

Town of Sudbury
Park & Recreation/Atkinson Pool
A CAPRA Accredited Agency!



SUMMER 2016

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

RECREATION REGISTRATION:

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

Wed, June 8th at 9:00AM

POOL REGISTRATION:

Tues, June 21th at 9:00AM for Pool Members

Thurs, June 23th 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)



PARK & RECREATION STAFF 978-443-1092:

Kayla McNamara, Director of Parks, Recreation & Aquatics	x 3259
Amber Forbes, Assist. Rec. Director/Adaptive Rec. Specialist	x 3256
Mark Simmons, Youth Coordinator/Teen Center Director	x 3227
Tricia Freeman, 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 Park Pass for free!

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

**HOW TO USE THE STATE PARK PASS:**

- CALL:** Sudbury Park & Rec/Atkinson Pool front desk at **(978) 443-1092** to reserve pass for desired day.
- RESERVE:** Park Pass can be reserved for 24 hours. Please provide name, address and phone number.
- PICK UP:** Pass can be picked up any time after 9:00 AM on day of reservation.
- RETURN:** Must be dropped off before 9:00 AM the following morning.
- COST:** **FREE! (A \$25 refundable deposit is required by check)**

SUDBURY PARK & RECREATION

WILD WEDNESDAYS

Sudbury Park & Recreation offers fantastic half-day, afterschool coverage for all 2016 - 2017 SPS half Wednesdays! Mini Wild Wednesdays are designed for Elementary Schoolers and Wild Wednesdays are for Middle Schoolers.

Children can now register for full-year, half-year or for individual days.

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, art & nature activities, & special events.

Snack will be provided, but please bring a lunch. Transportation from all elementary schools to Fairbanks is included.

4:30PM
SINGLE DAY: \$40
HALF YEAR: \$300
FULL YEAR: \$600

NEW! Choose from 2 pickup times: 4:30pm or 6:00pm.

All refunds must be requested in writing 7 days prior to start of program

Half & Full year program: No refunds for individual day absences

6:00PM
SINGLE DAY \$50
HALF YEAR: \$375
FULL YEAR: \$750

WILD WEDNESDAY (MIDDLE SCHOOL)

Trips, Trips, Trips!! This is the same great program—we'll go on a different field trip each week!

Students eat lunch (please pack) at Curtis and then head out for an adventure.

Transportation departs from Curtis and returns to Fairbank Community Center.

Pick up by 6:00pm.

All refunds must be requested in writing 7 days prior to start of program

Half & Full year program: No refunds for individual day absences

6:00PM
SINGLE DAY: \$60
HALF YEAR: \$450
FULL YEAR: \$900

REGISTRATION OPENS: Wednesday, June 8th at 9am

Incoming 6th Grade Party



Sunday, June 5th

Fairbank Community Center

3:30-6:00pm Admission \$20

Pizza, Inflatables, Swimming, Volleyball, and so much more!

Open to any student entering the 6th Grade in the Fall of 2016

Register now at <https://sudbury.ma.us/recreation/>





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

Join us for our annual Sudbury Halloween 5K and Fun Run!
The Halloween 5K is a timed event starting at 11am followed by
a 1-Mile Fun Run around the paved Haskell Field loop.
Costumes are encouraged, so get in the spirit!

DATE: Sunday, October 23rd
5K TIME: 11:00 AM
5K COST: \$27
FUN RUN TIME: 12:00 PM
FUN RUN COST: \$12 (*Parents registered for the 5k may join Fun Run for FREE)
REGISTRATION: Opens on June 8th 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, and a variety of other age-appropriate activities. This is a drop-off program and a great introduction to a preschool-like setting. **Please bring your own PEANUT/TREE NUT-FREE snack.**

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

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

Registration begins: Wed., June 8th 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.

Note there is a week off between Winter and Spring sessions to allow for snow day makeup. (March 13 – 17)

TERRIFIC TWOS

AGE: 2

*Must be 2 by start date

TIME: 9:30AM-12:00PM

WHERE: FCC - Room 4

MONDAYS

FALL: Sept. 19 - Nov. 28 *No Class 10/3, 10/10
DURATION: 9 Weeks **COST:** \$227 per session
WINTER: Dec. 5 - Mar. 6 *No Class 12/26, 1/2, 1/16, 2/20
DURATION: 10 Weeks **COST:** \$252 per session
SPRING: Mar. 20 - Jun. 5 *No Class 4/17, 5/29
DURATION: 10 Weeks **COST:** \$252 per session

