

Town of Sudbury
PARK & RECREATION
ATKINSON POOL



SPRING 2009
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

CONTENTS	PAGE
General Information	2-3
April Vacation Programs	4-5
Kindergarten & Preschool Workshops	6-7
Youth Sports Programs	8-10
Youth Nature Programs	10
Youth Tennis Programs	11-12
Youth Science Programs	12
Youth Yoga/Jazzercise Programs	13
Youth Dance Programs	14
Youth Arts and Crafts	15
Garro Studios Art Programs	16
Giorgio's Fitness Programs	17
Young Adult Programs	18
Jean Lind Teen Center	18
Adult Programs	19-21
Atkinson Pool Registration Page	22
Atkinson Pool Daily & Membership Fees	23
ARC Swim Lesson Descriptions & Schedule	24
Atkinson Pool Swim Lesson Schedule	25-26
Atkinson Pool Youth, ARC & Adult Programs	27-29
Other Fun Programs	30
Atkinson Pool Schedule	31

GREETINGS FROM THE RECREATION DEPARTMENT

It is springtime again and we are happy to offer fabulous programs of different interests for people of all ages. We are pleased to offer some great new activities as well as bring back many of your favorites. Registration will begin on the date and time stated on our website for recreation and pool programs. Be sure to visit the Atkinson Pool for a swim. Thank you for your continued support and we look forward to serving you in the future.

Leisurely yours,

Sudbury Park and Recreation



PARK & RECREATION COMMISSION

Paul Griffin (Chair) Greg Bochicchio
Georgette Heerwagon
Greg Hunt James Marotta

Brochure Mailing Timeline:

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

PARK & RECREATION STAFF 978-443-1092:

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
John Barrett, Aquatic Supervisor	ext. 3255

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

FREQUENTLY ASKED SPORT CONTACTS AND PHONE NUMBERS:

(Not affiliated with the Park and Recreation Department, please contact directly.)

SPORT	WEBSITE
Baseball & T-Ball	www.sudburybaseball.com
Babe Ruth Baseball	www.sudburybaberuth.com
Sudbury Youth Basketball-Girls	www.sudburybasketball.com
Sudbury Youth Basketball-Boys	www.sudburybasketball.com
Pop Warner Football and Cheerleading	www.sudburypopwarner.com
Youth Hockey	www.smshockey.com
Lacrosse-Boys	www.sudburylacrosse.com
Lacrosse-Girls	www.sudburylacrosse.com
Youth Soccer	www.sudburysoccer.org
Adult Soccer	www.othsl.org
Softball-Girls	www.sudburysoftball.org
Softball-Women	978-443-9130
Softball-Men	www.sudburymenssoftball.org
Softball-Seniors	www.emass-seniorsoftball.com
Swim Team-Sudbury Youth	www.sudburyswimteam.org
Sudbury Youth Wrestling	www.eteamz.com/sudburywrestling



GENERAL INFORMATION

WHEN CAN I REGISTER?

REGISTRATION for RECREATION programs: **Wednesday, April 1st at 9:00 AM**

REGISTRATION for POOL programs: **Tuesday, April 7th @ 9:00 AM for Atkinson Pool Members**

Thursday, April 9th @ 9:00 AM Non-Pool Members

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.

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 participants 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 payment of \$25 per participant per program is required at the time of registration. Please [visit our website](#) or stop by our office for a scholarship application.

UPCOMING BROCHURES

Our summer program brochure with summer swim lesson information, adult fitness and youth programs will be out in late June.

FACILITY RENTAL POLICY

Our gym and classrooms are available to be rented to the public. The fee is \$30 an hour. 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 12:00 PM. A \$5 refund fee will be applied for all cancellations.

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

APRIL VACATION PROGRAMS

**Register for these
April Vacation Programs NOW:**

To Register

Click here

or

Stop by the Atkinson Pool Front Desk

**If you have any questions please
call (978) 443-1092**

ARCHERY LESSONS

This is a Junior Olympic Introduction to Archery program. It focuses on safety, proper shooting form, technique, and follow through. Archers progress through different levels of achievement. All equipment is provided and no prior experience is needed.

WHO: Ages 8-Adults
DAYS: Tuesday-Friday
TIME: 9:00-11:00 AM or 11:00 AM-1:00 PM
DATES: April 21-24
WHERE: Upper Featherland Softball field
COST: \$74 per person/session



Instructed by Pros from Archery USA

CHILDHOOD ADVENTURES

Escape for some creativity and adventures! Each day of the week (Tuesday-Friday) there will be a different theme. Children will do arts and crafts, have story time and play fun games. Please bring your own peanut free snack and you can sign up your child for as many days as you like.

WHO: Ages 4-6
DAYS: Tuesday-Friday
TIME: 9:00 AM-12:00 PM
DATES: April 21-24
WHERE: FCC—Room 4 (Preschool Room)
COST: \$37 per child/workshop

TENTATIVE THEMES:

Tuesday - It's a Barnyard Morning
Wednesday - Some of your favorite storybook characters
Thursday - Carnival Craziiness
Friday - Monster Mash

Instructed by Barbara Donovan and the Kindergarten staff

Wicked Cool Science: HISTORY'S MYSTERIES

History's Mysteries uses science to solve exciting mysteries from the past. We will profile paleontologists, archeologists, and geologists who have helped us understand how the past shapes the future. We'll learn how scientists figured out the right way to put together dinosaur bones. We'll investigate sophisticated medieval machines that could break down castle walls. Then we'll dig deep to compare earth rocks with moon rocks.

WHO: Grades 2-5
TIME: 9:00-12:00 PM
(Supervision provided from 12-1PM for students staying full day.)
DATES: April 21-24
WHERE: FCC-Room 2
COST: \$162 per child

Instructed by Wicked Cool

Wicked Cool Science: MANGA MADNESS II

If you've got a passion for Pokémon, avid for Avatar, or if you're nuts about Naruto, you'll be mad about manga! Wicked Cool Manga gives the manga maniac eight new human characters to develop and draw using Japanese-style conventions. You'll get the skills you need to invent and draw your own characters and put them in your own stories.

WHO: Grades 2-5
TIME: 1:00-4:00 PM
(Supervision provided from 12-1PM for students staying full day.)
DATES: April 21-24
WHERE: FCC-Room 2
COST: \$162 per child



Instructed by Wicked Cool

APRIL VACATION PROGRAMS

VIKING BASKETBALL

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

WHO: Grades K-4 (CO-ED)
DAYS: Tuesday-Friday
TIMES: 12:00 –3:00 PM
DATES: April 21-24
WHERE: FCC Gym Basketball Courts
COST: \$117 per child



Instructed by Viking Sports

APRIL VACATION URBAN ADVENTURE WEEK

This program offers kids something exciting to do during their vacation. They will take a variety of day trips ranging from visits to museums, the zoo, to outdoor adventures like rock climbing and hiking.

WHO: Ages 10-14
DAYS: Monday-Friday
TIME: 9:00 AM-5:00 PM
DATES: April 21-24
WHERE: Van departs from Wayland Public Library
COST: \$410 per child

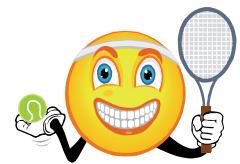
Instructed by Backyard Journeys Staff

HAMMEL TENNIS CAMP AT SUDBURY

Have a great tennis and camp experience with the Hammel Tennis Camp staff. They have been providing tennis camp instruction for over 30 years! Innovative teaching, fun games that work on technique, and mini tournaments will provide your child with a great tennis opportunity.

WHO: Ages 6-12
TIME: 9:00 AM-12:00 PM
WHERE: Featherland Park Tennis Courts

DAYS: Tuesday-Friday
DATES: April 21-24
COST: \$172 per child



Instructed by Longfellow Tennis Pros

ALL-SPORTS CLINIC

Participants will play several different sports such as soccer, flag football, basketball, lacrosse, and street hockey, as well as popular playground games like capture the flag and dodge ball. An emphasis will be placed on sportsmanship and cooperation.

WHO: Grades 1-8 (Ages 6-14)
DAYS: Tuesday-Friday
TIME: 9:00 AM-2:00 PM
DATES: April 21-24
WHERE: Curtis Middle School Gym & Fields
COST: \$152 per child

Instructed by New England Elite Sports Camps

PLAY SOCCER

Come and join our British coaches and learn some cool soccer moves and skills in a fun and safe environment. You will love our fun world cup tournament and our world famous parents vs. campers game at the end of the week. All campers will receive an exclusive water bottle, T-shirt and soccer ball!

Please bring shin guards and a drink, snack, and lunch (Full Day only).

WHO: Ages 4-14
DAYS: Tuesday-Friday
TIMES: 9:00 AM-12:00 PM (Half Day)
TIMES: 9:00 AM-3:00 PM (Full Day)
DATES: April 21-24
WHERE: Cutting Field (Turf)
COST: \$122 per child (Half Day)
COST: \$182 per child (Full Day)



Instructed by Play Soccer

To Register for these Programs [Click Here!](#)

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: Monday or Friday or Some Early Release 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 REGISTER FOR.

