

WINTER
2019-20

WINTER BROCHURE

SUDBURY PARK, RECREATION AND AQUATICS

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PARK/RECREATION MAIN LINE (978) 443-1092
PARK/RECREATION FAX NUMBER (978) 443-1051
INCLEMENT WEATHER HOTLINE (978) 639-3233
FIELD CLOSINGS (978) 639-3233
SUDBURY SENIOR CENTER (978) 443-3055



SUDBURY PARK AND RECREATION AND ATKINSON POOL STAFF

Laura Lunig	x3259	Interim Director
*Vacant		Assistant Director
Patricia Haberstroh	x3258	Office Coordinator
Sarah Condon	x3227	Program and Youth Coordinator
*Vacant		Program and Aquatic Coordinator
Lynne Ziffer	x3262	Aquatic Coordinator
Heather Radenberg	x3231	Preschool Director



PARK AND RECREATION COMMISSION

Robert C. Beagan - Chair
 Mara Huston
 James J. Marotta
 Richard C. Williamson
 *Vacant

REGISTRATION INFORMATION

- Register online or in-person
- Online registration is strongly recommended and is the preferred method
- We accept cash, check and credit card- Visa or Mastercard only
- Creating an online account prior to registration is encouraged

HOW TO REGISTER ONLINE

1. Visit www.SudburyRec.com
2. Log in to your account
3. If you do not have one, "Create a New Account"
4. Click on the Register icon at the top your account or click "Register" from the navigation bar
5. Select a program of interest
6. Click "Add to Cart" or "Purchase Options" next to the desired activity, or to add activities to the cart
7. Click "Change Member" to add activities to the cart for another member in the household
8. Click "Check Out" to review your shopping cart, then "Continue" to move forward with your order
9. Choose "Check Out Online"

ATKINSON POOL

Member Registration
 Non-Member Registration

Tuesday, December 3, 2019 at 9:00AM
 Thursday, December 5, 2019 at 9:00AM

IN-HOUSE PROGRAMS

Terrific Two's
 Wild Wednesday
 Teen Center

Open Enrollment (Waiting List Available)
 Open Enrollment
 Open Enrollment

WINTER PROGRAMS

Winter Recreation
 Nashoba Ski and Snowboard
 Sunday River Ski Weekend

Monday, December 2, 2019 at 9:00AM
 Registration closes Friday, December 6, 2019
 Registration closes Sunday, December 1, 2019

DEPARTMENT POLICIES

ATKINSON POOL REGISTRATION POLICY

The Atkinson Pool cannot guarantee a change in levels after registration. 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 to speak with a supervisor prior to registering. Pool members receive priority enrollment.

LATE SIGN-UPS

Late registration is accepted for some, but not all programs, however; late registrations will not be prorated. You will need to contact the department for any late registrations.

DEPARTMENT POLICIES

RESIDENTS AND NON-RESIDENTS

Our programs are supported solely by user fees and residents have priority registration periods for some programs. Registration is first-come first served; Sudbury residents/members have priority through advance enrollment periods for certain programs. Unless otherwise noted, programs are available for non-residents.

AGE POLICY

Children must meet the age requirements for a program by the first day of class. Children must be toilet trained to attend programs unaccompanied by an adult.

FIELD AND FACILITY RENTAL POLICY

Our fields, gym, and classrooms are available to be rented to the public, with a certificate of liability insurance listing the Town of Sudbury as additionally insured. Payment is due at the time of the rental. Please check our website for more information, or contact the general recreation e-mail at recreation@sudbury.ma.us for questions.

PHOTO AND VIDEO POLICY

The Recreation Department may make, have, use, publish and reproduce photographs and/or video of participants for its record, public relations purposes, recognition, and/or other projects related to the wholesome promotion of its program, unless permission is denied in writing.

INCLEMENT WEATHER POLICY

All classes (day and evening) will be cancelled when Sudbury Public Schools are closed. If Sudbury Public Schools have a delayed opening, Recreation Programs including Terrific Two's may have a delayed opening. Please check the website for updates. In the event we need to cancel evening or weekend classes, it will be listed on our website and Facebook page. We will also attempt to email participants who have registered for these classes.

GENERAL PROGRAM INFORMATION

GENERAL/MEDICAL REFUNDS AND CANCELLATIONS

Refunds must be made using our refund request form, found on our website under general/department information. Refund requests must be made 7 days prior to the start of the program; there are no refunds given for American Red Cross lessons. No refunds are issued once a program has started, unless for a medical reason. For a refund due to an unexpected prolonged illness or injury, a doctor's note will be required for a refund to be issued. Medical refunds may be prorated for class(es) missed. Classes missed due to common illness or schedule conflicts cannot be refunded. All programs have a deadline and fee for withdrawal. Refunds are faster to process if you pay by credit card. If more than three months has passed since your original credit card transaction, you will be mailed a refund check. Please see the chart below for specific deadlines and fees.

	REQUESTS MUST BE DATED AND SUBMITTED...	WITHDRAWAL FEE
RECREATION PROGRAMS AND WORKSHOPS	7 business days prior to start of-program	\$10
IN-HOUSE SUMMER PROGRAMS*	On or before June 15, 2020	\$30
VENDOR SUMMER PROGRAMS AND CAMPS	On or before June 15, 2020	\$30
SUNDAY RIVER SKI WEEKEND	On or before January 3, 2020	\$30
NASHOBA SKI AND SNOWBOARD PROGRAM	On or before December 20, 2019	\$30
WILD WEDNESDAY HALF-DAY PROGRAM	7 business days prior to start of-program	\$10 per session
TERRIFIC TWOS PRESCHOOL PROGRAM	7 business days prior to start of-program	\$10 per session
SWIM LESSONS	No refunds are given	N/A

*includes Preschool Pals, Sudbury Summer, Sudbury Inclusion, Sudbury Adventure, CIT, and PIT

LOW ENROLLMENT

Classes with low enrollment will be notified that the class is in danger of being cancelled one week prior to the class starting. The actual class will be cancelled within 48 hours prior to the scheduled start date, unless other accommodations have been made, and a full refund will be issued with no fee assessed. The Recreation Department reserves the right to reschedule, postpone, combine, or change classes for any reason. You will be notified via email or phone call if your class is cancelled.

MAKE-UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather, instructor absence, or other unforeseen circumstances. Typically, a program that meets weekly will extend another week at the same day and time, and an e-mail will be sent out with the updated information. Classes missed due to participant absence for scheduling conflicts or personal reasons cannot be made up. Our class dates, ratios, and scheduling do not permit us to add additional children to program classes or swim lessons on other days, should your scheduled day be cancelled.

GENERAL PROGRAM INFORMATION

PROGRAM LOCATIONS AND ADDRESSES

Sudbury Recreation works with vendors, local businesses, schools, and facilities to offer programs throughout the year. Below are the addresses to these locations:

VENDORS

A MONTH OF SUNDAYS
ACTON BOWL-A-DROME
CERTAIN VICTORY
FIELDHOUSE SUDBURY
GARRO STUDIOS

63 SUMMER STREET, MAYNARD
257 MAIN STREET, ACTON
640 BOSTON POST ROAD, MARLBOROUGH
1 UNION AVENUE, SUDBURY
63 SUMMER STREET, STUDIO #203, MAYNARD

VENDORS

HOUSE OF DANCE
LONGFELLOW CLUB
SS FIT STUDIO
THE CERAMICS GARAGE
THECODERSCHOOL

387 BOSTON POST ROAD, SUDBURY
524 BOSTON POST ROAD, WAYLAND
399 BOSTON POST ROAD, SUITE 6A, SUDBURY
1 SUMMIT LANE, ASHLAND
359 BOSTON POST ROAD, SUDBURY

FIELDS

CUTTING TURF FIELD
DAVIS FIELD
FEATHERLAND PARK
FEELEY PARK
HASKELL FIELD
TI-SALES FIELD

429 MAYNARD ROAD, SUDBURY
195 NORTH ROAD, SUDBURY
491 CONCORD ROAD, SUDBURY
200 RAYMOND ROAD, SUDBURY
40 FAIRBANK ROAD, SUDBURY
36 HUDSON ROAD, SUDBURY

SCHOOLS

CURTIS MIDDLE SCHOOL
HAYNES ELEMENTARY SCHOOL
LINCOLN-SUDBURY REGIONAL HS
LORING ELEMENTARY SCHOOL
NIXON ELEMENTARY SCHOOL
NOYES ELEMENTARY SCHOOL

22 PRATTS MILL ROAD, SUDBURY
169 HAYNES ROAD, SUDBURY
390 LINCOLN ROAD, SUDBURY
80 WOODSIDE ROAD, SUDBURY
472 CONCORD ROAD, SUDBURY
280 OLD SUDBURY ROAD, SUDBURY

PROGRAM REMINDERS

We do not send out reminders that a program is starting. You may receive general notices stating programs that still have enrollment opportunities, or information about changes in a program, however; summer camps run directly by the Recreation Department (Preschool Pals, Sudbury Summer, Sudbury Adventure, CIT/PIT) may have reminders sent that include what to expect and what to bring. It is recommended to print your receipt once registering as a reminder that you have registered for a program.

DROP-OFF PROGRAMS

Parents/guardians of children under 12 years of age participating in our programs are required to accompany their children to and from the location of the program (i.e. class rooms, gymnasium, etc.) and must remain on the premises should they be needed. Should a parent or guardian leave the area of the program, they must inform the instructor where they can be found, including their contact information. This procedure has been established for the protection and safety of all children within recreation programs.

