

*Fall 2009
Program Brochure
Winter 2010*

*Town of Lexington
Recreation Department*



*1625 Massachusetts Avenue
Lexington, MA 02420
Telephone: (781) 862-0500 ext. 262
Information & Cancellations : (781) 862-0500 ext. 706
Web Site: <http://www.lexingtonma.gov>*

Please note our new Web Site Address

Important Information

Mission Statement

The Lexington Recreation Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing quality recreational services which are educational, fun and rewarding. The Recreation Department promotes participation by all Lexington citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, accessible and well-maintained Park and Recreation facilities.

Enterprise Fund

Recreation has operated as an Enterprise Fund since 1991. Recreation programs are self-supported by setting user fees to cover all expenses. The Recreation Director, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation operating budget supports staff who manage and deliver recreation programs along with the supplies needed to operate those programs. Surplus revenue generated through the Recreation Enterprise (Recreation and Pine Meadows Golf Club) helps fund Capital Improvement Projects and financially supports some services provided to Recreation by the Department of Public Works, Public Grounds Division, and payment of \$100,000 per year towards the Lincoln Park debt.

Programs for Everyone

Please let us know about barriers that prevent participation. We are proud of our work with members of the community in creating exciting and successful programs. Please help us as we try to expand our ability to provide meaningful and accessible recreational opportunities for all. Your suggestions are welcomed!

Program Location Changes

Lexington Recreation relies heavily upon the Lexington Public Schools and the availability of the Cary Hall facility for our program space. Due to ongoing school renovation projects, and school and town activities, recreation programs are subject to change at any time. We apologize for any inconvenience this may cause.

If You Wait ~ You May Be Too Late

Nothing jeopardizes a recreation program faster than individuals who wait until the last minute to register. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment, and purchasing of supplies. **PLEASE REGISTER EARLY!**

Course Confirmation

Confirmation of your course will **NOT** be made. You will be notified only if you are not in a class due either to full enrollment or a course cancellation. Otherwise, please mark your calendar and plan to attend your class at the first meeting. Advanced registration and full payment are required for all programs.

Registration Policy

1. Please sign up early, as space is limited. All programs are on a "first come—first served" basis via mail-in registration from this brochure. Telephone registrations are accepted for adult programs only with payment by MASTERCARD or VISA. There is a \$25.00 minimum for charges. Classes cannot be attended unless full payment has been received.
2. The Department reserves the right to cancel or consolidate classes that do not support themselves. All programs operate on a self supporting basis.
3. Registration may be limited due to space limitations or staff to participant ratio requirements.
4. Late registration may be accepted subject to available space.
5. Please make checks payable to: **TOWN OF LEXINGTON**.
6. Mail registration to: Recreation Department, 1625 Massachusetts Avenue, Lexington, MA 02420. You may also use the Town Office Building Drop Box in front of Cary Hall.
7. There is a \$25.00 service fee for all returned checks.
8. Non-resident registrations are accepted as of September 15th, space permitting, at an additional rate of \$5.00 for youth programs and \$10.00 for adult programs.
9. Refunds may be requested up to one week before the program begins. A \$10.00 cancellation fee will be retained. Some programs have a non-refundable deposit. No refunds will be given after the program begins. All refund or credit requests must be made in writing. All registrations should be considered accepted unless otherwise notified.
10. The Lexington Recreation Department is committed to providing recreational programs that are accessible to all members of the community. We encourage individuals in need of special assistance in order to participate, to share this information on the registration form when they register, or call the Recreation Office.
11. Financial assistance is available for all Recreation Department sponsored programs. Those who need assistance should request it when applying for a specific program.

Fall and Winter Employment Opportunities with Recreation

The Lexington Recreation Department is now accepting job applications, volunteer applications and community service applications for fall and winter programs. Applications are available at the Recreation Department. Fall 2009 and Winter 2010 positions include flag football referees, basketball scorekeepers and referees, vacation program aides and youth tennis instructors. Preference is given to those applicants who have completed 9th grade or above.

Program Cancellations and Relocations

Please call the cancellation line (**781-862-0500 ext. 706**) when you have any doubts about the weather. Due to the constantly changing New England weather this will be the best way to stay informed if a clinic or class is being held, or if the program has moved to an indoor location.

Recreation Department Recorded Cancellation Line: (781) 862-0500 ext. 706

RECREATION COMMITTEE

Rick DeAngelis, Chairperson
Richard Thuma, Vice Chairperson
Sandra Shaw
Howard Vogel
Wendy Rudner

RECREATION STAFF

Karen Simmons, CTRS, CPRP ~ Director of Recreation
Sheila Butts, CPSI, CYSA ~ Assistant Director
Peter Coleman, CPRP, CYSA ~ Supervisor
Sandy Alexander ~ Administrative Assistant
Cherie Robinson ~ Department Clerk

Helpful Telephone Numbers & Web Sites

Recreation Department		(781) 862-0500 ext. 262
Recreation Program Recorded Information & Cancellations		(781) 862-0500 ext. 706
Coed Softball	Peter Coleman	(781) 862-0500 ext. 262
Lexington Community Education		(781) 862-8043
Lexington Little League	www.lexingtonlittleleague.org	
LexFUN (formerly Lexington Preschool PTA)	www.lexfun.org	
Lexington Senior Center		(781) 861-0194
Lexington Travel Basketball email	lybinfo@gmail.com	
Lexington United Soccer Club	www.LexingtonSoccer.org	(781) 674-1028
Liberty Athletic Girls Track Club	Information	(508) 791-8103
Men's Senior Softball	Bill Popkin	(781) 863-1250
Men's Winter and Summer Basketball	Peter Coleman	(781) 862-0500 ext. 262
Moms on the Mound	Sheila Butts	(781) 862-0500 ext. 262
Pop Warner Football	www.lbhpopwarner.com	
Youth Hockey	www.lbyh.net	
Youth Lacrosse	www.lexingtonlax.org	

**THE RECREATION DEPARTMENT
IS MOVING UP IN THE WORLD!
OUR NEW SPACIOUS OFFICES ARE LOCATED IN
ROOM 206
(FORMERLY THE LOCATION OF DPW ADMINISTRATION AND LEXPRESS)
ON THE SECOND FLOOR AT THE REAR OF THE
TOWN OFFICE BUILDING.**

RECREATION YOUTH LEAGUE SNACK POLICY

All Lexington Recreation Department youth sports programs and leagues—practices, games and clinics—will limit “team snacks” to fruit and water only. This policy applies to food and beverages brought by parents and served to the team before, during and after the sports practice, game or clinic.

