

Town of Sudbury Park & Recreation/Atkinson Pool

A CAPRA Accredited Agency!



SUMMER 2015

**Inclement
Weather
Hotline:
(978) 639-3233**

RECREATION REGISTRATION:

(Including Park & Recreation Pre-K & Wild Wednesdays)

Wed, June 10th at 9:00AM

POOL REGISTRATION:

Tues, June 16th at 9:00AM for Pool Members

Thurs, June 18th at 9:00AM for Pool Non-Members

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 (teens & tweens)

www.teen.sudbury.ma.us (teen center)



GENERAL INFORMATION

PARK & RECREATION STAFF 978-443-1092:

Nancy McShea, Director of Parks, Recreation & Aquatics	x 3259
Amber Comeau, Assist. Rec. Director/Adaptive Rec. Specialist	x 3256
Mark Simmons, Youth Coordinator/Teen Center Director	x 3227
Alyssa Papia, Program Coordinator	x 3257
Patricia Haberstroh, Office Coordinator	x 3258
John Barrett, Asst. Aquatics Director	x 3255
Chery Finley, Aquatic Supervisor	x 3264
Anne Lee, Pre-School Coordinator	x 3231

OTHER HELPFUL NUMBERS:

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



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 Amber Comeau, Adaptive Recreation Specialist. If necessary, parents or aides are welcome to attend with participants.

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.

E-MAIL UPDATES

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



Find us on Facebook to keep up with department happenings!

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 camps 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.

STATE PARK PASS

MASSACHUSETTS STATE PARK PASS

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

The Parks 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 **FREE** ParkPass:

CALL:	The Sudbury Park & Rec/Atkinson Pool front desk to reserve pass for desired day (978) 443-1092 .
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 <u>after</u> 9:00 AM on day of reservation.
RETURN:	Must be dropped off <u>before</u> 9:00 AM the following morning.



DISCOUNTED TICKETS AVAILABLE

AMC MOVIE TICKETS

The Atkinson Pool is selling discount AMC Theatre tickets. You may purchase tickets at the Pool front desk.

Stop by the front desk for tickets and information.

GOLD TICKETS: \$9.00



SUDBURY PARK & RECREATION/
ATKINSON POOL

WILD WEDNESDAYS

Sudbury Park & Recreation/Atkinson Pool will now be offering fantastic half day, afterschool coverage on all 18 half days! Mini Wild Wednesdays are designed for Elementary Schoolers and Wild Wednesdays are for Middle Schoolers.

Parents can enroll their child per day or for the full 2015/2016 school year.

MINI WILD WEDNESDAY (ELEMENTARY SCHOOL)

Come to Park & Rec every half day during the school year! We'll have free swim each week, dedicated homework time, gym & outdoor games, nature activities, crafts, and special themes & events. A snack will be provided, but please bring a lunch. Transportation from all elementary schools to Fairbanks is included. Pick up from Fairbank Community Center by 6:15pm.

COST: \$45 per day or save \$90 when you sign up for the whole school year at once!

WILD WEDNESDAY (MIDDLE SCHOOL)

Trips, Trips, Trips!! This is the same great program we've always offered, except now we have extended the hours until 6:15pm! We'll go on a different trip each week, for example: Rock Climbing, Snow Tubing, Lazer Tag, Trampoline Parks, and so many more. Program meets in the Curtis Cafeteria after school. Students will eat lunch (please pack) and then head out for an adventure. Transportation from Curtis and back to the Fairbank Community Center will be provided. Pick up by 6:15pm.

COST: \$60 per day or save \$90 when you sign up for the whole school year at once!

REGISTRATION OPENS: Wednesday, June 10th at 9:00am



PIZZA - INFLATABLES - VOLLEYBALL - BASKETBALL - SWIMMING



SUNDAY, JUNE 7 3:30-6

INCOMING 6th GRADE PARTY!

**OPEN TO ALL STUDENTS WHO WILL
BE IN 6th GRADE IN FALL 2015**

\$20

Hosted by Sudbury Park & Recreation



Sudbury Park & Recreation Proudly Presents the **4th Annual SUDBURY HALLOWEEN 5K & 1-MILE FUN RUN**

Join us for our fourth Sudbury Halloween 5K and Fun Run!
This is a great event for the whole family. The 5K will be a timed event starting at 11am followed by a 1-Mile Fun Run around our paved Haskell Field loop. Costumes are encouraged, so get in the spirit! Be on the lookout for more fun details in our Fall brochure.

We look forward to seeing you at our event!

DATE:	Sunday, October 25
5K TIME:	11:00 AM
5K COST:	\$25
FUN RUN TIME:	12:00 PM
FUN RUN COST:	\$10 (*Parents, if you are registered for the 5k you are welcome to join the fun run for FREE)
REGISTRATION:	Opens on June 10th at 9am
T-SHIRT:	Register by October 5th to be guaranteed a t-shirt!



***Look for the 5K training program on page 13!**

Brought to you by Sudbury Park & Recreation





TERRIFIC TWOS & KREATIVE KIDS

Children join us for engaging, hands-on, interactive fun in our bright and sunny classroom! Our morning consists of 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 setting. **Please bring your own PEANUT/TREE NUT-FREE snack.**

Sign up for the whole year now (recommended) or just a session at a time.

