

Town of Sudbury

Park & Recreation/Atkinson Pool



A CAPRA Accredited Agency!

SPRING PROGRAMS 2015

Recreation Registration:

9:00AM, Wed., April 1st

Pool Member Registration:

9:00AM, Tues., April 14th

Non-Member Registration:

9:00AM, Thurs., April 16th

Inclement
Weather
Hotline:
(978) 639-3233



40 Fairbank Road, Sudbury, MA 01776
(978) 443-1092

www.recreation.sudbury.ma.us

www.pool.sudbury.ma.us

www.inclusive.sudbury.ma.us

www.youth.sudbury.ma.us (Twens & Teens)

www.teen.sudbury.ma.us (Teen Center)

Inclement Weather Hotline: (978) 639-3233

PARK & RECREATION STAFF 978-443-1092:

Nancy McShea, Director of Parks, Recreation & Aquatics	x 3259
Amber Comeau, Assistant Recreation Director/ Adaptive Recreation Specialist	x 3256
John Barrett, Assistant Aquatics Director	x 3255
Chery Finley, Aquatics Supervisor	x 3264
Patricia Haberstroh, Office Coordinator	x 3258
Anne Lee, Preschool Coordinator	x 3231
Alyssa Papia, Program Coordinator	x 3257

OTHER HELPFUL NUMBERS:

Fairbank Senior Center	978-443-3055
Park & Recreation Fax #	978-443-1051
Inclement Weather Hotline	978-639-3233
Field Closings	978-639-3234

PARK & RECREATION COMMISSION

Robert C. Beagan, Michael Ensley, Paul Griffin, James Marotta, Richard C. Williamson

FACILITY RENTAL POLICY

Our gym and classrooms are available to be rented to the public, with a certificate of liability insurance. 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 2:00PM.

FINANCIAL AID

Financial aid is available for some of our programs for **Sudbury Residents** based on financial need. Please [visit our website](#) or stop by our office to fill out a scholarship application.



ALL SUMMER POSITION
Apply online or at the pool front desk now!

**WE VALUE INCLUSION**

When seen next to a program within the brochure, this symbol notates that people with and without disabilities are welcome to register. For questions, adaptations and accommodations, please contact the Adaptive Recreation Specialist. If necessary, parents or aides are welcome to attend with participants.

REGISTRATION INFORMATION

REGISTRATION INFORMATION

Online Registration is STRONGLY RECOMMENDED at www.recreation.sudbury.ma.us or www.pool.sudbury.ma.us and is the **PREFERRED METHOD**. We accept **Walk-in Registration** as long as space is available, but there is a chance that you will have to wait in a line and spots fill quickly. We accept **Cash, Check, & Credit Card**- Visa or MasterCard. Feel free to familiarize yourself with the website prior to registration.

REFUNDS AND WITHDRAWALS

Refund request must always be in written form and dated at least 7 business days prior to the start of the program (*excluding **all** American Red Cross programs). Refund requests made at least 7 days in advance of the program will be assessed a **\$5 withdrawal fee**, except for summer which will be assessed a \$25 withdrawal fee. After that time, **no refunds**. **Refunds are easier to process if you pay by credit card!** If you pay by check, you must submit a refund form with a copy of the cancelled check at the FCC.

DISCOUNTED TICKETS AVAILABLE

AMC MOVIE TICKETS

GOLD TICKETS: \$9.00

amc
THEATRES.


Register Now!

APRIL VACATION CHILDHOOD ADVENTURES - PRESCHOOL




Escape for some creativity and adventures! **Please bring your own PEANUT-FREE snack.**
Sign your child up for as many days as you like. Each day of the week will have a different theme:

TIME: 9:00 AM - 12:00 PM **AGE:** 3.5 - 6
WHERE: FCC Room 4 **COST:** \$39 per child per day



TUES. Apr. 21
In the Garden



WED. Apr. 22
2015 Space Odyssey



THURS. Apr. 23
Fairy Tales



FRI. Apr. 24
Mad Scientist

Instructed by Sudbury Park & Recreation Preschool Staff



WICKED COOL - SCIENCE

We've opened up the Wicked Cool vault to offer kids' favorite experiments, guaranteed to have the WOW factor. Be a cool chemist and make rainbow slime, grow beasts in a cup and sink a submarine. We'll make things glow in the dark and make optical illusions. Next, explore the Earth while we build volcanoes, classify fossils and build a better water filter. Science is wicked cool when you spend a week solving scientific mysteries! *Min. 10*

AGES: Grades 1-5
DATES: Apr. 21 - 24 (Tues. - Fri.)
HALF DAY: 9:00 AM - 12:00 PM
COST: \$166
FULL DAY: 9:00 AM - 4:00 PM
COST: \$270
WHERE: FCC Room 1



Instructed by Wicked Cool for Kids

APRIL VACATION ALL - SPORTS CLINIC

The All Sports Clinic returns to Sudbury for its 10th year. Children over the years have enjoyed playing a variety of sports in a safe, fun environment. The AS instructors make sure the children learn the basic skills of each sport and always stress sportsmanship. Not only does the class offer sports, but it also includes fun games and activities that are often found in physical education classes. It's lots of activity in a fun setting with great instruction!

*Min. 10 *Pizza lunch will be available for purchase.*

AGES: 5 - 12
DATES: Apr. 21- 24 (Tues. - Fri.)
TIME: 9:00 - 2:00 PM
COST: \$169
WHERE: Curtis Middle School Gym



Instructed by New England Sports Camps

GARRO STUDIOS ART WEEK

Students will work on drawing, painting, printmaking, mixed media, and sculpture projects! All materials provided.

DATES: April 21 - 23 (Tues. - Thurs.)
MORNING SESSION: 9:00 AM - 12:00 PM
AFTERNOON SESSION: 12:30 PM - 3:30 PM
AGES: 6 - 10
COST: \$180 per session
WHERE: Garro Studios - 63 Summer Street, Maynard



Instructed by Garro Studios

CHALLENGER SOCCER

This program involves all facets of soccer from individual skill development to technical and tactical practice. Players will be exposed to practices that develop them both as individual and team players. Each day will include progressive practices and small-sided games as well as coached scrimmages.

Please bring a snack and water bottle.

AGES: 8-12
TIME: 9:00 AM - 12:00PM
DATES: Apr. 21 - 24 (Tues. - Fri.)
COST: \$117
WHERE: Haskell Field



Instructed by Challenger Soccer

HAMMEL TENNIS CAMP

DATES: Apr. 21 - 24 (Tues. - Fri.) **COST:** \$195 **WHERE:** Longfellow, Wayland

Instructed by Longfellow Club

ZIP TENNIS CAMP - AGES: 4 - 8 TIME: 9:00 - 11:30 AM
Using lower compression balls and smaller courts, children are introduced to the exciting sport of tennis! *Min. 4 (@ the Zip Zone)*

ORANGE BALL - AGES: 8 - 10 TIME: 1:00 - 4:00 PM
Using lower compression balls and 60-foot courts, children are taught to play tennis immediately! *Min. 4*

GREEN BALL - AGES: 10 - 12 TIME: 1:00 - 4:00 PM
Using full court and lower compression balls, children are introduced to tennis through skill development. *Min. 4*



BABYSITTERS TRAINING COURSE

Receive training in babysitting responsibilities by learning some basic characteristics of children, how to supervise and play with children. You will also learn 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.

TIME: 8:45AM - 4:00 PM
AGES: 11 - 15
DATES: Apr. 21 – 22 (Tues.-Wed.)
COST: \$100
WHERE: Atkinson Pool



Instructed by Atkinson Pool Staff

**ADAPTIVE SUPER SOCCER STARS SHINE**

Super Soccer Stars Shine is a unique program that uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including, but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. This soccer camp will focus on simplifying soccer into specific components while teammates work together to build new skills in a fun, non-competitive and educational environment. Coaches use specific tools and techniques including picture schedules, cheers and repetition to reinforce communication, aid in transition and increase task completion.

DATES: April 21 - 24
COST: \$95
WHERE: FCC Gym

TIME: 1:00 PM - 2:00 PM
AGES: 5 - 10



Instructed by Super Soccer Stars

**ONE DAY WORKSHOPS****HOME ALONE**

This one day course is designed for children who are unattended at home for short periods of time. Children learn telephone and door answering techniques, accident and fire prevention, and first aid skills. The class includes a variety of teaching methods, including active discussion, a video and role playing. Pizza will be served; please bring a drink.

DAY: Tuesday
AGES: 9 - 11
DATE: May 26
COST: \$45
TIME: 5:00 - 7:30 PM
WHERE: Parmenter VNA, 266 Cochituate Rd., Wayland, MA

Instructed by Beth Oleson of Parmenter Health

BABYSITTING

Learn strategies for the babysitter, first aid and choke saving techniques as well as mealtime, bedtime, diapering and discipline. A police presentation on safety issues includes door and telephone answering techniques, and accident and fire prevention. Pizza will be served; please bring a drink.

