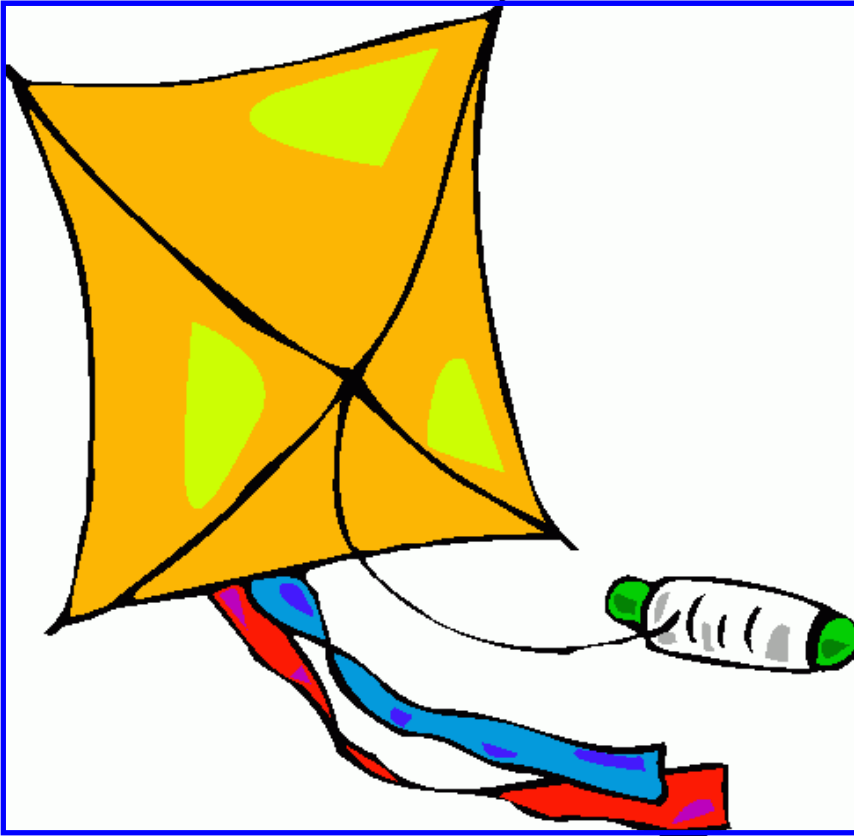


TOWN OF LINCOLN



Spring &
Summer
Activities

Codman Pool
2009



LINCOLN RECREATION DEPARTMENT. BOX 6353. HARTWELL A POD. LINCOLN, MA

WWW.LINCOLNREC.COM



Lincoln Recreation Department



Contact Numbers

Phone (781) 259-0784
Fax (781) 259-1333

Website

www.lincolnrec.com

Staff Members

Dan Pereira, *Director*
dpereira@lincnet.org

Stacey Mulroy, *Assistant Director*
smulroy@lincnet.org

Laurie Dumont, *Office Administrator*
ldumont@lincnet.org



Molly Mulroy,
Office Mascot

Mailing Address

PO Box 6353
Lincoln, MA 01773

The Recreation Department is located in the Hartwell A Pod.

Committee Members

Noah Eckhouse, *Chair*
Susan Collins
Chris Fasciano
Ted Julian
Ingrid Neri
Jane Tatlock

Events Sub-Committee

Jonathan Dwyer, *Chair*
jonathan@caswelldwyer.com

Christina Long, *Events Administrator*
chrissie.long@comcast.net

Don't Forget

ONLINE REGISTRATION IS AVAILABLE!

You can now register for
programs online at our website:

www.LincolnRec.com



Program Information

- Participants are accepted on a first come, first serve basis once brochures have been posted online and/or sent in the mail.
- Participants cannot attend any programs prior to completion of required forms and full payment without permission from the Recreation Director.
- Participants must adhere to the Behavior Expectations (Page 4) set forth by the Recreation Department.
- The Recreation Department will escort children to Recreation programs on campus that are held directly after school. Please send a note with your child to notify their teacher. A staff member from the Recreation Department will meet participants in the Walker's room (Grades 1 - 4) or classroom (Grade K) and bring them to class.
- Please notify the Recreation Department at (781) 259-0784 if your child will be absent from class.
- If you register online, you will receive an email confirmation. If you register by mail or in person, you will not receive confirmation.
- We may cancel a program with insufficient enrollment. You will be notified and refunded if a program is cancelled. If you do not hear from us, you should assume you are enrolled.
- **Financial assistance is available. Senior Citizen Scholarships are also available for all programs. Requests must be submitted in writing at least two weeks before the course begins.**
- The Recreation Department strives to make programs accessible to all. If participants have any special needs, they should contact the Recreation Director in advance.
- The Recreation Department reserves the right to cancel programs which do not support themselves.



Classes Do Not Meet On The Following Dates:

DATE	DAY	HOLIDAY
April 10, 2009	Friday	Good Friday
April 20 - 24, 2009	Monday - Friday	April Recess
May 25, 2009	Monday	Memorial Day
June 25, 2009	Thursday	Tentative Last Day of School
July 4, 2008	Saturday	4th of July

Registration Information

Registration is accepted on a first come, first serve basis once brochures are in the mail.
We do not take registrations over the phone or via fax.

HOW TO REGISTER

- 1) Register and pay online at www.LincolnRec.com.
- 2) Mail in a completed registration form with a check made out to 'Town of Lincoln'. A separate form must be used for each participant.
- 3) Stop by the Recreation Office Monday through Friday between 8:30 am - 4:30pm. If staff are not in the office...
- 4) Drop your registration forms in the "drop slot", located at the Hartwell A Pod, Room 8.

We welcome **Non-Residents** on a space available basis for an additional fee of \$15 per person/per program.

WAITLIST

If the class you register for is FULL, you will be notified and placed on a waitlist. Your payment will be refunded. If an opening becomes available, we will contact you.

REFUND POLICY

- If you cancel for any reason, you must do so **one week before the first class**. All requests must be submitted in writing.
- An administration fee of **\$10** will be retained per person per program for all withdrawals.
- No refunds will be given after a class begins. Certain programs have their own refund policy (i.e. Basketball, Pool, Camps, etc.) Please read all program details carefully for specific refund policies.
- If a program is cancelled by the Recreation Office for any reason, you will receive a full refund.



CODMAN POOL REFUNDS

- **No refunds will be given once the pool is open. All requests must be submitted in writing.**
- **RESIDENT REFUNDS:** A fee of **\$15** will be retained for an *individual membership*. A **\$10** fee will be retained for a *senior membership* and a **\$30** fee will be retained for *family memberships*.
- **NON-RESIDENT REFUNDS:** A **\$30** fee will be retained for a *individual membership*. A **\$15** fee will be retained for a *senior membership* and a **\$60** fee will be retained for *family memberships*.

CANCELLATIONS:

If a class must be cancelled due to weather, instructor illness, facility concerns, etc., the Recreation Office will make every effort to contact participants. When possible, cancellations will also be placed on the office voicemail 2 hours before scheduled activity. Last minute cancellations will be placed on the voicemail as they occur.

No classes are held when the Lincoln Public Schools have been cancelled. If a program is cancelled, you will be notified regarding a make up class.



Behavior Expectations for Youth Programs

The purpose of these expectations is to develop a common understanding between the participants, their families, and the department staff and committee, regarding the behavior expected during all Recreation Department activities and field trips.

