

# Town of Sudbury PARK & RECREATION ATKINSON POOL



## SUMMER 2007 PROGRAMS & ACTIVITIES

40 Fairbank Road, Sudbury, MA 01776

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

[www.recreation.sudbury.ma.us](http://www.recreation.sudbury.ma.us)

[www.pool.sudbury.ma.us](http://www.pool.sudbury.ma.us)

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

# Sudbury Park and Recreation

## 2007 SUMMER CONCERT SERIES

Sudbury Park and Recreation is pleased to be offering our 3rd annual Summer Concert Series this summer. All of these community events will be held on Monday nights beginning at 7:00pm. All concerts will be held at Haskell Field and are FREE, so the entire family is welcome to come.

### July 9th - Middlesex Concert Band (Rain date: July 10th)

Traditional and contemporary wind ensemble music, marches, big band sounds, folk tunes, and music from Broadway.

### July 16th - Beantown (Rain date: July 17th)

Upbeat Variety Band with Classic Rock, R & B, Motown, and Swing tunes from the 60s, 70s, 80s, 90s, and Today.

### July 23rd - Squirrel Hill Olde Tyme Band

Stroll down memory lane by listening to familiar styles of music including Traditional Dixieland Jazz.

### July 30th - Girl Authority (Rain date: July 31st)

Pop-singing group made up of nine local girls between the ages of 9 and 14 performing popular "girl-power" hits from yesterday and today.

### August 6th - Family Fun Night (Rain Date: August 7th)

A night for the whole family to enjoy! Activities will include several fun carnival games, a moonwalk, face painting, & watching a movie on the big screen after sunset.

### August 13th - Undertone (Rain Date: August 14th)

A semi-professional a cappella group that is not afraid to pull some of the best songs from every decade together into one set! They are sure to have something for everyone.

A Special Thank You to all of our sponsors for making this concert series possible!!

 Sovereign Bank

 **The Optical Place**  
Serving Sudbury for over 30 Years

 **Sudbury Farms**

 Sudbury Cultural Council

**William Hershberger, D.M.D**  
and Associates, P.C

 **Marlborough**  
SAVINGS BANK

# GENERAL INFORMATION

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## GREETINGS FROM THE DIRECTOR

It's Summer time and we are happy to offer a variety of programs of different interests for people of all ages. The department is pleased to offer some great new activities, our 2007 Summer Concert Series, as well as new pool programs, plus bring back lots of old favorites. 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. Be sure to visit the Atkinson Pool for a summer dip and stop by the 2007 Summer Concert Series Monday nights at Haskell Field.

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



## Brochure Mailing Timeline:

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

## OTHER HELPFUL NUMBERS:

Fairbank Senior Center	978-443-3055
Parks & Grounds Department	978-443-3213
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)

<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-seniorssoftball.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 **Tuesday, June 5th at 9:00am!**

REGISTRATION for **POOL** programs will begin on **Tuesday, June 12th 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](http://www.recreation.sudbury.ma.us)) for recreation programs, ([www.pool.sudbury.ma.us](http://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](http://www.recreation.sudbury.ma.us) or  
[www.pool.sudbury.ma.us](http://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 fall brochure with fall swim lesson information, adult fitness and youth programs will be out in late August.

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

## **Community and L-S Field and Track Project.**

Fundraising for **Phase II** of the Community and L-S Track and Field Project is underway. Please visit the following site for a multi-media update on the project and to learn how you can donate;

[http://www.brainshark.com/azais/field\\_update](http://www.brainshark.com/azais/field_update).

(make sure any pop-up blocker is turned off).

### **Help Us Meet the Goal!**

**Your Tax deductible donations may be made payable to:**

**Lincoln Sudbury Regional High School**

(note "LS community field and track project" in the memo area) and  
sent to LSRHS, 390 Lincoln Road, Sudbury MA 01776.

(If your company has a matching funds program please include the information).

or

via credit card at Justgive.org at

<http://www.justgive.org/giving/donate.jsp?charityId=27226>

#### Donation Levels

Donations of \$500 or more will be publicly acknowledged (unless requested anonymous)

Fan's Circle	\$ 50 – 499	Booster's Circle	\$ 500 - 999
Player's Circle	\$ 1,000 - 4,999	Captain's Circle	\$ 5,000 – 9,999
Stadium Club	\$ 10,000 – 49,999	Circle of Champions	\$ 50,000 Above

#### This project has been endorsed by:

The Superintendent/Principal of LSRHS  
Sudbury Board of Selectman  
Sudbury Pop Warner Football  
L-S Athletics Director & coaches

L-S Youth Lacrosse  
L-S School Committee  
Sudbury Park & Recreation  
L-S Building Committee

L-S Boosters  
Sudbury Girls Lacrosse  
Sudbury Youth Soccer  
LSPO

By now, many of you may have noticed the construction site at the High School. With the work under way, we thought it would be a great time to update you on the fundraising progress. While the initial phase of fundraising was successful, we still need funds to complete Phase 2.

