

*Town of Lexington  
Recreation Department*

*Summer 2010  
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>*

**ONLINE REGISTRATION NOW AVAILABLE**

# 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 programs have 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 other Town Departments, 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 or Town Office Building facilities for our program space. Due to ongoing school renovation projects, and school and town activities, recreation program locations 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! Classes that have not met the minimum number required to run 10 days in advance of the start date will be cancelled.**

## ***Course Confirmation***

Confirmation of your course(s) may 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 our new **ONLINE REGISTRATION**, walk-in registration or mail-in registration from this brochure. To register online please go to: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm) and click on the link in the center of the page. **Online registrations** must be paid in full using MASTERCARD, DISCOVER, or VISA. There is a \$25.00 minimum for charges. Classes cannot be attended unless full payment has been received.
2. Please make checks payable to: **TOWN OF LEXINGTON**. There is a \$25.00 service fee for all returned checks.
3. 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.
4. Non-resident registrations are accepted in some programs, space permitting, at an additional rate of \$5.00 per program for children and \$10.00 per program for adults. **Non-resident registration for summer programs is accepted after March 15, 2010.**
5. There is a minimum \$10.00 non-refundable deposit for each program, except where noted in the brochure. If necessary, program credits may be requested in writing up to one week before the program begins. **No program credits will be given after the program begins.** Registration may be limited due to space limitations or staff to participant ratio requirements.
6. Late registration may be accepted subject to available space.
7. 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.
8. Financial assistance may be available for Recreation Department sponsored programs. Those who need financial assistance should request a scholarship application and a copy of the Recreation Scholarship Policy when applying for a specific program.
9. The Recreation Department reserves the right to cancel or consolidate classes that do not support themselves. All programs operate on a self-supporting basis.

## ***Program Cancellations***

Please call the cancellation line (781) 862-0500 ext. 706 or check the Department web site 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 been moved to an indoor location. Please note that state law requires that aquatic facilities be closed a minimum of 30 minutes after the last visible sighting of lightning or sound of thunder.

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

**Recreation Department Web Site: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm)**

**To register online for programs simply click the link on our home page.**

## 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

<b>Recreation Department</b>	<a href="http://www.lexingtonma.gov/recreationdepartment.cfm">www.lexingtonma.gov/recreationdepartment.cfm</a>	<b>(781) 862-0500 ext. 262</b>
<b>Recreation Program Information &amp; Cancellations</b>		<b>(781) 862-0500 ext. 706</b>
DPW Public Grounds		(781) 274-8300
Battle Green Tennis League	<a href="http://www.battlegreentennis.com">www.battlegreentennis.com</a>	
Coed Softball	Peter Coleman	(781) 862-0500 ext. 262
Lexington Blue Sox	<a href="http://www.lexingtonbluesox.com">www.lexingtonbluesox.com</a>	
Lexington Community Education		(781) 862-8043
Lexington Conservation Maps & Sites	<a href="http://www.lexingtonma.org/conservation/Lands/Conslandkey.html">www.lexingtonma.org/conservation/Lands/Conslandkey.html</a>	
Lexington Little League	<a href="http://www.lexingtonlittleleague.org">www.lexingtonlittleleague.org</a>	
Lexington FUN (formerly Lexington Preschool PTA)	<a href="http://www.lexfun.org">www.lexfun.org</a>	
Lexington Senior Center		(781) 861-0194
Lexington Youth Basketball	<a href="http://sites.google.com/site/lexhoops/Home">sites.google.com/site/lexhoops/Home</a>	
Lexington United Soccer Club	<a href="http://www.lexingtonsoccer.org">www.lexingtonsoccer.org</a>	(781) 674-1028
Men's Senior Softball	<a href="mailto:lexsoftball@gmail.com">lexsoftball@gmail.com</a>	
Men's Summer Basketball	Peter Coleman	(781) 862-0500 ext. 262
Moms on the Mound	Sheila Butts	(781) 862-0500 ext. 262
Pine Meadows Golf Club		(781) 862-5516
Pop Warner Football	<a href="http://www.lbhpopwarner.com">www.lbhpopwarner.com</a>	
Youth Hockey	<a href="http://www.lbyh.net">www.lbyh.net</a>	
Youth Lacrosse	<a href="http://www.lexingtonlax.org">www.lexingtonlax.org</a>	

## 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 ALLOWED.** Call the Pro Shop at (781) 862-5516 for schedules.

### Golf ID Cards for Lexington Residents

**\$10**

To better accommodate Lexington residents, you are able to make tee times at Pine Meadows Golf Club prior to the general public with the purchase of a \$10.00 ID card. Residents will be able to make reservations for tee times 14 days in advance. Golf ID cards are sold at the Recreation Department office only.

### Pine Meadows Fee Schedule (9 holes)

	<u>Residents</u>	<u>Non-Residents</u>
Weekends	\$19	\$22
Weekdays	\$17	\$20
Golf Carts	\$15	\$15

### Special Mon-Thurs before 3:00 p.m.

	<u>Residents</u>	<u>Non-Residents</u>
Seniors (62+)	\$14	\$16
Juniors (under 18)	\$14	\$16

### Player Discount Cards & Monday—Thursday Replay Program

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—Thursday (11:00 a.m.—3:00 p.m.) Replay option.

### Family Golf

**\$9/person**

Family Golf begins approximately 1 1/2 hours before dusk. Are you looking for a fun evening of golf with your family? Bring your family (must have at least 1 adult and 1 child) and play 4 holes of golf. Check with the clubhouse staff to sign up on a first-come, first-served basis. Family Golf is open to Lexington Residents ONLY.

### Golf Clinics at Stone Meadow Golf

Lexington Recreation Department, in partnership with Stone Meadow Golf and New England Golf Corporation, offers a series of lessons at Stone Meadow Golf. Golf Professional **Joe McKinney**, former New England PGA Teacher of the Year, will teach the Junior Clinics. Clinics for young golfers ages 7—10 run from 8:00—9:00 a.m. followed by clinics for golfers ages 11 – 16 from 9:00—10:00 a.m. These clinics will run Monday through Thursday with a Friday makeup date, the weeks of July 12, July 19, August 9 and August 16. **For more information and to register, please call the Pine Meadows Golf Club Pro Shop at (781) 862-5516.**

# SWIMMING IN LEXINGTON

The Recreation Department operates two outdoor swimming facilities during the summer months. The opening date for both facilities is June 5, 2010. The **Old Reservoir**, located on Marrett Road is a fresh water pond with a sandy beach. Open seven days per week from 10:30 a.m.—7:00 p.m., the **Old Reservoir** is a favorite place for families and children. The **Irving H. Mabee Town Pool Complex**, located on Worthen Road at the Center Recreation Complex, is also open seven days per week. On weekdays, a variety of programs including American Red Cross Swim Lessons, Adult Lap Swim, Diving Lessons, Adult Aqua Aerobics, and Swim Team share pool space, but generally the public swim hours are weekdays from 12:45—4:30 p.m. and 7:00—8:45 p.m. and weekends from 10:00 a.m.—8:45 p.m. The Recreation Department sells season memberships to the aquatic facilities. The **Swim Tag** is valid at both the Old Reservoir and Town Pool. Residents may opt to pay a daily fee instead of purchasing a swim tag. Tags will not be sold at the Recreation Department. **As of May 15th, all swim tags must be purchased at the Tennis Booth**, located at the Pool Bath House. Swim Tags will also be available for purchase at Discovery Day in Lexington, May 29, 2010.

<b>2010 SWIM TAG FEES:</b>	\$ 50.00	Youth (3—18 years old)
	\$ 50.00	Senior Adult (62+)
	\$ 70.00	Adult (19—61)
	\$190.00	Resident Family (2 adults and all children 3—18 residing full time in household)
	\$350.00	Non Resident Family (sold out)
	\$125.00	Non resident adult employed in Lexington
	\$ 15.00	Replacement for lost Swim Tag
<b>2010 DAILY FEES:</b>	\$ 5.00	Youth, Senior and Adult Residents and Guests
	\$ 20.00	Resident Family Daily Fee Cap (entering at one time)
	\$ 6.00	Non Resident Youth and Adult Daily Fee at OLD RES ONLY
	\$ 24.00	Non Resident Family Daily Fee Cap at OLD RES ONLY (entering at one time)

## Irving H. Mabee Town Pool Hours

### Pre Season

June 5—June 27	Sat. & Sun.	10:00 a.m.—8:45 p.m.*	GARRITY, DIVING, & WADING POOLS
		11:00 a.m.—5:45 p.m. & 7:00—8:45 p.m. *	MAIN/LAP POOL
	Mon.—Fri.	2:00—6:15 p.m. & 7:00—8:45 p.m.*	GARRITY, DIVING & WADING POOLS
		2:00—6:15 p.m. & 7:30—8:45 p.m.*	MAIN/LAP POOL

### Regular Season

June 28—August 22	Sat. & Sun.	10:00 a.m.—8:45 p.m.*	GARRITY, DIVING, & WADING POOLS
		11:00 a.m.—5:45 p.m. & 7:00—8:45 p.m.*	MAIN/LAP POOL
	Mon.—Fri.	10:00 a.m.—12:00 noon	MAIN/LAP & DIVING POOLS ONLY
		12:00 noon—4:30 p.m.	WADING POOL
		12:45 p.m.—4:30 p.m.	MAIN/LAP, GARRITY & DIVING POOLS
		7:00 p.m. — 8:45 p.m.*	GARRITY, DIVING & WADING POOLS
		7:30 p.m.—8:45 p.m.*	MAIN/LAP POOL

### Post Season

August 23—29**	Daily	11:00 a.m.—7:00 p.m.*	ALL POOLS
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\*\*The schedule for August 30—September 6 will be posted at the facility in mid-August.