FINANCIAL AID

Financial aid is available for some recreation programs for Sudbury residents only, based on financial need. Financial aid is not offered for Atkinson Pool programs or memberships. All financial aid requests must be made by completing the financial assistance application, found on our website or in the recreation office. Submission of a financial assistance application does not guarantee aid. Past financial aid awards do not guarantee future aid. Financial assistance applications must be submitted three weeks prior to the start of a program to be considered, unless otherwise noted; applications submitted after a program has started or a full registration has been made will not be considered.

WE VALUE INCLUSION

ADAPTIVE PROGRAMMING



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 email recreation@sudbury.ma.us. If necessary, parents or aides are welcome to attend with participants.

THANK YOU SPONSORS





WINTER
2019-20



IN-HOUSE PROGRAMS

Terrific Two's
Totally Tots- Drop-In Play!
Jump, Roll and Sing
Wild Wednesday
Teen Center
School Breaks
Summer Vacation

TERRIFIC TWO'S

FACILITATED BY: **Park and Recreation Preschool Staff**

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

WINTER SESSION

DAY	TIME	DATE(S)	COST	LOCATION
M	9:30AM-12:00PM	12/02-03/02 <small>*No 12/2, 12/23, 12/30, 1/20, 2/17</small>	\$270	FCC Room 4
TU	9:30AM-12:00PM	12/03-03/03 <small>*No 12/24, 12/31, 2/18</small>	\$330	FCC Room 4
W	9:30AM-12:00PM	12/04-03/04 <small>*No 12/25, 1/1, 2/19</small>	\$330	FCC Room 4
TH	9:30AM-12:00PM	12/05-03/05 <small>*No 12/26, 2/20</small>	\$360	FCC Room 4
F	9:30AM-12:00PM	12/06-03/06 <small>*No 12/27, 1/17, 2/21</small>	\$330	FCC Room 4

SPRING SESSION

M	9:30AM-12:00PM	03/16-06/01 <small>*No 4/20, 5/25</small>	\$300	FCC Room 4
TU	9:30AM-12:00PM	03/17-06/02 <small>*No 4/21</small>	\$330	FCC Room 4
W	9:30AM-12:00PM	03/18-06/03 <small>*No 4/22</small>	\$330	FCC Room 4
TH	9:30AM-12:00PM	03/19-06/04 <small>*No 4/23</small>	\$330	FCC Room 4
F	9:30AM-12:00PM	03/20-06/05 <small>*No 4/10, 4/24</small>	\$300	FCC Room 4

TOTALLY TOTS- DROP-IN-PLAY!

FACILITATED BY: **Park and Recreation**

Drop in playtime is a great opportunity to let your children run around, interact with others, and make new friends, while you get to socialize with other parents/grandparents/caregivers. The mini gym features many fun new mats to climb on, toys to play with, new equipment to try out and more! All children are welcome, but must be accompanied by an adult. Pay \$5 for the day, or \$30 for the entire session.

AGE	DAY	TIME	DATE(S)	COST	LOCATION
0-5	TU	8:30-10:00AM	01/07-03/31 <small>*No 2/18</small>	\$5/\$30	FCC Room 2
0-5	TH	8:30-10:00AM	01/02-03/26 <small>*No 2/20</small>	\$5/\$30	FCC Room 2

JUMP, ROLL AND SING

INSTRUCTED BY: **Park and Recreation Preschool Staff**

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. NOT a drop off program- Both caregivers and children participate in the fun!

AGE	DAY	TIME	DATE(S)	COST	LOCATION
1.5-2.5	W	9:30-10:30AM	12/04-03/04 <small>*No 12/25, 1/1, 2/19</small>	\$120	FCC Room 2
1.5-2.5	W	9:30-10:30AM	03/18-06/03 <small>*No 4/22</small>	\$120	FCC Room 2

WILD WEDNESDAY

INSTRUCTED BY: **Park and Recreation**



ELEMENTARY SCHOOL

- Register by elementary school
- If the elementary school is full, register for waitlist
- Transportation from all schools to the FCC is included
- Snack will be provided- Please pack a bagged lunch, a swim suit and a towel if you would like to go swimming
- Pick-up is 5:00PM at the FCC

DATES	WEEKLY THEMES
01/08	WINTER WONDERLAND
01/22	UNDER THE SEA
02/05	TROLLS!
02/26	MONSTERS
03/04	DR. SEUSS
03/11	TOY STORY
03/25	CARNIVAL
04/15	SPRING FUN
05/20	COLOR WARS

DAY	TIME	COST
W	12:45-5:00PM	\$55/Session

MIDDLE SCHOOL

- Staff will meet participants in Curtis cafeteria during dismissal
- Students will eat lunch in the cafeteria before departing for trip
- Please pack a bagged lunch and extra money if desired
- Please dress in active clothing and prepare for the scheduled trip as needed (ie. Pack gloves and outdoor gear for tubing trip)
- Pick-up is between 5:00-6:00PM at the FCC

DATES	WEEKLY TRIPS
01/08	APEX ENTERTAINMENT
01/22	NASHOBA SNOW TUBING
02/05	ULTIMATE OBSTACLES
02/26	BOSTON FROG POND ICE SKATING
03/04	ROLLER KINGDOM
03/11	SKYVENTURE INDOOR SURFING
03/25	DAVE AND BUSTER'S
04/15	URBAN AIR ADVENTURE PARK
05/20	BOUNDLESS ADVENTURES

DAY	TIME	COST
W	12:00-6:00PM	\$70/Session

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 the youth in the Sudbury community. Pay \$10 online, or \$12 at the door.

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
6	F	7:00-9:15PM	12/06	\$10/\$12	FCC
7	F	7:00-9:00PM	12/13	\$10/\$12	FCC
7	F	7:00-9:00PM	02/07	\$10/\$12	FCC
6	F	7:00-9:00PM	04/03	\$10/\$12	FCC
6	F	7:00-9:00PM	05/08	\$10/\$12	FCC

If you are interested in volunteering, please email recreation@sudbury.maus.

SCHOOL BREAKS

CHESS WIZARDS NEW!

INSTRUCTED BY: Chess Wizards

AGE	DAY	TIME	DATE(S)	COST	LOCATION
6-12	TH-TU	9:00AM-12:00PM	12/26-12/31 <small>*No 12/28, 12/29</small>	\$203	FCC Room 3
6-12	TH-TU	12:00-3:00PM	12/26-12/31 <small>*No 12/28, 12/29</small>	\$203	FCC Room 3
6-12	M-F	12:00-3:00PM	02/17-02/21	\$254	FCC Room 3

Challenging chess lessons, exciting games, and cool prizes! You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camp includes fun team chess games, recess time, snacks, tournaments, and puzzles. Each camper receives a t-shirt, trophy, and puzzle folder.

NAILED IT! SLIME AND GAMES NEW!

INSTRUCTED BY: Paradise Island Kids

AGE	DAY	TIME	DATE(S)	COST	LOCATION
4-10	TH,F,M	9:00AM-1:00PM	12/26-12/30 <small>*No 12/28, 12/29</small>	\$78/\$195	FCC Room 1

Just like on the popular TV baking show, each day kids will be tasked with a challenge to re-create a complex winter themed confectionery masterpiece using nut free pre-made ingredients. We will also make a different kind of slime and play some active games to get some energy out! Pay \$78 per day, or \$195 for 3 days.

CODE CLASS NEW!

INSTRUCTED BY: theCoderSchool

AGE	DAY	TIME	DATE(S)	COST	LOCATION
7-12	TH-F	1:00-3:30PM	02/20-02/21	\$130	theCoderSchool

Spend your vacation coding! We'll be using cool drag n' drop languages like Scratch or Snap to create new and classic games!

FEBRUARY VACATION ART PROGRAM

INSTRUCTED BY: Garro Studios

AGE	DAY	TIME	DATE(S)	COST	LOCATION
6-9	TU-TH	9:00AM-12:00PM	02/18-02/20	\$205	Garro Studios
10-13	TU-TH	12:30-3:30PM	02/18-02/20	\$205	Garro Studios

Emphasis is on personal expression and creativity to allow students to develop their fine art skills. Students will work from observation and their imagination on lessons in drawing, painting, printmaking, and mixed media using a wide variety of materials, including watercolor, charcoal, acrylic, pastels and more.

CHILDHOOD ADVENTURES

INSTRUCTED BY: Park and Recreation Preschool Staff

AGE	DAY	TIME	DATE(S)	COST	LOCATION
3.5-5	TU-F	9:00AM-12:00PM	02/18-02/21	\$40	FCC Room 4

02/18 Community Helpers
02/19 What's the Weather?
02/20 DIY Clay Pots
02/21 The World of Jan Brett

Escape for some creativity and adventures during school vacation! Sign your child up for as many days as you would like. Each day of the week has a different theme.

EARTH, SPACE AND SEA NEW!

INSTRUCTED BY: Wicked Cool for Kids

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
1-5	TU-F	9:00AM-12:00PM	02/18-02/21	\$208	FCC Room 3

Look deep into space and train like an astronaut, learn about the constellations and build air powered space shuttles to exit the atmosphere. We will dive down deep into the ocean to make Cartesian divers, explore like ocean engineers to stop an oil spill, and investigate ocean invertebrates!

WINTER WONDERLAND! COOKIE/CUPCAKE DECORATING, SLIME AND GAMES! NEW!

INSTRUCTED BY: Paradise Island Kids

AGE	DAY	TIME	DATE(S)	COST	LOCATION
4-10	M-F	9:00AM-1:00PM	02/17-02/21	\$78/\$325	FCC Room 1

Kids will explore the magic of winter in this action packed cookie/cupcake decorating class with a winter theme twist! Each day kids will decorate cookies/cupcakes based on a winter theme, make a different kind of slime daily, and play active games to get our energy out! Pay \$78 per day, or \$325 for 5 days.

