



new year's needham

Your \$5 Button
Admits you to
ALL Shows!

December 31st, 2010 10:00 AM - 12:00 AM

Art, Music, Dance, Magic!!

Over 30 performances at 10 venues for All Ages!

BUY YOUR NYN '11 BUTTONS AT : the Park and Recreation Office, Board of Selectmen/ Town Manager's Office, Needham Public Library, Stephen Palmer Senior Center, Roche Bros. & Sudbury Farms Supermarkets, Charles River YMCA and other Needham Businesses!!

Visit www.needarts.org for more information.

***** NEEDHAM UNPLUGGED *** MARCH 2011 *****

The 2011 version of **Needham Unplugged** will continue again this year with a **NO HOMEWORK/ NO SPORTS** night for **Needham Public School** students and **NO MEETING** night for adults on **Thursday, March 24, 2011.**

Needham Unplugged is an awareness campaign sponsored by the *Needham Park and Recreation Commission, Needham Youth Commission, and the Charles River YMCA* to remind *Needham families and residents* to unplug their electronics.

Park and Recreation Commission
500 Dedham Avenue
Mailing Address: 1471 Highland Avenue
Needham, MA 02492
Phone: (781) 455 - 7521, press 6
Website: www.needhamma.gov/parkandrecreation

BULK RATE
US Postal Permit
Boston, MA
Permit No. 58224

Postal Customer

Welcome to Winter/Spring

An invitation to people of all abilities

People of all abilities are encouraged to participate in the programs and services provided by the Needham Park and Recreation Commission. Every effort is made to integrate participants with disabilities into the programs allowing for a successful recreational experience.

Please contact the Park and Recreation office for more information.

Are you a "Notify Me" member?

Notify Me is a notification system that will send you an e-mail or text message when information is posted on the Town of Needham website, including meeting agendas, job listings, field conditions, emergency information and town news!

For Program Information or Field Status Updates follow these steps!

1. Go to the Town of Needham website at www.needhamma.gov
2. Click on the box reading NOTIFY ME on the left of the page
3. Enter your e-mail address or cell phone number (for Text Messages)
4. Select e-mail type, HTML or Text
5. Select box for RECREATION INFORMATION or FIELD STATUS
6. Click the SUBSCRIBE button

Once you are in the system, you will receive up to date Park and Recreation notifications right at your computer! You may sign up for any of the lists posted.

No access to the web? Call the Community Information Line- (781) 444-7212

Park & Recreation Commission

Philip V. Robey, Chairman
Thomas M. Jacob, Vice Chairman
Cynthia J. Chaston
Brian S. Nadler
Michael J. Retzky

Director - Patty Carey
Assistant Director - Karen Peirce
Recreation Supervisor - Nicole DiCicco
Administrative Specialist - Cassandra Halloran

The Park and Recreation Commission meets the 2nd and 4th Monday of each month.

Special thanks to Adam Witham for the Winter/ Spring cover design. He is a Graphic Designer with over ten years experience. He can be contacted at adwitham@aol.com for graphic design needs.

Commission Office

500 Dedham Ave.
Mailing Address:
1471 Highland Avenue
Needham, MA 02492

Telephone

(781) 455-7521, Press 6
(781) 444-7212 (Recording Line)

Office Hours

8:30 AM - 5:00 PM
Monday - Friday

GENERAL INFORMATION

NEEDHAM SPORTS ORGANIZATIONS

ALL Youth Sports Organizations in Needham are non-profit, volunteer-run organizations providing sports playing opportunities for Needham youth.

For more detailed information on each program and program contact information, pick up a 2011 Needham Youth Sports Organization

Brochure at the Park and Recreation Office. (located on the first floor of the Public Services Administration Building (PSAB) at 500 Dedham Avenue.)

OR visit our website at www.needhamma.gov/parkandrecreation, and select "Sports Contacts" from the left hand side of the page to find an alphabetical listing of all available youth sports, individual sports organizations, registration information and contact names, phone numbers and e-mail addresses!!



