

# Town of Acton Recreation Department

## FALL 2006 WINTER 2006-7 PROGRAM

Recreation Programs  
Special Events & Trips!



Exciting  
new classes,  
events and  
trips!

Town of Acton Recreation Department

472 Main Street

Acton, MA 01720

Phone: (978) 264-9608

Fax: (978) 264-9630

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

EMAIL: [RECREATION@ACTON-MA.GOV](mailto:RECREATION@ACTON-MA.GOV)



# 06/07 FALL WINTER REGISTRATION FORM

(Please Print All Information, Signature Required Below)

Program Name: \_\_\_\_\_ Program # \_\_\_\_\_

Date of Session: \_\_\_\_\_ Time: \_\_\_\_\_ Amount of Sessions: \_\_\_\_\_

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

If participant is under age 18 please PRINT parent name: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

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

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

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

NOTES: \_\_\_\_\_

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

By signing below: 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. I acknowledge the refund policy for the program in which I have signed up for.

\_\_\_\_\_  
**Signature of Class Participant** or (Parent/Guardian if under age 18) **Date**  
(Must be signed to participate)

FOR TRIPS—Traveling with: \_\_\_\_\_

The Recreation Department accepts cash, check, money order, VISA or MasterCard.  
Checks payable to: *Town of Acton. Credit card transactions must be completed at the Recreation Dept. A \$3 fee per \$100 is added to credit card transactions.*  
Please mail or bring completed registrations to: Town of Acton Recreation Department, 472 Main Street, Acton, MA 01720 Phone: (978) 264-9608 Fax: (978) 264-9630

**REFUNDS & WITHDRAWALS:** You may withdraw from a program up to 7 (seven) business days prior to the start date--an administrative fee of **\$10 will be applied to all registrations.** After that time, no refunds will be issued. All refunds must be submitted in writing to the Recreation Department requesting withdrawal and refund. It will take two-three weeks for the refund to be processed. Refunds will not be made for classes missed due to inclement weather. Exception to policy: a written letter from a licensed physician excusing participant from a program.  
**NOTE: Certain programs and trips have separate refund policies and will be duly noted in description and/or on form.**

**CLASS CANCELLATION POLICY:**  
Classes are cancelled if Acton Boxborough Schools have closed due to weather. Notification via email for Recreation Dept. run programs will be made if a class is cancelled due to poor weather or field conditions. Programs run outside of the Recreation Department are responsible to notify participants of class cancellations. Efforts will be made to make-up weather cancelled classes, but are not guaranteed. Any class cancellations due to an illness of an instructor will be made-up or refunded. Refunds will not be offered due to a participant's inability to partake in missed make-up sessions.

Amount Enclosed: \_\_\_\_\_ For Office Use Only:

Received by: _____
Date: _____
Check # _____ Cash
MasterCard VISA
Amount \$ _____

## Letter from the Director....

Fall 2006

To Our Community,

I'm proud to introduce you to the Fall/Winter 2006-7 Program Guide. The Recreation staff has assembled an extensive list of programs, special events and trips designed to appeal to all ages. Recreation doesn't need to slow down when the temperatures drop; beat the Winter doldrums and keep active with our many offerings.

Look here for youth sports opportunities, including the Start Smart Instructional Program, Kung Fu, tennis, yoga, field hockey, ice hockey, softball, and lacrosse. Try one of the many music classes, cooking with Junior Chefs, or a scrapbook workshop. Enjoy socializing on one of our many guided tours through town conservation trails, including the Fall Foliage Walk, Parent and Tot Hike, and Kids and Adult Winter Snowshoe Hikes. Tour local neighborhoods with our popular Acton Area Walkers. Find other fun ways to keep fit, such as hitting a bike trail with our Fall Inline Skating for Fitness class, or attending Body Pump, Yoga or Chinese Martial Arts. Expand your leisure time repertoire by attending cooking classes with *The Guest Chef Cooks*, or one of our new *Weekend Gardener Workshops* for landscaping or floral arts. An exciting addition is *Teen Repertory Theatre* this fall, and *Theatre in the Park*, debuting next summer. Don't miss our special events: Family Fest (5K, Kids Fun Run, KISS Summer of Fun Concert), All-American Fishing Derby, Welcome Coffee, Autumn Fun in the Park Concert, Fall Family Campout, Monster Bash, Night Star Party, Balloon and Magic Workshop and Winterfest 2007. School vacation week we have a special trip planned to American Girl Place, NYC.

As the newest member of this department, I'm fortunate to have the support of our manager, Natural Resources Director Tom Tidman, Event Coordinator Maura Haberman, our Town Facilities Crew, NARA staff and the many town departments who all contribute to Recreation's success. I'm enthusiastic about expanding our program offerings. Please contact me with your suggestions; we value your input. I look forward to meeting you and working with the community.

To Your Good Health,

Cathy Fochtman  
Recreation Director  
[cfochtman@acton-ma.gov](mailto:cfochtman@acton-ma.gov)  
(978) 264-9608

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## GENERAL INFORMATION

The Recreation Department is located on the ground floor of the Acton Town Hall.  
Normal business hours are Monday-Friday, 8AM-5PM.

**Phone:** (978)264-9608 **Fax:** (978) 264-9630 **Dept. E-mail:** [recreation@acton-ma.gov](mailto:recreation@acton-ma.gov)

**NARA Park Bathhouse Phone (seasonal):** (978) 263-5519

**Director of Natural Resources:** Tom Tidman, [ttidman@acton-ma.gov](mailto:ttidman@acton-ma.gov)

**Recreation Director:** Cathy Fochtman, [cfochtman@acton-ma.gov](mailto:cfochtman@acton-ma.gov)

**Events Coordinator/Administrative Assistant:** Maura Haberman, [mhaberman@acton-ma.gov](mailto:mhaberman@acton-ma.gov)

**Recreation Commission:** Ron Schlegel (Chair), Michele Zaremba (Vice-Chair), Alison Gallagher, Matt Lundberg.

## ACTON SPORTS CONTACT INFORMATION

### YOUTH SPORTS

**Acton Boxborough Youth Baseball:** [www.abyb.org](http://www.abyb.org), President-Steve Mielke, [stevem@jearch.com](mailto:stevem@jearch.com), Elise Marshall, ABYB Registrar (978)263-8565, [registrar@abyb.org](mailto:registrar@abyb.org), Fields: Sanjay Khosla, [sikhosla@aol.com](mailto:sikhosla@aol.com), Randy Steines (978) 394-0046, [randy.steines@motorola.com](mailto:randy.steines@motorola.com)

**Acton Boxborough Pop Warner Cheerleading:** Loretta Mosca, Director (978) 897-8131 [lorettamosca@aol.com](mailto:lorettamosca@aol.com)

**Acton Boxborough Field Hockey:** Maureen Auclair (978) 263-0720

**Acton Boxborough Pop Warner Football:** [www.abpw.org](http://www.abpw.org) Gerry McGavick, President (978) 264-0071 [gmcgavick@hearst.com](mailto:gmcgavick@hearst.com), Jim Maxwell (978) 264-0958, [jmaxwell25@comcast.net](mailto:jmaxwell25@comcast.net)

**Acton Boxborough Youth Ice Hockey:** [www.abyyha.org](http://www.abyyha.org) David Peduto (978) 263-5608, [director@abyha.org](mailto:director@abyha.org)

**Acton Boxborough Boys Youth Lacrosse:** Mark Robertson (978) 263-5608 [robertsonmark@comcast.net](mailto:robertsonmark@comcast.net)

**Acton Boxborough Girls Youth Lacrosse:** Ingrid Joyce (978) 266-1504, [ijoyce@comcast.net](mailto:ijoyce@comcast.net)

**Acton Boxborough Youth Soccer:** [www.abys.org](http://www.abys.org) President-Anwen Hayes-Miguel, [anwenhayes@arundela.com](mailto:anwenhayes@arundela.com), (978) 263-0122, Sue Reuther, ABYS Registrar (978) 266-1490, [sreuther@comcast.net](mailto:sreuther@comcast.net), Dave Scheuer, Exec. Director (978) 263-2105, [dave.scheuer@interactivedata.com](mailto:dave.scheuer@interactivedata.com)

**Acton Boxborough Youth Softball:** [www.absoftball.com](http://www.absoftball.com) Tom Reuther, President (978) 266-1490, [TomReuther@comcast.net](mailto:TomReuther@comcast.net), Gary Ropiak (978) 635-0391, [gropiak@avici.com](mailto:gropiak@avici.com)

### ADULT SPORTS

**Abunted Over the Hill:** Will Bigelow (978) 263-0863, Mark Giglio (978) 264-3950, Antonio Furlan (978) 635-9209

**Men's Senior Baseball (Acton Orioles):** [www.400hitter.com](http://www.400hitter.com) Bob Major (978) 448-2797, [actonorioles@yahoo.com](mailto:actonorioles@yahoo.com); Sil Belanger (978) 266-1995,

**Acton Adult Softball League:** [www.actonasl.com](http://www.actonasl.com) Rich Gottesman, Commissioner (978) 263-5403, [rich.gottesman@verizon.net](mailto:rich.gottesman@verizon.net); Matt Murphy (978) 263-5403, [Murphy.matt@verizon.net](mailto:Murphy.matt@verizon.net)

**Acton Boxborough Community Education:** [www.comed.ab.mec.edu](http://www.comed.ab.mec.edu) Linda Mathinos, Director (978) 266-2525, [lmathinos@mail.ab.mec.edu](mailto:lmathinos@mail.ab.mec.edu)

**Boxboro Recreation:** Sue Reuther (978) 266-1490, [sreuther@comcast.net](mailto:sreuther@comcast.net)

**Chinese Martial Arts:** [www.athleticbalance.com](http://www.athleticbalance.com) (978) 635-1090

**Concord Conservatory Of Music:** [www.concordconservatory.com](http://www.concordconservatory.com) Kate Yoder, Director (978) 369-0010, [kyoder@concordconservatory.org](mailto:kyoder@concordconservatory.org)

**Four Seasons Tennis Club:** (978) 263-3660, 10 Granite Rd., Acton

**Friends of Leary Field:** Dave Wilson (978) 635-0391, [dwilson@rc.com](mailto:dwilson@rc.com)

**Jamie Norton (Start Smart):** (978) 897-6924, [millernorton@yahoo.com](mailto:millernorton@yahoo.com)

**Mary Spinoza-Wilson (Wilson Productions):** (978) 302-0985, [Wilson.family.home@verizon.net](mailto:Wilson.family.home@verizon.net)

**One Stop Fun:** [www.onestopfun.org](http://www.onestopfun.org) (978) (978) 692-9907

## GENERAL INFORMATION

Registration begins for classes once published on the Recreation Dept. page of the Town website for the fall/winter program: [www.acton-ma.gov](http://www.acton-ma.gov) You can register in person at the Recreation Department located at the Acton Town Hall, 472 Main Street, Acton, MA 01720 or by mailing in your registration form and payment. **There are no additional fees assessed for out-of-town residents.** You are welcome to register any time for a program, but all programs are on a **first come, first served basis**. We now accept MasterCard or VISA (\$3 fee per \$100 transaction--must be present).

**PAYMENT:** We accept cash, money orders checks, and all new—MasterCard or VISA (\$3 fee per \$100 transaction credit card transaction). Class fee pro-ration are at the discretion of the Recreation Department. Checks and money orders are made payable to: **Town of Acton**  
One check can pay for multiple programs.  
Credit card sales must be done in person. Checks returned are assessed a \$20 fee.

**WAYS TO REGISTER:** Walk-in Registration as long as space is available with payment of cash, check or credit card.  
Mail-in Registrations are processed after walk-ins and payment by check or money order. Payment **MUST** be received with the registration form to be processed.

**PROXY REGISTRATIONS, PROGRAM CONFIRMATION & DISCLAIMER:** A person may submit another's registration form, provided the form is properly completed and signed. Limit is ONE PER PERSON. The Recreation Department reserves the right to correct mistakes or adjust program fees made in this brochure at the time of print and cancel any program due to low enrollment or poor weather. **Confirmations are not mailed out. All registrations are considered accepted unless you are contacted – no news is good news.**

**FINANCIAL AID:** Aid is available for Acton residents based on financial need. If you need assistance, please contact the Acton Recreation Department for further information.

**PHOTO POLICY:** Acton Recreation Department and events are often photographed for promotional purposes. If you do not wish to be included in Recreation photos, please indicate this to the photographer.

**HOURS:** The Town Hall is closed on Labor Day, Columbus Day, Veteran's Day, Thanksgiving and day after Thanksgiving, Christmas, New Years Day, Martin Luther King Day, Presidents Day, Patriots Day, Memorial Day and July 4. Town Hall business hours are Monday-Friday 8-5. The Recreation Department has a door slot for form drop-offs during hours when the Recreation Department is closed or unavailable. After hours, forms (in envelope) may be dropped in the message drop located outside the Town Hall lower parking lot entry doorway.

**REFUNDS & WITHDRAWALS:** You may withdraw from a program up to 7 (seven) business days prior to the start date--an administrative fee of **\$10 will be applied to all registrations.** After that time, no refunds will be issued. All refunds must be submitted in writing to the Recreation Department requesting withdrawal and refund. It will take two-three weeks for the refund to be processed. Refunds will not be made for classes missed due to inclement weather. Exception to policy: a written letter from a licensed physician excusing participant from a program.  
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## FACILITIES USE

### TOWN OF ACTON FACILITIES USES & LOCATIONS

Permits can be obtained at the Recreation Department on-line at [www.acton-ma.gov](http://www.acton-ma.gov)

	Baseball	Soccer	Tennis	Basketball	Fishing	Swimming	Playground	Skateboard
NARA Park	Yes	Yes			Yes	Yes	Yes	
Concord Rd		Yes						
Elm St	Yes	Yes	Yes				Yes	
Gardner				Yes			Yes	
Goward							Yes	
Great Hill		Yes					Yes	
Hart Field	Yes							
Ice House Pond					Yes			
Jones Field	Yes	Yes					Yes	
MacPherson	Yes							
School St		Yes						
Veterans' Field	Yes						Yes	
T.J. O'Grady Skate Park								Yes

**Veteran's Field:** Veteran's Field is located at the intersection of 2A and Route 27.

This Field consists of 2 Little League diamonds and a playground. This is a tournament quality lighted field.

