

LINCOLN

RECREATION DEPARTMENT

ACTIVITIES



WINTER 2010

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 Manager*
ldumont@lincnet.org

Molly Mulroy, *Office Mascot*
mmulroy@bowwow.com

Mailing Address

16 Lincoln Road
Lincoln, MA 01773

Office Location

Hartwell A Pod
Ballfield Road, Lincoln, MA 01773

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*

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 mailed.
- 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 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. 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.
- Due to the number of registrations, we do not confirm placement by mail or phone. We may, however, 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.

School-age classes do not meet on the following dates:

DATE	DAY	HOLIDAY
September 28, 2009	Monday	Yom Kippur
October 12, 2009	Monday	Columbus Day
October 13, 2009	Tuesday	Professional Day
November 11, 2008	Wednesday	Veterans' Day
November 26 - 27, 2009	Thursday - Friday	Thanksgiving Recess
December 24, 2009 - January 1, 2010	Thursday - Friday	December Recess
January 15, 2010	Friday	Professional Day
January 18, 2010	Monday	Martin Luther King Day
February 15 - 19, 2010	Monday - Friday	February Recess
April 2, 2010	Friday	Good Friday

Registration Information

Registration is accepted on a first come, first serve basis once.
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. Sunday River, Basketball, 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.

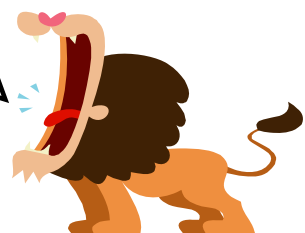


CANCELLATIONS

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 at all times.
- 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 on all Recreation Department activities.
- 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 and/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

Adult Programs

Ballroom Dancing - Workshop

This workshop is for intermediate or advanced dancers. The focus for this session will be the Foxtrot & Rumba. Experience is a must!

Winter: 3/4 - 4/1 (No class on 3/18)

Gail Rundlett

Thursdays 7:15 - 8:15 pm

Bemis Hall 4 weeks

Min. 5 / Max. 15 couples

Fee: \$130 per couple

Basketball - Adult Pickup

Stop by the Smith gym weekly to get a great workout and make some new friends. Questions? Contact the Recreation Office at 781-259-0784. *Adults only please!*

Winter: 1/5 - 4/13

(Does not meet during school holidays, see page 2)

Mondays 6:30 - 8:30 pm

Brooks Gym

No Fee & No Registration Required!!



Freestyle Ballroom Dance

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

Winter: 1/8, 2/5, 3/12, 4/9, 5/7

Terri Morgan & Beth Schuller

Fridays 7:30 - 9:00 pm

Bemis Hall

No Fee & No Registration Required!!

Gail's Wedding Survival Course™

This course will concentrate on the basics of Foxtrot, Waltz, Rumba Swing and Foxy. It is ideal for weddings or as a beginner course!

Winter: 3/4 - 4/1 (No class on 3/18)

Gail Rundlett

Thursdays 8:15 - 9:15 pm

Bemis Hall 4 weeks

Min. 5 / Max. 15 couples

Fee: \$130 per couple



Kundalini Yoga for a New, Radiant You!

Kundalini Yoga (as taught by Yogi Bhanjan), is a total work out for the body, mind, and spirit. Each week will focus on a different yoga set (kriya), to open, regulate and balance the energy centers (chakras), and their physiological counterparts. Yoga is self-healing and can restore the nervous system and build health and vitality on all levels. Meditations which are varied use mantra chants, hand positions (mudras), and breathing exercises (pranayams), and consist of balancing the 5 elements (tattvas), and the hemispheres of the brain bringing ones-self into harmony and union. No matter your yogic experience, come as you are and with a willingness to be in beginners' mind. "Kundalini Yoga is the supreme technology to awaken your awareness and take you into your original self. It is a natural unfolding of your own nature" *Yogiji*



Winter: 1/19 - 3/9 (Class will be held on 2/16)

Jai Kaur Annamaria San Antonio

Tuesdays 5:30 - 7:00 pm

Bemis Hall

Min. 4 / Max 30

Fee: \$115 or \$15 drop in

Nashoba Skiing or Snowboarding Lessons



This program consists of six 1½ hour lessons. You choose the same day for the 6 weeks! Also included is a half day ski ticket on each day. Ski & snowboard rentals are \$90 and can be ordered at *Nashoba Valley*.

Winter: 1/4 - 2/12

Nashoba Valley

6 weeks

Monday - Thursday

10:00 am OR 7:30 pm

Sundays

5:30 pm

Fee: \$180

Open Studio

Artists work independently in a creative and stimulating environment. Share ideas, skills and knowledge with an accomplished group. Optional critique is available. Each semester includes one workshop from a visiting artist.

