

Town of Sudbury
PARK & RECREATION
ATKINSON POOL



WINTER 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

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GREETINGS FROM THE RECREATION DEPARTMENT

It is wintertime 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

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

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

FREQUENTLY ASKED SPORT CONTACTS AND PHONE NUMBERS:

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

<u>SPORT</u>	<u>WEBSITE</u>
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.sms hockey.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: **Tuesday, December 9th at 9:00 AM**

REGISTRATION for **POOL** programs: **Thursday, December 11th @ 9:00 AM for Atkinson Pool Members**
Tuesday, December 16th @ 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 spring brochure with spring swim lesson information, adult fitness and youth programs will be out in late March.

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**

FEBRUARY VACATION PROGRAMS

FEBRUARY SCHOOL VACATION CHILDHOOD ADVENTURES

Escape for some creativity and adventures! Each day of the week (Tuesday-Friday) will have a theme including: Let's Monkey Around on Tuesday, Beach Party on Wednesday, It's a Teddy Bear Life on Thursday, and Kitchen Fun on Friday.

You can bring your own **PEANUT-FREE** snack and you may sign your child up for as many days as you like.

WHO:	Ages 4-5	DAYS:	Tuesday-Friday
TIME:	9:00 AM-12:00 PM	DATES:	Feb. 17-Feb. 20
WHERE:	FCC-Room 4	COST:	\$35 per child per day



Instructed by Barbara Donovan, Preschool Coordinator and Kindergarten Workshop Staff

ALL-SPORTS CLINIC

This clinic is great for children of all ages. Participants will play several different sports such as soccer, basketball, flag football, lacrosse, and street hockey as well as popular playground games like capture the flag and dodgeball. An emphasis will be placed on sportsmanship and cooperation by qualified coaches from the college, high school, and youth levels.

WHO:	Ages 6-13
TIME:	9:00 AM-2:00 PM
DATES:	Feb. 17-Feb. 20
WHERE:	Curtis Middle School Gym
COST:	\$152 per person



Instructed by New England Elite Sports Camps

PLAY SOCCER FEBRUARY VACATION CAMP

Attention soccer fans! Play Soccer is in Sudbury this February! This is our first camp of the year and is always one of our BEST! Join our British coaches and have fun learning cool soccer moves and skills in a safe and fun environment. All participants will receive an exclusive water bottle, t-shirt and soccer ball. All you need is shin guards, water and a snack.

WHO:	Ages 4-12
TIME:	9:00 AM-12:00 PM
DATES:	Feb. 17-Feb. 20
WHERE:	LS Gym
COST:	\$128 per child



Instructed by Play Soccer

F.A.S.T. FEBRUARY VACATION

If you are getting tired of playing the same old sports every day, this is definitely the program for you. The non-traditional style of games/competitions will keep all participants on their toes learning new games as they get further into this program. Have you ever heard of Fort Knox? Or Ultimate Frisbee? What about Army Dodgeball? This unique program will also put the emphasis on physical fitness, proper stretching techniques and teamwork.

WHO:	Ages 7-12	TIME:	1:00-4:00 PM
DATES:	Feb. 17-Feb. 20	WHERE:	FCC-Gym
COST:	\$98 per child		<i>Instructed by F.A.S.T Athletics</i>

MANGA MADNESS

Wicked Cool Manga gives the manga maniac eight different human characters to develop and draw using the Japanese-style conventions. You'll get the skills you need to invent and draw your own characters and put them in your own stories. **If you are planning on taking both Wicked Cool Science programs during vacation week they will have someone stay with the kids during the lunch hour for FREE.

WHO:	Grades 2-5
TIME:	9:00-12:00 PM
DATES:	Feb. 17-Feb. 20
WHERE:	FCC-Room 2
COST:	\$170 per child

Instructed by Wicked Cool

CSI SUDBURY

Think you've got what it takes to solve a crime? Then join us as we use actual investigation methods to evaluate a crime scene and look for clues. We'll dust for fingerprints, examine and identify mysterious samples, and assemble evidence to solve a baked goods larceny. **If you are planning on taking both Wicked Cool Science programs during vacation week they will have someone stay with the kids during the lunch hour for FREE.

WHO:	Grades 2-5
TIME:	1:00-4:00 PM
DATES:	Feb. 17-Feb. 20
WHERE:	FCC-Room 2
COST:	\$170 per child

Instructed by Wicked Cool

PRESCHOOL PROGRAMS



PARK & RECREATION PRESCHOOL PROGRAMS



Children will engage in a variety of age appropriate activities in a group setting. There will be games, free play, arts and crafts, singing, and story-time. **Please bring your own PEANUT-FREE snack.** All registrations are on a first-come, first-served basis. This is a drop-off program—parents do not have to stay during the program! There will be **NO CLASSES** during the school vacation week.

Registration for Non-Residents will begin on Monday, December 15th!!

Terrific Twos:

WHO: Age 2
DAYS: Mondays, Tuesdays, Thursdays
DATES: Jan. 26-June 11
(no class: Feb. 16, 17, 19; April 20, 21, 23; May 25)
TIME: 9:30-11:00 AM
WHERE: FCC-Room 4
COST: \$306 per child (**Mondays**)
\$324 per child (**Tuesdays**)
\$324 per child (**Thursdays**)

Kreative Kids:

WHO: Age 3
DAY: Wednesdays
DATES: Jan. 28-June 10
(no class: Feb. 18 & April 22)
TIME: 9:30-11:30 AM
WHERE: FCC-Room 4
COST: \$360 per child

Instructed by Barbara Donovan, Preschool Coordinator and Preschool Staff



AFTERNOON RELIEF

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



WHO: Ages 3-6
DAY: Tuesdays
TIME: 12:00-3:00 PM
DATES: Jan. 6-June 9 (no class Feb. 17 & April 21)
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

OPEN GYM

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

WHO: Ages 5 and under
DAYS: Tuesdays
TIMES: 10:30 AM-12:00 PM
DATES: Jan. 13-Apr. 14 (no class 2/17)
WHERE: FCC-Gym
COST: \$4 per child per day (maximum of \$10 per family per day)



KINDERGARTEN WORKSHOPS

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

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

Instructed by Barbara Donovan, Preschool Coordinator and Kindergarten Workshop Staff

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

Participant's First Name: _____ Last Name: _____

DOB: ____/____/____ Gender: M / F Parent/Guardian's Name: _____

Address: _____ Town: _____ Zip: _____

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

E-mail Address: _____

HAWAIIAN LUAU—JANUARY 9TH AND 12TH

Join our Hawaiian Luau as we erupt a volcano, string our own leis, do the limbo, and learn about some Hawaiian customs. We will sample some Hawaiian food too.

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

MAD SCIENTIST—JANUARY 16TH (FRIDAY ONLY)

Come and learn how to do different experiments with what you have at your home and then you can amaze your family and friends with your scientific knowledge.

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

PRESIDENTS OLD AND NEW—JANUARY 23RD AND 26TH

Come and have fun this month as we explore famous presidents and discover what it's like to be President!

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

CHINESE NEW YEAR—JANUARY 30TH AND FEBRUARY 2ND

Come explore the reaches of the Far East as we talk about customs, make flowing kites, glittering lights and what makes this New Year Special

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

PRIVATE EYES—FEBRUARY 6TH AND 9TH

Come sharpen your skills as a mystery unfolds in this workshop. Help us gather clues and find out how to be the next Sherlock Holmes.