THURSDAYS

FALL: Sept. 22 - Dec. 1 *No Class 11/24
DURATION: 10 Weeks **COST:** \$252 per session
WINTER: Dec. 8 - Mar. 9 *No Class 12/29, 2/23
DURATION: 12 Weeks **COST:** \$302 per session
SPRING: Mar. 23 - Jun. 8 *No Class 4/20
DURATION: 11 Weeks **COST:** \$277 per session

TUESDAYS

FALL: Sept. 20 - Nov. 29
DURATION: 11 Weeks **COST:** \$277 per session
WINTER: Dec. 6 - Mar. 7 *No Class 12/27, 2/21
DURATION: 12 Weeks **COST:** \$302 per session
SPRING: Mar. 21 - Jun. 6 *No Class 4/18
DURATION: 11 Weeks **COST:** \$277 per session

FRIDAYS

FALL: Sept. 23 - Dec. 2 *No Class 11/11, 11/25
DURATION: 9 Weeks **COST:** \$227 per session
WINTER: Dec. 9 - Mar. 10 *No Class 12/30, 2/24
DURATION: 12 Weeks **COST:** \$302 per session
SPRING: Mar. 24 - Jun. 9 *No Class 4/14, 4/21
DURATION: 10 Weeks **COST:** \$252 per session



KREATIVE KIDS

AGE: 3

DAY: Wednesdays

TIME: 9:15AM-12:00PM

WHERE: FCC - Room 4

FALL: Sept. 21 - Nov. 30
***No Class 10/12**
DURATION: 10 Weeks
COST: \$272 per session

WINTER: Dec. 7 - Mar. 8
***No Class 12/28, 2/22**
DURATION: 12 Weeks
COST: \$326 per session

SPRING: Mar. 22 - Jun. 7
***No Class 4/19**
DURATION: 11 Weeks
COST: \$299 per session

Instructed by Anne Lee, Preschool Coordinator and Preschool Staff



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.



AGES: 3 and 4
WHERE: Fairbank Community Center
TIME: 9:00 AM - 12:00 PM
COST: \$165 per child/week
EARLY DROP OFF: 8:30AM
COST: \$3/day or \$10/week



EIGHT ONE-WEEK SESSIONS

SESSION I: June 27 - July 1
SESSION II: Jul. 5- 8 (Tues.-Thurs.)
SESSION III: Jul. 11 - 15 (FULL)
SESSION IV: Jul. 18 - 22
SESSION V: Jul. 25 - 29
SESSION VI: Aug. 1 - 5 (FULL)
SESSION VII: Aug. 8 - 12
SESSION VIII: Aug. 15 - 19



ONE FREE T-SHIRT FOR EACH CHILD ENROLLED!

A completed Parent Packet will need to be filled out from CampDoc.com.

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. 9 - Aug. 20
DURATION: 7 Weeks
TIME: 9:00 - 9:55 AM
COST: \$98
WHERE: Curtis - 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. 9 - Aug. 20
DURATION: 7 Weeks
TIME: 10:00 - 10:55 AM
COST: \$98
WHERE: Curtis - 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

SESSION I: Jul. 7 - Aug. 4
COST: \$147
AGE 2-3: 4:00 - 4:40PM
AGE 3-5: 4:50 - 5:30PM

SUNDAY

SESSION I: Jul. 10-Aug. 7
COST: \$147
AGE 2-3: 9:00 - 9:40AM
AGE 3-5: 9:50 - 10:30AM

Instructed by Super Soccer Stars

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

Sudbury Park & Recreation

SUMMER CAMPS & CLINICS 2016

There are still openings in our summer programs! Check out our website
at www.sudbury.ma.us/recreation to view the full Camps & Clinics brochure.

Click "Online Registration" and register for camp today!

JUNE 13 - 17		
PROGRAM	TIME	PRICE
Skyhawks - Tiny Hawks	8:00-8:45	\$84
Skyhawks - Mini Hawks	9:00-12:00	\$149
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190

JUNE 20 - 24		
PROGRAM	TIME	PRICE
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190
HappyFeet Soccer	9:00-9:45	\$125

JUNE 27 - July 1		
PROGRAM	TIME	PRICE
All Sports Clinic (Mon - Thurs)	9:00-2:00	\$195
Viking Baseball	9:00-12:00/ 9:00-3:00pm	\$102/ \$133
Garro Studio Art (Mon - Thurs)	9:00-12:00 or 12:30-3:30	\$190
Hammel Tennis (Mon - Thurs)	9:00-11:30am	\$228