All registrations are on a first-come, first-serve basis.

Registration begins: Wed., June 10th at 9:00AM



Please note: Classes follow the Sudbury Public Schools calendar. When SPS is cancelled due to inclement weather, our preschool will be closed as well. There is one guaranteed snow day make-up the week of March 7 – 11.

TERRIFIC TWOS

AGE: 2

TIME: 9:30AM-12:00PM

WHERE: FCC - Room 4

MONDAYS

FALL: Sept. 21 - Nov. 23 ***No Class 10/12**
DURATION: 9 Weeks **COST:** \$227 per session
WINTER: Nov. 30 - Feb. 29 ***No Class 12/28, 1/18, 2/15**
DURATION: 11 Weeks **COST:** \$277 per session
SPRING: Mar. 14 - Jun. 6 ***No Class 4/18, 5/30**
DURATION: 11 Weeks **COST:** \$277 per session

THURSDAYS

FALL: Sept. 17 - Nov. 19
DURATION: 10 Weeks **COST:** \$252 per session
WINTER: Dec. 3 - Mar. 3 ***No Class 12/24, 12/31, 2/18**
DURATION: 11 Weeks **COST:** \$277 per session
SPRING: Mar. 17 - Jun. 9 ***No Class 4/21**
DURATION: 12 Weeks **COST:** \$302 per session

TUESDAYS

FALL: Sept. 15 - Nov. 24
DURATION: 11 Weeks **COST:** \$277 per session
WINTER: Dec. 1 - Mar. 1 ***No Class 12/29, 2/16**
DURATION: 12 Weeks **COST:** \$302 per session
SPRING: Mar. 15 - Jun. 7 ***No Class 4/19**
DURATION: 12 Weeks **COST:** \$302 per session

FRIDAYS

FALL: Sept. 18 - Nov. 20
DURATION: 10 Weeks **COST:** \$252 per session
WINTER: Dec. 4 - Mar. 4 ***No Class 12/25, 1/1, 2/19**
DURATION: 11 Weeks **COST:** \$277 per session
SPRING: Mar. 18 - Jun. 10 ***No Class 3/25, 4/22**
DURATION: 11 Weeks **COST:** \$277 per session



KREATIVE KIDS

AGE: 3

DAY: Wednesdays

TIME: 9:15AM-12:00PM

WHERE: FCC - Room 4

FALL: Sept. 16 - Nov. 25
***No Class 9/23, 11/11**
DURATION: 9 Weeks
COST: \$245 per session

WINTER: Dec. 2 - Mar. 2
***No Class 12/30, 2/17**
DURATION: 12 Weeks
COST: \$326 per session

SPRING: Mar. 16 - Jun. 8
***No Class 4/20**
DURATION: 12 Weeks
COST: \$326 per session



PRESCHOOL PALS

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.

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 Cost: \$128)



NEW!!

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 - 8:45 AM)

COST: \$75 per child/week



Seven 1-Week Sessions with OPENINGS: (Monday - Friday)

MINI SESSION: June 29 - July 2 (Monday - Thursday)

SESSION I: Jul. 6- 10 **SESSION II:** Jul. 13 - 17

SESSION V: Aug. 3 - 7

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

A completed Parent Packet will need to be returned as soon as possible. Parent Packets are available online.

PRE-K SATURDAY T-BALL

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting and base running. In addition, they will play games, such as home run derby, last one standing and base running. This is an easy introduction into t-ball where learning and skill development are priorities. Please bring water and a glove. *Min. 10*

AGES: 3 - 5
DAY: Saturdays
DATES: Jul. 11 - Aug. 22
DURATION: 7 Weeks
TIME: 9:00 - 9:55 AM
COST: \$98
WHERE: FCC - Backfield



Instructed by F.A.S.T. Athletics

PRE-K SATURDAY 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, F.A.S.T. Athletics will have new and exciting games planned for the children. *Min. 10*

AGES: 3 - 5
DAY: Saturdays
DATES: Jul. 11 - Aug. 22
DURATION: 7 Weeks
TIME: 10:00 - 10:55 AM
COST: \$98
WHERE: FCC - Backfield

Instructed by F.A.S.T. Athletics



SUPER SOCCER STARS (THURS. & SUN.)

At Super Soccer Stars, 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.

DURATION: 5 weeks

WHERE: FCC Backfield

THURSDAY	SUNDAY
SESSION I: Jul. 2 - 30	SESSION I: Jul. 12-Aug. 9
COST: \$147	COST: \$147
AGES 2-3: 4:00 - 4:40	AGES 2-3: 9:00 - 9:40
AGES 3-5: 4:45 - 5:30	AGES 3-4: 9:50 - 10:35
	AGES 4-5: 10:40 - 11:30

Instructed by Super Soccer Stars

PRESCHOOL PALS MINI SESSION, SESSION I, SESSION II, SESSION V & SESSION VI OPENINGS

WHO:	Children Ages 3 and 4 <i>*MUST BE POTTY TRAINED</i>	WHERE:	Fairbank Community Center
TIME:	9:00 AM - 12:00 PM	COST:	\$165 per child/week (Mini Session Cost: \$128)
MINI SESSION:	June 29 - July 2	SESSION I:	Jul. 6- 10
SESSION II:	Jul. 13 - 17	SESSION V:	Aug. 3 - 7

