

Town of Lexington
Recreation Department



Fall 2011 ~ Winter 2012
Program Brochure

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/recreationdepartment.cfm>

Important Information

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Recreation Staff

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

Recreation Committee

Rick DeAngelis, Chairman

Sandra Shaw
 Howard Vogel
 Wendy Rudner
 Lisah Rhodes

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

The Recreation Department has operated as an Enterprise Fund since 1991. Recreation Programs are self-supported by setting fees to cover all expenses. The Director of Recreation, 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 materials and supplies needed to operate these programs. Surplus revenue generated through the Recreation Enterprise Fund (Recreation and Pine Meadows Golf Club) helps fund Capital Improvement Projects and financially supports some services provided to Recreation by other Town Departments, and payment of \$100,000 per year towards the Lincoln Park debt.

REGISTRATION INFORMATION

ONLINE REGISTRATION IS THE PREFERRED METHOD AND STRONGLY RECOMMENDED for all programs. We also accept Walk-In Registration and Mail-In Registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. Registration is first come, first served and 100% of all program spaces will be available online as of August 29, 2011 at 12:00 a.m.. Resident walk-in and mail-in registration also begins on August 29, 2011 at 8:30 a.m.. Non-resident walk-in and mail-in registration begins September 1. There is a \$5.00 (youth) - \$10.00 (adult) additional fee for non-resident program registrations. Online registration at www.lexingtonma.gov/recreationdepartment.cfm. We accept cash, check, MasterCard, VISA, AMEX or Discover for mail-in or walk-in registration. **CREDIT CARDS ONLY FOR ONLINE REGISTRATION.**

Recorded Information & Cancellations

Programs may be cancelled due to inclement weather, field or facility conditions, or other conflicts. To check on the status of your program call our Recorded Information line at:

781-862-0500 ext 706

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 opportunities for all. Your suggestions are welcomed! We encourage individuals in need of special assistance in order to participate, to share this information when registering.

Refund Policy

The Lexington Recreation Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been cancelled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation Department does not confirm program registrations.

- All refunds will be issued in the form of a check from the Town Treasurer's Office. Refunds to credit cards are not permitted. Please allow 3—4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be cancelled, participants will receive a full refund.
- Refunds, less the minimum \$10.00 non-refundable deposit*, may be given to a participant who withdraws from a program **two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation Department stating the reason for withdrawing and the participant's name and address.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation Department accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit* will be deducted from the refund. In the event that a medical issue arises after the start of a program, the refund will be prorated.
- In the event of weather cancellations the Recreation Department will offer make-up sessions. Refunds will not be given of make-up classes are scheduled and held, but a participant is unable to attend.
- Participants who withdraw from a program five business days prior to the start of a program may receive a **credit**, less the minimum \$10.00 non-refundable deposit*, towards another Recreation program provided that a wait list participant fills the spot and/or the minimum level of participants has been reached.
- Participants who withdraw from a program less than five business days prior to the start of the program are **not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds and/or credits will not be given for early termination of a program by the participant.
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.

* **Please note:** Some programs throughout the year have a different minimum deposit or refund/credit policy (i.e. Skiing, In-Town Basketball League, Discover the Fun, school vacation programs, etc.) which are noted in the seasonal program brochures.

Helpful Telephone Numbers, Email & Web Sites

Recreation Department	recdept@lexingtonma.gov	(781) 862-0500 ext. 262
Recreation Program Online Registration	www.lexingtonma.gov/recreationdepartment.cfm	
Recreation Program Recorded Information & Cancellations		(781) 862-0500 ext. 706
Recreation Department Facebook Page	www.facebook.com	
Battle Green Tennis League	www.battlegreentennis.com	
Coed Softball	pcoleman@lexingtonma.gov	
Lexington Blue Sox	www.lexingtonbluesox.com	
Lexington Chamber of Commerce	www.lexingtonchamber.org	(781) 862-2480
Lexington Community Education	www.lexingtoncommunityed.org	(781) 862-8043
Lexington Little League	www.lexingtonlittleleague.org	
Lexington FUN (formerly Lexington Preschool PTA)	www.lexfun.org	
Lexington Human Services & Senior Center	www.lexingtonma.gov	(781) 861-0194
Lexington Youth Basketball	http://sites.google.com/site/lexhoops/Home	
Lexington United Soccer Club	http://lexingtonunited.org	
Liberty Athletic Girls Track Club	Information	(508) 791-8103
Men's Senior Softball	lexsoftball@gmail.com	
Men's Summer Basketball	pcoleman@lexingtonma.gov	
Moms on the Mound	sbutts@lexingtonma.gov	
Pop Warner Football	www.lbhpopwarner.com	
Special Needs Arts Programs, Inc.	info@Snapsing.org	
Youth Hockey	www.lbyh.net	
Youth Lacrosse	www.lexingtonlax.org	

THANK YOU!

We would like to take this opportunity to thank all of our seasonal summer employees and community service volunteers for a job well done. Their commitment, enthusiasm, humor, tireless efforts and professionalism made this summer a wonderful success!

We also wish to express our appreciation to each individual and family who participated in our summer programs and used our aquatic facilities. We look forward to seeing you in our fall, winter and spring activities, and again next summer.

