

LINCOLN RECREATION  
DEPARTMENT

*Spring & Summer*  
**ACTIVITIES**

**2010**



[WWW.LINCOLNREC.COM](http://WWW.LINCOLNREC.COM)



# Lincoln Recreation Department



## Contact Numbers

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

## Website

[www.lincolnrec.com](http://www.lincolnrec.com)

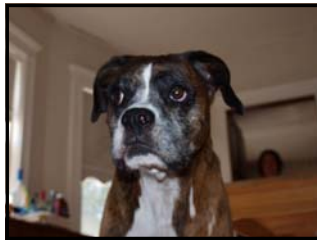
## Staff Members

Dan Pereira, *Director*  
[dpereira@lincnet.org](mailto:dpereira@lincnet.org)

Stacey Mulroy, *Assistant Director*  
[smulroy@lincnet.org](mailto:smulroy@lincnet.org)

Laurie Dumont, *Office Administrator*  
[ldumont@lincnet.org](mailto:ldumont@lincnet.org)

Molly Mulroy,  
*Office Mascot*



## Mailing Address

16 Lincoln Road  
Lincoln, MA 01773

*The Recreation Department is located on Ballfield Road, 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*  
Nancy Felsheim, *Events Administrator*  
[eventssubcommittee@gmail.com](mailto:eventssubcommittee@gmail.com)

# ONLINE REGISTRATION IS AVAILABLE!

You can register for  
programs online at our website:

[www.LincolnRec.com](http://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 9) 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. 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 2, 2010	Friday	Good Friday
April 19 - 23, 2010	Monday - Friday	April Recess
May 31, 2010	Monday	Memorial Day
June 21, 2010	Monday	Tentative Last Day of School
July 4 & 5, 2010	Sunday & Monday	4th of July

# Registration Information

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

## HOW TO REGISTER

- 1) Register and pay online at [www.LincolnRec.com](http://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. (Any payment would be refunded. If an opening becomes available, we will contact you.

## REFUND POLICY

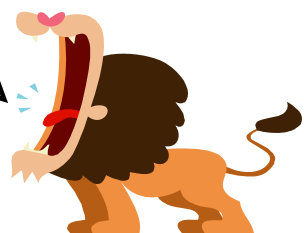
- If you cancel for any reason, you must do so **one week before the first class**. All requests must be submitted in writing.
- An administration fee of **\$10** will be retained per person per program for all withdrawals.
- No refunds will be given after a class begins. Certain programs have their 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.



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 School Campus is closed. If a program is cancelled, you will be contacted about a make up class.



# Lincoln Tennis 2010

**ALL TENNIS PLAYERS MUST HAVE A 2010 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.



<b>2010 FEES</b>	
<b><i>Residents</i></b>	
Family	\$85
Adult	\$60
Child	\$25
<b><i>Non-Residents</i></b>	
Family	\$170
Adult	\$120
Child	N/A

## Tennis Stickers

Participants must have a **2010 sticker** to take lessons, be on a tennis team, participate in tournaments, or just play on your own. You can purchase stickers online, through the mail, or in the Recreation Office. Please use the registration form on Page 19 to purchase your stickers through the mail.



**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.

## Cardio Tennis

Forget the treadmill or solitary run in the park. Cardio Tennis not only gets your heart pumping and your feet moving, but it's fun and social, too! Taught by one of Longfellow's certified pros, who brings the balls as well as the boom box, Cardio Tennis is such a blast that you might not even realize your tennis game is improving while you sweat! Bring water bottles, a towel, and be prepared for a high-energy workout. *This class will be held at Longfellow Tennis Club in Wayland, MA.*

### Longfellow Tennis Staff

**Spring: Mondays** 4/26 - 5/31 11:00 - 12:00 pm

**Spring: Fridays** 4/30 - 6/4 11:00 - 12:00 pm

**Longfellow Tennis Club** 6 weeks

**Min. 3 / Max. 10**

**Fee: \$75**

## 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: 3/12, 4/9 & 5/7**

**Fridays 7:30 - 9:00 pm**

**Bemis Hall**

**No Fee & No Registration!!**



## Intermediate Ballroom Dance - NEW!!

This is a new program for experienced ballroom dancers, to help bring you to the next level! We need at least 6 couples to make this class run!