Participant's First Name: _____ Last Name: _____ DOB: ____/____/____ Gender: M / F

Parent/Guardian's Name: _____ Address: _____ Town: _____ Zip: _____

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

Email Address: _____



MEXICAN FIESTA FRIDAY MAY 1st or MONDAY MAY 4th

Hola! It's Fiesta Time! Come help us celebrate Cinco de Mayo (May 5th), where you will make your own piñata, don sombreros, and learn about some Mexican customs.

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 1:00-2:30pm Mon. 1:00-2:30pm

SPRING CELEBRATION FRIDAY MAY 8th, MONDAY MAY 11th and WEDNESDAY MAY 13th

Find out all the wonderful things this season has to offer. We will spring into action as we make special items for mom, grandma, or any adult in your life!

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 1:00-2:30pm Mon. 1:00-2:30pm Wed. 1:00-2:30pm



PIRATE TREASURE HUNT FRIDAY MAY 15th or MONDAY MAY 18th

Aaaaaaar matey!! We'll learn about what it must be like to be a pirate and live on the high seas! We will make our own treasure maps and go on a hunt for treasure left long ago by Captain Fairbank.

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 1:00-2:30pm Mon. 1:00-2:30pm

CELEBRATE AMERICA FRIDAY MAY 22nd ONLY!

Come help us celebrate the spirit of America as we have star-spangled fun and create different items you and your friends will be proud of.

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 1:00-2:30pm



EARTH DAY FRIDAY MAY 29th or MONDAY JUNE 1st

Let's learn how we can be kind to our planet as we create earth friendly items.

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 1:00-2:30pm Mon. 1:00-2:30pm

UNDER THE SEA FRIDAY JUNE 5th or MONDAY JUNE 8th

Hold your breath. We're going on an adventure to the ocean floor. We'll acquaint ourselves with fish friends, create beautiful seascapes and have a whale of a time!

PLEASE CIRCLE: Fri. 9:15-10:45am Fri. 1:00-2:30pm Mon. 1:00-2:30pm



KINDERCAMP FRIDAY JUNE 12th or MONDAY JUNE 15th

Let's make a travel kit and play games you can play by yourself or with family and friends and we will learn a bit about camping!

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: _____

PRESCHOOL PROGRAMS

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:	April 28-June 9
WHERE:	FCC-Room 4
COST:	\$25 per child per day \$12.50 per second child in family

Instructed by Barbara Donovan, Preschool Coordinator and Preschool Staff

SUDBURY SUMMER CONCERT SERIES



Sudbury Park and Recreation is pleased to be offering our 6th Annual Summer Concert Series this summer. This series will consist of performances by a variety of musical groups and entertainers so the entire family is welcome to come.

All of these community events are **FREE** and will be held on select **Monday** nights in July and August.

- More information on specific dates and performances will
 - be available in the coming months.

Please visit our website (www.recreation.sudbury.ma.us) for more details.



To Register for these Programs [Click Here!](#)

YOUTH SPORTS PROGRAMS

PLAY SOCCER SPRING CLINIC

Whether you are an experienced soccer player or just starting out, Play Soccer will help bring out the best in you. Our professional international coaches from across the pond are here to help develop and take your soccer skills on to the next level. Each practice will touch on a different subject area, from perfect passing, dazzling dribbling to superb shooting. Children will learn and develop their individual techniques along with understanding the importance of Teamwork, Fair play and Sportsmanship. The sessions contain simple and challenging progressions to help give you a well rounded performance, but let's not forget to have FUN! Minimum required to run this program is 6.

WHO: Ages 4-12
DAY: Fridays
TIME: 4:00-5:30 PM
DATES: May 1-June 5
DURATION: 6-Weeks
WHERE: Haskell Field - Meet at Snack Shack
COST: \$80 per child



Instructed by Play Soccer

VIKING PRE-K SOCCER

Players will learn the basic skills of dribbling, passing, and shooting during the first half of class and will play a fun scrimmage during the second half of class. Age adjusted rules will be used if necessary. Emphasis will be on fun and learning. Participants should bring a soccer ball, shin guards, and a water bottle. All participants will receive a free Viking Sports T-shirt! Minimum required to run this program is 10.

WHO: Ages 4-5
DAY: Saturdays
CLASS I: 9:00-9:50 AM
CLASS II: 10:00-10:50 AM
CLASS III: 11:00-11:50 AM
CLASS IV: 12:00-12:50 PM
DATES: May 2-June 13
DURATION: 7-Weeks
WHERE: FCC-Backfield
COST: \$76 per child



Instructed by Viking Sports

JUNIOR GOLF

A junior clinic to develop the swing and knowledge of the game, including putting, chipping, irons, and etiquette. Strategies for power and control will be addressed. Minimum required to run this program is 5.

WHO: Ages 7-15
DAY: Tuesdays
CLASS I: 3:00-4:00 PM (ages 11-15)
CLASS II: 4:00-5:00 PM (ages 7-10)
DATES: April 28-June 2
WHERE: Wayland Country Club
DURATION: 6-Weeks
COST: \$144 per child

Instructed by Wayland Country Club Golf Pros

ARCHERY LESSONS

This is a Jr. Olympic Archery Development (JOAD) program that focuses on safety, proper shooting form, technique, and follow through. Archers progress through 10 levels of achievement towards the rank of Gold Olympian. All equipment is provided and no prior experience is needed. The minimum required to run this program is 12.

WHO: Ages 8-Adult
DAY: Wednesdays
TIME: 4:00-5:30 PM
DATES: May 6-June 10
DURATION: 6-Weeks
WHERE: FCC-Backfield
COST: \$104 per child



Instructed by Anthony Bellettini

HERSHEY TRACK & FIELD CLINIC

Can you leap tall buildings in a single bound, run faster than a speeding bullet, or throw a ball more than a mile? Are you fast? Do you like to race? Do you have a "good arm"? Can you and your friends form a fast team? Come to this informal and fun track and field clinic designed to familiarize participants with the Hershey Track Meet events. The emphasis is on participating, learning, improving, and doing the best one can. Events include a softball throw for distance, the standing long jump, and four individual running races of different distances. There is also a 4 x 100 relay. Come with your relay team together, or we will create and put you in one. The events are contested in three age groups; 9-10 year olds, 11-12 year olds and 13-14 year olds - based on your age at the end of the year. The minimum required to run this program is 12.

WHO: Ages 9-14 (as of 12/31/09) **WHERE:** LS High School Track **COST:** \$60 per child

PRACTICES

DAY: Tuesday, June 2 - 4-5:45 PM Thursday, June 4 - 4-5:30 PM Thursday, June 11 - 4-5:30 PM
 Monday, June 8 Scrimmage at Weston HS (rain date - Thursday, June 11)
 Thursday, June 18 Local Meet in Harvard 5:45-8:15 PM (rain date - Friday, June 19)
 Saturday, June 27 State Meet (based on qualifying meet)



Instructed by David Bell

YOUTH SPORTS PROGRAMS

THUNDERCAT SPORTS JAM

(Basketball, Soccer, and Floor Hockey)

Play, play, and play some more! Thundercat Sports Jam is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun non-competitive atmosphere. The program culminates with tournament day! Program is coed and participants will receive a sport related item. Please bring an appropriate size basketball OR soccer ball, athletic clothing, sneakers, and a water bottle. Minimum required to run this program is 8.

WHO: Ages 5-10
DAYS: Saturdays
CLASS I: 1:00-1:50 PM (Ages 5-7)
CLASS II: 2:00-2:50 PM (Ages 8-10)
DURATION: 5-Weeks
DATES: May 2-30
WHERE: FCC-Gym
COST: \$80 per child



Instructed by Thundercat Sports

THUNDERCAT MINI SPORTS JAM

(Various Skill Building Games)

Come have a ball with Thundercat Sports! This fun program will include soccer, basketball, softee hockey, hockey and other unique games which may include Sponge Bob Tag and finding Nemo. Emphasis will be on some basic skill building, developing hand/eye coordination, teamwork, and FUN!

Program is coed, and every participant receives a sport related item. Please bring an appropriate size basketball OR soccer ball, athletic clothing, sneakers, and a water bottle.

Minimum required to run this program is 8.

WHO: Age 4
DAYS: Saturdays
TIME: 12:00-12:50 PM
DATES: May 2-30
DURATION: 5-Weeks
WHERE: FCC-Gym
COST: \$80 per child



Instructed by Thundercat Sports

MOTHER'S DAY KAYAK TRIP

Surprise Mom with a unique way to spend the day! Enjoy a leisurely kayak trip down the river led by an experienced guide. No experience is necessary. Directions will be sent a couple of days before the trip. Be sure to provide an email address at which you can be contacted. The minimum required to run this program is 4.

WHO: All Ages Welcome
DAY: Sunday, May 3
TIME: 9:00AM-12:00 PM
DURATION: 1-Week
WHERE: Concord River
COST: \$80 per person ages 15+
\$38 per person ages 6-15
Free for ages 5 and under

Instructed by Still River Outfitters

INTRODUCTION TO KAYAKING

Introduction to Kayak for Youths provides kids the chance to learn exciting new skills. Our kayaking class teaches the same skills and safety considerations as our adult program.

However, it is designed to incorporate more games and activities to give kids the needed practice while keeping them active and engaged. The minimum required to run this program is 4.

