

Town of Sudbury Park & Recreation/Atkinson Pool

Fall 2013



RECREATION REGISTRATION:

Wednesday, September 11th at 9:00 AM

POOL REGISTRATION:

Tuesday, September 10th at 9:00 AM
for Pool Members

Thursday, September 12th at 9:00 AM
for Non-Pool Members

**Inclement Weather Hotline
for Program Cancellations:
(978) 639-3233**

**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)

RACE/WALK REGISTRATION FORM

Sudbury Park & Recreation Proudly Present:

Sudbury Halloween 5K & 1-Mile Fun Run



Date: Sunday, October 27, 2013

5K Time: 11:00 AM **Cost:** \$25.00

Fun Run/ Senior Stride: 12:00 PM **Cost:** \$10.00

T-shirts: Register by October 7th to be guaranteed a t-shirt!



Join us for our second annual Halloween 5K & Fun Run! This is a great event for the whole family - run, walk, cheer, or volunteer! The 5K will be a timed event starting at 11:00 AM followed by a 1-Mile Fun Run around our paved Haskell Field loop. Please note that registered 5K participants are welcome to join the Fun Run as well at no additional charge. Free refreshments available for participants.

Costumes are encouraged, so get in the spirit!

*Check out page 12 for our adult 5K Training Program!

Volunteers of all ages needed! High school community service hours opportunities!

If interested, please register as a volunteer online!

REGISTER NOW!!!

REGISTRATION INFORMATION

Online Registration is **STRONGLY RECOMMENDED** at www.recreation.sudbury.ma.us and is the **PREFERRED METHOD**. If you prefer to register in person or by mail, please fill in the information below and return to: -

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

PARTICIPANT INFORMATION

Participant's First Name: _____ Last Name: _____

DOB: ___/___/___ Gender: MALE / FEMALE Emergency Contact: _____ Relationship: _____

Address: _____ Town: _____ Zip: _____

Home Phone: (____) _____ - _____ Work Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____

E-Mail Address: _____ T-Shirt Size (if registering before October 7th) _____

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: ___/___/___

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

Please accept the above person for this participation. I am aware of the risk inherent in this activity, and release the Town of Sudbury from responsibility for associated losses. 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 Sudbury Recreation Department. 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. I am aware that promotional and/or press photography may occur while this participant is involved in this program and their picture may be taken, unless noted otherwise, I give permission for this to occur. If there are any medical concerns we need to be aware of PLEASE CALL 978-443-1092.

Signature _____ Date: _____

NOTES: _____



GENERAL INFORMATION

PARK & RECREATION STAFF 978-443-1092:

Nancy McShea, Park & Recreation Director	x 3259
Amber Comeau, Program Coordinator	x 3256
Jessica Bendel, Youth Coordinator/ Teen Center	x 3227
Anna Wood, Adaptive Sports & Rec. Specialist	x 3257
Patricia Haberstroh, Office Coordinator	x 3258
Anne Lee, Pre-School Coordinator	x 3231
Tim Goulding, Aquatic Facilities Director	x 3261
Chery Finley, Aquatic Supervisor	x 3264
John Barrett, Aquatic Supervisor	x 3255

PARK & RECREATION COMMISSION

Robert C. Beagan, Paul Griffin, Thaddeus Gozdeck (Chair),
James Marotta, Richard C. Williamson

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



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 Anna Wood, Certified Therapeutic Recreation Specialist. If necessary, parents or aides are welcome to attend with participants.

FACILITY RENTAL POLICY

Our gym and classrooms are available to be rented to the public. The fee is \$30 an hour, with a certificate of liability insurance. Payment is due at the time of the rental. Refunds will only be given if the recreation department is notified 48 hours before the scheduled date. For weekend rentals please notify the recreation department on Friday no later than 12:00PM.



Find us on Facebook!



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!

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.

Recreation Registration Starts: Wed., Sept. 11th at 9:00 AM

REFUNDS AND WITHDRAWALS

Refund request must always be in written form and dated at least 7 business days prior to the start of the program (*excluding **all** American Red Cross programs). Refund requests made at least 7 days in advance of the program will be assessed a **\$5 withdrawal fee**, except for summer which will be assessed a \$25 withdrawal fee. After that time, **no refunds. 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.

