

# Town of Sudbury Park & Recreation/Atkinson Pool



*A CAPRA Accredited Agency!*

## **RECREATION REGISTRATION:**

Wednesday, December 3rd at 9:00 AM

## **POOL REGISTRATION SESSION A:**

Pool Members: Tuesday, December 9th at 9:00 AM

Non-Members: Thursday, December 11th at 9:00 AM

## **POOL REGISTRATION SESSION B & C:**

Pool Members: Tuesday, February 10th at 9:00 AM

Non-Members: Thursday, February 12th at 9:00 AM

## **Winter 2015**

40 Fairbank Road, Sudbury, MA 01776

(978) 443-1092



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

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

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

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

[www.teen.sudbury.ma.us](http://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, 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  
Brian Sullivan, Youth Coordinator/Teen Center Director x 3227  
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



## 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.



## 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!

## 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.



Find us on Facebook to keep up with department happenings!

# REGISTRATION INFORMATION

## REGISTRATION INFORMATION

Online Registration is **STRONGLY RECOMMENDED**

at [www.recreation.sudbury.ma.us](http://www.recreation.sudbury.ma.us) or [www.pool.sudbury.ma.us](http://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 will be given**. **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. The Park & Recreation Department/Atkinson Pool does not issue credits at any time.

# SEEKING NEW PROGRAMS AND INSTRUCTORS!

**NOW HIRING!**

Have you ever wanted to teach a class for the Sudbury Park & Recreation Department? We are currently in the process of putting together new programming and are looking for exciting new classes, new instructors, and also support staff for classes that we currently have in place. We are looking to hire for all of our programming subsets including: preschool, youth, tween & teen, and adaptive. Please help us spread the word! **For more information, please contact Alyssa Papia, Program Coordinator at [papiaa@sudbury.ma.us](mailto:papiaa@sudbury.ma.us).**

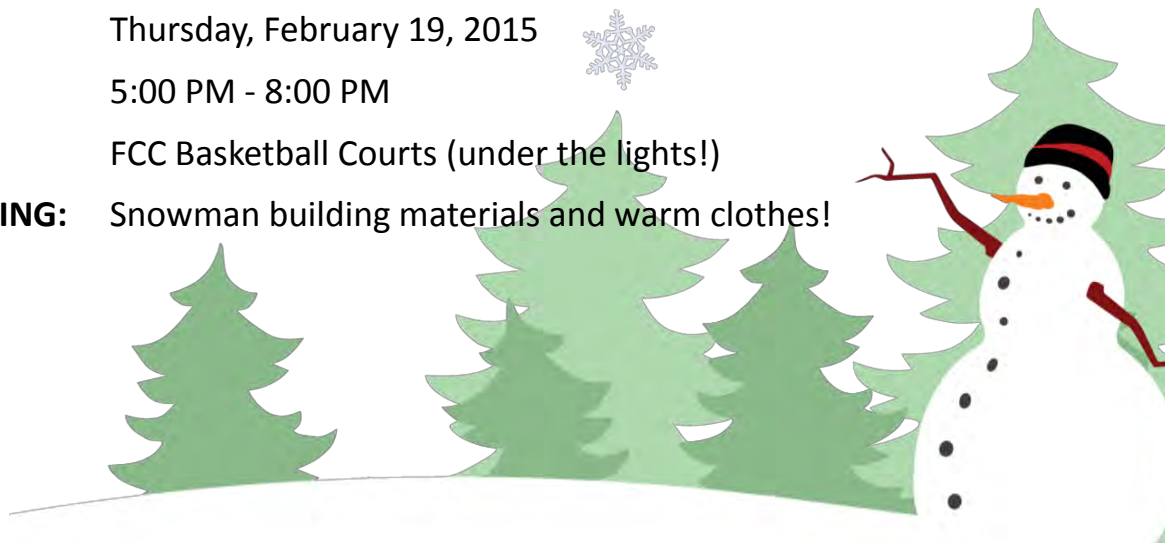
# Do you want to build a snowman?

*Proudly Presented by Sudbury Park & Recreation*

Join us for our snowman building contest! This contest can either be done at home or with us during our event on the Thursday of February vacation.

Bring the whole family, enjoy some complimentary hot chocolate and work together to build a snowman creation!

- DATE:** Thursday, February 19, 2015
- TIME:** 5:00 PM - 8:00 PM
- WHERE:** FCC Basketball Courts (under the lights!)
- WHAT TO BRING:** Snowman building materials and warm clothes!



 Can't make it to our event? Build a snowman at home and post pictures to our Facebook page (Sudbury Park and Recreation/Atkinson Pool) or email them to [papiaa@sudbury.ma.us](mailto:papiaa@sudbury.ma.us)!

## SNOWSHOE LOAN PROGRAM

**Get outside this winter and enjoy the snow with your friends and family!**

Looking to get out for a little snowshoeing? Sudbury Park and Recreation Staff will be available to provide brief instructions and additional information Monday - Friday (9am-4pm).

**4 Pairs of Men's Snowshoes, 4 Pairs of Women's Snowshoes, and 8 Pairs of Children's Snowshoes**

To reserve snowshoes for your next winter adventure:

- CALL:** Sudbury Park & Rec to reserve 978-443-1092
- PROVIDE:** Name, address, and phone number
- RESERVE:** Snowshoes can be reserved for up to 24 hours
- PICK UP:** Any time after 9:00 am on the day of the reservation
- RETURN:** Before 9:00 am the following morning
- COST:** FREE!



**For more information, contact the Sudbury Park & Recreation Department/Atkinson Pool at 978-443-1092.**

## DISCOUNTED TICKETS AVAILABLE

### AMC MOVIE TICKETS

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

**GOLD TICKETS: \$9.00**



# DECEMBER AND FEBRUARY VACATION PROGRAMS

## DECEMBER BREAK

### MIDDLE SCHOOL DAY TRIPS

Don't get stuck at home! Spend some of your December vacation hanging out with friends and having fun. All programs will start and end at the Fairbank Community Center.

The participants will take a bus to the designated location. Space is limited!

*Run by Sudbury Park & Recreation Staff*

PROGRAM	DATE & TIME	COST
<b>6th Grade</b> <b>Only!!!</b> <i>Min.12</i> Acton Bowladrome	Mon. Dec. 29 10 AM - 2:30PM <b>*Lunch included</b>	\$44
Ice Skating & Lunch in Downtown Boston <i>Min.15</i>	Tues. Dec. 30 10 AM - 4 PM <b>*Rental included</b>	\$58

**NEW!!**

## DECEMBER BREAK

### ORIGAMI

Ever wondered how to make little creations with paper? Come find out at our one-day origami workshop!

This is a beautiful, traditional art that has been passed down from generation to generation. In this workshop, we will be making different paper creatures and other fun, origami items. *Min.4*

**DAY:** Monday **DATE:** Dec. 29  
**TIME:** 11:00 AM - 12:30 PM **AGES:** 7 - 10  
**WHERE:** FCC Room 1 **COST:** \$18



*Instructed by Sudbury Park & Recreation Staff*

**NEW!!**

## SPORTSMANIA!

This program offers a variety of sports such as: soccer, basketball, pillo polo, dodgeball, world cup soccer and kickball; the sports go on and on. Bring your friends and let's have some fun! *Min. 8*

**DATES:** Dec. 29 - Dec. 31  
**DURATION:** 3 days  
**TIME:** 9:00 AM - 12:00 PM  
**AGES:** 7-13  
**WHERE:** FCC Gym  
**COST:** \$72

**FAST.**

*Instructed by FAST Athletics*



## CHILDHOOD ADVENTURES - PRESCHOOL

Escape for some creativity and adventures during February school vacation week! **Please bring your own PEANUT-FREE** snack.

Sign your child up for as many days as you would like.

Each day of the week has a different theme:



**TUES., Feb. 17:** All About Me  
**WED., Feb. 18:** Dinosaurs Galore  
**THURS., Feb. 19:** Color Exploration  
**FRI., Feb. 20:** Things that Go!



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

*Instructed by Sudbury Park & Recreation Preschool Staff*

## ZIP TENNIS CAMP

Using lower compression balls and smaller courts, children are introduced to the exciting sport of tennis! Please bring clean, dry sneakers. Racquets provided. *Min. 4*

**DATES:** Feb. 17 - Feb. 20  
**DURATION:** 4 days  
**TIME:** 9:00 AM - 11:30 AM  
**AGES:** 4 - 8  
**WHERE:** Longfellow Club - Zip Zone, Wayland  
**COST:** \$195



*Instructed by the Longfellow Club*

## ORANGE BALL TENNIS CAMP

Using lower compression balls and 60-foot courts, children are taught to play tennis immediately!

Please bring clean, dry sneakers and a racquet.

Some racquets provided. *Min. 4*

**DATES:** Feb. 17 - Feb. 20  
**DURATION:** 4 days  
**TIME:** 1:00 - 4:00 PM  
**AGES:** 8 - 10  
**WHERE:** Longfellow Club, Wayland  
**COST:** \$195



*Instructed by the Longfellow Club*

## GREEN BALL TENNIS CAMP

Using full court and lower compression balls, children are introduced to tennis through skill development and match play. Please bring clean, dry sneakers and a racquet.

