SUDBURY ADVENTURE PROGRAM

Children Entering Grades: 6-8 Six 1-Week Sessions: Monday-Friday

Program Hours: 8:45AM - 4:00PM

Cost: \$190 per child/session Drop Off/Pick Up: Haskell Field

This new summer program is packed full of fun! Participants will get a chance to experience life outside of Sudbury. Each week there will be a variety of day trips. One day of the week will be spent at the Fairbank Community Center with games, swimming, and more. There will be a counselor-to-child ratio of 1:10.

Session 3

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July 16 - Group Dynamics and Bowling	July 23 - Kayaking	
July 17 - Water Country	July 24 - 6 Flags	
July 18 - Stay in Sudbury	July 25 - Stay in Sudbury	
July 19 - Paw Sox Game	July 26 - Beach day	
July 20 - Harry Potter at IMAX	July 27 - Day at a farm	

Session 4	Session 5
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Session 2

July 30 - Group Dynamics and Miniature Golf

August 6 - Kayaking

August 7 - Water Country

August 1 - Stay in Sudbury

August 2 - Paw Sox Game

August 9 - Trip to Boston (TOMB)

August 3 - Roller Skating and Laser Tag August 10 - Day at a farm

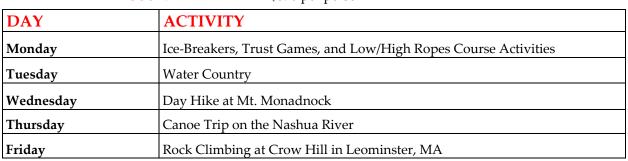
LOCAL SUMMER ADVENTURE

This local adventure will take kids on day trips in and around the area. Participants will receive a more detailed list of daily events and clothing requirements one week before the beginning of the program.

WHO: Ages 10-14
DAYS: Monday-Friday
TIME: 9:00 AM-5:00 PM
DATES: August 20-24

WHERE: Van departs from Fairbank Community Center

COST: \$390 per person



Instructed by Backyard Journeys Staff

***Please note that the itinerary might change due to weather, attendance or other factors

SUMMER PROGRAMS AND CLINICS

There are still openings in these summer programs:

Multi Sports Programs

MULTI-SPORTS CAMP- Jul. 23-27, Aug. 6-10 (Ages 5-14)

THUNDERCAT SPORTS JAM- Aug. 20-24 (Ages 6-12)

ALL-SPORTS CLINIC- Jul. 16-19, Jul. 30-Aug. 2 (Ages 6-14)

Sport Specific Programs

CHALLENGER SOCCER- Aug. 6-10 (Ages 10-18)

MLS SOCCER CAMPS- Jul. 16-20, Jul. 30-Aug. 3, Aug. 13-17 (Ages 5-12)

PLAY SOCCER- Jul. 23-27, Aug. 6-10, Aug. 20-24 (Ages 4-14)

GOLF CLINIC- Jul. 30-Aug. 3, Aug. 27-31 (Ages 11-15)

ARCHERY LESSONS- Jul. 23-27, Aug. 20-24 (Ages 8-Adults)

SKYHAWKS BASEBALL- Jul. 23-27, and Aug. 13-17 (Ages 6-14)

SKYHAWKS BASKETBALL- Jul. 30-Aug. 3, and Aug. 6-10 (Ages 6-14)

SKYHAWKS BASKETBALL UNDER THE LIGHTS- Jul. 11-Aug. 15 (Ages 11-17)

SKYHAWKS BOYS LACROSSE- Jul. 30-Aug. 3 (Ages 8-14)

SKYHAWKS FLAG FOOTBALL- Aug. 13-17 (Ages 6-11)

HAMMEL TENNIS CAMP- Aug. 20-23 (Ages 6-12)

SKYHAWKS TENNIS- Jul. 16-19, Jul. 30-Aug. 2, Aug. 6-9 (Ages 8-11)

Science Programs

GIZMOS, GADGETS AND GOOP- Aug. 20-24 (Ages 6-12)

SPEED AND AGILITY

WHO: Ages 12-18 WHERE: Haskell Field

SESSION I: Jul. 31-Aug. 16 (rain date 8/17)

DAYS: Tuesday + Thursday
DURATION: 3-Weeks
TIME: 6:00–8:00 PM
COST: \$108 per person

SESSION II: Aug. 20-23 (rain date 8/24)

DAYS: Monday-Thursday
DURATION: 1-Week
TIME: 9:00-11:00 AM
COST: \$90 per child

Instructed by F.A.S.T Athletics Staff

SUMMER ART PROGRAM

WHO: Ages 5-12 DAYS: Monday-Thursday

TIMES: 9:00 AM-12:00 PM <u>or</u> 1:00-4:00 PM

SESSION IV: Jul. 16-19 SESSION V: Jul. 23-26 SESSION VI: Jul. 30-Aug. 2 SESSION VII: Aug. 6-9

SESSION VIII: Aug. 14-17

DURATION: 1-Week **COST:** \$170 per child/session **WHERE:** Artspace, 63 Summer St. in Maynard

Instructed by Michelle Garro

FLAT ABS WITH PILATES & STRENGTH TRAINING

<u>Basic Weight Training</u> – Learn the best exercises to **Boost** Your Metabolism. Simple moves that you can do with hand held weights to train your body to burn more calories.

<u>Flat Abs with Pilates</u> – core conditioning exercises featuring Pilates matwork and some of the most effective moves for *Flat Abs, a Strong Back and Great Posture*.

WHO: Teens and Adults
DAY: Wednesdays
TIME: 6:45-7:45 PM
DURATION: 6-Weeks
WHERE: FCC—Gym

COST: \$72 per person/session

Instructed by Marie O'Malley

JULY ART CLASSES

WHO: Teens and Adults

TIME: 6:00-8:00 PM

DURATION: 1-Class

DATES: Jul. 16, Jul. 23, & Jul. 30 COST: \$30 per person/class

WHERE: Artspace, 63 Summer St. in Maynard

Instructed by Michelle Garro

You can register for any of these programs in person at the Fairbank Community Center or online at www.youth.sudbury.ma.us