Winter Programs 2017

RECREATION REGISTRATION at www.SudburyRec.com:
Wednesday, December 7th at 9:00 AM
At www.SudburyRec.com

POOL REGISTRATION at www.sudbury.ma.us/pool:
SESSION A January
Tuesday, December 6th at 9:00 AM for Pool Members
Thursday, December 8th at 9:00 AM for Non-Pool Members

SESSION B March
Tuesday, February 14th at 9:00 AM for Pool Members
Thursday, February 16th at 9:00 AM for Non-Pool Members

Inclement Weather Hotline
(978) 639-3233
GENERAL INFORMATION

PARK & RECREATION STAFF 978-443-1092
Kayla McNamara, Director of Parks, Recreation & Aquatics x3259
Amber Forbes, Assist. Rec. Director/Adaptive Rec. Specialist x3256
Mark Simmons, Youth Coordinator/Teen Center Director x3227
Program Coordinator x3257
Patricia Haberstroh, Office Coordinator x3258
Asst. Aquatics Director x3255
Chery Finley, Aquatic Supervisor x3264
Heather Radenberg, Pre-School Coordinator x3231

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

PARK & RECREATION COMMISSION
Robert C. Beagan, Michael Ensley, Mara Huston, James Marotta
(Chairperson), 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 Forbes, Assistant Recreation Director/ 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 at, www.SudburyRec.com, or stop by our office to fill out a financial assistance application.

FIELD & FACILITY RENTAL POLICY
Our fields, gym, and classrooms are available to be rented to the public, with a certificate of liability insurance. Payment is due at the time of the rental. Please check our website for more information.

REFUND POLICY INFORMATION
Refund requests must always be in writing, by completing the refund request 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 programs, which will be assessed a $25 withdrawal fee. After 7 business days, no refunds will be granted (unless you have a doctors’ note). 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. Refunds are processed on Thursday of each week.

Refund requests for all Park & Recreation run summer programs (Sudbury Summer, Sudbury Summer Inclusion, CIT, Preschool Pals, and Sudbury Adventure) must be made in writing by completing the request form and dated on or before June 15. Refund requests made prior to June 15th will be assessed a $25 withdrawal fee. After June 15th, no refunds for these Park & Recreation programs will be granted.

WINTER WEATHER POLICY
Sudbury Park & Recreation/Atkinson Pool staff make every effort to open on time and remain open for all scheduled hours. In the event of inclement weather, we will follow a similar delay, early-release and cancellation plan as the Sudbury School Department. In the case of delay, Park & Rec/Atkinson Pool will open at 9am and all morning programs will be cancelled. At 9am, the decision will be made to open, delay opening further or remain closed based on the current weather forecast. Please call the Inclement Weather Hotline for updated information.

Inclement Weather Hotline: (978) 639 - 3233

Find us on Facebook to keep up with department happenings!
FREE - OUTDOOR ICE SKATING

Bring the family to Featherland Park and the Fairbank Community Center for outdoor skating! Enjoy open hours at Featherland and view the FCC rink hours on our website. The areas will be lit from 4:00 - 11:00 PM each night. Bring your own skates. Please remember that use of the ice skating rink is at your own risk and all trash must be removed from the site.

Call the Park and Recreation office with any questions 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.

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 Sudbury Park & Recreation/Atkinson Pool at 978-443-1092.

DISCOUNTED AMC MOVIE TICKETS

Purchase AMC Black Tickets at the Atkinson Pool front desk! Black tickets are unrestricted tickets. Tickets must be presented at box office and are valid for online redemption. Valid at any AMC Theatres® location in the United States only.

BLACK TICKETS: $11.00
GARRO STUDIOS FEBRUARY BREAK

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

This program 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!

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

Instructed by Michelle Garro
INTENSIVE 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. - Thur.  
DATES: Feb. 21, 22, 23,  
TIME: 8:00 AM - 6:30 PM  
COST: $314

*Please bring a lunch and snacks, extra towels and sweat shirts*

THERE ARE NO REFUNDS IF YOU DO NOT PASS THE COURSE

Instructed by Sudbury Park and Recreation Staff

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.

TIME: 9:00 AM - 12:00 PM  
AGE: 3.5 - 5  
WHERE: FCC Room 4  
COST: $39 per child per day

TUES., FEB. 21: Big Top Circus  
WED., FEB. 22: Out of this World  
THURS., FEB. 23: Dynamic Dinos  
FRI., FEB. 24: Exploring Colors

Instructed by Sudbury Park & Recreation Preschool Staff

ALIEN PLANET

Take a look at our big blue planet and find far away habitable worlds! Look deep into space to see the stars and planets. Build a model rocket and learn about satellites. Next, journey to a new world and analyze the makeup of the planet’s surface. Build a rover to explore the land, and terraform a new colony for future space explorers. Min 10, Max 20.

DATES: Feb. 21 - 24 (Tues. - Fri.)  
DURATION: 4 days  
TIME: 9:00 AM - 12:00 PM  
GRADERS: 1 - 5th  
LOCATION: FCC Room 1  
COST: $187

Instructed by Wicked Cool for Kids

FEBRUARY BREAK - ALL SPORTS CLINIC

The All Sports Clinic features multiple sports in a relaxed, fun atmosphere. Sports to be offered: Floor Hockey, Soccer, Wiffle ball, Basketball and Arena Football!

Also, lots of recreational games! What Makes the All Sports Unique? Certified teachers as directors, accomplished coaches and athletes as counselors and an impeccable track record here in Sudbury.

All Sports Clinics- Where Sports are Fast and Fun!! Min. 10

*Pizza lunch will be available for purchase.

TIME: 9:00 AM - 2:00 PM  
DATES: Feb. 21 - 24 (Tues. - Fri.)  
AGES: 5 - 12  
WHERE: Curtis Middle School Gym  
COST: $195

Instructed by New England Sports Camps

REGISTRATION:
Dec. 6 pool members  
Dec. 8 non-members
**ANIMAL ANTICS**

Discover the wonderful world of animals. This class consists of learning about different animals through crafts, songs, and of course, we’ll be creating our own animal antics by acting like animals. Children will develop gross motor skills through fun animal movements such as hopping, running, rolling, jumping and balancing.

**TUESDAY:** Jan. 3, 10, 17, 24  **TIME:** 10:00 - 10:45 AM  
**SATURDAY:** Jan. 7, 14, 21, 28  **TIME:** 9:00 - 9:45 AM  
**AGE:** 1.5 - 3  
**DURATION:** Sign up for just one class or all 4  
**COST:** $15 per class  
**LOCATION:** FCC Room 1 & 2  

*Instructed by Sudbury Park & Recreation Director*

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**TINY TUMBLERS**

This is a fun and positive introduction to the sport of gymnastics and the concept of fitness. Children will have fun, develop balance, coordination, and strength by negotiating challenging obstacle courses where gymnastics and tumbling skills are introduced. Children will follow directions, listen to an instructor, take turns, and interact with a group. Part of the class is instructor-led and part of it is a free exploration time.

