registration.



Facilitated by Sudbury Park & Recreation and Lincoln Park & Recreation

MIDDLE/HIGH SCHOOL GARRO STUDIOS DRAWING & PAINTING LESSONS

Classes will cover the 7 art elements. In addition to drawing and painting still life and landscape, classes will include mixed media and printmaking lessons. Emphasis is on nurturing individual creativity and stretching imagination. Students will be using a variety of art making media including watercolor, ink, acrylic paint, oils, pastel, charcoal and more! **All classes are instructed by Michelle Garro and held at**

Garro Studios - 63 Summer St., Maynard.

DAY: Friday
TIME: 3:30 - 5:00 PM
DATE: Jan. 22 - Mar. 18 *No Class 2/19
DURATION: 8 Weeks
WHERE: Garro Studios - 63 Summer St., Maynard
AGES: Grades 6-12
COST: \$190

Instructed by Michelle Garro

HOME ALONE

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

DATES: Wed, Jan. 20 or Tues, Apr. 26
TIME: 5:00 - 7:30 PM
AGE: 9 - 11
WHERE: Parmenter VNA 266 Cochituate Rd., Wayland, MA
COST: \$45

Instructed by Beth Oleson of Parmenter Health

ADULT PROGRAMS

ADULT BEGINNER & INTERMEDIATE TAP DANCE

Tap Dancing is basically making music with our feet using shoes with metal taps on the ball of the foot and heel. A Beginner class will learn all the basics and vocabulary to do some warm-up exercises, across-the-floor movements and short combinations of steps and dances. An Intermediate class draws from experience, so the pace is faster and steps more complicated.

Please dress comfortably and bring your own flat tap shoes.

DAY: Thursdays **DATES:** Jan 7 - Feb. 25 ***No Class 2/18**

DURATION: 7 Weeks **WHERE:** FCC Gym

COST: \$70

Beginner:

TIME: 6:30-7:30PM



Intermediate:

TIME: 7:35-8:35PM

Instructed by Sudbury Park & Recreation Staff, Susan Craver

YOGA

In this class, we'll learn about the physical, mental and spiritual practice of yoga. Each 75-minute class will tap into the benefits of both disciplines by doing a sequence of poses that strengthen our bodies while promoting flexibility, balance and relaxation. No experience necessary. Please bring a yoga mat and a small blanket or towel.

DAY: Mondays

TIME: 7:00 - 8:15PM

DATES: Jan. 4 - Feb. 22 ***No Class 1/18, 2/8, 2/15**

DURATION: 5 weeks

LOCATION: FCC GYM

COST: \$81



Instructed by Sudbury Park & Recreation Staff, Jane Cunningham

MEN'S 30+ BASKETBALL

Looking for a night of pick-up basketball? Join us for indoor basketball on Monday evenings throughout the school year. Please wear clean, dry sneakers and bring your own basketball.

There will not be make-ups for snow days. Min. 9

DAY: Mondays

TIME: 7:00 - 9:00 PM

WINTER: Jan. 4 - Mar. 21 ***No Class 1/18, 2/15**

SPRING: Mar. 31 - Jun. 16 ***No Class 4/21, 5/26**

WHERE: Peter Noyes Gym

COST: \$50 per season



Facilitated by Sudbury Park & Recreation

CO-ED VOLLEYBALL

Sudbury Volleyball welcomes new full or part-time players.

Our group mixes league-quality and intermediate players for a competitive, but friendly, evening. Games are played on a full-sized court in Sudbury. For more information and to signup, please visit

<http://www.sudburyvolleyball.org>.

DAYS: Wednesdays

TIME: 7:30 - 9:30 PM

DATES: Jan. 6 - Apr. 13

DURATION: 14 weeks

COST: \$50 full-time or \$25 part-time



Facilitated by Sudbury Volleyball

ARCHERY

Experience the thrill of traditional recurve archery and find out why one of the world's oldest sports is making a comeback! This introductory course will guide participants on the pathway to success in a relaxed environment with a unique lesson plan that integrates the aiming process with a variety of skill-building games. You can succeed in this activity with patience and focus; no athletic ability required.

No experience necessary.

TIME: 6:00 - 7:00PM

DAY: Tuesdays

SESSION 1: Jan. 12, 19, 26, Feb. 2

SESSION 2: Mar. 8, 15, 22, 29

DURATION: 4 weeks

COST: \$115/session

WHERE: FCC Gym

Instructed by On The Mark Archery



GARRO STUDIO ADULT MORNING DRAWING & PAINTING LESSONS (ALL LEVELS)

Students of all levels will acquire important tools to approach oil painting with confidence. Students will learn value-pattern, composition and color. Class will begin with a demonstration, followed by individual attention and support. Each class will begin with drawing and a discussion of the tools used to achieve a careful rendering of your subject. Students will learn the importance of "seeing" and communicating color, light and atmosphere in their paintings. The class will cover line, perspective, composition, value, handling edges and color theory. Students will receive a materials list.