PARTICIPANT BEHAVIORAL EXPECTATIONS

- 1) Participants will conduct themselves in a safe and respectful manner at all times. They will follow the direction of the instructors / trip chaperones / program supervisors / staff.
- 2) Participants will not participate in any form of violent behavior.
- 3) Participants will not participate in any hazing, bullying, intimidation, threats of violence, harassment or any form of inappropriate controlling, either verbal or physical.
- 4) Participants are not to leave or separate themselves from the group at any time unless approved to do so by the instructors / trip chaperones / program supervisors / staff.
- 5) Participants will not take anything, without permission, that does not belong to them.
- 6) Participants will not damage or deface any property. Participants and/or families will be held responsible for any monetary reimbursements due to property owners.
- 7) Participants will not bring objects that are deemed dangerous or disruptive to the program, (pocket knives, fire works, pellet guns, etc.) and subsequently will not possess or use any illegal objects. Use of personal entertainment devices are solely at the discretion of the instructors / trip chaperones / program supervisors / staff.
- 8) Tobacco, alcohol, and all illegal substances are prohibited during all Recreation Department activities and field trips.
- 9) Participants will not use verbally inappropriate or abusive language or physically inappropriate or abusive actions at any time during a Recreation Department activity.

DEPARTMENT DISCIPLINARY PROCEDURES

Depending on the severity of the offense, the following actions may be taken:

- 1) The participant will be warned against future infractions.
- 2) The participant may be removed from the situation and asked to sit with a trip supervisor. A parent will be notified of the situation.
- 3) If damages are involved, the participants will be responsible for their repair. A parent or guardian is ultimately responsible for any damages incurred by their child.
- 4) A parent may be notified and asked to come and remove the participant from the program. In these cases, a parent/child conference with the Recreation Director is mandatory before the participant can return to any Recreation Department activity.
- 5) In the interests of program safety, the Recreation Director reserves the right to withhold a participant from any Recreation Department activity until the necessary parent/child conferences have been completed. In extreme or repeated cases, the Recreation Director may suspend a participant's enrollment or expel a participant from any or all Recreation Department activities.

Appeals to the Recreation Director's decisions can be directed to:

The Lincoln Recreation Committee

ATTN: Chairperson

P.O. Box 6353

Lincoln, MA 01773

Lincoln Tennis 2009

ALL LINCOLN RESIDENTS AND EMPLOYEES IN THE TOWN MUST HAVE A 2009 TENNIS STICKER TO PLAY ON THE TENNIS COURTS IN ANY CAPACITY.

Lincoln has six clay tennis courts, two are lighted. They will be ready for use around May 1 and remain open through October.



2009 FEES

Residents

Family	\$80
Adult	\$55
Child	\$25

Non-Residents

Family	\$160
Adult	\$100
Child	N/A

Swim & Tennis

Resident	\$250
Non-Resident	N/A

Please use the registration form on Page 26 to register for the Swim & Tennis Membership.

Tennis Stickers

Participants must have a **2009 sticker** to take lessons, be on a tennis team, participate in tournaments, or just play for recreation. They are available in the Recreation Office. Please use the registration form on page 26 to purchase your stickers.



The Recreation Department now offers private & semi-private lessons. Please call (781) 259-0784 for more information.

Adult Programs

Adult programs are for participants 18 years and older.

Classes do not meet when school is not in session unless otherwise noted. Please see Page 2 for a list of dates.



Ballroom Dancing - *Beginner's*

Learn the basics of Foxtrot, Waltz, Tango, Rumba, Cha Cha & Swing as well as leading and following. A fun activity to do with a partner.

Gail Rundlett

Spring: 4/30 - 6/4

Thursdays 8:15 - 9:15 pm

Bemis Hall 6 weeks

Min. 10 / Max. 30

Fee: \$200 / couple

Ballroom Dancing - *Intermediate*

A continuing class for those who know the basics of both the ballroom and Latin dances. More advanced figures and rhythms in Foxtrot, Waltz, Tango, Quickstep, Rumba, Cha Cha, Swing & Salsa will be covered.

Gail Rundlett

Spring: 4/30 - 6/4

Thursdays 7:10 - 8:10 pm

Bemis Hall 6 weeks

Min. 10 / Max. 30

Fee: \$200 / couple

Freestyle Dance

Monthly informal practice time. Work on your steps: waltz, foxtrot, tango, swing, rhumba, etc. Bring your favorite dance CDs! Questions? Contact Terri at (781) 259-0717 or Beth at (781) 259-1373.

Terri Morgan & Beth Schuller

Spring: 4/10, 5/8 & 6/5

Fridays 7:30 - 9:00 pm

Bemis Hall

No Fee & No Registration!!

Kayaking: Intro

Introduction to Kayaking is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in "recreational" kayaks. This instructional programs introduction to safe and efficient paddling is also relevant for river and touring/sea kayaking. Directions will be sent upon registration; please include an email address when registering.

Still River Outfitters

Spring: 5/26 - 6/9

Tuesdays 6:30 pm - 8:30 pm

Summer: 7/25 - 8/8

Saturdays 8:00 am - 10:00 am

Warner's Pond, Concord 3 weeks

Min. 2 / Max. 6

Fee: \$95



Kayaking: Mommy / Daddy & Me

Come out, be active and learn the basics of kayaking. These sessions will teach you the basics of paddling, safety and special considerations when paddling with children. Your child sits safely between your legs in the cockpit. Directions will be sent upon registration; please include an email address when registering.

Still River Outfitters

Spring: 5/26 - 6/9

Tuesdays 2:30 pm - 4:00 pm

Summer: 7/25 - 8/8

Saturdays 10:00 am - 11:30 am

Warner's Pond, Concord 3 weeks

Min. 1 / Max. 3 (Adult/child pairs)

Fee: \$105

Adult Programs

Adult programs are for participants 18 years and older.

Classes do not meet when school is not in session unless otherwise noted. Please see Page 2 for a list of dates.

Kundalini Yoga Through the Seasons

The art and science of Kundalini Yoga is a system of self-healing that teaches you how to take control of your health and your life. You will learn how to reverse the effects of stress by helping your nervous system function on a higher level. It gives you the tools to increase your vitality and decrease pain, stiffness, depression, anxiety and any other malady of mind, body and spirit. The class includes warm-ups, breathing exercises, and sitting meditations which are wide and varied and consist of balancing the five elements and the hemispheres of the brain. If practiced regularly along with practical lifestyle practices such as what is offered through the sister science of Ayurveda, you can optimize your health on all levels. Ayurvedic wisdom is integrated into these classes. For both classes, exercises and meditation can be done sitting in a chair rather than on the floor for those who prefer. Please bring to class: yoga mat and/or padding; meditation cushion or small pillow to sit on; blanket to cover yourself during relaxation; water and an open mind! Call teacher Jai Annamaria San Antonio for additional questions: 781.259.0864



Annamaria San Antonio, LCMT
Spring: 4/21 - 6/9 8 weeks
Summer: 7/21 - 9/22 10 weeks
Tuesdays 5:00 - 6:30 pm

Bemis Hall
Min. 4 / Max. 15
Spring Fee: \$105
Summer Fee: \$130
Drop-In Fee: \$15 per class (Registration is Required)

Open Studio

Artists work independently in a creative & stimulating environment. Share ideas, skills and knowledge with an accomplished group. Optional critique. Weekly morning sessions (stay as long as you wish!) will include one mini-workshop.

Stephanie Rolfe & Joan Seville
Spring: 4/30 - 6/11
Thursdays 9:30 am - 2:45 pm
Hartwell B Pod 7 weeks
Min. 10 / Max. 20
Fee: \$65



Table Tennis

Join other Lincoln residents for open play. Equipment is provided. No registration needed. Adults only please!!

Ongoing
Tuesdays, Thursdays, & Fridays 7:30 - 9:30 pm
A Pod - Room 9
No Fee & No Registration Required!!

Lincoln Conservation Trail Walks



Wednesday Trail Walks

Explore Lincoln's open space. Walks introduce a different area each week. Walks will be 1½ to 2 hours and up to 3 miles long. Visit the Town website at www.lincolntown.org for meeting places and walk details. You can also request a list from the Conservation Office (781) 259-2612. Wear sturdy shoes and dress for the weather.

Conservation Staff
Spring: 4/1 - 5/20
Wednesdays 10:00 am - 12:00 pm
Rain or Shine
8 weeks (including school vacation)
No Fee or Registration Required!