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

VALENTINE'S DAY AROUND THE WORLD—FEBRUARY 13TH (FRIDAY ONLY)

Travel around the world and find out how this day is celebrated and make some special things for you and your Valentine

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

[MORE KINDERGARTEN WORKSHOPS ON THE NEXT PAGE](#)
[TO REGISTER FOR KINDERGARTEN WORKSHOPS CLICK HERE](#)

KINDERGARTEN WORKSHOPS

DINOCRAZE – FEBRUARY 27TH AND MARCH 2ND

Join us for an adventure back through time with crafts, games, and stories featuring your favorite prehistoric creatures.

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

2009 SPACE ODYSSEY – MARCH 6TH AND 9TH

4,3,2,1, BLAST OFF!! Meet at Space Station Fairbank for an adventure that will be out of this world. We'll don space suits & go to outer space!

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

WILD WEST ROUND UP – MARCH 13TH AND 16TH

Howdy Partners! Come rope up some fun at this workshop. We'll pan for gold, make a rodeo vest, learn about the wild west and what it's like to be a cowboy or cowgirl!

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

MEDIEVAL CASTLE FUN – MARCH 20TH AND 23RD

Come inside the Fairbank Castle to design a family crest for your shield. Knights and ladies will not only learn about chivalry, but will build their own castle and create majestic headwear.

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

EGYPTIAN LIFE – MARCH 27TH AND 30TH

Explore and learn about life in Egypt and create timely items through the desert and pyramids.

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

JUNGLE SAFARI – APRIL 3RD AND 6TH

Swing into our jungle safari. We'll monkey around our rainforest, make a jungle animal, and shake our own rain stick!

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

BIRDS OF NATURE – APRIL 17TH (FRIDAY ONLY)

The birds have flown North and the signs of spring are in Massachusetts. Have fun learning about the different species of birds as we make a home for them and special items for their home.

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

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

TOTAL WORKSHOPS: _____

TOTAL PAYMENT: _____

Date Received: ___/___/___ Check: # _____ Credit Card # _____ Exp.

Date: _____ Int: _____ Entered in Sportsman: Y/ N

EARLY RELEASE WEDNESDAYS

EARLY RELEASE WEDNESDAYS

Come and have fun and enjoy the theme (see Kindergarten Workshops for descriptions).

Early Release Wednesdays are for Grades K-2.

DATES: Jan. 14-HAWAIIAN LUAU, Jan. 28-PRESIDENTS OLD AND NEW, Feb. 11-PRIVATE EYES, Feb. 25-MAD SCIENTIST, Mar. 11-2009 SPACE ODYSSEY, Mar. 25-MEDIEVAL CASTLE FUN, Apr. 8-JUNGLE SAFARI

TIME: 1:30-3:00 PM

Instructed by Barbara Donovan, Preschool Coordinator and Kindergarten Workshop Staff

YOUTH PROGRAMS

KIDS FIRST COOKING

Introduce your young one to food and fun. Combination of story time and interactive food play will allow your kids to experiment in an educational setting while learning to eat all colors of the rainbow in his/her diet.

WHO: Ages 3-6
DAY: Thursdays
TIME: 4:00-5:00 PM
DATES: Jan. 6-27
DURATION: 4-Weeks
WHERE: FCC-Room 2
COST: \$50 per child

Instructed by Julia Rosenthal

DODGEBALL

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class.

WHO: Grades 2-5
DAY: Fridays
TIME: 4:00-5:00 PM
DATES: Jan. 16-Mar. 13 (no class 2/6 & 2/20)
DURATION: 7-Weeks
WHERE: FCC-Gym
COST: \$92 per child

Instructed by F.A.S.T. Athletics

GIRLS BASKETBALL

3...2...1...bzzzz. Our basketball program will help increase the students confidence in passing, shooting, and dribbling skills so when it's time to make that game winning shot they are ready! They will also learn the proper techniques of playing defense, rebounding, and boxing out. Besides playing scrimmages, the students will also play games such as knock out, dribbling relay races and hot hands.

WHO: Ages 7-10
DAY: Tuesdays
TIME: 4:00-5:00 PM
DATES: Jan. 13-Mar. 3 (no class 2/17)
DURATION: 7-Weeks
WHERE: FCC-Gym
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.

WHO: Ages 2.5-6
DAY: Sundays
TIME: 10:00-11:00 AM
DATES: Jan. 25-Mar. 22 (no class 2/15 & 2/22)
DURATION: 7-Weeks
WHERE: FCC-Gym
COST: \$92 per child

Instructed by F.A.S.T. Athletics

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 running bases. This is an easy introduction into t-ball where learning and skill development are our priorities.

WHO: Ages 2.5-6
TIME: 11:00-12:00 PM
DATES: Jan. 25-Mar. 22 (no class 2/15 & 2/22)
COST: \$92 per child

DAY: Sundays
DURATION: 7-Weeks
WHERE: FCC-Gym

Instructed by F.A.S.T. Athletics

[TO REGISTER CLICK HERE](#)

YOUTH PROGRAMS

LEGO PLAYLAND

This unique workshop will be centered around everything Lego!! Join the team from Event-FULL!, LLC and participate in take-home projects, games, building and creating Lego structures. Don't miss out on this workshop that takes a favorite traditional toy and turns it into a fun-filled day with a creative spin! The Legos stay with us, but the experience is yours forever! Workshop is limited to 30 participants. Please send your child with a peanut-free snack and drink. Don't worry if you have taken this workshop before - new projects will be introduced!

WHO: Ages 5-10
DAY: Saturday
TIME: 2:00-5:00 PM
DATES: Feb. 21
DURATION: 1-Class
WHERE: FCC-Room 1
COST: \$50 per child

Instructed by Beth Meditz and Diane Dinell

FATHER/DAUGHTER VALENTINE'S DANCE

A Valentine's Dance spent with Dad's favorite girl. Uncles, big brothers, grandfathers welcome too. Music, refreshments, games, dancing planned. Party dresses & sport coats required. Come to "On Your Toes Dance Studio," a spacious dance floor with cathedral ceiling, fireplace, separate refreshment area.

WHO: Girls ages 5-9 with Male Chaperone
CLASS I: 1:00-2:15 PM (Ages 5-6)
CLASS II: 2:30-3:45 PM (Ages 7-9)
DAY: Sunday, February 8th
WHERE: Thoreau Club: 275 Forest Ridge Rd. Concord, MA
COST: \$27 per couple

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

LEARN TO SKATE

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

WHO: Ages 18 Months and Up
WHERE: Valley Sports Arena in West Concord, MA
DAYS: Saturdays
TIMES: 1:20-2:00 PM
DATES: Jan. 10-Mar. 28 (no class 2/14 & 2/21)
DURATION: 10-Weeks
COST: \$158 per child

Instructed by Sharper Edge Skating School

AMERICAN GIRL DOLL DAY (CREATE AND PLAY)

Join up and celebrate your American Girl Doll! Join the team from Event-FULL!, LCC and bring your special friend to this workshop for several hours that you will both enjoy. Each section will have a different theme consisting of projects, activities and games!!! Sign up for one or both! Please send your child with a peanut-free snack and drink.

WHO: Ages 5-10
DAY: Saturday
TIME: 2:00-5:00 PM
WHERE: FCC-Room 1
COST: \$50 per child

SECRET ROCK STAR

DATE: Jan. 10

TOP CHEF

DATE: Mar. 14

DURATION: 1-Class

Instructed by Beth Meditz and Diane Dinell

FASHION SHOW AND TEA

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

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.

YOUTH PROGRAMS

KINDERBOP

Open Gym set to music with organized non-competitive, physical education games and drill stations. For both boys and girls in morning kindergarten and the athletic preschooler. We'll play up to 8 different games in one hour!

High energy and FUN! Bring a friend for a guaranteed good time! No food or drink in gym. Please carry in your athletic footwear. No Rain/Snow boots or socks allowed.

