

# 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 2

July 16 - Group Dynamics and Bowling  
July 17 - Water Country  
July 18 - Stay in Sudbury  
July 19 - Paw Sox Game  
July 20 - Harry Potter at IMAX

## Session 3

July 23 - Kayaking  
July 24 - 6 Flags  
July 25 - Stay in Sudbury  
July 26 - Beach day  
July 27 - Day at a farm

## Session 4

July 30 - Group Dynamics and Miniature Golf  
July 31 - Hiking  
August 1 - Stay in Sudbury  
August 2 - Paw Sox Game  
August 3 - Roller Skating and Laser Tag

## Session 5

August 6 - Kayaking  
August 7 - Water Country  
August 8 - Stay in Sudbury  
August 9 - Trip to Boston (TOMB)  
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



DAY	ACTIVITY
Monday	Ice-Breakers, Trust Games, and Low/High Ropes Course Activities
Tuesday	Water Country
Wednesday	Day Hike at Mt. Monadnock
Thursday	Canoe Trip on the Nashua River
Friday	Rock Climbing at Crow Hill in Leominster, MA

*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      **TIME:** 6:00-8:00 PM

**DURATION:** 3-Weeks      **COST:** \$108 per person

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

**DAYS:** Monday-Thursday      **TIME:** 9:00-11:00 AM

**DURATION:** 1-Week      **COST:** \$90 per child

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

### **FLAT ABS WITH PILATES & STRENGTH TRAINING**

**Basic Weight Training** – 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.

**Flat Abs with Pilates** – 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

**DATES:** Jul. 11-Aug. 15

**DAY:** Wednesdays

**TIME:** 6:45-7:45 PM

**DURATION:** 6-Weeks

**WHERE:** FCC—Gym

**COST:** \$72 per person/session

*Instructed by Marie O'Malley*

### **SUMMER ART PROGRAM**

**WHO:** Ages 5-12      **DAYS:** Monday-Thursday

**TIMES:** 9:00 AM-12:00 PM **or** 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*

### **JULY ART CLASSES**

**WHO:** Teens and Adults

**DAY:** Mondays

**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](http://www.youth.sudbury.ma.us)**