<b><u>Adult Lap Swims</u></b>	Weekends, June 5—August 22	10:00—11:00 a.m. & 6:00—7:00 p.m. *	MAIN/LAP POOL
	Weekdays, June 7—June 25	6:30 — 7:30 p.m.*	MAIN/LAP POOL
	Weekdays, June 28—August 20	12:00 — 1:00 p.m. & 6:30—7:30 p.m.*	MAIN/LAP POOL
	Daily, August 23—29	12:00 — 1:00 p.m. & 6:00—7:00 p.m.*	MAIN/LAP POOL
	<b><i>Tuesdays—Thursdays, June 29—August 19</i></b>	<b><i>6:30 — 7:30 a.m.</i></b>	MAIN/LAP POOL

## Old Reservoir Hours

June 5—August 15	Daily	10:30 a.m.—7:00 p.m.*
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*\*In the event of cooler evening temperatures and/or inclement weather, the Pool and/or Old Res might close earlier than scheduled.\**



# 2010 Swim Lesson Descriptions & Times

American Red Cross Swimming & Water Safety r.09 "Learn to Swim" Classes Information  
ALL PARTICIPANTS MUST HAVE A SWIM TAG

## IRVING H. MABEE TOWN POOL SWIM SESSIONS FOR 2010 SEASON

SESSION 1: Monday—Friday, JUNE 28 – JULY 9  
SESSION 2: Monday—Friday, JULY 12 – 23

SESSION 3: Monday—Friday, JULY 26 – AUGUST 6  
SESSION 4: Monday—Friday, AUGUST 9 – 20

### SWIM LESSON REGISTRATION DATES AT THE TENNIS BOOTH

Tuesday, June 1:

5:30—7:00 p.m. (SESSION 1 ONLY)

Wednesday, June 2:

5:30—7:00 p.m. (any one session)

Fridays, June 4, June 11, June 18, & June 25:

5:30—7:00 p.m. (any one session)

Fridays, July 2, July 9, July 16, July 23, July 30, & August 6:

9:00—10:30 a.m. and 5:30—7:00 p.m. (any one session)

**\*\* The minimum number of participants needed to offer a swim lesson is four (4) \*\***

**Parent & Child Level 1** For children 1 and 2 years old. Designed to orient children to the water and teach elementary swimming skills, this class also teaches parents the proper techniques in instructing their child. **ONE PARENT PER CHILD. Parent must have a swim tag. A swim tag is not required for the infant. Maximum 10.**.....\$40.00

**Lesson Times:** 10:15—10:45 a.m. / 4:45—5:15 p.m. (Wading Pool)

**Parent & Child Level 2** For children 3 to 5 years old. Designed to orient children to the water and teach elementary swimming skills, this class prepares children for a more structured swim lesson and teaches parents the proper techniques in instructing their child. **ONE PARENT PER CHILD. Both parent and child must have a swim tag. Maximum 10.**.....\$40.00

**Lesson Times:** 11:25—11:55 a.m. / 5:20—5:50 p.m. (Wading Pool)

**Preschool Aquatics** For children 3 to 5 years of age. Child must be able to submerge face and be comfortable in the water to register for this class. Child must be ready to leave parent. **Maximum 10.**.....\$40.00

**Lesson Times:** 11:25—11:55 a.m. / 4:45—5:15 p.m. (Wading Pool)

**Level 1 - Introduction to Water Skills** For children at least 5 years old. Children under 5 might be allowed to take Level 1 upon meeting certain criteria (see instructor/aquatics manager before registering). *Helps student feel comfortable and safe in the water.* Basic water safety rules ~ Swimming on front and back using arm and leg actions ~ Using a life jacket ~ Recognizing a swimmer in distress and getting help ~ Submerging mouth, nose and eyes ~ Exhaling under water ~ Opening eyes underwater and picking up submerged object ~ Floating on front and back. **Maximum 10.**.....\$40.00

**Lesson Times:** 9:40—10:10 a.m. / 10:15—10:45 a.m. / 10:50—11:20 a.m. / 5:20—5:50 p.m. / 6:30—7:00 p.m.

**Level 2 – Fundamental Aquatic Skills** For children who have passed Level 1. *Gives student success with the fundamental skills.* Moving in the water while wearing a life jacket ~ Recognizing a swimmer in distress and getting help ~ Submerging entire head ~ Bobbing in the water ~ Front and back glide ~ Jellyfish float ~ Treading water using arm and leg motions ~ Swimming using combined stroke on front and back.

**Maximum 10.**.....\$40.00

**Lesson Times:** 9:40—10:10 a.m. / 10:15—10:45 a.m. / 10:50—11:20 a.m. / 4:45—5:15 p.m. / 5:40—6:10 p.m. / 6:30—7:00 p.m.

**Level 3 – Stroke Development** For children who have passed Level 2. *Builds on the skills in Level 2 by providing additional guided practice.* Reaching assist ~ Kneeling or standing dive (shallow dive progression) ~ Submerging and retrieving an object ~ Rotary breathing in horizontal position ~ Flutter, scissor, dolphin, and breaststroke kicks ~ Survival float, back float ~ Front crawl and elementary backstroke. **Maximum 10.**.....\$40.00

**Lesson Times:** 9:00—9:30 a.m. / 9:40—10:10 a.m. / 10:50—11:20 a.m. / 11:25—11:55 a.m. / 4:30—5:00 p.m. / 5:20—5:50 p.m. / 6:50—7:20 p.m.

**Level 4 – Stroke Improvement** For children who have passed Level 3. *Develops confidence in the skills learned and improves other aquatic skills.* Safe diving rules ~ Throwing assist ~ Dive from a stride position or shallow dive ~ Feet-first surface dive ~ Survival float, back float ~ Front and back crawl ~ Elementary backstroke, breaststroke, sidestroke, and butterfly. **Maximum 10.**.....\$40.00

**Lesson Times:** 9:00—9:30 a.m. / 10:50—11:20 a.m. / 11:30 a.m.—12:00 p.m. / 5:05—5:35 p.m. / 5:55—6:25 p.m.

**Level 5 – Stroke Refinement** For children who have passed Level 4. *Provides further coordination and refinement of strokes.* Performing rescue breathing ~ Standing dive (diving progression) ~ Tuck surface dive and pike surface dive ~ Open turns on front and back ~ Front flip turn and backstroke flip turn ~ Front and back crawl ~ Elementary backstroke, butterfly, breaststroke, sidestroke.

**Maximum 12.**.....\$40.00

**Lesson Times:** 9:00—9:30 a.m. / 9:40—10:10 a.m. / 5:55—6:25 p.m.

**Level 6 – Swimming and Skill Proficiency** For children who have passed Level 5. Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focuses on preparing students to participate on swim teams and in more advanced courses, such as Water Safety Instructor and Lifeguard Training. These options include:

- **Level 6 Personal Water Safety** – Introduction to water safety. Participants will learn to perform self-rescue techniques while clothed, swimming while clothed, basic safety rules for open water and boating, and increase endurance using various strokes. **Maximum 12.**.....\$40.00  
**Lesson Times:** 9:00—9:30 a.m. / 10:15—10:45 a.m. – Sessions 1 and 4; 5:55—6:25 p.m. – Session 3 only.
- **Level 6 Fitness Swimmer** – Introduction to fitness swimming. Participants will learn to use a pull buoy while swimming, demonstrate etiquette in fitness swimming, principles of setting up a fitness program, principles of water exercise, and to increase endurance using various strokes. **Maximum 12.**.....\$40.00  
**Lesson Times:** 9:00—9:30 a.m. / 10:15—10:45 a.m. - Session 2 only; 5:55—6:25 p.m. – Sessions 1 and 4.
- **Level 6 Fundamentals of Diving** – Introduction to the fundamentals of diving. Participants will learn basic stretching exercises for diving, forward dive fall-in from diving board, approach and hurdle, forward dive (tuck and pike position), and forward jump (tuck position). **Maximum 12.**.....\$40.00  
**Lesson Times:** 9:00—9:30 a.m. / 10:15—10:45 a.m. – Session 3 only; 5:55—6:25 p.m. - Session 2 only.

# AMERICAN RED CROSS "SPECIALTY AND ADVANCED SWIM PROGRAMS"

## 2010 DESCRIPTIONS

**ALL PARTICIPANTS MUST HAVE A SWIM TAG**

**Adaptive Aquatics** For individuals with special needs. This program is designed for small group instruction at all levels. If a one-on-one is required, parents should be prepared to participate in the class with their child.

**Maximum 6.** .....\$40.00

Class schedule: **Tuesday & Thursday 6:30 – 7:00 p.m.**

Session 1: June 29 – July 8

Session 3: July 27 – August 5

Session 2: July 13 – July 22

Session 4: August 10 – August 19

**Adult Instruction** Small group instruction for adults. This course is offered for beginners and for those who wish to improve their swimming skills. **Maximum 6.**..... \$45.00

Class schedule: **Monday & Wednesday 6:30 – 7:00 p.m.**

Session 1: June 28 – July 21

Session 2: July 26 – August 18

**Adult Aqua-Aerobics** These 45-minute classes, which run Monday through Thursday, use the resistance and refreshment of water to help increase your body's circulation, respiration, and muscular and cardiovascular strength. Every level is welcome. **No charge, but a swim tag is required.**

Class schedule: **Monday – Thursday, June 28 – August 19 12:00 – 12:45 p.m.**

**GuardStart** This program is designed to give swimmers age 12 to 14 a jump-start into a lifeguarding job. GuardStart Lifeguarding Tomorrow provides a foundation of lifeguarding and life skills. For those with swimming skills who have passed Red Cross Level 5, the program is an ideal transition between Red Cross Learn-to-Swim and the Lifeguard Training Course. GuardStart focuses on five key areas: Prevention of aquatic accidents ~ Fitness and swimming skills ~ Response in an emergency ~ Leadership skills ~ Professionalism of a lifeguard. **Maximum 8.**..... \$65.00

Class schedule: **Monday – Thursday, 6:00 – 7:00 p.m.**

Session 2: July 12 – July 22

Session 4: August 9 – August 19

**Water Safety Instructor Aide** Program for those 13 years of age or older who have passed Level 5 or above (required for employment as a Water Safety Instructor Aide at the Town Pool). **Maximum 8.**.....\$75.00

Class Schedule: **Monday – Thursday, 5:00 – 7:00 p.m.**

Session 3: July 26 – August 5

**Lifeguard Training** Teaches swimming and lifesaving skills. Student must be at least 15 years old and be a strong swimmer. **PRE-TEST IS REQUIRED (given at any public swim time upon request).** Pretest consists of: swim 500 yards (20 laps) continuously using front crawl, side stroke, on back using inverted breast or scissors kick and breaststroke; dive in good form from surface to a minimum of 9 feet and bring a #10 diving brick to the surface, surface dive to a minimum of 5' and swim underwater 15 yards. Participants must also pass the Community First Aid & Safety and Adult CPR/FPR components of this course prior to issuance of LT Certificate.