All classes are instructed by Michelle Garro and held at Garro Studios - 63 Summer Street, Maynard. Studio 203

WEDNESDAY - Drawing/Painting

DATES: FEB. 3- MAR. 30 ***No Class 2/17**

TIME: 9:30 - 12:00 PM

COST: \$260

DURATION: 8 weeks

THURSDAY - Drawing/Painting

DATES: JAN. 28 - MAR. 24 ***No Class 2/18**

TIME: 9:30 AM - 12:00 PM

COST: \$260

DURATION: 8 weeks

SATURDAY - Drawing/Painting

DATES: JAN. 23 - MAR. 12

TIME: 9:30 - 12:00 PM

COST: \$260

DURATION: 8 weeks

ADULT PROGRAMS (Cont.)

CARDIO TENNIS

This class is a high-energy fitness activity that combines the best features of tennis with a cardiovascular workout. Great conditioning workout while building up your footwork! All levels are welcome! Please bring sneakers and a racquet. **All classes are at the Longfellow Club, Wayland.**

The Longfellow Club is a National Cardio Tennis Site.

***Class will not run on the holiday weekend: 1/16, 1/17, and 1/18 or Feb vacation: Mon 2/13, 2/15 and Fri, 2/19**



MONDAY SESSION 1: Jan. 11 - Feb. 29
MONDAY SESSION 2: Mar. 7 - Apr. 11
TIME: 11:00 AM - 12:00 PM
COST: \$130 per session
DURATION: 6 Weeks

FRIDAY SESSION 1: Jan. 15 - Feb. 26
FRIDAY SESSION 2: Mar. 11 - Apr. 15

SATURDAY SESSION 1: Jan. 9 - Feb. 27
SATURDAY SESSION 2: Mar. 5 - Apr. 9
TIME: 7:30 - 8:30 AM
COST: \$130 per session
DURATION: 6 Weeks

Instructed by the Longfellow Club

BEGINNER ADULT TENNIS

Adult Beginner Tennis is designed for those who want to learn to play tennis in a supportive environment.

The focus of this class will be on individual strokes, fundamentals and serving. Participants should bring sneakers and a racquet.

DAY: Mondays
SESSION 1: Jan. 11 - Feb. 29 ***No class 1/18, 2/15**
SESSION 2: Mar. 7 - Apr. 11
TIME: 12:00 - 1:30 PM
COST: \$195 per session
DURATION: 6 Weeks
WHERE: Longfellow Club, Wayland



Instructed by the Longfellow Club

ADVANCED BEGINNER ADULT TENNIS

Advanced Beginner Tennis is designed for those who have completed a beginner level clinic or who have played tennis at some point in their life and are looking to return to the sport. Focus is on fundamentals, doubles strategy and tactics.

Please bring sneakers and a racquet.

DAY: Tuesdays
SESSION 1: Jan. 12 - Feb. 23 ***No class 2/16**
SESSION 2: Mar. 8 - Apr. 12
TIME: 1:00 - 2:30 PM
COST: \$195 per session
DURATION: 6 Weeks
WHERE: Longfellow Club, Wayland



Instructed by the Longfellow Club

DRAWING WITH CONFIDENCE (ALL LEVELS)

Whether you are interested in sharpening your skills or drawing for the first time, drawing is a necessary skill for a variety of art techniques. Learning to see in terms of lines, shapes and values is a necessary skill required to describe 3-dimensional forms on a 2-dimensional surface. Take this class if you want to strengthen your drawing (and painting) skills. As well as learning to draw, you will learn HOW TO SEE. The class will cover line, perspective, composition, value, handling edges, and comparative measuring. Students will receive a materials list.

DAYS: Mondays
DATES: Jan. 25 - Mar. 21 ***No Class 2/19**
TIME: 9:30 - 11:30 AM
COST: \$210
DURATION: 8 weeks
WHERE: Garro Studios, 63 Summer Street, Maynard

Instructed by Michelle Garro

PAINTING THE LANDSCAPE (ALL LEVELS)

Each day begins with a discussion of the joys and pitfalls of outdoor painting, supplies & equipment, an oil painting demonstration, followed by individualized instruction. Working from photographs in the studio students will learn how to create landscape oil paintings. Students will study composition, perspective, color theory, value relationships and brushwork. Students will receive a materials list.

DAYS: Fridays
DATES: Jan. 22 - Mar. 18 ***No Class 2/19**
TIME: 9:30 AM - 12:00 PM
COST: \$260
DURATION: 8 weeks
WHERE: Garro Studios, 63 Summer Street, Maynard

Instructed by Michelle Garro

TEEN/ADULT DRAWING/PAINTING EVENING CLASSES (ALL LEVELS)

Students of all levels will acquire important tools to approach oil painting with confidence. Students will learn value-pattern, composition and color. Students will learn the importance of "seeing" and communicating color, light, and atmosphere in their paintings. The class will cover line, perspective, composition, value, handling edges and color theory. Students will receive a materials list.

MONDAY: Jan. 25 - Mar. 21 ***No Class 2/15**
TUESDAY: Jan. 19 - Mar. 15 ***No Class 2/16**
TIME: 6:00 - 8:00 PM
COST: \$210 per session
DURATION: 8 weeks
WHERE: Garro Studios, 63 Summer Street, Maynard

Instructed by Michelle Garro

ADAPTIVE & INCLUSIVE SPORTS AND RECREATION PROGRAMS

The Sudbury Park & Recreation Department strives to provide sport and recreation opportunities to community members of all ages and abilities. The following are the adaptive sports and recreation programs available for individuals with disabilities and/or differing learning styles. Questions about the program and supports available. Contact Amber Comeau, Assistant Recreation Director/Adaptive Recreation Director, at comeaua@sudbury.ma.us



WE VALUE INCLUSION

When seen next to a program within the brochure, this symbol notates that people with and without disabilities are welcome to register. If necessary, parents or aides are welcome to attend with participants.