JULY 5 - JULY 8 (Tues- Fri)		
PROGRAM	TIME	PRICE
Skyhawks – Tennis	9:00-12:00	\$144
Skyhawks – Quick Tennis	9:00-10:30	\$94
Garro Studio Art	9:00-12:00 or 12:30-3:30	\$190
All Sports Clinic	9:00-2:00	\$220
Skyhawks Cheerleading	9:00-12:00	\$134
Skyhawks Flag Football	9:00-12:00	\$149
HappyFeet Soccer	4:30-5:15pm	\$100

JULY 11 - 15		
PROGRAM	TIME	PRICE
Viking Soccer	9:00-12:00 or 9:00 - 4:00	\$115/\$172
Viking Multi Sports	9:00 -12:00 or 9:00 - 3:00	\$102/133
Skyhawks - Basketball	9:00 - 3:00	\$174
NE Elite Flag Football Clinic (Mon-Thurs)	9:00 - 2:00	\$220
Drama Kids	9:00 - 2:00	\$293
Hammel Tennis (Mon-Thurs)	9:00 - 11:30	\$228
Garro Studio Art (Mon.—Thurs)	9:00-12:00 or 12:30 - 3:30	\$190
Beyond Basics: Track & Field	8:30 - 2:30	\$230

JULY 18 - 22		
PROGRAM	TIME	PRICE
US Sports Multi Sports	9:00-3:00	\$199
US Sports First Play Lacrosse	4:30–6:00	\$109
Skyhawks Tennis	9:00-12:00	\$144
Challenger Soccer	9:00-12:00 or 9:00-4:00	\$185/ \$263
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190
Drama Kids	9:00-2:00	\$293
Beyond Basics: Fun & Fitness	8:30-2:30	\$230

JUNE 13 - 17

PROGRAM	TIME	PRICE
Skyhawks - Tiny Hawks	8:00-8:45	\$84
Skyhawks - Mini Hawks	9:00-12:00	\$149
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190

JUNE 20 - 24

PROGRAM	TIME	PRICE
Garro Studio Art (Mon. - Thurs)	9:00-12:00 or 12:30-3:30	\$190
HappyFeet Soccer	9:00-9:45	\$125

JUNE 27 - July 1

PROGRAM	TIME	PRICE
All Sports Clinic (Mon - Thurs)	9:00-2:00	\$195
Viking Baseball	9:00-12:00/ 9:00-3:00pm	\$102/ \$133
Garro Studio Art (Mon - Thurs)	9:00-12:00 or 12:30-3:30	\$190
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JULY 11 - 15

PROGRAM	TIME	PRICE
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PROGRAM	TIME	PRICE
US Sports Multi Sports	9:00-3:00	\$199
US Sports First Play Lacrosse	4:30-6:00	\$109
Skyhawks Tennis	9:00-12:00	\$144
Challenger Soccer	9:00-12:00 or 9:00-4:00	\$185/ \$263
Garro Studio Art (Mon - Thurs)	9:00-12:00 or 12:30-3:30	\$190
Drama Kids	9:00-2:00	\$293
Beyond Basics: Fun & Fitness	8:30-2:30	\$230

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 CLINIC

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. 27 - Jul 1	Feeley Tennis Courts
Jul. 11 - 15	Feeley Tennis Courts
Aug. 1 - 5	Wayland High School Tennis Courts
Aug. 15 - 1	Wayland High School Tennis Courts

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

Instructed by Longfellow Club



INCREDIFLIX



AGES: 7-13 **DATES:** Aug. 22 – 26 **WHERE:** FCC Room 1
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

LIVE ACTION FLIX (9:00 AM - 12:00 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.

LEGO FLIX (1:00 PM - 4:00 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.

Instructed by Incrediflix

VIKING SPORTS

Meeting new friends, creating great experiences, and having fun is what Viking's Summer Sports Camps are all about! Campers are placed in age-based groups where they'll play competitive skill-building games. Multi-Sport camp culminates with Viking's famous Tournament Day and trophy ceremony! Experienced Coaches provide valuable instruction in a positive environment. Your child should bring a snack, a lunch and plenty of water.

All participants receive a t-shirt and a trophy!

