

# TOWN OF ACTON

## RECREATION

## DEPARTMENT

Acton Town Hall  
472 Main Street  
Acton, MA 01720  
(978) 264-9608  
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[WWW.ACTON-MA.GOV](http://WWW.ACTON-MA.GOV)



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# Fall – Winter

**Revised/Updated for classes running 12/7/05-March 06**

# 2005-2006

# Program

*September 05 – March 06*

## PROGRAMS FOR EVERYONE

The goal of the Acton Recreation Department is to provide recreational facilities and programs for Acton and area residents. The individuals who participate in programs vary in terms of interests, talents, abilities and challenges. Please let us know about barriers that prevent participation. We are proud of our work with members of the community in creating exciting and successful programs. Please help us as we try to expand our ability to provide meaningful and accessible recreational opportunities for all. Your suggestions are always welcomed.

### REGISTRATION POLICY

1. All programs are on a "first-come-first-serve" basis via mail-in registration from this brochure or at the Recreation Department at the Acton Town Hall. We will not accept registrations without payment.
2. The Acton Recreation Department reserves the right to cancel or consolidate classes that do not support themselves. All programs operate on a self-supporting basis.
3. Registration may be limited due to subject, space, or staff limitations so **REGISTER EARLY**. Non-resident registrations will be accepted in all programs with no additional fees. Call 978 264-9608 for more details.
4. Late registration will be accepted subject to available space.
5. **PAYMENTS:** Payments may be made by cash or check (no credit cards) payable to the: Town of Acton and mailed to or brought to the:

Acton Recreation Department  
472 Main Street  
Acton, MA 01720

6. **REFUND POLICY:** Refunds may be requested in writing up to one week before the program begins. A ten dollar (\$10.00) administration fee will be retained. Some programs have a non-refundable deposit. Youth Summer Programs require a \$50 non-refundable deposit. No refunds will be given after the program begins. **ALL APPLICATIONS SHOULD BE CONSIDERED ACCEPTED UNLESS OTHERWISE NOTED.**
7. It is the policy of the Acton Recreation Department that no resident of the Town shall be refused participation in a program or the use of facilities because of the inability to pay. Confidential application for financial aid can be made to the Board of Selectmen, and if a hardship exists, the applicant may apply for a reduction in fees. Please contact the Recreation Department Director with any questions.
8. If any program is cancelled or needs a make up session due to inclement weather, or unforeseen reasons, we will do our best to contact you with the information you provided upon registration. Please allow for 2-3 weeks for your refund.

### ***IF YOU WAIT – YOU MAY BE TOO LATE!***

Nothing jeopardizes a recreation program faster than individuals who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment, and purchasing of supplies.

#### **Acton Recreation Commission:**

Chair: Ron Schlegel  
Vice Chair: Open  
Alison Gallagher, Michele Zaremba,  
Sasha O'Connell, Matt Lundberg

#### **Recreation Staff:**

Recreation Director: Alison Trout  
Natural Resources Director: Tom Tidman  
Recreation Secretary: Maura Haberman

**NEW**

## **JR. CHEFS COOKING CLASSES**

This fun, educational cooking class is for just for kids! This make, bake and take it with you class is designed for kids who like to cook or are interested in learning the basics. We will meet once a week for 4 weeks and cook a different delectable treat each week. This is a great way for kids to come together and enjoy the art of cooking, have a few laughs and meet new friends. All supplies and materials are included. For kids **ages 7-10**

*CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!*

**NEW**

## **JR. CHEFS GINGERBREAD HOLIDAY BAKE**

Jr. Chefs will be cooking up gingerbread men/women for a fun holiday treat in this single fun class just for kids! This is a make, bake, decorate and take it with you class is designed for kids. This is will be a fun and festive way to ring in the holidays. All cooking supplies are included. For kids **ages 7-10**

**CLASS MEETS:** Thursday

December 8

**TIME:** 2:45-4:00 PM

**LOCATION:** Acton Senior Center, 50 Audubon Drive (off High Street).

**FEE:** \$7.00

**INSTRUCTOR:** Acton Recreation Department

MIN: 10 MAX: 15



**NEW**

## **JR. CHEFS VALENTINES SPECIAL**

Jr. Chefs will be cooking up a special surprise (shhh...chocolate covered strawberries). This fun and elegant homemade surprise we will be cooking is a nice gift to give to that someone special. We will be packaging them up in a unique way so that the children may give them as gifts. This is a make, bake, decorate and take it with you class designed for kids. This is a one class

session and all cooking supplies and materials are included. For kids **ages 7-10**