PUBLICATIONS/INFORMATION

(also available, free of charge, on town website)

- ◆ Maps of trails at the Town Forest and Ridge Hill Reservation FREE
- ◆ Colored maps of the Town Forest and Ridge Hill Reservation \$2.00 each
- ◆ Needham Canoe Launch Site Maps FREE

HOW TO RESERVE A FIELD OR PLAYGROUND/TOT-LOT

Call or stop by the office. If the date chosen is available, a permit will be given, which must be signed. A fee is charged for some field uses. Individuals may use the tot-lots at all times, but large groups should reserve space to avoid conflicts with other groups. Bathrooms are available at DeFazio. Please Note: School playgrounds not available during school hours.

Broadmeadow - Broadmeadow Rd.	Claxton - Central Ave.	Cricket - Hillside Ave.
DeFazio - Dedham Ave.	Greene's - Pickering St.	Eliot - Wellesley Ave. Ext.
Hillside - Glen Gary Rd.	Mills - Hampton Ave.	Mitchell - Brookline St.
Newman - Central Ave.	Perry - Beaufort Ave.	Riverside - Riverside St.

SPORTS KIT RENTAL

Two Sports Kits are available for resident use from the Park & Recreation Office. PLEASE CALL THE OFFICE, IN ADVANCE, TO RESERVE A KIT. Kits can include: volleyball set, badminton, croquet, horseshoes, whiffle ball set, bocce, kickballs, and frisbees. Items can be rented on an individual basis, with the entire kit costing no more than \$20.00.

LOST AND FOUND

Call (781) 455 - 7521, press 6 if you've lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office.

SENIOR EXERCISE

Three different classes...three different teachers...all with one goal: to help men and women, ages 50 and older, stay fit in an enjoyable, social setting. Register for one, two, or three classes.

You may sign up for Winter and Spring sessions at the same time!

Day/Time: Mondays 9:00—10:00 AM

Winter Session: January 3—March 21

Spring Session: March 28—June 13

Judi Brady will focus on improving cardiovascular efficiency, muscle strength and endurance, all while having some fun/ sharing some smiles.



Day/Time: Wednesdays 9:15—10:15 AM

Winter Session: January 5—March 9

Spring Session: March 23—May 25

Adele Chang leads a low-impact aerobics class, including stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion, and injury prevention.



Day/Time: Fridays 10:30—11:30 AM

Winter Session: January 7—April 1

Spring Session: April 8—July 1

Arlene DePhillippo shares toning, stretching, strengthening, and abdominal exercises that will benefit you from head to toe.

Locations: Mondays - Needham Public Library Community Room
Wednesdays & Fridays - Stephen Palmer Senior Center

Limit/Ratio: 20 participants per class : 1 instructor

On Reg. Form: List *Senior Exercise, Session, Time and Day(s) of week*

FEE: \$25/ nine week session/one day per week

\$50/ nine week session/two days per week

\$75/ nine week session/three days per week



SENIOR BILLIARDS LEAGUE

For men and women, beginner, intermediate and advanced players with some previous billiards experience. Players will be sent a schedule of players and times upon registration.

Day/Time: Monday—Friday (at designated times, with flexibility)

Session: Week of January 11 to mid-May

Location: Stephen Palmer Senior Center

Limit: 20 participants

On Reg. Form: List *Billiards*

FEE: \$25/ season



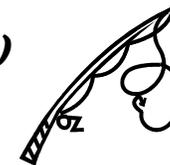
11TH ANNUAL FISHING DERBY

Saturday, May 7, 2011

(Rain date: Saturday, May 14)

9:00 AM—Noon

Needham Reservoir



Limited number of fishing rods will be available to borrow. Bait will be available.

This FREE event is made possible by:

Needham Park and Recreation Commission
Mass. Wildlife - Newton Workshop Group
Mass. Division of Fisheries and Wildlife
And many wonderful volunteers!



How to Register: ONLINE (PREFERRED METHOD)

By Mail (to 1471 Highland Ave., Needham, MA 02492)

In Person at the Park and Recreation Office (500 Dedham Ave.)

TOUCH THE TRUCKS

Celebrate National Public Works Week!