Phase 1 consists of the construction of a new turf field and bleachers, with permanent lines for football, soccer and girls and boys lacrosse. With a new track and all-weather high-jump area, this will be a state-of-the-art facility for L-S athletics, youth sports groups, and the community at large. The project has received broad inter-municipal support, and funding for this phase of construction.

Phase 2 consists of a new ADA compliant press box, and new lighting to better illuminate the field and track areas. Completion of Phase 2 will now enable the High School to host MIAA tournaments; generating additional revenues to help maintain the facility. The currently estimated cost for Phase 2 is \$400,000. Adding these items to the contract now will save money yet not delay the opening of the facility in the fall.

If you have any questions please contact: *Carol Zais @ 978-443-0827* or *Geri Potter @ 978-443-4755*

# SAVE THE DATE: Rain or Shine!

## Saturday, September 15, 12-5 PM

Experience the world's island cultures with entertainment, food, children's activities and more!

For more information about exhibit space, sponsorship or volunteer opportunities, call Lisa Barth (978-443-8221) or Abby Ward (978-443-7723) or visit [www.sudbury.ma.us/committees/sudburyday](http://www.sudbury.ma.us/committees/sudburyday).

SIXTH ANNUAL  
  
Sudbury  
Day  
Festival

# YOUTH PROGRAMS

## SPEED AND AGILITY

**WHO:** Ages 12-18  
**WHERE:** Haskell Field  
**SESSION I:** Jul. 31-Aug. 16 (rain date 8/17)  
**DAYS:** Tuesday and Thursday  
**TIME:** 6:00–8:00 PM  
**DURATION:** 3-Week  
**COST:** \$108 per person

**SESSION II:** Aug. 20-23 (rain date 8/24)  
**DAYS:** Monday-Thursday  
**TIME:** 9-11 AM  
**DURATION:** 1-Week  
**COST:** \$90 per person

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

## ROLLERBLADING

**WHO:** Ages 9-14  
**DAYS:** Monday-Thursday  
**TIME:** 9:00–11:00 AM  
**DATES:** Jul. 16-19  
**DURATION:** 1-Week  
**WHERE:** Old Skate Park (Haskell Field)  
**COST:** \$90 per person

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

## FAIRYTALE BALLET

**WHO:** Ages 3+  
**DAY:** Tuesdays  
**TIME:** 4:30-5:10 PM  
**DATES:** Jun. 26-Jul. 31 (no class 7/3)  
**DURATION:** 5-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$78 per child



*Instructed by Lisa von Lichtenberg*

## SUMMER ART PROGRAM

**WHO:** Ages 5-12  
**DAYS:** Monday-Thursday  
**TIMES:** 9:00 AM-12:00 PM **or** 1:00-4:00 PM  
**SESSION I:** Jun. 25-28  
**SESSION II:** Jul. 2-5 (no class 7/4)  
**SESSION III:** Jul. 10-13  
**SESSION IV:** Jul. 16-19  
**SESSION V:** Jul. 23-26  
**SESSION VI:** Jul. 30-Aug. 2  
**SESSION VII:** Aug. 6-9  
**SESSION VIII:** Aug. 14-17  
**DURATION:** 1-Week  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$170 per child/session  
 (\$130 week of July 4th)



*Instructed by Michelle Garro*

## JULY ART CLASSES

**WHO:** Ages 5-12  
**DAY:** Tuesdays  
**TIMES:** 4:00-5:15 PM  
**SESSION I:** Jul. 10  
**SESSION II:** Jul. 17  
**SESSION III:** Jul. 24  
**DURATION:** 1-Class  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$20 per child/class



*Instructed by Michelle Garro*

## PUDDLESTOMPERS NATURE EXPLORATION

Come explore the wonders of Mother Nature this summer with your young naturalist. Weekly classes include hands-on nature exploration activities, active movement and play, snack and a story. Investigate the colorful show of wildflowers. Discover turtles vying for a space in the sun. Listen for the chorus of insects, and dance with butterflies. Explore the amazing open spaces Sudbury has to offer. 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)  
**SESSION I:** Jun. 19-Jul. 17  
**SESSION II:** Jul. 24-Aug. 21  
**CLASS I:** 9:30-10:25 AM (Ages 2-3)  
**CLASS II:** 10:30-11:25 AM (Ages 3-5)  
**DAY:** Tuesdays  
**DURATION:** 8-Weeks  
**WHERE:** Sudbury Conservation Lands  
**COST:** \$111 per child

*Instructed by PUDDLESTOMPERS Nature Exploration Staff*



# SUMMER PROGRAMS AND CLINICS

## SUDBURY ADVENTURE

Children Entering Grades: 6-8

Program Hours: 8:45 AM – 4:00 PM

Cost: \$190 per child/session

Where: Haskell Field and Fairbank Community Center

This new program is packed full of fun! Participants will get a chance to experience life outside of Sudbury. Activities will include trips to Paw Sox games, Water Country, kayaking, hiking, the beach, Boston and more. One day of the week will be spent at the Fairbank Community Center with games, swimming, and other activities. There will be a counselor-to-child ratio of 1:10.