In an effort to align the Lexington Recreation Department's youth sports leagues with the positive health and nutrition messages taught to children and teens throughout the school year, “team snacks” served before, during and after in-town league and clinic games should be limited to fruit and water only. While standard health messages include limiting sweets, salty snacks, and other non-nutritive foods for optimal nutritional and dental health, the distribution of cookies, donuts, candy, ice cream, sugary “juice”, and salty chips as a “reward” for being physically active (i.e. playing soccer, basketball or baseball, etc. for 90 minutes) sends a conflicting message to children and undermines their overall health and well-being.



PRE-SCHOOL AND KINDERGARTEN PROGRAMS

PRE-SCHOOL TENNIS LESSONS

\$40

Ages: 4 & 5
Dates: 5 Tuesdays, Sept. 22—Oct. 20
or
 5 Wednesdays, Sept. 23—October 21
Times: 2:00—2:30 p.m. or 2:45—3:15 p.m.
Location: Gallagher Tennis Courts 1 & 2 at the Center Recreation Complex

Lexington Recreation is pleased to offer this fall tennis program for children ages 4 & 5. Instruction will focus on introducing youngsters to the sport of tennis and basic stroke development. *Enrollment is limited to 6 per time slot.*

KIDS JUST LOVE CRAFTS

\$72/6 week session

Ages: 2—4 plus parent or guardian
Fall 2009: Thursdays, Sept. 24—October 29
 Thursdays, Nov. 5—December 17 (no 11/26)
Winter 2010: Thursdays, Jan. 7—Feb. 11, 2010
 Thursdays, March 4—April 8, 2010
Times: 10:00—10:45 a.m.
Location: Cary Hall ~ Estabrook Hall

Glue, paint, color, cut, sprinkle and make a mess. It's all part of the fun! This class encourages children's creativity and teaches children to be proud of their accomplishments. Each 45-minute class includes 2 crafts and stories or songs (whatever time allows). *Class size is limited to 10 child/adult pairs ~ register early.*

KINDERGARTEN TENNIS LESSONS

\$40

Ages: 5 & 6 (enrolled in Kindergarten)
Dates: 5 Tuesdays, Sept. 22—Oct. 20
Times: 3:30—4:00 p.m. or 4:10—4:40 p.m.
Location: Gallagher Tennis Courts 1 & 2 at the Center Recreation Complex



Lexington Recreation is pleased to offer this fall tennis program for children ages 5 & 6 who are enrolled in Kindergarten. Instruction will focus on introducing youngsters to the sport of tennis and basic stroke development. *Enrollment is limited to 6 per time slot.*

MOMMY/DADDY AND ME KAYAKING

\$125

Ages: 2—5 with one parent
Dates: 3 Mondays, Sept. 14, 21 & Oct. 5
Times: 2:00—3:30 p.m.
Location: Old Reservoir



This program is offered by Still River Outfitters. In addition to safe paddling skills and safety, parents learn to adapt proven strategies to comfortably paddle with their toddler. *Maximum 6 adult/child pairs.*

SMART START BASKETBALL

\$60

Ages: 5—7 with a parent
Dates: January 16—March 6, 2010 (no 2/13, 2/20)
Time: 9:15—10:15 a.m.
Location: Bridge School Gym



This program will teach children (and parents) a variety of basketball skills including dribbling, ball handling, shooting, passing, catching, and running in a fun, non-threatening environment and allow participants to work one-on-one with a parent.

A parent must attend and **space is limited**, so register early!

VIKING PRE-SCHOOL SOCCER CLINIC

\$75

Ages: 4 and 5
Dates: 6 Fridays, September 18—October 23
Times: 3:45—4:30 p.m. or 4:45—5:30 p.m.
Location: Bridge School Field

The ever popular Viking Sports Camps return to Lexington this fall to introduce the game of soccer to boys and girls ages 4 and 5. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers or soccer cleats, and a water bottle. Parents and/or guardians are asked to stay for the 45 minute program and are encouraged to participate with their child. *Enrollment is limited to 30 children per time slot.*

EARLY CHILDHOOD MUSIC

\$120/six weeks

Ages: 2.5—3.5
Dates: Thursdays, Sept. 17— Oct. 22
 Thursdays, Oct. 29—Dec. 10 (no 11/26)
Times: 10:00—10:50 a.m.

Ages: 4—5
Dates : Saturdays, Sept. 19—Oct. 24
 Saturdays, Oct. 31—Dec. 12 (no 11/28)
Times: 9:30—10:20 a.m.

Ages: 6—7
Dates: Saturdays, Sept. 19—Oct. 24
 Saturdays, Oct. 31—Dec. 12 (no 11/28)
Times: 10:30—11:20 a.m.

Location: The Real School of Music, 56 Middlesex Tpke. Burlington

We are pleased to offer innovative Early Childhood Programs in conjunction with The Real School of Music in Burlington. Specially designed for children ages 2.5—7, the program is based on the theories of Emile Jacques-Dalcroze and Carl Orff, and introduces the fundamentals of music, rhythm, movement, listening, singing, and instrument playing. "This program encourages self-confidence, focus, reasoning abilities and social skills," says Tad Hitchcock, the lead instructor. "Our programs promise to be fun-filled, building a foundation for a lifetime of musical enjoyment."

Course Confirmation

Confirmation of your course or program will not be made. You will be notified ONLY if you are not in a program due to full enrollment or course cancellation. ADVANCED REGISTRATION IS REQUIRED FOR ALL CLASSES, PROGRAMS AND LEAGUES. Refunds or credits are NOT issued once the class, program or league has begun.

YOUTH AND TEEN PROGRAMS

CHESS CLASSES

Students in each of the Chess classes will join Jim Della Selva to explore chess theory starting from the basic to more advanced levels. The course will consist of instruction, play and group work. **Class size is limited to 12.** All classes will be held in Room G15 of the Town Office Building.

Beginner Chess

Grades: K—5
Fall: 8 Wednesdays, Sept. 23—Nov. 18 (no 11/11) **\$125**
 4 Wednesdays, Dec. 2—23 **\$65**
Winter: 8 Wednesdays, Jan. 14—March 11, 2010
 (no 2/18)
Times: 4:35—5:35 p.m. (Fall 2009)
 4:35—5:35 OR 5:35—6:35 p.m. (Winter 2010)

Intermediate Chess

Grades: 1—5
Fall: 8 Tuesdays, Sept. 22—Nov. 10 **\$125**
 4 Tuesdays, Nov. 17—Dec. 8 **\$65**
Winter: 8 Tuesdays, Jan. 12—March 9 (no 2/16)
Times: 4:35—5:35 p.m.