**TUES.:** Feb. 28 Mar. 7, 14, 21, 28  **SAT.:** Mar. 4, 11, 18, 25  
**AGE 2-3:** 11:00 - 11:45 AM  
**THURS.:** Mar. 2, 9, 16, 23, 30  **SAT.:** Mar. 4, 11, 18, 25  
**AGED 3-4:** 10:00 - 10:45 AM  
**LOCATION:** FCC Room 2  

*Instructed by Sudbury Park & Recreation Director*

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**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 - 10:45 AM  
**WINTER:** 1/3, 1/17, 1/31, 2/14, 3/14 & 3/28  
**SPRING:** 4/11, 4/25, 5/9 & 5/23  
**AGES:** 5 and under  
**COST:** FREE  
**WHERE:** FCC Room 2

*Hosted by The Sudbury Family Network*

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**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; both caregivers and children participate in the fun! **Min. 5**

**DAY:** Wednesdays  
**TIME:** 9:30 - 10:30 AM  
**WHERE:** FCC Room 2  
**AGES:** 15m - 2.5 years (w/adult)

| **WINTER:** Dec. 7 - Mar. 8 *No Class 12/28 & 2/22 | **DURATION:** 12 weeks | **COST:** $110 |
| **SPRING:** Mar. 22 - Jun. 7 *No Class 4/19 | **DURATION:** 11 Weeks | **COST:** $101 |

*Instructed by Sudbury Park & Recreation Preschool Staff*

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**PRE-K BASKETBALL**

Miniballs and a ton of fun! This class is created for 3 - 5.5 year olds and will work on having fun while learning the fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children! **Min. 8**

**DAY:** Saturdays  
**TIME:** 11:00AM - 11:50 AM  
**AGES:** 3 - 5.5  
**WHERE:** FCC Gym  
**SESSION 1:** Jan. 7 - Jan. 28  **DURATION:** 4 wks  
**SESSION 2:** Mar. 4 - Apr. 1  **DURATION:** 5 wks  
**COST:** $58  
**COST:** $73

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

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**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:** 10:00 AM - 10:50 AM  
**AGES:** 3 - 5.5  
**WHERE:** FCC Gym  
**SESSION 1:** Jan. 7 - Jan. 28  **DURATION:** 4 wks  
**COST:** $58  
**SESSION 2:** Mar. 4 - Apr. 1  **DURATION:** 5 wks  
**COST:** $73

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

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**DISCOVERING DR. SEUSS**

Oh The Places You Will Go! The more you read, the more you will know, the more that you learn, the more places you will go! Are you ready for a fun filled adventure discovering the world of Dr. Seuss? We’ll read the famous Dr. Seuss children’s books that have great amounts of silliness, explore and nurture key social and emotional skills, engage in activities that require cooperation and self-awareness, and encourage communication with peers. We will explore, create, and play a variety of Seuss inspired craft activities and games.

**DAY:** WEDNESDAY  
**TIME:** 10:00 - 10:50AM  
**DATES:** Feb 8, 15, Mar. 1, 8, 15  
**AGES:** 2-4  
**LOCATION:** FCC Room 1

**COST:** $70  

*This is a drop off program, but adults are welcome to stay*

*Instructed by Sudbury Park & Recreation Director*
### 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.

**DAY:** Sundays  
**TIME:** 2:30 - 3:15 PM  
**SESSION 1:** Jan. 8 - Feb. 12  
**SESSION 2:** Feb. 26 - Apr. 2  
**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. 10

**DAY:** Fridays  
**TIME:** 3:15 - 4:00 PM  
**DATES:** Jan. 13 - Feb. 17  
**DURATION:** 6 Weeks  
**AGES:** 4 - 6 (Including Kindergarten)  
**WHERE:** House of Dance, 365 Boston Post Rd, Sudbury  
**COST:** $130

*Instructed by House of Dance*

### PINT SIZE PICASSO’S
Kids LOVE to paint...parents hate the clean-up! This program is the perfect solution! Come create with us in this fun class, where imaginations soar. We’ll scribble, color, paint, and more! Using a variety of fun tools, including our hands; we’ll use our imaginations to help us create masterpieces! Each child will be given the freedom to explore, create, and paint with the help from the instructor; encouraging curiosity and build self-confidence in your toddler through basic art, play and more.

### ONE DAY WORKSHOPS
**COST:** $15 per class  
**LOCATION:** FCC Room 1

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>LOCATION</th>
<th>AGE 1-2</th>
<th>AGE 2-3</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEDNESDAY</td>
<td>Dec 7, 14</td>
<td>FCC Room 1</td>
<td>10:00 - 10:40 AM</td>
<td>11:00 - 11:45 AM</td>
</tr>
</tbody>
</table>

**SATURDAY:** Dec 10, 17

<table>
<thead>
<tr>
<th>AGE 1-2</th>
<th>AGE 2-3</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 9:40 AM</td>
<td>10:00 - 10:45 AM</td>
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</table>

*This is not a drop off program, adult must stay*

### SATURDAYS - FIVE WEEK SESSION

<table>
<thead>
<tr>
<th>DATES:</th>
<th>Jan. 7, 14, 21, 28 Feb. 4</th>
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<tbody>
<tr>
<td>AGE 1-2:</td>
<td>10:00 - 10:40 AM</td>
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<td>AGE 2-3:</td>
<td>11:00 - 11:45 AM</td>
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</table>

*This is a drop off program, but adults are welcome to stay*

### SATURDAYS - FIVE WEEK SESSION

<table>
<thead>
<tr>
<th>DATES:</th>
<th>Jan. 7, 14, 21, 28 Feb. 4</th>
</tr>
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<tbody>
<tr>
<td>AGE 1-2:</td>
<td>10:00 - 10:40 AM</td>
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<tr>
<td>AGE 2-3:</td>
<td>11:00 - 11:45 AM</td>
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</tbody>
</table>

*This is a drop off program, but adults are welcome to stay*

### 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, 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!

**WHERE:** FCC Gym

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>DATES:</td>
<td>Jan. 12 - Mar. 30 *No class 2/23</td>
</tr>
<tr>
<td>AGES 2 - 3:</td>
<td>3:20 - 4:00PM</td>
</tr>
<tr>
<td>AGES 3 - 4:</td>
<td>4:05 - 5:05 PM</td>
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<tr>
<td>AGES 4 - 5:</td>
<td>4:55 - 5:45 PM</td>
</tr>
<tr>
<td>DURATION:</td>
<td>11 weeks</td>
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<tr>
<td>COST:</td>
<td>$286</td>
</tr>
</tbody>
</table>

*Instructed by Super Soccer Stars*
VIKING BASKETBALL GRADES K-2
Players will learn the basic basketball 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

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>DURATION</th>
<th>TIME</th>
<th>COST</th>
<th>LOCATION</th>
<th>Instructed by Viking Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>Jan. 7 - Mar. 18</td>
<td>9 Weeks</td>
<td>12:00-12:50 PM (Kindergarten)</td>
<td>$97</td>
<td>FCC Gym</td>
<td></td>
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<tr>
<td></td>
<td>*No Class 2/4, 2/18</td>
<td></td>
<td>1:00-1:50 PM (Kindergarten)</td>
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<td></td>
<td>2:00-2:50 PM (1st Grade)</td>
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<td></td>
<td>3:00-3:50 PM (1st Grade)</td>
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<td></td>
<td></td>
<td></td>
<td>4:00-4:50 PM (2nd Grade)</td>
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VIDEO GAME DESIGN
Students learn fundamentals of object-oriented programming through video game design while creating their own game. All students work at their own pace, making this a great workshop for both new and more experienced game makers. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, and logic. Games can be played at home (MS Windows only) and software used in class is available for download (MAC and PC) for those who want to continue working at home. Laptop provided. Nonviolence policy is enforced.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>DURATION</th>
<th>TIME</th>
<th>COST</th>
<th>LOCATION</th>
<th>Instructed by Empow Studios</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>Jan. 3 - Mar. 28.</td>
<td>12 weeks</td>
<td>5:15 - 6:15 PM</td>
<td>$293</td>
<td>FCC Room 3</td>
<td></td>
</tr>
</tbody>
</table>

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!