WHO: Ages 10-15
DAY: Thursdays
TIME: 4:00-6:00 PM
DATES: May 28-June 11
DURATION: 3-Weeks
WHERE: Willis Pond
COST: \$98 per person

Instructed by Still River Outfitters

MOMMY/DADDY & ME KAYAKING

This program was developed by Still River Outfitters, Inc. to address the growing number of active adults starting families. In addition to basic paddling skills and safety considerations, we help parents adapt our proven strategies to comfortably paddle with a toddler. This class is taught in stable recreational kayaks where the child will sit safely between the parents legs in the kayak's cockpit. The minimum required to run this program is 4.



WHO: Ages 1-5 with parent
DATES: May 28-June 11
COST: \$110 per couple
DAY: Thursdays
DURATION: 3-Weeks
\$60 additional adult
TIME: 2:30-4:00 PM
WHERE: Willis Pond

Instructed by Still River Outfitters

YOUTH SPORT PROGRAMS

PRE-K T-BALL

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and base running. This is an easy introduction into t-ball where learning and skill development are our priorities.

The minimum required to run this program is 12.

WHO: Ages 2.5-6
DAY: Saturdays
TIME: 9:00-10:00 AM
DATES: May 2-June 13
DURATION: 7-Weeks
WHERE: Curtis Backfield
COST: \$92 per child

Instructed by F.A.S.T. Athletics

PRE-K MINI SPORTS

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and basketball. It will ease children into learning the basics of all these great games as well as teaching them the importance of teamwork! Each class will be a new and exciting game for the students. The minimum required to run this program is 12.

WHO: Ages 2.5-6
DAY: Saturdays
TIME: 10:00-11:00 AM
DATES: May 2-June 13
DURATION: 7-Weeks
WHERE: Curtis Backfield
COST: \$92 per child

Instructed by F.A.S.T. Athletics

SUPER SPORTS

Get up and get going, get active with Super Sports. A variety of sports will be offered such as: Soccer, Basketball, Flag Football, Dodgeball, Baseball and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day. The minimum required to run this program is 12.

WHO: Ages 6-8
DAY: Wednesdays
TIME: 4:00-5:00 PM
DATES: April 29-June 10
DURATION: 7-Weeks
WHERE: Haskell Field - Meet at Snack Shack
COST: \$86 per child

Instructed by F.A.S.T. Athletics

FLAG FOOTBALL

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, Fourth and Inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams! The minimum required to run this program is 12.

WHO: Ages 8-12
DAY: Fridays
TIME: 4:00-5:00 PM
DATES: May 1-June 12
DURATION: 7-Weeks
WHERE: FCC-Backfield
COST: \$86 per child

Instructed by F.A.S.T. Athletics

YOUTH NATURE PROGRAMS

PUDDLESTOMPERS NATURE EXPLORATION

Come explore the wonders of Mother Nature and enjoy the beauty of new life in the spring with your young naturalist! Discover the amazing open spaces Sudbury has to offer. Learn how flowers grow and discover worms and other creatures under the soil. Investigate birds building their new nests and the march of amphibians from the forest to vernal pools. Each class follows a specific, seasonal theme. Weekly classes include hands-on nature exploration activities, active movement and play, snack, and a story. 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. The minimum required to run this program is 5.

WHO: Ages 2-5 (with adult) **DAY:** Thursdays **DATES:** April 30-Jun. 4
CLASS I: 10:00-10:55 AM (Ages 2-3) **CLASS II:** 11:00-11:55 AM (Ages 3-5)
WHERE: Sudbury Conservation Lands **COST:** \$116 per child **DURATION:** 6-Weeks
(indoor space at the Fairbank Community Center)

Instructed by PUDDLESTOMPERS Nature Exploration Staff

To Register for these Programs [Click Here!](#)

YOUTH TENNIS PROGRAMS

PRE ZIP TENNIS

Clinics are designed for 4-5 year olds with little or no tennis experience. Classes focus on motor skills, balance, coordination, agility, and racquet skills. Participants should bring a water bottle and tennis racquet. The minimum required to run this program is 3.

WHO: Ages 4-5
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$74 per child

TUESDAYS:
TIME: 3:30-4:15 PM
DATES: April 28-June 2

THURSDAYS:
TIME: 3:15-4:00 PM
DATES: April 30-June 4

SATURDAYS:
TIME: 11:00-11:45 AM
DATES: May 2-June 13 (no class 5/23)

Instructed by Longfellow Tennis Pros

MOMMY, DADDY AND ME PRE ZIP TENNIS

Clinics are designed for you to participate with your child in a Zip Tennis Class. You will go through the same exercises and help them learn how to play tennis! Participants should bring a water bottle and tennis racquet. The minimum required to run this program is 3.

WHO: Ages 3-4 with adult
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$74 per child and parents

MONDAYS:
TIME: 10:30-11:15 AM
DATES: April 27-June 8 (no class 5/25)

FRIDAYS:
TIME: 10:30-11:15 AM
DATES: May 1-June 5

SATURDAYS:
TIME: 9:30-10:15 AM
DATES: May 2-June 13 (no class 5/23)

Instructed by Longfellow Tennis Pros

ZIP TENNIS 1

Classes are designed for 6-7 year old kids with little or no tennis experience. Classes focus on motor skills, balance, coordination, agility, racket skills and rallying skills. Participants should bring a water bottle and tennis racquet. The minimum required to run this program is 3.

WHO: Ages 6-7
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$74 per child

THURSDAYS:
TIME: 4:15-5:00 PM
DATES: April 30-June 4

SATURDAYS:
TIME: 11:45 AM-12:30 PM
DATES: May 2-June 13 (no class 5/23)

SUNDAYS:
TIME: 4:15-5:00 PM
DATES: May 3-June 14 (no class 5/24)

Instructed by Longfellow Tennis Pros

ZIP TENNIS 2

Classes are designed for 6-7 year old kids with tennis experience. Classes focus on rallying skills, serving and point play. Participants should bring a water bottle and tennis racquet. The minimum required to run this program is 3.

WHO: Ages 6-7
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$74 per child

TUESDAYS:
TIME: 4:15-5:00 PM
DATES: April 28-June 2

WEDNESDAYS:
TIME: 4:15-5:00 PM
DATES: April 29-June 3

SATURDAYS:
TIME: 11:45 AM-12:30 PM
DATES: May 2-June 13 (no class 5/23)

Instructed by Longfellow Tennis Pros

Don't let **LOW ENROLLMENT** ruin your program!
Most program cancellations are due to not enough sign-ups for an instructor to run a class.

Don't procrastinate,
SIGN-UP NOW!!

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 TENNIS PROGRAMS

ZIP TENNIS 3

Clinics are designed for 7-8 years olds with at least one year of Zip Tennis experience. Classes focus on rallying skills, serving and point play. Participants should bring a water bottle and tennis racquet. The minimum required to run this program is 3.

WHO: Ages 7-8 **COST:** \$98 per child **DURATION:** 6-Weeks **WHERE:** Zip Zone at The Longfellow
MONDAYS: **FRIDAYS:** **SUNDAYS:**
TIME: 4:00-5:00 PM **TIME:** 4:00-5:00 PM **TIME:** 5:00-6:00 PM
DATES: April 27-June 8 (no class 5/25) **DATES:** May 1-June 5 **DATES:** May 3-June 14 (no class 5/24)

USA INTERMEDIATE TENNIS

Class is designed for 10-12 year olds with tennis experience. Focus on racquet skills, rallying skills, serving and point play. The minimum required to run this program is 4.

WHO: Ages 10-12
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$146 per child
MONDAYS:
TIME: 4:30-6:00 PM
DATES: April 27-June 8 (no class 5/25)
FRIDAYS:
TIME: 3:30-5:00 PM
DATES: May 1-June 5
Instructed by Longfellow Tennis Pros

USA TENNIS

Class is designed for 8-10 year olds with little or no experience. Focus is on the fundamentals of racquet skills, rallying skills, serving and point play. The minimum required to run this program is 4.

WHO: Age 8-10
TIME: 4:00-5:30 PM
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$146 per child
TUESDAYS:
DATES: April 28-June 2
THURSDAYS:
DATES: April 30-June 4
Instructed by Longfellow Tennis Pros

YOUTH SCIENCE PROGRAMS

WICKED COOL: PRINT IT

Print It! teaches techniques in relief printing, stamping, solar prints, & marbling to produce a different project to take home each week. Fun projects include pop-art, book covers, printing writing paper and lots of other things you can keep for yourself or give as gifts. The minimum required to run this program is 10.

WHO: Grades 1-4
DAY: Wednesdays
TIME: 4:00-5:00 PM
DATES: April 29-June 17
DURATION: 8-Weeks
WHERE: FCC-Room 3
COST: \$117 per child
Instructed by Wicked Cool

MAD SCIENCE

In this program, we'll explore science and how it affects the world around us. We'll learn about *electricity*; investigate *magnets*; learn about *optics and sight*; and uncover the components of ordinary *light*. We'll also explore the exciting world of *polymers* (slime!); discover *sound* waves; experiment with our *taste* sensations; learn *heat's* properties.

WHO: Ages 6-12
DAY: Wednesdays
TIME: 4:00-5:00 PM
DATES: April 29-June 17
DURATION: 8-Weeks
WHERE: FCC-Room 1
COST: \$98 per person
Instructed by Mad Science Staff

WICKED COOL: HISTORY'S MYSTERIES

History's Mysteries uses science to solve exciting mysteries from the past. We will profile paleontologists, archeologists, and geologists who have helped us understand how the past shapes the future. We'll learn how scientists figured out the right way to put together dinosaur bones. We'll find out who made cave paintings, and make cave paint to use. We'll investigate sophisticated medieval machines that could break down castle walls. Then we'll dig deep to compare earth rocks with moon rocks. The minimum required to run this program is 10.