Led by an early childhood movement specialist. Parent Volunteers w/out siblings invited to assist each week. This is not a drop off program – caregivers must remain in the building.

WHO: Ages 4-5
DAY: Tuesdays
TIMES: 2:00-3:00 PM
SESSION I: Jan. 6-Feb. 10
SESSION II: Feb. 24-Mar. 31
DURATION: 6-Weeks
WHERE: FCC-Gym
COST: \$80 per child

Instructed by Lisa Von Lichtenberg

TODDLER TIME

This high energy open gym class will tire your little one out for that much needed nap! Come join us to romp and run and have some fun! Parents stay to supervise and ensure the safety of this physical education program for the young child. Balls, parachutes, hoops and more! Fun music and lots of giggles! Bring a friend for a guaranteed good time!

No food or drink in gym. Please carry in your athletic footwear. No Rain/Snow boots or socks allowed. Led by an early childhood movement specialist.

WHO: Ages 20 months-3
DAY: Tuesdays
TIME: 1:00-1:50 PM
SESSION I: Jan. 6-Feb. 10
SESSION II: Feb. 24-Mar. 31
DURATION: 6-Weeks
WHERE: FCC-Gym
COST: \$80 per child

Instructed by Lisa von Lichtenberg

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.

WHO: Ages 2 3/4-4
DAY: Thursdays
TIME: 11:20 AM-12:00 PM
SESSION I: Jan. 8-Feb. 12
SESSION II: Feb. 26-Apr. 2
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.

WHO: Ages 3 3/4-6
DAY: Thursdays
CLASS I: 10:30-11:15 AM
CLASS II: 1:15-2:00 PM
SESSION I: Jan. 8-Feb. 12
SESSION II: Feb. 26-Apr. 2
DURATION: 6-Weeks
WHERE: FCC-Gym
COST: \$80 per child



Instructed by Lisa Von Lichtenberg

SCRAP ATTACK

Children will create a beautiful 14-page album using their own pictures. The album can focus on a particular theme (summer vacation, camp, school memories) or highlight several different aspects of their life. Each week new layouts will be completed as students will learn and experiment with a various scrapbooking techniques from stamping to distressing.

Each child will select his/her own paper. Along with the papers, students receive coordinating stickers and embellishments, and a 9x9 post-bound, linen album. Students should bring photos and a journaling pen.

WHO: Ages 8-12
DURATION: 7-Weeks
DATES: Jan. 13-Mar. 3 (no class 2/17)
DAY: Tuesday
WHERE: FCC-Room 3
TIME: 4:00-5:30 PM
COST: \$182 per child

Instructed by Erin Graziano

YOUTH PROGRAMS

PRE ZIP TENNIS

Classes are designed for 4-5 year olds with little or no tennis experience. Classes focus on motor skills, balance, agility, racket skills and rallying skills.

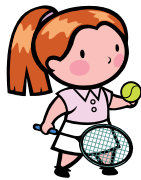
WHO: Ages 4-5
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$74 per child

MONDAYS

SESSION I: Jan. 5-Feb. 9
SESSION II: Feb. 23-Mar. 30
TIME: 1:30-2:15 PM

WEDNESDAYS

SESSION I: Jan. 7-Feb. 11
SESSION II: Feb. 25-Apr. 1
TIME: 10:30-11:15 AM



Instructed by Longfellow Tennis Pros

ZIP TENNIS 1

Classes are designed for 6-7 year olds with little or no tennis experience. Classes focus on motor skills, balance, coordination, agility, racket skills and rallying skills.

WHO: Ages 6-7
DAY: Saturdays
TIME: 9:30-10:15 AM
SESSION I: Jan. 10-Feb. 28 (no class 2/14 & 2/21)
SESSION II: Mar. 7-Apr. 11
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$74 per child

Instructed by Longfellow Tennis Pros

ZIP TENNIS 2

Classes are designed for 6-7 year olds with tennis experience. Classes focus on rallying skills, serving and point play.

WHO: Ages 6-7
DAY: Saturdays
TIME: 9:30-10:15 AM
SESSION I: Jan. 10-Feb. 28 (no class 2/14 & 2/21)
SESSION II: Mar. 7-Apr. 11
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$74 per child

Instructed by Longfellow Tennis Pros

USA ZIPS

Clinics are designed for 7-8 year olds with little or no tennis experience. Classes focus on rallying skills, serving, point play and the rules of tennis.

WHO: Age 7-8 (beginners)
DAY: Sundays
TIME: 5:00-6:00 PM
SESSION I: Jan. 11-Feb. 22 (no class 2/15)
SESSION II: Mar. 1-Apr. 5
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$92 per child

Instructed by Longfellow Tennis Pros

ZIP TENNIS 3

Classes are designed for 7-8 year olds who have had some Zip Tennis experience. Classes focus on rallying, serving and point play.

WHO: Ages 7-8
DAY: Sundays
TIME: 5:00-6:00 PM
SESSION I: Jan. 11-Feb. 22 (no class 2/15)
SESSION II: Mar. 1-Apr. 5
DURATION: 6-Weeks
WHERE: Zip Zone at The Longfellow Club
COST: \$92 per child

Instructed by Longfellow Tennis Pros

CHESS LESSONS

WHO: Ages 5-12
DAY: Thursdays
TIME: 4:00-5:00 PM
DATES: Feb. 26-Apr. 2
DURATION: 6-Weeks
WHERE: FCC-Room 3
COST: \$72 per child



Instructed by George Mirijanian

[TO REGISTER CLICK HERE](#)

YOUTH PROGRAMS

MUSICAL THEATER

WHO: Grades 1-6
DAY: Thursdays
WHERE: FCC—GYM
COST: \$222 per child (includes costume)
DURATION: 10-Weeks

SOUTH PACIFIC

Acclaimed as the perfect musical, written by Rogers and Hammerstein of The SOUND OF MUSIC fame.....

Although dealing with a serious issue, there are laughs, dancing, and great songs to sing raising your thought as well as your voices! WE NEED BOYS TOO! No experience is necessary but everyone gets a part! COME JOIN US!!

CAST I: 4:00-5:00 PM
CAST II: 5:00-6:00 PM
DATES: Jan. 8-Mar. 12
Sunday, Mar. 8 - Special Rehearsal

CINDERELLA

The classic fairytale with a few twists and turns to make it more fun to do! Lots of wonderful music too! YES, BOYS ARE STILL NEEDED! And a special effect that will wow you!

CAST I: 4:00-5:00 PM
CAST II: 5:00-6:00 PM
DATES: Mar. 19-May 21

Instructed by Elaine Jarvis

KIDS JUST LOVE CRAFTS

Calling all Kids ages 2-4 - join us for a jammed packed session of ooey, gooey arts and crafts, stories and songs.

Make a mess and have some fun! Watch your child's excitement grow as they create crafts that you can treasure for a lifetime!

WHO: Ages 2-4 with Adult
DAY: Thursdays
TIME: 10:00-10:45 AM
SESSION I: Jan. 8-Feb.12
SESSION II: Mar. 5-Apr. 9
DURATION: 6-Weeks
WHERE: FCC-Room 1
COST: \$62 per child

Instructed by Kids Just Love Crafts Staff

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.

WHO: Ages 5-12
DAY: Saturdays
CLASS I: 11:00-11:50 AM (Ages 5-7)
CLASS II: 12:00-12:50 PM (Ages 8-12)
DATES: Jan. 17-Feb. 21 (no class 2/7)
DURATION: 5-Weeks
WHERE: FCC-Gym
COST: \$80 per child

Instructed by Thundercat Sports

THUNDERCAT MINI 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.