Winter: 1/7 - 3/25

Stephanie Rolfe & Joan Seville

Thursdays 9:30 am - 2:30 pm

Hartwell B Pod

Min. 10 / Max. 20

Fee: \$85

Table Tennis

Join Lincoln residents for open play. *Adults only please.*

Winter: 1/8 - 4/16

Mondays & Thursdays 7:00 - 9:00 pm

Fridays

6:00 - 9:00 pm

Hartwell A Pod

No Fee & No 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 the school is closed for holidays or weather. Please see Page 2 for a list of dates.
 Classes will run during school professional days (10/13/09 & 1/15/10).



Beginners Resistance

If you have never done resistance training before, this class is for you! Learn basic movements for all major muscle groups at a low intensity. Get stronger, improve your balance & coordination, and reduce body fat.

Cardio Conditioning

Get your heart pumping and your body moving. This class focuses on toning muscle, burning fat & improving cardiovascular fitness.

Resistance Training

Tone up, reduce body fat and improve functional strength, balance, endurance and flexibility. Get a full body workout using dumbbells, stability balls, elastics, medicine balls and body weight exercises.

Instructor: Lana Schulman

Location: Hartwell A Pod - Room 9

Winter: 1/4 - 4/16

Fees:

- 1 class / week \$ 115
- 2 classes / week \$ 220
- 3 classes / week \$ 325
- 4 classes / week \$ 430

New Class Time!!!

New Class Time!!!

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

Winter Tennis Courses

All classes are held at the Longfellow Tennis Club in Wayland, MA.

Beginner Drill & Play

Improve your game with some play action drills designed to improve all aspects of your game whether you play singles or doubles!

Winter Session 1: 1/5 - 2/9

Winter Session 2: 2/23 - 3/30

Adults only please

Tuesdays 1:00 - 2:30 pm

Longfellow Tennis Club 6 weeks

Min. 3 / Max. 6

Fee: \$125

Cardio Tennis

Love to Play Tennis....Hate to Work Out! Join America's fastest growing tennis program. Do creative drills to improve your game with great music and a dynamic Longfellow Club Pro.

Mondays 11:00 am - 12:00 pm

Winter Session 1: 1/4 - 2/8

Winter Session 2: 2/22 - 3/29

Fridays 11:00 am - 12:00 pm

Winter Session 1: 1/8 - 2/12

Winter Session 2: 2/26 - 4/2

Saturdays 7:30 am - 8:30 am

Winter Session 1: 1/9 - 2/13

Winter Session 2: 2/27 - 4/3

Adults only please

Longfellow Tennis Club 6 weeks

Min. 2 / Max. 5

Fee: \$75



Instant Tennis

Learn to Play Tennis...Fast! If you have been away from tennis for awhile or wanting to start, Instant Tennis is for you.

Winter Session 1: 1/4 - 2/8

Winter Session 2: 2/22 - 3/29

Adults only please

Mondays 12:00 - 1:30 pm

Longfellow Tennis Club 6 weeks

Min. 3 / Max. 6

Fee: \$125

Pre - Zip

Classes are designed for 4-5 year olds with little or no tennis experience. Classes focus on motor skills, balance, agility, racket skills and rallying skills

Winter Session 1: 1/4 - 2/8

Winter Session 2: 2/22 - 3/29

Ages 4 - 5

Mondays 1:30 - 2:15 pm

Longfellow Tennis Club

Min. 3 / Max. 6

Fee: \$75

K - 8 Library Program

This is an opportunity for Lincoln School students to use their library on Tuesday and Thursday afternoons. Get started on your homework, meet your classmates for group projects, research on your own, read a book, it's up to you!

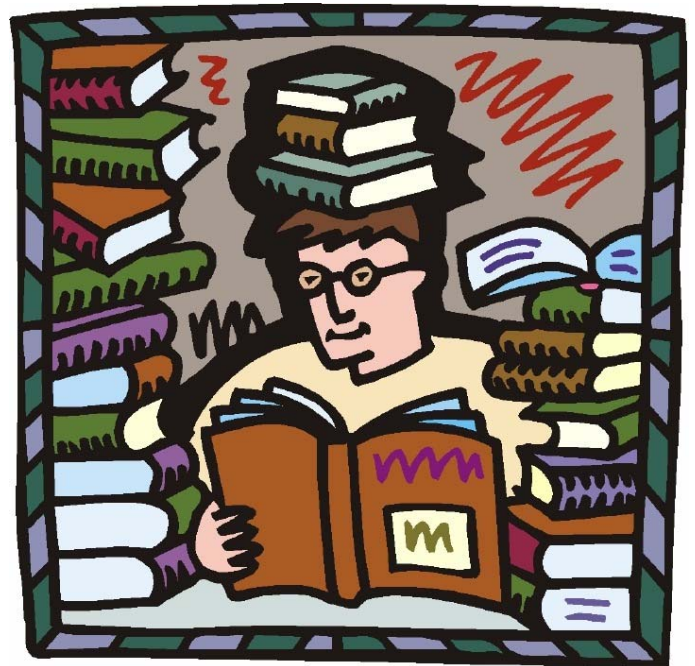
Note that no structured activities are provided, students must come in with their own plan for using the time. Library support and some homework help are available. This program is offered free of charge, but students **MUST** register!

