

**Town of Sudbury
PARK & RECREATION
ATKINSON POOL**



FALL 2007

PROGRAMS & ACTIVITIES

40 Fairbank Road, Sudbury, MA 01776

(978) 443-1092 Fax (978) 443-1051

www.recreation.sudbury.ma.us

www.pool.sudbury.ma.us

www.youth.sudbury.ma.us

www.teen.sudbury.ma.us

GENERAL INFORMATION

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GREETINGS FROM THE DIRECTOR

It is the fall season and we are happy to offer superior programs of different interest for people of all ages. Please visit our website for more information on all of our fall programs. The department is pleased to offer some great new pool and recreation programs, plus bring back lots of old favorites. Registration will begin on the date and time stated on our website for recreation and pool programs. Please try our online registration process, it is seamless & in real time, 100% of spaces are available.

Thank you for your continued support and we look forward to serving you in the future.

Leisurely Yours,

Dennis Mannone Jr.

Recreation Director



PARK & RECREATION COMMISSION

Paul Griffin (Chair)
Greg Bochicchio
Jack Braim
Greg Hunt
James Marotta

PARK & RECREATION STAFF 978-443-1092:

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



OTHER HELPFUL NUMBERS:

Fairbank Senior Center	978-443-3055
Parks & Grounds Department	978-443-2209 ext. 1430
Park & Recreation Fax #	978-443-1051
Inclement Weather Hotline	978-639-3233
Field Closings	978-639-3234

Brochure Mailing Timeline:

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

FREQUENTLY ASKED SPORT CONTACTS AND PHONE NUMBERS: (Not affiliated with the Park and Recreation Department, please contact directly)

<u>SPORT</u>	<u>CONTACT</u>	<u>NUMBER</u>	<u>WEBSITE</u>
Baseball & T-Ball	Marcy Wilkins	978-579-7939	www.sudburybaseball.com
Babe Ruth Baseball	Katie Howd	978-443-5573	www.sudburybaberuth.com
Sudbury Youth Basketball-Girls	Margaret Chunias	978-443-3467	www.sudburybasketball.com
Sudbury Youth Basketball-Boys	Pat Rosseel	978-443-8172	www.sudburybasketball.com
Pop Warner Football and Cheerleading	Bill Carroll	978-443-5675	www.sudburypopwarner.com
Youth Hockey	Alan Jefts	978-440-9534	www.sms hockey.com
Lacrosse-Boys	Russ Spencer	978-443-0989	www.sudburylacrosse.com
Lacrosse-Girls	Paul Griffin	978-443-7541	www.sudburylacrosse.com
Youth Soccer	Sandy Moore	978-443-1321	www.sudburysoccer.org
Adult Soccer	Peter Buxton	978-443-2818	www.othsl.org
Softball-Girls	John Sherrer		www.sudburysoftball.org
Softball-Women	Jean Lind	978-443-9130	
Softball-Men	Carlo Lepordo	978-443-9573	www.sudburymenssoftball.org
Softball-Seniors	Richard Morris	978-443-0583	www.emass-seniorsoftball.com
Swim Team-Sudbury Youth	Dori & Kirk Hutchinson	978-443-4817	www.sudburyswimteam.org
Sudbury Youth Wrestling	Joel Mode	978-440-9923	www.eteamz.com/sudburywrestling

GENERAL INFORMATION

WHEN CAN I REGISTER?

REGISTRATION for **RECREATION** programs will begin on **Wednesday, September 5th at 9:00am!**

REGISTRATION for **POOL** programs will begin on **Thursday, September 6th at 9:00am!**

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

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

Please feel free to go to our website and look at the programs you will be registering for ahead of time. You are welcome to register any time after this initial registration period as long as there is still space available in the program, everything is on a **first-come, first-served basis**.

INCLEMENT WEATHER

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

WAYS TO REGISTER

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

Walk-in Registration as long as space is available.

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

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

E-MAIL UPDATES

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

PROXY REGISTRATIONS & CONFIRMATION

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

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

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

REFUNDS AND WITHDRAWALS

You may withdraw from a program up to 7 business days prior to the start date (*excluding **all** American Red Cross programs*). A **withdrawal fee of \$5** will be applied. After that time, **no refunds** will be issued unless your spot can be promptly filled. **Refunds are easier to process if you pay by credit card!!** If you pay by check, to receive a refund, you must submit a refund form and a copy of the cancelled check at the FCC.

FINANCIAL AID

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

UPCOMING BROCHURES

Our winter brochure with winter swim lesson information, adult fitness and youth programs will be out in early December.

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

PRESCHOOL PROGRAMS



PARK & RECREATION PRESCHOOL PROGRAMS

Children will engage in a variety of age appropriate activities in a group setting.

There will be games, free play, arts and crafts, singing, and story-time. **Please bring your own PEANUT-FREE snack.** All registrations are on a first-come, first-served basis. This is a drop-off program– parents do not have to stay during the program! There will be **NO CLASSES** during the holiday school vacation week .



Registration for Non-Residents will begin on Monday, September 10th!!

Terrific Twos:

WHO: Age 2
DAYS: Mondays, Tuesdays, Thursdays
DATES: Sept. 17-Jan. 24
(excluding Oct. 8, Nov. 12, Nov. 22, Dec. 31, Jan. 1)
TIME: 9:30-11:00 AM
WHERE: FCC—Room 4
COST: \$252 per child (**Mondays**)
\$306 per child (**Tuesdays**)
\$306 per child (**Thursdays**)

Kreative Kids:

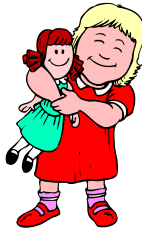
WHO: Age 3
DAY: Wednesdays
DATES: Sept. 19-Jan. 23
TIME: 9:30-11:30 AM
WHERE: FCC—Room 4
COST: \$360 per child

Instructed by Barbara Donovan, Preschool Coordinator and Preschool Staff



AFTERNOON RELIEF

Are there times when you need to get things done and you cannot bring your child with you? Why not drop them off at the Park and Recreation preschool room on Tuesdays. Your child will be able to play, read stories, play games, do an art project and be able to go outside. You can bring your own **PEANUT-FREE** snack and all children must be **potty trained**. In order to have enough staff, you must register by the **Friday before the Tuesday** your child is coming.



WHO: Ages 3-6
DAY: Tuesdays
TIME: 12:00-3:00 PM
DATES: Sept. 18-Jan. 29 (no class 12/25)
WHERE: FCC—Room 4
COST: \$25 per child per day



Instructed by Barbara Donovan, Preschool Coordinator and Preschool Staff

OPEN GYM—UPDATED

The gym is going to be open for children on Wednesdays this fall. This is a perfect opportunity for children to have fun, run around, and play together. Some equipment will be provided, but you can feel free to bring any toys and balls with you as well. Parents will need to stay in the gym and supervise your children during this play time. **NO FOOD OR DRINK** will be allowed in the gym and all participants must pay the daily fee at the Pool front desk as they enter the facility.

WHO: Ages 5 and under
DAYS: Wednesdays
TIMES: 12:30 -1:30 PM
DATES: Sept. 19-Dec. 5
WHERE: FCC—Gym
COST: \$4 per child per day (maximum of \$10 per family per day)



KINDERGARTEN WORKSHOPS

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

WHO: Children currently in Kindergarten **DAYS:** Mondays or Fridays or Some 1/2 Day Wednesdays
TIMES: 9:15-10:45 AM or 1:00-2:30 PM **DATES:** See below
 (No morning workshops on Mondays) **WHERE:** FCC—Room 4
COST: \$22 per child per workshop

Instructed by Barbara Donovan, Preschool Coordinator and Kindergarten Workshop Staff

FILL OUT THE REGISTRATION FORM BELOW. CIRCLE WHICH WORKSHOP(S) YOU WANT TO ATTEND AND AT WHAT TIME. YOU MAY WRITE ONE CHECK PER CHILD FOR THE WORKSHOPS YOU ENROLL IN.

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

FUN AND GAMES

SEPTEMBER 14TH AND 17TH

Hop, skip, and jump into this fun and games workshop. You will get to bring a game home to teach your family too. Wear your sneakers, bring your energy and we will provide the rest!

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm**

MAKING MUSIC

OCTOBER 12TH AND 15TH

Come and learn about the different types of music and be able to tell the difference between them and their sounds as you create your own instruments.

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm**

MY FIRST SLEEPOVER

NOVEMBER 9TH (FRIDAY ONLY)

We will pretend we are on a sleepover as we talk about spending the night at someone's house and we will make items to take along with us.

**Please Circle: Fri. 9:15-10:45am
 Fri. 1:00-2:30pm**

PLANES, TRAINS, AND AUTOMOBILES

SEPTEMBER 21ST AND 24TH

Come and travel with us. We will make a variety of transportation items and talk about the fun ways to get to your favorite destination spots!!

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm**

HOCUS POCUS

OCTOBER 19TH, 22ND AND 24TH

Come fill your bag with tricks, to razzle and dazzle your family and friends as you become a Magician.

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm Wed. 1:00-2:30pm**

FALL FUN

NOVEMBER 16TH AND 19TH

Lets enjoy autumn's harvest and all the offerings fall has to give us as we explore and create items from this beautiful season.

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm**

JR. METEOROLOGIST

SEPTEMBER 28TH AND OCTOBER 1ST

Check the forecast outside as we will explore all the different weather elements and climates as the earth rotates. You will also be able to explain how the different items you make work.