WINTER BREAK HOOPS CLINIC

INSTRUCTED BY: Game Time Training

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
3-8	M-T	9:00AM-12:00PM	02/17-02/18	\$125	FCC Gym
3-8	W-TH	9:00AM-12:00PM	02/19-02/20	\$125	FCC Gym

Basketball scrimmages, mini tournaments, games, prizes, and course music! Spend February break with the GTT Staff

MULTI-SPORTS CAMP

INSTRUCTED BY: Viking Sports

AGE	DAY	TIME	DATE(S)	COST	LOCATION
5-11	TU-F	9:00AM-3:00PM	02/18-02/21	\$180	TBD*

Learn a variety of sports, games, and activities to bring home and play with your friends. Vacation week will conclude with a fun tournament day, team pictures, and a trophy ceremony.

MIDDLE SCHOOL DAY TRIPS

FACILITATED BY: Park and Recreation

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
6-8	TU	9:00AM-3:00PM	02/18	\$69	TBD*
6-8	W	9:00AM-3:00PM	02/19	\$69	TBD*
6-8	TH	9:00AM-3:00PM	02/20	\$69	TBD*
6-8	F	9:00AM-3:00PM	02/21	\$69	TBD*

Don't get stuck at home! Spend some of your vacation time hanging out with friends and having fun. All trips will leave from Fairbank Community Center, as well as return to Fairbank Community Center. Participants should pack a lunch.

SUMMER VACATION

IN-HOUSE PROGRAMS



PRESCHOOL PALS

Come join the fun down in our preschool room this summer! Preschool Pals is a half day program where children participate in arts and crafts, story time, age-appropriate games and activities, and outdoor fun! 1:5 counselor to child ratio and Preschool Pals Director.



SUDBURY SUMMER

Sudbury Park and Recreation invites you to a summer packed with games, trips, crafts, and so much more! Children are grouped according to grade with a counselor-to-child ratio of 1:10 (1:5 for the kindergarten group). Early drop off and extended day options are available.



SUDBURY SUMMER INCLUSION

Running in collaboration with Sudbury Summer, the Sudbury Summer Inclusion Program strives to provide participants of all abilities with a well-equipped environment in which behavioral support, activity adaptations and friendship facilitation are the main objectives. Participants must have an IEP to qualify for the inclusion program.



SUDBURY ADVENTURE

Join the Youth Coordinator and staff to embark upon a summer full of adventures and continuous excitement. Sudbury Adventure is designed for those going into the grades of 6, 7, or 8. Every session includes something different as we will be visiting 20+ different venues this summer. Pack your bags and get ready for a memorable summer!



COUNSELOR IN TRAINING (CIT)

This program is a training that will provide young teens with a variety of opportunities to prepare for a possible future position as a counselor. There will be only 1 to 2 CIT's per group, allowing for a more fulfilling experience with reasonable responsibility. The CIT Director will oversee the CIT's and provide them with group workshops, team building exercises, and valuable tools for working with children, all while enjoying the summer. If you have an interest in becoming a counselor one day, or even want to learn what being a counselor is all about, this is your first step!



POOL INSTRUCTOR IN TRAINING (PIT)

If you're 11 - 14 years old and looking for something fun this summer, come join the PIT Crew and be a Pool Instructor in Training! Participants will learn how to work in a group setting by assisting our certified pool instructors with a hands-on approach. PIT's will learn to lead games and aquatic activities for children in camp lessons. PIT's will also be introduced to some of the skills and leadership qualities that it takes to be a water safety instructor. This is a great way to stay cool during the summer, make new friends and gain some leadership skills.

VENDOR CAMPS

Information for vendor summer camps will be available on www.sudburyrec.com in 2020.

SUMMER REGISTRATION

IN-HOUSE SUMMER PROGRAMS

Resident Registration

- Preschool Pals
- Sudbury Adventure
- CIT/PIT
- Sudbury Summer

Non-Resident Registration

Monday, February 10, 2020

- 6:00PM
- 6:30PM
- 7:00PM
- 7:30PM

Monday, March 9, 2020 at 9:00AM

VENDOR SUMMER CAMPS

Resident Registration

Non-Resident Registration

Wednesday, February 12, 2020 at 9:00AM

Monday, March 9, 2020 at 9:00AM



WINTER
2019-20



GENERAL PROGRAMS

Art, Music and Drama
STEM Education
Workshops

-10-

VISIT SUBBURYREC.COM FOR UPDATES AND TO REGISTER

ART, MUSIC AND DRAMA

WINTER STUDIO ART

INSTRUCTED BY: Garro Studios

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
K-3	M	4:30-5:15PM	02/03-03/30 *No 2/17	\$205	Garro Studios
K-3	TU	4:30-5:15PM	01/14-03/10 *No 2/18	\$205	Garro Studios
3-6	W	4:30-6:00PM	01/22-03/18 *No 2/19	\$220	Garro Studios
6-12	W	6:00-7:30PM	01/22-03/18 *No 2/19	\$220	Garro Studios
2-5	TH	4:15-5:30PM	01/23-03/19 *No 2/20	\$205	Garro Studios
6-12	F	3:30-5:00PM	01/17-03/13 *No 2/21	\$220	Garro Studios
K-3	SA	1:00-2:15PM	01/18-03/14 *No 2/22	\$205	Garro Studios
5-9	SA	2:30-4:00PM	01/18-03/14 *No 2/22	\$220	Garro Studios

Classes will cover line, perspective, composition, value, handling edges, color theory and comparative measuring through demonstrations followed by individual attention and support.

BEGINNER OIL PAINTING

INSTRUCTED BY: Garro Studios

AGE	DAY	TIME	DATE(S)	COST	LOCATION
18+	TU	9:30-11:30AM	01/14-03/10 *No 2/18	\$240	Garro Studios

Students will acquire important tools to approach oil painting with confidence. Students will be introduced to the basics of value-pattern, composition and color.

OIL PAINTING AND DRAWING

INSTRUCTED BY: Garro Studios

AGE	DAY	TIME	DATE(S)	COST	LOCATION
13+	M	6:00-8:00PM	02/03-03/30 *No 2/17	\$240	Garro Studios
13+	TU	6:00-8:00PM	01/14-03/10 *No 2/18	\$240	Garro Studios
18+	W	9:30AM-12:00PM	01/22-03/18 *No 2/19	\$299	Garro Studios
18+	TH	9:30AM-12:00PM	01/23-03/19 *No 2/20	\$299	Garro Studios
18+	F	9:30AM-12:00PM	01/17-03/13 *No 2/21	\$299	Garro Studios

Students will learn how to show color, light, and atmosphere in their paintings.

SIX WEEK CLAY CLASS

INSTRUCTED BY: The Ceramics Garage

AGE	DAY	TIME	DATE(S)	COST	LOCATION
6-17	M	4:00-5:30PM	01/06-02/10	\$468	The Ceramics Garage
18+	M	7:00-8:30PM	01/06-02/10	\$468	The Ceramics Garage

Students will learn hand building and wheel throwing techniques and will learn how to decorate using different patterns, textures, and glazes

NAILED IT! PEOPLE AND ANIMAL EDITION NEW!

INSTRUCTED BY: Paradise Island Kids

AGE	DAY	TIME	DATE(S)	COST	LOCATION
5-12	TH	6:00-7:00PM	02/06-03/12 *No 2/20	\$228	FCC Room 1

Just like on the popular TV baking show, each week kids will be tasked with a challenge to re-create a complex confectionery masterpiece using not free pre-made ingredients like fondant, rice krispie treats, and various frostings/icings. Projects will consist of brand new Animal and People Themed Topics. No experience necessary.

ADULT BEGINNER AND INTERMEDIATE TAP

INSTRUCTED BY: Susan Craver

AGE	DAY	TIME	DATE(S)	COST	LOCATION
18+	W	6:00-7:00PM	01/08-02/12	\$78	FCC Gym
18+	W	6:00-7:00PM	02/26-03/25	\$65	FCC Gym

Learn all the basics and vocabulary to do some warm-up exercises, across-the-floor movements and short combinations of steps and dances. Please dress comfortably and bring your own flat tap shoes.

ADULT ADVANCED TAP DANCE

INSTRUCTED BY: Susan Craver

AGE	DAY	TIME	DATE(S)	COST	LOCATION
18+	W	7:00-8:00PM	01/08-02/12	\$78	FCC Gym
18+	W	7:00-8:00PM	02/26-03/25	\$65	FCC Gym

The advanced class will draw from experience, so the pace is faster and steps will be more complicated. Please dress comfortably and bring your own flat tap shoes.

ADAPTIVE HIP-HOP

INSTRUCTED BY: Carol Ann Baer

AGE	DAY	TIME	DATE(S)	COST	LOCATION
11-25	M	5:30-6:30PM	01/27-03/30 *No 2/17	\$180	FCC Room 3



Come join us and discover the joy of dance. In this program, participants will let loose and learn the foundational moves to many dances, including line dances, hip hop, basic jazz steps and more. Class will begin with a warm up followed by a sequence of steps to music. The last class will be spent putting on a short performance for parents and friends. All are welcome. NO dance experience required.

STEM EDUCATION

INTRO TO STEM WITH LEGO NEW!

INSTRUCTED BY: **Play-Well Technologies**

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
K-2	M	4:00-5:00PM	01/27-03/23 <small>*No 2/17</small>	\$187	FCC Room 3

Students will design and build different engineer-designed projects with LEGO parts.



CODE CLASS - WINTER

INSTRUCTED BY: **theCoderSchool**

AGE	DAY	TIME	DATE(S)	COST	LOCATION
7-10	TU	6:30-7:30PM	01/07-02/25	\$260	theCoderSchool
7-10	W	6:30-7:30PM	01/08-02/26	\$260	theCoderSchool

Students will learn coding through a fun and interactive project-based curriculum in a traditional class-like environment.

