



LITTLETON

PARKS, RECREATION, & COMMUNITY EDUCATION

FALL 2023



A "LITTLE" TOWN, A "TON" OF FUN!

As the busy days of summer come to an end, we hope you have had a chance to enjoy all that our department has to offer. We have had an amazing summer and are so grateful for your support of our parks and recreation programs.

We are writing to share some exciting news and ask for your support in the upcoming year. We have many projects in various stages happening within the Parks & Rec right now. Many of these project will need support from the residents at Fall and Spring Town Meeting. We hope to see you at those meeting to show your support of our department.

We are reaching the completion of the 2023 Open Space and Recreation Plan that is due to the Department of Conservation and Recreation in November. We have our 3rd and last public hearing on September 21st at the Sturtz Room from 7PM to 9PM. This will be the last time the public can add content to the report.

We are also conducting a statistically valid survey this fall to update our 10-year strategic plan. The survey will be conducted by a research firm and will have an accuracy rating of 95% or greater. If you are selected to participate in the survey we would truly appreciate you taking your time to share your input on our programs and facilities.

Additionally, we are bringing two projects to Fall Town Meeting to be funded through the Community Preservation Committee. The first project is to replace tennis courts that will be demolished to make room for a new senior center. The second project is to install LED lights on Koerper Field to help with the lack of athletic field space available in town.

Lastly, at some point in the next year we will be looking to renovate the newly purchase 36 King Street. Ultimately, we would like to see this turn into our long term home of the PRCE department. Your support can help us see this dream completed sooner than later.

We are always here for the community of Littleton, and we appreciate your continued support. If you have any questions or suggestions, please do not hesitate to contact us.

Alicia Day and the PRCE Team
LittletonRec@littletonma.org | 978-540-2490

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YES TO
NEW
ADVENTURES
➔

REGISTRATION DETAILS AND INFORMATION

Littleton Parks, Recreation, and Community Education

The Littleton Parks, Recreation & Community Education department provides year-round high quality indoor and outdoor recreation and enrichment activities for children and adults in Littleton and the surrounding communities. Our goal is to provide cultural, social, and athletic programs in well maintained parks and facilities.

Alicia Day– Director

Tim Michalski– Assistant Director

Jon Kazanjian– Program Coordinator

Brent DeBraga– Program Coordinator

Ken Krilla– Program Coordinator

Kelsey Genetti —Office Coordinator

CONTACT INFORMATION

41 Shattuck Street, Littleton, MA 01460

Littletonrec.com / Littletonrec@Littletonma.org

Office Phone & FAX: 978.540.2490

How to Register

1. Online at www.LittletonRec.com
2. Call 978.540.2490 to register by phone
3. Mail the registration form:
Littleton Parks, Recreation, and Community Education
41 Shattuck Street, Littleton, MA 01460
*Checks payable to "The Town of Littleton"
4. Fax the registration form and credit card information to 978.540.2490
5. Visit us in the office!

UPDATE: All credit card purchases have a 2.9% service fee that will be added to the total of your purchase. If you wish to avoid this fee, you are welcome to pay by check or cash.

Cancellations

- PRCE reserves the right to cancel and/or combine any program with insufficient enrollment within 7 days prior to the class's start date. All participants will be notified of changes in schedule.
- When public schools are closed for either school/town events or due to inclement weather, programs will not be held. Classes will be rescheduled at a later date.

Refund Policy

Our programming is 100% funded by course fees. Our refund policies are strictly adhered to.

- In the event a course is canceled due to low enrollment, you will receive a full refund in the manner in which you paid.
- Pro-rated refunds will only be given if a canceled class cannot be rescheduled.
- To process your refund, you must respond to the cancellation email within 30 days; otherwise, we will process the refund as a household credit.
- In the case of a medical withdrawal, a refund minus a 10% administration fee will be processed when accompanied by a doctor's note.
- Any requests for refunds fewer than five days before a program start will not be granted. All other withdrawal fees will be determined by the PRCE Director and accompanied by a 20% processing fee.
- Refunds will only be given via household credit, check, and credit card. Credit Card refunds will be processed within 5 to 7 business days. Refunds issued by check will be processed within 2 to 4 weeks.
- PRCE reserves the right to change the program location and/or programming staff if needed. Refunds will not be given if this occurs.

Transfer Policy

You may request to transfer into another class if:

- The request is made before the 2nd meeting of the class.
- There is space available on the roster for the class that you would like to transfer into.
- The minimum participation number is still met for the class that you are currently enrolled in.
- A \$15.00 transfer fee is paid in full.

Drop-In Policy

- You must register and pay for a drop-in prior to participating.
- Present your receipt, paper or email, to the instructor upon arrival to your session.
- Instructors cannot accept cash or check payment.

COVID-19 Policy

Our department will continue to monitor and follow all federal, state, and local guidelines. We will work with and update our instructors and patrons about any necessary program adjustments as related to the COVID-19 pandemic.

DON'T DELAY!

Many of our classes fill up fast, so sign up NOW before it's too late. We decide a week before the start date whether or not to run classes with low enrollment;

FACILITY INFORMATION AND DIRECTION

Littleton Town Hall

PRCE Studio 1 & 2

41 Shattuck Street, second floor. The entrance located at the front of Town Hall. Enter the building through the sliding doors, walk through the lobby and up the stairs. The fitness studios will be to your left. Parking is available behind Town Hall and a few spots on the side of the building.