**Concord Rd. Field:** Concord Rd. Field is located off of Concord Rd. between Ice House Pond and the cemetery entrance. It is a multi-use soccer field. This field also seats an outdoor ice rink during the winter months.

**Elm St. Fields:** The Elm St. Fields are located on Elm St. next to the Douglas School (25 Elm Street) in West Acton. The Elm St. fields consist of a playground and picnic area, two tennis courts, a softball diamond and a soccer field.

**Gardner Field:** Gardner Field is located off of Rte. 111 (Mass. Ave.) near Kinsley Rd.

This field consists of a playground, basketball hoop, and field area.

**Goward Playground:** Goward Playground is located behind the Acton Memorial Library in Acton center.

**Great Hill:** Great Hill is located off of School St. behind the South Acton Fire station. This field contains a soccer field located adjacent to the Great Hill Conservation Area.

**Hart Field:** Hart Field is located at the Conant Elementary School. This field consists of a baseball/softball diamond.

**Jones Field:** Jones Field is located off of Martin St. This field consists of a playground and a full size baseball diamond.

**MacPherson Field:** MacPherson Field is located at the Conant Elementary School. This field consists of a Baseball diamond.

**School St. Field:** The School St. fields are located at the end of School St. off of Rte. 2 East. This field consists of soccer fields.

**Community Gardens:** Located off Rt. 27 in N. Acton. Garden sign-ups begin on/around Dec. 15. There are approximately 45 garden plots varying from 1/2 to full plots.

**Ice House Pond:** The Ice House Pond is located off of Concord Rd. This pond has fishing and a picnic area.

**Morrison Property:** Take Rt. 2A west at the Concord Rotary, follow Rt. 2A into Acton, turn left onto Concord Road after Ice House Pond.

**Little Great Hill:** Little Great Hill is located off of School St. behind the South Acton Fire station and to the left of the Great Hill Field. This field contains small sided soccer fields.

**NARA Park:** NARA Park was opened in the summer of 1999. It is located at 25 Ledge Rock Way off of Rte. 27 (Main St.). NARA Park is home to the NARA Youth and Mighty Mini Summer Programs and also our summer cultural concert series. The park consists of a playground, NARA Pond and beach, a walking trail (approx. one mile loop), a softball field, a picnic pavilion, 3 soccer fields and an amphitheater.

**T.J. O'Grady Skatepark:** The Skate Park was opened in the Fall 2005. This free park is open during daylight hours. Facilities for skateboarding and rollerblading. The Skate Park is located on Hayward Road.

**NARA Park**  
**25 Ledge Rock Way, Acton 01720**

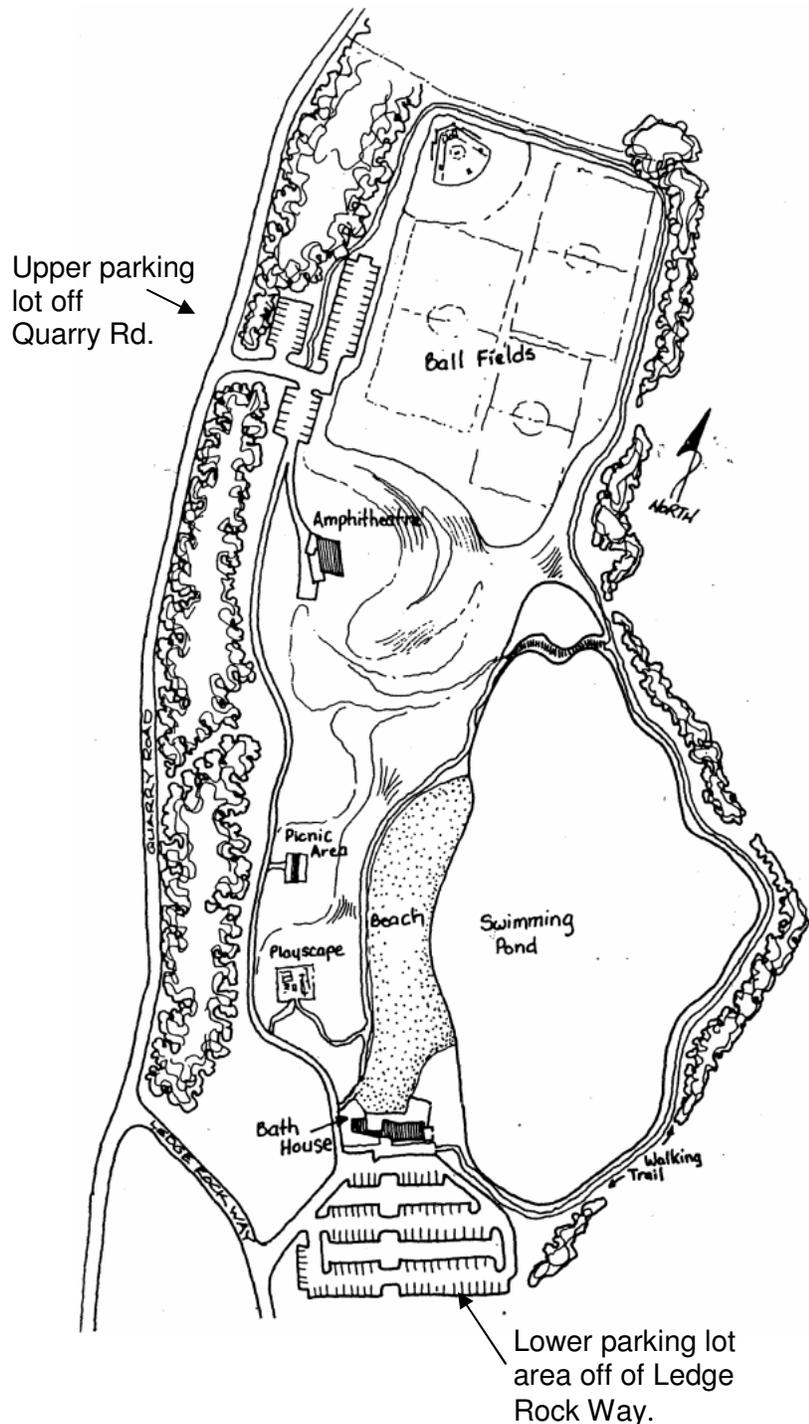
**Directions to get to NARA Park:**

**From 495N** - Take Exit 29A (to Rte 2 East). Take Exit 42 (Rte 27 Acton, Maynard). Take left at end of the ramp. Follow Rte 27. Go straight through 2 sets of lights.

Approximately 9/10th's of a mile from the second set of lights Quarry Road will be located on your left. Go to the end of Quarry Road and when you see the last house on the left, take your next right into the parking lot. If you end up on a dirt road, you've gone too far. Stage will be located to the right.

**From Rte 128** - Take Exit 29 (Rte 2 West). Take Exit 41 (Rte 27 Acton, Maynard). Take right at the end of ramp. Follow Rte 27. Go straight through 2 sets of lights.

Approximately 9/10th's of a mile from the second set of lights Quarry Road will be located on your left. Go to the end of Quarry Road and when you see the last house on the left, take your next right into the parking lot. If you end up on a dirt road, you've gone too far. Stage will be located to the right.



Field Use Permits and Picnic Area Permits are available on the Recreation Dept. page of the Town website: [www.acton-ma.gov](http://www.acton-ma.gov) This form must be completed for all permit and picnic requests for NARA Park and all other Town areas on the Acton Facilities Table, listed on the previous page. All requests are subject to a two-week processing period once received.

## PROGRAMS FOR INFANTS & YOUNG CHILDREN

### 1. PLAYGROUND PLAYGROUP

Outdoor playtime in a non-instructional social group for children **up to four years** of age with their parents. Snacks provided.

#### Session 1:

**DAYS:** Fridays: September 15, 22, 29, Oct. 6, 13 and 20.

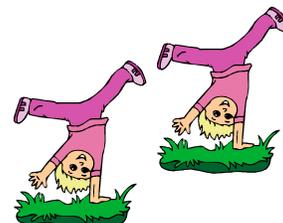
**TIME:** 10:30-11:15 a.m.

**LOCATION:** NARA Park Playground

**FEE:** \$22 per child. (\$15 for each additional child in the same family)

**INSTRUCTOR:** Acton Recreation Department

**MIN/MAX STUDENTS:** 8/15



### 2. INTERACTIVE WINTER PLAYTIME

**NEW!** Join other **3 to 5-year-olds** as we explore various activities and games weekly. Each week there will be a new sport, game or activity. This is a fun, interactive parent-child class. A great chance for parents and children to meet new friends!

**SESSION 1 Dates:** Tuesdays Nov. 7, 14, 21, 28 Dec. 5, 12

**SESSION 2 Dates:** Tuesdays Jan. 9, 16, 23, 30, Feb. 6, 13. Feb. 20<sup>th</sup> is snow make-up if needed.

**TIME:** 10:30-11:15AM

**LOCATION:** Church of the Good Shepherd Activities Room—164 Newtown Road, Acton

**FEE PER SESSION:** \$43 per child, additional child same family \$39

**INSTRUCTOR:** Jamie Norton

**MIN/MAX STUDENTS:** 10/15

### 3. BUILDING BLOCKS



**NEW!** This class is all about building! We will have a variety of different items to build weekly from super large foam building blocks to small blocks to an assortment of various items used to build. Imagination and creative play is a must! This is an interactive parent-child class for **ages 3-5**.

**DATE/DAY:** Mondays, Sept. 18, 25, Oct. 2

**TIME:** 10:00-10:45 AM

**LOCATION:** NARA Park Pavilion—Bath House

**FEE:** \$21 per child, additional child same family \$18

**INSTRUCTOR:** Acton Recreation Department

**MIN/MAX STUDENTS:** 8/12

### 4. INDOOR PLAYGROUND PLAYTIME

All New! It's Open Playground Time! **A SPECIAL OFFERED ONLY THROUGH ACTON RECREATION! BEAT THE WINTERTIME BLUES!** Get together with some friends where your children can play in the ultimate indoor playground with three stories of tubes, tunnels, slides and ball pits. Call One Stop Fun at least 24 hours prior to your arrival fun to order food at the snack bar and receive 10% off. One Stop Fun indoor playground will be available for you from 10AM-1PM, Monday, Tuesday or Thursday—you pick the day (can vary week-to-week). One Stop Fun staff will be available on-site. This is an on-going 9-week program—once weekly—day can be flexible.

[www.onestopfun.com](http://www.onestopfun.com) phone: (978) 589-9907 fax: (978) 589-9798

Session 1: Sept 6-Nov 5

Session 2: Nov 6-Jan 21 (no class 11/22-11/26; 12/23-1/1)

Session 3: Jan 22-Apr 1 (no class 2/18-2/24)

Session 4: Apr 2- Jun 10 (no class 4/8; 4/15-4/21; 5/29)

**DAY:** Monday, Tuesday or Thursday—

**FEE:** \$60 per child

**LOCATION:** One Stop Fun, 49 Powers Rd., Westford (near Nashoba Ski Area)

**Min/Max:** 6/10 children per session day



ONE STOP FUN



### START SMART SPORT PROGRAMS

**What is Start Smart?** Start Smart is a proven instructional program that prepares children for the world of organized sports without the threat of competition or the fear of getting hurt. Parents work together with their children in a supportive environment to learn all of the basic skills...throwing, catching, kicking and batting...for sports, such as baseball, softball, soccer etc...

Start Smart was developed by top motor skills development specialists in the field of youth sports. Parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun at the same time. The Start Smart Sports Readiness Test helps objectively measure kids' abilities. As the program progresses and children show improvement, the skill stations are altered so that each child remains challenged. Parents spend quality time together with their children while learning how to properly teach and support them in sports.

#### Sport Specific Programs:

These programs allow parents and children to work together in a developmentally appropriate program that teaches motor skill development and basic sports skills unique to a particular sport. Sport specific programs allow children to learn about a particular sport while participating in a fun, non-threatening environment. Start Smart Sport Specific programs prepare both the child and parent for organized competitive youth sports programs (i.e. baseball, softball, soccer, basketball, golf, etc.).

**Why choose Start Smart?** It builds confidence and self-esteem in children; Fun and positive early experience in sports; Helps prepare kids for future sports participation; Helps prepare kids and parents for specific sports; Quality time together for parent and child; Helps parents learn how to support and teach their child.

## PROGRAMS FOR INFANTS & YOUNG CHILDREN

### 5. START SMART SPORTS DEVELOPMENT PROGRAM



#### **All New Indoor Winter Session Added!**

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. Start Smart sessions are held one time per week for 6 weeks, and each week the exercises 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.