Strength Training Programs for Adults

www.lanasfitness.com

Sign up for the number of classes per week you want. You are not committed to specific days. Classes do not meet when school is not in session unless otherwise noted. Please see Page 2 for a list of dates.



SPRING CLASSES

Instructor: Lana Schulman
Location: A Pod - Room 9
Dates: 4/27 - 6/26, 9 weeks

Fees:
1 class / week \$ 80
2 classes / week \$ 150
3 classes / week \$ 240
4 classes / week \$ 330

CLASS DESCRIPTIONS

Beginners Resistance

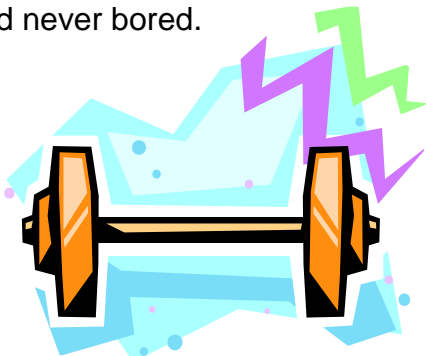
If you have never exercised seriously, this class is a good place to start. Learn all the basics, get to know your own body and get stronger and improve your posture in the progress!

Cardio Conditioning

In addition to strength training we add a cardio element to this class to keep your heart rate up during the whole workout. If you do not have time to do cardiovascular training in addition to your strength workouts, this class is perfect for you.

Resistance Training

In this class we focus on building functional muscle strength in your whole body. In addition to making your muscles and bones stronger we work on improving your balance and flexibility. We use body weight exercises, medicine balls, stability balls, and dumbbells. There is no routine to learn - each class is different to keep you challenged and never bored.



MON.	TUES.	WED.	THUR.	FRI.
	7:15 AM Resistance Training			
8:20 AM Resistance Training	8:20 AM Resistance Training	8:20 AM Beginner's Resistance	8:20 AM Resistance Training	8:20 AM Resistance Training
9:30 AM Cardio & Resistance	9:30 AM Resistance Training		9:30 AM Resistance Training	9:30 AM Beginner's Cardio & Resistance

SUMMER CLASSES

Instructor: Lana Schulman
Location: Bemis Hall
Dates: 6/29 - 9/18

6 Week Program:

1 class/week \$60
2 classes/week \$110

12 Week Program:

1 class/week \$110
2 classes/week \$200

MON.	TUES.	WED.	THUR.	FRI.
	7:20 AM Resistance Training		7:20 AM Resistance Training	
	8:30 AM Resistance Training		8:30 AM Resistance Training	

Spring Tennis Courses

Spring courses will run **April 29 - June 3** and will be taught by Longfellow Tennis Pros. All lessons are held at the Lincoln Town Courts. **2009 Tennis Stickers MUST be purchased!**

ADULTS

Zip Tennis for Adults

Zip Tennis is the fastest way to learn and/or get back into tennis! Come have some fun and enjoy the great clay courts in town!

Wednesdays 9:00 am - 10:00 am

Min. 3 / Max. 8

Fee: \$75 + Sticker

Cardio Tennis

Cardio Tennis is a great way to get your cardio in while hitting tennis balls! Players do various drills to upbeat fun music.

Open to all levels!

Wednesdays 10:00 am - 11:00 am

Min. 4 / Max. 8

Fee: \$75 + Sticker

Drill & Play - Intermediate

If you are playing spring league for Lincoln, this is the clinic for you. Fast paced doubles strategy to help you win those tough matches!

Wednesdays 11:00 am - 12:30 pm

Min. 3 / Max. 8

Fee: \$105 + Sticker

Singles Strategy

Need to figure out how to beat your nemesis on the court this spring & summer?! Sign up here & find out how you can be the winner!

Wednesdays 6:30 pm - 8:00 pm

Min. 3 / Max. 6

Fee: \$105 + Sticker

SCHOOL - AGE

USA Beginner Tennis

We will use the new 60' tennis concept! We now teach with balls with less pressure on a slightly smaller court! This allows the kids to learn the proper tennis fundamentals.

Come join the program today!

Grades 2 - 4

Wednesdays 1:00 pm - 2:00 pm

Min. 3 / Max. 10

Fee: \$90 + sticker

USA Junior High Tennis

Prepare to play high school tennis when you get there! Emphasis is on building the proper fundamentals to play at the higher levels.

Grades 5 - 8

Wednesdays 2:00 pm - 3:00 pm

Min. 3 / Max. 10

Fee: \$90 + Sticker

Zip Tennis for Kids

We are promoting the new 36' tennis! We now teach little tennis with less pressurized balls and shorter courts so the kids can really learn how to play tennis! Come join this exciting program and give your child the sport of a lifetime.

Grades K - 1

Wednesdays 3:00 pm - 3:45 pm

Min. 3 / Max. 12

Fee: \$75 + sticker



April Vacation Tennis Camp

April Vacation Hammel Tennis Camp

Take Metro West's most successful Tennis Camp during April Vacation! Learn how to play and stay in Tennis.

Longfellow Tennis Staff

April Vacation: 4/21 - 4/24

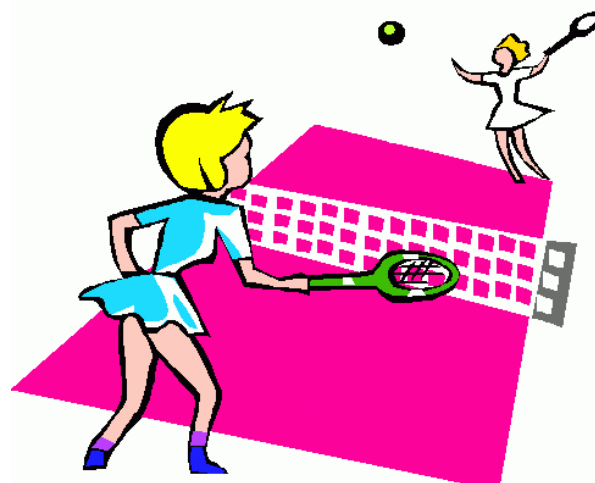
Ages 8 - 12

Tuesday - Friday 1:00 - 4:00 pm

Lincoln Tennis Courts

Min. 4 / Max. 18

Fee: \$190 + Sticker



Horseback Riding Lessons

All Lessons will be held at North Gate Farm in Sudbury, MA

Horseback Riding: Intro



English style riding is taught through small group instruction giving riders a safe, fun introduction to horses and riding. Riders learn leading, grooming, tacking and safe handling of horses and ponies as well as basic riding skills. No experience is necessary. Helmets are provided. Riders need long pants and a shoe or a boot with a low heel. Class will run rain or shine.

North Gate Farm Staff

Ages 6 - Adult

Spring Session 1:

Wednesdays 5/6 - 5/27 6:00 pm - 7:00 pm

Saturdays 5/2 - 5/23 3:00 pm - 4:00 pm

Spring Session 2:

Wednesdays 6/3 - 6/24 6:00 pm - 7:00 pm

Saturdays 6/6 - 6/27 3:00 pm - 4:00 pm

North Gate Farm, Sudbury

4 weeks

Min. 2 / Max. 4

Fee: \$210

Pony Preschool

Open to children ages 3 to 5 while accompanied by an adult. The program is designed to introduce children to ponies through fun and interactive activities. The children and their adult learn how to groom and tack their pony. Adults learn how to safely lead the pony and assist their child. Children learn basic riding skills such as walk, halt, steering, mounting and dismounting. Helmets are provided.

Riders need long pants and a shoe or a boot with a low heel. Adults need to wear sturdy shoes with no open toes. Class meets rain or shine

North Gate Farm Staff

Ages 3 - 5, with an adult

Spring Session 1:

Tuesdays 5/5 - 5/26

1:00 pm - 2:00 pm

Saturdays 5/2 - 5/23

10:00 am - 11:00 am

Spring Session 2:

Tuesdays 6/2 - 6/23

1:00 pm - 2:00 pm

Saturdays 6/6 - 6/27

10:00 am - 11:00 am

North Gate Farm, Sudbury

4 weeks

Min. 2 / Max. 4

Fee: \$290



Teen Program

Teen Programs are for students ages 14 - 18.