WHO: Grades 1-4 **DAY:** Monday **TIME:** 4:00-5:00 PM
DATES: April 27-June 22 (no class 5/25) **DURATION:** 8-Weeks **WHERE:** FCC-Room 1
COST: \$117 per child
Instructed by Wicked Cool

YOUTH YOGA/JAZZERCISE PROGRAMS

YOGA FOR KIDS

In this class, children practice yoga in a fun, cooperative and supportive environment using yoga stories and games. Yoga can develop strong bodies and calm minds while building self-esteem and fostering compassion. Besides improving flexibility, coordination, and balance, yoga provides a tremendous opportunity for children to experience self-awareness and inner fulfillment. Yoga for Kids brings to the surface the spark present within each child. Please bring a yoga mat or towel. The minimum required to run this program is 5.

WHO: Ages 5-8
DAY: Tuesdays
TIME: 4:45-5:30 PM
DATES: April 28-May 26
DURATION: 5-Weeks
WHERE: FCC-Room 2
COST: \$62 per child

Instructed by Anu Patolawala, Certified Yoga Instructor

KARMA KIDS MEDITATION

Meditation can help kids of all ages relax, rejuvenate, and focus. Children will be taught a number of proven techniques that will help them to stay calm when they need it the most. Using guided imagery, movement, games and art projects, Karma Kids' uniquely qualified instructor will provide your children with the tools they need to succeed in school and in their relationships with others. Most of all, kids have fun and really love it! Participants should wear comfortable clothing and bring a pillow (optional). Minimum required to run this program is 3.

WHO: Grades 2-5
DAY: Wednesdays
TIME: 4:00-4:45 PM
DATES: April 29-June 3
DURATION: 6-Weeks
WHERE: FCC-Room 2
COST: \$98 per child

Instructed by Marci Zieff

ITSY BITSY YOGA

Tyke Itsy Bitsy Yoga classes are appropriate for children 22-months-old through 4-years old with a parent or caregiver. Tyke IBY offers a perfect blend of development movement, customized songs, toddler-friendly yoga poses, & opportunities for socialization all to enhance the well being of your child. This class helps toddlers and preschoolers find peaceful loving moments and provides fun opportunities for parents and children to deepen their bond. Together you and your child will discover many Itsy Bitsy Yoga poses and movement skills through play, repetition, songs and games. Parents in over 12 countries, along with their tykes, absolutely LOVE Itsy Bitsy Yoga. The minimum required to run this program is 5.

WHO: Ages 22 Months-4 years with adult
TIME: 11:00-11:45 AM
DURATION: 4-Weeks
COST: \$62 per couple
DAY: Saturdays
DATES: May 9-30
WHERE: FCC-Room 2

Instructed by Anu Patolawala, CYI and IBY Facilitator

YOGABILITIES (YOGA FOR SPECIAL NEEDS KIDS)

Adaptive yoga for special needs kids. Helps with relaxation, focus, mood, flexibility, and motor planning. The minimum required to run this program is 6.

WHO: Ages 6-12
DAY: Wednesdays
TIME: 4:15-5:00 PM
DATES: April 29-May 27
DURATION: 5-Weeks
WHERE: Lumina at Longfellow in Wayland
COST: \$122 per person

Instructed by Lumina at Longfellow

JUNIOR JAZZERCISE

This international dance fitness program is a fun filled introduction to the lifelong benefits of exercise. Children will be exposed to a positive attitude towards body image, focusing on strength, energy, nutrition and well being. This energetic program incorporates stretching, dance-aerobics, and strength work. Minimum required to run this program is 5.

WHO: Grades 1-4
DAY: Mondays
TIME: 6:15-7:00 PM
DATES: May 4-June 15 (no class 5/25)
DURATION: 6-Weeks
WHERE: FCC-Gym
COST: \$110 per child

Instructed by Sue Galligani

To Register for these Programs [Click Here!](#)

YOUTH DANCE PROGRAMS

FAIRYTALE BALLET TOO

Try this creative movement-based approach to dance through imaginary musical play. A fun-time for anyone who wants to learn ballet basics. We'll visit the magic kingdom, travel the enchanted forest, and play make believe games set to music. You'll send your dancer off on their own 40-minute, magical adventure in this "go-it-alone" class for youngsters who are ready to separate from their caregivers. Caregivers must remain in the building. Ballet slippers required for a safe, slip-free experience. Minimum required to run this program is 6.

WHO: Ages 2 3/4-4
DAY: Thursdays
TIME: 11:20 AM-12:00 PM
DATES: April 30-June 4
DURATION: 6-Weeks
WHERE: FCC-Gym
COST: \$80 per child

Instructed by Lisa von Lichtenberg

FAIRYTALE BALLET

Fairytales do come true! We'll have so much fun singing, acting and dancing our favorite fairytales in this non-stop 40 minute program which incorporates an imaginative, creative movement curriculum with pre-ballet instruction. Musical games teach rhythm, ballet instruction includes barre work, and creative movement guarantees a fun time. Every day is dress up day so wear your danceable costumes if you wish.

Ballet slippers required. Minimum required to run this program is 6.

WHO: Ages 3 3/4-6
DAY: Thursdays
CLASS I: 10:30-11:15 AM
CLASS II: 1:15-2:00 PM
DATES: April 30-June 4
DURATION: 6-Weeks
WHERE: FCC-Gym
COST: \$80 per child



Instructed by Lisa Von Lichtenberg

MUSICAL GYM

You'll need your athletic footwear to in this parent/tot class run by an early childhood development movement specialist who loves to dance, exercise and entertain young children with easy- to-follow skill set games, sing-along movement activities, puppets, balls, & stories all set to music! This is a very physical, noisy and action packed, high energy fitness for very young kids. Parents attend to supervise and offer encouragement! No beverages/food in the gym.

WHO: Ages 2 3/4-5 with parent
DATES: April 28-June 16
COST: \$80 per child
DAY: Tuesdays
DURATION: 8-Weeks
TIMES: 10:00-10:45 AM
WHERE: FCC-Gym
 \$26 per additional child

Instructed by Lisa Von Lichtenberg



Champion Soccer School is in it's 7th Year!

Wayland Day Camps (9 am – 3 pm)
Wayland High School

Soccer Camp (8/10 – 8/14 and/or 8/17 – 8/21)
 Grades K-5 - \$180/wk; Grades 6-12 - \$200/wk

Wayland Evening Clinics (5:30 pm – 7:30 pm) - \$50

Technique and Skills (6/29 – 7/2) – Grades 9-12
 Preseason Skills and Conditioning (8/17 – 8/20) – Grades 9-12

Belmont Day Camps (9 am – 3pm) - \$150
Daniel Butler Elementary

April Vacation Multi-Sport/Arts Camp (4/20 – 4/24) - Grades K-4
 Soccer Camp (6/29 – 7/3) - Grades K-8

Email: ChampionSoccerSchool@yahoo.com
 Phone: (781) 718-3238

This is not a Park and Recreation program – Register online at www.ChampionSoccerSchool.com

YOUTH ARTS AND CRAFTS PROGRAMS

BUDDING ARTIST AND A BUDDY

Share the joy of creating art together! Unique art activities are specially designed to enhance your child's learning skills and self expression. Each artist will get to take home a wonderful experience, be totally engaged in age appropriate exploration of materials and an individual masterpiece from each class.

You'll be amazed at what your toddlers can do! Hands-on activities last forever, because we all learn best by "doing." The minimum required to run this program is 3.

WHO: Ages 1.5-5
DAY: Mondays
CLASS I: 9:30-10:15 AM
CLASS II: 10:30-11:15 AM
DATES: April 27- June 15 (no class 5/25)
DURATION: 7-Weeks
WHERE: FCC-Room 1
COST: \$86 per child

Instructed by Beth Meditz of Event-FULL!

SCRAP ATTACK

Children will create a unique, high quality 14-page album using their own pictures. The albums can be themed (summer vacation, camp, school memories) or highlight different aspects of their life. Each week new layouts will be completed as students learn and experiment with various scrapbooking techniques from stamping to distressing. Each child will select their own papers. Along with papers, students receive coordinating stickers and embellishments, and a 9in x 9in post-bound, linen album. All products are archival. Students need only bring photos.

WHO: Ages 8-12
DAY: Tuesdays
TIME: 4:00-5:30 PM
DATES: April 28-June 9
DURATION: 7-Weeks
WHERE: FCC-Room 3
COST: \$144 per child (with album)
\$114 per child (without album)

Instructed by Erin Graziano

KIDS JUST LOVE CRAFTS

Join us for a jam filled six weeks of ooey, gooey arts and crafts, stories and songs. Make a mess and have some fun as your child creates crafts that can be treasured for a lifetime. You don't want to miss out on all the fun. The minimum needed to run this class is 5.

