



Photo: Winter Carnival at NARA Park, 2016

Acton Recreation Department 2016 Fall Programs & 2017 Winter Programs

Office Location: 33 Nagog Park, Acton, MA, 01720

Mailing Address: 472 Main Street, Acton, MA, 01720

Office: 978.929.6640 Fax: 978.929.6333



www.acton-ma.gov/recreation



To Our Community,

Our department continues to work diligently to offer over 140 quality programs for all ages and abilities. Our programs offer a range of activities from arts and crafts to music, sports, nature programs and bus trips. We're proud to offer many new activities this fall and winter that we're sure you'll enjoy.

You can stay current on our offerings by receiving our information-packed E-News brought to you via Constant Contact. To sign up, please email mhaberman@acton-ma.gov with subject line "Add me to your E-News." Read our blog, like us on Facebook, follow us on Twitter. We know how important social media outreach is and we are working hard to update it regularly. We recognize the many business and community members that help the Town of Acton maintain and improve the quality of life here in town! If you would like to contribute and also be recognized at our upcoming events at NARA, please contact our Event and Program Coordinator, Maura Haberman at mhaberman@acton-ma.gov.

Have an excellent fall and winter and we look forward to seeing you throughout the upcoming year!

Cathy Fochtman
Recreation Director

WHO ARE WE?

The Recreation Department creates programs and events for the community at Acton's municipal parks, playgrounds and fields. We administer permits for Nathaniel Allen Recreation Area (NARA) facilities, Town athletic fields, T.J. O'Grady Memorial Skate Park and Camp Acton. We work at enhancing our facilities, programs and event offerings every year with our mission statement uppermost in mind: "Building a sense of community through quality recreation."

The Recreation Department began operations at NARA 16 years ago in spring 2000. NARA, a 40+ acre outdoor recreation area, is home to 6.5 acres of irrigated softball/soccer fields, a totally accessible baseball field (Joseph A. Lalli Miracle Field), an outdoor amphitheater with capacity for 3,000 attendees with a stage and snack bar, playground, volleyball courts, one-mile handicap accessible paved walking trail, a 500-foot beach with shade structures, 9-acre swimming pond, a stunning post-and-beam picnic pavilion and a bathhouse pavilion that includes a snack bar, restrooms and changing facilities.

ARE YOU ON OUR E-NEWSLETTER DISTRIBUTION?

If not, you're missing out on the latest up-to-date information on our parks, events, programs and more.

We do not share your e-mail address nor will we inundate your inbox.

To enroll, simply send an e-mail to mhaberman@acton-ma.gov and ask to be added to our distribution list.



FALL/WINTER PROGRAM BOOKLET INDEX

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Find us on 

 <https://www.facebook.com/NARA-Park>

NARA Park

 <https://www.facebook.com/acton.recreation/>

Acton Recreation Department #1

 <https://www.facebook.com/ActonRecreationDepartment>

Acton Recreation Department #2

<https://www.facebook.com/narasummercamp/>

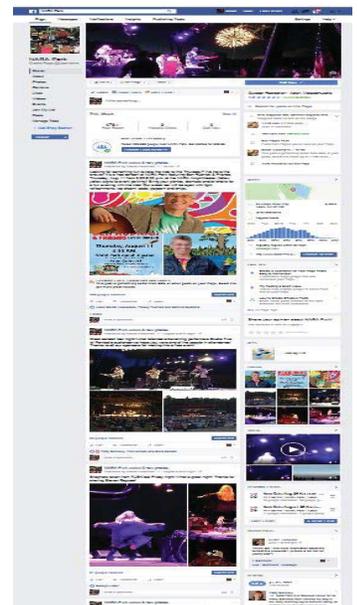
NARA Summer Camp

 <https://www.facebook.com/tjogradyskatepark/>

TJ O’Grady Skate Park

 <https://www.facebook.com/jonesplaygroundinacton/>

Jones Playground



GENERAL INFORMATION & PROGRAM POLICIES

REGISTRATION: Registration begins for classes once published on the Recreation Dept. page of the Town website: www.acton-ma.gov and/or in print. You can register online at www.acton-ma.gov/register or in person at the Recreation Department located at 33 Nagog Park Drive in Acton, or mail to our mailing address: 472 Main Street, Acton, MA 01720, with your registration form and payment. There are no additional fees assessed for out-of-town residents. You are welcome to register at any time for a program provided it is not past a posted registration deadline. All program registrations are on a first-come, first-served basis. Registrations are not submitted through instructors; registration must be made online, by mail or in person, prior to attending a class.

PAYMENT: We accept cash, money orders, checks, MasterCard or VISA.

There is no credit card fee for registering online. If paying in person, a credit card fee may be applied.

Checks and money orders are made payable to: "Town of Acton." Out-of-state checks will not be accepted. One check can pay for multiple programs. Returned Check Fee: \$20. Class fee proration is at the discretion of the Recreation Director.

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 or online at the time of release by print or internet and cancel any program due to low enrollment or inclement weather. Confirmations are not mailed out. All registrations are considered accepted unless you are contacted – no news is good news!

FINANCIAL AID: Financial Aid is available for Acton residents based on financial need through the Doli Atamian Campership Program. You may contact them at 978/263-0131 or write a letter of request to Doli Atamian Campership Program, Inc., PO Box 693, Acton, MA 01720. Funding requests should be submitted by May 1st prior to the start of the summer season.

PHOTO POLICY: Acton Recreation Department 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 the day after Thanksgiving, Christmas, New Years Day, Martin Luther King Day, Presidents Day, Patriots Day, Memorial Day, and July 4. Acton Recreation Department staffed programs/classes are not run on these dates. Town Hall business hours and our office hours are Monday-Friday 8am-5pm. After hours, forms (in envelope addressed to "Recreation Dept.") may be dropped in the message drop 24/7 located outside the Town Hall lower parking lot entrance. Independent instructors may run programs on these noted dates.

REFUNDS & WITHDRAWALS: **You may withdraw from a class program up to 7 (seven) business days prior to the start date—a non-refundable administrative fee of \$20 will be applied to all registrations. After that time, no refunds will be issued.** All requests must be submitted in writing to the Recreation Department requesting withdrawal and refund request. Refund/Withdrawal requests are not accepted through instructors. 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 prior to 1st class. Show tickets are non-refundable but can be transferred. Tickets must be picked up in person at the Recreation Department office during regular office hours. Lost tickets are not the responsibility of the Recreation Department. **Bus Trip Refund Policy** will be outlined in the trip description. Participants are able to purchase trip cancellation insurance from the bus company at an additional cost directly with the bus company. **NARA Camp and Beach Refund/Withdrawal Policy** are outlined on its registration form. **Please inquire prior to any registration if you have any refund questions.**

CLASS CANCELLATION POLICY: Classes are cancelled if Acton-Boxborough Schools are closed due to weather. Notification via e-mail for Recreation Dept. programs will be made if a class is cancelled due to weather or field conditions. Programs run by our independent instructors are responsible to notify participants of class cancellations. Efforts will be made to makeup 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 participate in make-up sessions.

BUS TRIPS: Bus trips will run if the minimum number of registrations is received. Many of our trips are merged with other local towns to help meet the minimum required. If a trip is cancelled due to the lack of minimum participants, a full refund will be issued. Please note that pickup/drop-off locations are subject to change if an adequate number of registrations is not received for a pickup location in Acton. Refunds will not be issued for a non-Acton pickup/drop-off location. In the event of illness, a trip can be transferred but not refunded once a commitment has been made. If you have any refund questions, please inquire prior to signing up. Individual bus trip refund policies will be outlined in the trip description. If a trip is refundable, all changes and special requests must be completed in writing up to 30 days prior to the trip and are subject to a \$50 cancellation fee per person. No refunds will be issued with less than 30 days notice.

BUS TRIP SPECIAL NEEDS INFORMATION: If you are not self-sufficient and have special needs, you must travel with a companion who can assist you. By making a reservation for any trip, you are certifying that you do not have any mental, physical or other condition that could compromise your safety or that of others. Call us for details if you are uncertain of the demands of the trip.

The Acton Recreation does not discriminate on the basis of race, color, sex, religion, national origin, sexual orientation, disability or homelessness.

FALL 2016/WINTER 2017 CLASS REGISTRATION FORM

SAVE TIME, REGISTER ONLINE! www.acton-ma.gov/register

Please use this form for classes & show tickets. *Please use bus form for bus trips.*

Print all information - Signature required below. This form may be duplicated.

Please contact our office prior to registering if you have questions.

Email: recreation@acton-ma.gov Phone: 978-929-6640 ext. 0

We accept cash, check, money order, VISA or Mastercard. Credit cards are not accepted over the phone, e-mail or fax.

Credit transactions must be online or in person. Checks and money orders are made payable to: Town of Acton.

Participant Name Female Male Birthdate Grade (Fall '16)

Program Name Program & Session # Program Fee \$

Participant Name Female Male Birthdate Grade (Fall '16)

Program Name Program & Session # Program Fee \$

Participant Name Female Male Birthdate Grade (Fall '16)

Program Name Program & Session # Program Fee \$

Total Enclosed \$

Special Accommodations

E-Mail Address Preferred Phone # Alt. Phone #

Mailing Address City State Zip

If participant is under age 18, PRINT parent or legal guardian name:

Signature of Parent or Guardian Over Age 18 (form must be signed to participate)

BY SIGNING ABOVE I ACKNOWLEDGE THE FOLLOWING:

I agree to hold harmless the Town of Acton and/or its employees, independent contractors, their agents and employees, from claims or liability related to any accident or injury that may occur. I certify that the participant is in good health. I understand there is some risk in taking part in sports and recreational related activities, and I am willing to assume those risks. I give participant permission for medical treatment to be given if the need arises.

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For Office Use Only: Payment Received by: cf__ mh__ mr__ mlr__ Date: ___/___/___ Amount Received: \$_____
Paid by: Cash _____ Check _____ Check # _____ MO _____ VISA _____ MasterCard _____

CONTACT INFORMATION

The Recreation Department is located on the 1st Floor
33 Nagog Park Drive, Acton, MA 01720
Our Mailing Address is: 472 Main Street, Acton, MA 01720

Recreation Office Hours: Monday-Friday, 8:00 a.m. to 5:00 p.m.

Recreation Office Phone: (978) 929-6640 Ext. 0 Fax: (978) 929-6333

NARA Park Beach Office: Seasonal – Memorial Day thru last Friday in August, (978) 929-6641

NARA Park Amphitheater: Only during event time-this is not a manned phone, (978) 929-6438

Recreation Department E-mail: recreation@acton-ma.gov

NARA Park Bathhouse Phone: (978) 929-6641 (Seasonal) Beach office opens Memorial Day Weekend

Director of Natural Resources: Tom Tidman, ttidman@acton-ma.gov

Recreation Director: Cathy Fochtman, cfochtman@acton-ma.gov

Event & Program Coordinator: Maura Haberman, mhaberman@acton-ma.gov

Recreation Coordinator: Melissa Rier, mrier@acton-ma.gov

Registration Secretary: Mary Lou Repucci, mlrepucci@acton-ma.gov

Recreation Commission: Joe Will, Nancy Gerhardt, Carol Gerolamo, Tom Heinlein

Recreation Commission E-Mail: rc@acton-ma.gov

ACTON SPORTS CONTACT INFORMATION

Frank Matarese	AB Girls Youth Lacrosse	matarese75@icloud.com	www.abgirlslax.org
Al Caruso	AB Girls Youth Softball	alcaruso@yahoo.com	www.absoftball.com
Sanjay Khosla	AB Youth Baseball	president@abyb.org	www.abyb.org
Jack Jones	AB Youth Baseball	registrar@abyb.org	www.abyb.org
Ernst Oddsund	AB Youth Soccer	ernst@oddsund.com	www.abys.org
Fred Dushin	AB Youth Soccer	president@abys.org	www.abys.org
Holly Fitzgerald	AB Youth Soccer Registrar	abysregistrar@gmail.com	www.abys.org
Rich Gottesman	Acton Adult Softball	rich@actonasl.org	www.actonasl.org
Matt Murphy	Acton Adult Softball	matt@actonasl.org	www.actonasl.org
Brian Cotter	AB Boys Youth Lacrosse	brian@cotter.org	www.ablax.org
Paul Cronin	AB Boys Youth Lacrosse	pcronin@nutter.com	www.ablax.org
Rich Dushanek	AB Community Education	rdushanek@abschools.org	www.abschools.org
Bob Major	Men's Baseball	actonorioles@yahoo.com	www.dontbreakyourbat.com
Lauren Richardt	Miracle League	laurenrichardt@yahoo.com	www.miracleleagueofma.com
Jeff Sullivan	Pop Warner	jsullivan@munder.com	www.abpopwarner.com
Mark Martin	Pop Warner	mlmssdc@aol.com	www.abpopwarner.com

OTHER CONTACTS

- **Acton-Boxborough Community Education:** (978) 266-2525, www.abschools.org
- **Acton Lions Club:** www.actonlions.org
- **amplifi Adaptive Music Programs for Life:** Kelly Surette, (978) 475-1223, kelly.surette@therealschoolofmusic.com
- **Art Signal Studios:** (978) 897-3411, m3books@gmail.com
- **Boxborough Recreation Commission:** Kevin Lehner, (978) 266-1490, kevinlehner@verizon.net
- **Chinese Martial Arts:** (978) 635-1090, cmaacton@yahoo.com
- **DL Dance:** Donna Shea, (978) 413-1965, dshea@dldance@gmail.com
- **Gina's Dance & Fitness Studio:** Gina Flaherty, (978) 771-4111, ginaflaherty@verizon.net
- **Gymnastics Academy of Boston:** Jamison Loizeaux, (978) 369-9034, gymnasticacademyofboston.com/acton
- **Knucklebones:** (617) 851-2928, play@knucklebones.us
- **Miracle League of Massachusetts:** Lauren Richardt, (978) 263-3043, miracleleagueofma@yahoo.com
- **Nashoba ISI Skating School:** Barbara, (978) 263-3044, nvoisi@verizon.net
- **On the Mark Archery:** Mark Pirello, (617) 259-4099, mark@onthemarkarchery.com
- **Revolution Community Yoga:** Kyra Marino, (978) 274-5596 (msg. only), info@yogaacton.com
- **Silver Fox Tours:** (800) 734-8106, www.silverfoxcoach.com
- **South Acton Community Bicycle Lockers:** Acton Planning Department, (978) 929-6631, planning@acton-ma.gov
- **Skyhawks:** Jacob Heimbigner, Jacobh@skyhawks.com
- **Super Soccer Stars:** Daniel Jacobs, (781) 777-7171, bostonshine@supersoccerstars.com

MEET THE ACTON RECREATION STAFF WE'RE HERE FOR YOU!

BUILDING A SENSE OF COMMUNITY THROUGH QUALITY RECREATION



Cathy Fochtman, Recreation Director: Cathy has been with the Acton Recreation Department for 10 years. Cathy is a Certified Parks and Recreation Professional (CPRP) and Certified Playground Safety Inspector (CPSI) through NRPA, National Recreation and Parks Association. She is an Accredited Organic Land Care Professional (AOLCP) through NOFA, Northeast Organic Farming Association. Most recently she earned a Horticultural Therapy certificate from the Horticultural Therapy Institute of Denver, Colorado, earning nine college credits from University of Colorado. This training enhances her special interest in improving the lives of people through plants, nature, and horticultural activities.



Maura Haberman, Event & Program Coordinator: Maura has been with the Acton Recreation Department for 12 years. Maura is a Certified Festival and Event Associate (CFEA) through the International Festival and Events Association (IFEA). She is a member of the National Parks & Recreation Association. She is a certified Aerobics and Fitness Instructor through the Aerobics & Fitness Association of America (AFAA). She is on the Board of Directors and current Vice President of the Middlesex West Chamber of Commerce. Maura is also a Notary Public. Through her experience and personal passion for putting together events and class programs, she likes to know that she has helped generate many great memories and family traditions that impact a positive difference in our community.



Melissa Rier, Recreation Coordinator: Melissa has been with the Acton Recreation Department for 5 years. Melissa is a Certified Parks and Recreation Professional (CPRP) and has been working with children of all ages in the educational and recreational fields for over 12 years. She's certified by the state to teach infants, toddlers, and preschool aged children, and also holds current certifications in CPR, first aid, and lifeguarding. She received her Bachelor's Degree from Bridgewater State University in Communications, and her Master's Degree from Springfield College in Recreation Management. Melissa has experience working at many summer camps, coaching soccer and lacrosse for all levels, and teaching at various childcare centers throughout the state. She loves teaching and coaching kids through our programs!



Mary Lou Repucci, Recreation Secretary: Mary Lou has worked for the Town of Acton in various roles for over ten years. She has a B.A. in Interdisciplinary Humanities from the Honors College of Michigan State University and post-graduate paralegal certification, Employee Benefit Plans, from The Philadelphia Institute. In addition to her office experience, she held several positions with the YMCA including certified outdoor educator, Camp Horsemanship Association instructor and interim Venture-Out director. She has guided many wilderness trips and taught all levels of paddlesport. She trained instructors and developed curriculum for the American Canoe Association. Mary Lou enjoys being part of Acton Recreation's dynamic team!



TOWN OF ACTON FIELDS & FACILITIES USES & LOCATIONS

Camp Acton: (362 Pope Road) Camp Acton has a variety of wooded campsites available for rental through the Acton Recreation Department. Application form available: www.actontrails.org/CampActonForm.pdf

Concord Rd. Field: (104 Concord Road) This field is located on Concord Rd. between Ice House Pond and the Woodlawn Cemetery entrance. It is a multi-use soccer field.

Elm Street Fields: (19 Elm Street) The playing fields are located on Elm St. next to the Douglas School in West Acton. The Elm St. fields consist of a playground, two tennis courts, a softball diamond with night lighting and a small soccer field.

Gardner Field: (530 Massachusetts Avenue) This field consists of a playground, basketball hoop, and field area.

Goward Playground: (486 Main Street) The playground is located behind the Acton Memorial Library in Acton Center.

Great Hill/Little Great Hill: (54 School Street) The Great Hill fields are located on School St. behind the South Acton Fire Station. Great Hill field contains a soccer field located adjacent to the Great Hill Conservation Area. Little Great Hill field contains a small size soccer field and is located left of the Great Hill field, through a marked wooded path.

Hart Field: (80 Taylor Road) Hart Field is located at the Conant Elementary School. This field has a Little League baseball/softball diamond.

Hebert Farm Community Garden: (88 Prospect Street) New for 2017! Located across the street from Ace Hardware/Julie's Diner. Organic garden. Plot sign-ups begin the second Friday of December. There are approximately 32 garden plots.

Ice House Pond: (120 Concord Road) The Ice House Pond is located off Concord Rd. next to the Morrison Farm. This pond has fishing and a picnic area.

Joseph Lalli Miracle Field: (75 Quarry Road) This facility consists of a fenced baseball field with a cushioned rubberized surface, handicap accessible ramps to the field, wheelchair accessible dugouts and a completely level surface to eliminate any barriers to wheelchairs or visually impaired players.

Jones Field: (54 Martin Street) This field consists of a full size baseball diamond and a playground.

MacPherson Field: (80 Taylor Road) Located at the Conant Elementary School. This field has a Little League baseball diamond.

Morrison Farm Community Gardens: (116 Concord Road) Located between Woodlawn Cemetery and Ice House Pond. Organic garden. Plot sign-ups begin the second Friday of December. There are approximately 50 garden plots.

NARA Park: (25 Ledge Rock Way) NARA Park was opened in the summer of 1999. NARA Park is home to the NARA Summer Camp and our Summer Concert Series. The park consists of a playground, bathhouse, NARA Pond and beach, a walking trail (approx. one mile loop), a softball field, a picnic pavilion, 3 soccer fields, picnic tents, 2 beach volleyball courts, and an amphitheater. NARA is home to the Joseph Lalli Miracle Field, a fully handicap accessible baseball field.