**Tomas Vasicek**

**Spring: 5/6-5/27**

**Thursdays, 7:45-9:15pm**

**Min. 6 couples**

**Bemis Hall**

**Fee: \$100 / couple**



## Instant Tennis

Heard of "Piano for Busy People"? Well, this is the same idea, only for those wishing to learn the game of tennis. You don't need to have played in college to enjoy the many benefits of tennis. It truly is the "game of a lifetime" and can be picked up at any age. "Instant Tennis" is taught by one of Longfellow's certified pros with low-compression balls on slightly smaller (60-foot instead of 72-foot) courts. So sign up for "Instant Tennis" now and jump-start your tennis game! *2010 Tennis Stickers must be purchased!*

**Longfellow Tennis Staff**

**Spring: 4/26 - 5/31 6 weeks**

**Mondays 1:00 - 2:00 pm**

**Min. 3 / Max. 10**

**Lincoln Tennis Courts**

**Fee: \$105 + Sticker**

## Intermediate Drill & Play

Looking to refine your strokes and then put them to the test in competition? Then, this class is for you. One of Longfellow's certified tennis pros will lead a variety of drills, honing your technical and tactical skills before you move into match play. About half of each session is devoted to drills, the other half to competitive tennis. Sign up with a partner or on your own for this class. *2010 Tennis Stickers must be purchased!*

**Longfellow Tennis Staff**

**Spring: 4/29 - 6/3 6 weeks**

**Thursdays 1:00 - 2:30 pm**

**Min. 3 / Max. 10**

**Lincoln Tennis Courts**

**Fee: \$115 + Sticker**

# 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 empowers you to maintain your health and your life. Practically speaking, it can reverse the effects of stress by strengthening all body systems to function more efficiently and effectively. Through the practice you can increase your vitality and immunity 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. Kundalini meditations refine your ability to achieve a state of stillness within that opens you to the vastness of your infinite nature allowing for unlimited potential in all areas of your life. 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; and water. Call teacher Jai Annamaria San Antonio for additional questions: (781) 259-0864.

**Annamaria San Antonio, LCMT**

**Spring: 4/27 - 6/15 8 weeks**

**Summer: 7/20 - 9/21 10 weeks**

**Tuesdays 6:30 - 8:00 pm**

**Bemis Hall**

**Min. 4 / Max. 15**

**Spring Fee: \$115**

**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 sessions - stay as long as you wish! There will be one workshop with a visiting artist.

**Stephanie Rolfe & Joan Seville**

**Spring: 4/8 - 6/10 9 weeks**

**Thursdays 9:30 am - 2:45 pm**

**Hartwell B Pod**

**Min. 10 / Max. 20**

**Fee: \$75**

## Table Tennis

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

**Ongoing**

**Mondays & Thursdays 7:30 - 9:30 pm**

**Fridays 6:00 - 9:00 pm**

**Hartwell A Pod**

**No Fee & No Registration Required!!**



# Wednesday Trail Walks

Wednesdays, **9:30 - 11:30 am**, Rain or Shine



April 7 - May 26, 2010

Sponsored by  
 Lincoln Conservation Commission  
 Lincoln Land Conservation Trust  
 Lincoln Council on Aging  
 Lincoln Recreation Department

Led by  
 Conservation Department Staff



Explore Lincoln's open space. Visit a different area of Lincoln each week. Eight walks will be led by Conservation Department staff and are typically about 2.5 miles long. Wear sturdy shoes and always dress for the weather. Meeting places and descriptions are listed below.