LOG IN

We have implemented a new saved family account option for our users. This allows users to save all of their family members information and then choose the participant from the drop down list when registering for programs. Please feel free to contact us with any questions or if you need some assistance.

http://www.activityreg.com/ClientPage_t0.wcs?clientid=CHERY&siteid=1

Returning Sudbury Park & Recreation Participant Set-Up

- You should see a "Login" button in the upper right hand corner of our online registration page... Click it!
- Click "I would like to create new account." Please use the same email address that you most often use, this will make sure the system can find the correct account.
- You will see "Click Here to Reset and Retrieve Password." A temporary password will be sent to your email account. Use this to log in and then you will automatically be asked to create a new password. This new password will need to be 8 characters long and include numbers and letters.
- Once you have a new password, you will have to click "Login" to access to your account. You will be brought back to our start page but now it will "WELCOME" you with your name (or the name of the family member).

New Sudbury Park & Recreation Customer Set-Up

- You should see a "Login" button in the upper right hand corner of our online registration page... Click it!
- New customers will be brought to an information page for you to fill out. At the bottom of the page you will be able to set a password.
- At the "WELCOME" page you can click on "Account" to add additional members of your family.

DISCOUNTED TICKETS AVAILABLE

AMC MOVIE TICKETS

The Atkinson Pool is selling discount AMC Theatre tickets. You may purchase tickets at the Pool front desk.

GOLD TICKETS: \$9

SILVER TICKETS: \$7



ADAPTIVE 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? Call Anna Wood, Certified Therapeutic Recreation Specialist, at 978-639-3257 or email

WoodA@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.

INFANT AND YOUTH ADAPTIVE PROGRAMS

SUPER SOCCER STARS SHINE SOCCER PROGRAM

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	DATES: Sept 26-Oct 31	COST: \$164
AGES: 5 - 10	GROUP 1 TIME: 4:30 PM - 5:15 PM	GROUP 2 TIME: 5:30 - 6:15 PM
AGES: 11 - 13	TIME: 6:30 PM - 7:15 PM	
DURATION: 9 weeks	WHERE: FCC Fields Sudbury, MA	



CALM BODIES & CALM MINDS

Children report feeling relaxed, more focused, and less anxious after participating in meditation classes. This class designed for children uses guided meditation, yoga stretches, moving meditation and various calming techniques, providing students with tools for both school and home.

Parents are asked to stay on site during the class but do not participate.

Class is appropriate for all levels. **Please bring a blanket and yoga mat.**

DAY: Saturdays **TIME:** 10:30 - 11:15 AM
SESSION 1: Sept. 21 - Nov 2 ***No Class 9/28, 10/12**
SESSION 2: Nov. 16 - Dec 14
WHERE: FCC Room 2 **AGE:** 6 - 16 **COST:** \$110/session

TAE KWON-DO

In this class your child will learn a variety of Tae Kwon-Do techniques designed to build strength, coordination, and self esteem in a fun, non-competitive environment. The rules of martial arts: respect, responsibility and self control will be emphasized. Your child will learn a range of techniques from basic kicks and punches to more complex moves. All martial arts enthusiasts are encouraged to join. Participants must be accompanied by a care giver. This class is appropriate for children on the autism spectrum.

DAY: Saturday **TIME:** 11:30 - 12:15 PM
SESSION 1: Sept. 21 - Nov. 2 ***No Class 9/28, 10/12**
SESSION 2: Nov. 16 - Dec. 14
WHERE: FCC Room 2 **AGE:** 8 - 12 **COST:** \$110/session

ADAPTIVE AQUATICS

Children will work one-on-one with an experienced special educator and swim instructor to develop comfort & safety awareness in the pool. Adaptive aquatic methods will be customized to teach basic swim skills - floating, breathing technique, stroke development, and submersion. Instruction will build physical strength and endurance. The soothing, relaxation aspects of moving through water will be emphasized to foster calmness and increase attention span. Please wear a bathing suit (wet suit optional) and bring goggles and towel.