Advanced Chess

Grades: 2—8 **\$125**
Fall Dates: 8 Tuesdays, Sept. 22—Nov. 25
Winter Dates: 8 Tuesdays, Jan. 12—March 9 (no 2/16)
Times: 5:35—6:35 p.m.

YOUTH INTRODUCTION TO KAYAK **\$110**

Ages: 10—15
Dates: 3 Mondays, September 14, 21 & Oct. 5
Times: 3:30—5:30 p.m.
Location: Old Reservoir

This course is designed for children ages 10—15. The same skills, strokes and safety information will be covered as in the Introduction to Kayak class for adults. Children will learn in a cooperative environment with peers; skills will be practiced through exciting games and fun challenges. Instruction provided by Still River Outfitters. *Maximum 6*

INTRO TO KEYBOARDS **\$120/6 classes**

Ages: 8—12
Dates & Times: Wednesdays, Sept. 23—Oct. 28 6:30—7:15 p.m.
 Wednesdays, Nov. 4—Dec. 9 6:30—7:15 p.m.
Ages: 13—16
Dates & Times: Wednesdays, Sept. 23—Oct. 28 7:30—8:15 p.m.
 Wednesdays, Nov. 4—Dec. 9 7:30—8:15 p.m.
Location: The Real School of Music, 56 Middlesex Tpke.
 Burlington

Lexington Recreation is offering Intro to Keyboards in conjunction with the Real School of Music in Burlington. Beginner group keyboard lessons give the participant a solid introduction to the instrument, provide a foundation for proper techniques and approaches, and teach practice methods that will make the most productive use of your time. Learning the keyboards in a group is a great way to decide whether you want to move on and take private lessons. Students will need to purchase a method book. Electric Keyboards will be supplied by the school.

SCIENCE ADVENTURES After School Club

At Science Adventures After-School Club children experience scientific discovery while being exposed to science concepts through experiments, activities, and take-home projects. Science Adventure topics are designed to capture children's interests and are aligned to national Science Standards. A minimum of 12 children is required to run each program.

Science Bloopers

\$100

Grades: 1—4
Dates: 5 Wednesdays, Sept. 30—Oct. 28
Times: 3:45—4:45 p.m.
Location: Cary Hall ~ Estabrook Hall



What happens when an experiment goes completely wrong? Great science, that's what! Take a look at some of the great science blunders, and how, with a little imagination, they were turned into amazing discoveries. From electric circuits to the hunt for dinosaur bones, some of the best science happens when you least expect it.

Space Explorers

\$100

Grades: 1—4
Dates: 5 Wednesdays, Jan. 13—Feb. 10
Times: 3:45—4:45 p.m.
Location: Cary Hall ~ Estabrook Hall



Reach beyond the sky and explore the final frontier on an amazing adventure through the solar system! Discover how robots and astronauts explore other worlds and investigate the science beyond the rockets that send them into space. Blast off on a journey to the outer reaches of our universe!

INTRO TO GUITAR

\$120/ 6 classes

Ages: 8—12
Dates & Times: Tuesdays, Sept. 22—Oct. 27 6:30—7:15 p.m.
 Tuesdays, Nov. 3—Dec. 8 6:30—7:15 p.m.
Ages: 13—16
Dates & Times: Tuesdays, Sept. 22—Oct. 27 7:30—8:15 p.m.
 Tuesdays, Nov. 3—Dec. 8 7:30—8:15 p.m.
Location: The Real School of Music, 56 Middlesex Tpke.
 Burlington

We are offering Intro to Guitar in conjunction with the Real School of Music in Burlington. Our beginner group lessons will give you a solid introduction to the guitar, establish proper techniques and approaches, and review practice methods that will make the most productive use of your time. Students will need to purchase a method book and supply their own guitar.

KOOL SCIENCE FOR CURIOUS KIDS

\$150

Grades: 1—5
Dates: 8 Fridays, Oct. 2—November 20
Times: 3:30—4:30 p.m.
Location: Cary Hall ~ Robbins Room



Have a fun time observing, hypothesizing, and testing your own ideas as we delve into magnetism, sound design technology, and flight. Hands on projects, use of the scientific method and **learning by doing** will be emphasized. The instructor for this class is Bill Richard, who has been a science teacher at the Meadowbrook School in Weston for the past 23 years. *Class size limited. Register early.*

YOUTH AND TEEN PROGRAMS

YOUTH TENNIS LESSONS

The Fall Youth Tennis Lessons are designed to introduce children in Grades 1 through 8 to the life-long sport of tennis. The participants will learn the basic rules of tennis, work on stroke development, and serves (when appropriate) through drills and games. Lessons will be held at the Gallagher Tennis Courts (1 & 2) at the Center Recreation Complex. *Enrollment is limited to 6 per time slot.*

GRADES 1 & 2 \$60

Dates: 5 Thursdays, Sept. 24—October 22
Times: 2:00—2:45 p.m. **or** 2:55—3:40 p.m.

GRADES 3, 4 & 5 \$60

Dates: 5 Wednesdays, Sept. 23—Oct. 21
Times: 3:25—4:10 p.m.

or

Dates: 5 Thursdays, Sept. 24—October 22
Times: 3:50—4:35 p.m.

GRADES 6, 7 & 8 \$60

Dates: 5 Wednesdays, Sept. 23—Oct. 22
Times: 4:20—5:05 p.m.

YOUTH KARATE \$80

Grades: 3—12
Fall Dates: 8 Wednesdays, Sept. 23—Nov. 18
 (no class 11/11)
Winter Dates: 8 Wednesdays, Jan. 13—March 10
 (no class 2/17)
Time: 4:30—5:30 p.m.
Location: Cary Hall ~ Robbins Room

Boys and girls in grades 2 through 8 are invited to join Lexington Police Officer Charles Crayton, Certified Karate Instructor, to learn the art of Self Defense while improving strength and coordination. Participants should wear comfortable clothing and bring a water bottle.

ARCHERY \$110

Ages: 9—14
Dates: 5 Thursdays, Sept. 24—Oct. 22
Times: 3:30—5:00 p.m.
Location: Bridge School Field

During this five week program participants will learn to shoot a bow and arrow with Archery USA in this Junior Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace.