ADAPTIVE ICE SKATING

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

DAY: Saturday

AGE: 18 months+

SESSION I: Nov. 7 - Dec. 19 *No Class 11/28

SESSION II: Jan. 16—Mar. 26 *No Class 2/13, 2/20, 3/19

COST: \$156

TIME: 12:35 - 1:20 PM

DURATION: 6 weeks

DURATION: 8 weeks



Instructed by Sharper Edge Skating School



SUPER SOCCER STARS SHINE

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

DAY: Thursday

SESSION I: Jan. 7 - Feb. 11

SESSION II: Feb. 25 - Mar. 31

WHERE: FCC Gym

AGES: 5 - 12

TIME: 4:15 - 5:00PM

COST: \$147



Instructed by Super Soccer Stars



NEW!!

DRAWING, PAINTING, AND MORE!

Join us once a week for a sensory art adventure!

Some weeks the activities in this adaptive art class will be for the full 60 minutes and other days there will be multiple creative opportunities. Some projects include water color resists, paint blotting, printmaking, and collage. This is a unique program that is based on the interests of the students, so please send in your ideas!

This class is best suited to individuals with developmental and intellectual disabilities including, but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS.

DAY: Tuesday

DATES: Feb. 23 - March 22

DURATION: 5 weeks

WHERE: FCC Room 1

AGES: 12 - 18

TIME: 4:30 - 5:30 PM

COST: \$103



*Instructed by
Sudbury Park & Recreation Staff*



ADAPTIVE & INCLUSIVE PROGRAMS (Cont.)

TUESDAY NIGHT BOWLING PROGRAM

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

DAY:	Tuesday	TIME:	5:30 - 7:00 PM		
WINTER DATES:	Jan. 5, 19, Feb. 2, 23, and Mar. 1, 15	DURATION:	6 weeks	COST:	\$102 (includes 3 games & shoes per night)
SPRING DATES:	Apr. 12, 26, May 10, 14, Jun 7	DURATION:	5 weeks	COST:	\$85 (includes 3 games & shoes per night)
WHERE:	Bowl-A-Drome, Acton, MA	AGES:	13 - 25		



Facilitated by Sudbury Boy Scout Troop #60



BOY SCOUTS OF AMERICA

DANCE - JAZZ, HIP HOP, AND THEATER

Come join in on the fun of dancing! Learn the simple basics of several styles of dance in a relaxed and easy setting. A series of dance patterns will be put together and the dancers will perform their dance routine in a mini-recital on the last day of classes. Please wear sneakers and comfortable clothing and bring a water bottle. T-shirts provided. *Min. 4.*

DAY:	Tuesday
TIME:	7:00 - 8:00 PM
DATES:	Jan. 5 - Mar. 19 *No Class Feb. 16
DURATION:	12 weeks
AGES:	13 - 21
WHERE:	FCC Gym/Stage and Rm 2 on 3/1
COST:	\$221



Instructed by Sudbury Park & Recreation Staff, Carole-Anne Baer

CALMING STRATEGIES FOR KIDS

Join us for a four week program focusing on a different calming strategy each week. We will make a "worry box," a "fidget box," work on mindfulness, and even yoga for relaxation. We will practice sensory breaks, and advocating for these breaks when needed. We will also use iPads to introduce students to many great apps that they can use at home. *Min. 4*

DAY:	Fridays
TIME:	4:30-5:30 PM
DATES:	Jan. 22 - Feb 12
DURATION:	4 Week
AGES:	7 - 12
COST:	\$56
WHERE:	FCC Gym and room 3 on 2/5

Instructed by Sudbury Park & Recreation Staff



FIFTH ANNUAL SNEAKER PROM

This March, the Sudbury Park and Recreation Department will be hosting the fourth annual Sneaker Prom for community members with disabilities ages 15+! This dance is an inclusive event with volunteers from surrounding area middle and high schools. Semi-formal attire with funky footwear encouraged! We will have a DJ, photo station, lounge and healthy snacks available. Attendants are invited and welcome. **Pre-registration required.**

DATE:	Friday, March 11
TIME:	7:00 - 9:00 PM
AGE:	15+
COST:	\$15 per person (includes PCA admission)

WHERE: Fairbank Community Center, Sudbury, MA



Hosted by Sudbury Park and Recreation & Minute Man ARC

SENIOR CENTER PROGRAMS

The Sudbury Senior Center offers several fitness classes designed for the older exerciser, generally targeted to those who are 60+. Classes are open to those who are younger who would benefit from these classes on a space available basis. Classes run on an 8 week rotation. Please call the Sudbury Senior Center at (978) 443-3055 for more information and to pre-register.