North Acton Community Gardens: (845 Main Street) Garden plot sign-ups begin second Friday of December. There are approximately 45 garden plots varying from ½ to full plots.

Robbins Mill Recreation Area: (61 Canterbury Hill Road) Recently opened in 2011, it is located in the Robbins Mill Subdivision and contains a 120' x 180' Jr. soccer field, basketball court, playground and picnic shelter.

School St. Fields: (343-347 School Street) The fields are located at the end of School St., off of Route 2 east. This field consists of soccer and multi-use fields.

T.J. O'Grady Memorial Skate Park: (66 Hayward Road) The Skate Park opened in the fall 2005 and is located near the ABRHS lower fields on Hayward Road. The park is open during daylight hours for skateboarding and rollerblading.

Veterans Field: (655 Main Street) Veteran's Field is located at the intersection of 2A and Route 27. The field consists of two Little League diamonds and a playground. This is a tournament quality lighted field.

Acton-Boxborough School Fields, Indoor Pool, and School Building Facilities: 978.266.2525

Administered by Acton-Boxborough Community Education.

Boxborough Fields - Flerra, Liberty, Fifer's Fields--contact Boxborough Town Hall: 978.263.1116

NARA PICNIC PAVILION



The Picnic Pavilion at NARA Park

Fall is beautiful at NARA and a great time to host a company outing, wedding, family gathering, group party, and more! Plan now to secure this beautiful venue for your 2016 or 2017 event!

NARA Park also has a bathhouse pavilion and patio tent, 7 acres of mixed recreation fields, two sand volleyball courts, walking trail around the pond, large fenced-in playground, beautiful gardens throughout the park, a 500' beach and pond. NARA Park is also home to the Joseph Lalli Miracle Field.

NARA Park...a step away from your back door!



NARA PARK RULES & DOG POLICY

NARA PARK RULES AND REGULATIONS

1. Picnic Facilities: You must obtain a permit in advance to reserve NARA facilities including the Bathhouse and Picnic Pavilion, Amphitheater, Patio Tent and Picnic Pod.
2. No alcohol permitted without a One-Day Liquor License.
3. Authorized vehicles allowed only on interior road.
4. No portable grills without approved permit.
5. No grilling permitted on Acton's Independence Day Celebration at NARA Park.
6. All trash must be bagged and placed in trash receptacles.
7. No loud music permitted.
8. Family-friendly attire only.
9. All visitors must observe Town of Acton's Visitor Code of Conduct and Beach Rules.
10. Dogs must be leashed, their waste collected, and disposed of in the trash.
11. The Park closes at dark. After-hours permit is required.

NARA PARK DOG POLICY

The Town of Acton is proud to provide our park guests with a safe and clean environment. Park guests are required to follow the NARA Park Dog Policy:

1. Pets must be leashed and under the owner's voice control at all times
2. Clean up after your pet with complimentary waste bags provided and dispose of in trash bins.
3. Dogs are not permitted on the beach at any time.

Let's all do our part to keep our Town parks clean and safe.



NARA PARK SPORTS PAVILION FUNDRAISER

The Town of Acton is building a Sports Pavilion near the upper parking lot in NARA Park. In addition to traditional men's and women's restroom facilities, Acton has reserved space in the structure for a fully accessible family restroom.

The Sports Pavilion has been Supported by a Public/Private Partnership

- Town of Acton provided the land.
- Jay & Jennine Redmond donated two modular homes to be repurposed as the primary structure for the Pavilion.
- The Steinberg-Lalli Charitable Foundation committed \$30,000 to build the foundations.
- The citizens of Acton have approved \$350,000 in CPA Funds to retrofit the donated buildings.

However, this isn't enough to complete the project.

The Miracle League of MA campaign is to Finish the Dream at the Miracle Field to ensure that a fully accessible family restroom is a part of the Sports Pavilion. Please help the Miracle League of Massachusetts achieve their goal of raising \$100,000 in cash donations by December 31, 2016. If this goal is achieved, a generous grant of \$50,000 will be given by the Steinberg-Lalli Charitable Foundation.

Your support is needed and greatly appreciated! To make your tax-deductible contribution you can:

- Make a check payable to: Miracle League of Massachusetts and mail to PO Box 524, Acton, MA 01720.
- Online Donations: www.miracleleagueofma.com/donate

E-mail: fundraising@miracleleagueofma.com

WWW.MIRACLELEAGUEOFMA.COM

February 8, 2016



**TOWN OF ACTON
RECREATION DEPARTMENT**

Mailing Address:
472 Main Street
Acton, Massachusetts, 01720

Recreation Department Location:

33 Nagog Park
Acton, Massachusetts, 01720
Telephone: (978) 929-6640
Fax: (978) 929-6333
E-mail: recreation@acton-ma.gov
Website: www.acton-ma.gov/recreation

2017 APPLICATION FOR USE OF RECREATION FACILITIES

Complete Sections I & II only, signature required on page 2. File application with the Acton Recreation Department at least **TWO WEEKS prior to the date desired.** Adult and Youth Organizations must provide a current Certificate of Liability Insurance and sign the Acton Recreation Field Use Permit and Weather Policy (available online or at the Rec. Dept.) for a Permit to be granted. Incomplete applications will be returned. **Please allow up to two weeks for your application to be processed. Upon approval of application, you will be contacted via email first,** payment is due to secure your facilities rental and permit will be issued.

SECTION I

Application Date: _____ E-mail Address: _____
Name of Organization: _____
Contact Person: _____ Phone: Home (____) _____
Address: _____ Cell: (____) _____
Town/City: _____ State: _____ Zip Code: _____
Organization: Acton Non- Resident Number of Participants: _____
Describe Activity: _____

SECTION II

DATE REQUESTED: We do not offer rain dates; you must request an additional permit for requested alternate date.

1st Choice _____ Time Requested: Start Time: _____ End Time: _____

2nd Choice _____ Time Requested: Start Time: _____ End Time: _____

FACILITY/ FIELD REQUESTED: (PLEASE CHECK)

Facilities permits are issued on a first-come, first-served basis. Reservation confirmation and payment is due within ten business days.

NARA Park (25 Ledge Rock Way):

- ____ Amphitheater
- ____ Walking Trail (1 mile)
- Full Pavilion (20 picnic tables) _____
- Wing #1 (Closest to playground) _____ Add Dancefloor _____
- Wing #2 (Closest to pond) _____ Add Dancefloor _____
- ____ Bathhouse Pavilion (8 picnic tables)
- ____ Patio Tent (4 picnic tables)
- ____ Picnic Pod (2 picnic tables)
- ____ Picnic Tent on Fields (4 picnic tables)
- ____ Group Swim Passes (min. 10), # needed: _____
- ____ Soccer/Lacrosse Fields, # fields: _____
- ____ Miracle Field
- ____ Softball Field
- ____ Volleyball Court, 1 or 2 (Please Circle)
- ____ Gaga Court

Elm Street Fields (21 Elm Street):

- ____ Picnic Shelter
- ____ Soccer Field
- ____ Softball Field
- ____ Tennis Court, 1 or 2 (Please Circle)

Concord Road (104 Concord Road):

- ____ Soccer Field

School Street Fields (343-347 School Street):

- ____ Soccer/Lacrosse Fields, # of fields: _____

Veterans Fields (655 Main Street):

- ____ Little League Fields, 1 or 2 (Please Circle)

Great Hill (54 School Street):

- ____ Small Soccer Field, 1 or 2 (Please Circle)

Hart Field (80 Taylor Road):

- ____ Little League Field

MacPherson Field (80 Taylor Road):

- ____ Little League Field

Jones Field (54 Martin Street):

- ____ Full Size Baseball/Lacrosse/Football Field

Robbins Mill Recreation Area (61 Canterbury Hill Road):

- ____ Small Soccer Field
- ____ Basketball Court

T.J. O'Grady Skate Park (66 Hayward Road):

- ____ Skate Park

Other:

- ____ Morrison Farm
- ____ Ice House Pond

YOUTH PROGRAMS



MOMMY AND ME



Welcome to a little bit of paradise outside! What a great way to spend quality time with your young child aged 2-5 along with other parents and guardians. Our special outing time will include playing games, art projects, reading books, and exploring the beautiful grounds. We'll also have a special snack time (parent provided).

MIN: 4 **MAX:** 10 *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
913-07	2-4	Tuesday	Sept. 20, 27, Oct. 4, 11, 18	10:00-10:50am	NARA Bathhouse Pavilion 25 Ledge Rock Way	\$15	Melissa Rier

Melissa Rier: Melissa has been with the Acton Recreation Department for over 4 years now. She has been working with children of all ages in the educational and recreation fields for over 13 years. She's certified by the state to teach infants, toddlers, and preschool aged children, and also holds current certifications in CPR, first aid, and lifeguarding. She received her Bachelor's Degree from Bridgewater State University in Communications, and her Master's Degree from Springfield College in Recreation Management. Melissa has experience working at many summer camps, coaching soccer and lacrosse for all levels, and teaching at various childcare centers in the state. She loves teaching and coaching kids through our programs!

KIDDIE SOCCER



This clinic will emphasize fun while developing the basic skills of soccer. We will play a variety of fun-filled soccer games to introduce these young players to the game!
Materials Needed: Please have your child wear sneakers. All materials are provided.
MIN: 4 **MAX:** 12 *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
800-09	3-5	Monday	Sept. 19, 26, Oct. 3, 10, 17	3:30-4:20pm	Robbins Mill 68 Canterbury Hill Road	\$53	Melissa Rier
800-10	3-5	Thursday	Sept. 22, 29, Oct. 6, 13, 20	10:00-10:50am	NARA Upper Field 75 Quarry Road	\$53	Melissa Rier

KNUCKLEBONES PLAYSPACES



We know how hard it is, especially in the winter, to find a fun and safe place for your child to get moving. That is why we are thrilled to turn this special space into a Knucklebones Playspace. Our setup allows children ages 8 months to 5 years to engage with a plethora of high quality, unique athletic products that promote gross motor development, physical activity and fun! We'll have everything from a ball pool, climbing structure, gymnastics mats & apparatus, balancing products, giant tubes, Kidfit machines, Rodys, Stilts, push/pull toys, ride-ons/scooters, balls (Edushape, Kinball, RhinoSkin, Rubbabu, etc) and much more for children to explore throughout the open play session.
MIN: 8 **MAX:** 15 *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
909-03	8 mos. -5 yrs	Saturday	Sept. 3, 10, 17, 24 Oct. 1, 8	1:30-2:30pm	NARA Amphitheater 75 Quarry Road	\$83	Knucklebones Staff

YOUTH PROGRAMS

KNUCKLEBONES MICRO WHEELS



Micro Wheels teaches the fundamentals of learning to ride a bicycle without training wheels! Each class your Knucklebones Coach will bring in a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. Class will begin with a brief stretch and activity to get participants up and moving. From there we will introduce a new activity involving wheeled vehicles such as scooter boards, three-wheel scooters, balance bicycles and finally progressing to a bicycle. We will include an array of diverse games and activities such as balance beams, balancing stones, street signs, an obstacle course and more to help these determined drivers develop the skills needed to ride safely, successfully, and to have FUN! Proper sneakers and long pants are required.

MIN/MAX: 8/15 *Weather makeup class will be determined by instructor.* **MIN: 8 MAX: 16**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
910-03	2-4	Saturday	Sept. 3, 10, 17, 24 Oct. 1, 8	12:15-1:15pm	NARA Amphitheater 75 Quarry Road	\$83	Knucklebones Staff

Knucklebones...Inspiring athletics for all ages...for the love of play!

Based on our tag line ...for the love of play!, **Knucklebones** provides each and every client with a fun and fulfilling experience. We pledge to “keep the bar high,” allowing everyone the opportunity to excel. With a “practice makes progress” perspective, we will allow each client to fulfill his or her full potential. We use our voices, not whistles, in an encouraging and often humorous way to gain and hold our client’s attention. Our belief in “Choice Theory” encourages a safe and fun environment while making good, healthy decisions.

SKYHAWKS T-BALL - BASEBALL TOTS



BaseballTots is a development program for kids ages 3 through 7 years old that uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game. Participants should wear loose fitting clothes, sneakers, and bring a water bottle. **MIN: 8 MAX: 16** *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1062-01	3-5	Saturday	September 24 October 1, 8, 15, 22, 29	2:30-3:30pm	Elm Street Ballfield 19 Elm Street	\$93	Skyhawks Staff
1062-02	5-7	Saturday	September 24 October 1, 8, 15, 22, 29	3:45-4:45pm	Elm Street Ballfield 19 Elm Street	\$93	Skyhawks Staff

SKYHAWKS MINI-HAWK SPORTS



In This Soccer, Flag Football, Basketball & Baseball Mini-Hawk program was developed to give children a positive first step into athletics. The essentials of soccer, flag football, basketball and baseball are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow participants to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff is trained to handle the specific needs of young athletes. All participants should wear loose fitting cloths and sneakers, and bring a water bottle. Parents or guardians should apply sunscreen before the start of the program.

MIN: 8 MAX: 16 *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1081-01	4-7	Monday	September 12, 19, 26 Oct. 3, 17, 24 (No class 10/10)	3:45-4:45pm	Spalding Field Church Street, Carlisle	\$95	Skyhawks Staff

YOUTH PROGRAMS

FALL SUPER SOCCER STARS



At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. All materials are supplied for class. **MIN: 4 MAX: 16** *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1001-07	2-3	Saturday	Oct. 1, 8, 15, 22, 29 Nov. 5, 12, 19	9:00-9:40am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$200	Super Soccer Stars
1001-08	3-4	Saturday	Oct. 1, 8, 15, 22, 29 Nov. 5, 12, 19	9:45-10:30am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$200	Super Soccer Stars
1001-09	4-5	Saturday	Oct. 1, 8, 15, 22, 29 Nov. 5, 12, 19	10:35-11:25am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$200	Super Soccer Stars
1001-10	3-4	Sunday	Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20	9:00-9:45am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$200	Super Soccer Stars
1001-11	4-5	Sunday	Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20	10:05-10:55am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$200	Super Soccer Stars
1001-12	2-3	Sunday	Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20	10:35-11:15am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$200	Super Soccer Stars
1001-13	5-8	Saturday	Oct. 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17 No class 11/26	11:30-12:15pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$225	Super Soccer Stars
1001-14	8-12	Saturday	Oct. 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17 No class 11/26	12:20-10:05pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$225	Super Soccer Stars



FALL SUPER SOCCER STARS - SHINE!



Super Soccer Stars Shine Program uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. We work with a developmentally-appropriate curriculum designed by licensed educators and therapists that promotes the complete growth of each individual and encourages players to improve at his or her own pace. We use soccer to enhance peer interactions and provide a safe environment for players to increase social potential. Our low player-to-coach ratio ensures that individuals receive continuous support and personal attention. All materials are supplied for class. **Parent must be present during classtime. MIN: 4 MAX: 16**

Weather makeup class will be determined by instructor.

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1002-07	6-12	Saturday	Oct. 1, 8, 15, 22, 29 Nov. 5, 12, 19	11:00-11:45pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$200	Super Soccer Stars
1002-08	6-12	Saturday	Oct. 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17 No class 11/26	11:30-12:15pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$225	Super Soccer Stars

YOUTH PROGRAMS

KICK & PLAY



Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play – all while having a blast! **MIN: 4 MAX: 16** *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1057-01	12-24 mos.	Sunday	Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20	9:50-10:30am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$200	Super Soccer Stars

FUTSOL - PREMIER DEVELOPMENT - SKILL CLASS



Stars Premier Development has a dual philosophy; fostering lifelong passion for the game of soccer while maintaining a specific focus on player development through the Premier Pathway. As the natural extension of the Super Soccer Stars program, Stars Premier provides dynamic age-appropriate curriculum, which focuses on technical improvement, tactical decision making and leadership development. **MIN: 4 MAX: 16** *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1058-01	5-8	Sunday	Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20	9:00-10:00am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$200	Super Soccer Stars

FUN IN THE SUN & KICK IT SOCCER CLINICS



Fun in the Sun Clinics are 2 or 2.5 hour of outdoor soccer fun and activities for children ages 3 to 5. A typical clinic day includes warm-ups and stretching, skill building and skill development activities, scrimmages and small-sided games. The finale is the big game, where the kids get to play each other, and then challenge their coaches! Fun in the Sun Clinics are a great way for your child to develop soccer skills and teamwork while spending time outside! **MIN/MAX: 6/16**

Kick It Clinics are 4 hours sessions of soccer fun for kids ages 6-12. A typical clinic day includes a warm-up, tag games, relay races, team building activities, skill building activities, partner, individual, and group activities, and concludes with a game of World Cup! Kick It Clinics are a great way for your older child to build confidence and learn teamwork while improving their soccer skills!
MIN: 4 MAX: 16

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1059-01	6-12	Monday	Labor Day Clinic September 5	9:00-1:00pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$70	Super Soccer Stars
1059-02	3-5	Monday	Labor Day Clinic September 5	9:00-11:30am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$35	Super Soccer Stars
1059-03	3-5	Monday	Columbus Day Clinic October 10	9:00-11:30am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$35	Super Soccer Stars
1059-04	6-12	Monday	Columbus Day Clinic October 10	9:00-1:00pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$70	Super Soccer Stars
1059-05	3-5	Tuesday	Election Day Clinic November 8	9:00-11:30am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$35	Super Soccer Stars
1059-06	6-12	Tuesday	Election Day Clinic November 8	9:00-1:00pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$70	Super Soccer Stars
1059-07	6-12	Friday	Veterans Day Clinic November 11	9:00-1:00pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$70	Super Soccer Stars
1059-08	3-5	Friday	Veterans Day Clinic November 11	9:00-11:30am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$35	Super Soccer Stars

YOUTH PROGRAMS

SKYHAWKS FLAG FOOTBALL



Skyhawks flag football is the perfect program for your young athletes who want a complete introduction to America's Game or for those who simply want to brush up on their skills in preparation for league play. Through our 'skill of the day' players will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning - all presented in a fun & positive environment. All Participants should wear loose fitting clothes, sneakers, and bring a snack and water bottle. **MIN: 10 MAX: 20** *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1060-01	6-12	Monday	September 19, 26 October 3, 10, 17, 24	4:00-5:00pm	Elm Street Soccer Fields 19 Elm Street	\$93	Skyhawks Staff



SKYHAWKS BASKETBALL HOOPSTER TOTS!



Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

MIN: 5 MAX: 10 *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1055-01	3-5	Saturday	September 24 October 1, 8, 15, 22, 29	11:45-12:45pm	Elm Street Basketball Courts 19 Elm Street	\$93	Skyhawks Staff
1055-02	5-7	Saturday	September 24 October 1, 8, 15, 22, 29	1:00-2:00pm	Elm Street Basketball Courts 19 Elm Street	\$93	Skyhawks Staff

SKYHAWKS BASKETBALL



Using our progressional curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a 'skill of the day' and progress into drills and games making an unforgettable experience for your young athlete. Participants should bring a water bottle and wear appropriate clothing and shoes. **MIN: 10 MAX: 20** *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1061-01	7-12	Monday	September 19, 26 October 3, 10, 17, 24	5:15-6:15pm	Elm Street Basketball Courts 19 Elm Street	\$93	Skyhawks Staff

Jacob Heimbigner is the Massachusetts area manager for Skyhawks. He is the main contact. Jacob grew up with Skyhawks from a very young age attending their programs. Since then, he has worked as a director, worked in the corporate office, and is now managing all operations in Massachusetts. Skyhawks instructors are sports-oriented individuals who are highly-motivated, energetic people that enjoy working with children. They must have a minimum 3.0 GPA, varsity level experience playing and/or coaching. Skyhawks requires directors to be First Aid and CPR certified and coaches to be First Aid Certified prior to their first program. Once hired, coaches and directors go through rigorous classroom and field trainings.