DAY: Monday **COST:** \$226 per slot **DURATION:** 5 weeks **WHERE:** Atkinson Pool, Sudbury **AGES:** 3+
SESSION 1: Sept. 23 - Oct 28 **TIME SLOT 1:** 9:30 AM **TIME SLOT 2:** 10:00 AM **TIME SLOT 3:** 10:30 AM ***No Lesson 10/14**
SESSION 2: Nov. 4 - Dec 9 **TIME SLOT 1:** 9:30 AM **TIME SLOT 2:** 10:00 AM **TIME SLOT 3:** 10:30 AM ***No Lesson 11/11**

POWER SOCCER: SUDBURY SHARP SHOOTERS

Power soccer is the fastest growing sport on wheels! Played similar to the game of soccer, power soccer is designed specifically for people using power wheelchairs. Athletes use their own power chair and attach a plastic guard used to maneuver, kick, and pass a 13" soccer ball around the court.

This team sport teaches skills while fostering camaraderie, teamwork, sportsmanship, leadership, and communication amongst players of all ages.

WHO: Anyone using a power wheelchair **DAY:** Saturday **TIME:** 9:00-10:30am
DATES: Sept. 28-Dec. 14 ***No practice 10/12, 11/23** **DURATION:** 10 weeks **COST:** \$100
WHERE: Framingham State University, Framingham, MA

INFANT AND YOUTH ADAPTIVE PROGRAMS (Cont.)

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+
FALL: Nov. 2--Dec. 21 *No class 11/30 **COST:** \$154 **TIME:** 12:35-1:20 PM
WINTER: Jan. 18-March 29 **COST:** \$175 **TIME:** 12:35-1:20 PM



WHERE: Valley Sport Arena
 2320 Main Street West Concord, MA

LEARN TO PLAY

Is your child approaching the transition out of Early Intervention? Whether he/she is about to turn three and head off to preschool, or she/he no longer qualifies for services, but you still have concerns about her development, this is the group for you! Join Early Childhood Specialist, Julie Pennell, in a playful environment designed to support both children and their families. The first 30 minutes will offer a welcome song as well as opportunities for children and their adults to engage in dramatic play and sensory-motor activities together. During the last 15 minutes, parents/caregivers will meet with Julie to discuss child development/parenting topics (chosen by the group members on the first day of the session). Childcare provided during discussion.

DAY: Wed. **DATES:** Sept 25-Nov 6 *No class 10/30 **TIME:** 11:00-11:45 AM
DAY: Thur. **DATES:** Sept 26--Nov 7 *No Class 10/31 **TIME:** 10:00-10:45 AM
AGE: 2 year olds + a parent **COST:** \$182 **WHERE:** FCC Rm 2



SHOE TYING CLINIC

Designed especially for students who feel like they "should have known how to tie a long time ago" Occupational Therapist Melissa Feldman of Skills for Living will lead children in a creative, hands-on workshop designed to master the skills needed to tie those shoe dreaded laces. Students are always surprised by what they can learn in an hour of focused effort! Space is limited to 10 students to provide maximum attention.



DAY: Monday **TIME:** 5:45-6:45 PM **DATES:** Oct. 21 **AGE:** 6-12 **WHERE:** FCC Room 2
COST: \$50 fee includes all materials



YOGIS

Yogis is a fun and energetic yoga class, tailored for the young Middle School student. Students will be brought through a wide range of yoga postures while learning about the importance of breathing and the principles of yoga. Partner poses and stress reduction techniques will be the focus of the class. Each 60 minute session will integrate movement, journaling, relaxation and time for sharing. This class is best suited for kids that can participate independent of parents/aides in a small group setting.