DAY: Wednesday
AGES: 11 - 14
DATE: Jun. 24
COST: \$45
TIME: 5:00 - 8:00 PM
WHERE: Parmenter VNA, 266 Cochituate Rd., Wayland, MA

Instructed by Beth Oleson of Parmenter Health

INCLUSIVE FISHING CLINIC

Ready to get outside and cast a line? Sign up for this one-day fishing clinic! This program is designed for the beginner fisherman and will introduce participants to the outdoors through the experience of fishing. This clinic is open for people of all ages and abilities. All equipment (including any necessary adaptive equipment) is provided as well as instruction, fishing license, and fishing education materials. Max. 15 pairs

DAY: Wednesday
TIME: 5:00 - 7:00 PM
DATE: June 3
AGE: 6+ with a parent
COST: \$10 per pair
WHERE: Willis Pond, Sudbury



*Instructed by Jim Legacy Angler Education Program,
 DCR Universal Access Program*

FIELD DAY GAMES

Join us for a fun-filled afternoon of outdoor games and an inflatable obstacle course! We will be playing tons of sports and other games, such as basketball, volleyball, capture the flag, dodgeball, and much more! Bring your ideas for games to play and your friends. All are welcome! *Min. 8*

DAY: Wednesday (SPSS early release)
TIME: 1:00 - 3:00 PM
DATE: May 20
AGES: 9 - 14
COST: \$25
WHERE: FCC Backfield/Gym



Run by Park & Recreation Staff

SUDBURY SPRING SPRINT TRIATHLON here at Sudbury Park & Recreation/Atkinson Pool!

Come participate, cheer on the racers or help us out! We are always looking for volunteers with race support along the course and with water stations. If you would like to help, please call 978-443-1092. *This race will benefit the Atkinson Pool.*

TRI SPROUTS KIDS' TRIATHLON

DATE: Saturday, May 16th
TIME: 9:00AM start
RACE: 50 Yard Pool Swim
 1 Mile Bike
 1/2 Mile Run



SUDBURY SPRINT TRIATHLON

DATE: Sunday, May 17th
TIME: 8:00AM start
RACE: 400 Yard Pool Swim
 7 Mile Bike
 2.3 Mile Run

For more information and to register, please visit: www.firm-racing.com

MASSACHUSETTS STATE PARK PASS

Discover your Massachusetts State Parks by borrowing the Sudbury Park & Recreation Park Pass for free!

The Park Pass entitles the bearer to free parking at over 50 facilities in the Massachusetts State Parks System that charge a day-use parking fee. Spend a day exploring nearby Walden Pond, take a drive on a sunny day to Horseneck Beach, or hike Wachusett Mountain (just to name a few)! Please note the Parks Pass is not valid at Nahant and Nantasket Beaches. **We look forward to seeing you in a state park!**

HOW TO USE THE Park Pass:

- CALL:** The Sudbury Park & Rec/Atkinson Pool front desk at **(978) 443-1092** to reserve pass for desired day.
- RESERVE:** Park Pass can be reserved for 24 hours. Please provide name, address and phone number.
- PICK UP:** Pass can be picked up any time after 9:00 AM on day of reservation.
- RETURN:** Must be dropped off before 9:00 AM the following morning.
- COST:** FREE!



Sudbury Park and Recreation is pleased to be offering our 11th annual Summer Concert Series this summer.

With the help of contributions from local business, we are able to provide you with wonderful nights of family fun throughout the summer. Come join us for our 11th annual Summer Concert Series. Bring friends, family, a picnic dinner, a blanket or chairs and maybe even your dancing shoes! See you there!

- WHEN:** Mondays starting at 7:00PM, July 6 - August 3 **FAMILY FUN NIGHT:** July 20th
- WHERE:** Haskell Field (Rain location - Fairbank Community Center Gym)
- WHO:** Everyone! Make a night of it and bring along a picnic dinner!
- COST:** FREE!



Sponsorship opportunities available, please contact Alyssa Papia at papiaa@sudbury.ma.us or 978-639-3257.



OPEN COFFEE MEET AND GREET WITH THE DIRECTOR

Come to the Atkinson Pool and share some coffee and conversation with the Park, Recreation and Aquatic Director, Nancy McShea. Share your concerns, suggestions and feedback about recreation programs, park issues and aquatics. This hour is dedicated to having your voice heard and having some great conversation.



WHEN: Tuesday, March 24, 2015
TIME: 10:00 – 11:00 AM
WHERE: Atkinson Pool Lobby,
 40 Fairbank Road



FREE AND OPEN TO THE PUBLIC!

PRESCHOOL PALS - Register Now!



Preschool Pals is a 1/2 day program where children will participate in arts & crafts, story time, age-appropriate games and activities, play on the playground, and splash in the sprinkler! Inclusion supports available.

1:5 counselor to child ratio + Preschool Director.

Register
Now!

WHO: Children Ages 3 and 4 ***MUST BE POTTY TRAINED**

WHERE: Fairbank Community Center

TIME: 9:00 AM - 12:00 PM

COST: \$165 per child/week (Mini Session: \$128)

OPTIONAL PRE-CAMP RED CROSS LESSONS

Don't miss this fantastic opportunity to drop off your child an hour early (8AM) and squeeze in a 30-Minute pre-camp swim lesson! Preschool Pals staff will be on hand to bring your child to their lessons with the WSI Certified Atkinson Pool staff and then down to Preschool Pals at 9AM to start their camp day. Parents are welcome to stay and watch lessons from the pool lobby.

TIME: 8:00 - 9:00 AM (**LESSON TIME:** 8:15 AM - 8:45 AM)

COST: \$75 per child/week

SEVEN 1-WEEK SESSIONS: (MON. - FRI.)

MINI SESSION: June 29 - July 2 (Mon. - Thurs.)

SESSION I: Jul. 6- 10

SESSION II: Jul. 13 - 17

SESSION III: Jul. 20 - 24

SESSION IV: Jul. 27 - 31

SESSION V: Aug. 3 - 7

SESSION VI: Aug. 10 - 14

FREE T-SHIRT (1 per summer) FOR CHILD ENROLLED!

A completed Parent Packet will need to be returned by **May 1st**. This packet outlines a typical day, procedures, what to bring, medical release form, authorized pick-up form, and more information.





BEGINNER GYMNASTICS

Using age appropriate equipment and fun techniques, your child will gain creative and rhythmic movement, flexibility, fundamental gymnastics and gross motor skills. Exploring various apparatus including beam, high bar, rings, mats, mat shapes, spring board and trampolines along with unique products such as Gonge balance sets, polyspots and Action, your child will progress with introductory skills while having fun! *Min. 8*



DAY: Mondays
AGES: 4 - 6

TIME: 4:00 - 4:55 PM
COST: \$86

DATES: Apr. 27 - Jun. 8 *No Class 5/25
WHERE: FCC Gym



Instructed by Knucklebones

PUDDLESTOMPERS NATURE EXPLORATION

Learn how flowers grow and dig for worms and other creatures under the soil. Investigate birds building their new nests and hop with frogs to vernal pools! Discover the amazing open spaces Sudbury has to offer. Weekly classes include hands-on nature exploration, active movement and play, snack and a story. Younger siblings, up to age 10 months and in a backpack, are welcome. Exceptions to age groupings may be granted by PUDDLESTOMPERS to allow siblings to take class together. *Min. 4 w/Adult*

DAY: Thursdays
DATES: Apr. 30 - Jun. 11
AGES: 2 - 4
WHERE: Various Sudbury Parks and Conservation Areas

TIME: 9:30 - 10:25 AM
DURATION: 7 weeks
COST: \$175



Instructed by Puddlestompers Staff

DROP IN GYM TIME

hosted by **THE SUDBURY FAMILY NETWORK**

The Sudbury Family Network hosts this morning of fun at the Fairbanks Community Center Gym. Come let the kids run around the gym and play with balls, play-mats and more. ALL CHILDREN WELCOME, but must be accompanied by an adult.

DAY: Tuesdays (Every other)
DATES: Apr. 28, May 12, 26, Jun. 9
COST: FREE

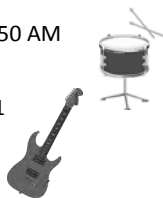
TIME: 9:30 - 11:00 AM
AGES: 5 and under
WHERE: FCC Room 2



KIDS ROCK MUSIC CLASS

This class will incorporate fun music activities that teach the basic concepts of music. Games like "high and low, fast and slow" and "freeze dance" will help kids learn about music through response and participation. Kids will have an opportunity to play instruments, sing, move, dance and clap along. There will also be demonstrations of cool instruments including electric bass, guitar and drums!