This program is open to students grades K - 8, and will operate as follows:

Arrival: Students can attend as often or as little as they choose. *This is a drop in program, so student absences will NOT be noted.* All students should arrive prior to 3:10 pm. Students arriving after 3:10 pm must have a valid school pass. Books can be checked out at anytime during these hours and the librarian is on hand to help with choosing and finding books for school work or pleasure reading.

Grades K - 2 must be accompanied by an adult to attend.
Grades 3 - 8 can participate independently.

Departure: Grades 3 & 4 need to be signed out by a parent, while students in grades 5 - 8 can sign out on their own, but will not be allowed to return that day. **All students must be picked up by 4:00 pm.**



Parents must register their students for the 2009-2010 school year with the Recreation Department through this brochure or online at our website: www.LincolnRec.com. All library and school rules will be strictly enforced.

By registering for this program, students and families agree to abide by the library program behavioral policies, listed on Page 13 of this catalog, and available online at www.LincolnRec.com. Students unable to comply will not be permitted to attend.

Fall / Winter / Spring: 9/24/09 - 6/3/10
Alice Sajdera
Grades K - 8
Tuesdays/Thursdays 3:00 - 4:00 pm
Lincoln School Library
No Fee but Registration is Required!!



AFTERSCHOOL LIBRARY PROGRAM BEHAVIORAL EXPECTATIONS & INFORMATION

The purpose of this agreement is to develop a common understanding between the participants, their families and the department staff and committee, regarding the procedures followed and behavior expected at the Recreation Department Afterschool Library Program.

PARTICIPANT BEHAVIORAL EXPECTATIONS:

Participants will conduct themselves in a safe and respectful manner at all times. They will follow the direction of Library Supervisor at all times.

Participants will not participate in any form of violent behavior.

Participants will not participate in any hazing, bullying, intimidation, threats of violence, harassment or any form of inappropriate controlling, either verbal or physical.

Participants are not to leave or separate themselves from the group at any time, unless approved to do so by the Library Supervisor.

Participants will not take anything, without permission, that does not belong to them.

Participants will not damage or deface any property. Families will be held responsible for any monetary reimbursements due to property owners.

Participants will not bring objects that are deemed dangerous or disruptive to the program, (electronic devices [iPod, games, etc.] pocket knives, fireworks, pellet guns, etc.) and subsequently will not possess or use any illegal objects.

Tobacco, Alcohol, and all illegal substances are prohibited on all Recreation Department activities.

Participants will not use verbally inappropriate or abusive language; or physically inappropriate or abusive actions at any time during a Recreation Department activity.

These expectations are not intended to be all-inclusive, and any action deemed unsuitable or unsafe by the Library Supervisor may be subject to the disciplinary actions outlines below:

DEPARTMENT DISCIPLINARY PROCEDURES: *Depending on the severity of the offense, the following actions may be taken:*

The participant will be warned against future infractions.

The participant may be removed from the situation and asked to sit with Library Supervisor. A parent will be notified of the situation.

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.

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.

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 and all Recreation Department activities.

Appeals to the Recreation Directors decisions can be directed to: The Lincoln Recreation Committee, ATT: Chairperson, Box 6353, Lincoln, MA 01773.

PARENT/GUARDIAN INFORMATION: All Recreation Department programs are run with your child's safety as the first priority. This section is designed to make sure you understand the procedures we follow in our afterschool library program:

This program is open to all registered participants and is intended to be used for study or reading. Students should arrive with enough work to justify the time they are spending in the program. If they finish early, they may read a book or engage in a similarly quiet activity. Students who require continual discipline will be asked to leave the program.

Snacks will only permitted for the first 15 minutes of the program, at designated snack tables, and are expected to clean up after themselves. Snacks requiring heating or refrigeration should not be sent, as those amenities are not available.

Students in grades K-2 must be accompanied by a parent/adult. Students in grades 3-4 must be signed out by a parent/adult. Students in grades 5-8 may sign themselves when they are ready to go home, or must head over to another program on campus.

This program ends at 4:00pm. Please do not be late in picking your child up.

As a parent, you always have the right to request a meeting with Recreation Staff or Committee before or after any activity. We encourage you to review these policies and address any questions to the Recreation Director prior to signing this contract. At your request, we can provide additional copies of this contract for your records.

Middle School Programs

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

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.

Session will include an in-class tournament!

Winter: 1/22 - 4/9

Igor Foygel

Grades 1 - 8

Fridays 4:00 - 5:00 pm

Hartwell A Pod 10 weeks

Min. 8 / Max. 12

Fee: \$95

CoCo Key Water Resort

Escape the snow and bust out that bathing suit! Go down the tube slides or swim in the wave pool if you dare. There is a Pizza Hut/A&W located in the park, so bring some money if you think you might get hungry!