TAI CHI

DAY: Mondays
TIME: 2:15 - 3:15 PM
DATES: Jan 25 - Mar. 21
DURATION: 8 weeks
WHERE: FCC Gym
COST: \$36 /session

TAP DANCE

DAY: Thursdays
TIME: 9:30 - 10:30 AM
DATES: Jan. 21 - Mar. 10
DURATION: 8 weeks
WHERE: FCC Gym
COST: \$40/session

FIT FOR THE FUTURE

DAY: Monday, Wednesday,
and/or Friday
TIME: 11:00 AM - 12:00 PM
DURATION: Ongoing, monthly
WHERE: FCC Gym
COST: \$2 drop-in

YOGA FOR LIVING WELL

DAY: Tuesdays
DATES: Jan. 19 – Mar. 8
DURATION: 8 weeks
COST: \$56

CLASS 1

TIME: 9:40 - 10:40AM **WHERE:** FCC Gym

CLASS 2

TIME: 11:00AM - 12:00PM **WHERE:** FCC Gym

BETTER BONES

DURATION: 8 weeks
WHERE: FCC Gym (Mon), Gym (Friday)
COST: \$56

MONDAY

TIME: 1:00 - 2:00 PM **DATES:** Feb 1 – Mar. 28

FRIDAYS

TIME: 9:30 - 10:30 AM **DATES:** Feb. 5 – Mar. 25

TAI CHI FOR HEALTHY LIVING

DAY: Tuesdays **TIME:** 1:30 - 2:30 PM
DATES: Jan. 5 - Mar. 23 **DURATION:** 8 weeks
WHERE: Sudbury Pines Room **COST:** \$40/session



SEEKING STAFF AND INSTRUCTORS!

NOW HIRING!

Have you ever wanted to teach a class for the Sudbury Park & Recreation Department? Do you love to play & work with kids? We are currently looking for exciting new classes, programs and instructors. We now are accepting applications for the following programs:

- Mini Wild Wednesdays
- Fitness classes
- Yoga classes
- Summer camps

Please help us spread the word! For more information, please contact Tricia Freeman at freemanp@sudbury.ma.us

ADULT CONT'D

COMMIT TO GET FIT!

Our HealthyCARE 90-day Program is a comprehensive wellness approach designed to give you the necessary education and experience to establish a customized fitness, nutrition and stress management plan to meet your individual health goals. **Included:** pre- and post-assessment with your personal Wellness Coach, one-on-one session with a certified personal trainer and Registered Dietician, weekly 2-hour nutrition & small group exercise classes, support materials including weekly menus and shopping guides, PLUS a 3 month fitness membership!

DATES: Classes run January – April, 2016.

COST: Varies, depending on health insurance.



Design your own HealthyCARE Program today!

Contact: Laura Klein at The Thoreau Club

[978.831.1212](tel:978.831.1212)

laura@thoreau.com or

Jane Polley at The Longfellow Club

[\(508\)653-4633](tel:(508)653-4633)

janelongfellownutrition@gmail.com

TRIATHLON TRAINING

This program is set up to get you started on your training for the upcoming season. There will be a Tuesday night coached swim session. Along with the Tuesday night swim, additional workouts will be emailed to you each week covering swimming, biking and running. Starting March 5th, a Saturday morning bike/run workout will be added. The Saturday workout will run for ten weeks.

WHEN: (Tues.) 6:00 - 7:00 PM

(Sat.) 10:00 - 11:30am

DURATION: 25 weeks

DATES: (Tues.) February 2 – July 26 (no session July 5th)

(Sat.) March 5 - May 7

COST: Members: \$175

Non-Members: \$215



Please note the Sudbury Spring Sprint Triathlon will not be held this year. Look for information for 2017!



SAVE THE DATE!

SUMMER CAMP REGISTRATION 2015!

Resident Registration:

Wednesday, February 10th

6:30PM Preschool Pals

7:00PM Sudbury Summer & Sudbury Summer Inclusion

7:30PM Sudbury Adventure Program

8:00PM CIT

Resident Registration For all other programs:

9:00AM Friday, February 12th

Non-Resident Registration:

9:00AM Wednesday, February 24th



ATKINSON POOL DAILY & MEMBERSHIP RATES

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

RECURRING Monthly Membership (three month minimum commitment): This is a continuous membership plan with no expiration date. This membership entitles member to lap and family swim as well as a discount on aquatic programs. The monthly membership fee will be automatically charged to your credit card account on the 10th day of each month. The monthly membership can be cancelled at any time after the original three month minimum commitment and it must be in writing by the first of the month you want to cancel.

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

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

***All memberships are non-refundable and begin the day of purchase.
Memberships cannot be purchased and applied the same day as program registration.***

RESIDENT FEES	DAILY	SWIM PASS	LUNCHTIME	RECURRING MONTHLY	6 MONTH	YEARLY
FAMILY	n/a	\$88	n/a	\$56	\$306	\$610
ADULT	\$8	\$40	\$280	\$42	\$220	\$442
YOUTH	\$6	\$30	n/a	\$29	\$155	\$310
SENIOR	\$5	\$25	n/a	\$25	\$140	\$280
COUPLE	n/a	n/a	n/a	\$52	\$280	\$560
TINY TOT PASS	\$5	\$25	n/a	n/a	n/a	n/a

NON-RESIDENT FEES	DAILY	SWIM PASS	LUNCHTIME	RECURRING MONTHLY	6 MONTH	YEARLY
FAMILY	n/a	\$105	n/a	\$65	\$345	\$684
ADULT	\$9	\$45	\$300	\$50	\$250	\$500
YOUTH	\$7	\$35	n/a	\$36	\$172	\$340
SENIOR	\$5	\$25	n/a	\$28	\$158	\$317
COUPLE	n/a	n/a	n/a	\$62	\$325	\$650
TINY TOT PASS	\$5	\$25	n/a	n/a	n/a	n/a