TIME: 11:00 AM - 11:50 AM
TUES. DATES: Apr. 28 - Jun. 9
THURS. DATES: Apr. 30 - Jun. 11
DURATION: 7 weeks
AGES: 2.5 - 5
COST: \$146 per session
WHERE: Sudbury School of Music



Instructed by Sudbury School of Music



MICRO WHEELS

Micro Wheels teaches the fundamentals of learning to ride a bicycle without training wheels! Each class your Knucklebones' Coach will bring in a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. We will introduce an activity involving wheeled vehicles such as scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. *Min. 8*

DAY: Mondays
TIME: 9:30 - 10:20 AM
DATES: Apr. 27 - Jun. 8 *No Class 5/25
DURATION: 6 weeks
AGES: 2 - 4
COST: \$86
WHERE: FCC Basketball Courts



Instructed by Knucklebones



MINI MOVERS

This class is for children who love to move to the music and their parent/caregiver. Explore the world of movement and dance using props such as ribbons, hoops, balls, and the parachute. We will dance, twirl, and use our imaginations to move in new ways and get our energy out. Parents or caregivers will help with leading and encouraging your child. *Min. 5*

DAY: Tuesdays
TIME: 9:45 - 10:30 AM
DATES: May 12 - Jun. 9
DURATION: 5 Weeks
AGE: 18 months - 2 (w/Parent or Caregiver)
COST: \$91
WHERE: Dancers Workshop - Sudbury



Instructed by Dancers Workshop

HIPPITY - HOP

Has your child wanted to "dance like the big kids?" If so, this is their chance! Hippity-Hop, specifically designed for the younger set, is full of rhythm, body awareness, simple choreography and high-energy fun. *Min. 5*

DAY: Fridays
DATES: April 10 - May 22
COST: \$143
WHERE: House of Dance - 365 Boston Post Rd, Sudbury

TIME: 3:45 - 4:30 PM
DURATION: 6 Weeks
AGES: 4 - 6

Instructed by House of Dance



F.A.S.T ATHLETICS PRE-K T-BALL

The children will learn the basic skills in fielding, throwing, hitting, and base running. This is an easy introduction into t-ball where learning and skill development are our priorities. *Min. 8*

**Please note there is only one guaranteed make-up, 6/13.*

DAY: Saturdays
DATES: Apr. 25 - Jun. 6 *No Class 5/23
DURATION: 6 Weeks
AGE: 3 - 6

TIME: 9:00 - 9:55 AM
WHERE: Curtis Softball Field
COST: \$85

Instructed by F.A.S.T. Athletics



**TERRIFIC TWOS & KREATIVE KIDS 2015 - 2016**

For Children Ages 2 and 3 at the Fairbank Community Center.

PRESCHOOL REGISTRATION: for the 2015 - 2016 school year will be held on **Wednesday, June 10th at 9:00 AM.**

Children join us for engaging, hands-on, interactive fun! Our mornings include arts and crafts, singing and circle time, free play, movement, and a variety of other age appropriate activities in a group setting. This is a drop-off program and a great introduction to a preschool-like setting!

Programs run in three sessions: Fall, Winter, and Spring (Program dates will be available in our summer brochure). You may sign up for the whole year at once (this is recommended), or just a season at a time. **Please note:** These programs fill quickly! We highly recommend signing up early and adding your child to the wait list once programs fill. All registrations are on a first-come, first-served basis.

Children must be two years old to start Terrific Twos.

*Instructed by Anne Lee, Preschool Coordinator and Preschool Staff***TERRIFIC TWOS**

AGE: 2
TIME: 9:30 - 12:00 PM
DAY: Monday, Tuesday, Thursday, and/or Friday

Don't
Miss It!

KREATIVE KIDS

AGE: 3
TIME: 9:15 AM-12:00 PM
DAY: Wednesdays Only

NEW!!

ART IN THE AFTERNOON

Join us for weekly sessions to explore the basics of art. Children will use different mediums, such as pencils, oil pastels, watercolors and paint to create original artwork. Please bring a peanut/tree nut free lunch. Please dress appropriately to get messy.

DAY: Wednesdays
TIME: 12:15 - 1:45 PM
DATES: Apr. 29 - May 27
DURATION: 5 Weeks
AGES: 3 - 5
COST: \$90
WHERE: FCC Room 4

*Instructed by Anne Lee, Preschool Coordinator and Preschool Staff***VIKING WEEKEND PRE-K SOCCER**

This fun program will give children a chance to learn some basic soccer skills while playing soccer related games and drills. Players should bring a soccer ball, shin guards and a water bottle (cleats optional). Players get a Viking T-shirt. *Min. 6*

DAY: Saturdays
AGES: 4 - 5
DATES: May 2 - Jun. 13 *No Class 5/23
DURATION: 6 Weeks
CLASS I: 9:00 - 9:50 AM
CLASS II: 10:00 - 10:50 AM
CLASS III: 11:00 - 11:50 AM
COST: \$72
WHERE: FCC Backfield

*Instructed by Viking Sports***CREATIVE MOVEMENT**

NEW!!

Props such as ribbons, wands, parachute and hoops will encourage children and keep them engaged as they learn balance, coordination and body awareness. Ballet terminology and movements will be incorporated and taught to children's music. Each class will focus on a new dance element, encouraging learning, and offer your dancer the opportunity to move freely. *Min. 5*

DAY: Tuesdays
TIME: 4:15 - 5:00 PM
DATES: May 12 - Jun. 9
DURATION: 5 Weeks
AGE: 3 - 6
COST: \$91
WHERE: Dancers Workshop - Sudbury

*Instructed by Dancers Workshop***PRE ZIP TENNIS**

This clinic is designed for 4 - 5 year olds with little to no tennis experience. Focus on motor skills, balance, coordination, agility and racquet drills. Racquet provided. *Min. 4*

DAY: Sunday
TIME: 10:00 - 10:45 AM
DATES: May 3 - Jun. 14 *No Class 5/24
DURATION: 6 weeks
AGES: 4 - 5
COST: \$94
WHERE: Longfellow Club - Zip Zone

*Instructed by Longfellow Club***US SPORTS T-BALL SQUIRTS**

NEW!!

The US Sports Institute's T-Ball Squirts is a great way to introduce your young sluggers to the exciting game of baseball! T-Ball Squirts focuses on the fundamental skills of the game: including hitting, throwing, catching and running the bases. Using safe and developmentally appropriate equipment, core components of T-Ball are learned through a series of fun games and activities. *Min. 7*

DAY: Fridays
TIME: 3:30 - 4:20 PM
DATES: May 8 - Jun. 12
DURATION: 6 Weeks
AGES: 3 - 5
COST: \$98
WHERE: FCC Backfield

*Instructed by US Sports Institute*

NEW!!

SCIENCE AND NATURE EXPLORATION



Children are natural scientists and love learning about their world. Come join us to explore the natural world and to learn some science concepts. Please dress appropriately for the weather.

Please bring a peanut/tree nut free lunch.

DAY: Mondays
TIME: 12:30 - 2:00 PM
DATES: Apr. 27 - Jun. 1 *No Class 5/25
DURATION: 5 Weeks
AGES: 3.5 - 5
COST: \$90
WHERE: FCC Room 4



Instructed by Anne Lee, Preschool Coordinator and Preschool Staff

Register Now!

JUMP, ROLL, & SING



Join us for a morning of movement and interaction! Children enjoy exercise, creative movement, rolling with mats, circle time, and singing. Children must bring their favorite adult. *Min. 5 children.*

DAY: Wednesdays **TIME:** 9:30 - 10:30 AM
DATES: Apr. 1 - Jun. 10 **DURATION:** 10 Weeks
WHERE: FCC Room 2 **AGE:** 15 months - 2.5 years (w/adult)
COST: \$92

Instructed by Preschool Staff



SUPER SOCCER STARS



At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curriculum uses positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. For ages 2 and up!

COST: \$164 **WHERE:** FCC Backfield

SUNDAY

DATES: May 3 - Jun. 14 *No Class 5/24
AGES 2-3: 9:00 - 9:40 AM
AGES 3-4: 9:50 - 10:35 AM
AGES 4-5: 10:40 - 11:30 AM



Instructed by Super Soccer Stars

US SPORTS GOLF SQUIRTS



Delivered in a safe controlled environment, Golf Squirts makes learning simple, progressive and fun for both parent and child. The highly acclaimed SNAG equipment is specially designed to increase consistency, learning and development. Participants can take advantage of oversized, lightweight clubs. *Min. 7*

DAY: Fridays **TIME:** 4:30 - 5:20 PM
DATES: May 8 - Jun. 12 **DURATION:** 6 Weeks
AGES: 3 - 6 **COST:** \$98
WHERE: FCC Backfield

Instructed by US Sports Institute



LONGFELLOW YOUTH TENNIS

WAYLAND LONGFELLOW INDOOR TENNIS

Instructed by the Longfellow Club

ZIP 1 & ZIP 2

For students with little or no tennis experience to some tennis experience. Focus on motor skills, balance, coordination, agility, racquet skills, and rallying skills. *Min. 4*

DAY: Sundays **TIME:** 10:45 - 11:30 AM
DATES: May 3 - Jun. 14 *No Class 5/24 **DURATION:** 6 Weeks
AGES: 6 - 7 **COST:** \$94
WHERE: Longfellow Club - Zip Zone



USA TENNIS - ORANGE BALL 1 (BEGINNER)

For Junior player with no tennis experience. Played on 60 ft. courts with low compression orange balls that are 50% slower than yellow ball. Focus on basic stroke development. *Min. 4*

DAY: Tuesdays **TIME:** 4:00 - 5:00 PM
DATES: Apr. 28 - Jun. 2 **DURATION:** 6 Weeks
AGES: 8 - 10 **COST:** \$109
WHERE: Longfellow Club



ZIP 3 - USA ZIP

For students with at least 1 year of Zip Tennis Experience. Focus on rally skills, serving, and point play. *Min. 4*

DAY: Sundays **TIME:** 11:30 AM - 12:30 PM
DATES: May 3 - Jun. 14 *No Class 5/24 **DURATION:** 6 Weeks
AGES: 7 - 8 **COST:** \$109
WHERE: Longfellow Club - Zip Zone