Six 1-Week Sessions: Monday-Friday

SESSION I - July 9th-July 13th

SESSION II - July 16th-July 20th

SESSION III - July 23rd-July 27th

SESSION IV - July 30th-August 3rd

SESSION V - August 6th-August 10th

SESSION VI - August 13th-August 17th



A complete Parent Packet is available to download on our website when you register or you can pick one up in person at the Fairbank Community Center. This packet outlines a typical day, procedures, what to bring, medical release form, authorized pick-up form, and more information.

**The deadline to submit ALL paperwork is Friday, June 1st or you may lose your space.**

\*\*\*Please note that the itinerary might change due to weather, attendance or other factors inhibiting participation in the activity.\*\*\*



## SUMMER PROGRAMS AND CLINICS

There are still openings in these summer programs:



VIKING T-BALL/BASEBALL- Jun.25-29, Jul. 2-6 (no class Jul. 4)

ALL-SPORTS CLINIC- Jun. 25-28, Jul. 9-12, Jul. 16-19, Jul. 30-Aug. 2

MLS SOCCER CAMPS- Jul. 16-20, Jul. 30-Aug. 3, Aug. 13-17

SKYHAWKS BASEBALL- Jun. 25-29, Jul. 23-27, and Aug. 13-17

SKYHAWKS BASKETBALL- Jul. 9-13, Jul. 30-Aug. 3, and Aug. 6-10

SKYHAWKS SNAG BEGINNER GOLF- Jul. 9-13, Aug. 6-10

SKYHAWKS TENNIS- Jul. 16-19, Jul. 30-Aug. 2, Aug. 6-9

SKYHAWKS BASKETBALL UNDER THE LIGHTS- Jul. 11-Aug. 15

SKYHAWKS MINIHAWKS- Jul. 16-20, Jul. 23-27, Jul. 30-Aug. 3, Aug. 6-10, and Aug. 20-24

SKYHAWKS MIGHTY HAWKS- Jul. 23-27, Jul. 30-Aug. 3, and Aug. 20-24

SKYHAWKS MIGHTY HAWK TENNIS- Jun. 25-28

SKYHAWKS VOLLEY UNDER THE LIGHTS- Jul. 12-Aug. 16

HAMMEL TENNIS CAMP- Jul. 9-12, Aug. 13-16, Aug. 20-23

THUNDERCAT SPORTS SOCCER- Jul. 2-6 (no class Jul. 4)

THUNDERCAT SPORTS FLAG FOOTBALL- Jul. 9-13

THUNDERCAT SPORTS KIDDIE CAT JAM- Aug. 13-17

MYSTERY OF THE PHAROAH'S TREASURE- Jun. 25-29

CHALLENGER SOCCER- Aug. 6-10

GOLF CLINIC- Jul. 30-Aug. 3, Aug. 27-31

ARCHERY LESSONS- Jul. 23-27, Aug. 20-24

SKYHAWKS VOLLEYBALL- Jun. 25-29

SKYHAWKS BOYS LACROSSE- Jul. 30-Aug. 3

SKYHAWKS CHEERLEADING- Aug. 13-17

SKYHAWKS FLAG FOOTBALL- Aug. 13-17

PLAY SOCCER- Jul. 23-27, Aug. 6-10, Aug. 20-24

VIKING SOCCER- Jun.25-29

BYE BYE BIRDIE- Jul. 9-20

CABARET- Jun. 25-29

MULTI-SPORTS CAMP- Jul. 23-27, Aug. 6-10

GIZMOS, GADGETS AND GOOP- Aug. 20-24

THUNDERCAT SPORTS JAM- Aug. 20-24

\* You can register for any of these programs in person at the Fairbank Community Center or online at [www.recreation.sudbury.ma.us](http://www.recreation.sudbury.ma.us)

# SUMMER PROGRAMS AND CLINICS

## BEACH ADVENTURE

The beach adventure will take you on several day adventures in Massachusetts as well as camping for one night.



**WHO:** Ages 10-14  
**TIME:** 9:00 AM-5:00 PM  
**COST:** \$432 per person  
**DAYS:** Monday-Friday  
**DATES:** July 30-August 3  
**WHERE:** Van departs from Wayland Public Library

DAY	ACTIVITY
Monday	Ice-Breakers, Trust Games, and Low/High Ropes Course Activities
Tuesday	Water Country
Wednesday	Rock Climbing at Red Rocks in Gloucester, MA
Thursday	Camping Pawtuckaway State Park, NH (overnight)
Friday	Kayaking, Depart for home.