Lexington Recreation Staff



PRE-SCHOOL AND KINDERGARTEN PROGRAMS

AGE 4 & 5 INTRO TO TENNIS

\$55

Ages: 4 & 5
Dates: 5 Tuesdays, September 20—October 18
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. *Maximum 6.*

MOMMY/DADDY AND ME KAYAKING

\$125/pair

Ages: 2—5 with one parent
Dates: Tuesdays, September 20, 27 and October 4
Time: 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: Saturdays, January 14—March 3, 2012 (no 2/18, 2/25)
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 & 5
Dates: 6 Fridays, September 23—October 28
Times: 3:45—4:30 p.m. or 4:45—5:30 p.m.
Location: Muzzey 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 28 per class.*

THUNDERCAT MINI SPORTS JAM

\$70

Ages: 4 & 5
Dates: Tuesdays, September 20—October 18
Time: 2:30—3:15 p.m.
Location: Muzzey Field

Come have a ball with Thundercat Sports! This fun program will include soccer, basketball, softee hockey, and other unique games which may include Sponge Bob Tag and Finding Nemo. Emphasis will be on some basic skill building, developing hand eye coordination, teamwork, and FUN! *Enrollment is limited.*

EARLY CHILDHOOD MUSIC

\$160/session

Ages: Infant to age 3
Dates: Weekday mornings September to mid-December
Ages: 4—7
Dates: Weekday afternoons, September to mid-December
Location: The Real School of Music
56 Middlesex Turnpike, Burlington

Taught by professional Early Childhood Music Educator, Rick Podgur, Real Kids is a cutting edge program providing fundamentals of music, rhythm, movement, listening, singing and instrument playing for young children in a fun, exciting environment. Additional information is available at: <http://info.therealschoolofmusic.com/realkids/>

LITTLE KNIGHTS CLASS

\$200/session

Ages: 4—6
Dates: Tuesdays, September 20—November 22
Dates: Tuesdays, January 10—March 13
Time: 4:00—5:00 p.m.
Location: Guard Up!, 103 Terrace Hall Avenue, Burlington

Guard Up Family Swordsmanship's Little Knights class is designed with young children in mind. Children are taught basic swordsmanship and sword safety, while providing the opportunity to practice good sportsmanship in a fun, safe and structured environment where effort and learning are much more important than winning. Constant positive reinforcement allows children to make their way from Page, to Squire, and eventually all the way to Knight. The Little Knight class builds confidence, respect for peers, problem-solving and creativity in a safe, fun, and educational environment.

F.A.S.T. ATHLETICS PRE K & K T-Ball

\$80

Ages: 4—6
Dates: Thursdays, September 15—October 27
Time: 3:00—4:00 p.m.
Location: Muzzey Field

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting and base running. In addition, they will play games such as "home run derby", "last one standing", and "running bases". This is an easy introduction to t-ball where fun, learning and skill development are the priorities.



Before registering for a program please check your calendar for possible conflicts. Refunds or credits ARE NOT guaranteed. Please refer to the department's Refund Policy located inside the front cover of the brochure and posted on our web site.

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. **All fall classes will be held in Room 111 of the Town Office Building.** The location of the winter classes has yet to be determined. *Maximum 10 per class.*

Beginner Chess

Ages: 5—12
Fall: 8 Wednesdays, September 14—November 2 **\$125**
Times: 4:35—5:35 p.m. or 5:35—6:35 p.m.
Winter: 8 Wednesdays, January 11—March 7, 2012 **\$125**
(no 2/22)
Times: 4:35—5:35 p.m. or 5:35—6:35 p.m.

Intermediate Chess

Ages: 6—12
Fall: 8 Tuesdays, September 13—November 1 **\$125**
4 Tuesdays, November 15—December 6 **\$65**
Winter: 8 Tuesdays, January 10—March 6 (no 2/21) **\$125**
Time: 4:35—5:35 p.m.

Advanced Chess

Ages: 7—14
Fall Dates: 8 Tuesdays, September 13—November 1 **\$125**
4 Tuesdays, November 15—December 6 **\$65**
Winter Dates: 8 Tuesdays, January 10—March 6 (no 2/21) **\$125**
Time: 5:35—6:35 p.m.

FUN-DAMENTALS OF FENCING **\$90**

Ages: 7—14
Session 1: Special Attacks and Sabre
6 Tuesdays, September 13—October 18, 2011
Session 2: Dodging Techniques and Rapier
6 Tuesdays, November 8—December 13, 2011
Session 3: Special Defenses and Sabre
6 Tuesdays, January 10—February 14, 2012
Session 4: Ducking Techniques and Rapier
6 Tuesdays, February 28—April 3, 2012
Location: Hastings School Gym
Time: 6:30—7:30 p.m.

Fence without buying expensive equipment with Mythquest Edutainment. Use our safe practice equipment to learn footwork, attack and defense techniques. Whether you are new or experienced, you will learn new techniques and will get to try out your new skills in duels and sword games each week. The classes are a series of four offered to get a good footing in basics and a variety of more advanced techniques. Each session teaches specific advanced techniques not shown in the others.

YOUTH INTRODUCTION TO KAYAK **\$110**

Ages: 10—15
Dates: Tuesdays, September 20, 27 & October 4
Time: 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.*

KOOL SCIENCE FOR CURIOUS KIDS **\$150**

Ages: 6—11
Dates: 6 Fridays, September 30—November 4
Time: 3:30—4:30 p.m.
Location: Sept. 30, Oct. 7, 21, 28:

Cary Hall Auditorium

Location: October 14 and November 4:

Cary Library Learning Center 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. *Class size limited. Register early.*

THUNDERCAT SPORTS FLAG FOOTBALL CLINIC **\$75**

Dates: 5 Tuesdays, September 20—October 18
Location: Muzzey Field
Ages: 7—10
Time: 3:45—4:45 p.m.