Classes do not meet when school is not in session unless otherwise noted. Please see Page 2 for a list of dates.

Teen Ballroom Dance

Learn the hottest dances: Salsa, Swing as well as Rumba Foxy and DiscoHustle. Dance to all kinds of popular music. A great class to get ready for the prom or other events.

Gail Rundlett

Spring: 4/30 - 6/4

Ages 14 - 18

Thursdays 6:00 pm - 7:00 pm

Bemis Hall 6 weeks

Min. 10 / Max. 30

Fee: \$100



Middle School Programs

Classes do not meet when school is not in session. Please see Page 2 for a list of dates.

Canobie Lake Park

Canobie Lake Park features 2 roller coasters, log flume and more. **We need 4-5 parents willing to chaperone!** Bus meets at the Brooks Gym.

Recreation Department Staff

Spring: 6/12

Grades 5 - 8

Friday 4:30 - 11:00 pm

Min. 40 / Max. 80

Fee: \$45



Cartooning and Animation

Students will learn how to draw cartoon faces and how to enlarge their pictures using a grid. They will also learn how to create a simple animation that will actually move. Each participant will take home a cartoon packet.

David Negrin

Spring: 5/13

Grades 6 - 8

Wednesday 1:00 pm - 4:00 pm

Hartwell B Pod

Min. 5 / Max. 15

Fee: \$40

Chess Club

Emphasis will be on understanding the rules of play, developing patience, problem solving and visualization skills, confidence, concentration and memory. Instructor is a 5 time Massachusetts State Champion.

Igor Foygel

Spring: 5/1 - 6/19

Grades K - 8

Fridays 4:00 - 5:00 pm

Hartwell A Pod 8 weeks

Min. 8 / Max. 12

Fee: \$80



FUN-damentals of Fencing

Fence without buying the expensive equipment! Use our safe practice equipment to learn footwork, attack and defense techniques. Try out your swashbuckling skills in duels and sword games. This sport has many benefits including cardiovascular exercise, balance and strategic thinking.

Spring: 4/30 - 6/18

Grades 5 - 8

Thursdays 7:00 - 8:00 pm

Hartwell A Pod 8 weeks

Min. 6 / Max. 15

Fee: \$95

Middle School Programs

Classes do not meet when school is not in session. Please see Page 2 for a list of dates.

Gymnastics: Advanced

Need a bigger challenge this year? Take a more advanced class and learn a back walkover or a back handspring. Take your cartwheel to the high beam and try a cast handstand on the uneven bars. Get a great 1-hour workout!

Jennifer McGrath & Dotty Martin

Spring: 5/6 - 6/24

Grades 3 - 5

Wednesdays 4:00 pm - 5:00 pm

Hartwell A Pod 8 weeks

Min. 8 / Max. 16

Fee: \$110

Kayaking: Intro

Introduction to Kayak provides kids the chance to learn exciting new skills. Our kayaking class teaches the same skill and safety considerations as our adult program. However, it is designed to incorporate more games and activities to give kids the needed practice while keeping them active and engaged.



Still River Outfitters

Spring: 5/26 - 6/9

Tuesdays 4:00 pm - 6:00 pm

Summer: 7/25 - 8/8

Saturdays 11:30 am - 1:30 pm

Warner's Pond, Concord 3 weeks

Min. 2 / Max. 6

Fee: \$95

Lincoln/Sudbury 8th Grade Social

All Lincoln and Sudbury 8th graders are invited to the Sudbury Teen Center. **Bring \$6 for admission!** Play ping-pong, air hockey, Xbox 360, Nintendo Wii, arcade games, billiards, or foosball! There will also be some music & dancing. The Teen Center is located on the corner of Hudson/Fairbank Roads. Questions, call Lisa at (978) 443-1092. **4 PARENT CHAPERONES ARE NEEDED!** There will be no registrations allowed at the door. You must register ahead of time or you will not be allowed in the door.

Spring: 5/8

Grade 8 only!

Friday 7:30 pm - 10:00 pm

Sudbury Teen Center

No Fee but Registration is Required!



Painting with Oil Pastels

Students will learn how to mix colors and create their own picture with oil pastels. Next students will learn more about color and apply it to a larger more detailed work again mixing colors. A 25 piece oil pastel set will be provided and taken home at end of class. All projects will be mounted.

David Negrin

Spring: 5/27

Grades 6 - 8

Wednesday 1:00 pm - 3:30 pm

Hartwell B Pod

Min. 5 / Max. 15

Fee: \$35

Ultimate Frisbee

Come learn basic Ultimate Frisbee skills from the Lincoln-Sudbury High School Ultimate Frisbee Team. Classes will focus on skills and game play. A tournament will be held during the last class.

LSRHS Ultimate Frisbee Team

Spring: 5/20 - 6/17

Grades 5 - 8

Wednesdays 1:00 - 2:30 pm

Brooks Field 5 weeks

Min. 10 / Max. 15

Fee: \$65



USA Junior High Tennis

Prepare to play high school tennis when you get there! Emphasis is on building the proper fundamentals to play at the higher levels.

Longfellow Tennis Staff

Spring: 4/29 - 6/3

Grades 5 - 8

Wednesdays

2:00 pm - 3:00 pm

Lincoln Town Courts

6 weeks

Min. 3 / Max. 10

Fee: \$90 + Sticker

Grades 3 - 8 Track & Field Clinic

Can you leap tall buildings in a single bound, run faster than a speeding bullet or throw a ball more than a mile?

Are you fast? Do you like to race? Do you have a "good arm"?
Can you and your friends form a fast relay team?

Come to this informal and fun track and field clinic designed to familiarize participants with the Hershey Track Meet events. The emphasis is on participating, learning, improving, and doing the best one can.

REGISTRATION DETAILS

Instructor David Bell
Ages 9 - 14 (as of 12/31/09)
Min / Max 10 / 25
Fee \$65

LOCATION DETAILS

Practice Tuesday, May 26 4:30 - 6:00 pm
Tuesday, June 16 4:00 - 5:30 pm
Location Bedford High School

Scrimmage Monday, June 8
Time 4:00 - 6:00 pm
Location Weston High School

Local Meet Thursday, June 18
Time 5:45 - 8:15 pm
Location Harvard, MA

State Meet Saturday, June 27
Time Starts at 10:00 am
Location Nashoba Regional High School

You must qualify in the Local Meet in order to attend the State Meet.



Hershey's Track & Field

www.hersheystrackandfield.com



The Hershey Track & Field Youth Program is a national program involving recreation departments that hold local and state track meets, culminating in an invitational, all-expense paid trip and competition in Hershey, PA. The program is sponsored by the Hershey Corporation to promote fitness in America's youth.

EVENTS INCLUDE

- 50 meter dash
- 100 meter dash
- 200 meter dash
- 400 meter dash
- 800 meter run
- 1600 meter run
- Softball throw
- Standing long jump
- 4 x 100 meter relay

Elementary School Programs

Classes do not meet when school is not in session. Please see Page 2 for a list of dates.

Cartooning Animals & Animation

Students will learn how to draw animal creatures and also how to enlarge their drawings. They will also learn how to create a simple animation that will actually move. Each participant will take home a cartoon packet. Projects will be mounted and taken home at end of class.



David Negrin

Spring: 6/3

Grades 3 - 5

Wednesday 1:00 pm - 4:00 pm

Hartwell B Pod

Min. 5 / Max. 15

Fee: \$40

Calligraphy - Lettering and Design

Students will learn how to letter using a calligraphy pen. They will write their name on parchment paper and will end up with standing nameplates for their desk. Students will also create a calligraphic design by manipulating the pen. Each student will take home a calligraphy pen.