FAMILY: Two adults and all children under 21

ADULT: Anyone over 18 years of age

YOUTH: Ages 4-17

SENIOR: 60 years of age or older

COUPLE: Two adults living at the same address

TINY TOT: for the Adult with the child

SWIM LEVEL DESCRIPTIONS

PARENT & CHILD CLASS (6 months - 4 years old)

This course is to familiarize young children with the water and prepare them to participate in the learn to swim courses. It is not designed to teach children to become good swimmers or to survive in the water on their own. Children will have the opportunity to explore floating, blowing bubbles, and rolling from back to front in the water in a safe and comfortable manner. Parent or other care giver must accompany each child into the water and participate in each class.

PRESCHOOL LESSONS (2.9 - 4 years)

Preschool Level 1– This level is designed to introduce preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills similar to Level 1 introduction to water skills. (see below for description)

Preschool Level 2 - Builds on the basic aquatic skills learned in PS level 1, we will be working on floating on front and back and working on achieving some independence in the water.

LEVEL 1 - Introduction to Water Skills- Helps students to begin developing positive attitudes, good swimming habits and safe practices in and around the water.

**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 a 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.

Safety Topics: How to stay safe in and around the water and how to recognize an emergency and call for help.

Children MUST be able to perform ALL skills in Levels 1 - 4 WITHOUT the use of goggles to pass on to the next level.

LEVEL 2 - Fundamental Aquatic Skills- Gives students success with fundamental skills, including learning how to float without support and to recover to a vertical position. ***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 and treading water.

Safety Topics: To be safe in and around the water, including the use of lifejackets, recognizing lifeguards and practicing sun safety.

LEVEL 3 - Stroke Development- Builds on the skills in level 2 by providing additional guided practice in deep water.

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. Rotary breathing, survival float and back float. Changing from vertical to horizontal position on front and back. Flutter, scissor, dolphin and breaststroke kicks on front. Front crawl and elementary backstroke.

Safety Topics: "Look before you leap," perform a simple non-swimming assist and how to recognize, prevent and respond in cold water emergencies.

LEVEL 4 - Stroke Improvement- Develop confidence in the strokes learned in level 3 and improve other aquatic skills.

Skills to be Taught: Headfirst entries from the side in a compact and stride position. Swimming underwater, feet first surface dive, survival swimming, front crawl and backstroke open turns, and treading water using two different kicks. Front and back crawl, elementary backstroke, breaststroke, sidestroke & butterfly. Flutter and dolphin kicks on back.

Safety Topics: What to do when exhausted or caught in a dangerous situation. Recreational water illnesses - what they are and how to prevent them.

LEVEL 5 - Stroke Refinement- Provides further coordination and refinement of strokes.

Skills to be Taught: Shallow-angle dive from the side then glide and begin a front stroke. Tuck and pike surface dives, submerge completely. Front flip turn and backstroke flip turn while swimming. Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly.

Safety Topics: Review above topics, how to call for help and the importance of knowing first aid and CPR.

LEVEL 6 - Fitness swimming- Refines the strokes so that 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. 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 and learning how to calculate heart rate.

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 at which swim level to place your child, please call the pool at (978) 443-1092 to speak with our staff to determine proper placement.

LESSON ATTENDANCE

If we have to cancel a swim lesson class for reasons beyond our control such as weather, we will schedule a make up class. If you miss a class due to illness etc., no make up will be granted. Our class ratios and scheduling do not permit us to add additional children to swim lessons on other days.

AMERICAN RED CROSS SWIM LESSONS - SESSION A

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:50-9:20 <i>Preschool Level 1</i> <i>Preschool Level 2</i>	9:30-10:00 <i>Preschool Level 1</i>	9:30-10:00 Preschool Level 1	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 <i>Preschool Level 2</i>	10:05 - 10:35 <i>Preschool Level 2</i>	10:05-10:35 Level 2	10:05-10:35 Level 1	9:25-9:55 Parent & Child ***** <i>Preschool Level 2</i>
10:00-10:30 Level 1 Level 2	<u>SESSION A-JANUARY/FEBRUARY LESSONS</u> DURATION: 5 weeks COST: Members - \$ 55 Non-Members - \$ 90 REGISTRATION: Members - Tuesday, December 8 at 9am Non-Members - Thursday, December 10 at 9am				10:00-10:30 Parent & Child ***** <i>Preschool Level 1</i>
10:35-11:05 Level 2 Level 3					10:35-11:05 Level 2 Level 3
11:10-11:40 Level 1 Level 3					11:10-11:40 Level 3 Level 4
11:45 -12:15 Level 4 Level 5/6					11:45 -12:15 Level 4 Level 5/6
5 Weeks	5 Weeks	5 Weeks	5 Weeks	5 Weeks	5 Weeks/ No class Feb. 6
STARTS: Jan. 10 ENDS: Feb. 7	STARTS: Jan. 5 ENDS: Feb. 2	STARTS: Jan6 ENDS: Feb. 3	STARTS: Jan. 7 ENDS: Feb 4	STARTS: Jan. 8 ENDS: Feb. 5	STARTS: Jan. 9 ENDS: Feb. 13