<table>
<thead>
<tr>
<th>DAY</th>
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<th>COST</th>
<th>LOCATION</th>
<th>Instructed by House of Dance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays</td>
<td>Jan. 13 - Feb. 17</td>
<td>6 Weeks</td>
<td>4:00 - 5:00 PM</td>
<td>$130</td>
<td>House of Dance, 365 Boston Post Rd., Sudbury</td>
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</tr>
</tbody>
</table>

LEGO ROBOTICS
NEW!
Gear up for a class that combines engineering and programming using EV3, the newest generation of LEGO® MINDSTORMS. Our instructors teach the connection between code and physical action while kids work in pairs to create robots that walk, drive, and play music. Sensors help robots make autonomous decisions, and kids learn to code using movement, loops, switches, and more.

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<td>12 weeks</td>
<td>4:00-5:00 PM</td>
<td>$293</td>
<td>FCC Room 3</td>
<td></td>
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</table>

DRAMA KIDS
Drama Kids is dramatically different! We are a skills-based program that teaches life skills through Drama activities. Classes focus on creative thinking, risk-taking, leadership and team-building. We do this with Improvisation, Speech, Movement, Scene work with partners, small and large groups! We perform for each other each week! Most importantly, we have FUN!

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>DURATION</th>
<th>TIME</th>
<th>COST</th>
<th>LOCATION</th>
<th>Instructed by Drama Kids International</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>Jan. 3 - Mar. 38</td>
<td>12 weeks</td>
<td>5:00 - 6:00 PM</td>
<td>$273</td>
<td>FCC GYM</td>
<td></td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>DATE</th>
<th>DURATION</th>
<th>TIME</th>
<th>COST</th>
<th>LOCATION</th>
<th>AGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 23 - Mar. 20</td>
<td>8 Weeks</td>
<td>4:15 - 5:30 PM</td>
<td>Grade K - 3</td>
<td>$180</td>
<td>63 Summer St., Maynard</td>
<td>Grade K - 3</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Jan. 10 - Mar. 7</td>
<td>8 Weeks</td>
<td>4:15 - 5:30 PM</td>
<td>Grade K - 3</td>
<td>63 Summer St., Maynard</td>
<td>Grade K - 3</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Jan. 26 - Mar. 23</td>
<td>8 Weeks</td>
<td>4:15 - 5:30 PM</td>
<td>Grade K - 3</td>
<td>63 Summer St., Maynard</td>
<td>Grade K - 3</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>Feb. 4 - Apr. 1</td>
<td>8 Weeks</td>
<td>1:00 - 2:15 PM</td>
<td>Grade K-3</td>
<td>63 Summer St., Maynard</td>
<td>Grade 4-8</td>
</tr>
</tbody>
</table>

| SATURDAY     | Feb. 4 - Apr. 1 | 8 Weeks  | 2:30 - 4:00 PM | $190 | 63 Summer St., Maynard | Grade 4-8 |
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. Please arrive 15 minutes early to get ready for class.

DAY: Saturdays
TIME: 1:20 - 2:00 PM
DATES: Jan. 14 - Mar. 25 (8 Weeks) *No Class 2/18, 2/25, 3/18
AGE: 18 Months - Adult
WHERE: Valley Sports Arena, 2320 Main St., West Concord
COST: $208

Instructed by Sharper Edge Skating Staff

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, agility, racquet skills and rallying skills, serving & point play. Please bring clean, dry sneakers. Racquet provided.

DAY: Sundays
TIME: 3:15 - 4:00 PM
SESSION 1: Jan. 8 - Feb. 12
SESSION 2: Feb. 26 - Apr. 2
DURATION: 6 Weeks
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 zip tennis experience, continuing focus on rally skills, tactics, serving and point play. Please bring clean, dry sneakers. Racquets available.

DAY: Sundays
TIME: 4:00 - 5:00 PM
SESSION 1: Jan. 8 - Feb. 12
SESSION 2: Feb. 26 - Apr. 2
DURATION: 6 Weeks
WHERE: Longfellow - Zip Zone, Wayland
AGES: 7 - 8
COST: $109

Instructed by the Longfellow Club

MOTION COMMOTION
What’s shaking? Investigate the physics of how things move! We’ll use Newton’s laws to study crashing cars and balloon rocket racers. Build a toothpick tower and see if can survive the shaking of “tectonic plates”, design a zany zip line for a thrilling ride, and spin your way to the top by designing a toy that can spin the longest.

DAY: Mondays
TIME: 4:15 - 5:15 PM
DATES: Jan. 23 - Mar. 6 *No Class 2/20
DURATION: 6 Weeks
GRADES: 1 - 3
COST: $133
WHERE: FCC

Instructed by Wicked Cool for Kids

BASKETBALL SHOOTING SESSIONS
Join Game Time Training for a shooting each Sunday during your basketball season. Come in and get reps before your travel game or after your town games. We will focus on footwork, form and speed during this session. Building confidence in a player is absolutely necessary in order to create great shooters. Players are guaranteed at least 200 shots each class!

DAY: Sundays
TIME: 8:00 - 8:55 AM
DATES: Jan. 8 - Mar. 19 *No class 1/15, 2/4, 2/19
DURATION: 8 Weeks
GRADES: 4 - 8
COST: $173
WHERE: FCC Gym

Instructed by Game Time Training

POTTERY PAINTING - ONE DAY WORKSHOPS!
Painting pottery is a fun and creative activity for students of all ages. Pokadot artists Leigh and Cathy are bringing their mobile art studio to Sudbury! Try one week or sign up for all 6. Either way, you are sure to enjoy exploring new techniques and decorative styles.

DAY: Thursday
TIME: 4:15 - 5:15 PM
GRADES: K - 5
WHERE: FCC
COST: $32 each

Jan 12          Snowflake Tiles
Jan 26          Heart Bowls
Feb 9           Snowmen
Mar 2           Mugs
Mar 16          Monster Mash
Mar 30          Soap Dishes

Instructed by Pokadot - Art, Pottery, Life!

NEW!

GIRLS SCIENCE CLUB
Back by popular demand! Engaging hands-on chemistry and geology projects will encourage girls to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lip balms, and lotions. Explore how chemists create formulas and make your own cool products to take home. New projects include creating brilliant salt crystals and investigating gems and geodes.

DAY: Mondays
TIME: 5:20 - 6:20 PM
DATES: Jan. 23 - Mar. 6 *No Class 2/20
DURATION: 6 Weeks
GRADES: 3 - 5
COST: $133
WHERE: FCC

Instructed by Wicked Cool for Kids
WILD WEDNESDAYS (YOUTH & TEEN)

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 the Fairbank Community Center is included.