Throw it, catch it, punt it! Participants will learn fundamental skills from coaches through unique drills, games, teaching techniques, trivia and more. Emphasis will be on learning, participating, and having FUN in a non-competitive atmosphere. Skills taught include passing, catching, offensive/defensive strategies, and more. The five-week clinic will culminate with a mini-Super Bowl tournament. The clinic is **coed** and participants will receive a sport related item. Please wear sneakers and appropriate clothing for outdoor play, and bring a water bottle.

FALL BASKETBALL MINI-CLINIC **\$90**

Ages: 7—11
Dates: 6 Saturdays, September 24—November 5 (no 10/8)
Time: 10:00 a.m.—12:00 noon
Location: Bridge School Gym

Get ready for the fall and winter basketball season!

Bob Farias will direct this six-week, Saturday morning clinic for boys and girls. The program is designed to teach and reinforce basic individual and team skills through demonstrations, drills, contests and non-competitive games. The program is coed. Participants should bring a basketball and water bottle and wear sneakers.

YOUTH AND TEEN PROGRAMS

YOUTH TENNIS LESSONS

The **Fall Youth Tennis Lessons** are designed to introduce children ages 6—14 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.*

Ages 6 & 7 **\$55**

Dates: 5 Tuesdays, September 20—October 18
Time: 3:30—4:00 p.m. **or** 4:15—4:45 p.m.

Ages 8 & 9 **\$55**

Dates: 5 Thursdays, September 22—October 27 (no 9/29)
Times: 2:00—2:30 p.m. **or** 2:45—3:15 p.m.

Ages 10 & 11 **\$55**

Dates: 5 Thursdays, September 22—October 27 (no 9/29)
Time: 3:30—4:00 p.m.

Ages 12—14 **\$55**

Dates: 5 Thursdays, September 22—October 27 (no 9/29)
Time: 4:15—4:45 p.m.

ADAPTIVE BASKETBALL PROGRAM **\$65**

Ages: 6—16
Dates: Saturdays, January 14—March 3 (no 2/18, 2/25)
Times: 10:30—11:15 a.m. **or** 11:15 a.m.—12:00 noon
Location: Bridge School Gym

This program is designed to offer children with a cognitive 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!

ARCHERY **\$110**

Ages: 9—14
Dates: 5 Thursdays, September 22—October 27 (no 9/29)
Time: 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.

LIGHTNING YOUTH CROSS COUNTRY **\$40**

Ages: 8—14
Dates: 4 Wednesdays, October 5—October 26
Time: 5:30—6:30 p.m.
Location: Lincoln Park (meet at picnic tables)

This four-week program is designed to introduce children to the world of cross country running. Participants will learn stretching and warm up techniques, and build the skills necessary to run a short cross country course at Lincoln Park. Parent volunteers are welcomed!

BLASTER TACTICS

\$200/session

Ages: 6—10
Dates: Wednesdays, September 21—November 23

Dates: Wednesdays, January 11—March 14

Time: 4:00—5:00 p.m.

Ages: 11—16

Dates: Tuesdays, September 20—November 22

Dates: Tuesdays, January 10—March 13

Time: 6:00—7:00 p.m.

Location: Guard Up!, 103 Terrace Hall Ave., Burlington

Blaster Tactics takes games to a new, high intensity level. In this tactics class, students will learn to manipulate a Nerf blaster for improved performance during games. Speed and accuracy will be drilled so that students can play at a more proficient level.

ACE GAMES WITH NERF

\$200/session

Ages: 11—16

Dates: Thursdays, September 22—December 1 (no 11/24)

Dates: Thursdays, January 12—March 15

Time: 6:00—7:00 p.m.

Ages: 6—10

Dates: Sundays, September 18—November 20

Dates: Sundays, January 8—March 11

Time: 3:00—4:00 p.m.

Location: Guard Up!, 103 Terrace Hall Ave., Burlington

Using exciting Nerf Blasters, our ACE (Active Character Education) class challenges students physically and mentally in an environment that promotes education through entertainment. The course curriculum covers teamwork, leadership, listening skills, communication exercises, creative problem solving, and more! Additional rental fees may apply.

F.A.S.T. INTRO TO LACROSSE

\$105

Ages: 7—10

Dates: 6 Thursdays, September 15—October 27 (no 9/29)

Time: 1:30—2:45 p.m.

Location: Muzzey Field

The Lacrosse Program will teach the fundamental skills of catching, throwing, cradling, stick handling and basic rules of the game of lacrosse in a fun, and energetic way.

Scrimmages and fun. Coed introduction to the exciting game of lacrosse.

PLEASE BE ADVISED THAT SOME ACTIVITIES AND SPORTS CLINICS MAY CONTINUE TO RUN OUTSIDE IN INCLEMENT AND/OR ADVERSE WEATHER CONDITIONS. PARTICIPANTS SHOULD DRESS APPROPRIATELY FOR THE WEATHER.

Youth Basketball Clinic for Grades 2 - 4



Saturdays, January 7 through March 24, 2012 (no 2/18 and 2/25)

Early Registration Fee: \$90 **Registration after December 9: \$100**

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 register 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.