Date	Description	Meeting Place
April 7	Adams Woods	North end of Old Concord Road
April 14	Walden Pond Loop (Concord)	Main Walden Parking Lot on Rte 126
April 21	Sandy Pond Trust Lands	Roadside pullouts at north end of Sandy Pond Rd (South of Garland Rd)
April 28	Minute Man National Historical Park	Hartwell Tavern parking lot (from Bedford Rd, go left on Rte 2A - 1st lot on right)
May 5	Umbrello Field to Weston Trails via Van Leer connection	Blue Heron Organic Farm on Route 117 just east of train tracks
May 12	Mount Misery to Farrar Pond	Mount Misery parking lot on Route 117
May 19	Tanner's Brook	North end of Sunnyside Lane (just South of Route 2A)
May 26	Flint's Pond Loop (please note that this is a longer hike of almost 4 miles)	Far end of DeCordova Museum's parking lot

# Spring Strength Training Program

[www.lanasfitness.com](http://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.



## Ultimate Fitness Hour

This is a well rounded workout hour. Improve strength, balance, coordination, flexibility and cardio. These classes are designed to keep you challenged: every time you come in, the workout will be different, not only to make it fun, but also to shock your body a little, ensuring constant progress. We use dumbbells, stability balls, medicine balls, mats and body weight exercises.

**Beginners are welcome in any class.**

**Instructor:** Lana Schulman  
**Location:** Hartwell A Pod  
**Dates:** 4/26 - 6/25, 9 weeks

**Fees:**

1 class / week \$ 85  
2 classes / week \$ 160  
3 classes / week \$ 235  
4 classes / week \$ 310

MON.	TUES.	WED.	THUR.	FRI.
	7:15 AM		7:15 AM	
8:20 AM	8:20 AM	8:20 AM	8:20 AM	8:20 AM
9:30 AM	9:30 AM		9:30 AM	9:30 AM

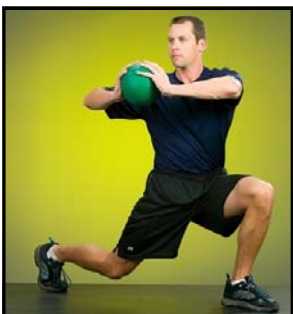
# Summer Strength Training Program

## JULY SESSION

**Instructor:** Lana Schulman  
**Location:** Bemis Hall  
**Dates:** 6/28 - 7/30, 5 weeks

**Fees:**

1 class / week \$ 45  
2 classes / week \$ 80  
3 classes / week \$ 115  
4 classes / week \$ 150



## AUGUST SESSION

**Instructor:** Lana Schulman  
**Location:** Hartwell A Pod  
**Dates:** 8/16 - 9/3, 3 weeks

**Fees:**

1 class / week \$ 30  
2 classes / week \$ 50  
3 classes / week \$ 70  
4 classes / week \$ 90



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

# 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*

*16 Lincoln Road*

*Lincoln, MA 01773*

# Youth Programs

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

## Babysitter Training Course

Parents are looking for responsible, loyal, and trustworthy teens to watch their children. Are you that person?? This course will teach the basics to help the babysitter interview with parents, learn infant & toddler care, including diapering, handle bedtime issues, choose safe & age-appropriate games and perform basic First Aid. Participants will also learn tips for having a safe babysitting experience - including setting up a "code" with your parents in case of an emergency.



Instructor is a licensed Massachusetts day care provider with over 25 years of experience who has been teaching the Course for cities and towns throughout the state for the past 5 years.

**Debbie LaFlamme**

**Spring: 5/2**

**Ages 11 - 16**

**Sunday 12:00 - 5:00 pm**

**Bemis Hall**

**Min. 10 / Max. 40**

**Fee: \$35**

## 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 Dept Staff

**Spring: 6/11**

**Grades 5 - 8**

**Friday 4:30 - 11:00 pm**

**Min. 40 / Max. 80**

**Fee: \$45**



## Chess Club

Basic chess skills are required. Emphasis will be on the rules of play, developing patience, problem solving and visualization skills, self confidence, concentration and memory. Instructor is a 5 time Mass State Champion.

