LEXINGTON RECREATION AND COMMUNITY PROGRAMS

SUMMER 2016 PROGRAM BROCHURE

Town of Lexington
Recreation and Community Programs Department

39 Marrett Road, Lexington, MA 02421 (Community Center location)

1625 Massachusetts Avenue, Lexington, MA 02420 (mailing address)

Office: (781) 698-4800 Fax: (781) 861-2747

Cancellation Line: (781) 698-4810

Email: recdept@lexingtonma.gov

Website: www.lexingtonma.gov/recreation-and-community-programs

LIKE AND FOLLOW US ON FACEBOOK!!
https://www.facebook.com/lexreccommunitycenter

Registration Begins on Monday, May 2, 2016

GENERAL INFORMATION

Mission Statement

The Lexington Recreation and Community Programs Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing active and passive leisure opportunities that are educational, fun and life-enriching. The Department promotes participation by all Lexington residents in safe, accessible, and well-maintained facilities.

Recreation Committee

Rick DeAngelis, Chair
Lisah Rhodes, Vice Chair
Sandra Shaw
Ruixi Yuan
Jason Denoncourt

Recreation & Community Programs Full-Time Staff

Karen Simmons, CPRP — Director of Recreation and Community Programs
Peter Coleman, CPRP, CPSI — Assistant Director of Recreation
Tyler Radicioni — Recreation Supervisor
Donna Dutton — Administrative Assistant
Cherie Robinson — Department Clerk
Sheila Butts — Community Center Director
Thomas Romano — Youth and Family Program Coordinator
Melinda Spencer — Community Center Office Manager

Enterprise Fund

The 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 and Community Programs, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation and Community Programs operating budget supports staff who manage and deliver recreation programs along with the materials and supplies needed to operate these programs. The General Fund supports a portion of the Community Center operation. Surplus revenue generated through the Recreation Enterprise Fund (Recreation, Pine Meadows Golf Club, and Lexington Community Center) helps fund Capital Improvement Projects and financially supports some services provided to the department 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 except swim tag sales. Go to: **www.lexingtonma.gov/recreation-and-community-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. All participants must register, submit payment, and complete the registration form, including the waiver release, to be eligible to participate in a program. Registration for summer programs is first come, first served and will be available online as of May 2, 2016 at 12:01am. Resident walk-in registration also begins on May 2, 2016 at 8:00am. Non-resident walk-in and mail-in registration will begin two weeks after resident registration starts. There is a $5.00 (youth) or $10.00 (adult) additional fee for all Recreation Division non-resident program registrations and a $5.00 additional fee for all Community Center non-resident program registrations in addition to the purchase of a Community Center membership. We accept cash, check, MasterCard, VISA, or Discover for mail-in or walk-in registration; credit cards only for online registration.

Refund Policy

The Lexington Recreation and Community Programs Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been canceled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation and Community Programs Department does not confirm program registrations. **You must be pre-registered to attend all programs.**

- 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 canceled, 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 and Community Programs 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 and Community Programs 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 may be prorated.
- In the event of weather cancellations, the Recreation and Community Programs Department will offer make-up sessions. Refunds or credits will not be given if 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 waitlist 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 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 by check or cash 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 have a different minimum deposit or refund/credit policy, which are noted in the brochure.

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www.lexingtonma.gov/recreation-and-community-programs

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LEXINGTON, MA
BIKE WALK 'N BUS
WEEK

May 14 - 22, 2016

Visit our website for a calendar of FREE events including guided bike rides, walking tours, educational programs for kids and more!
What a glorious morning to leave your car at home!

www.LexBikeWalkBusWeek.org

HELPFUL TELEPHONE NUMBERS, EMAILS, AND WEBSITES

Recreation & Community Programs Department

Recreation and Community Programs Department	recdept@lexingtonma.gov	**(781) 698-4800**
Online Registration	www.lexingtonma.gov/recreation-and-community-programs	
Facebook Page	https://www.facebook.com/lexreccommunitycenter	
Recorded Program Information & Cancellation Line		**(781) 698-4810**
Lexington Community Center		**(781) 698-4870**

Lexington Human Services Department	www.lexingtonma.gov/human-services	**(781) 698-4840**

Other Organizations in Lexington

Battle Green Tennis League	www.battlegreentennis.com	
Lexington—Bedford Youth Hockey	www.lbyh.net	
LBH Pop Warner Football	www.lbhpopwarner.com	
Lexington Babe Ruth League	www.lexington.baberuthonline.com	
Lexington Blue Sox	www.lexingtonbluesox.com	
Lexington Chamber of Commerce	www.lexingtonchamber.org	**(781) 862-2480**
Lexington Coed Adult Soccer	franco.diaz@att.net	
Lexington Community Education	www.lexingtoncommunityed.org	**(781) 862-8043**
Lexington Little League	www.lexingtonlittleleague.org	
LEX FUN (formerly Lexington Preschool PTA)	www.lexfun.org	
Lexington Youth Basketball Association	www.lexhoops.com	
Lexington Youth Lacrosse	www.lexingtonlax.org	
Lexington United Soccer Club	www.lexingtonunited.org	
Lexpressas Women Over 40 Soccer	www.lexpressas.org	
Men's Senior Softball	lexsoftball@gmail.com	
Special Needs Arts Programs, Inc.	info@Snapsing.org	
Visitors' Center	www.lexingtonma.gov/visitors-center	**(781) 862-1450**

Programs listed in the Other Organizations section are not run by the Lexington Recreation and Community Programs Department and the Town will not be held responsible or liable for these programs.

2016 SWIM LESSON DESCRIPTIONS & TIMES

American Red Cross Swimming & Water Safety "Learn to Swim" Classes Information

IRVING H. MABEE TOWN POOL SWIM SESSIONS FOR 2016 SEASON

SESSION 1:	Monday—Friday, JUNE 27th – JULY 8th	SESSION 3:	Monday—Friday, JULY 25th – AUGUST 5th
SESSION 2:	Monday—Friday, JULY 11th – 22nd	SESSION 4:	Monday—Friday, AUGUST 8th – 19th

ALL PARTICIPANTS MUST HAVE A SWIM TAG!

ONLINE SWIM LESSON REGISTRATION WILL BEGIN ON MONDAY, MAY 2ND AND WILL BE ACCEPTED THROUGHOUT THE SUMMER. MAIL-IN SWIM LESSON REGISTRATION WILL BE ACCEPTED FROM MONDAY, MAY 2ND-FRIDAY, JUNE 3rd ONLY! IN-PERSON SWIM LESSON REGISTRATION AT THE TENNIS BOOTH WILL NO LONGER BE OFFERED.

Participants can register for an UNLIMITED number of sessions before the start of the summer. If a child is registered for an unsuitable level (i.e. has not passed the previous level), he or she will be transferred into the appropriate level class if space is available. A $10.00 transfer fee will be charged and must be paid before the child is able to participate. Swim lesson registration will close **at 7:00pm on the Friday before each session starts**. **No additional registrations will be accepted after this time.**

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—10:45am / 4:45—5:15pm* (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—11:55am / 5:20—5:50pm* (Wading Pool)

Preschool Aquatics For children 3 to 5 years of age. This is not a parent/child swim class. Child must be ready to leave parent. Child must be able to submerge face and be comfortable in the water to register for this class. ***Maximum 10***.....$40.00
Lesson Times: *10:50—11:20am / 4:45—5:15pm* (Wading Pool)

Level 1 - Introduction to Water Skills For children at least 5 years old. *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: *9:00—9:30am (Session 1 ONLY) / 10:15—10:45am / 10:50—11:20am / 5:20—5:50pm / 6:30—7:00pm*

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—10:10am / 10:15—10:45am / 11:25—11:55am / 4:45—5:15pm / 5:40—6:10pm / 6:30—7:00pm*

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—9:30am / 9:40—10:10am / 10:15—10:45am / 10:50—11:20am / 4:30—5:00pm / 5:20—5:50pm / 6:15—6:45pm*

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—9:30am / 9:40—10:10am / 11:25—11:55am / 5:05—5:35pm / 5:55—6:25pm*

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: *9:40—10:10am / 11:25—11:55am / 5:55—6:25pm*

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—9:30am / 10:50—11:20am* – **Sessions 1 and 4;** *5:55—6:25pm* – **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—9:30am / 10:50—11:20am* – **Session 2 only;** *5:55—6:25pm* – **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—9:30am / 10:50—11:20am* – **Session 3 only;** *5:55—6:25pm* – **Session 2 only.**

SPECIALTY AND ADVANCED SWIM PROGRAMS

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. Swim tag required.
Maximum 6.....$40.00
Class schedule: **Tuesday & Thursday,** *6:30 – 7:00pm*

Session 1:	June 28th – July 7th	Session 3:	July 26th – August 4th
Session 2:	July 12th – 21st	Session 4:	August 9th – 18th

Adult Instruction Small group instruction for adults. This course is offered for beginners and for those who wish to improve their swimming skills. Swim tag required. *Maximum 6*.....$45.00
Class schedule: **Monday & Wednesday,** *6:30 – 7:00pm*
Session 1: June 27th – July 20th
Session 2: July 25th – August 17th

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 27th – August 18th,** *12:00 – 12:45pm*

Junior Lifeguarding This program (formerly called GuardStart) is designed to give swimmers age 12 to 14 a jump-start into a life-guarding job. Junior Lifeguarding 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. Junior Lifeguarding focuses on five key areas: Prevention of aquatic accidents, fitness and swimming skills, response in an emergency, leadership skills, and professionalism of a lifeguard. *Maximum 8.*
Class schedule: *Monday – Thursday, 6:00 –7:00pm* .....$75.00 (with a swim tag) or $85.00 (without a swim tag)
Session 2: July 11th – 21st
Session 4: August 8th – 18th

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 (with a swim tag) or $85.00 (without a swim tag)
Class Schedule: **Monday – Thursday,** *5:00 – 7:00 pm*
Session 3: July 25th – August 4th

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.....$225.00 (with a swim tag) or $250.00 (without a swim tag)

Class Schedule: August 8th – 19th (anticipated dates and times listed below)
Monday, August 8th: *5:00-7:00pm;* **Tuesday—Friday, August 9th—12th:** *4:00—7:30pm;*
Saturday, August 13th: *9:00am—12:00pm and 1:00—4:00pm;* **Monday—Friday, August 15th—19th:** *4:00—7:00pm*

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 3:00 – 6:00pm. **Registrations will be accepted by online registration, by mail until June 4th. SPACE IS LIMITED ~ REGISTER EARLY! A swim tag is required.**

Swim Team Schedule:	Ages 10 and under	Monday – Thursday 4:30 – 5:15pm
	Ages 11 and up	Monday – Thursday 5:15 – 6:00pm
Entire Summer: June 27th – August 18th, 2016		Fee: $160.00
Two week session:		Fee: $ 50.00

Session 1:	June 27th – July 7th	Session 3:	July 25th – August 4th
Session 2:	July 11th – 21st	Session 4:	August 8th – 18th

MAIL-IN SWIM LESSON REGISTRATION

MAY 2nd—JUNE 3rd ONLY (registrations received after June 3rd 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 9/16** _____ **Male** ☐ **Female** ☐

You can register for an UNLIMITED number of swim lesson sessions before the start of the summer. There are no restrictions as in previous years. If a child is registered for an unsuitable level (i.e. has not passed the previous level) he or she will be transferred into the appropriate level class if space is available. A $10.00 transfer fee will be charged and must be paid before the child is able to participate. Swim lesson registration will close at 7:00pm on the Friday before each session starts. No additional registrations will be accepted after this time. 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, or I, _____ the participant, hereby consent to his/her participation in the Town of Lexington Recreation and Community Programs 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 and Community Programs 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 27th— July 8th** (Mon.—Fri.) **Session 3:** ☐ **July 25th—Aug. 5th** (Mon.—Fri.)

Session 2: ☐ **July 11th—22nd** (Mon.—Fri.) **Session 4:** ☐ **Aug. 8th—19th** (Mon.—Fri.)

SWIM TAG #: _____

Classes	Times					
Parent & Child Level 1	☐10:15—10:45	☐4:45—5:15				
Parent & Child Level 2	☐11:25—11:55	☐5:20—5:50				
Preschool Aquatics	☐10:50—11:20	☐4:45—5:15				
Level 1	☐9:00—9:30 (Ses. 1 ONLY)	☐10:15—10:45	☐10:50—11:20	☐5:20—5:50	☐6:30—7:00	
Level 2	☐9:40—10:10	☐10:15—10:45	☐11:25—11:55	☐4:45—5:15	☐5:40—6:10	☐6:30—7:00
Level 3	☐9:00—9:30	☐9:40—10:10	☐10:15—10:45	☐10:50—11:20	☐4:30—5:00	☐5:20—5:50	☐6:15—6:45
Level 4	☐9:00—9:30	☐9:40—10:10	☐11:25—11:55	☐5:05—5:35	☐5:55—6:25	
Level 5	☐9:40—10:10	☐11:25—11:55	☐5:55—6:25			
Level 6 ***Personal Water Safety***	☐9:00—9:30 **Sessions 1 & 4**	☐10:50—11:20 **Sessions 1 & 4**	☐5:55—6:25 **Session 3**			
Level 6 ***Fitness Swimmer***	☐9:00—9:30 **Session 2**	☐10:50—11:20 **Session 2**	☐5:55—6:25 **Sessions 1 & 4**			
Level 6 ***Fundamentals of Diving***	☐9:00—9:30 **Session 3**	☐10:50—11:20 **Session 3**	☐5:55—6:25 **Session 2**			

Swim Team (full season): ☐ **Ages 10 and under 4:30—5:15pm** - All Summer registration ($160)

(Monday—Thursday) ☐ **Ages 11 and up 5:15—6:00pm** - All Summer registration ($160)

Swim Team (two week session): ☐ **Ages 10 and under 4:30—5:15pm** - Two week session ***Please check session***

(Monday—Thursday) ☐ **Ages 11 and up 5:15—6:00pm** - Two week session ***Please check session***

Other Classes (Adaptive, Adult, Junior Lifeguarding, Lifeguard Training, WSI Aide) Class _____ Date/Session _____

Type of Payment: ☐VISA ☐MASTERCARD ☐DISCOVER ☐CHECK ☐CASH

Card Account Number: _____ Expiration Date: _____

Cardholder Signature: _____

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

SWIMMING IN LEXINGTON
SWIM TAG REGISTRATION 2016

The Recreation and Community Programs Department operates two outdoor swimming facilities during the summer months. The opening date for both facilities is June 4, 2016. The **Old Res**, located on Marrett Road is a fresh water pond with a sandy beach. Open seven days per week from 10:30am to 7:00pm, it 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, adult aqua aerobics, and Swim Team share pool space, but generally the public swim hours are weekdays 12:45—4:30pm and 7:00—8:45pm.