#### Session 1 (outdoors)

**DAYS:** Tuesdays

**DATE:** Sept. 12-Oct.17, 2006

**TIME:** 10:30-11:15AM

**LOCATION:** NARA Park upper fields

**FEE:** \$60, second child same family \$53

**INSTRUCTOR:** Jamie Norton

**MIN/MAX STUDENTS:** 6 /10

#### Session 2 (indoors)

**DAYS:** Tuesdays

**DATES:** Jan. 9- Feb. 12

**TIME:** 9:30-10:15 AM

**LOCATION:** Church of the Good Shepherd Activities Room—164 Newtown Road, Acton

**FEE:** \$60, second child same family \$53

**INSTRUCTOR:** Jamie Norton

**MIN/MAX STUDENTS:** 6/10

### 6. 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.

#### Session 1:

**DAYS:** Tuesdays

**DATE:** Sept. 12-Oct.17, 2006

**TIME:** 1:00-1:45 PM

**LOCATION:** NARA Park upper fields

**FEE:** \$60, second child same family \$53

**INSTRUCTOR:** Jamie Norton

**MIN/MAX STUDENTS:** 6/10

#### Session 2:

**DAYS:** Wednesdays

**DATE:** Sept. 13-Oct.18, 2006

**TIME:** 9:30-10:15 AM

**LOCATION:** NARA Park upper fields

**FEE:** \$60, second child same family \$53

**INSTRUCTOR:** Jamie Norton

**MIN/MAX STUDENTS:** 6/10

### 7. START SMART SOCCER



**Our most popular Start Smart class:** 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. *Two Separate class offerings:*

#### Session 1:

**DAYS:** Tuesdays

**DATE:** Sept. 12-Oct.17, 2006

**TIME:** 9:30-10:15AM

**LOCATION:** NARA Park upper fields

**FEE:** \$60, second child same family \$53

**INSTRUCTOR:** Jamie Norton

**MIN/MAX STUDENTS:** 6/10

#### Session 2:

**DAYS:** Wednesdays

**DATE:** Sept. 13-Oct.18, 2006

**TIME:** 1:00-1:45PM

**LOCATION:** NARA Park upper fields

**FEE:** \$60, second child same family \$53

**INSTRUCTOR:** Jamie Norton

**MIN/MAX STUDENTS:** 6/10

### 8. START SMART BASKETBALL



**All new indoor offering during the cold winter months!** 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.

#### Session 1

**DAYS:** Tuesdays

**DATES:** Nov. 7, 14, 21, 28, Dec. 5, 12

**TIME:** 10:30-11:15AM

**LOCATION:** Church of the Good Shepherd Activities Room—164 Newtown Road, Acton

**FEE:** \$38 per child, 2<sup>nd</sup> child same family \$35

**INSTRUCTOR:** Jamie Norton

**MIN/MAX STUDENTS:** 10/15

#### Session 2

**DAYS:** Tuesdays

**DATES:** Jan. 9, 16, 23, 30, Feb. 6, 13. Feb. 20 will be snow make-up date if needed.

**TIME:** 10:30-11:15AM

**LOCATION:** Church of the Good Shepherd Activities Room—164 Newtown Road, Acton

**FEE:** \$38 per child, 2<sup>nd</sup> child same family \$35

**INSTRUCTOR:** Jamie Norton

**MIN/MAX STUDENTS:** 10/15

### 9. START SMART GOLF



Start Smart Golf teaches children **ages 5-7** and their parents the basic skills necessary to play golf. Utilizing the innovative line of SNAG Golf products, children who have never picked up a club will discover how to play golf with fun activities and exciting equipment that is safe and developmentally appropriate. Start Smart Golf encourages parents to work one-on-one with their child, with the guidance of the instructor during the 6-week program.

**DATE/DAY:** Tuesdays, September 12, 19, 26, Oct. 3, 10, 17

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

**LOCATION:** NARA amphitheatre

**FEE:** \$56 per child, additional child same family \$51

**INSTRUCTOR:** Acton Recreation Department

**MIN/MAX STUDENTS:** 6/12

## PROGRAMS FOR INFANTS & YOUNG CHILDREN

### 10. MUSICTIME!

**NEW! Our MusicTIME! Program is designed for children** accompanied by a parent/caregiver. The 45-minute weekly class focuses on musical play with babies and young children.



#### MUSICAL play activities:

- ~Increases a child's curiosity about music
- ~Bridges the natural connection between music and movement
- ~Enhances your child's musical aptitude and listening abilities
- ~Lays the foundation for singing and vocal development, listening skills, and purposeful movement

#### The Classes feature:

- ~Movement activities for coordination, body awareness, exploration of space, body control and the pure joys of movement.
- ~Folk songs for singing, dancing and listening
- ~Focused listening examples from both daily life and music instruments
- ~Instruments to explore: rhythm sticks, jingles, rattles, drums, and resonator bars

**3 Different Sessions Offered—Each session is 10 wks.**

**INSTRUCTOR:** Nancy Knight

**MORE INFO:**

[www.ConcordConservatory.org](http://www.ConcordConservatory.org)

**MIN STUDENTS:** 5 students (per session)

**LOCATION:** Concord Conservatory of Music, West Concord Union Church, 1317 Main St.,

W. Concord. More Information: [www.concordconservatory.com](http://www.concordconservatory.com)

**FEE PER SESSION:** \$168

**Session 1--Fall:** beginning week of Sept. 18-December 4, fall term makeup week; Jan. 30-Feb. 3

**Thanksgiving recess:** Nov. 22-27; **Holiday Recess:** Dec. 21-Jan. 1

**Session 2—Winter:** week of Feb. 6 through June 12; **Vacation Week:** Feb. 20-26; **Vacation:** April 17-23

#### Class 1

MusicTIME!

5-12 Months with Parent

Monday, 11:30-12:15PM

Thursday, 11:30-12:15PM

#### Class 2

MusicTIMES Two!

12-24 Months with Parent

Monday, 9:30-10:15AM

Thursday, 9:30-10:15AM

#### Class 3

MusicMakers

24-36 Months with Parent

Monday, 10:30-11:15AM

Thursday, 10:30-11:15AM

### 11. DALCROZE EURHYTHMICS

What is Dalcroze Eurhythmics? It is a philosophy of music education based on the ideas and teaching of Emile Jacques-Dalcroze, a revolutionary Swiss musician and educator who lived from 1865-1950. He believed that engaging in movement to music results in a more thorough understanding of musical ideas and better musicianship. In addition, he stressed the importance of improvisation and systematic ear training in musical development.

In Dalcroze Eurhythmics, the joy of moving the body fosters the learning of musical concepts such as a beat, dynamics, durations, melodic direction, meter, form and phrasing. Games and activities are designed to allow the students to experience the musical concept in various ways and to make their own discoveries about it. Specific ear training games allow students to develop their "inner hearing" as well as their singing voices. In addition, Dalcroze Eurhythmics classes always incorporate improvisation, thus allowing students to use their newfound knowledge and skills in creative ways. This improvisation may involve words, gestures, partner work, playing instruments, or moving the whole body. Musical material is presented in age appropriate ways for each age group.

Comfortable clothing should be worn. Please note that classes are usually held barefoot; if your child does not like to be barefoot, please have him or her wear non-slip socks.

**3 Different Sessions Offered—Each session is 10 wks.**

**Session 1--Fall:** beginning week of Sept. 18-December 4, fall term makeup week; Jan. 30-Feb. 3

**Thanksgiving recess:** Nov. 22-27; **Holiday Recess:** Dec. 21-Jan. 1

**Session 2—Winter:** week of Feb. 6 through June 12; **Vacation Week:** Feb. 20-26; **Vacation:** April 17-23

**INSTRUCTOR:** Isabel Aybar

**MORE INFO:** [www.ConcordConservatory.org](http://www.ConcordConservatory.org)

**MIN STUDENTS:** 5 students (per session)

**LOCATION:** Concord Conservatory of Music, West Concord Union Church, 1317 Main St., W. Concord

**FEE PER SESSION:** \$168

**Session1:** Dalcroze Eurhythmics I

**AGES:** 12-24 mos. with Parent

Wednesday, 9:30-10:15 AM

Friday, 9:30-10:15 AM

**Session2:** Dalcroze Eurhythmics II

**AGES:** 24-36 mos. with Parent

Wednesday, 10:30-11:15 AM

Friday, 10:30-11:15 AM

**Session3:** Dalcroze Eurhythmics III

**AGES:** 3-4 years old without parent

Wednesday, 1:00-1:45 PM

Friday, 1:00-1:45 PM

**Session 4:** Dalcroze Eurhythmics IV

**AGES:** 5-6 years old without parent

Wednesday, 2:00-2:45 PM

### 12. PARENT AND TOT HIKING SESSION

Join in on the fun with other parents and small children hiking the conservation areas in Acton. This new class is geared for parents and children of all ages to experience the joint venture of nature and new friends. Parents and their children from **newborns and up**, can join in this great hiking session. Small infants can be brought in snugly packs or in an infant back carrier. This hike will be adaptable for young children. We will be stopping for a parent provided snack during our hike.

**DAY/DATE:** Wed., Sept. 13-Oct. 11 (5 classes)

**TIME:** 1:00-2:30 PM

**LOCATION:** First class meets at the Acton Arboretum

**FEE:** \$20 per adult, children are free

**INSTRUCTOR:** Cathy Fochtman, Recreation Director

**MIN/MAX:** 4/12



PROGRAMS FOR OLDER CHILDREN AND TEENS

**13. Theatre in the Park—Summer 2007**



Registrations are now being accepted for a brand new children's theatre group, "*Theatre in the Park.*" There will be two 3-week sessions offered beginning in June, 2007. This brand new theatre program will have a full production show at completion. *Theatre in the Park* will be held at NARA Park's Amphitheatre. More information for this exciting new theatre production and cast instructor, Mary Spinosa-Wilson, a well-known theatre professional in both stage production and music, will be available at the Recreation Department. Theatre group will include auditioning for roles, dancing, scene study and singing. Auditions for specific roles will be held prior to the beginning of session—date TBA. **Everyone will be cast in the production.** There will also be a production cast party.

We are very excited to have this opportunity to offer such a great new program at NARA Park for children in **grades 4-12!** We look forward to your family's involvement with the production set-up (costumes, props, sets, etc.).



Each theatre session practice is structured and will include dancing, singing, and acting with ample time for breaks.

**Session 1: "TREASURE ISLAND, A MUSICAL ADVENTURE"** by Jeanne Bargo and Jim Eiler based on the classic tale by Robert Louis Stephenson.

**Session #1**

**TIME/DATES:** 5:30-8:30 PM: June 25, 26, 27, 28, July 2, 3, 5, 6, July 9, 10, 11 and show-dates July 12 & 13

**LOCATION:** NARA Park Amphitheatre

**FEE: Treasure Island**

**Super savings** if registered through March 31: \$359

**Discount savings** if registered April 1-May 31: \$375

**Full price** if registered after June 1: \$395

**Min/Max:** 25/45



**Session 2: "ONCE ON THIS ISLAND"** is based upon a twist on the traditional "Little Mermaid" tale, written by Ahrens and Flaherty

**Session #2**

**TIME/DATES:** 5:30-8:30PM: August 13, 14, 15, 16, 20, 21, 22, 23, 27, 28, 29 and show-date August 30 & 31

**LOCATION:** NARA Park Amphitheatre

**FEE: Once on This Island**

**Super savings** if registered through March 31: \$359

**Discount savings** if registered April 1-May 31: \$375

**Full price** if registered after June 1: \$395

**Min/Max:** 25/45

## PROGRAMS FOR OLDER CHILDREN AND TEENS

### 14. NEW!! KID'S CROP CAMP—INSPIRE THE LOVE OF ALBUM MAKING IN CHILDREN



This class is designed to help inspire the love of album making in children. It will help them to cherish the moments you have given them. They will learn to use special cutting/ cropping tools, become familiar with safe photo products and will create an entire album based on their specific interest. To help your child become a family Memory Keeper, each student will receive a 7x7 photo safe album, sticker pack and materials and instruction to complete their album. Students may bring up to 12 photos with them to class. **Age Appropriate: 8+**

**DATE:** Thursdays, Oct. 12, 19, 26

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

**LOCATION:** 1 Prescott Road, Acton

**FEE:** \$60

**INSTRUCTOR:** Susan Kelly

**MIN/MAX STUDENTS:** 4/10



### 15. MOTHER-DAUGHTER ALBUM CLASS!

What better way to spend time with Mom and record and preserve the memories you have shared together in an album you can treasure forever. Each mother/daughter couple will receive a 7x7 photo safe album plus materials and instruction to enhance all 24 pages. Please bring 24 photos to class. One session. **This class is for children old enough to scrapbook, moms any age!**

**DAY/DATE:** Saturday, October 28

**TIME:** 1:00-5:00 PM

**LOCATION:** 1 Prescott Road, Acton

**FEE:** \$55

**INSTRUCTOR:** Susan Kelly

**MIN/MAX STUDENTS:** 4/10 (couples)



### 16. KIDS ONE STOP NIGHT OUT

**Special through Acton Recreation Only!**

Enjoy a night at One Stop Fun where you can play in the gym and ultimate indoor playground with three stories of tubes, tunnels, slides and ball pits. The gym has a foam pit, rock wall, trampoline, tumble trak and loads of great gymnastics equipment. Included in the price of admission is pizza and fountain beverages. This is a drop off special for kids **5-10 years of age**. Visit One Stop Fun on the Web at:

[www.onestopfun.com](http://www.onestopfun.com) (978) 692-9907

**Day:** Saturdays

**Date:** beginning Oct. 7 (check on availability prior for on-going Saturdays)

**TIME:** 6-9 PM

**FEE:** \$13 per child per session and 2 children for \$25

**MIN/MAX: Signup required:** 20/40

**Registration closes 1 week prior to session**

**LOCATION:** One Stop Fun, 49 Powers Road, Westford (near Nashoba Ski Area)



### 17. AMERICAN GIRL PLACE, NEW YORK CITY

FOR AGES 6 AND UP



"Come spend a day you'll never forget." Mothers and daughters/ grandmothers and granddaughters will enter a world of magical experiences and memories they'll cherish forever after a visit to American Girl Place

"I can be brave, I can be true..." The American Girls Revue brings the stories of the American Girl characters to life. Girls discover possibilities and the inspiration to make their dreams come true

**YOUR DAY IN NEW YORK CITY WILL INCLUDE:**

Deluxe motorcoach transportation throughout. Depart approximately 6:00 am, return approximately 10:00 pm. Refreshments served on board. A day at American Girl Place, located on 5th Avenue in New York City. Spend the day

browsing the shops with rooms filled with beautiful dolls, accessories, and outfits for both girls and dolls. Luncheon included at the American Girl Café with its whimsical black-and-white décor; and, a special seat for your American Girl Doll. Menu selections include: Grilled Chicken Sandwich, Veggie Quiche; mini burgers with curly fries and fresh fruit, pizza and more! Beverage and dessert. Reserved seating for the American Girls Revue. Based on stories from the American Girls Collection and written by Broadway playwrights, this inspiring live musical is guaranteed to send you both home singing! (2007 Show to be advised) All taxes and gratuities for included features excluding customary gratuities to driver and escort. Tour Escort throughout.