**Spring: 4/30 - 6/18 8 weeks**

**Igor Foygel**

**Grades 1 - 8**

**Fridays 4:00 - 5:00 pm**

**Hartwell A Pod**

**Min. 8 / Max. 12**

**Fee: \$85**

## Children's Garden

Join us in the garden. We'll be planting flowers, farm fresh veggies and even a sunflower house! In addition to growing in the garden, we'll be having fun with stories, games and hands-on projects. Come prepared to put your hands and hearts into the soil.



**Codman Farmers**

**Spring: 3/18 - 5/27 10 weeks**

**Ages 5 - 8**

**Thursdays 3:15 - 4:30 pm**

**Codman Community Farm**

**Min. 4 / Max. 6**

**Fee: \$120**

## Farmer's Helpers

Join the Codman farmers for seven afternoons of farm work and fun! This spring we'll be building compost bins, learning about bees, working with goats, doing afternoon chores and learning about sheep herding.

**Codman Farmers**

**Spring: Mondays 3/15 - 5/3**

**3:15 - 4:30 pm**

**Spring: Wednesdays 3/17 - 5/5**

**3:15 - 4:30 pm**

**Ages 5 - 10**

**Codman Community Farm 7 weeks**

**Min. 4 / Max. 8**

**Fee: \$90**

## FUN-damentals of Fencing with Special Attacks and Sabre

Fence without buying expensive equipment! Use our safe practice equipment to learn footwork, attack and defense techniques.

You will learn new techniques and will get to try out your new swashbuckler skills in duels and sword games. This sport has many benefits including cardiovascular exercise, balance and strategic thinking. This class contains more advanced attack techniques such as redoublement and related lessons in sabre.



This class is one in a series of four which can be taken in no particular order. Each class in the series teaches specific advanced techniques and how they relate to sabre or rapier.

**Spring: 4/29 - 6/17 8 weeks**

**Grades 2 - 8**

**Thursdays 6:00 - 7:00 pm**

**Hartwell A Pod**

**Min. 6 / Max. 15**

**Fee: \$95**

# Youth Programs

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

## 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 and much, much more!

**Jennifer McGrath**

**Spring: 4/28 - 6/16 8 weeks**

**Wednesdays**

**Ages 4 - Grade 1 1:00 pm - 1:45 pm**

**Grades 2 - 4 1:45 pm - 2:30 pm**

**Hartwell A Pod**

**Min. 8 / Max. 12**

**Fee: \$75**

## 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 June 4.)



**Jen Jarvis**

**Spring: 4/9 - 6/11 8 weeks**

**Grades 1 - 5**

**Fridays 3:00 - 3:45 pm**

**Smith Gym**

**Min. 6 / Max. 14**

**Fee: \$125**

## Hola La - Hola Spring!

### Sea Creatures Vacation in Mexico!

This spring, children will have fun "playing in the park", exploring nature and growing a vegetable and fruit garden. We will also have fun with "healthy eating habits", colors, and the changing weather of spring. As always, Hola La's classes are age-appropriate with more advanced games and interactive stories for the children in grades K-2. Children will be encouraged to interact with each other, the teachers and the characters who join us along the way as much as possible. We also invite parents to participate in our classes! Even if you can't attend the class, you can now hear the words, phrases, and expressions as well as the songs on our website! We hope you will join us this spring!

**Hola La Staff**

**Spring: 4/26 - 6/21 8 weeks**

**Grades K - 2**

**Mondays 3:00 pm - 3:45 pm**

**Hartwell A Pod**

**Min. 10 / Max. 12**

**Fee: \$ 155**



## 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: 5/4 - 5/25 4 weeks**

**Grades K - 2**

**Tuesdays 3:00 - 3:45 pm**

**Hartwell A Pod**

**Min. 6 / Max. 10**

**Fee: \$40**

## 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 Nancy (978) 639-3259. **4 PARENT CHAPERONES ARE NEEDED!**

**Spring: 5/7**

**Grade 8 only!**

**Friday 7:30 - 10:00 pm**

**Sudbury Teen Center**

**You Must Register Online Before May 5!**



## Mad Science®

### "Sense-ational Science!"

We're crazy about science...and hope you are too! We'll have a blast exploring science and how it affects us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We'll learn about *electricity*; investigate *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; and learn about the properties of *heat*.

