

TOWN OF ACTON RECREATION DEPARTMENT



FALL / WINTER 2003 / 2004 PROGRAM

ACTON RECREATION DEPARTMENT
ACTON TOWN HALL
472 MAIN ST.

ACTON, MA 01720

978-264-9608 HOURS: MON – FRI 8:00 – 5:00

recreation@town.acton.ma.us

**ACTON RECREATION DEPARTMENT
REGISTRATION INFORMATION**

Fall/Winter 2003-2004

Register for programs either in person at the Acton Town Hall or by mail, utilizing a separate form for each program. All programs must have sufficient enrollment to ensure self-support. **Refunds are issued on the basis of receipt of notice of withdrawal one week prior to the start of the program, and are subject to a \$10.00 service charge.** For further information contact the Recreation Department at (978) 264-9608. Mail registration form to: Acton Recreation Department, Town Hall, 472 Main Street, Acton, MA 01720. **Please make check payable to "Town of Acton".** Registration forms may be photocopied.

Registrants should consider their applications accepted unless notified otherwise.

FALL/WINTER REGISTRATION – 2003-2004
(please print)

Program _____ Day/Time _____

Name _____ Age/Grade _____

Address _____

Town _____ Zip _____

E-mail Address _____

Parent/Guardian (if registrant is under age 18) _____

Telephone
(Home) _____ (Work) _____ (Emergency) _____

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

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

Signature (Parent/Guardian if under 18) Date Amount Enclosed _____

THINGS YOU NEED TO KNOW!

PROGRAMS FOR EVERYONE

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

REGISTRATION POLICY

1. All programs are on a “first-come-first-serve” basis via mail-in registration from this brochure or at the Recreation Department at the Acton Town Hall. We will not accept registrations without payment.
2. The Acton Recreation Department reserves the right to cancel or consolidate classes that do not support themselves. All programs operate on a self-supporting basis.
3. Registration may be limited due to subject; space or staff limitations so **REGISTER EARLY**. Non-resident registration will be accepted in all programs. Call 978 264-9608 for more details.
4. Late registration will be available subject to available space.
5. Payment may be made by cash or check payable to the Town of Acton and mailed to:
*Acton Recreation Department
472 Main Street
Acton, MA 01720*
6. **Refunds may be requested up to one week before the program begins.** A ten dollar (\$10.00) administration fee will be retained. Some programs have a non-refundable deposit. No refunds will be given after the program begins. ALL APPLICATIONS SHOULD BE CONSIDERED ACCEPTED UNLESS OTHERWISE NOTED.
7. It is the policy of the Acton Recreation Department that no resident of the Town shall be refused participation in a program or the use of facilities because of the inability to pay. Confidential application for financial aid can be made to the Board of Selectmen, and if a hardship exists, the applicant may apply for a reduction in fees. Please contact Nancy McShea, Recreation Director, with any questions.
8. If any program is cancelled due to inclement weather, a refund will be given. Please allow 2-3 weeks for a refund.

IF YOU WAIT – YOU MAY BE TOO LATE!

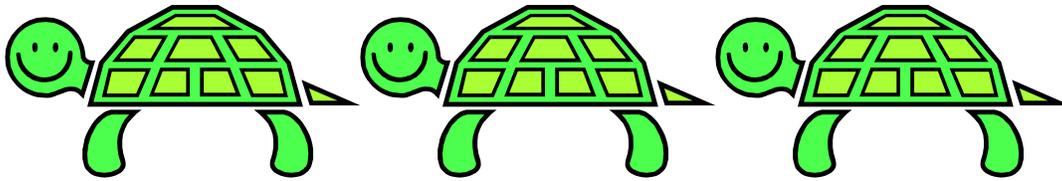
Nothing jeopardizes a recreation program faster than individuals who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing,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

Acton Recreation Commission:

Chair: Ron Schlegel
Vice Chair: Michele Zarembo
Alison Gallagher, Bob Cadogan

Recreation Staff:

Recreation Director: Nancy McShea
Natural Resources Director: Tom Tidman
Secretary: Jennifer White