**DATE:** Friday, February 23, 2007 (School Vacation Week)

**TIME:** Depart 6AM, Return Approx. 10PM

**DEPARTURE/PICK-UP LOCATION:** NARA Park lower parking lot, 25 Ledge Rock Way, Acton

**FEE:** \$149 per person

**Cancellations** received up to 30 days of departure - \$60pp. No refunds for cancellations received within 30 days of departure.



## PROGRAMS FOR OLDER CHILDREN AND TEENS

### 18. KUNG FU FOR KIDS LITTLE DRAGONS

For children ages 4-6. Kung Fu teaches children to try their best. Through training they learn how to overcome challenges and experience victories, giving them 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. T-shirt included and testing for the belt included upon completion of the program.

Web address: [www.athleticbalance.com](http://www.athleticbalance.com)

#### **Little Dragons - Fall session**

##### **1. Little Dragons Ages 4-6 years:**

**Class Meets: Wednesday September 27 – November 1, 2006**

Location: Chinese Martial Arts, Acton

Web address: [www.AthleticBalance.com](http://www.AthleticBalance.com)

Fee: \$75.00 / 6 weeks (Testing for the belt upon completion of the program included.)

Instructor: Eva Latecki and Narcyz Latecki Maximum - 6 students

Kung Fu for kids - Fall session:

##### **2. Little Dragons Ages 4-6 years:**

**Class Meets: Thursday September 28 – November 2, 2006**

Time: 5:00 – 5:30 PM

Location: Chinese Martial Arts, Acton

Web address: [www.AthleticBalance.com](http://www.AthleticBalance.com)

Fee: \$75.00 / 6 weeks (Testing for the belt upon completion of the program included.)

Instructor: Eva Latecki and Narcyz Latecki Maximum - 6 students

### 19. KUNG FU FOR KIDS - Fall session:

[www.AthleticBalance.com](http://www.AthleticBalance.com) all classes at: Chinese Martial Arts, Acton. Please visit the website for more details.

#### **Young Tigers Ages 7-12 years**

**Class Meets: Mondays**

**October 16 – November 20, 2006**

**Time: 4:00 – 4:45 PM** Instructor: Eva Latecki and Narcyz Latecki, Maximum - 10 Students

Fee: \$ 85.00 / 6 weeks (Testing for the belt upon completion of the program included.)

#### **Young Tigers Ages 7-12 years**

**Class Meets: Tuesdays Sept. 26 – Nov. 7, 2006**

(No class October 31/ Halloween)

**Time: 5:30 – 6:15 PM** Instructor: Eva Latecki and Narcyz Latecki, Maximum - 10 Students

Fee: \$ 85.00 / 6 weeks (Testing for the belt upon completion of the program included.)

#### **Young Tigers Ages 7-12 years**

**Class Meets: Wed., Sept. 27 – November 1, 2006**

**Time: 4:00 – 4:45 PM** Instructor: Eva Latecki and Narcyz Latecki, Maximum - 10 Students

Fee: \$ 85.00 / 6 weeks (Testing for the belt upon completion of the program included.)

#### **Young Tigers Ages 7-12 years**

**Class Meets: Fri., Sept. 29 – Nov. 3, 2006**

**Time: 5:30 – 6:15 PM** Instructor: Eva Latecki and Narcyz Latecki, Maximum - 10 Students

Fee: \$ 85.00 / 6 weeks (Testing for the belt upon completion of the program included)

##### **3. Little Dragons Ages 4-6 years:**

**Class Meets: Monday October 16 – November 20, 2006**

Time: 3:30 – 4:00 PM

Location: Chinese Martial Arts, Acton

Web address: [www.AthleticBalance.com](http://www.AthleticBalance.com)

Fee: \$75.00 / 6 weeks (Testing for the belt upon completion of the program included.)

Instructor: Eva Latecki and Narcyz Latecki Maximum - 6 students

#### **Little Dragons - Winter session:**

##### **4. Little Dragons Ages 4-6 years:**

**Class Meets: Tuesday January 9 – February 13, 2007**

Time: 5:00 – 5:30 PM

Location: Chinese Martial Arts, Acton

Web address: [www.AthleticBalance.com](http://www.AthleticBalance.com)

Fee: \$75.00 / 6 weeks (Testing for the belt upon completion of the program included.)

Instructor: Eva Latecki and Narcyz Latecki

Maximum - 6 students

### KUNG FU FOR KIDS – WINTER SESSION:

Web address: [www.AthleticBalance.com](http://www.AthleticBalance.com) all classes at: Chinese Martial Arts, Acton

#### **Young Tigers Ages 7-12 years**

**Class Meets: Monday, January 8 – Feb. 12, 2007**

**Time: 4:00 – 4:45 PM** Instructor: Eva Latecki and Narcyz Latecki, Maximum - 10 Students

Fee: \$ 85.00 / 6 weeks (Testing for the belt upon completion of the program included.)

#### **Young Tigers Ages 7-12 years**

**Class Meets: Tuesdays, January 9 – Feb. 13, 2007**

**Time: 5:30 – 6:15 PM** Instructor: Eva Latecki and Narcyz Latecki, Maximum - 10 Students

Fee: \$ 85.00 / 6 weeks (Testing for the belt upon completion of the program included.)

#### **Young Tigers Ages 7-12 years**

**Class Meets: Wednesdays, January 10 – Feb. 14, 2007**

**Time: 4:00 – 4:45 PM** Instructor: Eva Latecki and Narcyz Latecki, Maximum - 10 Students

Fee: \$ 85.00 / 6 weeks (Testing for the belt upon completion of the program included.)

#### **Young Tigers Ages 7-12 years**

**Class Meets: Fridays January 12 – Feb. 16, 2007**

**Time: 5:30 – 6:15 PM**

Instructor: Eva Latecki and Narcyz Latecki  
Maximum - 10 Students

Fee: \$ 85.00 / 6 weeks (Testing for the belt upon completion of the program included.)



## PROGRAMS FOR OLDER CHILDREN AND TEENS

### 20. TENNIS LESSONS For children 5-10 WITH TENNIS PRO VERNON BOYD

The Recreation Department is excited to be able to offer tennis lessons with Tennis Pro Vernon Boyd. Classes will be held beginning in September with various age groups and abilities. All classes are held at an indoor tennis facility—Four Seasons Tennis, 10 Granite Rd., (off Quarry Rd.) in Acton.



**No classes scheduled for holidays/breaks including:** Columbus Day (Oct. 9), Veteran's Day (Nov. 10), Thanksgiving (Nov. 23 & 24), School Holiday Break (Dec. 24-Jan. 1), School Winter Break Week (Feb. 19-23)

#### **Jr. Development 9-10 year olds—TIME:** 3:30-5:00 PM

**FEE:** \$250/8 Classes

**MIN/MAX:** 4/6

**Session 1:** Tuesdays beginning week of 9/18-11/7

**Session 2:** Wednesdays beginning week of 9/18-11/8

**Session 3:** Tuesdays beginning week of 11/13-1/9/07

**Session 4:** Wednesdays beginning week of 11/13-1/10/07

**Session 5:** Tuesdays beginning week of 1/15-3/13/07

**Session 6:** Wednesdays beginning week of 1/15-3/14/07

#### **Little Grippers 5-6 year olds**

**TIME:** 1:00-2:00 PM

**FEE:** \$180/8 Classes

**MIN/MAX:** 4/6

**Session 1:** Thursdays beginning week of 9/18-11/9

**Session 2:** Thursdays beginning week of 11/13-1/18/07

**Session 3:** Thursdays beginning week of 1/22-3/22/07

#### **Big Grippers: 7-8 year olds**

**TIME:** 2:00-3:00 PM

**FEE:** \$180/8 Classes

**MIN/MAX:** 4/6

**Session 1:** Thursdays beginning week of 9/18-11/9

**Session 2:** Thursdays beginning week of 11/13-1/18/07

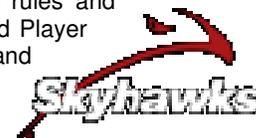
**Session 3:** Thursdays beginning week of 1/22-3/22/07

### 21. SKYHAWKS TENNIS CLINIC—for ages 7-18

Skyhawks' Tennis focuses on the fundamental skills needed to participate in this lifelong sport. Boys and girls will learn the proper techniques of grip, footwork, groundstrokes, volleys, overheads and serves. Players will also learn the rules and etiquette of the game. Participant-to-coach ratio is approximately 8:1. Participants will receive a t-shirt and Player Evaluation form filled out by their coach. Sign up early to ensure your child's space in this very popular and always maxed out class.

(Please note: weather make-up day all classes Oct. 28.) [www.skyhawks.com](http://www.skyhawks.com)

Min/Max per session: 8/16



#### **Session 1:**

**DAYS:** Saturdays, Sept. 23, 30, Oct. 14, 21

**TIME:** 8:00-9:00 AM

**LOCATION:** Elm Street Tennis Courts

**FEE:** \$75

**INSTRUCTOR:** Skyhawks Staff

**AGES:** 16 and up

#### **Session 2:**

**DAYS:** Saturdays, Sept. 23, 30, Oct. 14, 21

**TIME:** 9:15-10:15 AM

**LOCATION:** Elm Street Tennis Courts

**FEE:** \$75

**INSTRUCTOR:** Skyhawks Staff

**AGES:** 13-15

#### **Session 3:**

**DAYS:** Saturdays, Sept. 23, 30, Oct. 14, 21

**TIME:** 9:15-10:15 AM

**LOCATION:** Elm Street Tennis Courts

**FEE:** \$75

**INSTRUCTOR:** Skyhawks Staff

**AGES:** 10-12

#### **Session 4:**

**DAYS:** Saturdays, Sept. 23, 30, Oct. 14, 21

**TIME:** 10:30-11:30 AM

**LOCATION:** Elm Street Tennis Courts

**FEE:** \$75

**INSTRUCTOR:** Skyhawks Staff

**AGES:** 7-9

### 22. CARNIVAL YOGA



This is a class for 5 year olds to adult and/or families! You'll be having so much fun you won't even realize you're doing yoga! We practice basic yoga postures, partner yoga and group yoga. We also include other fun circus activities like *juggling*, *walking the "tight wire"*, and *cooperative games*. You will improve your balance, coordination, fitness, and outlook on life. This is a **GREAT** class to share with your child. All levels are welcome! [www.onestopfun.com](http://www.onestopfun.com) (978) 692-9907

**Session 1:** Sept 6-Nov 5

**Session 2:** Nov 6-Jan 21 (no class 11/22-11/26; 12/23-1/1)

**Session 3:** Jan 22-Apr 1 (no class 2/18-2/24)

**Session 4:** Apr 2- Jun 10 (no class 4/8; 4/15-4/21; 5/29)

**DAY/TIME:** Thursdays, 4:30-5:15 PM

**FEE:** \$120 per session

**LOCATION:** One Stop Fun, 49 Powers Rd., Westford (near Nashoba Ski Area)

**Min:** 4

## PROGRAMS FOR OLDER CHILDREN AND TEENS

### **23. JR. CHEFS ~ For creative cooks ages 9-13**

**A POPULAR RECREATION PROGRAM FAVORITE!** The gourmet creations continue . . .

Last winter we had our first program with Jr. Chefs. We look forward to offering Jr. Chefs again with all new cooking creations. Children will gain experience in the kitchen creating exciting hearty meals while having fun in the kitchen! All Jr. Chefs will get a chef hat at the first class. All children need to wear sneakers to class and bring a take home container—we always have leftovers! This class is for children aged 9-13 years.

#### **New Class Offerings:**

**FEE (includes all materials):** \$98 per child for all 6 sessions, or \$20 per session

**MIN/MAX:** 7/12

**INSTRUCTOR:** Cathy Fochtman, Maura Haberman

**LOCATION:** Council on Aging Building, Audubon Hill Rd.

#### **Scheduled Classes--**

**DAY/DATE:** Thursday, September 21

**CLASS: Mexican Fiesta:** Nachos, Salsa & Guacamole, Tacos and Kid's Sangria

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

**DAY/DATE:** Thursday, October 12

**CLASS: Fall Fun Theme:** apple pie, fall fondue, hot cider

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

**DAY/DATE:** Thursday, November 16

**CLASS: Italian Feast:** Spaghetti w/ meatballs, garlic bread, salad

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



**DAY/DATE:** Thursday, December 14

**CLASS: Holiday Fun:** Gingerbread cookies (best class of 2005), hot chocolate

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

**DAY/DATE:** Thursday, January 11

**CLASS: Orient Express:** Egg Rolls, Fried Rice, Stir Fry & Chinese Tea

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

**DAY/DATE:** Thursday, February 8

**CLASS: Breakfast Buffet!** Waffles, muffins, pancakes, French toast . . .

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

### **24. KEYS FOR KIDS®**

#### **Group keyboard class**

Keys for Kids® is an engaging comprehensive group music program, designed to help children discover the world of music through music games, ear training, solfège singing, rhythm activities, and keyboard playing. Designed as a multi-year course, classes encourage development of both the individual's and the group's musical skills. Class time activities cover many aspects of musicianship while accommodating children's attention spans. Children develop a solid musical foundation, regardless of future instrument choice. Classes are taught to small groups of parent-child teams. Groups are carefully organized according to children's age, skill level, and musical goals. Parents are expected (and for the youngest students, required) to learn along with their children and to then practice with their children. Each semester, students receive a new and challenging book that includes music pieces, theory, sight-reading, ear training, and technique activities. CCM provides keyboards for the group lessons. However, students must have a piano or keyboard at home to practice. Parent/Caregiver participation at lessons is required. Parents/Caregivers do not need prior musical instruction to participate.