**CLASS MEETS:** Thursday

February 9, 2006

**TIME:** 2:45-4:00 PM

**LOCATION:** Acton Senior Center, 50 Audubon Drive (off High Street).

**FEE:** \$7.00

**INSTRUCTOR:** Acton Recreation Department

  
**ACTON IS NOW A 5-STAR  
START SMART PROGRAM!**



## **START SMART SPORT PROGRAMS**

Before entering organized youth sports programs, children need to master the fundamental motor skills that serve as a basis for more complex sports skills. Children do not effectively learn these skills by playing games, but rather by learning and practicing developmentally appropriate activities.

Developmentally appropriate activities are tasks that are designed for the current level of performance ability of the child with equipment that enables the child to be successful. Success is extremely important in early motor skill learning experiences, as it builds self-esteem and the motivation and confidence needed to try and improve.

Children who enter youth sports programs with fundamental motor skills and confidence in their ability to perform are much more likely to learn new, more complex sport-specific skills, achieve success in competition, and enjoy a positive sports experience. These children are also more likely to participate in sports fitness activities as adults.

All children should be provided with effective, developmentally appropriate activities and equipment to prepare them for future organized sports competitions. Start Smart accomplishes this by offering programs that encourage children and parents to spend quality time together, without the threat of competition or the fear of getting hurt.



## **START SMART SPORTS DEVELOPMENT PROGRAM**

Start Smart teaches children **ages 3-5** the basic motor skills necessary to play organized sports, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents basic sport mechanics without the threat of competition or the fear of getting hurt. This Fall, we will be offering most of the Start Smart programs sessions two times per week for 3 weeks, and each class will focus on an exercise which will become increasingly more challenging as the class progresses and the children show improvement. This class focuses on the skills of catching, throwing, kicking and hitting.

*CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!*



## **START SMART BASEBALL**

Start Smart Baseball was developed to assist young children **3-5 years old** in learning the basic skills necessary for a successful first time experience in organized baseball or tee ball. Start Smart Baseball is an offshoot of the popular Start Smart Sports Development Program. Start Smart Baseball focuses on including parents as an integral part of their child's learning process. Parents participate one-on-one with their child with the guidance of an instructor teaching them the baseball skills of throwing, catching, batting, and running/agility.

*CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!*



## **START SMART SOCCER**

Start Smart Soccer was developed to assist young children **3-5 years old** in learning the basic skills

necessary for a successful first time experience in organized soccer. Start Smart Soccer focuses on including parents as an integral part of their child's learning process. Parents participate one-on-one with their child with the guidance of an instructor teaching them the soccer skills of kicking, dribbling, trapping, throw-ins and agility.

*CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!*



## **START SMART BASKETBALL**

Start Smart Basketball teaches children **ages 3-5** the basic motor skills necessary to play organized basketball, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents dribbling/ball handling, shooting, passing/catching, and running/agility without the threat of competition or the fear of getting hurt. Start Smart Basketball sessions are held one time per week for 6 weeks, each week the exercises become increasingly more challenging as the class progresses and the children show improvement.

*CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!*

## **TOT SPOT**

Join other 2 & 3 year olds as we explore various activities and games weekly at NARA Park. Each week we will try out a different sport or activity, learn some skills and have some fun. This class is open to 2 & 3 year olds only

*CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!*

**OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!**

## **PLAYGROUND PLAYGROUP**

Join us weekly at the NARA Park playground, meet new friends and socialize with other toddlers.



This non-instructional class is designed to be a social group for children up to 4 years of age. We will provide a snack and juice each week as well as an array of age-appropriate equipment for your child to experiment with.

**CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!**

## **NEW HORSEBACK RIDING LESSONS**

**At Marlborough Equestrian Center**

Riding lessons for children and adults are being offered at Marlborough Equestrian Center. Lessons meet weekly for one hour. This includes instruction in grooming and tacking as well as riding.

Students should come dressed for outdoor conditions and wearing long pants and boots with heels. Helmets will be provided.



**\$160, per 4-week session.**

*Lessons limited to 4 riders per group – sign up early!*

**CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!**

## **NEW HIGH VOLTAGE KICKSPAR**

Do you have what it takes to be the next KickSpar Champ? Enter the octagon ring and test your skills against the competitors in your class!