Winter: 1/8

Grades 5 - 8

Friday 5:00 - 10:00 pm

Min. 20 / Max. 42

Fee: \$45



Cosmic Bowling at Acton Bowladrome

Join your friends for a night of bowling under the "stars". Price includes 2 games of bowling, shoe rentals, 2 slices of pizza, soda and all the popcorn you can eat! Please bring extra money if you want to play any arcade games.

Winter: 2/26

Grades 5 - 8

Friday 6:30 - 9:30 pm

Min. 20 / Max. 42

Fee: \$40



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.

Winter: 2/25 - 4/1

Grades 5 - 8

Thursdays 7:00 - 8:00 pm

Hartwell A Pod 6 weeks

Min. 4 / Max. 12

Fee: \$95



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 & Dottie for a great 1 hour workout!

Winter: 1/6 - 4/14

Jennifer McGrath

Grades 4 & 5

Wednesdays 3:20 - 4:20 pm

Hartwell A Pod

Min. 10 / Max. 16

Winter Fee: \$160

Middle School Programs

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

Hip Hop Dance Nights

Come join dance instructor and DJ - Jen Jarvis for a few fun nights of Hip Hop! The night will include Hip Hop dance instruction along with learning dance routines to your favorite new music! Come show your own moves and learn some new moves! All levels of dancers welcomed!

Winter: 2/5 & 3/19

Jennifer Jarvis

Fridays 6:30 - 8:30 pm

Grades 5 - 8

Smith Gym

Min. 10 / Max. 35

Fee: \$30 per night



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!

Winter: 1/29 - 3/26

Jen Jarvis

Grades 1 - 5

Fridays 3:00 - 3:45 pm

Smith Gym 8 weeks

Min. 6 / Max. 14

Fee: \$125

Home Alone Safety Class

This class will teach youngsters in Grades 3 to 5 how to manage their time safely when home alone. They'll learn telephone and door answering techniques, internet safety, kitchen and food safety, fire prevention and some basic first aid techniques. Children will bring home a folder of material covered in the class. This class is for children unaccompanied by a parent.

Winter: 3/10

Juanita Allen, EMT

Grades 3 - 5

Wednesday 1:00 - 3:00 pm

Hartwell B Pod

Min. 6 / Max. 12

Fee: \$50

Lincoln IMLEM Math Team

Join other Lincoln middle-school mathletes to puzzle out problems in the Intermediate Math League of Eastern Massachusetts. (www.IMLEM.org) Each week we will practice using old competition problems and on various dates we will travel to local IMLEM. (Meets will also be on Thursdays afterschool.) Math competitions are fast, tricky and "non-routine" to expand your school-based learning. Team members will divide into categories: Arithmetic, Algebra, Number Theory, Geometry and "Mystery", and the entire team will cooperate in the final round. Busing to and from Math Meets will be provided. This is a fun, new experience for math enthusiasts!

Winter: 1/7 - 4/1

David Bau

Grades 5 - 8

Thursdays 3:00 - 4:00 pm

Meets are on 1/21, 2/25, and 4/1.

Students will return by 6:30pm

Hartwell A Pod

Min. 10 / Max. 20

Fee: \$100

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 winter we are offering THE LION KING and the spring is SNOW WHITE AND THE DWARFS.

REFUNDS FOR THIS PROGRAM WILL NOT BE GIVEN AFTER PARTS HAVE BEEN ASSIGNED AT THE SECOND CLASS! Please note: The winter session will be held at the Stone Church on Bedford Road. Participants must arrange their own transportation for this session!

Winter: 1/5 - 3/9

Stone Church

Saturday rehearsal 3/6

Performance Tuesday, 3/9 at 4:30 pm

Spring: 3/16 - 5/18

Smith Gym

Saturday rehearsal 5/15

Performance Tuesday, 5/18 at 4:30 pm

Elaine Jarvis & Ingrid Neri

Grades 1 - 5

Tuesdays 3:00 - 4:00 pm

Min. 20 / Max. 40

Winter Fee: \$235 (includes Stone Church rental fee)

Spring Fee: \$225

Dances: Grades 6 - 8

Dances are open to all students in both public and private schools.

Fridays

7:30 pm - 10:00 pm

NEW LOCATION: Bemis Hall !!

Fee: \$10 at the door

Price includes admission, snacks & drinks!!

March Madness

03/19/10

Dance away the winter blues!



CHAPERONES ARE NEEDED!!

Parents are asked to chaperone at least one dance or event while your child is in middle school. Please contact the Recreation Dept.

Sunday River Weekend Trip



Sunday river

MAINE

January 22 - 24, 2010

Sunday River features 128 trails spread across eight interconnected mountain peaks, each offering a distinct skiing experience! It is serviced by a network of 18 lifts, including four high speed quads, ensuring easy access to every corner of the resort! Skiers **and** snowboarders are welcome!



The weekend package includes motor coach transportation, 2 nights lodging in Gorham, NH, a 2-day lift ticket, two breakfasts and one dinner. The Inn features an arcade, indoor pool, and walleyball courts.