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm**

HALLOWEEN RAGE

OCTOBER 26TH AND 29TH

Ghosts and goblins beware as we create spooky crafts that you will be able to enjoy for Halloween! Spiders, skeletons, and mummies will haunt our creepy workshop! (costumes are optional)

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm**

ANIMAL PLANET

NOVEMBER 30TH AND DECEMBER 3RD

You see them everyday in your surroundings. Come and discover the amazing world of animals. We will talk and create things to make you familiar with different species of animals.

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm**

PERSONALIZE IT

OCTOBER 5TH (FRIDAY ONLY)

Explore all the creative ways to put your name or initials on your personalized items and be able to identify it.

**Please Circle: Fri. 9:15-10:45am
 Fri. 1:00-2:30pm**

NATIVE AMERICAN POW-WOW

NOVEMBER 2ND, 5TH AND 7TH

Come and explore the past and experience what life was all about as we talk about customs and create items and show our family things that were used many years ago.

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm Wed. 1:00-2:30pm**

HOLIDAY CRAFTS

DECEMBER 7TH, 10TH AND 12TH

Come and make gifts for those special people in your life. Your handmade gift that will be sure to put a smile on someone's face.

**Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm
 Mon. 1:00-2:30pm Wed. 1:00-2:30pm**

WINTER WONDERLAND—DECEMBER 14TH AND 17TH

Snowflakes are falling, winter will be coming. We will add a dash of color and put a little sparkle in our winter activities as you will bring home items you can appreciate all season.

Please Circle: Fri. 9:15-10:45am Fri. 1:00-2:30pm Mon. 1:00-2:30pm

DON'T FORGET... - PLEASE BRING A BROWN PAPER BAG TO EACH WORKSHOP TO CARRY YOUR CRAFTS AND TREATS HOME IN!

TOTAL WORKSHOPS: _____

TOTAL PAYMENT: _____

Date Received: ____/____/____ Check: # _____ Credit Card # _____ Exp. Date: _____ Int: _____ Entered in Sportsman: Y/N

YOUTH PROGRAMS

VIKING PRE K AND KINDERGARTEN T-BALL

WHO: Ages 4 and 5
DAY: Saturdays
SESSION I: 2:00-2:50 PM
SESSION II: 3:00-3:50 PM
DATES: Sept. 15-Oct. 27
DURATION: 7-Weeks
WHERE: Curtis Middle School Back Field
COST: \$74 per child



Instructed by Viking Sports

VIKING PRE-K SOCCER

WHO: Ages 4 and 5
DAY: Saturdays
SESSION I: 9:00-9:50 AM
SESSION II: 10:00-10:50 AM
SESSION III: 11:00-11:50 AM
SESSION IV: 12:00-12:50 PM
DATES: Sept. 15-Oct. 27
DURATION: 7-Weeks
WHERE: Curtis Middle School Back Field
COST: \$74 per child



Instructed by Viking Sports

THUNDERCAT SPORTS BASKETBALL

WHO: Ages 5-12
DAY: Saturdays
SESSION I: 12:00-12:50 PM (Ages 5-7)
SESSION II: 1:00-1:50 PM (Ages 8-12)
DATES: Oct. 6-Nov. 10 (no class 10/13)
DURATION: 5-Weeks
WHERE: FCC—Gym
COST: \$75 per child



Instructed by Chris Allen and Thundercat Sports

FLAG FOOTBALL

WHO: Ages 6-10
DAY: Fridays
TIME: 4:00-5:00 PM
DATES: Sept. 21-Nov. 2
DURATION: 7-Weeks
WHERE: FCC—Backfields
COST: \$84 per child

Instructed by F.A.S.T. Athletics

SUPER SPORTS (Including Soccer, Basketball, Dodgeball, Kickball, Flag Football, and More)

WHO: Ages 5-8
DAY: Mondays
TIME: 4:00-5:00 PM
DATES: Nov. 5-Dec. 10 (no class 11/12)
DURATION: 5-Weeks
WHERE: FCC—Gym
COST: \$60 per child



Instructed by F.A.S.T. Athletics

DODGEBALL

WHO: Grades 1-5
DAY: Tuesdays
SESSION II: 4:00-5:00 PM
DATES: Sept. 18-Nov. 6 (no class 10/16)
DURATION: 7-Weeks
WHERE: FCC—GYM
COST: \$84 per child



Instructed by F.A.S.T. Athletics

PRE-K T-BALL

WHO: Ages 2.5-5.5
DAY: Saturdays
TIMES: 11:00 AM-12:00 PM
DATES: Sept. 22-Oct. 20
DURATION: 5-Weeks
WHERE: FCC—Backfield
COST: \$60 per child

Instructed by F.A.S.T. Athletics

SIGN-UP NOW!!

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.

YOUTH PROGRAMS

SPLAT!

Use brushes, sponges, toothbrushes, fingers, and even potatoes to show your creative side, and explore the world of color. Make a self-portrait, print animals and flowers, layer color with tissue paper to make a goldfish pond or a school of sharks. Use pastels and washes to make landscapes with your favorite animals.

WHO: Grades 1-5
DAY: Tuesdays
TIME: 4:00-5:00 PM
DATES: Oct. 16-Dec. 4
DURATION: 8-Weeks
WHERE: FCC—Room 3
COST: \$115 per child

Instructed by Wicked Cool

DANCE CLASS

Each week you will be introduced to a different dance style. Each class we will play musical games, learn easy-to-follow routines on stage and explore classic dance techniques.

WHO: Pre-K and K
DAY: Thursdays
TIME: 2:00-2:45 PM
DATES: Oct. 4-Nov. 8
DURATION: 6-Weeks
WHERE: FCC—Gym
COST: \$78 per child

Instructed by Lisa von Lichtenberg

JUNIOR MATH WHIZ

Join us for preschool math fun! The Weston and Wayland Learning Center is offering a unique program that helps youngsters learn math. Youngsters work one on one with an instructor during class time and receive daily practice activities in number recognition and formation, pre-adding skills and beyond.

WHO: Ages 3-5
DAY: Mondays
SESSION I: 12:00-12:20 PM
SESSION II: 12:20-12:40 PM
SESSION III: 12:40-1:00 PM
DATES: Sept. 17-Nov. 5 (no class 10/8 & 10/15)
DURATION: 6-Weeks
WHERE: FCC—Room 1
COST: \$120 per child

Instructed by Weston & Wayland Learning Center

PRE-K MINI SPORTS

You are never too young to learn the fundamentals of soccer, basketball and t-ball. Students will learn the basic rules and structure of a variety of sports. Stretching and running techniques will also be taught.

WHO: Ages 2.5-5.5
DAY: Saturdays
TIMES: 10:30-11:30 AM
DATES: Nov. 10-Dec. 8
DURATION: 5-Weeks
WHERE: FCC—Gym
COST: \$60 per child

Instructed by F.A.S.T. Athletics

COLORFUL CHEMISTRY CAPERS

Explore the exciting world of chemistry! Learn about the states of matter and test the density of liquids. Figure out how to clean dirty water and see what will happen to the color of flowers and plants when their water is polluted.

Use your chemistry knowledge to make colored jelly crystals and keep in your own test tubes.

WHO: Grades 1-5
DAY: Wednesdays
TIME: 4:00-5:00 PM
DATES: Oct. 17-Dec. 5
DURATION: 8-Weeks
WHERE: FCC—Room 1
COST: \$115 per child

Instructed by Wicked Cool

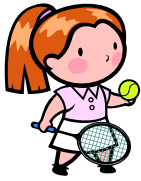
IMAGIMOTION KIDZ

Come have fun with your child in imaginative classes of movement and music. We will be learning simple children's songs and moving to music with different props. This class will promote motor developments, imagination, rhythmical skills and positive self-esteem while encouraging exercise and physical fitness.

WHO: 1.5-5 years
DAY: Thursdays
SESSION I: Sept. 20-Oct. 25
SESSION II: Nov. 1-Dec. 13 (no class 11/22)
CLASS I: 9:30-10:15 AM (1.5-3 years w/ Adult)
CLASS II: 10:15-11:00 AM (3-5 years)
DURATION: 6-Weeks
WHERE: FCC—Room 1
COST: \$66 per child

Instructed by Imagimotion Kidz

YOUTH PROGRAMS



LITTLE TENNIS

WHO: Ages 4-7
TIME: 3:30-4:30 PM
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts

DAY: Fridays
DATES: Sept. 21-Oct. 26
COST: \$108 per child

Instructed by Longfellow Tennis Pros

PLAY SOCCER CLINIC

WHO: Ages 4-12
DAY: Fridays
SESSION I: 4:00-5:30 PM (Ages 4-8)
SESSION II: 5:30-7:00 PM (Ages 9-12)
DATES: Sept. 21-Oct. 26
DURATION: 6-Weeks
WHERE: FCC— Haskell Field
COST: \$90 per child



Instructed by Play Soccer

BEGINNER USA TENNIS

WHO: Ages 7-11
DAY: Fridays
TIME: 4:30-5:30 PM
DATES: Sept. 21-Oct. 26
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$108 per child



Instructed by Longfellow Tennis Pros

COOKING WITH KIDS

WHO: Ages 10-12
DAY: Wednesday
TIME: 3:30-5:00 PM
DATES: Oct. 3-Oct. 24
DURATION: 4-Weeks
WHERE: FCC—Kitchen
COST: \$168 per child

Instructed by Anna Gershenson

WEEBOTS: ADVENTURES IN LITERACY

In a balanced mix of group and individual activities, children explore the fundamentals of storytelling, reading, writing, phonics, and science by re-telling and publishing their own personal versions of a familiar folk tale and building models of unique, fun characters using crafts materials.