WHO: Age 4
DAYS: Saturdays
TIME: 10:00-10:50 AM
DATES: Jan. 17-Feb. 21 (no class 2/7)
DURATION: 5-Weeks
WHERE: FCC-Gym
COST: \$80 per child

Instructed by Thundercat Sports

YOUTH PROGRAMS

VIKING BASKETBALL-GRADES K-2

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 of the class.

Age adjusted rules and lower hoops will be used as necessary. Emphasis will be on fun and learning. Please bring your own basketball!

WHO: Grades K-2
DAY: Saturdays
CLASS I: 1:00-1:50 PM (Kindergarten)
CLASS II: 2:00-2:50 PM (1st Grade)
CLASS III: 3:00-3:50 PM (1st Grade)
CLASS IV: 4:00-4:50 PM (2nd Grade)
CLASS V: 5:00-5:50 PM (2nd Grade)
DATES: Jan. 10-Mar. 21 (no class 2/7)
DURATION: 10-Weeks
WHERE: FCC-Gym
COST: \$102 per child

Instructed by Viking Sports

MAD SCIENCE

Magnets! Sound! Slime! And More! Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We'll learn about electricity; investigate the powers of magnets; learn about optics and sight, uncover the hidden components in ordinary light; explore the world of polymers (and slime); discover sound and sound waves; learn about the properties of heat.

WHO: Grades 3-5
DAY: Wednesdays
TIME: 4:00-5:00 PM
DATES: Jan. 21-Mar. 18 (no class 2/18)
DURATION: 8-Weeks
WHERE: FCC-Room 3
COST: \$98 per child

Instructed by Mad Science Staff

WOODWORKING

Children will learn basic tool and woodworking skills and build fun old time toys.

WHO: Ages 5-7
DAY: Tuesdays
TIME: 4:00-5:00 PM
DATES: Jan. 6-Feb. 10
DURATION: 6-Weeks
WHERE: FCC-Room 1
COST: \$102 per child

Instructed by Robert Leduc of Wooden Toys & Crafts

PLAY SOCCER WINTER 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!

WHO: Ages 4-11
DAY: Mondays
CLASS I: 4:00-5:00 PM (Ages 4-7)
CLASS II: 5:00-6:00 PM (Ages 8-11)
SESSION I: Jan. 5-Feb. 23 (no class 1/19 & 2/16)
SESSION II: Mar. 2-Apr. 13 (no class 3/30)
DURATION: 6-Weeks
WHERE: FCC-Gym
COST: \$88 per child



Instructed by Play Soccer

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.

WHO: Ages 8-Adult
DAY: Wednesdays
TIME: 4:00-5:30 PM
CLASS I: Jan. 7-Feb. 11
CLASS II: Feb. 25-Apr. 1
DURATION: 6-Weeks
WHERE: FCC-Gym
COST: \$104 per child



Instructed by Anthony Bellettini

SIGN-UP NOW!!

Don't let **LOW ENROLLMENT** ruin your program! Classes will be cancelled a week before the start date if there are not enough participants. Please sign up early so the class will run.

YOUTH PROGRAMS

MASTER GAMEMAKER WHIZARDS

Design your own video game and challenge your friends! This program teaches students the fundamentals of object-oriented programming and video game design. Working with step-by-step instructions, students learn the programming environment while creating a fully working 2D Platform-type game. After learning the basics of objects, sprites, and rooms students learn to program multiple levels, gravity, jumping, collisions, lives, and other important components of platform game design. A strict non-violence policy is enforced. Games can be played at home (MS Windows-only).

WHO: Grades 6-8
DAY: Thursdays
TIME: 6:15-8:15 PM
DATES: Jan. 22-Feb. 12
DURATION: 4-Weeks
WHERE: FCC-3
COST: \$156 per child

Instructed by Children's Technology Workshop

JR. ROBOTICS WHIZARDS

It's ALIVE! Participants use LEGO Mindstorms components to construct a variety of robotic devices and control systems to model machines used in manufacturing and production. Design drawings carefully prepared by engineers ensure that the models are functional and leave room for creativity. Projects will be motorized and programmed on a computer using several LEGO programming languages. During construction, instructors will introduce design challenges, discuss real-life robots, and teach participants about proper design and application of structural elements. This class is a great preparation for robotic competitions such as FIRST LEGO League, or simply fun with robotics. The class will conclude with a group showcase of project photos that will be available for download. Note: LEGO models will not be taken home.

WHO: Grades 3-5
DAY: Thursdays
TIME: 4:00-6:00 PM
DATES: Jan. 22-Feb. 12
DURATION: 4-Weeks
WHERE: FCC-3
COST: \$156 per child

Instructed by Children's Technology Workshop

BUDDING ARTIST AND A BUDDY

Come and 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 art 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!

WHO: Ages 1.5-4
DAY: Mondays
CLASS I: 9:30-10:15 AM
CLASS II: 10:30-11:15 AM
DATES: Jan. 5-Mar. 23 (no class 1/19 & 2/16)
DURATION: 10-Weeks
WHERE: FCC-Room 1
COST: \$122 per child

Instructed by Beth Meditz of Event-FULL!

ART EXPLORATION

This class will provide an opportunity for 10-13 year olds to expand on their interests and further develop their artistic skills. Projects include drawing, sculpture, painting, composition, color mixing, 2D and 3D design, multi media decoration, design and exploration.

WHO: Ages 10-13
DAY: Tuesdays
TIME: 4:00-5:30 PM
DATES: Jan. 13-Feb. 24 (no class 2/17)
DURATION: 6-Weeks
WHERE: Beehive Art - 339 Boston Post Road in Sudbury
COST: \$190 per child

Instructed by Beehive Art Staff

MOMMY AND ME ART

Join your 2 or 3 year old in our studio for an open ended, age appropriate and hands on art experience. Each class offers new experiences for your child to learn and develop. Kids will learn about color and texture while exploring painting, printing, building, gluing and collage.

WHO: Ages 2-3
DAY: Wednesdays
TIME: 9:30-10:30 AM
DATES: Jan. 14-Feb. 25 (no class 2/18)
DURATION: 6-Weeks
WHERE: Beehive Art - 339 Boston Post Road in Sudbury
COST: \$155 per child

Instructed by Beehive Art Staff

YOUTH PROGRAMS

SPLAT II

Get messy with us in Splat II. We'll do eight art projects that use many different media – crayons, paints, markers, pencils, and collages. Kids don't need to be artists - just ready to play with color and materials.

WHO:	Grades 2-5	DAY:	Wednesdays
TIME:	4:00-5:00 PM	DATES:	Jan. 21-Mar. 18 (no class 2/18)
DURATION:	8-Weeks	WHERE:	FCC-Room 1
COST:	\$117 per child		

Instructed by Wicked Cool

GIRLS SCIENCE CLUB II

Girls Science Club II proves to girls that science is fun. High interest hands-on projects encourage girls to become junior scientists. Typical projects include photo frames that light up, a clock with gears, and basic electric circuits, which all make great decorations for the bedroom. Additionally, each week they learn about a girl who went on to become a famous scientist.

WHO:	Grades 2-5
DAY:	Thursdays
TIME:	4:00-5:00 PM
DATES:	Jan. 22-Mar. 19 (no class 2/19)
DURATION:	8-Weeks
WHERE:	FCC-Room 1
COST:	\$117 per child

Instructed by Wicked Cool

KARMA KIDS MEDITATION

Meditation can help kids relax, rejuvenate, and focus. Using guided imagery, movement, games, and art projects, Karma Kids' uniquely qualified instructors 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!