*Instructed by Backyard Journeys Staff*

\*\*\*Please note that the itinerary might change due to weather, attendance or other factors inhibiting participation in the activity.\*\*\*

## LOCAL SUMMER ADVENTURE

This local adventure will take kids on day trips in and around the area



**WHO:** Ages 10-14  
**TIME:** 9:00 AM-5:00 PM  
**COST:** \$390 per person  
**DAYS:** Monday-Friday  
**DATES:** August 20-24  
**WHERE:** Van departs from Fairbank Community Center

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

*Instructed by Backyard Journeys Staff*

\*\*\*Please note that the itinerary might change due to weather, attendance or other factors inhibiting participation in the activity.\*\*\*



## Wayland High School

**August 6 - August 10 & August 13 – August 17**

Champion Soccer School is back for its fifth year. It is a co-ed program for players entering grades K-12. Players are taught by high school coaches and male and female college-level athletes. Students will be divided into small groups based on age and skill-level to ensure a fun, safe, and challenging atmosphere for players of all abilities (Goalkeeper program available for grades 6-8, 9-12)

**Junior Introductory** – Grades K-2

**Youth Development** – Grades 3-5

**Middle School Prep** – Grades 6-8

**High School Academy** – Grades 9-12

**New!** Team training program available.

**Full day:** 9 AM–3 PM (All programs)

**K-5:** 1 week - \$215 2 weeks - \$399

**6-12:** 1 week - \$249 2 weeks - \$430

**Half day option:** 9 AM–12 PM (K-2 only)

1 week - \$140 2 weeks - \$260

Details online – for grades 6-12

## Registration Forms Available Online

**Email:** [ChampionSoccerSchool@yahoo.com](mailto:ChampionSoccerSchool@yahoo.com)  
**Website:** [www.ChampionSoccerSchool.com](http://www.ChampionSoccerSchool.com)

**Phone:** (508) 358-0713  
 Call or email to request a brochure!



# GIORGIO'S FITNESS PROGRAMS



**Fitness Room Hours: GYM CLOSED DAILY FROM 1pm-3:30pm**  
**Mon-Wed: 8am-1pm and 3:30pm-7:30pm Thurs: 9am-1pm and 3:30pm-7:30pm**  
**Fri: 8am-1pm and 3:30pm-6:30pm Sat: 8am-12pm Sun: CLOSED**

www.giorgiofit.com (978)440-8531

**Schedule Effective July 5,2007-August 30,2007**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Simply Yoga 8:00-9:00			Yoga 8:00-9:00
TBT 8:30-9:30	Taerobixx 8:30-9:30		Power Bands 8:30-9:30	Taerobixx 8:30-9:30	Taerobixx 9:00-10:00  KidkwonDo 9:00-9:45 Ages 3-6
KidkwonDo 9:30-10:15 Ages 3-6  Taerobixx 9:30-10:30	KidkwonDo 9:30-10:15 Ages 3-6  TBT 9:30-10:30  Power Yoga 9:30-10:30	KidkwonDo 9:30-10:15 Ages 3-6  Taerobixx 9:30-10:30	KidkwonDo 9:30-10:15 Ages 3-6  Taerobixx 9:30-10:30	Yoga 9:30-10:30  Fusion Fit 9:30-10:30	Soothing Stretch 10:00-10:30  Beginner TKD 10:00-10:45 Ages 7-11  Parent/Child TKD Class 10:00-10:45
Adult TKD 10:45-11:45	Adult TKD 10:45-11:45	Adult TKD 10:45-11:45	Adult TKD 10:45-11:45		Adult TKD (Ages 12 and Up) 10:45-12:00
Monday	Tuesday	Wednesday	Thursday	Friday	<b>GIORGIO'S CLASSES</b>  <b>All Classes are 10 admittances for \$100.</b>
Beginner Child TKD 4:00-4:45 Ages 3-7	Beginner Child TKD 4:00-4:45 Ages 3-7	Beginner Child TKD 4:00-4:45 Ages 3-7	Beginner Child TKD 4:00-4:45 Ages 3-7		
Beginner Youth TKD 4:45-5:30 Ages 8-11	Beginner Youth TKD 4:45-5:30 Ages 8-11	Beginner Youth TKD 4:45-5:30 Ages 8-11	Beginner Youth TKD 4:45-5:30 Ages 8-11		
Judo 6:30-7:30	Adult TKD 6:30-7:30  Adult Moving Muscle 6:30-7:30	Adult TKD 6:30-7:30	Adult TKD 6:30-7:30  Adult Butts and Guts 6:30-7:30		

## GENERAL INFORMATION

All programs begin the week of July 5th and are for **NEW STUDENTS ONLY!**

Babysitting available: Monday, Tuesday, Thursday, Friday: 8:30am-12pm  
 \$3 an hour per child Wednesday: 9:30am-12pm and Saturday 9am-12pm

All classes will be held at Giorgio's Health and Fitness Connection, located in Chiswick Park, 31 Union Avenue in Sudbury.

# WARRIOR'S WAY PROGRAMS

## IRISH STEP DANCE INTENSIVE

Learn Basic Irish Step Dances and choreography and finish the week with a recital.

**WHO:** Ages 6-12  
**DAY:** Monday-Friday  
**DATES:** Aug. 6-10  
**TIME:** 1:00-3:30 PM  
**COST:** \$150 per week

## GENERAL INFORMATION

All programs will be held at Warrior's Way, which is located at **53 Main Street in Maynard**. Be sure to check out their entire summer schedule listed below and if you have any questions, please contact Warrior's Way at (978) 461-0008.

For more information please visit our website: [www.warriorsart.com](http://www.warriorsart.com)

## WARRIOR KIDS

Games and Crafts all focus on learning about the history of the warrior of the week.