Some racquets will be provided. *Min. 4*

**DATES:** Feb. 17 - Feb. 20  
**DURATION:** 4 days  
**TIME:** 1:00 - 4:00 PM  
**AGES:** 10 - 12  
**WHERE:** Longfellow Club, Wayland  
**COST:** \$195



*Instructed by the Longfellow Club*

# DECEMBER AND FEBRUARY VACATION PROGRAMS



## NINJANEERING WITH LEGO

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks and encounter the mighty Dragon! Imagine and build unique, fun LEGO projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjago.

**DATES:** Feb. 17 - Feb. 20  
**DURATION:** 4 days  
**TIME:** 9:00 AM - 12:00 PM  
**AGES:** Grades K - 2  
**WHERE:** FCC Room 1  
**COST:** \$130



*Instructed by Play-Well TEKologies*



## ENGINEERING FUNDAMENTALS USING LEGO

Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects, such as arch bridges, skyscrapers, motorized cars and the Battletrack! Design, build as never before and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

**TIME:** 1:00 PM - 4:00 PM  
**DATES:** Feb. 17 - Feb. 20  
**AGE:** Grades 3 - 5  
**WHERE:** FCC Room 1  
**COST:** \$130



*Instructed by Play-Well TEKologies*

## 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.**

**TIME:** 9:00 AM - 2:00 PM      **DATES:** Feb. 17 - 20 (Tues. - Fri.)  
**WHERE:** Curtis Middle School Gym

### YOUTH CLINIC

**AGES:** 5 - 10  
**COST:** \$169

### MIDDLE SCHOOL CLINIC

**AGES:** 11 - 14  
**COST:** \$169

*Instructed by New England Sports Camps*

## FLOOR HOCKEY/DODGEBALL DAYS

This February break come and spend it playing 2 of the most fun and exciting sports out there: Dodgeball and Floor Hockey. This vacation program will break up the day, playing a variety of games and drills with these sports. Games will include: a variety of dodgeball games as well as hockey games consisting of shoot outs, 3v2 offense/defense games as well as scrimmages and tournaments. Pick one or attend both! *Min. 8*

**TIME:** 9:00 AM - 12:00 PM      **AGES:** 7 - 13  
**WHERE:** FCC Gym      **COST:** \$39

### FLOOR HOCKEY

**DATE:** Feb. 18



### DODGEBALL

**DATE:** Feb. 19



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



## LIFEGUARD TRAINING

**Pre-requisites** - MUST BE 15 years old and MUST swim 300 yards continuously, 100 yards of front crawl with rhythmic breathing and a stabilizing propellant kick; 100 yards of breaststroke using a pull, breathe, kick and glide sequence, 100 yards of front crawl or breaststroke or a combination of both; as well as a 40 yard timed swim and retrieval of a 10 pound object. Then he or she must tread water for two minutes keeping your hands under your arms.

Upon successful completion of the course, participants will be certified in Lifeguard Training, First Aid & C.P.R./A.E.D. for the professional rescuer.

**DAY:** Tues. - Fri.      **TIME:** 9:00 AM - 5:00 PM      **COST:** \$285

**DATES:** Feb. 17 - Feb. 20 **\*Please bring a lunch and snacks \***

**THERE ARE NO REFUNDS IF YOU DO NOT PASS THE COURSE**



## GARRO STUDIOS ART WEEK

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

**DATES:** Feb.17 - Feb. 19 (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 Michelle Garro*



# PRESCHOOL PROGRAMS

**NEW!!**

## S.T.E.M. EXPLORATION



Come explore Science, Technology, Engineering and Math!  
Young children are natural scientists and love to ask questions to try to make sense of the world around them. Children will learn STEM concepts in a creative and hands-on way. Each class will be a fun and engaging experience for your child! *Min. 6*

**DAY:** Mondays  
**TIME:** 1:00 - 2:00 PM  
**DATES:** Jan. 5 - Mar. 23 \*No Class 1/19, 2/16  
**DURATION:** 10 Weeks  
**WHERE:** FCC Room 4  
**AGES:** 3 - 5  
**COST:** \$135



*Instructed by Sudbury Park & Recreation Preschool Staff*

**NEW!!**

## YOUNG ARTISTS



At these weekly sessions, children will have the chance to explore the joy of creating art and experimenting with new techniques. We will be learning about famous artists and using some of their unique methods to create our own art.

Please dress appropriately to get messy! *Min. 6*  
**DAY:** Wednesdays  
**TIME:** 12:45 - 1:45 PM  
**DATES:** Jan. 21 - March 25 \*No Class 2/18  
**DURATION:** 9 Weeks  
**WHERE:** FCC Room 4  
**AGES:** 3 - 5  
**COST:** \$120



*Instructed by Sudbury Park & Recreation Preschool Staff*



## DROP IN PLAY TIME

### hosted by THE SUDBURY FAMILY NETWORK

The Sudbury Family Network hosts this morning of fun at the Fairbank Community Center. Let the kids run around and play with balls, play-mats and more. ALL CHILDREN ARE WELCOME, but they must be accompanied by an adult.

**DAY:** Tuesdays (Every other) **TIME:** 9:30 - 11:00 AM  
**DATES:** Jan. 13, 27, Feb. 10, 24, Mar. 10, 24 **AGES:** 5 and under  
**COST:** FREE **WHERE:** FCC Room 2

*Hosted by The Sudbury Family Network*



**BACK BY POPULAR DEMAND!**

## SWIM, GYM & CRAFT



Enjoy some time in the pool with an American Red Cross Certified Lifeguard. We will practice our swimming skills and play water games. After the water fun, we will change and head over to the Preschool Classroom to enjoy our **peanut/tree-nut free** snack and work on a craft. We will then head to the gym for fun and games. *Min. 5*  
**Please send a PEANUT/TREE-NUT FREE snack and drink with your child.**

**DAY:** Tuesdays  
**TIME:** 12:30 - 3:30 PM  
**SESSION 1:** Jan. 6 - Feb. 10  
**SESSION 2:** Feb. 24 - Mar. 31  
**DURATION:** 6 Weeks  
**COST:** \$185 per session  
**AGES:** 4 - 6



*Instructed by Sudbury Park & Recreation Preschool /Atkinson Pool Staff*



## JUMP, ROLL, & SING

Children and their favorite adult will enjoy a morning of movement and interaction! The children will engage in exercise, creative movement, circle time, and singing. *Please note:* this is not a drop-off class; parents and children both have a chance to get involved with the fun! *Min. 5*

**DAY:** Wednesdays  
**TIME:** 9:30 - 10:30 AM  
**WINTER:** Jan. 7 - Mar. 18 \*No Class 2/18  
**SPRING:** Apr. 1 - June 10 \*No Class 4/22  
**DURATION:** 10 Weeks per session  
**WHERE:** FCC Room 2  
**COST:** \$92 per session  
**AGES:** 15 months - 2.5 years (w/adult)

*Instructed by Sudbury Park & Recreation Preschool Staff*



**NEW!!**

## WACKY WEDNESDAYS!



Join us for a theme-based craft workshop that will include stories, projects and games. **Please bring a brown paper bag to each workshop to carry home your crafts.**

**DAY:** Wednesdays (Early Release Days)  
**TIME:** 1:00 - 3:00 PM  
**DATES:** Jan. 14: *Winter Wonderland*  
Apr. 8: *Fun and Games*  
**WHERE:** FCC Room 4  
**COST:** \$26 per workshop  
**AGES:** 3.5 - 6



*Instructed by Sudbury Park & Recreation Preschool Staff*



# PRESCHOOL PROGRAMS (Cont.)

## PRE-ZIP TENNIS

Pre-Zip Clinics are designed for 4-5 year olds with little or no tennis experience. Classes focus on motor skills, balance, coordination, agility and racquet drills. Please bring clean, dry sneakers. Racquet provided.

**\*Class will run on the holiday weekend, Jan. 18th.**

**DAY:** Sundays  
**TIME:** 10:00 - 10:45 AM  
**SESSION 1:** Jan. 4 - Feb. 8  
**SESSION 2:** Feb. 22 - Mar. 29  
**WHERE:** Longfellow Club - Zip Zone, Wayland  
**AGES:** 4 - 5  
**COST:** \$94



*Instructed by the Longfellow Club*

## 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 all set to cool funky music! *Min. 5*

**DAY:** Fridays  
**TIME:** 3:45 - 4:30 PM  
**DATES:** Jan. 9 - Feb. 13  
**DURATION:** 6 Weeks  
**AGES:** 4 - 6  
**WHERE:** House of Dance, 365 Boston Post Rd, Sudbury  
**COST:** \$143



*Instructed by House of Dance*

## PRE-K BASKETBALL

Miniballs and a ton of fun! This class is created for 3-6 year olds and will work on having fun while learning some fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children! *Min. 8*

**DAY:** Saturdays  
**TIME:** 11:05 AM - 11:55 AM  
**AGES:** 3 - 6  
**WHERE:** FCC Gym  
**SESSION 1:** Jan. 3 - Feb. 21 **\*No Class 1/17, 1/31/ 2/14**  
**DURATION:** 5 Weeks  
**COST:** \$72  
**SESSION 2:** Feb. 28 - Mar. 21  
**DURATION:** 4 Weeks  
**COST:** \$59 *Instructed by F.A.S.T. Athletics*



## 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 teach them the importance of teamwork! F.A.S.T. Athletics will have new, exciting games each class! *Min. 8*