SPONSOR A RUBBER TURTLE AT ACTON DAY

REGISTRATION FORM

Name _____

Address _____

Town _____ State _____ Zip _____

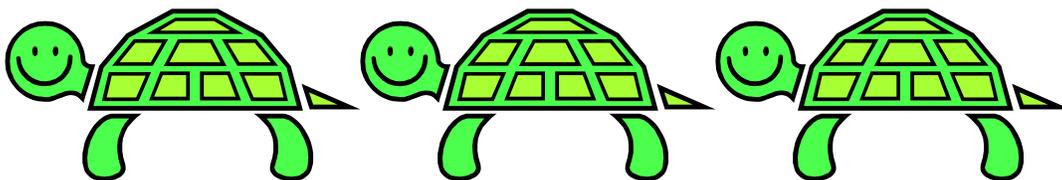
Phone _____

I would like sponsorship papers for _____ turtles at \$5.00 each

or a flock of turtle's (6 total) for only \$25.00.

Enclosed \$ _____ (please make checks payable to Town of Acton)

Please mail this form to Acton Recreation, 472 Main Street, Acton, MA 01720.
If you have any questions please feel free to contact us at 978-264-9608



PROGRAMS



INDOOR FIELD HOCKEY CLINIC

Take a break from sitting in your house all vacation. Join the Acton Recreation Department at Acton Indoor Sports for some indoor Field Hockey. We will do some skill work, play games, get some great exercise and sharpen our hockey skills. This clinic is open to all ages.

Class Meets: Tuesday – Thursday February 17 - 19, 2004.

Time: 9:00 – 11:00AM

Location: Acton Indoor Sports

Instructor: Nancy McShea

Fee: \$40.00

Ages: All ages

START SMART SPORT PROGRAMS

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

Developmentally appropriate activities are tasks that are designed for the current level of performance ability of the child with equipment that enables the child to be successful. Success is

extremely important in early motor skill learning experiences, as it builds self-esteem and the motivation and confidence needed to try and improve.

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

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

START SMART SPORTS DEVELOPMENT PROGRAM

Start Smart teaches children ages 3-5 the basic motor skills necessary to play organized sports, while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents basic sport mechanics without the threat of competition or the fear of getting hurt. 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.

Class Meets: Tuesdays, September 9 – October 14, 2003.

Time: 9:30 – 10:30 a.m.

Location: NARA Park upper fields.

Fee: \$40.00

Instructor: Nancy McShea



START SMART BASEBALL

Start Smart Baseball was developed to assist young children 3-5 years old learn 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.

Class Meets: Thursdays, September 11 – October 16, 2003.

Time: 10:30 – 11:30 a.m.

Location: NARA Park upper fields.

Fee: \$40.00

Instructor: Nancy McShea

START SMART SOCCER

Start Smart Soccer was developed to assist young children 3-5 years old learn 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.

Class Meets: Tuesdays,
September 9 – October 14,
2003.
Time: 10:45 – 11:45 AM
Location: NARA Park upper
fields.
Fee: \$40.00
Instructor: Nancy McShea

START SMART BASKETBALL

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

Class Meets: Mondays,
September 8 – October 20,
2003, no class Oct. 13.
Time: 9:30 – 10:30 AM
Location: NARA Park upper
fields.
Fee: \$40.00
Instructor: Nancy McShea

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.

Class Meets: Fridays,
September 12 – October 17,
2003.
Time: 9:00 – 10:00 AM.
Location: NARA Park upper
fields.
Fee: \$40.00
Instructor: Nancy McShea

TEEN SNOWSHOE / WINTER HIKE

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

Class Meets: Wednesdays,
January 28 – February 25,
2004.

Time: 3:00 – 4:00 PM
Location: NARA Park –
upper parking lot.
Instructor: Nancy McShea
Ages: Grades 6- 8
Fee: \$30.00
Limit: 12 kids

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



THE T.J. O'GRADY MEMORIAL SKATEBOARD PARK

On November 20, 1998, T.J. O'Grady, a 15 year old boy from Boxborough, MA, was struck and killed by an automobile while skateboarding down a residential road. Since then T.J.'s Mother, Lori O'Grady, and many of T.J.'s friends and their families, have formed the T.J. O'Grady Memorial Skateboard Park, Inc. , a non-profit organization whose ultimate mission is to build a safe place for the children and adults to skateboard and inline skate. To make a much needed donation, or for information on our efforts, go to our website at www.tjskatepark.org.

The Acton Recreation is planning to begin construction on this skatepark in the very near future. Together we can make this park a reality for the children and adults in Acton and Boxborough.