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

<table>
<thead>
<tr>
<th>4:30PM PICK UP</th>
<th>6:00PM PICK UP</th>
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</thead>
<tbody>
<tr>
<td>SINGLE DAY: $40</td>
<td>SINGLE DAY: $50</td>
</tr>
<tr>
<td>HALF YEAR: $300</td>
<td>HALF YEAR: $375</td>
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</tbody>
</table>

WILD WEDNESDAYS (MIDDLE SCHOOL)

Trips, Trips, Trips!! This is the same great program we’ve always offered, except now we have extended the hours until 6:00pm! We’ll go on a different trip each week. Program meets in the Curtis cafeteria after school. Students will eat lunch (please pack) and then head out for an adventure. Transportation from Curtis and back to the Fairbank Community Center will be provided. Pick up by 6:00pm.

Jan. 11th - Nashoba Snow Tubing  
Jan. 25th - Boston Frog Pond Ice Skating  
Feb. 8th - Nashoba Snow Tubing  
Mar. 8th - Tri-State Speedway Go Carts  
Mar. 15th - Pinz Bowling  
Mar. 29th - Boston Museum of Science  
Apr. 12th - Surf’s Up Indoor Surfing  
Apr. 26th - Dave and Busters Arcade  
May 24th - Merrimack Valley Pavilion

SINGLE DAY: $60  
HALF YEAR: $450

WILD WEDNESDAY REFUND POLICY: All refunds must be requested in writing 7 days prior to start of program. *For Half & Full year registrations, there will be no refunds for individual day absences*.
NASHOBA SKI & SNOWBOARD PROGRAM

Program begins the first week of January and runs for 6 weeks.
For more Information please log onto SudburyRec.com

REGISTRATION BEGINS: Wednesday, September 7th
REGISTRATION DEADLINE (STRICTLY ENFORCED): Wednesday, December 14th

ELEMENTARY
Meets on Tuesday or Wednesday afternoons. Age Requirement: Skiing Lessons Grades K - 5;
Snowboarding Lessons Grades 1 - 5. Elementary School Participants must be accompanied by a guardian.
Transportation is not provided.

COST: Lesson and Lift - $230
Ski or Snowboard Rentals - $132
Lift Only - $195
Helmet Purchase - $60

MIDDLE SCHOOL
Meets on Thursday afternoons. Transportation is provided to and from the Ski area.
This program is also fully chaperoned (volunteers strongly encouraged). All participants must wear a helmet.

COST: Lesson and Lift - $355
Ski or Snowboard Rentals - $132
Lift Only - $325
Helmet Purchase - $60

CAMP REGISTRATION 2017

SUMMER CAMP REGISTRATION

Save the Date!

Resident Registration:
Wednesday, February 15th

Resident Registration For all other programs:
Friday, February 17th

Non-Resident Registration:
9:00AM Wednesday, March 3rd
SCHOOL BREAK MIDDLE SCHOOL DAY TRIPS
Don’t get stuck at home! Spend some of your vacation time hanging out with friends and having fun.
All programs will start and end at the Fairbank Community Center.

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DATE &amp; TIME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nashoba Snow Tubing Min. 20</td>
<td>Wed. Dec. 28, 9 AM - 2 PM</td>
<td>$62</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DATE &amp; TIME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston Frog Pond Ice Skating Min.20 &amp; Lunch Downtown</td>
<td>Wed. Feb. 22, 10 AM - 4 PM</td>
<td>With Skate Rental $56, W/O Skate Rental $40</td>
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<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DATE &amp; TIME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sky Zone &amp; Movies Min.20</td>
<td>Wed. Apr. 19, 10 AM - 4:30 PM</td>
<td>$75</td>
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</table>

Facilitated by Sudbury Park & Recreation Staff

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
DATES: March 8 & 15 (Early release Wednesdays)
COST: $100
TIME: 12:30 - 6:00 PM
AGES: 11 - 15
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!

DURATION: 8 Weeks
GRADERS: 6 - 12
COST: $190
WHERE: Garro Studios - 63 Summer St., Maynard

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Instructed by Michelle Garro
**HOME ALONE - ONE DAY WORKSHOP**

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:** Thursday
- **DATE:** Mar 2
- **TIME:** 5:00 - 7:30 PM
- **WHERE:** Atkinson Pool Lobby
- **AGE:** 9 - 11
- **COST:** $45

Instructed by Park & Recreation Staff

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**DRAMA KIDS ACADEMY**

DKI Acting Academy is open to all students ages 12-18 who wish to explore, and expand their speaking, acting and auditioning skills. Our Acting Academy is an excellent way for middle and high school students to explore and expand their acting and auditioning skills through our accelerating drama activities and performances.

- **DAY:** Tuesdays
- **DATE:** Jan. 3 - Mar. 28 *No Class 2/21
- **TIME:** 6:00 - 7:00 PM
- **DURATION:** 12 wks
- **AGE:** 12 - 18
- **LOCATION:** FCC GYM
- **COST:** $273

Instructed by Drama Kids International

---

**CODE CAMP FOR KIDZ**

CodeCampKidz introduces you to coding pages in a fun and achievable way. You’ll write real HTML5, CSS3 & Javascript code, progressing from basics to more advanced projects. You will use our student-friendly eLearning platform, and produce completed app pages. By the end, you will have developed a coding space to work & host your own pages. Whether you are interested in being a programmer or just want to know how things work, take advantage of our field-tested and proven learning techniques ONLY available on CodeCampKidz! **Bring a laptop and earbuds!**

- **DAY:** Tuesdays
- **TIME:** 5:00 - 6:15 PM
- **DATES:** Jan. 3 - April 11
- **WHERE:** FCC Room 2
- **GRADES:** 6 - 8
- **DURATION:** 14 Weeks
- **COST:** $160

Instructed by Code Camp for Kidz

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**MIDDLE SCHOOL 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:** 5:00 - 6:00 PM
- **DATES:** Jan. 13 - Feb. 17
- **DURATION:** 6 Weeks
- **GRADES:** 6 - 8
- **COST:** $130
- **WHERE:** House of Dance, 365 Boston Post Rd., Sudbury

Instructed by House of Dance

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**BASKETBALL SHOOTING SESSIONS**

Join Game Time Training for a shooting each Sunday during your basketball season. Come in and get reps before your travel game or after your town games. We will focus on footwork, form and speed during this session. Building confidence in a player is absolutely necessary in order to create great shooters. Players are guaranteed at least 200 shots each class!

- **DAY:** Sundays
- **TIME:** 8:00 - 8:55 AM
- **DATES:** Jan. 8 - Mar. 19
- **DURATION:** 8 Weeks
- **GRADES:** 4 - 8
- **COST:** $173
- **WHERE:** FCC Gym

Instructed by Game Time Training
TEEN CENTER

Friday Nights 7:00-9:30pm

DATE    GRADE    EVENT
Dec 16   7th & 8th Holiday Toy Drive
Jan 13   7th Only Bubble Soccer
Feb 10   8th Only Bubble Soccer
Mar 17   7th & 8th All In One Sports Arena

$8 Preregistration  $10 Non-Preregistration

What is Teen Center?
Teen Center Events are sponsored events run by the Sudbury Park and Recreation Department and the Jean Lind Teen Center Board. Events are typically themed and activity-based. The purpose of the Jean Lind Teen Center is to provide a fun and exciting experience in a safe environment for youth in the Sudbury Community.

How do I Pre-Register my child for an Event?
Pre-Registering for an event is just like registering for any of our other programs. Registration can be found at SudburyRec.com. Find and click on the Teen Center button and select the current Teen Center event. It’s that easy. Once your child is pre-registered they’re all set to have fun at Teen Center. Any required waivers will also be completed during registration. No need to print any waivers or receipts. We take care of everything!