Weekend Fee: \$270

Min. 38 / Max. 42

A \$100 non-refundable deposit is due upon registration. The balance is due prior to the trip. Please use the form on Page 30 to register for this trip. Registrations should be accompanied by a signed behavior contract, located on pages 18 & 19 of this brochure, or online at www.LincolnRec.com.

THIS TRIP IS NOT RECOMMENDED FOR THOSE WITH NO PREVIOUS SKIING OR SNOWBOARDING EXPERIENCE.



BEHAVIOR CONTRACT

(TO BE USED WHEN PARENTS SIGNATURES ARE REQUIRED)

The purpose of this agreement is to develop a common understanding between the participants, their families and the department staff and committee, regarding the procedures followed and behavior expected at all Recreation Department field trips, events and activities.

PARTICIPANT BEHAVIORAL EXPECTATIONS:

Participants will conduct themselves in a safe and respectful manner at all times. They will follow the direction of the Staff/Instructors/Trip Chaperone/Supervisor at all times.

Participants will not participate in any form of violent behavior.

Participants will not participate in any hazing, bullying, intimidation, threats of violence, harassment or any form of inappropriate controlling, either verbal or physical.

Participants are not to leave or separate themselves from the group at any time, unless approved to do so by the Staff/Instructor/Trip Chaperone/Supervisor.

Participants will not take anything, without permission, that does not belong to them.

Participants will not damage or deface any property. Families will be held responsible for any monetary reimbursements due to property owners.

Participants will not bring objects that are deemed dangerous or disruptive to the program, (pocket knives, fireworks, 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 Staff/Instructor/Trip Chaperone/Supervisor.

Tobacco, Alcohol, and all illegal substances are prohibited on all Recreation Department activities.

Participants will not use verbally inappropriate or abusive language; or physically inappropriate or abusive actions at any time during a Recreation Department activity.

These expectations are not intended to be all-inclusive, and any action deemed unsuitable or unsafe by the Staff/Instructor/Trip Chaperone/Supervisor may be subject to the disciplinary actions outlines below:

DEPARTMENT DISCIPLINARY PROCEDURES:

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

The participant will be warned against future infractions.

The participant may be removed from the situation and asked to sit with Staff/Instructor/trip Chaperone/ Supervisor. A parent will be notified of the situation.

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.

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.

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 and all Recreation Department activities.

Appeals to the Recreation Directors decisions can be directed to: *The Lincoln Recreation Committee, ATT: Chairperson, Box 6353, Lincoln, MA 01773.*

NEXT PAGE PLEASE...

BEHAVIOR CONTRACT CONTINUED....

PARENT/GUARDIAN INFORMATION:

All Recreation Department programs are run with your child's safety as the first priority. This section is designed to make sure you understand the procedures we follow when on a department field trip or activity. We ask all participants to wear a watch when attending a Recreation Department Trip. The Staff/Instructor/Trip Chaperone/Supervisor will determine which system will be used to supervise each activity. Questions regarding which system will be used on an upcoming trip can be directed to the Recreation Office at 781 259-0784.

Attendance:

Attendance is taken *by name* before we leave the parking lot for the trip, as well before leaving any location. (*Entering the destination, destination to destination, destination back to bus, bus leaving destination*)

This is why you must register in advance for any trips. Our roster is critical to keeping our attendance organized. Please do not be late in dropping off or picking your child up, *and please speak directly with Staff/Instructor/ Trip Chaperone/ Supervisor if you ever meet the group at their destination to pick up or drop off your child.*

Upon returning from a trip, all participants must be picked up by a parent/guardian or their designee. No child will be allowed to walk home from an activity without written permission from their parent/guardian.

Chaperone System:

This is our most common supervision format with elementary school age programs. Staff/Trip Chaperones are directly responsible for 8-10 participants, and stay with them for the duration of the activity. Staff/Trip Chaperones work directly with the Trip Supervisor to coordinate the group's activities. Each Staff/Trip Chaperone sets an emergency meeting location for their group, in the event that any participants get separated. The Trip Supervisor does not have his or her own group, and acts as an additional safety monitor throughout the trip.

The Buddy System:

This is our most common supervision format with middle school age programs. We have had excellent success with our participants when we outline what is expected of them, explain the reasons and consequences, and then allow them the opportunity to reward our trust in them. *This system allows your child an opportunity to participate in the activity without direct Staff Trip Chaperone contact. Staff/ Trip Chaperones will always be available to them, but they will not be with your child at all times.*

Participants pick one or two "buddies" that they stick with for the duration of the trip. "Buddies" will stay together at all times, with NO EXCEPTIONS. Buddies may pair up with other groups of "buddies" as they wish, but they must remain with their "buddy" at all times.

The Trip Supervisor will designate a Check-In point as soon as the group arrives at the destination. One Staff/Trip Chaperone will be stationed at that Check-In Point *at all times*. Anyone who loses his or her buddy must return immediately to the Check-In point. There, they will inevitably meet up with their lost "buddy", who will also return to the Check-In. The Staff/Trip Chaperone determines how the system broke, and decides whether or not to allow the buddies back out.