DAY: Sunday **TIME:** 12:15-1:15 PM **DATES:** Sept 29-Nov 17 **AGE:** 10-13 **WHERE:** H2K Studios **DURATION:** 8 weeks **Cost:** \$194



BEGINNER ADAPTIVE TENNIS

For athletes with no prior tennis experience, this program will focus on controlling the ball, practicing drills for singles and doubles, learning the rules of the game and beginning doubles strategies. Participants will improve their racket skills and ball control skills while working with in a small group environment. Rackets and balls are included. Please wear white sole sneakers.



DAY: Wednesday **TIME:** 4:45 - 5:15 PM **DATES:** Oct. 2-Nov. 6 **AGE:** 8-12 **DURATION:** 6 weeks
COST: \$218 **WHERE:** Zip Zone at Longfellow Club, 524 Boston Post Road, Wayland, MA

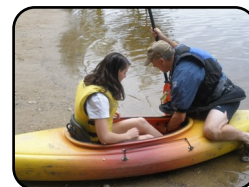
TEEN & ADULT ADAPTIVE PROGRAMS

ADAPTIVE KAYAKING: Level 1

Introduction to Kayaking is a six-hour course focusing on skills needed for any type of kayak including but not limited to sit on tops, recreational, folding and inflatable. Simple rescues are demonstrated by the instructor combined with the paddling skills practiced by students to maneuver safely and comfortably on still water. *Participants must be able to manage personal care, be able to float on their back, turn from face down to face up while floating in the water with a properly fitting PFD, and remain sitting and balanced in a kayak (with adaptations if needed).*

DAY: Monday **DATES:** September 30 **TIME:** 5:00 -7:00 PM
DAY: Friday **DATES:** October 11 **TIME:** 4:00 -6:00 PM
DAY: Monday **DATES:** October 28 **TIME:** 4:00 -6:00 PM

AGES: 10+ **WHERE:** Willis Pond, Sudbury **COST:** \$50 per trip



TEEN & ADULT ADAPTIVE PROGRAMS (cont.)

NEW!

APPLE PICKING AT HONEY POT ORCHARD

Join us for a fun filled Friday night trip to the Honey Pot Hill Orchard this fall! The group of six participants and two staff will spend the afternoon picking a medium bag of apples, going for a hay ride, and exploring the farm. Transportation is provided from the Park and Recreation Dept.

DAY: Friday **DATE:** Oct. 4 **TIME:** 4:00 - 6:30 PM **AGES:** 13 – 23 **WHERE:** The Honey Pot, Stow MA
COST: \$45 (includes apples, hay ride, and transportation)



HIP HOP DANCE

Come join in on the fun of Hip Hop dancing! Basic urban dance hip hop steps will be taught including popping, waving, gliding, and locking in a fun and relaxed 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.

DAY: Tuesday **TIME:** 7:00 - 8:00 PM **SESSION 1:** Oct. 1 - Nov. 5 (6 weeks) **SESSION 2:** Nov. 12 - Dec. 17 (5 weeks)
AGES: 13-21 **WHERE:** FCC Room 2 **SESSION 1 COST:** \$152 **SESSION 2 COST:** \$128

INDOOR ROCK CLIMBING

Join Waypoint Adventure this fall for two nights of indoor rock climbing! Participants will have the opportunity to rock climb in a supportive, small group environment led by experienced instructors. Never done one of the activities before?

No problem! This program is for all abilities and experience levels. *Transportation is not provided.*

DAY: Tuesday **TIME:** 6:00 - 8:30 PM **DATES:** Nov. 5 & Dec. 10 **AGE:** 13+ **WHERE:** Central Rock Climbing Gym, Watertown, MA
Cost: \$10/day *This cost covers administrative fees. A suggested donation of \$25.00 per program is encouraged but not required.



ADAPTIVE FISHING CLINIC

Ready to get outside and cast a line? Sign up for this one-day adaptive fishing clinic! This program is designed for the beginner fisherman and will introduce participants to the outdoors through the experience of fishing. This clinic is open for people of all ages and abilities.

All equipment (including any necessary adaptive equipment) is provided as well as instruction, fishing license, and fishing education materials.

DAY: Friday **TIME:** 5:00 - 6:30 PM **DATE:** Oct. 4 **AGE:** 6+ **COST:** \$20 per person **WHERE:** TBD (in or around Sudbury)

NEW!