**Maximum 8.** .....\$160.00

Class Schedule: August 9 – August 20 (anticipated dates and times listed below)

**Monday, August 9: 5:00-7:00 p.m.; Tuesday–Friday, August 10–13: 4:00–7:30 p.m.; Saturday, August 14: 9:00 a.m.—12:00 noon and 1:00–4:00 p.m.; Monday–Friday, August 16–20: 4:00–7:00 p.m.**

**Introduction to Diving** Participants will work on a variety of diving skills and refine their techniques. This class is for participants of any diving ability and previous experience is **not** required, but participants **must have previously passed Level 3 swim lessons.**

**Maximum 8.** ..... \$40.00

Lesson Schedule: **Monday – Friday, 12:00–12:30 p.m. / 6:15–6:45 p.m.**

Session 1: June 28 – July 9

Session 3: July 26 – August 6

Session 2: July 12 – July 23

Session 4: August 9 – August 20

**SWIM TEAM** – Weekday workouts for those who have passed Level 3 or above and are interested in competition. Weekly meets will be conducted, usually between 1:00 – 6:00 p.m. **Registrations will only be accepted by mail until May 28th and on the scheduled Swim Lesson Registration dates at the Tennis Booth. SPACE IS LIMITED ~ REGISTER EARLY!**

**Swim Team Schedule: Ages 10 and under**

**Monday – Thursday 4:30 – 5:15 p.m.**

**Ages 11 and up**

**Monday – Thursday 5:15 – 6:00 p.m.**

**Entire Summer:**

**June 28 – August 19, 2010 Fee: \$150.00**

**Two week session:**

**Fee: \$ 45.00**

Session 1: June 28 – July 8

Session 3: July 26 – August 5

Session 2: July 12 – July 22

Session 4: August 9 – August 19



MAIL IN SWIM LESSON REGISTRATION ONLY
MAY 1—MAY 28 ONLY

(registrations received after May 28 will be returned.)

Last Name First Name
Address Town/Zip
Home Phone Work Cell
Email Address (please print):
Emergency Contact (Name & Phone)
D.O.B. Age Grade as of 9/10 Male Female

You can sign up for a maximum of two sessions per child at this time! This option is valid for Mail In Registration or ONLINE REGISTRATION ONLY. If your child's swimming skills are not appropriate for the additional session that you have registered for, we will make an effort to place your child in the proper level. We cannot guarantee that this lesson will be at the time you initially requested. No confirmation will be sent. You will be notified only if your choice is unavailable. REFUNDS ARE NOT GIVEN.

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 the 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.

Participant's Signature Date
(Parent/Guardian Signature required if participant is under 18)

Please print Parent/Guardian Name:

Please check the session and lesson you are registering for.

- Session 1: June 28—July 9 (Mon.—Fri.)
Session 2: July 12—July 23 (Mon.—Fri.)
Session 3: July 26—Aug. 6 (Mon.—Fri.)
Session 4: Aug. 9—Aug. 20 (Mon.—Fri.)

Classes

Times

Table with 2 columns: Classes and Times. Rows include Parent & Child Level 1, Parent & Child Level 2, Preschool Aquatics, Level 1-5, Level 6 Personal Water Safety, Level 6 Fitness Swimmer, Level 6 Fundamentals of Diving.

Introduction to Diving (please check session above): 12:00—12:30 6:15—6:45

- Swim Team (full season): Ages 10 and under 4:30—5:15 p.m. - All Summer registration (\$150)
Ages 11 and up 5:15—6:00 p.m. - All Summer registration (\$150)
Swim Team (two week session): Ages 10 and under 4:30—5:15 p.m. - Two week session (\$45)
Ages 11 and up 5:15—6:00 p.m. - Two week session (\$45)

Other Classes (Adaptive, Adult, GuardStart, Lifeguard Training, WSI Aide) Class Date/Session

Type of Payment: VISA MASTERCARD DISCOVER (minimum required to charge—\$25) CHECK CASH

Card Account Number: Expiration Date:

Month/Year

Cardholder Signature:

Make checks payable to: TOWN OF LEXINGTON and mail with registration form to: Lexington Recreation Department
1625 Massachusetts Avenue
Lexington, MA 02420

YOU MAY ALSO USE THE TOWN HALL DROP BOX IN FRONT OF CARY HALL

# Adult Programs

## FATHER'S DAY KAYAK TRIP

**Fees:** Ages 16+ **\$85**  
Age 6—15 (with a paid parent) **\$50**  
Age 5 and under (with a paid parent) **Free**

**Date:** Sunday, June 13  
**Time:** 9:00 a.m.—12:00 noon  
**Location:** Concord River

Surprise Dad with a fun way to spend the day! Enjoy a leisurely kayak trip down the Concord River led by an experienced Still River Outfitters guide. No experience is necessary. All ages are welcome. Directions will be sent a couple days before the trip.

## INTRODUCTION TO KAYAK **\$115**

**Ages:** 16+  
**Session 1:** Sundays May 16, 23 & 30  
6:30—8:30 p.m.  
**Session 2:** Saturdays, July 10, 17 & 24  
6:30—8:30 p.m.  
**Location:** Old Reservoir

Introduction to Kayak with Still River Outfitters emphasizes safety, enjoyment and skill acquisition in “recreational” kayaks. This programs’ introduction to safe and efficient paddling is also relevant for river and touring/sea kayaking.

## R.A.D. WOMEN'S SELF DEFENSE **\$60**

**Ages:** Women only 17+  
**Dates:** Mondays, May 3, 10, 17 & 24  
**Time:** 6:00—9:00 p.m.  
**Location:** Clarke Middle School Gym

The Lexington Police Department and the Lexington Recreation Department are proud to 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. Participants will then begin the process of hands-on training. Students will be introduced to ground defense techniques. 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.

### ONLINE REGISTRATION AVAILABLE

The Lexington Recreation Department now offers online registration for the convenience of its customers. In order to access our ONLINE Registration program please go to:

[www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm)

From here click on the online registration link and follow all registration directions. 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 and by Master Card or VISA. The financial information gathered from any internet transaction will not be maintained by the Town.

## YOGA CLASSES

**\$84**

**Dates:** Tuesdays, June 8— August 3 (no 6/15)  
**Time:** 7:30—8:30 p.m.  
**Dates:** Thursdays, June 10—August 5 (no 6/24)  
**Time:** 7:00—8:00 p.m.  
**Location:** Cary Hall ~ Robbins Room

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. All levels are welcome. Participants should wear loose fitting clothes and bring a Yoga mat.

## MEN'S ADULT BASKETBALL LEAGUE **\$450/team**

**Ages:** 18+  
**Dates:** Monday, Tuesday, Wednesday  
June — August  
**Times:** 6:15, 7:15 and 8:15 p.m.  
**Location:** Center Basketball Courts

Put a team together and join this Summer League for fun, exercise and competition. Games are played at the Center Basketball Courts weeknights throughout the summer. To receive information about registering your team, contact the Recreation Department at (781) 862-0500 ext. 262.

## LHS FIELDHOUSE—EARLY MORNING GYM PROGRAM

**Dates:** Monday, Wednesday and Friday  
through August  
**Time:** 6:15—7:15 a.m.  
**Fee:** \$45 / residents \$65 / non-residents

Are you looking for a morning pick-up basketball game or indoor jogging facility? If so, take advantage of the field house and gym facilities at Lexington High School for a game or jog before heading off to work.

*This program will run through August. The times listed may change based upon summer custodial hours at the high school. Contact the Recreation Department for updated hours.*

## WOMEN'S FITNESS BOOT CAMP **\$125/2 days/week** **\$75/1 day/week**

**Dates:** Tuesday & Thursday, July 6—August 12  
**Time:** 6:00—7:00 a.m. **Rain or Shine**  
**Location:** Lincoln Park Field # 2

This popular 6-week fitness program designed specifically for women will incorporate upper and lower body weight exercise as well as cardiovascular activities. Band work and many body weight exercises will be included. **Paul McManus**, Summer Conditioning Instructor for the past 7 years, returns to lead this program. All levels of ability are welcome with a doctor's certificate. Women should bring a jump rope, thin exercise mat and two 5—10 lb. hand weights.



## American Red Cross Certification Classes

### CPR for the Professional Rescuer

#### Recertification **\$70**

**Date:** Monday, May 17

**Time:** 6:00—10:00 p.m.

**Location:** Town Office Building Room 207

Participants **MUST** possess and present a current American Red Cross CPR/AED for the Professional Rescuer Certificate. Participants **MUST** also bring their American Red Cross "CPR/AED for the Professional Rescuer" book and their pocket mask with them to class. **No book, no mask, no card...no class!**

#### First Aid/CPR/AED for the Workplace **\$100**

**Date:** Tues. & Thurs., May 25 & 27

**Times:** 6:30—10:00 p.m.

**Location:** Town Office Building Room 207

The purpose of this course is to train individuals in the skills necessary to recognize and provide basic care for victims of illness and sudden injuries, and to provide basic care for life threatening or cardiac emergencies in adults and children.