**Mad Science Staff**

**Spring: 4/26 - 6/21**

**Grades K - 3**

**Mondays 3:00 - 4:00 pm**

**Hartwell B Pod**

**8 weeks**

**Min. 12 / Max. 20**

**Fee: \$95**

# Youth Programs

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

## Metco Dance

Brooks Middle Schoolers in Grades 6 - 8 will take over somewhere in Boston for the last dance of the year!! **Bring \$10 for the door.** The bus will leave from Brooks Gym.

**Spring: 5/14**

**Grades 6 - 8**

**Friday 7:30 - 10:00 pm**

**Location is TBA**

**You Must Register Online Before May 7!**



## Middle School Tennis

This is the class for any 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grader who'd like to improve their tennis game, get a great workout, or just have some springtime fun on early-release Wednesdays. One of Longfellow's certified pros will lead players through a variety of drills, teaching strokes and strategy, before the competition begins.

**Longfellow Tennis Staff**

**Spring: 4/28 - 6/2 6 weeks**

**Grades 5 - 8**

**Wednesdays 3:00 pm - 4:30 pm**

**Lincoln Town Courts**

**Min. 3 / Max. 10**

**Fee: \$115 + sticker**

## Musical Theater

Our program has had the joy of watching children grow and seeing them participate in school productions right into high school. We have parts for older children and boys are always welcome! This spring we are offering **SNOW WHITE AND THE DWARFS. REFUNDS FOR THIS PROGRAM WILL NOT BE GIVEN AFTER PARTS HAVE BEEN ASSIGNED AT THE SECOND CLASS!**

**Elaine Jarvis & Ingrid Neri**

**Spring: 3/16 - 5/18 Smith Gym**

**Saturday rehearsal 5/15**

**Performance Tuesday, 5/18 at 4:30 pm**

**Grades K - 5**

**Tuesdays 3:00 - 4:00 pm**

**Min. 20 / Max. 40**

**Fee: \$225**



## USA Tennis for 2<sup>nd</sup> to 4<sup>th</sup> Graders

Get an early start on your kids' tennis, and you'll plant the seed for a lifetime of fun! Certified pros from the Longfellow Club will introduce the game, teach some technique, and keep kids entertained with a lively variety of on-court games. The Rec Dept will accompany players from school to the courts and stay with them until class starts. Bring a tennis racquet, water bottle and a brown-bag lunch.

**Longfellow Tennis Staff**

**Spring: 4/28 - 6/2 6 weeks**

**Grades 2 - 4**

**Wednesdays 1:00 pm - 2:00 pm**

**Lincoln Town Courts**

**Min. 3 / Max. 10**

**Fee: \$90 + sticker**

## Variety Sports

Play a number of age appropriate games and sports including base runner, capture the flag, dodge ball, and kick ball. In addition, skills instruction and team cooperation games will be offered in a relaxed atmosphere.

**Stacey Mulroy**

**Spring: 4/29 - 6/3 6 weeks**

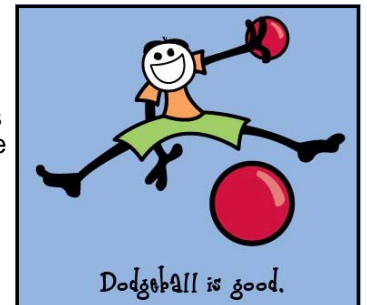
**Grades K - 3**

**Thursdays 3:00 - 4:00 pm**

**Smith Gym**

**Min. 12 / Max. 30**

**Fee: \$50**



## Zip Tennis for 4 to 6 Year Olds

Come have your child learn tennis using the USA Quickstart Method. The Quickstart Method utilizes smaller courts (36 ft and 60 Ft), lower compression balls (red and orange) and shorter racquets (19 in, 21 in and 23 in). This allows your child to learn how to play tennis faster! After Zip Tennis, they're formidable on the regular courts! Sign up soon to ensure your child's spot!