BABYSITTING TRAINING \$80

Ages: 11 +
Dates: Mondays, October 19, 26 & November 2
Times: 6:30—9:00 p.m.
Location: Town Office Building Room G15

The American Red Cross Babysitter Training program prepares boys and girls to become babysitters. Students will learn by participating in group discussions and activity periods. Topics include: Becoming a babysitter, holding and handling, dressing, diapering, feeding, bedtime and fun-time, plus basic first aid skills. *Maximum 12.*

NBA/WNBA FIT DRIBBLE, DISH, & SWISH



Date: Saturday, November 7
Ages: Boys and Girls ages 7-12
Times: 9:00-10:30 a.m. (Ages 7-8)
 10:30 a.m.-12:00 p.m. (Ages 9-10)
 12:00-1:30 p.m. (Ages 11-12)

Location: Diamond Middle School Gym
Fee: **FREE (pre-registration is required)**
 This is the official skills competition of the NBA FIT/WNBA FIT program and provides boys and girls the opportunity to display three fundamental basketball skills — dribbling, passing, and shooting. **Participation in this event is FREE, but participants must submit a program registration form prior to November 2.**

ADAPTIVE BASKETBALL PROGRAM \$60

Ages: 7—16
Dates: Saturdays, January 9—March 13 (no 2/13, 2/20)
Times: 10:30 a.m.—12:00 noon

Location: Bridge School Gym
 This program is designed to offer children with a mental or physical disability the opportunity to learn and play basketball in a cooperative, non-threatening environment. The program takes into consideration the needs and abilities of every participant, and modifications are made to the game and training to allow full participation and enjoyment for each child. Volunteers are welcome!



NFL YOUTH FLAG FOOTBALL

Dates: Sundays, September 20—November 8
 Registration deadline: Wednesday, Sept. 9.
Ages ~Times: 6, 7 & 8 coed 12:00—1:15 p.m.
 9, 10 & 11 coed 12:45—2:00 p.m.
 12—14 boys 1:30—2:45 p.m.
 12—14 girls 2:15—3:30 p.m.

Location: Lincoln Field # 1



Fee: **\$70.00**

NFL FLAG Football is a popular five-on-five game filled with fun and action. The program provides young players a fun and exciting opportunity to engage in non-contact, continuous action while learning lessons in teamwork and sportsmanship. Participants in each age group will be divided into teams of 10 players, coached by **volunteer parents**. Weekly sessions will include 30 minutes of practice followed by a 40 minute game. **Participants will receive a game jersey, can wear cleats (non-metal) or sneakers, and must have a mouth guard.**

In-Town Recreation Basketball League for Grades 7 and 8

Weeknights and Saturdays, November 23, 2009 - March 20, 2010 (no 11/25-11/28,12/24-1/2, or 2/13 -2/20)

Early Registration Fee: \$145

Registration after October 30: \$155

The 7th and 8th Grade In-Town Basketball League is an organized recreational basketball program for boys and girls currently enrolled in Grades 7 and 8. Participants are evaluated and placed on teams. Every effort is made to create teams of equal skill. Teams play a full schedule of games, however competitiveness is kept to a minimum while fundamentals, skill development, teamwork, and sportsmanship are emphasized. All players must dress appropriately—jeans and jewelry are not allowed. The teams will practice for 1 hour one night a week and games will be played on Saturday afternoons.

All participants must be registered in advance. There is a \$25 non-refundable deposit (included in the registration fee) for this program. Late registrations will be accommodated ONLY if space is available. Participants MAY NOT request placement with a particular coach or friend. This program is open to Lexington residents ONLY.



Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Monday or Thursday evenings

Games: 2:05 p.m., 3:10 p.m., or 4:15 p.m. on Saturday afternoons

Times for team practices and games will rotate throughout the season.

In-Town Recreation Basketball League for Grades 5 and 6

Weeknights and Saturdays, November 23, 2009 - March 20, 2010 (no 11/25-11/28,12/24-1/2 or 2/13-2/20)

Early Registration Fee: \$145

Registration after October 30: \$155

The In-Town League is an organized recreational basketball program for boys and girls currently enrolled in Grades 5 and 6. Participants are evaluated and placed on teams. Every effort is made to create equitable teams throughout the league. Teams play a full schedule of games, however competitiveness is kept to a minimum while fundamentals, skill development, teamwork, and sportsmanship are emphasized. All players must dress appropriately—jeans and jewelry are not allowed. The teams will practice for 1 hour one night a week and games will be played on Saturday afternoons.

All participants must be registered in advance. There is a \$25 non-refundable deposit (included in the registration fee) for this program. Late registrations will be accommodated ONLY if space is available. Participants MAY NOT request placement with a particular coach or friend. This program is open to Lexington residents ONLY.

Girls' Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Monday or Thursday evenings

Boys' Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Tuesday or Wednesday evenings

Girls' Games: 12:30 p.m., 1:00 p.m., or 1:35 p.m. on Saturday afternoons

Boys' Games: 2:45 p.m., 3:50 p.m., 4:55 p.m., or 6:00 p.m. on Saturday afternoons



Times for team practices and games will rotate throughout the season.

Youth Basketball Clinic for Grades 2—4

Saturdays, January 9 through March 27, 2010 (no 2/13 and 2/20)

Early Registration Fee:

\$85

Registration after December 11:

\$95

The Youth Basketball Clinic is designed as an instructional program in which the basic skills of basketball will be introduced and reinforced through drills and scrimmage games. This program will be on Saturday mornings.

All children must be registered in advance with the Recreation Department. This is a very popular program and spots are limited. Participants MAY NOT request placement with a particular coach or friend. The program is limited to Lexington residents ONLY.

Girls Grade 2: 9:00-10:30 a.m. Fiske

Boys Grade 2: 10:45 a.m.-12:15 p.m. Harrington

Girls Grade 3: 9:00-10:30 a.m. Diamond

Boys Grade 3: 10:45 a.m.-12:15 p.m. Fiske

Girls Grade 4: 9:00-10:30 a.m. Clarke

Boys Grade 4: 10:45 a.m.-12:15 p.m. Clarke or Diamond



The success of the Youth Basketball Clinic and the In-Town Basketball Leagues depends greatly upon volunteer coaches. If we do not get volunteers to coach these programs, the number of participants accepted could be seriously effected, or the program cancelled. Volunteers interested in coaching or being a coaching assistant in the Youth Basketball Clinic or In-Town Leagues are asked to contact the Recreation Department at (781) 862-0500 ext. 262.