Saturday, May 21, 2011

**Drop by anytime between 10:00 AM and Noon
at the DeFazio Park Parking Lot
(next to the Tot Lot) on Dedham Avenue**

Big kids and little kids will enjoy a morning of fun behind the wheel of big rigs, front end loaders and pick-up trucks!



**FREE admission to this Fun Family event is sponsored by:
The Department of Public Works and the
Park and Recreation Commission.**

Needham Park & Recreation Commission PROGRAM REGISTRATION POLICIES

Please read carefully...

**WINTER / SPRING 2011 REGISTRATION BEGINS ~
WEDNESDAY, DECEMBER 15, 2010 at 9:00 AM**

Online - By Mail - In Person

People ask us "what is the best way to register to guarantee getting into a program". The answer is there is no way to "guarantee" you get in, as all methods are equal. It is similar to a lottery. Your chances of being placed on a wait list exist using all the methods. Pick the method you are comfortable with, follow the directions below and chances are you will get in. If you do not get in be sure to put your name on the wait list as occasionally additional classes are added to reduce the wait lists.

HOW TO REGISTER:

For Online Registration: (PREFERRED METHOD OF REGISTRATION!!)

At 9:00 AM on December 15th, go to www.needhamma.gov and under the "Residents" option, choose "Park and Recreation on-line registration". Follow registration directions. All programs will be listed with up to date space availability. **Be sure to print out your receipt at the end of the transaction as registration confirmations will not be sent to you!** If the program is full, you can add your name to the wait list right online.

Mail-In Registration: Mail registration form prior to December 15th. Mail in registrations will begin to be processed on December 15th, in random order.

Mail to: REGISTRATION: Park and Recreation
1471 Highland Avenue, Needham, MA 02492

Register In Person: If you plan to pay with a credit card (and have access to a computer) online registration is your best registration option!

If you choose to register in person please come to the Public Services Administration Building (PSAB), 500 Dedham Ave. Registration begins at 9:00AM on December 15th. ****Remember, Anyone wishing to use a scholarship or a program credit MUST register in person!**

Please Note: NO Telephone OR Faxed registrations are accepted anytime.

**ALL PROGRAMS ARE OFFERED TO NEEDHAM RESIDENTS ON
A FIRST COME - FIRST SERVED BASIS,
INCLUDING STUDENTS IN THE
NEEDHAM PUBLIC SCHOOLS METCO PROGRAM.**

MAY - JULY SENIOR GOLF LEAGUE

Registration for Needham residents only.

The league is for men and women, age 50 and older, and is held at the Needham Golf Club on Tuesday mornings. After eight weeks of play, additional rounds can be purchased for a \$21 fee/round payable at the Park and Recreation office. Substitute list taken at Park and Recreation office.

Important: *Prior experience is necessary with a 9 hole score of 72 or less.*

Day/Time: **Tuesdays** (First group tees off at 9:00 AM)

Session: **May 3 - July 19**

Limit: 64 participants; unlimited number of substitutes

On Reg. Form: List *Senior Golf* and *average score for 18 holes/9 holes.*

FEE: **\$188/ registration and green's fees for 8 rounds
\$21/ day after eight rounds have been played**



SENIOR INDOOR WALKING CLUB

Keep in shape during the colder months of the year by getting your exercise indoors. Go all three days, every week or whenever it fits your schedule! A coordinator is on site to do warm-up exercises and oversee the program. Directions to the location will be sent upon registration.

Day: **Tuesdays, Wednesdays, AND/OR Thursdays**

Time: **3:00—4:00 PM**

Session: **Now (Began in Fall 2010)—April 28, 2011**

Location: **Needham High School**

On Reg. Form: List *Senior Walking Club*

FEE: **\$30/ season**



SENIOR YOGA

A one hour class of gentle stretching and relaxation during which traditional Hatha yoga postures will be used and tailored for the senior population. Emphasis will be on increasing flexibility, balance and strength with some quiet meditation and relaxation. Students will need to bring a mat (or towel) and be prepared to be on the floor.