WHO: Ages 2-4 with Adult
DAY: Thursdays
TIME: 10:00-10:45 AM
DATES: April 30-June 4
DURATION: 6-Weeks
WHERE: FCC-Room 1
COST: \$62 per child



Instructed by Kids Just Love Crafts Staff

WOODWORKING

Children will learn basic tool and woodworking skills and build fun old time toys. The minimum required to run this program is 4.

WHO: Ages 5-7
DAY: Tuesdays
TIME: 4:00-5:00 PM
DATES: April 28-June 2
DURATION: 6-Weeks
WHERE: FCC-Room 1
COST: \$102 per child

Instructed by Robert Leduc of Wooden Toys & Crafts

FASHION SHOW AND TEA

WHO: Girls ages 5-9
TIME: 1:00-2:30 PM
DAY: Saturday, April 4th
WHERE: FCC-Gym
COST: \$18 per child \$23 per adult

Sign Up Now

Fashions from Rugged Bear: Boutique shopping....many of the models' and dolls' clothes & accessories available for purchase. (Clothes fitting 18" dolls like American Girl & others for sale.)

An American Girl Doll will be raffled off. This event was a sellout last year. Register early. If your daughter is interested in modeling, call JoAnn at 508-358-3664.

Modeling spots are limited.

Register by calling Wayland Park & Recreation at 508-358-3660 or register on line at www.wayland.ma.us/park.

FATHER'S DAY ORIENTEERING & GEOCASHING

Use a map and compass to navigate from point to point in unfamiliar terrain. You will receive a map to locate defined points. Geocaching is a high-tech treasure hunting game played with GPS devices. The basic idea is to locate hidden containers, called geocaches. Pack a lunch, snacks and water, you will eat on the trail. *If you have a GPS, you are welcome to bring your own.*

WHO: All Families Welcome
TIME: 10:00 AM-2:00 PM
DAY: Saturday, June 20
WHERE: Hale Reservation in Westwood.
COST: \$50 per family

Sign Up Now

Register by calling Wayland Park & Recreation at 508-358-3660 or register on line at www.wayland.ma.us/park.

GARRO STUDIOS ART PROGRAMS

LITTLE ARTISTS

WHO: Ages 4-6
WHERE: Garro Studios - 63 Summer St. Maynard
MONDAYS:
TIME: 1:00-2:00 PM
DATES: April 13-June 15 (no class 4/20, 5/25 & 6/8)
DURATION: 7-Weeks
COST: \$162 per child
THURSDAYS:
TIME: 9:30-10:30 AM
DATES: April 9-June 4 (no class 4/23)
DURATION: 8-Weeks
COST: \$182 per child

Instructed by Michelle Garro

MIDDLE SCHOOL & HIGH SCHOOL STUDIO ART PROGRAM

WHO: Grades 6-12
WHERE: Garro Studios - 63 Summer St. Maynard
TUESDAYS: (Grades 7-10)
TIME: 5:15-6:30 PM
DATES: April 7-June 2 (no class 4/21)
DURATION: 8-Weeks
COST: \$192 per child
WEDNESDAYS: (Grades 6-9)
TIME: 3:30-5:00 PM
DATES: April 15-June 10 (no class 4/22)
DURATION: 8-Weeks
COST: \$217 per child
THURSDAYS: (Grades 7-10)
TIME: 5:15-6:30 PM
DATES: April 9-June 4 (no class 4/23)
DURATION: 8-Weeks
COST: \$192 per child
FRIDAYS: (Grades 8-12)
TIME: 3:15-4:45 PM
DATES: April 10-June 12 (no class 4/24 & 5/15)
DURATION: 8-Weeks
COST: \$217 per child

Instructed by Michelle Garro

ADVENTURES IN DRAWING AND PAINTING

WHO: Grades 1-5
WHERE: Garro Studios - 63 Summer St. Maynard
MONDAYS: (Grades 1-4)
TIME: 4:00-5:15 PM
DATES: April 13-June 15 (no class 4/20, 5/25 & 6/8)
DURATION: 7-Weeks
COST: \$172 per child
TUESDAYS: (Grades 1-4)
TIME: 4:00-5:15 PM
DATES: April 7-June 2 (no class 4/21)
DURATION: 8-Weeks
COST: \$192 per child
THURSDAYS: (Grades 3-5)
TIME: 4:00-5:15 PM
DATES: April 9-June 4 (no class 4/23)
DURATION: 8-Weeks
COST: \$192 per child

Instructed by Michelle Garro

TEEN & ADULT STUDIO ART PROGRAM

WHO: Adults and Teens
WHERE: Garro Studios - 63 Summer St. Maynard
MONDAYS:
TIME: 9:00-11:30 AM
DATES: April 13-June 15 (no class 4/20, 5/25 & 6/8)
DURATION: 7-Weeks
COST: \$262 per child
TUESDAYS:
TIME: 9:00-11:30 AM
DATES: April 7-June 2 (no class 4/21)
DURATION: 8-Weeks
COST: \$297 per child
WEDNESDAYS:
TIME: 9:00-11:30 AM
DATES: April 15-June 10 (no class 4/22)
DURATION: 8-Weeks
COST: \$297 per child
SATURDAYS: (8th Grade-Adult)
TIME: 9:30 AM-12:00 PM
DATES: April 11-June 6 (no class 4/25)
DURATION: 8-Weeks
COST: \$217 per child

Instructed by Michelle Garro

To Register for these Programs [Click Here!](#)

GIORGIO'S FITNESS PROGRAMS

GENERAL INFORMATION

All programs begin the week of March 30th and are for **NEW STUDENTS ONLY!**

All classes are \$100 and will allow you to attend 10 classes of a particular program during the spring.

Babysitting is available from: 8:30am-12pm Monday through Friday And 9am-12pm Saturdays

All classes will be held at Giorgio's Health and Fitness Connection Chiswick Park, 31 Union Ave, Sudbury

KRIPALU YOGA

Cost: \$100 per person

ADULTS

DAYS: Mon. & Thurs. **TIME:** 10:30-11:30 AM

DAY: Sat. **TIME:** 8:00-9:00 AM

KIDKWONDO

Cost: \$100 per child

AGES 3-6

DAYS: Mon. - Thurs. **TIME:** 9:30-10:15 AM

DAYS: Mon. & Wed. **TIME:** 1:00-1:45 PM

DAYS: Thurs. **TIME:** 3:15-4:00 PM

DAY: Sat. **TIME:** 9:00-9:45 AM

PARENT/CHILD TAEKWONDO

Cost: \$100 per parent + \$100 per child

All ages

DAY: Sat. **TIME:** 10-10:45 AM

BRAZILIAN JIU-JITSU

Cost: \$100 per person

Little Jitsu (Ages 5-8)

DAYS: Mon. & Thurs. **TIME:** 4:00-4:45 PM

USA BJJ (Ages 8-12)

DAYS: Mon. & Thurs. **TIME:** 4:45-5:30 PM

DAYS: Mon. & Thurs. **TIME:** 5:30-6:30 PM

TAEKWONDO

Cost: \$100 per person

USA TKD 1 (Ages 4-7)

DAYS: Mon.-Fri. **TIME:** 4:00-4:45 PM

USATKD 2 (Ages 7-12)

DAYS: Mon.-Fri. **TIME:** 4:45-5:30 PM

DAYS: Mon.-Fri. **TIME:** 5:30-6:15 PM

DAY: Sat. **TIME:** 10-10:45 AM

ADULTS

DAYS: Mon.-Thurs. **TIME:** 10:45-11:45 AM

DAYS: Mon.-Thurs. **TIME:** 6:30-7:30 PM

DAY: Sat. **TIME:** 10:45-12:00 PM

BODY CONDITIONING/BODY SCULPTING

Cost: \$100 per person

ADULTS

DAY: Tues. **TIME:** 6:30-7:30 PM

DAY: Thurs. **TIME:** 6:30-7:30 PM

MEDICINE BALL TRAINING/CIRCUIT TRAINING

Cost: \$100 per person

ADULTS

DAYS: Mon. & Thurs. **TIME:** 8:30-9:30 AM

DAYS: Tues. & Fri. **TIME:** 9:30-10:30 AM

POWER YOGA

Cost: \$100 per person

ADULTS

DAY: Wed. **TIME:** 9:30-10:30 AM

TAEROBIXX

Cost: \$100 per person

ADULTS

DAYS: Mon. & Thurs. **TIME:** 9:30-10:30 AM

DAY: Tues. **TIME:** 8:30-9:30 AM

DAY: Sat. **TIME:** 9:00-10:00 AM

PILATES

Cost: \$100 per person

ADULTS

DAY: Wed. **TIME:** 10:30-11:30 AM

KICKBOXING

Cost: \$100 per person

ADULTS

DAY: Wednesday **TIME:** 9:30-10:30 AM

DAY: Fri. **TIME:** 8:30-9:30 AM

DODGEBALL

Cost: \$100 per child *5 visits only - Please call for weekly schedule*

AGES 5 & UP

DAY: Fri. **TIME:** 6:15-8:30 PM

GIORGIO'S MUSIC CONNECTION

Giorgio's is offering a variety of private music lessons in the following instruments: Acoustic guitar, electric guitar, bass, piano, violin and the viola. The cost for 5 lessons is \$100 for **new students only.**

Please book a time slot with Giorgio's before registering with the Park and Recreation Dept.