#### First Aid Basics **\$70**

**Date:** Thursday, May 20

**Time:** 6:30—10:00 p.m.

**Location:** Town Office Building Room 207

The purpose of this course is to train individuals in the skills necessary to recognize and provide basic care for victims of illness and sudden injuries until advanced medical personnel arrives. This course does not include information on breathing or cardiac emergencies.

#### CPR/AED Recertification **\$70**

**Date:** Tuesday, May 18

**Time:** 6:30—10:00 p.m.

**Location:** Town Office Building Room 207

Participants must bring their **book and current CPR Certification Card** with them to class.

### 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 (15) 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.



### Ballfield Permits

A limited number of ballfields are available for residents to use, field conditions permitting. **Permits are required for play on ALL fields.** Daily use permits are issued at the Recreation Department office on a first-come, first-served basis. Please contact the Recreation Department, (781) 862-0500 ext. 262 for permit application procedures and fees.

## **Instructor—Facilitated ONLINE LEARNING EDUCATION 2 GO**

All instructor-facilitated online courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

**New course sessions begin on the third Wednesday of each month. Upcoming classes begin on May 19, June 16, July 21, August 18, and September 15.**

**COURSES START AS LOW AS: \$79 ENROLL NOW**

Visit our Online Instruction Center: [www.ed2go.com/lexrec](http://www.ed2go.com/lexrec)  
Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Registration and Payment must be received by the Monday before the start of the online class. Here you will choose a user name and password that will grant you access to the Classroom. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the user name and password you selected during enrollment.

### 60+ BEGINNER TENNIS LESSONS **\$50**

**Dates:** Thursdays, May 6—June 10

**Time:** 10:00—11:00 a.m.

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

**N  
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W**

If you are looking for a fun activity, then look no further. No more procrastination—the time is now! Two seasoned tennis aficionados want to teach you how to play! Don't let your lack of experience hold you back—come join us for fun and exercise! All you need is a pair of sneakers, a water bottle and a desire to have fun. Tennis racquet desirable, but not necessary, as we have some to lend you. Class size limited to 8. Register early!

### USTA QUICKSTART TENNIS WORKSHOP **\$20**

**Date:** Saturday, June 19

**Time:** 1:00—4:00 p.m.

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

Join us for a workshop ideal for coaches, instructors and parents who work with kids ages 10 & under. In this interactive session you will learn the **QuickStart Tennis Play Format**, play situations and games, organizing and coaching a team match, characteristics of a good coach and how to implement practice plans. Learn how to share your love of tennis with kids. **Pre-registration is required.** The registration deadline is June 4th.



**We Can Take You  
There!  
(781) 861-1210**

# Tennis in Lexington

## THE WHERE AND WHEN OF MAKING A TENNIS RESERVATION

All tennis reservations must be made in person. Telephone calls are not accepted.

April 1—May 14	<b>Reservations at the Recreation Department ONLY.</b>
Monday—Friday	8:30 a.m.—4:15 p.m.
May 15—August 15	<b>Reservations at the Tennis Booth ONLY.</b>
Monday—Friday	4:30—7:30 p.m.
Saturday & Sunday	10:00 a.m.— 2:00 p.m.
August 16—October 22	<b>Reservations at the Recreation Department ONLY.</b>
Monday—Friday	8:30 a.m.—4:15 p.m.

The Tennis Booth is located at the Center Recreation Complex/Town Pool Bath House on Worthen Road. There are four lighted courts at the Center Recreation Complex Gallagher Tennis Courts, which are available for night play—**only with a paid reservation**—until 9:00 p.m.

- Tennis reservations may be made up to one week in advance.
- A person may make only one reservation (one hour/one court) for any given day.
- Reservations must be made at least one hour before the requested court time.
- Courts are available for reservations seven days per week, 7:00 a.m.—8:00 p.m.

## TENNIS COURT RESERVATION FEES

<b>\$40.00</b>	Tennis ID Cards (residents only)
<b>\$30.00</b>	Senior Adult Tennis ID Cards (residents only, 62+)
<b>FREE</b>	Daily Non-Lighted Court Reservation per hour with ID Card
<b>\$ 5.00</b>	Daily Non-Lighted Court Reservation per hour without ID Card
<b>\$10.00</b>	Lighted Court Reservation with ID Card
<b>\$15.00</b>	Lighted Court Reservation without ID Card

**Non-residents may make a tennis reservation, but may not purchase a Tennis ID card.**

## COURT LOCATIONS



- **Gallagher Tennis Courts at the Center Recreation Complex—10 courts (4 lighted)**
- **Clarke Middle School—3 courts**
- **Adams Playground (behind the East Lexington Library and Waldorf School) - 2 courts**
- **Valley Road (off Bedford Street across from Mobil Gas Station) - 2 courts**

# Tennis Lessons

## Adult Tennis Lessons

Gallagher Tennis Courts 1 & 2 at the Center Recreation Complex

The *Lexington Recreation Department Adult Tennis Program* is designed to give all players, regardless of ability, the opportunity to learn new skills and/or improve existing ones. The class schedule varies throughout the season to allow greater opportunities for participation. Each session includes 6 lessons. One or two rain dates are built into each session to accommodate same day and time make-up classes.

Class size is limited to a maximum of 8 per class, so advanced registration is required via our new online program, mail-in, phone, or in person at the Recreation Office.

*Lesson participants are **NOT** permitted to attend lessons on days and times for which they have not registered and paid in order to make up a missed class.*

### Adult Lesson Fees

Resident Registration : **\$80**

Non-Resident Registration: **\$90**

**Saturday—A.M. 9:00—B, 10:00—AB; 11:00—I**

- **Session 2:** June 26—August 7 (no 7/3)
- **Session 3:** August 28 —October 16 (no 9/4, 9/18)

**Tuesday—P.M.**

- **Session 1:** May 11—June 15 6:30—B; 7:30—AB
- **Session 2:** July 6—August 10 6:30—AB; 7:30—B

**Wednesday—P.M.**

- **Session 1:** May 12—June 16 6:30—B; 7:30—AB
- **Session 2:** July 7—August 11 6:30—AB; 7:30—I

**Thursday—P.M. 6:00—B, 7:00—AB, 8:00—I**

- **Session 2:** June 24—July 29
- **Session 3:** August 19—Sept. 30 (no 9/9)

**B = Beginner** (Designed for the brand new player or inexperienced recreational player. Introduces serve, volley, forehand, and backhand strokes, court positions, and tennis terms.)

**AB = Advanced Beginner** (Reviews beginner strokes with emphasis on stroke execution. Introduces lob, overhead, scoring and rules. Students must know the basic strokes and forehand rallying.)

**I = Intermediate** (For those wishing to perfect their strokes through drills with emphasis on consistency, singles, and doubles strategy and match play.)

*The program registration deadline (space permitting) is 12:00 noon on the Thursday prior to the start of the program!*

*Registration will not be accepted at the program on the start date.*

**PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS!**

## Youth Tennis Lessons

Gallagher Tennis Courts 1—6 at the Center Recreation Complex

The Recreation Department *Youth Tennis* Staff is looking forward to another fun and exciting summer. Instructors will teach children using the *USTA Quick Start Tennis Program*, an exciting new lesson and play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. Lexington Recreation *QuickStart* will divide players into three different levels: **Ages 5 & 6, Ages 7 & 8, and Ages 9 & 10.** We will continue to offer lessons for children ages 11+, and a class for those age 4. Lessons will run Monday through Thursday with Friday reserved for rain make-ups, if needed. New sessions begin each Monday morning. **Registration deadline for each week (space permitting) is 12:00 noon on the Thursday prior to the session.** Lessons will have a 1:6 staff to children ratio. Participants must bring a tennis racquet, sunscreen and a water bottle.

### Registration Fees\*\*

<b>Age 4:</b>	11:00—11:30 a.m.	\$40
	11:40 a.m.—12:10 p.m.	\$40
<b>Ages 5 &amp; 6:</b>	9:00—9:50 a.m.	\$60
	10:00—10:50 a.m.	\$60
<b>Ages 7 &amp; 8:</b>	9:00—9:50 a.m.	\$60
	10:00—10:50 a.m.	\$60
<b>Ages 9 &amp; 10:</b>	9:00—9:50 a.m.	\$60
	10:00—10:50 a.m.	\$60
<b>Ages 11 +:</b>	11:00 a. m.—12:30 p.m.	\$80
Session 1:	June 28—July 1	Session 2: July 6—9 <sup>^</sup>
Session 3:	July 12—15	Session 4: July 19—22
Session 5:	July 26—29	Session 6: August 2—5
Session 7:	August 9—12	<sup>^</sup> Session 2 begins on Tuesday.

\*\* non-resident, space permitting add \$5.00 per week

## Youth Tennis Clinic

**Monday—Thursday, 2:00—5:00 p.m.**

The Afternoon Tennis Clinic at the Center Recreation Complex Gallagher Courts (1—6) is designed for Beginner and Intermediate players ages 7—13. One and two weeks of lessons and drill work will emphasize match and tournament play. Participants will be exposed to different tournament styles and gain experience through daily practice. After an afternoon of tennis, participants have the option to cool off in the Town Pool at 4:30 p.m. or remain at the courts to scrimmage. Both options are supervised by Tennis Staff. Participants must bring a tennis racquet, snack, water bottle, sunscreen, bathing suit and towel. Everyone must be picked up by 5:00 p.m. in front of courts 3 & 4. Program runs Monday through Thursday, with Friday used as a rain makeup. **Health History/Immunization form required.**

<b>Session 1:</b>	June 28—July 1	\$110**
<b>Session 2:</b>	July 6 <sup>^</sup> —15	\$180**
<b>Session 3:</b>	July 19—29	\$180**
<b>Session 4:</b>	August 2—5	\$110**

\*\* non-resident, space permitting add \$5.00 per session

<sup>^</sup> Session 2 begins on Tuesday.