FROZEN SCIENCE NEW!

INSTRUCTED BY: **Wicked Cool for Kids**

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
1-4	W	5:00-6:00PM	01/29-03/25 <small>*No 2/19</small>	\$208	FCC Room 1

Students will learn how to grow crystals, make frozen slime, 6-pointed snowflakes, and snowglobes.

NATURE EXPLORATION NEW!

INSTRUCTED BY: **Puddlestompers**

AGE	DAY	TIME	DATE(S)	COST	LOCATION
2.5-5	TU	9:30-10:30AM	01/28-03/10 <small>*No 2/18</small>	\$150	FCC Room 1

Explore and learn about the natural world from inside with outdoor exploration as temperatures permit. Each week, we will focus on a specific theme, using hands-on activities, crafts, and creative movement. We will end with a snack and a story. *NOT a drop off program- Both caregivers and children participate in the fun!

WOODWORKING FOR KIDS

INSTRUCTED BY: **A Month of Sundays**

AGE	DAY	TIME	DATE(S)	COST	LOCATION
5-11	SU	10:00-11:00AM	01/12-02/23 <small>*No 2/16</small>	\$260	A Month of Sundays

Students will experiment with materials and design a project. We will learn how to work with wood and tools including sandpaper, crosscut saws, coping saws, files, and hammers.



WORKSHOPS

DINING ETIQUETTE

INSTRUCTED BY: **New England School of Protocol**

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
2-7	W	4:00-5:30PM	02/12	\$70	FCC Room 3

Our workshop is designed to teach children how to conduct themselves on the dining table at home, in a restaurant or when meeting new people. Food samples will be served during class so that the children can practice what they learn.

SOCIAL SKILLS

INSTRUCTED BY: **New England School of Protocol**

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
2-7	TU	4:00-5:30PM	03/10	\$65	FCC Room 3

This workshop is designed to empower children with life skills that propel them towards personal and professional success.

BLAST BABYSITTING

INSTRUCTED BY: **Juanita Allen Kingsley**

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
5-8	TU	4:00-6:30PM	03/10	\$59	FCC Room 1

An American Academy of Pediatrics course that covers how to handle the basics of infant and childcare, how to react responsibly to medical emergencies and injuries, perform first aid for common childhood injuries and illnesses, and how to set up and run a babysitting business.

HOME ALONE SAFETY

INSTRUCTED BY: **Juanita Allen Kingsley**

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
3-5	TU	4:00-5:45PM	02/04	\$52	FCC Room 1

Children will learn the basics of being safe when home alone for short periods of time. We'll talk about how to answer the telephone and door, we'll discuss internet safety, and we'll learn about accident prevention and fire protection. We'll watch a short video and also role play. *Please note: students will be allowed to eat a quick snack at the start of class.

SKI AND SNOWBOARD PROGRAMS



NASHOBA VALLEY SKI PROGRAM

FACILITATED BY: Park and Recreation

ELEMENTARY SCHOOL

The Nashoba Valley Elementary program is a six-week program that is available to grades K-5 on Tuesday and Wednesday.

MIDDLE SCHOOL

The Nashoba Valley Middle School program is a six-week program that is available to grades 6-8 on Thursdays. Both skiers and snowboarders are encouraged to join this exciting program; all skills are welcome! Please note that all participants must wear a helmet.

PROJECTED MIDDLE SCHOOL SCHEDULE

2:15PM Staff and chaperones arrive at Curtis Middle School
 2:25PM Check-in at Curtis Middle School cafeteria
 2:40PM Equipment must be dropped off at Curtis Middle School (front lot)
 2:45PM Buses depart Curtis Middle School for Nashoba
 3:30PM Buses arrive at Nashoba Valley
 4:15PM Ski and snowboard lessons start
 5:15PM Ski and snowboard lessons end
 7:00PM Buses depart Nashoba Valley
 8:00PM Buses arrive at Fairbank Community Center

	ELEMENTARY SCHOOL	MIDDLE SCHOOL
DAY(S)	Tuesday Wednesday	Thursday
GRADES	K-5	6-8
DATES	01/07-02/11 01/08-02/12	01/02-02/06
LIFT TICKET	\$220.00 Transportation not included	\$370.00 Transportation included
LESSON + LIFT TICKET	\$260.00 Ski lessons: K-5 Snowboard lessons: 1-5	\$399.00 Ski lessons: 6-8 Snowboard lessons: 6-8
RENTAL FITTING: 11/07	\$150.00	\$150.00
HELMET PURCHASE	\$60.00	\$60.00



SUNDAY RIVER SKI WEEKEND

FACILITATED BY: Sudbury and Lincoln Park and Recreation

This weekend (1/24-1/26) trip to Sunday River in Maine is a great chance to ski with friends! The trip is open to Lincoln and Sudbury students in grades 6-8. Weekend package includes a two-day lift ticket, bus transportation, two nights lodging in Gorham, NH, two breakfasts and one dinner. The Inn features an arcade, indoor pool and wallyball courts. Skiers and snowboarders are welcome!

GRADE	DAY(S)	DATE(S)	LOCATION	COST
6-8	F-SU	01/24-01/26	Sunday River (Newry, Maine)	\$399.00 Includes \$150 non-refundable deposit

WINTER
2019-20



SPORT PROGRAMS

FOR ALL AGES

Archery
Basketball
Dodgeball
Floor Hockey
Fitness
Pickleball
Tennis
Soccer
Martial Arts
Ninja Warrior

ARCHERY



WINTER ARCHERY

INSTRUCTED BY: On the Mark Archery

AGE	DAY	TIME	DATE(S)	COST	LOCATION
9-15	TU	6:30-7:30PM	01/14-02/11	\$195	FCC Gym
18+	TU	7:30-8:30PM	01/14-02/11	\$195	FCC Gym
9-15	TU	6:30-7:30PM	02/25-03/24	\$195	FCC Gym
18+	TU	7:30-8:30PM	02/25-03/24	\$195	FCC Gym

Learn the sport of recurve archery and find your inner strength and focus while developing muscle memory and confidence with each arrow shot. This course will take you on a journey through the fundamentals needed to succeed in the sport with fun skill building drills and games mixed into each lesson. All equipment is provided.

BASKETBALL

PARENT AND ME BASKETBALL

INSTRUCTED BY: Game Time Training

AGE	DAY	TIME	DATE(S)	COST	LOCATION
3-5	SA	9:00-9:50AM	01/04-02/08 *No 1/18	\$99	FCC Gym
3-5	SA	9:00-9:50AM	02/29-03/28	\$99	FCC Gym

Interactive session where the players will learn the basics of basketball along with their parents! Each session will be a mix of passing, shooting and dribbling drills that both the parents and kids will participate in. Parent participation is required.

PRE-K HOOPS

INSTRUCTED BY: Game Time Training

AGE	DAY	TIME	DATE(S)	COST	LOCATION
4-5	SA	10:00-10:50AM	01/04-02/08 *No 1/18	\$99	FCC Gym
4-5	SA	10:00-10:50AM	02/29-03/28	\$99	FCC Gym

Players will learn the basic rules of dribbling, passing, and shooting through instructional stations and interactive games.

KINDER HOOPS

INSTRUCTED BY: Game Time Training

AGE	DAY	TIME	DATE(S)	COST	LOCATION
5-6	SA	11:00-11:50AM	01/04-02/08 *No 1/18	\$99	FCC Gym
5-6	SA	11:00-11:50AM	02/29-03/28	\$99	FCC Gym

Players will expand on Pre-K Hoops and learn beyond the basics with more scrimmage time.

BIDDY BALL NEW!

INSTRUCTED BY: Game Time Training

AGE	DAY	TIME	DATE(S)	COST	LOCATION
6-7	SA	12:00-12:50PM	01/04-02/08 *No 1/18	\$99	FCC Gym
6-7	SA	12:00-12:50PM	02/29-03/28	\$99	FCC Gym

Players will review the basics of basketball while learning how to move to the basket and dig deeper on basketball principles.

SEMI-PRIVATE GROUP TRAINING

INSTRUCTED BY: Game Time Training

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
1-4	M	5:00-6:00PM	01/06-02/10 *No 1/20	\$195	FCC Gym
1-4	M	5:00-6:00PM	02/24-03/23	\$195	FCC Gym
5-8	M	6:00-7:00PM	01/06-02/10 *No 1/20	\$195	FCC Gym
5-8	M	6:00-7:00PM	02/24-03/23	\$195	FCC Gym

Learn all the major fundamentals needed to become a great player. Ball-handling, shooting, footwork, defense, and conditioning will be a few of the skills covered in each class. Our workout is ideal for all ages and skill levels. Each player will be challenged to achieve their maximum potential on the court.

MEN'S 30+ BASKETBALL LEAGUE

FACILITATED BY: Park and Recreation

AGE	DAY	TIME	DATE(S)	COST	LOCATION
30+	M	7:00-9:00PM	01/06-03/30 *No 1/20, 2/17	\$50	Noyes School

Join us for indoor basketball on Monday evenings through the school year. All teams are developed on site that night by those who are participating. Please wear clean, dry sneakers and bring your own basketball.

DODGEBALL

DODGEBALL WARRIORS

INSTRUCTED BY: Game Time Training

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
4-8	TH	5:00-6:00PM	01/16-02/13	\$99	FCC Gym
4-8	TH	5:00-6:00PM	02/27-03/26	\$99	FCC Gym

Join the GTT staff for one of our most popular programs-an hour of action packed team dodgeball! Each week our kids will play in a dodgeball league that leads up to a playoff style championship game on the final session. Our kids will get a great workout during this hour while throwing, catching and dodging balls.