Can I chaperone a Teen Center Event?
Yes! Parents/guardians are always needed; we cannot run these events without you! Come see what teen center is like and help us make sure events are safe and fun! Don’t worry, your teen won’t even see you as we rotate from station to station all night long.

Thank you to our Teen Center Sponsor Ultimate Mobile Gaming!

Snack bar  PING PONG  MOVIE  Lounge
Live DJ  TV & Video Games  Pool Tables  Dancing
Arcade  Xbox

For more information, contact Mark Simmons, Youth Coordinator/Teen Center Director at 978-639-3227 or email simmonsm@sudbury.ma.us.
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.

*Please Note: All dates are subject to change due to weather, please check with Senior Center for official dates.

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### YOGA FOR LIVING WELL

**DAY:** Tuesdays  
**SESSION 2:** Nov. 15 – Jan. 10  
**DURATION:** 8 weeks  
**COST:** $56

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<table>
<thead>
<tr>
<th>TIME</th>
<th>WHERE</th>
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<tbody>
<tr>
<td>9:40 AM - 10:40 AM</td>
<td>FCC Gym</td>
</tr>
<tr>
<td>11:00 AM - 12:00 PM</td>
<td>FCC Gym</td>
</tr>
</tbody>
</table>

### TAI CHI FOR HEALTHY LIVING

**DAY:** Tuesdays  
**TIME:** 1:30 - 2:30PM  
**SESSION 1:** Sept. 6 - Oct. 25  
**SESSION 2:** Nov. 1 - Dec. 20  
**DURATION:** 8 Weeks  
**WHERE:** FCC Gym  
**COST:** $36

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### BETTER BONES

**DAY:** Mondays  
**TIME:** 1:00 - 2:00 PM  
**SESSION 2:** Nov. 14 – Jan. 23  
**DURATION:** 8 weeks  
**WHERE:** FCC Gym  
**COST:** $56

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### INTERMEDIATE TAP DANCE

**DAY:** Thursdays  
**TIME:** 9:00 - 9:30 AM  
**SESSION 2:** Nov. 17 - Jan. 19  
**DURATION:** 8 weeks  
**WHERE:** FCC Gym  
**COST:** $25

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### BEGINNER TAP DANCE REVIEW

**DAY:** Thursdays  
**TIME:** 9:00 - 9:30 AM  
**SESSION 2:** Nov. 17 - Jan. 19  
**DURATION:** 8 weeks  
**WHERE:** FCC Gym  
**COST:** $25

---

### FIT FOR THE FUTURE

**DAY:** Mon., Wed., and/or Fri.  
**TIME:** 11:00 AM - 12:00 PM  
**DURATION:** Ongoing, monthly  
**WHERE:** FCC Gym  
**COST:** $2 drop-in

---

Please call the Sudbury Senior Center at (978) 443-3055 for more information and to pre-register.
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 Forbes, Assistant Recreation Director/Adaptive Recreation Director, at forbesa@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
COST: $176
AGE: 18 months+
TIME: 12:35 - 1:20 PM
SESSION II: Jan. 14 – Mar. 25 (8 Weeks) *No Class 2/18, 2/25, 3/18
DURATION: 8 weeks

Instructed by Sharper Edge Skating School

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: Sundays
TIME: 12:15 - 1:00 PM
DATES: Jan. 8 – Mar. 30 *No class 1/15, 2/19
DURATION: 12 classes
AGES: 5 - 12
WHERE: FCC Gym
COST: $315

Instructed by Super Soccer Stars

VALENTINES CUPCAKE DECORATING

Let your creative juices flow in this fun one-day cupcake decorating class! You bring the ideas, we bring the cupcakes and all the supplies! Each participant will leave with 3 vanilla and 3 chocolate cupcakes to take home and share with friends and family. Bring your friends along for the cupcake fun!

DAY: Monday
DATES: Feb 13
DURATION: 1 day
WHERE: FCC Room 1
GRADES: 9 - 12
TIME: 6:15 - 7:30 PM
COST: $30

Instructed by Sudbury Park & Recreation Staff

PATRICK’S THEME COOKIE DECORATING

Join us for a fun and exciting cookie decorating class! You bring the ideas, we bring the cookies and all the supplies! Each participant will leave with a dozen to take home and share with friends and family. Bring your friends along for the cupcake fun!

DAY: Monday
DATES: Mar. 13
DURATION: 1 day
WHERE: FCC Room 1
GRADES: 3 - 5
TIME: 6:15 - 7:30 PM
COST: $30

Instructed by Sudbury Park & Recreation Staff

DRAWING & PAINTING

Join us once a week for a sensory art adventure! Some weeks the activities in this 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.

DAY: Mondays
DATES: Jan. 23 – Feb 13
DURATION: 5 weeks
WHERE: FCC Room 1
AGES: 9 - 14
TIME: 5:00 - 6:00 PM
COST: $106

Instructed by Sudbury Park & Recreation Staff
SNEAKER PROM

This March, the Sudbury Park and Recreation Department will be hosting the fifth annual Sneaker Prom for community members with disabilities ages 15+! This dance is an inclusive event with volunteers from surrounding area high schools. Semi-formal attire with funky footwear encouraged! We will have a DJ, photo station, and lounge. Attendants are invited and welcome.

Pre-registration required.

DATE: Friday, March 10
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
TAP DANCE

Tap Dancing is basically making music with our feet using shoes with metal taps on the ball of the foot and heel. A beginner class will learn all the basics and vocabulary to do some warm-up exercises, across-the-floor movements and short combinations of steps and dances. An Intermediate class draws from experience, so the pace is faster and steps are more complicated. Please dress comfortably and bring your own flat tap shoes.

DAY: Mondays
DATES: Jan. 9 - Mar. 13 *No Class 1/16, 2/20
BEGINNER: 6:30 - 7:30 PM
INTERMEDIATE: 7:35 - 8:35 PM
WHERE: FCC Gym/Stage
COST: $104

Instructed by Sudbury Park & Recreation Staff, Susan Craver

MEN’S 30+ BASKETBALL

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

DAY: Mondays
TIME: 7:00 - 9:00 PM
WINTER: Jan. 9 - Mar. 27 *No Class 1/16, 2/20
SPRING: Apr. 3 - Jun. 12 *No Class 4/17, 5/29
WHERE: Peter Noyes Gym
COST: $50 per season

Facilitated by Park & Recreation

YOGA

In this class, we’ll learn about the physical, mental and spiritual practice of yoga. Each 75-minute class will tap into the benefits of both disciplines by doing a sequence of poses that strengthen our bodies while promoting flexibility, balance and relaxation. No experience necessary. Please bring a yoga mat and a small blanket or towel.