**WHO:** Ages 6-12  
**DAY:** Monday-Friday  
**TIME:** 1:00-3:30 PM  
**COST:** \$120 per week

Week 1 - Pirates - Jul. 9-13  
 Week 2 - Knights - Jul. 16-20  
 Week 3 - Native Americans - Jul. 23-27  
 Week 4 - Samurai - Aug. 13-17  
 Week 5 - Viking - Aug. 20-24

## FENCING INTENSIVE

Fencing skills and drills with some history and plenty of tactics.

**WHO:** Ages 6-12  
**DAY:** Monday-Friday  
**DATES:** Aug. 6-10  
**TIME:** 9:00-9:45 AM  
**COST:** \$150 per week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
		Spin and Cond. 6-6.45 Lorraine			Spin 7-8 Karen	
Spin 8.45-9.30 Andy	Budokon 9-9.45	Spin 9-9.45 Andy	Babysitting 9-9.45	Spin 9-9.45 Andy	Little Warriors 8-9	Body Cond. 8-8.45 Karen
Reformer/Babysitting 8.45-9.30	Spin 9-9.45 Karen	Reformer/Babysitting 9-9.45	Yoga 9-9.45	All Balls 8.45-9.45	Yoga 8-9	Spin 8.45-9.30 Andy
Kickboxing 9.30-10.30	Kick n' Condition 9.45-10.45	Kickboxing 9.45-10.45	Kick n' Condition 9.45-10.45	Kickboxing 9.45-10.45	Kickboxing 9-10	All Balls 8.45-9.30 Karen
Kid's Games 9.30-10.30	Kid's Games 9.45-10.45	Kid's Games 9.45-10.45	Kid's Games 9.45-10.45	Kid's Games 9.45-10.45	Fit Games for kids* 9-10	Yoga 9.45-10.45
Yoga 10.30-11.15 Lynn	Reformer 10.45-11.30	All Balls 10.45-11.30	Reformer 10.45-11.30	Reformer 10.45-11.30	Ab Conditioning hoop workout 10-10.30	Parent Child Taekwondo 9.45-10.30
Little Warriors 10.30-11.15	Play Kwon Do 10.45-11.30	Little Warriors 10.45-11.30 Ages 3-7	Adult Taekwondo 10.45-11.30	Little Warriors 10.45-11.30 Ages 3-7	Youth Taekwondo 10.30-11.30 Mr. Zizza	
	Yoga 11.30-12.30		Pilates 11.30-12.30	Yoga 11.30-12.30	Budokon 10.30-11.30	
Ballet 3.45-4.30 Ages 3-5					Reformer 10.30-11.30	
Child Taekwondo Ages 4-7 4-4.45	Little Warriors Ages 3-5 4-4.45	Child Taekwondo Ages 4-7 4-4.45	Little Warriors Ages 3-7 4-4.45	Kids Drumming 4.30-5.30	Rhythmic Movement 11.30-12.15 Ages 6-12	
Reformer 4.30-5.15	Youth Fencing Ages 8-13 5-5.45	PC Yoga 4.15-5	Youth Fencing Ages 8-13 5-5.45		Adult Taekwondo 11.30-12.30	
Youth Taekwondo Ages 7-12 5-5.45	Irish Step Ages 5-8 5-5.45	Youth Taekwondo Ages 7-12 5-5.45	Irish Step Ages 5-8 5-5.45		12.30-1.30 Rhythmic Movement Ages 3-5	
Yoga 5.15-6	Kick n' Condition 5.45-6.30	All Balls 5.45-6.30 Lorraine	Kick n' Condition 5.45-6.30		Masters Class (Invite Only) 12-30-2 Master Demusz	
Kickboxing 6-6.45	Reformer 6-6.45	Spinning 5.30-6.30 Karen	Reformer 5.45-6.30		 <p>53 Main Street Maynard (978) 461-0008</p>	
Adult Taekwondo 6.30-7.30	Ancient Kickboxing 5.45-6.45 Master Rob	Reformer 6.30-7.15	Yoga 6.30-7.30 Lindsay	Spin n' Yoga 6.15-7.30 Lorraine		
	Adult Fencing 6.30-7.30	Adult Taekwondo 6.30-7.30	Adult Fencing 6.30-7.30			
Yoga 6.45-7.45 Lorraine	Pilates 6.45-7.30	Yoga 7:30-8:30				
	Budokon 7.30-8.30 Andy		Drumming 7.45-8.45			

# Explore the World



This is a culturally-focused language program for children. Your child will be "visiting" 4 to 5 different countries (China, Japan, France, Germany, Brazil, or Colombia) within 4 days (without taking any airplanes!) Your children will learn simple expressions and aspects of the culture of the country they are "visiting." The program includes hands-on activities and typical games appropriate to their age. This is a great program for your children to explore the world. Your child will have a passport that will be stamped to show the countries that they have visited. **A group leader receives 50% discount for the summer program. Would you like to know how? Please contact us by phone or email below.**

Other programs: tutoring for academic needs, proficiency test preparation course, accent reduction course taught by a linguist, workshop for travelers, and more for all ages.