**Keys for Kids Levels** Students begin at any age from 3 1/2 to 11 and follow a sequence of courses appropriate to their age and abilities. While the electronic keyboard is the instrument used for instruction, children develop a wide range of musical skills and knowledge that will be useful for any other instrument they may later choose.

**The Keys for Kids® Series** With the Keys for Kids® methodology, students may begin at any of three sequential age-appropriate levels:

**Mini Keys® I, II, III Monday 1:15 - 2:00 or Saturday 9:30 - 10:15**

**(3 1/2 - 5 -year-old beginners)** A dynamic first music experience with age-appropriate introduction to ear training, rhythm training, movement, solfège singing, keyboard playing, and note reading. Enjoyment and encouragement are emphasized as children develop a firm musical foundation. Workbooks offer weekly exercises for home and class.

**Kinder Keys® I, II, III Monday 2:00 2:45 or Tuesday 2:00 - 2:45 or Saturday 10:15 - 11:00**

**(5 - 7 -year-old beginners)** A comprehensive beginners course incorporating all of the Mini Keys® activities (modified for the more advanced abilities of this age group) plus, age-appropriate creative and ensemble activities. A wide variety of games and exercises inspire enthusiasm and confidence, and reinforce musical concepts. Child and parent work as a music team in class and at home. Workbooks offer weekly exercises for home and class.

**Super Keys® I, II, III, IV Tuesday 2:45 - 3:30 or Saturday 11:00 - 11:45**

**(7 - 10-year-old beginners)** A fast-paced, comprehensive beginner's course incorporating all of the Kinder Keys® activities (modified for the more advanced abilities of this age group), plus more advanced music theory and exercises that take advantage of this group's greater ability to analyze patterns (melodies, harmonies, rhythm, etc.) and memorize. New musical elements are reinforced through a variety of individual and ensemble keyboard activities. Students transpose, compose, perform solos, and develop

Ensemble technique by being part of a keyboard orchestra. Parent participation is strongly encouraged. Workbooks offer weekly exercises for home and class. For more Info: [www.concordconservatory.org](http://www.concordconservatory.org)

**45 min. class, 15-week session**

**FEE \$298 (plus \$20 book fee)**

**FALL SEMESTER: week of Sept. 11 - Jan. 8**

**SPRING SEMESTER: week of Jan. 29 - May 21**

**LOCATION:** Concord Conservatory of Music, West Concord Union Church, 1317 Main St., W. Concord



## PROGRAMS FOR OLDER CHILDREN AND TEENS

### 25. NEW! 1 DAY FIELD HOCKEY CLINIC

New to field hockey or want some extra practice? Join us for a special one-day clinic for **all grades 3 & up**, Sunday, September 17<sup>th</sup> at Leary Field in Acton. Throughout the day we will work on stick skills including dribbling, passing and shooting, which will be incorporated in a scrimmage at the end of the day. Please bring water, shin guards, and mouth guards. Sticks can be provided.

**DAY/DATE:** Sunday, September 17, 2006

**TIME:** 11:00 a.m. – 3:00 p.m.

**LOCATION:** Leary Field

**FEE:** \$49 per person

**INSTRUCTOR:** Amanda Johansson, Allie Barash, Rachel Schwartz

**AGES:** Grades levels will be divided up, if needed

**MIN/MAX STUDENTS:** 20/40



### 26. NEW! 1 DAY SOFTBALL CLINIC



On Sunday September 10 and Sunday September 24, two college standout players will hold *two offering dates for a one day softball clinic* for girls in **grades 3 and up** with gork snack-time and plenty of water breaks. Running this clinic are Amanda Johansson and Jessica Lisi. Johansson, a 4-year starter at Springfield College, will cover duties of pitching/catching and some infield. Lisi, who played at Worcester State College for 3 years, will cover outfield and infield concepts as well. Both instructors will cover concepts of game and hitting. We ask that all players please try to bring a glove and a bat if possible.

**DAY/DATE:** Two Clinics: Sundays: September 10 and Sept. 24

**TIME:** 9:00-1:00 PM

**LOCATION:** NARA Park

**FEE:** \$49 per clinic date or \$90 for both clinic dates per person

**INSTRUCTOR:** Amanda Johansson, Jessica Lisi

**AGES:** Grades 3 and up—levels will be divided up, if needed

**MIN/MAX STUDENTS:** 12/40

### 27. SKYHAWKS GIRLS LACROSSE 1-DAY CLINIC & PLAY

Skyhawks offered their Girls Lacrosse Clinic for the first time in Acton this summer. With the success of this program, we have put together a 1-day lacrosse clinic for **girls in grade 5-9** where there will be instruction and game play. Players entering grades 5-9 are welcome and encouraged to attend and will be grouped by their appropriate skill level. All players will benefit by refining and increasing their lacrosse skills and learning to play at a higher level. New players wanting to try lacrosse will get a chance to learn this fast growing popular sport. All players will receive a Skyhawks Lacrosse Tee Shirt. Please feel free to visit Skyhawks web site at: [www.skyhawks.com](http://www.skyhawks.com) for information on Skyhawks.

**DAY/DATE:** Sunday, October 15

**TIME:** 12:00-4:00 PM

**FEE:** TBD by 9/4/06. Please call 978-264-9608 or email [recreation@acton-ma.gov](mailto:recreation@acton-ma.gov)

**LOCATION:** Leary Field, ABRHS

**INSTRUCTOR:** Skyhawks Staff

**Min/max:** 15/40



### 28. KIDS WINTER SNOWSHOE/WINTER HIKE

This class will introduce children in **grades 3-6** how to snowshoe and/or winter hike. Children will learn how to put on snowshoes, walk on ice, deep snow and walk up and down slopes. We will meet once a week for 5 weeks. Class hikes will vary in terrain and length, but will begin at NARA. Hot chocolate will be given at the end of each class.

**Location:** NARA Park Bathhouse

**Day/Dates:** Thursdays, Jan. 25-March 1 (no class on Feb. 22)

**Instructor:** Cathy Fochtman

**Fee:** \$30/5 weeks

**Limit:** 12 kids

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



### 29. INDOOR FIELD HOCKEY PLAY

Keep your field hockey skills sharp over the winter by playing field hockey weekly at an indoor facility. We'll meet for one (1) hour once a week to work on improving our game and increasing our skill level. **open play for anyone grades 7-12.** This is a non-instructional class designed for open play. Many participants bring their own stick, but we do have sticks available.

**Class Meets:** Thursdays, November 30, 2006 through March 15, 2007 (Note: No Class 12/28 & 2/22)

**Time:** 3:00-4:00 PM

**Location:** Acton Indoor Sports, Rte 2a (heading east, located right side of road prior to Concord Rotary.)

**Fee:** \$138.00 for 14 weeks

**Instructor:** Acton Recreation Department and/or Laura Sikalis

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



## PROGRAMS FOR ALL AGES

### 30. ICE SKATING AT CONCORD ROAD



Beginning in December or January (weather permitting), there will be an outdoor skating rink located at Concord Road. The rink will be open to the public and free of charge. Signs will be posted indicating when the rink is open. We ask that you please stay off the rink when posted closed. Also, please keep pets away from the rink as their claws will rip the liner and make the rink unusable. *NOTE: The ice rink can only be serviced and filled with availability of Town equipment and personnel.*



### 31. SLEDDING AT NARA PARK

Sledding at NARA Park (Ledge Rock/Quarry Rd) 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.

### 32. JR. VARSITY TENNIS

Jr. Varsity tennis for **ages 13-14** will consist of 6 sessions at Acton's Four Seasons Tennis indoor courts located at 10 Granite Rd., Acton. This clinic will be taught by Tennis Pro, Vernon Boyd.

**DAY/DATES:** Wed. and Fridays, Sept. 20, 22, 26, 29, Oct. 4, 6

**TIME:** 4-5:30 PM

**FEE PER SESSION:** \$190

**MIN/MAX:** 4/6



### 33. FUNDAMENTALS OF MUSIC THROUGH SONG

*Music A to Z* is intended as an introduction for children to experience the joy of raising their voice in song with their friends. Taught as a precursor to private voice lessons, children use songs with movement and rhythm instruments, to learn the **FUN**damentals of music: rhythm, melody, dynamics, pitch intervals, tempos and musical forms. Opportunities to share our musical adventures in the community, including nursing homes, will take place during the year. 45 min. class 10 - week session

**FEE:** \$168 per session

**Session 1--Fall:** beginning Sept. 21-December 4, fall term makeup week; Jan. 30-Feb. 3

**Thanksgiving recess:** Nov. 22-27; **Holiday Recess:** Dec. 21-Jan. 1

**Session 2--Winter:** week of Feb. 6 through June 12; **Vacation Week:** Feb. 20-26; **Vacation:** April 17-23

**MIN/MAX:** minimum 6 **MORE INFO:** [www.concordconservatory.org](http://www.concordconservatory.org)

**LOCATION:** Concord Conservatory of Music, West Concord Union Church, 1317 Main St., W. Concord

**INSTRUCTOR:** Shadi Ebrahimi

**Music A to Z I** 5 - 6 years old

Thursdays 1:30 - 2:15

**Music A to Z II** 6 - 8 years old

Thursdays 4:00 - 4:45 or Friday 4:00 - 4:45

**Music A to Z III** 9 - 11 years old

Thursday 4:45 - 5:30

or Friday 4:45 - 5:30

### 34. LEARN TO SKATE AND PLAY HOCKEY

**For ages 6 and under**

**PUCKMASTERS HOCKEY ~ TRAIN LIKE THE PROS!**

In this fantastic Puckmasters group training program, a Puckmasters-certified Personal Coach will teach your child the basics of skating including the following skills: striding, stopping, turning, backwards skating, feet control and much, much more!

More information can be found on: [www.puckmastersma.com](http://www.puckmastersma.com)

Learn to Skate and Play Hockey for ages 6 and under run once a week on Monday, Tuesday or Wednesday. You pick your day and time. For classes missed due to holiday or snow, the student can make-up the class during the same session. All classes are located at: Puckmasters Marlboro, 53 Brigham St., Unit 1, Marlboro (Only 20 minutes from Acton's 495/111 intersection!)



**Session 1:** DAYS: Sept. 11-Nov. 1, 2006

**TIME:** 9-10AM, 10:30-11:30 AM, 1-2PM

**FEE:** \$100

**INSTRUCTOR:** Puckmasters Certified Coach

**AGES:** 6 and under

**Session 2:** DAYS: Nov. 6-Jan. 3, 2007

**TIME:** 9-10AM, 10:30-11:30 AM, 1-2PM

**FEE:** \$100

**INSTRUCTOR:** Puckmasters Certified Coach

**AGES:** 6 and under

**Session 3:** DAYS: Jan. 8-March 7, 2007

**TIME:** 9-10AM, 10:30-11:30 AM, 1-2PM

**FEE:** \$100

**INSTRUCTOR:** Puckmasters Certified Coach

**AGES:** 6 and under

**Session 4:** DAYS: March 12-April 25, 2007

**TIME:** 9-10AM, 10:30-11:30 AM, 1-2PM

**FEE:** \$100

**INSTRUCTOR:** Puckmasters Certified Coach

**AGES:** 6 and under

## PROGRAMS FOR ALL AGES

### 35. JUNIOR VARSITY TENNIS

Jr. Varsity tennis for **ages 15-18** will consist of 6 sessions at Acton's Four Seasons Tennis indoor courts located at 10 Granite Rd., Acton. This clinic will be taught by Tennis Pro, Vernon Boyd.

**DAY/DATES:** Wed. and Fridays, Sept. 20, 22, 26, 29, Oct. 4, 6

**TIME:** 4-5:30 PM

**FEE PER SESSION:** \$190

**MIN/MAX:** 4/6



### 36. TEEN REPERTORY THEATRE

For Grades 4-12 ~ Directed by Mary Spinosa-Wilson

**BYE BYE BIRDIE** is one of the most captivating musical shows of our times written by Michael Stewart and music by Charles Strouse. It tells the story of a rock and roll singer, Conrad Birdie, an Elvis Presley type, who is about to be inducted into the Army. Albert Peterson, his agent, is a very pleasant mild mannered young man. Albert's faithful secretary Rose Alvarez keeps him and Birdie moving forward in the world. Rosie concocts one final national publicity plan before Conrad's induction. Conrad will bid a typical American teen-age girl goodbye with an all-American kiss. Kim MacAfee in Sweet Apple, Ohio wins the honor. The arrival of Birdie in Sweet Apple causes people of all ages to swoon and the quiet little town goes into a spin. **BYE BYE BIRDIE** is a satire done with the fondest affection. It gives an insight into the everyday life that is very much part of us all. It is the tops in imagination and frivolity; a show that will be enjoyed by the cast as much as the audience.

Rehearsal time will vary for each individual due to rehearsal schedule. Not all participants will be expected to be at all rehearsals. **All participants will be cast in the show.** A rehearsal schedule will follow once the show is cast. Please prepare a song (not from the show). There will be a selected reading from the script and a simple dance will be taught at auditions for purposes of choreography.