WHO:	Grades 2-5
DAY:	Monday
TIME:	4:00-4:45 PM
DATES:	Jan. 5-Feb. 23 (no class 1/19 & 2/16)
DURATION:	6-Weeks
WHERE:	FCC-Room 2
COST:	\$116 per child

Instructed by Marci Zieff

KIDS YOGA AND MEDITATION

This class provides a perfect combination of yoga and meditation techniques enhancing each child's self-confidence, focus, flexibility and coordination. Using guided imagery, art projects, creative movement and games, your child will be introduced to yoga poses and relaxation methods. This program is presented to a small group by two qualified instructors providing individual attention to each student. Most importantly, children have fun while learning valuable skills to help them cope with difficult situations in life.

WHO:	Ages 4-6
DAY:	Thursdays
TIME:	1:30-2:15 PM
DATES:	Feb. 5-Mar. 19 (no class 2/19)
DURATION:	6-Weeks
WHERE:	FCC-Room 2
COST:	\$116 per child

Instructed by Anu Patolawala, CYI and Marci Zieff

YOGA FOR KIDS

In this class, children practice yoga in a fun, cooperative and supportive environment using yoga stories and games. When presented in a child's language, yoga can build self-esteem and foster loving-kindness and compassion. Besides improving flexibility, coordination, and balance, yoga provides a tremendous opportunity for children to experience self-awareness and inner fulfillment. Yoga brings to the surface the spark present within each child. Please bring a yoga mat or towel.

WHO:	Ages 6-9
DAY:	Wednesday
TIME:	4:45-5:30 PM
DATES:	Jan. 14-Feb. 25 (no class 2/18)
DURATION:	6-Weeks
WHERE:	FCC-Room 2
COST:	\$74 per child

Instructed by Anu Patolawala, Certified Yoga Instructor

[TO REGISTER CLICK HERE](#)

GIORGIO'S FITNESS PROGRAMS

GENERAL INFORMATION

All programs begin the week of December 9th and are for NEW STUDENTS ONLY!

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

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

KIDKWONDO

AGES 3-6

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

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

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

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

TAEKWONDO

USA TKD 1 (Ages 4-7)

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

USA TKD 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:** 10:00-10:45 AM

ADULTS

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

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

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

POWER YOGA

ADULTS

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

KRIPALU YOGA

ADULTS

DAY: Mon. & Thur. **TIME:** 10:30-11:30 AM

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

BODY CONDITIONING/ BODY SCULPTING

ADULTS

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

PARENT/CHILD TAEKWON DO

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

ALL AGES

DAY: Sat. **TIME:** 10:00-10:45 AM

MEDICINE BALL TRAINING/ CIRCUIT TRAINING

ADULTS

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

BRAZILLIAN JIU JITSU

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

TAEROBIXX

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

DODGEBALL

*Cost: \$100 per child**

**5 visits only - Please call for weekly schedule*

AGES 5 & UP

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

KICKBOXING

ADULTS

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

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

Giorgio's Music Connection

Giorgio's is offering a variety of private music lessons in the following instruments: Acoustic guitar, electric guitar, bass, piano and the violin. 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

DECEMBER VACATION DAY TRIPS

Don't get stuck at home! Spend some of your December vacation hanging out with friends and having fun. All programs will start and end at the Fairbank Community Center and then the participants will take a bus to the designated location. Lunch is included.

Program	Date and Time	Cost by Dec. 21	Cost after Dec. 21
Snow Tubing and a Movie	Monday, December 29 9:00-4:30	\$50	\$60
Ice Skating and Lunch at Fire and Ice in Boston	Tuesday, December 30 10:00-4:00	\$45	\$55

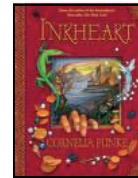
If you have any questions or concerns please contact the Youth Coordinator, Jessica Bendel at (978) 639-3227 or at youth@sudbury.ma.us.

WILD WEDNESDAYS

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



WHO: 6th-8th Graders
 WHEN: Curtis Early Release Wednesdays
 DEPART FROM: Curtis Middle School Cafeteria
 RETURN TO: Fairbank Community Center



January Snow Tubing
 Cruise the slopes of Nashoba Valley.
 DATE: January 14th
 TIME: 12:00-4:30 PM
 COST: \$25 by January 7th
 \$35 after January 7th

Inkheart (PG)
 Come watch this adventure movie.
 Lunch is included.
 DATE: January 28th
 TIME: 12:00- 4:30pm
 COST: \$25 by January 21st
 \$35 after January 21st

February Snow Tubing
 Cruise the slopes of Nashoba Valley. (Again!)
 DATE: February 25th
 TIME: 12:00-4:30 PM
 COST: \$25 by February 18th
 \$35 after February 18th

These programs are offered by the Youth Coordinator

CELTICS GAME

BOSTON CELTICS vs. DALLAS MAVERICKS

This is a great chance to spend time with friends and watch basketball .
 Children should bring extra money for snacks or souvenirs.

WHO: Grades 6-8
DATE: Sunday, January 25th
TIME: 11:30AM-5:00PM
WHERE: FCC and then off to the TD Banknorth Garden
COST: \$65

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

BOSTON CELTICS TICKETS

Come see the Boston Celtics play the L.A. Clippers on Monday, March 23rd at 7:30pm. The tickets are located in Section 322 in rows 3-6. The tickets will be distributed using a lottery system and there is a 4 ticket limit per family. (In the event that a winner does not require 4 tickets, there may be a few additional tickets, please indicate in your e-mail if you need additional tickets. If you are chosen we will try and accommodate your additional ticket(s) request.) Tickets are limited to Sudbury residents only. Tickets are \$40 per ticket. If you are interested, you must e-mail your name, phone number, and number of tickets you would like to youth@sudbury.ma.us **no earlier than 9:00 AM and no later than 12:00 PM on Friday, December 12th**. The lottery will be held that day and you will be notified by Monday, December 14th if you are selected.

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:

February 27, March 13, April 3,
May 8, May 22

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

JAZZERCISE®

JAZZERCISE®

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

COME AND TRY A JAZZERCISE CLASS FOR FREE!!

WHO: Adults & 12+ w/parent
WHERE: FCC-Gym
WHEN: Fall Schedule begins on September 5th.

8 WEEK (unlimited class) PASS \$95
 EFT (unlimited class) \$40/month (Best Deal)
 Full Time Student: \$30/month ONE Class Pass \$12

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

ON-GOING ENROLLMENT

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

Sign up at the Jazzercise
table outside the FCC—Gym

ADULT PROGRAMS

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, hand towel, water, and a therapy ball (65cm).

WHO: Adults

MONDAY EVENINGS

TIME: 7:00-8:00 PM

DATES: Jan. 5-Apr. 6 (no class 1/19 & 2/16)

DURATION: 12-Weeks

WHERE: FCC-Room 3

COST: \$146 per person

WEDNESDAY EVENINGS

TIME: 7:00-8:00 PM

DATES: Jan. 7-Apr. 8 (no class 2/18)

DURATION: 13-Weeks

WHERE: FCC-Room 2

COST: \$158 per person

SATURDAY MORNINGS

TIME: 8:00-9:00 AM

DATES: Jan. 10-Apr. 4 (no class 2/7 & 2/21)

DURATION: 11-Weeks

WHERE: FCC-Room 2

COST: \$134 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! Svaroopa® 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!