The Recreation and Community Programs Department sells season memberships to the aquatics facilities. The **swim tag** is valid at both the Old Res and Town Pool. Residents may opt to pay a daily fee instead of purchasing a swim tag. **Swim tags will be sold at the Lexington Community Center on weekdays from 8:30am—8:00pm and on Saturdays from 10:00am-3:00pm from March 7th through June 3rd.** Swim tags can also be purchased at the **Tennis Booth**, which is located next to the Town Pool bath house. The dates and times for the Tennis Booth are as follows:

May 16th—June 3rd	Monday—Friday	4:30—7:30pm
June 6th—June 17th	Monday—Friday	3:00—7:30pm
June 20th—July 1st	Monday—Friday	1:00—7:30pm
July 4th	Monday	10:00am—2:00pm
July 5th—August 19th	Tuesday—Friday	4:30—7:30pm
May 14th—August 21st	Saturday & Sunday	10:00am—2:00pm

As of June 4th, <u>all swim tags must be purchased at the Tennis Booth</u>. Swim tags will also be available for purchase at **Discovery Day in Lexington on Saturday, May 28th**.

Purchase your swim tags early. Do not wait for the first hot day of the summer!

<u>2016 SWIM TAG FEES</u>:		
	$ 50.00	Senior adult (age 62+)
	$ 75.00	Individual (ages 3—61)
	$225.00	Resident family (two adults & all children ages 3—18 residing full-time in the same household)
	$375.00	Non-resident family
	$150.00	Non-resident individual
	$ 25.00	Replacement for lost swim tag

<u>2016 DAILY FEES</u>:		
	$5.00 per person	Resident youth, adult, and senior adult and each guest
	$20.00	Resident family maximum at **Town Pool or Old Res**
	$6.00 per person	Non-resident youth, adult, and senior adult at **Old Res ONLY**
	$24.00	Non-resident family maximum at **Old Res ONLY**

<u>NO REFUNDS OR CREDITS ARE GIVEN FOR THE PURCHASE OF SWIM TAGS!</u>

FAMILY FUN NIGHTS AT THE COMMUNITY CENTER*

Co-Sponsored with the Human Services Department

SUMMER THEMED CRAFT—July 22nd

Come over to the Community Center with your family, friends, and neighbors to participate and make a great colorful and fun summer themed craft that you can put on the mantel for everyone to see!
"Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

Fee: $10/Craft
Ages: All
Date: Friday, July 22nd
Time: 7:00–8:30pm
Location: CC Room 230/232

FAMILY TRIVIA NIGHT—August 19th

Make a team of up to 6 with your friends and family and be ready to be challenged with trivia categories ranging from science and nature to pop culture. Prizes will be awarded to the top finishing teams!
"Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

Fee: $10/Team
Ages: All
Date: Friday, August 19th
Time: 7:00—8:30pm
Location: CC Dining Room 139

FAMILY BINGO NIGHT—September 16th

Bring your friends and family over for another great night of BINGO at the Community Center! Entrance fee includes all your playing needs and goes towards prizes during the night.

"Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

Fee: $10/Family
Ages: All
Date: Friday, September 16th
Time: 6:30—8:30pm
Location: CC Dining Room 139

* Be on the look out for more Family Fun Nights in our next brochure!

YOUTH/PARENT ACTIVITIES AT THE COMMUNITY CENTER

MIDDLE SCHOOL PARENT & CHILD 8-BALL BILLIARDS TOURNAMENT NEW

Sign up with a parent to make a team of two and come over to the Community Center to participate in a friendly round robin followed by single elimination Billiards tournament over a 4 week period. Tournament play will be Saturdays from 12-2pm. The tournament will be limited to 8 teams so sign up now as spots will go fast! The winning team will get a personalized trophy. Team sign-ups are due 2 weeks prior to the tournament.

Fee: $25/Team
Ages: 11—13, & 18+
Dates: Saturdays, July 9th—30th
Time: 12:00—2:00pm
Location: CC Billiards Room

MIDDLE SCHOOL PARENT & CHILD PING-PONG TOURNAMENT NEW

Sign up with a parent to make a team of two and come over to the Community Center to participate in a round robin followed by a single elimination Ping-Pong tournament over a 4 week period. Tournament play will be Saturdays from 12-2pm. The tournament will be limited to 8 teams so sign up now as spots will go fast! The winning team will get a personalized trophy! Team sign-ups are due 2 weeks prior to the tournament.

Fee: $25/Team
Ages: 11—13, & 18+
Dates: Saturdays, August 6th—27th
Time: 12:00—2:00pm
Location: CC Ping-Pong Room

CC = Lexington Community Center

YOUTH ACTIVITIES AT THE COMMUNITY CENTER

BUBBLE SOCCER!! NEW

Bubble soccer (bubble football) was originally invented by Norwegian friends in 2011. If you are looking for a new and unique form of entertainment that you and your friends will never forget, look no further. Come over to the Community Center for an awesome 2-hour event where you will get to play the awesome sport of Bubble Soccer! Participants will be separated into two groups: grades 6-8 and grades 9-12. We will have music playing, we will keep you hydrated, and it will be a blast! Come by yourself or get all your friends to come and challenge them in the sport where you are not only allowed but encouraged to run into other players.

Fee: **$40**
Ages: Grades 6—12
Date: Saturday, May 21st
Time: 2:30—4:30pm
Location: CC Lower Field

BLEACH STENCIL T-SHIRTS NEW

Come over to the Community Center and bleach your favorite shirt! If you have to ask why, then you haven't done this awesome activity and you need to join us. All you have to do is bring a dark colored cotton t-shirt. We will bring all the other supplies. This is the only event where you get to purposely bleach your shirt. Sign—ups are limited to 12 so make sure to register early! This program is offered in **partnership with Cary Memorial Library.**

Fee: **Free**
Ages: Grades 6—12
Date: Thursday, August 18th
Time: 4:30—6:30pm
Location: CC Room 230/232

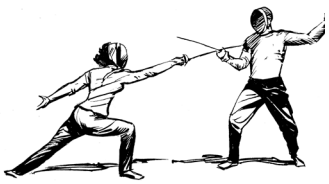
SPROUTING MELODIES NEW

Your child is growing so fast now and exploring new ways of playing, interacting, and making music. As young children develop between two and a half and four years of age, they need lots of opportunities for freedom, imagination, creativity and social play. With increased verbal, cognitive, and imaginative problem solving skills, the children in Sprouting Melodies 4 will be "leaders" in music experiences as they explore and create a musical environment that fosters growth. The music therapist of "Roman Music" serves as a guide for their newly developed ways of playing with sounds, instruments, toys, their peers, and their parents.

Fee: **$265/session**
Ages: 2.5—4
Dates: Tuesdays, May 31st—July 12th
Time: 3:00—4:00pm
Location: CC Room 006

FUNDAMENTALS OF FENCING

Whether you are new or more experienced, you will learn new techniques and try out the skills in weekly duels and sword games instructed by **Mythquest Edutainment staff**. ***Come join the fun in this safe, unique, fun-filled program. Enrollment is limited to 12.***



Fee: **$90/session**
Ages: 7—14
Session I: Tuesdays, May 10th—June 14th
Session II: Tuesdays, July 12th—August 16th
Time: 6:30—7:30pm
Location: CC Room 232

CC = Lexington Community Center

SUMMER ADULT PROGRAMS

WOMEN'S FITNESS BOOT CAMP

This popular 9-week fitness program is designed specifically for women and will incorporate upper and lower body weight exercise as well as cardiovascular activities. Band work and many body exercises will be included. **Paul McManus** returns to lead this program. All levels of ability are welcome to participate. Women should bring a jump rope, an exercise mat, and two 5-10 lb. hand weights.

Fee:	**$85/1 day per week** **$155/2 days per week**
Ages:	**18+**
Dates:	**Tuesdays & Thursdays,** **June 21st—August 25th** **(No class 8/16 & 8/18)**
Time:	**6:00—7:00am (Rain or Shine)**
Location:	**Lincoln #2**

SUMMER ADULT TENNIS LESSONS

$80 per person

The Summer Adult Tennis Program is designed to give all players, regardless of ability, the opportunity to learn new skills and/or improve existing ones. The summer session will include 6 lessons. The lessons will take place at the Gallagher Tennis Courts 1 and 2 at the Center Recreation Complex on Worthen Road.

Saturday Mornings

Dates: June 25th—August 6th (No class on 7/2)

Times: 9:00—10:00am (Beginner)
10:00—11:00am (Advanced Beginner)
11:00am—12:00pm (Intermediate)

Thursday Evenings

Dates: June 30th—August 11th (No class on 7/28)

Times: 6:00—7:00pm (Beginner)
7:00—8:00pm (Advanced Beginner)
8:00—9:00pm (Intermediate)

- **Beginner** — designed for the brand new player or inexperience recreational player. Introduces serve, volley, forehand and backhand strokes, court positions, and tennis terms.
- **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.
- **Intermediate** — for those wishing to perfect their strokes through drills with emphasis on consistency, singles and doubles strategy, and match play.

LEXINGTON COMMUNITY CENTER

Hours of Operation:

Monday—Friday, 8:00 am to 9:00 pm
Saturday, 9:00 am to 5:00 pm
Sundays and Holidays — Closed

Membership Fees:

Lexington Residents:	FREE
Non-Resident Senior (60+):	$12.00 per year
Non-Resident Youth (under 18):	$25.00 per year
Non-Resident Adult (18—59):	$50.00 per year
Non-Resident Family (2 adults and children living at home)	$125.00 per year
Non-Resident Adult working for Lexington Business:	$25.00
Replacement Card:	$5.00

Thank you for your continued use and support of the Lexington Community Center!

SUMMER ADULT PROGRAMS

ADULT "LEARN TO FISH" CLINIC NEW

Have you ever wanted to learn how to fish? Now's your chance, let the **MassWildlife Angler Education Program** be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics from casting out to baiting up. And the best part—you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun! **Please note**: This program is intended for beginners **ONLY**.

Fee: **$10**
Ages: 18+
Date: Tuesday, June 28th
Time: 5:30—7:30pm
Location: Old Reservoir

INTRO TO STAND-UP PADDLEBOARD

Stand-Up Paddleboarding is skyrocketing in popularity. Many describe the feeling as walking on water. The best way to describe it is to imagine using a long canoe paddle to paddle a surf board. Of course, the best way to really understand it is to take a class. You can creep along the side of a pond with a great look at the fish below or use it as a core workout. Like everything else **Still River Outfitters** offers, this is super fun! Give it a try!

Fee: **$75**
Ages: 15+
Date: Tuesday, July 19th
Time: 6:00-8:00pm
Location: Old Reservoir

FIRST AID/CPR/AED FOR THE WORKPLACE

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. ***Recreation & Community Programs Department employees receive a discount when registering for these classes. Staff must call the Recreation & Community Programs Department at (781) 698-4800 to register at the employee rate.**

Fee: **$125**
Date: Saturday, May 21st
Time: 9:30am—2:30pm
Location: CC Room 237

CPR FOR THE PROFESSIONAL RESCUER

Participants **MUST bring their book, pocket mask, and current Red Cross certification card** with them to class. ***Recreation & Community Programs Department employees receive a discount when registering for these classes. Staff must call the Recreation & Community Programs Department at (781) 698-4800 to register at the employee rate.**

Fee: **$100**
Date: Thursday, May 19th
Time: 5:00—8:45pm
Location: CC Rooms 230/232

FIRST AID BASICS

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. ***Recreation & Community Programs Department employees receive a discount when registering for these classes. Staff must call the Recreation & Community Programs Department at (781) 698-4800 to register at the employee rate.**

Fee: **$80**
Date: Tuesday, May 17th
Time: 5:00—8:45pm
Location: CC Room 237

CPR/AED RECERTIFICATION

Participants must **bring their book and current CPR Certification Card** with them. ***Recreation and Community Programs Department employees receive a discount when registering for these classes. Staff must call the Recreation and Community Programs Department at (781) 698-4800 to register at the employee rate.**

Fee: **$80**
Date: Tuesday, May 31st
Time: 5:00—8:45pm
Location: CC Room 237

CC = Lexington Community Center

SUMMER ADULT PROGRAMS

ADVANCED BRIDGE INSTRUCTION

This four-week course is for players who already know the basics of bridge, and wish to learn more about bidding, play, and defense as they practice playing six to eight exciting hands each week! This series will focus on defensive signaling and slam bidding, including an introduction to Roman Key Card Blackwood. Join **instructor Kim Gilman** for four fun bridge classes before summer vacation.