2nd Grade Girls:	9:00-10:30 a.m.	Fiske	2nd Grade Boys:	10:45 a.m.-12:15 p.m.	Fiske
3rd Grade Girls:	9:00-10:30 a.m.	Diamond	3rd Grade Boys:	10:45 a.m.-12:15 p.m.	Diamond
4th Grade Girls:	9:00-10:30 a.m.	Clarke	4th Grade Boys:	10:45 a.m.-12:15 p.m.	Clarke



In-Town Recreation Basketball Leagues Grades 5 - 8

Weeknights and Saturdays, November 21, 2011 - March 17, 2012 (no 11/23-11/26, 12/19-1/2, 1/16, or 2/18-2/25)

Early Registration Fee: \$150 **Registration after October 14: \$160**

The In-Town Basketball League is an organized recreational basketball program for students currently enrolled in Grades 5-8. There is a separate 5th/6th league and a 7th/8th grade league and the leagues are gender-specific. Participants will be evaluated and placed on teams. Every effort is made to create teams of equal skill. Fundamentals, skill development, teamwork, and sportsmanship will be emphasized while competitiveness is kept to a minimum. 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. Practice and game time will rotate throughout the season and **all practices and games will take place at either the Clarke Middle School or Diamond Middle School. Information about the specific start date of practices and games for each league will be emailed to all participants in mid-November.**

5th/6th Grade Girls

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Thursdays
Games: 12:30 p.m. or 1:35 p.m. on Saturday afternoons

5th/6th Grade Boys

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Tuesdays or Wednesdays
Games: 2:45 p.m., 3:50 p.m., 4:55 p.m., or 6:00 p.m. on Saturday afternoons

7th/8th Grade Boys

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Thursdays
Games: 1:00 p.m. or 2:05 p.m. on Saturday afternoons

7th/8th Grade Girls

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Mondays
Games: 3:10 p.m. or 4:15 p.m. on Saturday afternoons

High School Boys Basketball League Grades 9 -12

Saturdays, December 10, 2011 - March 10, 2012 (no 12/19-1/2, 1/16, and 2/18-2/25)

Early Registration Fee: \$125 **Registration after October 14: \$135**

This 10-week High School Basketball League will provide students currently enrolled in Grades 9-12 with the opportunity to play basketball once a week this winter. Participants are evaluated and placed on teams and every effort will be made to create teams of equal skill. Based on enrollment, this league could become two separate leagues: one for Grades 9-10 and one for Grades 11-12. Teamwork and sportsmanship will be emphasized while competitiveness is kept to a minimum. All players must dress appropriately; jeans and jewelry are not allowed. Teams will practice for 1 hour one night a week (6:00-7:00 p.m. or 7:00-8:00 p.m. on Mondays at Diamond) and **games will be played on Saturday afternoons at 5:20 p.m. or 6:25 p.m. at the Diamond Middle School.**

**** Notice for In-Town Grades 5-8 and High School Basketball Leagues****

All participants must register in advance with the Recreation Department. There is a \$25 non-refundable deposit (included in the registration fee) for these programs. 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**.**

The success of the Youth Basketball Clinic, the In-Town Basketball Leagues, and High School Basketball League depends greatly upon volunteer coaches. If we do not get volunteers to coach these programs, the number of participants accepted could be seriously affected, 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.

YOUTH AND TEEN PROGRAMS

YOUTH WRESTLING CLINIC

\$250

Ages: 11—14
Dates: Tuesday & Thursday, November 29—February 2
(no 12/20, 12/22, 12/27, 12/29, 1/3, 1/17, 1/19)
Time: 6:00—7:30 p.m.
Location: Lexington Christian Academy, 48 Bartlett Avenue

Come learn wrestling from a program that has been undefeated in Eastern Independent League wrestling over the last 5 years! Practice and learn the basics under LCA Middle School Head Coach Mark Getchell, as well as additional program coaches and all-league wrestlers! This program is for all sizes and weights. The opportunity to wrestle in tournaments will also be available for an additional fee.

INTRODUCTION TO ROCK WALL CLIMBING \$160

Ages: 10—16
Dates: 7 Tuesdays, September 27—November 8
Time: 6:30—8:00 p.m.
Location: Lexington Christian Academy
48 Bartlett Avenue

Come learn the methods and techniques of rock climbing on the fantastic rock wall located at Lexington Christian Academy. Participants will learn techniques for climbing and belaying, and will receive instruction from a group of coaches that include a certified rock wall instructor.

REAL SCHOOL OF MUSIC COURSES \$150/6 CLASSES

We are pleased to again partner with the Real School of Music, 56 Middlesex Turnpike, Burlington, to offer a series of music classes this fall for youth and teens. Classes include Intro to Guitar, Intro to Keyboard, Intro to Singing, Intro to Drums, Intro to Digital Recording, and Glee for Teens, Intro to Ukulele and Intro to Folk Mandolin. Classes are 45 minutes each. In addition to the registration fee students may need to purchase a method book (available at the Real School). Students in the Guitar Class will have to supply their own acoustic guitar and students in the Drum class are required to bring their own drumsticks. For course specific information please look at our online registration pages: www.lexingtonma.gov/recreationdepartment.cfm or go to The Real School of Music website:

<http://info.therealschoolofmusic.com/>

SCHOOL VACATION PROGRAMS

DECEMBER CHESS CLINIC

\$125

Ages: 6—13 (beginner and intermediate level)
Dates: Tuesday—Friday, December 27—30
Time: 9:30—11:30 a.m.
Location: Cary Library Learning Center

Join Jim Della Selva for a four-day Chess Clinic. This program will provide beginner players with the opportunity to learn more about the game. Participants should bring a chess board and be ready for fun. The registration fee includes a \$25.00 non-refundable deposit.