**DAY:** Saturdays  
**TIME:** 10:05 AM - 10:55 AM  
**AGES:** 3 - 6  
**WHERE:** FCC Gym  
**SESSION 1:** Jan. 3 - Feb. 21 **\*No Class 1/17, 1/31/ 2/14**  
**DURATION:** 5 Weeks  
**COST:** \$72  
**SESSION 2:** Feb. 28 - Mar. 21  
**DURATION:** 4 Weeks  
**COST:** \$59 *Instructed by F.A.S.T. Athletics*



## 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:** \$147    **DURATION:** 5 weeks    **WHERE:** FCC Gym

### THURSDAY

**SESSION I:** Jan. 8 - Feb. 5  
**SESSION II:** Feb. 26 - Mar. 26  
**AGES 3-5:** 3:40 - 4:25 PM



### SUNDAY

**SESSION I:** Jan. 4 - Feb. 8 **\*No Class 1/18**  
**SESSION II:** Feb. 22 - Mar. 22  
**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*

## BRITISH MINI KICKERS PRE-K SOCCER

Mini Kickers is an exciting program focusing on key child developmental areas through soccer. The goal is to improve each child's motor skills while advancing their physical, psychological and social development. The emphasis on coaching is to give children versatile experiences while creating a fun and safe environment for children to interact. Program fee includes a soccer ball, shorts, and a jersey top. If your child already has the uniform, you may receive a Mini Kickers backpack or a Lenny the Lion cuddly toy.

**DAY:** Tuesdays  
**DATES:** Feb. 24 - Mar. 31  
**DURATION:** 6 Weeks  
**COST:** \$93  
**AGES 2-4:** 12:15 - 1:00 PM  
**AGES 4 - 5:** 1:00 - 1:45 PM  
**WHERE:** FCC Gym



*Instructed by Challenger Soccer*



## TOTAL SPORT SQUIRTS

The Total Sport Squirts program introduces children to a variety of sports, such as soccer, basketball, lacrosse, hockey and T-Ball. Games and drills are designed to capture each child's imagination.

Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants; there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly fun! *Min. 6*

**DAY:** Wednesdays  
**TIME:** 3:30 - 4:30 PM  
**DATES:** Jan. 28 - Mar. 11 **\*No Class 2/18**  
**DURATION:** 6 Weeks  
**WHERE:** FCC Gym  
**AGES:** 3 - 5  
**COST:** \$104



*Instructed US Sports Institute*

# YOUTH PROGRAMS

## VIKING BASKETBALL-GRADES K-2

Players will learn the basic skills of dribbling, passing and shooting during the first half of the class and will play a fun scrimmage during the second half; age adjusted rules and lower hoops will be used as necessary. Emphasis will be on fun and learning. All players will receive a Viking Sports T-shirt. *Min. 6*

**DAY:** Saturday      **DATES:** Jan. 3 - Mar. 21 **\*No Class 1/17, 1/31, 2/14**      **\*Class will run the 2nd Saturday of February Vacation\***  
**DURATION:** 9 Weeks      **WHERE:** FCC Gym      **COST:** \$99

*Instructed by Viking Sports*

CLASS I	CLASS II	CLASS III	CLASS IV	CLASS V	CLASS VI
12:00-12:50 PM (Kindergarten)	1:00-1:50 PM (Kindergarten)	2:00-2:50 PM (1st Grade)	3:00-3:50 PM (1st Grade)	4:00-4:50 PM (2nd Grade)	5:00-5:50 PM (2nd Grade)



### PLASTIC BRICKS, GEARS,

#### AXLES & MOTORS: "MISSION TO SPACE"

Using LEGO<sup>®</sup> education products, our unique, Bricks 4 Kidz<sup>®</sup> model plans and our S.T.E.M. programs, participants will learn about space exploration and build models related to the NASA space program. Let Bricks 4 Kidz<sup>®</sup> launch your imagination to outer space and beyond! *Min. 5*

**DAY:** Mondays  
**TIME:** 4:00 - 5:00 PM  
**DATES:** Jan. 5 - Feb. 23 **\*No Class 1/19, 2/16**  
**DURATION:** 6 Weeks  
**WHERE:** FCC Room 2  
**AGES:** 6 - 8  
**COST:** \$117



*Instructed by Bricks for Kidz*

### PLASTIC BRICKS, GEARS, AXLES & MOTORS:

#### "PLANES, TRAINS AND AUTOMOBILES"

Want to build a drag racer, Lunar Rover, or some other Bricks 4 Kidz<sup>®</sup> unique vehicle with LEGO<sup>®</sup> bricks and motors? You will follow our model plans and then have the opportunity to adapt your creations. Want to adapt it to use with a remote control? *Min. 5*

**DAY:** Mondays  
**TIME:** 4:00 - 5:00 PM  
**DATES:** Mar. 2 - Apr. 6  
**DURATION:** 6 Weeks  
**WHERE:** FCC Room 2  
**AGES:** 6 - 8  
**COST:** \$117



*Instructed by Bricks for Kidz*



### TOTAL PLAY MULTISPORTS

Experience over 6 different sports including, soccer, basketball, lacrosse, cricket, floor hockey and more. Campers will receive instruction, have the chance to experience the sport in a game situation, and participate in the exciting USSI World Cup Competition. *Min. 6* **\*Please note that there is only one guaranteed make-up date, Mar. 18th.**

**DAY:** Wednesdays  
**TIME:** 4:45 - 5:45 PM  
**DATES:** Jan. 28 - Mar. 11 **\*No Class 2/18**  
**DURATION:** 6 Weeks  
**WHERE:** FCC Gym  
**AGES:** 6 - 10  
**COST:** \$124



*Instructed by US Sports Institute*



### SEW YOUR OWN PILLOW PET

Learn how to sew in this workshop to create your very own cuddly, pillow pet! Choose from several designs and take home a soft animal friend at the end of the session. *Min. 4*

**DAY:** Thursdays  
**TIME:** 4:00 - 5:00 PM  
**DATES:** Jan. 8 - Jan. 29  
**DURATION:** 4 Weeks  
**WHERE:** FCC Room 1  
**AGES:** 6 - 9  
**COST:** \$64



*Instructed by Sudbury Park & Recreation Staff, Cathy Lifschultz*



### BE AN AUTHOR

Ever want to create your own book? In this workshop, you will be able to write and illustrate your own story, using an iPad and your imagination. To help spark ideas, children will learn about famous children's authors, such as Eric Carle, Lois Ehlert and Jan Brett. *Min. 4*

**DAY:** Thursdays  
**TIME:** 4:00 - 5:00 PM  
**DATES:** Feb. 5 - Mar. 5 **\*No Class 2/19**  
**DURATION:** 4 Weeks  
**WHERE:** FCC Room 1  
**AGES:** 6 - 9  
**COST:** \$64



*Instructed by Sudbury Park & Recreation Staff, Cathy Lifschultz*



### GARRO STUDIOS DRAWING AND PAINTING LESSONS

Classes will cover the 7 art elements. In addition to drawing and painting still life and landscape, kids' classes will include mixed media and printmaking lessons. Emphasis is on nurturing individual creativity and stretching imagination. Students will be using a variety of art making media including watercolor, ink, acrylic paint, clay, pastel, charcoal and more! **All classes are instructed by Michelle Garro and held at Garro Studios - 63 Summer St., Maynard.**

**COST:** \$180 for Monday - Friday, \$190 for Saturday      **DURATION:** 8 Weeks

<b>MONDAY:</b> Feb. 9 - Apr. 6 <b>*No Class 2/16</b>	<b>TUESDAY:</b> Feb. 3 - Mar. 31 <b>*No Class 2/17</b>	<b>THURSDAY:</b> Feb. 5 - Apr. 2 <b>*No Class 2/19</b>	<b>FRIDAY:</b> Jan. 23 - Mar. 20 <b>*No Class 2/20</b>	<b>SATURDAY:</b> Jan. 24 - Mar. 21 <b>*No Class 2/21</b>
<b>TIME:</b> 4:15 - 5:30 PM	<b>TIME:</b> 4:15 - 5:30 PM	<b>TIME:</b> 4:15 - 5:30 PM	<b>TIME:</b> 5:00 - 6:15 PM	<b>TIME:</b> 2:30 - 4:00 PM
<b>AGES:</b> Grade K - 3	<b>AGES:</b> Grade K - 3	<b>AGES:</b> Grade 2 - 5	<b>AGES:</b> Grade 2 - 5	<b>AGES:</b> Grade 4 - 8



# YOUTH PROGRAMS (Cont.)

## LEARN TO SKATE

This program is for anyone 18 months+ (including adults!), who want to learn to ice skate. Participants must bring single blade skates, a helmet and warm gloves. Please note rentals are not available.