DAY: Mondays
TIME: 7:00 - 8:15PM
SESSION 1: Jan. 9 - Feb. 13 *No Class 1/16
SESSION 2: Mar. 6 - Apr. 3
DURATION: 5 weeks
LOCATION: FCC
COST: $81

Instructed by Sudbury Park & Recreation Staff, Jane Cunningham

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. 5 - Apr. 12
DURATION: 14 weeks
COST: $55 full-time or $30 part-time

Facilitated by Sudbury Volleyball

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. Studio 203

MONDAYS
Drawing/Painting

DATES: Jan.23 - Mar. 20 *No Class 2/20
TIME: 9:30 - 11:30 AM
COST: $210
DURATION: 8 weeks

THURSDAY
Drawing/Painting

DATES: Jan.26 - Mar. 23 *No Class 2/23
TIME: 9:30 AM - 12:00 PM
COST: $260
DURATION: 8 weeks

SATURDAY
Adult& Teen Drawing/Painting

DATES: Feb. 4 - Apr. 1 *No Class 2/25
TIME: 9:30 AM - 12:00 PM
COST: $260
DURATION: 8 weeks
CARDO TENNIE
This class is a high-energy fitness activity that combines the best features of tennis with a cardiovascular workout. Great conditioning workout while building up your footwork! 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 not run on the holiday weekend: 1/16, 1/17, and 1/18 or Feb vacation: Mon 2/13, 2/15 and Fri, 2/19

<table>
<thead>
<tr>
<th>MONDAY SESSION 1:</th>
<th>Jan. 9 - Feb. 13</th>
<th>FRIDAY SESSION 1:</th>
<th>Jan. 6 - Feb. 10</th>
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<tbody>
<tr>
<td>TIME:</td>
<td>11:00 AM - 12:00 PM</td>
<td>TIME:</td>
<td>7:30 - 8:30 AM</td>
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<tr>
<td>COST:</td>
<td>$109 per session</td>
<td>COST:</td>
<td>$170 per session</td>
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<tr>
<td>DURATION:</td>
<td>6 Weeks</td>
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<td>6 Weeks</td>
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<td>WHERE:</td>
<td>Garro Studios, 63 Summer Street, Maynard</td>
<td>WHERE:</td>
<td>Longfellow, Wayland</td>
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BEGINNER ADULT TENNIS
Adult Beginner Tennis is designed for those who want to learn to play tennis in a supportive environment. The focus of this class will be on individual strokes, fundamentals and serving. Participants should bring sneakers and a racquet.

<table>
<thead>
<tr>
<th>DAY:</th>
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<tbody>
<tr>
<td>SESSION 1:</td>
<td>Jan. 3 - Feb. 7</td>
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<tr>
<td>SESSION 2:</td>
<td>Feb. 14 - Mar. 28</td>
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ADVANCED BEGINNER ADULT TENNIS
Advanced Beginner Tennis is designed for those who have completed a beginner level clinic or who have played tennis at some point in their life and are looking to return to the sport. Focus is on fundamentals, doubles strategy and tactics.

<table>
<thead>
<tr>
<th>TIME:</th>
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<tr>
<td>COST:</td>
<td>$163 per session</td>
</tr>
<tr>
<td>WHERE:</td>
<td>Longfellow, Wayland</td>
</tr>
</tbody>
</table>

LANDSCAPE PAINTING (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 receive a materials list.

<table>
<thead>
<tr>
<th>DAYS:</th>
<th>Fridays</th>
</tr>
</thead>
<tbody>
<tr>
<td>DATES:</td>
<td>Feb. 3 - Mar. 31 *No Class 2/24</td>
</tr>
<tr>
<td>TIME:</td>
<td>9:30 AM - 12:00 PM</td>
</tr>
<tr>
<td>COST:</td>
<td>$260</td>
</tr>
<tr>
<td>DURATION:</td>
<td>8 weeks</td>
</tr>
<tr>
<td>WHERE:</td>
<td>Garro Studios, 63 Summer Street, Maynard</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>MONDAY:</th>
<th>Jan. 23 - Mar. 20 *No Class 2/20</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUESDAY:</td>
<td>Jan. 10 - Mar. 7 *No Class 2/21</td>
</tr>
<tr>
<td>TIME:</td>
<td>6:00 - 8:00 PM</td>
</tr>
<tr>
<td>COST:</td>
<td>$210 per session</td>
</tr>
<tr>
<td>DURATION:</td>
<td>8 weeks</td>
</tr>
<tr>
<td>WHERE:</td>
<td>Garro Studios, 63 Summer Street, Maynard</td>
</tr>
</tbody>
</table>

Instructed by Michelle Garro
**ATKINSON POOL DAILY & MEMBERSHIP RATES**

**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

### Resident Fees

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>Swim Pass</th>
<th>Lunchtime</th>
<th>Recurring Monthly</th>
<th>6 MONTH</th>
<th>Yearly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
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<td>$97</td>
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<td>$671</td>
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<tr>
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<tr>
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<td>$33</td>
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<td>$32</td>
<td>$171</td>
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<tr>
<td>Senior</td>
<td>$6</td>
<td>$28</td>
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<td>$28</td>
<td>$154</td>
<td>$308</td>
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<tr>
<td>Couple</td>
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<td>n/a</td>
<td>n/a</td>
<td>$57</td>
<td>$308</td>
<td>$616</td>
</tr>
<tr>
<td>Tiny Tot Pass</td>
<td>$6</td>
<td>$28</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
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</table>

### Non-Resident Fees

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>Swim Pass</th>
<th>Lunchtime</th>
<th>Recurring Monthly</th>
<th>6 MONTH</th>
<th>Yearly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
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<td>$118</td>
<td>n/a</td>
<td>$73</td>
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<td>$177</td>
<td>$355</td>
</tr>
<tr>
<td>Couple</td>
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<td>n/a</td>
<td>n/a</td>
<td>$69</td>
<td>$364</td>
<td>$728</td>
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<tr>
<td>Tiny Tot Pass</td>
<td>$6</td>
<td>$28</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
</tbody>
</table>

**FULL YEAR AND SIX MONTH MEMBERSHIP:** Entitles member to lap and family swim as well as 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 requests 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 5.