PROGRAM	AGES	DATES	TIMES	WHERE	COST
BASEBALL	6-12	Jun. 27 - Jul. 1	9AM - 12PM OR 9AM - 3PM	Featherland Park	\$102/ \$133
MULTI-SPORT	6-12	Jul. 11 - 15	9AM - 12PM OR 9AM - 3PM	Curtis Middle School	\$102/ \$133
SOCCER	6-12	Jul. 11 - 15	9AM - 12:30PM OR 9AM - 4PM	Haskell Field	\$115/ \$172
BASEBALL	6-12	Aug. 1 - 5	9AM - 12PM OR 9AM - 3PM	Featherland Park	\$102/ \$133



Instructed by Viking Sports



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TOTAL PLAY MULTI SPORTS CAMP

Experience over 16 different sports from around the world, including soccer, basketball, lacrosse, disc golf, cricket, and many more at US Sports Institute's Total Play Multi Sports camp. All activities take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, fun. Campers will receive technical instruction, have the chance to experience the sport in a realistic game situation and will participate in the exciting USSI World Cup Competition. All participants will receive a t-shirt and certificate.

AGES: 7 - 12 **DAYS:** Mon. - Fri.
SESSION I: Jul. 18 - 22 **WHERE:** Curtis Middle School
SESSION II: Aug. 8 - 12 **WHERE:** Curtis Middle School
TIME: 9:00 AM - 3:00 PM **COST:** \$199 per session

Instructed by US Sports Institute

CHALLENGER BRITISH SOCCER CAMP

This program involves all facets of soccer from individual skill development to technical and tactical practice. Players will be exposed to practices that develop them both as individual and team players. Each day will include progressive practices and small-sided games as well as coached scrimmages. This program is a must for any soccer player who wants to take their game to the next level. Please bring 2 snacks, a water bottle and lunch for full day.

HALF DAY (Ages 6-12): 9:00 AM - 12:00 PM

HALF DAY COST: \$185

FULL DAY (Ages 8-15): 9:00 AM - 4:00 PM

FULL DAY COST: \$263

DATES: Jul. 18 - 22

WHERE: Haskell Field

Instructed by Challenger Soccer



DRAMA KIDS INTERNATIONAL SUMMER PROGRAM

Drama Kids is BACK! Join us for our 2nd year as this popular camp takes a new twist - DKI Playhouse: Fantastic Adventures! Mystery! Drama! Comedy! Music! Outer Space! Our teachers will lead students through activities to develop confidence, speaking and movement skills, leadership and teamwork. In the process, our students will create their own original production performed on the final day of camp. Students will work on set design and prop creation. Days will be spent developing our acting skills: improvisation, speech, articulation, projection, breath control, movement, direction and scene work. Each camp will end with a production for friends and family! Each week is open to students aged 5-16.

Students will be grouped by age and will 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. 11 - 16
SESSION II: Jul. 18 - 22
TIME: 9:00 AM - 2:00 PM
COST: \$293 per session
WHERE: Curtis Middle School Auditorium



Instructed by Drama Kids International

NEW ENGLAND ELITE FLAG FOOTBALL CLINIC

The New England Elite Flag Football Clinic features college and high school football coaches teaching youngsters the game of Flag Football.

Each day features instruction, skill development and multiple games. The week culminates with the famous NEFFC Super Bowl Tournament. Sign up for one of the most popular football clinics in MA! Fast, Fun, Flag Football...that's our motto!

AGES: 6-14 **DAYS:** Mon - Thurs.
DATES: Jul. 11 - 14 **TIME:** 9:00 AM - 2:00 PM
COST: \$220 **WHERE:** Noyes Elementary School



Instructed by NE Elite Sports Clinics, Inc.

ADULT PROGRAMS

5K TRAINING PROGRAM

Join us for a 6- week training program leading up to the Sudbury Halloween 5k held on October 23th. 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 Halloween 5k)



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
TIME: 7:00 - 8:30 PM
WHERE: FCC Volleyball Court

DAY: Wednesdays
DATES: Jun. 29 - Aug. 17
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
TIME: 7:00 - 8:30 PM
WHERE: FCC Basketball Courts

DAY: Mondays
DATES: Jun. 27 - Aug. 22
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



DAYBREAK RISE - N - GRIND

This super-charged, high energy cardio class is 45 minutes of pure sweat! Our coaches get you in, get you moving, and get you out.

We'll focus on endurance, bodyweight movements, light weights and non-stop motion. If you like bootcamps, you will LOVE Rise-N-Grind. Ask for the Park & Rec punch card.