USA TENNIS ORANGE BALL 2 (INTERMEDIATE)

For junior player looking for fun and competitive play. Some experience. Played on 60 ft. courts with low compression balls that are 50% slower than yellow ball. Focus on basic stroke development, tactics and strategy for match play. *Min. 4*

DAY: Tuesdays **TIME:** 5:00 - 6:00 PM
DATES: Apr. 28 - Jun. 2 **DURATION:** 6 Weeks
AGES: 8 - 10 **COST:** \$109
WHERE: Longfellow Club





EMPOW STUDIOS VIDEO GAME DESIGN



Students learn the fundamentals of object-oriented programming through video game design while creating their own game. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic, and object-oriented programming. Games can be played at home (MS Windows-only), and software used in class is available for download (MAC and PC) for those who want to continue working on their games at home. *Min. 8*

DAY: Tuesdays **TIME:** 4:00 - 5:00 PM
DATES: Apr. 28 - Jun. 16 **DURATION:** 8 Weeks
AGES: Grades 3 - 5 **COST:** \$195
WHERE: FCC Room 1



Instructed by Empow Studios

LOWER AND UPPER PRIMARY DRAMA KIDS



Drama Kids is dramatically different! We are a Skills based program that teaches life skills through Drama activities. It is for all children: Shy, Extroverted, Analytical, Reserved, Energetic, etc. We are developmental based... skills we work on in every class: Creative thinking, risk-taking, leadership and team-building. We do this with Improvisation, Speech, Movement, Scene work with partners, small and large groups! We don't focus on just ONE performance, we perform for each other each week!! Most important... We have FUN!! *Min. 6*

DAY: Tuesdays **DATES:** Apr. 28 - Jun. 9
WHERE: FCC Gym **DURATION:** 7 weeks

LOWER PRIMARY
TIME: 4:30 - 5:30 PM
AGE: Grades K - 2
COST: \$163

UPPER PRIMARY
TIME: 5:30 - 6:30 PM
AGE: Grades 3-5
COST: \$163



Instructed by Drama Kids International

INCLUSIVE FISHING CLINIC



Ready to get outside and cast a line? Sign up for this one-day fishing clinic! This program is designed for the beginner fisherman and will introduce participants to the outdoors through the experience of fishing. This clinic is open for people of all ages and abilities. All equipment (including any necessary adaptive equipment) is provided as well as instruction, fishing license, and fishing education materials. Max. 15 pairs

DAY: Wednesday **TIME:** 5:00 - 7:00 PM **DATE:** June 3 **AGE:** 6+ with a parent
COST: \$10 per pair **WHERE:** Willis Pond, Sudbury

Instructed by Jim Legacy Angler Education Program, DCR Universal Access Program



F.A.S.T. SUPER SPORTS

F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport.

Each class will end with a high energy game. *Min. 8.*

Please note there is only one guaranteed make-up, 6/13.

DAY: Saturdays **TIME:** 10:00 - 10:55 AM
DATES: Apr. 25 - Jun. 6 *No Class 5/23 **DURATION:** 6 Weeks
AGE: 6 - 8 **COST:** \$85
WHERE: Curtis Backfield



Instructed by F.A.S.T. Athletics

HIP HOP DANCE

Kids will learn the foundation and basics of hip-hop dance, including age-appropriate moves and music from professional dance educators. Each class will include a stretch and conditioning warm-up, across the floor dance technique, and a funky dance combination.

Elementary Hip-Hop is full of rhythm, body awareness, simple choreography and high-energy craziness! *Min. 5*

DAY: Fridays **TIME:** 4:30 - 5:30 PM
DATES: April 10 - May 22 *No class 4/24 **DURATION:** 6 Weeks
AGE: Grades 1 - 5 **COST:** \$143
WHERE: House of Dance - 365 Boston Post Rd, Sudbury



Instructed by House of Dance



US SPORTS FIRST PLAY LACROSSE

US Sports Institute's First Play Lacrosse participants will learn the fundamentals of the sport including, stick handling, passing, scooping, dodging and shooting as well as many other key techniques. The First Play Lacrosse clinic is ideal for entry level players with little or no previous playing experience. Participants will grouped by age and playing ability as necessary. The US Sports Institute will provide all equipment for this class. *Min. 7*

DAY: Thursdays **TIME:** 4:30 - 5:30 PM
DATES: May 7 - Jun. 11 **DURATION:** 6 Weeks
AGE: 7 - 12 **COST:** \$117
WHERE: FCC Backfield



Instructed by US Sports Institute



EMPOW STUDIOS LEGO ENGINEERING

Take your LEGO® building to the next level! Lego swing rides, golf-putters, and swamp boats are just a few of the awesome projects for students to build as they learn about the principles of construction and engineering. After building the initial project, students can modify their creations and motorize their devices with hand-powered generators or direct drives. *Min. 8*

DAY: Thursdays **TIME:** 4:00 - 5:00 PM
DATES: Apr. 30 - Jun. 18 **DURATION:** 8 Weeks
AGES: Grades 1 - 4 **COST:** \$195
WHERE: FCC Room 1



Instructed by Empow Studios





F.A.S.T. ATHLETICS FLAG FOOTBALL

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters. Min. 8 **Please note there is only one guaranteed make-up, 6/17.*

DAY: Wednesdays **TIME:** 3:45 - 4:45 PM
DATES: Apr. 29 - Jun. 10 ***No Class 4/22** **DURATION:** 7 Weeks
AGE: 7 - 12 **COST:** \$98
WHERE: FCC Backfield

Instructed by F.A.S.T Athletics



BEGINNER YOUTH LINE DANCING

A great class for anyone just starting out to learn the basics. As a beginner, you will enjoy step-by-step instructions of enough line dances to get you up and line dancing to not only great country music, but also to just about any other music! Line dancing is a great way to have fun and get moving. Please wear shoes with smooth bottoms. Min. 5

DAY: Wednesdays
TIME: 6:30 - 7:20 PM
DATES: Apr. 29 - Jun. 3
DURATION: 6 Weeks
WHERE: FCC Gym
AGES: 8 - 13
COST: \$94



Instructed by Sudbury Park & Recreation Staff,
 Ronda Bertrand-Robbins



JUNIOR GOLF CLINIC

A junior clinic to develop the swing and knowledge of the game including putting, chipping, irons, and etiquette. Strategies for power and control will be addressed. Min. 6

DAY: Tuesdays **TIME:** 4:15 - 5:30 PM
DATES: Apr. 28 - May 26 **DURATION:** 5 Weeks
AGES: 8 - 11 **COST:** \$195
WHERE: Wayland Country Club



Instructed by Wayland Country Club



JAZZ DANCE

Whether a beginner or a seasoned dancer, this class is for you. With energetic music, new dance moves and a focus on fun this class will cover it all. Stretching, technical skills, turns, and a trick or two will have you excited for more. A class combination will be built upon each class, making a mini dance you can show off to friends and family. No experience necessary. Min. 5

DAY: Wednesdays **TIME:** 4:15 - 5:15 PM
DATES: May 13 - Jun. 10 **DURATION:** 5 Weeks
AGE: 7 - 10 **COST:** \$91
WHERE: Dancers Workshop - Sudbury



Instructed by Dancers Workshop

NITEHAWKS TRACK & FIELD - Kindergarten - 8th Grade



NITEHAWKS OUTDOOR TRACK & FIELD



Run, jump and throw! It's time for track and field. Want to learn more and become a better all-around athlete? You will be instructed and trained by USATF certified coaches to improve your running, jumping and throwing ability. It's a great way to try new things and have fun. Practices will be held every Monday and Thursday as a team at Wayland High School and individual workouts will be provided to those who want to do more on their own. Thursdays will include home and away meets with other teams when not a team practice day. In addition, there are several meets during the season in which anyone can participate. Participants will be grouped according to age.

DAY: Mondays & Thursdays **TIME:** 6:00 - 7:30 PM
DATES: April 13 - July 6 ***No practice 4/20, 4/23, 5/25** **DURATION:** 12 weeks
AGES: Grades K - 8 **COST:** \$185 (includes runners singlet)
WHERE: Wayland High School track



Instructed by NiteHawks Staff, Alex Ivanov & Eric Bucher





EMPOW STUDIOS LEGO ROBOTICS

Do you like to build? Drive remote control vehicles? Program robots? Then this is the class for you. Students will use LEGO MINDSTORM NXT components to build and program models of machines and devices that operate automatically or by remote control. Projects may include a drawbridge, robotic arm, pinball machine, crane, car, and others. Working with expert instructors and detailed building plans, students will complete a different project in each class. Photos of all their creations will be available after the final class. *Min. 8*

DAY: Thursdays
DATES: Apr. 30 - Jun. 18
AGES: Grades 5 - 8
WHERE: FCC Room 1
TIME: 5:15 - 6:15 PM
DURATION: 8 Weeks
COST: \$195

Instructed by Empow Studios  Tech | Arts | Play



EMPOW STUDIOS VIDEO GAME DESIGN

Students learn the fundamentals of object-oriented programming through video game design while creating their own game. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic, and object-oriented programming. Games can be played at home (MS Windows-only), and software used in class is available for download (MAC and PC) for those who want to continue working on their games at home. *Min. 8*