NASHOBA VALLEY SKI AREA YOUTH SKI AND SNOWBOARD PROGRAMS



SKI LESSONS FOR GRADES 2—5

6 Thursdays

January 7—February 11, 2010

FEE: \$265

1:00—5:00 p.m.

The Thursday Afternoon Ski Package includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. Buses leave the Town Pool Parking Lot on Worthen Road at 1 p.m. and return at 5 p.m.

For parents who would prefer to drive their children each week to Nashoba, the Thursday Lesson Program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$205.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 18, 2009.*

Rentals will be fitted for those registered for the program on Thursday, December 3, 2009 at Cary Hall from 6:00—7:30 p.m. The price for rentals is \$90 to be paid at the fitting. (At Nashoba the rental fee will be \$100.00.)

SNOWBOARD LESSONS FOR GRADES 4 & 5

6 Thursdays

January 7—February 11, 2010

FEE: \$265

1:00—5:00 p.m.

The Thursday Afternoon Snowboard Package for children in **Grades 4 and 5 only** includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. Buses leave the Town Pool Parking Lot on Worthen Road at 1:00 p.m. and return at 5:00 p.m.

For parents who would prefer to drive their children each week to Nashoba, the Thursday Lesson Program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$205.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 18, 2009*

Rentals will be fitted for those registered for the program on Thursday, December 3, 2009 at Cary Hall from 6:00—7:30 p.m. The price for rentals is \$90 to be paid at the fitting. (At Nashoba the rental fee will be \$100.00.)

FRIDAY NIGHT SKI AND SNOWBOARD LESSONS FOR GRADES 6—12

FEE INCLUDING LESSONS: \$250

FEE WITHOUT LESSONS : \$220

5 Fridays

January 8—February 5, 2010

5:30—10:45 p.m.

Participants will leave by bus from the Lexington High School Parking lot on Worthen Road promptly at 5:45 p.m. and will return by 10:45 p.m. The Ski or Snowboard package includes transportation, lift tickets and five one-hour lessons *for those who have selected the lesson option when registering*. Parent volunteers will act as chaperones. The fee includes a non-refundable \$50.00 deposit. Before registering please consider possible conflicts such as Friday evening sports commitments, etc. Refunds will not be guaranteed for cancellations after December 18, 2009.

Rentals will be fitted for those registered for the program on Thursday, December 3, 2009 at Cary Hall from 6:00—7:30 p.m. The price of rentals is \$80 for skis or snowboards, to be paid at the fitting. (At Nashoba the rental fee is \$90.)

The choice of taking a ski or snowboarding lesson MUST be made when registering for the program.

IF YOU REGISTER FOR THE FRIDAY NIGHT PROGRAM YOU MUST GO TO AND FROM

NASHOBA VALLEY ON THE BUS.

Parent volunteers are needed to make the Thursday afternoon and Friday evening Nashoba Valley Programs successful. Please consider volunteering for at least one week, and indicate your willingness on the registration form.

Adult Programs

R.A.D. WOMEN'S SELF DEFENSE \$50

Ages: Women only 17+
Dates: 4 Mondays, Oct. 26—Nov. 16
Time: 6:00—9:00 p.m.
Location: Clarke Middle School Gymnasium

The Lexington Police Department and the Lexington Recreation Department are proud to again be collaborating on this very important Women's Self Defense Program. Over the course of this 4-week program, taught by Lexington Police Officer Charles Crayton, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principles of defense. The program will culminate with students participating in "simulated assault" scenarios at full contact with RAD instructors, who wear state of the art protective gear specifically designed for this training. Women have the opportunity to utilize their skills in a safe training environment monitored by instructors. Participants should wear loose fitting, comfortable clothing and bring a water bottle to class. Enrollment limited.

BODY CORE: A Total Fitness Class \$125/session

Ages: 18+
Dates: **Fall** — Mon. & Thurs., Sept. 21—Dec. 7
(no 9/28, 10/12, 10/13, 11/26)
Winter—Mon. & Thurs., Jan. 7*—Mar. 25
(no 1/18, 2/15, 2/18, 3/1) *Thursday
Time: 6:00—7:30 p.m.
Location: Hastings School Gym

This class is energetic and fun, and is accessible to all levels of ability and ages. Each class consists of choreographed dance/aerobics combinations, Pilates core strengthening exercises, and yoga stretching that will improve posture and range of movement. Various equipment is used in this class for the core conditioning exercises. Please bring a roll-up yoga mat, hand weights, and good aerobics or cross training shoes. Running shoes should not be worn in this class. Ellen Gaies is a certified Aerobics and Pilates Instructor.

GET UP 'GO ADVENTURES \$96

Short Cycling Adventures with Lee & Bob Evans



The rides take advantage of nearby (*not just Lexington*) conservation areas and scenic roadways to show off fall's grandeur. All participants must wear an ANSI and/or CPSI approved helmet and must bring a bike in good working condition.

Soft Spoke 'N — Social and Relaxed Bicycling Adventures

Tuesdays, September 15—October 27
12 noon—1:45 p.m.

Out Spoke 'N— Intermediate Bicycling Adventures

Tuesdays, September 15—October 27 OR
Fridays, September 18 - October 30
9:30—11:30 a.m.

Super Spoke'N—on the road only

Clip less pedals strongly recommended. Start locations mostly in Lexington, Weston and Wellesley area.

Wednesdays, September 16—October 28
9:30—11:30 a.m.

YOGA CLASSES

\$120/session

Dates: **Fall—Mondays**, Sept. 21—December 7 (no 9/28, 10/12)
Winter—Mondays, Jan. 11—Mar. 29, 2010
(no 1/18, 2/15, 3/1)

Time: 12:15—1:15 p.m.

Dates: **Fall—Thursdays**, Sept. 17—Nov. 19, 2009
Winter—Thursdays, Dec. 10, 2009—Mar. 4, 2010
(no 12/24, 12/31, 2/18)

Time: **Beginner** ~7:00—8:00 p.m.

Intermediate ~ 8:00—9:00 p.m.

Location: Cary Hall ~ Robbins Room

Join Certified Yoga Instructor Michael Preston in this physically balancing workout of YOGA. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should wear loose fitting clothes and bring a Yoga mat.