Day: **Mondays**

Time: **10:00—10:50 AM**

Winter Session: **January 3—March 21**

Spring Session: **March 28—June 13**

Location: **Needham Public Library Community Room**

Limit/Ratio: 25 participants (*minimum of 10*) : 1 instructor

On Reg. Form: List *Senior Yoga*

FEE: **\$25/ nine week session**



ADULT GOLF LESSONS

Let this be the fall you learn the game of golf or work on improving your game. PGA instructor welcomes both beginners and advanced players.

Age: **17 years and older**
 Day/Times: **Tuesdays, May 3—May 31 OR Wednesdays, May 4—June 1**
 Times & Level: **4:30—5:30 PM *Beginner Level***
5:30—6:30 PM *Beginner Level*
6:30—7:30 PM *Intermediate Level*

Location: Needham Golf Club
 Limit/Ratio: 7 participants (*minimum of 4*) : 1 instructor
 On Reg. Form: List *Adult Golf Lessons, Day AND Time*
FEE: \$110/ five week session



ADULT TENNIS LESSONS

Please read the information below carefully and choose the class that suits you best!

Beginner level is for those without prior tennis playing experience.
Advanced Beginner is for those with some experience who understand the basics but want to improve their tennis game.
Intermediate is designed for those who are able to execute all strokes, including serve, with some consistency. The focus will be on improving serve, court coverage and match play.

Session A:	Tuesdays, January 11—February 8	8
	Beginner	6:00—7:00 PM
	Advanced Beginner	7:00—8:00 PM
	Intermediate	8:00—9:00 PM
Session B:	Tuesdays, March 1—March 29	
	Beginner	6:00—7:00 PM
	Advanced Beginner	7:00—8:00 PM
	Intermediate	8:00—9:00 PM
Session C:	Tuesdays, April 26—May 24	
	Beginner	9:00—10:00 AM
	Beginner	10:00—11:00 AM
	Advanced Beginner	11:00 AM—12:00 PM
Session D:	Mondays, April 25—May 23	
	Intermediate	9:00—10:00 AM
	Intermediate	10:00—11:00 AM
	Advanced Beginner	11:00 AM—12:00 PM



Locations: Sessions A & B - Pollard Green Gym
 Sessions C & D - Mills Outdoor Courts
 Limit/Ratio: 5/session (*minimum of 3*) : 1 instructor
 On Reg. Form: List *Session, Level AND Time*
FEE: \$75/ five week session



REGISTRATION POLICIES CONTINUED...

REGISTRATION LIMITS—See individual program descriptions for specific limits and staff to participant ratios. The Commission reserves the right to cancel classes when registration numbers are too low.

NON-RESIDENTS— May register the Wednesday before a program begins if space is available, unless otherwise noted.

AGE OF PARTICIPANTS—Participants must be the noted age by the first day of the session in which they are enrolled. **Birth certificates** are required for ALL children 5 and under. Bring a copy to the Park and Recreation Office to have it recorded. This is a one-time only requirement. Registrations are not complete without birth certificate. *If born while living in Needham, parents/guardians can obtain copies at the Needham Town Clerk's Office.*

PROGRAM CHANGES/SWITCHES—Call (781) 455-7521, press 6 or stop by the office during office hours (M—F, 8:30 AM—5:00 PM). Changes can only be made if space is available. Additional payments may be required for program changes. Full payment must be sent to the office within 48 hours. If the amount required is less than the initial payment the amount will be credited to your account and can be used at any time for any program for any member of the family. The Park and Recreation Commission has a **NO REFUND POLICY**, unless the activity is cancelled by the department. Questions on this policy may be sent IN WRITING to the Commission.

FINANCIAL ASSISTANCE—Available to Needham residents only. Please call (781) 455-7521, press 6 for more information. *Participants receiving financial assistance must register in person or by mail as the on-line option is unavailable at this time.*

SPECIAL NEEDS PROGRAMMING—A wide variety of activities are planned by The Charles River Center. Call (781) 972-1018 for more information.