Fee:	**$85**
Ages:	21+
Dates:	Tuesdays, June 21st—July 12th
Time:	1:30—3:30pm
Location:	CC Room 242 and Room 230

OSTEOFITNESS—Building Bone Building Bonds

This is a successful evidence-based class targeting osteoporosis that brings results. Build new bone with progressive strength training targeted to the most common osteoporotic sites – spine, hip, and wrists without bisphosphonates. Learn drills that prevent falls and improve mobility, many of which travel well to your home and when you are out and about. Participants will be in a fun and supportive environment where many fitness levels are presented. This class is designed for post-menopausal women who have or who are at risk for osteoporosis and does not exclude men or those who are looking for strengthening and balance development. This class is modeled after "Strong Women Stay Young" and includes all joint-friendly moves as advised by the Arthritis Foundation. ***Please bring your own mat.***

Instructor: Beverly Ikier

Fee:	**$115 (1 day)** **$215 (2 days)**
Dates:	8 Tuesdays and Fridays, May 31st—July 22nd
Times:	9:15—10:15am (Tuesdays) 9:00—9:55am (Fridays)
Location:	CC Room 006

JAMMIN' WITH JAMIE

Join instructor **Jamie Adler** for a new series of exercise workouts for all ages and abilities, designed to improve your overall fitness with a combination of core body conditioning, stretching, dance, movement and floor exercises. Friday's muscle madness class will be a full body muscle conditioning class, which also can be modified for participants! The classes use music and movement to increase overall wellness.

Fee:	**$60**
Dates:	10 Fridays, June 17th—August 26th (No class 7/22)
Time:	11:15am—12:10pm
Location:	CC Room 006

WOMEN'S BOXING - BECOMING A KNOCKOUT!

Boxing isn't just about "fighting" - it's a mind set and a sport that will get you into the best shape of your life. The Lexington Community Center is thrilled to present Women's Boxing, led by **USA Boxing Certified trainer/coach Todd Paris.** This program has been specifically designed to include: stretching & warm up exercises, instruction on stance, body positioning, punching techniques, and how to "train like a boxer". You'll get in your push-ups, ab work, and will get in the best shape of your life! This class is only for women (18+) - Fee includes Free hand wraps!

* For an added $25, you can get your very own set of boxing gloves. Must order 2 weeks before class starts.

Fee:	**$175**
Ages:	18+
Dates:	Mondays and Wednesdays, July 11th—August 17th
Time:	5:30pm—6:30pm
Location:	CC Room 006

CC = Lexington Community Center

SUMMER ADULT PROGRAMS

LEX PRACTICE MINDFULNESS

Mindfulness is simple, not easy. The hardest part is starting (again and again), but don't let that stop you. Come practice with like-hearted, like-minded others and discover the benefits of mindfulness yourself. Each session includes teaching, shared conversation and practice. This program is offered in collaboration with ***the mindfulness studio.***

Fee: **$90**
Dates: 6 Fridays, June 24th—July 29th
Time: 12:15—1:15pm
Location: CC Room 242

ADULT SUMMER ZUMBA CLASS

Zumba® is a Latin-based dance fitness program where you dance to great music, with great people, and build strength & burn a ton of calories and leave feeling happier and fitter! Anyone can have fun in a Zumba class and everyone is welcome!! (No dance experience required.) You'll sweat, smile, play, and move to the beat of Latin rhythms and international music. Come dance away the unwanted pounds, meet amazing people, and get energized doing Zumba with instructor **Jessie Liu**!!
http://jessieliu.zumba.com

Fee: **$65**
Dates: 6 Mondays, June 6th—July 18th (No class 7/4)
Time: 6:45—7:45pm
Location: CC Room 006/242

YOGA FOR BACK PAIN

NEW

The focus of the class, instructed by **Shiv Mundkur**, will be mobilizing and stabilizing the joints, strengthening the posture and addressing muscular imbalances in order to reduce or eliminate chronic lower back pain. Dynamic and functional movements, static strength building postures, and various techniques for increasing flexibility will be taught. Mindfulness, deep breathing, and self-Myofascial (acupressure) release techniques will be emphasized.

Fee: **$100**
Dates: 8 Wednesdays, June 22nd—August 10th
Time: 6:30—7:30pm
Location: CC Room 242

ZUMBA GOLD

Zumba Gold is a Latin-inspired dance-fitness party for active older adults, beginners, and anyone who is looking to dance and have a great time without jumping! Easy-to-follow and feel-good routines to international beats. Each routine starts out with basic steps and adds on to each step as the song progresses. This creates the opportunity to add more intensity or lower the intensity level based on each individual's fitness abilities & preferences. **Instructor Jessie Liu**'s Zumba Gold classes focus on building strength, cardiovascular health, balance, coordination, and flexibility. Each class is not just a chance to work out your body, but also an opportunity to free your mind, make new friends, and just let yourself have a good time!!

Fee: **$65**
Dates: 6 Thursdays, June 9th—July 14th
Time: 9:00—10:00am
Location: CC Room 006

CC = Lexington Community Center

SUMMER ADULT PROGRAMS

TUESDAY EVENING YOGA

Join certified instructor **Keith Herndon** in this physically balancing workout of Yoga on Tuesday evenings at the Lexington Community Center. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

Fee: **$100**
Dates: 10 Tuesdays, June 21st—August 23rd
Times: 7:30—8:30pm
Location: CC Room 006

MORNING BEGINNER BRIDGE INSTRUCTION

This 8-week morning course is designed to teach interested adults the basics of Bridge. Instructor **Marguerite Levin** will teach a new topic each week and be available throughout play to answer questions and provide input on your play during practice hands that follow the lesson.

Fee: **$128**
Dates: 8 Tuesdays, June 28th—August 16th
Time: 9:30—11:30am
Location: CC Room 221

STRENGTH TRAINING (Seated and Floor)

This 55-minute class will help you build a stronger, more sculpted body; improve posture and balance and reduce the risk of osteoporosis. You will also learn proper weight-training techniques, which is key to success. The class begins with a brief warm-up, followed by strength training exercises for all the major muscle groups of the body, both standing and on a mat, and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. The class is taught by nationally certified exercise instructor **Pearl Pressman** and is designed to accommodate participants of all fitness levels and abilities. Athletic shoes, a mat, and water are recommended.

Fee: **$100**
Dates: 10 Tuesdays and 10 Thursdays (20 classes) June 14th—August 18th
Time: 12:00—12:55pm
Location: CC Room 006

WEDNESDAY EVENING YOGA

Keith Herndon, certified yoga instructor, invites you to join in this physically balancing workout of Yoga on Wednesday evenings at the Lexington Community Center. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

Fee: **$100**
Dates: 10 Wednesdays, June 22nd—August 24th
Time: 7:00—8:00pm
Location: CC Room 006

CC = Lexington Community Center

SUMMER LIFETIME (60+) PROGRAMS

BEGINNER TAI CHI

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental and emotional health by promoting movement relaxation and self-defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture. **Instructor: Bill Barons**

Fee:	**$45**
Dates:	**10 Wednesdays, June 22nd—August 24th**
Time:	**1:30—2:30pm**
Location:	**CC Room 242**

INTERMEDIATE TAI CHI

Continue your growth and advance from beginner to intermediate Tai Chi. It promotes physical, mental, and emotional health with engaging movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing, and improves posture. **Instructor: Bill Barons**

Fee:	**$45**
Dates:	**10 Wednesdays, June 22nd—August 24th**
Time:	**2:45—3:45pm**
Location:	**CC Room 242**

60+ FITNESS

This class offers a total body fitness by offering exercises for flexibility, toning, balance, endurance, and stretching. There are movements to warm up muscle groups and to relax the mind and body. Free weights are used to promote upper and lower body strength. Resistance bands enhance flexibility training. About 10 minutes of this hour long class are spent doing cardio exercises to build endurance.

Instructors: Amelia Hoffman & Maureen Gaines

Fee:	**$68**
Dates:	**20 classes (Mon. & Wed.) June 20th—August 29th (No class 7/4)**
Time:	**9:45—10:45am**
Location:	**CC Room 006**

GENTLE YOGA

These classes offer traditional yoga practices, including breathing exercises, movements and poses (postures), relaxation techniques, and meditation. This beginner level class is designed primarily for those over age 60, including individuals who may have some physical limitations or challenges. Careful attention is paid to warming up while sitting in chairs prior to standing and, eventually, sitting and lying on floor mats. Individuals are encouraged to move slowly and go at their own pace. Modifications to exercises are provided, as needed, to meet the unique needs of participants. Goals include increased flexibility, strength, circulation, relaxation, peace of mind, and overall wellness.

Instructor: Lisa Groves

Fee:	**$54**
Dates:	**8 Mondays, July 11th—August 29th (No class 7/4) <u>or</u> 8 Fridays, July 8th—August 26th**
Times:	**2:45—3:50pm (Mondays) 10:45—11:50am (Fridays)**
Location:	**CC Room 242**

REMEMBER TO GET YOUR COMMUNITY CENTER MEMBERSHIP ID CARD AT THE MAIN TRANSACTION COUNTER, AND TO SCAN IN EVERYDAY YOU COME TO THE CENTER!

CC = Lexington Community Center

SUMMER LIFETIME (60+) PROGRAMS

MODERATE YOGA

The Intermediate Yoga classes build upon the Beginner level, offering traditional yoga practices, breathing exercises, movements, poses (postures), relaxation techniques, and meditation. This class is designed for those over age 60 who are more experienced in the practice of Yoga, including individuals who may have some physical limitations or challenges.
Instructor: Lisa Groves

Fee:	**$54**
Dates:	**8 Fridays, July 8th—August 26th**
Time:	**9:30—10:35am**
Location:	**CC Room 242**

FITNESS FRIDAYS

This class involves a combination of cardio fitness and muscle conditioning. Participants will maintain or improve their cardiovascular health as they get their hearts pumping with dance-fitness and aerobic routines. With each new song, the instructor will lead you through a series of steps that are both simple and fun. Using free weights and body resistance exercises, the instructor will also guide you through a series of exercises to work all the major muscles. Modifications can be made for those who need support or balance or a seated workout experience. Instructor: Renae Nichols

Fee:	**$30**
Dates:	**10 Fridays, June 17th—August 26th (No class 7/22)**
Time:	**10:05—11:00am**
Location:	**CC Room 006**

LINE DANCING

This popular program teaches a variety of line dances to participants. The instructor demonstrates movements and the class carries out the dance moves to music.
Instructor: Sam O'Clare

Fee:	**$21**
Dates:	**7 Thursdays, July 7th—August 18th**
Time:	**1:30—2:30pm**
Location:	**CC Room 006**

SEATED STRENGTH TRAINING

This seated class is designed to accommodate individuals of various fitness levels and can be adapted to meet the needs of any participant. The class begins with a thorough warm-up of joints and muscles and is followed by strength training exercises for all of the major muscle groups of the body using hand weights, resistance bands and body weight. The class concludes with stretching exercises to increase flexibility. Instructor: Pearl Pressman

Fee:	**$68**
Dates:	**10 Tuesdays & 10 Thursdays, June 14th—August 18th**
Time:	**11:00am—12:00pm**
Location:	**CC Room 006**

SUMMER FOREVER FIT NEW

Are you 60+ and tired of the noisy health club scene? We get it, so we have created a program using enjoyable music with exercises that are challenging yet easily modified for all fitness levels. Each class begins with a low-impact aerobic workout timed to oldies but goodies and current day tunes. After fifteen minutes, we transition to strength training using weights and bands, either from a standing or seated position. We incorporate core work and balance in each routine. Yoga stretching and breathing completes each class. Instructor: Judy Whitney

Fee:	**$60**
Dates:	**6 Mondays and Wednesdays July 11th—August 17th**
Time:	**1:00—2:00pm**
Location:	**CC Room 006**

CC = Lexington Community Center

DROP-IN ACTIVITIES AT THE COMMUNITY CENTER

STRETCH AND BEND

Ages 60+ are invited to come to the Lexington Community Center weekdays at 9:00am to join our 30-minute, volunteer-led exercise program, designed to loosen you up and get you ready for the day!

DROP-IN BRIDGE

Meet your bridge-playing friends at the Center for a cup of coffee, followed by a few games of bridge on Wednesday afternoons from 1:00—3:00pm in the Mansion.

BILLIARDS & TABLE TENNIS - Weekdays, 8:00am—8:45pm Saturdays, 9:00am—4:45pm

Drop-in during our normal operating hours and meet old friends or make new friends during a fun game of ping pong or pool. The rooms are open to all and we gently ask that you limit your use of the tables if others are waiting to play. Check-in at the transaction counter to see if any leagues have time booked. **Senior Specific Programs run Mondays, Wednesdays, and Fridays, 1:00—3:00pm.**

DROP-IN MAH JONGG

Do you like to play Mah Jongg? If so, come on down to the Community Center on **Monday** afternoons from 11:00am—1:00pm in the Mansion.

DROP-IN POKER

If you like to play poker but don't want the high stakes, then come over to the Community Center on **Thursday** afternoons from 1:00—3:00pm in the Mansion.

DROP-IN BOARD GAMES

Do you like to play **Scrabble**? How about **Chess, Checkers, Monopoly**, or **Dominoes**? If so, grab a friend and come on down to the Community Center any weekday from 8:00am—8:45pm and Saturday, 9:00am—4:45pm.