David Negrin

Spring: 5/20

Grades 3 - 5

Wednesday 1:00 pm - 3:30 pm

Hartwell B Pod

Min. 5 / Max. 15

Fee: \$35

Chess Club

Emphasis will be on understanding the rules of play, developing patience, problem solving and visualization skills, confidence, concentration and memory. Instructor is a 5 time Massachusetts State Champion.

Igor Foygel

Spring: 5/1 - 6/19

Grades K - 8

Fridays 4:00 - 5:00 pm

Hartwell A Pod 8 weeks

Min. 8 / Max. 12

Fee: \$80

FUN-damentals of Fencing

Fence without buying the expensive equipment! Use our safe practice equipment to learn footwork, attack and defense techniques. Try out your swashbuckling skills in duels and sword games. This sport has many benefits including cardiovascular exercise, balance and strategic thinking.



Spring: 4/30 - 6/18

Grades 2 - 4

Thursdays 6:00 - 7:00 pm

Hartwell A Pod 8 weeks

Min. 6 / Max. 15

Fee: \$95

Gymnastics

Did you ever wonder how to walk on your hands or how to do a cartwheel? We will learn a kick over the bars and explore fun balancing skills on the high beam. All this & much, much more!

Jennifer McGrath

Spring: 5/6 - 6/24

Wednesdays

PreK - Grade 1

Grades 1 - 2

Hartwell A Pod

Min. 8 / Max. 12

Fee: \$75

1:00 pm - 1:45 pm

1:45 pm - 2:30 pm

8 weeks



Gymnastics: Advanced

Need a bigger challenge this year? Take a more advanced class and learn a back walkover or a back handspring. Take your cartwheel to the high beam and try a cast handstand on the uneven bars. Join Jennifer and Dottie for a great 1-hour workout!

Jennifer McGrath & Dotty Martin

Spring: 5/6 - 6/24

Grades 3 - 5

Wednesdays 4:00 pm - 5:00 pm

Hartwell A Pod 8 weeks

Min. 8 / Max. 16

Fee: \$110

Hip Hop Explosion

Hip Hop is one of the most popular styles of dance right now! It is a vibrant, energetic, urban dance style. This class never has a dull moment. The music and pace of the class are upbeat. It is a fun way to get exercise and is perfect for all levels of dancers. Each class will start with a short stretch and warm-up and then work on learning a full dance routine to be performed for family and friends on the last class! (No class on 6/5. Class on 6/19 will be a double class.)

Jen Jarvis

Spring: 5/1 - 6/19

Grades 1 - 4

Fridays 3:00 - 3:45 pm

Smith Gym 8 weeks

Min. 4 / Max. 14

Fee: \$155



Elementary School Programs

Classes do not meet when school is not in session. Please see Page 2 for a list of dates.

Hola La - Level 1:

Sea Creatures Vacation in Mexico!

Join our sea creature friends as they camp under the stars, buy their meals at the market, and explore the beach and ruins of Mexico! In each class, children will take an imaginary walk in Mexico, enjoy a puppet show, read a story, and learn songs and play games related to the "Sea Creatures Vacation in Mexico" theme. On the last day of classes, the children will have a "fiesta" to celebrate all of the work they accomplished throughout the session!

Hola La Staff

Spring: 4/27 - 6/22

Grades K - 2

Mondays 3:00 pm - 3:45 pm

Hartwell A Pod 8 weeks

Min. 10 / Max. 12

Fee: \$ 150



Hola La - Level 2:

Sea Creatures Vacation in Mexico!

Children who take this class must have previously taken Hola La as we will be building upon language already taught in previous sessions. Join our sea creature friends as they camp under the stars, buy their meals at the market, and explore the beach and ruins of Mexico! Emphasis in this class will be placed on interacting with the stories, dramatic play, games and puppet shows. As with the level 1 program, the children will have a "fiesta" at the end of the session to celebrate all of the work they accomplished throughout the session!

Hola La Staff

Spring: 4/27 - 6/22

Grades K - 2

Mondays 4:00 pm - 4:45 pm

Hartwell A Pod 8 weeks

Min. 10 / Max. 12

Fee: \$ 150

Intro to Kenpo Karate

Classes will focus on establishing discipline and courtesy, confidence and character, as well as coordination and strength. Come work with the Callahan instructors and your friends in a fun, safe environment.

Callahan Karate Staff

Spring: 5/5 - 5/26

Grades K - 2

Tuesdays 3:00 - 3:45 pm

Hartwell A Pod 4 weeks

Min. 6 / Max. 10

Fee: \$45



Mad Science - Electricity, Magnets and More!!

We're crazy about science...and hope you are too! We'll learn about *electricity*; investigate the powers of *magnets*; learn about *optics, reflection and sight*; and uncover the hidden components in ordinary *light*. We'll also explore the exciting world of *polymers* (and slime); discover *sound* and sound waves; experiment with our *taste* sensations; learn about the properties of *heat*.



Mad Science Staff

Spring: 4/27 - 6/22

Grades K - 3

Mondays 3:00 - 4:00 pm

Hartwell B Pod 8 weeks

Min. 12 / Max. 20

Fee: \$95

USA Beginner Tennis

We will use the new 60' tennis concept! We now teach with balls with less pressure on a slightly smaller court! This allows the kids to learn the proper tennis fundamentals. Come join the program today!

Longfellow Tennis Staff

Spring: 4/29 - 6/3

Grades 2 - 4

Wednesdays 1:00 pm - 2:00 pm

Min. 3 / Max. 10

Fee: \$90 + sticker

Variety Sports

Play a number of games and sports including capture the flag, dodge ball, and kick ball. In addition, skills instruction and team cooperation games will be offered.

Stacey Mulroy

Spring: 4/30 - 6/4

Grades K - 3

Thursdays 3:00 - 4:00 pm

Smith Gym 6 weeks

Min. 12 / Max. 30

Fee: \$50

Zip Tennis for Kids

We are promoting the new 36' tennis! We now teach little tennis with less pressurized balls and shorter courts so the kids can really learn how to play tennis! Join this program and give your child the sport of a lifetime.

Longfellow Tennis Staff

Spring: 4/29 - 6/3

Grades K - 1

Wednesdays 3:00 pm - 3:45 pm

Lincoln Town Courts 6 weeks

Min. 3 / Max. 12

Fee: \$75 + sticker



Preschool Programs

Classes do not meet when school is not in session. Please see Page 2 for a list of dates.

Kayaking: Mommy / Daddy & Me

Come out, be active and learn the basics of kayaking. These sessions will teach you the basics of paddling, safety and special considerations when paddling with children. Your child sits safely between your legs in the cockpit.



Still River Outfitters

Spring: 5/26 - 6/9

Tuesdays 2:30 pm - 4:00 pm

Summer: 7/25 - 8/8

Saturdays 10:00 am - 11:30 am

Warner's Pond, Concord 3 weeks

Min. 1 / Max. 3 (Adult/child pairs)

Fee: \$105

Mommy, Daddy and Me PreZip

Clinic is designed for you to participate with your child in a Zip Tennis Class. You will go through the same exercises as the kids and help them learn how to play tennis!

Ages 3 - 4

Mondays 4/27 - 6/1 10:30 am - 11:15 am

Fridays 5/1 - 6/5 10:30 am - 11:15 am

Saturdays 5/2 - 6/6 9:30 am - 10:15 am

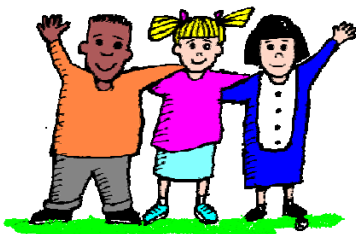
Longfellow Tennis Club 6 weeks

Min. 3 / Max. 12

Fee: \$90

Preschool Music Fun

Preschoolers ages 1 - 5 and their care-givers are invited to come dance, move and sing to children's, American folk, traditional and international music. Classes will include singing, rhythmic rhymes, movement and instrumental play. They are presented in informal, non-performance based and developmentally appropriate format. We'll all sing, dance, drum, shake eggs and play with music.



Margit Griffith, M.Ed.