To inquire about time slot availability or for more information, please call Giorgio's Music Connection at (978) 440 - 8531

YOUNG ADULT PROGRAMS

BACK YARD GAMES

Looking for something new to try with your friends? Backyard Games is a combination of everyone's favorite games/sports put into one class. Each week the students will be playing a variety non-traditional games such as wiffle ball, flag football, king of the court and capture the flag to name a few. The minimum required to run this program is 12.

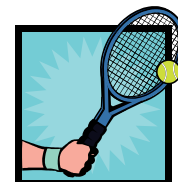
WHO: Grades 6-8
DAY: Wednesdays
TIME: 5:00-6:00 PM
DATES: April 29-June 10
DURATION: 7-Weeks
WHERE: Haskell Field - Meet at Snack Shack
COST: \$86 per child

Instructed by F.A.S.T. Athletics

MIDDLE SCHOOL TENNIS

Class is designed for that middle school child who is looking to move to an individual sport for high school. Focus is on tactical and technical development for high school. Participants should bring a water bottle and tennis racquet. The minimum required to run this program is 4.

WHO: Ages 12-14
TIMES: 4:00-5:00 PM
DURATION: 6-Weeks
WHERE: Feeley Tennis Courts
COST: \$146 per person
TUESDAYS:
DATES: April 28-June 2
THURSDAYS:
DATES: April 30-June 4



Instructed by Longfellow Tennis Pros

INCOMING 6TH GRADE PARTY

There will be a party with swimming, basketball, volleyball and dinner for children entering Grade 6 in the fall of 2008. This will be a great time to meet other students who will be attending Curtis next year.



WHO: Incoming 6th Graders
DAY: Sunday, June 14th
TIME: 3:30-6:00PM
WHERE: Atkinson Pool
COST: \$12

LAST DAY TO REGISTER: Friday, May 29th

CHAPERONES PLEASE!

In order for this event to run smoothly we will need parent volunteers. If you are interested in chaperoning, please contact Jessica Bendel at 978-443-1092 x3227

TEEN YOGA AND MEDITATION

Yoga and meditation can help young adults relax, rejuvenate and focus. This unique class introduces tools that help reduce anxiety before an exam or sports competition. You will increase body awareness, flexibility and balance through Sun Salutations and other yoga sequences and let go of stress through guided imagery and relaxation techniques. Try yoga and meditation and connect with your inner powerful self. Minimum required to run this program is 3.

WHO: Ages 14+
DAY: Sundays
TIME: 11:15 AM-12:15 PM
DATES: May 3-31 (no class 5/24)
DURATION: 4-Weeks
WHERE: FCC-Room 2
COST: \$74 per child

Instructed by Anu Patolawala, CYI and Marci Zieff

JEAN LIND TEEN CENTER

JEAN LIND TEEN CENTER

Join in the fun at Sudbury's Teen Center! Enjoy the use of: a DJ, ping pong and pool tables, Xbox 360, Wii, Rock Band arcade games, foosball, air hockey, jukebox, cable TV, 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: \$6 per person
\$1 snacks/drinks

**ID Cards Required for
Admittance**

TENTATIVE DATES:

April - 3rd

May - 8th & 22nd

June - 12th

**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

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

8 WEEK (unlimited class) PASS \$95

WHERE: FCC-Gym

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

WHEN: Spring Schedule begins in April.

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



MEN'S SUMMER OUTDOOR BASKETBALL

Sign yourself up or register a whole team for this league run by Boston Ski & Sports Club. All games are officiated by certified IAABO referees and all players will receive a league T-shirt.

WHO: Adults

DAY: Mondays

GAME TIMES: 6:50, 7:45 or 8:40 PM

DATES: June. 1– Early August

DURATION: 7-Games Guaranteed

WHERE: FCC Basketball Courts

COST: \$80 for individuals

Full teams contact Dan for price.

To Register: Call BSSC at (617) 789-4070 x 226 or
www.bssc.com

**Prices listed for Sudbury residents & BSSC members,
all others, add \$25.



CO-ED ADULT SOCCER AND SOFTBALL LEAGUES

Get out and play! Sign up as an individual or enter a whole team in a league run by Boston Ski & Sports Club. Leagues start in April, May, and June and play some games in Sudbury (if you enter a full team, you could play many of your games in Sudbury). Choose weeknight or weekend leagues. Sudbury residents can take advantage of BSSC member pricing for these leagues. For more information, log onto www.bssc.com or contact Mark at (617) 789-4070 x 222.

MEN'S 40 AND OVER BASKETBALL

WHO: Men 40+

DAY: Mondays

TIME: 7:00-9:00 PM

DATES: April 27-June 15 (does not meet on 5/25)

DURATION: 7-Weeks

WHERE: Peter Noyes School Gym

For Directions [click here](#).

FREE!



BOSTON RED SOX TICKETS

Come see the **Boston Red Sox** play the **Los Angeles Angels of Anaheim** on Wednesday, September 16th at 7:05pm. These tickets will be distributed using a lottery system and **there is a 4 ticket limit per family**. Tickets are limited to Sudbury residents only. Tickets are \$30 per person. If you are interested, you must email your name, phone number, and number of tickets you would like to bendelj@sudbury.ma.us **no earlier than 9:00 AM and no later than 12:00 PM on Monday, June 1st**. The lottery will be held that day and you will be notified by Monday, June 8th if you are chosen.

ADULT PROGRAMS

FLAT ABS WITH PILATES & WEIGHT 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**. The minimum required to run this program is 10.

WHO: Adults

COST: \$98 per person

DURATION: 8-Weeks

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

DATES: April 28-June 16

WHERE: FCC-Gym

FRIDAYS AT 10:45-11:45 AM – BEGINNERS

DATES: May 1-June 19

WHERE: FCC-Room 2

FRIDAYS AT 9:30-10:30 AM – ADVANCED

NO NEW STUDENTS! All participants must have completed previous sessions.

DATES: May 1-June 19

WHERE: FCC-Room 2

Instructed by Marie O'Malley



AWESOME ABS & PILATES

Pilates is a total body workout blending core body strengthening, mental focus, breath control, postural alignment, and graceful precise movements and will focus on strengthening your "core" muscles, flexibility, and promote proper body alignment and good posture. Please bring a mat, water, and a therapy ball (65cm). The minimum required to run this program is 5.

WHO: Adults

MONDAY EVENINGS

TIME: 7:00-8:00 PM

DATES: April 27-June 15 (no class 5/25)

DURATION: 7-Weeks

WHERE: FCC-Room 3

COST: \$86 per person

WEDNESDAY EVENINGS

TIME: 7:00-8:00 PM

DATES: April 29-June 17

DURATION: 8-Weeks

WHERE: FCC-Room 2

COST: \$98 per person

SATURDAY MORNINGS

TIME: 8:00-9:00 AM

DATES: May 2-June 20 (no class 5/23)

DURATION: 7-Weeks

WHERE: FCC-Room 2

COST: \$86 per person

Instructed by Sarah Hyland

SVAROOPA YOGA

Join us to relax and feel good! Relieve stress to handle life's challenges, feel energized and rejuvenated, bring calm into your life! Svaroopaa® style of Hatha Yoga focuses on releasing deep tensions in your spine and building body awareness for good health. We begin and end lying in relaxation pose. Participants should bring 3 medium firm blankets and wear layers of loose, comfortable clothing. No experience necessary, all levels are welcome! The minimum required to run this program is 5.

WHO: Adults

MONDAY EVENINGS

TIME: 7:00-8:15 PM

DATES: April 27-June 15 (no class 5/25)

DURATION: 7-Weeks

WHERE: FCC-Room 2

COST: \$94 per person



THURSDAY MORNINGS

TIME: 9:15-10:30 AM

DATES: April 30-June 18

DURATION: 8-Weeks

WHERE: FCC-Room 2

COST: \$108 per person

Instructed by Marjorie Crockett, Registered Yoga Teacher, Certified Svaroopaa® Yoga Teacher

OUTDOOR FITNESS BOOTCAMP

Burn calories while training outdoors in a motivating and supportive environment. Designed for all abilities, to help you increase your fitness level through cardiovascular, strength, core, agility, balance and flexibility training; all performed safely while enjoying nature! Come prepared to run, skip, jump, and do pushups, situps, and more! Leave feeling refreshed, alert and uplifted! The minimum required to run this program 6.

WHO: Adults

DAYS: Tuesdays and Thursdays

TIME: 9:15-10:15 AM

DURATION: 7-Weeks (2 per week)

WHERE: Haskell Field

COST: \$186 per person

DATES: April 28-June 18 (no class 6/2 & 6/4)

Instructed by Lee Nordblom. Certified Personal Trainer

To Register for these Programs [Click Here!](#)

ADULT PROGRAMS

BONNIES BOOTCAMP

Intense 45 minutes of fat-burning and calorie blasting. Includes running, jumping, drills, pushups, core exercises and abs. No weights used only your body weight...sure to boost your metabolism! Get strong and tuned for summer. You will get results! All levels of fitness welcome. Please bring a jump rope. The minimum required to run this program 10.