Depending on the size of the destination and the duration of the trip, the Trip Supervisor will determine Check-In times. Everyone is expected to wear watches, so each buddy group will know when they need to meet up with their Staff/Trip Chaperone at the Check-In. If you are late to check in, you will be asked to sit with the Staff/Trip Chaperone for some "quality time" to talk about why you were late to check in, and how you could have avoided being late.

The Trip Supervisor has the right to determine whether the buddy system will be applied to any individual child based on the ability to work within the system. A child that repeatedly fails to follow procedures may be asked to stay in direct contact with a Staff/ Trip Chaperone at all times, and in extreme circumstances, may need to be removed from the activity, as is stated in the departments discipline policy. The Buddy system uses the same supervisor ratio as the Chaperone system (10 part. / 1 chap), to allow for a switch in systems as the situation dictates. All Staff/Trip Chaperones/Supervisors and chaperones are CORI authorized prior to the trip.

As a parent, you always have the right to request a meeting with Recreation Staff or Committee before or after any activity. We encourage you to review these policies and address any questions to the Recreation Director prior to signing this contract. At your request, we can provide additional copies of this contract for your records.

By signing this contract, you are affirming that you are aware of, and accept, the behavioral expectations we have for your child while participating in a Recreation Department Activity. You are aware of the procedures we will use in the event that we feel your child needs to be disciplined, and you are aware of the supervisory system we use to manage your child during a Recreation Department activity.

PARTICIPANT NAME (PLEASE PRINT) _____

PARENT / GUARDIAN SIGNATURE _____ DATE _____

PARENT GUARDIAN NAME (PLEASE PRINT) _____

Grades 1 - 8 Wednesday Ski / Board Program

Nashoba Ski or Snowboard Lessons

The full lesson package includes six one hour lessons, bus transportation, and a Lincoln ski headband. (The orange headband is required for all those riding the bus.) Snow board lessons will be offered. Please indicate if you will be taking skiing or boarding lessons on your registration form. A bus will leave school right after dismissal and return about 5:00 pm. Students should bring their lunch or purchase it at the lodge. A pre-fitting session for those needing equipment rentals will be Wednesday Dec. 9 from 7:00 - 8:00 pm in the Hartwell A Pod. Ski & snowboard rental cost is \$90 at the pre-fit session. OVO helmets will be also be available for purchase for \$55.

Winter: 1/6- 2/10

Nashoba Valley Staff Members

Grades 1-8 (Gr. 1 is eligible for pkg. #5 only)

Wednesdays 12:30 - 5:00 pm

Min. 30 / Max. 45 per bus

Fees:

- Pkg. #1 \$240 - Lessons, lift ticket, bus, headband**
- Pkg. #2 \$230 - Lessons, lift ticket, bus, no headband**
- Pkg. #3 \$220 - Lift ticket, bus, headband, no lessons**
- Pkg. #4 \$210 - Lift ticket, bus, no headband, no lessons**
- Pkg. #5 \$180 - Lessons, lift ticket, no bus, no headband**



SERVICES

- Food
- Restrooms
- Parking
- Phone
- Tickets
- Ski Patrol
- Rental Shop
- Ski School
- Snow Tubing Park
- Ski & Snowboard Shop

LIFTS

- A. Chief
- B. Wardsance
- C. Papoose
- D. Pow
- E. Wow
- F. Peacepipe
- G. Snowdance
- H. Sundance

- Easier
- More Difficult
- Most Difficult
- Terrain Park
- Rope Tow
- Double Chair
- Triple Chair
- Snow Tubing Park

Elementary School Programs

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



Basketball Clinic

This clinic is designed to teach basketball skills and drills in a fun, noncompetitive and non-pressure atmosphere. Your child will learn how to dribble, pass, shoot and work as a team. Each child will receive a basketball & T-shirt. Please wear shorts and sneaker and bring a water bottle. Clinic will be held on 2/13 but not on 2/20.

Winter: 1/9 - 3/6

Stacey Mulroy & staff

Grades K - 2

Saturdays 10:30 - 11:30 am

Smith Gym

Min. 15 / Max. 30

Fee: \$95

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.

Winter Session will include an in-class tournament!

Winter: 1/22 - 4/9

Igor Foygel

Grades 1 - 8

Fridays 4:00 - 5:00 pm

Hartwell A Pod 10 weeks

Min. 8 / Max. 12

Fee: \$95

FUN-damentals of Fencing

Fence without buying the 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 swashbuckling skills in duels and sword games each week. This sport has many benefits including cardiovascular exercise, balance and strategic thinking.

Winter: 2/25 - 4/1

Grades 2 - 4

Thursdays 6:00 - 7:00 pm

Hartwell A Pod 6 weeks

Min. 4 / Max. 12

Fee: \$95



Gymnastics

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

Winter: 1/6 - 4/14

Jennifer McGrath

Wednesdays

Age 5 - Grade 1

1:00 - 1:45 pm

Grades 2 - 3

1:45 - 2:30 pm

Hartwell A Pod

Min. 8 / Max. 12

Winter Fee: \$105



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 & Dottie for a great 1 hour workout!