Registration deadline is December 16th.

THEATERIFFICS

\$250

Ages: 6—13
Dates: Tuesday—Friday, February 21—24
Time: 9:00 a.m.—4:00 p.m.
Location: Cary Hall Auditorium

Back by popular demand, Kidstock Creative Theater returns to offer every child an active part in the creative process of theater as actors, playwrights, artists and musicians. Children need to bring their own morning and afternoon snack and lunch. The final day will conclude with a performance for parents and friends to come and enjoy. The theme for the week has not been announced. The fee includes a \$25.00 non-refundable deposit. The registration deadline is January 21st.

FEBRUARY CHESS CLINIC

\$125

Ages: 6—13
Dates: Tuesday—Friday, February 21—24
Time: 9:30—11:30 a.m.
Location: Cary Library Learning Center

Join U.S. Chess Federation expert Jim Della Selva for a four-day Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game. Participants should bring a chess board and be ready for a fun, challenging week. The registration fee includes a \$25.00 non-refundable deposit. The registration deadline is February 10th.

ONLINE REGISTRATION AVAILABLE

The Lexington Recreation Department offers online registration for the convenience of its customers. In order to access our online registration please go to: www.lexingtonma.gov/recreationdepartment.cfm. From here click on the online registration link and follow all registration directions.

It is possible to set up an individual/family online account, so that you do not have to reenter your information each time you register. It also allows you to track your previous or current transactions. Once your registration is complete you should print a receipt. This will serve as your confirmation and fact sheet. If a program is full, you may add your name to the wait list. Payment must be in full at the time of registration by MasterCard, VISA, AMEX, or Discover. The financial information gathered from any internet transaction will not be maintained by the Town.

NASHOBA VALLEY SKI AREA YOUTH SKI AND SNOWBOARD PROGRAMS

SKI LESSONS FOR GRADES 2—5



FEE: \$270 with transportation

FEE: \$210 without transportation

6 Thursdays

January 5—February 9, 2012

1:15—5:15 p.m. (Lesson Time: 3:00 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 1:15 p.m. and return at 5:15 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 \$210.

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 16, 2011.*

SNOWBOARD LESSONS FOR GRADES 4 & 5

FEE: \$270 with transportation



FEE: \$210 without transportation

6 Thursdays

January 5—February 9, 2012

1:15—5:15 p.m. (Lesson Time: 3:00 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 1:15 p.m. and return at 5:15 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 \$210.

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 16, 2011*

Equipment rentals will be fitted for those registered for the program on Thursday, December 1, 2011 at Cary Hall from 6:00—7:30 p.m. The price for rentals is \$95, payable to Nashoba Valley at the fitting. (At Nashoba the rental fee will be \$105.00.) Helmets may be purchased at ski rental night, or can be rented at Nashoba for \$10.00 per day.

FRIDAY NIGHT SKI AND SNOWBOARD LESSONS FOR GRADES 6—12



FEE INCLUDING LESSONS: \$250

FEE WITHOUT LESSONS : \$220



5 Fridays

January 6—February 3, 2012

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 and music commitments, etc. Refunds will not be guaranteed for cancellations after December 16, 2011. The choice of taking a ski or snowboarding lesson MUST be made when registering for the program.**

Equipment rentals will be fitted for those registered for the program on Thursday, December 1, 2011 at Cary Hall from 6:00—7:30 p.m. The price of rentals is \$85 for skis or snowboards, payable to Nashoba Valley at the fitting. (At Nashoba the rental fee is \$95.) Helmets may be purchased at ski rental night, or can be rented at Nashoba for \$10.00 per evening.

IF YOU REGISTER FOR THE FRIDAY NIGHT SKI AND SNOWBOARD PROGRAM YOU MUST

GO TO AND FROM NASHOBA VALLEY ON THE BUS.

The success of our youth ski and snowboarding programs depends on parent volunteers. If you are available to volunteer for the Thursday or Friday Program please contact the Recreation Department with the dates you are available to assist us!

Adult Programs

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

Ages: Women only 17+
Dates: 4 Mondays, September 26, October 3, 17 & 24
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 collaborate 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. Participants should wear loose fitting, comfortable clothing and bring a water bottle to class.

BODY CORE: A Total Fitness Class \$140/session

Ages: 18+
Dates: Fall — Mon. & Thurs., September 19—December 8
(no 9/22, 9/29, 10/10, 11/24, 12/1)
Winter—Mon. & Thurs., January 9—March 26
(no 1/16, 2/20, 2/23)
Time: 6:00—7:30 p.m.
Location: Hastings School Gym

This is an exhilarating total body workout which includes low impact aerobics and Zumba choreography. Using the Pilates core mat program and hand weights, you will strengthen and tone your muscles. Finish the class with relaxing Yoga stretches to help improve posture, body alignment and breathing. Materials needed for this class are a yoga mat, hand weights, and a fitness ball (optional). Wear comfortable clothing and cross training or aerobics shoes (no street shoes). All levels of experience are welcome. Ellen Gaies is a certified Aerobics, Pilates and Zumba instructor.