Spring: 5/1 - 6/19

Ages 6 months - 5 years

Fridays 9:30 - 10:15 am

Hartwell A Pod 8 weeks

Min. 8 / Max. 12

Fee: \$85 (siblings under age 1 are FREE)

Pre - Zip

This class is designed for 4 - 5 year olds with little or no tennis experience. Classes focus on motor skills, balance, coordination, agility and racquet skills.

Ages 4 - 5

Tuesdays 4/28 - 6/2

Thursdays 4/30 - 6/4

Saturdays 5/2 - 6/6

Longfellow Tennis Club

Min. 3 / Max. 12

Fee: \$75

3:30 pm - 4:15 pm

3:15 pm - 4:30 pm

11:00 am - 11:45 am

6 weeks



Tumbling for Big Kids

I'm a big kid now! Learn to follow directions and meet new friends. We will use all the gymnastics equipment and start learning all the basic skills. We'll start with the parachute and some stretching as we lead to the event of the day! Child must be able to be without caregiver during class.

Jennifer McGrath

Spring: 5/6 - 6/24

Ages 2 - 4

Wednesdays 11:25 am - 12:05 pm

Hartwell A Pod 8 weeks

Min. 8 / Max. 12

Fee: \$75



Wild Tales

Bring along a favorite grown-up each week to hear some of our favorite stories and visit with one of the main characters. We will then head outside on a nature walk to discover some of the places where our special animal visitors might live and what they have been busy doing. This program is held rain or shine, so please come dressed for the weather.

Drumlin Farm Staff

Spring: 4/29 - 6/3

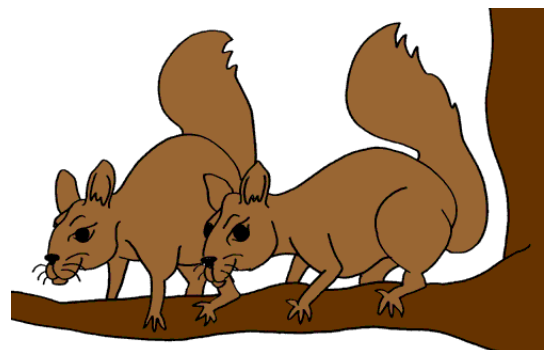
Ages 3 - 5

Wednesdays 2:30 - 3:30 pm

Hartwell A Pod 6 weeks

Min. 4 / Max. 8

Fee: \$80



VACA-PLAYDAYS! - BE GREEN

Vacation Program April 21 - 24, 2009

Director:	Arielle Welch
Ages:	Grades K - 5
Days:	Tuesday - Friday
Times:	8:00 am - 3:00 pm
Location:	LEAP Building (Pod C)
Min/Max:	Minimum of 15 children
Fee (Before 3/27):	\$230 (\$20 OFF for each additional sibling)
Fee (After 3/27):	\$250



Kids will have the opportunity to get out of the house and hang out with friends in a relaxed and fun-filled environment at the LEAP building (Pod C).

To jazz up the week, a surprise guest will entertain the kids on one afternoon. Kids should bring their own lunches and come prepared for outdoor play.

This is a 4 day program. Because of the small nature of this program and the intimate "family on vacation" Atmosphere we try to promote, we encourage participants to attend all 4 days. We do ask participants who will be absent due to illness or for any reason to call by 9:00 am.

See website for complete information and details.

<http://www.leapnet.org/vacaplayday.html>

Download registration & other required forms at the website.

Make checks payable to: LEAP VACA-PLAYDAYS.

Turn in registration & tuition payments to Arielle at LEAP.

Registration deadline is Friday, April 17.

If fewer than 15 participants have registered by April 17, we reserve the right to cancel the program. Parents will be notified immediately if the program is cancelled and full refunds will be issued.

NOTE: To sign up for this program, please contact LEAP at (781) 259-0615 for a registration form. Please do not register on the forms in this brochure!



PTA Pool Party

The PTA Pool Party will be held on Tuesday, June 9. The rain date will be Thursday, June 11.

Once again, the PTA will be sponsoring and End-Of-The-Year Party at the Codman Pool. There will be swimming, volleyball, kickball, and other activities. All students must be accompanied by an adult family member.



We are running the swimming portion a little differently this year. Lincoln School students will swim as follows:

- 5:30 - 5:50 pm Grades K, 2, 4, 6, 8
- 5:50 - 6:10 pm Grades 1, 3, 5, 7
- 6:10 - 6:30 pm Adults Only
- 6:30 - 6:50 pm Grades K, 2, 4, 6, 8
- 6:50 - 7:10 pm Grades 1, 3, 5, 7
- 7:10 - 7:30 pm Adults Only

Who: PTA Families
Where: Codman Pool
When: 5:30 pm - 7:30 pm
Cost: Free to PTA Families

Younger siblings (age 5 & under) can swim during the same time blocks as their school-age siblings. Adults can swim during any time slot. Please follow the swim times. The lifeguards are there to protect you and keep you safe. Please do not swim outside your time blocks.

FYI:
The pool staff will NOT be conducting swim tests during the party. Please get your swim test done before the party!!

BEST Soccer Camps

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health. Participants may request copies of background check, healthcare and discipline policies as well as procedures for filing grievances.



BEST Soccer, established in 1999, provides players, from ages 5 to 18, with superior soccer instruction from experienced and licensed British coaches. In Great Britain, the coaches are teachers, semi-pro footballers, or full-time academy coaches. Every BEST coach must hold the Union of European Football Association license (UEFA) or the NSCAA equivalent. Our coaches have a wealth of soccer knowledge to adapt our coaching curriculum to all ages and abilities.

Each daily session includes foot skills, drills, tactical and technical practices, and small-sided games. Skills are learned through passive then active pressure and then perfected with a game related activity. All this is accomplished while still promoting sportsmanship and fun! All participants will receive a T-shirt and soccer ball. Please visit www.bestsoccertraining.com for more information.



HALF-DAY CAMP

Ages 5 & Up
 9:00 am - 12:00 pm
 June: June 29 - July 2
 August: August 17 - 20
 Brooks Field
 Fee: \$130

**EVERY CAMPER MUST PROVIDE
 PROOF OF PHYSICAL EXAM
 WITHIN THE PREVIOUS 24
 MONTHS AND AN UPDATED
 IMMUNIZATION HISTORY
 BEFORE ATTENDING CAMP.**

FULL-DAY CAMP

Ages 7 & Up
 9:00 am - 3:00 pm
 June: June 29 - July 2
 August: August 17 - 20
 Brooks Field
 Fee: \$225

Skyhawks Camps

All Skyhawks camps will meet at the Brooks Gym. Please bring a water bottle and a snack everyday.

Skyhawks Tiny-Hawks



Skyhawks Tiny-Hawks (Soccer & Basketball) is an athlete's dreamland of different sports. Tiny-Hawks camps are designed to introduce young athletes to a number of sports and allow them to learn and have fun in a variety of arenas. These programs are designed to motivate children to be active and healthy while giving them the fundamental skill sets needed to succeed and grow

in whichever sport they choose. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 5:1 for Tiny-Hawk. Participants should bring appropriate clothing including a navy and gray shirt, two snacks, a water bottle, running shoes and plenty of sunscreen.

Skyhawks Staff

Summer: 6/29 - 7/3

Ages 3 - 4

Monday - Friday 10:30 am - 11:15 am

Min. 15 / Max. 20

Fees: \$60

Skyhawks Mini-Hawks



Skyhawks Mini-Hawks (Soccer, Basketball & Baseball) is an athlete's dreamland of different sports. Multi-sport camps are designed to introduce young athletes to a number of sports and allow them to learn and have fun in a variety of arenas. These programs are designed to motivate children to be active and healthy while giving them

the fundamental skill sets needed to succeed and grow in whichever sport they choose. All participants receive a t-shirt and a merit award. The participant-to-coach ratio is approximately 12:1. Participants should bring appropriate clothing including a navy and gray shirt, two snacks, a water bottle, running shoes and plenty of sunscreen.