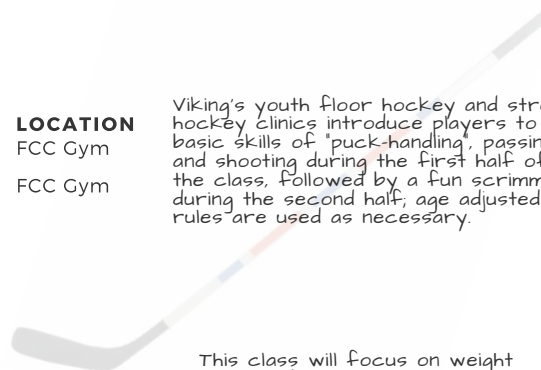
FLOOR HOCKEY

WINTER FLOOR HOCKEY

INSTRUCTED BY: Viking Sports

GRADE	DAY	TIME	DATE(S)	COST	LOCATION
1-2	TU	4:00-4:50PM	01/21-03/31 *No 2/18	\$133	FCC Gym
3-4	TU	5:00-5:50PM	01/21-03/31 *No 2/18	\$133	FCC Gym

Viking's youth floor hockey and street hockey clinics introduce players to the basic skills of "puck-handling", passing and shooting during the first half of the class, followed by a fun scrimmage during the second half; age adjusted rules are used as necessary.



FITNESS

CIRCUIT TRAINING NEW!

INSTRUCTED BY: Certain Victory Martial Arts and Fitness

AGE	DAY	TIME	DATE(S)	COST	LOCATION
18+	F	6:00-6:45PM	01/10-02/14	\$95	Certain Victory

This class will focus on weight loss, building muscle tone, burning calories, and improving endurance, focus, and energy, while relieving stress.

PiYO NEW!

INSTRUCTED BY: SS Fit Studio

AGE	DAY	TIME	DATE(S)	COST	LOCATION
16+	SU	10:30-11:30AM	01/26-03/08 *No 2/16	\$130	SS Fit Studio

This class is a fusion of the muscle sculpting core firming benefits of Pilates and the meditative breath work stretching and flow of yoga.

20/20/20 NEW!

INSTRUCTED BY: SS Fit Studio

AGE	DAY	TIME	DATE(S)	COST	LOCATION
16+	M	7:15-8:15PM	01/27-03/09 *No 2/17	\$104	SS Fit Studio

This class is twenty minutes of cardio with twenty minutes of strength training, and twenty minutes of core and stretching.

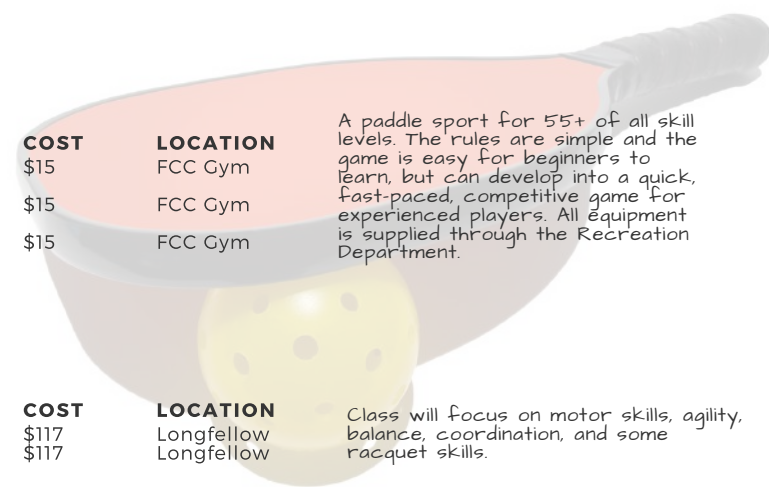
PICKLEBALL

WINTER PICKLEBALL

FACILITATED BY: Park and Recreation

AGE	DAY	TIME	DATE(S)	COST	LOCATION
55+	M	9:30-10:30AM	01/06-03/30 *No 1/20, 2/17	\$15	FCC Gym
55+	TH	10:45-11:45AM	01/02-03/26 *No 2/20, 3/19	\$15	FCC Gym
55+	F	4:00-5:00PM	01/03-03/27 *No 2/17, 2/21	\$15	FCC Gym

A paddle sport for 55+ of all skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. All equipment is supplied through the Recreation Department.



TENNIS

RED BALL JR.

INSTRUCTED BY: Longfellow Club

AGE	DAY	TIME	DATE(S)	COST	LOCATION
4.5-5.5	SU	2:30-3:15PM	01/05-02/09	\$117	Longfellow
4.5-5.5	SU	2:30-3:15PM	03/01-04/05	\$117	Longfellow

Class will focus on motor skills, agility, balance, coordination, and some racquet skills.

RED BALL I/II

AGE	DAY	TIME	DATE(S)	COST	LOCATION
6-7	SU	3:15-4:00PM	01/05-02/09	\$117	Longfellow
6-7	SU	3:15-4:00PM	03/01-04/05	\$117	Longfellow

Class will focus on motor skills, rallying skills, serving, and pointplay.

RED BALL III

AGE	DAY	TIME	DATE(S)	COST	LOCATION
7-8	SU	4:00-5:00PM	01/05-02/09	\$130	Longfellow
7-8	SU	4:00-5:00PM	03/01-04/05	\$130	Longfellow

Class will focus on rallying skills, serving, tactics, point play, and some advanced techniques.

CARDIO TENNIS

AGE	DAY	TIME	DATE(S)	COST	LOCATION
18+	M	11:00AM-12:00PM	01/06-02/10	\$117	Longfellow
18+	M	11:00AM-12:00PM	02/24-03/30	\$117	Longfellow
18+	F	11:00AM-12:00PM	01/10-02/14	\$117	Longfellow
18+	F	11:00AM-12:00PM	02/28-04/03	\$117	Longfellow
18+	SA	7:30-8:30AM	01/04-02/08	\$117	Longfellow
18+	SA	7:30-8:30AM	02/29-04/04	\$117	Longfellow

High energy fitness activity that combines the best features of the sport of tennis with cardiovascular activity. All levels welcome!

ADULT BEGINNER TENNIS

AGE	DAY	TIME	DATE(S)	COST	LOCATION
18+	TH	11:30AM-1:00PM	01/09-02/13	\$195	Longfellow
18+	TH	11:30AM-1:00PM	02/27-04/02	\$195	Longfellow

This class is designed for adults want to learn how to play tennis. We will focus on fundamentals and strokes.

ADULT ADVANCED BEGINNER TENNIS

AGE	DAY	TIME	DATE(S)	COST	LOCATION
18+	TU	1:00-2:30PM	01/07-02/11	\$195	Longfellow
18+	TU	1:00-2:30PM	02/25-03/31	\$195	Longfellow

This class is designed for individuals who have played tennis at some point in their lives. We will focus on fundamentals, doubles strategy, and tactics.

SOCCER

SOCCER CLINICS POWERED BY NEW ENGLAND REVOLUTION

INSTRUCTED BY: Viking Sports

AGE	DAY	TIME	DATE(S)	COST	LOCATION
4-5	SA	1:00-1:50PM	01/18-03/28 *No 2/15	\$133	FCC Gym
5-6	SA	2:00-2:50PM	01/18-03/28 *No 2/15	\$133	FCC Gym
3-4	SA	3:00-3:50PM	01/18-03/28 *No 2/15	\$133	FCC Gym

Kids will have fun developing dribbling, passing, receiving, and shooting skills through age-appropriate drills.

MARTIAL ARTS

INSTRUCTED BY: Certain Victory Martial Arts and Fitness

LITTLE TIGERS KARATE

AGE	DAY	TIME	DATE(S)	COST	LOCATION
3-5	W	4:30-5:00PM	01/08-02/12	\$85	Certain Victory
3-5	W	4:30-5:00PM	02/05-03/18 *No 2/19	\$85	Certain Victory
3-5	SA	9:00-9:30AM	01/11-02/15	\$85	Certain Victory
3-5	SA	9:00-9:30AM	02/01-03/07	\$85	Certain Victory

Little Tigers classes is largely taught through fun games and play. The children will learn some karate moves, but will not be graded on form. Little Tigers classes focus on games and movements to help them develop their physical coordination.

VICTORY LIONS CHAMPIONS KARATE

AGE	DAY	TIME	DATE(S)	COST	LOCATION
6-8	TU	4:30-5:15PM	01/07-02/11	\$99	Certain Victory
6-8	TU	4:30-5:15PM	02/04-03/17 *No 2/18	\$99	Certain Victory
6-8	TH	4:30-5:15PM	01/09-02/13	\$99	Certain Victory
6-8	TH	4:30-5:15PM	02/06-03/19 *No 2/20	\$99	Certain Victory
6-8	SA	9:30-10:15AM	01/11-02/15	\$99	Certain Victory
6-8	SA	9:30-10:15AM	02/01-03/07	\$99	Certain Victory

This program focuses on empowering self-esteem in a creative, safe, and playful environment. With the focus on active listening and self discipline we help your Victory Lion Grow in Martial Arts.

MARTIAL ARTS CHAMPION FOR LIFE

AGE	DAY	TIME	DATE(S)	COST	LOCATION
9-12	M	5:15-6:00PM	01/06-02/24 *No 1/20, 2/17	\$110	Certain Victory
9-12	M	5:15-6:00PM	02/03-03/16 *No 2/17	\$110	Certain Victory
9-12	TU	5:15-6:00PM	01/07-02/11	\$110	Certain Victory
9-12	TU	5:15-6:00PM	02/04-03/17 *No 2/18	\$110	Certain Victory
9-12	TH	5:15-6:00PM	01/09-02/13	\$110	Certain Victory
9-12	TH	5:15-6:00PM	02/06-03/19 *No 2/20	\$110	Certain Victory
9-12	SA	10:15-11:00AM	01/11-02/15	\$110	Certain Victory
9-12	SA	10:15-11:00AM	02/01-03/07	\$110	Certain Victory

Students will learn creative self-defense tactics with variety of martial arts. Our programs are centered on power and control with a can do attitude. Our classes require no previous experience in martial arts!