**DAY:** Saturdays  
**TIME:** 1:20 - 2:00 PM  
**AGE:** 18 Months - Adult  
**WHERE:** Valley Sports Arena, 2320 Main St., West Concord  
**DATES:** Jan. 17 - Mar. 28 (8 Weeks) \*No Class 2/14, 2/21, 3/14  
**COST:** \$175



Instructed by Sharper Edge Skating Staff



**NEW!!**

## 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:** Mondays  
**TIME:** 6:00 - 6:50 PM  
**DATES:** Jan. 5 - Feb. 23 \*No Class 1/19, 2/16  
**DURATION:** 6 Weeks  
**WHERE:** FCC Gym  
**AGES:** 8 - 13  
**COST:** \$94

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



## ZIP 1 & ZIP 2

This program is designed for kids with a range of tennis experience, from no tennis experience to some experience. Classes focus on motor skills, balance, coordination, agility, racquet skills and rallying skills. Please bring clean, dry sneakers. Racquet provided. **\*Class will run on the holiday weekend, Jan. 18th.**

**DAY:** Sundays  
**TIME:** 10:45 - 11:30 AM  
**SESSION 1:** Jan. 4 - Feb. 8  
**SESSION 2:** Feb. 22 - Mar. 29  
**WHERE:** Longfellow - Zip Zone, Wayland  
**AGES:** 6 - 7  
**COST:** \$94



Instructed by the Longfellow Club

## ZIP 3

This program is designed for children with at least one year of tennis experience, continuing focus on rally skills, serving and point play. Please bring clean, dry sneakers. Racquets available. **\*Class will run on the holiday weekend, Jan. 18th.**

**DAY:** Sundays  
**TIME:** 11:30 AM- 12:30 PM  
**SESSION 1:** Jan. 4 - Feb. 8  
**SESSION 2:** Feb. 22 - Mar. 29  
**WHERE:** Longfellow - Zip Zone, Wayland  
**AGES:** 7 - 8  
**COST:** \$109



Instructed by the Longfellow Club

## HIP HOP DANCE

Kids 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 and a funky dance combination. Elementary Hip-Hop is full of rhythm, body awareness, simple choreography and high-energy craziness!

**DAY:** Fridays  
**TIME:** 4:30 - 5:30 PM  
**DATES:** Jan. 9 - Feb. 13  
**DURATION:** 6 Weeks  
**AGES:** 7 - 10  
**COST:** \$143  
**WHERE:** House of Dance,  
 365 Boston Post Rd., Sudbury



Instructed by House of Dance

## BEGINNER RHYTHMIC GYMNASTICS

This is a fantastic "girls only" Beginner Rhythmic Gymnastics program! During the 8 lessons, we will learn the warm up, stretching and cool-down basics, move to music and explore some of the rhythmic gymnastics apparatus (the ball, the jump rope, the hoop, the ribbon). This program is a gentle introduction to rhythmic gymnastics. Please wear a leotard, ballet slippers or light sneakers, and bring a yoga mat. *Min. 4*

**DAY:** Tuesdays  
**TIME:** 4:15 - 5:15 PM  
**DATES:** Jan. 6 - Mar. 3 \*No Class 2/17  
**DURATION:** 8 weeks  
**WHERE:** FCC Gym  
**AGES:** 7-9  
**COST:** \$104



Instructed by Upbeat Rhythm Studio

**NEW!!**

## MAKE A BOOK TRAILER

Book trailers are used to spark interest to read a book or see a movie that is based on a book. In this program, children will pick a book, make props, film a book trailer using our iPads and attend a showing of their very own book trailers! Popcorn will be provided during the book trailer showings. **Parents are welcome to attend the showing on the last class, Apr. 9th.**

**DAY:** Thursdays  
**TIME:** 4:00 - 5:00 PM  
**DATES:** Mar. 5 - Apr. 9 \*No class 3/12  
**DURATION:** 5 Weeks  
**GRADES:** 2 - 3  
**COST:** \$53  
**WHERE:** Goodnow Children's Library - Story & Craft Room



Instructed by Sudbury Park & Recreation Staff in  
 Collaboration with Goodnow Children's Library Staff

# ONE DAY WORKSHOPS - YOUTH, TWEENS & TEEN

## 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:** Wednesday      **DATES:** Jan. 21 or Mar. 18  
**TIME:** 5:00 - 7:30 PM      **AGE:** 9 - 11  
**WHERE:** Parmenter VNA 266 Cochituate Rd., Wayland, MA  
**COST:** \$45

*Instructed by Beth Oleson of Parmenter Health*

**NEW!!**

## SWEET TREAT IGLOO CREATIONS!

Join us for an exciting afternoon of sugary, sweet igloo building! In this workshop, we will be building igloos using sugar cubes, icing and other candy decorations. Bring your creativity and be prepared to make your very own edible igloo masterpiece! *Min. 6*

**DAY:** Wednesday      **DATE:** Jan. 28  
**TIME:** 1:30- 3:00 PM (SPS Early Release)      **AGES:** 9 - 14  
**WHERE:** FCC Room 1      **COST:** \$18

*Instructed by Sudbury Park & Recreation Staff*



**NEW!!**

## AN AFTERNOON OF SNOWSHOEING

It's time to dress warm for this fabulous, outdoor winter adventure! Strap on your snowshoes and hit the snow for an afternoon of fun. After we have explored in our snowshoes (and built a snowman for our snowman contest!), we will come inside to enjoy a cup of hot chocolate to warm up. Snowshoes and hot chocolate will be provided. *Min. 6*

**DAY:** Wednesday      **DATE:** Feb. 11  
**TIME:** 1:30- 3:00 PM (SPS Early Release)      **AGES:** 9 - 14  
**WHERE:** Haskell Field/FCC Room 1      **COST:** \$18

*Instructed by Sudbury Park & Recreation Staff*



**NEW!!**

## MAKE A MUSIC VIDEO!

Have you ever wanted to make a music video just like your favorite artists? In this two-day workshop, we will pick a song and make up a dance. Then we will hit the floor and put our moves in action as Sudbury TV films. *Min. 4*

**DAY:** Wednesdays      **AGES:** 9 - 14  
**DATES:** Mar. 25 & Apr. 1      **TIME:** 2:30 - 4:00 PM  
**WHERE:** FCC Room 1      **COST:** \$25

*Instructed by Sudbury Park & Recreation Staff  
with Sudbury TV*



## WILD WEDNESDAYS (GRADES 6 - 8)

### WILD WEDNESDAYS

This program is for middle school students on early release Wednesdays. *Run by the Park & Recreation Department*

**GRADES:** 6 - 8      **WHEN:** Early Release Wednesdays      **DEPART FROM:** Curtis Middle School Cafeteria      **RETURN TO:** FCC

#### SNOW TUBING @ NASHOBA

Dress warm and hold on tight for a crazy, fun time!!! *Min. 15*

**DATE:** Wed., Jan. 14  
**TIME:** 12:00 - 4:30 PM  
**COST:** \$55



#### INDOOR ROCK CLIMBING IN WOBURN

Join us for an exciting afternoon of adventure with indoor rock climbing! *Min. 15*

**DATE:** Wed., Feb 25  
**TIME:** 12:00 - 4:30 PM  
**COST:** \$58



#### BOWLING, ARCADE AND LASER TAG @ PINZ

Spend the afternoon bowling, playing arcade games, and enjoying Laser tag!\* *Min. 12*

**DATE:** Wed., Mar. 18  
**TIME:** 12:00 - 4:30 PM  
**COST:** \$48

\*Lunch included.



## TEEN CENTER

Hey 7<sup>th</sup> and 8<sup>th</sup> 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, 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  
 Brian Sullivan at 978-639-3227 or log onto: [www.teen.sudbury.ma.us](http://www.teen.sudbury.ma.us).

Become a fan of the Jean Lind Teen Center on [Facebook!](#)



DATE	GRADE	EVENT
Dec 12th	7th & 8th	Holiday Toy Drive
Jan 23rd	7th	Winter White Out
Feb 6th	7th & 8th	Cupid's Corner Event
Mar 6th	8th	With Lincoln
Apr 10th	7th & 8th	Spring Fling
May 1st	7th	Event
May 8th	8th	With Lincoln
June 5th	6th only!	Welcoming Night
June 12th	7th & 8th	Last Event of the year!

# TWEENS & TEENS PROGRAMS

## BABYSITTERS TRAINING COURSE

Receive training in babysitting responsibilities by learning some typical characteristics of children as well as 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.

**\*Please bring lunch and a snack.**

**DAY:** Wednesdays  
**TIME:** 12:30 - 5:30 PM  
**DATES:** March 11 & 18 (Early release Wednesdays)  
**AGES:** 11 - 16  
**COST:** \$100  
**WHERE:** Atkinson Pool Lobby



*Instructed by Atkinson Pool Staff*

## MIDDLE/HIGH SCHOOL GARRO STUDIOS

### DRAWING & PAINTING LESSONS

Classes will cover the 7 art elements. In addition to drawing and painting still life and landscape, classes will include mixed media and printmaking lessons. Emphasis is on nurturing individual creativity and stretching imagination. Students will be using a variety of art making media including watercolor, ink, acrylic paint, oils, pastel, charcoal and more! **All classes are instructed by Michelle Garro and held at**

**Garro Studios - 63 Summer St., Maynard.**

**DAY:** Friday **TIME:** 3:30 - 5:00 PM  
**DATE:** Jan. 23 - Mar. 20 **\*No Class 2/20**  
**DURATION:** 8 Weeks  
**WHERE:** Garro Studios - 63 Summer St., Maynard  
**AGES:** Grades 6-12  
**COST:** \$190



*Instructed by Michelle Garro*

## ROBOTICS LEVEL 1 (REQUIRED PRIOR TO LEVEL 2)

The hottest selling LEGO<sup>®</sup> brand, Mindstorms, combines with Bricks 4 Kidz<sup>®</sup> unique robot model plans. You will be introduced to NXT graphic programming language and download demonstration programs to make your robot work. In each class, students will be given the opportunity to experiment with the robot design and programming. Experience following LEGO<sup>®</sup> type models strongly recommended for success in this class.