# Pre-School & Kindergarten Programs

## VIKING SUMMER T-BALL

\$85/week

**Ages:** 4—7  
**Dates:** Monday—Friday  
August 16—20  
**Time:** 2:00—2:45 p.m. or 2:45—3:30 p.m.  
**Location:** Center #2 Softball Field

This fun program will teach the basics of catching, throwing, batting, running the bases and fielding for the first half of the class followed by a fun T-Ball game during the final twenty minutes. All players need to bring a baseball glove and a water bottle. Parents are encouraged to be present at the program. **Health History/Immunization form required.**

## KIDDIE CAT JAM Ages 4 & 5

**Dates:** Monday—Friday, June 21—25 **\$105**  
Tuesday—Friday, July 6—9 **\$95\* four days**  
**Time:** 10:15 a.m.—12:15 p.m.  
**Location:** Center Recreation Complex

Soccer, T-ball, basketball, softie hockey, balloon ball, and kick ball are among the 'sports' included in this week-long program. Games and other activities such as Theme Days are sprinkled in as well. **Health History/Immunization form required.**

## KIDDIE CAT JAM Ages 3 & 4

**Dates:** Monday—Friday, June 21—25 **\$95**  
Tuesday—Friday, July 6—9 **\$85\*four days**  
**Time:** 8:30—10:00 a.m.  
**Location:** Center Playground Track Field

Children will participate in a variety of activities including soccer, T-ball, basketball, balloon ball, kickball, etc. Games and other activities such as Theme Days are held also. **Health History/Immunization form required.**

## CHALLENGER PRESCHOOL SOCCER

\$105/week

**Ages:** 3—5  
**Dates:** Monday—Friday, August 9—13  
Monday—Friday, August 16—20  
**Time:** 9:00—10:30 a.m.  
**Location:** Center Playground Track Field

A friendly low key introduction to the basics of soccer through games, stories, skill-building activities and fun. This new program is run by the popular Challenger Soccer Program. **Health History/Immunization form required.**

## MINUTEMAN MINI MULTI SPORT

\$70/week

**Ages:** 4—6  
**Dates:** Monday—Thursday, June 28—July 1  
Monday—Thursday, July 12—15  
Monday—Thursday, July 19—22  
Monday—Thursday, August 2—5  
**Times:** 9:00—10:45 a.m. or 11:00 a.m.—12:45 p.m.  
**Location:** Center Recreation Complex

Join **Vic Cuzzupe** for a week of summer fun and activity. Children will have a morning full of movement experiences as they explore different motor skills, including kicking, throwing, and catching as well as cognitive abilities that include teamwork and partnership. The clinic will provide a multitude of skills development, movement exploration and a beginners understanding of a variety of sport concepts. Bring snack and water. **Health History/Immunization form required.**

## MOMMY or DADDY & ME KAYAK

\$125

**Ages:** 2—5 with one parent  
**Dates:** Saturdays, July 10, 17 & 24  
**Time:** 3:00—4:30 p.m.  
**Location:** Old Reservoir

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

## TEDDY BEAR PICNIC



Our friendly staff are looking forward to an exciting summer of making new friends, child centered projects and activities and a whole lot of FUN! The program includes singing and movement activities, story and project time, group games and of course swimming and sand play at the OLD RES.

Pack a bag with a towel labeled with child's name, as well as a light snack and drink. Children should wear play clothes over their bathing suits. WE LOVE TO GET MESSY! Rain space is located in the Bridge School. **ALL CHILDREN MUST BE TOILET TRAINED!** **Health History/ Immunization Form required.**

**Ages:** Teddy Bear I ~ Ages 3 - 4 ½  
Teddy Bear II ~ Ages 4 ½ - 6

**Dates:** Week 1: June 28—July 2

Week 2: July 6—9 ^

Week 3: July 12—16

Week 4: July 19—23

Week 5: July 26—30

Week 6: August 2—6

Week 7: August 9—13

**Times:** 9:30 a.m. - 12:00 noon

Monday through Friday

**Location:** Picnic area next to the OLD RES.

^ **Tuesday—Friday only**

**Fees:** **\$105 per week**  
**\$ 87 for Week 2**

## **Back by Popular Demand**

### TEDDY BEAR PICNIC LUNCH BUNCH

**FEE: \$10.00 per day**

**\$25.00 per week (3 days)**

Teddy Bear campers are invited to spend an extra hour with their counselors enjoying more activities at the beach and a picnic lunch, which you bring. The option will be available on Tuesday, Wednesday and Thursday from 12:00 noon to 1:00 p.m. **Register by check at the program.**

*Registration deadline is Monday at pick-up time.*

**The registration deadline for all programs (space permitting) is 12:00 noon on the Thursday prior to the start of the program! Registration will not be accepted at the program on the start date. Pre-registration is required for ALL programs!**

**REGISTER ONLINE at:**

[www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm)

**Once at the Recreation Department Home Page click on the link to access the Activity Registration page and follow the registration steps. Remember to print out a copy of the Transaction Report and Program Waivers.**

**If you have a problem please contact the department at:**

**(781) 862-0500 ext. 262**

# Summer Youth and Teen Programs

## DISCOVER THE FUN DAY CAMP

**Discover the Fun** is a theme based day camp program open to children *entering Grades 1 – 5* as of September 2010. **Discover the Fun** will run Monday through Friday, 9:00 a.m. to 3:00 p.m., June 28th through August 6<sup>th</sup> at the Bridge Elementary School. In addition to the facilities at Bridge, campers will use the Old Reservoir, Town Pool, Gallagher Tennis Courts, Lincoln Park and the play facilities at the Center Recreation Complex. Each week the campers will participate in a wide variety of theme related games, sports, tennis, swimming and nature activities, and create wonderful arts and craft projects. Special events such as picnics at Lincoln Park, tie-dye, spirit and theme days, and short field trips round out the **Discover the Fun** program. Please contact the Recreation Department to obtain the camp application forms. **Health History/Immunization form required.**



<b>Week One</b>	June 28—July 2	<b>\$210*</b>
	<i>“Up, Up and Away”</i>	
<b>Week Two</b>	July 6 – 9	<b>\$170*</b>
	<i>“A Bug’s Life”</i>	
<b>Week Three</b>	July 12—16	<b>\$210*</b>
	<i>“Wild, Wild West”</i>	
<b>Week Four</b>	July 19—23	<b>\$210*</b>
	<i>“Back to the Future”</i>	
<b>Week Five</b>	July 26—30	<b>\$210*</b>
	<i>“Super Hero Week”</i>	
<b>Week Six</b>	August 2—6	<b>\$210*</b>
	<i>“Finding Neverland”</i>	

\* The weekly fee includes a \$25.00 non-refundable deposit.

## JUNE CHESS CLINIC **\$140**

**Ages:** 6 – 13  
**Dates:** Monday—Friday, June 21—25  
**Time:** 3—5 p.m.  
**Location:** Cary Hall ~ Robbins Room

Join **Jim Della Selva** for a weeklong chess clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in chess matches and games. Participants should bring a chessboard and be ready for a fun, challenging week. **Health History/Immunization form required.**

## SUMMER CHESS CLASS **\$110**

**Ages:** 6 – 13  
**Dates:** **Beginner:** Tuesdays, July 6—Aug. 10  
**Intermediate:** Wednesday, July 7—Aug. 11  
**Times:** 6:00—7:00 p.m.  
**Location:** Town Office Building Room G15

These courses will teach fundamentals and combine instruction, play, group work, chess problems and games. Come learn and improve skills with instruction by U.S. Chess Federation expert, **Jim Della Selva.**

## AUGUST CHESS MINI CLINIC **\$90**

**Ages:** 6 – 13  
**Dates:** Monday—Wednesday, August 16—18  
**Time:** 2:00—4:00 p.m.  
**Location:** Cary Hall ~ Robbins Room

Join **Jim Della Selva** for a 3-day chess clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in chess matches and games. Participants should bring a chessboard and be ready for a fun, challenging three days. **Health History/Immunization form required.**

## SCIENCE ADVENTURES

**Ages:** 6—12  
**Location:** Cary Hall ~ Estabrook Hall  
**Times:** 9:00 a.m.—12:00 noon

### “Gizmo’s Robot Factory” **\$260**

**Dates:** Monday—Friday, August 2—6  
 Campers explore the science behind batteries, gravity, light and sound through electrifying projects like building a model bridge and planning and constructing a real, working robot! One week spent in Gizmo’s lab and science and fun go hand-in-hand for everyone. **Health History/Immunization form required.**

### “Mystery of the Pharaoh’s Treasure” **\$260**

**Dates:** Monday—Friday, August 9—13  
 Journey to the land of the pharaohs to help Gizmo solve a mystery and unearth two long-forgotten treasures. Decipher hieroglyphics, investigate the secret of the sands, predict the rising of the stars to unearth a mummy, and take home a share of the gold. **Health History/Immunization form required.**

### “Space and Rocketry 2010” **\$260**

**Dates:** Monday—Friday, August 16—20  
 Get pumped up for some space exploration! Join Gizmo to build his brand new, state of the art hydro-rocket. Using the power of air pressure and water, launch your very own rocket over 100 feet into the air. Bring a bottle from home to design and launch a personalized rocket. **Health History/Immunization form required.**

### “Go Wild!” **\$260**

**Dates:** Monday—Friday, August 23—27  
 Leap into the wild on an awesome adventure to investigate extreme plants and amazing animals. Join Gizabelle to build a nature kit complete with microscope, bug cage and telescope. Meet live animals face-to-face during our amazing animal encounter! Get ready to explore the world outside your door...It’s time to Go Wild! **Health History/Immunization form required.**

## BEGINNER & INTERMEDIATE SAILING **\$160**

**Ages:** 11—14  
**Dates:** July 19—23 OR August 2—6  
**Time:** 8:15 a.m. departure from Cary Hall  
 2:15 p.m. return time to Cary Hall



**Location:** Community Boating in Boston  
**Learn to Sail** on the Charles River with the Community Boating Junior Program Staff in Boston. **Limited spots are still available in Beginner and Intermediate Classes.** Call the Recreation Department to check availability

## LEXINGTON SUMMER CHESS CHAMPIONSHIP

**Fee:** **\$55** for players registering for tournament only.  
**\$40** for players enrolled in August Clinic  
**Ages:** 6—13  
**Dates:** Thursday & Friday, Aug. 19 & 20  
**Time:** 2:00—5:00 p.m.