Skyhawks Staff

Summer: 6/29 - 7/3

Ages 4 - 6

Monday - Friday 11:30 am - 1:00 pm

Min. 15 / Max. 30

Fees: \$80

Skyhawks Multi-Sport

Skyhawks Multi-Sport (Soccer, Baseball & Basketball) is an athlete's dreamland of different sports. Multi-sport camps are designed to introduce young athletes to a number of sports and allow them to learn and have fun in a variety of arenas. These programs are designed to motivate children to be active and healthy while giving them the fundamental skill sets needed to succeed and grow in whichever sport they choose. All participants receive a t-shirt and a merit award (To reserve and receive the correct size free t-shirt, you must order via www.skyhawks.com at least 1 week prior to camp.). The participant-to-coach ratio is approximately 10:1 Participants should bring appropriate clothing including a navy and gray shirt, a lunch and snack (for programs over four hours) or two snacks (for programs four hours or less), a water bottle, running shoes and sunscreen.

Skyhawks Staff

Summer: 6/29 - 7/3

Ages 7 - 10

Monday - Friday 1:30 pm - 4:30 pm

Min. 15 / Max. 30

Fees: \$105



**EVERY CAMPER MUST PROVIDE
PROOF OF PHYSICAL EXAM WITHIN
THE PREVIOUS 24 MONTHS AND AN
UPDATED IMMUNIZATION HISTORY
BEFORE ATTENDING CAMP.**

Fencing Camp

*This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health. Participants may request copies of background check, healthcare and discipline policies as well as procedures for filing grievances. **EVERY CAMPER MUST PROVIDE PROOF OF PHYSICAL EXAM WITHIN THE PREVIOUS 24 MONTHS AND AN UPDATED IMMUNIZATION HISTORY BEFORE ATTENDING CAMP.***

Fence without buying expensive equipment! Use our safe practice equipment to learn footwork, attack and defense techniques. Whether you are new or experienced, you will learn new techniques and will get to try out your new washbuckler skills in duels and sword games each day. This sport has many benefits including cardiovascular exercise, balance and strategic thinking. Please bring a water bottle and a snack everyday.

Myth Quest Staff

Summer: 6/29 - 7/3

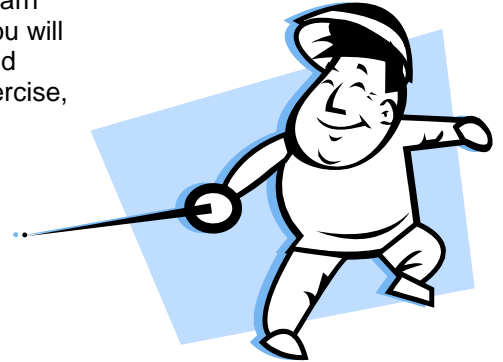
Ages 7 - 10

Monday - Friday 2:00 pm - 5:00 pm

Hartwell A Pod

Min. 4 / Max. 12

Fees: \$165



Summer Tennis Camps

EVERY CAMPER MUST PROVIDE PROOF OF PHYSICAL EXAM WITHIN THE PREVIOUS 24 MONTHS AND AN UPDATED IMMUNIZATION HISTORY BEFORE ATTENDING CAMP.

Zip Tennis Camp

Lincoln Recreation and Longfellow Tennis are excited about bringing Zip Tennis to Lincoln. Zip Tennis will use shorter rackets, low compression balls, and smaller courts! Your children will learn racket skills, motor skills, rallying skills. They will learn to love the sport of tennis!

August: 8/24 - 8/28

Ages 4 - 8

Monday - Friday 9:00 am - 11:30 am

Lincoln Tennis Courts

Min. 6 / Max. 18

Fee: \$190 + Sticker

Challenger Tennis Camp

Challenger Camp is designed for children who have had little or some tennis experience. Beginners are also welcome. Racket skills, rallying skills, and fundamentals that teach your child how to play will be taught. We are excited about this opportunity for your child.

August: 8/24 - 8/28

Ages 8 - 12

Monday - Friday 9:00 am - 12:00 pm

Lincoln Tennis Courts

Min. 6 / Max. 18

Fee: \$190 + Sticker

Fall 2009 Lego Robotics Programs

These classes will not begin until the Fall semester. Please register NOW if you would like to participate.

Lego Robotics Team***

Legomaniacs! Sign up now to join the Lincoln Gear Ticks as we design, build and program Lego robots to compete in the 2009 FIRST Lego League challenge in the fall. Groups of 5 to 6 kids will build a robot as a team, and we will take all the robots to a local competition. The schedule for state competitions will be determined in the fall. See more information about FIRST Lego League at www.firstlegoleague.org.

Anne Hutchinson and parent volunteers

Fall: 9/8 - 12/1 No class on 11/24.

Grades 4 - 8

Tuesdays 6:00 - 8:00 pm

Hartwell A & B Pods 12 weeks

Min. 3 / Max. TBD

Fee \$175



***If you have been a Gear Tick before, you can request to be considered for one of our state teams when you sign up. State teams will complete a research project as well as build a robot. State team members will meet at least twice a week. State team will run from 9/8 - 12/15.

LINCOLN RECREATION DEPARTMENT REGISTRATION FORM

**FORMS MUST BE FILLED OUT COMPLETELY.
A SEPARATE FORM IS REQUIRED FOR EACH PARTICIPANT.**

Participant Name: _____ DOB: _____ Grade: _____

Parent/Guardian (If under 18): _____

Address: _____ Town/Zip: _____

Home Phone: _____ Work Phone: _____

Email: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____

Medical/Special Concerns: _____

Program Name: _____ Dates: _____ Fee: _____

Program Name: _____ Dates: _____ Fee: _____

Program Name: _____ Dates: _____ Fee: _____

I, the undersigned, as a legal adult or parent/legal guardian of a minor, do hereby consent to my/my child's participation in voluntary athletic or recreation programs of the Town of Lincoln. I also agree to forever release the Town of Lincoln, the Lincoln Recreation Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Lincoln from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself/my child or property damage resulting from my/my child's participation in the Town of Lincoln's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself/my child or property damage resulting from my/my child's participation in the Town of Lincoln's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that that I understand the contents of this Form. I understand that my/my child's participation in these programs is voluntary and that I/my child are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow myself/my child to participate in the Town of Lincoln's athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I/my child may suffer in voluntary Town of Lincoln athletic or recreation programs.

I hereby give permission to the Lincoln Recreation Department to provide routine health care, administer prescribed medications, and seek emergency medical treatment including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I give permission to the Lincoln Recreation Department to arrange necessary related transportation for me/my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the Lincoln Recreation Department to secure and administer treatment, including hospitalization, for the person named above. This form may be photocopied.

Participant Signature: _____ Date: _____
(If participant is under 18, parent/guardian's signature is required)

For office use only:

Date: _____ Amount: _____ Check # : _____

Codman Pool

2009 Season

*The Codman Pool will be open from
June 6 - August 30, 2009*



Hours of Operation

6/6 - 8/14	12:30 pm - 8:00 pm	Daily
8/15 - 8/30	12:30 pm - 7:30 pm	Weekends
	2:00 pm - 7:30 pm	Weekdays