ZUMBA WITH A BUDDY

This modified Zumba® fitness class for people with disabilities will use slower, modified, low-impact steps and simple arm movements to gain the same benefits as any Zumba® program! Participants should bring a helper, or “buddy” (family member or aide) to join in the fun at no extra charge. We will be dancing to a mix of Latin and World rhythms while learning to “feel” the music through dance and movement. The main objective of this class is to get participants moving, smiling, sweating and having fun!

Individuals who use wheelchairs are welcome. Please bring a water bottle and wear comfortable clothing and sneakers.

DAY: Thursday **TIME:** 6:00 - 6:45 PM **AGE:** Teen - Adult **WHERE:** H2K Studio 730 Boston Post Rd Sudbury
COST: \$194 per pair **DATES:** Sept. 26 - Nov. 14 **DURATION:** 8 weeks

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 two games each evening. This program meets *every other* Tuesday and parents/guardians must remain on site.

DAY: Tuesday **TIME:** 5:30 - 7:00 PM **AGES:** 13 – 25 **DURATION:** 5 weeks
WHERE: Bowl-A-Drome, Acton, MA **COST:** \$85 (includes 3 games & shoes per night)



DATES

Sept. 24
 Oct. 8
 Oct. 22
 Nov. 5
 Nov. 19

NEW!

CHEERLEADING

We want to make sure that everyone has the opportunity to cheer! Participants in this introductory cheerleading program will work with the Maynard 8th grade cheer squad to learn about the sport of cheerleading and all that it entails. Participants will work on cheer techniques and skills while getting great exercise in a fun and supportive environment. Males and females are welcome to participate. Registration fee includes the opportunity to cheer during a football game this fall! The football game is October 11th at Alumni Field in Maynard.

DAY: Wednesday **DATES:** Sept 25-Oct23 **TIME:** 4:15-5:00pm **WHERE:** Maynard High School **GRADES:** 5th – 8th
COST: \$25



PRIVATE PROGRAMS & CLASSES FOR PARENTS/CARETAKERS

ADAPTIVE AQUATICS

Swimmers will work one-on-one with an experienced special educator and swim instructor to develop comfort & safety awareness in the pool. Adaptive aquatic methods will be customized to teach basic swim skills - floating, breathing technique, stroke development, and submersion. Instruction will build physical strength and endurance. The soothing, relaxation aspects of moving through water will be emphasized to foster calmness and increase attention span. Please wear a bathing suit (wet suit optional) and bring goggles and towel.

DAY: Monday **COST:** \$226 per slot **DURATION:** 5 weeks **WHERE:** Atkinson Pool, Sudbury **AGES:** 3+
SESSION 1: Sept. 23 - Oct 28 **TIME SLOT 1:** 9:30 AM **TIME SLOT 2:** 10:00 AM **TIME SLOT 3:** 10:30 AM *No Lesson 10/14
SESSION 2: Nov. 4 - Dec 9 **TIME SLOT 1:** 9:30 AM **TIME SLOT 2:** 10:00 AM **TIME SLOT 3:** 10:30 AM *No Lesson 11/11



REIKI

Reiki is a safe and effective healing treatment for children, teens, adults, the elderly and those with special needs. Reiki is a non-invasive healing process that gently replenishes and renews energy, opening the receiver up to healing on all levels of being: body, mind and spirit. Light hand placements on and around the body help promote a deep relaxation, which allows the body's own intellect to take over and receive what it needs to heal. Reiki energy encourages individuals to let go of tension, anxiety, fear, or other negative feelings offering relief of both physical pain and emotional distress.