YOUTH PROGRAMS

SKYHAWKS TENNIS ACADEMY



Skyhawks Tennis Academy (STA) is a full service nationwide operator of tennis instruction and management. STA is staffed and operated by an elite group of certified tennis professionals providing the most modern tennis training techniques available in a safe and fun environment. STA is a division of Skyhawks Sports Academy (SSA) one of the oldest and largest youth sports providers in the country. MIN: 10 MAX: 20

Skyhawks Development Programs:



Skyhawks Red Ball Ages 6-9



This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 ft court. In addition to learning more tennis skills, players improve their movement and rallying skills. We help each player to develop better tennis mechanics and more consistent shots. A variety of fun activities are used to improve player athleticism through agility, balance, coordination and movement development.

Skyhawks Orange Ball Ages 7-10



Players develop their tennis technique, athletic and court coverage skills in order to achieve success in rallying consistency and in point playing on a 60 ft court. A variety of fun and competitive games are used to develop a strong foundation of tennis fundamentals. Players increase their rallying, volley, serve and point playing skills while improving their athleticism and shot consistency. Players will focus on using the proper shot techniques and court coverage skills before moving on to a 78 ft. court.

Skyhawks Green Ball Ages 8-12



This class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the player's competitive skills. Using teaching progressions that lead to live-ball play is a key element in this program.

Skyhawks Performance Programs:

Scholastic Competition- Ages 12 and up



The Scholastic Training Program is designed to prepare players to compete on their respective school team. These players may also choose to compete in tournaments as part of their developmental pathway. Players should develop solid technique and strategies needed for both singles and doubles competition. Players will work on key point construction, varied serves (flat, topspin, and slice), mental toughness, weapon development, doubles point development, and doubles communication.

This program includes a fitness, agility, footwork, and conditioning component to develop the player's strength and movement.

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
Skyhawks Orange Ball 1063-01	6-9	Tuesday	Sept. 20, 27 Oct. 4, 11, 18, 25 Rain Makeup: Nov. 1	4:00-5:00pm	Elm Street Tennis Courts 19 Elm Street	\$125	Skyhawks Staff
Skyhawks Red Ball 1063-02	7-10	Tuesday	Sept. 20, 27 Oct. 4, 11, 18, 25 Rain Makeup: Nov. 1	4:00-5:00pm	Elm Street Tennis Courts 19 Elm Street	\$125	Skyhawks Staff
Skyhawks Green Ball 1063-03	8-12	Tuesday	Sept. 20, 27 Oct. 4, 11, 18, 25 Rain Makeup: Nov. 1	4:00-5:00pm	Elm Street Tennis Courts 19 Elm Street	\$125	Skyhawks Staff
Skyhawks Scholastic Competition 1063-04	12 & up	Tuesday	Sept. 20, 27 Oct. 4, 11, 18, 25 Rain Makeup: Nov. 1	5:15-6:15pm	Elm Street Tennis Courts 19 Elm Street	\$125	Skyhawks Staff

YOUTH PROGRAMS

QUICK START BEGINNER TENNIS: PRE-K/KINDERGARTEN



If you have been looking to get your child exposed to the sport of tennis or if you have a child who has been playing for a few years, these classes will cover both. The beginner class teaches kids the basic fundamental skills and techniques. For kids with experience, the class provides an opportunity for more match play and strategy. We are also offering a class where Mom and Dad can learn together with their child! All classes are kept at a maximum 5:1 student/teacher ratio. The Marcus Lewis Tennis Extension Program is a non-profit that specializes in offering high-level tennis instruction through community programming. The Extension Program utilizes professional instructors and the most current methods to achieve the most effective results. **MIN: 4 MAX: 12**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1079-01	4-5	Tuesday	Sept. 13, 20, 27, Oct. 4, 11	1:30-2:15pm	Carlisle Courts, Church St., Carlisle	\$80	Marcus Lewis Tennis Extension Program
1079-02	4-5	Thursday	Sept. 15, 22, 29, Oct. 6, 13	1:30-2:15pm	Carlisle Courts, Church St., Carlisle	\$80	Marcus Lewis Tennis Extension Program
1079-03	4-5	Saturday	Sept. 17, 24, Oct. 1, 8, 15	9:00-10:00am	Carlisle Courts, Church St., Carlisle	\$80	Marcus Lewis Tennis Extension Program

PARENT/CHILD BEGINNER TENNIS



Please see Quick Start Beginner Tennis descriptive above (Program #1079). **MIN: 4 MAX: 12**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1080-01	4-5/parent	Tuesday	Sept. 13, 20, 27, Oct. 4, 11	4:30-5:30pm	Spalding Courts, Church Street, Carlisle	\$80	Marcus Lewis Tennis Extension Program
1080-02	4-5/parent	Thursday	Sept. 15, 22, 29, Oct. 6, 13	4:30-5:30pm	Spalding Courts, Church Street, Carlisle	\$80	Marcus Lewis Tennis Extension Program

SKYHAWKS SNAG GOLF



One of our most popular programs, Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. As we know, golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system which uses modified equipment to its curriculum developed by PGA professionals, SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy & effective transition onto the golf course. No need to bring your own clubs, all equipment is provided. For safety reasons



we keep the instructor to participant ratio for this program very low, resulting in limited availability. As a result these programs fill up quickly. **MIN: 8 MAX: 16**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1056-01	6-12	Wednesday	September 21, 28 October 5, 12, 19, 26	4:00-5:00pm	Elm Street Soccer Field 19 Elm Street	\$93	Skyhawks Staff

PARKS AND RECREATION

THE BENEFITS ARE ENDLESS..... BE HAPPIER — FEEL GREAT!

Practiced in clinical, residential and community settings, the profession of therapeutic recreation uses treatment, education, and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure to enhance their health, independence and well-being.

Outdoor adventure activities for people with limited physical ability give participants feelings of success and improved feelings of confidence.

There is no greater opportunity for people to experience self-actualization and the spiritual renewal, creative expression, discovery and stimulation than what leisure offers. (Massachusetts Recreation and Parks Association)

YOUTH PROGRAMS

SKYHAWKS BASEBALL



Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment by local Skyhawks staff. All athletes regardless of skill level will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. All participants will come away with new friends, new skills and love for the game!

MIN: 10 MAX: 20 *Weather makeup class will be determined by instructor.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1099-01	7-12	Wednesday	September 21, 28 October 5, 12, 19, 26	5:30-6:30pm	Veteran's Field Rt. 2A/27	\$93	Skyhawks Staff

LIVE, LEARN, HOOP. (A BASKETBALL CLINIC FOR BOYS & GIRLS!)



A basketball clinic focused on building core ability and teaching players the fundamentals they need to succeed in a relaxed, fun environment.

MIN: 10 MAX: 15 *Weather makeup class will be determined by instructor.*

Coach Reyad Shah is co-founder of Live, Learn, Hoop. Coach Shah is a teacher in the Framingham Public School system and really enjoys working with children. Coach Shah grew up playing basketball his entire life. He wanted to continue his passion for teaching and incorporate into his love for the game. He also has coached youth recreational programs, middle school girls group, preschool programs and high school teams. Coach Shah's philosophy in teaching and coaching is the true success is a product of individual skill development and teamwork.

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1072-01	3-5	Saturday	Sept. 17, 24 Oct. 1, 8, 15, 22, 29	9:00-10:00am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$108	Coach Reyad
1072-02	6-8	Saturday	Sept. 17, 24 Oct. 1, 8, 15, 22, 29	10:00-11:00am	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$108	Coach Reyad
1072-03	9-10	Saturday	Sept. 17, 24 Oct. 1, 8, 15, 22, 29	11:00-12:00pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$108	Coach Reyad
1072-04	11-12	Saturday	Sept. 17, 24 Oct. 1, 8, 15, 22, 29	12:00-1:00pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$108	Coach Reyad
1072-05	13-15	Saturday	Sept. 17, 24 Oct. 1, 8, 15, 22, 29	1:00-2:00pm	Robbins Mill Recreation Area 68 Canterbury Hill Road	\$108	Coach Reyad

SKATEBOARDING



Designed for skateboarders with little or no experience, this class teaches skateboarding fundamentals, concentrating on balance, turning, accelerating, stopping, transitions, dropping in, Ollies, and a variety of other skills. We not only teach tricks, but help participants develop confidence to apply them on their own. **Materials needed:** Proper safety equipment (helmet, knee and elbow pads, and wrist guards), and skateboards are required but will be provided for those who do not have their own (please specify in comments when registering if you do not have equipment).

MIN: 8 MAX: 12

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
919-03	7-10	Saturday	Sept. 10, 17, 24 Oct. 1, 8, 15 Rain Makeup: 10/22	10:00-10:55am	TJ O'Grady Memorial Skate Park 66 Hayward Road	\$83	Knucklebones
919-04	11-14	Saturday	Sept. 10, 17, 24 Oct. 1, 8, 15 Rain Makeup: 10/22	11:00-12:00pm	TJ O'Grady Memorial Skate Park 66 Hayward Road	\$83	Knucklebones

YOUTH PROGRAMS

ON THE MARK ARCHERY



Learn the fundamentals of traditional recurve archery as seen in the Olympics and Hunger Games! Safe, fun and friendly environment allows students to learn at their own pace and to develop consistent shooting form. Scoring and other archery drills will challenge and engage participants throughout the session. All equipment provided. Two certified USA Archery and NFAA instructors lead the program.

Weather makeup class will be determined by instructor.

MIN: 4 MAX: 10



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
917-08	8-15	Thursday	September 15, 22, 29 October 6	4:30-5:30pm	Banta Davis Field Bedford Rd., Carlisle	\$99	On the Mark Archery

KUNG FU MARTIAL ARTS FOR LITTLE DRAGONS



Enroll your child in a program that will develop his/her confidence, concentration, and coordination, teach him/her respect and self defense, not to mention it's a lot of fun! Testing for belt upon completion of the program is included.

Web address: www.AthleticBalance.com **MIN: 2 MAX: 6**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
920-19	4-6	Monday	Sept. 12, 19, 26, Oct. 3, 17, 24 (no class 10/10)	4:15-4:45pm	Chinese Martial Arts 32 Nagog Park Drive	\$95	Eva Latecki & Narcyz Latecki
920-20	4-6	Wednesday	Sept. 14, 21, 28, Oct. 5, 12, 19	4:15-4:45pm	Chinese Martial Arts 32 Nagog Park Drive	\$95	Eva Latecki & Narcyz Latecki
920-21	4-6	Saturday	Sept. 17, 24, Oct. 1, 8, 15, 22	10:00-10:30am	Chinese Martial Arts 32 Nagog Park Drive	\$95	Eva Latecki & Narcyz Latecki
920-22	4-6	Monday	Nov. 7, 14, 21, 28, Dec. 5, 12	4:15-4:45pm	Chinese Martial Arts 32 Nagog Park Drive	\$95	Eva Latecki & Narcyz Latecki
920-23	4-6	Wednesday	Nov. 2, 9, 16, 23, 30, Dec. 7	4:15-4:45pm	Chinese Martial Arts 32 Nagog Park Drive	\$95	Eva Latecki & Narcyz Latecki
920-24	4-6	Saturday	Nov. 5, 12, 19, Dec. 3, 10, 17 (no class 11/26)	10:00-10:30am	Chinese Martial Arts 32 Nagog Park Drive	\$95	Eva Latecki & Narcyz Latecki
920-25	4-6	Tuesday	Jan. 3, 10, 17, 24, 31, Feb. 7, 14 (no class 1/16)	5:00-5:30pm	Chinese Martial Arts 32 Nagog Park Drive	\$95	Eva Latecki & Narcyz Latecki
920-26	4-6	Wednesday	Jan. 4, 11, 18, 25, Feb. 1, 8	5:00-5:30pm	Chinese Martial Arts 32 Nagog Park Drive	\$95	Eva Latecki & Narcyz Latecki
920-27	4-6	Saturday	Jan. 7, 14, 21, 28, Feb. 4, 11	10:00-10:30am	Chinese Martial Arts 32 Nagog Park Drive	\$95	Eva Latecki & Narcyz Latecki

PARKS AND RECREATION

THE BENEFITS ARE ENDLESS..... MEET FRIENDS — CREATE MEMORIES!

A child develops social skills, problem solving and creativity through early play experiences.

The best opportunities are those that are planned and supervised. Physical activity is intellectually stimulating and enhances the learning process and the development of cognitive skills. (Massachusetts Recreation & Parks Association)

YOUTH PROGRAMS

KUNG FU MARTIAL ARTS FOR YOUNG TIGERS



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 their home. This class develops: flexibility, strength, self defense, respect, self esteem and coordination. Testing for belt upon completion of the program is included. **MIN: 4 MAX: 8**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
921-28	7-12	Tuesday	Sept. 13, 20, 27, Oct. 4, 11, 18	4:45-5:30pm	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-29	7-12	Wednesday	Sept. 14, 21, 28, Oct. 5, 12 19	5:30-6:15pm	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-30	7-12	Thursday	Sept. 15, 22, 29, Oct. 6, 13, 20	4:45-5:30pm	Chinese Martial Arts 32 Nagog Park Drive	\$106	Eva Latecki & Narcyz Latecki
921-31	7-12	Saturday	Sept. 17, 24, Oct. 1, 8 15, 22	5:30-6:15pm	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-32	7-12	Tuesday	Nov. 1, 8, 15, 22, 29, Dec. 6	9:00-9:45am	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-33	7-12	Wednesday	Nov. 2, 9, 16, 23, 30, Dec. 7	4:45-5:30pm	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-34	7-12	Thursday	Nov. 3, 10, 17, Dec. 1, 8, 15 (no class 11/24)	5:30-6:15pm	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-35	7-12	Saturday	Nov. 5, 12, 19, Dec. 3, 10, 17 (no class 11/26)	4:45-5:30pm	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-36	7-12	Tuesday	Jan. 3, 10, 17, 24, 31, Feb. 7	5:30-6:15pm	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-37	7-12	Wednesday	Jan. 4, 11, 18, 25, Feb. 1, 8	9:00-9:45am	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-38	7-12	Thursday	Jan. 5, 12, 19, 26, Feb. 2, 9	6:15-7:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki
921-39	7-12	Saturday	Jan. 7, 14, 21, 28, Feb. 4, 11	5:30-6:15pm	Chinese Martial Arts 32 Nagog Park Dr.	\$106	Eva Latecki & Narcyz Latecki

BUILDING A SENSE OF COMMUNITY THROUGH QUALITY RECREATION



WWW.ACTON-MA.GOV/RECREATION

YOUTH PROGRAMS



Over 40 Years of Fun and Fitness

GAB offers a full range of gymnastics & sport-related programs for all levels of ability and interest, from 12 months through adulthood. Their teachers are experienced, caring, and enthusiastic.

“Our goal is to provide a program that teaches children and adults that while learning is a challenge, it’s FUN. We offer fantastic programs, taught by our enthusiastic, caring instructors, beginning at 12 months old. Our fun, safe nurturing environment develops happy, healthy and responsible children. We look forward to helping your child grow in confidence and physical fitness through sport.”

GYMNASTICS FOR TODDLERS



These classes are designed for you and your child to work together and create a new special bond. Activities include FUN obstacle courses, RUN on our 40 ft. long Tumble Track, JUMP on our trampolines, PLAY in our giant Foam Pit. In our classes each child will develop the basic skills of gymnastics with an emphasis on the forward and backward rolls as well as cartwheels. The children will learn how to safely use all of the gym’s equipment (bars, beams, trampoline, tumble track, rings and floor equipment), building up self-confidence and make new friends.

MAX: 6

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
926-09	12-24 mo	Tuesday	Sept. 6, 13, 20, 27, Oct. 4, 18, 25 Nov. 1, 15	9:10-9:55am	12 Keefe Rd., Acton	\$200	Jamie-Gymnastics Academy Staff
926-10	2-3	Wednesday	Sept. 7, 14, 21, 28, Oct. 5, 12, 19, 26 Nov. 2, 9	10:55-11:40am	12 Keefe Rd., Acton	\$200	Jamie-Gymnastics Academy Staff
926-11	12-24 mo	Tuesday	Nov. 22, 29, Dec. 6, 13, 20 Jan. 3, 10, 17, 24	9:10-9:55am	12 Keefe Rd., Acton	\$200	Jamie-Gymnastics Academy Staff
926-12	2-3	Wednesday	Nov. 16, 23, 30, Dec. 7, 14, 21 Jan. 4, 11, 18, 25	10:55-11:40am	12 Keefe Rd., Acton	\$200	Jamie-Gymnastics Academy Staff

PLEASE CHECK OUR REGISTRATION WEBSITE AT WWW.ACTON-MA.GOV/REGISTER AFTER DECEMBER 1 FOR NEWLY ADDED WINTER CLASSES.



GYMNASTICS FOR PRESCHOOLERS



Do you have a preschooler who is full of energy, running, jumping and swinging all over the house? Then come and join us TODAY! In our classes each child will develop the basic skills of gymnastics with an emphasis on the forward and backward rolls as well as cartwheels. The children will learn how to safely use all of the gym’s equipment (bars, beams, trampoline, tumble track, rings and floor equipment), while building self-confidence and making new friends. MAX: 6

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
927-09	3-5	Tuesday	Sept. 6, 13, 20, 27, Oct. 4, 18, 25 Nov. 1, 15	9:10-9:55am	12 Keefe Rd., Acton	\$200	Mary-Gymnastics Academy Staff
-927-10	3-5	Wednesday	Sept. 7, 14, 21, 28, Oct. 5, 12, 19, 26 Nov 2, 9	10:55-11:40am	12 Keefe Rd., Acton	\$200	Mary-Gymnastics Academy Staff
927-11	3-5	Tuesday	Nov. 22, 29, Dec. 6, 13, 20 Jan. 3, 10, 17, 24	9:10-9:55am	12 Keefe Rd., Acton	\$200	Mary-Gymnastics Academy Staff
927-12	3-5	Wednesday	Nov. 16, 23, 30, Dec. 7, 14, 21 Jan. 4, 11, 18, 25	10:55-11:40am	12 Keefe Rd., Acton	\$200	Mary-Gymnastics Academy Staff

PLEASE CHECK OUR REGISTRATION WEBSITE AT WWW.ACTON-MA.GOV/REGISTER AFTER DECEMBER 1 FOR NEWLY ADDED WINTER CLASSES.

YOUTH PROGRAMS



GYMNASISTICS CAMP—FEBRUARY BREAK!

Spend your vacation with us. Our Camp program, offers your child healthy, challenging fun. Boys and girls of all levels, ages 3 and older will find that gymnastics and parkour is an exciting and fulfilling sport! Activities include gymnastics, obstacle training, inflatables, trampoline, foam pit, arts & crafts, sports skills, games, and more. **MAX: 6**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
924-04	3-12	Mon-Fri	February 20, 21, 22, 23, 24	12:30-3:30pm	12 Keefe Rd., Acton	\$200	Gymnastics Academy Staff
924-05	3-12	Mon, Wed, Fri	February 20, 22, 24	12:30-3:30pm	12 Keefe Rd., Acton	\$150	Gymnastics Academy Staff
924-06	3-12	Tues, Thurs	February 21, 23	12:30-3:30pm	12 Keefe Rd., Acton	\$100	Gymnastics Academy Staff

PARKOUR & GYMNASTICS FOR BOYS



BEGINNER to INTERMEDIATE BOYS – Boys Kindergarten through 3rd Grade: 1 hour

Students will have the opportunity to be challenged, have fun and experience success on all types of parkour & gymnastics equipment. Basic to intermediate progressions on bars, beams, vault, tumbling, rings and trampoline will be the focus. Safety training, body position, strength and flexibility will all be emphasized. The benefit of this class will be enhanced physical development while experiencing a good feeling about oneself. **MAX: 2**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
923-07	5-6	Monday	Sept. 12, 19, 26, Oct. 17, 24, 31, Nov. 7, 14	3:30-4:30pm	12 Keefe Rd., Acton	\$197	Gymnastics Academy Staff
923-08	7-9	Monday	Sept. 12, 19, 26, Oct. 17, 24, 31, Nov. 7, 14	3:30-4:30pm	12 Keefe Rd., Acton	\$197	Gymnastics Academy Staff
923-09	5-6	Monday	Nov. 21, 28, Dec. 5, 12, 19, Jan. 9, 23, 30	3:30-4:30pm	12 Keefe Rd., Acton	\$197	Gymnastics Academy Staff
923-10	7-9	Monday	Nov. 21, 28, Dec. 5, 12, 19, Jan. 9, 23, 30	3:30-4:30pm	12 Keefe Rd., Acton	\$197	Gymnastics Academy Staff

CO-ED TUMBLING & PARKOUR CLASSES



BEGINNER to INTERMEDIATE BOYS & Girls –Grade 6 +: 1 hour

Students will have the opportunity to be challenged, have fun and experience success on all types of parkour & tumbling equipment. Basic to intermediate progressions on vaulting, tumbling, obstacle training and trampoline will be the focus. Safety training, body position, strength and flexibility will all be emphasized. The benefit of this class will be enhanced physical development while experiencing a good feeling about oneself. **MAX: 6**

No class Oct. 11, School Holiday, Nov. 8, Election Day, Nov. 25, Thanksgiving Vacation, Dec. 27 & 30, School Vacation Week.