DAY: Tuesdays
DATES: Apr. 28 - Jun. 16
AGES: Grades 6 - 8
WHERE: FCC Room 1
TIME: 5:15 - 6:15 PM
DURATION: 8 Weeks
COST: \$195

Instructed by Empow Studios  Tech | Arts | Play



TEEN YOGA

An excellent compliment to a teenager's busy academic and athletic schedule. Teens will strengthen, stretch and relax their bodies as they learn yoga postures, breathing and meditation techniques. Athletic teams and groups welcome. Wear clothing that is easy to move in and bring a yoga mat. *Min. 4*

DAY: Thursdays
DATES: May 7 - Jun. 4
TIME: 5:45 - 7:00 PM
DURATION: 5 weeks
WHERE: FCC Gym
COST: \$81



Instructed by Park & Recreation Staff, Jane Cunningham

MIDDLE SCHOOL HIP HOP DANCE

Come learn the newest and most popular form of dance to hit the scene! Urban movements including street funk dance will be incorporated into each class. Get ready for Teen Center by learning how to move like "Americas Best Dance Crew," from professional dance educators. Incorporating age-appropriate music and style. *Min. 5*

DAY: Fridays
DATES: April 10 - May 22 *No 4/24
AGES: Grades 6 - 8
WHERE: House of Dance - 365 Boston Post Rd, Sudbury
TIME: 5:30 - 6:30 PM
DURATION: 6 Weeks
COST: \$143

Instructed by House of Dance



JEAN LIND TEEN CENTER

Hey 7th and 8th graders, come have fun at the Jean Lind Teen Center! Our Friday night events have something for everyone. Dance to the music of a live DJ, play arcade games, use the pool tables, foos ball table, ping pong, or air hockey tables. Like video games? We have those too! Xbox One, Wii, Rock Band, Dance Dance Revolution and more! Come play music on the juke box or hang out in the TV room and chat with friends! **ID Cards Required.**

WHO: 7th & 8th Graders who live in or attend school in Sudbury
DAY: Fridays
TIME: 7:30 - 10:00 PM
WHERE: Fairbank Community Center
COST: \$8 per person with ID/\$10 per person without ID
EXTRAS: \$1 snacks/drinks



For information, rules, and event happenings, please contact (978) 443-1051. More information can be found at www.teen.sudbury.ma.us.

SAVE THE DATES!

DATE	GRADE	EVENT
April 10	7 & 8	Spring Fling
May 1	7	TBD
May 8	8	with Lincoln
June 5	6	Welcome night!
June 12	7 & 8	Last event!

WILD WEDNESDAY

This program is a great way for students in middle school to spend their early release Wednesdays. Space is limited so register early!

AGES: Grades 6 - 8
DEPART FROM: Curtis Middle School Cafeteria
RETURN TO: FCC

ALTITUDE TRAMPOLINING PARK!

Sudbury Park & Recreation will have the exclusive use of Altitude Trampoline Park for the afternoon!!! Join us for jumping, flipping and dodgeball!

WHEN: Apr. 29
TIME: 12:00 - 4:00 PM
COST: \$50



Run by Park & Recreation Staff



INCOMING 6TH GRADE PARTY!

Looking to meet other students who will be attending Curtis next year? If so, this is the perfect place for you! This party will include swimming, basketball, volleyball, dinner, and fun for children entering Grade 6 in the Fall of 2015. Don't miss it! Space is limited so register early!

DAY: Sunday, June 7th
TIME: 3:30 - 6:00 PM
WHERE: Fairbank Community Center
GRADE: 6th Graders in the Fall of 2015
COST: \$20



In order for this event to run smoothly **we need parent volunteers!**
 Parent volunteers will earn a free admission for their child.
 For more information, please email Amber at Comeaua@sudbury.ma.us.

Run by Park & Recreation Staff



ART EXPLORATION

Join us once a week for a sensory art adventure! Some weeks the activities in this inclusive art class will be for the full 60 minutes and other days there will be multiple creative opportunities. Some projects include water color resists, paint blotting, printmaking and collage. This is a unique program that is based on the interests of the students, so please send in your ideas!

DAY: Friday
DURATION: 3 weeks
AGES: 12 - 18
COST: \$56
DATES: June 5 - 19
WHERE: FCC Room 1
TIME: 4:30 - 5:30 PM



Instructed by Sudbury Park & Recreation Staff



MIDDLE SCHOOL GOLF CLINIC

A junior clinic to develop the swing and knowledge of the game, including putting, chipping, irons, and etiquette. Strategies for power and control will be addressed. *Min. 6*

DAY: Tuesdays
TIME: 3:00 - 4:15 PM
DATES: Apr. 28 - May 26
DURATION: 5 Weeks
AGE: 12 - 14
COST: \$195
WHERE: Wayland Country Club



Instructed by Wayland Country Club

WAYLAND LONGFELLOW INDOOR TENNIS

Instructed by the Longfellow Club



USA TENNIS - GREEN BALL 1 (BEGINNER)

For the junior player looking for fun. No tennis experience. Use low compression green balls that are 25% slower than yellow ball. Players learn to serve, rally and play tennis. *Min. 4*

DAY: Thursdays
TIME: 4:00 - 5:00 PM
DATES: Apr. 30 - Jun. 4
DURATION: 6 Weeks
AGES: 10 - 12
COST: \$109



USA TENNIS - GREEN BALL 2 (INT.)

For the junior player with tennis experience. Played on 60 ft. courts with low compression orange balls that are 50% slower than yellow ball. Focus on basic stroke development. *Min. 4*

DAY: Thursdays
TIME: 5:00 - 6:30 PM
DATES: Apr. 30 - Jun. 4
DURATION: 6 Weeks
AGES: 10 - 12
COST: \$163



MIDDLE SCHOOL TENNIS - YELLOW BALL

Players learn the skills necessary to be successful at the high school level. Focus will be on tactics, strategies, and stroke production. *Min. 4*

DAY: Tuesdays
TIME: 3:30 - 5:00 PM
DATES: Apr 28 - Jun. 2
DURATION: 6 Weeks
GRADES: 6 - 8
COST: \$163



CARDIO TENNIS (Mon., Fri., or Sat.)

Love to play tennis and work out? Come join Cardio tennis, a great way to work that heart rate while having fun playing tennis with some fun games, drills and music. **All classes are at the Longfellow Club.** The Longfellow Club is a National Cardio Tennis Site.

MONDAY DATES: Apr. 27 - Jun. 8 *No Class 5/25
FRIDAY DATES: May 1 - Jun. 5
TIME: 11:00 AM - 12:00 PM
COST: \$94 per session
DURATION: 6 Weeks

SATURDAY DATES: May 2 - June 13
TIME: 7:30 - 8:30 AM
COST: \$94 per session
DURATION: 6 Weeks

Instructed by the Longfellow Club

Register
Now!

MEN'S 30+ BASKETBALL

Looking for a night of pick-up basketball? Join us for indoor basketball on Monday evenings through the school year. Please wear clean, dry sneakers and bring your own basketball. There will not be make-ups for snow days. *Min. 9*

DAY: Mondays
TIME: 7:00 - 9:00 PM
SPRING: Mar. 30 - Jun. 15 *No Class 4/20, 5/25
WHERE: Peter Noyes Gym
COST: \$50 per season



Facilitated by Park & Recreation

YOGALATES

Yogalates is a blend of Pilates and Yoga. In each 75 minute class, we will tap the benefits of both disciplines by doing a sequence of poses that will strengthen your body while also promoting flexibility, balance and relaxation. Please bring a padded yoga mat and a small blanket. *Min. 4*

DAY: Thursdays
DATES: May 7 - Jun. 4
TIME: 7:15 - 8:30 PM
DURATION: 5 weeks
WHERE: FCC Gym
COST: \$81



*Instructed by Sudbury Park & Recreation Staff,
Jane Cunningham*

**BEGINNER LINE DANCING**

A great class for anyone just starting out to learn the basics. As a beginner, you will enjoy step-by-step instructions of enough line dances to get you up and dancing for a night out at a dance club, a wedding or any event. Repetition is the key. We will practice dances over and over always with a review of dances before the music comes on. Line dancing is a great way to have fun and get moving. Most importantly, a fun and safe atmosphere where everyone can feel free to learn and ask questions is a priority.

Please wear shoes with smooth bottoms. *Min. 5*

DAY: Mondays
TIME: 7:30 - 8:30 PM
DATES: Apr. 29 - Jun. 3
DURATION: 6 Weeks
WHERE: FCC Gym
COST: \$94



*Instructed by Sudbury Park & Recreation Staff,
Ronda Bertrand-Robbins*

NEW!!

APPLIED PILATES

Pilates exercises help the body be more balanced and efficient in its posture and movement. By combining physical exercise, mental focus and proper body alignment, you can start to recognize and re-train your body to eliminate habitual patterns of movement that cause stress and strain with everyday activities. This 7 week Pilates Mat Program will use a traditional format.

DAY: Tuesdays
DATES: Apr. 28 - Jun. 9
TIME: 9:30 AM - 10:20 AM
DURATION: 7 Weeks
COST: \$100
WHERE: Applied Pilates LLC -
2 Watson Pl, Framingham



Instructed by Applied Pilates LLC



ADVANCED BEGINNER ADULT TENNIS

Looking to get active and learn a bit more about tennis? This program is designed for those who have completed a beginner level clinic or who may have played tennis at some point in their life and are looking to return to the sport.