TRUST FUND FOR PARKS—*Make a donation on your registration form or write a separate check in honor of your favorite park. All gifts will be placed in the Trust Fund for Parks, and will be used for park improvements. Call (781) 455-7521, press 6 for more details.*



ITSY BITSY ARTS

Come and join the fun in this creative workshop geared to the abilities of young boys and girls to glue, paint, cut, sprinkle and create. Each week we will produce a fun project together using different artistic skills. Children are required to attend with an adult helper.

Age: **3, 4, 5 year olds** - Birth certificate required

Day: **Fridays**

Session: **January 14—March 11**

Time: **10:00—10:45 AM**

Location: Linden Chambers Community Room

Limit/Ratio: 10 participants with adult helpers (*minimum of 5*): 1 instructor

On Reg. Form: List *Itsy Bitsy Arts*

FEE: **\$60/ eight week session**



BALLET

An introduction to classical ballet program for petite ballerinas and danseurs. Traditional work at the barre, center floor practice and across the floor techniques will be covered. Learn how to tendu, chasse' and plie in a fun, low key environment.

Age: **4 to 7 year olds** - Birth certificate required for ALL 4 and 5 year olds

Day: **Thursdays**

Winter Session: **January 6—March 3**

Spring Session: **March 17—May 12**

Time/Level: **Twinkle Toes (ages 4, 5) 3:30—4:15 PM**

Arabesques (ages 5*, 6, 7) 4:15—5:00 PM

** previous ballet lessons required*

Location: North Hill Fitness Room

Limit/Ratio: 16 participants/session (*minimum of 6*): 2 instructors

On Reg. Form: List *Ballet, Class Level, AND Session*

FEE: **\$60/ eight week session**



Register ONLINE!!

December 15, 2010

www.needhamma.gov



INTRODUCTION TO GEOCACHING

Part of Needham Springs into Action Week!

Geocaching is most often described as a "game of high-tech hide and seek", sharing many aspects with orienteering and treasure-hunting using a handheld GPS receiver. Experienced geocachers will be on hand to introduce the sport of geocaching and facilitate small group instruction to learn how to locate hidden containers, called geocaches. After the brief introduction to the sport, participants will head out on the trails of the Needham Town Forest to find some nearby caches. Bring a handheld GPS if you have one. Come learn a new sport while enjoying the outdoors.

Age: **Ages 7 and up WITH PARENT/ ADULT**

12 and up if unaccompanied by a parent/ adult

Day/Session: **Saturday, May 14** (Rain date Saturday, May 21)

Time: **9:30 AM OR 10:30 AM OR 11:30 AM**

Location: Needham Town Forest, Horsford Pond entrance

Limit: 15 participants per time slot

On Reg. Form: List *Geocaching, and Time*

FEE: **\$3 per person/ one hour session**



Needham Springs Into Action

May 2011



The Needham Eat Well/Be Fit Committee is busy planning some fun, educational and outdoor events for all ages. Activities will be advertised in local newspapers, and on the Town of Needham website!

May is *Walk, Hike and Bike EVERYWHERE* Month, so start thinking about how you will get around town without using an automobile during that month... and beyond!

*** REMINDER ***

Needham Public Tennis Court Badges for the 2011 Season will go on sale starting MARCH 1, 2011!!

Badges are required for ALL public court use at Newman School, Mills Field, and Needham High School April 1 through October 31, and are available to NEEDHAM RESIDENTS, ages 8 and older. (Needham business, non-resident employees should call (781) 455-7521, press 6 for more information about employee badges.)

Visit www.needhamma.gov/parkandrecreation for details on 2011 Rates and how to purchase your badges!

REGISTER ONLINE!!!

December 15, 2010

www.needhamma.gov



WRESTLING FUNDAMENTALS

Participants will learn basic wrestling fundamentals from NHS Varsity and JV wrestling coaches and former NHS team members. This program is designed as an introduction to wrestling for those who have had a little experience or are new to the sport. The opportunity to attend NHS home games will also be available.

Team t-shirt included!