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1073-01	12-17	Tuesday	Sept. 6, 13, 20, 27, Oct. 4, 18, 25 Nov. 1, 15	2:30–3:30pm	12 Keefe Rd., Acton	\$221	Eric-Gymnastics Academy Staff
1073-02	13-17	Friday	Sept. 9, 16, 23, 30 Oct. 7, 14, 21, 28, Nov. 4	2:30–3:30pm	12 Keefe Rd., Acton	\$221	Eric-Gymnastics Academy Staff
1073-03	12-17	Tuesday	Nov. 22, 29, Dec. 6, 13, 20 Jan. 3, 10, 17, 24	2:30–3:30pm	12 Keefe Rd., Acton	\$221	Eric-Gymnastics Academy Staff
1073-04	13-17	Friday	Nov. 18, Dec. 2, 9, 16, 23 Jan. 6, 13, 20, 27	2:30–3:30pm	12 Keefe Rd., Acton	\$221	Eric-Gymnastics Academy Staff

PARKS AND RECREATION ~ THE BENEFITS ARE ENDLESS... PROTECT THE ENVIRONMENT

Trees help deal with the serious pollution problem caused by the use of fossil fuels. Clean water is essential for the protection of humans and animals. Americans rank clean air and clean water number one and two when choosing qualities for “The Best Places to Live” – Money magazine 1995.
(Massachusetts Recreation & Parks Association)

YOUTH PROGRAMS

ROYAL PRINCESS/KNIGHT TEA PARTY

Calling all Princesses and Knights... Joins us for a Royal Tea Party with treats served on real china. Costumes are provided with all the fun accessories. Participants will also enjoy a story, music, craft, gift bags and keepsake photo. **MIN: 4 MAX: 16**

Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1094-01	3 & up	Tuesday	September 13	3:15-4:45pm	Brick Building 96 School Street, Carlisle	\$25	Christine Downey

MOM & ME HOLIDAY TEA!



Join us for a very special affair...Our 1st Mom and Me Holiday Tea! During the rush of the holiday season, can you think of a better way to take some time to spend a memorable afternoon with your child than to have them dress in holiday party clothes and enjoy games, songs, stories and scrumptious refreshments, hot cocoa and tea (or juice)! Children will be able to take home their own decorated gingerbread cookie. We look forward to welcoming a very special surprise visitor! **MIN: 8 MAX: 25**



Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1095-01	5-9	Sunday	December 4	2:00-4:00pm	Acton Sr. Center, 50 Audubon Hill	\$25 (Mom & child)	Christine Downey

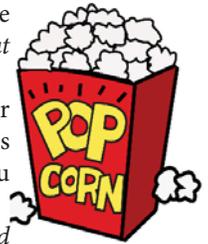
SUPERHERO MOVIE NIGHT



Ever hear that phrase.. there's nothing to do??? Well let our Superheros help you out! This is an opportunity to get your tween out of the house and away from the computer games and you don't have to drive them too far! (*Perk.. what a great opportunity to enjoy a nice dinner out while your child is being entertained!*)

The superhero movie will be **rated PG-13** and therefore is not recommended for young children under the age of 13 unless parents give permission. Trivia games will be played between drop-off and pick-up. (Parents are welcome to stay if you would like.) Bring your own blankets and pillows.

Complimentary popcorn and soft drink will be provided. *Pre-registration is required by Wednesday, November 2* **MIN: 6 MAX: 25**



Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1096-01	12-15	Friday	November 4	7:00-9:45pm	Acton Sr. Center 50 Audubon Hill	\$5.00 (at the door)	Acton Recreation Department

FAIRYTALE FRIDAY



Fairytales live on forever.. On this special Friday night, we'll feature a fairytale movie **rated PG-13** and is not recommended for young children under the age of 13 unless parents give permission. Trivia games will be played between drop-off and pick-up. (Parents are welcome to stay if you would like.) Bring your own blankets and pillows!

Complimentary popcorn and soft drink will be provided.

Pre-registration is required by Wednesday, January 4 **MIN: 6 MAX: 25**



Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1097-01	12-15	Friday	January 6	7:00-9:45pm	Acton Sr. Center 50 Audubon Hill	\$5.00 (at the door)	Acton Recreation Department

YOUTH PROGRAMS

SCHOOL VACATION WEEK - KIDS ART WORKSHOPS

ART SIGNALS STUDIO
Paint your own pottery

Our school vacation week program offers fun classes for kids who love arts & crafts! We will create projects in a variety of art forms including: clay, canvas, pottery painting, fused glass, and more! Sign up for the morning, afternoon or full day. For specific theme weeks, visit www.artsignalsstudio.com or email artsignalsstudio@gmail.com.
MIN: 2 MAX: 20



Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1087-01	6-12	Mon-Fri	Dec. 26-30	9:00am-noon	16 Nason St., Maynard	\$160	Art Signals Studio Staff
1087-02	6-12	Mon-Fri	Dec. 26-30	1:00pm-4:00pm	16 Nason St., Maynard	\$160	Art Signals Studio Staff
1087-03	6-12	Mon-Fri	Dec. 26-30	9:00am-4:00pm	16 Nason St., Maynard	\$290	Art Signals Studio Staff
1087-04	6-12	Mon-Fri	Feb. 20-24	9:00am-noon	16 Nason St., Maynard	\$160	Art Signals Studio Staff
1087-05	6-12	Mon-Fri	Feb. 20-24	1:00pm-4:00pm	16 Nason St., Maynard	\$160	Art Signals Studio Staff
1087-06	6-12	Mon-Fri	Feb. 20-24	9:00am-4:00pm	16 Nason St., Maynard	\$290	Art Signals Studio Staff

SCHOOL VACATION DAYS - KIDS ART WORKSHOPS

ART SIGNALS STUDIO
Paint your own pottery



Our School Vacation Days program offers fun classes for kids who love arts & crafts! We will create projects in a variety of art forms including: clay, canvas, pottery painting, fused glass, and more! Bring along some friends and a packed lunch. For specific theme weeks, visit www.artsignalsstudio.com or email artsignalsstudio@gmail.com.
MIN: 2 MAX: 20

Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1084-01	6-12	Monday	October 10	9:00am-4:00pm	16 Nason St., Maynard	\$65	Art Signals Studio Staff
1084-02	6-12	Tuesday	November 8	9:00am-4:00pm	16 Nason St., Maynard	\$65	Art Signals Studio Staff
1084-03	6-12	Friday	November 11	9:00am-4:00pm	16 Nason St., Maynard	\$65	Art Signals Studio Staff
1084-04	6-12	Wednesday	November 23	9:00am-4:00pm	16 Nason St., Maynard	\$65	Art Signals Studio Staff
1084-05	6-12	Friday	November 25	9:00am-4:00pm	16 Nason St., Maynard	\$65	Art Signals Studio Staff
1084-06	6-12	Monday	January 2	9:00am-4:00pm	16 Nason St., Maynard	\$65	Art Signals Studio Staff
1084-07	6-12	Monday	January 16	9:00am-4:00pm	16 Nason St., Maynard	\$65	Art Signals Studio Staff

KIDS NIGHT OUT!

ART SIGNALS STUDIO
Paint your own pottery

Drop off the kids for a night of arty fun while you enjoy a night out! We will do one large project that will be either pottery painting, canvas painting, or clay. We will also have a pizza dinner and if there is additional time, we will play games or do another craft. For specific projects, visit www.artsignalsstudio.com or email artsignalsstudio@gmail.com. MIN: 2 MAX: 20



Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1086-01	5-12	Saturday	September 17	6:00-9:00pm	16 Nason St., Maynard	\$35	Art Signals Staff
1086-02	5-12	Saturday	October 22	6:00-9:00pm	16 Nason St., Maynard	\$35	Art Signals Staff
1086-03	5-12	Saturday	November 19	6:00-9:00pm	16 Nason St., Maynard	\$35	Art Signals Staff
1086-04	5-12	Saturday	December 17	6:00-9:00pm	16 Nason St., Maynard	\$35	Art Signals Staff
1086-05	5-12	Saturday	January 21	6:00-9:00pm	16 Nason St., Maynard	\$35	Art Signals Staff
1086-06	5-12	Saturday	February 18	6:00-9:00pm	16 Nason St., Maynard	\$35	Art Signals Staff
1086-07	5-12	Saturday	March 18	6:00-9:00pm	16 Nason St., Maynard	\$35	Art Signals Staff

YOUTH PROGRAMS

KIDS POTTERY WHEEL THROWING

ART SIGNALS STUDIO
Paint your own pottery

Ages 8-15 are invited to attend this 6 week session of a beginner and intermediate wheel throwing class. Kids will learn the basics of how to wedge and center clay and how to work independently in the studio. Includes one 25lb bag of clay, glaze, and firings and "studio privileges" of being able to come and practice anytime during the length of the session when the wheels are not being used. Parents must stay with the student during Studio Privilege time. **MIN: 2 MAX: 20**



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1085-01	8-15	Wednesday	Sept. 14, 21 Oct. 5, 19, 26, Nov. 2	4:00-6:00pm	16 Nason St., Maynard	\$245	Art Signals Staff
1085-02	8-15	Wednesday	Nov. 9, 16, 30 Dec. 7, 14, 21	4:00-6:00pm	16 Nason St., Maynard	\$245	Art Signals Staff
1085-03	8-15	Wednesday	Jan. 11, 18, 25 Feb. 1, 8, 15	4:00-6:00pm	16 Nason St., Maynard	\$245	Art Signals Staff
1085-04	8-15	Wednesday	March 1, 8, 15, 22, 29 April 5	4:00-6:00pm	16 Nason St., Maynard	\$245	Art Signals Staff

PLEASE VISIT WWW.ACTON-MA.GOV/REGISTER FOR NEWLY ADDED CLASSES BETWEEN OUR BIANNUAL BOOKLET PUBLICATION.



August 6, 2016: Walden Shakespeare presents a Pop Up Performance of "As You Like It" at the Amphitheater.



YOUTH PROGRAMS

amplifi ADAPTIVE MUSIC PROGRAMS FOR LIFE



Music and theater program for people with developmental, physical, and intellectual disabilities--friends and siblings welcome!

Registrations must be received 7 days prior to class start date.

Questions? E-mail Kelly Surette: kelly.surette@therealschoolofmusic.com

MIN: 5 MAX: 10

Students will...

Collaborate to write songs in a pop/musical theatre style, and then stage, choreograph, and deliver an exciting live performance for friends, family, and the general public.

Other aspects of the class include physical and vocal warm-ups, theatre games, and cool downs celebrating successes of the day.

What is amplifi Adaptive Music Programs for Life ?

amplifi Adaptive Music Programs for Life delivers adaptive music programs and musical theatre classes designed specifically for people with developmental, physical, and intellectual disabilities. The goal of amplifi Adaptive Music Programs for Life is to enhance the life experience of people with needs through music enrichment.

Students Who Can Benefit Our Adaptive Group Music Classes! Autism Spectrum Disorders, Non-Verbal Learning Disorders, Down Syndrome, Tourette's Syndrome, Williams Syndrome, Sensory Integration Disorder, Other Moderate to High-Functioning Developmental Disabilities, and those with Visual or Hearing Impairments. Each member of our CORI-checked faculty brings previous experience working with people with needs, as well as a passion for the success of adaptive music education.

This program may be eligible for Flexible Spending. Please check with your benefits provider.

www.amplifi-ed.com

Parent/Caregiver must be present during class.

Student/Instructor Ratio: 5/1

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
937-09	6-14	Thursday	10 Classes Oct. 6, 13, 20, 27 Nov. 3, 10, 17 Dec. 1, 8, 15 (No class 11/24) (Snow Makeup 12/22)	5:30-6:30pm	Brick Building 97 School Street, Carlisle	\$296	Reach4Real
937-10	6-14	Thursday	8-Classes January 12, 19, 26 Feb. 2, 9, 16 March 2, 9 (No class 2/23) (Snow Makeup 3/16)	5:30-6:30pm	Brick Building 97 School Street, Carlisle	\$236	Reach4Real
937-11	6-14	Thursday	10-Classes March 23, 30 April 6, 13, 27 May 4, 11, 18, 25 June 1 (No class 4/20) (Snow Makeup 6/15)	5:30-6:30pm	Brick Building 97 School Street, Carlisle	\$296	Reach4Real

Mission

To enhance the lives of people with needs through adaptive music education, expert instruction, and innovative programming designed to enable all participants to experience music as an elemental part of our cultural expression.

YOUTH, TEEN & ADULT PROGRAMS

LEARN TO SKATE CLASSES FOR ALL AGES!



Acton Recreation is proud to announce that we will continue to offer Learn to Skate Classes with Nashoba ISI Skating School for all ages and levels this winter at the Nasboba Valley Olympia!

The Learn to Skate class is designed for children who have never skated before or who have limited skating experience. It teaches the fun and fundamentals of skating using music and games. This class has five test levels. The Teen & Adult Class is for ages 14 and up and teaches beginning skaters as well as the more advanced. Adults are placed into small groups according to ability and progress from level to level at their own pace. Music and body stretching, along with stroking and edgework are stressed.

Materials Needed – Ice Skates, figure or hockey, bike helmet (all LTS and Adult beginners) warm clothing, mittens or gloves.



At the time of print, schedules were not ready for print. Once the classes have been finalized, they will be posted on our webpage so you may enroll. Please visit: www.acton-ma.gov/register. The program number will be: #938

ISI, Ice Skating Institute, is a figure skating program developed in 1959 by world class skaters convinced that ice skating should be available to anyone wishing to learn the sport. Designed for skaters of all ages and ability levels, young or old, beginner or advanced, ISI programs allow skaters to participate in a recreational sport, set and meet individual goals and display achievements at early levels.

A LOOK BACK AT BEACH PARTY, JUNE 18, 2016!



VISIT MASSACHUSETTS STATE PARKS!

Stop by our office located at 33 Nagog Park Drive to sign out our
Annual MassParks Pass
 for Massachusetts Dept. of Conservation & Recreation

Get out and enjoy the range of recreational activities at DCR's Parks!
 Visit: <http://www.mass.gov/eea/agencies/dcr/massparks/>
Save money. . . \$\$\$\$



Beaches, wooded parks, parkways, and reservoirs - All of these places make up the Massachusetts State Parks. You can find a place to go in all regions of the Commonwealth from Pittsfield to Boston and from Gloucester to Provincetown. Each one offers activities and amenities. Enjoy all that Massachusetts has to offer in its numerous state parks! At our state parks, there are facilities for swimming, camping, hiking, walking and bike riding — but they also offer fishing, canoeing, horseback riding, sailing, wind surfing, rock climbing, golfing, and other recreational activities. There are opportunities for picnics, outdoor performances, areas to rent for company or family gatherings, historic sites, playgrounds, athletic fields, interpretive programs and much more.



If you are not in the know...
 Then it's time to sign up for the Town of Acton
 Recreation Department E-Newsletter!

Our goal is to keep you informed and not inundate your inbox!
 We do not share your email and you can easily unsubscribe at any time.

We'll keep you posted on upcoming events, postponements, cancellations, new programs, upcoming programs, updates on fields and facilities projects, park notices and updates, and general information, as well as urgent Recreation/Town of Acton news that is time sensitive.

Email: RECREATION@ACTON-MA.GOV and ask to be added to our e-news or call: 978.929.6640 x0



OLDER TEEN & ADULT PROGRAMS

BEGINNER & EXPERIENCED LINE DANCE



Maybe you've done a little line dancing at a wedding or party, loved it and wished you could do more? Maybe you might be an experienced line dancer looking for a place to add another night to your dancing fun? Maybe you are a single person who would love a form of dance where a partner isn't needed? And maybe you just might be looking for something new to try! We can teach you the basic steps and have you dancing in minutes! We cater to both country and non-country music fans with an all country music class and a class that we dance to all different genres of music (pop, country, oldies and more)! Get out of the chair and make new friends as well as burn the same number of calories as a low-impact aerobics class and not even realize you are exercising! Wear comfy clothes – layers are good, shoes with soles that will slide easily (sneakers stick and a dance sole is best!). Bring a bottle of water and your friends. No other special equipment is necessary and no partner is needed. Questions? Call Donna at 978/413-1965 or email dshea.dldance@gmail.com.

MIN: 4 MAX: 30

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
939-04	Adults (15+)	Wednesday	Beginner-All Music Genres Sept. 7-Oct. 12	6:30-7:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea
939-12	Adults (15+)	Wednesday	Experienced-All Music Genres Sept. 7-Oct. 12	7:30-8:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea
939-05	Adults (15+)	Wednesday	Beginner-All Music Genres Nov. 2-Dec. 14 (no class 11/23)	6:30-7:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea
939-13	Adults (15+)	Wednesday	Experienced-All Music Genres Nov. 2-Dec. 14 (no class 11/23)	7:30-8:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea
939-18	15 & Up	Wednesday	Beginner January 4-February 8	6:30-7:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea
939-19	15 & up	Wednesday	Beginner March 8-April 12	6:30-7:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea

BEGINNER BALLROOM DANCE



Learn the basic moves of ballroom dancing in a fun and relaxed atmosphere and be the hit of the next wedding or function! If you are an experienced dancer, we have classes for you too! We also mix in Two-Step and Swing in our programming. We will focus on one different style of dance in each six week session (you can call ahead to find out which dance is currently on the schedule or visit our website at www.dldance.org). The class is taught in a rotation system so singles (or those with spouses who won't leave the couch) are most welcome at our classes - rotation is optional and not required but we guarantee you will learn faster if you do! Wear comfortable clothing and shoes that slide (sneakers will stick!) and bring a bottle of water and your friends. No other special equipment is necessary.

Questions? Call Donna at 978/413-1965 or email dshea.dldance@gmail.com. MIN: 4 MAX: 30

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
940-04	16 & up	Tuesday	Sept. 6-Oct. 11	6:30-7:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea
940-05	16 & up	Tuesday	Nov. 1-Dec. 13 (no class 11/22)	6:30-7:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea
940-10	16 & up	Tuesday	January 3-February 7	6:30-7:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea
940-11	16 & up	Tuesday	March 7-April 11	6:30-7:30pm	DL Dance Studio 629 Mass Ave., Boxboro	\$60	Donna Shea

OLDER TEEN & ADULT PROGRAMS

SUNSET YOGA!

Join yoga teachers from Revolution Community Yoga (located in Acton, MA - YogaActon.com) for these special evenings. Enjoy a mindful All Levels Vinyasa Yoga class while the sun sets! The focus is on integrating yogic breathing, proper alignment, settling the mind, finding balance. This All Levels format allows the student to explore each pose to their own degree, while soaking in the beauty of an outdoor setting. Bring your mat, water bottle, your yoga buddies, bug spray and a flashlight! **Beginners Welcome!**

*In the event of inclement weather, class will be rescheduled if possible.