WHO: Ages 4-5
DAY: Mondays
TIME: 12:00-1:00 PM
DATES: Sept. 17-Nov. 19 (no class 10/8, 11/12)
DURATION: 8-Weeks
WHERE: FCC—Room 3
COST: \$180 per child

Instructed by Children's Technology Workshop

Get the School Year Off To A Good Start

With One-On-One Tutoring In Your Home

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- Reading • Writing • Math • Study Skills
- SAT/ACT Prep • LD/ADD
- Flexible Schedules • Experienced Tutors
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AFFORDABLE RATES



Call For More Information:

978-440-9844

clubzmetrowest@comcast.net

www.clubztutoring.com

AMC MOVIE TICKETS

The Atkinson Pool is selling discount
AMC Theatre tickets.

GOLD TICKETS: \$8.50

SILVER TICKETS: \$6.50

*You may purchase tickets at the Pool front desk.

YOUTH PROGRAMS

KIDS JUST LOVE CRAFTS

WHO: Ages 2-4 (with adult)
DAY: Thursdays
TIME: 11:00-11:45 AM
SESSION I: Sept. 20-Oct.25
SESSION II: Nov. 1-Dec. 13 (no class 11/22)
DURATION: 6-Weeks
WHERE: FCC—Room 2
COST: \$60 per child



Instructed by Kids Just Love Crafts Staff

FAIRYTALE BALLET

WHO: Ages 3.5-6
DAY: Thursdays
SESSION I: 10:30-11:15 AM
SESSION II: 1:15-2:00 PM
DATES: Oct. 4-Nov. 8
DURATION: 6-Weeks
WHERE: FCC—Gym
COST: \$78 per child



Instructed by Lisa Von Lichtenberg

BUDDING ARTIST AND A BUDDY

WHO: Ages 1.5-4 (with adult)
DAY: Mondays
SESSION I: 9:30-10:15 AM
SESSION II: 10:30-11:15 AM
DATES: Sept. 24-Dec. 17
(no class 10/8, 10/15 & 11/12)
DURATION: 10-Weeks
WHERE: FCC—Room 1
COST: \$108 per child

Instructed by Beth Meditz

FAIRYTALE BALLET TOO

WHO: Ages 2.5-3.5
DAY: Thursdays
TIME: 11:15-11:55 AM
DATES: Oct. 4-Nov. 8
DURATION: 6-Weeks
WHERE: FCC—Gym
COST: \$78 per child

Instructed by Lisa von Lichtenberg

THE ABC'S OF ETIQUETTE

WHO: Ages 8-12
DAY: Wednesdays
TIME: 4:00-6:00 PM
DATES: Sept. 19 & Sept. 26
DURATION: 4-Hour Workshop (2 Weeks)
WHERE: FCC—Room 2
COST: \$100 per child

Instructed by Janet Parnes

ADVENTURES IN DRAWING AND PAINTING

WHO: Grades 1-5
DURATION: 8-Weeks
WHERE: Artspace, 63 Summer St. in Maynard
COST: \$170 per child



MONDAYS—GRADES 1-3

TIME: 4:00-5:15 PM
DATES: Sept. 10-Nov. 5 (no class 10/8)

TUESDAYS—GRADES 1-3

TIME: 4:00-5:15 PM
DATES: Sept. 11-Oct. 30

THURSDAYS—GRADES 4-5

TIME: 4:00-5:15 PM
DATES: Sept. 27-Nov. 15



Instructed by Michelle Garro

WEBKINZ WORKSHOP

WHO: Grades K-5
CLASS I: Saturday, Sept. 22
CLASS II: Saturday, Oct. 13
TIME: 10:00-12:30PM
CLASS III: Sunday, Nov. 4
CLASS IV: Sunday, Dec. 9
TIME: 12:30-3:00PM
WHERE: FCC—Room 1
COST: \$48 per child

Instructed by Beth Meditz and Diane Dinell

Open Space and Recreation Survey:

Keep your eyes open this fall for a survey of resident's opinions on new recreation opportunities. The Open Space and Recreation Plan Committee are developing a survey to be published on the Town's website for future planning and use of Community Preservation Act funds.

YOUTH PROGRAMS

MAD SCIENCE



WHO: Grades K-2
DAY: Tuesdays
TIME: 4:00-5:00 PM
DATES: Sept. 18-Nov. 13 (no class 10/16)
DURATION: 8-Weeks
WHERE: FCC—Room 2
COST: \$96 per child

Instructed by Mad Science Staff

WOODWORKING



WHO: Ages 5-7
DAY: Tuesdays
TIME: 4:00-5:00 PM
SESSION I: Sept. 18-Oct. 23 (no class 10/16)
SESSION II: Oct. 30-Nov. 27
DURATION: 5-Weeks
WHERE: FCC—Room 1
COST: \$100 per child

Instructed by Robert Leduc of Wooden Toys & Crafts

JUNIOR JAZZERCISE



WHO: Grades 1-4
DAY: Mondays
TIME: 5:15-6:00 PM
DATES: Sept. 17-Nov. 5 (no class 10/8 & 10/15)
DURATION: 6-Weeks
WHERE: FCC—Gym
COST: \$126 per child

Instructed by Sue Galligani

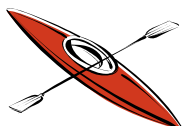
ARCHERY LESSONS



WHO: Ages 8-Adult
DAY: Wednesdays
TIME: 4:00-5:30 PM
SESSION I: Sept. 19-Oct. 24
SESSION II: Oct. 31-Dec. 5
DURATION: 6-Weeks
WHERE: FCC—Gym
COST: \$102 per child

Instructed by Anthony Bellettini

MOMMY/DADDY & ME KAYAKING



WHO: Adults and Children ages 1-5
DAY: Wednesdays
TIME: 3:30-5:00 PM
DATES: Sept. 19-Oct. 3
DURATION: 3-Weeks
WHERE: Warner's Pond in Concord
COST: \$90 per pair
\$50 for an additional adult

Instructed by Still River Outfitters

MUSICAL THEATER

This class offers theater experience, technique and skills for children in a low-key setting. Everyone gets a part and there are no auditions!! Our mini version will include costumes and be performed for family and friends on the last class.

WHO: Grades 1-6
DAY: Thursdays
WHERE: FCC—GYM
COST: \$216 per child (includes costume)
DURATION: 10-Weeks

THE KING AND I

CAST I: 4:00-5:00 PM
CAST II: 5:00-6:00 PM
DATES: Oct. 4-Dec. 13 (no class 11/22)

BEAUTY AND THE BEAST

CAST I: 4:00-5:00 PM
CAST II: 5:00-6:00 PM
DATES: Jan. 3-Mar. 13

OLIVER

CAST I: 4:00-5:00 PM
CAST II: 5:00-6:00 PM
DATES: Mar. 20-May 22



Instructed by Elaine Jarvis

PRE-K/KINDERGARTEN ART

WHO: Ages 4-6
DURATION: 8-Weeks
COST: \$170 per child
WHERE: Artspace, 63 Summer St. in Maynard

MONDAY MORNINGS
TIME: 9:30-10:45 AM
DATES: Sept. 10-Nov. 5 (no class 10/8)

TUESDAY AFTERNOONS
TIME: 12:30-1:45 PM
DATES: Sept. 11-Oct. 30

Instructed by Michelle Garro

YOUTH PROGRAMS

PUDDLESTOMPERS NATURE EXPLORATION

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

WHO: Ages 2-5 (with adult)
DAY: Tuesdays
CLASS I: 10:00-10:55 AM (Ages 2-3)
CLASS II: 11:00-11:55 AM (Ages 3-5)
DATES: Sept. 18-Nov. 20
DURATION: 10-Weeks
WHERE: Various Outdoor Locations in Sudbury (indoor space at the Fairbank Community Center)
COST: \$222 per child

Instructed by PUDDLESTOMPERS Nature Exploration Staff



Velocity Sports Performance®



www.velocitysp.com/metrowest

31 Union Ave Sudbury MA

(978) 443 5727

WHY DO YOU TRAIN?

WORLD CLASS SPEED, POWER, AND AGILITY PROGRAMS RIGHT IN SUDBURY, MA

FALL TRAINING SCHEDULE September 5th – November 21st Registration ends August 31, 2007

Train 2 or 3 times a week in our small group classes (8 to 1 student to coach ratio)

Pick the day and time that fits the athletes schedule*

Youth Classes: Mon, Weds, and Friday: 4-5pm,
Tues and Thursday: 3:45-4:45, 4:45-5:45, Sat. 10:30-11:30am

Middle School: Mon. – Fri: 3:30-5pm 5:30-7pm.
Mon. & Wed 6-7:30, Sat. 9-10:30am

High School: Mon.-Fri: 3:30 -5, 5:30-7pm,
Mon & Wed 7-8:30pm, Tues. & Thurs. 6:30-8pm, Sat. 9-11:30am

Investment:

Youth Program (grades 3-5)	\$500**
Middle School Program	\$750**
High School Program	\$750**

*Program availability may change based on demand

** First Time Clients Only

978 443 5727 www.velocitysp.com/metrowest

**PARENTS CALL US ABOUT OUR
NEW BOOT CAMP AND SPORT
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OUR POPULAR ADULT FITNESS
CLASSES
978 443 5727**

ACL/JUMP PROGRAM

INCREASE YOUR VERTICAL
DECREASE YOUR CHANCE OF
INJURY

SEPTEMBER 11 – NOVEMBER 20
GRADES 6-12

Tuesday and Thursday Nights 7-8pm

INVESTMENT: \$300

978 443 5727 www.velocitysp.com/metrowest

TRIPS AND TICKETS

PARK & RECREATION TRIPS

We are offering several opportunities to get away to **Atlantic City and New York City** through Celebration Tours this fall. The trip will take place November 18th-20th, 25th-27th, December 2nd-4th and 9th-11th. Each trip will take place from Sunday-Tuesday. Please stop by our office for trip brochures or log onto our website for more information.