**PROFESSIONAL
LIFEGUARD CLASS**

This class will cover all aspects necessary to become a professional lifeguard. Training includes CPR for the Professional Rescuer, First Aid, Blood Borne Pathogens, Emergency Oxygen, and use of an Automatic External Defibrillator. Lifeguard Training portion will include prevention, surveillance, managing conscious and unconscious victims, rescue techniques, spinal immobilization, and personal safety. Successful completion will result in lifeguard certification through STAR (Safety Training & Aquatic Rescue) Guard Lifeguard Certification and Professional Rescuer CPR and First Aid certification through the American Safety and Health Institute. Training is identical to American Red Cross standards. This class is great for first time lifeguards. Individuals looking for summer jobs in the area are strongly encouraged to get their certification, as it is a prerequisite for certain establishments. Job placement help will be made available as part of this course to extremely qualified candidates. **MUST BE AT LEAST AGE 15 TO SIGNUP. CANCELLATION MUST BE MADE 30 DAYS PRIOR TO CLASS.**

Time Scheduled for Weekend class: Friday – 6:00 to 9:30PM Saturday – 9:00AM to 4:30PM Sunday – 9:00AM to 4:30.
Location: TBA

Proposed Dates for Class: January 9-11, 2004.
January 5,6,7,8----weeknight class running from 6 – 10PM
Cost: \$210 Cost includes course booklets, plastic course completion card, CPR mask, whistle.
Maximum enrollment: 15,
Minimum enrollment: 6,
Preferred enrollment: 12

Recertification Class:
Individuals previously certified through the Red Cross or Starguard program qualify for this. Prior certification must be presented on day of class. This class is four hours long and reviews the essentials of lifeguarding, as well as provides a refresher course in CPR and First Aid. Certification is good for one year. Job placement assistance will be provided to extremely qualified participants.

Date: Monday, January 12, 2004 from 6 – 10PM
Location: TBA
Cost: \$75
Instructor: Jason Malinowski
Instructor Qualifications: Previous lifeguard/WSI experience, certified in Lifeguard/CPR/First Aid/AED Instruction, as well as Massachusetts EMT-B

**CPR/FIRST AID
CLASS
PROFESSIONAL
RESCUER CPR**

Upon completion, candidate will receive certification through National Safety and Health Institute. This level of certification meets all requirements for lifeguards, EMT's, and healthcare workers. Topics of discussion include strokes,

heart attacks, assessment, rescue breathing, CPR for adults, infants, and children, two rescuer CPR, the use of a bag valve mask, choking, emergency oxygen, and an introduction to the automatic external defibrillator (AED). A skills examination will be given at the end of the course.

Proposed Date: Tuesday, January 13, 2004 from 6 – 10PM
Cost: \$60 Includes books and use of manikins.
Minimum number of participants: 6, Maximum number of participants: 12
Instructor: Jason Malinowski
Instructor Qualifications: Certified in Lifeguard/CPR/First Aid/AED Instruction, as well as Massachusetts EMT-B

**PROFESSIONAL
RESCUER CPR REVIEW**

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

Proposed Date: Wednesday,
January 14, 2004 from 7 –
10PM
Cost: \$40
Minimum number of
participants: 6, Maximum
number of participants: 20
Instructor: Jason Malinowski
Instructor Qualifications:
Certified in
Lifeguard/CPR/First
Aid/AED Instruction, as well
as Massachusetts EMT-B

COMMUNITY CPR/FIRST AID

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

Proposed Date: Thursday,
January 15, 2004 from 6 –
10PM
Cost: \$60, cost includes use
of books
Minimum number of
participants per night: 6,

Maximum number of
participants: 20
Instructor: Jason Malinowski
Instructor Qualifications:
Certified in
Lifeguard/CPR/First Aid/
AED Instruction, as well as
Massachusetts EMT-B.

COED PICK-UP SOCCER

Don't have time to play in a soccer league? Enjoy playing soccer? If you have answered yes to these two questions then we have just the class for you. Join us once a week at NARA Park for a game of pick-up soccer. This class is open to novice and advanced players but the emphasis is on fun! Don't just sit there, come out and play!

Class Meets: Sundays
beginning September 7th and
ending October 26, 2003.
Time: 9:00-10:00 a.m.
Location: NARA Park
Fee: \$25.00 for 8 weeks.