**Punch card expires 90 days from first visit.*

DAY: Mon. and Wed.
DATES: Ongoing
TIME: 9:30 - 10:30am
DURATION: 10 classes
WHERE: 526 Boston Post Road, Wayland
COST: \$169



Instructed by DayBreak CrossFit

DAYBREAK ADULT CROSSFIT

CrossFit is a revolutionary fitness program that prepares you for life. At DayBreak, we emphasize moving well versus moving heavy weights or moving for hours on end. This one-hour class utilizes constantly varied, functional movements performed at relative intensity. The goal of this class is to help you develop a broad, general and inclusive fitness that benefits you inside the gym and out. Ask for the Park & Rec punch card. **Punch card expires 90 from first visit.*

DAY: Mon - Sun
DATES: Ongoing
TIME: <http://daybreakcrossfit.com/schedule/>
DURATION: 10 classes
COST: \$195
WHERE: 526 Boston Post Road, Wayland



Instructed by DayBreak Crossfit

NOW HIRING!

Positions: Wild Wednesday Coordinator and Wild Wednesday Staff

Join the **Wild Wednesday** Program for the 2016-2017 school year! Park & Recreation is looking for energetic, organized and responsible staff to help grow this exciting afterschool program.

Wild Wednesdays take place on 17 half-days throughout the year. Elementary students spend the afternoon at the Fairbank Community Center participating in art, gym, homework club, swimming at Atkinson Pool, recess at Haskell Field, and special events throughout the year.

Hours are 11am-6pm, competitive pay. Contact Tricia Freeman and freemanp@sudbury.ma.us



Atkinson Pool Member Appreciation

June 20th

ALL DAY—5:30am-9:00pm

Meet & Greet!

**Come meet the new
Director**

Kayla McNamara

Give Aways

Refreshments

Visit the Staff

Fun, Fun, Fun!

We truly value and appreciate our pool members and want to Thank You! Stop by Atkinson Pool on Monday June 20, 2016 and let us celebrate you! The pool will be open to the public all day; the prizes, give aways, and refreshments are for members only (this includes swim teams).



Dear Valued Atkinson Pool Patron,

I am very pleased and excited to take on the role of Sudbury Park, Recreation and Aquatics Director. Atkinson Pool is a great facility with many offerings and tremendous potential, and I am thrilled to be a part of it. Taking on this role has brought on many goals for the department, which I hope to reach with the continued support of all our valued members and patrons.

As of July 1, 2016 the membership rates, rental rates, and program rates will be increasing by 10%. Many of those increased rates are reflected in this brochure. I apologize for any inconvenience this may cause. The increase was determined based off the increasing minimum wage, increases in utilities, increases in maintenance costs, and the general needs of the aquatic facility. This increase will help us continue to meet the needs of the community, reach our full potential as an aquatic facility, offer new and exciting programs, maintain the facility, continue to fully staff the facility, and maintain full operating hours.

Financial changes are never easy, which is absolutely understood. It is our goal to remain reasonably priced, while continuing to meet the needs of our patrons. We appreciate your understanding for this needed increase, and highly value your support. If you have any questions or concerns, please do not hesitate to contact me; I am happy to answer any questions.

Sincerely,

Kayla McNamara

Director of Park, Recreation and Aquatics

Sudbury Park & Recreation

Atkinson Pool

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.

PUNCH PASS/ TINY TOT PASS: Adult, Youth, Senior and Tiny Tot Swim pass entitles the user to six swims. Family punch pass entitles the user to 18 swims. Punch 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	PUNCH PASS	LUNCHTIME	MONTHLY RECURRING	6 MONTH	YEARLY
FAMILY	n/a	\$97	n/a	\$62	\$337	\$671
ADULT	\$9	\$44	\$308	\$46	\$242	\$486
YOUTH	\$7	\$33	n/a	\$32	\$171	\$341
SENIOR	\$6	\$28	n/a	\$28	\$154	\$308
COUPLE	n/a	n/a	n/a	\$57	\$308	\$616
TINY TOT PASS	\$6	\$28	n/a	n/a	n/a	n/a

NON-RESIDENT FEES	DAILY	PUNCH PASS	LUNCHTIME	MONTHLY RECURRING	6 MONTH	YEARLY
FAMILY	n/a	\$118	n/a	\$73	\$386	\$766
ADULT	\$10	\$50	\$336	\$56	\$280	\$560
YOUTH	\$8	\$39	n/a	\$40	\$193	\$381
SENIOR	\$6	\$28	n/a	\$31	\$177	\$355
COUPLE	n/a	n/a	n/a	\$69	\$364	\$728
TINY TOT PASS	\$6	\$28	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 5—July14

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: \$72 members \$120 non-members