NEW ENGLAND PATRIOTS TRIPS

We are offering a trip through Celebration Tours to see the **New England Patriots play in Buffalo** (November 16th-18th). Please stop by our office for trip brochures or log onto our website for more info.

BOSTON CELTICS TICKETS

Come see your Boston Celtics take on the Miami Heat on Friday, November 16th at 7:30 PM. Tickets are \$55. You must reserve your tickets in person starting at 9:00AM on Tuesday, September 11th at the FCC. The deadline to reserve your tickets is Friday, November 2nd by 12:00 PM. For more information please feel free to give us a call at (978) 443-1092 x 3256.



LAVENDER ESCAPE

Lavender Escape will be having a unique weekend getaway for women from **Friday, October 12th-Sunday, October 14th!!** Enjoy the rustic adventures in the hills of **Contoocook, NH.**

Escape stress, explore nature and friendships, and enrich your mind and soul. Experience wellness and health workshops, fitness classes, aromatherapy, pampering, crafts and unexpected fun. The cost is \$335 per person and includes 2 nights lodging in shared cabins, 5 delicious meals, and activities (additional charges may apply). The deadline to register is **September 28th.** For more information, please log onto our website.

BARNUM & BAILEY CIRCUS TICKETS

Come see the Greatest Show on Earth as we have a limited amount of tickets to see the **Barnum & Bailey Circus** at the TD Banknorth Garden on Saturday, October 13th at 11:00 AM. Tickets are only \$15 per person. **You must reserve your tickets in person at the Fairbank Community Center by September 28th.** For more information, please feel free to give us a call at (978) 443-1092.



The Concord Conservatory of Music

**Register online at
ConcordConservatory.org**

**Group Classes
Early Childhood
Keys for Kids
Private Lessons**

Complete course descriptions and course listing on the website, call 978-369-0010

YOUNG ADULT PROGRAMS

WILD WEDNESDAYS

This new program is a great way for students in middle school to spend their early dismissal Wednesdays. Children are invited to come on one trip or all of them. Space is limited so register early!



WHO: 6th-8th Graders

WHEN: Curtis Early Release Wednesdays

DEPART FROM: Curtis Middle School

RETURN TO: Fairbank Community Center



Starland

Here is your chance to drive Go Karts, play Mini-Golf, and rock climb all in one place.

DATE: Sept. 12

TIME: 12:00-6:00 PM

COST: \$35

Mega Maze

Try and find your way out of the corn maze!

DATE: Sept. 26

TIME: 12:00-5:00 PM

COST: \$25 (by Sept. 19)

\$35 (after Sept. 19)

Kayaking

Enjoy an afternoon kayaking with your friends.

DATE: Oct. 10

TIME: 12:00-5:00 PM

COST: \$35 (by Oct. 3)

\$45 (after Oct. 3)



Lazer Zone

Spend the afternoon playing lazer tag with your friends.

DATE: Nov. 28

TIME: 12:00-5:00 PM

COST: \$30 (by Nov. 21)

\$40 (after Nov. 21)

Indoor Rock Climbing

This trip is for beginners or experienced climbers.

DATE: Dec. 12

TIME: 12:00-5:30 PM

COST: \$60 (by Dec. 5)

\$70 (after Dec. 5)



If you are interested in chaperoning, please contact Jessica Bendel at 978-639-3227 or at youth@town.sudbury.ma.us

These programs are offered by the Youth Coordinator

**Sold Out
Last Year!**

CELTICS GAME

BOSTON CELTICS vs. CLEVELAND CAVALIERS

Come watch the talented Boston Celtics take on LeBron James and the Cavaliers.

Children should bring extra money for snacks or souvenirs.

WHO: Grades 6-8
TIME: 11:00 AM-3:30 PM

DATE: Sunday, Dec. 2
WHERE: FCC and then off to the TD Banknorth Garden
COST: \$65



We are looking for a few chaperones. If you are interested please contact the Youth Coordinator, Jessica Bendel, at (978) 639-3227

COMMUNITY SERVICE

The youth coordinator is offering community service events for students in grades 6-8 on early dismissal Wednesdays.

UPCOMING EVENTS:

October 24– Rake leaves and decorate pumpkins

November 7– Honor those who served our country

November 14– Prepare a meal for those in need

More information will be distributed through the Curtis Middle School.

Youth Coordinator Monthly Newsletter

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



Simply go to www.youth.sudbury.ma.us and click on the green "Subscribe to Email List" button. You will then be sent e-mail reminders about upcoming programs.

If you have any questions, please contact Jessica Bendel at (978) 639-3227.

YOUNG ADULT PROGRAMS

HIGH SCHOOL PREPARATION TENNIS

WHO: Ages 11-14
DAY: Thursdays
TIME: 4:00-5:30 PM
DATES: Sept. 20-Oct. 25
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$180 per child



Instructed by Longfellow Tennis Pros

JUNIOR GOLF

WHO: Ages 11-15
DAY: Tuesdays
SESSION I: 3:00-4:00 PM
SESSION II: 4:00-5:00 PM
DATES: Sept. 18-Oct. 23
DURATION: 6-Weeks
WHERE: Wayland Country Club
COST: \$132 per child

Instructed by Wayland Country Club Golf Pros

DODGEBALL

WHO: Grades 6-8
DAY: Tuesdays
SESSION I: 3:00-4:00 PM
DATES: Sept. 18-Nov. 6 (no class 10/16)
DURATION: 7-Weeks
WHERE: FCC—Gym
COST: \$84 per child



Instructed by F.A.S.T. Athletics

VIDEO GAME DESIGN

This program teaches students the fundamentals of programming and video game design. Students will create and develop a storyboard and bring characters to life in their own video game (a strict non-violence policy will be enforced).

WHO: Ages 12-13
DAY: Wednesdays
TIME: 5:00-7:00 PM
DATES: Oct. 17-Nov. 7
DURATION: 4-Weeks
WHERE: FCC—Room 3
COST: \$156 per child



Instructed by Children's Technology Workshop

MIDDLE SCHOOL ART PROGRAM

WHO: Grades 5-8
DURATION: 8-Weeks
WHERE: Artspace, 63 Summer St. in Maynard
COST: \$170 (\$195 Wednesday)

TUESDAYS—BIMONTHLY

TIME: 2:45-4:00 PM
DATES: Sept. 11th, 25th; Oct. 9th, 23rd;
Nov. 6th, 20th; Dec. 4th and 18th

TUESDAYS

TIME: 2:45-4:00 PM
DATES: Sept. 11-Oct. 30

WEDNESDAYS—(Grades 6-8)

TIME: 2:45-4:15 PM
DATES: Sept. 12-Nov. 7 (no class 9/19)

THURSDAYS

TIME: 2:30-3:45 PM
DATES: Sept. 27-Nov. 15

Instructed by Michelle Garro

WICKED COOL COMIC STRIPPING

Do you grab the comic section before everyone else in your family? Here's your chance to make your own original comic book story. After the program is completed, you will receive your story as it would appear in print!

WHO: Ages 12-16
DAY: Tuesdays
TIME: 3:00-4:00 PM
DATES: Oct. 16-Dec. 4
DURATION: 8-Weeks
WHERE: FCC—Room 3
COST: \$115 per child

Instructed by Wicked Cool

YOUNG ADULT PROGRAMS

HAVING FUN WITH DIGITAL PHOTOGRAPHY

WHO: Ages 10-13
DAY: Thursday
TIME: 3:15-4:30 PM
DATES: Oct. 11-Nov. 1
DURATION: 4-Weeks
WHERE: FCC—Room 1
COST: \$75 per child



Instructed by Stanley Klein, Professional photographer and teacher

RECREATIONAL KAYAKING

This class will introduce you to kayaking on calm waters.

WHO: Ages 10-15
DAY: Thursday
TIME: 3:00-5:30 PM
DATES: Sept. 6-Oct. 4 (no class 9/13)
DURATION: 4-Weeks
WHERE: Willis Pond in Sudbury
COST: \$115 per child

Instructed by Still River Outfitters

INTRO. TO KAYAKING SKILLS

This class will introduce you to skills needed for kayaking in white water. You will be using white water kayaks.

WHO: Ages 10-15
DAY: Thursday
TIME: 3:00-5:30 PM
DATES: Oct. 11-Nov. 1
DURATION: 4-Weeks
WHERE: Willis Pond in Sudbury
COST: \$115 per child

Instructed by Still River Outfitters

ADVENTURE EDUCATION

In this unique experience participants will learn to overcome individual and team challenges while having fun.