**World Language Center**  
**488 Boston Post Rd Marlborough**  
**Tel: 508-229-8484**

**email: [nansei@worldlanguagecenters.com](mailto:nansei@worldlanguagecenters.com)**

## JEAN LIND TEEN CENTER

The Jean Lind Teen Center is scheduled to re-open for its 28th season in September. The final schedule will be issued during the summer and will be posted at the Atkinson Pool, the Curtis Middle School and the Park and Recreation website.

Photo ID cards are necessary for admittance to Teen Center, and will be issued at the front desk of Atkinson Pool this summer Monday-Thursday 3-7pm, Saturday 12- 5pm, and Sunday 12-3pm. A reminder that the pool is closed 8/20-9/4. ID cards will not be issued during this time, but processing of IDs will resume during the hours posted above on September 5, 2007.

Questions about Teen Center and Teen Center ID cards may be directed to Lisa Barnes, Teen Center Coordinator (978) 639-3257.

## ADULT PROGRAMS

### ADULT TENNIS CAMP

**WHO:** Adults  
**DAYS:** Monday-Thursday  
**TIME:** 6:00-8:00 PM  
**CLASS I:** Jun. 25-28  
**CLASS II:** Aug. 20-23  
**DURATION:** 1-Week  
**WHERE:** Featherland Park Tennis Courts  
**COST:** \$180 per person



*Instructed by Longfellow Tennis Pros*

### ADULT BEGINNING GOLF LESSONS

**WHO:** Adults  
**DAY:** Tuesdays  
**CLASS I:** 5:00-6:00 PM  
**CLASS II:** 6:00-7:00 PM  
**DATES:** Jul. 10-Aug. 14  
**DURATION:** 6-Weeks  
**WHERE:** Wayland Country Club  
**COST:** \$132 per person



*Instructed by Wayland Country Club Golf Pros*

### ADULT AEROBIC BOOT CAMP

**WHO:** Ages 14-Adults  
**TIME:** 6:00-7:00 AM  
**DURATION:** 8-Weeks (15-Classes)  
**COST:** \$180 per person

**DAYS:** Tuesdays and Thursdays  
**DATES:** Jun. 26-Aug. 16 (no class 7/5)  
**WHERE:** FCC—Gym

*Instructed by Heather Hilton*



# 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 matwork and some of the most effective moves for *Flat Abs, a Strong Back and Great Posture*.

**WHO:** Teens and Adults  
**DAY:** Wednesdays  
**TIME:** 6:45-7:45 PM  
**DATES:** Jul. 11-Aug. 15  
**DURATION:** 6-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$72 per person/session



*Instructed by Marie O'Malley*

## CARDIO KICKBOXING

Have fun learning basic and simple to follow kicks and punches that anyone can do for a great cardio workout!

**WHO:** Teens and Adults  
**DAY:** Wednesdays  
**TIME:** 6:15-6:45 PM  
**DATES:** Jul. 11-Aug. 15  
**DURATION:** 6-Weeks  
**WHERE:** FCC—GYM  
**COST:** \$36 per person



*Instructed by Marie O'Malley*

## DRAWING & PAINTING WORKSHOPS

**WHO:** Teens and Adults  
**DAYS:** Fridays, Saturdays, or Sundays  
**TIME:** 9:00 AM—1:00 PM  
**DURATION:** 4-Hour Workshop  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$65 per person/class

### BEGINNING/INTERMEDIATE DRAWING

**DATES:** Jun. 29, Jun. 30, Jul. 6, Jul. 7

### BEGINNING/INTERMEDIATE OIL PAINTING

**DATES:** Jul. 13, Jul. 14, Jul. 20 or Jul. 21

### OUTDOOR LANDSCAPE PAINTING

**DATES:** Jul. 27, Jul. 28, Aug. 3, Aug. 4, Sept. 7, or Sept. 8



*Instructed by Michelle Garro*

## NIA ADULT DANCE AND FITNESS

You'll love the easy-to-follow martial arts kicks and blocks, creative dance exercises to music, the yoga and modern dance aspects, the jazzy music, the tai chi, and akido moves.

**WHO:** Adults  
**DAY:** Tuesdays  
**TIME:** 5:15-6:15 PM  
**DATES:** Jun. 26-Jul. 31 (no class 7/3)  
**DURATION:** 5-Weeks  
**WHERE:** FCC—Gym  
**COST:** \$66 per person



*Instructed by Lisa von Lichtenberg*

## SVAROOPA YOGA

**WHO:** Adults  
**DAY:** Mondays  
**TIME:** 6:30-7:45 PM  
**DATES:** Jun. 25-Aug. 13 (no class 7/2)  
**DURATION:** 7-Weeks  
**WHERE:** FCC—Room 3  
**COST:** \$93 per person