MIN: 8 MAX: 40



Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1046-04	Adults (15+)	Wednesday	September 14	6:30-7:30pm	NARA Amphitheater 75 Quarry Road	\$10	Sidonie Blackett

ZUMBA FITNESS

Gina's Studio
dance + fitness

Zumba Fitness classes are one hour of non-stop, calorie burning, hip-shaking dance and fitness moves that tone, stretch and sculpt the entire body! These classes are great cardio workouts using motivating international music that alternates between fast and slow rhythms to burn calories more efficiently, shed pounds, and build endurance, strength, rhythm and coordination. Zumba fitness classes are for everyone! Each student can modify the moves to his/her desired fitness goal and is encouraged to move at his/her's own pace and way. This is why it feels more like a party than a fitness class and why all have a good time and come back for more! No previous fitness training is necessary. Please bring comfortable sneakers that are easy to move in and bring your own water bottle.



MIN: 2 MAX: 10

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
949-16	15 & Up	Friday	Sept. 16, 23, 30, Oct. 7, 14, 21	6:45-7:45pm	629 Mass Ave. Boxborough	\$52	Gina Flaherty and/ or studio staff member
949-17	15 & Up	Monday	Sept. 19, 26, Oct. 3, 10, 17, 24	6:45-7:45pm	629 Mass Ave. Boxborough	\$52	Gina Flaherty
949-18	15 & Up	Tuesday	Sept. 20, 27, Oct. 4, 11, 18, 25	6:50-7:50pm	629 Mass Ave. Boxborough	\$52	Gina Flaherty and/ or studio staff member
949-19	15 & Up	Wednesday	Sept. 21, 28, Oct. 5, 12, 19, 26	9:30-10:15am	629 Mass Ave. Boxborough	\$52	Gina Flaherty
949-20	15 & Up	Thursday	Sept. 22, 29, Oct. 6, 13, 20, 27	9:30-10:30am	629 Mass Ave. Boxborough	\$52	Gina Flaherty
949-21	15 & Up	Friday	Oct. 28, Nov. 4, 11, 18, Dec. 2, 9	6:45-7:45pm	629 Mass Ave. Boxborough	\$52	Gina Flaherty and/ or studio staff member
949-22	15 & Up	Monday	Oct. 31, Nov. 7, 14, 21, 28	6:45-7:45pm	629 Mass Ave. Boxborough	\$52	Gina Flaherty
949-23	15 & Up	Tuesday	Nov. 1, 8, 15, 22, 29, Dec. 6	6:50-7:50pm	629 Mass Ave. Boxborough	\$52	Gina Flaherty and/ or studio staff member
949-24	15 & Up	Wednesday	Nov. 2, 9, 16, 30, Dec. 7, 14	9:30-10:15am	629 Mass Ave. Boxborough	\$52	Gina Flaherty
949-25	15 & Up	Wednesday	Nov. 2, 9, 16, 30, Dec. 7, 14, 21	6:45-7:45pm	629 Mass Ave. Boxborough	\$52	Gina Flaherty
949-26	15 & Up	Thursday	Nov. 3, 10, 17, Dec. 1, 8, 15, 22	9:30-10:30am	629 Mass Ave. Boxborough	\$52	Gina Flaherty

OLDER TEEN & ADULT PROGRAMS

ZUMBA TONING

Gina's Studio
dance + fitness

Zumba Toning classes are great for cardio conditioning with the added benefits of toning and sculpting your entire body using light, hand-held toning sticks like weighted maracas that create a party atmosphere. The class uses motivating international music choreographed in intervals, allowing your body to burn calories more efficiently, while building endurance, strength and coordination. No previous dance or fitness training is necessary. Please bring comfortable sneakers that are easy to move in and bring a water bottle. Toning sticks are available for purchase through the instructor. **MIN: 2 MAX: 16**



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
951-11	15 & Up	Tuesday	Sept. 20, 27, Oct. 4, 11, 18, 25	9:30-10:15am	629 Mass Ave. Boxborough	\$52	Gina Flaherty and/or studio staff
951-12	15 & Up	Tuesday	Nov. 1, 8, 15, 22, 29, Dec. 6	9:30-10:15am	629 Mass Ave. Boxborough	\$52	Gina Flaherty and/or studio staff
951-13	15 & Up	Saturday	Sept. 17, 24, Oct. 1, 8, 15, 22	9:30-10:15am	629 Mass Ave. Boxborough	\$52	Gina Flaherty
951-14	15 & Up	Saturday	Oct. 29, Nov. 5, 12, 19, Dec. 3, 10	9:30-10:15am	629 Mass Ave. Boxborough	\$52	Gina Flaherty



INNER YOGA

Gina's Studio
dance + fitness

Learn the foundations of salsa dancing! We will introduce you to the rhythm and timing of salsa music as well as the technique in leading and following. You will learn basic footwork, turns, and connections between partners. No partner is necessary. Please bring clean shoes to dance in. **MIN: 2 MAX: 16**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1067-01	15 & Up	Thursday	Sept. 15, 22, 29, Oct. 6, 13, 20	6:30-7:30pm	629 Mass Ave. Boxborough	\$52	Shri
1067-02	15 & Up	Thursday	Oct. 27, Nov. 3, 10, 17, Dec. 1, 7	6:30-7:30pm	629 Mass Ave. Boxborough	\$52	Shri

BOLLYX

Gina's Studio
dance + fitness

Experience the infectious energy from a Bollywood inspired fitness program. Move and sweat to upbeat choreography set to the hottest music from around the world. Modifications are provided to meet all fitness levels. Get ready to move – Bollywood style! **MIN: 2 MAX: 16**

BOLLYX
The Bollywood Workout

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1035-03	15 & Up	Tuesday	Sept. 20, 27, Oct. 4, 11, 18, 25	6:00-6:50pm	629 Mass Ave. Boxborough	\$52	Sheila Mills
1035-04	15 & Up	Tuesday	Nov. 1, 8, 15, 22, 29, Dec. 6	6:00-6:50pm	629 Mass Ave. Boxborough	\$52	Sheila Mills

OLDER TEEN & ADULT PROGRAMS

CORE N' MORE EXPRESS

Gina's Studio
dance + fitness

Core n' More Express classes are 20 minutes of blended boot-camp, yoga and Pilates-inspired exercises targeted at toning and stretching your muscles. Mats and 3 – 10 lb. hand weights are provided. Please wear comfortable clothing and bring your own water bottle. MIN: 2 MAX: 16

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
950-11	15 & Up	Tuesday	Sept. 20, 27, Oct. 4, 11, 18, 25	10:20-10:40am	629 Mass Ave. Boxborough	\$22	Gina Flaherty Jenni Gerstle
950-12	15 & Up	Tuesday	Nov. 1, 8, 15, 22, 29, Dec. 6	10:20-10:40am	629 Mass Ave. Boxborough	\$22	Gina Flaherty Jenni Gerstle
950-13	15 & Up	Saturday	Sept. 17, 24, Oct. 1, 8, 15, 22	10:20-10:40am	629 Mass Ave. Boxborough	\$22	Gina Flaherty
950-14	15 & Up	Saturday	Oct. 29, Nov. 5, 12, 19, Dec. 3, 10	10:20-10:40am	629 Mass Ave. Boxborough	\$22	Gina Flaherty

BARRE, CORE and MORE

Gina's Studio
dance + fitness

Blast calories away while lifting your seat, toning your legs, sculpting your arms and flattening your abs. The class is a lo-impact, hi-intensity workout inspired by ballet “barre” exercises choreographed to fun, up-beat music. These Exercises will help strengthen and elongate muscles and increase core stability, while maintaining postural balance, flexibility, coordination and grace. Exercises are easy to follow with personal attention. No previous dance or fitness training is necessary and non-slip socks or ballet slippers are required. Please wear comfortable clothes and bring a water bottle. Yoga mats and 3 – 10 lb. hand weights are provided for the last 15 minutes of class. MIN: 2 MAX: 12



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
953-11	15 & Up	Monday	Sept. 19, 26, Oct. 3, 10, 17, 24	5:45-6:30pm	629 Mass Ave. Boxborough	\$52	Gina Flaherty
953-12	15 & Up	Monday	Oct. 31, Nov. 7, 14, 21, 28	5:45-6:30pm	629 Mass Ave. Boxborough	\$52	Gina Flaherty
954-14	15 & Up	Wednesday	Nov. 2, 9, 16, 30, Dec. 7, 14	9:30-10:15am	629 Mass Ave. Boxborough	\$52	Gina Flaherty
954-15	15 & Up	Friday	Sept. 16, 23, 30, Oct. 7, 14, 21	9:30-10:15am	629 Mass Ave. Boxborough	\$52	Gina Flaherty
954-16	15 & Up	Friday	Oct. 28, Nov. 4, 11, 18, Dec. 2, 9	9:30-10:15am	629 Mass Ave. Boxborough	\$52	Gina Flaherty

GINA FLAHERTY began her formal dance education and training in 1975. Since then she has performed and choreographed for many dance troupes and companies in the Boston area. Her training began with Ballet, Tap, Jazz and Hip-Hop and is certified to teach Zumba Basic 1, Zumba Basic 2, Zumba Toning and Zumbatomic (a Zumba program just for kids). Her depth of dance knowledge and breadth of experience enable her to bring a variety of dance elements to all of her students and classes. She is happy to share her expertise and love of dance and fitness with everyone she meets.

Keep updated with Acton Recreation! If you would like to be added to our E-News distribution, e-mail: mhaberman@acton-ma.gov or call 978.929.6640 x0.

Our goal is to keep you informed and not inundate your inbox!

We do not share your email address and you can safely unsubscribe at any time.

OLDER TEEN & ADULT PROGRAMS

YOGA PILATES COMBO

Westford Pilates

This class combines the stability gained from Pilates movements with the stretch, focus and balance of a yoga practice. It will have a yoga pace and feel while teaching yoga practitioners various Pilates stabilization techniques that facilitate the full expression of yoga poses. The standing postures and balances of yoga add strength and recruit the deep muscles we become aware of in Pilates movements. Leave this class feeling centered, stronger and with a deep sense of relaxation. All levels. MIN: 5 MAX: 15



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1065-01	13 & Up	Tuesday	Sept. 13, 20, 27 Oct. 4, 11, 18, 25, Nov. 1	7:00-8:00pm	288 Littleton Rd. #16 Westford	\$108	Chris Kandianis
1065-02	13 & Up	Tuesday	November 8, 15, 22, 29, Dec. 6, 13	7:00-8:00pm	288 Littleton Rd. #16 Westford	\$85	Chris Kandianis

PILATES WITH PROPS

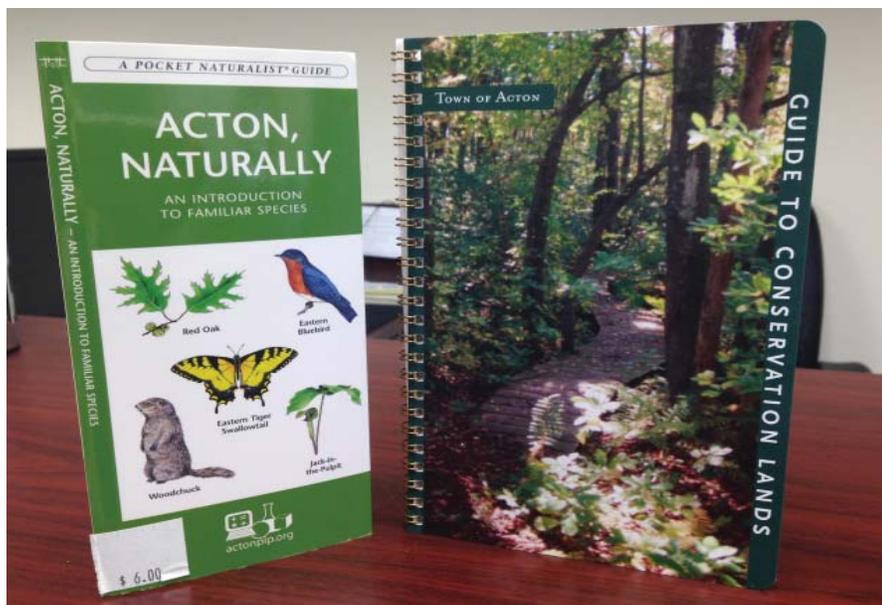
Westford Pilates

Add variety to your Pilates routine with this challenging class! We will rotate using weighted toning balls, the fitness circle and the flex-band to add resistance and awareness of the deep musculature in a Pilates class. Using the props will improve your Pilates form and posture while strengthening the muscles of the core, legs, glutes and arms. All levels. MIN: 5 MAX: 15

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1066-01	13 & Up	Thursday	Sept. 15, 22, 29 Oct. 6, 13, 20, 27, Nov. 3	8:00-9:00am	288 Littleton Rd. #16 Westford	\$108	Chris Kandianis
1066-02	15 & Up	Thursday	November 10, 17, Dec. 1, 8, 15	8:00-9:00am	288 Littleton Rd. #16 Westford	\$75	Chris Kandianis

CHRIS KANDIANIS has been studying Pilates since 2004 and yoga since 2000. She is passionate about helping people use these practices to develop the strength and flexibility needed to enjoy activities and sports while bringing mind/body balance into their lives.

Chris is STOTT™ Pilates certified, has training in Injuries and Special Populations and Anatomy, is an ACSM certified personal trainer, a RYT-200 certified yoga instructor and regularly attends workshops to expand her knowledge and repertoire. In recent years she has completed over 30 Pilates and yoga workshops.



Did you know that you can purchase an Acton Trail Guide for only \$10? (check or cash only)

You can stop by the Recreation Department office located on the first floor, 33 Nagog Park Drive in Acton.

They make a great birthday or holiday gift and are beautifully illustrated!

OLDER TEEN & ADULT PROGRAMS

TAI CHI AND CHI KUNG



Tai Chi is a traditional Chinese Martial Art 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, Tai Chi can also become an extremely powerful and effective system of self-defense, characterized by a relaxed flow of internal energy and power, as opposed to sheer muscular strength and speed. Benefits of Tai Chi include: reduced stress, increased flexibility, increased energy and vitality and improvement in general health. **MIN: 4 MAX: 10**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
956-25	16 & Up	Tuesday	Sept. 13-Oct. 18	9:30-10:30am	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-26	16 & Up	Thursday	Sept. 15-Oct. 20	9:30-10:30am	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-27	16 & Up	Tuesday	Sept. 13-Oct. 18	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-28	16 & Up	Thursday	Sept. 15-Oct. 20	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-29	16 & Up	Tuesday	Nov. 1-Dec. 6	9:30-10:30am	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-30	16 & Up	Thursday	Nov. 3-Dec. 15 (no class 11/24)	9:30-10:30am	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-31	16 & Up	Tuesday	Nov. 1-Dec. 6	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-32	16 & Up	Thursday	Nov. 3-Dec. 15 (no class 11/24)	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-33	16 & Up	Tuesday	Jan. 3-Feb. 7	9:30-10:30am	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-34	16 & Up	Thursday	Jan. 5-Feb. 9	9:30-10:30am	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-35	16 & Up	Tuesday	Jan. 3-Feb 7	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki
956-36	16 & Up	Thursday	Jan. 5-Feb. 9	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$112	Eva Latecki & Narcyz Latecki

PICK-UP BASKETBALL (Check www.acton-ma.gov/register for possible dates added after December, 2017)



This program is open to men and women who are looking for organized weekly basketball pick-up games. Overall, this program is for fun and a chance to practice skills and play.

No pre-registration required. Player pays \$6 onsite at check-in by check or credit card only. Check www.acton-ma.gov/register for dates after December, 2017



Age	Class Day	Class Dates	Time	Location	Fee	Coordinator
18 & Up	Tuesday & Thursday	September 6-December 22 No Games: 9/22, 9/29, 10/11, 10/18, 11/8, 11/10, 12/8	7:30-9:30pm	Carlisle School Corey Gym 83 School Street, Carlisle	\$6/Night Drop-In Fee Check or CC Only	Carlisle Recreation (978) 369-9815

OLDER TEEN & ADULT PROGRAMS

MARTIAL ARTS

Chinese Kung Fu training gives an individual an excellent method of exercise, a personal art form 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.

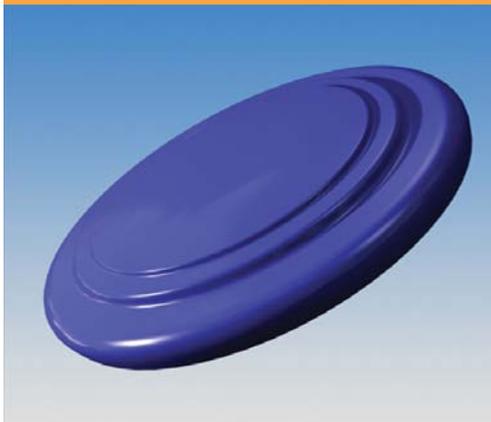
Chinese Martial Arts program includes: traditional northern Kung Fu styles (Baji, Pigua, Fanzi, Chuojiào), solo and matching barehanded forms, over 18 classical Chinese weapons, Qinna (joint locks & control), Shuaijiào (Chinese wrestling), Hard Qigong and sparring.

MIN: 4 MAX: 10



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
957-18	16 & Up	Monday	Sept. 12-Oct. 24	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$120	Narczyz Latecki
957-19	16 & Up	Wednesday	Sept. 14-Oct. 19	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$120	Narczyz Latecki
957-20	16 & Up	Friday	Sept. 16-Oct. 21	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$120	Narczyz Latecki
957-21	16 & Up	Monday	Nov. 7-Dec. 12	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$120	Narczyz Latecki
957-22	16 & Up	Wednesday	Nov. 2-Dec. 7	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$120	Narczyz Latecki
957-23	16 & Up	Friday	Nov. 4-Dec. 16 (no class 11/25)	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$120	Narczyz Latecki
957-24	16 & Up	Monday	Jan. 2-Feb. 13	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$120	Narczyz Latecki
957-25	16 & Up	Wednesday	Jan. 4-Feb. 8	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$120	Narczyz Latecki
957-26	16 & Up	Friday	Jan. 6-Feb. 10	7:00-8:00pm	Chinese Martial Arts 32 Nagog Park Dr.	\$120	Narczyz Latecki

PICK-UP ULTIMATE FRISBEE



Pick-up style game of ultimate frisbee for all skill levels. Whether you want to learn to toss the disc, are working on your forehand, or are a veteran player, you will enjoy a friendly and yet competitive game once a week. Great exercise while being a minimally contact sport, ultimate frisbee is continuing to become a more popular sport across the country. No rain makeup dates.

MIN: 12 MAX: 20



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1054-01	18 & Up	Friday	Sept. 9, 16, 23, 30 Oct. 14, 21, 28 Nov. 4, 11, 18	6:15-7:15pm	Elm Street Soccer Field 19 Elm Street	\$53	Josh Gold

Please check our online registration site for any additional Ultimate Frisbee dates pending favorable weather after November 18th.

ADULT PROGRAMS

ESSETRICS AGING BACKWARDS!

Essentrics Aging Backwards, Classical Stretch and Light Body Sculpting Apprentice Class! An age-defying workout that creates a youthful feeling body.



This is a safe and slow paced full-body workout based on the teachings of Miranda Esmonde-White. Miranda is one of America's greatest advocates and educators of healthy aging. In these classes we will work on increasing your flexibility, improving your mobility and building strong bones. You will come away with improved posture and by unlocking your body; you will be boosting your energy and starting on a path to aging backwards. These classes will also provide you relief for stiff joints, frozen shoulders and chronic aches and pains you may have.

These classes will: Increase full body flexibility, help relieve pain, use proper exercises to unlock tight muscles and joints and moves to strengthen your spine and core. It also includes exercises treat and prevent back pain. This full body workout supports injury prevention. Participants should notice an immediate increase in flexibility and a release of tension in their muscles after each class- improving their posture and range of motion. Stress is released and aches and pains

are soothed through the gradual unlocking of the entire body. Class is a combination of standing and floor work. Please wear comfortable attire. Please note we recommend that this class be done in bare feet.