WHO: Ages 10-15
DAY: Thursday
TIME: 3:00-5:30 PM
DATES: Nov. 15-Dec.13 (no class 11/22)
DURATION: 4-Weeks
WHERE: FCC—Backfield
COST: \$78 per child

Instructed by Still River Outfitters

ANIMATION WHIZARDS

This class guides students through the creation of a short stop-motion animation film similar to claymation.

WHO: Ages 10-11
DAY: Wednesdays
TIME: 5:00-7:00 PM
DATES: Sept. 19-Oct. 10
DURATION: 4-Weeks
WHERE: FCC—Room 3
COST: \$156 per child

Instructed by Children's Technology Workshop

MIDDLE SCHOOL COOKING

Learn to make easy and delicious food and discover that you love it.

WHO: Grades 6-8
DAY: Tuesday
TIME: 4:00-5:30 PM
SESSION I: Oct. 9-Oct. 30
DURATION: 4-Weeks
WHERE: FCC—Kitchen
COST: \$168 per child



Instructed by Anna Gershenson

PARK & RECREATION/ATKINSON POOL E-MAIL LIST

Would you like to be informed with what Park and Recreation and the Atkinson Pool are up to? All you have to do is sign-up and join our e-mail list today.

www.recreation.sudbury.ma.us



PROGRAM IDEAS

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

978-443-1092 ext. 3256

JEAN LIND TEEN CENTER



JEAN LIND TEEN CENTER

Join in the fun at Sudbury's Teen Center!

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

WHO: 7th & 8th Graders who live in or attend school in Sudbury
DAY: Friday Nights
WHERE: FCC
TIME: 7:30-10:00 PM
COST: \$5 per person

**ID Cards Required for
Admittance**

TENTATIVE DATES:
September—21st and 28th
October—19th and 26th
November—2nd and 16th
December—14th

**ALL DATES ARE SUBJECT
TO CHANGE!**

Directed by Lisa Barnes

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

SKI & SNOWBOARD PROGRAM



NASHOBA SKI & SNOWBOARD PROGRAM

We will once again offer the ski and snowboard program during the winter of 2008.
Classes will begin the first week of January.

The pamphlet will be available in late September at the FCC and on the recreation and school websites.

Registration begins Wednesday, October 10th at 9:00 AM.
Registration closes on Monday, December 10th at 4:00 PM.



SKATING PROGRAMS

LEARN TO SKATE

Our Learn to Skate program is designed to teach students of all ages and abilities the fundamentals of skating in a fun non-competitive atmosphere. Each class consists of a 25 minute class and a 15 minute supervised free skate. Each class will be divided by age and ability.

WHO: Ages 18 Months—Adult
WHERE: Valley Sports Arena in West Concord, MA

TUESDAYS

TIMES: 1:45-2:30 PM
SESSION I: Nov. 6-Dec. 18
DURATION: 7-Weeks
COST: \$134 per child

SATURDAYS

TIMES: 1:20-2:00 PM
SESSION I: Nov. 10-Dec. 22 (no class 11/24)
DURATION: 6-Weeks
COST: \$108 per child

Instructed by Sharper Edge Skating School



Fall 2007
Giorgio's Health and Fitness Connection
 www.giorgiofit.com (978)440-8531
Schedule Effective September 4 ,2007-June 28,2008



Fitness Room Hours: Mon-Thurs: 8:30am-7:30pm
Fri: 8:30am-6:30pm Sat: 8am-12pm Sun: CLOSED

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Kripalu Yoga 8:00-9:00
Medicine Ball Training 8:30-9:30 Core Power 8:30-9:30	Taerobixx 8:30-9:30	Power Bands 8:30-9:30	ZUMBA (in dance studio) 8:30-9:30	Kickboxing 8:30-9:30	Taerobixx 9:00-10:00 KidkwonDo 9:00-9:45 Ages 3-6
Jiu-Jitsu KidkwonDo 9:30-10:15 Ages 3-6 Taerobixx 9:30-10:30	KidkwonDo 9:30-10:15 Ages 3-6 Circuit Training 9:30-10:30 Power Yoga 9:30-10:30	KidkwonDo 9:30-10:15 Ages 3-6 Kickboxing 9:30-10:30	KidkwonDo 9:30-10:15 Ages 3-6 Taerobixx 9:30-10:30	Barbell Training 9:30-10:30	Soothing Stretch 10-10:30 Beginner TKD 10-10:45 Ages 7-11 Parent/Child TKD Class 10-10:45
Kripalu Yoga 10:30-11:30 Adult Jiu-Jitsu Adult TKD 10:45-11:45	Adult TKD 10:45-11:45	Adult TKD 10:45-11:45	Core Power 10:30-11:30 Adult TKD 10:45-11:45	Adult TKD 10:45-11:45	Advanced TKD Green & Above 10:45-11:30 Adult TKD 10:45-12:00 Ages 12 & up
Monday	Tuesday	Wednesday	Thursday	Friday	GENERAL INFO All programs are for NEW STUDENTS ONLY! Your registration will allow you to attend 10 classes of a Category of programs at any of the times offered during the fall. Babysitting is available from: 8:30am-12:00pm on Mondays, Tuesdays, Thursdays, and Fridays and 9:30am-12:00pm on Wednesdays and 9:00am-12:00pm on Saturdays. All classes will be held at Giorgio's Health and Fitness Connection, Chiswick Park on Union Avenue in Sudbury. All Classes are 10 admittances for \$100.
Jiu-Jitsu KidkwonDo 1:00-1:45 Ages 3-6		KidkwonDo 1:00-1:45 Ages 3-6			
	KidkwonDo 3:15-4:00 Ages 3-6		KidkwonDo 3:15-4:00 Ages 3-6		
Jiu-Jitsu Beginner Child TaekwonDo 4:00-4:45 Ages 3-7	Beginner Child TaekwonDo 4:00-4:45 Ages 3-7 Kids' Yoga 4:00-4:45 Ages 5-8	Beginner Child TaekwonDo 4:00-4:45 Ages 3-7	Beginner Child TaekwonDo 4:00-4:45 Ages 3-7	Beginner Child TaekwonDo 4:00-4:45 Ages 3-7	
Jiu-Jitsu Beginner Youth TaekwonDo 4:45-5:30 Ages 8-11 Advanced TKD Green & Above 4:45-5:30	Beginner Youth TaekwonDo 4:45-5:30 Ages 8-11 Advanced TKD Green & Above 4:45-5:30 Youth Yoga 4:45-5:30 Ages 9-13	Beginner Youth TaekwonDo 4:45-5:30 Ages 8-11 Advanced TKD Green & Above 4:45-5:30	Beginner Youth TaekwonDo 4:45-5:30 Ages 8-11 Advanced TKD Green & Above 4:45-5:30	Beginner Youth TaekwonDo 4:45-5:30 Ages 8-11 Advanced TKD Green & Above 4:45-5:30	
Jiu-Jitsu Advanced TKD Green & Above 5:30-6:15	Advanced TKD Green & Above 5:30-6:15 Youth Sports Conditioning 5:30-6:15 Ages 8-15	Advanced TKD Green & Above 5:30-6:15	Advanced TKD Green & Above 5:30-6:15	Advanced TKD Green & Above 5:30-6:15	
Adult Jiu-Jitsu Adult TKD 6:30-7:30	Adult TKD 6:30-7:30 Body Sculpting 6:30-7:30	Adult TKD 6:30-7:30	Adult TKD 6:30-7:30 Body Conditioning 6:30-7:30	DODGEBALL Drop off 6:15 Pick up 8:30 \$20/person *Please call for weekly schedule	

Babysitting available: Monday through Friday: 8:30am-12pm
\$3 an hour per child Saturday 9am-12pm

CENTURY MILL STABLES

PONY PALS

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

WHO:	Ages 2-6 (with adult)	DURATION:	4-Weeks
WHERE:	Century Mill Stables in Bolton	COST:	\$96 per person
CLASS I:	Oct. 1-29 (No Class 10/8)	DAY: Monday	TIME: 1:00-1:50 PM
CLASS II:	Nov. 5-26	DAY: Monday	TIME: 1:00-1:50 PM

PONY POWER

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

WHO:	Ages 2-6	DURATION:	4-Weeks
WHERE:	Century Mill Stables in Bolton	COST:	\$144 per person
CLASS I:	Oct. 1-29 (No Class 10/8)	DAY: Monday	TIME: 2:00-2:50 PM
CLASS II:	Nov. 5-26	DAY: Monday	TIME: 2:00-2:50 PM

HORSE POWER

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

WHO:	Ages 7 and up	DURATION:	4-Weeks
WHERE:	Century Mill Stables in Bolton	COST:	\$180 per person
CLASS I:	Sept. 9-30	DAY: Sunday	TIME: 2:00-2:50 PM
CLASS II:	Oct. 7-28	DAY: Sunday	TIME: 2:00-2:50 PM
CLASS III:	Nov. 4-25	DAY: Sunday	TIME: 2:00-2:50 PM
CLASS IV:	Dec. 2-23	DAY: Sunday	TIME: 2:00-2:50 PM

HOOFBEATS FOR ADULTS

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

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

WHO:	Adults	DURATION:	4-Weeks
WHERE:	Century Mill Stables in Bolton	COST:	\$180 per person
CLASS I:	Sept. 5-26	DAY: Wednesday	TIME: 7:00-7:50 PM
CLASS II:	Sept. 7-28	DAY: Friday	TIME: 11:00-11:50 AM
CLASS III:	Oct. 3-24	DAY: Wednesday	TIME: 7:00-7:50 PM
CLASS IV:	Oct. 5-26	DAY: Friday	TIME: 11:00-11:50 AM
CLASS V:	Nov. 7-28	DAY: Wednesday	TIME: 7:00-7:50 PM
CLASS VI:	Nov. 9-30	DAY: Friday	TIME: 11:00-11:50 AM
CLASS VII:	Dec. 5-26	DAY: Wednesday	TIME: 7:00-7:50 PM
CLASS VIII:	Dec. 7-28	DAY: Friday	TIME: 11:00-11:50 AM

ADULT PROGRAMS

JAZZERCISE®

Designed to boost cardiovascular endurance, strength, and flexibility, Jazzercise offers a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing movements. Over the years, millions of people of all ages and fitness levels have reaped the benefits of exercise with Jazzercise. At Jazzercise, we insist that exercise can and should be FUN. We believe fitness is an important aspect of well-being and enhances the overall quality of people's lives. Therefore, Jazzercise is committed to helping people understand and value the importance of health and fitness. All fitness levels welcome!