**REGISTER
NOW**
For all
camps
and clinics!

SUDBURY ADVENTURE MINI SESSION, SESSION I, SESSION IV & SESSION V OPENINGS

WHO:	Grades 6 - 8	WHERE:	Haskell Field & Fairbank Community Center
TIME:	8:45 AM — 4:00 PM *Tuesday until 5:00 PM	MINI SESSION:	June 29 - July 2
COST:	\$270 per child/session (Mini Session Cost: \$208)	SESSION IV:	Jul. 27 - 31
SESSION I:	Jul. 6- 10		
SESSION V:	Aug. 3 - 7		

JUNE 22 - 26

PROGRAM	TIME	PRICE
Skyhawks - Mini Hawks	9:00-12:00	\$145
Skyhawks - Tiny Hawks	9:00-9:45	\$79
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190
Super Soccer Stars Shine	5:00-6:00	\$119

JUNE 29 - JULY 2 (Mon - Thurs)

PROGRAM	TIME	PRICE
Preschool Pals - Mini	8:45-3:00	\$128
Sudbury Adventure - Mini	9:00-4:00	\$208
Garro Studio Art	9:00-12:00 or 12:30-3:30	\$190
Hammel Tennis Camp	9:00-11:30	\$228
All Sports Clinic	9:00-2:00	\$174
Skyhawks Cheerleading	9:00-12:00	\$125
Skyhawks Flag Football	9:00-12:00	\$115

JULY 6 - 10

PROGRAM	TIME	PRICE
Track & Field Beyond Basics	8:30-2:30	\$212
All Sports Clinic (Mon. -Thurs.)	9:00-2:00	\$174
Skyhawks - Mini Hawks	9:00-12:00	\$145
Skyhawks - Tiny Hawks	9:00-9:45	\$79
Skyhawks Quick Start Tennis (Mon - Thurs)	9-10:30	\$89
Skyhawks Tennis (Mon-Thurs)	9:00-12:00	\$139
Skyhawks Baseball	9:00-3:00	\$145
Inclusive Youth Sailing Camp	9:00- 12:00 or 1:00- 4:00	\$10
Drama Kids International Summer Drama	9:00-2:00	\$260

JULY 13 - 17

PROGRAM	TIME	PRICE
Challenger Soccer	9:00-12:00 or 9:00-4:00	\$179 (Half) \$260 (Full)
Hammel Tennis (Mon-Thurs)	9:00-11:30	\$228
Drama Kids International Summer Drama	9:00-2:00	\$260
Skyhawks Basketball	9:00-3:00	\$165
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190
Viking Multi-Sport	9:00-3:00	\$168

CAMPS & CLINICS BY WEEK (Cont.)

9

JULY 20 - 24

PROGRAM	TIME	PRICE
Challenger Soccer	9:00-12:00 or 9:00-4:00	\$179 (Half) \$260 (Full)
US Sports Total Play Multi Sports	9:00-3:00	\$199
Skyhawks Quick Start Tennis (Mon-Thurs)	9:00 - 10:30	\$89
Skyhawks Tennis (Mon-Thurs)	9:00-12:00	\$139
Skyhawks Basketball	9:00-3:00	\$165
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190

JULY 27 - 31

PROGRAM	TIME	PRICE
Challenger Soccer	9:00-12:00 or 9:00-4:00	\$179 (Half) \$260 (Full)
Junior Golf Clinic	8:30-12:00	\$286
US Sports Total Play Multi Sports	9:00-3:00	\$199
US Sports First Play Lacrosse	4:30-6:00	\$109
Skyhawks - Mini Hawks	9:00-12:00	\$145
Skyhawks - Tiny Hawks	9:00-9:45	\$79
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190

AUGUST 3 - 7

PROGRAM	TIME	PRICE
Thundercats Sports Jam	9:00-3:00	\$190
Young Kiddie Cat Jam	8:30 - 9:20	\$70
Kiddie Cat Jam	9:30-12:30	\$153
Hammel Tennis (Mon-Thurs)	9:00-11:30	\$228
Skyhawks Flag Football	9:00-12:00	\$145
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190
Skyhawks Lacrosse	9:00-12:00	\$155

AUGUST 10 - 14

PROGRAM	TIME	PRICE
Hammel Tennis (Mon - Thurs)	9:00-11:30	\$228
Garro Studio Art (Mon - Thurs)	9:00-12:00 or 12:30-3:30	\$190

AUGUST 17 - 21

PROGRAM	TIME	PRICE
Sudbury Park & Rec—Get on the Bus	Trip Specific	Trip Specific
Wicked Cool: Nature Explorers (AM)/ Kid's Cool Chemistry (PM)	9:00-12:00/1:00- 4:00 or 9:00-4:00	\$241 (Half) \$371 (Full)
Skyhawks Beach Volleyball (Mon.-Thurs.)	9:00 - 12:00	\$135
US Sports First Play Soccer	9:00-12:30 or 9:00-3:00	\$146 (Half) \$191 (Full)
US Sports - Soccer Squirts	4:30-5:30	\$86
F.A.S.T. Athletics - Flag Football	9:00-12:00	\$117
Junior Golf Clinic	8:30-12:00	\$286
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190