This program is an exciting and fast-paced martial arts tournament point-fighting class. It's a blend between karate and kickboxing – without the long hours of traditional repetitive training techniques. There is controlled contact in this sport.

It is a class strictly focused on sparring with an emphasis on speed, agility, strategy, and

control. Every session will incorporate new skills and improve existing ones. All of the training leads up to a class tournament where you can compete to be the next KickSpar champ. Get into the fun.... You CAN'T get this anywhere else!

*Mark Ryder is a certified personal trainer and Director of Fitness at Personal Triumph of Concord. He is also a 2<sup>nd</sup> degree black belt in Shotokan karate.*

**CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!**

## **NEW SHOTOKAN KARATE WITH STRENGTH & CONDITIONING**

At Triumph Martial Arts, we teach traditional Japanese karate. Shotokan karate is one of the most widely practiced forms of karate in the world. It is a strong, powerful and high-spirited form of karate which is characterized by low stances and powerful kicks and punches. As a karate student, you can get use of our Nautilus and cardio for free. Karate training can provide self-defense, confidence, improved concentration, discipline and exercise. One key aspect of training is to provide an opportunity where students are taught respect, courtesy and balance.

**CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!**



**STRENGTH AND CONDITIONING**  
**FOR TEENS**  
**AGES 12-16**

This is a great way to introduce children to a lifetime appreciation for fitness.

The training will be strength based with some athletic skills training to augment existing skills or introduce new skills. Training meets with the American Academy of Pediatrics standards and guidelines.

Students will perform a series of different calisthenics exercises and learn safe strength training on Nautilus machines. The ultimate aim is to promote exercise and make it enjoyable.

Ultimately, the child will experience a change in their body, self-esteem and ability. Classes will meet two times per week during after school hours. Training will last for 55 minutes per class.

***CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!***

**NEW**  
**THE YEAR OF MY TRIUMPH –**  
**WEIGHT LOSS**

Personal Triumph is running a program geared towards weight loss, but treats the whole person. Most people know what to do to lose weight but somehow manage to stay the same weight, have weight swings or even put on more weight. The reasons behind the weight gain need to be addressed. Those obstacles are removed or minimized with skills development. My Triumph is a program which includes support groups, lectures, meal programs, exercise programs and weekly progress updates. It is a fully integrated program which includes membership to the studio. The support and lecture are the anchors of the program. You will lose weight and feel better.

Class is held at Personal Triumph in Concord and has options for stay at home Moms or working women:

***CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!***

**New Fall Offering!**

**MEN & WOMEN'S ADULT FALL**  
**TENNIS CLASSES**

This intermediate class will focus on shot techniques drills; singles and doubles strategy; and some match play analysis. Limited to 8 students

***CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!***



**NEW**  
**SKYHAWKS TENNIS CLASSES**  
**FOR KIDS 7-14!**

Tennis classes for kids **aged 7-14** focuses on the fundamental skills needed to participate in this lifelong sport. Participants learn the proper techniques of grip, footwork, groundstrokes, volleys, overheads and serves. Players will also learn the rules and etiquette of the game. [www.skyhawks.com](http://www.skyhawks.com)

***CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!***

**ACTON AREA WALKERS**

This club is for anyone who loves to walk with others, from casual walkers to those who want to compete. We meet on Saturday mornings at various locations in Acton and the surrounding towns. Walkers usually have a choice of two

distances from 4 to 8 miles in length.

Many members also get together informally during the week to walk. This is on on-going program.



**CLASS MEETS:** Saturdays, September 10-  
March 25, 2006

**TIME:** 8:00 AM

**LOCATION:** Acton Memorial Library parking lot for  
1st mtg. TBD thereafter

**FEE:** \$35.00

**INSTRUCTOR:** Carol Brown, Fitways

## **THE T.J. O'GRADY MEMORIAL SKATEBOARD PARK**

On November 20, 1998, T.J. O'Grady, a 15-year-old boy from Boxborough, MA, was struck and killed by an automobile while skateboarding down a residential road. Since then T.J.'s Mother, Lori O'Grady, and many of T.J.'s friends and their families have formed the T.J. O'Grady Memorial Skateboard Park, Inc., a non-profit organization whose ultimate mission is to build a safe place for the children and adults to skateboard and inline skate. To make a much needed donation, or for information on our efforts, please visit our website at [www.tjskatepark.org](http://www.tjskatepark.org). Construction is currently underway on the skate park and many people are working diligently to obtain funding to complete this project. Together we can make this park a reality for the children and adults in Acton and surrounding communities.