WOMEN'S ICE HOCKEY

Do you want to learn to play ice hockey but are unsure of all the skills involved? Well then this class is for you. Join Tom Tidman as he teaches you all you need to know about playing the game from putting on equipment to scoring a goal! Limited skating skills required.

Class Meets: Mondays,
October 20 – December 8,
2003
Time: 9:45 – 11:15 a.m.
Location: Nashoba Valley,
Boxboro

Fee: \$125.00 includes ice
time for 8 weeks.
Equipment: You must
provide all of your own
equipment.
Instructor: Tom Tidman
Limit: 20 people

INDOOR FIELD HOCKEY

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

Class Meets: Thursdays
beginning December 4, 2003
– April 15, 2004. No class
December 25, 2003 or
January 1, 2004.

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

Location: Acton Indoor
Sports

Fee: \$125.00 for 18 weeks
Instructor: Nancy McShea

- You must provide your own mouthguard and shin guards.

OUTDOOR ADVENTURE FITNESS

Fall in New England is the time for new beginnings and fresh starts. The air is cool and crisp, the leaves are on fire, and the kids are back to school. This is the *perfect* time to discover or re-discover your "inner athlete" while enjoying all that the natural environment has to offer. **Outdoor Adventure Fitness** will focus on improving your cardiovascular fitness, muscular strength and endurance, flexibility, speed and agility, and mental focus

without ever entering a gym. Meeting in various outdoor locations, we will use these natural settings along with portable equipment to help you achieve your fitness goals while having fun! Whatever shape you're in now, come outside with us and discover ways to improve, inside and out. Each participant also receives written guidance from the instructor to aid in planning personal workouts outside of class. Each session is limited to 10 participants to ensure individual attention.

Class Meets:

Session 1: Tuesdays, beginning September 16th and ending November 4th, 2003.

Time: 9:30 AM – 10:45 AM

Session 2: Thursdays, beginning September 18th and ending November 6th, 2003

Time: 9:30AM – 10:45AM

Location: NARA lower parking lot first class, TBA thereafter

Fee: \$110.00 for one session or \$190.00 for both sessions

Instructor: Carol Brown, ACE-certified personal trainer and Outdoor Action Fitness-certified group instructor

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.

Class Meets: Saturdays, beginning September 6th and ending March 13, 2004.

Time: 8:00 a.m. in the fall and possibly changing to 8:30 a.m. during coldest months of winter.

Location: A-B High School Gazebo parking lot for first meeting, TBA thereafter.

Fee: \$35.00

Instructor: Carol Brown

TOT SPOT

This class is designed for the older toddler to begin exploring sport skills. Each week we will focus on a different sport and play games and activities related to that sport. Meet other toddlers, have fun and learn some new skills.

Class Meets: Thursdays, September 11th – October 9, 2003.

Time: 9:00 – 9:45 AM

Location: NARA Park Upper Fields

Fee: \$25.00 for 5 weeks

Instructor: Nancy McShea

- Class limited to children ages 2 - 3 years old.

PLAYGROUND PLAYGROUP

Join us weekly at the NARA Park playground, meet new friends and socialize with other toddlers. This non-instructional class is designed to be a social group for children up to 4 years of age. We will provide a snack and juice each week as well as an array of equipment for your child to experiment with.

Class Meets: Fridays, beginning September 12th – October 10, 2003.

Time: 10:15 – 11:00 AM

Location: NARA Park playground

Fee: \$10.00 for 5 weeks

Instructor: Nancy McShea

MOMMY AND ME SNOWSHOE CLASS

This class is designed to bring Moms and kids together to enjoy the great outdoors. This class will meet once a week at NARA Park and we will take a trek with our snowshoes on. This is a great opportunity to learn a new outdoor sport and enjoy all the wonder nature offers us during the winter months. This class is limited to 14 moms and 14 kids. Winter weather permitting.

Class meets: Fridays beginning January 23 – February 27, 2004.

Time: 10:30 – 11:30 AM

Location: NARA Park, upper parking lot.

Fee: \$30.00 per pair, for 6 weeks.

Instructor: Nancy McShea

*Note this class is open to children up to age 6 and we provide the snowshoes.