Materials Needed – Yoga mat and large beach towel **MIN:** 2 **MAX:** 12

Program & Session #	Age	Class Day	Class Dates	Time	Location <small>If large class, class may be relocated to another fitness studio at 501 Nagog Park, Acton</small>	Fee	Instructor
1074-01	30-75	Wednesday	September 21 -October 26 (no class 10/12)	11:00-Noon	35 Greenside Lane Acton	\$75	Sharon Pugatch
1074-02	30-75	Friday	September 23- October 21	3:30-4:30pm	35 Greenside Lane Acton	\$75	Sharon Pugatch
1074-03	40-80	Wednesday	September 21 -October 26 (no class 10/12)	2:00-3:00pm	35 Greenside Lane Acton	\$75	Sharon Pugatch
1074-04	30-75	Wednesday	November 2- December 7 (no class 11/23)	11:00-Noon	35 Greenside Lane Acton	\$75	Sharon Pugatch
1074-05	30-75	Friday	November 4- December 9 (no class 11/25)	3:30-4:30pm	35 Greenside Lane Acton	\$75	Sharon Pugatch
1074-06	40-80	Wednesday	November 2- December 7 (no class 11/23)	2:00-3:00pm	35 Greenside Lane Acton	\$75	Sharon Pugatch
1074-07	30- 75	Wednesday	January 18-February 15	11:00-Noon	35 Greenside Lane Acton	\$75	Sharon Pugatch
1074-08	30-75	Friday	January 20-February 17	3:30-4:30pm	35 Greenside Lane Acton	\$75	Sharon Pugatch
1074-09	40-80	Wednesday	January 18-February 15	2:00-3:00pm	35 Greenside Lane Acton	\$75	Sharon Pugatch
1074-10	30-75	Wednesday	February 22-March 15	11:00-Noon	35 Greenside Lane Acton	\$61	Sharon Pugatch
1074-11	30-75	Friday	February 24-March 17	3:30-4:30pm	35 Greenside Lane Acton	\$61	Sharon Pugatch
1074-12	40-80	Wednesday	February 22-March 15	2:00-3:00pm	35 Greenside Lane Acton	\$61	Sharon Pugatch

Sharon Pugatch has been in the dance and fitness industry for over 20 years. Sharon is the owner of DTSS Fitness as well as Zumba Dance fitness. DTSS stands for Dance, Tone, Sculpt and Stretch. Sharon is trained and AFFA certified (Aerobics and Fitness Association of America) and has been teaching classes in Massachusetts since 2009. Sharon started teaching Essentrics Body Sculpting and Essentrics Aging Backwards Classical Stretch in 2015 for the Emerson Wellness Center for Mind and Body. These classes have been so successful Sharon has made time to bring the Essentrics offerings to the Town of Acton. Sharon holds certifications in Zumba Basics 1 & 2, Toning, Step, Gold, Beginner and Chair classes. Sharon is an Essentrics Level 1 Apprentice Instructor and is working on future certifications. Sharon gives a full body workout in all her classes with fun and invigorating music. For more information on Sharon's background and Essentrics please visit: www.dtssfitness.com.

ADULT PROGRAMS

ESSEINTRICS FOR HEALTH AND BODY SCULPTING

In this dynamic one hour workout Sharon will guide you through a full body exercise program based on the teachings of Miranda Esmond-White that simultaneously lengthens and strengthens every muscle in the body, resulting in greater joint mobility and lean long muscles. This work out is set to invigorating music and will concentrate on increasing your flexibility and overall mobility, building strength, and toning your body without weights.

For Body shaping, this workout defines the waist; Creates toned, lean and strong arms; Slenderizes the thighs and quads; Creates flat and defined abs; Improves posture and lifts the buttocks. While the technique is original in itself, it has been influenced by several disciplines. Essentrics draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body. Miranda Esmond-White is the creator of Essentrics and one of America's greatest educators on healthy aging and sports performance. Please note this class is done in bare feet. **Materials Needed** – Yoga mat and large beach towel. **MIN:** 2 **MAX:** 12



Program & Session #	Age	Class Day	Class Dates	Time	Location <small>If large class, class may be relocated to another fitness studio at 501 Nagog Park, Acton</small>	Fee	Instructor
1075-01	18- 70	Wednesday	September 21-October 26 (no class 10/12)	9:45 – 10:45am	35 Greenside Lane Acton	\$75	Sharon Pugatch
1075-02	18-70	Friday	September 23- October 21	2:15-3:15 pm	35 Greenside Lane Acton	\$75	Sharon Pugatch
1075-03	18-70	Wednesday	November 2- December 7 (no class 11/23)	9:45 – 10:45am	35 Greenside Lane Acton	\$75	Sharon Pugatch
1075-04	18-70	Friday	November 4– December 9 (no class 11/25)	2:15-3:15pm	35 Greenside Lane Acton	\$75	Sharon Pugatch
1075-05	18-70	Wednesday	January 18-February 15	9:45-10:45am	35 Greenside Lane Acton	\$75	Sharon Pugatch
1075-06	18-70	Friday	January 20- February 17	2:15-3:15pm	35 Greenside Lane Acton	\$75	Sharon Pugatch
1075-07	18-70	Wednesday	February 22 – March 15	9:45 -10:45am	35 Greenside Lane Acton	\$61	Sharon Pugatch
1075-08	18-70	Friday	February 24 -March 17	2:15-3:15pm	35 Greenside Lane Acton	\$61	Sharon Pugatch

ADULT GYMNASTICS!



Have you been in the lobby watching your child do gymnastics and ever said to yourself, “I would love to learn to do that?” Are you a young adult who may have never done gymnastics but has always wanted to give it a try? **Regardless of your age or ability, YOU CAN!** Our Adult Gymnastic class is designed to help adults work on the gymnastic skills they’ve always wanted to learn while have fun at the same time. No prior experience is needed, while being an expert won’t exclude you either; adults of all levels and abilities will be able to find success.

MAX: 2

Visit: gymnasticacademyofboston.com/acton



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1076-01	18 & Up	Wednesday	September 7–November 9 (no class 10/12)	2:00-3:00pm	12 Keefe Rd., Acton	\$221	Eric
1076-02	18 & Up	Wednesday	November 16–January 25 (no class 11/23, 12/28)	2:00-3:00pm	12 Keefe Rd., Acton	\$221	Eric

ADULT PROGRAMS

BEGINNER & INTERMEDIATE TENNIS



We don't just offer tennis lessons for kids! These classes offered by the Marcus Lewis Tennis Center teach the beginner adult proper strokes and skills. The Intermediate Clinic is great for a player who has had some time off from the game or is ready for the next level of play. Instructors at the Marcus Lewis Tennis Center provide patient instruction that can help you to reach your potential in this sport. Conveniently located at the Elm Street courts in Acton. One rain make-up will be offered (TBD by instructor). **MIN: 4 MAX: 10**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1078-01	17 & Up	Tuesday (Beginner)	September 6, 13, 20, 27 October 4, 11	6:00-7:00pm	Elm Street Courts 18 Elm Street	\$96	Marcus Lewis Pro Staff
1078-02	17 & Up	Thursday (Intermediate)	September 8, 15, 22, 29 Oct. 6, 13	6:00-7:00pm	Elm Street Courts 18 Elm Street	\$96	Marcus Lewis Pro Staff

At the time of print, schedules were not ready to post for late/fall-winter indoor classes. Once the class schedule has been finalized, the classes will be posted on our registration webpage so you may enroll.

Please visit: www.acton-ma.gov/register.

WHAT AN AWESOME INDEPENDENCE DAY CELEBRATION - JULY 2, 2016!



ADULT PROGRAMS

ADULT POTTERY WHEEL THROWING



Ages 16+ are invited to attend this 6 week session. Mixed levels of experience. Adults new to the wheel will learn the basics of wedging, centering, and throwing a piece on the wheel. More experienced potters will build on their skills and continue on to make handles, lids, plates, and more. Students will work on surface decorations and learn to incorporate hand built embellishments into their work. Includes one 25lb bag of clay, glaze, and firings and "studio privileges" of being able to come and practice anytime during the length of the session when the wheels are not being used. **MIN: 2 MAX: 20**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1088-01	16 & Up	Wednesday	Sept. 14, 21 Oct. 5, 19, 26, Nov. 2	7:00-9:00pm	16 Nason St., Maynard	\$245	Art Signals Studio Staff
1088-02	16 & Up	Wednesday	Nov. 9, 16, 30 Dec. 7, 14, 21	7:00-9:00pm	16 Nason St., Maynard	\$245	Art Signals Studio Staff
1088-03	16 & Up	Wednesday	Jan. 11, 18, 25 Feb. 1, 8, 15	7:00-9:00pm	16 Nason St., Maynard	\$245	Art Signals Studio Staff
1088-04	16 & Up	Wednesday	March 1, 8, 15, 22, 29 April 5	7:00-9:00pm	16 Nason St., Maynard	\$245	Art Signals Studio Staff

COUPLES CANVAS PAINT & SIP VALENTINE'S DAY!



Let us help you celebrate Valentine's Day with a romantic & arty Date Night! Bring along your sweetheart and your favorite bottle of wine. Each person will paint a 16"x20" canvas - one side of the complete picture. Class is \$60 per couple and includes step-by-step instruction, 2 canvases, dessert, and one red rose. **MIN: 2 MAX: 20**

Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1089-01	21 & Up	Saturday	February 11	7:00-9:00pm	16 Nason St., Maynard	\$60 (couple)	Art Signals Studio Staff

PAINT & SIP ADULT POTTERY



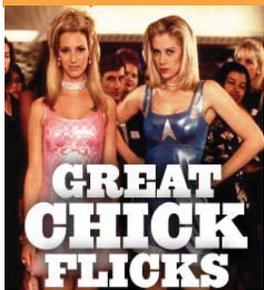
Join us each month to create a unique, beautiful paint-your-own pottery project! You will learn a variety of painting techniques to create pieces that are both fun and functional. We provide step-by-step instruction, and you will be amazed at the gorgeous pieces you will create! Feel free to bring food and your favorite bottle of wine to enjoy in our private event room. For information about specific projects, visit www.artsignalsstudio.com or email artsignalsstudio@gmail.com. All materials are included with the cost of the program. **MIN: 2 MAX: 20**



Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1090-01	21 & Up	Thursday	September 22	7:00-9:00pm	16 Nason St., Maynard	\$40	Art Signals Staff
1090-02	21 & Up	Thursday	October 20	7:00-9:00pm	16 Nason St., Maynard	\$40	Art Signals Staff
1090-03	21 & Up	Thursday	November 17	7:00-9:00pm	16 Nason St., Maynard	\$40	Art Signals Staff
1090-04	21 & Up	Thursday	December 15	7:00-9:00pm	16 Nason St., Maynard	\$40	Art Signals Staff
1090-05	21 & Up	Thursday	January 19	7:00-9:00pm	16 Nason St., Maynard	\$40	Art Signals Staff
1090-06	21 & Up	Thursday	February 16	7:00-9:00pm	16 Nason St., Maynard	\$40	Art Signals Staff
1090-07	21 & Up	Thursday	March 16	7:00-9:00pm	16 Nason St., Maynard	\$40	Art Signals Staff

ADULT PROGRAMS

LADIES NIGHT!



Hello Ladies! Are you new to the area and don't know many people or just need a night away from the house? Here is a great chance to spend an evening with other women in our community looking for the same escape and opportunities to meet new friends! We'll mingle and watch a great comedy-drama chick flick (no tearjerkers!) Light refreshments and soft drinks will be provided.

This night is for you!

A \$5 donation at class to help cover expenses would be appreciated.

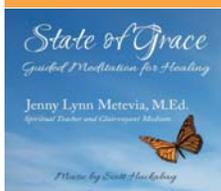
MIN: 6 MAX: 25 PRE-REGISTRATION REQUIRED



In the event the weather is snowy or icy, the evening will be cancelled.

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Hosted by
1098-01	18 & Up	Thursday	September 22 Register by Sept. 20	8:00-10:30pm	Senior Center 50 Audubon Hill	Free	Acton Recreation Dept.
1098-02	18 & Up	Thursday	October 27 Register by October 25	8:00-10:30pm	Senior Center 50 Audubon Hill	Free	Acton Recreation Dept.
1098-03	18 & Up	Thursday	December 15 Register by December 13	8:00-10:30pm	Senior Center 50 Audubon Hill	Free	Acton Recreation Dept.
1098-04	18 & Up	Thursday	January 19 Register by January 17	8:00-10:30pm	Senior Center 50 Audubon Hill	Free	Acton Recreation Dept.
1098-05	18 & Up	Thursday	February 16 Register by February 14	8:00-10:30pm	Senior Center 50 Audubon Hill	Free	Acton Recreation Dept.
1098-06	18 & Up	Thursday	March 23 Register by March 21	8:00-10:30pm	Senior Center 50 Audubon Hill	Free	Acton Recreation Dept.

HEAVEN IS SO CLOSE: SPIRITUALITY, ENERGY & THE SUPERNATURAL



Spiritual Teacher & Clairvoyant Medium, Jenny Lynn Metevia, M.Ed. (www.jennymetevia.com) will host a group of people who will enjoy a special lecture on many topics: from astral visits to the Heavenly realm, angelic experiences, and metaphysical phenomena; to personal questions on dreams, psychic experiences, past lives, as well as spirit visits. This event is a great opportunity for guests to experience a lively lecture in the company of like-minded beings; as Jenny describes the variety of signs from the "other side". Jenny has trained with Dr. Brian Weiss (as seen on Oprah) in Past Life Regression, as well as Sylvia Browne in Healing and Psychic Development;

her psychic abilities have been validated by Sylvia Browne (as see on Larry King Live) and James Van Praagh (creator of Ghost Whisperer). Jenny has been a long-time special guest of WBZ News Radio's Jordan Rich Show. Jenny's guided meditation CD, "State of Grace," is available now at www.jennymetevia.com.

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1077-01	Open to all ages	Wednesday	November 9	6:30-8:30pm	Carlisle Town Hall 66 Westford St., Carlisle	\$40	Jenny Lynn Metevia, M.Ed.

ADULT COLORING BOOK NIGHT

Come out for a fun night of socializing and coloring! We will provide coloring books and pencils, but feel free to bring your own. Light refreshments will be served.

Materials Needed: Optional personal coloring book and pencils.

MIN: 4 MAX: 10



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1082-01	21 & Up	Tuesday	December 13	7:00-9:00pm	Acton Town Hall, Rm. 9 472 Main Street	\$23	Melissa Rier
1082-02	21 & Up	Tuesday	February 21	7:00-9:00pm	Acton Town Hall, Rm. 9 472 Main Street	\$23	Melissa Rier

ADULT PROGRAMS

GARDENING WORKSHOPS

Acton Recreation is offering a series of hands-on workshops to get you started with this rewarding activity. Instructor Cathy Fochtman is a member of Acton Garden Club, a Master Gardener with the Massachusetts Master Gardener Association (MMGA) and maintains AOLCP certification (Accredited Organic Certified Landscape Professional) with Northeast Organic Farming Association (NOFA). She has a certificate in Horticultural Therapy from Horticultural Therapy Institute, Denver, CO.

The Morrison Farm Community Garden is located at 116 Concord Rd. (between Woodlawn Cemetery and Ice House Pond). Park behind the barn across from Community Garden and meet at the tent.

RAISED BED GARDEN

Learn the advantages of using a raised bed and how to construct your own 4' x 8' garden in your yard to grow vegetables, flowers or vines! Plans will be provided and a demonstration bed constructed. **MIN: 2 MAX: 8**

Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1048-03	Adults	Tuesday	September 13	10:00-11:30am	Morrison Farm 116 Concord Rd.	\$25	Cathy Fochtman

VEGETABLE GARDENING FOR BEGINNERS

Are you interested in growing your own vegetables but don't know how to get started? This workshop will explore different ways to start your own home or community garden plot. We'll provide plans, resources and encouragement. **MIN: 2 MAX: 8**

Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1049-03	Adults	Tuesday	September 20	10:00-11:30am	Morrison Farm 116 Concord Rd.	\$25	Cathy Fochtman

DROUGHT TOLERANT GARDENS

There are ways to have a beautiful perennial garden with minimal watering requirements. We'll discuss selecting drought tolerant plants and cultivating them to minimize the need for watering. See examples of beautiful landscapes here in Acton to inspire you! **MIN: 2 MAX: 8**

Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1050-03	Adults	Tuesday	September 27	10:00-11:30am	Morrison Farm 116 Concord Rd.	\$25	Cathy Fochtman



Get back to the great outdoors!
www.actontrails.org

ADULT PROGRAMS

ARBORETUM LATE SUMMER GARDEN TOURS



Join Bettina Abe for a great tour of the gardens at the Acton Arboretum. This tour is only a 1/2 mile walk conducted on mostly level trails. The tour includes visits to the butterfly, herb, meadow, hosta and fragrance gardens.
MIN: 4 MAX: 10



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1029-01	Open to all ages	Friday	September 9, 16, 23, 30	10:00-11:00am	Acton Arboretum 2 Taylor Road	\$10	Bettina Abe

NATURE JOURNALING



Rediscover the natural world through a combination of art, writing, and science. We will explore the grounds of Morrison Farm to observe and record the fascinating flora and fauna found on this pristine farm property. Learn sketching techniques; sharpen and focus your observational skills. Have fun connecting with your inner Henry David Thoreau! Materials provided. Park behind the barn, meet at the tent.
Min: 3 Max: 12

Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
858-05	Adults	Wednesday	September 6	2:00-3:00pm	Morrison Farm 116 Concord Road	\$25	Cathy Fochtman

FALL FOLIAGE & WINTER NATURE WALKS

Explore Acton Conservation areas with our own Natural Resources 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.

MIN: 4 MAX: 12



Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
961-03	Adults	Friday	Sept. 30, Oct. 7, 14, 21	10:00-11:30am	1st Class Meets at the Acton Arboretum 2 Taylor Road	\$23	Tom Tidman
961-04	Adults	Friday	January 20, 27 Feb. 3, 10	10:00-11:00am	1st Class Meets at the Acton Arboretum 2 Taylor Road	\$23	Tom Tidman

GUIDED CONSERVATION LAND WALKS

Walk a different conservation land each week. No need to stay inside on winter days. Winter trail conditions sometimes necessitate wearing snow shoes or ice cleats. Instructor will demonstrate different types of gear to make winter outings more enjoyable and safer along the trails. Instructor will provide participants will trail maps. **MIN: 4 MAX: 12**



Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1100-01	Adults	Tuesday	Jan. 10, 17, 24, 31 Feb. 7, 14, 21, 28	10:00am-11:15am	1st Class Meets at NARA Upper Lot, 75 Quarry Rd.	\$43	Bettina Abe

ADULT PROGRAMS

LANTERN TRAIL WALKS



We want you, your friends and families to join us for these special evenings to get out and experience some of Acton's most popular trails in the evening! Bring your own lantern or flashlight.

MIN: 6 MAX: 40

Program & Session #	Age	Class Day	Walk Date (cancelled if poor weather)	Time	Location	Fee	Instructor
960-05 Fall	Adult (kids are free with adult)	Friday	September 16 (Full Moon)	7:30-8:45pm	Will's Hole (Town Forest) 75 Quarry Road	\$5	Cathy Fochtman
960-06 Winter	Adult (kids are free with adult)	Friday	January 13 (Full Moon)	6:30-7:45pm	Pratt's Brook Audubon Hill/ Brewster Lane	\$5	Cathy Fochtman

PERENNIAL GARDENING

Learn the basics for creating your own perennial garden! We'll visit the Charlotte Sagoff Memorial Garden to review the variety of plant material that is matched together to provide season-long color, texture and interest. The plants in bloom change throughout the season. Learn about the planting and organic maintenance of a garden. The use of annuals and bulbs to round out the perennial show will also be discussed. A surprise perennial specimen in bloom at the time of the class will be available for you to take home. The garden is located at the main entrance to the Acton Memorial Library, 486 Main Street. The instructor designed the garden and heads a committee that maintains this garden in memory of Acton environmental activist, Charlotte Sagoff. **MIN: 3 MAX: 12**



Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
857-09	Adults	Tuesday	September 20	4:00-5:00pm	Charlotte Sagoff Memorial Garden 486 Main Street	\$25	Cathy Fochtman



HAVE YOU SEEN THIS PERSON AT NARA PARK WITH HIS CAMERA? Many of the great event photos in this book were taken by him. Steven Repucci, an Acton Resident has volunteered many hours to the Acton Recreation Department bringing his passion of photography to so many of our NARA Events throughout the year! THANK YOU FOR ALL THE GREAT PHOTOS WE CAN SHARE WITH THE COMMUNITY AND MOST OF ALL THANK YOU FOR KEEPING THE MEMORIES CLOSE TO US ALL!