## **~SPECIAL FALL WEEKEND~ SPEND A DAY AT KIMBALL'S FARM, WESTFORD!**

Take advantage of this special savings rate that Kimball's has offered to the Acton Recreation Department for yourself or your whole family for a couple of hours, or all day long (10 a.m. – 5:00 p.m.). Unlimited bumper boats, mini-golf, and for the over-12 crowd, use of the driving range and Pitch and Putt area too. To top it off, this special day at Kimball's Farm also includes a small ice cream cone. All this for just one price per person! Spend a couple of hours or all day having fun with your family or friends. Tickets are purchased through the Acton Recreation Department and are redeemed on-site at Kimball's on the day of your event. (Please note all children under the age of 12 must have adult supervision.) NOTE: A refund by the Acton Recreation Department will only be issued for weather conditions if Kimball's Farm has closed for the day and no alternative date could be issued by Kimball's Farm.

**CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!**



## **NEW SENIOR FALL FOLIAGE WALKING TOUR\***

Explore Acton's Conservation Areas with our own renowned Conservation Director, Tom Tidman. Each class will be held at a different conservation area in town. Enjoy the crisp autumn air and nature's beautiful artwork. Learn all about the existing plant and wildlife habitats that make Acton a unique place to live.

**CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!**

## **NEW 1<sup>st</sup> FALL FAMILY CAMP-OUT**



Join us on Saturday, **Saturday, September 24, 2005 (rain date 10/1)** for a night of camping out at NARA Park. Join us for a campfire complete with s'mores and hot dogs. Bring your own tent and sleeping supplies. Bathrooms will be available all night for your use. In the morning join us for a hot breakfast. Pack-up and head for home around 10:00 a.m. Enrollment is limited to 50 families. Families are limited to current household members only. No private cooking fires or grills will be allowed.

**CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!**

## **ACTON DAY KIDS ALL AMERICAN FISHING DERBY**

The Kids All-American Fishing Derby is a national program operated in conjunction with local park and recreation departments, the National Recreation and Park Association, and Wal-Mart. In its seventeen year history, the Kids All-American Fishing Derby program has grown to become the largest nationally-sponsored youth/family special event in the United States. This derby is sure to be an unforgettable experience outdoors with your family. Please plan to bring your own fishing pole, reel, tackle and bait. Prizes will be awarded for the longest fish caught by each age group. This is a catch and release derby.



**CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!**

## **COMMUNITY GARDENS—mark your calendar—Signups begin in December!**

The Recreation Department operates the Community Gardens located on Rte 27 in north Acton. Open plots will be available to the general public beginning on December 15, 2005. Garden plots are available in either full size lots (50' X 33') or half size (25' X 16'). Lots can be used from spring until November 1, 2006. If you are interested in having a garden but lack the necessary space at home try out one of the garden plots at the Community Gardens.

Fee: Full plot resident - \$15.00, half plot resident - \$8.00,  
Non-resident full plot - \$25.00, non-resident half plot - \$13.00.

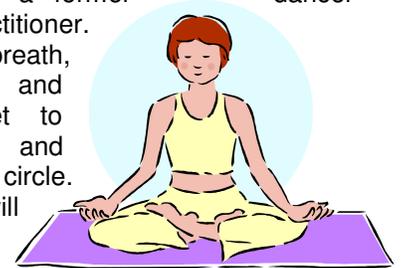
FOR MORE INFO ON THE GARDENT PLOTS, PLEASE CONTACT THE ACTON RECREATION DEPT.

## **NEW MOVEMENT, STRETCH & STRESS RELIEF**

Would you like to enjoy your body, have a healing experience and have fun? This class combines movement and innovative stretches designed by a Chiropractor who is a former dancer and mind/body practitioner.

We will slo play with breath, body awareness and visulaization all set to beautiful music and followed by a sharing circle.

The experience will melt stress from your body, connect, renew and rejuvenate you on all levels. Offered by Dr. Deborah Diamond, D.C., co-founder of Network Chiropractic of Acton. Dr. Diamond specializes in Network Chiropractic, a cutting edge technique that achieves health enhancement and symptom reduction through mind/body integration, and a Light Touch applied to special points along the spine that stimulate a relaxing, healing and unwinding experience in the body and spine, healing manifestations of both acute and chronic conditions. Sessions once started may be pro-rated.