AUGUST 24 - 28

PROGRAM	TIME	PRICE
Skyhawks - Mini Hawks	9:00-12:00	\$145
Skyhawks - Tiny Hawks	9:00-9:45	\$79
Flag Football & Dodgeball	9:00-12:00	\$117
Incrediflix: Lego Flix (AM)/ Live Action Flix (PM)	9:00-12:00/1:00- 4:00 or 9:00-4:00	\$195 (Half) \$364 (Full)
Hammel Tennis Camp (Mon-Thus)	9:00-11:30	\$228

PLEASE NOTE: FOR CAMPS & CLINICS REGISTRATIONS

EACH PARTICIPANT MUST PROVIDE A RECORD OF THEIR MOST RECENT PHYSICAL EXAM & IMMUNIZATIONS DATED WITHIN THE **PAST 24 MONTHS**. PLEASE BRING ALL FORMS THE FIRST DAY OF EACH NEW CAMP/CLINIC WEEK FOR ALL PROGRAMS. PLEASE HAND IN FORMS TO THE CAMP DIRECTOR THE FIRST DAY OF THE PROGRAM. IF YOU DO NOT HAVE THESE FORMS YOUR CHILD WILL NOT BE ALLOWED TO STAY PER BOARD OF HEALTH REGULATIONS.

105 CMR 430.000 - All camps must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local Town of Sudbury Board of Health. The Park and Recreation Department's first concern is the safety of the children who participate in our programs. Copies of background checks, health care and discipline policies, as well as procedures for filing grievances are available upon request from our vendors.

HAMMEL TENNIS CAMP

The Hammel Tennis Camp is enjoying our 42nd year teaching children how to play tennis! Come learn to play tennis using our innovative game based approach, which allows kids to start rallying and playing faster. Kids love it!

Please Note: **These programs will be offered Monday-Thursday, with Friday being the make-up date in case of rain.**

WHEN	WHERE
Jun. 29 - Jul 2	Upper Featherland Park Tennis Courts
Jul. 13 - 16	Upper Featherland Park Tennis Courts
Aug. 3 - 6	Wayland High School Tennis Courts
Aug. 10 - 13	Wayland High School Tennis Courts
Aug. 24 - 27	Wayland High School Tennis Courts

TIME: 9:00 - 11:30 AM
ZIP CAMP: Ages 4 - 8
ORANGE BALL CAMP: Ages 8 - 10
GREEN BALL CAMP: Ages 10 - 12
COST: \$228 per session

Instructed by Longfellow Club



NEW!!

THUNDERCAT BUBBLE SOCCER

Bubble Ball soccer is part soccer, part sumo wrestling and 100% fun! Participants are encased in zorb-like inflatable bubbles while they play soccer. Safely encased in bubbles, players are encouraged to bounce off each other while playing creating a unique and exciting experience. Program is coed. Min. 8



DAY: Mondays
TIME: 4:00 - 4:55
DATES: Jul. 6 - Aug. 3
DURATION: 5 weeks
AGES: 8 - 12
COST: \$99
WHERE: Cutting Field

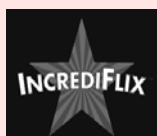
Instructed by Thundercat Sports

SWIM AID

If you're 11 - 14 years old and looking for something FUN, come join the Swim Aid program. Participants will learn how to work in a group setting by assisting our certified instructors with our hands on approach in leading games and other aquatic activities for the children in camp lessons. They will also be introduced to some of the skills and leadership qualities that it takes to be a water safety instructor. This is a great way to stay cool during the summer, have fun, make new friends and gain some leadership skills. Prerequisite: Must be able to demonstrate they can swim at an American Red Cross level 3. *Min. 4*

AGES: 11 - 14 **TIME:** 9:30 AM - 2:30 PM
SESSION A: July 20- July 30 **SESSION B:** August 3 - August 13
DAYS: Mondays, Tuesdays and Thursdays
COST: \$125 **WHERE:** Atkinson Pool

Instructed by Atkinson Pool Staff



INCREDIFLIX

AGES: 7-13 **DATES:** Aug. 24 - 28 **WHERE:** FCC
HALF DAY: 9:00 AM - 12:00 PM OR 1:00 PM - 4:00 PM **COST:** \$195
FULL DAY: 9:00 AM - 4:00 PM **COST:** \$364



LEGO FLIX (9:00 AM - 12:00 PM)

We know you love Legos and can create incredible Lego worlds, now it's time to bring those worlds to life in Lego Stop-Motion Animated Flix! We provide the Legos and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot and voice-over in age-appropriate groups.

LIVE ACTION FLIX (1:00 PM - 4:00 PM)

Do you want to have a blast making a movie? You don't have to be an actor to star in these movies that you make from "Action" to "That's a wrap." We'll guide you through the Hollywood process as you brainstorm, location scout, bring in props and costumes, act and direct in a collaborated movie that will be fun for the entire audience.

Instructed by Incrediflix

VIKING MULTI-SPORT CAMP

This exciting, fast-paced program is geared solely around fun games. Kids will learn to play games, such as Capture the Flag, dodgeball, floor hockey, line tag and many more. Coaches provide the instructions while the kids provide the fun.

Your child should bring a snack, a lunch and plenty of water. All participants receive a t-shirt and a trophy!