COME AND TRY A JAZZERCISE CLASS FOR FREE!!

WHO: Adults & 12+ w/parent

WHERE: FCC-Gym

WHEN: Fall Schedule begins on September 5th.

8 WEEK (unlimited class) PASS \$95

EFT (unlimited class) \$40/month (Best Deal)

Full Time Student: \$30/month

ONE Class Pass \$12

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

ON-GOING ENROLLMENT

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

Sign up at the Jazzercise table outside the FCC—Gym

Home Entertainment Expo

Home Entertainment By Design

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- Structured Wire
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- Whole Home Audio
- Lighting Control
- System Integration

978.579.0003

490 Boston Post Road Sudbury, MA 01776

www.homeentertainmentexpo.com

ADULT PROGRAMS

FLAT ABS WITH PILATES & STRENGTH TRAINING – THE BELLY FAT BLASTER CLASS

Basic Weight Training – Learn the best exercises to **Boost Your Metabolism**. Simple moves that anyone can do with hand held weights to train your body to burn more calories 24 hours a day.

Flat Abs with Pilates – Core conditioning exercises featuring Pilates mat work and some of the most effective moves for *Flat Abs, a Strong Back and Great Posture*.

WHO: Adults

COST: \$144 per person (\$132 on Mondays)

MONDAYS AT 4:30-5:30 PM – ALL LEVELS

DATES: Sept. 17-Dec. 10 (no class 10/8 & 11/12)

WHERE: FCC—Room 2

FRIDAYS AT 9:30-10:30 AM – ADVANCED

DATES: Sept. 21-Dec. 14 (no class 11/23)

WHERE: FCC—Room 2

DURATION: 12-Weeks (11-Weeks on Mondays)

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

DATES: Sept. 18-Dec. 11 (no class 10/16)

WHERE: FCC—Gym

FRIDAYS AT 10:45-11:45 AM – BEGINNERS

DATES: Sept. 21-Dec. 14 (no class 11/23)

WHERE: FCC—Room 2

Instructed by Marie O'Malley

YOUR PERSONAL TRANSFORMATION

Each week you will receive, via email, a packet of materials to teach you how to eat to support a healthy metabolism. Using cutting edge technology, the simple exercise programs are designed to train your body to release stored fat. You'll have boundless energy to sail through your days and look better than you have in years.

WHO: Adults

DATES: Sept. 17-Dec. 14

COST: \$48 per person

Instructed by Marie O'Malley



SVAROOPA YOGA

WHO: Adults

DURATION: 11-Weeks

WHERE: FCC—Room 2

COST: \$145 per person

MONDAY EVENINGS

TIME: 7:00-8:15 PM (All are Welcome)

DATES: Sept. 17-Dec. 10 (no class 10/8 & 11/12)

THURSDAY MORNINGS

TIME: 9:15-10:30 AM (Continuing)

DATES: Sept. 20-Dec. 13 (no class 10/4 & 11/22)

Please Bring 3 Blankets

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



AWESOME ABS & PILATES

WHO: Teens and Adults

WHERE: FCC—Room 3

COST: \$132 per person

MONDAY EVENINGS

TIME: 7:00-8:00 PM

DATES: Sept. 17-Dec. 10 (no class 10/8 & 11/12)

DURATION: 11-Weeks

WEDNESDAY EVENINGS

TIME: 7:00-8:00 PM

DATES: Sept. 19-Dec. 12 (no class 10/31)

DURATION: 11-Weeks

SATURDAY MORNINGS

TIME: 8:00-9:00 AM

DATES: Sept. 22-Dec. 15 (no class 10/6)

DURATION: 12-Weeks

WHERE: FCC—Room 2

COST: \$144 per person

Instructed by Sarah Hyland

BEGINNING HATHA YOGA

MONDAY MORNINGS

DATES: Sept. 17-Dec. 10 (no class 10/8 & 11/12)

WHERE: FCC—Room 2

DURATION: 11-Weeks

COST: \$132 per person

WHO: Adults

TIME: 9:30-10:30 AM

WEDNESDAY MORNINGS

DATES: Sept. 19-Dec. 12

WHERE: FCC—Room 3

DURATION: 13-Weeks

COST: \$156 per person

Instructed by Carrie Scheer, Certified Yoga Instructor

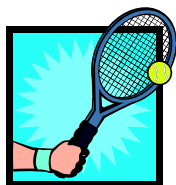


Cancelled

ADULT PROGRAMS

CARDIO TENNIS

WHO: 18+
DAY: Fridays
TIME: 9:00-10:00 AM
DATES: Sept. 21-Oct. 26
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$72 per person



Instructed by Longfellow Tennis Pros

FALL FOLIAGE KAYAK/CANOE TRIP

WHO: Adults
DATE: Saturday, October 13th
TIME: 9:00 AM-12:00 PM
WHERE: Sudbury River
COST: \$60 per person



Instructed by Still River Outfitters

INSTANT TENNIS

WHO: 18+
DAY: Tuesdays
TIME: 9:00-10:30 AM
DATES: Sept. 18-Oct. 23
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$162 per person



Instructed by Longfellow Tennis Pros

INTRODUCTION TO KAYAKING

WHO: Adult
DAY: Wednesday
TIME: 5:00-7:00 PM
DATES: Sept. 19-Oct. 3
DURATION: 3-Weeks
WHERE: Warner's Pond in Concord
COST: \$90 per person



Instructed by Still River Outfitters

ADULT GOLF LESSONS

WHO: Adults
DAY: Tuesdays
TIME: 10:00-11:00 AM
DATES: Sept. 18-Oct. 23
DURATION: 6-Weeks
WHERE: Wayland Country Club
COST: \$132 per person



Instructed by Wayland Country Club Golf Pros

INTRODUCTION TO THAI CUISINE

WHO: Adults
DAY: Mondays
TIME: 6:00-8:30 PM
DATES: Oct. 15-Nov. 5
DURATION: 4-Weeks
WHERE: FCC—Kitchen
COST: \$120 per person



Instructed by Tom Kaewprasert, Chef of Sweet Pepper Thai Cuisine in Sudbury

MEN'S 40 AND OVER BASKETBALL

WHO: Men 40+
DAY: Mondays
TIME: 7:00-9:00 PM
DATES: Sept. 17-Dec. 17 (no class 10/8 & 11/12)
DURATION: 12-Weeks
WHERE: Peter Noyes School Gym

FREE!

YOGA FOR ALL

WHO: Adults
DAY: Saturdays
TIME: 9:15-10:15 AM
DATES: Sept. 22-Oct. 27
WHERE: FCC—Room 2
COST: \$60 per person

Instructed by Anu Patolawala

TEEN/ADULT ART PROGRAM

DURATION: 8-Weeks
WHERE: Artspace, 63 Summer St. in Maynard
TUESDAY MORNINGS—9:00-11:30 AM
WHO: Adults
DATES: Sept. 11-Oct. 30
COST: \$275 per person
MONDAY EVENINGS—3:30-5:00 PM
WHO: High School Students
DATES: Sept. 14-Nov. 9 (no class 9/28)
COST: \$195 per person
SATURDAY MORNINGS—9:30 AM-12:00 PM
WHO: Teens and Adults
DATES: Sept. 8-Oct. 27
COST: \$275 per person

Instructed by Michelle Garro

CO-ED VOLLEYBALL

WHO: Adults
DAY: Wednesdays
TIME: 7:00-9:00 PM
WHERE: FCC—Gym
DATES: Sept. 19-Dec. 12 (no class 10/31)
DURATION: 12-Weeks
COST: \$65 per person