INTRODUCTION TO KAYAK \$110

Ages: 15+
Dates: Tuesdays, September 20, 27 & October 4
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.*

YOGA CLASSES \$120/session

Fall : Tuesdays, September 20—December 6 7:30—8:30 p.m.
Thursdays, September 22—December 22 7:00—8:00 p.m.
(no 9/29,11/24)
Winter: Tuesdays, January 10—April 3 7:30—8:30 p.m. (no 2/21)
Thursdays, January 12—April 5 7:00—8:00 p.m. (no 2/23)

Location: Diamond Middle School Cafeteria

Join Certified Yoga Instructor Keith Herndon 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.

FITNESS BOOT CAMP FOR WOMEN

Fee: \$175/2 days per week (20 classes)
\$100/1 day per week (10 classes)
Ages: 23+
Dates: 10 Weeks (Tuesday & Thursday)
September 13—November 17
Time: 6:00—7:00 a.m. *RAIN or SHINE*
Location: Lincoln Park Field # 2

This highly regarded and very popular fitness program designed specifically for women incorporates upper and lower body weight exercise as well as cardiovascular activities. Band work and many body weight exercises are included. Paul McManus, Boot Camp Instructor for the past 3 years and former Lexington PE instructor will lead this program. All levels of ability are welcome with a doctor's certificate.

ADULT FENCING CLASS \$200/session

Ages: 16+
Dates: Tuesdays, September 20—November 22
Dates: Tuesdays, January 10—March 13
Time: 7:00—8:00 p.m.
Location: Guard Up!, 103 Terrace Hall Avenue, Burlington

How often have you thought to yourself: "I've always wanted to give that a try"...Well, here's your chance. Start out by learning the "footwork" and progress on to picking up a foil and experience a real fencing bout. Guard Up! is a sanctioned USFA Club with USFA Certified Instructors. Courses are taught using Positive Coaching Techniques which emphasize learning and improvement over winning, and place more emphasis on education than on competition. Additional equipment rental fees may apply.

INSTANT GUITAR FOR HOPELESSLY BUSY

ADULTS AND TEENS 16+ \$30 + Materials Fee

Date: Thursday, November 10
Time: 6:30—9:00 p.m.
Location: Town Office Building Room G15

Have you ever wanted to learn the guitar but simply find it difficult to find the time? 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 16+. *The class fee of \$30 is payable at the time of registration. A \$28 materials fee (workbook and DVD) will be collected at the class. Cash or check only.*

AMERICAN RED CROSS CLASSES

The Lexington Recreation Department will offer CPR/AED and CPR for the Pro Rescuer re-certification classes in March 2012. Information will be listed in our Winter flyer .

BALLROOM DANCE CLASSES

\$125/resident couple/session
\$135/non-resident couple/session

Dates: **Fall—10 Tuesdays**
October 4—December 6, 2011

Winter—10 Tuesdays
January 24—April 3, 2012 (no 2/ 21)

Location: Harrington School Gymnasium (tentative)

Beginner Ballroom **6:30—7:30 p.m.**

Join our new ballroom instructor Francis Floyd 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 Ballroom **7:30—8:30 p.m.**

Building on the foundations from Beginner Ballroom, this course, under the instruction of Francis Floyd, 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.

ZUMBA Introductory Class to Benefit the Susan G. Komen Breast Cancer Foundation

Come on out on **Wednesday, September 14** to the Harrington School Gymnasium and find out what the Zumba craze is all about. Everyone is invited-(age 12 and up) and all levels of experience welcome. Contact janswartz@mac.com for more information about this event.

The class is **FREE**, but attendees are asked to make a suggested donation of \$15.00 to benefit the Susan G. Komen Breast Cancer Foundation. Door prizes/water bottles will be provided. **Registration: 6:45 p.m. Class: 7:00 p.m.**

ZUMBA GOLD **\$65/age 14-60**
\$42/ages 60+

Dates: Tuesdays, October 4—November 15

Time: 11:30 a.m.—12:15 p.m.

Location: First Parish Church

Zumba Gold modifies the moves and pacing of a regular ZUMBA class to suit the needs of the beginner, active older participant, and those who are just starting their journey to a fit healthy lifestyle. What remains is the same zesty Latin, international and Pop music, like the cha cha, meringue, tango, rumba, flamenco, with very exhilarating, basic and easy-to-follow moves; and the invigorating, party-like atmosphere. This dynamic, exciting and effective cardio-fitness class will make you forget you are working out, and is one you don't want to miss! The ABS Blast and Stretch class is a great compliment to the ZUMBA Gold class and is offered right before ZUMBA GOLD. *This class is offered in partnership with the Lexington Human Services Department and the fee for those 60+ is subsidized by the Friends of the COA.*

ZUMBA (Dance & Exercise)

\$159/ one morning per week
\$255/ two mornings per week
\$145/\$125 students and Town employees

Dates: **12 Tuesdays**, September 20—December 6

Time: 10:00—10:55 a.m.

Dates: **12 Fridays**, September 23—December 16 (no 11/25)

Time: 9:00—9:55 a.m.

Location: First Parish Church

Dates: **11 Wednesdays**, September 21—December 14 (no 11/23)

Time: 6:45—7:40 p.m.