DAY: Tuesdays
DATES: Apr. 28 - Jun. 2
TIME: 12:30 - 2:00 PM
COST: \$163 per session
DURATION: 6 Weeks
LOCATION: Longfellow Club



Instructed by the Longfellow Club

BEGINNER ADULT TENNIS

Come work on your doubles games with the latest doubles drills. These drills will improve your doubles performance and have players wanting to be your partner. Designed for those who have never played tennis. Please bring sneakers and a racquet.

DAY: Thursdays
DATES: Apr. 30 - Jun. 4
TIME: 12:30 - 2:00 PM
COST: \$163 per session
DURATION: 6 Weeks
LOCATION: Longfellow Club



Instructed by the Longfellow Club

GOLF CLINIC FOR ADULTS

Develop your swing and knowledge of the game, including putting, chipping, irons, driving, and sand play. Bring clubs if you have them. We can provide clubs if needed. *Min. 5*

DAY: Tuesdays
DATES: Apr. 28 - May 26
TIME: 11:00 AM - 12:15 PM
DURATION: 5 Weeks
COST: \$195
WHERE: Wayland Country Club



Instructed by Wayland Country Club

NEW!!

OUTDOOR YOGA

Embrace spring with an outdoor yoga class! This Dharma yoga inspired class will lead you through a graceful flow of stretching and strengthening postures while incorporating breath work and meditation techniques. Wear comfortable clothing, bring a padded yoga mat and blanket. *Min. 4*

DAY: Wednesdays
DATES: May 6 - Jun. 3
TIME: 9:00 AM - 10:45 AM
DURATION: 5 Weeks
COST: \$81
WHERE: FCC Backfield



*Instructed by Sudbury Park and Recreation Staff,
Jane Cunningham*

NEW!!

DODGEBALL NIGHTS

Looking for something fun to do to get active with your friends? Join us for Dodgeball Nights! Play the regular game or bring in new variations of the game to try. Dodgeballs will be provided. *Min. 6*



DAY: Mondays
TIME: 6:30 - 8:30 PM
DATES: Apr. 27 - Jun. 8 *No Class 5/25
WHERE: FCC Gym
COST: \$30

Facilitated by Park & Recreation

CO-ED VOLLEYBALL

Sudbury Volleyball welcomes new full or part-time players. Our group mixes league-quality and intermediate players for a competitive but friendly evening. Games are played on a full-size court in Sudbury. More information and to sign up, please visit <http://www.sudburyvolleyball.org>.

DAY: Wednesdays
TIME: 7:30 - 9:30 PM
DATES: Apr. 8 - Jun. 10 (9 weeks)
COST: \$30 full-time or \$15 part-time



NEW!!

GUITAR CLASS FOR BEGINNERS

This class taught by Peter Wiernik, a state certified instrumental and vocal music teacher, will cover techniques and hand positions for open chords, basic note reading, playing with a steady rhythm, and basic scales. This class is designed to take you from square one, and get you started on your own musical journey with a solid foundation. Please bring your own guitar. Loaners are available, if needed.

DURATION: 7 weeks

AGES: 16+

WHERE: Sudbury School of Music



WEDNESDAY
DATES: Apr. 29 - Jun. 10
TIME: 10:00 - 11:00 AM
COST: \$146

SATURDAY
DATES: May 2 - Jun. 13
TIME: 2:00 - 3:00 PM
COST: \$146



Instructed by Sudbury School of Music

The Sudbury Senior Center offers several fitness classes designed for the older exerciser, generally targeted to those who are 60+. Classes are open to those who are younger who would benefit from these classes on a space available basis. Please call the Sudbury Senior Center at (978) 443-3055 for more information, class descriptions, and to register.

TAI CHI FOR HEALTHY LIVING
DAY: Tuesdays
TIME: 1:15 - 2:15 PM
DATES: Apr. 14 - Jun. 9
DURATION: 8 weeks
COST: \$10

TAP DANCE
DAY: Thursdays
TIME: 9:30 - 10:30 AM
DATES: Apr. 16 - Jun. 12 *No Class 4/23
WHERE: FCC Gym
DURATION: 8 Weeks
COST: \$40

FIT FOR THE FUTURE
MON., WED., or FRI., 11:00AM - 12:00PM
DURATION: Ongoing, monthly
WHERE: FCC Gym
COST: \$2 drop-in

TAI CHI
DAY: Mondays
TIME: 2:15 - 3:15 PM
DATES: Mar. 2 - Apr. 27
WHERE: FCC Gym
COST: \$36

BETTER BONES/SENIOR STRENGTH
MON.: 1:00 - 2:00 PM
DATES: Apr. 13 - Jun. 15 *No Class 5/25
FRI.: 9:30 - 10:30 AM
DATES: Mar. 27 - May 15
DURATION: 8 weeks
WHERE: FCC Gym
COST: \$56

YOGA FOR LIVING WELL
DAY: Tuesdays
TIME: 9:40-10:40AM (FCC Room 2) or 11:00AM-12:00 PM (FCC Gym)
DATES: Apr. 7 - May 26
DURATION: 8 weeks
COST: \$56

ADAPTIVE & INCLUSIVE PROGRAMS

The Sudbury Park & Recreation Department strives to provide sport and recreation opportunities to community members of all ages and abilities. The following are the adaptive sports and recreation programs available for individuals with disabilities and/or differing learning styles. Questions about the program and supports available. Contact Amber Comeau, Assistant Recreation Director/Adaptive Recreation Director, at comeau@sudbury.ma.us

WE VALUE INCLUSION



When seen next to a program within the brochure, this symbol notates that people with and without disabilities are welcome to register. If necessary, parents or aides are welcome to attend with participants.

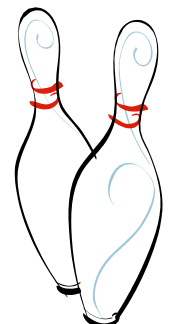
TUESDAY NIGHT BOWLING PROGRAM



Come on out and hit the bowling lanes! With the help of Sudbury's Boy Scout Troop #60, this program welcomes participants of all abilities to come and bowl this winter! Participants will be paired up with a boy scout and will bowl two games each evening. This program meets every other Tuesday and parents/guardians must remain on site.

DAY: Tuesday
TIME: 5:30 - 7:00 PM
DATES: April 14, 28, May 26, June 9
DURATION: 5 weeks
WHERE: Bowl-A-Drome, Acton, MA
AGES: 12 - 25
COST: \$85 (includes 3 games & shoes per night)

Facilitated by Sudbury Boy Scout Troop #60



SUPER SOCCER STARS SHINE: SPRING SOCCER PROGRAM

Super Soccer Stars Shine is a unique program that uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including, but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. Weekly practices will focus on simplifying soccer into specific components while teammates work together to build new skills in a fun, non-competitive and educational environment. Coaches use specific tools and techniques including picture schedules, cheers and repetition to reinforce communication, aid in transition and increase task completion.

DAY: Sunday
DATES: May 3 - Jun. 14 ***No Class 5/24**
DURATION: 6 weeks
WHERE: FCC Fields Sudbury, MA
AGES: 5 - 12
TIME: 11:45 AM - 12:30 PM
COST: \$172



Instructed by Super Soccer Stars



ONE DAY FIELD DAY

Join us for a fun-filled afternoon of outdoor games and an inflatable obstacle course! We will be playing tons of sports and other games, such as basketball, volleyball, capture the flag, dodgeball, and much more! Bring your ideas for games to play and your friends. All are welcome! *Min. 8*

DAY: Wednesday (SPSS early release)
TIME: 1:00 - 3:00 pm
DATE: May 20
AGES: 9 - 14
COST: \$25
WHERE: FCC Backfield/Gym



Run by Park & Recreation Staff

ADAPTIVE BASKETBALL

If your child wants to start learning how to play on a team with peers, this basketball program is for you! This team is for children who have demonstrated the ability to engage in a group of 8 or more and who already know the basics of basketball including: dribbling, passing, and shooting. Weekly practices will focus on strategies of team play, while having fun in a supportive, small group environment. *Min. 4*

DURATION: 5 weeks
DATES: April 30-May 28
AGES: 9-13
COST: \$63
DAY: Thursdays
TIME: 5:45-6:30 PM
WHERE: Boys & Girls Club of Metrowest, Maynard



Instructed by Sudbury Park & Recreation and Boys & Girls Club of Metrowest Staff



INCLUSIVE FISHING CLINIC

Ready to get outside and cast a line? Sign up for this one-day fishing clinic! This program is designed for the beginner fisherman and will introduce participants to the outdoors through the experience of fishing. This clinic is open for people of all ages and abilities. All equipment (including any necessary adaptive equipment) is provided as well as instruction, fishing license, and fishing education materials. *Max. 15 pairs*

DAY: Wednesday
DATE: June 3
COST: \$10 per pair
TIME: 5:00 - 7:00 PM
AGE: 6+ with a parent
WHERE: Willis Pond, Sudbury