Age: **6 to 10 years old**
 Day: **Mondays**
 Session: **January 3—March 14**
 Time: **6:30—7:30 PM**
 Location: N.H.S. Wrestling Room
 Limit: 20 participants (*minimum 10*)
 On Reg. Form: List *Wrestling Fundamentals*
 FEE: **\$75/ nine week session**



WRESTLING CLUB

Participants will learn wrestling fundamentals through structured practice and work outs from NHS Varsity and JV wrestling coaches and former NHS team members. There will be opportunities to enter youth wrestling tournaments and possible scrimmages with other youth programs. The opportunity to attend NHS home games will also be available. *Team t-shirt included!*

Age: **11 to 15 years old**
 Days: **Tuesdays AND Thursdays**
 Session: **January 4—March 10**
 Time: **6:30—7:30 PM**
 Location: N.H.S. Wrestling Room
 Limit: 30 participants (*minimum 20*)
 On Reg. Form: List *Wrestling Club*
 FEE: **\$150/ nine week session (18 classes)**



A STEP IN A NEW DIRECTION

PARK & RECREATION SUMMER VOLUNTEER PROGRAM 2011

Youths ages 11 and up are welcome to register to assist at the Park and Recreation Summer Programs and at Rosemary Pool. Volunteer registration booklets will be available beginning **Friday, April 1, 2011** at the Park and Recreation office located at **500 Dedham Ave.** AND on-line at www.needhamma.gov/parkandrecreation. (High school students wishing to receive Community Service credit **must also** receive approval from Mrs. Ayoub at the High School **prior to the summer** to receive credit.)

Over 175 youth participated in the volunteer program last summer providing over 5,000 hours of service!!

Give back to the Community, learn something new, meet new friends, gain experience working with children, discover something about yourself...VOLUNTEER!!!

KIDS NIGHT OUT

ATTENTION PARENTS, give yourself the night off and treat your child to a supervised night out of fun and interactive games, unique craft projects, a pizza dinner, dessert *AND* a full length children's film!! (*PJ's and sleeping bags are welcome but not required!*)

**** PLEASE NOTE EXTENDED HOURS AND NEW LOCATION! ****

Age: **3 to 10 year olds** - Birth certificate required for ALL 3-5 year olds
 Time: **5:30—9:00 PM**
 Location: Public Services Administration Building (PSAB)
 Limit: 30 participants/for a ratio of 5 children: 1 instructor
 On Reg. Form: List *Kids Night Out AND Date*
 FEE: **\$16/ child per night**

Dates:

Friday, January 28

Friday, February 11

Friday, March 18

Movie Choice:

Toy Story 3

Ramona and Beezus

Despicable Me



Ramona and Beezus



SUPER DUPER TUMBLERS

Learn gymnastics techniques on age appropriate apparatus such as rings, balance beam, high bar and trampoline. This seven week session of Super Duper Tumblers helps children become enthusiastic about physical fitness, improves muscle tone, increases endurance, coordination and self confidence.

Birth Certificate Required for Registration

SESSION 1: **3 - 4.5 year olds** **10:00—11:00 AM**
Tuesdays, January 25—March 8

SESSION 2: **4.5 - 5-year olds** **1:30—2:30 PM**
Wednesdays, January 26—March 9

Location: Exxcel Gymnastics and Climbing, Newton
 Limit/Ratio: 8 participants for a ratio of 8 children: 1 instructor
 On Reg. Form: List *Super Duper Tumblers AND Session*
 FEE: **\$170/ seven week session**





FEBRUARY SCHOOL VACATION WEEK



Wings and Things

Nature crafts, and nature hike along with nature themed games. "Wingmasters" will visit with many fascinating North American birds of prey, including screech owls, horned owls and more. "Wingmasters" will help children learn about and respect birds of all kinds.

Age: **5 to 10 year olds** - Birth certificate required for ALL 5 year olds
Date: **Tuesday, February 22**
Time: **9:00AM—12:00 PM**
Location: Mitchell School Cafeteria and Gym
Limit/Ratio: 30 participants (minimum of 15) : 3 instructors
On Reg. Form: *Wings and Things*
FEE: **\$25/ one day event**



Toys and Gadgets

Join Jenn, our arts and crafts extraordinaire and the Park and Recreation staff in designing your own mini catapults, pom-pom hamsters & wheels, fortune tellers, and other fun and unique crafts that you get to design and bring home with you!