CARDIO FITNESS ROOM - Weekdays, 8:00am—8:45pm Saturdays, 9:00am—4:45pm

Do you like the smaller gym atmosphere, but still like the equipment that is at the big gyms? If yes, then come down to the Community Center fitness room where you can use treadmills, ellipticals, stationary bikes, spin bike, stair stepper, dumbbells ranging from 3lb-50lb, and a water rower. If you go down the hall to our smaller fitness room you can find kettlebells and a total body machine with instructions!

GAMES ROOMS (ROOMS 107 AND 108) - Weekdays, 8:00am—8:45pm Saturdays, 9:00am—4:45pm

Do you want to just come to the Community Center to hang out? Then come on by to the games rooms where we have air hockey tables, video game systems, a 60" TV, and board games for everyone to play all day. Come by with your friends, family, and neighbors and enjoy yourself.

SENIOR BINGO

Come over to the Community Center with your friends and neighbors and enjoy many fun games of bingo with our brand new flashboard. Senior Bingo time is every Friday afternoon from 1:00—3:30pm in the Lexington Community Center Dining Room. See what you can win...because who doesn't like a little extra cash for the weekend!

DROP-IN CORNHOLE

Stop by the Community Center on **Tuesday** afternoons from 1:00—3:00pm and join friends for a rousing game of cornhole!

TENNIS RESERVATION INFORMATION

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

April 1st—May 13th	Tennis Reservations at the Lexington Community Center ONLY.	
	Monday—Friday	8:00am—9:00pm
	Saturday	9:00am—5:00pm
Weekdays, May 16th—August 19th	Tennis Reservations at the Tennis Booth ONLY.	
• May 16th-June 3rd	Monday—Friday	4:30—7:30pm
• June 6th-June 17th	Monday—Friday	3:00—7:30pm
• June 20th-July 1st	Monday—Friday	1:00—7:30pm
• July 4th	Monday	10:00am—2:00pm
• July 5th-August 19th	Monday—Friday	4:30—7:30pm
Weekends, May 14th—August 21st	Tennis Reservations at the Tennis Booth ONLY.	
	Saturday & Sunday	10:00am—2:00pm
August 22nd—October 24th	Tennis Reservations at the Lexington Community Center ONLY.	
	Monday—Friday	8:00am—9:00pm
	Saturday	9:00am—5:00pm

- The **Tennis Booth** is located at the Center Recreation Complex/Town Pool Bath House on Worthen Road. Tennis reservations may be made up to one week in advance at the Tennis Booth.
- 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.
- Unlighted courts are available for reservations seven days per week, 7:00am—8:00pm.
- There are four lighted courts at the Center Complex Gallagher Tennis Courts available for night play **with a paid reservation** until 9:00pm.

TENNIS COURT RESERVATION FEES

$ 60.00	Lexington Resident Tennis ID Cards
$ 45.00	Lexington Resident Senior Adult Tennis ID Cards (age 62+)
$100.00	Non-Resident Tennis ID Cards
FREE	Daily Non Lighted Court Reservation per hour with ID Card
$ 10.00	Daily Non-Lighted Court Reservation per hour without ID Card
$ 10.00	Lighted Court Reservation with ID Card
$ 20.00	Lighted Court Reservation without ID Card

COURT LOCATIONS

- **Gallagher Tennis Courts at the Center Recreation Complex - 10 courts (4 lighted)**
- **Clarke Middle School - 3 courts**
- **Adams Playground (Massachusetts Avenue, behind the Waldorf School) - 2 courts**
- **Valley Road (off Bedford Street across from Mobil gas station) - 2 courts**

SUMMER YOUTH TENNIS PROGRAMS

SUMMER YOUTH TENNIS LESSONS

Our Youth Tennis staff is looking forward to a fun summer! Instructors will teach children using the **USTA Quick Start Tennis Program** with an exciting lesson and play format for learning tennis, designed to bring children into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size. Lessons will take place each week on Monday through Thursday (unless otherwise noted) with Friday reserved as the rain date. All lessons will be held at the **Gallagher Tennis Courts at the Center Recreation Complex** on Worthen Road. Lessons will have a 1:6 staff-to-children ratio. Participants must bring a tennis racquet, sunscreen, & a water bottle.

		FEE
AGE 4:	11:00—11:30am	$45
AGES 5 & 6:	9:00—9:50am or 10:00-10:50am	$70
AGES 7 & 8:	9:00—9:50am or 10:00-10:50am	$70
AGES 9 & 10:	9:00—9:50am or 10:00-10:50am	$70
AGES 11—13:	11:00am—12:00pm	$82

Session 1: June 27th—30th
Session 2: July 5th—8th (Tuesday-Friday)
Session 3: July 11th—14th
Session 4: July 18th—21st
Session 5: July 25th—28th
Session 6: August 1st—4th
Session 7: August 8th—11th
Session 8: August 15th—18th

SUMMER YOUTH TENNIS CLINIC

This clinic is designed for beginner and intermediate players ages 7—13. Drill work will emphasize match and tournament play and participants will be exposed to different tournament styles and gain experience through daily practice. After an afternoon of tennis, participants will have the option to cool off in the Town Pool at 4:30pm or remain at the courts to scrimmage. Both options will be supervised by the tennis staff. The clinic will take place in two -week sessions and be held on Monday through Thursday afternoons (unless otherwise noted) with Friday reserved as the rain date at the **Gallagher Tennis Courts at the Center Recreation Complex** on Worthen Road. Everyone must be picked up by 5:00pm in front of the courts. Participants must bring a tennis racquet, sunscreen, water bottle, snack, bathing suit, and towel.

		FEE
AGES 7—13:	2:00—5:00pm	$190

Session 1: June 27th—July 8th (Tuesday-Friday the week of July 4th)
Session 2: July 11th—21st
Session 3: July 25th—August 4th
Session 4: August 8th—18th

YOUTH ADAPTIVE TENNIS LESSONS

Using guidelines and resources developed the USTA, we are pleased to offer a series of adaptive tennis lessons for children and teens with disabilities and differing abilities and challenges, ages 6—16. The lessons are designed to promote the benefits of tennis to all, improve balance, mobility, agility, strength, fitness, self-confidence, and provide social interaction using Quick Start methods, courts, and equipment. Lessons will take place each week on Monday through Thursday (unless otherwise noted) with Friday reserved as the rain date and all lessons will be held at the **Gallagher Tennis Courts at the Center Recreation Complex** on Worthen Road. Participants should bring a tennis racquet, sunscreen, and a water bottle.

Fee: **$70/week**
Ages: **6—16**
Weeks: **June 27th—30th, July 5th—8th, July 11th—14th, July 18th—21st, July 25th—28th, August 1st—4th, August 8th—11th, & August 15th—18th**
Time: **4:00pm—4:50pm**
Location: **Gallagher Tennis Courts at the Center Recreation Complex**

SUMMER YOUTH PROGRAMS

BUDA WEEKNIGHT ULTIMATE FRISBEE CLINICS

BUDA and the **Lexington Recreation and Community Programs Department** are providing an expanded youth Ultimate Frisbee program this summer. This fun, fast-paced sport is popular in schools (including our own Lexington High School state champions!) and in adult recreational play and competitive leagues. Our program is designed to teach children all they need to know in order to play and have fun. Both U14 programs are intended for students who are not in high school yet. The U14 Travel program focuses on preparation for high school competition.

Our programs all feature a mix of individual skills work, group games, and drills. They are designed to be fun and very active. All players should bring water. For the more advanced groups, we highly recommend all players come with cleats.

Fee:	**$95 per child**
Ages:	7—10 (U10), 10—12 (U12), and 12—14 (U14 Developmental and U14 Travel)
Dates:	Wednesdays and Fridays, June 24th—July 22nd (No class on 7/1)
Time:	5:00—6:30pm
Locations:	Clarke Middle School Soccer Field and Adams Field (located behind The Waldorf School on Massachusetts Avenue)

YOUTH "LEARN TO FISH" CLINIC NEW

Have you ever wanted to learn how to fish? Now's your chance, let the **MassWildlife Angler Education Program** be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics from casting out to baiting up. And the best part—you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun! **Please note**: This program is intended for beginners **ONLY** and children ages 12 and under should be accompanied by an adult.

Fee: **$10**
Ages: 6—15
(Children ages 12 & under should be accompanied by an adult)
Date: Tuesday, June 28th
Time: 3:00—5:00pm
Location: Old Reservoir

INTRO TO STAND-UP PADDLEBOARD

Stand-Up Paddleboarding is skyrocketing in popularity. Many describe the feeling as walking on water. The best way to describe it is to imagine using a long canoe paddle to paddle a surf board. Of course the best way to really understand it is to take a class. You can creep along the side of a pond with a great look at the fish below or use it as a core workout. Like everything else **Still River Outfitters** offers, this is super fun! Give it a try!

Fee: **$75**
Ages: 10—14
Date: Tuesday, July 19th
Time: 4:00-6:00pm
Location: Old Reservoir

BANBAO—DREAM BUILDERS BRICK CLUB NEW

During this week long 10 hour course students will receive and keep 20 different builds through out the duration of the course! This club is structured to promote 21st century skills by encouraging students to work together while expanding their builds! Sign up now so you can add 20 more builds to your collection!

Fee: **$225**
Ages: 4—10
Date: July 25th—29th
Time: 9:00am—11:00am
Location: CC Room 242

SUMMER YOUTH PROGRAMS

BOSTON INTERNATIONAL KIDS FILM FESTIVAL SUMMER FILM MAKING NEW

In this class, students can bring their creative ideas to fruition in a fun, collaborative and exciting environment. Students will learn skills in scriptwriting, storyboard sketching, character development, improvisation and camera skills. Together, the group will write, shoot, and edit a film in a genre of their choosing. Students will learn to edit their films using professional editing software like Final Cut Pro. All final projects are eligible for submission into the Boston International Kids Film Festival in November 2016. www.bikff.org

Fee: **$330**
Ages: 10—14
Dates: August 1st—5th
Time: 9:00am—3:00pm
Location: CC Room 217 & 221

FUNDAMENTALS OF FENCING SUMMER SESSION

Whether you are new or more experienced, you will learn new techniques and try out the skills in daily duels and sword games instructed by **Mythquest Edutainment staff.** Come join the fun in this safe, unique, fun-filled program. Please bring a snack and water each day. Enrollment is limited to 12.

Fee: **$140**
Ages: 7—14
Dates: July 12th—15th (Tuesday-Friday)
Time: 9:00—11:00am
Location: CC Room 242

GUARD UP—NERF ACTIVE CHARACTER EDUCATION NEW

Are you a crack shot? An eagle eye? A master strategist? Pick up a Nerf blaster and show off your skills on the battlefield. Act as a stationary turret and fend off encroaching enemy hoards. Protect your team's fortress against incoming projectiles. Stand your ground in an arena where it is every person for themselves and the truest shot wins victory. Our games focus on team dynamics, critical thinking, and good old-fashioned blaster combat!. Safety glasses will be provided and are required for all games. Blasters and darts will also be provided.

Fee: **$40**
Ages: 7—11
Date: Saturday, July 23rd
Time: 2:00—3:00pm
Location: CC Lower Field

GUARD UP—SWORD ACTIVE CHARACTER EDUCATION NEW

Do you dream of battling mythical beasts and meeting mystical characters in an ancient realm? With our interactive sword adventures you can! Sharpen your battlefield instincts and hone your sword-fighting skills through a series of fast-paced, high intensity contests of wit and might. Do you prefer pizza or sushi? Choose a side and defend your choice! Do you have a favorite super power? Try it on and test it against other powers on the battlefield. Our games focus on spatial awareness, encourage critical thinking, and help kids discover and develop the hero inside them.

Fee: **$40**
Ages: 7—11
Date: Saturday, August 20th
Time: 2:00pm—3:00pm
Location: CC Lower Field

LEARN TO PLAY THE RECORDER NEW

The recorder is a wonderful social instrument. You can make solo music for yourself, you can make music with other recorder players, and you can make music with other instruments and those who play them! We invite you to join instructor, **Carroll Ann Bottino** to learn how to both read and write music and play the recorder. The cost of the recorder, recorder music book, and manuscript book are included in the cost of this program. Participants will need a music stand and metronome. For further information, please call Carroll Ann at (781) 862-3337.

Fee: **$485**
Ages: 8—14
Dates: Thursdays, July 7th—August 25th
Time: 3:00—5:00pm
Location: CC Room 123

CC = Lexington Community Center

SUMMER YOUTH PROGRAMS

ICE SKATING LESSONS

Learn to Skate classes are for participants ages 3 and up who have little to no formal skating experience. Skaters should wear warm, comfortable clothing that allows for movement; waterproof clothing and gloves are strongly recommended for skaters ages 3-6. A helmet (such as a bike helmet) is required and rental skates are available (free of charge) on a first-come, first-served basis. Participants should arrive 15-20 minutes prior to the class start time.

Pre-Tot: Ages 3 & 4 — Instructors use songs, games, toys, and other fun methods to introduce little ones to the ice in a group class setting. Participants must be potty-trained.

Tot 1: Ages 3-6 — For new participants ages 5 to 6 and 3 to 4 years old who have mastered the skills in Pre Tot. Participants must be potty-trained.

Youth 1: Ages 6-12 — Instructors use games and a fun, challenging environment to teach beginning skating elements. These lessons are designed to teach basic motion, balance, and coordination that prepare skaters for hockey or figure skating.