WHO: Adults **DAYS:** Monday-Friday **TIME:** 6:00-6:45 AM
DURATION: 1-Weeks (5 classes) **COST:** \$54 per person/ per session **WHERE:** FCC-Gym
SESSION I: April 27-May 1 **SESSION II:** May 4-8
SESSION III: June 1-5 **SESSION IV:** June 8-12 *Instructed by Bonnie Morrisey*

CARDIO TENNIS

Love to play tennis and get a great workout? Cardio Tennis is for you! Raise your heart rate while improving your game with music and games designed to maximize your cardio experience. Longfellow is a National Cardio Tennis site. Participants should bring a water bottle and tennis racquet. The minimum required to run this program is 3.

WHO: Adults **DURATION:** 6-Weeks **WHERE:** The Longfellow Club **COST:** \$74 per person
MONDAYS: **FRIDAYS:** **SATURDAYS:**
TIME: 11:00 AM-12:00 PM **TIME:** 11:00 AM-12:00 PM **TIME:** 7:30-8:30 AM
DATES: April 27-June 8 (no class 5/25) **DATES:** May 1-June 5 **DATES:** May 2-June 13 (no class 5/23)

Instructed by Longfellow Tennis Pros

BEGINNING HATHA YOGA

Yoga is a system of physical and mental exercises designed to balance and unite mind and body. The postures stretch the muscles, ease the joints and help prepare the body for meditation. Stamina and endurance are enhanced, the inner self is strengthened by focusing on breath and concentrating on the awareness of the experience. The body becomes more flexible, the mind is focused and stress can be reduced.

Participants should bring a yoga mat, a blanket for relaxation, and a cushion for meditation. The minimum required to run this program is 5.

WHO: Adults **DAY:** Wednesdays **TIME:** 8:00-9:00 AM
DATES: April 29-June 17 **DURATION:** 8-Weeks **WHERE:** FCC-Room 2
COST: \$80 per person *Instructed by Ann Igoe, Certified Yoga Instructor*

GOLF CLINIC FOR ADULTS

An adult clinic to develop the swing and knowledge of the game, including putting, chipping, irons, driving, and sand play. Bring clubs if you have them, and warm clothes when appropriate. We can provide clubs if necessary. The minimum required to run this program is 5.

WHO: Adults **DAY:** Tuesdays **DATES:** April 28-June 2
DURATION: 6-Weeks **COST:** \$156 per person **WHERE:** Wayland Country Club
CLASS I: 10:00-11:00 AM **CLASS II:** 6:00-7:00 PM

Instructed by Wayland Country Club Golf Pros

INTRODUCTION TO KAYAKING

Introduction to Kayak is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in "recreational" kayaks. This instructional program's introduction to safe and efficient paddling is also relevant for river and touring/sea kayaking. The minimum required to run this program is 4.

WHO: Adults **DAY:** Thursdays **TIME:** 6:30-8:30 PM
DATES: May 28-June 11 **DURATION:** 3-Weeks **WHERE:** Willis Pond
COST: \$98 per person *Instructed by Still River Outfitters*

STOTT PILATES REFORMER

Stott Pilates on the reformer is a lengthening and strengthening exercise. Strengthen your core muscles. Elongate your spine. Improve your posture. Look and feel great. Participants should bring comfortable clothes and water. The minimum required to run this program is 3.

WHO: Adult **WHERE:** Lumina at Longfellow in Wayland **DURATION:** 4-Weeks **COST:** \$122 per person
THURSDAYS: **TUSEDAYS:**
TIME: 6:00-7:00 PM **TIME:** 9:00-10:00 AM
DATES: May 7-28 **DATES:** April 28-May 19

Instructed by Lumina at Longfellow

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, B or C	Day	Time	Cost

PARENT/GAURDIAN 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) 443-1058 x 500."

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

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.

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.

Rates effective until July 1, 2009

Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$70	n/a	\$41	\$246	\$492
Adult	\$6	\$30	\$166	\$27	\$162	\$324
Youth	\$4	\$20	n/a	\$16	\$96	\$192
Senior	\$4	\$20	n/a	\$15	\$89	\$177
Couple	n/a	n/a	n/a	\$37	\$222	\$446

Non-Resident Fees	Daily	Swim Pass	Lunchtime	Monthly	6 Month	Yearly
Family	n/a	\$85	n/a	\$46	\$276	\$552
Adult	\$7	\$35	\$186	\$31	\$186	\$372
Youth	\$5	\$25	n/a	\$18	\$108	\$216
Senior	\$4	\$20	n/a	\$17	\$101	\$202
Couple	n/a	n/a	n/a	\$43	\$258	\$526

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

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.

Level 6—Personal Water Safety Refines the strokes so students swim with ease, efficiency, and power.

Skills to be taught: Endurance swimming in the following strokes: front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke. Refine open turns and flip turns for all strokes. Fitness swimming etiquette, proper usage of pull buoy, fins, pace clock, and paddles. Principles of setting up a fitness program. Calculate heart rate.

MORNING SWIM LESSONS

Session A

DURATION: 7 weeks

COST: Members- \$70 Non-Members- \$119

Monday	Tuesday	Wednesday	Thursday	Friday
	9:30 - 10:00 Level 1		9:30 - 10:00 Level 1	9:30 - 10:00 Level 2
	10:00 - 10:30 Level 2		10:00 - 10:30 Level 2	10:00 - 10:30 Level 1
	10:30 - 11:00 Level 3		12:30 - 1:00 Level 1	
			1:00 - 1:30 Level 2	
	START DATE May 5		START DATE May 7	START DATE May 1
	No Class:		No Class:	No Class: May 22
	END DATE June 9		END DATE June 11	END DATE June 12

SUDBURY SUMMER CONCERT SERIES

Sudbury Park and Recreation is pleased to be offering our 6th Annual Summer Concert Series this summer. This series will consist of performances by a variety of musical groups and entertainers so the entire family is welcome to come.

All of these community events are **FREE** and will be held on select **Monday** nights in July and August.

- More information on specific dates and performances will
 - be available in the coming months.

Please visit our website (www.recreation.sudbury.ma.us) for more details.



REGISTRATION DATES

Recreation & Pool Registration starts at 9:00 AM

Register online @ www.pool.sudbury.ma.us

Recreation Program Registration: Wednesday, April 1

Pool Registration for: **Members:** Tuesday, April 7

Non-members: Thursday, April 9



WEEKEND & WEEKDAY AFTERNOON

SESSION B

Saturday and Sunday Lessons

Duration: 5 weeks

Members: \$50 Non-Members: \$85

Saturday	Sunday
8:50 - 9:25 Level 1 Level 2	8:50 - 9:25 Level 1 Level 2
9:30 - 10:05 Parent & Child ***** Level 3	9:30 - 10:05 Level 3 Level 4
10:10 - 10:45 Parent & Child ***** Level 1	10:10 - 10:45 Level 1 Level 2
10:50 - 11:25 Level 2 Level 3	10:50 - 11:25 Level 2 Level 3
11:30 - 12:05 Level 4 Level 5	11:30 - 12:05 Level 4 Level 5
12:10 - 12:45 Level 6 Personal Water Safety	12:10 - 12:45 Level 6 Personal Water Safety
START DATE May 2 No Class 5/23 & 5/30	START DATE May 3 No Class 5/10 & 5/24
END DATE June 13	END DATE June 14

SESSION C

Weekday Afternoon Lessons

Duration: 6 weeks

Members: \$60 Non-Members: \$102

Tuesday	Wednesday	Thursday
3:45 - 4:15 Level 1	3:45 - 4:15 Level 4	3:45 - 4:15 Level 3
4:20 - 4:50 Level 2	4:20 - 4:50 Level 3	4:20 - 4:50 Level 2
4:55 - 5:25 Level 3	4:55 - 5:25 Level 2	4:55 - 5:25 Level 1
5:30 - 6:00 Level 4	5:30 - 6:00 Level 1	5:30 - 6:00 Level 5
START DATE May 5	START DATE May 6	START DATE May 7
END DATE June 9	END DATE June 10	END DATE June 11

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.

To Register for these Programs [Click Here!](#)

YOUTH PROGRAMS

WEEKEND SPRINGBOARD DIVING

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



AGE: 7 and older
DAY: Saturday
TIME: 10:00 - 11:00 AM (Beginner)
11:00 - 12:00 PM (Adv. Beg.)
DATE: **Session A:** May 2—May 23
DURATION: 4 classes
COST: Member: \$66
Non-Member \$99

Session B: May 30—June 27

*Instructed by Coach Jim Kelly
and The Boston Area Diving Staff*

Instructor will confirm dates on the first day of class.

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 child

Members are FREE!

Children under 1 are FREE!

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.



BROCHURE FORMAT

The seasonal brochure is no longer mailed out to households. To access the brochure visit our website:

www.pool.sudbury.ma.us

Don't let **LOW ENROLLMENT** ruin your program! Most program cancellations are due to not enough sign-ups for an instructor to run a class. Don't procrastinate, **SIGN-UP NOW!!**

POOL R.A.T.S

Recreational Aids Teaching Swimming

This program is for 12—14 year olds who enjoy the water and would like to learn how to assist instructors teach swim lessons, as well as learn what it takes to become a lifeguard. Participants will receive a Water Safety Aid certification by the end of the session if they complete all of the necessary skills. This is a great way to get a better understanding of the requirements to be a certified swim instructor or a lifeguard.

DAYS: Monday—Thursday
TIME: 9:30 AM—2:30 PM
DATES: **Session A:**
July 13—23

Summer Program
Sign up now!