**DAY/DATES:** Friday nights 7-9:30 PM, Saturday 2-5:00 PM

**AUDITIONS:** Will be held on Nov 3 and Nov 4. Read through Nov. 17

**REHEARSALS:** Will start the first week in December, anticipate an extra rehearsal or two during tech week.

**LOCATION** for Rehearsals: Good Shepherd Church Program Room, 164 Newtown Rd. (near Arlington St.), anticipated performance date last week of January 26 & 27. Location TBA

**FEE:** Super savings if registered through September 29, 2006: \$359 Discount savings if registered October 27, 2006: \$375

Full price if registered after October 27, 2006: \$395

**MIN/MAX:** 25/45

### 37. PERFORMANCE AND AUDITION: WORKSHOP FOR SINGERS AND SINGING-ACTORS

Singers and singing-actors of **all ages** will learn proven methods and exercises in stage deportment and audition preparation, strategies to combat stage fright and performance anxiety, and ways to make performances sparkle with individuality and energy. Mock audition and performance opportunities will be used to sharpen performing and audition techniques. Vocal technique will not be specifically addressed in this class. *1 hour 30 min. class*

**DAY/DATES:** Thursdays 7:00 - 8:30 p.m.

**Session 1--Fall:** beginning Sept. 21-December 4, fall term makeup week; Jan. 30-Feb. 3

**Thanksgiving recess:** Nov. 22-27; **Holiday Recess:** Dec. 21-Jan. 1

**Session 2--Winter:** week of Feb. 6 through June 12; **Vacation Week:** Feb. 20-26; **Vacation:** April 17-23

**FEE:** 10 - week session, fee \$252

**AGES:** Ages 13 to Adult

**MIN/MAX:** minimum 5

**INSTRUCTOR:** Shadi Ebrahimi

**More Info:** [www.concordconservatory.org](http://www.concordconservatory.org)

**LOCATION:** Concord Conservatory of Music, West Concord Union Church, 1317 Main St., W. Concord

### 38. NEW! BALLOON ART AND MAGIC TRICK ALL-DAY KIDS WORKSHOP

A one-day drop-off workshop for children ages 7 and up (under 7 must have parent present) to learn the art of balloon creations and top secret magic tricks! Michael Lynn, two-time world balloon twisting champion, will show your child a new and fun activity they will be able to take with them for a lifetime—they'll be the hit of the party! More info: [www.balloonanimal.com](http://www.balloonanimal.com)

**MAGICAL DATE:** Saturday, January 20, 2007

**MYSTICAL TIME:** 10:00AM-3:00PM

Balloon Workshop only: 10-12:00PM (\$25 - includes take home balloon kit),

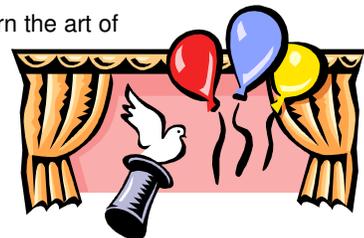
Magic Workshop only: 1:00-3:00PM (\$25 - includes take home magic kit)

**FEE:** \$40 for both workshops—both kits included for full-day program workshop to take home.

**LOCATION:** Acton Town Hall, 472 Main Street, Acton

**MIN/MAX:** 20/50 per workshop

For children attending full session, please pack a bag lunch. We will provide snacks and juice.



## PROGRAMS FOR TEENS & ADULTS

### 39. PICFOLIO PARTY

You are invited to a FUN evening class that will surprise and delight you! Come join in our fun, and in just 3 short hours you will head home with a beautiful, color blocked FINISHED album! You aren't dreaming and this isn't too good to be true! If you thought it took hours and hours to finish a beautiful album, please join us and see how easy it now is to finish a beautiful album (really... in just 3 hours!). This is the perfect album for busy, busy people. Come and see for yourself.

**Important pre-party planning:** Please bring 150-160 photos in chronological order (or in the order that you want them in your album). All the rest of the materials, INCLUDING THE ALBUM are included in your registration fee.



#### **SESSION 1– FALL**

**DAY/DATE:** Thursday, Sept. 28

**TIME:** 7:00-10:00 PM

**LOCATION:** 1 Prescott Road, Acton

**FEE:** \$55

**INSTRUCTOR:** Susan Kelly

**MIN/MAX STUDENTS:** 4/10

#### **SESSION 2– WINTER**

**DAY/DATE:** Thursday, November 2

**TIME:** 7:00-10:00 PM

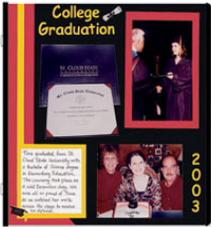
**LOCATION:** 1 Prescott Road, Acton

**FEE:** \$55

**INSTRUCTOR:** Susan Kelly

**MIN/MAX STUDENTS:** 4/10

### 40. SCRAPBOOKING 101: CREATIVE MEANINGFUL SAFE SCRAPBOOK ALBUMS



Discover the joy and all rave that millions of people have taken up—scrapbooking! I did it and so can you! Learn how to create safe, meaningful photo albums to preserve your heritage and memories. You will begin putting your photographs into an album with simple techniques that are fun and easy. Each participant will receive a 12x12 album, additional supplies, materials and instruction to begin your album. Please bring 12 photos to class.



#### **SESSION 1— FALL**

**DAY/DATE:** Tuesday, September 26

**TIME:** 7:00 p.m. - 11:00 p.m.

**LOCATION:** 1 Prescott Road, Acton

**FEE:** \$65

**INSTRUCTOR:** Susan Kelly

**MIN/MAX STUDENTS:** 4/10

#### **SESSION-1 WINTER**

**DAY/DATE:** Tuesday, December 5

**TIME:** 7:00 p.m. - 11:00 p.m.

**LOCATION:** 1 Prescott Road, Acton

**FEE:** \$65

**INSTRUCTOR:** Susan Kelly

**MIN/MAX STUDENTS:** 4/10

### 41. INLINE SKATING FOR FITNESS

Join an inline skating enthusiast for a weekly skate at the Minuteman Bike Trail. We will begin by learning or reviewing the basics: correct fit of your gear, stopping, striding, turning and the correct way to fall. We will then meet at the Bedford entrance to the Minuteman Bike Trail and work at increasing our distance and improving our technique each week. One possible goal to set is skate from Bedford to Lexington Center and back by the end of class, a total of 8 miles. It can be done in about an hour. You may modify your distance according to your own needs. You will get a great workout in the process! Students will supply their own equipment including inline skates, helmet, elbow pads, knee pads and wrist guards. You may contact instructor for advice prior to purchasing new gear. Bottled water and sunglasses are suggested. Instructor will supply directions to the Bike Trail at the first class.

**CLASS MEETS AT:** NARA Park Bathhouse for first session

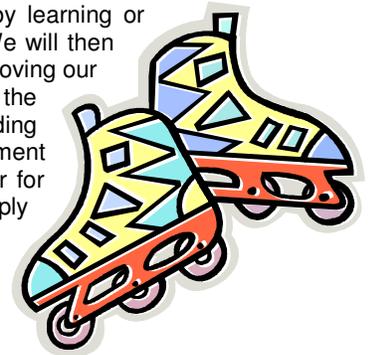
**DAY/DATES:** Fridays, Sept. 8-Oct. 6 (5 classes)

**TIME:** 10:00-11:30 (ending time approximate depending upon class session trail)

**INSTRUCTOR:** Cathy Fochtman

**MIN/MAX:** 6/12

**FEE:** \$50



### 42. VARSITY TENNIS-- FOR AGES 15-18

Varsity tennis will consist of 6 sessions at Acton's Four Seasons Tennis indoor courts located at 10 Granite Rd. This clinic will be taught by tennis pro Vernon Boyd.

#### **Session 1**

**DAY/DATES:** Wed. and Fridays, Sept. 20, 22, 27, 29, Oct. 4, 6

**TIME:** 4-5:30 PM

**FEE PER SESSION:** \$190

**MIN/MAX:** 4/6

#### **Session 2**

**DAY/DATES:** Thursdays, Sept. 21, 28, Oct. 5, 12, 19, 26

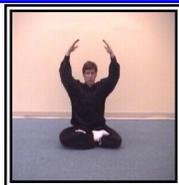
**TIME:** 4-5:30 PM

**FEE PER SESSION:** \$190

**MIN/MAX:** 4/6

## PROGRAMS FOR ADULTS

### 43. TAI CHI CHUAN (TAIJIQUAN) FOR ADULTS



*Taijiquan* has been practiced by the Chinese for health and self-defense for many centuries. The study of Taiji gives the practitioner an excellent method for relaxation and for enhancing *Qi* (internal energy). It can be practiced by people of all ages. The practice of Taiji has been shown to improve one's health with a variety of problems such as high blood pressure, arthritis, asthma, stomach ailments, heart problems, and nervousness.

*Taijiquan* is a healing/martial art that combines martial arts movements with *Qi* circulation, breathing, and stretching techniques. It utilizes the ancient philosophy of *Yin-Yang* and the Five-Element theories for its foundation and for establishing its training principles. Web address: [www.AthleticBalance.com](http://www.AthleticBalance.com) All classes meet at Chinese Martial Arts, Acton

#### **Morning session – Tuesdays**

**September 26 – October 31, 2006**

Time: 9:00 – 10: 00 A. M.

**Fee: \$85.00 / 6 weeks**

Instructor: Narcyz Latecki Min/Max: 4/10

#### **Evening session – Tuesdays**

**September 26 – October 31, 2006**

Time: 7:00 – 8: 00 P. M.

**Fee: \$85.00 / 6 weeks**

Instructor: Narcyz Latecki Min/Max: 4/10

#### **Morning session – Tuesdays**

**January 9 – February 13, 2007**

Time: 9:00 – 10: 00 A. M.

Fee: \$85.00 / 6 weeks

Instructor: Narcyz Latecki Min/Max: 4/10

#### **Evening session – Tuesdays**

**January 9 – February 13, 2007**

Time: 7:00 – 8: 00 P. M.

Fee: \$85.00 / 6 weeks

Instructor: Narcyz Latecki Min/Max: 4/10

### 44. KUNG FU FOR ADULTS

Chinese Kung Fu training gives an individual an excellent method of exercise, a personal art form, a competitive sport, and a basis for self-defense and sparring. This class emphasizes a combination of traditional training with modern methods, and builds your strength, endurance, and flexibility. CMA program includes: Traditional Northern Kung Fu styles (Baji, Pigua, Fanzi, Chuoqiao) Solo and matching barehanded forms. Over 18 classical Chinese weapons, Qinna (joint locks & control), Shuaijiao (Chinese wrestling), Hard Qigong and Sparring. Web address: [www.AthleticBalance.com](http://www.AthleticBalance.com) All classes meet at Chinese Martial Arts, Acton.

#### **Class Meets: Mondays**

September 25 – October 30, 2006

Time: 7:00 – 8: 00 P. M.

**Fee: \$85.00 / 6 weeks**

Instructor: Narcyz Latecki Min/Max: 4/10

#### **Class Meets: Wednesdays**

September 27 – November 1, 2006

Time: 7:00 – 8: 00 P. M.

**Fee: \$85.00 / 6 weeks**

Instructor: Narcyz Latecki Min/Max: 4/10



#### **Class Meets: Wednesdays**

January 3 – February 7, 2007

Time: 7:00 – 8: 00 P. M.

**Fee: \$85.00 / 6 weeks**

Instructor: Narcyz Latecki Min/Max: 4/10

### 45. QIGONG (CHI KUNG) FOR ADULTS

**New Class!!!** Qigong is the ancient art of cultivating Qi (intrinsic energy) for health, longevity, martial skill, and spiritual development. Rooted in Chinese medical theory, qigong is used today by tens of millions of people worldwide for health maintenance, sports training, and outpatient treatment for many diseases.

This class will introduce a simple set of exercises, coordinated with a controlled breathing method, which can lead to increased vitality and a reduced level of stress and tension in the body. The slow motion movements help to calm the mind and release energy which might be focused on certain worries. Web address: [www.AthleticBalance.com](http://www.AthleticBalance.com) All classes meet at Chinese Martial Arts, Acton.

**Class Meets: Thursday September 28 – November 2, 2006**

Time: 7:00 – 8: 00 P. M.

Fee: \$85.00 / 6 weeks

Instructor: Narcyz Latecki Min/Max: 4/10

**Class Meets: Thursday**

**January 4 – February 8, 2007**

Time: 7:00 – 8: 00 P. M.

Fee: \$85.00 / 6 weeks

Instructor: Narcyz Latecki Min/Max: 4/10

### 46. XINGYIQUAN (HSING-I CHUAN) FOR ADULTS - FALL SESSION:

**New Class!!!** Xingyiquan (Form and Mind Boxing) features the five basic techniques (based on powers of five elements: metal, water, wood, fire, earth): splitting fist, drilling fist, smashing fist, pounding or cannon fist and crossing fist. This Chinese Internal style of boxing has evolved from the imitation of the characteristic movements and spirits of twelve animals, such as dragon, tiger, monkey, horse, water lizard, rooster, sparrow hawk, swallow, snake, tai bird, eagle and bear. Simple and steady movements, as well as straightforward and compact routines, characterize Xingyiquan. The practice of Xingyiquan, as well as Taijiquan (Tai Chi Chuan) improves the Qi (Internal Energy) circulation in the body and maintains health. In addition, the training builds up an abundant level of internal Qi so that both the physical and the mental bodies can be strengthened. All classes meet at Chinese Martial Arts, Acton—[www.athleticbalance.com](http://www.athleticbalance.com)

**Class Meets: Thursday September 28 – November 2, 2006**

Time: 8:00 – 9: 00 P. M.

Fee: \$85.00 / 6 weeks Instructor: Narcyz Latecki Min/Max: 4/10

### 47. BAGUAZHANG (PA KUA CHANG) FOR ADULTS

**New Class!!!** Baguazhang (Eight Trigram Palms) is based on the theory of *Bagua* (Eight Trigrams), the source of which was the *Yi Jing* (Book of Changes), which is basic to Chinese philosophy and culture. Baguazhang is internal martial arts with special features in footwork and turning, twisting and stretching of the body. The practitioner walks crisscross in all directions. It features swift body movements, flexible footwork, and constant changes of directions. Its circling patterns strengthen the torso and knees. The practice of Baguazhang, as well as Taijiquan (Tai Chi Chuan) improves the Qi (Internal Energy) circulation in the body and maintains health. In addition, the training builds up an abundant level of internal Qi so that both the physical and the mental bodies can be strengthened.