Dates: 7 Wednesdays, June 29th—August 10th

Times: 4:00-4:25pm (Pre-Tot and Tot 1) and 4:30-5:20pm (Youth 1)

Location: Burlington Ice Palace, 36 Ray Avenue in Burlington

Fees: $129.00 per person (Pre-Tot and Tot 1) and $149.00 per person (Youth 1)

SUPER SOCCER STARS SUMMER PROGRAMS

Join Super Soccer Stars for some soccer fun this summer! Super Soccer Stars will be offering a variety of programs on Monday afternoons and Saturdays this summer, including their Kick and Play program for children ages 12 to 24 months, Super Soccer Stars for boys and girls ages 2—9, and their Premier Development program for advanced players!

There will also be a Fun in the Sun (FITS) program, which is a great way for children ages 3-5 to develop soccer skills and teamwork while spending time outside in the fresh air. Children will not only begin to build basic soccer skills, but will also be introduced to a typical game setting at the end of each day!

PLEASE NOTE: All registration for Super Soccer Stars programs must be done directly through Super Soccer Stars. You may register online by going to: http://boston.supersoccerstars.com.

TEDDY BEAR PICNIC PRESCHOOL PROGRAM

TEDDY BEAR PICNIC

Our friendly Teddy Bear Picnic staff is 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 Reservoir.

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!*** All children must be toilet trained.

Please contact the Recreation and Community Programs Department to obtain the specific Teddy Bear Picnic form that must be completed.

Fee (Week 2): $90
Fee (Weeks 1 and 3—7): $110/week
Ages: 3—6
Weeks: June 27th—July 1st, July 5th—8th*, July 11th—15th, July 18th—22nd, July 25th—29th, August 1st—5th, August 8th—12th, and August 15th—19th
Time: 9:00am—12:00pm
Location: Old Reservoir Picnic Area

* Tuesday—Friday the week of July 4th

TEDDY BEAR PICNIC LUNCH BUNCH

Teddy Bear Picnic campers are invited to spend an extra hour with their counselors enjoying more activities at the Res beach and a picnic lunch, which you bring.

This option will be available each week on ***Tuesday, Wednesday, and Thursday*** from 12:00—1:00pm. You can register online ahead of time or by check or cash only on Monday of each week.

Fee: $10/day or $25/all 3 days each week
Time: 12:00pm—1:00pm
Location: Old Reservoir Picnic Area

DISCOVER THE FUN DAY CAMP

DISCOVER THE FUN

Discover the Fun is a theme-based day camp program open to children **entering Grades 1—5** as of September 2016. **The program will be held at Lexington High School.**

The basic camp day will run Monday through Friday, 8:30am—3:30pm (unless noted otherwise). Extended day hours are available until 4:30pm.

In addition to the facilities at LHS, campers will use the 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, swimming and nature activities, group/team challenges, and create wonderful crafts projects. Discover the Fun offers weekly special events such as DJ Mike, Safe Routes to School, Historical Scavenger Hunt through Lexington Center, Tie Dye, Wacky Wednesdays, and more!!!!

All staff are CPR and First Aid certified and have had successful CORI and SORI background checks.

Please contact the Recreation and Community Programs Department to obtain the specific Discover the Fun form that must be completed.

****Health History/Immunization form required ****

Basic Day Fees: $184 for Week 2
$230/week for Weeks 1 & 3—7

Ages : 6—11
Week 1: June 27th—July 1st
Week 2: July 5th—8th (Tuesday-Friday)
Week 3: July 11th—15th
Week 4: July 18th—22nd
Week 5: July 25th—29th
Week 6: August 1st—5th
Week 7: August 8th—12th
Week 8: August 15th—19th
Time: 8:30am—3:30pm
Location: Lexington High School

Extended Day Fees:
3:30pm—4:00pm:$20 for Week 2
$25/week for Weeks 1 & 3—7

3:30pm—4:30pm:$40 for Week 2
$50/week for Weeks 1 & 3—7

The fees listed include a $25.00 per week non-refundable registration fee. Non-residents are welcome. There is an additional $10.00 non-resident fee per week. Fees will increase by $25.00 per week after June 1, 2016.

SUMMER BASKETBALL LEAGUE*

New

The Summer In-Town Basketball League is an organized recreational program for those who are looking to continue playing during the summer. This will be a 5- week league with the top two teams playing an additional week. Participants are allowed up to 2 requests for teammates. Games will be played at Center Basketball Courts under the lights. The start date for the league will be July 12th. The cost of the program is $60.00 per person. This fee includes a game jersey.

Entering Grades 5th & 6th Boys:

- Games: 6:15pm Tuesday or Thursday

Entering Grades 7th & 8th Boys:

- Games: 7:15pm Tuesday or Thursday

Entering Grades 9th & 10th Boys:

- Games 8:15pm Tuesday or Thursday

*If you are interested in being a volunteer coach, please indicate that when you register your child.

Don't let LOW ENROLLMENT ruin your program! Most program cancellations are due to not enough sign-ups for an instructor to run a class. You should register AT LEAST ONE WEEK before your program is scheduled to begin. Don't procrastinate, SIGN UP NOW!

MINUTEMAN SPORTS CLINICS

BASEBALL

All participants will learn new skills to improve their overall game play. **Jason Rajotte,** LHS P.E. teacher, will guide participants through activities such as throwing, hitting, base running, and all aspects of fielding. Through fun activities and modified games, participants will learn the skills needed to be successful on the diamond. Children need a baseball glove, water, and a snack. ***No Swimming.***

Fee: **$110/week**
Ages: 6—10
Weeks: July 11th—14th & July 25th—28th
Time: 8:30am—12:00pm
Location: Lincoln Park Little League Field

JUNIOR GOLF PROGRAM

This program at Pine Meadows led by **Jason Rajotte**, LHS P.E. teacher, encourages teenage golfers to play with friends, while improving their game. Each time on the course will allow participants to reinforce previously taught skills. 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. Fee includes general instruction and greens fees. ***No Swimming.***

Fee: **$170**
Ages: 13—18
Dates: July 18th—21st
Time: 1:00pm—4:00pm
Location: Pine Meadows Golf Club, Cedar St.

STREET HOCKEY CLINICS

Street Hockey will be a co-ed clinic run by **Mandy Ciarletta**, LHS P.E. teacher. This program will focus on gradual skill development of the various skills associated with street hockey (stick handling, shooting, passing, etc.) and also some game-related strategies. The clinic will end with a street hockey mini tournament.

Fee: **$110/week**
Ages: 7—12
Weeks: June 27th—30th & July 11th—14th
Time: 8:30am—12:00pm
Location: LHS Field House

SKATEBOARDING CLINICS

Learn the fundamentals of skateboarding at the Lexington Skate Park. Both sessions, directed by **Kyle George**, will emphasize basic techniques, use of the park, and safety, with instruction on tricks using ledges, ramps, and rails. Beginners welcome. **All participants must bring a skateboard and helmet.**

Fee: **$110/week**
Ages: 6—10
Weeks: June 27th—30th & August 8th—11th
Time: 8:30am—12:00pm
Location: Lexington Skate Park, Worthen Rd.

TOUCH RUGBY NEW

Learn the basics of the game of rugby in this clinic run by Lexington Public Schools staff member, **Chris Wai**. This clinic will teach the basic rules of the up-and-coming sport of rugby. This is a **non-contact** clinic and all participants will engage in drills, skills-based games, and touch rugby games to further develop their endurance, hand-eye coordination, and stamina.

Fee: **$110**
Ages: 8—13
Dates: August 8th—11th
Time: 8:30am—12:00pm
Location: Center Track Field

BADMINTON

Under the direction of **Vic Cuzzupe**, Lexington Public Schools P.E. teacher, participants will be introduced to the basics of this fun, popular sport. Players will learn to serve, rally, and volley and will work on skills and participate in games and tournaments. Badminton is great aerobic exercise that helps increase endurance, reflexes, and hand-eye coordination.

Fee: **$110/week**
Ages: 8—16
Weeks: July 5th—8th (Tuesday-Friday) and August 15th—18th
Time: 8:30am—12:00pm
Location: LHS Gymnasium

BOYS LACROSSE NEW

This program, led by LHS teacher and Boys Lacrosse Head Coach **Dave Walsh**, will introduce participants to the basics of lacrosse, one of the fastest growing youth sports in America. Intended for those who have never played the game before, this clinic will approach the game in a fun, low-impact manner, focusing on stick-handling, scoring, and modified team-play. Participants will need to wear a mouth guard, but all other equipment will be provided.

Fee: **$110**
Ages: 7—12
Dates: June 27th—30th
Time: 8:30am—12:00pm
Location: Lincoln #1

GIRLS LACROSSE NEW

This program, led by LHS Girls Lacrosse Head Coach **Kerry Richmond,** will introduce participants to the basics of lacrosse, one of the fastest growing youth sports in America. Intended for those who have never played the game before, this clinic will approach the game in a fun, low-impact manner, focusing on stick-handling, scoring, and modified team-play. Participants will need to wear a mouth guard and bring a lacrosse stick and goggles.

Fee: **$110**
Ages: 7—12
Dates: June 27th—30th
Time: 8:30am—12:00pm
Location: Lincoln #2

MINUTEMAN SPORTS CLINICS

MULTI-SPORTS CLINICS

This co-ed Minuteman Clinic, led by either **Vic Cuzzupe** or **Chris Wei**, 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.

Fee: **$110/week**
Ages: 6—12
Weeks: June 27th—30th, July 25th—28th, August 1st—4th, and August 8th—11th
Time: 8:30am—12:00pm
Location: Center #2 Softball Field

BOYS HOOP I

Under the direction of **Bob Farias**, former LHS Boys Varsity Basketball Coach, the emphasis of this basketball clinic will be on the improvement of individual and team skills through drills, demonstrations, games and contests.

Fee: **$110**
Ages: 8—13
Dates: July 5th—8th (Tuesday-Friday)
Time: 8:30am—12:00pm
Location: Center Basketball Courts

GIRLS HOOP I

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

Fee: **$160**
Ages: 8—13
Dates: July 11th—14th
Time: 9:00am—3:00pm
Location: LHS Gymnasium

CO-ED VOLLEYBALL

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 all players.

Fee: **$110**
Ages: 8—14
Dates: August 8th—11th
Time: 8:30am—12:00pm
Location: LHS Gymnasium

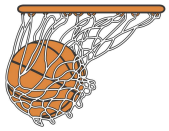
FIELD HOCKEY

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 water, field hockey stick, goggles, shin guards, & mouth guard.

Fee: **$110**
Ages: 8—13
Dates: July 18th—21st
Time: 8:30am—12:00pm
Location: Lincoln #1

GIRLS HOOP II

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.



Fee: **$110**
Ages: 8—13
Dates: July 18th—21st
Time: 8:30am—12:00pm
Location: Center Basketball Courts

BOYS HOOP II

Led by **Bob Farias**, former LHS Boys Varsity Basketball Coach, this program will reinforce basic skills and promote new skills with drills, contests, and game play. Participants should bring a snack, lunch, bathing suit, and towel. The boys will have the chance to swim from 2:00—3:00pm. Afternoon pick-up will be at the Town Pool.

Fee: **$160**
Ages: 8—13
Dates: July 18th—21st
Time: 9:00am—3:00pm
Location: LHS Gymnasium

SUMMER TRACK CLINIC

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. Daily activities will give the athlete a chance to practice a variety of track events and learn the tenets of proper fitness.

Fee: **$110/week**
Ages: 8—14
Weeks: July 25th—28th & August 1st—4th
Time: 8:30 am—12:00pm
Location: Track @ Center Recreation Complex

UNLESS OTHERWISE NOTED, MINUTEMAN CLINICS WILL BE OFFERED MONDAY—THURSDAY EACH WEEK (with Friday as a rain date). **PARTICIPANTS WILL SWIM FROM 11:30am—12:00pm (half-day programs) OR 2:00—3:00pm (full-day programs). PICK-UP IS AT THE TOWN POOL ON WORTHEN ROAD.**

SUMMER YOUTH SPORTS CLINICS

GIRLS BASKETBALL DROP-IN SKILLS CLINICS — NEW

This program is designed for EXPERIENCED girls basketball players who are looking to take their skills to the next level. This will be an advanced level program with professional coaches, led by **Steve Solly**, LHS Girls Varsity Basketball Coach. Skill work will include advanced ball handling, proper shooting, attack moves, and finishing at the rim. Skills will be broken down in detail to help improve and retain muscle-memory through repetition. Small group/team offensive concepts such as the Read & React System will be utilized at each session.

This program will include a total of six sessions. You can register for individual sessions or all six sessions. Participants can bring a basketball and a water bottle and all other equipment will be provided.

Fee: **$10 per player per session, $50 per player for all 6 sessions**
Ages: 9—18

Session 1:	Monday, July 11th	**Session 2:**	Monday, July 18th
Session 3:	Monday, July 25th	**Session 4:**	Wednesday, July 27th
Session 5:	Monday, August 1st	**Session 6:**	Monday, August 8th

Time: 7:00—8:15pm
Location: Center Basketball Courts

YOUTH CRICKET CLINIC — NEW

We are pleased to be partnering with the **Lexington Cricket League** to provide a Youth Cricket Clinic this summer! This clinic, for children ages of 6—18, will allow participants to learn more about this up-and-coming sport in a fun and safe environment. Basic cricket batting, bowling, and field techniques will be taught. Additionally, participants will learn about the values of teamwork and good sportsmanship as well as the skills, tactics, and strategies of the game that will help them improve. All equipment will be provided and participants should bring a water bottle with them each day.