WHO: Adults

WHERE: FCC—Room 2

MONDAY EVENINGS

TIME: 7:00-8:15 PM

DATES: Jan. 5-Apr. 13 (no class 1/19 & 2/16)

DURATION: 13-Weeks

COST: \$174 per person

THURSDAY MORNINGS

TIME: 9:15-10:30 AM

DATES: Jan. 8-Apr. 16 (no class 2/19)

DURATION: 14-Weeks

COST: \$187 per person

Please Bring 3 Blankets

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

STRENGTH TRAINING FOR WOMEN

This program is designed for women of all ages who want to improve their overall health. Strength training improves your physical balance, trims and tightens, helps control weight, improves flexibility and makes you strong. All eight exercises are done using hand held weights & ankle weights while sitting in a chair or standing. No floor exercises!

WHO: Adults

DAY: Tuesdays and Thursdays

TIME: 7:00-8:00 PM

DATES: Jan. 6-Feb. 12

WHERE: FCC-Room 2

DURATION: 6-Weeks (2 Times a Week)

COST: \$146 per person

Instructed by Janet Kenney

BEGINNING HATHA YOGA

You will learn yoga poses which will promote strength, flexibility, relaxation and overall health. Breathing exercises are designed to help decrease tension, increase energy and improve concentration. Meditation, a process of quieting the mind and focusing on the present movement, has been proven to reduce blood pressure, respiration and heart rate. The goal is to feel calm, relaxed and refreshed.

WHO: Adults

DAY: Wednesdays

TIME: 9:00-10:15 AM

DATES: Jan. 7-Apr. 15 (no class 2/18)

WHERE: FCC-Room 2

DURATION: 14-Weeks

COST: \$152 per person

Instructed by Ann Igoe



[TO REGISTER CLICK HERE](#)

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**.

WHO: Adults

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

DATES: Jan. 13-Apr. 14 (no class 2/17)

WHERE: FCC-Gym

DURATION: 13-Weeks

COST: \$158

FRIDAYS AT 9:30-10:30 AM – ADVANCED

DATES: Jan. 16-Apr. 17 (no class 2/13, 2/20 & 4/10)

WHERE: FCC-Room 2

DURATION: 11-Weeks

COST: \$132

FRIDAYS AT 10:45-11:45 AM – BEGINNERS

DATES: Jan. 16-Apr. 17 (no class 2/13, 2/20 & 4/10)

WHERE: FCC-Room 2

DURATION: 11-Weeks

COST: \$132

Instructed by Marie O'Malley

SUPER WINTER SOUPS

Enjoy winter time by cozying up with bold, flavorful soups. Create a variety of hearty and original soups: Corn and Leek Soup, Roasted Chestnut Soup with Brandy, Garlic Lovers White Bean Soup and Thai Basil Shrimp Soup. Impress your family and friends with these innovative recipes.

WHO: Adults

DAY: Monday

TIME: 5:30-7:00 PM

DATES: Jan. 6-27

DURATION: 4-Weeks

WHERE: FCC-Kitchen

COST: \$120 per person

Instructed by Julia Rosenthal

SNOWSHOEING AND WINTER HIKING

Winter in New England is unique. Come learn a fun and healthy way to enjoy and appreciate this special time of year! Explore local conservation areas. Get outdoors, get some exercise and enjoy a new favorite pastime while learning the basics of snowshoeing and winter hiking. Snowshoes will be provided. This course will run with or without snow.

WHO: Adults

DAY: Sundays

TIME: 1:30-3:30 PM

DATES: Jan. 25-Feb. 8

DURATION: 3-Weeks

WHERE: Meet at FCC-Room 2

Class will decide where to hike.

COST: \$80 per person

Instructed by Still River Outfitters

Ongoing Adult Dance Classes!

Tuesday 9:00-10:00am ~~~ **Beg HIP HOP**

Thursday 9:45-10:45am ~~~ **Int/Adv HIP HOP**

(onsite childcare available)

Monday 10:30-11:30am ~~~ **ZUMBA**

Thursday 6:45-7:45pm ~~~ **ZUMBA**

Instructed by:

Susan Craver (Zumba), Elizabeth Bernstein (Hip Hop)
Class Cards available, Drop-Ins welcome

DANCERS WORKSHOP

Call 978-443-1358 to register, or for more information

YOUR PERSONAL TRANSFORMATION

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

WHO: Adults

DATES: Jan. 5-Apr. 13

COST: \$50 per person

Instructed by Marie O'Malley

ADULT PROGRAMS

CARDIO TENNIS

Love to Play Tennis....Hate to Work Out! Join America's fastest growing tennis program. Do creative drills to improve your game with great music and a dynamic Longfellow Club Pro.

WHO: Adults
TIME: 11:00 AM-12:00 PM
DURATION: 6-Weeks
WHERE: The Longfellow Club
COST: \$74 per person

MONDAYS

SESSION I: Jan. 5-Feb. 9
SESSION II: Feb. 23-Mar. 30

FRIDAYS

SESSION I: Jan. 9-Feb. 13
SESSION II: Feb. 27-Apr. 3

Instructed by Longfellow Tennis Pros

ADULT DRILL AND PLAY

Improve your game with some play action drills designed to improve all aspects of your game whether you play singles or doubles!

WHO: Adults
DAY: Tuesdays
TIME: 12:00-1:30 PM
SESSION I: Jan. 6-Feb. 10
SESSION II: Feb. 24-Mar. 31
DURATION: 6-Weeks
WHERE: The Longfellow Club
COST: \$134 per person

Instructed by Longfellow Tennis Pros

ADULT INSTANT TENNIS

Improve your game with some play action drills designed to improve all aspects of your game whether you play singles or doubles!

WHO: Adults
DAY: Mondays
TIME: 12:00-1:30 PM
SESSION I: Jan. 5-Feb. 9
SESSION II: Feb. 23-Mar. 30
DURATION: 6-Weeks
WHERE: The Longfellow Club
COST: \$134 per person

Instructed by Longfellow Tennis Pros

MEN'S 40 AND OVER BASKETBALL

WHO: Men 40+
DAY: Mondays
TIME: 7:00-9:00 PM
DATES: Jan. 26-Apr. 13 (does not meet on 2/16)
DURATION: 11-Weeks
WHERE: Peter Noyes School Gym

FREE!

NIA ADULTS

A combination of dance arts, martial arts and healing arts/yoga, Nia is a fitness class that will transform your idea of exercise as pleasurable and fun! Nia is Neuro

Integrated Activity, once Non-Impact Aerobics, celebrating 25 years of joyful, expressive movement done to inspiring music. Nia creates weight loss, and proper weight management; Nia strengthens muscles, improves muscle tone, and increases muscle definition. Global rhythmic music and a new routine each week. Go to nia-nia.com for more info.

WHO: Adults
DAY: Tuesdays
TIME: 12:00-1:00 PM
SESSION I: Jan. 6-Feb. 10
SESSION II: Feb. 24-Mar. 31
DURATION: 6-Weeks
WHERE: FCC-Gym
COST: \$80 per person

Instructed by Lisa Von Lichtenberg

CO-ED VOLLEYBALL

WHO: Adults
DAY: Wednesday
TIME: 7:00-9:00 PM
DATES: Jan. 14-Mar. 25 (no class 2/18)
DURATION: 10-Weeks
WHERE: FCC-Gym
COST: \$75 per person



* A minimum number of participants is required



PROGRAM IDEAS



If you or someone you know has an expertise in a certain discipline and would like to teach a class please contact us at:

978-443-1092 ext. 3256

We are always looking for new programs and welcome all ideas.

Atkinson Pool Daily and Membership Fees

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

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

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

Swim Pass: Swim pass entitles the user to six swims for the price of five. Family swim passes entitles the user to 18 swims for the price of 15. Swim passes have a one year expiration date and may be transferred to family members and friends.