**Class Meets: Thursday January 4 – February 8, 2007**

Time: 8:00 – 9: 00 pm

Location: Chinese Martial Arts, Acton—[www.athleticbalance.com](http://www.athleticbalance.com)

Fee: \$85.00 / 6 weeks, Instructor: Narcyz Latecki Min/Max: 4/10



## PROGRAMS FOR ADULTS

### 48. ACTON TRAILS: A FUN PLACE TO BE ACTIVE

Although regular physical exercise offers many benefits, people who are seeking ways to become more active often overlook the opportunities that trails offer. Trails can be found everywhere, from national and state parks to urban areas. They provide a wide variety of ways to be physically active and have fun:

- Walking, jogging, running, and hiking
- Rollerblading/inline skating
- Bicycling
- Cross-county skiing and snowshoeing
- Fishing, hunting.
- Horseback riding
- Canoeing or kayaking on water trails

Acton Conservation Guides can be purchased for \$10 through the Conservation Department located on the second floor, Acton Town Hall.

### 49. YOGA

Classes begin with warm-up movements and breath awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. All levels are welcome! Classes are 60 minutes. [www.onestopfun.com](http://www.onestopfun.com)

**Instructor:** Lisa Mair

**Location:** One Stop Fun, 49 Powers Rd, Westford (near Nashoba Ski Area)

9 week sessions:

Session 1: Sept 6-Nov 5

Session 2: Nov 6-Jan 21 (no class 11/22-11/26; 12/23-1/1)

Session 3: Jan 22-Apr 1 (no class 2/18-2/24)

Session 4: Apr 2- Jun 10 (no class 4/8; 4/15-4/21; 5/29)

**Days:** Tuesday and Thursday

**Class Time:** 9:00 AM

**Fee per session:** \$120

### 50. BODY PUMP

In this one hour class, you will get a well-rounded full-body workout with low and high impact cardio, jazz, weight bearing exercise, plyometrics, and stretching. This energetic class will bring you strength, coordination, stamina, flexibility – and sculpt you like never before! All fitness levels are welcome! [www.onestopfun.com](http://www.onestopfun.com)

**Instructor:** Rachel Wadsworth

**Location:** One Stop Fun, 49 Powers Rd, Westford (near Nashoba Ski Area)

9 week sessions:

Session 1: Sept 6-Nov 5

Session 2: Nov 6-Jan 21 (no class 11/22-11/26; 12/23-1/1)

Session 3: Jan 22-Apr 1 (no class 2/18-2/24)

Session 4: Apr 2- Jun 10 (no class 4/8; 4/15-4/21; 5/29)

**Day:** Tuesday and Thursday

**Class Time:** 1:00 PM

**Fee per session:** \$120



### 51. ADULT WINTER SNOWSHOE/WINTER HIKE—THROUGH ACTON CONSERVATION LANDS



This class will introduce adults to snowshoe and/or winter hike. You will learn how to put on snowshoes, walk on ice, deep snow walk up and down slopes. We will meet once a week for five weeks. If you prefer to just hike the trails, please wear snow boots. Class hikes will vary in terrain and length, but will begin at NARA. Hot chocolate will be given at the end of each class.

**CLASS MEETS AT:** NARA Park Bathhouse for first session

**DAY/DATES:** Wednesdays, January 24-February 28 --no class Feb. 21—school vacation week

**TIME:** 10:00-12:00 (ending time approximate depending upon class session trail)

**INSTRUCTOR:** Cathy Fochtman

**MIN/MAX:** 6/12

**FEE:** \$40 Includes use of snowshoes --please wear boots and dress for the weather.

### 52. 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. Please be sure to put your e-mail address on registration form.

**DAYS:** Saturdays, September 9-March 31, 2007

**TIME:** 8:00AM (classes rain or shine)

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

**FEE:** \$35

**INSTRUCTOR:** Carol Brown



## PROGRAMS FOR ADULTS

### 53. FALL FOLIAGE WALK

Explore Acton's Conservation Areas in Acton's beautiful fall color with our own renowned Conservation Director, Tom Tidman. Each class will be held at a different conservation area in town. Learn about the native plants and wildlife habitats that make Acton such a unique place to live.

**DAY/DATES:** Fridays, Sept. 29-Oct. 27, 5 classes

**TIME:** 10AM-11:00AM

**LOCATION:** First class meets at the Acton Arboretum

**FEE:** \$15

**INSTRUCTOR:** Tom Tidman

**MAX STUDENTS:** 15

\*This class is designed for senior citizens, but all are welcome to attend.



### 54. *The Guest Chef Cooks*

NEW! Have fun with our local area restaurant chefs as they show you how they create their special signature dishes or classic favorite. Each cooking class will feature a different guest chef from the local area! This new and fun class is exclusively designed for those who love to cook or want to know how.

**CLASS DATES:** Thursday, Sept. 14, Monday, Oct. 16, Monday, Nov. 13, Monday, Dec. 11, Monday, Jan. 8, Monday, Feb. 12

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

**LOCATION:** Council on Aging Building, Audubon Hill Rd. Acton

**FEE:** \$120 (all 6 sessions) or \$25 per class session

**INSTRUCTOR:** Guest Chef will vary each class! This is run through the Acton Recreation Department.

**MIN/MAX:** 8/12

### 55. DRILL AND PLAY TENNIS CLINIC FOR ADULTS

#### **Session 1-Beginner**

Date/Day: Fridays, Sept. 22, 29, Oct. 6, 13, 20,

27, Nov. 3, 10

Time: 9:00-10:30 AM

Min/Max: 4/6

Fee: \$250

Instructor: Professional Tennis Instructor, Vernon Boyd

Location: Four Seasons Tennis (Indoor), 10 Granite Rd., Acton

#### **Session 2-Intermediate/Advanced:**

Date/Day: Fridays, Sept. 22, 29, Oct. 6, 13, 20, 27

Nov. 3, 10

Time: 10:30-12:00 PM

Min/Max: 4/4

Fee: \$250

Instructor: Professional Tennis Instructor, Vernon Boyd

Location: Four Seasons Tennis (Indoor), 10 Granite Rd., Acton



### 56. PRIVATE TENNIS LESSONS--ALL AGES

Lessons are one hour and are worked out mutually with the instructor once your registration is received.

**Single:** \$55

**Semi-Private:** \$35 per person

**Instructor:** Professional Tennis Instructor, Vernon Boyd

**Location:** Elm Street Outdoor Tennis Courts, Elm St., Acton

### 57. COMMUNITY GARDENS

The Recreation Department operates the Community Gardens located on Rte 27 in N. Acton. Open plots will be available to the general public beginning on **December 15, 2005 first come-first serve**. Garden plots are available in either full size lots (50' X 33') or half size (25' X 16'). Lots can be used from Monday, April 9, 2007 until November 1, 2007. 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. Registration is done in-person at the Recreation Department, Acton Town Hall.

**Fee:** Full plot resident - \$15.00, half plot resident - \$8.00 (subject to change with new rates for 2007)

**Non-resident full plot** - \$25.00, non-resident half plot - \$13.00 (subject to change with new rates for 2007)

### **NEW! WEEKEND GARDENER WORKSHOPS**

What is the # 1 leisure activity in America today? Gardening! Even if you work and your time is limited, Acton Recreation is offering a series of self-contained projects to get you started with this rewarding activity. Instructor Cathy Fochtman is a member of the Acton Garden Club, a certified Master Gardener and Youth/Children's Gardens board member for the Garden Club Federation of Massachusetts.

### 58. LANDSCAPE WORKSHOP

#### **Create a Perennial Bed**

Did you know that **early fall is an excellent time to plant** a new perennial bed? Learn a shortcut method for creating a new bed on existing lawn area without laborious digging. A demonstration bed will be constructed and participants will leave with instructions, a resource list and plants to start their home landscape project. *Note if you are growing in shade, part shade or full sun on your registration form.*

**LOCATION:** Class held at NARA, 25 Ledge Rock Way. Meet at the Bath House.

**WHEN:** Saturday, September 9, 2006 (rain date Sunday, September 10, 2006)

**TIME:** 10:00am - 11:30 am

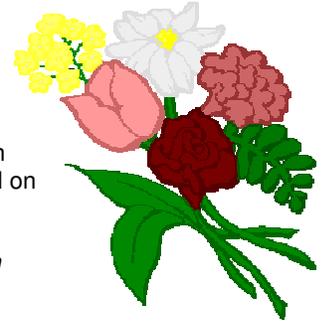
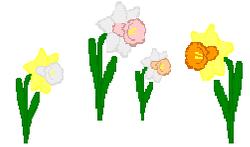
**FEE:** \$50

**MIN/MAX:** 8/12



## PROGRAMS FOR ADULTS

## BUS TRIPS AND TOURS



### 59. LANDSCAPE WORKSHOP

#### ***Spring Blooming Bulbs***

Have you given up on bulbs because your tulips are beheaded each spring by critters? Learn about spring blooming bulbs that repel pests and can be beautifully integrated into your existing landscape. A demonstration bed will be constructed and participants will leave with instructions, a resource list and bulbs to start their home landscape project. Class held at NARA, 25 Ledge Rock Way. Meet at the Bath House. Limit 12 participants.

**DATE:** Saturday, October 8, 2006 (rain date Sunday, October 9, 2006)

**TIME:** 10:00am – 11:30 am

**FEE:** \$20. Take home materials fee separate—pick and choose take home materials

**MIN/MAX:** 8/12

### 60. Floral Arts Workshops

Join Cathy Fochtman, Master Gardener, for one or the entire series of workshops creating fresh seasonal floral creations for your home. Cathy has exhibited at Worcester County Horticultural Society's Flora in Winter event at Tower Hill Botanic Garden. In the spring, Cathy assists at the NE Flower Show in Boston. Limit 8 participants per class. All classes held in the Acton Recreation Department Office located on the ground floor, 472 Main St., Acton, MA 01720.

#### **October – *Basket with fall flowers and vegetables***

Saturday, October 15, 2006

10:00am – 11:30am

Fee: \$20, cost of materials paid on workshop day

MIN/MAX: 3/8

#### **January – *Paperwhite Dish Garden***

Saturday, January 13, 2007

10:00am – 11:30am

Fee: \$20, cost of materials paid on workshop day

MIN/MAX: 3/8

#### **November – *Small Kissing ball with greens***

Saturday, November 12, 2006

10:00am – 11:30am

Fee: \$20, cost of materials paid on workshop day

MIN/MAX: 3/8

#### **February – *Sweetheart Arrangement***

Saturday, February 10, 2007

10:00am – 11:30am

Fee: \$20, cost of materials paid on workshop day

MIN/MAX: 3/8

***Sign up now for exciting trips to guarantee your spot!***

### **61. BOSTON RED SOX VS. NY YANKEES**

AT YANKEE STADIUM, NYC

2 DIFFERENT TRIP DATES

FRIDAY, SEPTEMBER 15—\$139

SUNDAY, SEPTEMBER 17—\$109 – EXTRA SPECIAL RATE!

**Pickup/Drop-off:** NARA Park, 25 Ledge Rock Way, Acton

#### **YOUR TRIP INCLUDES:**

Round trip deluxe lav-equipped motorcoach transportation. (No alcoholic beverages allowed on coach)

**Depart approximately 1:00 pm.** (Call for details) Upper Reserved seating for Friday, Saturday and Sunday evening game.

Scheduled start approximately 8:05 pm.

(Note: Game start times are always subject to change) **Depart for home 30 minutes after game end.** All taxes for included features. Customary gratuities to driver/escort not included. Celebration Tours Escort throughout. *No refunds for cancellations received within 30 days of departure.* **MAXIMUM: 54 PER DATE**

### **62. NE PATRIOTS VS. BUFFALO BILLS**

October 21-22, 2006 (Sat/Sun) 2 Days/1Night Staying in Niagara Falls, NY

**Complete cost per person:** \$239 Twin, \$229 Triple Basis, \$219 Quad Basis, \$299 Single Basis, \$179

Children under 16 sharing room with two adults. **Pickup/Drop-off:** NARA Park, 25 Ledge Rock Way, Acton

(off Rte. 27 N. Acton) **YOUR TRIP INCLUDES:** RT deluxe motorcoach transportation throughout (lavatory and

video-equipped). **Departure time** will be in the early morning (will be sending out information packet to

registrants). No alcoholic beverages or smoking allowed on coaches. Refreshments served on board. Accommodations at the SHERATON FOUR POINTS HOTEL located in Niagara Falls (US Side), NY. Full American Breakfast Buffet at your hotel.

Reserved seating for the game in Buffalo: The NE Patriots vs. the Buffalo Bills. Visit the Seneca Niagara Casino (Slot bonus coupon).

All taxes and gratuities for included features except customary gratuities to chambermaids and driver/escort. Celebration Tours Escort throughout. Trip cancellation waiver offered (\$35 per person). **NO REFUND FOR UNUSED**

**FEATURES/SERVICES/ NO-SHOWS:** Neither tour nor any unused features are exchangeable or refundable as subject to cancellation conditions below. **CANCELLATIONS POLICY FOR NE PATRIOTS TRIP 10/21-10/22:** Must be made in writing to the Recreation Department; all documents and tickets must be returned before refund can be processed. Cancellation penalties apply as follows: from receipt of payment until September 20, 2006—\$100 pp fee; cancellations received after September 20, 2006 until 15 days prior to departure—\$150 pp fee. NO REFUNDS for cancellations received within 15 days of departure.

**MAXIMUM 54**



## BUS TRIPS AND TOURS

### 63. DISNEY'S TARZAN--NEW ON BROADWAY, NYC

"Tarzan" Disney's newest hit musical... "Two worlds...one family." The tale is ageless. Based on the award winning animated film. Disney announces its first new Broadway musical in 5 years. Music by Phil Collins including "You'll Be in My Heart" and "Two Worlds"—now expanded into a complete theatre score.

**YOUR TRIP INCLUDES:** RT deluxe motorcoach transportation with pickup and return from NARA Park, 25 Ledge Rock Way, Acton.