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

*Memberships cannot be purchased and applied the same day as program registration.*
<table>
<thead>
<tr>
<th>Time</th>
<th>Sunday Open 7 AM</th>
<th>Monday Open 5:30am</th>
<th>Tuesday Open 5:30am</th>
<th>Wednesday Open 5:30am</th>
<th>Thursday Open 5:30am</th>
<th>Friday Open 5:30am</th>
<th>Saturday Open 7 AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-7:00</td>
<td>CLOSED</td>
<td></td>
<td>8 Lap</td>
<td>6 Lap 2 Apex</td>
<td>8 Lap</td>
<td>6 Lap 2 Apex</td>
<td>CLOSED</td>
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<tr>
<td>7:00-8:00</td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>8 Lap</td>
</tr>
<tr>
<td>8:00-9:00</td>
<td>4 Lap 4 Lessons</td>
<td>8 Lap</td>
<td>6 Lap 2 Aquacise</td>
<td>8 Lap</td>
<td>5 Lap 3 Aquacise</td>
<td>8 Lap</td>
<td>4 Lap 4 Lessons</td>
</tr>
<tr>
<td>9:00-10:00</td>
<td>4 Lap 4 Lessons</td>
<td>8 Lap</td>
<td>6 Lap 2 Lesson</td>
<td>6 Lap 2 Lesson</td>
<td>6 Lap 2 Lesson</td>
<td>4 Lap 4 Lessons</td>
<td></td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>4 Lap</td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>4 Lap</td>
<td></td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>2 Lap 4 Lessons</td>
<td>6 Lap</td>
<td>6 Lap 2 Awesome</td>
<td>6 Lap 2 Tiny Tot</td>
<td>6 Lap 2 Awesome</td>
<td>4 Lap 4 Lessons</td>
<td></td>
</tr>
<tr>
<td>12:00-1:00</td>
<td>6 Lap 2 Family</td>
<td></td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>8 Lap</td>
<td>5 Lap 2 Family</td>
<td></td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>6 Lap 2 Family</td>
<td></td>
<td>5 Lap 2 Family 1 Rental</td>
<td>5 Lap 2 Family 1 Rental</td>
<td>5 Lap 2 Family 1 Rental</td>
<td>5 Lap 2 Family 1 Rental</td>
<td></td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>6 Lap 2 Family</td>
<td></td>
<td>5 Lap 2 Family 1 Rental</td>
<td>5 Lap 2 Family 1 Rental</td>
<td>5 Lap 2 Family 1 Rental</td>
<td>5 Lap 2 Family 1 Rental</td>
<td></td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>6 Lap 2 Family</td>
<td></td>
<td>6 Lap 2 Family 3 Capt’s Prac 2 Family</td>
<td>6 Lap 2 Family 3 Capt’s Prac 2 Family</td>
<td>3 Lap 2 Capt’s Prac 2 Family</td>
<td>Pool Deck Closes at 3:45pm</td>
<td></td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Pool Deck Closes at 3:45pm</td>
<td></td>
<td>3 Lap 2 Capt’s Prac 2 Family</td>
<td>3 Lap 2 Capt’s Prac 2 Family</td>
<td>3 Lap 2 Capt’s Prac 2 Family</td>
<td>3 Lap 2 Capt’s Prac 2 Family</td>
<td>4 Lap 2 HS Clinic 2 Family</td>
</tr>
<tr>
<td>5:00-6:00</td>
<td>2 Lap 6 SST</td>
<td></td>
<td>2 Lap 6 SST</td>
<td>2 Lap 6 SST</td>
<td>2 Lap 6 SST</td>
<td>6 Lap 2 Family</td>
<td></td>
</tr>
<tr>
<td>6:00-7:00</td>
<td>2 Lap 6 SST</td>
<td></td>
<td>6 Lap 2 HS Clinic</td>
<td>2 Lap 6 SST</td>
<td>6 Lap 2 Family</td>
<td>Pool Deck Closes at</td>
<td></td>
</tr>
<tr>
<td>7:00-8:00</td>
<td>2 Lap 6 SST</td>
<td></td>
<td>4 Lap 4 SST</td>
<td>2 Lap 6 SST</td>
<td>2 Lap 6 SST</td>
<td>CLOSED</td>
<td></td>
</tr>
<tr>
<td>8:00-9:00</td>
<td>6 Lap 2 Family</td>
<td></td>
<td>6 Lap 2 Family</td>
<td>6 Lap 2 Family</td>
<td>6 Lap 2 Family</td>
<td>Close 3:45PM</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Close 8:45 PM</td>
<td>Close 8:45 PM</td>
<td>Close 8:45 PM</td>
<td>Close 8:45 PM</td>
<td>Close 6:45 PM</td>
<td>Close 5:45 PM</td>
<td></td>
</tr>
</tbody>
</table>

**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.sudburyrec.com](http://www.sudburyrec.com)

**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**

November 11, Veterans Day - CLOSED
November 23 - CLOSING at 7:00pm
November 24, Thanksgiving - CLOSED
November 25 - CLOSED

Please check our website for updated monthly schedules and future holiday hours.

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

**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,” 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 fist 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

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 8:50-9:20
Preschool Level 1
Preschool Level 2 | 9:30-10:00
Preschool Level 1 | 9:30-10:00
Preschool Level 1 | 9:30-10:00
Level 1 | 8:50-9:20
Level 1
Level 2 |
| 9:25-9:55
Level 3
Level 4 | 10:05-10:35
Preschool Level 2 | 10:05 - 10:35
Preschool Level 2 | 10:05-10:35
Level 2 | 9:25-9:55
Parent & Child
Preschool Level 2 |
| 10:00-10:30
Level 1
Level 2 |  |  |  | 10:00-10:30
Parent & Child
Preschool Level 1 |
| 10:35-11:05
Level 2
Level 3 |  |  |  | 10:35-11:05
Level 2
Level 3 |
| 11:10-11:40
Level 1
Level 3 |  |  |  | 11:10-11:40
Level 3
Level 4 |
| 11:45 –12:15
Level 4
Level 5/6 |  |  |  | 11:45 –12:15
Level 4
Level 5/6 |
| 5 Classes | 5 Classes | 5 Classes | 5 Classes | 5 Classes/No class Feb. 4 |

#### SESSION A - JANUARY/FEBRUARY LESSONS

- **DURATION:** 5 Classes
- **COST:**
  - Members - $60
  - Non-Members - $100
- **REGISTRATION:**
  - Members - Tues, Dec 6 at 9am
  - Non-Members - Thurs, Dec 8 at 9am
  - Register at [www.sudbury.ma.us/pool](http://www.sudbury.ma.us/pool)

### AMERICAN RED CROSS SWIM LESSONS - SESSION B & C

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 8:50-9:20
Preschool Level 1
Preschool Level 2 | 9:30-10:00
Preschool Level 1 | 9:30-10:00
Preschool Level 1 | 9:30-10:00
Level 1 | 8:50-9:20
Level 1
Level 2 |
| 9:25-9:55
Level 3
Level 4 | 10:05-10:35
Preschool Level 2 | 10:05 - 10:35
Preschool Level 2 | 10:05-10:35
Level 2 | 9:25-9:55
Parent & Child
Preschool Level 2 |
| 10:00-10:30
Level 1
Level 2 |  |  |  | 10:00-10:30
Parent & Child
Preschool Level 1 |
| 10:35-11:05
Level 2
Level 3 |  |  |  | 10:35-11:05
Level 2
Level 3 |
| 11:10-11:40
Level 1
Level 3 |  |  |  | 11:10-11:40
Level 3
Level 4 |
| 11:45 –12:15
Level 4
Level 5/6 |  |  |  | 11:45 –12:15
Level 4
Level 5/6 |
| 5 Classes | 5 Classes | 5 Classes | 5 Classes | 5 Classes |

#### SESSION B - MARCH LESSONS

- **DURATION:** 5 Classes
- **COST:**
  - Members - $60
  - Non-Members - $100
- **REGISTRATION:**
  - Members - Tues, Feb. 14 at 9am
  - Non-Members - Thurs, Feb. 16 at 9am
  - Register at [www.sudbury.ma.us/pool](http://www.sudbury.ma.us/pool)

### SESSION C

**March Afternoon Lessons**

- **DURATION:** 5 Classes
- **COST:**
  - Members - $60
  - Non-Members - $100
- **REGISTRATION:**
  - Members - Feb. 14
  - Non-Members - Feb. 16

#### TUESDAY

<table>
<thead>
<tr>
<th>3:45 - 4:15</th>
<th>4:20 - 4:50</th>
<th>4:55 - 5:25</th>
<th>5:30 - 6:00</th>
<th>5 classes</th>
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</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Level 2</td>
<td>Level 3</td>
<td>Level 4</td>
<td></td>
</tr>
</tbody>
</table>

**START DATE**

- March 7

**END DATE**

- April 4
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
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

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TIME: 11:15 AM - 12:00 PM
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TIME: 11:15 AM - 12:00 PM
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TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!

TINY TOT SWIM

WHO: Ages 5 and under w/adult
TIME: 11:15 AM - 12:00 PM
COST: $6 per Non-Member adult or buy a swim pass - pay for 5 swims and get 1 FREE!
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.