INLINE SKATING FOR FITNESS II

A follow-up class for former Inline Skating for Fitness students or for experienced skaters. Join an inline skating enthusiast for a weekly skate at the Nashua River Rail Trail (Ayer-Dunstable Bike Trail) before the leaves fall. It's a great time of the year to get out! We will meet at the Ayer parking lot and increase our distance each week. 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. Bottled water and sunglasses are suggested.

To the Nashua River Rail Trail: Take Route 2 west to Route 495 north to Exit 30 – Route 2A/110 west (or Route 2A/119 west to Littleton Common and left onto Route 2A/110 west) into Littleton, continuing to the rotary in Harvard and continuing on Route 110 into the Ayer business district. Route 110 takes a right turn. Continue a short distance and turn right onto Groton St., which is roughly opposite Dunkin Donuts. The Ayer parking lot entrance is on the right.

Class Meets: Fridays beginning September 12th and ending October 3rd, 2003.
Time: 10:00 – 11:30 a.m.
Location: Nashua River Rail Trail (Ayer, MA – Dunstable, MA)
Fee: \$40.00 for 4 weeks
Instructor: Cathy Fochtman
Restrictions: age 18 and up.
Meetings may be cancelled due to inclement weather.
Protective gear to be worn at all times. Limit 8 students.



CONCORD ROAD ICE RINKS

Beginning in December or January there will be 2 outdoor ice skating rinks located at Concord Road. Those rinks are open to the public free of charge. Signs will be posted indicating when the rinks are open. We

ask that you please stay off the rinks when they are posted closed. Also, please keep pets away from the rinks as their claws will rip the liners and make the rinks unusable.



WINTER HIKE / SNOWSHOE

Let's make the best of the New England winter! Every Thursday we will meet at a different conservation area and either hike or snowshoe, depending on Mother Nature's whim. For each outing you can choose either the "social" group or the "fitness" group, depending on how hard you want to work that day. No prior experience with snowshoeing is necessary. All you really need to do is strap them on and go. Best of all, we provide the snowshoes.

Class Meets: Thursdays, beginning January 8 – March 4, 2004 (no class Feb. 19)
Time: 9:30a.m.- 11:00a.m.
Location: First hike meets at NARA upper parking lot, TBA thereafter.
Fee: \$50.00
Instructor: Carol Brown and Cathy Berard

INTRODUCTION TO TAI CHI:

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

stress reducing exercise. At its deepest level, Taiji can also become an extremely powerful and effective system of self-defense, characterized by a relaxed flow of internal energy and power as opposed to sheer muscular strength and speed. There are many styles of Taiji; in this course you will be given the opportunity to learn first section of traditional long form.

Benefits of Tai Chi include:
Reduced stress.
Increased flexibility.
Increased energy and vitality.
Improvement in general health.
Feel great.

Morning Session

Class Meets: Wednesdays, beginning October 1st and ending November 5th, 2003.
Time: 10:15 to 11:00 AM
Location: Chinese Martial Arts Health & Fitness Center of Acton, 240 Arlington St., West Acton
Fee: \$95.00 for 6 weeks.
Instructor: Narcyz Latecki
Min: 4 students
Max: 15 students

Evening Session

Class Meets: Wednesdays beginning October 1st and ending November 5th, 2003.
Time: 7:35 to 8:20 PM
Location: Chinese Martial Arts Health & Fitness Center of Acton, 240 Arlington St., West Acton
Fee: \$95.00/ 6 weeks
Instructor: Narcyz Latecki
Min: 4 students
Max: 15 students

KUNG FU
KIDS AGES 7-10

Kung Fu teaches children to try their best through training, they learn how to overcome challenges and experience victories, giving them the confidence and spirit to be their best in martial arts, their school and home. This class develops:

- Flexibility
- Strength
- Self Defense
- Respect
- Self esteem
- Coordination

Class Meets: Fridays beginning October 3rd and ending November 14, 2003.
Time: 4:45 – 5:30 p.m.
Location: Chinese Martial Arts Health & Fitness Center of Acton
Fee: \$95.00 uniform included/ 6 weeks
Instructor: Narcyz Latecki and Eva Latecki
Min: 4 students
Max: 10 students

KUNG FU LITTLE
DRAGONS –AGES 4-6
YEARS

We'll introduce your child to Kung Fu, which will:

- Build confidence and character.
- Develop coordination.
- Teach discipline and courtesy.
- And have FUN, FUN and MORE FUN!