Reserved front mezzanine seating for the 2PM performance of "Tarzan," the new Disney Musical at the Richard Rodgers Theatre. Time for browsing in New York.

All taxes, admission for included features except customary gratuities to driver and escort. Tour escort throughout. Cancellation Policy: Cancellations received after August 2nd until 7 days prior to departure—\$75pp. No refunds for cancellations received within 7 days of departure.

**DATE: Saturday, September 2**

**DEPARTURE TIME:** 6:00 AM

**RETURN TIME:** 10:00 PM (approx.)

**PICK-UP/DROP OFF LOCATION:** NARA Park, 25 Ledge Rock Way, Acton, lower beach parking lot

**FEE:** \$159 per person

**MAXIMUM:** 54



### 64. DISNEY'S MARY POPPINS ON BROADWAY, NYC

**YOUR TRIP INCLUDES:** RT deluxe motorcoach transportation. Reserved balcony seating for the 2PM performance of one of Disney's newest musicals to hit Broadway, "Mary Poppins." Time for browsing in New York. All taxes, admission for included features except customary gratuities to driver and escort. Tour escort throughout. Cancellation waiver is available for an additional \$20 pp. No refunds for cancellations received within 30 days of departure.

**DATE: Saturday, Oct. 21**

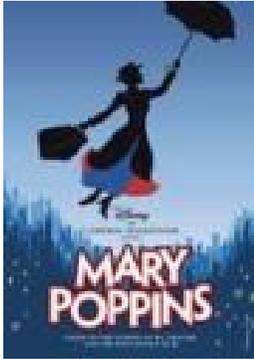
**DEPARTURE TIME:** 6:30 AM

**RETURN TIME:** 10:30 PM (approx.)

**PICK-UP/DROP OFF LOCATION:** NARA Park, 25 Ledge Rock Way, Acton, lower beach parking lot

**FEE:** \$99 per person

**MAXIMUM:** 54



### 65. MOHEGAN SUN

This trip includes RT luxury motorcoach transportation and a \$30 casino package. Enjoy the day at Mohegan Sun!

**WHEN:** Wednesday, November 8, 2006

**TIME:** 8:00 AM-7:15 PM (pick-up/drop-off est. time)

**PICK-UP/DROP OFF LOCATION:** NARA Park, 25 Ledge Rock Way, Acton, lower beach parking lot

**FEE:** \$35PP

**Cancellations:** No refunds for cancellations received within 7 business days of departure.

**MIN/MAX:** 30/40

### 66. CHRISTMAS SPECTACULAR IN NY OVERNIGHT



**YOUR NEW YORK CITY PACKAGE INCLUDES:** Deluxe lav-equipped motorcoach transportation throughout. Beverages & donuts served en route. Accommodations at the Crown Plaza Hotel, located in Secaucus, New Jersey (or similar). Two (2) meals: 1 Breakfast and 1 dinner. Reserved seating for the spectacular Radio City Music Hall Christmas Show, featuring the famous Rockettes. Visit to the Empire State Building Observatory. Luggage handling throughout. All taxes, gratuities for included features except customary gratuities to chambermaids, driver and escort. Celebration Tours escort throughout.

**DATE: Overnight Trip—Sat/Sun: Dec. 2 & 3**

**DEPARTURE/RETURN TIME:** Will be in the morning for departure and evening for return—information will be sent with itinerary to registrants closer to event.

**PICK-UP/DROP OFF LOCATION:** NARA Park, 25 Ledge Rock Way, Acton, lower beach parking lot

**FEE: COMPLETE COST PER PERSON**

**\$329.00 Twin Basis**

**\$309.00 Quad Basis**

**\$319.00 Triple Basis**

**\$279.00 Child under 12 sharing room with 2 adult**

**Cancellation:** received prior to 35 days of departure - \$100 pp fee. Cancellations received within 35 days of departure - \$100 pp fee plus applicable tour/ticket penalties. No refunds for cancellations received within 7 days of departure.

**MAXIMUM:** 54

**67. ANNUAL HOLIDAY TRIP TO NEW YORK CITY**



If you have had this experience before, you know how great NYC is during the holiday season: **MAGICAL!** Spend your time shopping, sightseeing, catching a show or dining at a fine restaurant. This **unguided trip** will include RT luxurious bus transportation with movies that will be shown, juice and donuts on the way down and soft drink with snack on the return. The bus will stop at a rest area for a quick break each way. Drop off location and pickup in the vicinity of Rockefeller Plaza. Recreation Department personnel will accompany this trip.

**WHEN:** Saturday, December 16, 2006  
**TIME:** 5:30 AM-11:30 PM (pick-up/drop-off est. time)  
**FEE:** \$54pp

**PICK-UP/DROP OFF LOCATION:** NARA Park, 25 Ledge Rock Way, Acton, lower beach parking lot

**MIN:** 30/MAX 40

**Cancellations:** No refunds for cancellations received within 7 business days of departure.

**68. FOXWOODS CASINO**

Need a mid-winter break? Get away to Foxwoods, where there is something for everyone. This trip includes RT luxury motorcoach transportation and/or a casino or food package.

**WHEN:** Saturday, February 10, 2007  
**TIME:** 10:00 AM-9:30 PM (pick-up/drop-off est. time)  
**FEE:** \$35pp

**PICK-UP/DROP OFF LOCATION:** NARA Park, 25 Ledge Rock Way, Acton, lower beach parking lot

**MIN:** 30/MAX 40

**Cancellations:** No refunds for cancellations received within 7 business days of departure.

**69. ST PATRICK'S DAY SHAMROCK FESTIVAL at Indian Head, Lincoln, NH**

**YOUR DAY WILL INCLUDE:**

Deluxe motorcoach transportation. Beverages & donuts served on departure. Welcome Cocktail Reception. Deluxe St. Patrick's Luncheon Buffet. Entertainment, featuring: Irish Tenor Dan Ryan; the Irish Mist Band, Stepdance to Riverdance Show with an Irish Sing-a-long. Irish Beer Mugs for all! Free Individual Photos for everyone! All taxes and gratuities for included features except gratuity to driver/escort. Celebration Tours escort throughout.

**WHEN:** Saturday, March 17, 2007  
**TIME:** 9:00 AM-6:30 PM (pick-up/drop-off est. time)  
**FEE:** \$89pp

**PICK-UP/DROP OFF LOCATION:** NARA Park, 25 Ledge Rock Way, Acton, lower beach parking lot

**MAX: 54 Cancellation Policy:** Cancellations received after payment until 16 days prior to departure-\$25 pp. No refunds for cancellations received within 15 days of departure.



**70. FAMILY FEST—KISS SUMMER OF FUN FUTURE SUPERSTARS CONCERT**



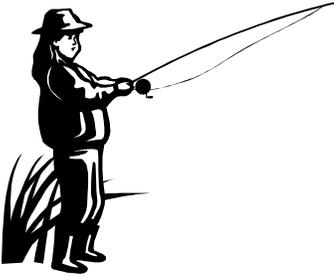
A first for Acton and a first for KISS 108. A special Summer of Fun Concert outside of Boston! Tickets may be purchased at the ticket tent 2 hours prior to concert time. Free booth time is from 2-4PM where it is open to everyone. At 4PM the ticketed concert begins! Corbin Bleu of Disney's High School Musical will be the guest host with a KISS DJ! Performances will be by the Jonas Brothers, Cherry Fix, Fuzz Pipe, and Ball in House. Strawberries is going to sell the Jonas Brothers new CD along with the High School Musical CD soundtrack and DVD. Attendees may have them signed by the artist. Attendees will also be able to enter to win to meet both of them after the show.

**Shuttle buses** for overflow parking will be running throughout the event from the end of Nagog Park Drive to NARA Park. Access to NARA Park can also be obtained through a short walk through the Town Forest at the end of Nagog Park Drive. Nagog Park Drive is located at the Bickfords/2A intersection, Acton. Please note that ticket sales are limited to 2,800.

**DATE:** Saturday, August 26  
**BOOTH TIME:** 2:00-4:00 PM  
**CONCERT TIME:** 4:00-7:00 PM  
**LOCATION:** NARA Park, 25 Ledge Rock Way, Acton, MA  
**FEE:** \$16 for all persons age 6 and up  
**HOSTED BY:** The Acton Recreation Department

## SPECIAL EVENTS

### 71. THE ALL-AMERICAN FISHING DERBY



#### FOR KIDS UP TO AGE 14

All Pre-registrants will receive a certificate of participation. Please fill out fall/winter registration form. Pre-registration is not necessary but is helpful on derby day. Children must have their own fishing rod and reel. We will have bait available. All participants will receive a goody bag. This is a catch and release derby. Prizes will be awarded for the largest fish in each age group for both boys and girls. Children under age 12 must not be left unattended. *Volunteers will be needed to help with this event. Please call if you are able to assist: 978-264-9608*

**DATE:** Saturday, September 16

**START TIME:** 7:30 a.m.

**AWARD TIME:** 10:00 a.m.

**RAINDATE:** Rain or shine (if heavy rain--event cancelled)

**LOCATION:** NARA Park, 25 Ledge Rock Way, Acton

**FEE:** \$1 per child

**HOSTED BY:** The Acton Recreation Department

### 72. WELCOME COFFEE

Acton Recreation will be hosting a welcome coffee **for any new or not-so new community members** who would like to meet new people, find out what Acton Community Groups are out there, and what Acton has to offer! Coffee and light refreshments will be served. We look forward to meeting you! ~ FREE

**DATE:** Saturday, September 16, 2006

**TIME:** 10:15-11:30 AM

**LOCATION:** NARA Park, 25 Ledge Rock Way, Acton—Bathhouse Pavilion

If you're an Acton non-profit community group and are interested in participating, please contact the Recreation Department, (978) 264-9608 or [recreation@acton-ma.gov](mailto:recreation@acton-ma.gov)



### 73. AUTUMN FUN IN THE PARK FREE CONCERT

Featuring the Help Wanted Band  
Apple Pie Contest!

**DATE:** Saturday, September 16

**TIME:** 3-5 PM

**LOCATION:** NARA Park, 25 Ledge Rock Way, Acton, Amphitheatre

*To enter the apple pie contest, fill out the regular registration form and on the back of the form, please list your ingredients.*



### 74. FALL FAMILY CAMPOUT



Second annual Fall Family Campout at NARA Park! You pick your camping location at NARA Park (except playing fields) where you would like to setup your tent and enjoy an evening under the stars. We supply the cooking fire, s' mores and breakfast. New this year, we will have a folk guitar entertainer. This is a growing popular event—signup is limited. Suggested items to bring: tent, sleeping bag, flashlights, snacks and personal items. Our snack bar will be open until 11PM with snack food items.

**WHEN:** Saturday, Sept 23-24

**TIME:** Setup/check-in begins at 4PM Campers must have tent broken down by 10AM Sunday

**FEE:** \$15 per person

**LOCATION:** NARA Park, 25 Ledge Rock Way, Acton

### 75. MONSTER BASH



Join the ghoulish fun and do the monster bash! Prizes for best costume, music and games.

**WHEN:** Monday, October 30, 2006

**TIME:** 5:30-8:00 PM

**FEE:** \$5.00 per person—includes pizza and drink

**LOCATION:** NARA Park, 25 Ledge Rock Way, Acton Amphitheatre

*Registrations must be received **no later than Monday, Oct. 23** for planning purposes.*

**MIN:** 40



## SPECIAL EVENTS

### 76. NIGHT STAR PARTY



It's Acton under the stars—a second annual star viewing and presentation by the Outdoor Lighting Education Committee. More details will be available on our website in early October: [www.acton-ma.gov](http://www.acton-ma.gov)

**DATE:** Friday, Oct. 27, Cloud Date, Saturday, Oct. 28

**TIME:** 6:00-11:00 PM

**LOCATION:** NARA Park, 25 Ledge Rock Way, Acton

**HOSTED BY:** Outdoor Lighting Education Committee

**FEE:** Free

### 77. WINTERFEST 2007

Join us for a great winter celebration at NARA Park with lots of fun activities including KISS 108 Street Team, bonfire, sleigh rides, curling, sledding, ice skating, ice sculpting, ReMax Balloon Rides (weather permitting), snowball toss, snowball relay, Chili cook-off, costumed characters, food and drink. If you are interested in sponsoring an event or can volunteer, please contact us at [recreation@acton-ma.gov](mailto:recreation@acton-ma.gov) or call 978-264-9608. To enter the chili contest fill out program registration form with ingredients listed on the back.



**WHEN:** Saturday, February 3, 2007

**TIME:** 4:00-8:00 PM

**LOCATION:** NARA Park

**FEE:** FREE—Donations will be greatly appreciated!



## Thank you to our generous sponsors including

Donelan's Supermarket

Gould's Plaza

Cambridge Savings Bank

Domino's Pizza

Comcast Cable Corporation

Roche Brothers

Middlesex Savings Bank

Dunkin' Donuts

Embroid Me

Workers Credit Union

Thoreau Club

Community Phone Book

ReMax

A special thank you to all the volunteers who helped us  
this summer with our concert series!

Without your help, we wouldn't be able to have  
such fabulous events for the community.



RECREATION DEPARTMENT  
TOWN OF ACTON  
472 MAIN STREET  
ACTON, MA 01720

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**A sneak peak of what's inside!**

**ALL NEW KIDS THEATRE GROUP!**

**MONSTER BASH—HALLOWEEN FUN**

**RED SOX, NE PATRIOTS TRIPS**

**NYC BROADWAY'S "MARY POPPINS" AND THE ALL NEW "TARZAN"**

**AMERICAN GIRL PLACE**

**ROCKETTES CHRISTMAS SPECTACULAR**

**JR. CHEFS & FOR ADULTS GUEST CHEFS!**

**START SMART SPORTS PROGRAMS FOR YOUTH**

**TENNIS FOR BOTH YOUTH AND ADULTS**

**KUNG FU FOR CHILDREN AND ADULTS**

**WEEKEND GARDENER CLASSES**