**Longfellow Tennis Staff**

**Spring: 4/28 - 6/2 6 weeks**

**Ages 4 - 6**

**Wednesdays 2:00 pm - 3:00 pm**

**Lincoln Town Courts**

**Min. 3 / Max. 10**

**Fee: \$90 + sticker**



# 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 12/31/10)  
**Min / Max** 10 / 25  
**Fee** \$65

## LOCATION DETAILS

**Practice** Tue, June 1 4:00 - 5:45 pm  
Wed, June 2 1:00 - 2:30 pm  
Tue, June 15 4:00 - 5:30 pm  
**Location** Bedford High School

**Scrimmage** Thursday, June 10  
**Time** 4:00 - 6:00 pm  
**Location** Lincoln-Sudbury High School

**Local Meet** Thursday, June 17  
**Time** 5:45 - 8:15 pm  
**Location** Harvard, MA

**State Meet** Saturday, June 26  
**Time** Starts at 10:00 am  
**Location** TBA

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



## Hershey's Track & Field

[www.hersheystrackandfield.com](http://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 broad jump
- 4 x 100 meter relay

# Preschool Programs

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

## 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 an informal, non-performance based and developmentally appropriate format. We'll all sing, dance, bang some drums, shake some eggs and play with music together.

Margit Griffith, M.Ed.

**Spring: 4/30 - 6/18 8 weeks**

**Ages 6 months - 5 years**

**Fridays 9:10 - 9:45 am**

**Hartwell A Pod**

**Min. 8 / Max. 12**

**Fee: \$95 (siblings under age 1 are FREE)**

## Skyhawks Mini-Hawk

Skyhawks Mini-Hawks (Soccer, Basketball & Baseball) allows young children to explore soccer, baseball and basketball in a day-program setting. There is no pressure - just lots of fun while these young athletes participate in all three sports through unique Skyhawks games. Participants should bring appropriate clothing, snacks, a water bottle, running shoes and plenty of sunscreen.

**Skyhawks Staff**

**Spring: 6/14 - 6/18**

**Ages 4 - 6**

**Monday - Friday**

**10:00 am - 1:00 pm**

**Min. 15 / Max. 30**

**Brooks Field**

**Fees: \$105**



## Skyhawks Tiny-Hawk

Tiny-Hawk Programs (Soccer & Basketball) help children fine-tune their motor skills with athletics. These programs teach the basic skill of the sport while fostering the natural thirst for discovery found at this age. Participants should bring appropriate clothing, snacks, a water bottle, running shoes and plenty of sunscreen. *Parents must stay on-site.*

**Skyhawks Staff**

**Spring: 6/14 - 6/18**

**Ages 3 - 4**

**Monday - Friday**

**9:00 - 9:45 am**

**Brooks Field**

**Min. 15 / Max. 20**

**Fees: \$55**



## Tumbling Tots & Parents

This class is a perfect combination of fun and learning. Each week, children will experience a different theme and different pieces of equipment. Come roll down the mats, walk across the beam, swing like a monkey and jump like a frog. Parachutes, music and much, much more make up this magical gymnastics experience. Be sure to wear comfortable clothes and socks...no sneakers allowed!