Class Meets: Wednesdays beginning October 1st and ending November 5th, 2003.
Time: 5:00 – 5:30PM
Location: Chinese Martial Arts Health & Fitness Center of Acton, 240 Arlington St., West Acton

Fee: \$85.00 uniform included/ 6 weeks.
Instructor: Narcyz Latecki and Eva Latecki
Min: 4 students
Max: 8 students

SOCCER MOMS

Tired of sitting on the sideline watching your child play soccer but never getting the chance yourself? Now you can play with other soccer moms once a week in a friendly pickup game. This class is open to novice and advanced players but the emphasis is on fun. This is a non-instruction class.

Class Meets: Thursdays, beginning September 4 – October 30, 2003.
Time: 5:00-8:00PM
Location: NARA Park-Upper Fields
Fee: \$30.00 for 9 weeks
Instructor: Dara Duhamel

WINTER NATURE
WALKS

Explore Acton's Conservation Areas in the winter with our own renowned Conservation Director – Tom Tidman. Each class will be held at a different Conservation area in town. See nature in the winter, learn about animal tracks in Acton's diverse natural habitats.

Class meets: Thursdays, January 15th– February 12th, 2004
Time: 10:00 AM – 12:00 PM
Location: First class meets at Acton Arboretum
Fee: \$15.00
Instructor: Tom Tidman

YOGA

Strengthen and tone every part of your body, renew your energy, and find a hidden reservoir of deep and natural peace and strength with this ancient system of relaxation and rejuvenation. Medical and scientific studies confirm the many health benefits of this transformative practice. "The practice of yoga helps the lazy body to become active and vibrant. It transforms the mind, making it harmonious," wrote B.K.S. Iyengar, father of classical hatha yoga.

How does yoga do this? Scientifically, yoga brings the body out of a state of "chronic stress" by releasing negative emotion trapped in the muscles, and by stimulating the frontal lobe, the part of the brain which takes information from the rest of the brain and synthesizes it into thought and action.

"We may be accepting far higher levels of stress than we can possibly manage and dissipate," writes neurophysiologist Carla Hannaford. These excess stresses overstimulate the lower or reptilian brain (fight or flight response), decreasing memory, impeding learning, flooding the system with toxins, and compromising the integrity of the immune system. The practice of yoga can naturally release this stress and tension, offering fitness, health, energy, clarity of thought and emotional calm.

Some added physiological benefits of yoga:

- Strengthen bones
- Stimulate lymphatic system for internal cleansing
- Increase your lung capacity
- Strengthen your cardiovascular system
- Ease chronically tight muscles
- Stabilize your joints
- Release spinal misalignments and blocked meridians
- Improve your skin tone
- Increase your metabolism
- Control overeating
- Improve digestion

So come and experience the dynamic stretches and graceful movements of yoga, promoting strength, flexibility, vibrancy and health.

GENTLE YOGA FOR BEGINNERS

This class will introduce the beginning yoga student to the fundamentals of yoga practice, including key postures, breath, alignment, and flow. We will learn key movements needed in the beginner postures, which we will put together into simple sequences using breath and rhythmic flows to tone and strengthen the nervous, muscular and skeletal systems. These sequences form the foundation of a training capable of creating a vigorous and flexible body, well-functioning inner organs, and an alert mind. Each class ends with a ten-minute tranquility session in which we will practice mastering deep, natural calm to replenish both body and spirit.

Class meets: Fridays from 9:15 – 10:30 AM.
 Session 1: September 12 – October 24, 2003.
 Session 2: October 31 - December 19, 2003
 Session 3: January 9 – February 27, 2004
 Session 4: March 5-May 7, 2004.

Location: Acton Town Hall Room 204
 Fee: \$75 for each seven-week session

FORM AND FLOW YOGA

This class involves basic and intermediate poses and is recommended for both beginning students in good physical shape as well as students with prior yoga experience. We will focus on 30 asanas (poses) which form the foundation of a training capable of creating a vigorous, strong, and flexible body, well-functioning inner organs, and an alert mind. Each class ends with a ten-minute tranquility session in which we will practice mastering deep, natural calm to replenish both body and spirit.