Fee: **$110 per child**
Ages: 6—18
Dates: August 15th—18th (make-up date of Friday, August 19th)
Time: 9:00am—12:00pm
Location: Lincoln #1

BOSTON ROCK GYM INDOOR ROCK CLIMBING CLINIC — NEW

We are excited to announce this new Indoor Rock Climbing Clinic at the Boston Rock Gym in Woburn this summer! This program is all about fun! Your child will walk away from this program with a new set of climbing skills and a new level of confidence. A dedicated group of staff members will facilitate all of the activities, which will consist of climbing, arts and crafts, games, scavenger hunts, and obstacle courses.

Fee: **$210/week**
Ages: 5—14
Weeks: June 27th—July 1st, July 11th—15th, July 18th—22nd, July 25th—29th, August 1st—5th, August 8th—12th, August 15th—19th, & August 22nd—26th
Time: 9:00am—12:00pm
Location: Boston Rock Gym, Olympia Avenue in Woburn

SUMMER YOUTH SPORTS CLINICS

THUNDERCAT KIDDIE CAT JAM

Soccer, t-ball, basketball, softee hockey, balloon ball, and kickball 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 ****

Fee: **$143/week ($118 week of July 5th)**
Ages: 4—6
Weeks: June 20th—24th, July 11th—15th, and July 5th—8th (4 days, Tuesday—Friday)
Time: 9:00am—12:00pm
Location: Center Recreation Complex

CHALLENGER MINI SOCCER

A friendly, low-key introduction to the basics of soccer through games, stories, skill-building activities, and fun. This program is run by the popular **Challenger British Soccer Camps**.

Fee: **$125/week**
Ages: 3—6
Weeks: August 1st—5th & August 8th—12th
Times: 9:00—10:30am **or** 10:30am—12:00pm
Location: Diamond Middle School

VIKING PRE-SCHOOL SOCCER

This week-long program will give children a chance to learn some basic soccer skills while playing soccer-related games and drills. All classes conclude with a scrimmage. 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 encouraged to participate with their child.

Fee: **$80**
Ages: 4 and 5
Dates: August 15th—19th
Times: 10:00—10:45am **or** 11:00—11:45am
Location: Center Recreation Complex

VIKING PRE-SCHOOL T-BALL

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.

Fee: **$80**
Ages: 4—6
Dates: August 22nd—26th
Times: 10:00—10:45am **or** 11:00—11:45am
Location: Center Recreation Complex

VIKING MULTI-SPORTS CAMP — NEW

Children will be introduced to a fun variety of age-appropriate sports and games throughout the week. Games include soccer, baseball, basketball, dodgeball, capture the flag, tag, kickball, team handball, and more! If you're looking for a program that offers a mix of traditional instruction and skill development that is reinforced with a scrimmage, then this Multi-Sports Camp is for your child! Children will be divided into groups based on age. Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day.

****Health History/Immunization form required ****

Fee: **$140 (half day) / $180 (full day)**
Ages: 5—11
Dates: August 15th—19th
Times: 9:00am—12:00pm (half day)
9:00am—3:00pm (full day)
Location: Center Recreation Complex

SKYHAWKS SNAG BEGINNER GOLF — NEW

Skyhawks SNAG Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game, such as form, swinging, putting, and body positioning using modified equipment. All equipment is provided. Participants should wear loose fitting clothes, sneakers, and bring a water bottle and snack. Participants will receive a t-shirt!

****Health History/Immunization form required ****

Fee: **$135**
Ages: 5—9
Dates: July 11th—15th
Time: 9:00am—12:00pm
Location: Lexington Community Center

SKYHAWKS MULTI-SPORTS CLINIC — NEW

Athletes will learn the rules and essentials of soccer, basketball, and baseball through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of each sport along with vital life lessons such as respect, teamwork, and self-discipline. Participants should wear loose fitting clothes, sneakers, and bring a water bottle and snack. All participants will receive a t-shirt and ball! ****Health History/Immunization form required ****

Fee: **$135**
Ages: 7—12
Dates: August 22nd—26th
Time: 9:00am—12:00pm
Location: Center #2 Softball Field

SUMMER YOUTH SPORTS CLINICS

CHALLENGER BRITISH SOCCER

This **Challenger 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 a lunch. New afternoon half-day program now being offered!

**Health History/Immunization form required **

Fee: $180 (half day) / $245 (full day)
Ages: 7—15
Weeks: August 1st—5th & August 8th—12th
Times: 9:00am—12:00pm or
1:00—4:00pm (half day)
9:00am—4:00pm (full day)
Location: Diamond Middle School

BLUE SOX BASEBALL CLINICS

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. Program will be offered on Monday-Thursday with Friday as a rain date (unless otherwise noted). Players should bring a water bottle and snack each day. *No swimming.*

Fee: $160/week
Ages: 8—14
Weeks: June 27th—30th, July 5th—8th* (Tuesday-Friday), July 11th—14th, July 18th—21st, July 25th—28th, August 1st—4th, August 8th—11th, and August 15th—18th
Time: 9:00 am—1:00pm
Location: Center #1 Baseball Field

THUNDERCAT DODGEBALL & SPORTS

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodgeball related games such as: Doctor, Bombardment, Jail Break, and more. Other sports and games such as floor hockey, flag football, and soccer will be mixed in to create a fun and exciting program! Program is co-ed and every participant receives a t-shirt and certificate of achievement. Participants should bring a water bottle, snack, and apply sunscreen before arriving. *No swimming.*

**Health History/Immunization form required **

Fee: $143
Ages: 7—12
Dates: June 27th—July 1st
Time: 9:00am—12:00pm
Location: Center Recreation Complex

THUNDERCAT FLAG FOOTBALL

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! The program is co-ed and every participant receives a Thundercat football, t-shirt, and certificate of achievement.

**Health History/Immunization form required **

Fee: $143 (half day) / $193 (full day)
Ages: 7—12
Weeks: July 25th—29th and August 15th—19th
Times: 9:00am—12:00pm (half day)
9:00am—3:00pm (full day)
Location: Diamond Middle School

THUNDERCAT 3—SPORT CLINIC (flag football, dodgeball, & kickball)

Thundercat Sports 3-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun appropriately competitive atmosphere. The program culminates with tournament day! Program is co-ed and every participant receives a t-shirt and certificate of achievement. Participants should bring a water bottle, snack, and apply sunscreen before arriving. *No swimming.*

**Health History/Immunization form required **

Fee: $143
Ages: 7—12
Dates: July 18th—22nd
Time: 9:00am—12:00pm
Location: Center Recreation Complex

BUDA WEEKDAY ULTIMATE FRISBEE CLINIC NEW

This clinic will be led by coaches from the **Boston Ultimate Disc Alliance (BUDA)** and is designed to teach children all they need to know in order to play and have fun. This program will feature a mix of individual skills work, group games, and drills and is designed to be fun and very active. The U10 and U12 programs will run side-by-side and coaches will move players from one program to the other as is appropriate. By registering for one or the other, you indicate where your child should start in the program. All players will receive a jersey and disc.

Fee: $110
Ages: 7—9 (U10) and 10-11 (U12)
Dates: August 15th—18th (Mon.-Thurs.)
Time: 8:30am—12:00pm
Location: Center Track Field

SUMMER YOUTH SPORTS CLINICS

PLAY TO PLAY GIRLS BASKETBALL & LEADERSHIP CLINIC

This program is being offered in partnership with **Play to Play Inc.**, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will have been trained in Play to Play's coaching workshop: "Coaching the Female Athlete". Directed by **Kathryn Robb and Liz O'Neil**, girls are invited to lace up their high tops and come elevate their game and have fun with other players and friends. Morning activities include basketball skills and drills, 3 v 3 and free throw competitions, while the afternoon will include the ***"All Girls, All Leaders"*** workshops and activities, followed by basketball games. Come elevate your game, tap into your inner leader, and feel the joy of the game."

Fee: **$185**
Ages: 8—14 (grades 3—9)
Dates: July 25th—28th (Monday—Thursday)
Time: 9:00am—3:30pm
Location: LHS Gym

GIRLS DEVELOPMENTAL BASKETBALL CLINICS

This clinic, offered by the Lexington Recreation and Community Programs Department in partnership with **Hoop Mountain,** is designed for committed **girls basketball players** entering grades 7—12 who are looking to raise their skills to the next level. Staff from **Hoop Mountain** and the **LHS Girls Basketball** team will be coordinating and facilitating this new focused clinic. The clinic philosophy will be based on a progressive and intense skill development approach that **WILL BE** specific to the position played and chosen by each participant (Perimeter Players & Post Players). The girls will also experience some sport-specific tips and exercises that will improve their level of fitness. Fundamentals, footwork, game-situations, and improving basketball IQ will be the foundation for this aspect of the clinic. ***This program will take place at the Lexington High School Gymnasium.***

Ages: 13—18 (entering grades 7—12)

Perimeter Player
Fee: $160 resident / $205 non-resident
Dates: August 1, 2, 3 9:00am—12:00pm

Post Player
Fee: $135 resident / $185 non-resident
Date: August 4 9:00am—1:00pm

Shooting/Scoring
Fee: $160 resident / $205 non-resident
Dates: August 1, 2, 3 12:30—3:30pm

Combo Perimeter & Shooting
Fee: $235 resident / $260 non-resident
Dates: August 1, 2, 3 9:00am—3:30pm

Combo Post Player & Shooting/Scoring
Fee: $235 resident / $260 non-resident
Dates: August 1, 2, 3 9:00am—3:30pm

VIKING BASKETBALL CAMP NEW

Campers will work on such skills as dribbling, shooting, passing, defensive positioning, and more. Coaches will teach both basic and advanced techniques that are important on both sides of the ball and players will learn different plays and different defensive strategies. A variety of games will be played, such as Knockout, Dynasty, and Steal the Cookies and the camp will conclude with a Final Four tournament! Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day.

****Health History/Immunization form required ****

Fee: $140 (half day) / $180 (full day)
Ages: 7—12
Dates: August 22nd—26th
Times: 9:00am—12:00pm (half day)
9:00am—3:00pm (full day)
Location: Center Basketball Courts

F.A.S.T. ATHLETICS SPORTS MANIA NEW

Join us for four fun-filled days of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, flag football, dodgeball, and kickball, but the fun continues with hand ball and pillow polo. Each day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured in this exciting four-day program held in a safe and FUN environment. Please bring a water bottle, snack, and drink. Full day participants should also bring a peanut-free lunch. Be sure to register!

Fee: $130 (half day) / $175 (full day)
Ages: 7—12
Dates: July 5th—8th (Tuesday-Friday)
Times: 9:00am—12:00pm (half day)
9:00am—3:00pm (full day)
Location: Center #2 Softball Field

F.A.S.T. ATHLETICS FLAG FOOTBALL NEW

F.A.S.T. Athletics will teach everyone game strategies, catching techniques, and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, Fourth and Inches, and the QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams! Participants should bring a water bottle, snack, and drink. Full day participants should also bring a peanut-free lunch. ****Health History/Immunization form required ****

Fee: $140 (half day) / $195 (full day)
Ages: 7—12
Dates: August 22nd—26th
Times: 9:00am—12:00pm (half day)
9:00am—3:00pm (full day)
Location: Center Track Field

SUMMER YOUTH SPORTS CLINICS

CHALLENGER BRITISH MULTI-SPORTS CLINIC

Challenger's team of British coaches will provide your boys and girls with a memorable week of nonstop action, fun, and competition - all with a British twist! Children will learn new British sports and develop new skills with team-building activities that include Tag Rugby, Cricket, Rounders, Net Ball, Team Handball, and more. They will also learn about respect, responsibility, integrity, sportsmanship, and leadership while playing hard, having fun, and making new friends. All participants should bring a water bottle, sunscreen, and snack. Full day players should bring lunch. *No swimming.*

****Health History/Immunization form required ****

Fee: $180 (half day) / $245 (full day)
Ages: 7—14
Dates: July 11th—15th
Times: 9:00am—12:00pm (half day)
9:00am—3:00pm (full day)
Location: Center Recreation Complex

ADVENTURE KIDS KAYAKING

This program offered by **Still River Outfitters** runs for 9 hours over 3 days. It combines recreational kayaking skill development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team throughout fun challenge games. Staff members are ACA Certified instructors and Trained Adventure Facilitators.

Fee: $160
Ages: 8—14
Dates: July 6th—8th (Wednesday—Friday)
Time: 2:00—5:00pm
Location: Old Reservoir

SUMMER ARCHERY CLINICS

Learn to shoot a bow and arrow through this **Archery USA** junior development program taught by certified instructors. All equipment is provided and students progress at their own pace.

Fee: $125/week
Ages: 9—14
Weeks: July 11th—15th & August 1st—5th
Times: 9:00—10:45am **or**
11:00am—12:45pm
Location: Lexington Community Center

ELITE SOCCER CAMP

A co-ed program, run by **Tim Wheaton,** former Head Coach at Harvard University, designed to provide a supportive environment where players can develop their individual skills and understanding of tactics of the game. Groups are divided by grade and ability. Players should wear shin guards, cleats, bring a water bottle, snack, lunch (full day participants), soccer ball, waterproof sunscreen, and sneakers (on rainy days). Indoor space available during inclement weather.