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

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

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

Family: Two adults and all children under 21

Youth: Ages 4-17

Couple: Two adults living at the same address

Adult: Anyone over 18 years of age

Senior: 60 years of age or older

ATKINSON POOL REGISTRATION FORM

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

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

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

PARTICIPANT INFORMATION:

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

Street Address: _____ Town: _____ Zip: _____

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

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

EMERGENCY CONTACT INFORMATION:

Name: _____ Relation: _____

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

PAYMENT:

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

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

Name on credit card: _____ Account #: _____

Signature: _____ Expiration Date: _____

Please use multiple registration forms for multiple programs!

Program Name (swim lesson level)	Session A, 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.

Level 6 - Fitness Swimmer refines the strokes so students swim them with ease, efficiency, and power.

Skills to be taught: Endurance swimming in the following strokes: front crawl, back crawl, butterfly, elementary backstroke, breaststroke & 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 target heart rate.

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

WEEKEND SWIM LESSONS

Registration for swim programs begins Thursday, December 11th at 9:00am for pool members and Tuesday, December 16th at 9:00am for non-members.

Memberships cannot be purchased & applied to program discounts the same day of registration

SESSION A

Sunday Lessons

Duration: 5 weeks

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

Goggles not needed or used until Level 4

Sunday
8:50 - 9:25 Level 1 ***** Level 2
9:30 - 10:05 Level 2 ***** Level 3
10:10 - 10:45 Level 1 ***** Level 3
10:50 - 11:25 Level 2 ***** Level 4
11:30 - 12:05 Level 4 ***** Level 5
START DATE: January 4
NO CLASS: January 18
END DATE: February 8

SESSION C

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 2 Level 3
10:10 - 10:45 Parent & Child ***** Level 1	10:10 - 10:45 Level 1 Level 3
10:50 - 11:25 Level 2 Level 3	10:50 - 11:25 Level 2 Level 4
11:30 - 12:05 Level 4 Level 5	11:30 - 12:05 Level 4 Level 5
12:10 - 12:45 Level 6 Fitness Swimmer	12:10 - 12:45 Level 6 Fitness Swimmer
START DATE: March 7	START DATE: March 1
END DATE: April 4	END DATE: March 29

Atkinson Pool Registration Policies and Swim Level Placement

The Atkinson Pool cannot guarantee a change in levels after registration. If low enrollment exists in a class the pool has the right to cancel the class a week prior to the start date. The class descriptions list the skills that are introduced at each level. If you are still unsure of which swim level to place your child, please call the pool at (978) 443-1092 to speak with our staff to determine proper placement.

Class availability pending instructor availability!

WEEKDAY SWIM LESSONS

SESSION B

Duration: 8 classes Cost: Members: \$80 Non-Members: \$136
 Registration begins December 11th for pool members, and December 16th for non-members.

Monday	Tuesday	Wednesday	Thursday	Friday
	9:15 - 9:45 Level 1	9:30 - 10:00 Parent & Child	9:30 - 10:00 Level 1	9:30 - 10:00 Level 2
	9:50-10:20 Level 2		10:05 - 10:35 Level 3	10:05 - 10:35 Level 1
	10:25-10:55 Level 3			
			12:30 - 1:00 Level 1	
			1:05 - 1:35 Level 2	
	START DATE January 27	START DATE January 28	START DATE January 29	START DATE January 30
	No Class: February 17	No Class: February 18	No Class: February 19	No Class: February 20
	END DATE March 24	END DATE March 25	END DATE March 26	END DATE March 27

PARENT & CHILD SWIM CLASS

8 months - 4 years old

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

Session A

DAY: Saturday
TIME: 9:30-10:00 AM
DATES: January 3,10,24,31
DURATION: 4 classes

DAY: Saturday
TIME: 10:05-10:35 AM
DATES: January 3,10,24,31
DURATION: 4 classes

COST: Members \$40 Non-Members \$68

Session B



DAY: Wednesday
TIME: 9:30-10:00 AM
DATES: January 28—March 25
DURATION: 8 classes
COST: Members \$80, Non-Members \$136



Session C

DAY: Saturday
TIME: 9:30-10:00 AM
DATES: March 7—April 4
DURATION: 5 classes

DAY: Saturday
TIME: 10:05-10:35 AM
DATES: March 7—April 4
DURATION: 5 classes

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

YOUTH PROGRAMS

SPRINGBOARD DIVING

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

Instructed by Jim Kelly and the Boston Area Diving Staff

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

Session A:

START DATE: January 10

DURATION: 4 Sessions

COST: Member: \$55
Non Member: \$80

Session B:

START DATE: March 7

DURATION: 4 Sessions

COST: Member: \$55
Non Member: \$80

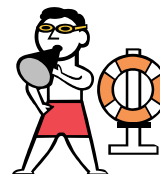


AMERICAN RED CROSS PROGRAMS

LIFEGUARD TRAINING R.06

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

Attendance for all classes is mandatory



THERE ARE NO REFUNDS IF YOU DO NOT PASS THE PRE-TEST or THE COURSE

DAY: Tuesday **TIME:** 6:00—9:00 PM **COST:** \$250

DATES: January 6—March 24 (no class on 2/17)

Class taught by Ann Boudrot

BABYSITTER'S TRAINING COURSE

Receive training in babysitting responsibilities, characteristics of children, supervising and playing with children, basic care such as feeding and changing, accident prevention, proper emergency response and first aid. Upon successful completion of this course, students will receive a Babysitter's Course completion certificate, as well as C.P.R for children and infants.

WHO: 6th - 9th graders, age 11-15

TIME: 9:30 AM - 2:30 PM

DURATION: 3 classes

DAYS: Tues., Wed., & Thurs.

DATES: February 17,18,19

COST: \$95 per person

*** Please bring a lunch ***

*** Attendance is mandatory for all classes ***



COMING APRIL VACATION WEEK

Intensive Lifeguard Training Course

Monday-Friday April 20-24, 2009

Class times available in January 2009

Sign-up February 2009

[TO REGISTER CLICK HERE](#)

ADULT PROGRAMS

	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>

DEEP WATER WORKOUT – Instructed by Peggy Mangan-Cross & Geralyn Strella

Our 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 (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.

6:00 - 6:45 AM Deep Water Workout

DATES: January 5 - April 15
No Class: Feb. 23,25, Mar. 2,4
DURATION: 26 classes
COST: Members/Seniors: \$156
 Non-Members: \$234

9:30 - 10:15 AM Deep Water Workout

DATES: January 6 - April 7
No class: Jan. 20, Feb. 17,19,20
DURATION: 24 classes
COST: Members/Seniors \$216
 Non-Members \$324

8:15 - 9:00 AM Aquacise Class

DATES: January 6 - April 7
No class: Jan. 20, Feb. 17,19,20
DURATION: 36 classes
COST: Members/Seniors \$216
 Non-Members \$324

Two day a week Aquacise option

DURATION: 24 classes
COST: Members/Seniors \$144
 Non-Members \$216

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

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

DAYS: Monday, Tuesday, & Thursday
DATES: January—April
TIME: 11:00 AM - 12:00 PM
COST: \$185

ADULT SWIM LESSONS

For adults who would like to be more comfortable in the water or would like to improve particular swimming skills. Whether you are a beginner or just want to get back into swimming.