Age: **5 to 10 year olds** - Birth certificate required for ALL 5 year olds
Date: **Wednesday, February 23**
Time: **9:00AM—12:00 PM**
Location: Mitchell School Cafeteria and Gym
Limit/Ratio: 30 participants (minimum of 15) : 3 instructors
On Reg. Form: *Toys and Gadgets*
FEE: **\$25/ one day event**



DJ Dance Party

Enjoy an afternoon of music, games, prizes, refreshments, fun and more... DJ Mike spins all of your favorite sounds, so get your dancing shoes on and come join the fun! DJ Mike has been featured at Rosemary Pool Family Fun Nights, Summer Playground and Cricketeer Adventure Special Events. *Come and see what all the excitement is about!!*

Age: **6 to 12 year olds**
Date: **Thursday, February 24**
Time: **1:00—4:00 PM**
Location: Mitchell School Cafeteria and Gym
Limit/Ratio: 50 participants (minimum of 15) : 5 instructors
On Reg. Form: *DJ Dance Party*
FEE: **\$25/ one day event**



YOUTH TENNIS LESSONS

Come learn and improve basic tennis skills. Two instructors will be on hand to teach all levels. Please bring your own racquet.

Quickstart: **5 to 7 year olds** - Birth Certificate required for ALL 5 year olds.
Emphasis will be placed on developing hand eye coordination skills while providing a fun and games introduction to tennis skills.

Session One:	Wednesdays, January 12—February 9	6:00—7:00 PM
Session Two:	Wednesdays, March 2—March 30	6:00—7:00 PM
Session Three:	Wednesdays, May 4—June 1	4:00—5:00 PM
Session Four:	Wednesdays, May 4—June 1	5:00—6:00 PM
Session Five:	Wednesdays, May 4—June 1	6:00—7:00 PM
Session Six:	Saturdays, April 30—June 4	9:00—10:00 AM
Session Seven:	Saturdays, April 30—June 4	10:00—11:00 AM
Session Eight:	Saturdays, April 30—June 4	11:00—12:00 PM

Locations: Sessions One & Two—Pollard Green Gym
Sessions Three, Four, Five, Six, Seven & Eight—Pollard Outdoor Courts
Limit/Ratio: 10/session (minimum of 6) : 2 instructors
On Reg. Form: List *Quickstart Tennis AND Session*
FEE: **\$60/ five week session**



Junior: **8 to 13 year olds**
Basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead and strategy.

Session A:	Wednesdays, January 12—February 9	7:00—8:00 PM
Session B:	Wednesdays, January 12—February 9	8:00—9:00 PM
Session C:	Wednesdays, March 2—March 30	7:00—8:00 PM
Session D:	Wednesdays, March 2—March 30	8:00—9:00 PM
Session E:	Wednesdays, May 4—June 1	5:00—6:00PM
Session F:	Wednesdays, May 4—June 1	6:00—7:00 PM
Session G:	Wednesdays, May 4—June 1	7:00—8:00 PM
Session H:	Saturdays, April 30—June 4	9:00—10:00 AM
Session I:	Saturdays, April 30—June 4	10:00—11:00 AM
Session J:	Saturdays, April 30—June 4	11:00—12:00 PM

Locations: Sessions A, B, C, D—Pollard Green Gym
Sessions E, F, G, H, I, J—High School Outdoor Courts
Limit/Ratio: 10/session (minimum of 6) : 2 instructors
On Reg. Form: List *Junior Tennis AND Session*
FEE: **\$60/ five week session**



ICE SKATING LESSONS

Review the levels below and choose the appropriate level. On the first day of lessons, children will be sorted into small groups by ability within each level.