ADULT PROGRAMS

MYSTERY WALKS - HIKE TO NEW PLACES!



Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. We will walk four or five miles, rain or shine. Enjoy the camaraderie of fellow walkers as we learn and have fun. After registering, email maryhurley@comcast.net for meeting locations. **Our first meeting location will be at the North Bridge parking lot in Concord, off Monument Road.** *Weather cancellations are made up at the end of the session as needed.*

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
1093-01	18 & Up	Wednesday	October 5, 12, 19, 26 Nov. 2, 9	9:30am-Noon	1st walk will meet at North Bridge parking lot in Concord off Monument Road	\$75	Mary Hurley

AMERICAN RED CROSS CPR & FIRST AID

The primary purpose of the American Red Cross First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. This course teaches participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. Participant will receive a certification card after the completion of this course (included in cost)



MIN: 2 MAX: 10

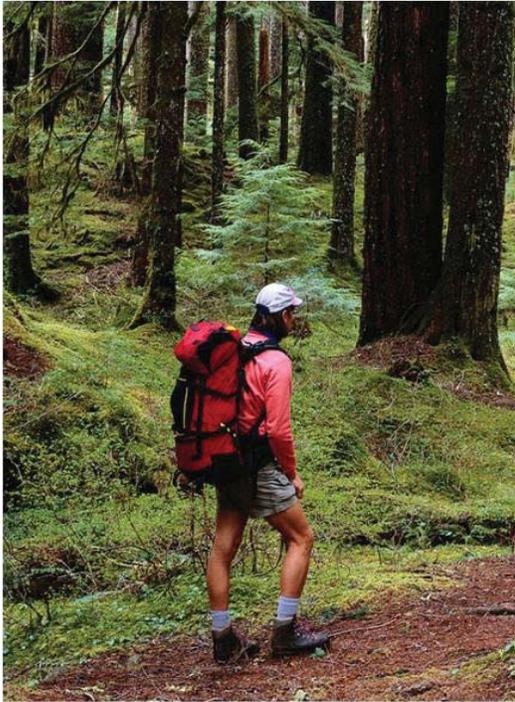
Program & Session #	Age	Class Day	Class Date	Time	Location	Fee	Instructor
1083-01	16+	Thursday	November 17	6:00-10:00pm	Public Safety Facility 371 Main Street, Acton	\$65	Melissa Rier

TUSK - ULTIMATE FLEETWOOD MAC TRIBUTE CONCERT JULY 29, 2016 AT NARA PARK



ADULT PROGRAMS AND CONSERVATION

I HIKED ACTON'S TRAILS



Walk all of Acton's Conservation Lands on the list, and earn a sticker or a patch!

How to participate

1. Download/print: "I Hiked Acton's Trails!" program form from the Acton Recreation Department website <http://acton-ma.gov/DocumentCenterView/2666> or pick one up at the Recreation Department office located at 33 Nagog Park, Acton. Questions? Please call Acton Recreation 978-929-6640 or email recreation@acton-ma.gov.
2. Please use good trail ethics for this walking program. Plan ahead and prepare; dispose of waste properly; leave what you find; respect wildlife; be considerate of others.
3. Review the Acton Conservation Land Regulations at <http://actontrails.org/RegulationsRev.htm>
4. Hike the yellow main loop trail of each of the 16 conservation lands listed on the Participation Form. Be sure to download a map first at <http://www.actontrails.org/CasM.htm>. Paper maps are stocked in map boxes at information kiosks at most conservation land parking areas (marked K on maps).

When your form is complete, mail it to Acton Recreation Department, Acton Town Hall, 472 Main Street, Acton MA 01720. Include a self-addressed stamped envelope and we will mail you a sticker and/or a sew-on patch. You may also bring your form to the Recreation Department located at 33 Nagog Park Drive in Acton to get your sticker and/or patch.

I HIKED ACTON'S TRAILS - EARN YOUR PATCH!

Join Cathy Fochtman, Recreation Director, for a series of conservation area walks. We encourage you to earn your "I Hiked Acton Trails" badge or sticker by walking all sixteen areas throughout the fall and winter months! **MIN/MAX: 3/10**

Program & Session #	Age	Class Day	Class Dates	Time	Location	Fee	Instructor
840-09	Adults	Friday	Sept. 9, 16, 23, 30	10:00-11:30am	Various Town Conservation Trails: Instructor will notify participant of location	\$25	Cathy Fochtman
840-10	Adults	Friday	October 7, 14, 21, 28	10:00-11:30am	Various Town Conservation Trails: Instructor will notify participant of location	\$25	Cathy Fochtman
840-11	Adults	Friday	November 4, 18 Dec. 2, 9	10:00-11:30am	Various Town Conservation Trails: Instructor will notify participant of location	\$25	Cathy Fochtman
840-12	Adults	Friday	March 3, 10, 17, 24	10:00-11:30am	Various Town Conservation Trails: Instructor will notify participant of location	\$25	Cathy Fochtman

CAMP ACTON

A great local place to recreate! There are seven campsite locations available for overnight camping-permit required. Camp Acton is located off Pope Road via road access gate to Camp Acton. In order to use Camp Acton for overnight camping, a permit application must be completed.

NEW RATE EFFECTIVE 9/1/16: \$25 PER SITE

Camp Acton Permit Form may be obtained on the Field and Facilities page of the Acton Recreation Department webpage: www.acton-ma.gov/recreation



CAMP ACTON PERMIT



**CAMP ACTON
TOWN OF ACTON
362 Pope Road, Acton, MA 01720
DAY & OVERNIGHT CAMPING PERMIT**

Office Use Only:	
Permit No. _____	_____
Date Issued _____	_____

NAME _____ GROUP (if applicable) _____

ADDRESS _____ E-MAIL (required) _____

_____ PHONE _____

Please fill out the following information as it pertains to *all members of your party*, including children, attach additional sheet if necessary.

NAME	ADDRESS	AGE	VEHICLE PLATE # & STATE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Date of Arrival _____ Date of Departure _____

Time of Arrival 12:00 PM (earliest) _____ Camp Site Number (s) Requested _____

Time of Departure: 10:00 AM (latest) _____ **Maximum Number of Campers Per Site = 10 total**

SITE FEE IS \$25 PER DAY CHECK/CASH ONLY (MIN. 1 DAY FEE FOR ALL RENTALS)
(Site fee of \$25 per day effective 9.1.16)

Conservation Lands are patrolled by the Acton Police Department:

- ◆ In case of emergency dial 911
- ◆ For non-emergency calls, dial (978) 264-9638 Police Business line

Comments/Special Requests: _____

TO ALL REGISTRANTS OF CAMP ACTON: PRIOR TO FIRE USAGE, PLEASE CONTACT BOTH ACTON POLICE AND (978) 264-9638 AND FIRE DEPARTMENTS (978) 264-9645 TO OBTAIN CONSENT.

I/we hereby release and forever discharge the Town of Acton, the said Conservation Commission, its members, officers, and instructors, their heirs, assigns, and the administrators/employees from any and all actions, claims, demands, damages, judgments, executions, cost and any and all other claims or damages whatsoever, both in law or in equity, on accenuate of, growing out of, or resulting from all known or unknown personal injuries, conscious suffering, or any damages from my/my group's participating actively or as spectators.

Applicant Signature Required _____

Date _____

Pending availability, approval granted by the Town of Acton Recreation Department. For questions/comments, please contact the Town of Acton Recreation Department (978) 929-6440 x0. All items are carry-in, carry-out. A portable toilet is onsite from April 1st through Nov. 30th. Please display a copy of the signed permit easily visible to local authorities on the dash of your vehicle. A signed approved permit by the Recreation Department is required whether for day or overnight use. **Refunds will not be issued due to weather or withdrawal.**

Office Use Only: Permit has been Approved on _____ Permit has been Denied on _____

Signed by Recreation Department _____ mlr mr mh cf
Payment received by: check # _____ in the amount of: \$ _____ or cash \$ _____

2017 COMMUNITY GARDENS

NORTH ACTON COMMUNITY GARDEN MORRISON FARM COMMUNITY GARDEN NEW FOR 2017- HEBERT COMMUNITY GARDEN

If you are interested in having a garden plot for 2017, but lack the necessary space at home, try out one of the garden plots at one of our Community Gardens. The Recreation Department operates three Community Gardens. Locations are 845 Main Street in North Acton, Morrison Farm at 116 Concord Road and the newest addition is Hebert Farm Community Garden, 88 Prfedospect Street.



Sign Up Dates: Plots at Community Garden locations not renewed by current 2016 holders (due by Nov. 15, 2016), will become available to the general public

for the 2017 season beginning at 8:00 AM on Friday, December 9, 2016 at the Recreation Department located at 33 Nagog Park Drive, Acton, on a first-come first-served basis via walk-in registration only. Sorry, no early bird registrations or holds will be accepted.

Please note that due to the high demand for garden plots, there is a limit of only 1 garden plot per household/address.

Dates of Use: 2017 plots can be used from Sat., April 8 until Sunday, November 5, 2017.

Watering: Please note that the Acton Water District Seasonal Watering Restrictions apply to the Community Gardens. Morrison Farm watering is on even days (Tuesday, Thursday and Saturday). North Acton Community Garden watering is on odd days (Wednesday, Friday and Sunday). Hebert Farm Community Garden watering is on even days (Tuesday, Thursday and Saturday).

Plot Size (plot sizes are approximate): Morrison Farm large plot size is 25' x 33' and 12' x 25' for small plots. North Acton plots are 50' x 33' for full size and 25' x 33' for half size. Hebert Farm Community Garden plots are 20' X 20'.

Resident & Non-Resident	Plot Size	Days Open	Dates	Time	Location	Fee
Acton Resident	Full Plot	All Days	April 8-November 5	Sunrise - Sunset	North Acton Garden 845 Main Street	\$60
Non-Resident	Full Plot	All Days	April 8-November 5	Sunrise - Sunset	North Acton Garden 845 Main Street	\$70
Acton Resident	Half Plot	All Days	April 8-November 5	Sunrise - Sunset	North Acton Garden 845 Main Street	\$50
Non-Resident	Half Plot	All Days	April 8-November 5	Sunrise - Sunset	North Acton Garden 845 Main Street	\$60
Acton Resident	Large or Small Plot	All Days	April 8-November 5	Sunrise - Sunset	Morrison Farm 116 Concord Rd.	\$60
Non-Resident	Large or Small Plot	All Days	April 8-November 5	Sunrise - Sunset	Morrison Farm 116 Concord Road	\$80
Acton Resident	Large or Small Plot	All Days	April 8-November 5	Sunrise - Sunset	Hebert Farm Community Garden 88 Prospect Street	\$60
Non-Resident	Large or Small Plot	All Days	April 8-November 5	Sunrise - Sunset	Hebert Farm Community Garden 88 Prospect Street	\$80

GLENN MILLER ORCHESTRA, JULY 15, 2016



CLASSICAL CONCERT IN THE PARK, JUNE 30, 2016 STUDIO TWO-BEATLES TRIBUTE, AUG. 6, 2016



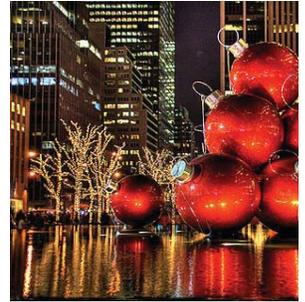
STUDIO TWO-BEATLES TRIBUTE, AUG. 6, 2016

BUS TRIPS

Acton Recreation Department presents ...

New York City Pre-Holiday Fun—2 Ways to Enjoy!

November 12, 2016: Saturday Day Trip



Option #1: Shop, sightsee or whatever you like—\$85pp

Option #2: Radio City Christmas Spectacular with the Rockettes! \$169pp

Your day trip includes:

- Round trip deluxe motorcoach transportation.
- Refreshments served on board.
- **Option #1:** A day to enjoy New York in all its Holiday best as you wish. Your Tour Escort will have suggestions for things to do.
- **Option #2:** Reserved seat (orchestra or first mezzanine) for the Radio City Christmas Spectacular. Don't worry, you'll still have time for a little shopping.
- Early morning departure—late evening return.
- Taxes for included features, except for customary gratuities to driver and escort.
- **Celebration Tours II Escort** throughout.

Note: Tour itinerary and inclusions subject to change in the event of unforeseen circumstances.



FULL PAYMENT DUE WITH RESERVATION

Cancellation Waiver: Protects in case of cancellation for any reason, provided office is notified no later than 48 hours before departure.
Amount must be included at time of reservation. Payments are non-refundable, non-transferable and valid for specified applicant/tour only.
Waiver Fee.. Option #1: \$10 per person Option #2: \$15 per person
Cancellation Policy: Once paid in full, trip is non-refundable.



Arrangements through:
CELEBRATION TOURS II, INC.

500 Victory Rd., Marina Bay, Quincy, MA 02171

617-696-1900 or 800-792-5208

www.celebrationtours2.com



**For information and reservations, please contact:
 Acton Recreation Department: 978-929-6640**

RESERVATION FORM — New York City Holiday Fun—November 12, 2016

Return to: Acton Recreation Department
 472 Main St.
 Acton, MA 01720

Option 1: Day of Shopping Fun on Your Own, \$85.00 per person _____
 Waiver included: Opt. 1 (\$10pp) ___ Yes ___ No, thank you.
Option 2: Radio City Christmas Spectacular: \$169.00 per person _____
 Waiver included: Opt. 2 (\$15pp) ___ Yes ___ No, thank you.

Enclosed please find \$ _____ pp as payment in full for _____ person(s). Full payment due at time of reservation. No refunds for cancellations received within 30 days of departure. Please note any health or mobility restrictions; if you require assistance, you must travel with a companion who will help you throughout the trip. Please make checks payable to: **Town of Acton.**

Name: _____ Home Phone: _____ Cell: _____

Address: _____ City: _____ State: _____ Zip: _____ Email: _____

In case of emergency, contact: _____ Home Phone: _____ Cell: _____

Signature indicates acceptance of all terms and conditions. Signature: _____

Travelling with: _____

BUS TRIPS

ESSEX VALLEY STEAM TRAIN & CONNECTICUT RIVERBOAT



Depart for a tour that features fine cuisine, an authentic steam engine train ride, a riverboat cruise, and, of course, the delightful company of your fellow travelers on your luxury Silver Fox CD/DVD/WiFi Motor Coach. You'll first enjoy a delicious luncheon at the Go Fish Restaurant. **Please choose your entree selection at sign-up:** (1) Fresh Baked Scrod or (2) Stuffed Chicken Breast. Entrees are served with salad, potato, dessert and coffee - delicious! Then you'll arrive in the Town of Essex, Connecticut, for your scenic steam train ride. Enjoy the scenery of the Connecticut River Valley where you'll meet your Riverboat crew and vessel. You'll now cruise the Connecticut River on a relaxing one-hour narrated ride. Upon docking, you'll meet your steam engine again and be transported back to Essex to board your motor coach home. *Driver gratuity not included.* **TOUR INCLUDES:** Steam Engine Train Ride, Riverboat Cruise, Luncheon, Luxury Silver Fox Coach. **MIN: 40 MAX: 52**



*Non-Refundable, tours and inclusions are subject to change.

Program & Session #	Age	Trip Day	Trip Date	Time (Approx)	Depart/Return Location	Fee	Tour Operator
1044-01	All Ages	Saturday	October 15	8:30am - 6:00pm	33 Shattuck Street Littleton	\$99 (payment by check only)	Silver Fox Tours



ANNUAL 2016 NYC HOLIDAY SHOPPING TRIP

At last...a chance for you to get away to New York, New York! The Big Apple! Plan early for the 2016 Holiday Season! Holiday shopping, sightseeing, Broadway show or visit one of New York's world class museums. Depart on a luxury CD/DVD/WiFi equipped Silver Fox Coach. A coffee stop (on your own) will be made along the way. For your convenience, a map of NYC illustrating points of interest will be provided for all. On arrival in New York, stops will be made at both Rockefeller Center and Macy's (or close proximity depending on availability). Then you're on your own to enjoy the Big Apple. The Rockefeller Christmas Tree will be aglow and on display for your viewing pleasure. *Driver gratuity not included.*

TOUR INCLUDES: Luxury Silver Fox CD/DVD/WiFi Motor Coach, NYC Map and Attractions List.

MIN: 40 MAX: 52 *Non-Refundable, tours and inclusions are subject to change. See Trip Insurance Option Available.

Program & Session #	Age	Trip Day	Trip Date	Time (Approx)	Depart/Return Location	Fee	Tour Operator
1045-01	All Ages	Saturday	December 3	6:00am - 11:00pm	33 Shattuck Street Littleton	\$69 (payment by check only)	Silver Fox Tours

***Trip insurance is available for an additional fee paid directly through the bus company. Insurance must be purchased within 48 hours of booking your trip. If you are interested, please contact Acton Recreation PRIOR to signing up for your trip. Thank you.**

2016-2017 FALL/WINTER RECREATION BUS TRIP FORM

Register in person or by mail with this form with payment by check or cash.

Please Print All Information - Signature Required Below

Trip: _____ Program # _____ Session # _____

(Participants under 18 must have parent/guardian/chaperone – parent must sign below for youth under 18)

Participant Name 1: _____ Age: _____

Participant Name 2: _____ Age: _____

Please add additional page if necessary.

Mailing Address: _____ Town: _____ Zip: _____

Email: _____

(Note: Your e-mail addresses will not be shared-they are used for program/bus updates and Recreation news)

Telephone:

Call 1st _____ 2nd _____ 3rd _____

NOTES: _____

SPECIAL ACCOMMODATIONS-In order to enhance participation, please identify special needs:

BY SIGNING BELOW:

BUS TRIP SPECIAL NEEDS INFORMATION: *If you are not self sufficient and have special needs, you must travel with a companion who can provide assistance to you. By making a reservation for any trips, you are certifying that you do not have any mental, physical or other condition that could compromise your safety or others. Call us for details if you are uncertain of the demands of this trip!*

I agree to hold harmless the Town of Acton and/or its employees from claims or liability related to any accident or injury that may occur. I give permission for medical treatment to be given if the need arises. I acknowledge the REFUND, CANCELLATION & WITHDRAWAL policy outlined for this trip as described in program. If trip is cancelled due to the lack of minimum participants, a full refund will be issued. Please note that pickup/drop-off locations are subject to change due to participant numbers. Any and all changes, refund requests, and special requests must be submitted in writing.*

**A Trip Cancellation Waiver is available if you wish to purchase. Please contact our office if you would like more information and/or to purchase. If you register online, this waiver fee will be available at the time of your purchase. Please see our General Policies in this booklet for registration information.*

Please answer:

1. Do you wish to purchase Trip Cancellation Waiver? Yes ___ No ___
2. Are you traveling with other people who are registered on a separate form? Yes ___ No ___
If so who are they: _____
3. Meal Selection if Applicable: : _____

Signature or Participant 1

Signature of Participant 2

The Recreation Department Accepts Cash or Checks Only for Bus Trips.