* A minimum number of participants is required

PARK & REC. REGISTRATION FORM

Participant's First Name: _____ Last Name: _____

DOB: ___/___/___ Gender: MALE / FEMALE Parent/Guardian's Name: _____

Address: _____ Town: _____ Zip: _____

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

E-Mail Address: _____

PROGRAM INFORMATION

Program Name: _____ Session: _____ Time: _____ Start Date: _____ Cost: \$ _____

Program Name: _____ Session: _____ Time: _____ Start Date: _____ Cost: \$ _____

Program Name: _____ Session: _____ Time: _____ Start Date: _____ Cost: \$ _____

Program Name: _____ Session: _____ Time: _____ Start Date: _____ Cost: \$ _____

Program Name: _____ Session: _____ Time: _____ Start Date: _____ Cost: \$ _____

Program Name: _____ Session: _____ Time: _____ Start Date: _____ Cost: \$ _____

TOTAL COST: \$ _____

METHODS OF PAYMENT: CHECK, CREDIT CARD, OR CASH

◇ Make check # _____, payable to TOWN OF SUDBURY

◇ Credit Card: VISA or MASTERCARD

Name on credit card: _____ Account #: _____

Expiration Date: ___/___/___ Signature _____

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

"Please accept the above persons for this participation. I am aware of the risk inherent in this activity, and I hereby release the sponsors, Town of Sudbury, its employees, its agents, and its officers from responsibility for any and all associated losses, claim of loss, injury or damage resulting from participation in this activity. I have determined the nature and extent of the planned activities and feel that this participant is of sufficient age, ability, and discretion to participate. I agree that this participation will be at the discretion of the Park and Recreation Department. If any participant becomes a **DISCIPLINE PROBLEM, HE OR SHE WILL BE EXPELLED FROM THE PROGRAMS WITHOUT REFUND OF THE PROGRAM FEE.** Permission is hereby given for treatment of this participant by a medical doctor in the event of injury or illness during participation. Unless noted on this form, participant has no allergies or other problems which will interfere with normal participation. We do not discriminate on the basis of race, religion, color, sex, marital status, national origin or persons with disabilities. For cancellation or bad weather, please call Sudbury Park and Recreation Department at (978) 639-3233."

Does Participant have any special medical needs? _____

Parent/Guardian Signature: _____

Date: ___/___/___

**PLEASE MAIL OR BRING TO:
SUDBURY PARK AND RECREATION
40 FAIRBANK ROAD
SUDBURY, MA 01776**

Date Received: ___/___/___ Res: ___ Non-Res. ___ Cash: \$ _____ Check: # _____ CC Auth.# _____ Amt:\$ _____ Int: _____ Entered in Sportsman: YES / NO

Sixth Annual
CELEBRATION OF WORLD CULTURE
Sudbury
Day
Festival
Gateway to the Islands

Saturday, September 15

Noon-5:00 PM

Sudbury Town Center
on the Peter Noyes Elementary School Grounds
(Route 27 & Concord Road)

Rain Location
Lincoln Sudbury Regional High School

Free Admission!

Ethnic food, community organizations and
businesses, world-themed children's activities
...and more!

Featuring FREE performances by



Lola Hula Dancers from
Hawaii & Tahiti



Fikira Music from
Madagascar



Highland Dance Boston featuring dances
from Scotland



Royal Scottish Country
Dance Society of Boston

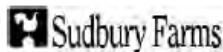
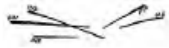


Branches Pan Groove
Steel Drum Band

WE THINK THE WORLD OF OUR MAJOR SPONSORS



Steven D. Cohen, DMD



For more information or to volunteer visit
www.sudbury.ma.us/committees/sudburyday

(don't forget to sign up for our "Sudbury Day Insider" mailing list)

Atkinson Pool Daily and Membership Fees

Full Year and Six Month Membership: Entitles member to lap and family swim as well as a discount on aquatic programs.

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

Lunchtime Membership (full year): This membership is valid for swimming privileges only during the hours of 11:00 AM to 3:00 PM, Monday through Friday.

Swim Pass: Swim pass entitles the user to six swims for the price of five. Family swim passes 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.

All memberships are non-refundable and begin the day of purchase.

Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$70	n/a	\$43	\$258	\$516
Adult	\$6	\$30	\$190	\$29	\$174	\$348
Youth	\$4	\$20	n/a	\$18	\$108	\$216
Senior	\$4	\$20	n/a	\$16	\$96	\$192
Couple	n/a	n/a	n/a	\$39	\$234	\$468

Non-Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$85	n/a	\$49	\$294	\$588
Adult	\$7	\$35	\$222	\$34	\$204	\$408
Youth	\$5	\$25	n/a	\$21	\$126	\$252
Senior	\$4	\$20	n/a	\$19	\$114	\$228
Couple	n/a	n/a	n/a	\$46	\$276	\$552

Family: Two adults and all children under 21

Youth: Ages 4-17

Couple: Two adults living at the same address

Adult: Anyone over 18 years of age

Senior: 60 years of age or older

ATKINSON POOL REGISTRATION FORM

Please complete the registration form, one for EACH CHILD/ADULT in EACH PROGRAM.

Make check payable to ATKINSON POOL or include credit card information.

Mail or bring to: Atkinson Pool, ATTN. Program Registration, 40 Fairbank Rd. Sudbury, MA 01776

PARTICIPANT INFORMATION:

First Name: _____ Middle Initial: _____ Last Name: _____ M/F

Street Address: _____ Town: _____ Zip: _____

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

Email Address: _____ Age: _____ Grade: _____ Birth Date: ____/____/____

EMERGENCY CONTACT INFORMATION:

Name: _____ Relation: _____

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

PAYMENT:

Circle method of payment: Check or Credit card (VISA or MASTERCARD)

A \$25.00 service charge will be assessed for all returned checks.

Name on credit card: _____ Account #: _____

Signature: _____ Expiration Date: _____

Please use multiple registration forms for multiple programs!

Program Name (swim lesson level)	Session A or B	Time	Cost

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

"Please accept the above persons for this participation. I am aware of the risk inherent in this activity, and I hereby release the sponsors, Town of Sudbury, its employees, its agents, and its officers from the responsibility for any and all associated losses, claim of loss, injury or damage resulting from participation in this activity. I have determined the nature and extent of the planned activities and feel that this participant is of sufficient age, ability, and discretion to participate. I agree that this participation will be at the discretion of the Atkinson Pool/Park & Recreation Department. If any participant becomes a DISCIPLINE PROBLEM, HE OR SHE WILL BE EXPELLED FROM THE PROGRAM WITHOUT REFUND OF THE PROGRAM FEE.

Permission is hereby given for treatment of this participant by a medical doctor in the event of injury or illness during participation. Unless noted on this form, participant has no allergies or other problems which will interfere with normal participation. We do not discriminate on the basis of race, religion, color, sex, marital status, national origin or persons with disabilities. **For cancellation or bad weather, please call Atkinson Pool/Sudbury Park & Recreation Department at (978) 639-3233**

Does participant have any special medical needs? _____

Parent/Guardian Signature: _____ Date: ____/____/____

FOR OFFICE USE ONLY:

Date Received: ____/____/____ Member: _____ Non-Member: _____

Cash: \$_____ Check #: _____ CC Auth. #: _____ Amount: \$_____ Entered in Sportsman: YES / NO Staff Initial: _____

American Red Cross SWIM LEVEL DESCRIPTIONS

PARENT & CHILD CLASS (8 months - 4 years old)

This is a water orientation for children & parents and introduces the following: Water adjustment, paddle use of arms and legs, front and back floats, breath control, and safety in and around the pool. This class helps to prepare the child for a more structured swim lesson environment.

Level 1—Introduction to Water Skills helps students feel comfortable in the water and to enjoy the water safely.

Must be at least 4 years old to begin Level 1 lesson.

Skills to be taught: Basic water safety rules, submerging mouth, nose and eyes. Opening eyes underwater and picking up submerged object. Swimming on front and back using arm and leg actions, discuss and demonstrate how to use a lifejacket. Exhaling underwater, bobbing, and floating on front and back. Recognizing a swimmer in distress and getting help.

Level 2—Fundamental Aquatic Skills gives students success with fundamental skills.

Must be able to fully submerge face comfortably

Skills to be taught: Enter and exit water independently, submerge entire head, and blow bubbles with opened eyes independently. Floating on front with face in the water unsupported, float on back unsupported. Change direction of travel while paddling on front or back. Treading water, and discuss & demonstrate lifejacket use.

Level 3—Stroke Development builds on the skills in Level 2 by providing additional guided practice.

Skills to be taught: Jumping into deep water from the side, bobbing to safety, entering head first from the side in a sitting or kneeling position. Front and back glide, survival float, front gliding, crawl stroke, (rotary breathing, arms pulling, flutter kick), back gliding with and without kicking. Back crawl (arms pulling, flutter kick). Tread in deep water, using hand and leg movements. Butterfly kick and body motion. As well as diving rules, water safety rules, and life jacket safety.

Level 4—Stroke Improvement develops confidence in the strokes already learned and how to improve other aquatic skills.

Skill to be taught: Open turns on front and back with push off in streamline position. Refining front crawl stroke, back crawl stroke (while building on endurance), and butterfly (entire stroke). Introduction to the breaststroke, elementary backstroke, and sidestroke (kick only). Treading water using modified scissors, breaststroke or rotary kick and sculling arm motions. Diving from edge of pool (compact and stride), and feet first surface diving. Jumping into pool from a height wearing a lifejacket.

Level 5—Stroke Refinement provides further coordination and refinement of strokes.

Skills to be taught: Shallow water diving from the side of the pool, tuck and pike surface diving. Flip turns on front and back. Perfecting the front crawl, and back crawl. Refining the butterfly, breaststroke, elementary backstroke, and sidestroke. Survival swimming and a few basic rescue skills.