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

## AWESOME ABS & PILATES

**WHO:** Adults  
**WHERE:** FCC—Room 2

### MONDAYS AT 6:45-7:45 PM

**DATES:** Jun. 25-Aug. 13 (no class 7/2)  
**DURATION:** 7-Weeks  
**COST:** \$84 per person

### TUESDAYS AT 7:00-8:00 AM

**DATES:** Jun. 26-Aug. 14 (no class 7/3)  
**DURATION:** 7-Weeks  
**COST:** \$84 per person

*Instructed by Sarah Hyland*



## JULY ART CLASSES

**WHO:** Teens and Adults  
**DAY:** Mondays  
**TIME:** 6:00-8:00 PM  
**DATES:** Jul. 2, Jul. 9, Jul. 16, Jul. 23, & Jul. 30  
**DURATION:** 1-Class  
**WHERE:** Artspace, 63 Summer St. in Maynard  
**COST:** \$30 per person/class



*Instructed by Michelle Garro*

# ADULT PROGRAMS

## JAZZERCISE®

Jazzercise is the world's largest dance-fitness program. You won't just be exercising to background music, you'll dance to the latest music and while you are having fun, you'll be getting a great workout! You will be challenged, NOT intimidated. Jazzercise blends aerobics, yoga, Pilates, and kickboxing movements into fun dance routines set to fresh new music. And our choreography is exciting, fun, funky, jazzy, and always a surprise as we mix the new with the familiar to bring energy to each class. All fitness levels welcome! Come try **A JAZZERCISE CLASS FOR FREE!!**

	Mon	Tues	Wed	Thurs	Fri	Sat
8:00 am	Jazzercise	Jazzercise (8:00-8:30)	Jazzercise	Jazzercise (8:00-8:30)	Jazzercise	Body Sculpt
9:00 am						Jazzercise
9:30 am						
6:30 pm		Jazzercise		Jazzercise		

**WHO:** Adults & 12+w/parent  
**WHERE:** FCC-GYM  
**WHEN:** Summer Schedule begins on June 18th

### ON-GOING ENROLLMENT

For additional information, contact Dawn Scharmer at (978) 758-9341 or email [jazydawn3@yahoo.com](mailto:jazydawn3@yahoo.com).

# TICKETS

## SIX FLAGS NEW ENGLAND

If heart-pounding thrills and unlimited water spills are your speed, Six Flags New England and Hurricane Harbor is the place to be in 2007! Stop by the front desk for tickets and info.



**TICKETS ARE JUST \$26.00!**



## WATER COUNTRY

Enjoy New England's largest water park at a discounted rate! Stop by the front desk for tickets and information.

**TICKETS ARE JUST \$26.00!**

## 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.

**The FCC's Basketball Court Lights will be on until 9:45pm on Monday and Wednesday nights during July and August.**

## 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:** 7:00 or 8:00 PM  
**DATES:** Jun. 11-Jul 30  
**DURATION:** 8-Games  
**WHERE:** FCC Basketball Courts  
**COST:** \$65 for individual registrants or enter a full team for \$450\*\*



**To Register:** call BSSC (617) 789-4070 x 242 or [www.bssc.com](http://www.bssc.com)

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

## CO-ED ADULT SOCCER & SOFTBALL LEAGUES

Get out and play in a league run by Boston Ski & Sports Club. For more info, contact Mark at (617) 789-4070 x 222.



# Atkinson Pool Daily and Membership Fees

**New rates effective July 1st, 2007**

**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. Swim passes have a one year expiration date and may be shared.

**All memberships are non-refundable and begin the day of purchase. A \$30 membership processing fee is applied to all new memberships.**

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 or C	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.



# SUMMER SWIM LESSON SCHEDULE

## Session A

DAYS: Tuesday-Thursday  
DATES: July 10 - 19 **Three classes per week, two week session**  
CLASS: Level 1 3:30 - 4:00 PM  
Level 2 4:05 - 4:35 PM  
Level 3 4:40 - 5:10 PM  
Level 4 5:15 - 5:45 PM  
COST: Members: \$60 Non-members: \$90  
Each class meets Tuesday through Thursday, for a total of 6 classes.

## Session B

DAYS: Tuesday-Thursday  
DATES: July 24 - August 2 **Three classes per week, two week session**  
CLASS: Level 4 3:30 - 4:00 PM  
Level 3 4:05 - 4:35 PM  
Level 2 4:40 - 5:10 PM  
Level 1 5:15 - 5:45 PM  
COST: Members: \$60 Non-members: \$90  
Each class meets Tuesday through Thursday, for a total of 6 classes.

## Session C

DAYS: Tuesday-Thursday  
DATES: August 7 - 16 **Three classes per week, two week session**  
CLASS: Level 1 3:30 - 4:00 PM  
Level 2 4:05 - 4:35 PM  
Level 3 4:40 - 5:10 PM  
Level 5 5:15 - 5:45 PM  
COST: Members: \$60 Non-members: \$90  
Each class meets Tuesday through Thursday, for a total of 6 classes.

## **Summer Hours**

From **July 1st through September 3rd** the Atkinson Pool will operate on a summer hours schedule.

The summer hours for the pool will be:

**Monday – Thursday** 6:00 – 8:00 PM **Friday** 6:00 AM - 7:00 PM

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

**\*\*\* The pool will be closing at 8:00 PM Monday thru Thursday during the summer \*\*\***

# YOUTH PROGRAMS

## YOUTH LAP SWIM

The Atkinson Pool is introducing a special time for Youth Lap Swimming (14 & under). During this time there will be a designated lap lane for youths that are looking to further their lap swimming skills.