AGES: Grades K - 5 **DAYS:** Mon. - Fri.
DATES: Jul. 13 - 17 **TIME:** 9:00 AM - 3:00 PM
COST: \$168 **WHERE:** Curtis Middle School

Instructed by Viking Sports



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FLAG FOOTBALL & DODGEBALL

Come join FAST Athletics for some flag football and dodgeball fun! Fundamentals of flag football and dodgeball will be taught along with good sportsmanship and rules through a variety of games and drills.

AGES: 7 - 12
DAYS: Mon. - Fri.
DATES: Aug. 24 - 28
TIME: 9:00 AM - 12:00 PM
COST: \$117 per session
WHERE: Haskell Field



Instructed by FAST Athletics

ALL-SPORTS CLINIC

Participants will play several different sports, such as soccer, flag football, basketball, lacrosse and street hockey, as well as popular playground games like capture the flag and dodgeball. Emphasis will be placed on sportsmanship, fitness, fun and cooperation. Coached by qualified teachers and coaches from the college, high school and youth levels. *Min.10*

**Pizza lunch will be available for purchase.*

AGES: 5 - 12
DAYS: Mon. - Thurs.
SESSION I: Jun. 29 - Jul. 2
SESSION II: Jul. 6 - 9
TIME: 9:00 AM - 2:00 PM
COST: \$174
WHERE: Curtis Middle School

Instructed by New England Elite Sports Camp, Inc.

DRAMA KIDS INTERNATIONAL SUMMER DRAMA PROGRAMS

DKI Playhouse is taking on a new twist this summer: Musical Theater!! We will be writing our own play complete with songs and music! Each day will be spent developing our acting skills: improvisation, speech, articulation, projection, breath control, movement, direction and scene work. Days will also be spent creating music and songs for our original production that will be written by the Drama Kids students with guidance from our professional staff. Students will also work on set design and prop creation. Each camp will end with a production for friends and family!! Students will receive a cd of the music/songs they created!! Each week is open to all students aged 5-16. Students will be grouped by age for the activities and work together to create their show. There are NO auditions! Everyone is an active participant.

Drama Kids is open to ALL levels of experience.

AGES: 5 - 16
SESSION I: Jul. 6 - 10
SESSION II: Jul. 13 - 17
TIME: 9:00 AM - 2:00 PM
COST: \$260 per session
WHERE: Curtis Middle School Auditorium

Instructed by Drama Kids International



GET ON THE BUS! - DAY TRIPS FOR GRADES 6 - 9

Keep the fun going! Join us for these great day trips! There will be a counselor-to-child ratio of 1:10.

AGES: Grades 6 - 9 **WHERE:** Haskell Field & Fairbank Community Center



TRIP	DATE	TIME	COST
Water Wizz	Mon., Aug. 17	8:00 AM - 5:00 PM	\$65
Hampton Beach	Tues., Aug. 18	8:00 AM - 6:00 PM	\$54
Cpt. John's Whale Watch	Wed., Aug. 19	7:00 AM - 4:00 PM	\$86
Friendly Fire Paintball	Thurs., Aug. 20	9:00 AM - 2:00 PM	\$61

ADAPTIVE AND INCLUSIVE RECREATION 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. For questions about the program and supports available, please contact Amber Comeau, Assistant Recreation Director/Adaptive Recreation Specialist, at comeaua@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 such as friends, siblings, and persons without disabilities who are interested in the class. If necessary, parents or aides are welcome to attend. 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.



INCLUSIVE YOUTH SAILING CAMPS: July & August

Join us for a week of sailing either mornings or afternoons this July and August! Piers Park Sailing Center has an inclusive, youth development program teaching kids of *ALL* abilities basic sailing, safety, leadership and teamwork. Adaptive instruction and equipment will be used. The goal of these week long programs is to provide empowerment to youth with disabilities through the sport of sailing in an inclusive environment. Any disability welcome.

DAYS: Mon. - Fri. **AGES:** 9 - 21
SESSION 1: July 6 - 10 **SESSION 2:** August 3 - 7
CLASS 1: 9:00 AM - 12:00 PM **CLASS 2:** 1:00 - 4:00 PM
COST: \$10
WHERE: Piers Park Sailing Center 95 Marginal Street, East Boston, MA
Instructed by Piers Park Sailing Center



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.

DAY: Mon - Fri. **TIME:** 5:00 - 6:00 PM
SESSION 1: June 22 - 26 **SESSION 2:** August 17 - 21
AGE: 5 - 10 **COST:** \$119
WHERE: Haskell Field Sudbury, MA
Instructed by Super Soccer Stars SHINE



INTRODUCTION TO KAYAKING

Introduction to Kayaking is a six-hour course focusing on skills needed for any type of kayak, including but not limited to, sit on tops, recreational, folding and inflatable. This program combines recreational kayaking skill development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team through fun games and team problem solving.

DAY: Monday - Wednesday
TIME: 5:00 - 7:00 PM
DATE: June 29 - July 1
AGE: 12+
COST: \$101
WHERE: Willis Pond, Sudbury, MA

Instructed by Still River Outfitters



ART EXPLORATION

Join us for a week-long sensory art adventure! Some 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! This class is best suited to individuals with developmental and intellectual disabilities including, but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS.

DAY: Monday - Friday
DATES: Aug. 3 - 7
DURATION: 6 weeks
WHERE: FCC Room 1
AGES: 11 - 18
TIME: 4:15 - 5:15 PM
COST: \$103

*Instructed by
 Sudbury Park & Recreation Staff*



HIP HOP DANCE - DISNEY STYLE!