MIXED MARTIAL ARTS AND FITNESS KICKBOXING

AGE	DAY	TIME	DATE(S)	COST	LOCATION
13+	M	6:30-7:30PM	01/06-02/24 *No 1/20, 2/17	\$130	Certain Victory
13+	M	6:30-7:30PM	02/03-03/16 *No 2/17	\$130	Certain Victory
13+	W	6:30-7:30PM	01/08-02/12	\$130	Certain Victory
13+	W	6:30-7:30PM	02/05-03/18 *No 2/19	\$130	Certain Victory

Students will learn practical martial arts, bully protection, and proven self-defense techniques along with the skills to succeed in life! This program, emphasizes complete physical and mental development.

FITNESS KICKBOXING

AGE	DAY	TIME	DATE(S)	COST	LOCATION
18+	M	9:30-10:15AM	01/06-02/24 *No 1/20, 2/17	\$90	Certain Victory
18+	TU	7:30-8:30PM	01/07-02/11	\$130	Certain Victory
18+	W	9:30-10:15AM	01/08-02/12	\$90	Certain Victory
18+	TH	7:30-8:30PM	01/09-02/13	\$130	Certain Victory
18+	SA	8:00-8:45AM	01/11-02/15	\$117	Certain Victory

Fitness Kickboxing is a great way to tone your entire body and achieve an excellent cardiovascular workout. This is a very fun and intense way to burn up to 1000 calories, build muscle and get in shape. In addition, cardio kickboxing will condition your upper body, lower body, and core for a total body workout.

LADIES FITNESS KICKBOXING

AGE	DAY	TIME	DATE(S)	COST	LOCATION
18+	TU	6:30-7:15PM	01/07-02/11	\$117	Certain Victory
18+	TH	6:30-7:15PM	01/09-02/13	\$117	Certain Victory

Fitness kickboxing class with a twist- LADIES ONLY!

NINJA WARRIOR

WINTER NINJA WARRIOR

INSTRUCTED BY: Viking Sports

AGE	DAY	TIME	DATE(S)	COST	LOCATION
5-9	SA	12:00-12:50PM	01/04-03/21 *No 2/15, 3/7	\$150	Fieldhouse Sudbury

High energy clinics where Boot Camp meets Ninja Warrior! Kids will engage in a variety of activities that improve cardiovascular fitness, strength, and agility. Each week, kids will learn new exercises that will help them tackle the obstacle course at the conclusion of each class.

WINTER
2019-20



COMMUNITY PROGRAMS

Game Room
Tuesday Night Bowling
Ice Skating Hours
Snowshoe Loan

GAME ROOM

FACILITATED BY: Park and Recreation



SENIORS ONLY!

TABLE TENNIS

AGE	DAY	TIME	DATE(S)	COST	LOCATION
55+	TU	9:30AM-12:00PM	01/07-03/31 *No 2/18	\$5	FCC Room 3

A fun sport for both beginners and competitive play. All equipment will be provided.

POOL TABLE

AGE	DAY	TIME	DATE(S)	COST	LOCATION
55+	W	9:30AM-12:00PM	01/08-03/25 *No 2/19	FREE	FCC Room 3

Open hours enjoy a friendly or competitive game of pool. All equipment will be provided.

CARD AND BOARD GAMES NEW!

AGE	DAY	TIME	DATE(S)	COST	LOCATION
55+	TH	9:30AM-12:00PM	01/02-03/26 *No 2/20, 3/19	FREE	FCC Room 3

Open hours for seniors to play cards and enjoy board games such as checkers, dominoes, Scrabble, and other fun activities! All games will be provided.

TUESDAY NIGHT BOWLING



WINTER BOWLING

FACILITATED BY: Sudbury Boy Scout Troop #60

AGE	DAY	TIME	DATE(S)	COST	LOCATION
11-25	TU	5:30-7:00PM	01/14, 01/28, 02/11, 02/25, 03/10, 03/24	\$85	Acton Bowl-A-Drome

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

SPRING BOWLING

FACILITATED BY: Sudbury Boy Scout Troop #60

AGE	DAY	TIME	DATE(S)	COST	LOCATION
11-25	TU	5:30-7:00PM	04/14, 04/28 05/12, 05/26, 06/09	\$85	Acton Bowl-A-Drome

ICE SKATING HOURS

FACILITATED BY: Park and Recreation



UPPER FEATHERLAND PARK

DAYS AND TIME

Open hours, weather permitting
Area will be lit from 4:00-11:00PM when open

Bring the family down to one of these rinks to enjoy this fun winter activity together. Ice is not checked during winter storms. Clean-ups will be done by Park staff as time allows.

FAIRBANK COMMUNITY CENTER

DAYS AND TIME

View hours on www.sudburyrec.com
Area will be lit from 4:00-11:00PM when open

*Please remember that use of the ice skating rink is at your own risk and all trash must be removed from the site.

SNOWSHOE LOAN



FAIRBANK COMMUNITY CENTER

FACILITATED BY: Park and Recreation

PICK-UP

Any time after 9:00AM on the day of the reservation

RETURN

Before 9:00AM the following morning

COST

\$25 check deposit, refundable when snowshoes are returned

MEN'S SNOWSHOES	4 pairs
WOMEN'S SNOWSHOES	4 pairs
CHILDREN'S SNOWSHOES	8 pairs

*To reserve, stop in the FCC, or call (978) 443-1092. Please provide your name, address, and phone number. Snowshoes can be reserved for up to 24 hours at a time



WINTER
2019-20



ATKINSON POOL

Memberships and Rates
Swim Team Schedules
Swim Lessons
Aquatic Programs
Red Cross Certification

POOL RATES

	DAILY RATE	SWIM PASS	LUNCH TIME	RECURRING MONTHLY	6 MONTH RATE	FULL YEAR
YOUTH AGES 5-17	● \$9 ▲ \$10	● \$39 ▲ \$46	● N/A ▲ N/A	● \$37 ▲ \$47	● \$199 ▲ \$226	● \$397 ▲ \$443
ADULT AGES 18-59	● \$11 ▲ \$12	● \$51 ▲ \$58	● \$359 ▲ \$392	● \$54 ▲ \$66	● \$282 ▲ \$297	● \$567 ▲ \$653
SENIOR AGES 60+	● \$8 ▲ \$9	● \$33 ▲ \$34	● N/A ▲ N/A	● \$33 ▲ \$36	● \$179 ▲ \$207	● \$359 ▲ \$414
COUPLE (2) ADULTS SAME ADDRESS	● N/A ▲ N/A	● N/A ▲ N/A	● N/A ▲ N/A	● \$66 ▲ \$80	● \$360 ▲ \$425	● \$717 ▲ \$848
FAMILY (2) ADULTS AND KIDS UNDER 18	● N/A ▲ N/A	● \$109 ▲ \$138	● N/A ▲ N/A	● \$75 ▲ \$86	● \$393 ▲ \$450	● \$782 ▲ \$893
TINY TOT	● \$8 ▲ \$9	● \$33 ▲ \$34	● N/A ▲ N/A	● N/A ▲ N/A	● N/A ▲ N/A	● N/A ▲ N/A

● RESIDENT
▲ NON-RESIDENT

- All memberships are non-refundable and begin the day of purchase.
- Memberships cannot be purchased and applied the same day as program registration

SWIM PASS - YOUTH, ADULT, SENIOR, TINY TOT, AND FAMILY

- Youth, Adult, Senior, and Tiny Tot swim passes entitle user to (6) swims for the price of (5)
- Family swim pass entitles user to (18) swims for the price of (15)
- Swim passes do not have an expiration date
- Swim passes may be transferred to family members and friends

LUNCHTIME - FULL YEAR

- Valid for swimming privileges only during the hours of 11:00AM to 3:00PM, Monday - Friday

RECURRING MONTHLY - 3 MONTH MINIMUM COMMITMENT

- Entitles member to lap and family swim and a discount on aquatic programs
- Membership plan is continuous does not have an expiration date
- Monthly fee is charged to credit card account on the day after registration
- Membership plan can be cancelled at any time after the original 3-month minimum commitment and must be in writing by the first of the month you want to cancel

6 MONTH AND FULL YEAR

- Entitles member to lap and family swim as well as a discount on aquatic programs

SWIM TEAM SCHEDULE

NASHOBA SWIM TEAM PRACTICE

Uses 5 lanes

MONDAY	8:00-9:00PM	12/02-02/10
TUESDAY	5:00-6:00PM	12/03-02/11
THURSDAY	8:00-9:00PM	12/05-02/13

SUDBURY SWIM TEAM PRACTICE

Uses 6 lanes

MONDAY	5:00-8:00PM	01/06-03/02
TUESDAY	6:00-8:00PM	01/07-03/03
WEDNESDAY	5:00-8:00PM	01/08-03/04
THURSDAY	5:00-8:00PM	01/02-03/05

SUDBURY SWIM-A-THON!

FRIDAY, FEBRUARY 7 FROM 6:00-8:00PM (LAP POOL)

LSRHS SWIM TEAM PRACTICE

Closed to public

MONDAY	3:30-5:00PM	01/06-02/10
TUESDAY	3:30-5:00PM	01/28-02/11
WEDNESDAY	3:30-5:00PM	01/08-02/12
THURSDAY	3:30-5:00PM	01/02-02/13
FRIDAY	3:30-5:00PM	01/10-02/14

LS DIVE INVITATIONAL!