DAY: Thursday
DATES: March 19 - April 16
COST: Members: \$66
TIME: 6:15-7:00pm
DURATION: 5 weeks
 Non-Members: \$99

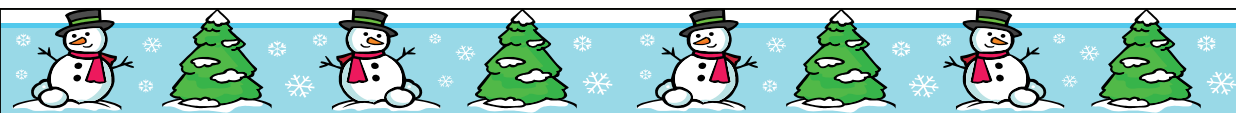


OTHER FUN PROGRAMS

FIRST TIMERS TRIATHLON TRAINING PROGRAM

Are you ready to put that New Year's Resolution into action? Ready to challenge yourself with something you never thought you could do before? Try out First Timers Triathlon Training Program. The program is geared toward preparing you to compete and complete the Sudbury Sprint Triathlon on May 10, 2009. The program will meet twice a week for the ten weeks taking you right up to race day. You will have two coached workouts a week, one focusing on the swim and the other focused on the bike & run. You will be given two other workouts to complete on your own to finish your weekly training. The Sudbury Sprint Triathlon is one of the most popular early season races and consists of a 400 yd. pool swim, 7 mile bike ride, and a 2.3 mile run. Participation in the program will give you a guaranteed entry into the race.

DAYS: Tuesday 6:30-7:30 PM Swim Saturday 9:30-10:30 AM Run / Bike
STARTS: February 24th **COST:** \$75, plus race entry
Max. 10 participants



Atkinson Pool Annual Holiday Special ... Bargain Buys!

\$1 OFF swim items
\$5 OFF swim passes

Specials available December 1 - December 24!



BIRTHDAY PARTIES



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

DAYS: Saturday & Sunday
TIME: Starting at 12:00 PM
COST: \$80 (for private room & use of pool)
Includes 10 children (maximum of 20 kids),
each additional child is \$5, and adults are FREE.
Call the Atkinson Pool for more information.

BOSTON AREA DIVING

U.S. Jr. Olympic team dedicated to the ideals and goals of U.S. Diving. Practices are held at the Atkinson Pool and Bentley College.

Divers looking to compete year round should contact:



Jim Kelly at: Jim@USAdiver.com.
or visit: www.badwest.com

BOSTON HARBOR DIVING COMPANY

Learn to SCUBA dive at the Atkinson Pool with Captain James Sullivan! Both group classes & private lessons are available. PADI SCUBA group lessons are completed over a weekend, private lessons can take place on your schedule. All gear needed for pool is included, no gear purchases are necessary.



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

TINY TOT SWIM

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

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
DAYS: Mon., Wed., Fri., & Sun.
COST: \$4 per Non-Member adult



Members are FREE!

SWIMMING & DIVING TEAM INFORMATION

The winter swim season is already in full swing! The Atkinson Pool is the host of six competitive swim teams in the winter season. There are several high schools and club teams that use the pool as their home pool for training and meets: Lincoln-Sudbury, Westford, Wayland, Chelmsford, Bromfield, and the Sudbury Swim Team. We would like to thank our patrons in advance for their patience during our busy winter season.

Thank you - Atkinson Pool Staff

ATKINSON POOL SWIM MEET SCHEDULE 2008-2009 SEASON

Friday, December 5th—DCL Relay Carnival	Pool closes at 3:00pm
Friday, December 12th—LS v DSM	Pool closes at 3:00pm
Friday, December 12th—Bromfield v Westborough	Pool closes at 3:00pm
Friday, December 19th —LS v Arlington	Pool closes at 3:00pm
Friday, December 19th —Bromfield v Worcester	Pool closes at 3:00pm
Sunday, December 21st— SST v Belmont	Pool closes at 2:00pm
Monday, January 5th—CC v LS	Pool closed from 3-6:30pm
Tuesday, January 6th—LS v Holliston	Pool closed from 3-6:30pm
Friday, January 9th—LS v Waltham	Pool closes at 3:00pm
Sunday, January 11th—SST v Westborough	Pool closed at 2:00pm
Tuesday, January 13th—LS v Wayland	Pool closed from 3-6:30pm
Friday, January 16th—LS v Weston	Pool closes at 3:00pm
Tuesday, January 20th—LS v Hopkinton	Pool closed from 3-6:30pm
Wednesday, January 21st—Bromfield v Algonquin	Pool closed from 5-8pm
Friday, January 23rd—LS v Bedford	Pool closes at 3:00pm
Sunday, January 25th—SST v Wellesley	Pool closes at 2:00pm
Tuesday, January 27th—LS v Boston Latin	Pool closed from 3-6pm
Friday, January 30th—Bromfield Quad Meet	Pool closes at 3:00pm
Friday, February 6th—Boy's DCL's	Pool closes at 3:00pm
Saturday, February 7th—Girl's DCL's	Pool closed from 7am-3pm
Sunday, February 15th—Masters Meet	Pool closed from 7am-12pm
Sunday, February 22nd—SST v Westwood	Pool closes at 2:00pm
Sunday, March 1st— SST v Newton	Pool closes at 2:00pm

**There will be NO Lap or Family Swim
during these times! Everyone is invited to come and watch
the meets...the swim teams appreciate your support!**

[TO REGISTER CLICK HERE](#)

Atkinson Pool Schedule: December – March

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

Holiday Hours

Wednesday, December 24, Christmas Eve – Open from 5:30am-Noon
Thursday, December 25, Christmas – CLOSED
Wednesday, December 31, New Year's Eve – Open from 5:30am – Noon
Thursday, January 1, New Year's Day – CLOSED
Monday, January 19, MLK Day-OPEN 6-9 AM & 12-3 PM
Monday, February 16, Presidents Day – Open 6-9 AM & 12-3 PM
Sunday, April 12, Easter Sunday – CLOSED

Atkinson Pool: (978) 443-1092
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.

SWIM SUPPLIES

The Atkinson Pool offers a variety of swim supplies for sale at the front desk.

Silicone Swim Caps	\$9	Latex Swim Caps	\$4
Classic Swim Goggle	\$4	Vision Swim Goggle	\$8
Child Swim Diaper	\$15	Child Swim Bubble	\$15
Ear Plugs	\$4	Nose Clips	\$4
Chamois Sport Towels	\$12	Water Runner Belt	\$20
Swimsuit Cleaner	\$6	Shampoo/Body Wash	\$6
Hair Conditioner	\$6	Moisturizing Lotion	\$6



DATES TO REMEMBER

Please make note of the following dates when the pool will close for extended periods for swim meets. We thank you in advance for your patience and cooperation during our busy swim team season. If you have never had the opportunity to see a swim meet, stop by the pool and watch the excitement of a meet.

December 5th	DCL Relay Carnival	Pool Closes at 3pm
December 24th	Christmas Eve	Pool closes at Noon; Open 5:30am-12pm
December 25th	Christmas Day	Pool closed all day
December 31st	New Years Eve	Pool closes at noon; Open 5:30am-12pm
January 1st	New Years Day	Pool closed all day
January 19th	Martin Luther King Day	Pool opened 6am-9am / 12-3pm
February 6th	DCL Boys League Meet	Pool Closes at 3pm
February 7th	DCL Girls League Meet	Pool Closed until 3pm; Open 3-6pm
February 16th	Presidents Day	Pool opened 6am-9am / 12-3pm

Please note that the swim meets posted above are major meets that involve the pool being closed for an extended period of time. Please check the schedule at the front desk for other scheduled closings, as well as the white board in the entry hallway for updated schedules.

PLEASE HELP US KEEP THE POOL CLEAN

Please help us keep the pool and the pool deck clean by removing your shoes before going out onto the pool deck. In the winter especially, sand and salt used on the driveways, streets, and sidewalks is tracked onto the pool deck and into the pool and makes it hard for us to keep the pool clean and the chemicals balanced. We encourage you to bring sandals, flip flops, crocs, etc. to wear out onto the deck.