Come join in on the fun of Hip Hop dancing! Basic urban dance hip hop steps will be taught including popping, waving, gliding and locking in a fun and relaxed setting. A series of dance patterns will be put together and the dancers will perform their dance routine in a mini-recital on the last day of classes. Please wear sneakers comfortable clothing and bring a water bottle. T-shirts provided. *Min. 4.*

DAY: Tuesday
TIME: 7:00 - 8:00 PM
DATES: July 14 - August 18
DURATION: 8 weeks
AGES: 13 - 21
WHERE: FCC Room 2
COST: \$136

*Instructed by Park & Recreation Staff,
 Carole Anne Baer*



NEW!!

FREE WOMEN'S PICK-UP BASKETBALL

Looking for a night of pick-up basketball? Join us for some outdoor basketball throughout the summer.

All abilities welcome! Bring your friends along with you! Please bring your own basketball. No registration required.

WHO: Adults
DAY: Tuesdays
TIME: 7:00 - 8:30 PM
DATES: Jun. 23 - Aug. 18
WHERE: FCC Basketball Courts
COST: FREE!!!!



Offered by Park & Recreation

5K TRAINING PROGRAM

Join us for a 6- week training program leading up to the Sudbury Halloween 5k held on October 25th. This program is great for people of all ability and fitness levels. Meet weekly for a training session with the group and receive additional weekly workouts emailed to you to do on your own. Areas to be covered include stretching, types of training runs, drills and shoe selection. Please see page 5 for race details.

WHO: Teens and Adults
DAY: Saturdays
TIME: 10:00 - 11:00 AM
DATES: Sept. 12 - Oct. 17
DURATION: 6 Weeks
WHERE: Meet in Atkinson Pool Lobby
COST: \$56 (does not include race entry for Oct. 25th race)



Instructed by Atkinson Pool Staff

FREE CO-ED BEACH VOLLEYBALL

Miss the sand in your toes? Join us for some informal volleyball. All abilities welcome! Bring your friends along with you! Please bring your own volleyball. No registration required.

WHO: Teens and Adults
DAY: Wednesdays
TIME: 7:00 - 8:30 PM
DATES: Jun. 24 - Aug. 19
WHERE: FCC Volleyball Court
COST: FREE!!!!



Offered by Park & Recreation

FREE MEN'S PICK-UP BASKETBALL

Looking for a night of pick-up basketball? Join us for some outdoor basketball throughout the summer. All abilities welcome! Bring your friends along with you! Please bring your own basketball. No registration required.

WHO: Adults
DAY: Mondays
TIME: 7:00 - 8:30 PM
DATES: Jun. 22 - Aug. 17
WHERE: FCC Basketball Courts
COST: FREE!!!!

Offered by Park & Recreation

**ADULT AND FAMILY FREE SELF-DIRECTED RECREATION**

Looking for something fun and free to do this summer?

Take advantage of all the great recreational activities that Sudbury has to offer for you and your family. Below you will find just some examples of what you can do to get out and get active this Summer!

- * Mile Loop at Haskell Field
- * Exercise Equipment at Haskell Field
- * SMILE Sudbury/Lyons' Pride Playground at Haskell Field
- * Basketball Courts at Fairbank Community Center
- * Sand Volleyball Court at Fairbank Community Center
- * Willis Pond Dock
- * Sudbury Conservation Trails
- * Assabet River National Wildlife Refuge
- * Nobscot Scout Reservation
- * Pickleball Courts at Fairbank Community Center



POOL MEMBER APPRECIATION DAY

FUN FACT:

Did you know
the pool has
been open
since 1987?

GIVE AWAYS

REFRESHMENTS

VISIT THE STAFF

FUN, FUN, FUN!

June 4th

ALL DAY - 5:30AM - 9:00PM

We appreciate you!

We truly appreciate our pool members and want to celebrate *you*! Stop by the Atkinson Pool on Thursday, June 4, 2015 to join in on the fun!

Although the pool will remain open all day to the public, the special prizes, refreshments, and more are for members only.



THE WORLD'S LARGEST SWIMMING LESSON 2015

Help us to break a Guinness World Record!

Get your goggles and bathing suits ready to help us break a world record.
Did you know swimming lessons save lives? Become a Drowning Prevention
Super Hero today! Certificates will be given to all participants.



June 18, 2015

TIME: 10:00 AM
WHEN: Thursday, June 18
WHERE: Atkinson Pool
WHO: ALL AGES!
COST: FREE!!



Instructed by Atkinson Pool 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: Adult, Youth, Senior and Tiny Tot Swim pass entitles the user to six swims. Family swim pass entitles the user to 18 swims. Swim passes have a one year expiration date and may be transferred to family members and friends. Please swipe once for each family member or guest swimming for that day.