AMERICAN RED CROSS SWIM LESSONS - SESSION B & C

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:50-9:20 <i>Preschool Level 1</i> <i>Preschool Level 2</i>	9:30-10:00 <i>Preschool Level 1</i>	9:30-10:00 Preschool Level 1	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 <i>Preschool Level 2</i>	10:05 - 10:35 <i>Preschool Level 2</i>	10:05-10:35 Level 2	10:05-10:35 Level 1	9:25-9:55 Parent & Child <i>Preschool Level 2</i>
10:00-10:30 Level 1 Level 2	<u>SESSION B-MARCH LESSONS</u> DURATION: 5 weeks COST: Members - \$ 55 Non-Members - \$ 90 REGISTRATION: Members - Tuesday, Feb. 9 @ 9am Non-Members - Thursday Feb. 11 @ 9am				10:00-10:30 Parent & Child <i>Preschool Level 1</i>
10:35-11:05 Level 2 Level 3					10:35-11:05 Level 2 Level 3
11:10-11:40 Level 1 Level 3					11:10-11:40 Level 3 Level 4
11:45 -12:15 Level 4 Level 5/6					11:45 -12:15 Level 4 Level 5/6
5 Weeks	5 Weeks	5 Weeks	5 Weeks	5 Weeks	5 Weeks
STARTS: March 6 ENDS: April 10	STARTS: March 1 ENDS: March 29	STARTS: March 2 ENDS: March 30	STARTS: March 3 ENDS: March 31	STARTS: March 4 ENDS: April 8	STARTS: March 5 ENDS: April 9

SESSION C

March Afternoon Lessons

DURATION: 5 weeks
COST: **Members - \$ 55**
Non-Members - \$ 90
REGISTRATION: **Members - Feb. 10**
Non-Members - Feb. 12

TUESDAY	THURSDAY
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 5
START DATE March 1	START DATE March 3
END DATE March 29	END DATE March 31

YOUTH POOL PROGRAMS

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 adult



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!!

BIRTHDAY PARTIES

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

DAYS: Saturday & Sunday
TIME: Starting at Noon
COST: \$180 (1 hour private room & 1 hour use of pool)
 Includes 10 children, each additional child is \$5 and adults are FREE.



For more information, please call us at 978-443-1092.

LIFEGUARD TRAINING

Pre requisite - MUST BE 15 years old and MUST swim 300 yards continuously, 100 yards of front crawl with rhythmic breathing and a stabilizing propellant kick; 100 yards of breaststroke using a pull, breathe, kick and glide sequence, 100 yards of front crawl or breaststroke or a combination of both; as well as a 40 yard timed swim and retrieval of a 10 pound object. Then he or she must tread water for two minutes keeping your hands under your arms.

Upon successful completion of the course, participants will be certified in Lifeguard Training, First Aid & C.P.R./A.E.D. for the professional rescuer.

DAY: Tues. - Thur. **TIME:** 8:00 AM - 6:30 PM **COST:** \$285
DATES: Feb. 16 - Feb. 18 ***Please bring a lunch and snacks ***

THERE ARE NO REFUNDS IF YOU DO NOT PASS THE COURSE



CERTIFIED BURDENKO WATER TRAINING & CONDITIONING

— Janis Redlich, Trainer

Private sessions focus on water conditioning exercises specifically designed to develop balance, coordination, flexibility, endurance and speed. In combination, these qualities aid in greater freedom of movement, improved muscle tone and joint mobility, weight maintenance and pain reduction. Specific attention is paid to postural alignment, symmetry of movement and increased muscular control and awareness. Participants need to feel comfortable in the water.

Contact Janis via email JRLOMR@aol.com or website, www.janish2o.com to set up personal training sessions or call (617) 901-9676

SWIM WHISPERER SWIM LESSONS

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

DAY: Monday **DATES:** March 14 - April 25 **TIME:** 30 min slots between 3:30 - 8:00 PM **AGES:** 2 - 18
DURATION: 6 weeks **COST:** \$386 **WHERE:** Atkinson Pool
No Class April 18th *Instructed by Angel Fish Therapy*

Swim Whisperers 



Babysitters Training Course offering is on Recreation Tweens/Teens program page



TRIATHLON TRAINING PROGRAMS (Adult)

TRIATHLON TRAINING

This program is set up to get you started on your training for the upcoming season. There will be a Tuesday night coached swim session. Along with the Tuesday night swim, additional workouts will be emailed to you each week covering swim, bike and running. Starting March 5th, a Saturday morning bike/run workout will be added. The Saturday workout will run for ten weeks leading up to the Sudbury Triathlon.

Please note the Sudbury Spring Sprint Triathlon will not run this year. Look for information for 2017!

WHEN: (Tues.) 6:00 - 7:00 PM
 (Sat.) 10:00 - 11:30am

DURATION: 25 weeks



DATES: (Tues.) February 2 - July 26 (no session July 5th)
 (Sat.) March 5 - May 7

COST: Members: \$175 Non-Members: \$215



ADULT POOL PROGRAMS

6am DEEP WATER WORKOUT - Instructed by Peggy Mangan-Cross

Our 6am Deep Water Workout is designed as a cardio class, sure to burn calories. We use the resistance of the water to achieve a vigorous workout to the beat of music. Flotation and resistance equipment is incorporated to add variety, intensity and muscle strengthening. The class is appropriate for individuals wanting an energetic workout and anyone wishing to cross-train in a non-impact environment. Participants need not be strong swimmers, but should feel comfortable in the water wearing flotation equipment. It's a great way to start your day! Instructor is certified through the Aquatic Exercise Association.