**Jennifer McGrath**

**Spring: 4/28 - 6/16 8 weeks**

**Ages 2 - 3**

**Wednesdays 2:30 - 3:05 pm**

**Hartwell A Pod**

**Min. 8 / Max. 12**

**Fee: \$75**



## Zip Tennis for 4 to 6 Year Olds

See description and register online under "Youth Programs"

**Longfellow Tennis Staff**

**Spring: 4/28 - 6/2 6 weeks**

**Ages 4 - 6**

**Wednesdays 2:00 pm - 3:00 pm**

**Lincoln Town Courts**

**Min. 3 / Max. 10**

**Fee: \$90 + sticker**



# VACA-PLAYDAYS!

Vacation Program April 20 - 23, 2010

**What are YOU doing for April Vacation this year?**

Sign up NOW for **VACA-PLAYDAYS!**

(You do NOT need to be a registered LEAPer to participate in VACA-PLAYDAYS.)

## WHO?

Kids in grades K-5 who want to get out of the house and have a great time with friends in a relaxed, fun-filled environment!

## WHEN?

Tuesday, 4/20 - Friday, 4/23  
8:00 am - 4:00 pm  
**(That's an extra hour of fun!)**

## Where?

LEAP building  
Pod C  
Hartwell Complex

**New this year – Sign up for 2, 3 or 4 days**

**Get the Early Bird Rate by signing up before April 9th**



## COST?

DAYS	BEFORE 4/9	AFTER 4/9
4 days	\$250	\$275
3 days	\$190	\$215
2 days	\$130	\$155
<b><i>\$15 discount for siblings</i></b>		

**REGISTER ONLINE and  
download all required forms at:**

[www.lincolnrec.com](http://www.lincolnrec.com)

**OR**

[www.leapnet.org/vacaplayday.html](http://www.leapnet.org/vacaplayday.html)

**Questions? Call Katie at LEAP 781-259-0615**

VACA-PLAYDAYS is sponsored by the Lincoln Recreation Department in partnership with the LEAP Afterschool Program



# BEST Soccer Camps



BEST English Soccer Training provides players with superior soccer instruction from mature, experienced, licensed British coaches. In England, they are teachers, semi or professional footballers, or full-time coaches. Every BEST coach must hold the Union of European Football Associations (UEFA) license award or NSCAA/USSF equivalent. BEST coaches take their jobs very seriously and are committed to improving each player's game and knowledge of soccer. Soccer is their passion! The coaches bring their expertise and passion to this "learn by having fun" clinic for players.

As players learn and grasp the basic fundamentals of soccer, focus can shift towards the WHEN WHERE and WHY in order to get a better understanding of the game of soccer. For example, the player will learn WHEN to dribble, WHERE to dribble and WHY we dribble. The coaches ensure that foot skills, passing and shooting are reinforced and developed through a variety of coaching activities. Conditioned games (4v4, 5v5 and 6v6) are used to focus on the WHEN, WHERE and WHY we perform certain skills. The players will also develop their positional sense and spacial awareness in a tournament played at the end of every session. Please visit [www.bestsoccer.org](http://www.bestsoccer.org) for more information.



## HALF-DAY CAMP

Ages 5 - 14  
Session 1: June 28 - July 2  
Session 2: August 16 - 20  
9:00 am - 12:00 pm  
Brooks Field  
Min. 15 / Max. 30  
Fee: \$155

## FULL-DAY CAMP

Ages 7 - 14  
Session 1: June 28 - July 2  
Session 2: August 16 - 20  
9:00 am - 3:00 pm  
Brooks Field  
Min. 15 / Max. 30  
Fee: \$255

**Please mail an up-to-date physical (within the last 24 months) for your child when registering for Skyhawks or Best Soccer Camps.**

# Skyhawks Camps

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

## Skyhawks Tini-Hawk

Tiny-Hawk Programs (Soccer & Basketball) help children fine-tune their motor skills with athletics. These programs teach the basic skill of the sport while fostering the natural thirst for discovery found at this age. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and plenty of sunscreen. *Parents must stay on-site.*

### Skyhawks Staff

Summer: 6/28 - 7/2

Ages 3 - 4

Monday - Friday 9:00 - 9:45 am

Brooks Field

Min. 15 / Max. 20

Fees: \$55

## Skyhawks Mini-Hawk

Skyhawks Mini-Hawks (Soccer, Basketball & Baseball) allows young children to explore soccer, baseball and basketball in a day-program setting. There is no pressure - just lots of fun while these young athletes participate in all three sports through unique Skyhawks games. Participants should bring appropriate clothing including a lunch and snack, a water bottle, running shoes and plenty of sunscreen.