**Location:** Cary Hall ~ Robbins Room  
 This two-day tournament will be based on rules implemented by the U.S. Chess Federation, and will feature 2 rounds of play each day, combined with instruction to assist all players in the strategies of chess. The players will be divided according to grade and skill, and will receive a chess medal for participation. Trophies will be presented to the top 3 winners of each section.

## INTRODUCTION TO KAYAK—YOUTH **\$115**

**Ages:** 10—15  
**Dates:** Saturdays, July 10, 17 & 24  
**Time:** 4:30—6:30 p.m.  
**Location:** Old Reservoir

Join **Still River Outfitters** in a six-hour program that emphasizes safety, enjoyment and skill acquisition in “recreational” kayaks.

# Summer Youth Clinics

## ELITE SOCCER CAMP

**\$170**

**Ages:** 6—11  
**Dates:** Monday—Friday, July 19—23  
**Time:** 9:00 a.m.—12:00 noon  
**Location:** Lincoln Field # 2

A coed program, run by **Tim Wheaton** former Head Coach at Harvard University and 1999 National Coach of the Year, designed to provide a supportive environment where players can develop their individual skills and understanding of tactics of the game. Groups are divided by age and ability to ensure an appropriate environment for a challenging and fun week. Players should wear shin guards, cleats or sneakers, bring a water bottle, snack, soccer ball and water-proof sunscreen. There is no rain space for this program. **No Swimming. Health History/Immunization form required.**

## COED ADVANCED ELITE SOCCER CAMP

**\$170**

**Ages:** 11—18  
**Dates:** Monday—Friday, July 19—23  
**Time:** 9:00 a.m.—12 noon.  
**Location:** Lincoln Field # 1

Directed by **Tim Wheaton**, this program is designed for the serious, dedicated player with the desire to improve and progress to the next level. The curriculum will emphasize technique, small-sided play and games similar to a college pre-season program. Players should wear shin guards, soccer cleats or turf shoes and bring a soccer ball and water. There is no rain site for this clinic. **No Swimming. Health History/Immunization form required.**

## CHALLENGER BRITISH SOCCER

**\$145 (half) / \$215 (full)**

**Ages:** 6—9 (half day) 10—15 (full day)  
**Dates:** **Session 1:** Monday—Friday, August 9—13  
**Session 2:** Monday—Friday, August 16—20  
**Time:** 9:00 a.m.—12:00 noon/9:00 a.m.—4:00 p.m.  
**Location:** Center Track Field

This **British Soccer** Camp is more than just a week of skills and drills. In addition to taking part in a daily regimen of foot skill development, technical and tactical practices and daily tournament style play, each child will also be treated to a rich cultural experience and lessons on teamwork, sportsmanship and self-discipline. All participants should bring a water bottle, sunscreen, shin guards, soccer ball and snack. Full day players should bring lunch. **No swimming. Health History/Immunization form required.**

## SUMMER FENCING CLINIC

**\$235/week**

**Ages:** 8—13  
**Dates:** I: Monday—Friday, July 12—16  
**Time:** 9:00 a.m.—12:00 noon  
**Dates:** II: Monday—Friday, August 2—6  
**Time:** 2:00—5:00 p.m.  
**Location:** Cary Hall ~ Estabrook Hall

Fence without buying expensive equipment! 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 swashbuckler skills in duels and sword games each day. This sport has many benefits including cardiovascular exercise, balance and strategic thinking. **No Swimming. Health History/Immunization form required.**

## ARCHERY CLINIC

**\$120/week**

**Ages:** 9—14  
**Dates:** Monday—Friday, July 12—16 or  
Monday—Friday, August 9—13  
**Times:** 9:00—10:45 a.m. or  
11:00 a.m.—12:45 p.m.  
**Location:** Bridge School Field

Learn to shoot a bow and arrow through this **Archery USA** junior development program taught by certified instructors. Students progress at their own pace. **No Swimming. Health History/Immunization form required.**

## BLUE SOX BASEBALL CLINIC

**\$160/week**

**Ages:** 9—13  
**Dates:** 7 one-week sessions  
Monday—Thursday (Friday rain date)  
July 6\*, July 12, July 19, July 26, August 2,  
August 9 & August 16  
\* *Tuesday—Friday no rain date*  
**Times:** 9:00 a.m.—1:00 p.m.  
**Location:** Center # 1 Baseball Field

Improve your play with instruction and coaching by **BLUE SOX** players and coaches. Participants will learn about base running, bunting, stretching, defense and hitting. Participants are grouped according to age, grade and ability. Players should bring a water bottle and snack each day. **No swimming. Health History/Immunization form required.**

## THUNDERCAT SPORTS JAM

**\$125 (half) \$175 (full)**

**Ages:** 7—10  
**Dates:** Monday—Friday, July 26—30  
**Time:** 9:00 a.m.—12:00 noon (half day)  
9:00 a.m.—3:00 p.m. (full day)  
**Location:** Outfield of Center 2 Softball Field

Play, play and play some more...the ultimate multi-sport program! Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. But that is not all. Participants should bring water and snack each day. **No swimming. Health History/Immunization form required.**

## THUNDERCAT FLAG FOOTBALL

**\$125 (half) \$175 (full)**

**Ages:** 7—12 (coed)  
**Dates:** Monday—Friday, August 23—27  
**Time:** 9:00 a.m.—12:00 noon  
9:00 a.m.—3:00 p.m.  
**Location:** Center Track Field

Throw it, catch it, punt it...pigskins beware! Participants will learn fundamental skills from coaches through unique drills, games, and teaching techniques. Skills taught include passing, catching, running, offensive / defensive strategies, and more. Theme days, trivia, and a Super Bowl tournament at the end of the program add to the excitement! **No Swimming. Health History/Immunization form required.**

## MASS PREMIER SOCCER

**Ages:** 4—8 (half day) **\$155**  
9—13 (full day) **\$260**  
**Dates:** Monday—Friday, July 26—30  
**Time:** 9:00 a.m.—12 noon (half)  
9:00 a.m.—3:00 p.m. (full)  
**Location:** Center Track Field

This program is designed to serve as a stand alone introduction to the game of soccer for the younger players, while enhancing and improving skills and techniques of more experienced players. Participants should wear shin guards, cleats or sneakers and bring a water bottle, sunscreen, soccer ball, snack (and lunch for full day). **No swimming. Health History/Immunization form required.**

## CHESS/KOOL SCIENCE CLINIC

**\$170**

**Ages:** 6—13  
**Dates & Times:** Monday—Friday, July 19—23  
1:00—3:00 p.m.  
**Location:** Cary Hall ~ Estabrook Hall

Science teacher, **Bill Richard** and Chess teacher, **Jim Della Selva** will ensure that you have a fun-filled week observing, hypothesizing, and testing your own ideas as we delve into magnetism, sound, design technology, and flight, and learning the fundamentals chess. Hands on projects, games, and learning by doing will be emphasized.

# Minuteman Sports Clinics

Lexington Recreation offers a series of quality sports clinics providing a safe and positive learning environment to novice and more experienced athletes. Participants should bring water, bathing suit and towel each day. Pick up will be at the Town Pool, following the end of the clinic swim. Lexington Recreation reserves the right to change program directors if needed. **Health/Immunization form required.**

## BOYS HOOP I

**\$95**

**Ages:** 8—13  
**Dates:** Tues.—Fri., July 6—9  
**Time:** 8:30 a.m.—12:00 noon  
**Location:** Center Basketball Courts



LHS Boys Varsity basketball coach, **Bob Farias** will emphasize improvement of individual and team skills. Drills, demonstrations, games and contests are included. **No rain date.**

## FIELD HOCKEY

**\$95**

**Ages:** 8—14  
**Dates:** Mon.—Thurs. July 26—July 29  
**Time:** 8:30 a.m.—12:00 noon  
**Location:** Lincoln Field # 3



Join **Barbara Locke**, Woburn H.S. Varsity Field Hockey coach and former U.S. Field Hockey Team member, to learn the basics of field hockey and improve skills. Participants should bring a stick, goggles and mouth guard. **Rain Date Friday.**

## FOOTBALL

**\$95**

**Ages:** 9—13  
**Dates:** Mon.—Thurs. July 19—22  
**Time:** 8:30 a.m.—12:00 noon  
**Location:** LHS Football Field



Learn the fundamentals of the game from LHS coach and teacher, **Steve Solly**. Players will learn about fitness, preparation and game situations and participate in fun contests such as punt, pass and kick. This clinic is non-contact. No equipment is necessary. **Rain Date Friday.**

## GIRLS HOOP I

**\$140**

**Ages:** 7—13  
**Dates:** Tues.—Fri., July 6—9  
**Time:** 9:00 a.m.—3:00 p.m.  
**Location:** LHS Gym



The emphasis of this program, directed by LHS Girls Varsity Coach, **Steve Solly**, will be to reinforce basic skills and promote new skills, with drills, contests and game play. Participants should bring snack, lunch, bathing suit and towel. From 1:00—3:00 p.m. the girls will be swimming at the Town Pool.