****Health History/Immunization form required ****

Fee: $175 (half day) / $285 (full day)
Ages: 6—12
Dates: July 11th—15th
Times: 9:00am—12:00pm (half day)
9:00am—3:00pm (full day)
Location: Diamond Middle School

ADVANCED ELITE SOCCER CAMP

Directed by **Tim Wheaton**, former Head Coach at Harvard University and 1999 National Coach of the Year, 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, in-depth tactics and small-sided play. Players should wear shin guards, soccer cleats, and bring a soccer ball, water, snack, lunch (full day participants), and water-proof sunscreen, and sneakers (on rainy days). Indoor space available during inclement weather.

****Health History/Immunization form required ****

Fee: $175 (half day) / $285 (full day)
Ages: 12—18
Dates: July 11th—15th
Times: 9:00am—12:00pm (half day)
9:00am—3:00pm (full day)
Location: Diamond Middle School

SUMMER YOUTH ADVENTURE & SCIENCE PROGRAMS

GUARD UP! - WIZARDS & WARRIOR PROGRAM NEW

Wizards & Warriors Camps are set in medieval settings. During the week-long day camp session campers create characters with unique names, character attributes, and powers. By earning skill tokens in the game world campers can purchase power-ups to improve skills and gain the upper hand during encounters with characters from history, literature, and mythology. Some characters will help them in their journey while others will stand in their way. Others will challenge the heroes with riddles and puzzles to solve, or require the heroes to access and combine their individual powers to overcome obstacles. The adventure will culminate in a final battle, followed by a celebration of victory where heroes and instructors will review the adventure and praise each other for individual and communal demonstrations of courage, honor, and compassion.

**Health History/Immunization form required **

Fee: $445 (Full Day) $180 (Extended)
Ages: 7—15
Dates: **Deadline for each camp is 3 weeks prior to the start.**
Week 1: June 27th—July 1st
Week 2: July 4th—8th
Week 3: July 11th—15th
Week 4: July 18th—22nd
Week 5: July 25th—29th
Week 6: August 1st—5th
Week 7: August 8th—12th
Week 8: August 15th—19th
Week 9: August 22nd—26th
Week 10: August 29th—September 2nd
Times: 9:00am—3:00pm (full day)
8:30am—6:00pm (Extended)
Location: Guard Up Family Swordsmanship, 103 Terrace Hall Ave, Burlington, MA 01803

GUARD UP! - ZOMBIE PROGRAM NEW

Zombie camps are usually set in the current day and take inspiration from cultural influences and literature. There has been a zombie outbreak that must be quelled. During the week-long day camp session campers create characters with unique names, character attributes, and powers. By earning skill tokens in the game world campers can purchase power-ups to improve skills and gain the upper hand during encounters with in-game characters. The heroes' mission leader will debrief them each morning with the day's mission. They will pick up resources to help them quell the outbreak and apply scientific concepts to concoct antidotes and analyze gene samples collected from the battlefield. The adventure will culminate in a final battle with mega-zombies, evil masterminds, or rogue agents. Upon completion of this final battle, the heroes will have returned safety to the world... for now.

**Health History/Immunization form required **

CIRCUIT LAB—HANDS-ON ELECTRONICS NEW

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where students design their own interactive and programmable devices. Students will use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day will give students the chance to design a hands-on project under the guidance of skilled Circuit Lab instructors.

**Health History/Immunization form required **

Fee: $185
Ages: 8—11
Dates: July 18th—22nd
Times: 9:00am—12:00pm
Location: CC Room 230/232

CIRCUIT LAB—CREATIVE COMPUTING NEW

Get connected as we explore not just how to use computers, but how to make computers work for you. We will use the latest tools: Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to design hands-on projects ranging from LED light shows to touchless musical instruments to wearable computers, all in the name of taking ideas and making them real. Students have access to a comprehensive library of parts and equipment, and experienced instructors who can help them create the devices of their dreams.

**Health History/Immunization form required **

Fee: $185
Ages: 11—14
Dates: July 18th—22nd
Times: 1:00—4:00pm
Location: CC Room 230/232

CC = Lexington Community Center

CHESS, SCIENCE & TECHNOLOGY PROGRAMS

JUNE CHESS CLINIC

Join **Jim Della Selva** for a week-long 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.

Fee: **$125**
Ages: 6—15
Dates: June 20th—24th
Time: 2:00—4:00pm
Location: CC Room 230

SUMMER CHESS CLASS

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.**

Fee: **$125**
Age: 6—15
Dates: Intermediate: Tuesdays, June 28th—August 9th
Beginner: Wednesdays, June 29th—August 10th
Time: 6:00—7:00pm
Location: CC Room 221

AUGUST CHESS MINI CLINIC

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.

Fee: **$110**
Ages: 6—15
Dates: August 22nd—24th (Mon.-Wed.)
Times: AM Clinic: 11:00am—1:30pm
PM Clinic: 2:00—4:30pm
Location: CC Room 232

LEXINGTON SUMMER CHESS CHAMPIONSHIP

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.

Fee: **$65 (tournament only)**
$45 (with clinic)
Age: 6—15
Dates: August 25th—26th (Thurs. and Fri.)
Time: 2:00pm—4:30pm
Location: CC Room 232

FUNUTATION—MAKING AN IPHONE GAME NEW

Tekkies explore the process of creating iPhone apps. Kids experience basic programming, digital animation and sounds to create fun and exciting games on the iPhones. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry-based model. Tekkies work in teams of two as they investigate and discuss coding principles in action. An iPhone is not required to take this camp as the games are developed on a computer. Optional: Bring your iPhone; purchase a Developer's license from Apple for an additional $99.

Fee: **$255**
Ages: 12—15
Dates: August 1st—5th
Time: 9:00—11:45am
Location: CC Room 242

****Health History/Immunization form required ****

FUNUTATION—MAKING A SAMSUNG ANDROID GAME NEW

Tekkies create complex apps for an Android phone or tablet using Java. Participants experience the basics of computer programming to design landscapes, animations, digital sounds, and special effects. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry-based model. Tekkies work in teams of two as they investigate and discuss coding principles in action. An Android phone or tablet is not required to take this camp as the games are developed on a computer.

Fee: **$255**
Ages: 12—15
Dates: August 1st—5th
Times: 12:15—3:00pm
Location: CC Room 242

****Health History/Immunization form required ****

CC = Lexington Community Center

SCIENCE & TECHNOLOGY PROGRAMS

FUNUTATION—3D VIDEO GAME DESIGN (FOR THE XBOX 360) NEW

Dig deep into the inner workings of computer game design. This Tek Lab shares the steps of the game development cycle. Explore and modify the code in Visual C# Express. This is the same program used to make Xbox 360 games. Participants make an asteroids game and flight simulator. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry-based model. Tekkies work in teams of two as they investigate and discuss coding principals in action.

****Health History/Immunization form required ****

Fee:	**$255**
Ages:	12—15
Dates:	August 8th—12th
Time:	9:00—11:45am
Location:	CC Room 242

FUNUTATION—DIGITAL ART & ANIMATION WITH ALICE & MUVIZU NEW

Tekkies use Alice and Muvizu to create 3D programming environments with animations that tell a story, become an interactive game, or simply do a dance. Animate objects such as people, animals, and vehicles within a virtual world. Kids discover principles of Java, C++ and C#. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry-based model. Tekkies work in teams of two as they investigate and discuss coding principles in action.

****Health History/Immunization form required ****

Fee:	**$255**
Ages:	12—15
Dates:	August 8th—12th
Time:	12:15—3:00pm
Location:	CC Room 242

INCREDIFLIX—LIVE ACTION FLIX NEW

Do you want to have a blast making a movie? You don't have to be an actor to star in these movies that you make from "Action" to "That's a wrap." We'll guide you through the Hollywood process as you brainstorm, location scout, bring in props and costumes, act and direct in a collaborated movie that will be fun for the entire audience.

****Health History/Immunization form required ****

Fee:	**$210**
Ages:	7—13
Dates:	July 18th—22nd
Time:	9:00am—12:00pm
Location:	CC Room 242

INCREDIFLIX—LEGO FLIX NEW

We know you love Legos and can create incredible Lego worlds. Now it's time to bring those worlds to life in Lego Stop-Motion Animated Flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters or a movie they storyboard, write, shoot, and voice-over in age-appropriate groups.

****Health History/Immunization form required ****

Fee:	**$210**
Ages:	7—13
Dates:	July 18th—22nd
Time:	1:00—4:00pm
Location:	CC Room 242

INCREDIFLIX—LIVE ACTION AND LEGO FLIX FULL DAY NEW

Are you the next star director? Actor? Writer? Cameraman? You get to do it all in these live action flix! Make visions come true in these movies where students act, write, direct, and more. Afternoons are Lego animation movies. We know you love Legos and that you can create incredible worlds. Now it's time to bring those worlds to life! Lunch supervision included at no cost!

****Health History/Immunization form required ****

Fee:	**$390**
Ages:	7—13
Dates:	July 18th—22nd
Time:	9:00am—4:00pm
Location:	CC Room 242

CC = Lexington Community Center

SCIENCE & TECHNOLOGY PROGRAMS

WICKED COOL FOR KIDS—WICKED GROSS SCIENCE NEW

Gross Science is not for the easily queasy! The gross yet fascinating things in life may hide many science secrets, like what's hidden in a diaper. Kid chemists can discover acids and bases and make putrid potions that bubble and burp. We will create alien slime, dissect owl puke and grow gross bacteria. Slither with snakes and slimy worms and find out what's behind that smell—ewww! Wicked Gross Science is guaranteed to be grossly amusing.

**Health History/Immunization form required **

Fee: **$255**
Ages: 5—10
Dates: July 11th—15th
Time: 9:00am—12:00pm
Location: CC Room 230/232

WICKED COOL FOR KIDS—LEGO ENGINEERING

We've expanded our LEGO Engineering program to include STEM-based challenges and free building—two things kids love. We will build mechanisms that incorporate gears, flywheels, and cams to build amazing contraptions. We'll crank up the fun using creativity to build with LEGOs in problem solving challenges. Design a spinning eggbeater or create a car to carry LEGO bricks uphill. Kids love rising to the LEGO challenge.

**Health History/Immunization form required **

Fee: **$255**
Ages: 5—10
Dates: July 11th—15th
Time: 1:00—4:00pm
Location: CC Room 230/232

WICKED COOL FOR KIDS—ROCKET SCIENCE

Rocket Science is a blast for any junior rocketeer! Rocket Scientists will learn about propulsion by building compressed air rockets, water rockets and rockets that blast off via chemical reactions! As aerospace engineers, we will travel to infinity and beyond while learning the laws of aerodynamics and flight. For a fantastic finish, we will launch our own customized Estes Rocket on Friday (weather permitting).

**Health History/Immunization form required **

Fee: **$255**
Ages: 5—10
Dates: July 25th—29th
Time: 9:00am—12:00pm
Location: CC Room 230/232

FUN WITH RUBIK'S CUBE NEW

Come join the fun as we explore the timeless challenge of solving the 3x3 Rubik's Cube. Beginners are welcomed and encouraged to learn techniques from a World Cube Association Delegate and competitor **Sam Schultz.** We will also cover topics ranging from other twisty puzzles to the operations of the World Cube Association. We will end the week with an exciting tournament. Speedcubes will be provided!

Fee: **$115**
Ages: 10—14
Dates: July 5th—8th (Tuesday-Friday)
Time: 9:00am—1:00pm
Location: CC Room 242

CHESS/KOOL SCIENCE CLINIC

Science teacher, **Bill Richard** 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. Hands-on projects, use of the scientific methods, and learning by doing will be emphasized.
Chess teacher and player, **Jim Della Selva** will teach your child the fundamentals of chess from beginner to the more advanced aspects of the game. Expand your knowledge base and learn techniques designed to improve all phases of your game.

Fee: **$ 170**
Ages: 6—13
Dates: July 11th—15th
Time: 1:00—3:00pm
Location: CC Room 217

CC = Lexington Community Center

SCIENCE & TECHNOLOGY PROGRAMS

WICKED COOL FOR KIDS—SUPERHERO PHYSICS NEW

What makes a superhero super? Physics! Conduct gravity experiments to learn what it takes for Superman to leap over tall buildings in a single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. We'll investigate how Spiderman (and real spiders) can walk up walls and examine Batman's super gadgets that help him fight crime. Morph into the world of superheroes using the science that could make superheroes a reality. Super science fun!

**Health History/Immunization form required **

Fee:	**$255**
Ages:	5—10
Dates:	July 25th—29th
Time:	1:00—4:00pm
Location:	CC Room 230/232

WICKED COOL FOR KIDS—EXTREME EARTH NEW

Junior geologists and elementary engineers: harness Earth's extremes as we investigate its awesome powers in the form of wind, water, weather, and sunlight. We will explore our wide world and focus on Earth's energy sources and the process of engineering amazing gadgets that transform energy into useful creations. Build solar cars to harness the power of the sun and explore earths magnetism and electrical energy. Dig deep into earth science when we build a better volcano, create a fantastic water filter, and classify some real fossils to take home.

**Health History/Immunization form required **

Fee:	**$385**
Ages:	5—10
Dates:	August 1st—5th
Time:	9:00am—4:00pm
Location:	CC Room 230/232

WICKED COOL FOR KIDS—MINECRAFT MANIA

Minecraft Mania is a blend of virtual learning and companion hands-on activities that explore science and engineering using Minecraft. Use an interactive avatar to investigate a game based educational environment. Minecraft Mania lessons have both computer and real world components covering geology, engineering, physics, and biology. Serious Minecraft Maniacs will be excited to learn about the properties of rocks and minerals and take home their own rock collection. We'll use our skills to build skyscrapers and simple machines as well as plant our own crops in enjoyable experiential challenges. Join us for a week of fascination in our Minecraft classroom!