SATURDAY, JANUARY 11 FROM 12:00-3:00PM (DIVE WELL)

SWIM MEETS

SUNDAY, DECEMBER 8
FRIDAY, DECEMBER 13
TUESDAY, DECEMBER 17
FRIDAY, DECEMBER 20
FRIDAY, JANUARY 3
SUNDAY, JANUARY 5
TUESDAY, JANUARY 7
FRIDAY, JANUARY 10
SATURDAY, JANUARY 11
FRIDAY, JANUARY 17
TUESDAY, JANUARY 21
FRIDAY, JANUARY 24
WEDNESDAY, JANUARY 29
SUNDAY, FEBRUARY 2
SATURDAY, FEBRUARY 8
SUNDAY, FEBRUARY 16

SUDBURY SWIM TEAM
LINCOLN-SUDBURY
LINCOLN-SUDBURY
LINCOLN-SUDBURY AND NASHOBA
LINCOLN-SUDBURY AND NASHOBA
SUDBURY SWIM TEAM
NASHOBA
LINCOLN-SUDBURY
LINCOLN-SUDBURY INVITATIONAL
LINCOLN-SUDBURY AND BROMFIELD
WESTBORO
BROMFIELD
DIVE CHAMPS
SUDBURY SWIM TEAM
BARRACUDAS
SUDBURY SWIM TEAM

POOL CLOSURES AT 2:00PM
POOL CLOSURES AT 3:00PM
POOL CLOSURES AT 3:00PM
POOL CLOSURES AT 3:00PM
POOL CLOSURES AT 3:00PM
POOL CLOSURES AT 2:00PM
POOL CLOSURES AT 3:00PM
POOL CLOSURES AT 3:00PM
DIVE WELL CLOSURES AT 12:00PM
POOL CLOSURES AT 3:00PM
POOL CLOSURES 3:00-6:30PM
POOL CLOSURES AT 3:00PM
DIVE WELL CLOSURES AT 5:00PM
POOL CLOSURES AT 2:00PM
POOL CLOSURES AT 4:00PM
POOL CLOSURES AT 2:00PM



SWIM LESSONS | PRESCHOOL

PARENT AND CHILD

*Please note that that we do not offer a senior discount for swim lessons

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. Parents and Children will have the opportunity to explore holding and support techniques 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.

	AGE	DAY	TIME	DATE(S)	MEMBER	NON-MEMBER
SESSION A	6MO-4	SA	9:25-9:55AM	01/04-02/08	\$90	\$125
	6MO-4	SA	10:00-10:30AM	01/04-02/08	\$90	\$125
SESSION B	6MO-4	SA	9:25-:55AM	02/29-04/04	\$90	\$125
	6MO-4	SA	10:00-10:30AM	02/29-04/04	\$90	\$125

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. The class will review breath control, blowing bubbles, submerging, floating on front and back, and changing direction in water. All skills are done with support; they do not need to perform the skills independently

	AGE	DAY	TIME	DATE(S)	MEMBER	NON-MEMBER
SESSION A	2.9-4	SA	8:15-8:45AM	01/04-02/08	\$90	\$125
	2.9-4	SU	8:15-8:45AM	01/05-02/09	\$90	\$125
SESSION B	2.9-4	SA	8:15-8:45AM	02/29-04/04	\$90	\$125
	2.9-4	SU	8:15-8:45AM	03/01-04/05	\$90	\$125

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 comfort in submerging face in the water as well as breath control, blowing bubbles, submerging, floating on front and back, changing direction in water. The hope is to have the children doing these skills for longer periods of time than in Preschool Level 1, and with more comfort and possibly some independence. All skills are done with support; they do not need to perform the skills independently.

	AGE	DAY	TIME	DATE(S)	MEMBER	NON-MEMBER
SESSION A	2.9-4	SA	8:50-9:20AM	01/04-02/08	\$90	\$125
	2.9-4	SU	8:50-9:20AM	01/05-02/09	\$90	\$125
SESSION B	2.9-4	SA	8:50-9:20AM	02/29-04/04	\$90	\$125
	2.9-4	SU	8:50-9:20AM	03/01-04/05	\$90	\$125

PRESCHOOL LEVEL 3

Builds on the basic aquatic skills learned in Preschool Level 2. We will be further working on floating on front and back and achieving comfort in submerging face in the water as well as breath control, blowing bubbles, submerging, floating on front and back, and changing direction in water. The hope is to have the children doing these skills for longer periods of time than in Preschool Level 2, and with more comfort. All skills should be performed independently.

	AGE	DAY	TIME	DATE(S)	MEMBER	NON-MEMBER
SESSION A	2.9-4	SA	11:10-11:40AM	01/04-02/08	\$90	\$125
SESSION B	2.9-4	SA	11:10-11:40AM	02/29-04/04	\$90	\$125

SWIM LESSONS | YOUTH

RED CROSS 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 and floating 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 water, how to recognize an emergency and to call for help.

	AGE	DAY	TIME	DATE(S)	MEMBER	NON-MEMBER
SESSION A	4+	SA	9:25-9:55AM	01/04-02/08	\$90	\$125
	4+	SU	9:25-9:55AM	01/05-02/09	\$90	\$125
SESSION B	4+	SA	9:25-9:55AM	02/29-04/04	\$90	\$125
	4+	SU	9:25-9:55AM	03/01-04/05	\$90	\$125

SWIM LESSONS | YOUTH

RED CROSS 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.

	AGE	DAY	TIME	DATE(S)	MEMBER	NON-MEMBER
SESSION A	4+	SA	10:00-10:30AM	01/04-02/08	\$90	\$125
	4+	SU	10:00-10:30AM	01/05-02/09	\$90	\$125
SESSION B	4+	SA	10:00-10:30AM	02/29-04/04	\$90	\$125
	4+	SU	10:00-10:30AM	03/01-04/05	\$90	\$125

RED CROSS 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.

	AGE	DAY	TIME	DATE(S)	MEMBER	NON-MEMBER
SESSION A	4+	SA	10:35-11:05AM	01/04-02/08	\$90	\$125
	4+	SU	10:35-11:05AM	01/05-02/09	\$90	\$125
SESSION B	4+	SA	10:35-11:05AM	02/29-04/04	\$90	\$125
	4+	SU	10:35-11:05AM	03/01-04/05	\$90	\$125

RED CROSS LEVEL 4

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

Skills to be Taught- Head first entries from the side in a compact and stride position. Swimming underwater, feet first surface dive, survival swimming, front crawl stroke, elementary backstroke, breaststroke, sidestroke and butterfly. Flutter and dolphin kicks on back.

Safety Topic- What to do when exhausted or caught in a dangerous situation.

	AGE	DAY	TIME	DATE(S)	MEMBER	NON-MEMBER
SESSION A	6+	SA	11:10-11:40AM	01/04-02/08	\$90	\$125
	6+	SU	11:10-11:40AM	01/05-02/09	\$90	\$125
SESSION B	6+	SA	11:10-11:40AM	02/29-04/04	\$90	\$125
	6+	SU	11:10-11:40AM	03/01-04/05	\$90	\$125

RED CROSS 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.

	AGE	DAY	TIME	DATE(S)	MEMBER	NON-MEMBER
SESSION A	6+	SA	11:45AM-12:15PM	01/04-02/08	\$90	\$125
	6+	SU	11:45AM-12:15PM	01/05-02/09	\$90	\$125
SESSION B	6+	SA	11:45AM-12:15PM	02/29-04/04	\$90	\$125
	6+	SU	11:45AM-12:15PM	03/01-04/05	\$90	\$125

AQUATIC PROGRAMS

6AM DEEP WATER WORKOUT

INSTRUCTED BY: **Peggy Mangan-Cross**

19 CLASSES - This class 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 do not need to be strong swimmers, but should feel comfortable in the water wearing flotation equipment. It's a great way to start your day!

AGE	DAY	TIME	DATE(S)	MEMBER/SENIOR	NON-MEMBER
18+	M+W	6:00-6:45AM	01/06-03/25	\$190/\$190	\$228

*No 1/20, 2/10, 2/12, 2/17, 2/19

AQUACISE

INSTRUCTED BY: **Geralyn Strella**

22 CLASSES - Water aerobics set to amazing 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, with several options given to increase or decrease the difficulty of the workout.

AGE	DAY	TIME	DATE(S)	MEMBER/SENIOR	NON-MEMBER
18+	TU+TH	8:15-9:00AM	01/07-03/26	\$220/\$220	\$264

*No 2/18, 2/20

AQUATIC PROGRAMS

MID-MORNING DEEP WATER WORKOUT

INSTRUCTED BY: **Geralyn Strella**

22 Classes OR 33 Classes- This class 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, with emphasis is on the core muscles. Floatation and resistance equipment are incorporated to add to the intensity of the strength and endurance training. Stretching and flexibility training concludes each workout.

	AGE	DAY	TIME	DATE(S)	MEMBER/SENIOR	NON-MEMBER
2X PER WEEK Pick 2 days of your choice and receive = 22 Classes	18+	TU,TH,F	9:30-10:15AM	01/07-03/27 <small>*No 2/18, 2/20, 2/21</small>	\$220/\$220	\$264
3X PER WEEK Choose the 3 day option and receive = 33 Classes	18+	TU,TH,F	9:30-10:15AM	01/07-03/27 <small>*No 2/18, 2/20, 2/21</small>	\$330/\$330	\$396

AWESOME AQUATICS

INSTRUCTED BY: **Geralyn Strella**

32 Classes- 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. The focus of the class is on the individual goals for building strength.