Class Meets: Fridays from 10:30 to 11:45 AM or Mondays 1:00 to 2:15PM
 Session 1: September 8 – November 3, 2003
 Session 2: November 10^h - December 22, 2003
 Session 3: January 5 – March 1, 2004
 Session 4: March 8- April 26, 2004
 Location: Acton Town Hall Room 204
 Fee: \$75 for each seven-week session

YOGA KIDS' PARTIES

Give the gift of yoga to your child and his or her friends and experience a party where kids will leave more focused, calm and cooperative. Although yoga is enjoying vast popularity with adults, it is only recently that we are recognizing the many benefits of yoga for children: increased self-awareness, self-esteem, inner calm, and strength. These yoga parties are bursting with animals and stories that capture children's imaginations. You can choose from six themes: Ancient Egypt, Native American life, outer space, the wild west, the rain forest, and the life of bears. Also included is a deeply healing craft where children create their own personal mandalas, or sacred circles. This will be a celebration that is not only exuberantly fun, but will center your child and his or her friends as well. The yoga story and the craft last approximately 1-1/2 hours. A party of eight costs \$120. The instructor/facilitator has vast experience with children, and has been teaching yoga in the Concord Public Schools, grades K-5. Please call Acton Recreation for more details, (978)264-9608.

YOGA ENERGY SYSTEM PARTIES FOR ADULTS

Acton Recreation Department is offering Yoga Energy System (YES™) parties to introduce groups to the dynamic practice of yoga. Form your own party of eight or more people and discover the secrets of ancient yogis to increased vitality and energy and an ageless body. You will receive an introductory

lesson to some postures designed to release the spine and hips, learn five breathing techniques that can either calm or energize you, learn some chair or office yoga, experience the deep relaxation of the meditative tranquility pose, and sample a gourmet vegetarian meal with a choice of six mouth-watering dishes. The Yoga Energy System is designed to be fun, so get a group of friends together and experience the bliss! Find out why so many people say that yoga helps them connect with their deeper values, with each other, and with what is most alive and vibrant in the world. You pick the time and we will arrange the party for you. A minimum of 8 people is required, \$30 per person for 2-1/2 hours, all food included. Please call Acton Recreation for more details, (978)264-9608.

SKATE DEMO

Want to watch our local skateboarders in action and learn how they do those amazing tricks? Bring your skateboard to NARA Park and get some basic skateboarding instruction from members of the T.J. O'Grady Memorial Skateboard Park Committee. Enter out raffle and win skateboarding prizes. Please wear proper skating equipment such as helmet and pads.

Date: September 27, 2003
Time: 10:00 – 12:00PM

KID'S SNOWSHOE / WINTER HIKE

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

Class Meets: Tuesdays
January 27 – February 24, 2004.
Time: 3:00 – 4:00PM
Location: NARA Park- upper parking lot.
Instructor: Nancy McShea
Fee: \$30.00
Ages: Children in grades 3-5
Limit: 12 kids

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

COMMUNITY GARDENS

The Recreation Department operates the Community Gardens located on Rte 27 in North Acton. Open plots will be available to the general public beginning on December 15, 2003. Garden plots are available in either full size lots (50' X 33') or half size (25' X 16'). Lots can be used from spring until November 1, 2004. If you are interested in having a garden but lack the necessary space at home try out one of the garden plots at the Community Gardens.

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

For more information please contact the Recreation Department at 978-264-9608.

NARA PARK RENTALS

Nara Park is a great place to hold a family reunion, neighborhood picnic, birthday party or company get together. Did you know that you could reserve the bathhouse pavilion, picnic area or field space? Prices vary depending on number of attendees, areas rented, and type of function being held. Please contact the Recreation Department at 978-264-9608 for more information.

SPECIAL EVENTS



HALLOWEEN COSTUME CONTEST

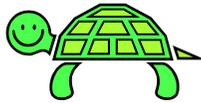
Join us at NARA Park for our third annual Halloween Costume Contest. Kids of all ages are invited to dress up in their best Halloween gear and partake in crafts, treats, and a costume contest. Prizes will be awarded for funniest costume, scariest costume, and most original for the following age groups: 2 and under, 3-5 year olds, 6-9 year olds, and 9-12 year olds.