Location: Harrington School Gym (tentative)

Join the Party with the hottest craze on the exercise circuit in this Latin inspired dance/fitness class. The energizing music uses a variety of Latin, international and pop rhythms, and is so much fun, that the hour is up before you know it! This cardio/body toning class is very easy to follow and no prior experience is needed. All **ages (14+)** and fitness levels are welcome- modifications will be given. And check out the 25 minute ABS Blast and Stretch class following Zumba. Jan Swartz is a Lexington resident and educator, is Group Fitness certified, and has done professional dance training.. Jan is licensed to teach Zumba, Zumba Gold, Zumba Toning, Aqua Zumba, and Zumbatomic

WEEKDAY ABS BLAST AND STRETCH

\$79/ one day per week

\$125/ two days per week

Dates: 10 Tuesdays, September 27—November 29

Time: 11:00—11:25 a.m.

Dates: 10 Fridays, September 30—December 9 (no 11/25)

Time: 10:00—10:25 a.m.

Location: First Parish Church

This 25 minute class is designed to target and enhance abdominal definition, core stability and back strengthening during the ABS portion (Abdominal and back Strengthening), and is followed by slow stretching of the major muscle groups to improve flexibility, relieve stress and prevent injuries. Take it alone or as a great complement to the ZUMBA and ZUMBA GOLD programs. The class is appropriate for all ages and fitness levels. You will need a mat or a large towel for lying on the floor. Jan Swartz is Group Fitness certified and licensed to teach Zumba, Zumba Gold, Zumba Toning, Aqua Zumba & Zumbatomic.

INTRODUCTION TO ROCK WALL CLIMBING **\$160**

Ages: 16+

Dates: 7 Wednesdays, September 28—November 9

Time: 6:30—8:00 p.m.

Location: Lexington Christian Academy, 48 Bartlett Avenue

Come learn the methods and techniques of rock climbing on the fantastic rock wall located at Lexington Christian Academy. Participants will learn techniques for climbing and belaying, and will receive instruction from a group of coaches that include a certified rock wall instructor.

**N
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Adult Programs

EARLY MORNING ADULT DROP IN

at the LHS FIELD HOUSE & GYM

Ages: 18+
Dates: Monday, Wednesday & Friday
 September 2011—August 2012
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.**

EVENING DROP IN PROGRAM

LEXINGTON HIGH SCHOOL FIELD HOUSE

November 7, 2011—April 12, 2012

- **JOGGING (all ages)**
 Monday—Thursday **7:15—9:30 p.m.**
- **ADULT PICK UP BASKETBALL (20+)**
 Monday **7:15—9:30 p.m.**
 Monday (Jan. & Feb) **8:15—9:45 p.m.**
 Wednesday **7:15—9:30 p.m.**
 Thursday **7:15—8:15 p.m.**
- **ADULT PICK UP INDOOR SOCCER (20+)**
 Tuesday **7:15—9:30 p.m.**
 Thursday **8:15—9:45 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.

MEN'S WINTER BASKETBALL LEAGUE **\$300/team**

The league will run from January-March on Monday-Wednesday nights from 8:00—10:00 p.m. at the Diamond Middle School. The registration fee covers equipment, scorekeepers, and facility use fees. You may register as a team or an individual. The season will consist of 10 games plus single elimination playoffs. Contact the Recreation Department at (781) 862-0500 ext. 262 for more information.

ADULT SKI & SNOWBOARD PROGRAMS

\$180

The adult program at Nashoba Valley is available for beginners thru advanced skiers or snowboarders. The program includes a six week session of lessons, lifts and rentals. Classes are available weekday mornings (with free skiing/riding from 9:00 a.m.—5:00 p.m.) or evenings (with free skiing/riding from 5:00—10:00 p.m. on lesson days) Adults **pick ONE day morning or evening** and come any six times throughout the season. **Ski or snowboard rentals are \$95. Helmet rentals are \$10 per day.**

Dates: 6 Sundays beginning January 8, 2012
 6 Mondays beginning January 2, 2012
 6 Tuesdays beginning January 3, 2012
 6 Wednesdays beginning January 4, 2012
 6 Thursdays beginning January 5, 2012

Sunday Lesson Time: **5:30 p.m.**
Weekday Morning Lesson Time: **10:00 a.m.**
Weekday Evening Lesson Time: **7:30 p.m.**

Location: Nashoba Valley Ski Area

THE YOUNG AT HEART PROGRAM

\$170

Ages: 55+
Dates: 5 Mondays beginning January 2, 2012
OR
 5 Wednesdays beginning January 4, 2012
Time: 9:00 a.m.—5:00 p.m.
Location: Nashoba Valley Ski Area

The Young at Heart program is for 55+ skiers who would like to ski with a pro peer or brush up on their skills. Complimentary coffee and donuts will be served at 8:30 a.m. This is a five week session and includes skiing from 9:00 a.m.—5:00 p.m.. **Lessons are available Monday and Wednesday at 10:15 a.m. The ski rental fee is \$95. Helmet rentals are \$10.00 per day.**

STAINED GLASS WORKSHOP

\$225

Ages: 16+
Dates: 5 Tuesdays, September 27—October 25
Time: 6:30—8:30 p.m.
Location: Lexington Christian Academy
 48 Bartlett Avenue, Lexington

Stained glass is the art of transformation. Line, shape, and construction are brought together in a celebration of color and light that form the core of this medium. Participants in this class will learn and apply the copper foil technique. All the basics in the foil technique will be covered including: concepts, designing, developing the color palette, sketching, pattern/cartoon, shape transfer, cutting and grinding, foiling and finishing. Tools, materials, and equipment are provided. All you need to bring is your curiosity and interest in working with this wonderful medium.



**WE CAN TAKE YOU
 THERE**
(781) 861-1210

60+ BEGINNER/ADVANCED BEGINNER

TENNIS LESSONS

\$40

Dates: Thursdays, September 15—October 6

Time: 10:00—11:00 a.m.