**Health History/Immunization form required **

Fee:	**$385**
Ages:	6—10
Dates:	August 8th—12th
Time:	9:00am—4:00pm
Location:	CC Room 230/232

WICKED COOL FOR KIDS—MINECRAFT MASTERCRAFTERS

Experience Minecraft Mastercrafters and advanced Minecraft program where educational gaming is offered in conjunction with our hands-on science and engineering activities as focused, companion lessons. Think you've got what it takes to be a Mastercrafter? Hone your Minecraft skills in this teacher-controlled platform where we learn and interact virtually in a classroom setting. Student teams will explore, manipulate, problem-solve, and build in worlds that have been customized for Wicked Cool learning activities. We will become Mastercrafters as we focus on energy, powering mechanisms, and using redstone to build and design our way through the tricky labyrinth of the "Mastercrafter Island."

**Health History/Immunization form required **

Fee:	**$385**
Ages:	8—12
Dates:	August 15th—19th
Time:	9:00am—4:00pm
Location:	CC Room 230/232

CC = Lexington Community Center

NFL FLAG FOOTBALL LEAGUE

NFL FLAG FOOTBALL LEAGUE $80 ($90 after 8/1)

Dates: Sundays, September 11th — November 13th
9 weeks — no program on October 9th (Columbus Day weekend)

Registration deadline: Tuesday, August 23rd

Ages and Times:

Ages 5 & 6 Co-ed	12:30—1:30pm ($50/child, $60/child after 8/1)
Ages 7 & 8 Co-ed	12:00—1:30pm
Ages 9—11 Co-ed	1:45—3:15pm
Ages 12—14 Boys	12:00—1:30pm
Ages 15—18 Boys	12:00—1:30pm or 1:45—3:15pm

Location: Lincoln Park

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 to10 players, coached by volunteer parents. If you are interested in being a volunteer coach, please indicate that when you register your child.

Weekly sessions will include a 45-minute practice followed by a 40-minute game. The first Sunday, September 11th, will be a day for team practices and games will begin on Sunday, September 18th.

Participants will receive a game jersey, can wear cleats (non-metal) or sneakers, and must wear a mouth guard. Please note jersey size when registering. This program is very popular, so be sure to register early!

OTHER LEISURE PURSUITS

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.

Bicycling

Maps of Lexington bike paths are available at the Recreation and Community Programs Department office, Conservation office, and the Chamber of Commerce.

Ball Field Permits

A limited number of ball fields are available for residents to use, field conditions permitting. **Permits are required for play on ALL fields**. Permits are issued at the Recreation and Community Programs Department office on a first-come, first-serve basis. Please contact the Recreation and Community Programs Department.

ED2GO ~ Online Education Courses

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 materials are made available to you over the World Wide Web. All you need to get started is Internet access, an email address and a Web browser. Take a look at the online site: **www.ed2go.com/lexrec** to view courses.

Stone Meadow Summer Youth Golf Clinics

Fee: **$135 payable to Stone Meadow**

Dates: July 11th—14th, July 18th—21st, August 8th—11th, August 15th—18th, and August 22nd—25th

Ages/Times: 8:00—9:00am (ages 7—10)
9:00—10:00am (ages 11—14)

Location: Stone Meadow Golf,
675 Waltham Street, Lexington

The Town of Lexington Recreation and Community Programs Department and Pine Meadows Golf Club are pleased to provide Junior Golf Clinics for 2016 at Stone Meadow Golf. These are beginner's clinics for kids to learn the fundamentals of the golf swing and gain insight into the wonderful game of golf.

Contact *Stone Meadow Golf* at (781) 863-0445 to register.

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 **$10.00/person**

To better accommodate Lexington residents, tee times at Pine Meadows Golf Club may be made 14 days in advance prior to the general public with the purchase of a $10.00 ID Card. Golf ID cards are sold at the Lexington Community Center only.

Pine Meadows Fee Schedule (9 holes)		
	Residents	Non-Residents
Weekends	$21.00	$24.00
Weekdays	$19.00	$22.00

Special Monday-Thursday before 3:00pm		
	Residents	Non-Residents
Seniors (62+)	$16.00	$18.00
Juniors (under 18)	$16.00	$18.00

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 as well as the Monday—Thursday (11:00am—3:00pm) replay option for $10.00.

Family Golf

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. **$11.00/person**

Family Golf begins approximately 1 1/2 hours before dusk.

RECREATION PARKS, PLAYGROUNDS, AND FIELDS

Adams Park
Location: 739 Massachusetts Ave. (behind Waldorf School)
Facilities: Intermediate soccer field, 2 tennis courts, basketball court, play structure, swings.

Baskin Park
Location: Wyman Road
Facilities: basketball court, open space, T-ball area.

Blossom Park
Location: Blossom Street
Facilities: open space.

Bowman Park
Location: 13 Watertown Street/Pleasant Street
Facilities: trails.

Bowman School Field
Location: 9 Philip Road
Facilities: school playfield, Little League field, basketball court, open athletic field, play structure, swings.

Bridge School Fields
Location: 55 Middleby Road
Facilities: school playfield, swings, net climbing structure, play structure, 2 softball fields, open space, trails.

Center Recreation Complex
Location: Worthen Road
Facilities: 1 soccer field, 1 lighted softball field, track, 2 baseball fields (1 lighted), skate park, 2 lighted basketball courts, Little League field, 3 tennis practice boards, 10 tennis courts (4 lighted), outdoor pool complex (4 pools), tennis booth, bathroom facilities, swings, 2 play structures, football field.

Clarke Middle School Fields
Location: off Brookside Avenue
Facilities: school playfield, regulation soccer field, softball field, baseball field, basketball court, 3 tennis courts, open athletic field, nature trail.

Diamond Middle School Fields
Location: Sedge Road
Facilities: school playfield, softball field, baseball field, soccer fields.

Estabrook School Field
Location: 117 Grove Street
Facilities: school playfield, 2 basketball hoops, softball field, intermediate soccer field, modular play equipment, swings.

Fiske School Fields
Location: 55 Adams Street
Facilities: school playfield, 2 Little League fields, play equipment, swings.

Franklin Park
Location: 5 Stedman Road
Facilities: softball/junior baseball field, intermediate size soccer field, play structure, swings, slide, trails.

Freemont Street
Location: Freemont Street
Facilities: wooded area, trails.

Garfield Park
Location: Garfield Street
Facilities: play structure, Little League field, trails, swings.

Harrington School Fields
Location: 328 Lowell Street
Facilities: school playfield, softball field, Little League field, soccer field, basketball court, play equipment, swings.

Hastings School Field
Location: 7 Crosby Road
Facilities: school playfield, play structure, swings, basketball court, Little League field, intermediate soccer field.

Justin Park
Location: Justin Street
Facilities: play structure, swings, open space, trails.

Kinneens Park
Location: Burlington Street
Facilities: play structure, swings, 1/4 basketball court, T-ball field.

Lexington Old Reservoir
Location: Marrett Road
Facilities: swimming facility, bathhouse, picnic area, trails.

Lincoln Park
Location: Lincoln Street
Facilities: 3 infill synthetic turf athletic fields, softball field, Little League field, fitness path, nature trails, bathroom facility, picnic area with grills and shelters, 2 play structures, spring riders, swings.

Marvin Park
Location: Winter Street
Facilities: play structure, swings, basketball court, open space, trails.

Munroe Park
Location: 1403 Massachusetts Avenue
Facilities: play structure, swings, sand digger, open field space, T-ball area.

Muzzey Field
Location: next to 1475 Massachusetts Avenue
Facilities: intermediate soccer field, open space.

Oxford/Bow Street Park
Location: Bow Street
Facilities: swing set, Minuteman Bikeway.

Parker School Land (Valley)
Location: Valley Road
Facilities: 2 tennis courts, open space.

Pine Meadows Golf Club
Location: 255 Cedar Street
Facilities: 9 hole public golf course, clubhouse.

Poplar Street Park
Location: Poplar Street
Facilities: open space, trails.

Rindge Park
Location: Rindge Avenue
Facilities: play structure, swings, basketball court, open space, T-ball fields.

Sutherland Park
Location: Sutherland Road
Facilities: Little League field, basketball court, play structure, swings, trails, open field space.

Tower Park
Location: Massachusetts Avenue
Facilities: open space, walkways, bikeway.

Valleyfield Park
Location: Valleyfield Street
Facilities: open space, trails.

Willard's Woods
Location: North Street
Facilities: wooded area, trails, orchard, open fields.

Town of Lexington

SUMMER 2016 CAMP & CLINIC

EMERGENCY INFORMATION AND HEALTH FORM

PLEASE RETURN PROMPTLY TO:

Lexington Recreation and Community Programs
1625 Massachusetts Avenue
Lexington, MA 02420

CHILD'S NAME _____
Last First Middle Initial

CHILD'S DATE OF BIRTH _____ AGE _____ MALE ___ FEMALE ___ FALL 2016 GRADE _____

ADDRESS _____ ZIP _____

HOME # _____ CELL #_____ EMAIL: _____

MOTHER (OR GUARDIAN) _____ W/K # _____ CELL # _____

FATHER (OR GUARDIAN) _____ W/K # _____ CELL # _____

* * * * *

EMERGENCY INFORMATION: If a parent is not available, please notify:

NAME _____ RELATIONSHIP 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 ALSO** 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 SIDE 2

HEALTH HISTORY CONTINUED:

DOES THIS CHILD HAVE ANY ALLERGIES? (Please specify)

_____

_____

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

_____

_____

Please check box and/or circle which program or programs you will be attending.

	Program	Dates	Location
☐	Challenger British Multi-Sports Clinic	July 11th—15th	Center Recreation Complex
☐	Challenger British Soccer (please circle each week)	August 1st; August 8th	Diamond Middle School Field
☐	Circuit Lab Technology Program	July 18th—22nd	Lexington Community Center
☐	Discover the Fun Camp (please circle each week)	June 27th; July 5th, July 11th; July 18th; July 25th; August 1st; August 8th; August 15th	Lexington High School
☐	Elite Soccer Camp/Advanced Elite Soccer Camp	July 11th-15th	Diamond Middle School Field
☐	F.A.S.T. Athletics Flag Football	August 22nd—26th	Center Recreation Complex
☐	Funutation Camps (please circle each week)	August 1st; August 8th	Lexington Community Center
☐	Guard Up! Summer Camps (please circle each week)	June 27th; July 5th, July 11th; July 18th; July 25th; August 1st; August 8th; August 15th; August 22nd; August 29th	Guard Up Family Swordsmanship
☐	IncrediFlix Summer Programs	July 18th—22nd	Lexington Community Center
☐	Skyhawks Multi-Sports Clinic	August 22nd—26th	Center Recreation Complex
☐	Skyhawks SNAG Beginner Golf	July 11th—15th	Lexington Community Center
☐	Thundercat 3-Sport Clinic	July 18th—22nd	Center Recreation Complex
☐	Thundercat Dodgeball & Sports	June 27th—July 1st	Center Recreation Complex
☐	Thundercat Flag Football	July 25th—29th	Diamond Middle School Field
☐	Thundercat Flag Football	August 15th—19th	Diamond Middle School Field
☐	Thundercat Kiddie Cat Jam (please circle each week)	June 20th; July 5th; July 11th;	Center Recreation Complex
☐	Viking Basketball Camp	August 22nd—26th	Center Recreation Complex
☐	Viking Multi-Sports Camp	August 15th—19th	Center Recreation Complex
☐	Wicked Cool for Kids Programs (please circle each week)	July 11th; July 25th; Aug. 1st; Aug. 8th	Lexington Community Center

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 ***Department of Recreation and Community Programs*** 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 Department of Recreation and Community Programs 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 your child's physical and immunization record to:

Lexington Recreation and Community Programs

1625 Massachusetts Avenue, Lexington, MA 02420 (mailing address) or bring it to the

Lexington Community Center, 39 Marrett Road, Lexington MA 02421

PLEASE FILL OUT BOTH SIDES OF THIS FORM.

Lexington Recreation and Community Programs Department

Registration Form

Last Name _____ First Name _____M_____F_____

Address _____

Home Phone _____ Work Phone _____ Cell # _____

Email Address (please print) _____

D.O.B. _____ Age _____ Grade Fall 16 _____ 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, _____the participant, or I/We, the parent(s)/guardian(s) of _____ a minor, hereby consent to participation in the Town of Lexington Recreation and Community Programs Department, 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 and Community Programs 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.

Adult Participant or Parent Signature _____ Date _____

Please Print Adult Participant or Parent Name _____

Program Title	Date/Day/Session	Time	Fee
			$
			$
			$
			$

I would like to donate to the Recreation and Community Programs financial aid fund which allows children to participate in Recreation and Community 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 and Community Programs

1625 Massachusetts Avenue, Lexington, MA 02420

You may also use drop registrations off at the Lexington Community Center, 39 Marrett Road.

Town of Lexington
Recreation & Community Programs
1625 Massachusetts Avenue
Lexington, MA 02420

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LEXINGTON, MA

THINGS TO LOOK FOR IN UPCOMING BROCHURES

FALL 2016
(published in August 2016)

Fall Pre-School, Youth, and Teen Programs
Fall Adult Programs
Fall Lifetime (60+) Programs and O.W.L.L. Courses
Nashoba Valley Ski and Snowboard Programs
In-Town Basketball Leagues
Youth Basketball Clinics
Youth and Family Fun Nights at the Community Center
Youth and Adult Tennis Lessons