When: Saturday, October 25, 2003.
Time: 1:00 p.m. judging of costumes will take place at 1:15 p.m.
Location: NARA Park
Fee: Free

ACTON DAY 2003

Come join us at the 3rd annual Acton Day. Acton Day 2003 will be held at NARA Park on Saturday, September 20, 2003 beginning at 1:00PM. There will be a Nationally Recognized Fishing Derby from 9:30 – 11:30 AM (pre-registration required). The day will be filled with lots of exciting events for the whole family to enjoy. There will be a Turbo Turtle Race, Chowder Fest, and an Ice Cream Sundae Bar. There will be demonstrations from various organizations and inflatable activities including, an Obstacle Course, Rock Wall, Bungee Challenge, Joust, Giant Slide and Moonwalk. Other events include Animal Adventures Petting Zoo, DJ and a musical performance by the "Key West Trio". There will also be community organizations and a food court. The day will end with an exciting display of Fireworks. Cost into the park is free; however, some events will charge an admission. Please contact the Acton Recreation Department at 978-264-9608 for more information.

Volunteers needed to help make Acton Day a success. Events such as this depend on volunteers to help make sure the days' events go as planned. If you have some free time, we'd love to have you help. Please give us a call at 978-264-9608 and we will send you out a packet of information.



TURBO TURTLE RACE AT ACTON DAY

At Acton Day on September 20, 2003, we will be holding our second annual Turbo Turtle Race. Sponsorship papers are available at the Acton Recreation Department for \$5.00. During Acton Day approximately 2000 rubber turtles will be released into to the pond and will race across to the finish line. Prizes will be awarded to the top place finishers. Please contact the Acton Recreation Department for further information at 978-264-9608.



WINTERFEST 2004

Beat those winter blues and celebrate all that is good about snow and cold during our Winterfest 2004 celebration. This event will take place at NARA Park and will be a combination of winter activities that the whole family can enjoy. Look for more details as we get closer to the date.

Date: Saturday, February 7, 2004
Time: 12:00 – 4:00 PM
Location: NARA Park
Fee: \$2.00 per person/max \$5.00 per family.

TRIPS



FOXWOODS CASINO

Try your luck at the slot machines, table games, keno or bingo! We will depart Acton on a luxury motor coach at 7:30 a.m. and return at 5:30 p.m. Join Acton Recreation for the time of your life! (Bingo players should pre-register for bingo with the casino directly).

Trip Date: Saturday, October 18, 2003.
Time: Depart Acton Town Hall parking lot at 7:30 a.m. and returns to the Acton Town Hall at 5:30 p.m.
Location: Foxwoods Casino, Connecticut
Fee: \$30.00, includes casino package (either food or betting vouchers)

NEW YORK CITY

Take a break from the holiday crunch and enjoy a day in New York City with the Acton Recreation Department. Spend your time shopping, visiting local places of interest and take in the sights of Rockefeller Plaza. We will travel in a luxury motor coach and we'll have plenty of time to experience New York City during the holidays.

Trip Date: Saturday, December 6, 2003.
Time: Depart Acton Town Hall parking lot at 5:00 a.m. and returns to the Acton Town Hall at 11:00 pm.
Location: New York City, New York.
Fee: \$55.00 per person

HELPFUL PHONE NUMBERS

Acton Recreation Department		(978) 264-9608
Recreation Director	Nancy McShea	(978) 264-9608
Recreation Secretary	Jenna White	(978) 264-9608

YOUTH SPORTS

Soccer	Dave Wilson	(978) 635-0391
	Dave Scheuer	(978) 263-2105

Little League Baseball	Steve Mielke	(978) 266-1130
	David Hearne	(978) 264-4136

Pop Warner Football	Jim McCoy	(978) 263-6743
Pop Warner Cheerleading	Mickey Lieto	(978) 264-0225

Hockey	Maureen Auclair	(978) 263-0720
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Softball	Glenn Herdeg	(978) 263-0718
	Rich Delaney	(978) 263-6989

AB Lacrosse	Bruce Muff	(978) 263-0057
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ADULT SPORTS

Abunted Over the Hill	Turner Wilson	(978) 264-2080
Soccer (30+ league)	Will Bigelow	(978) 263-0863
	Dana Kintigh	(978) 263-0179

Men's Senior Baseball	Bob Major	(978) 874-6346
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Co-ed Softball	Acton Recreation	
Acton League	Department	(978) 264-9608