### Skyhawks Staff

Summer: 6/28 - 7/2

Ages 4 - 6

Monday - Friday 10:00 am - 1:00 pm

Brooks Field

Min. 15 / Max. 30

Fees: \$105



## Skyhawks June Multi-Sport

Skyhawks June Multi-Sport (Soccer, T-Ball & 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. The participant-to-coach ratio is approximately 10:1 Participants should bring appropriate clothing, a lunch and snack, a water bottle, running shoes and plenty of sunscreen.

### Skyhawks Staff

Summer Session 1: 6/28 - 7/2

Ages 7 - 10

Monday - Friday 10:00 am - 1:00 pm

Brooks Field

Min. 15 / Max. 30

Fees: \$105

## Skyhawks August Multi-Sport

Skyhawks August 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. The participant-to-coach ratio is approximately 10:1 Participants should bring appropriate clothing, a snack, a water bottle, running shoes and plenty of sunscreen.

### Skyhawks Staff

Summer Session 2: 8/16 - 8/20

Ages 7 - 12

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

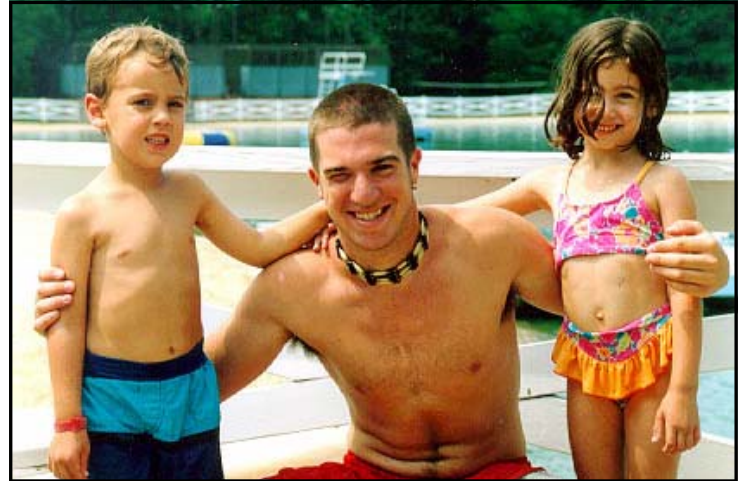
Brooks Field

Min. 15 / Max. 30

Fees: \$105

# Summer Job Opportunities

*The Lincoln Recreation Department is looking for motivated, responsible, and fun young adults! We offer seasonal employment at our Summer Camp and Town Pool.*



## Jobs at the Codman Pool:

Gate Staff  
Lifeguard  
Swim Lesson Instructor  
Supervisor  
and more!!

## Jobs at the Day Camp:

CIT's  
Counselors  
Specialty Directors  
and more!!

***Download the Employment Application from our website  
[www.LincolnRec.com](http://www.LincolnRec.com)***

***All camps listed in this brochure 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.***

# 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: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Eve Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical/Special Concerns: \_\_\_\_\_

Program Name: \_\_\_\_\_ Dates: \_\_\_\_\_ Fee: \_\_\_\_\_

Program Name: \_\_\_\_\_ Dates: \_\_\_\_\_ Fee: \_\_\_\_\_

# of Tennis Stickers: \_\_\_ Names for Stickers: \_\_\_\_\_ 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)

REGISTRATION FORMS CAN BE MAILED TO: THE LINCOLN RECREATION DEPARTMENT, 16 LINCOLN RD, LINCOLN, MA 01773  
OR DELIVERED TO THE RECREATION OFFICE, HARTWELL A POD, BALLFIELD ROAD, LINCOLN, MA 01773