DEEP WATER WORKOUT - Instructed by GERALYN STRELLA

Our 9:30 AM Deep water workout is for anyone who feels comfortable in the water and would like an exhilarating workout to music. This workout includes running and water interval training. It emphasis is on the core muscles. Flotation and resistance equipment are incorporated to add to the intensity of the strength and endurance training. Stretching and flexibility training concludes this workout.

AQUACISE - Instructed by GERALYN STRELLA

Water aerobic set to music! In addition to cardiovascular workout, each class includes muscle conditioning for all major muscle groups, and stretching for flexibility. This class is great for balance. Several options are given to increase or decrease the difficulty of the workout. Participants must feel comfortable in chest deep water.

PI - YO - CHI - Instructed by GERALYN STRELLA

The strength of Pilates, the balance of Yoga and the energy revitalization of Ai Chi. Regular practice leads to improved core strength, range of motion, alignment, and balance. It enhances your breathing and personal calm. The class is made up of full range of movements using techniques from Ai Chi, Yoga and Pilates. It consists of stretches with slow, gentle movements with faster movements that will lead into still poses. Anyone interested in participating should be very comfortable in the water and be willing to try unusual positions to achieve better core strength. This class will be held in the deep water dive well. GERALYN is certified through the Aquatics Exercise Association and the Arthritis Foundation. As well as certifications in Ai Chi, and Pi-Yo-Chi.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:45 AM	Deep Water -Peggy		Deep Water - Peggy		
8:15-9:00 AM		Aquacise - GERALYN		Aquacise - GERALYN	Pi - Yo - Chi- GERALYN
9:30-10:15 AM		Deep Water - GERALYN		Deep Water - GERALYN	Deep Water - GERALYN

6:00 - 6:45 AM DEEP WATER WORKOUT

DATES: Jan. 4- Apr. 6 *No Class 2/10
DURATION: 27 classes
COST: **MEMBERS/SENIORS:** \$202
NON-MEMBERS: \$256

9:30 - 10:15 AM DEEP WATER WORKOUT

DATES: Jan. 5 - Apr. 8 *No Class March 25
DURATION: 41 classes
COST: **MEMBERS/SENIORS:**\$300
NON-MEMBERS: \$380

8:15 - 9:00 AM AQUACISE CLASS

DATES: Jan. 5 - Apr. 8 *No Class March 25
DURATION: 28 classes
COST: **MEMBERS/SENIORS:** \$210
NON-MEMBERS: \$266

TWO DAY A WEEK DEEP WATER OPTION

DURATION: 28 classes *No Class 3/25
COST: **MEMBERS/SENIORS:** \$210
NON-MEMBERS: \$266

PI-YO-CHI

Day— Friday's
Time - 8:30-9:15am
Cost - Members/Seniors -\$98
Non-Members - \$124
Duration - 13 classes
No Class - March 25

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.

DAYS: Monday, Tuesday, & Thursday
TIME: 11:00 AM - 12:00 PM
DURATION: 38 classes
COST: \$190
DATES: January 4 - April 7 *No Class Jan 18 & Feb. 15, 16, 18

WINTER WEATHER POLICY

Sudbury Park & Recreation/Atkinson Pool staff make every effort to open on time and remain open for all scheduled hours. In the event of inclement weather, we will follow a similar delay, early-release and cancellation plan as the **Sudbury School Department**. In the case of delay, Park & Recreation/Atkinson Pool will open at 9am and all morning programs will be cancelled. At 9am, the decision will be made to open, delay opening further or remain closed based on the current weather forecast. Please call the **Inclement Weather Hotline (978-639-3233)** for updated information.

ADULT POOL PROGRAMS (Cont.)

ADULT SWIM CLASS

For adults who would like to be more comfortable in the water or would like to improve specific swim skills.

This is a group class with an emphasis on individual needs and goals. Whether you are a beginner or just looking to get back into the water, this class is for you.

DAY: Wednesdays

TIME: 6:15 - 7:00 PM

DATES: March 11 - April 8

DURATION: 5 weeks

COST: **MEMBERS:** \$82

NON-MEMBERS: \$124



HOLIDAY DISCOUNTS

From December 1 - 24 will be our Annual Holiday swim supplies sale. All Swim supplies will be discounted \$1 and all Swim Passes will discounted \$5. Stock up now and take advantage of these discounted prices.



SWIMMING & DIVING INFORMATION

The winter swim season is already in full swing! The Atkinson Pool is the host of four competitive swim and dive teams in the winter season. There are several high schools and club teams that use the pool as their home pool for training and meets:

Lincoln-Sudbury, Bromfield, and Nashoba High School Swim Teams and the Sudbury Youth Swim Team.