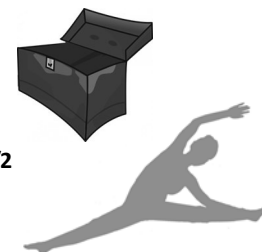
*Instructed by Jim Legacy Angler Education Program,
 DCR Universal Access Program*



CALMING STRATEGIES FOR KIDS

Join us for a four week program focusing on a different calming strategy each week. We will make a "worry box," a "fidget box," work on mindfulness, and even yoga for relaxation. We will practice sensory breaks, and advocating for these breaks when needed. We will also use iPads to introduce students to many great apps that they can use at home. *Min. 4*

DAY: Fridays
TIME: 4:30-5:30 PM
DURATION: 4 Week
AGES: 7 - 10
DATES: May 1 - 29 ***No Class 4/2**
COST: \$56
WHERE: FCC Gym



Instructed by Sudbury Park & Recreation Staff

ASD (AUTISM SPECTRUM DISORDER) ATHLETICS PROGRAM

Knucklebones provides a personalized, engaging, diverse and fun athletics program for those with intellectual and developmental disabilities. Through the involvement of parents and/or aides all activities will be specialized for allowing children to be encouraged to participate at their own level while being involved in cooperative play. Moreover, unwanted behaviors will be realigned while communication, social skills, and friendship will be encouraged between all participants. Min. 6

DAY: Mondays
AGES: 8 - 12
COST: \$91

TIMES: 5:00 - 5:55 PM
DATES: April 27 - June 8 *No Class 5/25
WHERE: FCC Backfield/Gym



Instructed by Knucklebones

Knucklebones
for the love of play!

HIP HOP DANCE

Come join us in the gym this Spring and get funk-a-fied! In this hip hop dance program, participants will let loose and learn the foundational moves to this urban dance style; popping, waving, gliding, and locking. Class will begin with a warm up followed by a sequence of steps to music. Improvisation is welcome! The last class will be spent putting on a short performance for parents and friends. Please wear sneakers and comfortable clothing and bring a water bottle.

DAY: Tuesday
TIME: 7:00 - 8:00PM
DATES: Apr.29 - Jun. 16
DURATION: 8 weeks
AGES: 13 - 21
COST: \$136
WHERE: FCC Gym



Instructed by Carole Anne Baer

BEGINNER LINE DANCING

A great class for anyone just starting out to learn the basics. As a beginner, you will enjoy step-by-step instructions of enough line dances to get you up and line dancing to not only great country music, but also to just about any other music! Line dancing is a great way to have fun and get moving. Please wear shoes with smooth bottoms. *Min. 5*

DAY: Wednesdays
TIME: 5:30 - 6:20 PM
DATES: Apr. 29 - Jun. 3
DURATION: 6 Weeks
WHERE: FCC Room 2
AGES: 12 - 18
COST: \$76



*Instructed by Sudbury Park & Recreation Staff,
Ronda Bertrand-Robbins*

INCLUSIVE ART EXPLORATION

Join us once a week for a sensory art adventure! Some weeks the activities in this adaptive art class will be for the full 60 minutes and other days there will be multiple creative opportunities. Some projects include water color resists, paint blotting, printmaking, and collage. This is a unique program that is based on the interests of the students, so please send in your ideas!

DAY: Friday
DURATION: 3 weeks
AGES: 12 - 18
COST: \$56

DATES: June 5 - 19
WHERE: FCC Room 1
TIME: 4:30 - 5:30 PM

Instructed by Sudbury Park & Recreation Staff



FULL YEAR AND SIX MONTH MEMBERSHIP: Entitles member to lap and family swim as well as a discounts on aquatic programs.

RECURRING Monthly Membership (three month minimum commitment): 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 day of each month. The monthly membership can be cancelled at any time after the original three month minimum commitment and it must be in writing by the first of the month you want to cancel.

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

SWIM PASS/TINY TOT PASS: Swim pass entitles the user to six swims for the price of five. Family swim pass 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. Swipe once for each family member or guest swimming for that day. Tiny Tot pass entitles users to six swims for the price of five.

RESIDENT FEES	DAILY	SWIM PASS	LUNCHTIME	RECURRING MONTHLY	6 MONTH	YEARLY
FAMILY	n/a	\$85	n/a	\$52	\$300	\$600
ADULT	\$7	\$35	\$268	\$38	\$216	\$432
YOUTH	\$5	\$25	n/a	\$27	\$150	\$300
SENIOR	\$5	\$25	n/a	\$25	\$138	\$276
COUPLE	n/a	n/a	n/a	\$48	\$276	\$552
TINY TOT PASS	\$4	\$20	n/a	n/a	n/a	n/a

NON-RESIDENT FEES	DAILY	SWIM PASS	LUNCHTIME	RECURRING MONTHLY	6 MONTH	YEARLY
FAMILY	n/a	\$100	n/a	\$58	\$336	\$672
ADULT	\$8	\$40	\$294	\$43	\$246	\$492
YOUTH	\$6	\$30	n/a	\$30	\$168	\$336
SENIOR	\$5	\$25	n/a	\$28	\$156	\$312
COUPLE	n/a	n/a	n/a	\$56	\$318	\$636
TINY TOT PASS	\$4	\$20	n/a	n/a	n/a	n/a

FAMILY: Two adults and all children under 21

ADULT: Anyone over 18 years of age

YOUTH: Ages 4-17

SENIOR: 60 years of age or older

COUPLE: Two adults living at the same address

PARENT & CHILD CLASS (6 months - 4 years old)

This course is to familiarize young children with the water and prepare them to participate in the learn to swim courses. It is not designed to teach children to become good swimmers or to survive in the water on their own. Children will have the opportunity to explore floating, blowing bubbles, and rolling from back to front in the water in a safe and comfortable manner. Parent or other care giver must accompany each child into the water and participate in each class.

PRESCHOOL LESSONS (2.9 - 4 years)

Preschool Level 1— This level is designed to introduce preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills similar to Level 1 introduction to water skills. All skills are done with support, they do not need to perform the skills independently. (see below for description)

Preschool Level 2 - Builds on the basic aquatic skills learned in PS level 1, we will be working on floating on front and back and working on achieving comfort in submerging face in the water. All skills are done with support, they do not need to perform the skills independently.

LEVEL 1—Introduction to Water Skills- Helps students to begin developing positive attitudes, good swimming habits and safe practices in and around the water.

*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 a 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.

Safety Topics: How to stay safe in and around the water, and how to recognize an emergency and call for help.

Children MUST be able to perform ALL skills in Levels 1—4 WITHOUT the use of goggles to pass on to the next level.

LEVEL 2—Fundamental Aquatic Skills- Gives students success with fundamental skills, including learning how to float without support and to recover to a vertical position. ***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 and treading water.

Safety Topics: To be safe in and around the water, including the use of lifejackets, recognizing lifeguards and practicing sun safety.

LEVEL 3—Stroke Development- Builds on the skills in level 2 by providing additional guided practice in deep water.

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. Rotary breathing, survival float, back float. Changing from vertical to horizontal position on front and back. Flutter, scissor, dolphin and breaststroke kicks on front. Front crawl and elementary backstroke.

Safety Topics: “Look before you leap”, performing a simple non–swimming assist and how to recognize, prevent, and respond in cold water emergencies.

LEVEL 4—Stroke Improvement- Develop confidence in the strokes learned in level 3 and improve other aquatic skills.

Skills to be Taught: Headfirst entries from the side in a compact and stride position. Swimming underwater, feet first surface dive, survival swimming, front crawl and backstroke open turns, and treading water using two different kicks. Front and back crawl, elementary backstroke, breaststroke, sidestroke & butterfly. Flutter and dolphin kicks on back.

Safety Topics: What to do when exhausted or caught in a dangerous situation. Recreational water illnesses - what they are and how to prevent them.

LEVEL 5—Stroke Refinement- Provides further coordination and refinement of strokes.

Skills to be Taught: Shallow-angle dive from the side then glide and begin a front stroke. Tuck and pike surface dives, submerge completely. Front flip turn and backstroke flip turn while swimming. Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly.

Safety Topics: Review above topics, how to call for help and the importance of knowing first aid and CPR.

LEVEL 6 - Fitness swimming—Refines the strokes so that students swim with ease, efficiency, and power.

Skills to be Taught: Endurance swimming in the following strokes: front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke. Refine open turns and flip turns for all strokes. Fitness swimming etiquette, proper usage of pull buoy, fins, pace clock, and paddles.

Principles of setting up a fitness program and learning how to calculate heart rate.

ATKINSON POOL REGISTRATION POLICIES AND SWIM LEVEL PLACEMENT

The Atkinson Pool cannot guarantee a change in levels after registration.

If a low enrollment exists in a class, the pool has the right to cancel the class a week prior to the start date. The class descriptions list the skills that are introduced at each level. If you are still unsure at which swim level to place your child, please call the pool at (978) 443-1092 to speak with our staff to determine proper placement.

LESSON ATTENDANCE

If we have to cancel a swim lesson class for reasons beyond our control such as weather, we will schedule a make up class. If you miss a class due to illness etc., no make up will be granted. Our class ratios and scheduling do not permit us to add additional children to swim lessons on other days.