This level is required before enrolling in level 2. *Min. 4*

**DAY:** Mondays  
**TIME:** 4:00 - 5:30 PM  
**DATES:** Jan. 5 - Feb. 23 **\*No Class 1/19, 2/16**  
**DURATION:** 6 Weeks  
**WHERE:** FCC Room 1  
**AGES:** 9 - 14  
**COST:** \$155



*Instructed by Bricks for Kidz*

## ROBOTICS LEVEL 2

### (MUST HAVE TAKEN LEVEL 1)

You asked for it, here it is: Robotics-Level 2 with LEGO<sup>®</sup> brand Mindstorms NXT software and our newest Bricks 4 Kidz<sup>®</sup> robotic models! Enrollees must have completed Bricks 4 Kidz<sup>®</sup> Robotics Level 1 prior to taking this class. In this hour and a half class, you'll build some more challenging robots and be introduced to more complicated programs and new programming blocks. *Min. 4*

**DAY:** Mondays  
**TIME:** 4:00 - 5:30 PM  
**DATES:** Mar. 2 - Apr. 6  
**DURATION:** 6 Weeks  
**WHERE:** FCC Room 1  
**AGES:** 9 - 14  
**COST:** \$155



*Instructed by Bricks for Kidz*

## 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 to move like "America's Best Dance Crew," from professional dance educators with extensive experience.

**DAY:** Fridays  
**TIME:** 5:30 - 6:30 PM  
**DATES:** Jan. 9 - Feb. 13  
**DURATION:** 6 Weeks  
**AGES:** Grades 6 - 8  
**COST:** \$143  
**WHERE:** House of Dance - 365 Boston Post Rd, Sudbury



*Instructed by House of Dance*

## BASKETBALL SKILL DEVELOPMENT CLASS

Looking to perfect your skills on the basketball court? In this weekly 1-hour skills class, you will be put through drills and activities to help you get ready for Spring and Summer seasons. This program is led by a qualified AAU and high school coach. **Min. 6 Please note that there is only one guaranteed make-up date if needed, Mar. 23.**

**DAY:** Mondays **TIME:** 4:00 - 5:00 PM  
**DATES:** Feb. 23 - Mar. 16 **DURATION:** 4 Weeks  
**WHERE:** FCC Gym **AGES:** Grades 6 - 8  
**COST:** \$55



*Instructed by Sudbury Park & Recreation Staff*



# ADULT PROGRAMS



## 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  
**DURATION:** 6 Weeks

**TIME:** 7:00 - 8:00 PM  
**WHERE:** FCC Gym

**DATES:** Jan. 5 - Feb. 23 \*No Class 1/19, 2/16  
**COST:** \$94



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

## MEN'S 30+ BASKETBALL

Looking for a night of pick-up basketball? Join us for indoor basketball on Monday evenings throughout 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  
**WINTER:** Jan. 6 - Mar. 24 \*No Class 1/20, 2/17  
**SPRING:** Mar. 31 - Jun. 16 \*No Class 4/21, 5/26  
**WHERE:** Peter Noyes Gym  
**COST:** \$50 per season



*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-sized court in Sudbury. For more information and to signup, please visit <http://www.sudburyvolleyball.org>.

**DAYS:** Wednesdays  
**TIME:** 7:30 - 9:30 PM  
**DATES:** Jan. 7 - Apr. 1  
(12 weeks)  
**COST:** \$40 full-time or \$20 part-time



**NEW!!**

## MINDFUL YOGA



Stretch, breathe, meditate —with gentle flowing yoga poses, we will relax, renew and reenergize our minds and bodies. In this class, along with breathing and meditation techniques, we will move through a series of simple yoga poses geared toward releasing muscle tension and improving flexibility. This is an all-level, gentle Hatha yoga class. Please bring a yoga mat, water and a towel. *Min. 4* \*Please note that there is only one guaranteed make-up date if needed, Mar. 27th.

**DAY:** Fridays  
**DATES:** Jan. 9 - Mar. 20 \*No Class 2/20  
**TIME:** 9:15 - 10:15 AM  
**DURATION:** 10 weeks  
**WHERE:** FCC Room 2  
**COST:** \$146



*Instructed by Sudbury Park & Recreation Staff, Lisa Paradis*

**NEW!!**

## 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 our bodies while also promoting flexibility, balance and relaxation. Please bring a padded yoga mat and a small blanket. *Min. 4*

**DAY:** Thursdays  
**DATES:** Jan. 8 - Feb. 5  
**TIME:** 7:00 - 8:15 PM  
**DURATION:** 5 weeks  
**WHERE:** FCC Gym  
**COST:** \$81



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

## GARRO STUDIO ADULT MORNING DRAWING & PAINTING LESSONS (ALL LEVELS)

Students of all levels will acquire important tools to approach oil painting with confidence. Students will learn value-pattern, composition and color. Class will begin with a demonstration, followed by individual attention and support. Each class will begin with drawing and a discussion of the tools used to achieve a careful rendering of your subject. Students will learn the importance of "seeing" and communicating color, light and atmosphere in their paintings. The class will cover line, perspective, composition, value, handling edges and color theory. Students will receive a materials list.

*All classes are instructed by Michelle Garro and held at Garro Studios - 63 Summer Street, Maynard.*

### TUESDAY - Getting Started in Still Life (Painting)

**DATES:** Jan. 20 - Mar. 17 \*No Class 2/17  
**TIME:** 9:30 - 11:30 AM  
**COST:** \$210  
**DURATION:** 8 weeks

### THURSDAY - Drawing/Painting

**DATES:** Jan. 22 - Mar. 19 \*No Class 2/19  
**TIME:** 9:30 AM - 12:00 PM  
**COST:** \$260  
**DURATION:** 8 weeks

# ADULT PROGRAMS (Cont.)

## CARDIO TENNIS

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 levels are welcome! Please bring sneakers and a racquet.

All classes are at the Longfellow Club, Wayland. The Longfellow Club is a National Cardio Tennis Site.

\*Class will run on the holiday weekend: 1/17, 1/18, and 1/19



<b>MONDAY SESSION 1:</b>	Jan. 5 - Feb. 9	<b>FRIDAY SESSION 1:</b>	Jan. 9 - Feb. 13
<b>MONDAY SESSION 2:</b>	Feb. 23 - Mar. 30	<b>FRIDAY SESSION 2:</b>	Feb 27 - Apr. 3
<b>TIME:</b>	11:00 AM - 12:00 PM		
<b>COST:</b>	\$94 per session		
<b>DURATION:</b>	6 Weeks		

<b>SATURDAY SESSION 1:</b>	Jan. 10 - Feb. 14
<b>SATURDAY SESSION 2:</b>	Feb. 28 - Apr. 4
<b>TIME:</b>	7:30 - 8:30 AM
<b>COST:</b>	\$94 per session
<b>DURATION:</b>	6 Weeks

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. Become that great doubles player you've always wanted to be.

Designed for those who have never played tennis.

Please bring sneakers and a racquet.

**DAY:** Thursdays  
**SESSION 1:** Jan. 8 - Feb. 12  
**SESSION 2:** Feb. 26 - Apr. 2  
**TIME:** 12:30 - 2:00 PM  
**COST:** \$163 per session  
**DURATION:** 6 Weeks  
**WHERE:** Longfellow Club, Wayland



Instructed by the Longfellow Club

## 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.

Please bring sneakers and a racquet.

**DAY:** Tuesdays  
**SESSION 1:** Jan. 6 - Feb. 10th  
**SESSION 2:** Feb. 24 - Mar. 31  
**TIME:** 12:30 - 2:00 PM  
**COST:** \$163 per session  
**DURATION:** 6 Weeks  
**WHERE:** Longfellow Club, Wayland



Instructed by the Longfellow Club

## DRAWING WITH CONFIDENCE (ALL LEVELS)

Whether you are interested in sharpening your skills or drawing for the first time, drawing is a necessary skill for a variety of art techniques. Learning to see in terms of lines, shapes and values is a necessary skill required to describe 3-dimensional forms on a 2-dimensional surface. Take this class if you want to strengthen your drawing (and painting) skills. As well as learning to draw, you will learn HOW TO SEE. The class will cover line, perspective, composition, value, handling edges, and comparative measuring. Students will receive a materials list.

**DAYS:** Mondays  
**DATES:** Jan. 12 - Mar. 16 \*No Class 1/19, 2/16  
**TIME:** 9:30 - 11:30 AM  
**COST:** \$210  
**DURATION:** 8 weeks  
**WHERE:** Garro Studios, 63 Summer Street, Maynard

Instructed by Michelle Garro

## PAINTING THE NEW ENGLAND LANDSCAPE (ALL LEVELS)

Each day begins with a discussion of the joys and pitfalls of outdoor painting, supplies & equipment, an oil painting demonstration, followed by individualized instruction. Working from photographs in the studio students will learn how to create landscape oil paintings. Students will study composition, perspective, color theory, value relationships and brushwork. Students will receive a materials list.