Checks are made payable to: Town of Acton

Mail Form With Payment To: Town of Acton Recreation Department, 472 Main Street, Acton, MA 01720

OR

Register In-Person At Our Office: Recreation Department, 1st Floor, 33 Nagog Park Drive, Acton, MA 01720

(Note: 33 Nagog Park building is located behind the Nagog Shopping Plaza behind the Ixtapa Mexican Restaurant)

For Recreation Staff: Paid \$ _____ Check # _____ Cash:\$ _____ Date: _____ Rc'd by: CF MH MR MLR Revised 08/08/2016

COMMUNITY BULLETIN

BRUCE FREEMAN RAIL TRAIL



The Bruce Freeman Rail Trail is a proposed rail trail through the communities of Lowell, Chelmsford, Westford, Carlisle, Acton, Concord, Sudbury, and Framingham in Massachusetts — following the 25-mile route of the old New Haven Railroad Framingham & Lowell line. Keep up-to-date with construction progress. Construction in Acton has begun.

Visit: <http://www.acton-ma.gov/Blog.aspx> for periodic updates as received by the Acton Planning Department from the contractor and MassDOT.

You may subscribe to automatic notifications of new blog postings on the blog page or by using the “Notify Me by E-mail” tab on the Town of Acton website at <http://www.acton-ma.gov>.

HOUSEHOLD HAZARDOUS WASTE COLLECTION-FALL '16



ACTON RESIDENTS ONLY

Saturday, September 24

9:00-11:30 a.m.

DPW Garage, 14 Forest Road



A list of items that are acceptable at the collection day can be obtained on the **Town of Acton website: www.acton-ma.gov/health**

Please note that this collection is for Acton residents only, and proof of residency is required.

FLUORESCENT LIGHT BULBS now accepted @ Acton Transfer Station in the light blue shed.

The Board of Health would also like to inform Acton residents who wish to dispose of medication and sharps (syringes) that we no longer accept these at Hazardous Waste Day. Medications can now be dropped off in their original container in the front foyer of the Public Safety Building located at 371 Main Street 24-hours per day. Sharps (syringes) can now be brought to the left foyer of the Town Hall located at 472 Main Street, from 8am-5pm, Monday-Friday excluding holidays and dropped into the red kiosk labeled sharps.

Televisions and CRT's (computer monitors) can be brought to Hazardous Waste Day and disposed of for \$25 per unit payable by cash or check payable to the “Town of Acton.” In addition, the Transfer Station now accepts both televisions and CRT's during normal operating hours (see website for hours). There will be a \$25 charge per unit and is payable at the entrance to the Transfer Station by cash or check payable to the “Town of Acton”. This fee will help cover the cost for disposal of these items.

Please contact the Acton Health Department at 978-929-6632 with any questions regarding Household Hazardous Waste Collection Day.

ACTON HISTORICAL SOCIETY

The Acton Historical Society is an organization of volunteers dedicated to the collection, preservation, and sharing of Acton's rich heritage.

A 501(c)3 organization, its property at 300 Main Street in Acton includes the Jonathan Hosmer House, the Jenks Library, and a barn, all filled with artifacts, documents, and photographs that illustrate and illuminate Acton's history.

Visit: <http://www.actonhistoricalsociety.org>



COMMUNITY BULLETIN

NOTICE FROM THE TOWN CLERK

2016 Elections

State Primary Election on Thursday, September 8, 2016

Last day to register for this Election August 19, 2016
Town Clerk's Office 8:00 a.m. to 5:00 p.m.



Special Election on Tuesday, September 20, 2016

Minuteman Regional Vocational School District,
Last day to register for this Election August 31, 2016
Town Clerk's Office 8:00 a.m. to 8:00 p.m.

State Election on Tuesday, November 8, 2016

Last day to register for this Election October 19, 2016
Town Clerk's Office 8:00a.m. to 8:00 p.m.



Massachusetts citizens can register online by visiting Secretary Galvin's website at: www.sec.state.ma.us or by visiting the Town Clerk's Office Monday through Friday 8:00 am to 5:00 pm.

For more information contact the Town Clerk at clerk@acton-ma.gov or call 978-929-6620.

ACTON RESIDENT FLU CLINIC

The Annual Flu Clinics for Acton Residents are provided by Acton Nursing Services. The dates of our clinics this fall are:

- Tuesday, October 4, 2:45-6:00 p.m., ABRHS, 36 Charter Road
- Wednesday, October 5, 2:45-6:00 p.m., ABRHS, 36 Charter Road
- Thursday, October 6, 2:45-6:00 p.m., ABRHS, 36 Charter Road
- Wednesday, October 12, 3:00-6:00 p.m., Acton Town Hall, 472 Main Street
- Saturday, October 15, 9:00-Noon, Council on Aging, 50 Audubon Hill Road



For more information, please email nursing@acton-ma.gov or call 978.929.6650.

THE ACTON MINUTEMEN WANT YOU!



Musket-persons, Ladies, Children, Fifers, Drummers!
Did you know that we participate in activities year round?
Parades, school events, corporate presentations, full battle reenactments and whole colonial encampment weekends.

Participate in as many or as few events as your schedule allows.
For more information visit www.actonminutemen.org or contact Captain Steve Crosby at 617-877-2361 or email croz1775@gmail.com. Help represent your town, have some fun and keep the tradition and history of Acton alive!

COMMUNITY BULLETIN

MIDDLESEX WEST CHAMBER OF COMMERCE



TASTE -OF-
MIDDLESEX

FOOD, WINE, BEER
EXTRAVAGANZA!

NOVEMBER 15
5:30 - 8:00 PM
WESTFORD REGENCY

WWW.MWCOC.COM
978.263.0010



"Light Up Middlesex"

A collaborative initiative with the American Cancer Society at the Taste of Middlesex.
Help us illuminate HOPE by dedicating a luminaria.



WHAT'S YOUR NUMBER? PUBLIC SAFETY CAMPAIGN

What's Your Number?

A Public Safety Campaign in Association with Acton Emergency Services

Eagle Scout candidate Jason Lucas of Troop 32 is reminding Acton this fall that visible house numbers save lives.

What's Your Number? is a house number visibility campaign through December 2016. For information about Acton's house numbering laws and suggestions, visit:

<http://www.acton-ma.gov/HouseNumbers>
or email acton.house.numbers@gmail.com.



Photo: Acton Police Officer John Stackhouse (left), Eagle Scout candidate Jason Lucas (center) and Acton Firefighter Brent Carter.

<http://www.acton-ma.gov/HouseNumbers>

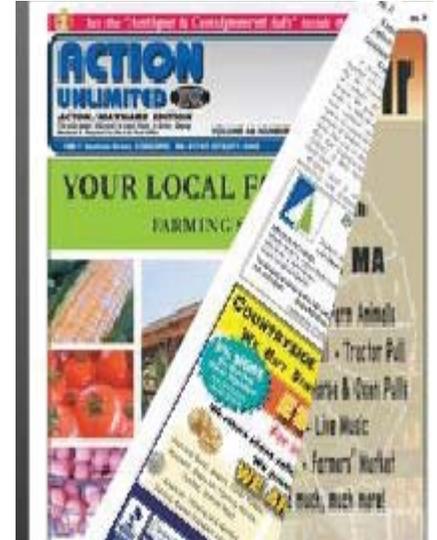
SPECIAL RECREATION ANNOUNCEMENTS

SUPPORTING CULTURAL ENRICHMENT IN OUR COMMUNITY

Acton Recreation would like to extend its gratitude to the **Action Unlimited, Acton Beacon/Wicked Local, ActonTV, Acton Patch, The Homesteader and Boston Globe West** for indepth advertising of many of our community events held throughout the year.

Your inclusion of photographs and videos are very much appreciated and well-received by the community.

Thank you for your continued support and commitment to expanding cultural enrichment in Acton!



NARA SUMMER CAMP 2017 - REGISTRATION WILL OPEN JAN. 18TH!

NARA SUMMER CAMP ENROLLMENT ONLINE REGISTRATION WILL OPEN ON WEDNESDAY, JANUARY 18, FOR AGES 4-15.

2017 WEEKLY CAMP SESSIONS OFFERED
JUNE 26 - AUGUST 25.

January 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



ACTON CHINESE LANGUAGE SCHOOL & TOWN OF ACTON RECREATION DEPARTMENT
PROUDLY PRESENT

2016 仲夏
中国传统
音乐歌舞晚会



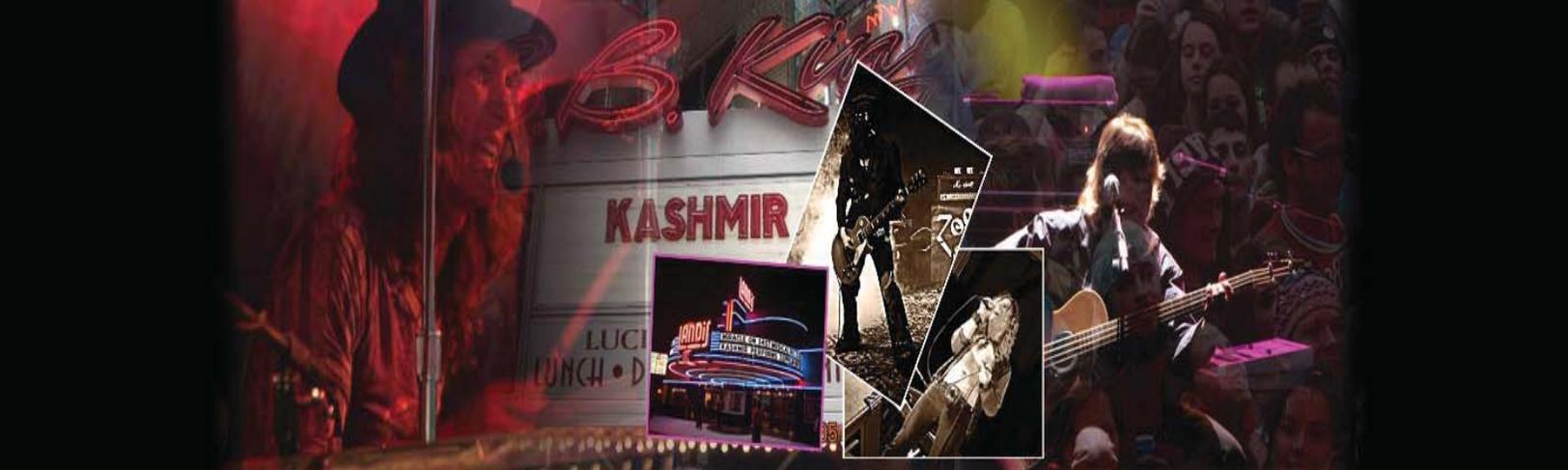
3rd Annual **CHINESE
MUSIC & DANCE
NIGHT**

THURSDAY, AUGUST 25, 2016 6:30 - 8:30 PM
NARA PARK AMPHITHEATER | 25 Ledge Rock Way, Acton, MA

FREE ADMISSION | RAIN DATE: THURSDAY, SEPT. 1

This program is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency
which is supported by the Massachusetts Cultural Council, a State agency

Acton Chinese Language School www.acls-ma.org
Acton Recreation Department www.acton-ma.gov/events



KASHMIR

The Nation's #1 Led Zeppelin Tribute

July 22 postponed due to weather

NEW: FRIDAY, AUG. 26

7:30 p.m. - 10:30 p.m.

NARA PARK AMPHITHEATER

25 Ledge Rock Way, Acton, MA

TICKETS ON SALE NOW

WWW.ACTON-MA.GOV/REGISTER

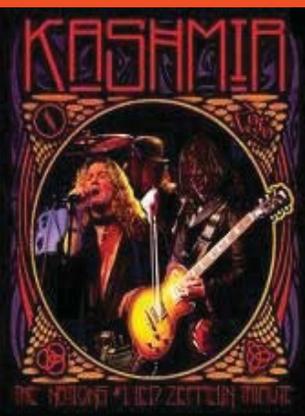
\$10 IN ADVANCE/\$15 AT GATE

Tickets are Non-Refundable

Outdoor Venue - All Lawn Seating - Bring Your Own Chair/Blanket

Food & Drink Available for Purchase - No Large Coolers Permitted or Outside Alcohol

Gates Open and Gate Ticket Sales Begin at 6:00 P.M.



T.J. O'GRADY MEMORIAL SKATE PARK

CROWD FUNDRAISER

**MassDevelopment will match each dollar contributed
if we reach our goal of \$20,000!**

Help complete the funding of Phase 2, the Skate Plaza!

Yes, we would like to donate \$_____ (Check addressed to: Town of Acton, Memo: Skate Park)

Company / Donor Name

Address (City, State, Zip Code)

Contact Name & Title

Phone Number

E-Mail

May we publicly acknowledge your donation? Yes / No

Acton Recreation Department will provide you with a donation acknowledgement.

Donation form and check
may be mailed to:

Cathy Fochtman
Town of Acton
Recreation Department
472 Main St.
Acton, MA 01720

For more information, contact
Recreation Director
Cathy Fochtman:
cfochtman@acton-ma.gov or
978-929-6640 x0.



Charitable contributions to governmental units are tax-deductible under section 170 (c) (1) of the Internal Revenue Code if made for a public purpose.

The Town of Acton Tax ID number is 046-001-062. Please retain a copy of this submittal form for your records.
08.09.2016

**We thank you for submitting this form with
your tax deductible contribution or visit:**

www.patronicity.com

FALL FAMILY CAMPOUT

★ **Friday, Sept. 16**
NARA Park, Acton



Program # 1091

Pricing for Campout Based on group size:

- 1 person: \$10**
- 2 people: \$18**
- 3 people: \$26**
- 4 people: \$34**
- 5 people: \$42**
- 6 people: \$50**

**Register online or use
Registration Form in Booklet**

Register at: www.acton-ma.gov/register

Join Acton Recreation for our Annual Fall Family Campout at NARA Park. Campers will have the opportunity to pitch a tent or bring their own pop-up trailer (location at a special designated area) for a memorable family campout at NARA Park. Not only is NARA beautiful during the day, the night-time view of the stars is spectacular as well as the full moon scheduled for this night!

Check-in any time after 3:30 p.m. on Friday at the Bathhouse. Campout concludes at 8:00 a.m. Saturday. Optional games and activities will be available. Campers may participate in our Fall Lantern Trail Walk of Will's Hole, scheduled to begin at 7:30 p.m. and conclude at 8:45 p.m. This trail starts at the upper park area.

We'll provide the campfire and marshmallows and in the morning, donuts, juice, coffee and tea. The large charcoal grills at the new picnic pavilion will be available for the campout. Please bring your own cooking utensils/supplies (we will supply the charcoal). Participants should also provide their own food, beverages, tent, sleeping bags, flashlights, marshmallow sticks, bug repellent and other personal items. If you bring your dog, it must be on a leash at all times. Our bathrooms will remain open throughout the campout. You do not have to be a resident to sign-up.

In the event of a weather cancellation, the campout will not be rescheduled and you will receive a full refund, or if you choose, a credit towards the Spring Family Campout (Friday, June 9, 2017).



MONSTER BASH

FRIDAY, OCTOBER 14

7:00-9:00 PM

**NARA PARK AMPHITHEATER
25 LEDGE ROCK WAY, ACTON**

**\$5 PER PERSON ADMISSION
AT THE DOOR FOR ALL AGES OVER 2**

Black Light DJ Dance Party

Fun & Games

Flashlight Candy Hunt (BYO Flashlight!)

Costumes Optional

WWW.ACTON-MA.GOV/EVENTS

FIND US ON FACEBOOK!

NO RAIN DATE

TALES FROM THE GRAVE - HALLOWEEN TOUR

HALLOWEEN TOUR

"Tales from the Grave"

*Stories about the residents
of The Ridge Above Rocky Guzzle*

SUNDAY, OCTOBER 30

3:00 PM

**Meet at the Woodlawn Chapel
Concord Road, Acton**

FREE EVENT!

Once again, Bill Klauer will lead his annual Halloween tour of a cemetery. This year he has chosen Woodlawn and intends to explore the area between Woodlawn Chapel and the Revolutionary section. This area is rich in Acton's past since it is the final resting place of many of the Town's leading citizens of their day.

Easy walking-but please wear walking shoes.

**DONATIONS WILL BE GREATLY APPRECIATED AND ALL DONATIONS
WILL BENEFIT THE ACTON HISTORICAL SOCIETY.**

COMPLIMENTARY REFRESHMENTS WILL BE PROVIDED.

SLEDDING AT NARA PARK!



Sledding at NARA Park (Ledge Rock Way/Quarry Road) is available free of charge during daylight hours. Please note that sledding is done at your own risk.

We request that no sledding jumps be made.

DO NOT SLED TOWARD THE POND AS THE ICE MAY NOT BE SAFE.

DO NOT SLED TOWARD THE AMPHITHEATER.

We recommend that you sled toward the field area.

ICE SKATING AT NARA PARK!



A man-made ice rink is located at the upper field area gravel parking lot at NARA Park near the Miracle Field.

(GPS: 75 Quarry Road)

The rink will be available pending favorable conditions.

We never recommend skating on ponds or lakes.



WINTER CARNIVAL

SAT. FEB 4, 2017

4:00-7:00 P.M.

NARA PARK AMPHITHEATER
25 LEDGE ROCK WAY, ACTON

SNOW OR NO SNOW...IT'S A GO!!!

SLEDDING & ICE SKATING – WEATHER PERMITTING!

BRING YOUR OWN SLEDS & SKATES!

“FROZEN” DANCE PARTY

FIRESPINNER

FOOD VENDORS

MARSHMALLOW TOASTING & CAMPFIRE

ACTON MINUTEMEN ENCAMPMENT & MUSKET VOLLEY

ACTON FIRE DEPARTMENT

ANIMAL ADVENTURES SHOW

ANNUAL BROOMBALL

KIDS SOCCER WITH SUPER SOCCER STARS

HOT CHOCOLATE BAR

& MORE!!!

All activities subject to change if necessary.

VISIT OUR WEBSITE CLOSER TO EVENT FOR UPDATES!

**FREE
ADMISSION!**

www.acton-ma.gov/events



2016 CONCERT & EVENT SUPPORTERS!

PLATINUM

- DONELAN'S SUPERMARKET
- DUNKIN' DONUTS
- GOULD'S CLOTHING



GOLD

- CAMBRIDGE SAVINGS BANK
- ROCHE BROTHERS
- TD BANK



SILVER

- EMERSON HOSPITAL
- ENTERPRISE BANK
- ESPECIALLY FOR PETS
- NORTHERN BANK
- REVOLUTION COMMUNITY YOGA
- SECHREST & BLOOM, LLC
- SORRENTO'S PIZZA



THANK YOU FOR ALL YOU DO



2016 CONCERT & EVENT SUPPORTERS!

BRONZE

- ACTON-BOXBOROUGH CULTURAL COUNCIL
- CENTURY BANK
- CONCORD TEACAKES
- LIFE CARE CENTER OF ACTON
- MIDDLESEX SAVINGS BANK
- PLYMOUTH ROCK ASSURANCE
- PRIVATE CITIZEN
- PRO-TECH GAS AT 2A/27
- SUNOCO AT 421 MASS AVE
- STEINBERG-LALLI CHARITABLE FOUNDATION
- WORKERS' CREDIT UNION



BASIC

- ACTON ANIMAL HOSPITAL
- ACTON FORD
- ACTON LIONS CLUB
- ACTON WINE & SPIRIT CO.
- LEVINE-PIRO LAW, PC
- 1 ON 1 SELF INDULGENCE SPA
- STOP & SHOP



FRIENDS

- JOSEPH PERRY PLUMBING
- ACTON MEDICAL ASSOCIATES
- THE HEALING POINT

DONATION

- BARRON CHIROPRACTIC & WELLNESS
- ROBERT & ILONA JOHNSON

TO SUPPORT OUR COMMUNITY!



Recreation Department
TOWN OF ACTON
472 MAIN STREET
ACTON, MA 01720

PRSR STD
U.S. POSTAGE PAID
PERMIT #25
ACTON, MA

POSTAL PATRON

Building a sense of community through quality recreation.