## COED VOLLEYBALL

**\$95**

**Ages:** 8—14  
**Dates:** Mon.—Thurs. August 2—5  
**Time:** 8:30 a.m.—12:00 noon  
**Location:** LHS Gym



Under the direction of **Barbara Locke**, Woburn coach and teacher, participants will be introduced to the basics of serving, hitting, spiking and setting. Fun games and activities will be used to engage the enthusiasm of both the novice and more experienced player.

## MULTI SPORT CLINIC

**\$95/week**

**Ages:** 6—12  
**Dates:** Mon.—Thurs. July 12—15  
 Mon.—Thurs., July 26—29  
 Mon.—Thurs., Aug. 9—12  
**Time:** 8:30 a.m.—12 Noon  
**Location:** Center Recreation Complex



**Tom Glynn** coordinates this coed Minuteman Clinic that aspires to use sports participation and learning as a means to improve self confidence, enhance the love and enjoyment of sports through skills development and to reinforce the importance of fairness, cooperation and team play during daily games. **Rain Date Friday.**

## JUNIOR GOLF PROGRAM

**\$160/week**

**Ages:** 12—18  
**Dates:** Monday—Thursday, July 19—22  
 Monday—Thursday, August 2—5  
**Time:** 1:00—4:00 p.m.  
**Location:** Pine Meadows Golf Club



This revamped program at Pine Meadows led again by **Jason Rajotte**, encourages teenage golfers to play with friends, while improving their game. Instruction will focus on golf etiquette, rules of play and other focal points within the game of golf. Players must have playing experience and provide their own equipment. **No Swimming. Health History/Immunization form required. Rain Date Friday.**

## BOYS HOOP II

**\$140**

**Ages:** 8—13  
**Dates:** Mon.—Thurs. July 19—22  
**Time:** 9:00 a.m.—3:00 p.m.  
**Location:** LHS Gym



The emphasis of this program, directed by LHS Boys Varsity Coach, **Bob Farias**, will be to reinforce basic skills and promote new skills, with drills, contests and game play. Participants should bring snack and lunch, and bathing suit and towel. From 2:00—3:00 p.m. the boys will have the chance to swim at the Town Pool, if they choose.

## GIRLS SOFTBALL

**\$95**

**Grades:** Entering **Grades 3 - 5** in September  
**Dates:** Mon.—Thurs., July 26—29  
**Time:** 8:30 a.m.—12:00 noon  
**Grades:** Entering **Grades 6—8** in September  
**Dates:** Mon.—Thurs., August 2—5  
**Time:** 8:30 a.m.—12:00 noon  
**Location:** Center # 2 Softball Field



**Frank Pagliuca**, LHS Varsity Coach, and staff will teach aspiring softball players the mechanics of hitting, pitching, fielding and base running. The clinic is designed to provide an opportunity for players to sharpen their skills. Players must bring a softball glove and water bottle. **Rain Date Friday.**

## SUMMER TRACK CLINIC

**\$95**

**Ages:** 10—15  
**Dates:** Mon.—Thurs., July 26—29  
 Mon.—Thurs., August 2—5  
**Time:** 8:30 a.m.—12:00 Noon  
**Location:** Center Track

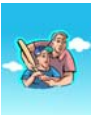


Participants will experience a new approach to Track and Field under the direction and guidance of **Russ Bosbach**, Bridge School P.E. Teacher. The clinic is for any child who would like to participate on a school track team or simply wants to have fun and learn some regular exercise techniques. **Rain Date Friday.**

## BASEBALL

**\$95**

**Ages:** 6—10  
**Dates:** Mon.—Thurs. July 19—July 22  
 Mon.—Thurs. August 2—5  
**Time:** 8:30 a.m.—12:00 noon  
**Location:** Lincoln Park Little League Field



Participants will learn new skills to improve their overall game play. A professional instructor, LHS P.E. teacher **Jason Rajotte**, will guide participants through activities such as hitting, pitching, bunting, and all aspects of fielding. Children need a baseball glove. **No Swimming. Rain Date Friday.**

## ADAPTIVE MULTI SPORT CLINIC

**\$70**

**Ages:** 7—16  
**Dates:** Mon.—Thurs., July 19—22  
 Mon.—Thurs., August 16—19  
**Time:** 3:30—4:45 p.m.  
**Location:** Center Track Field



This program is designed to bring the opportunity of learning and playing different sports and games to any child with a mental or physical disability. **Britt MODOONO**, Estabrook P.E. Teacher, will facilitate the program that will use sports participation as a means to improve self confidence, social development, skills, coordination, fairness, cooperation and team play. Volunteers are welcome to assist with this program. **Health History/Immunization form required. No Swimming. Rain Date Friday.**

## GIRLS HOOP II

**\$95**

**Ages:** 8—13  
**Dates:** Mon.—Thurs., July 26—29  
**Time:** 8:30 a.m.—12:00 noon  
**Location:** Center Basketball Courts



Join LHS teacher and Girls Varsity Basketball coach **Steve Solly** to develop and improve basketball skills and teamwork. Games, drills, demonstrations and fun contests will be used to teach and reinforce skills. **Rain Date Friday.**



# Summer Youth Clinics

## SUMMER CONDITIONING

\$100/1 week  
\$180/2 weeks  
\$260/3 weeks

**Ages:** 14—23 (entering 9th grade)  
**Week One:** August 2, 4 & 6  
**Week Two:** August 9, 11 & 13  
**Week Three:** August 16, 18 & 20  
**Time:** Boys: 1:00—2:15 p.m.  
Girls: 2:30—3:45 p.m.  
**Location:** Lincoln Park # 2

Lexington Recreation is thrilled to be able to again partner with Instructors **Steve Solly** and **Paul McManus** as they offer the 8th year of **Summer Conditioning**. This strength training, sport-specific conditioning, and injury prevention program is designed to assist in the development of flexibility, strength, and agility of high school and college athletes who are preparing for their participation in various sports in the Fall Season. **Summer Conditioning** prides itself on organizing group exercise programs that are sport-specific, enjoyable, and help to reduce the likelihood of sports-related injuries. Some of the methods and concepts that athletes can expect from **Summer Conditioning** are: core training, dynamic flexibility, agility training, speed work, power and total body explosiveness. Summer Conditioning sessions are personalized and progressive in nature as to fit the needs of all student athletes. **No Swimming. Health History/Immunization form required.**

## SKYHAWKS CHEERLEADING

\$145

**Ages:** 6—10 (coed)  
**Dates:** Monday—Friday, August 2—6  
**Time:** 9:00 a.m.—12:00 noon  
**Location:** Center Basketball Courts

**Skyhawks Cheerleading** teaches proper motion, cheers and jumping techniques. The week will end with a Friday performance for the parents. Participants should bring a water bottle, snack, and sunscreen. **No swimming. Health History/Immunization form required.**

## SKYHAWKS GOLF

\$145

**Ages:** 4—6  
**Dates:** Monday—Friday, July 19—23  
**Time:** 9:00 a.m.—12:00 noon  
**Location:** Center Track Field

**Skyhawks** utilizes the **SNAG Coaching System** and equipment (clubs and balls) to maintain safety and encourage beginning golfers. Young golfers will experience success by using a plastic golf club with an oversized ceramic head. Participants should bring a water bottle, snack, and sunscreen. **No swimming. Health History/Immunization form required.**

## SKYHAWKS INTRO TO LACROSSE

\$145

**Ages:** 7—10  
**Dates:** Monday—Friday, August 16—20  
**Time:** 9:00 a.m.—12:00 noon  
**Location:** Center Track Field

Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Athletes will learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. **Skyhawks** will provide equipment. Participants should bring water, sunscreen, wear sneakers or cleats. **No swimming. Health History/Immunization form required.**

## FUNUTATION VIDEO DESIGN CAMP (2D)

\$270

**Ages:** 8—11  
**Dates:** Monday—Friday, June 28—July 2  
**Time:** 9:00 a.m. - 12:00 noon  
**Location:** Cary Hall ~ Robbins Room

Join staff from **FUNUTATION TEKACADEMY** to learn how to make 2D computer games. Children will work with 2 software programs, Scratch and Alice, and cover the steps that lead to a great game. Participants learn about storyboarding, use of color, light and texture for mood creation. No experience is necessary! Get ready for fun and gaming. **No Swimming. Health History/Immunization form required.**

## SUMMER KEYBOARD/PIANO CLASSES

\$114/10 classes

**Ages & Times:** 8—12 9:00—10:00 a.m.  
13+ 10:30—11:30 a.m.

**Dates:** Session 1: Mon.—Fri. July 5—16  
Session 2: Mon.—Fri. July 19—30  
Session 3: Mon.—Fri. August 2—13  
Session 4: Mon.—Fri. August 16—27

**Location:** Julie Briggs' Piano Studio, Holland Street, Lexington

Have you ever wanted to learn how to play the piano, or even refresh your skills, but had no extra time during the school year? Now is your chance. Take some time this summer to participate in these two week sessions (10 one-hour classes) of piano lessons with Julie Briggs. There is a 5 student minimum, 8 student maximum per class. A \$15.00 materials fee will be collected at the first class.

## FRESHI FILMS—Digital Filmmaking

\$205

**Ages:** 8—12  
**Dates:** I. Monday—Friday, July 12—16  
**Time:** 9:00 a.m.—12:00 noon  
**Dates:** II. Monday—Friday, July 19—23  
**Time:** 1:00—4:00 p.m.