**DAYS:** Fridays  
**DATES:** Jan. 16 - Mar. 13 \*No Class 2/20  
**TIME:** 9:30 AM - 12:00 PM  
**COST:** \$260  
**DURATION:** 8 weeks  
**WHERE:** Garro Studios, 63 Summer Street, Maynard

Instructed by Michelle Garro

## TEEN/ADULT DRAWING/PAINTING EVENING CLASSES (ALL LEVELS)

Students of all levels will acquire important tools to approach oil painting with confidence. Students will learn value-pattern, composition and color. Students will learn the importance of "seeing" and communicating color, light, and atmosphere in their paintings. The class will cover line, perspective, composition, value, handling edges and color theory. Students will receive a materials list.

**MONDAY:** Jan. 12 - Mar. 16 \*No Class 1/19, 2/16  
**TUESDAY:** Feb. 3 - Mar. 31 \*No Class 2/17  
**TIME:** 6:00 - 8:00 PM  
**COST:** \$210 per session  
**DURATION:** 8 weeks  
**WHERE:** Garro Studios, 63 Summer Street, Maynard

Instructed by Michelle Garro

# ADAPTIVE & INCLUSIVE SPORTS AND 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. Questions about the program and supports available. Contact Amber Comeau, Assistant Recreation Director/Adaptive Recreation Director, at [comeau@sudbury.ma.us](mailto: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.

### ADAPTIVE ICE SKATING

In this ice skating program, beginner skaters with disabilities will get comfortable on the ice while learning basic skating techniques. Each participant will have a 1:1 skating instructor if necessary, but will learn to skate in a small-group setting. Parents need not participate but are asked to remain on site. Skaters need their own single blade skates, a caged helmet, snow pants and gloves. *Participants must be able to stand.*

**DAY:** Saturday  
**AGE:** 18 months+  
**DATES:** Jan. 17 - Mar. 28 (8 Weeks) \*No Class 2/14, 2/21, 3/14  
**COST:** \$184  
**TIME:** 12:35 - 1:20 PM  
**DURATION:** 11 weeks  
**WHERE:** Valley Sport Arena 2320 Main Street West Concord, MA



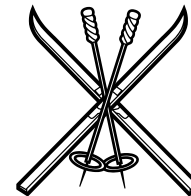
*Instructed by Sharper Edge Skating School*



### NASHOBA ADAPTIVE SKI PROGRAM

In this program participants with disabilities will get the opportunity to learn how to ski under the supervision of well trained and experienced instructors. Participants with varying disabilities including developmental disabilities, visual impairments and/or hearing impairments are encouraged to participate. This program does *not* have sit skis available and therefore can not accommodate persons with paraplegia or quadriplegia. Lessons include instruction, a lift ticket, and all equipment. Parent participation is NOT required.

**DAY:** Sunday  
**TIME:** 3:00 - 4:30 PM  
**AGE:** 6+  
**DATES:** Jan. 11 - Feb. 8  
**COST:** \$290  
**DURATION:** 5 weeks  
**WHERE:** Nashoba Valley Ski Area, Wesford



*Instructed by Nashoba Valley Adaptive Ski Program*

### 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. 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:** Thursday  
**SESSION I:** Jan. 8 - Feb. 5  
**SESSION II:** Feb. 26 - Mar. 26  
**WHERE:** FCC Gym  
**AGES:** 5 - 12  
**TIME:** 4:30 - 5:15 PM  
**COST:** \$147



*Instructed by Super Soccer Stars*



**NEW!!**

### 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!

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:** Wednesday  
**DATES:** Jan. 7 - Feb 11  
**DURATION:** 6 weeks  
**WHERE:** FCC Room 1  
**AGES:** 12 - 18  
**TIME:** 4:30 - 5:30 PM  
**COST:** \$103



*Instructed by  
Sudbury Park & Recreation Staff*



# ADAPTIVE & INCLUSIVE PROGRAMS (Cont.)

## 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:** Jan. 6, 20, Feb. 10, 24, and Mar. 10

**DURATION:** 5 weeks

**WHERE:** Bowl-A-Drome, Acton, MA

**AGES:** 13 - 25

**COST:** \$85 (includes 3 games & shoes per night)



*Facilitated by Sudbury Boy Scout Troop #60*



BOY SCOUTS OF AMERICA

## HIP HOP DANCE

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 and comfortable clothing and bring a water bottle. T-shirts provided. *Min. 4.*

**DAY:** Tuesday

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

**DATES:** Jan. 6 - Mar. 3 \*No Class Feb. 17

**DURATION:** 8 weeks

**AGES:** 13 - 21

**WHERE:** FCC Room 2

**COST:** \$136



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

## MUSIC THERAPY FOR CHILDREN THAT ARE NON-VERBAL

Let's make some music! Music making and instrument play is a fun and natural way to communicate. Using instruments, our bodies and our voices, we will create music as a group to support the development of verbal and non-verbal communication skills. Goals for the group will include increasing communication skills, imitating sounds, choice making and successful participation in a group activity. Parent participation is required.

**DAY:** Thursday

**TIME:** 4:45 - 5:30 PM

**DATES:** Jan. 15 - Mar. 12

**DURATION:** 6 weeks

**AGES:** 6 - 12

**COST:** \$182

**WHERE:** FCC 2

*Instructed by Mary Kerrigan, MT-BC,  
Roman Music Therapy Services*



## FOURTH ANNUAL SNEAKER PROM

This March, the Sudbury Park and Recreation Department and Minute Man ARC will be hosting the fourth annual Sneaker Prom for community members with disabilities ages 15+! This dance is an inclusive event with volunteers from surrounding area middle and high schools. Semi-formal attire with funky footwear encouraged! We will have a DJ, photo station, lounge and healthy snacks available.

Attendants are invited and welcome. **Pre-registration required.**

**DATE:** Friday, March 13

**TIME:** 7:00 - 9:00 PM

**AGE:** 15+

**COST:** \$15 per person (includes PCA admission)

**WHERE:** Fairbank Community Center, Sudbury, MA



*Hosted by Sudbury Park and Recreation & Minute Man ARC*

# SENIOR CENTER PROGRAMS

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 and to pre-register.

## TAI CHI

**DAY:** Mondays  
**TIME:** 2:15 - 3:15 PM  
**DATES:** Nov. 17 - Jan. 12  
**DURATION:** 8 weeks  
**WHERE:** FCC Gym  
**COST:** \$36

## TAP DANCE

**DAY:** Thursdays  
**TIME:** 9:30 - 10:30 AM  
**DATES:** Dec. 11 - Jan. 29  
**DURATION:** 6 weeks  
**WHERE:** FCC Gym  
**COST:** \$30

## FIT FOR THE FUTURE

**DAY:** Monday, Wednesday,  
and/or Friday  
**TIME:** 11:00 AM - 12:00 PM  
**DURATION:** Ongoing, monthly  
**WHERE:** FCC Gym  
**COST:** \$2 drop-in

## YOGA FOR LIVING WELL

**DAY:** Tuesdays  
**DATES:** Nov. 18 - Jan. 13  
**DURATION:** 8 weeks  
**COST:** \$56

### CLASS 1

**TIME:** 9:40 - 10:40AM **WHERE:** FCC Room 2

### CLASS 2

**TIME:** 11:00AM - 12:00PM **WHERE:** FCC Gym

## BETTER BONES

**DURATION:** 8 weeks  
**WHERE:** FCC Gym (Mon), FCC Room 3 (Friday)  
**COST:** \$56

### MONDAY

**TIME:** 1:00 - 2:00 PM **DATES:** Nov. 17 - Jan. 12

### FRIDAYS

**TIME:** 9:30 - 10:30 PM **DATES:** Nov. 21 - Dec. 19

## SAVE THE DATE!

### SUMMER CAMP REGISTRATION 2015!

#### Resident Registration:

Wednesday, February 11th

6:30PM Preschool Pals

7:00PM Sudbury Summer & Sudbury Summer Inclusion

7:30PM Sudbury Adventure Program

8:00PM CIT

#### Resident Registration For all other programs:

9:00AM Friday, February 13th

#### Non-Resident Registration:

9:00AM Wednesday, February 25th





# SUDBURY SPRINT TRIATHLON & TRI SPROUTS

## Coming this spring - Sudbury Spring Sprint Triathlon here at Sudbury Park & Recreation/Atkinson Pool.

*This race will benefit the Atkinson Pool & Park and Recreation's scholarship fund.*

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 contact [pool@sudbury.ma.us](mailto:pool@sudbury.ma.us) or 978-443-1092.

### TRI SPROUTS KIDS' TRIATHLON

**DATE:** TBD

**RACE:** 50 Yard Pool Swim  
1 Mile Bike  
1/2 Mile Run



### SUDBURY SPRINT TRIATHLON

**DATE:** TBD

**RACE:** 400 Yard Pool Swim  
7 Mile Bike  
2.3 Mile Run

For a more exact date, more information and to register, please visit: [www.firm-racing.com](http://www.firm-racing.com)

## NASHOBA SKI PROGRAM

### Sudbury Park and Recreation Department & Nashoba Valley Winter Ski & Snowboard Program



Program starts the beginning of January. Rentals are available!!!

**ELEMENTARY PROGRAM** meets on Tuesday or Wednesday afternoons.

Elementary Age Requirement: Skiing Lessons Grades K - 5; Snowboarding Lessons Grades 1 - 5.