INTRO TO GUITAR/ INTRO TO KEYBOARD

\$120/ 6 classes

Ages: 17+

Dates & Times: Intro to Guitar

Mondays, Sept. 21—Oct. 26 7:30—8:15 p.m.
Mondays, Nov. 2—Dec. 7 7:30—8:15 p.m.

Dates & Times: Intro to Keyboard

Mondays, Sept. 21—Oct. 26 7:30—8:15 p.m.
Mondays, Nov. 2—Dec. 7 7:30—8:15 p.m.

Location: The Real School of Music, 56 Middlesex Tpke.
Burlington

We are offering Intro to Guitar and Intro to Keyboards in conjunction with the Real School of Music in Burlington. Our beginner group lessons will give you a solid introduction to the guitar or keyboard, establish proper techniques and approaches, and review practice methods that will make the most productive use of your time. All students will need to purchase a method book. Those in guitar must supply their own guitar. Electric keyboards will be provided for those in keyboarding class.

INDOOR GOLF LESSONS

\$90

Ages: 16+

Dates: Tuesdays, January 19—February 23 (no 2/16)

Time: 7:30—8:30 p.m.

Location: Lexington High School Field House

Get a head start on improving your golf game for the Spring. Join Jason Rajotte, LHS Physical Education Instructor, coach, strength and conditioning coordinator and 2009 Junior Golf League Instructor for a series of five one-hour golf lessons at the LHS Field House and get into the **SWING for SPRING!** Lexington residents will receive a 2010 Golf ID Card for Pine Meadows.

INTRODUCTION TO KAYAK

\$110

Ages: 15+

Dates: 3 Mondays, September 14, 21 & October 5

Time: 5:30—7:30 p.m.

Location: Old Reservoir

Introduction to Kayak is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in "recreational" kayaks. Instruction provided by Still River Outfitters. *Maximum 6*

AMERICAN RED CROSS CERTIFICATION CLASSES

CPR for the Professional Rescuer

Recertification **\$70**

Date: TBA (call for March class date)

Time: 6:30—10:00 p.m.

Location: Town Hall Room G15

Participants **must** bring their book, pocket mask and current Red Cross Certification Card with them to class. This class is designed for lifeguards and other aquatics personnel.

CPR/AED Recertification **\$70**

Date: Thursday, March 25, 2010

Time: 6:30—10:00 p.m.

Location: Town Hall Room G15

Non-aquatics participants currently certified in CPR will review and practice skills, and take the practical and written recertification exam. Recertification in CPR skills is required on an annual basis.

BALLROOM DANCE CLASSES

\$125/resident couple/session

\$135/non resident couple/session

Dates: **Fall—Tuesdays**

Sept. 22—Dec. 1, 2009 (no 11/10)

Winter—Tuesdays

Jan. 12—March 30, 2010 (no 2/16, 2/23)

Location: Bridge School Gymnasium

Beginner Ballroom 6:00—7:00 p.m.

Join Steve White as the basic steps of the Fox trot, Cha Cha, Waltz and Swing dance are covered. Just the thing for the holidays or that upcoming wedding.

Level II and Advanced Ballroom 7:00—8:00 p.m.

Building on the foundations from Beginner ballroom, this course, under the instruction of Steve White, seeks to improve those steps, as well as provide an introduction to Tango and Rumba for intermediate dancers. The more advanced dancers will have the opportunity to brush up on their style, and learn more advanced Latin and American Ballroom dances.

Swing and Latin Dance 8:00—9:00 p.m.

Be part of the latest craze! Join Steve White to learn both Latin and American Swing dancing. The class features five weeks of Latin Dance instruction followed by five weeks of Swing. All dancers are welcome.



ZUMBA (Dance & Exercise)

\$100/ one day per week

\$150/ two days per week

\$200/ three days per week

Dates: Mondays, Sept. 28—Nov. 23 (no 10/12)

Fridays, Sept. 25—Nov. 13

Time: 8:45—9:45 a.m.

Location: Cary Hall ~ Estabrook Hall

Dates: Wednesdays, Sept. 23—Dec. 2

(no 11/11, 11/25)

Time: 6:30—7:30 p.m.

Location: Bridge School Gymnasium

Zumba is a Latin inspired dance/fitness class for all ages (16+). It fuses aerobics, body sculpting, and core conditioning with energized music and dance movements. Zumba is very easy to learn and no dancing experience is needed. So come alone or with a friend and join the party...fitness training has never been so much fun...UNTIL NOW. **Participants may register for one, two or three days per week, and should indicate the days they will attend when registering.**

INSTANT GUITAR FOR HOPELESSLY BUSY

ADULTS AND TEENS 16+ \$30 + Materials Fee

Date: Wednesday, November 18


Time: 6:30—9:00 p.m.

Location: Cary Hall ~ Robbins Room

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons. This one night, crash course will teach you basic chords and get you playing along with your favorite songs right away. Bring an acoustic guitar to class. Limited to 15 students ages 13+. *The class fee of \$30 is payable at the time of registration. A \$28 materials fee (workbook and*

ADULT WINTER BASKETBALL LEAGUE

Men (20+): Monday - Wednesday
January 4—March 24, 2010

Game Times: 8:00 p.m. and 9:00 p.m. 

Location: Diamond Middle School Gym

Fee: \$600.00 per team

The Recreation Department is pleased to offer a Winter Basketball league for men in 2010. Interested participants may register as a complete team (Maximum 12 players). The registration fee covers equipment, referees, scorekeepers, and facility use fees. The season will consist of 10 games plus single elimination playoffs. Contact the Recreation Department at (781) 862-0500 ext. 262 for more information and team registration forms. These forms will also be available online at the Recreation Web Site:

www.lexingtonma.gov/recreationdepartment.cfm

Every attempt will be made to place individuals on a team.

Adult Programs

FITNESS BOOT CAMP FOR WOMEN

Fee: \$175/2 days per week
\$100/1 day per week
Ages: 23+
Dates: 8 Weeks (Tuesday & Thursday)
Sept. 8—Oct. 29
Time: 6:00—7:00 a.m. *RAIN or SHINE*
Location: Lincoln Park Field # 2

This new fitness program designed specifically for women will incorporate upper and lower body weight exercise as well as cardiovascular activities. Possible band work and many body weight exercises will be included. Paul McManus, Summer Conditioning Instructor for the past 7 years and former Lexington PE instructor will lead this new program. All levels of ability are welcome with a doctor's certificate.