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

Memberships cannot be purchased and applied the same day as program registration

RESIDENT FEES		DAILY	SWIM PASS	LUNCHTIME	MONTHLY	6 MONTH	YEARLY
FAMILY		n/a	\$88	n/a	\$56	\$306	\$610
ADULT		\$8	\$40	\$280	\$42	\$220	\$442
YOUTH		\$6	\$27	n/a	\$29	\$155	\$310
SENIOR		\$5	\$25	n/a	\$25	\$140	\$280
COUPLE		n/a	n/a	n/a	\$52	\$280	\$560
TINY TOT PASS		\$5	\$25	n/a	n/a	n/a	n/a

NON-RESIDENT FEES		DAILY	SWIM PASS	LUNCHTIME	MONTHLY	6 MONTH	YEARLY
FAMILY		n/a	\$105	n/a	\$65	\$345	\$684
ADULT		\$9	\$48	\$300	\$50	\$250	\$500
YOUTH		\$7	\$36	n/a	\$36	\$172	\$340
SENIOR		\$5	\$28	n/a	\$28	\$158	\$317
COUPLE		n/a	n/a	n/a	\$62	\$325	\$650
TINY TOT PASS		\$5	\$25	n/a	n/a	n/a	n/a

FAMILY: Two adults and all children under 21 **ADULT:** Anyone over 18 years of age

SENIOR: 60 years of age or older

COUPLE: Two adults living at the same address

YOUTH: Ages 4-17

Tiny Tot: for the Adult with the child

SWIM LEVEL DESCRIPTIONS

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 caregiver 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. (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 some independence in the water.

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.

SESSION A

DAYS: Tuesday -Thursday

DATES: July 7– July 16

CLASS:

Level 1	3:30 - 4:00 PM
Level 2	4:05 - 4:35 PM
Level 3	4:40 - 5:10 PM
Level 4	5:15 - 5:45 PM

COST: \$69 members \$111 non-members

Each class meets Tuesday through Thursday, for a total of 6 classes.



SESSION B

DAYS: Tuesday -Thursday

DATES: July 21-July 30

CLASS:

Level 4	3:30 - 4:00 PM
Level 1	4:05 - 4:35 PM
Level 2	4:40 - 5:10 PM
Level 3	5:15 - 5:45 PM

COST: \$69 members \$111 non-members

Each class meets Tuesday through Thursday, for a total of 6 classes.



SESSION C

DAYS: Tuesday-Thursday

DATES: August 4 - August 13

CLASS:

Level 3	3:30 - 4:00 PM
Level 4	4:05 - 4:35 PM
Level 1	4:40 - 5:10 PM
Level 2	5:15 - 5:45 PM

COST: \$69 members \$111 non-members

Each class meets Tuesday through Thursday, for a total of 6 classes.



SESSION D

DAYS: Sunday Class meets once a week for 5 weeks

DATES: July 12- August 9

CLASS:

Level 1	9:00 - 9:30 AM
Level 2	9:35 - 10:05 AM
Level 3	10:10 - 10:40 AM
Preschool Level 1	10:45 - 11:15 AM
Level 4/5	11:20 - 11:50 AM

COST: \$58 members \$93 non-members



SESSION E

PRE-SCHOOL Lessons (age 2.9 - 4 years old)

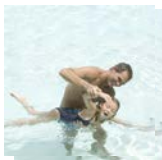
DAYS: Wednesday Mornings Class meets once a week for 5 weeks

DATES: July 8,15,22,29 & August 5

CLASS:

P-S Level 1	8:50–9:20 AM
P-S Level 2	9:25– 9:55 AM

COST: \$58 members \$93 non-members



SUMMER HOURS

The Atkinson Pool will begin summer hours the week of June 22nd.

The pool will close at 8pm Monday-Thursday.

All other pool hours remain the same.

The Pool will be closed July 3rd & 4th for the Fourth of July holiday and open on Sunday, July 5th from 7am-1pm.



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: July 15-August 12

DURATION: 5 weeks

COST: **MEMBERS:** \$85

NON-MEMBERS: \$127

PRIVATE SWIM LESSONS

We have dedicated one certified Water Safety swim Instructor, and two specific days with preset time blocks for you to register to take private lessons. Each lesson will be 30 minutes long and you can register for as many as you would like during July and August. These are one on one classes.

DAY: Mondays 3-6pm or Wednesdays 12-3:30pm

TIME: 30 minute time slots

AGE: 3-17

COST: \$45

DATES: Jul. 6, 8, 20, 22, 29, Aug. 3, 5, 10, 12, 17, & 19

***No Class 7/13, 7/15, 7/27**



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: Jun. 29 - Aug 10

TIME: 30 min slots (3:30 - 8:00 PM)

AGES: 2 - 18

DURATION: 6 weeks

COST: \$386

WHERE: Atkinson Pool

Instructed by Angel Fish Therapy

Swim Whisperers

SWIM AID

If you’re 11 - 14 years old and looking for something FUN, come join the Swim Aid program. Participants will learn how to work in a group by assisting our certified instructors with our hands on approach in leading games and other aquatic activities. They will also be shown some of the skills and leadership skills needed to be a water safety instructor. Prerequisite: must be able to demonstrate they can swim at an American Red Cross level 3. Min. 4

AGES: 11 - 14
TIME: 9:30 AM - 2:30 PM
SESSION A: July 20 - July 30
SESSION B: August 3 – August 13
DAYS: Mondays, Tuesdays, and Thursdays
COST: \$125
WHERE: Atkinson Pool

TINY TOT SWIM

Here’s baby’s chance to get in the pool with their favorite adult, have a great time splashing around, in the water!