Call Atkinson Pool for more information
978-443-1092 x 3264



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 stabilizing propellant kick; 100 yards, breaststroke using a pull, breathe, kick and glide sequence, 100 yards, of front crawl or breaststroke combination of both, as well as 40 yard. timed swim and retrieval of a 10 pound object. Upon completion of the course, participants will be certified in Lifeguard Training, First Aid and C.P.R. & A.E.D. for the Professional. Rescuer.

Attendance for all classes is Mandatory

DAY: Mondays
TIME: 6:00-9:00 PM
DATES: April 27- June 29 **No Class May 25th**
COST: \$250
Max. 9 students



WATER SAFETY INSTRUCTOR COURSE R.04

This course is designed to train instructor candidates to teach American Red Cross Water Safety, including basic water rescue, six levels of the learn to swim, and parent & child aquatics. We will also include the Fundamentals of Instructor Training (F.I.T) course.

Prerequisites: Must be at least 16 years of age by the last scheduled session of the course, and able to swim 25 yards butterfly, 50 yards crawl, breast, back, side, and elementary back stroke successfully.

Due to the intensity of this course there can be NO missed classes and you must be ready to do the work!

Attendance is MANDATORY

*** THERE ARE NO REFUNDS IF YOU DO NOT PASS THE PRE-TEST or the course ***

WHO: Ages 16 and over
DAYS: Wednesday's
TIME: 6:00pm-9:00pm
DATES: April 29-July 1; plus TWO Saturday mornings for lesson observation
COST: \$285

LIFEGUARD TRAINING CHALLENGE

This course is for people who need to recertify there lifeguard training

Prerequisite: You must posses a current American Red Cross Lifeguard Training and First Aid Certificate and a Current American Red Cross CPR for the Professional Rescuer Certificate. Each participant will have the opportunity for a brief review with the instructor then the participants will be expected to do the practical skills and written exam.

DAY: Thursday *don't forget your
DATES: May 28 Red Cross books
TIMES: 6:00-9:00pm and rescue mask.
COST: \$100

CPR/AED for PR REFRESHER CHALLENGE

This course is for people who need to recertify there CPR/AED for the Pro.

Prerequisite: You must posses a current American Red Cross CPR for the Professional Rescuer Certificate. Each participant will have the opportunity for a brief review with the instructor then the participants will be expected to do the practical skills and written exam.

DAY: Thursday *don't forget your
DATES: June 4 Red Cross books
TIMES: 6:00-9:00pm and rescue mask.
COST: \$80

ADULT PROGRAMS

DEEP WATER WORKOUT – Instructed by Peggy Mangan-Cross

Our 6am Deep Water Workout is a combination of deep water running and deep water interval work, using the resistance of the water to achieve a vigorous, yet well paced cardiovascular workout to the beat of music. Flotation and resistance equipment will be incorporated to increase the intensity of the workout and focus on muscle(including core) strengthening. Deep water exercise is a great way to cross train without impact on joints. You need not be a strong swimmer, but should feel comfortable in the water. Prior deep water exercise experience is not required. Join us for a fun and exhilarating workout.

AQUACISE – Instructed by Geralyn Strella

Water aerobics set to music! In addition to a cardiovascular workout, each class includes muscle conditioning for all major muscle groups, and stretching for flexibility. Several options to increase or decrease the difficulty of the workout will be given for preference and ability.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45 AM	Deep Water <i>Peggy</i>		Deep Water <i>Peggy</i>		
8:15-9:00 AM		Aquacise <i>Geralyn</i>		Aquacise <i>Geralyn</i>	Aquacise <i>Geralyn</i>
9:30-10:15 AM		Deep Water <i>Geralyn</i>		Deep Water <i>Geralyn</i>	Deep Water <i>Geralyn</i>

6:00 - 6:45 AM Deep Water Workout

DATES: April 27 – June 24
DURATION: 15 classes
COST: Members/Seniors: \$90
 Non-Members: \$135

No class: May 11, 13 & 25

8:15 - 9:00 AM Aquacise Class

DATES: April 28 – June 19
DURATION: 24 classes
COST: Members/Seniors \$144
 Non-Members \$216

Two day a week Aquacise option

DURATION: 18 classes
COST: Members/Seniors \$108
 Non-Members \$162

9:30 - 10:15 AM Deep Water Workout

DATES: April 28 – June 19
DURATION: 24 classes
COST: Members/Seniors \$144
 Non-Members \$216

Adult Swim Class

For adults who would like to be more comfortable in the water or would like to improve specific swim skills. This is a group class with an emphasis on individual needs and goals. Whether you are a beginner or just looking to get back into the water, this class is for you.

DAY: Thursday
DATES: April 30 - May 28
COST: Members: \$82

TIME: 6:15-7:00 PM
DURATION: 5 weeks
 Non-Members: \$124

OTHER FUN PROGRAMS

7th Annual FITNESS SWIMMER CHALLENGE

The Challenge: To take a virtual swim across your choice of water body. Enjoy the satisfaction of swimming along these magnificent bodies of water without ever leaving the comfort of the Atkinson Pool during the month of May!

- Option A:** is to swim the 7.5 mile (13,200 yards) equivalent to the *Cape Cod Canal*.
- Option B:** is to swim the 16 mile (26,400 yards) equivalent to the *Concord River*.
- Option C:** is to swim around the 25 mile (41,250 yards) equivalent of *Manhattan Island*.
- Option D:** is to swim the 31 mile (51,200 yards) equivalent to the *Assabet River*.
- Option E:** is to swim the 50 mile (88,000 yards) equivalent to the *Panama Canal*.



Join the **7th Annual Atkinson Pool Fitness Challenge** with a twist! All participants will need to choose what option they want to swim, they will then receive a special booklet to keep track of their daily yardage for that particular option. After each swim the participant will write their yardage in their booklet and drop it off at the front desk. The pool will keep track of your yardage, which will be displayed on the pool deck...for everyone to cheer you on! All members are welcome to join the fun. Please stop by the front desk to register for FREE and receive our information packet.

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 The Beede Center. Divers looking to compete year round should contact Jim

Kelly at: Jim@USADiver.com
visit: www.badwest.com



The Atkinson Pool Staff would like to thank all of our patrons for their patience during the busy winter swim team season.



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



AWESOME AQUATICS

This class is perfect for adults or seniors looking for a slower paced workout, this includes any type of disability; also those who may want to continue exercise or strength training after physical therapy.

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

DAYS: Monday, Tuesday, & Thursday
DATES: April 27—June 25

TIME: 11:00 AM - 12:00 PM
COST: \$185

Atkinson Pool Schedule April – June 2009

	Sunday Open 7 AM	Monday Open 5:30 AM	Tuesday Open 5:30AM	Wednesday Open 5:30 AM	Thursday Open 5:30 AM	Friday Open 5:30 AM	Saturday Open 7 AM
6:00-7:00	CLOSED	4 Lap 4 Masters	4 Lap 4 Masters	4 Lap 4 Masters	4 Lap 4 Masters	4 Lap 4 Masters	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	4 Lap 4 Aquacise	8 Lap	4 Lap 4 Aquacise	4 Lap 4 Aquacise	8 Lap
9:00-10:00	4 Lap 4 Lessons	8 Lap	6 Lap 2 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
10:00-11:00	4 Lap 4 Lessons	8 Lap	6 Lap 2 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
11:00-12:00	2 Lap 4 Lessons 2 Tiny Tot	4 Lap 2 Tiny Tot 2 Awesome	6 Lap 2 Awesome	6 Lap 2 Tiny Tot	6 Lap 2 Awesome	6 Lap 2 Tiny Tot	4 Lap 4 Lessons
12:00-1:00	4 Lap 2 Family 2 Lesson	5 Lap 3 Masters	5 Lap 3 Masters	6 Lap 2 Family	3 Lap 3 Masters 2 Lesson	4 Lap 4 Masters	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 Lesson 2 Family	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	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	6 Lap 2 Family
4:00-5:00	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	6 Lap 2 Family
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	6 Lap 2 Family
6:00-7:00	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	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

Sunday, April 12 Easter Sunday - Closed All Day

Monday, April 20: Patriots Day 6am—9am Lap, Noon—3pm Lap & Family

Sunday, May 10: Fiske Triathlon-CLOSED from 7am- 12:00pm

Monday, May 25 : Memorial Day 6am—9am Lap, 12noon—3pm Lap & Family

****Sunday's 11:00—12:00 only 2 lap lanes are available****

***Please use lap lane etiquette—2 swimmers split a lane
3+ swimmers please circle swim***

Celebrate Sudbury at a new time and location!



**Saturday
April 4
Noon-5:00 PM**

**Lincoln-Sudbury
Regional High School
(corner of Concord & Lincoln Roads)**

Featuring FREE performances by



Sudbury Minutemen
& Fyfe & Drum
Companie

Etienne

Dancer's
Workshop
Performance
Group

Hip Hop Mamas

Losst Unnown
Street Dance

Branches Pan
Groove Steel Drum
Band

PLUS

- ◆ Fun and games for everyone from tot to teen
- ◆ Food for sale from area restaurants
- ◆ Exhibits by artisans, businesses, and community organizations

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

THANKS TO OUR MAJOR SPONSORS



Steven D. Cohen , DMD



327B Boston Post Rd. Sudbury 978-443-8833



Premium Care. Personal Touch.