Location: Gallagher Tennis Courts 1 & 2 at the Center Recreation Complex

Don't let your lack of experience or playing time hold you back - **come join Helen Easton and Karin Havdala for fun and exercise.** All you need is a pair of sneakers, a water bottle and a desire to have fun, learn a new skill or improve upon an old one. Tennis racquet is desirable, but not necessary. Class size limited to 8. Register early!

ADULT HISTORICAL WEAPON CLASS **\$200/session**

Dates: 10 Wednesdays, September 21—November 23

Dates: 10 Wednesdays, January 11—March 14

Time: 7:30—8:30 p.m.

Location: Guard Up!, Inc., 103 Terrace Hall Ave., Burlington

This class was designed with the classic “sword fighter” and “history buff” in mind. Here is a full curriculum of historically interpreted techniques divided into easy-to-learn skill sets. Start by using special padded swords, then progress through the material to learn other training weapons as well. Study strategies and tactics of medieval and renaissance warfare from around the world. Study translations of ancient texts; learn about the geometry and physics involved in the use of various weaponry. This class is for your mind and body. If you have a fascination for history, culture and weaponry, this is the class for you. **AGES 16+**

KENDO

\$200/session

Dates: 10 Tuesdays, September 20—November 22

Dates: 10 Tuesdays, January 10—March 13

Time: 7:00—8:00 p.m.

Location: Guard Up!, Inc, Burlington

Cultivating your mind, body, and spirit through the way of the sword Kendo, the sport of modern Japanese sword, is a lightening fast sport that will build endurance and exercise discipline. If you are looking for a more historical approach, we will also teach techniques in laido and Kenjitsu. Both forms involve the art of drawing the sword in which you envision your attacking opponent. Laido sharpens your mind by honing your focus. Kenjitsu specializes in practical sword fighting that the Samurai used in battle. Additional equipment purchase/lease is required.

FAMILY PROGRAMS

FALL FOLIAGE KAYAK TRIP

\$85/Age 16+ \$50/Age 6—15 with parent 5 & under Free with parent

Sunday, October 2 2:00—5:00 p.m.

Enjoy the beauty of fall in New England from a different perspective. An experienced guide from Still River Outfitters will lead you down the historic **Concord River** at a leisurely pace. No experience is necessary. All ages are welcome. Directions will be sent a couple days before the trip. Be sure to provide an email address at which you can be contacted.

OTHER LEISURE PURSUITS

Sing Along Chorus and Sing Along Singers: Integrated Choruses for Teens/Adults Members of the choruses meet for weekly evening rehearsals, which include time for socializing and refreshments. Community outreach activities by the choruses have included performances at hospitals, nursing homes and the annual SNAP fundraising concert. The chorus is run by Special Needs Arts Programs, Inc. For more information email: info@Snapsing.org

Special Musicians is a music therapy program for young 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 or info@Snapsing.org

SPARCL: Special Arts Classes Special Art classes for adults in painting, clay, crafts, and other multi art media. For information email: info@Snapsing.org

Teresa and Roberta Lee Fitness ~ Nature Path

The fitness and nature path is 1.35+ 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 14, October 19, November 16, December 21, January 18, February 15, and March 21.*

Visit the Online Instruction Center at: www.ed2go.com/lexrec. to view courses and content, and to enroll in a course. Go to: www.ed2go.com/lexrec and check out the courses!

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.**

**Space is Limited
80 students
Sign Up Early!**

**Winter 2012
Middle School
Early Release Program**



Come along snow tubing at Nashoba Valley on Thursday January 12, 2012. 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 **\$36.00** 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 16, 2011 (space permitting) to the Lexington Recreation Department Office at the Town Office Building. 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 12 _____
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 _____

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 \$36.00 payable to 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 16, 2011 (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 _____ M _____ F _____

Address _____

Home Phone _____ Work Phone _____ Cell # _____

Email Address (please print) _____

D.O.B. _____ Age _____ Grade _____ Fall 11 _____ School _____ T-shirt size _____

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, or I, _____ hereby consent to 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 _____ MasterCard _____ Discover _____ Check _____ Cash _____

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

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.

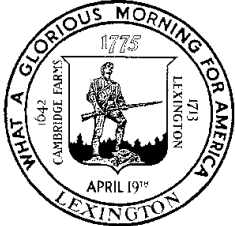
If registering for the Youth Basketball Clinic or League will you volunteer to be a coach?

Yes _____ No _____ Volunteer Name: _____

Volunteer Email Address: _____

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

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LEXINGTON, MA

Lexington Recreation ... Fun and Fitness for All!

“What Does Community Mean: How Can We Find It Together?”

Tuesday, September 27

7 - 9 pm

St Brigid's Church - Keilty Hall

2001 Massachusetts Avenue, Lexington



Lexington is a vibrant and caring community. How can we make it even better? Bring your thoughts and ideas to share in small group discussions.

The evening will be facilitated by Deborah Brown, Lexington Town Moderator, and sponsored by the League of Women Voters of Lexington; Lexington's Council on Aging, Recreation Committee, and Human Services and Recreation Departments; and Lexington Stand for Children.

Coffee will be available at 6:45 p.m. with the program beginning promptly at 7:00 p.m. All are welcome and there is no admission charge. For more information or to carpool, email: lww.lexington@gmail.com or call 781-862-0474.