**** All five year olds MUST register for Penguins, unless they received a passing progress report in the Fall 2010 session. Five year olds in the Penguin level can be moved to a different level after being evaluated in the first class, if appropriate. ****

Age: **5 years and older** - Birth certificate required for ALL 5 year olds
 Day: **Tuesdays AND Thursdays**
 Session: **March 1—March 17**
 Location: St. Sebastian's Country Day School Rink
 Limit: 15 participants for Penguins and Snow Leopards
 20 participants for Snowy Owls and Polar Bears
 Equipment: Single blade skates and **helmets** required.
 On Reg. Form: List *Penguins, Snow Leopards, Snowy Owls, OR Polar Bears AND Time*
 FEE: **\$42/ three week session (6 classes)**



Levels and Times

PENGUINS: 3:30 - 4:00 OR 4:00 - 4:30 OR 4:30 - 5:00

Figure Skates or Hockey Skates

- ❖ Has never skated before and/or needs help standing and moving on skates.
- ❖ All five year olds must register for Penguins.
- ❖ Ratio: 6 children: 1 staff



SNOW LEOPARDS: 3:30 - 4:15 OR 4:15 - 5:00

Figure Skates or Hockey Skates

- ❖ Beginner with basic skating skills: can stand on skates, fall and get up, march, glide, and stop (snow plow).
- ❖ Will work on refining basic skills and gaining more confidence and speed.
- ❖ Ratio: 6 children: 1 staff

SNOWY OWLS: 4:15 - 5:00

Figure Skates

- ❖ Can glide forward and backward, perform sculling, and stop.
- ❖ Will work on turns, crossovers, one-footed skills, spins, and jumps.
- ❖ Ratio: 10 children: 1 staff



POLAR BEARS: 4:15 - 5:00

Hockey Skates

- ❖ Can stand on hockey skates, fall and get up, march, glide, perform sculling, and stop.
- ❖ Will work on different stops, forward and backward sculling, turns, crossovers, edges, and jumps.



FEBRUARY SCHOOL VACATION WEEK



Basketball Clinic

In this annual clinic sportsmanship, teamwork, and fun are emphasized while developing your personal skills on the court. Dribbling, passing, shooting, and defensive skills will be emphasized with daily scrimmages to apply everything you have learned!

Age: **8 to 14 year olds**
 Days/ Session: **Tuesday, Wednesday AND Thursday February 22—24**
 Time: **9:30—12:30 PM**
 Location: Pollard Middle School Gym
 Limit/Ratio: 30 participants (*minimum 15*) : 4 instructors
 On Reg. Form: List *Basketball Clinic*
 FEE: **\$75/ three day session**



Thundercat Sports Jam

The staff from Thundercat Sports will create a fun, non-competitive atmosphere through unique games & activities including: basketball, soccer, floor hockey, dodgeball, ultimate football, safari. Tournament day on Thursday! (PLUS: Sports related item provided to all participants!)

Age: **5 to 11 year olds** - Birth certificate required for ALL 5 year olds
 Days/ Session: **Tuesday, Wednesday AND Thursday February 22—24**
 Time: **Half Day 9:00 AM—12:00 PM OR Full Day 9:00 AM—3:00 PM**
 Location: Eliot School Gym
 Limit/Ratio: 30 participants: 3 instructors
 (*minimum of 12 Half Day, minimum of 12 Full Day*)
 On Reg. Form: List *Thundercat Sports Jam AND Half Day OR Full Day*
 FEE: **\$120/ Half Day/ three day session**
\$155/ Full Day/ three day session



Youth Cross Country Ski Lessons

Weston Ski Center instructors teach you how to maximize efficiency and safety by learning proper technique and obtaining the skills necessary to be in control. A fun program for beginners and those who have had some experience.

Age: **6 to 12 year olds**
 Session One: **Mondays, January 3—February 7, 3:45—4:45 PM**
 Session Two: **February 22—24, (February Vacation Week) 12:30—1:30 PM**
 Location: Weston Ski Touring Center, Weston
 Limit/Ratio: 6 participants: 1 instructor
 Rental: *Pay rental fee at the Ski Center-*
\$40/ Session One \$24/ Session Two
 On Reg. Form: List *Cross Country Ski Lessons AND Session*
 FEE: **\$90/ five week Session One**
\$60/ three day Session Two



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