Winter: 1/6 - 4/14

Jennifer McGrath

Grades 4 & 5

Wednesdays 3:20 - 4:20 pm

Hartwell A Pod

Min. 10 / Max. 16

Winter Fee: \$160

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!

Winter: 1/29 - 3/26

Jen Jarvis

Grades 1 - 5

Fridays 3:00 - 3:45 pm

Smith Gym 8 weeks

Min. 6 / Max. 14

Fee: \$125

Elementary School Programs

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

Hola La: Hola WINTER!

In this program, children will be exploring winter themes with animals we find outside during this beautiful time of year. Emphasis will be placed on immersing the children in Spanish through stories, songs, interactive dialogue with the puppets, and "reader's theatre" in which the children will prepare and present a play to parents at the end of the session.

Hola La Staff

Winter: 1/25 - 4/5

Grades K - 2

Mondays 3:00 - 3:45 pm

Hartwell A Pod 10 weeks

Min. 10 / Max. 12

Fee: \$ 190

Home Alone Safety Class



This class will teach youngsters in Grades 3 to 5 how to manage their time safely when home alone. They'll learn telephone and door answering techniques, internet safety, kitchen and food safety, fire prevention and some basic first aid

techniques. Children will bring home a folder of material covered in the class. This class is for children unaccompanied by a parent.

Winter: 3/10

Juanita Allen, EMT

Grades 3 - 5

Wednesday 1:00 - 3:00 pm

Hartwell B Pod

Min. 6 / Max. 12

Fee: \$50

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.

Winter: 1/19 - 2/9

Callahan Karate Staff

Grades K - 2

Tuesdays 3:00 - 3:45 pm

Hartwell A Pod 4 weeks

Min. 6 / Max. 10

Fee: \$45



Mad Science: "Crazy Chemworks!"

We'll have a blast exploring *chemistry* and how it affects the world around us. We'll learn about the tools scientists use in their laboratories; atoms, molecules, and reactions; acids and bases; and fluorescence and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling and see some very *cool* dry ice demonstrations! The best part is that each week we'll be able to continue the science fun at home with our very own lab ware take-homes!



Winter: 1/11 - 3/15

Mad Science Staff

Mondays 3:00 - 4:00 pm

Grade K - 3

Hartwell A Pod 8 weeks

Min. 12 / Max. 20

Fee: \$95

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 winter we are offering THE LION KING and the spring is SNOW WHITE AND THE DWARFS.

REFUNDS FOR THIS PROGRAM WILL NOT BE GIVEN AFTER PARTS HAVE BEEN ASSIGNED AT THE SECOND CLASS! Please note: *The winter session will be held at the Stone Church on Bedford Road. Participants must arrange their own transportation for this session!*

Winter: 1/5 - 3/9 Stone Church

Saturday rehearsal 3/6

Performance Tuesday, 3/9 at 4:30 pm

Spring: 3/16 - 5/18 Smith Gym

Saturday rehearsal 5/15

Performance Tuesday, 5/18 at 4:30 pm

Elaine Jarvis & Ingrid Neri

Grades 1 - 5

Tuesdays 3:00 - 4:00 pm

Min. 20 / Max. 40

Winter Fee: \$235 (includes Stone Church rental fee)

Spring Fee: \$225

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. **Winter: 1/7 - 3/4**

Stacey Mulroy

Grades K - 3

Thursdays 3:00 - 4:00 pm

Smith Gym 8 weeks

Min. 14 / Max. 30

Fee: \$60



Preschool Programs

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

Itsy Bitsy Yoga - Babies

Baby Itsy Bitsy Yoga classes contain dozens of unique yoga postures designed to support baby's development. Each class is filled with calming, nurturing ways to enhance bonding and improve baby's sleep. During a Baby Itsy Bitsy Yoga class, babies enjoy yoga while on their backs, tummies, or held in loving arms. For parents, this class is a special opportunity to meet other moms, get support, and learn about baby's emerging personality. Most of the yoga we do in Itsy Bitsy Yoga is for your baby, but you will also learn breathing and relaxation techniques as you practice a bit of yoga yourself. *No yoga is experience required.*

Winter: 1/14 - 3/25

Mardi Fourreau

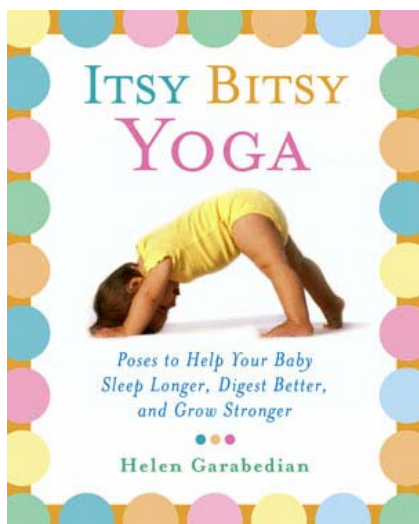
Ages 6 weeks to crawling

Thursdays 10:00 - 11:00 am

Hartwell A Pod 10 weeks

Min. 5 / Max. 10 (adult/child pairs)

Fee: \$145



Itsy Bitsy Yoga - Tots

Itsy Bitsy Yoga for Tots is a supportive, fun-loving, and active yoga class. As a tot's mobility increases, classes offer tot-centric poses that encourage and support their physical explorations. Tots become more confident in their moving bodies as they practice yoga both in and out of class.