**Location:** Cary Hall ~ Robbins Room

A hands-on immersive introduction to digital filmmaking. Students will work in small groups to make a film and each student will experience all aspects of production. Under the guidance of professional filmmakers, students will pitch, plan, shoot, edit, screen, and score their movies. Students should bring a memory stick/flash drive on the last day of class to take copies of their work. **No Swimming. Health History/Immunization form required.**

## FRESHI FILMS—Game Design

\$205

**Ages:** 8—12  
**Dates:** Monday—Friday, July 12—16  
**Time:** 1:00—4:00 p.m.

**Location:** Cary Hall ~ Robbins Room

Kids work in groups to develop, design, debug and distribute their own 2D games. Using special software, students create their own game without having to learn actual programming. They can also put their own music, video animation and photos into their game. **No Swimming. Health History/Immunization form required.**

## FRESHI FILMS—Stop Motion Animation

\$205

**Ages:** 9—12  
**Dates:** Monday—Friday, July 19—23  
**Time:** 9:00 a.m.—12:00 noon

**Location:** Cary Hall ~ Robbins Room

Kids work on a crew to create an animated film. With the guidance of professional filmmakers young students decide how they will create their characters (paper cut outs, Lego figures, etc.) to imagine, plan, shoot and edit their own films. **No Swimming. Health History/Immunization form required.**

## FUNUTATION XBOX360 GAME DESIGN CAMP

\$270

**Ages:** 8—11  
**Dates:** Monday—Friday, June 28—July 2  
**Time:** 12:30—3:30 p.m.

**Location:** Cary Hall ~ Robbins Room

Learn to make games like Tetris, Pac-Man, Asteroids or Bejeweled for the XBOX 360. The Video Game Design tool uses a combination of typed commands and a drag-and-drop tool. **FUNUTATION TEKACADEMY** staff teach students the game development cycle from design to finished game. The games can be played on a computer or XBOX 360. **Once finished, games can be submitted to Microsoft's annual Dream-Build-Play Challenge game design contest. No Swimming. Health History/Immunization form required.**

ONLINE PROGRAM REGISTRATION NOW AVAILABLE.  
GO TO: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm)  
CLICK ON THE ONLINE REGISTRATION LINK.



Lexington Recreation Department  
SUMMER 2010 CAMP & CLINIC  
EMERGENCY INFORMATION & HEALTH FORM

**PLEASE RETURN TO:**

Lexington Recreation Department  
1625 Massachusetts Avenue  
Lexington, MA 02420

CHILD'S NAME \_\_\_\_\_

CHILD'S DATE OF BIRTH \_\_\_\_\_ Last First Middle Initial  
AGE \_\_\_\_\_ FALL 2010 GRADE \_\_\_\_\_ GENDER \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

HOME # \_\_\_\_\_ CELL # \_\_\_\_\_

MOTHER (OR GUARDIAN) \_\_\_\_\_ WK # \_\_\_\_\_ CELL # \_\_\_\_\_

FATHER (OR GUARDIAN) \_\_\_\_\_ WK # \_\_\_\_\_ CELL # \_\_\_\_\_

\* \* \* \* \*

**EMERGENCY INFORMATION:**

If a parent is not available, please notify:

NAME \_\_\_\_\_ RELATION TO CHILD \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE# \_\_\_\_\_

BUSINESS PHONE # \_\_\_\_\_ CELL # \_\_\_\_\_

FAMILY PHYSICIAN \_\_\_\_\_ PHONE# \_\_\_\_\_

DENTIST / ORTHODONTIST \_\_\_\_\_ PHONE# \_\_\_\_\_

INSURANCE CARRIER \_\_\_\_\_ POLICY# \_\_\_\_\_

\* \* \* \* \*

**HEALTH HISTORY:**

Please fill out the information below. You **MUST** attach a copy of your child's immunizations and physical record to this form.

**IMMUNIZATIONS** (Please list dates and attach a copy of the signed Physician/Immunization Report):

- Measles/Mumps/Rubella \_\_\_\_\_
- DPT/TOPV \_\_\_\_\_
- Tetanus \_\_\_\_\_
- Tuberculin Test (most recent date & results) \_\_\_\_\_
- Other Immunizations \_\_\_\_\_

DOES YOUR CHILD HAVE ANY SPECIAL NEEDS THAT THE LEADERS NEED TO BE AWARE OF? IF YES PLEASE EXPLAIN. \_\_\_\_\_

WHAT SPECIFIC ISSUES RELATING TO PARTICIPANT'S SOCIAL BEHAVIOR AND EDUCATIONAL DEVELOPMENT SHOULD STAFF BE AWARE OF?

INCLUDE FOOD ISSUES, FEARS, INTERESTS, ETC. \_\_\_\_\_

**PLEASE FILL OUT BOTH SIDES AND ATTACH TO REGISTRATION FORM AND ATTACH A COPY OF THE SIGNED PHYSICIAN/IMMUNIZATION REPORT.**

## HEALTH HISTORY CONTINUED:

DOES THIS CHILD HAVE ANY ALLERGIES? (Please specify)

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DOES THIS CHILD HAVE ANY MEDICAL PROBLEMS REQUIRING SPECIAL ATTENTION? (Please specify)

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Check which program or programs you will be attending, indicate dates registered for, and fill in what Minuteman Clinic you are attending.

<u>Program</u>	<u>Dates</u>	<u>Locations</u>
<input type="checkbox"/> Blue Sox Baseball _____	July 6 – Aug. 19	Center #1 Baseball Field
<input type="checkbox"/> Thundercat Sports Clinics (Kiddie Cat, Sports Jam, Flag Football)		Center Recreation Complex
<input type="checkbox"/> Sailing (beginner & intermediate)	July 19—23 or August 2—6	Community Boating/Boston
<input type="checkbox"/> Viking T-Ball Clinic	August 16—20	Center Recreation Complex
<input type="checkbox"/> Freshi Film Clinic	July 12—16 & 19—23	Cary Hall—Robbins Room
<input type="checkbox"/> Skyhawks Sports Clinics (Golf, Cheerleading, Intro to Lacrosse)		Center Recreation Complex
<input type="checkbox"/> Challenger Soccer Clinics	August 9—13 & 16—20	Center Track Field
<input type="checkbox"/> Mass Premier Soccer	July 26—30	Center Track Field
<input type="checkbox"/> Summer Fencing Clinic	July 12—16 or August 2—6	Cary Hall—Estabrook Hall
<input type="checkbox"/> Adaptive Multi-Sport	July 19—22 or August 16—19	Center Track Field
<input type="checkbox"/> Elite Soccer Clinics	July 19—23	Lincoln Park
<input type="checkbox"/> Chess Clinics	June 21—25 and/or August 16—18	Cary Hall ~ Robbins Room
<input type="checkbox"/> Kool Science ~ Chess Clinic	July 19—23	Cary Hall ~ Estabrook Hall
<input type="checkbox"/> FUNUTATION Design Camps	June 28—July 2	Cary Hall ~ Robbins Room
<input type="checkbox"/> Science Adventures	August 2 –6, 9 –13, 16—20, 23—27	Cary Hall ~ Estabrook Hall
<input type="checkbox"/> Summer Conditioning	August 2—20	Lincoln Park #2
<input type="checkbox"/> Discover the Fun Camp	June 28 – August 6	Bridge School
<input type="checkbox"/> Archery Clinic	July 12—16 or Aug. 9—13	Bridge School
<input type="checkbox"/> Minuteman Sports Clinics _____	June 28 – August 20	Center Recreation Complex
<input type="checkbox"/> Teddy Bear Picnic	June 28 – August 13	Bridge School
<input type="checkbox"/> Youth Tennis Clinics	June 28 – August 6	Gallagher Tennis Courts

### PERMISSION: Parents, please read and sign the Medical Consent and Release of Liability below to complete registration.

I/WE, the parent(s)/guardian(s) of \_\_\_\_\_, a minor, do hereby consent to his/her participation in the Town of Lexington Recreation Department sponsored programs, pictures to be taken of my/our child for advertisement or promotion of programs and to his/her use of the 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.

As the undersigned parent/guardian I understand that no confirmations will be mailed and no refunds will be given after the start of the program. Further, this verifies that the participant is up to date with their immunizations and is able to participate in all activities.

Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

**NOTE:** This EMERGENCY INFORMATION / HEALTH FORM MUST be returned to the Recreation Office a **minimum of 14 days** prior to the start of the program. Your child will not be allowed to participate in the program unless this form is on file and reviewed by the Lexington Health Department.

Please return this form and a copy of you child's Physical and Immunization record to:

**Lexington Recreation Department**  
**1625 Massachusetts Avenue**  
**Lexington, MA 02420.**



# Lexington Recreation Department Program Registration Form



Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_  
Street City/Town Zip Code

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell # \_\_\_\_\_

Email Address (please print) \_\_\_\_\_

D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_  
 Fall 10 \_\_\_\_ 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 \_\_\_\_\_ Discover \_\_\_\_\_ 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:

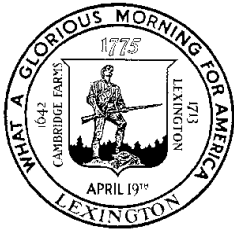
Lexington Recreation Department

1625 Massachusetts Avenue, Lexington, MA 02420

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

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Recreation Department  
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# Lexington Recreation ... Fun and Fitness for All

## NFL YOUTH FLAG FOOTBALL PROGRAM

\$70

**Dates:** Sundays, September 19—November 7 (8 weeks)  
Registration deadline: Wednesday, September 8

**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.
15—18 boys	2:15—3:30 p.m.
12—14 girls	3:00—4:15 p.m.
15—18 girls	3:45—5:00 p.m.

**Location:** Lincoln Field # 1

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 8—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.*



## ADULT FLAG FOOTBALL LEAGUE

**Dates:** Sundays, September 19—November 7 (8 weeks)  
**Ages:** 18+ (coed)  
**Time:** 10:00 a.m.—12:00 noon  
**Location:** Lincoln Field # 1  
**Fee:** \$300 per team (max players 10 per team) OR \$35 per individual

**NEW  
PROGRAM**

The Recreation Department is pleased to offer a NEW Co-Ed Flag Football League for adults. This no-contact league will consist of 5-on-5 play. Players can wear non-metal cleats or sneakers and must have a mouth guard. Interested participants may register as a complete team (maximum 10 players - **\$300/team**) or as an individual (**\$35/person**). 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](http://www.lexingtonma.gov/recreationdepartment.cfm)