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
DAYS: Saturday & Sunday
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!!**

YOUTH LAP LANE

For children under age 14 who would like to lap swim. Children must be engaged in continuous lap swimming and be willing to circle swim if more than three children are using the lane.

WHEN: Tuesdays 7:00-8:00 PM / Friday 5:30-7:00 PM
DATES: Begins Week of June 22nd

ADULT POOL PROGRAMS

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: July 6-August 19
DURATION: 14 classes
COST: Members/Seniors: \$105
Non-Members: \$133

8:15 - 9:00 AM AQUACISE CLASS

DATES: July 14 - August 21
DURATION: 18 classes
COST: Members/Seniors: \$135
Non-Members: \$171

9:30 - 10:15 AM DEEP WATER WORKOUT (3 day)

DATES: July 14-August21
DURATION: 18 classes
COST: Members/Seniors: \$135
Non-Members: \$171

TWO DAY A WEEK AQUACISE/DEEP WATER OPTION

DURATION: 12 classes
COST: Members/Seniors: \$90
Non-Members: \$114

BURDENKO WATER TRAINING & CONDITIONING – Janis Redlich, Trainer

Private sessions focus on water conditioning exercises specifically designed to develop balance, coordination, flexibility, endurance and speed.

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

ATKINSON POOL SCHEDULE JULY-AUGUST 2015

19

	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	6 Lap 2 Lesson	5 Lap 3 Aquacise	5 Lap 3 Aquacise	8 Lap
9:00-10:00	6 Lap 2 Lessons	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Lesson	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	8 Lap
10:00-11:00	6 Lap 2 Lessons	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	8 Lap	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	8 Lap
11:00-12:00	4 Lap 2 Lessons 2 Tiny Tot	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	8 Lap	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Tiny Tot
12:00-1:00	5 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family
1:00-2:00	5 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	5 Lap 2 Family 1 Rental
2:00-3:00	5 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	5 Lap 2 Family 1 Rental
3:00-4:00	5 Lap 2 Family	5 Lap 2 Family 1 Angel Fish	4 Lap 2 Family 2 Lesson	4 Lap 2 Family 2 Lesson	4 Lap 2 Family 2 Lesson	4 Lap 4 Summer Camp	5 Lap 2 Family 1 Rental
4:00-5:00	CLOSED	4Lap 2 Family 2 Angel Fish	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		4 Lap 2 Family 2 Angel Fish	4 Lap 2 Family 2 Lesson	4 Lap 2 Family 2 Lesson	4 Lap 2 Family 2 Lesson	5 Lap 2 Family 1 Youth Lap	5 Lap 2 Family 1 Rental
6:00-7:00		4 Lap 2 lesson until 6:30pm 2 Angel Fish	4 Lap 2 Family 1 Jr. Guards	4 Lap 2 Family 1 Rental	3 Lap 2 Family 1 Rental 1 Lesson	5 Lap 2 Family 1 Youth Lap	CLOSED
7:00-8:00		5 Lap 2 Family 1 Angel Fish	5 Lap 2 Family 1 Youth Lap	5 Lap 2 Family 1 Rental	5 Lap 2 Family 1 Rental	CLOSED	
	Close 3:45 PM	Close 8:00 PM	Close 8:00 PM	Close 8:00 PM	Close 8:00 PM	Close 7:00 PM	Close 5:45 PM

CANCELLATION/CLOSING POLICY:

978-443-1092

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

The Atkinson Pool reserves the right to change/modify the schedule at any time. Times listed above are approximate and may vary by 15 minutes or more. Private lessons that will occupy a lap lane.

SUMMER INFORMATION:

June 22nd Summer hours begin.

Pool closes at 8pm Monday-Thursday.

Friday & Saturday July 3rd & 4th -Pool Closed

Pool will be CLOSED August 22—September 7 for maintenance.

NO FAMILY SWIM MONDAYS 6-6:30pm July 6-August 10



Town of Sudbury
Park & Recreation/Atkinson Pool
40 Fairbank Road
Sudbury, MA 01776

Postal Patron
Sudbury, MA 01776

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Sudbury Park & Recreation Proudly Presents

HASKELL FIELD

SUMMER CONCERT SERIES

**MONDAYS
7-8:30 PM**

7/6 Friends of Broadway
7/13 The Infracctions
7/20 Family Fun Night
7/27 The Nowheremen
8/3 Houston Bernard Band

**special event:
Family Fun Night
7/20 6:30-8pm**

- Ben Rudnick & Friends
- Dancers workshop
- Inflatables
- Spin art
- Carnival games
- Face painting
- Break-a-thon

gold sponsors

SalemFive
CHARITABLE FOUNDATION



Marlborough
SAVINGS BANK

Sudbury Farms
Your family deserves the best.



Bank

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silver sponsors



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Celebrating the bond between people and pets since 1988



**MARENGI
DENTAL**



Metro Music



Dancers Workshop
Express Yourself



Bright Horizons
Early Education & Preschool

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POSH HAIR SALON

**US SPORTS
institute**

**multi state
tax service**



Mobil

**Bonnie's
BOOTCAMP**

**Sudbury
Pizza Place**

honorable mention

**Station Road Auto
Body & Garage Inc.**

**Tot Family
Daycare**

Sponsorship opportunities still available, please contact Alyssa Papia at papiaa@sudbury.ma.us