EVENING DROP IN PROGRAM

at the

LEXINGTON HIGH SCHOOL FIELD HOUSE

November 2, 2009—April 15, 2010

NEW SCHEDULE

- **JOGGING (all ages)**
Monday—Thursday 7:15—9:00 p.m.
- **ADULT PICK UP BASKETBALL (20+)**
Monday 7:15—8:15 p.m.
Tuesday (Nov., Mar. & Apr.) 7:15—8:15 p.m.
Thursday 7:15—9:45 p.m.
- **ADULT PICK UP INDOOR SOCCER (20+)**
Monday 8:15—9:45 p.m.
Tuesday (Nov., Mar. & Apr.) 8:15—9:45 p.m.
Wednesday 7:15—9:45 p.m.
- **YOUTH WRESTLING CLINIC / TEAM****
Tuesday & Thursday (Dec.—Feb.) TBD
- **INDOOR GOLF LESSONS****
Tuesdays (January & February) 7:15—8:30 p.m.

The **Evening Program Season Membership fee** is \$50.00 for Lexington residents; \$75.00 for non-residents. Photo Identification is required when purchasing a membership card. The daily fee is \$3.00 for residents/ \$5.00 for non-residents.

** participation requires separate registration & payment.

ADULT SKI & SNOWBOARD PROGRAMS

Morning Ski & Snowboard Lessons \$170

Ages: 18+
Dates: 6 Mondays beginning Jan. 4, 2010
6 Tuesdays beginning Jan. 5, 2010
6 Wednesdays beginning Jan. 6, 2010
6 Thursdays beginning Jan. 7, 2010
Time: 9:00 a.m.—1:15 p.m.
Location: Nashoba Valley Ski Area

The ski package includes six 1 hour lessons from 10:00—11:00 a.m. plus morning lift ticket, good for the day of the lesson. Rentals are \$90 for skis or snowboards if you attend the Lexington pre-fit evening, December 3 in Cary Hall ~ Estabrook Hall, from 6:00—7:30 p.m.), or \$100 at Nashoba Valley, payable at the first class. Participants must choose one day per week to attend throughout the season (they do not have to be consecutive weeks).

The Young At Heart Club \$160

Ages: 55+
Dates: 6 Mondays beginning Jan. 4, 2010
OR
6 Wednesdays beginning Jan. 6, 2010
Time: 9:00 a.m.—5:00 p.m.
Location: Nashoba Valley Ski Area

This program is designed for those 55+ who would like to ski in a social atmosphere or simply brush up on their skills. The ski package includes skiing from 9:00 a.m. to 5:00 p.m. on **either Monday or Wednesday (select one day)** with a "Pro-Peer" ski program beginning at 10:15 a.m. Rentals are \$90 for skis or snowboards if you attend the Lexington pre-fit evening (December 3 in Cary Hall ~ Estabrook Hall, from 6:00—7:30 p.m.), or \$100 at Nashoba Valley, payable at the first class.

Evening Ski & Snowboard Lessons \$170

Ages: 18+
Dates: 6 Mondays beginning Jan. 4, 2010
6 Tuesdays beginning Jan. 5, 2010
6 Wednesdays beginning Jan. 6, 2010
6 Thursdays beginning Jan. 7, 2010
Time: 5:00—10:00 p.m.
Location: Nashoba Valley Ski Area

The ski package includes six 1 hour lessons from 7:30—8:30 p.m. plus evening lift ticket, good for the day of the lesson. Participants must choose one day per week to attend throughout the season (they do not have to be consecutive weeks). Rentals are \$90 for skis or snowboards if you attend the Lexington pre-fit evening (December 3 in Cary Hall ~ Estabrook Hall, from 6:00—7:30 p.m.), or \$100 at Nashoba Valley, payable at the first class.



EARLY MORNING ADULT DROP IN at the LHS FIELD HOUSE & GYM

Ages: 18+
Dates: Monday, Wednesday & Friday
 September 9, 2009—August, 2010
Time: 6:15—7:15 a.m.
Fee: \$75/Lexington residents
 \$95/Non residents

Season membership cards are required for this morning drop in program. The pass is also valid for the adult evening drop in programs at the LHS field house (November–April). **The program will not run on holidays.**

PINE MEADOWS GOLF CLUB

Pine Meadows Golf Club is owned by the Town of Lexington and managed by the New England Golf Corporation. Play on elevated tees, tree-lined fairways and the rolling greens of Lexington. **NO METAL SPIKES ARE ALLOWED.** Call the Pro Shop at (781) 862-5516 for schedules and tee times.

Golf ID cards are available at the Recreation Department Office for Lexington residents ONLY. The yearly \$10.00 Golf ID card entitles the holder to reserve a tee time up to 14 days in advance.

Golfers are encouraged to contact Pine Meadows Golf Club at (781) 862-5516 for information and fees for **Player “Loyalty” Discount Cards** and the Monday through Thursday (11:00 a.m.—3:00 p.m.) **Replay Option.**



Fee Schedule (9 holes)

	<u>Residents</u>	<u>Non-Residents</u>
Weekends	\$19.00	\$22.00
Weekdays	\$17.00	\$20.00
Golf Carts	\$15.00	\$15.00
Special Mon.—Thurs. before 3:00 p.m.		
Seniors (62+)	\$14.00	\$16.00
Juniors (under 18)	\$14.00	\$16.00



WE CAN TAKE YOU THERE
(781) 861-1210

TENNIS COURT RESERVATIONS

Available at the Recreation Department Office

Thru October 2009

Monday through Friday 8:30 a.m.— 4:00 p.m.

Fees:

\$40.00: Adult Tennis ID Card
 \$30.00: Senior Tennis ID Card
 Free: Hourly reservation with ID Card
 \$5.00: Hourly reservation without ID Card
 \$10.00: Lighted Court with ID
 \$15.00: Lighted Court without ID

OTHER LEISURE PURSUITS

Sing Along Chorus: This integrated special needs program for teens and young adults runs from September 2009 through May 2010 at the Bridge Elementary School on Monday evenings from 7:00—8:30 p.m. The chorus is run by Special Needs Arts Programs, Inc. For information and registration contact Marilyn Abel, (781) 862-8971.

Sing Along Singers is an integrated special needs program for adults. The program is held at the Bridge School on Wednesday evenings from 7:00—8:30 p.m. September through May. Contact Marilyn Abel at (781) 862-8971 for information.