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:50-9:20 Pre School Level 1 Pre school Level 2	9:30-10:00 Preschool Level 1	9:30-10:00 Preschool Level 1	9:30-10:00 Level 1	9:30-10:00 Level 2	8:50-9:20 Level 1 Level 2
9:25-9:55 Level 3 Level 4	10:05- 10:35 Preschool Level 2	10:05- 10:35 Preschool Level 2	10:00-10:30 Level 2	10:00-10:30 Level 1	9:25-9:55 Parent & Child ***** Level 3
10:00-10:30 Level 1 Level 2	SESSION A DURATION: 5 weeks MEMBERS: \$55 NON-MEMBERS: \$90 REGISTRATION: Members: Tues., April 14th Non-Members: Thurs., April 16th				10:00-10:30 Parent & Child ***** Level 1
10:35-11:05 Level 2 Level 3					10:35-11:05 Level 2 Level 3
11:10-11:40 Level 4 Level 5					11:10-11:40 Level 4 Level 5
11:45-12:15 Level 6					11:45-12:15 Level 6
NO CLASS: May 17, May 24, & June 7					NO CLASS: May 16, 23 & June 6
START: May 3 ENDS: June 21	STARTS: May 5 ENDS: June 2	STARTS: May 6 ENDS: June 3	STARTS: May 7 ENDS: June 4	STARTS: May 8 ENDS: June 5	STARTS: May 2 ENDS: June 20

SESSION B Afternoon Lessons

DURATION: 6 weeks
MEMBERS: \$66
NON-MEMBERS: \$108
REGISTRATION: **Members: Tues., April 14**
Non-Members: Thurs. April 16

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



"DIVE IN" LESSONS

Does your child like to jump on the bed? Do they love the water? "Dive In" lessons will combine both loves, of jumping and the water, by introducing to a program that is safe and fun. Two-time Olympic medalist, Mary Ellen Clark started her love on the sport the same way! They will learn the proper way to safely dive from the diving board in the forward and backward direction. And based on their experience in the sport, Mary Ellen will teach kids dives on their ability and readiness.

AGE: 6-18 **DAY:** Wednesdays & Saturdays
TIME: Wednesday 3-4pm / Saturday 11am-12pm
Date: Session 1 - April 1, 4, 11, 11, 18, 25, 29 - 7 lessons
 Session 2 - May 2, 9, 13, 20 - 4 lessons
 Session 3 - June 6, 13, 20, 27 - 4 lessons
Cost: Session 1 - \$140
 Session 2 - \$95
 Session 3 - \$95



Swimmer Fitness Challenge

May is Swim Fitness Challenge month. Choose a body of water listed on page 22 and set your goal to swim the equivalent of that distance during the month of May. All you have to do is swim, we will keep the stats.

A great thing to do while your children are in a swim class.

TINY TOT SWIM

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

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

Don't let **LOW**

ENROLLMENT ruin your program! Most program cancellations are due to not enough sign-ups for an instructor to run a class.

Don't procrastinate,
SIGN-UP NOW!!

BIRTHDAY POOL PARTIES

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

DAYS: Saturday & Sunday
TIME: Starting at Noon
COST: \$100 (1 hour private room & 1 hour use of pool)
 Includes 10 children, each additional child is \$5, and adults are FREE.



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

Individual Stroke Clinics

Here is a chance for swimmers to work on a specific stroke or skill. Each week will offer a specific work on a single stroke or skill in a 45 minute class.

May 2	Front Crawl	level 3 & up	May 9	Back Crawl	level 4 & up
May 30	Breast Stroke	level 4 & up	June 6	Starts & Turns	level 4 & up
June 13	Butterfly	level 4 & up	June 20	Breast Stroke	level 4 & up
June 27	Front Crawl	level 3 & up			

When: Saturdays

Time: 12:15pm-1pm

Ages: 7 & up

Cost: \$30 members \$40 non-members

Three sessions for \$75 members / \$100 non-members

**SWIM WHISPERER SWIM LESSONS**

Are Sensory Processing or Motor Skills issues making it hard to teach your child to swim? Let our specially trained Swim Whisperers® swim instructors turn your child into a confident and independent swimmer. This program will use proven strategies to overcome the 14 most commonly seen roadblocks in teaching children with sensory difficulties how to swim. This class will help children become safe independent swimmers, faster and more efficient than traditional methods. These lessons are best suited for children with Autism, PDD-NOS and sensory discomfort.

DAY: Monday **DATES:** April 27 - June 15 **TIME:** 30 min slots between 3:30 - 8:00 PM **AGES:** 2 - 18
DURATION: 6 weeks **COST:** \$386 **WHERE:** Atkinson Pool

Instructed by Angel Fish Therapy

ADULT SWIM CLASS

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

DAY: Wednesdays **TIME:** 6:15 - 7:00 PM **DATES:** Session A - April 29 - May 27
DURATION: 5 weeks **COST:** **MEMBERS:** \$82 **NON-MEMBERS:** \$124

**13th ANNUAL FITNESS SWIMMER CHALLENGE!**

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

- Option A:** Swim the 7 mile (12,300 yard) - equivalent length of the *Cape Cod Canal*.
- Option B:** Swim the 15 mile (26,400 yard) - equivalent distance length of *Jackson Lake, Wyoming*.
- Option C:** Swim the 22 mile (38,500 yard)-equivalent distance of *Lake Tahoe*.
- Option D:** Swim the 31 mile (51,200 yards) - equivalent to the *Assabet River*.
- Option E:** Swim the 125 miles(220,000 yards) - equivalent length of *Lake Champlain, Vermont*.



Challenge will take place May 1st - 31st. Sign-up at the Atkinson Pool front desk anytime!

6am - DEEP WATER WORKOUT — Instructed by Peggy Mangan-Cross

Our 6am Deep Water Workout is a combination of deep water running and interval work, sure to burn calories. We use the resistance of the water to achieve a vigorous workout to the beat of music. Water exercise equipment is incorporated to increase the intensity of the workout and focus on muscle (including core) strengthening. Its a great way to cross train without impact on joints and no prior experience is required; only a love of the water and Feeling comfortable wearing a flotation belt. It's a great way to start your day! Instructor is certified through 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

DEEP WATER WORKOUT — Instructed by GERALYN STRELLA

Our 9:30 am Deep Water Workout is a 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. It is a cardiovascular workout, set to a variety of music, that also includes muscle conditioning. Great for people who want a good workout, but are unable to do weight-bearing activity.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 6:45 AM	Deep Water -Peggy		Deep Water - Peggy		
8:15 - 9:00 AM		Aquacise - GERALYN		Aquacise - GERALYN	Aquacise - GERALYN
9:30 - 10:15 AM		Deep Water - GERALYN		Deep Water - GERALYN	Deep Water - GERALYN

6:00 - 6:45 AM DEEP WATER WORKOUT

DATES: April 27—June 17
DURATION: 15 classes ***No Class May 25**
COST: Members/Seniors: \$113
 Non-Members: \$143

9:30 - 10:15 AM DEEP WATER WORKOUT

DATES: April 28—June 27
DURATION: 27 classes
COST: Members/Seniors: \$203
 Non-Members: \$256



8:15 - 9:00 AM AQUACISE CLASS

DATES: April 28—June 27
DURATION: 27 classes
COST: Members/Seniors: \$203
 Non-Members: \$256

TWO DAY A WEEK AQUACISE/DEEP WATER OPTION

DURATION: 18 classes
COST: Members/Seniors: \$135
 Non-Members: \$171



AWESOME AQUATICS

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

DAYS: Monday, Tuesday, & Thursday
TIME: 11:00 AM - 12:00 PM
Duration: 29 classes **Cost:** \$145 per session
Session B: April 6 - June 17 ***No Class April 2, 20, 21, 23**
*****Registration is on going*****

BOSTON SCUBA INC. - Instructed by Captain James Sullivan!

Learn to SCUBA dive at the Atkinson Pool! 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) 418-5555
or visit: www.bostonscuba.com



BURDENKO WATER TRAINING & CONDITIONING – Janis Redlich, Trainer

Private sessions focus on water conditioning exercises specifically designed to develop balance, coordination, flexibility, endurance and speed. In combination, these qualities aid in greater freedom of movement, improved muscle tone and joint mobility, weight maintenance and pain reduction. Specific attention is paid to postural alignment, symmetry of movement, and increased muscular control and awareness.

Contact Janis via email JRLOMR@aol.com or website, www.janish2o.com to set up personal training sessions or call (617) 901-9676



Postal Patron
Sudbury, MA 01776

ATKINSON POOL SCHEDULE APRIL - JUNE 2015

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

- Sunday, April 5th Easter Sunday—POOL CLOSED
- Monday, April 20th Patriot's Day - 6-9AM Lap only 3PM -6pm Lap & Family
- Saturday, May 16th Tri Sprouts Kids Triathlon - CLOSED 9AM-12PM
- Sunday, May 17th Sudbury Sprint Triathlon - CLOSED 7AM-12PM
- Monday, May 25th Memorial Day - 6-9AM Lap only Noon-3PM Lap & Family

**** Summer hours begin on Monday, June 22. The pool will close at 8pm M-Th****

ATKINSON POOL: 978-443-1092

Above is a basic schedule which varies each month depending on classes, practices, special programs, etc. For a more accurate monthly schedule, please check our website: www.pool.sudbury.ma.us

Inclement Weather Hotline: 978-639-3233

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.