2009 Codman Pool Rules & Regulations

1. Children must be **11 YEARS OLD** and pass the swim test to be left alone at the pool. Otherwise, children must be with a responsible person at least 16 years old.
2. Swim tests can be given by any lifeguard. The test consists of swimming 2 lengths of the pool in a designated time, a head submersion, and treading water for one (1) minute. Swimmers must pass the swim test every summer in order to swim outside the designated shallow area. Swimmers must take the swim test every summer until their 16th birthday.
3. The pool will be closed to the public during Day Camp swim lessons, swim team practices, and swim team meets. Sections of the pool may be closed during Town swim lessons.
4. After 6:00 pm the pool is reserved for families and adult swimming. All children under the age of 16 must be accompanied by an adult over the age of 21.
5. A bathing suit is required of all swimmers. Babies can use the main pool only if they are wearing swim diapers.
6. No children over the age of 5 should use the Tot Pool. Parents/guardians are responsible for watching their children while using the Tot Pool.
7. **Food and beverages are not allowed on the pool deck or in the bathhouse.**
NO GLASS OR CERAMIC CONTAINERS ARE ALLOWED WITHIN THE GATED AREA!
8. Smoking is **not** allowed anywhere on the school grounds including the areas in and around the pool.
9. No animals or vehicles are allowed within the pool fence.
10. Swimmer's aids, fins, snorkels, floatation devices, and inflatable toys are not allowed unless approved by the pool director.
11. Diving is allowed only in the designated diving well.
12. The office phone is for staff and emergency use only.
13. All swimmers must shower before entering the pool.
14. No turf shoes with cleats or spikes allowed within the fenced area.
15. No running, pushing, riding on shoulders, or unnecessary splashing in or around the pool.
16. All members and guests shall conduct themselves in a manner befitting responsible members of the community. Reckless and thoughtless actions will not be tolerated.
17. No person with a communicable disease will be permitted to swim in the pool.
18. Patrons who fail to obey these rules may be asked to leave and may have their membership privileges revoked for the summer or in extreme cases, permanently.
19. The Pool Director and Lifeguards have the authority to enforce these rules and to take any necessary action to guarantee the safety of all.

Codman Pool Swim Lessons

All lessons adhere to American Red Cross guidelines. Registrations accepted on a first come, first serve basis. Lessons meet Monday - Friday. *Classes cannot be rescheduled for weather!*

LESSON DATES

Session 1	July 6 - July 17
Session 2	July 20 - July 31
Session 3	August 3 - August 14

LESSON SCHEDULE

1:45 - 2:15 pm	Guppy and Mom & Me
2:15 - 2:45 pm	Levels IV,V,VI
2:45 - 3:15 pm	Levels I, II, III

Class Descriptions



Parent & Me (Age 3 by July 1, 2009)

Children in this class have no previous swim lesson experience and hesitate to put their face in the water. Parent/guardian must be in the water with child at all times.

Guppy (Age 3 by July 1, 2009)

Participants have limited fear of the water & are willing to put their face in the water. Parent/guardian must be willing to get in the water if needed.

Learn to Swim Level I: Water Exploration (Entering K, Fall 2009)

Participants are introduced to the water and taught floating and kicking on their front and back. This level is for those who have little or no fear of the water.

LTS Level II: Primary Skills (Beginner)

Participants should be comfortable in the water. Ability to fully submerge face, float and kick on stomach and back is needed.

LTS Level III: Stroke Readiness (Advanced Beginner)

Participants should be able to hold their breath and submerge face, bob ten times and alternate their arms while kicking on their stomach and back.

LTS Level IV: Stroke Development (Intermediate)

Participants are able to jump into deep water, dive from kneeling position, perform elementary backstroke kick and breathe to side during front crawl.

LTS Level V: Stroke Refinement (Swimmer)

Participants are able to perform the elementary backstroke, front and back crawl, kicks for the breaststroke and sidestroke, along with a standing dive.

LTS Level VI: Skill Proficiency (Advanced Swimmer)

Participant should be comfortable diving and able to perform the breaststroke, sidestroke, under water swim and fly kick.



Codman Swim Team

The Codman Swim Team now has a website!!!

www.codmanswimteam.com

All information about the Codman Swim Team will now be online. You can download registration forms, the handbook, the volunteer forms and much more.



Private Swim Lessons

The Codman Pool offers Private Swim Lessons. You must register & pay ahead of time. Once the pool opens, you can contact a WSI and set up the times and days of your lessons.

Fees

Private Lesson (<i>one on one</i>)	\$ 32
Semi Private (<i>2-3 students</i>)	\$ 42

Codman Pool Fees

RESIDENT

NON-RESIDENT

MEMBER PRICES

FAMILY MEMBERSHIP

\$190

\$400

FAMILY SWIM & TENNIS MEMBERSHIP

\$250

N / A

INDIVIDUAL MEMBERSHIP

\$100

\$200

SENIOR MEMBERSHIP (Age 60+)

\$60

\$100

GUEST PASS (Limit 1 per membership)

\$30

\$30

SWIM TEAM (Max is \$300 / family)

\$100

\$100

SWIM LESSONS

\$75

\$75

NON-MEMBER PRICES (Lincoln Residents ONLY)

SWIM TEAM ONLY

\$150

N / A

SWIM LESSONS ONLY

\$100

N / A

DAILY FEE (Members, Lincoln Residents, and their guests)

AGES 4 & UP

(Max. is \$20 per family, per visit)

\$5 per visit

N / A

UNGER AGE 3

FREE

N / A

CODMAN POOL & TENNIS MEMBERSHIP

**FORMS MUST BE FILLED OUT COMPLETELY & SIGNED.
A SEPARATE FORM IS REQUIRED FOR EACH FAMILY.**

Family Name: _____

Address: _____ Town/Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Pool Membership			
	<u>Resident</u>		<u>Non-Resident</u>
Family	\$190	Family	\$400
Individual	\$100	Individual	\$200
Senior	\$60	Senior	\$100
Guest Pass	\$30	Guest Pass	\$30
Swim & Tennis	\$250	Swim & Tennis	N/A

Tennis Membership			
	<u>Resident</u>		<u>Non-Resident</u>
Family	\$80	Family	\$160
Adult	\$55	Adult	\$100
Child	\$25	Child	N/A
Swim & Tennis	\$250	Swim & Tennis	N/A

Membership: Please list the names and ages of all persons included in the membership:

- | | | | |
|----------|------------|----------|------------|
| 1. _____ | DOB: _____ | 5. _____ | DOB: _____ |
| 2. _____ | DOB: _____ | 6. _____ | DOB: _____ |
| 3. _____ | DOB: _____ | 7. _____ | DOB: _____ |
| 4. _____ | DOB: _____ | 8. _____ | DOB: _____ |

**NOTE: IF YOU WOULD LIKE TO SIGN UP FOR SWIM TEAM OR SWIM LESSONS,
PLEASE USE THE REGISTRATION FORM ON PAGE 21.**

I, the undersigned, as a legal adult or parent/legal guardian of a minor, do hereby consent to my/my child's participation in voluntary athletic or recreation programs of the Town of Lincoln. I also agree to forever release the Town of Lincoln, the Lincoln Recreation Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Lincoln from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself/my child or property damage resulting from my/my child's participation in the Town of Lincoln's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself/my child or property damage resulting from my/my child's participation in the Town of Lincoln's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that that I understand the contents of this Form. I understand that my/my child's participation in these programs is voluntary and that I/my child are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow myself/my child to participate in the Town of Lincoln's athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I/my child may suffer in voluntary Town of Lincoln athletic or recreation programs.

I hereby give permission to the Lincoln Recreation Department to provide routine health care, administer prescribed medications, and seek emergency medical treatment including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I give permission to the Lincoln Recreation Department to arrange necessary related transportation for me/my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the Lincoln Recreation Department to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied.

Parent or Guardian Signature: _____ Date: _____

REGISTRATION FORMS CAN BE MAILED TO: THE LINCOLN RECREATION DEPARTMENT, BOX 6353, LINCOLN, MA 01773
OR DELIVERED TO THE RECREATION OFFICE, HARTWELL A POD, BALLFIELD ROAD, LINCOLN, MA 01773

For office use only:

Date: _____ Amount: _____ Check # : _____

PLEASE



In an effort to go green, the Lincoln Recreation Department will no longer be bulk mailing our brochures. You can download our brochures and registration forms and register online at our website:

www.LincolnRec.com

If you would like a brochure either mailed to you or emailed directly to you, please contact us at 781.259.0784. We will send you one right away.

Save the Date!



The 6th annual
Lincoln Kids Triathlon
will be held on
Saturday, June 27, 2009.

Mark your calendars!!!