Special Musicians is a program for children ages 4—10 with disabilities. Classes are held on Saturdays in Lexington through June. This program is led by music therapist Andrew Gentzow and run by Special Needs Arts Programs, Inc. For more information email: specialmusicians@hotmail.com

Teresa and Roberta Lee Fitness ~ Nature Path

The fitness and nature path is 1.35 plus miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~Nature path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

ED2GO ~ ONLINE EDUCATION COURSES

Courses start as low as \$84.00.

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All you need to get started is Internet access, an email address and a Web browser. Upcoming class start dates are September 16, October 21, November 18, December 16, January 20, February 17, and March 17.

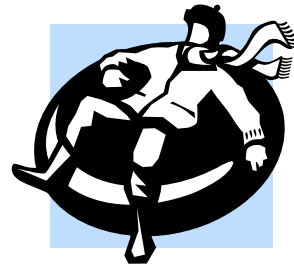
Visit the Online Instruction Center at: www.ed2go.com/lexrec to view courses and content, and to enroll in a course. Follow the online instructions to register for a course, and make payment to the Lexington Recreation Department (check, VISA or Master Card) by the Monday before the scheduled starting date.

Go to: www.ed2go.com/lexrec and check out the courses!

Space is Limited

**80 students
Sign Up Early!**

**Winter 2010
Middle School
Early Release Program**



Come along snow tubing at Nashoba Valley on Thursday January 14, 2010. We will be meeting in your school's cafeteria at 11:45 a.m. to eat lunch and then the bus will pick us up at 12:30 p.m. **We will tube from 1:30-3:30 p.m. and your parent is expected to pick you up at 4:15 p.m. at your school.** For Boston students, you will be supervised at your designated school until the late bus picks you up.

The fee is **\$34.00** and includes transportation and snow tubing. You are required to bring your lunch. Some financial assistance is available upon request.

Return the bottom part of this form along with your check no later than Friday, December 18, 2009 (space permitting) to the Lexington Recreation Department Office at Town Hall. Please include a check payable to Town of Lexington.

Middle School Early Release Program Registration Form

(Please PRINT clearly)

Name _____ Home Phone _____

Parent's Cell Phone _____ Work Phone _____

Address _____ Zip Code _____

Date of Birth _____ M ___ F ___ Grade _____ School _____

Email Address: _____

I/We, the parent/guardian of the above named minor, hereby consent to his/her participation in the Middle School Early Release Program Snow Tubing Trip to the Nashoba Valley Ski Area, sponsored by the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorney from any and all liability or expense arising out of any injury involving or on account of any injury to above named minor in conjunction with this program.

- Phone/cell phone where parent can be reached on Thursday afternoon, January 14 _____
Or, in the event of an emergency, please call: NAME _____ PHONE: _____
- If I cannot be reached in an emergency, I hereby give permission to the Town of Lexington staff to authorize a physician at a local hospital to secure proper treatment for my child as named above.
- I understand that my child will be picked up at his/her Middle School and transported to Nashoba Valley on a C&W School Bus. The trip participants will be dropped off at their designated school for a 4:15 p.m. pick up. Please be prompt!
- ***If the Tubing trip to Nashoba Valley is cancelled because of adverse weather participants will be notified at their school and an announcement will be placed on the Recreation Information Line (781) 862-0500 ext. 706. Registration checks will be returned if the program is cancelled.***

Parent/Guardian Signature _____ Print name _____

Date _____

If your child has any allergies, is on medication, or has other physical problems that we should be aware of, please indicate and explain:

***Are you interested in volunteering for this program? ___ yes ___ no
If you can volunteer, please give us the best phone number and email address at which to reach you.***

Email: _____ Phone: _____

Return this registration form with a check in the amount of \$34.00 payable to the TOWN OF LEXINGTON c/o Lexington Recreation Department Office, 1625 Massachusetts Avenue, Lexington, MA 02420

You may also use the Town Hall Drop Box in front of Cary Hall.

The Registration Deadline is: Friday, December 18, 2009 (space permitting).

This program is made possible through the cooperative efforts of the Lexington Youth Services Council, Department of Human Services, Lexington Recreation Department, Lexington Police Department and the Lexington Public Schools.



Lexington Recreation Department Program Registration Form

Last Name _____ First Name _____

Address _____

Home Phone _____ Work Phone _____ Cell # _____

Email Address (please print) _____

D.O.B. _____ Age _____ Grade _____
Fall 09 _____ School _____ M _____ F _____

Emergency Contact Name & Phone _____

Special instructions and/or information that the instructor needs to be aware of:
(medical concerns, allergies, special needs, etc.) _____

I/We, the parent(s)/guardian(s) of _____ a minor, hereby consent to his/her participation in the Town of Lexington Recreation Department programs, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Recreation Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Parent's Signature _____ Date _____

Please Print Parent/Guardian Name _____

Program Title	Day/Session	Time	Fee
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

I would like to donate to the scholarship fund which allows children to participate in Recreation Programs in the community. Donation Amount \$ _____

TOTAL PAYMENT INCLUDED (program fees & donation) \$ _____

Type of Payment: _____ VISA _____ Master Card _____ Check _____ Cash

If paying by credit card: Card Account # _____ Exp Date _____

(Minimum required to charge is \$25.00)

Cardholder Signature _____

Make checks payable to the TOWN OF LEXINGTON and mail registration and payment to:

Lexington Recreation Department

1625 Massachusetts Avenue, Lexington, MA 02420

You may also use the Town Hall Drop Box in front of Cary Hall.

If registering for the Youth Basketball Clinic or League will you volunteer to be a coach? Yes _____ No _____ Volunteer Name: _____

If registering for the NFL Youth Flag Football Program will you volunteer to be a coach? Yes _____ No _____ Volunteer Name: _____

PLEASE SAVE THIS BROCHURE.

THE PROGRAMS LISTED WITHIN ARE FOR BOTH

FALL 2009 AND WINTER 2010

OUR NEXT BROCHURE WILL BE PUBLISHED AND

MAILED IN EARLY MARCH, 2010.

THINGS TO LOOK FOR IN SPRING 2010 BROCHURE

April Vacation Programs

Swim Tag Registration

Spring Viking Pre-school Soccer Clinics

Summer Camps and Clinics

Adult and Youth Tennis Lessons

**Town of Lexington
Recreation Department
1625 Massachusetts Avenue
Lexington, MA 02420**

**PRESORTED
STANDARD
U.S. Postage Paid
Boston, MA
PERMIT # 3011**



**WS CAR SORT
POSTAL PATRON
LEXINGTON, MA**



Lexington Recreation ... Fun and Fitness for All