SWIM LESSON SCHEDULE

Session A

DURATION: Meets once a week for 8 weeks
COST: Members \$80 Non-Members \$120

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:50-9:20 Level 1 Level 2		9:30-10:00 Level 1	9:30-10:00 Parent & Child	9:30-10:00 Level 1	9:30-10:00 Level 2	8:50-9:20 Level 1 Level 2
9:25-9:55 Level 3 Level 4		10:05-10:35 Level 2		10:05-10:35 Level 2	10:05-10:35 Level 1	9:25-9:55 Parent & Child Level 2
10:00-10:30 Level 1 Level 2						10:00-10:30 Parent & Child Level 1
10:35-11:05 Level 2 Level 3				12:30-1:00 Level 1		10:35-11:05 Level 2 Level 3
11:10-11:40 Level 4 Level 5				1:05-1:35 Level 2		11:10-11:40 Level 4 Level 5
11:45-12:15 Level 1						11:45-12:15 Level 1
8 Weeks		8 Weeks	8 Weeks	8 Weeks	8 Weeks	8 Weeks
Begins: Sept. 30		Begins: Oct. 2	Begins: Oct. 3	Begins: Oct. 4	Begins: Oct. 5	Begins: Oct. 13
No Class: Oct. 7 Nov. 25				No Class: Nov. 22	No Class: Nov. 23	No Class: Nov. 3 Nov. 24
End Dec. 2		End Nov. 20	End Nov. 21	End Nov. 29	End Nov. 30	End Dec. 15

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

[Class availability pending instructor availability!](#)

Reminder: Children may not automatically move on to the next level after one session, children may need to repeat each level two to three times before mastering all skills!

YOUTH PROGRAMS

Session B

DURATION: Meets once a week for 6 weeks

COST: Members \$60
Non-Members \$90

Thursday
3:45-4:15 Level 1
4:20-4:50 Level 2
4:55-5:25 Level 3
5:30-6:00 Level 4
6 Weeks
Begins: Sept. 27
End Nov. 1

EVENING PARENT & CHILD SWIM CLASS

8 months - 4 years old

This class is a water orientation for children & parents that introduces the following: paddle use of arms and legs, front and back floats, and safety in and around the pool. This class helps to prepare the child for a more structured swim lesson environment.



DAY: Tuesday
TIME: 6:15 PM - 6:45 PM
DATES: Sept. 25 - Oct. 30
DURATION: 6 classes
COST: Members \$60
Non-Members \$90



Instructed by: Geralyn Stella

COMPETITIVE YOUTH STROKE CLASS

For the current or aspiring competitive swimmer. This class will include structured workouts focusing on stroke refinement, starts, and turns for all four competitive strokes. Must have successfully Completed A.R.C. Level 5.

DAY: Tuesdays
TIME: 6:00 - 6:45 PM
COST: Members: \$66
Non-Members: \$99
DATES: Sept. 25—Oct. 23
DURATION: 5 Classes



SPRINGBOARD DIVING

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

DAY: Saturdays
TIME: 10:00AM - 11:00 AM (Beginner)
11:00AM - 12:00 PM (Adv. Beg)

Session A:

START DATE: Sept. 22
DURATION: 5 Sessions
COST: Member: \$66
Non Member: \$99



Session B:

START DATE: Nov. 10
DURATION: 4 Sessions
COST: Member: \$55
Non Member: \$80

Instructed by Jim Kelly and the Boston Area Diving Staff

REGISTRATION DATES

Park and Recreation programs: Wednesday, September 5th @ 9:00 AM

Pool programs: Thursday, September 6th @ 9:00 AM

YOUTH PROGRAMS

BIRTHDAY PARTIES

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

DAYS: Saturday & Sunday

TIME: Starting at Noon

COST: \$80 (for private room & use of pool)

Includes 10 children, each additional child is \$5, and adults are FREE.

Call the Atkinson Pool 978-443-1092 for more information.



TINY TOT SWIM

Here's baby's chance to get in the pool with their favorite adult and have a great time splashing around and testing out the water!

WHO: Ages 5 and under w/adult

TIME: 11:15 AM - 12:00 PM

DAYS: Mon., Wed., Fri., & Sun.

COST: \$4 per non-member adult



AMERICAN RED CROSS COURSES

LIFEGUARD TRAINING

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

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

Attendance for all classes is Mandatory

Please bring Lunch

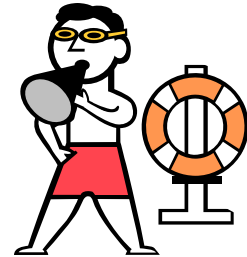
DAY: Sundays

TIME: 9:00 AM—2:30 PM

DATES: Sept. 23—Nov. 18

No class Sept. 30, Oct. 7, & Nov. 11

COST: \$250



BABYSITTER'S TRAINING COURSE

If you are between the ages of 11 & 15 you can come enjoy some training in babysitting responsibilities. Learn the characteristics of children, supervising and playing with children, 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 CPR for children and infants.

Coming this Winter!

POOL HOURS

Monday - Thursday: 6:00 AM - 9:00 PM

Friday: 6:00 AM - 7:00 PM

Saturday: 7:00 AM - 6:00 PM

Sunday: 7:00 AM - 4:00 PM

OTHER FUN PROGRAMS

AWESOME AQUATICS

This class is perfect for adults or seniors looking for a slower paced workout, this includes any type of disability. Participants that are preparing for joint replacement or would like to continue exercise and strength training after physical therapy find this class a great asset.

Anyone interested in this class, may contact the instructor, GERALYN at gstrella@comcast.net

DAYS: Monday, Tuesday, & Thursday

TIME: 11:00 AM - 12:00 PM

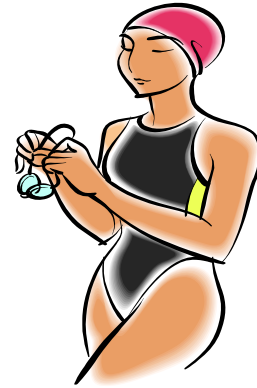
COST: \$185

SUDBURY YOUTH SWIM TEAM

Competitive swim team for youth ages 7-17 who have achieved a Level 4 or higher in Red Cross swimming. The team swims November-March with 3 practices a week at the Atkinson Pool. For more information and an application visit the teams website at: www.sudburyswimteam.org.

All applications are due by **September 30th** and as space are limited, children are placed on the team on a first come, first serve basis.

This program is not affiliated with the Atkinson Pool



BOSTON AREA DIVING

U.S. Jr. Olympic team dedicated to the ideals and goals of U.S. Diving. Practices are held at the Atkinson Pool and Bentley College. Divers looking to compete year round should contact Jim Kelly at: Jim@USADiver.com or visit: www.badwest.com



Check out our swim supplies!!!!

Classic Goggles	\$ 4
Vision Goggles	\$ 8
Silicone Cap	\$ 9
Latex Cap	\$ 4
Child Flotation Bubble	\$ 15
Adult Water Belt	\$ 20
Child Swim Diapers	\$ 15



POOL HOURS

Monday - Thursday: 6:00 AM - 9:00 PM

Friday: 6:00 AM - 7:00 PM

Saturday: 7:00 AM - 6:00 PM **Sunday:** 7:00 AM - 4:00 PM

BOSTON HARBOR DIVING COMPANY

Learn to SCUBA dive at the Atkinson Pool with Captain James Sullivan!

Both group classes & private lessons are available. PADI SCUBA group lessons are completed over a weekend, private lessons can take place on your schedule. All gear needed for pool is included, no gear purchases are necessary.

For more information and to register, call: (617)846-5151 or visit: www.bostondiving.com



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



Children under 1 are FREE! Members are FREE!

Atkinson Pool Schedule September-October

	Sunday Open 7 AM	Monday Open 6 AM	Tuesday Open 6 AM	Wednesday Open 6 AM	Thursday Open 6 AM	Friday Open 6 AM	Saturday Open 7 AM
6:00-7:00	CLOSED	8 Lap	6 Lap 2 Masters	8 Lap	6 Lap 2 Masters	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 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lesson
10:00-11:00	4 Lap 4 Lesson	8 Lap	6 Lap 2 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lesson
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 Lesson
12:00-1:00	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	4 Lap 2 Family 2 Lesson
1:00-2:00	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	6 Lap 2 Family
2:00-3:00	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family
3:00-4:00	6 Lap 2 Family	2 Lap 6 Framingham	6 Lap 2 Family	2 Lap 6 Framingham	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	6 Lap 2 Family
4:00-5:00	CLOSED	2 Lap 6 Framingham	6 Lap 2 Family	2 Lap 6 Framingham	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	6 Lap 2 Family
5:00-6:00	CLOSED	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	4 Lap 2 Family 2 Lesson	6 Lap 2 Family	6 Lap 2 Family
6:00-7:00	CLOSED	6 Lap 2 Family	4 Lap 4 Lesson NO FAMILY	6 Lap 2 Family	6 Lap 2 Family	6 Lap 2 Family	CLOSED
7:00-8:00	CLOSED	6 Lap 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Exercise 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

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 5 – The pool will be closed from 3-6 pm for a swim meet
 Saturday, September 29 – The pool will be closed from 7am – 3pm for a swim meet

Monday October 8, Columbus Day:

6am - 9am Adult Lap only, 12noon - 3pm Lap & Family

Sunday, November 11, Veterans Day: Open regular hours

Monday, November 12, Veterans Day Observed: CLOSED

Thursday November 22, Thanksgiving: CLOSED