**DAYS:** Tuesday and Thursday

**TIME:** 7:00 - 8:00 PM

**DATES:** July 5 - August 16

## PARENT & CHILD SWIM CLASS

This class is a water orientation for children and parents and 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.

### Morning Session:

**DAYS:** Monday & Wednesday

**TIME:** 8:45—9:15 AM

**DATES:** July 11, 16, 18, 23, 25, & 30

**COST:** Members \$60

Non-Members \$ 90

## 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.

**Lots of fun toys will be available!**

**WHO:** Ages 5 and under w/adult

**DAYS:** Saturday & Sunday

**TIME:** 11:15 AM-12:00 PM

**COST:** \$4 Non-Member child



## POOL R.A.T.S.

### Recreational Aids Teaching Swimming

If you're 12-14 years old and looking for something FUN, come join the POOL R.A.T.S. Learn basic water safety, what it means to be a lifeguard, and how to assist water safety instructors during swim lessons.

**PLEASE bring lunch and extra towels!**

**DAYS:** Monday - Thursday

**TIME:** 9:00 AM—3:00 PM

**DATES:** **Session A** July 9—19

**Session B** July 23—August 2

**COST:** \$95



## 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



## BIRTHDAY PARTIES

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

**DAYS:** Saturday & Sunday

**TIME:** Starting at 12 Noon

**COST:** \$60 (for private room & use of pool)

Includes 10 children and adults

\*\*\* Each additional child is \$4, and adults are FREE \*\*\*



## Summer Hours

From **July 1st through September 3rd** the Atkinson Pool will operate on a summer hours schedule.

The summer hours for the pool will be:

**Monday—Thursday** 6:00AM—8:00 PM **Friday** 6:00 AM - 7:00 PM

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

\*\*\* The pool will be closing at **8:00 PM** Monday thru Thursday during the summer \*\*\*

**August 20 - September 3 the pool will be shut down for maintenance!!**



# ADULT PROGRAMS

## **DEEP WATER WORKOUT – Instructed by Peggy Mangan-Cross & GERALYN STRELLA**

Combination of deep water jogging and deep water interval work with the use of flotation and resistance equipment. Emphasis on upper and lower body strength and endurance training. A cardiovascular workout, set to music, that also includes muscle conditioning. Great for people who want a good workout, but are unable to do weight-bearing activity. They are both certified by the Aquatic Exercise Association.

## **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>	
9:30-10:15 AM		Deep Water <i>Geralyn</i>		Deep Water <i>Geralyn</i>	

### **6:00 - 6:45 AM Deep Water Workout**

**DATES:** July 9 - August 15  
**DURATION:** 12 classes  
**COST:** Members/Seniors \$66  
 Non-Members \$108



### **8:15 - 9:00 AM Aquacise Class**

**DATES:** June 19 – August 15  
**DURATION:** 14 classes  
**COST:** Members/Seniors \$77  
 Non-Members \$126  
 (No class July 3, 5, 31, & Aug 2)



### **9:30 - 10:15 AM Deep Water Workout**

**DATES:** June 19 – August 15  
**DURATION:** 14 classes  
**COST:** Members/Seniors \$77  
 Non-Members \$126  
 No class July 3, 5, 31, & Aug 2)

# Atkinson Pool Schedule July - August

	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	8 Lap	8 Lap	8 Lap	8 Lap	CLOSED
7:00-8:00	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap
8:00-9:00	8 Lap	8 Lap	5 Lap 3 Aquacise	8 Lap	5 Lap 3 Aquacise	8 Lap	8 Lap
9:00-10:00	8 Lap	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	8 Lap
10:00-11:00	8 Lap	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	8 Lap
11:00-12:00	6 Lap 2 Tiny Tot	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Tiny Tot
12:00-1:00	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family
1:00-2:00	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family
2:00-3:00	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family
3:00-4:00	6 Lap 2 Family	6 Lap 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	6 Lap 2 Family
4:00-5:00	CLOSED	6 Lap 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	6 Lap 2 Family
5:00-6:00	CLOSED	6 Lap 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	6 Lap 2 Family
6:00-7:00	CLOSED	6 Lap 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	4 Lap 2 Lesson 2 Family	6 Lap 2 Family	CLOSED
7:00-8:00	CLOSED	6 Lap 2 Family	5 Lap 1 Youth Lap 2 Family	6 Lap 2 Family	5 Lap 1 Youth Lap 2 Family	CLOSED	CLOSED
8:00-9:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	Close 4:00 PM	Close 8:00 PM	Close 8:00 PM	Close 8:00 PM	Close 8:00 PM	Close 7:00 PM	Close 6:00 PM

***The Atkinson Pool will operate a summer hours schedule!!***

*From July 1st through September 3rd the Atkinson Pool will operate a summer hours schedule.*

The summer hours for the pool will be:

**Monday – Thursday** 6:00AM – 8:00 PM      **Friday** 6:00 AM - 7:00 PM

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

**August 20 - September 3 the pool will be shut down for maintenance!!**