**CLASS MEETS:** Tuesdays  
There will be 5 series of 5 weeks each:  
Session 4. Jan 10,17, 24,31, Feb 7  
Session 5. Feb 14, 28, March 7, 14, 21  
**TIME:** 9:30-10:30 AM

**FEE:** \$65 per session  
**LOCATION:** 274 Great Road, Suite 2B, Acton  
(located behind Siesta Sleepworks)  
**INSTRUCTOR:** Dr. Deborah Diamond D.C.

## **PROFESSIONAL RESCUER CPR**

Class Description: Upon completion, candidate will receive certification through National Safety and Health Institute. This level of certification meets all requirements for lifeguards, EMTs, and healthcare workers. Topics of discussion include strokes, heart attacks, assessment, rescue breathing, CPR for adults, infants, and children, two rescuer CPR, the use of a bag valve mask, choking, emergency oxygen, and an introduction to the automatic external defibrillator (AED). A skills examination will be given at the end of the course.

**Date/Time:** Students should sign up and instructor will contact to find a date and time to match student's schedule.

**Cost:** \$60  
Instructor: Jason Malinowski



## **PROFESSIONAL RESCUER CPR REVIEW**

Class Description: This class is intended for candidates with previous certification in professional rescuer CPR. Topics of review include strokes, heart attacks, assessment, rescue breathing, CPR for adults, infants, and children, two rescuer CPR, the use of a bag valve mask, choking, emergency oxygen, and an introduction to the automatic external defibrillator (AED). Candidates must have been previously certified through the American Red Cross, American Heart Association, or National Safety Council. Candidates must present proof of completion on first day of class. This course meets all guidelines for lifeguards, EMTs, and healthcare providers.

Date/Time: Students should sign up and instructor will contact to find a date and time to match student's schedule.

Cost: \$40

Instructor: Jason Malinowski

## **COMMUNITY CPR/FIRST AID**

Class Description: This class certifies candidates in CPR for adult, children, and infants, as well as provides certification in first aid. Candidates can choose whether they want to take both sections or choose to take just one. The CPR section will include the topics of strokes, heart disease, rescue breathing, choking, CPR for adults, children, and infants, as well as a brief introduction to the automatic external defibrillator. The first aid section includes the topics of assessment, bleeding, shock, burns, musculoskeletal injuries, medical emergencies, poisoning, insect bites, and environmental emergencies. Successful candidates will receive completion cards through the American Health and Safety Institute. It is strongly recommended that students have prior knowledge of CPR and First Aid as this is a fast paced course.

Date/Time: Students should sign up and instructor will contact to find a date and time to match student's schedule.

Cost: \$60

Instructor: Jason Malinowski

**NEW**

## **CERAMICS FOR KIDS**

**Grades 1-3 & Grades 4-6**

Acton Town Hall

All projects are completed and are taken home that evening! This fun and affordable ceramics class has children paint and finish kiln dried ceramic pieces that the instructor has prepared. The cost of this class includes the art piece and all supplies to complete all projects. This new and exciting class is being taught by Diane Sweet who has been teaching ceramics to many Acton residents of all ages. In session one, children will be painting apples, a set of pumpkins, a small turkey, and a candy cane ornament. In session two, a snow flake box, a chick basket, a silly frog and 3 small bunnies. All of the projects are fun for both boys and girls. (Project samples can be seen at the Recreation Department)

**SESSION II:** Grades 1 - 3 and Grades 4 - 6

Dates: Jan. 27, Feb. 24, Mar. 24, April 12

Time: 5:00-6:30 PM

Fee: \$48 per session/4classes

Instructor: Diane Sweet

Location: Acton Town Hall

Min: 6 Max: 12

**NEW**

## **CERAMICS FOR TEENS**

**Grades 7+**

Acton Town Hall

All projects are completed and are taken home that evening! This fun class has teens painting and completing finishing touches on prepared kiln dried ceramic pieces. The cost of this class includes the art piece and all supplies to complete all projects. This new and exciting class is being taught by Diane Sweet who teaches the art of painting ceramics to many Acton residents of all ages. In session one, projects include painting apples, a set of pumpkins, a small turkey, and a candy cane ornament. In session two, a snow flake box, a chick basket, a silly frog and 3 small bunnies. All of the projects are fun for both girls and boys. (Project samples can be seen at the Recreation Department)