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



SESSION B

DAYS: Tuesday -Thursday

DATES: July 19-July 28

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: \$72members \$120 non-members

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



SESSION C

DAYS: Tuesday-Thursday

DATES: August 2 -August 11

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: \$72 members \$120 non-members

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



SESSION D (Sundays)

DAYS: **Sunday Class meets once a week for a total of 5 classes**

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: \$60 members \$100 non-members



SESSION E

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

DAYS: **Wednesday Mornings** Class meets once a week for a total of 5 classes

DATES: July 6 - August 3

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

COST: \$60 members \$100 non-members



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: TBA
DURATION: 5 classes	COST: MEMBERS: \$90	NON-MEMBERS: \$135

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 4-8pm or Wednesdays 10am-3pm

TIME: 30 minute time slots

AGE: 3-17

COST: \$50 Half hour \$88 Hour

DATES: June 27, 29 July 25, 27, Aug. 1, 3, 8, 10

*4:30—6:30 June 8, 13, 15, 20, & 22



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. - Aug
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

POOL CIT (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 11 - July 21 **SESSION B:** – July 25—August 4 **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: \$6 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 25nd**

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
6:00-6:45 AM	Deep Water - Peggy		Deep Water - Peggy	
8:15-9:00 AM		Aquacise - GERALYN		Aquacise - GERALYN
9:30-10:15 AM		Deep Water - GERALYN		Deep Water - GERALYN

6:00 - 6:45 AM DEEP WATER WORKOUT

DATES: June 27 - September 14

DURATION: 20 classes

No Class July 4, Aug.25, 30, & Sept. 1

COST: **Members/Seniors:** \$160
Non-Members: \$200

8:15 - 9:00 AM AQUACISE CLASS

DATES: June 28 - September 15

DURATION: 17 classes

No Class July 5, 7, 12, 14, Aug.25, 30, & Sept. 1

COST: **Members/Seniors:** \$136
Non-Members: \$170

9:30 - 10:15 AM DEEP WATER WORKOUT

DATES: June 28 - September 15

DURATION: 17 classes, **No Class July 5, 7, 12, 14, Aug.25, 30, & Sept. 1**

COST: **Members/Seniors:** \$136
Non-Members: \$170

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

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	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	8 Lap	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	5 Lap 3 Rental (1C)	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	5 Lap 3 Rental (1C)	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Tiny Tot
12:00-1:00	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	5 Lap 2 Family 1 Rental	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	6 Lap 2 Family
1:00-2:00	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	5 Lap 2 Family 1 Rental	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	5 Lap 2 Family 1 Rental
2:00-3:00	6 Lap 2 Family	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	5 Lap 2 Family 1 Rental	4 Lap 4 Summer Camp	4 Lap 4 Summer Camp	5 Lap 2 Family 1 Rental
3:00-4:00	6 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 1 Angel Fish 1 Rental (c)	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 1 Angel Fish 1 Rental (c)	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 6:30 1 Angel Fish 1 Rental (c)	6 Lap 2 Family	3 Lap 2 Family 1 Rental 2 Lesson	5 Lap 2 Family 1 Rental	5 Lap 2 Family 1 Youth Lap	CLOSED
7:00-8:00		4 Lap 2 Family 1 Angel Fish 1 Rental (c)	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. In the event of a Thunderstorm we must close the pool for 30 min for every clap of thunder or lightning strike.

SUMMER INFORMATION:

June 27th Summer hours begin.

Pool closes at 8pm Monday-Thursday.

Saturday, July 2nd Pool open 7am-2pm

Sunday, July 3rd - Pool Open 7am—1pm

Monday, July 4th - POOL CLOSED

Pool will be CLOSED August 25—September 5 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

*Sudbury Park & Rec
Presents...*

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2016 Schedule

7/11
Paul Rodriguez Band

7/18
The Love Dogs

7/25
Family Fun Night
featuring
Ben Rudnick & Friends Band
Food Trucks
Inflatables
Face Painting
..and more!

8/1
**Howie Newman
& Jackie Damsky**

8/8
**The
Infractions**

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to our sponsors...*

SalemFive

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SAVINGS BANK**
A great bank™

Sudbury Farms
Your family deserves the best.

Free!

SUMMER CONCERT SERIES

Mondays

7pm
**Haskell Field
Sudbury**



Especially for Pets

**US SPORTS
institute**

**Bonnie's
BOOTCAMP**
NO MORE EXCUSES



TOT Family Daycare

Mobil

Station Road Auto
Body & Garage

MultiState Tax Services