We would like to thank our patrons in advance for their patience during our busy winter season. Thank you - Atkinson Pool Staff

ATKINSON POOL SWIM MEET SCHEDULE - 2015-2016 SEASON

Friday, December 4 th	DCL Relays	Pool closes at 2pm
Sunday, December 6 th	SST v Milford	Pool closes at 2pm
Friday, December 11 th	LS v Concord-Carlisle	Pool closes at 3pm
	Nashoba v Tantasqua	
Sunday, December 13 th	SST v Westwood	Pool closes at 2pm
Friday, December 18 th	LS v Newton South	Pool closes at 3pm
	Bromfield v Algonquin	
Sunday, December 20 th	SST v Dedham	Pool closes at 2pm
Tuesday, December 22 nd	LS v Lexington (Boys only)	Pool Closed 3pm-6:30pm
Tuesday, January 5 th	LS v Wayland	Pool closed 3-7pm
Friday, January 8 th	LS v Waltham	Pool closed at 3pm
	Nashoba v Bromfield	
Tuesday, January 12 th	LS v Weston	Pool closed 3-7pm
Friday, January 15 th	LS v Windsor (Girls only)	Pool closes at 3pm
Sunday, January 17 th	SST v Weston	Pool closed at 2pm
Tuesday, January 19 th	LS v Bedford	Pool closed 3-6:30pm
Friday, January 22 nd	LS v Westwood	Pool closes at 3pm
	Bromfield v Westborough	
Friday, January 29 th	SST Swim-a-thon	Pool closed at 6pm
Friday, February 5 th	Girls' DCL Swim Championships	Pool closes at 2pm
Saturday, February 6 th	Boys' DCL Swim Championships	Pool opens at 3pm
Sunday, February 7 th	SST v Westborough	Pool closes at 2pm

***Schedule subject to change. There will be NO Lap or Family Swim during these times! The Dive Well will not be available during these closed periods.**

Everyone is invited to come and watch the meets; the swim teams appreciate your support!

Town of Sudbury

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

Postal Patron
Sudbury, MA 01776

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ATKINSON POOL SCHEDULE DECEMBER - FEBRUARY

	SUNDAY OPEN 7:00AM	MONDAY OPEN 5:30AM	TUESDAY OPEN 5:30AM	WEDNESDAY OPEN 5:30AM	THURSDAY OPEN 5:30AM	FRIDAY OPEN 5:30AM	SATURDAY OPEN 7:00AM
5:30 - 7:00	CLOSED	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	CLOSED
7:00 - 8:00	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap
8:00 - 9:00	8 Lap	8 Lap	5 Lap 3 Aquacise	8 Lap	5 Lap 3 Aquacise	5 Lap 3 Aquacise	8 Lap
9:00 - 10:00	4 Lap 4 Lessons	8 Lap	6 Lap 2 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
10:00 - 11:00	4 Lap 4 Lessons	8 Lap	6 Lap 2 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
11:00 - 12:00	2 Lap 4 Lessons 2 Tiny Tot	4 Lap 2 Tiny Tot 2 Awesome	6 Lap 2 Awesome	6 Lap 2 Tiny Tot	6 Lap 2 Awesome	6 Lap 2 Tiny Tot	4 Lap 4 Lessons
12:00 - 1:00	2 Lap 4 Lessons 2 Family	8 Lap	5 Lap 3 Masters	6 Lap 2 Family	5 Lap 3 Masters	5 Lap 3 Masters	2 Lap 4 Lessons 2 Family
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	5 Lap 2 Family 1 Rental
2:00 - 3:30	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	5 Lap 2 Family 1 Rental
3:30 - 4:00	6 Lap 2 Family	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	5 Lap 2 Family 1 Rental
4:00 - 5:00	Pool Deck closes at 3:45pm	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	5 Lap 2 Family 1 Rental
5:00 - 6:00		2 Lap 6 SST	6 Lap 2 Family	2 Lap 6 SST	2 Lap 6 SST	6 Lap 2 Family	5 Lap 2 Family 1 Rental
6:00 - 7:00		2 Lap 6 SST	4 Lap 1 Family 3 Lesson	2 Lap 6 SST	2 Lap 6 SST	6 Lap 2 Family	Pool Deck closes at 5:45pm
7:00 - 8:00		2 Lap 6 SST	3 Lap 4 SST 1 Family	2 Lap 6 SST	2 Lap 6 SST	CLOSED	
8:00 - 9:00		3 Lap 4 Nashoba 1 Family	3 Lap 4 Nashoba 1 Family	3 Lap 4 Nashoba 1 Family	3 Lap 4 Nashoba 1 Family		
	CLOSE 3:45 PM	CLOSE 9:00 PM	CLOSE 9:00 PM	CLOSE 9:00 PM	CLOSE 9:00 PM	CLOSE 7:00 PM	CLOSE 5:45 PM

ATKINSON POOL: 978-443-1092

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

Inclement Weather Hot Line: 978-639-3233

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

HOLIDAY HOURS

Thursday, December 24, Christmas Eve - 5:30am-12noon

Friday, December 25, Christmas Day - CLOSED

Thursday, December 31, New Year's Eve - 5:30am-1pm

Friday, January 1, New Year's Day - CLOSED

Monday, January 18, MLK Day - OPEN 6-9 AM & 3-6 PM

Monday, February 15, Presidents Day - OPEN 6-9 AM & 3-6 PM

Please use lap lane etiquette - 2 swimmers split a lane,
3+ swimmers please circle swim and enter from shallow end of pool.