**SESSION II:** Grades 7+

Dates: Jan. 27, Feb. 24, Mar. 24, April 12

Time: 5:00-6:30 PM

Fee: \$50 per session/4 classes

Instructor: Diane Sweet

Location: Acton Town Hall

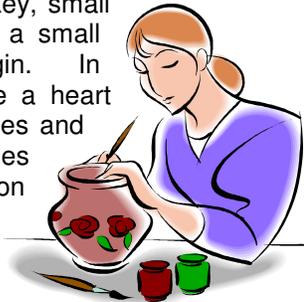
Min: 12 Max: 16

**NEW**

## **CERAMICS FOR ADULTS**

Acton Town Hall

Spend some Friday evenings meeting new friends or old having fun doing ceramics with our new fun and affordable class. All projects are completed and are taken home that evening! This fun class will have all prepared kiln dried ceramic pieces ready for finishing to be completed and brought home at the end of each class. The cost of this class includes the art piece and all supplies to complete all projects. This new and exciting class is offered by Diane Sweet who has been teaching the art of painting ceramics to many Acton residents of all ages. In session one, projects will include cracked pot birds, large turkey, small candy cane snowman, and a small and large snowman noggin. In session projects will include a heart box, muffin pan, large bunnies and silly frogs. (Project samples can be seen at the Recreation Department)



### **SESSION II: Adults**

Dates: Feb. 10, March 10, Apr. 7, April 14

Time: 7:00-9:30 PM

Fee: \$60 per session/4 classes

Location: Acton Town Hall

Min: 12 Max: 16

## **INDOOR FIELD HOCKEY**

Keep your field hockey skills sharp over the winter by playing field hockey weekly at this indoor facility. We'll meet for one (1) hour once a week to work on improving our game and increasing our skill level. This class is open to anyone grades 6-12. This is a non-instructional class designed for open play.



Class Meets: Thursdays, December 1, 2005 – April 14, 2006 (can be pro-rated)

(Note: No Class 12/29 & 2/23)

Time: 3:00-4:00 p.m.

Location: Acton Indoor Sports

Fee: \$160.00 for 19 weeks

Instructor: Laura Sikalis, Andrea Baum

NOTE: You must provide your own mouth-guard and shin guards. They are required to play.

## **KARATE FOR KIDS & ADULTS**

Martial arts is a complete discipline for the mind, body and spirit. In the development of practical self-defense skills students improve their flexibility,

strength, coordination, and overall physical well-being. In addition, they enhance their focus and concentration while acquiring effective stress relief techniques.

Class Meets: Students can come twice a week and they can start at the beginning of any month.

Time: Dependent upon age & level

4:00-4:30—ages 4-6

4:30-5:15—ages 6-8

5:15-6:00—ages 8-12

7:00-8:30—teens & adults

Location: Stow Martial Arts Center, 117 Great Rd., Stow

Fee: \$100 per month

Instructors: Pat Saunders & Mike Aceto

## **KUNG FU For KIDS ages 7-10**

Kung Fu teaches children to try their best. Through training they learn how to overcome challenges and experience victories, giving them the confidence and spirit to be their best in martial arts, their school, and home. This class develops: flexibility, strength, self-defense, respect, self-esteem, and coordination.

### **YOUNG TIGERS Ages 7-10**

***CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!***

Maximum: 10 Students

## **KUNG FU FOR KIDS LITTLE DRAGONS AGES 4-6**

Kung Fu teaches children to try their best. Through training they learn how to overcome challenges and experience victories, giving them the confidence and spirit to be their best in martial arts, their school, and home. This class develops: flexibility, strength, self-defense, respect, self-esteem and coordination.

### **LITTLE DRAGONS Ages 4-6**

***CLASSES HAVE ENDED. PLEASE CHECK BACK FOR NEW CLASSES IN OUR SPRING/SUMMER PROGRAM IN LATE FEB. 06!***

Other: t-shirt included and testing for the belt upon completion of the program

Instructor: Eva Latecki and Narcyz Latecki

Maximum: 6 Students

## **INTRODUCTION TO TAI CHI QIGONG (CHI KUNG) –ADULTS**

What is Tai Chi (Taiji)? Taiji is a traditional Chinese Martial Arts focusing on the circulation of chi or “life energy” found within and around all living things. Sometimes called “moving meditation”, millions of men and women all over the world practice it daily as a gentle, stress reducing exercise. At its deepest level,