During a Tots Itsy Bitsy Yoga class crawlers and walkers playfully practice yoga postures while they are standing, sitting up, walking and jumping. Parents/Caregivers also get to do a little yoga, but no yoga experience is required.

Winter: 1/14 - 3/25

Mardi Fourreau

Ages Crawling to 24 months

Thursdays 11:30 am - 12:30 pm

Hartwell A Pod 10 weeks

Min. 5 / Max. 10 (adult/child pairs)

Fee: \$145

Itsy Bitsy Yoga - Tykes

Tykes Itsy Bitsy Yoga combines unique toddler friendly yoga poses and songs, stories and games to create an enriching caregiver/child activity. Each class is personalized around tykes curiosities as they learn yoga through social interaction, repetition and play. Tykes also learn how to relieve frustration, improve motor skills and increase attention span by actively following directions. Help your tyke build the foundation for a healthy and fit lifestyle while having fun!

Winter: 1/14 - 3/25

Mardi Fourreau

Ages 21 months to 4 years old

Thursdays 1:00 - 2:00 pm

Hartwell A Pod 10 weeks

Min. 5 / Max. 10 (adult/child pairs)

Fee: \$145

Preschool Music Fun

Preschoolers ages 1

- 5 and their care-

givers are invited to

come dance, move

and sing to chil-

children's, American

fold, 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, bang some drums, shake

some eggs and play with music together.

Winter: 1/22 - 3/19

Margit Griffith, M.Ed.

Ages 8 months - 5 years

Fridays 9:15 - 9:50 am

Hartwell A Pod

8 weeks

Min. 8 / Max. 12

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



Tumbling for Kids & Parents

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!

Winter: 1/6 - 4/14

Jennifer McGrath

Wednesdays 2:35 - 3:15 pm - **NOTE NEW TIME!!!**

Ages 2 - 3

Hartwell A Pod

Min. 8 / Max. 12

Winter Fee: \$105

Winter Carnival 2010

January 29 - January 31

This is a weekend of events intended to showcase the Lincoln Community. Organizations are encouraged to schedule activities that are open to Lincoln Residents. A full schedule will be available in early January online, in the Recreation Office, Town Hall, School Offices, COA Office, Public Library and in the Lincoln Journal. Please contact the Recreation Office at 781-259-0784 ASAP if you are interested in sponsoring an event.

SNOW SCULPTURE CONTEST



Acoustic Coffee House

Community Skating



VACA-PLAY DAYS

Vacation Program ~ February 15 - 19, 2010



Kids will have the opportunity to get out of the house and enjoy February Vacation with friends in a relaxed and fun-filled environment. There will be surprise guest entertainment. Kids should bring their own lunches and come prepared for outdoor play.



The Vaca-Playday program is undergoing many changes. Please contact LEAP at 781.259.0615 or leap0615@aol.com with any questions.

LINCOLN RECREATION DEPARTMENT ACTIVITIES 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: _____

of Tennis Stickers: ___ Names in Membership: _____ 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: LINCOLN RECREATION DEPARTMENT, 16 LINCOLN ROAD, LINCOLN, MA 01773
OR DELIVERED TO THE RECREATION OFFICE, HARTWELL A POD, BALLFIELD ROAD, LINCOLN, MA 01773

For office use only:

Date: _____ Amount: _____ Check # : _____

LINCOLN RECREATION DEPARTMENT SUNDAY RIVER TRIP REGISTRATION FORM

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

PARTICIPANT INFORMATION

Name _____ Gender _____ Grade _____ DOB _____
Street _____ Town _____ Zip _____
Home Phone _____ Secondary Address _____

CONTACT INFORMATION

Mother's Name _____ Day Phone _____ Cell _____
Work Phone _____ Email Address: _____
Father's Name _____ Day Phone _____ Cell _____
Work Phone _____ Email Address: _____
Emergency Contact _____ Phone _____ Relationship _____
Emergency Contact _____ Phone _____ Relationship _____

EMERGENCY MEDICAL TREATMENT: *List any health issues, allergies and/or medications*

Pediatrician Name _____ Phone _____
Address _____
Health Insurance Carrier _____ Policy # _____

WAIVER

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.

Parent/Guardian Signature _____ Print Name _____ Date _____

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

Date _____ Deposit _____ Check # _____ Date _____ Balance _____ Check # _____