**MIDDLE SCHOOL PROGRAM** meets on Thursday afternoons.

Additional information is on our website - [www.recreation.sudbury.ma.us](http://www.recreation.sudbury.ma.us)

**Registration Ends: Wednesday, December 17th at 4:00 PM**



\*The Thursday program is currently full, but please add your name to the wait list and we will do what we can to accommodate all.\*

## ICE SKATING AT FEATHERLAND PARK

### OUTDOOR ICE SKATING

Bring the family down to Featherland Park to enjoy this fun winter activity together. There are no set hours, so you can skate anytime.

The area will be lit from 4:00 - 11:00 PM each night. Please remember that the use of the ice skating rink is at your own risk.

All that we ask is that you make sure you do not leave any trash behind.

**If you have any questions, please feel free to give the Park and Recreation office Park office a call at (978) 443-1092.**

### SAFE SKATING TIPS:

- Always skate with at least one other person.
- Remove loose objects from ice surface.
- Skate in well-lit areas only.
- Hockey players should be careful skating near young children.
- Ice is not checked during winter storms. Clean-ups will be done by Park staff as time allows. Staff must work on snow removal on roads and tree repairs first.



# ATKINSON POOL DAILY & MEMBERSHIP RATES

**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.

*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	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

**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 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. (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.

**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.

*Must be at  
least 4 years  
old to begin  
level 1 lesson.*

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 and 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," perform 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.

# AMERICAN RED CROSS SWIM LESSONS - SESSION A

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:50-9:20</b> <i>Preschool Level 1</i> <i>Preschool Level 2</i>	<b>9:30-10:00</b> <i>Preschool Level 1</i>	<b>9:30-10:00</b> Preschool Level 1	<b>9:30-10:00</b> Level 1	<b>9:30-10:00</b> Level 2	<b>8:50-9:20</b> Level 1 Level 2
<b>9:25-9:55</b> Level 3 Level 4	<b>10:05-10:35</b> <i>Preschool Level 2</i>	<b>10:05 - 10:35</b> <i>Preschool Level 2</i>	<b>10:05-10:35</b> Level 2	<b>10:05-10:35</b> Level 1	<b>9:25-9:55</b> Parent & Child ..... <i>Preschool Level 2</i>
<b>10:00-10:30</b> Level 1 Level 2	<b><u>SESSION A-JANUARY/FEBRUARY LESSONS</u></b>				<b>10:00-10:30</b> Parent & Child ..... <i>Preschool Level 1</i>
<b>10:35-11:05</b> Level 2 Level 3	<b>DURATION:</b> 5 weeks				<b>10:35-11:05</b> Level 2 Level 3
<b>11:10-11:40</b> Level 1 Level 3	<b>COST:</b> <b>Members - \$ 55</b> <b>Non-Members - \$ 90</b>				<b>11:10-11:40</b> Level 3 Level 4
<b>11:45 -12:15</b> Level 4 Level 5/6	<b>REGISTRATION:</b> <b>Members - Tuesday, December 9 at 9am</b> <b>Non-Members - Thursday, December 11 at 9am</b>				<b>11:45 -12:15</b> Level 4 Level 5/6
5 Weeks	5 Weeks	5 Weeks	5 Weeks	5 Weeks	5 Weeks/ <b>No class Jan. 31</b>
<b>STARTS: Jan. 11</b> <b>ENDS: Feb. 8</b>	<b>STARTS: Jan. 6</b> <b>ENDS: Feb. 3</b>	<b>STARTS: Jan. 7</b> <b>ENDS: Feb. 4</b>	<b>STARTS: Jan. 8</b> <b>ENDS: Feb 5</b>	<b>STARTS: Jan. 9</b> <b>ENDS: Feb. 6</b>	<b>STARTS: Jan. 10</b> <b>ENDS: Feb. 14</b>

# AMERICAN RED CROSS SWIM LESSONS - SESSION B & C

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:50-9:20</b> <i>Preschool Level 1</i> <i>Preschool Level 2</i>	<b>9:30-10:00</b> <i>Preschool Level 1</i>	<b>9:30-10:00</b> Preschool Level 1	<b>9:30-10:00</b> Level 1	<b>9:30-10:00</b> Level 2	<b>8:50-9:20</b> Level 1 Level 2
<b>9:25-9:55</b> Level 3 Level 4	<b>10:05-10:35</b> <i>Preschool Level 2</i>	<b>10:05 - 10:35</b> <i>Preschool Level 2</i>	<b>10:05-10:35</b> Level 2	<b>10:05-10:35</b> Level 1	<b>9:25-9:55</b> Parent & Child <i>Preschool Level 2</i>
<b>10:00-10:30</b> Level 1 Level 2	<b><u>SESSION B-MARCH LESSONS</u></b>				<b>10:00-10:30</b> Parent & Child <i>Preschool Level 1</i>
<b>10:35-11:05</b> Level 2 Level 3	<b>DURATION:</b> 5 weeks				<b>10:35-11:05</b> Level 2 Level 3
<b>11:10-11:40</b> Level 1 Level 3	<b>COST:</b> <b>Members - \$ 55</b> <b>Non-Members - \$ 90</b>				<b>11:10-11:40</b> Level 3 Level 4
<b>11:45 -12:15</b> Level 4 Level 5/6	<b>REGISTRATION:</b> <b>Members - Tuesday, Feb. 10</b> <b>Non-Members - Thursday Feb. 12</b>				<b>11:45 -12:15</b> Level 4 Level 5/6
5 Weeks	5 Weeks	5 Weeks	5 Weeks	5 Weeks	5 Weeks
<b>STARTS: March 1</b> <b>ENDS: March 29</b>	<b>STARTS: March 3</b> <b>ENDS: March 31</b>	<b>STARTS: March 4</b> <b>ENDS: April 1</b>	<b>STARTS: March 5</b> <b>ENDS: April 2</b>	<b>STARTS: March 6</b> <b>ENDS: April 3</b>	<b>STARTS: March 7</b> <b>ENDS: April 4</b>

### SESSION C

March Afternoon Lessons

**DURATION:** 5 weeks

**COST:** **Members - \$ 55**  
**Non-Members - \$ 90**

**REGISTRATION:** **Members - Feb. 10**  
**Non-Members - Feb. 12**

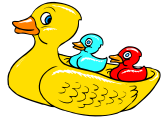
TUESDAY	THURSDAY
3:45 - 4:15 Level 1	3:45 - 4:15 Level 3
4:20 - 4:50 Level 2	4:20 - 4:50 Level 1
4:55 - 5:25 Level 3	4:55 - 5:25 Level 2
5:30 - 6:00 Level 4	5:30 - 6:00 Level 5
<b>START DATE</b> March 3	<b>START DATE</b> March 5
<b>END DATE</b> March 31	<b>END DATE</b> April 2

# YOUTH POOL PROGRAMS

## 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 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.



For more information, please call us at 978-443-1092.

## LIFEGUARD TRAINING

**Pre requisite** - MUST BE 15 years old and MUST swim 300 yards continuously, 100 yards of front crawl with rhythmic breathing and a stabilizing propellant kick; 100 yards of breaststroke using a pull, breathe, kick and glide sequence, 100 yards of front crawl or breaststroke or a combination of both; as well as a 40 yard timed swim and retrieval of a 10 pound object. Then he or she must tread water for two minutes keeping your hands under your arms.

Upon successful completion of the course, participants will be certified in Lifeguard Training, First Aid & C.P.R./A.E.D. for the professional rescuer.

**DAY:** Tues. - Fri. **TIME:** 9:00 AM - 5:00 PM **COST:** \$285  
**DATES:** Feb. 17 - Feb. 20 **\*Please bring a lunch and snacks\***

**THERE ARE NO REFUNDS IF YOU DO NOT PASS THE COURSE**



## DISCOVER SCUBA

Have you always wondered what it's like to breathe underwater? Or want to try Scuba diving, but are not quite ready to take the plunge in a certification course. "Discover Scuba" is for you and your family. You will learn the basic safety guidelines and skills needed to dive and will be able to swim around the pool using your newly attained skills.

*Limit 8 per session.*

**WHO:** Ages 10 & up  
**TIME:** 12:00pm-2pm or 2pm-4pm  
**DATES:** January 11 and April 12  
**COST:** \$25 per person



*Instructed by Boston Scuba.*

## 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:** March 9 - April 13 **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*



\*\*\*Babysitters Training Course offering is on Recreation Tweens/Teens program page\*\*\*



# TRIATHLON TRAINING PROGRAMS (Adult)

## WINTER/ SPRING TRIATHLON TRAINING

This program is set up to get you started on your training for the upcoming season. There will be a Tuesday night coached swim session. Along with the Tuesday night swim, additional workouts will be emailed to you each week covering swim, bike and running. Starting March 8th, a Saturday morning bike/run workout will be added. The Saturday workout will run for ten weeks leading up to the Sudbury Sprint Triathlon.