Taiji can also become an extremely powerful and effective system of self-defense, characterized by a relaxed flow of internal energy and power as opposed to sheer muscular strength and speed. Benefits of Tai Chi include: Reduced stress. Increased flexibility. Increased energy and vitality. Improvement in general health. **Feel great.**

***TAI CHI QIGONG FOR ADULTS  
CLASSES HAVE ENDED. PLEASE  
CHECK BACK FOR NEW CLASSES IN  
OUR SPRING/SUMMER PROGRAM IN  
LATE FEB. 06!***

## **NARA PARK & OTHER FACILITIES USE RENTAL**

NARA Park is a great place to hold a family reunion, neighborhood picnic, birthday party or company get together. Did you know that you could reserve the amphitheater, bathhouse pavilion, picnic area or field space? Prices vary depending on number of attendees, area rented, and type of function being held. To obtain a Facilities Use Form please visit our website at [www.acton-ma.gov](http://www.acton-ma.gov) (Recreation Department page). Please contact the Recreation Department at 978-264-9608 for further information.

## **SLEDDING AT NARA PARK**

Sledding at NARA is available free of charge during daylight hours. Please note that sledding is done at your own risk. **PLEASE DO NOT SLED TOWARDS THE POND AS THE ICE MAY NOT BE SAFE.** We recommend you always sled towards the field area.

## **CONCORD ROAD ICE RINK\***

Beginning in December or January there will be 1 outdoor ice skating rinks located at Concord Road. This rink will be open to the public free of charge. Signs will be posted indicating when the rink is open. We ask that you please stay off the rink when it is posted as closed. Also, please keep pets away from the rink as their claws will rip the liners and make the rinks unusable.



*NOTE: Rinks can only be serviced and filled with availability of town equipment.*

## **KID'S SNOWSHOE / WINTER HIKE**

This class will introduce children to snowshoe and/or winter hiking. Children will learn how to put on snowshoes, walk on ice, deep snow walk up and down slopes. We will meet once a week for 5 weeks. Class hikes will vary in terrain and length but all will begin at NARA Park.



Class Meets: Tuesdays January 24 – February 21, 2006.  
Time: 3:30 – 4:30PM  
Location: NARA Park- upper parking lot.  
Instructor: Alison Trout  
Fee: \$30.00 for 5 weeks.  
Ages: Children up to grade 5  
Limit: 12 kids  
Includes use of snowshoes – please wear boots and dress for the weather.

## **TEEN SNOWSHOE / WINTER HIKE**



This class is designed for teen's grades 6 – 8. This class will meet once a week for 5 weeks and will teach kids the proper way to snowshoe on varied terrain. This is a great way to get out and exercise during the long winter months as well as make some new friends.

Class Meets: Wednesdays, January 25 – February 22, 2006.

Time: 3:00 – 4:00 PM

Location: NARA Park – upper parking lot.

Cost: \$30.00 / 5 weeks

Instructor: Alison Trout

Ages: Grades 6 and up.

Limit: Min 8/ Max. 12 kids

Includes use of snowshoes – please wear boots and dress for the weather.

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## **Winter Day Travel –Great Deals!**

### **December 10, 2005, NYC Trip**

Leave at 5:30 AM Return at 11:30 PM. Take in the beautiful sights of Rockefeller Plaza and local places of interest or find a nice gift in the many shops. We will travel in a luxury motor coach and have plenty of time to experience NYC during the holidays! **FEE: \$60 pp**

### **Saturday, February 18, 2006, Foxwoods Casino, CT:**

Try your luck at the slot machines, table games, keno or bingo! We will depart Acton on a luxury motor coach at 7:30 a.m. and return at 6:00

p.m. Join Acton Recreation for the time of your life! (Bingo players

should pre-register for bingo with the casino directly). FEE: \$35 pp, includes casino package and luxury motorcoach (either food or betting vouchers).

### **NEW: FRIDAY-MARCH 24,**

**2006:** Come join the Acton Recreation Department as the Lock Monsters take on the Providence Bruins in an Eastern Conference Battle! All seats are only \$11. This is a special discounted rate only available through the Acton Recreation Department! Come see the future NHL stars of the Colorado Avalanche and Carolina Hurricanes take on the future Bruins! Game Time 7:35 PM in Lowell. (Tickets only, transportation is not provided.)