DATES: February 21 - February 23 (Tues. - Thurs) TIME: 8:00 AM - 6:30 PM COST: $314

*Please bring a lunch and snacks, a couple of towels and sweat shirts*
THERE ARE NO REFUNDS IF YOU DO NOT PASS THE COURSE

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 - 6:00 PM
DATES: March 8 & 15 (Early release Wednesdays) AGES: 11 - 15 COST: $100 WHERE: Atkinson Pool Lobby

Instructed by Atkinson Pool Staff

BIRTHDAY PARTIES

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

DAYS: Saturday & Sunday TIME: Starting at Noon COST: $198 (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 give us a call: 978-443-1092
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.

AQUACISE - Instructed by Geralyn Strella

Water aerobics 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.

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.

PI - YO - CHI - Instructed by Geralyn Strella

The strength of Pilates, the balance of Yoga and the energy revitalization of Ai Chi. Regular practice leads to improved core strength, range of motion, alignment, and balance. It enhances your breathing and personal calm. The class is made up of full range of movements using techniques from Ai Chi, Yoga and Pilates. It consists of stretches with slow, gentle movements with faster movements that will lead into Ai Chi and slow movements. This class is great for balance. Several options are given to increase or decrease the difficulty of the workout. Participants must feel comfortable in the water.

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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 - 6:45 AM Deep Water - Peggy</td>
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<tr>
<td>8:15 - 9:00 AM Aquacise - Geralyn</td>
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</tr>
<tr>
<td>9:30 - 10:15 AM Deep Water - Geralyn</td>
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</tbody>
</table>

**6:00 - 6:45 AM Deep Water Workout**
- **DATES:** Jan. 2 - April 12
- **DURATION:** 27 classes
- **COST:** Members/Seniors: $324
  
  - **NON-Members:** $540

  *No Class – Jan. 16, Feb. 20 & 22

**8:15 - 9:00 AM Aquacise Class**
- **DATES:** Jan. 3 - April 6
- **DURATION:** 27 classes
- **COST:** Members/Seniors: $324
  
  - **NON-Members:** $540

  *No Class – Feb. 21, 23

**9:30 - 10:15 AM Deep Water Workout (3)**
- **DATES:** Jan 3 - April 7
- **DURATION:** 37 Classes
- **COST:** Members/Seniors: $444
  
  - **NON-Members:** $740

  *No Class Jan. 27, Feb. 24, March 7

**PI - YO - CHI**
- **DAY:** Fridays
- **DATES:** Jan. 6 - April 7
- **DURATION:** 12 classes
- **COST:** Members/Seniors: $144
  
  - **NON-Members:** $240

  *No Class - Jan. 27, Feb. 24

**9:30 Deep Water Two day a week Option**
- **DATES:** Feb. 27 - April 10
- **DURATION:** 19 classes
- **COST:** $114

**DAYS:** Monday, Tuesday, & Thursday  
**TIME:** 11:00 AM - 12:00 PM
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  
**DURATION:** 5 Classes  
**COST:** MEMBERS: $90  
**DATES:** March 8 - April 5  
**NON-MEMBERS:** $135

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 or website, www.janish2o.com to set up personal training sessions or call (617) 901-9676

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 - 2015-2016 SEASON

<table>
<thead>
<tr>
<th>Date</th>
<th>Team 1</th>
<th>Team 2</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, December 4th</td>
<td>DCL Relays</td>
<td></td>
<td>Pool closes at 2pm</td>
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<tr>
<td>Sunday, December 6th</td>
<td>SST v Milford</td>
<td></td>
<td>Pool closes at 2pm</td>
</tr>
<tr>
<td>Friday, December 11th</td>
<td>LS v Concord-Carlisle</td>
<td>Nashoba v Tantasqua</td>
<td>Pool closes at 3pm</td>
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<tr>
<td>Sunday, December 13th</td>
<td>SST v Westwood</td>
<td></td>
<td>Pool closes at 2pm</td>
</tr>
<tr>
<td>Friday, December 18th</td>
<td>LS v Newton South</td>
<td>Bromfield v Algonquin</td>
<td>Pool closes at 3pm</td>
</tr>
<tr>
<td>Sunday, December 20th</td>
<td>SST v Dedham</td>
<td></td>
<td>Pool closes at 2pm</td>
</tr>
<tr>
<td>Tuesday, December 22nd</td>
<td>LS v Lexington (Boys only)</td>
<td></td>
<td>Pool Closed 3pm-6:30pm</td>
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<tr>
<td>Tuesday, January 5th</td>
<td>LS v Wayland</td>
<td></td>
<td>Pool closed 3-7pm</td>
</tr>
<tr>
<td>Friday, January 8th</td>
<td>LS v Waltham</td>
<td>Nashoba v Bromfield</td>
<td>Pool closed at 3pm</td>
</tr>
<tr>
<td>Tuesday, January 12th</td>
<td>LS v Lexinton</td>
<td></td>
<td>Pool closed 3-7pm</td>
</tr>
<tr>
<td>Friday, January 15th</td>
<td>LS v Windsor (Girls only)</td>
<td></td>
<td>Pool closes at 3pm</td>
</tr>
<tr>
<td>Sunday, January 17th</td>
<td>SST v Weston</td>
<td></td>
<td>Pool closed at 2pm</td>
</tr>
<tr>
<td>Tuesday, January 19th</td>
<td>LS v Bedford</td>
<td></td>
<td>Pool closed 3-6:30pm</td>
</tr>
<tr>
<td>Friday, January 22nd</td>
<td>LS v Westwood</td>
<td>Bromfield v Westborough</td>
<td>Pool closes at 3pm</td>
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<tr>
<td>Friday, January 29th</td>
<td>SST Swim-a-thon</td>
<td></td>
<td>Pool closed at 6pm</td>
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<tr>
<td>Friday, February 5th</td>
<td>Girls’ DCL Swim Championships</td>
<td></td>
<td>Pool closes at 2pm</td>
</tr>
<tr>
<td>Saturday, February 6th</td>
<td>Boys’ DCL Swim Championships</td>
<td></td>
<td>Pool opens at 3pm</td>
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<tr>
<td>Sunday, February 7th</td>
<td>SST v Westborough</td>
<td></td>
<td>Pool closes at 2pm</td>
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</tbody>
</table>

*Schedule subject to change. There will be NO Lap or Family Swim during these times! The Dive Well will not be available during these closed periods. Everyone is invited to come and watch the meets; the swim teams appreciate your support!"
Sudbury Park, Recreation & Aquatics' 1st Annual

WINTER WONDERLAND

SUNDAY, FEBRUARY 12TH

A FREE evening full of fun for all ages!

SNOWMAN CONTEST
You provide materials needed for a face and any accessories you’d like for your family snowman. Clothing and accessories may not be returned, as the snowmen will remain displayed until they melt.

START TIME: 4:00 PM
AWARDS: 7:00 PM

ICE SKATING UNDER THE LIGHTS
Join us for some ice skating under the lights!
Bring your own skates as rentals are not available.
Helmets are recommended for young skaters.

TIME: 4:00 - 8:00 PM

S’MORES & BONFIRE
To add a little winter cheer, we’ll be having hot cocoa, s’more making, and a bonfire starting at 6:00PM.

START TIME: 6:00 PM

*EVENT WILL BE HELD WEATHER PERMITTING

www.SudburyRec.com www.sudbury.ma.us/pool