	AGE	DAY	TIME	DATE(S)	MEMBER/SENIOR	NON-MEMBER
3X PER WEEK	18+	M,TU,TH	*Times vary M 11:15AM-12:15PM TU 11:00AM-12:00PM TH 11:00AM-12:00PM	01/06-03/26 <small>*No 1/20, 2/17, 2/18, 2/20</small>	\$256/\$256	\$320

RED CROSS CERTIFICATION

For lifeguard certification, or lifeguard re-certification classes, please check our website for updates!

WWW.SUDBURYREC.COM



NOW HIRING

RECREATION STAFF
TEEN CENTER EVENTS
WILD WEDNESDAYS
NASHOBA SKI

POOL STAFF
SUPERVISORS
INSTRUCTORS
LIFE GUARDS

DOWNLOAD AN APPLICATION FROM WWW.SUDBURYREC.COM, OR STOP BY IN-PERSON.
PLEASE EMAIL ALL APPLICATIONS TO RECREATION@SUDBURY.MA.US

JOIN OUR TEAM!

VENDOR INFORMATION



VIKING SPORTS

Viking Sports is one of Massachusetts' largest sports recreation companies offering instructional sports clinics, fun multi-sports classes, and school vacation camps in the Greater Boston area. Viking believes that fun should be the main component of a sports community and that this sports community should be available to all.

WWW.VIKINGCAMPS.COM



GAME TIME TRAINING

Game Time Training provides intense, detailed, goal driven, year-round basketball education for boys and girls from preschool through high school. The basketball programs are designed to teach players of all positions to play smart basketball, be consistent and be leaders at all times.

WWW.GAMETIMETRAINING.NET



ON THE MARK ARCHERY

On the Mark Archery is a mobile archery company with the unique ability to adapt and travel to locations near and far to setup an archery program for kids, adults and families. On the Mark Archery offers birthday parties, private lessons, corporate events and tournaments.

WWW.ONTHEMARKARCHERY.COM



THE LONGFELLOW CLUB

Longfellow Sports Club is a fitness and health club offering swimming, tennis, nautilus and aerobicS programs. Established in 1972, Longfellow has grown to be the fourth largest independent health club organization in New England, and the forty-eighth largest in the United States. Serving 12,000 members and an additional 10,000 clients annually, Longfellow has become a recognized industry leader in innovative business practices, social responsibility, and community service.

WWW.LONGFELLOWHEALTHCLUBS.COM

THE LONGFELLOW CLUB, 524 BOSTON POST ROAD, WAYLAND, MA



CERTAIN VICTORY MARTIAL ARTS AND FITNESS

Certain Victory Martial Arts and Fitness offers the best and exciting martial arts and fitness programs for kids, teens and adults in New England. Emphasizing discipline and mindfulness, Certain Victory classes are designed for a variety of ages and focused on training reflexes to keep you looking fit! Facility classes include karate and muay thai as well as cardio and self defense-focused sessions.

WWW.CVMARTIALARTS.COM

CERTAIN VICTORY MARTIAL ARTS, 640 BOSTON POST ROAD E, MARLBOROUGH, MA



GARRO STUDIOS, LLC

Garro Studios, LLC offers year-round art classes, vacation programs, and workshops for all levels of experience. Since 2004, the studio has been providing both kids and adult students with the opportunity to develop their drawing and painting skills. Students are encouraged to experiment with a wide variety of materials including charcoal, graphite, pastel, watercolor, acrylics, mixed media, clay and oils.

WWW.GARROSTUDIOS.COM

GARRO STUDIOS (MAYNARD ARTSPACE), 63 SUMMER STREET, STUDIO #203, MAYNARD, MA



NEW ENGLAND SCHOOL OF PROTOCOL

New England School of Protocol aims to give every individual a strong foundation in social graces, dining etiquette and interpersonal skills. Our goal is to empower individuals with confidence and propel them towards personal and professional success. At New England School of Protocol we aim to instill life skills, social consideration, and mutual respect as we believe that etiquette leads to civility in the home, school, and in the society that we live in.

WWW.NEWENGLANDSCHOOLOFPROTOCOL.COM



PARADISE ISLAND KIDS

Paradise Island Kids (PIK) is a Kids Enrichment Center where kids COOK, PLAY and CREATE! PIK specializes in various themed classes, no school programs and parties in Cooking, Baking, Slime, STEM, Arts and Crafts, and Gym for kids

WWW.PARADISEISLANDKIDS.COM



THECODERSCHOOL

theCoderSchool combines a super-small teaching ratio with an individualized immersion style to get kids learning to code in no time! theCoderSchool does not believe in kids being taught by software, or the one-size-fits-all curriculum. Instead theCoderSchool focuses on a mentor relationship with experienced coders, Code Coaches® who can guide students through their amazing technical journey.

WWW.THECODERSCHOOL.COM

THECODERSCHOOL, 359 BOSTON POST ROAD, SUDBURY, MA



WICKED COOL FOR KIDS

Wicked Cool for Kids provides amazing kids' programs that blend STEAM (science, technology, engineering, art and math) education goals and fun. Wicked Cool for Kids champion a great mix of focused lesson and structured play that maintain academic integrity within a creative environment.

WWW.WICKEDCOOLFORKIDS.COM



SS FIT STUDIO

Established in 2012, SS Fit Studio is the place where staying Fit is Fun, not a chore! Being fit doesn't mean you have to spend 8 hours a day in a gym, and deprive yourself of yummy food. Taking care of yourself, both on the interior as well as the exterior, is the result of will and perseverance. Here at SS Fit Studio you will find the necessary support that can lead you to achieving your own fitness goals!

WWW.STEPWITHSTEVEN.COM

SS FIT STUDIO, 339 BOSTON POST ROAD, SUITE 6A, SUDBURY, MA

VENDOR INFORMATION



CHESS WIZARDS

Chess Wizards offers fun, intellectual and challenging chess education and tournament experiences to children of all abilities and ages. Chess instruction is held at participating schools, as well as park districts, churches, and chess clubs. Chess Wizards also offers private lessons, runs scholastic tournaments, and holds chess camps in the summer. In addition to lessons and traditional game-play, Chess Wizards incorporates variations of chess games that builds teamwork and fosters a genuine enjoyment of a game over a thousand years old!
WWW.CHESSWIZARDS.COM



A MONTH OF SUNDAYS

A Month of Sundays Studio offers woodworking, painting, craft, and building birthday parties in its fully equipped studio. Parties can be customized around any theme or interest.
WWW.AMOSUNDAYS.COM
A MONTH OF SUNDAYS, 63 SUMMER STREET, MAYNARD, MA



PLAY-WELL TEKNOLOGIES

Play-Well Teknologies teaches approximately 100,000 students per year. They run engineering programs in approximately 23 states, as well as in France. Teaching through play, Play-Well explores, solves problems, and helps kids express themselves through LEGO. The Play-Well curriculum is designed by engineers and refined by teachers, but the kids just think it's fun!
WWW.PLAY-WELL.ORG

INSTRUCTOR INFORMATION

ARTI BHOLA GOULATIA (THE CERAMICS GARAGE)

Arti Bhola Goulatia studied fashion designing and worked extensively in the corporate world for over ten years. Her widespread experience in the fashion industry, particularly her sensitivity to the interplay of texture, design and pattern helped her transition into fine arts and influence her work to this day. Arti's work is recognized and featured in numerous national exhibitions and is part of various private collections. Arti continues to create new work while offering individual and group clay classes in a fun and creative learning environment, for all ages and levels.
WWW.THECERAMICSGARAGE.COM
THE CERAMICS GARAGE, 1 SUMMIT LANE, ASHLAND, MA

JUANITA ALLEN KINGSLEY

A health educator, Ms. Kingsley trains more than 2,000 people in Eastern Massachusetts through her First Aid, Wilderness First Aid, CPR and AED classes in addition to the variety of health and safety programs she teaches. Juanita facilitates various programs aimed at providing individuals of varying ages and backgrounds the necessary education and tools to foster effective and positive social development.

SUSAN CRAVER

Susan Craver has been teaching dance for over twenty-five years. She has her Bachelor of Arts degree from University of Massachusetts (Boston) and has been a member of Dance Teachers Club of Boston for over twenty years. Susan teaches tap, zumba, and fitness dance classes at various senior centers and recreation facilities in the Metrowest area.
WWW.SUSAN CRAVER.ORG

CAROL ANN BAER

Carol has been teaching ballroom and latin dance for over 30 years. She has taught at Keefe Tech Adult Ed, Needham Adult-Ed and also Lincoln-Sudbury Adult Ed. Carol also teaches dance at Brandeis University and has taught at several dance studios over the years.

PEGGY MANGAN-CROSS

Peggy Mangan-Cross, has been working as an aquatic exercise instructor, with the Atkinson Pool for over 20 years. Peggy is certified through Aquatic Exercise Association and has a knack for incorporating great music into each workout.

GERALYN STRELLA

Geralyn Strella has been working as an aquatic exercise instructor for more than 20 years, at the Atkinson pool. Geralyn is Certified through the Aquatic Exercise Association, the Arthritis foundation, she is a member of the Aquatic Therapy and Rehab Association, as well as being certified in Aichi.



CHECK OUT OUR WEBSITE FOR ATKINSON POOL
AND RECREATION PROGRAM UPDATES!

WWW.SUDBURYREC.COM



TOWN OF SUDBURY

PARK AND RECREATION
ATKINSON POOL
40 FAIRBANK ROAD
SUDBURY, MA 01776

PRST STD AUTO
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**THANK YOU TO OUR FAMILIES, STAFF MEMBERS,
VOLUNTEERS, AND COMMUNITY PARTNERS FOR
MAKING OUR PROGRAMS SUCCESSFUL!**