Watch for the 2006 spring/summer program released February 21, 2006 - Many new and exciting upcoming summer events and concerts will be “not to be missed events” at NARA Park including Livingston Taylor, movie nights, July 4<sup>th</sup>, campout, beach passes, NARA summer program, Start Smart programs and many new recreation programs!

If you have a program suggestion or have a class program you are interested in teaching, please contact us at 978-264-9608 ext. Your input is very important to us!

Thank you for supporting the Acton Recreation  
Department programs.

WEBSITE: [WWW.ACTON-MA.GOV](http://WWW.ACTON-MA.GOV)  
EMAIL: RECREATION@ACTON-MA

Form may be reproduced for multiple courses.

# FALL/WINTER REGISTRATION FORM

2005/2006

(Please Print All Information, Signature Required Below)

Program Name \_\_\_\_\_ Date of Session: \_\_\_\_\_

Time: \_\_\_\_\_

Participants Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ ZipCode \_\_\_\_\_

Email: \_\_\_\_\_ @ \_\_\_\_\_ . \_\_\_\_\_

(note: email addresses will not be distributed-they are for class notifications)

Parent/Guardian (if registrant is under age 18) \_\_\_\_\_

Telephone  
(Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Emergency) \_\_\_\_\_

SPECIAL ACCOMMODATIONS: In order to enhance participation, please identify any special accommodations needed: \_\_\_\_\_

I agree to hold harmless the Town of Acton and/or its employees from claims or liability related to any accident that may occur. I give permission for medical treatment to be given if the need arises.

\_\_\_\_\_  
Signature of Class Participant or (Parent/Guardian if under age 18) \_\_\_\_\_ Date

Classes payable by cash or check:  
Checks payable to: *Town of Acton*

Amount Enclosed: \_\_\_\_\_

<b>HELPFUL PHONE NUMBERS</b>			
<i>Organization</i>	<i>Contact Name</i>	<i>Phone</i>	<i>Web/Email Address</i>
Acton Recreation Department		(978) 264-9608	<a href="http://www.acton-ma.gov">www.acton-ma.gov</a>
Recreation Director	Alison Trout	(978) 264-9608	<a href="mailto:atrout@acton-ma.gov">atrout@acton-ma.gov</a>
Recreation Secretary	Maura Haberman	(978) 264-9608	<a href="mailto:mhaberman@acton-ma.gov">mhaberman@acton-ma.gov</a>
<b>YOUTH SPORTS</b>			
Acton Boxboro Youth Soccer	Sue Reuther, ABYS Registrar	(978) 266-1490	<a href="mailto:sreuther@comcast.net">sreuther@comcast.net</a>
	Steve Kewin-Berlin, ABYS Field Scheduler	(978) 264-0466	<a href="mailto:steve@lewinberlin.com">steve@lewinberlin.com</a>
	Dave Scheuer, Exec. Director	(978) 263-2105	<a href="mailto:dave.scheuer@interactivedata.com">dave.scheuer@interactivedata.com</a>
Little League Baseball	Steve Mielke		<a href="http://www.abyb.org">www.abyb.org</a>
	Dave Hearne		
	Elise Marshall, Registrar	978-263-8565	
Pop Warner Football	Gerry McGavick, Vice President		
Pop Warner Cheerleading	Loretta Mosca, Director		
Hockey	Maureen Auclair	(978) 263-0720	
Softball	Tom Reuther, President	(978) 266-1490	<a href="mailto:tomreuther@comcast.net">tomreuther@comcast.net</a>
A B Lacrosse (Girls)	Judy Peters	(978) 263-2581	<a href="mailto:peters.family@verizon.net">peters.family@verizon.net</a>
A B Lacrosse (Boys)	Mark Robertson	(978) 263-5608	<a href="mailto:aicmr@earthlink.net">aicmr@earthlink.net</a>
<b>ADULT SPORTS</b>			
Abunted Over the Hill	Turner Wilson	(978) 264-2080	
Soccer (30+ league)	Will Bigelow	(978) 263-0863	
	Dana Kintigh	(978) 263-0179	
Men's Senior Baseball (Acton Orioles)	Bob Major	978-448-2797	<a href="mailto:actonorioles@yahoo.com">actonorioles@yahoo.com</a>
Co-ed Softball	Acton Recreation Department	978-264-9608	
Acton Adult Softball League	Rich Gottesman, President	978-263-6523	<a href="mailto:rich.gottesman@verizon.net">rich.gottesman@verizon.net</a>