DAY: Monday **TIME:** By appointment **WHERE:** Roots and Wings, 317 West Main Street, Natick, MA **DATES:** Sept. 23 - Dec. 9
COST: \$44 ^{1/2 hour}
 \$75 ^{1 hour}

CALM BODIES AND CALM MINDS

This program is perfect for anyone on the autism spectrum, with an anxiety disorder or ADD/ADHD. This class will focus on various calming techniques including breath work, guided meditation, gentle yoga stretches, walking and dance meditation. Over time, each student will begin to tune in to what helps them to calm their bodies and minds during times of stress. Class appropriate for all levels. **Please bring a blanket and yoga mat.**



DAY: Saturday **WHERE:** FCC Room 2 **AGE:** Any **COST:** \$212/session
SESSION 1: Sept 21-Nov 2 *No Class 9/28 & 10/12 **SESSION 2:** Nov 16-Dec 14 **TIME SLOT #1:** 12:30-1:00 PM **TIME SLOT #2:** 1:15-1:45 PM



CALMING TOOLS TO TEACH YOUR CHILDREN AND YOURSELF

Would you like to find ways to reduce your stress level? Do you wonder how to introduce meditation to your children to help them to stay calm during times of stress? Come rejuvenate with others and leave with a valuable set of calming tools for you and your family! In this parent workshop you will learn firsthand the benefits of meditation and how to bring the techniques to your children. This class is both experiential and informative. It is designed for parents of children ages 5 and up.



DAY: Tuesday **TIME:** 10:30-11:30am **SESSION1 :** Sept 24 - Oct 29 **SESSION 2:** Nov 5 - Dec 10 **COST:** \$132



HEALTHY YOUNG BODIES

Healthy young bodies is an innovative workshop providing nutrition education for parents. The workshop will be broken down into 3 seminars that include how to speak to your child about nutrition, how to make healthy food fun to eat (includes recipes and refreshments), essential eating habits that are commonly forgotten, and special nutritional needs for athletes, vegetarians or those with weight concerns. Shari Solomon holds a masters degree in holistic nutrition and is a member of AANC.

DAY: Mondays **TIME:** 7:00-8:00 PM **DATES:** Sept 23-Oct 21 **COST:** \$98 **WHERE:** H2K Studio730 Boston Post Rd Sudbury, MA



STRESS REDUCTION FOR PARENTS AND CAREGIVERS

This class is specially designed to alleviate stress and promote inner calm and healing. We will begin the class with breath work and gentle yoga stretches, work on various healing techniques, enjoy guided meditations and then share insights and questions from our practice. Program participants will come away with a valuable set of tools and techniques that will help them to overcome emotional and physical challenges.

DAY: Tuesday **TIME:** 9:15-10:15 AM **SESSION 1:** Sept 24 - Oct 29 **SESSION 2:** Nov 5 - Dec 10 **COST:** \$132

Town of Sudbury
 Park and Recreation
 Atkinson Pool
 40 Fairbank Road
 Sudbury, MA 01776

PRST STD
 AUTO
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Postal Patron
 Sudbury, MA 01776

Atkinson Pool Schedule September-October 2013

	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	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	5 Lap 3 Masters	5 Lap 3 Masters	6 Lap 2 Family	5 Lap 3 Masters	5 Lap 3 Masters	4 Lap 2 Family 2 Lesson
1:00-2:00	5 Lap 2 Family 1 Rental	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
2:00-3:00	5 Lap 2 Family 1 Rental	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
3:00-4:00	5 Lap 2 Family 1 Rental	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
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	5 Lap 2 Family 1 Rental
5:00-6:00	CLOSED	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	4 Lap 2 Family 2 Lesson	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	5 Lap 2 Family 1 Rental
6:00-7:00	CLOSED	6 Lap 2 Family	3 Lap 2 Family 3 Lesson	4 Lap 2 Family 2 Lesson	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	CLOSED
7:00-8:00	CLOSED	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	CLOSED	CLOSED
8:00-9:00	CLOSED	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	CLOSED	CLOSED
	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: 978-443-1092

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

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

**Tuesday, September 24th—Pool Closed 3-6pm
for Lexington HS Swim Meet**

**Monday, October 14 - Columbus Day:
6am - 9am Adult Lap only, 3-6pm Lap & Family**

Monday, November 11 - Veterans Day - POOL CLOSED

Thursday November 28- Thanksgiving: CLOSED