**WHEN:** (Tues.) 6:00 - 7:00 PM & (Sat.) 10:00 - 11:30am **DATES:** (Tues.) Jan. 20 - May 12 & (Sat.) Mar. 14 - May 16  
**DURATION:** 17 weeks **COST:** Members: \$125 Non-Members: \$155

## FIRST TIMERS TRIATHLON TRAINING

This program is designed for preparing first time triathletes for participation in the Sudbury Sprint Triathlon. The program will meet twice a week for the nine weeks. Thursday night will be swim based training, while Saturday morning will be bike /run training. The Sudbury Sprint Triathlon is a popular early season races and the perfect race for a first timer, consisting of a 400yd. pool swim, 7 mile bike ride & 2.3 mile run.

**WHEN:** (Thurs.) 6:00 - 7:00 PM - Swim — (Sat.) 10:00 - 11:30 AM Bike/Run  
**DATES:** Mar. 12 - May 14 **DURATION:** 10 weeks  
**COST:** Members: \$95 **Non-Members:** \$125



# ADULT POOL PROGRAMS

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

Our 6am Deep Water Workout is designed as a cardio class, sure to burn calories. We use the resistance of the water to achieve a vigorous workout to the beat of music. Flotation and resistance equipment is incorporated to add variety, intensity and muscle strengthening. The class is appropriate for individuals wanting an energetic workout and anyone wishing to cross-train in a non-impact environment. Participants need not be strong swimmers, but should feel comfortable in the water wearing flotation equipment. It's a great way to start your day! Instructor is certified through the Aquatic Exercise Association.

## DEEP WATER WORKOUT - Instructed by GERALYN STRELLA

Our 9:30 AM Deep water workout is for anyone who feels comfortable in the water and would like an exhilarating workout to music. This workout includes running and water interval training. It emphasis is on the core muscles. Flotation and resistance equipment are incorporated to add to the intensity of the strength and endurance training. Stretching and flexibility training concludes this workout.

## AQUACISE - Instructed by GERALYN STRELLA

Water aerobic set to music! In addition to cardiovascular workout, each class includes muscle conditioning for all major muscle groups, and stretching for flexibility. This class is great for balance. Several options are given to increase or decrease the difficulty of the workout. Participants must feel comfortable in chest deep water.

	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:** Jan. 5 - Apr. 15 \*No Class 1/19 & 2/16  
**DURATION:** 28 classes  
**COST:** MEMBERS/SENIORS: \$210  
 NON-MEMBERS: \$266

### 9:30 - 10:15 AM DEEP WATER WORKOUT (3 DAY OPTION)

**DATES:** Jan. 6 - Apr. 17 \*No Class April 2 & 3  
**DURATION:** 43 classes  
**COST:** MEMBERS/SENIORS:\$322  
 NON-MEMBERS: \$408

### 8:15 - 9:00 AM AQUACISE CLASS (3 DAY OPTION)

**DATES:** Jan. 6 - Apr. 17 \*No Class April 2 & 3  
**DURATION:** 43 classes  
**COST:** MEMBERS/SENIORS: \$322  
 NON-MEMBERS: \$408

### TWO DAY A WEEK AQUACISE/DEEP WATER OPTION

**DURATION:** 29 classes \*No Class April 2 & 3  
**COST:** MEMBERS/SENIORS: \$217  
 NON-MEMBERS: \$275



## 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:** Session A - 32 classes / Session B - 29 classes  
**COST:** Session A - \$160 / Session B - \$145  
**SESSION A:** January 5 - March 25 \*No Class Jan 19 & Feb. 16, 17, 19  
**SESSION B:** April 6 - June 17 \*No Class Apr 2, 20, 21, 23

## WINTER WEATHER POLICY

The Atkinson Pool will make every effort to open on time and remain open for all scheduled hours. However, should the **Sudbury School Department** cancel or delay the opening of school, the pool will have a delayed opening until 9am and all morning programs will be postponed for the day.

We will then make a decision at 9am whether to open, delay opening further or remain closed based on the current weather forecast. Please call ahead or check the weather hotline (978-639-3233) for updated information.



## MASTER CERTIFIED 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. Participants need to feel comfortable in the water.

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

# ADULT POOL PROGRAMS (Cont.)

## 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:** March 11 - April 8

**DURATION:** 5 weeks

**COST:** **MEMBERS:** \$82

**NON-MEMBERS:** \$124



## HOLIDAY DISCOUNTS

**December 1 - 24 all swim supplies will be discounted \$1, and all swim passes will be discounted \$5.**

### SWIM SUPPLIES FOR SALE AT THE ATKINSON POOL FRONT DESK:



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

## SWIMMING & DIVING INFORMATION

The winter swim season is already in full swing! The Atkinson Pool is the host of four competitive swim and dive teams in the winter season. There are several high schools and club teams that use the pool as their home pool for training and meets:

**Lincoln-Sudbury, Bromfield, and Nashoba High School Swim Teams and the Sudbury Youth Swim Team.**

We would like to thank our patrons in advance for their patience during our busy winter season. Thank you - Atkinson Pool Staff

### ATKINSON POOL SWIM MEET SCHEDULE - 2014-2015 SEASON

Friday, December 5 <sup>th</sup>	DCL Relays	Pool closes at 2:30pm
Sunday, December 7 <sup>th</sup>	SST v Brookline	Pool closes at 2pm
Friday, December 12 <sup>th</sup>	LS v Concord-Carlisle	Pool closes at 3pm
	Nashoba v Westborough	
Sunday, December 14 <sup>th</sup>	SST v Natick	Pool closes at 2pm
Friday, December 19 <sup>th</sup>	LS v Lexington (Boys)	Pool closes at 3pm
	Bromfield v Tantasqua	
Sunday, December 21 <sup>st</sup>	SST v Wellesley	Pool closes at 2pm
Monday, January 5 <sup>th</sup>	LS v Acton-Boxborough (Boys)	Pool closed 3-5:30pm
Friday, January 9 <sup>th</sup>	LS v Waltham	Pool closed at 3pm
	Bromfield v Shrewsbury	
Friday, January 16 <sup>th</sup>	LS v Westford Academy	Pool closes at 3pm
	Nashoba v Gardner	
Friday, January 23 <sup>rd</sup>	LS v Boston Latin (Boys)	Pool closed 3pm
	Nashoba v Bromfield	
Friday, January 30 <sup>th</sup>	DCL Girls Championships	Pool closed at 2:30pm
Saturday, January 31 <sup>st</sup>	DCL Boys Championships	Pool closed until 3pm
Friday, February 6 <sup>th</sup>	SST Swim-a-thon	Pool closed at 6pm
Sunday, February 15 <sup>th</sup>	SST v Westborough	Pool closed at 2pm

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

**Town of Sudbury**

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

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**ATKINSON POOL SCHEDULE DECEMBER - FEBRUARY**

	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
<b>5:30 - 7:00</b>	CLOSED	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	CLOSED
<b>7:00 - 8:00</b>	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap	8 Lap
<b>8:00 - 9:00</b>	8 Lap	8 Lap	5 Lap 3 Aquacise	8 Lap	5 Lap 3 Aquacise	5 Lap 3 Aquacise	8 Lap
<b>9:00 - 10:00</b>	4 Lap 4 Lessons	8 Lap	6 Lap 2 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
<b>10:00 - 11:00</b>	4 Lap 4 Lessons	8 Lap	6 Lap 2 Lesson	8 Lap	6 Lap 2 Lesson	6 Lap 2 Lesson	4 Lap 4 Lessons
<b>11:00 - 12:00</b>	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
<b>12:00 - 1:00</b>	2 Lap 4 Lessons 2 Family	8 Lap	5 Lap 3 Masters	6 Lap 2 Family	5 Lap 3 Masters	5 Lap 3 Masters	2 Lap 4 Lessons 2 Family
<b>1:00 - 2:00</b>	6 Lap 2 Family	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
<b>2:00 - 3:30</b>	6 Lap 2 Family	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
<b>3:30 - 4:00</b>	6 Lap 2 Family	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	5 Lap 2 Family 1 Rental
<b>4:00 - 5:00</b>	CLOSED	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	2 Lap 6 LS	5 Lap 2 Family 1 Rental
<b>5:00 - 6:00</b>		2 Lap 6 SST	6 Lap 2 Family	2 Lap 6 SST	2 Lap 6 SST	6 Lap 2 Family	5 Lap 2 Family 1 Rental
<b>6:00 - 7:00</b>		2 Lap 6 SST	4 Lap 1 Family 3 Lesson	2 Lap 6 SST	2 Lap 6 SST	6 Lap 2 Family	CLOSED
<b>7:00 - 8:00</b>		2 Lap 6 SST	3 Lap 4 SST 1 Family	2 Lap 6 SST	2 Lap 6 SST	CLOSED	
<b>8:00 - 9:00</b>		3 Lap 4 Nashoba 1 Family	3 Lap 4 Nashoba 1 Family	3 Lap 4 Nashoba 1 Family	3 Lap 4 Nashoba 1 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

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

**Inclement Weather Hot Line: 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.

**HOLIDAY HOURS**

Wednesday, December 24, Christmas Eve - 5:30am-12noon

Thursday, December 25, Christmas Day - CLOSED

Wednesday, December 31, New Year's Eve - 5:30am-1pm

Thursday, January 1, New Year's Day - CLOSED

Monday, January 19, MLK Day - OPEN 6-9 AM & 3-6 PM

Monday, February 16, Presidents Day - OPEN 6-9 AM & 3-6 PM

*Please use lap lane etiquette - 2 swimmers split a lane, 3+ swimmers please circle swim and enter from shallow end of pool.*