Town Hall Multi-Purpose Room & Senior Diner

33 Shattuck Street, entrance located in the far right corner of the 33 Shattuck Court yard. Parking available behind Town Hall. Spaces closest to the tennis courts allow the easiest access.

Room 103

37 Shattuck Street, entrance is located on the 1st floor in the middle of Town Hall (to the right of LCTV and the green dumpsters.) Parking available behind Town Hall.

Tennis Courts

33 Shattuck Street. Parking available behind Town Hall.

The CLUBHOUSE

41 Shattuck Street, 3rd floor. Parking is available behind or on the side of Town Hall. Entrance in the front or back of Town Hall.

Littleton Public Schools

Shaker Lane Elementary

35 Shaker Lane, main entrance located off the corner of Roxbury Drive and Goldsmith Street. Secondary entrance off Shaker Lane.

Russell Street Elementary

57 Russell Street, entrance road located just south of 495 on Russell Street. Follow road around Alumni field to the entrance of the school. Limited parking is available to the right of the rotary.

Littleton Middle School

55 Russell Street, entrance road located just south of Highland Lane on Russell Street. Parking lot entrance and exits follow one-way traffic pattern.

Littleton High School

56 King Street, entrance located off King Street between St. Anne's Church and Indian Hill Music School. Caution lights mark the entrance road. All indoor programming should follow the road up to the top parking lot and enter the main school entrance. The lower parking lot can be used for access to tennis courts, baseball and softball fields.



PRCE Locations in the Community

Fay Park

20 Foster Street, located next to the renovated Littleton Fire Station.

Long Lake Beach

20 Town Road. Access to the beach parking lot is located at the end of Town Road off Goldsmith Street. Access to the State Boat Ramp is located at 11 Meadowbrook Road. Limited short-term parking is available at the boat ramp; this parking is only available to those using the boat ramp to launch a watercraft.

300 King Street (Castle in the Trees)

300 King Street, Littleton, MA 01460. Playgrounds, basketball courts, and walking path.

Alumni Field

55 Russell Street. It is the football field that is located between the Middle and Russell St Schools. The road that leads to the field is next to the Middle School and bends around to the left. The field is fenced in, and you can't miss the stadium seating. Parking is limited next to the field, and primary parking is the Middle School Field. It is a very short walk to the field from there.

Reuben Hoar Library

- The Murray Conference Room
- The Sturtz Multipurpose Room

35 Shattuck Street. Both rooms are on the lower level of the building. Parking available behind Town Hall. Spaces closest to the tennis courts allow the easiest access.



Littleton Parks, Recreation, and Community Education Program Registration Form

PARTICIPANT INFORMATION:

Name: _____ DOB: _____ Age: _____ M/F: _____ Grade: _____

Address: _____ Town: _____ Zip: _____

Email: _____ Home Phone: _____ Cell Phone: _____

Allergies/Concerns: _____

Emergency Contact Name: _____ Relationship to Participant: _____

Home Phone: _____ Cell Phone: _____ Email: _____

If Participant is **Under 18**, please complete the following:

Parent/Guardian Name: _____ Email: _____

Home Phone: _____ Cell Phone: _____ DOB: _____

PROGRAM REGISTRATION:

| CODE | PROGRAM NAME | FEE |
|------|--------------|-----|
| | | |
| | | |
| | | |
| | | |

PAYMENT METHODS:

CASH: To pay by cash, please register in person at our office at 41 Shattuck Street, Littleton, MA 01460

CHECK: Payable to "Town of Littleton" Ck# _____
There is a \$25 service fee for all returned checks.

CREDIT CARD: All credit card purchases have an added a 2.9% service fee to the total of your purchase. If you wish to avoid this fee you are welcome to pay by check or cash. VISA MASTERCARD DISCOVER

Card Number: _____

Name on Card: _____

Expiration Date: ____/____ CVV: _____

Cardholder Signature: _____

Mail to:

Littleton Parks, Recreation & Community Education
41 Shattuck Street, Littleton, MA 01460

Waiver:

Participation in this program may involve risk of injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. In consideration for participation in the program(s) listed above, I hereby for myself, my heirs, executors and administrators waive and release any and all claims of damage against the Town of Littleton, its successors and assigns, employees, agents, and representatives for any and all kinds of injury, including but not limited to personal injury and/or property damage suffered by my child, or myself, or my ward, while participating in this activity. In addition, I give my

permission for the child(ren) to be treated by qualified medical personnel in the event that the above named parent/guardian cannot be reached at the phone numbers above.

Signature: _____

Date: _____

2.9% Credit Card Fee
(credit card payments only) _____

TOTAL AMOUNT DUE: _____

Refund Policy: (Our programming is 100% funded by course fees, our refund policies are strictly adhered to.)

- If your course is canceled due to low enrollment you will receive a full refund in the manner in which you paid.
- Pro-rated refunds will only be given if a canceled class cannot be rescheduled.
- To process your refund you must respond to the cancellation email within 30 days; otherwise, we will process the refund as a household credit.
- In the case of a medical withdrawal, a refund minus a 10% admin fee will be processed when accompanied by a doctor's note.
- Any other withdrawal fees will be determined by the PRCE Director and accompanied by a 20% processing fee.
- Refunds will only be given via household credit, check, and credit card. Credit Card refunds will be processed within 5 to 7 business days. Refunds issued by check will be processed within 2 to 4 weeks.
- Parks, Recreation & Community Education reserves the right to change the program location and/or programming staff if needed. Refunds will not be given if this occurs.

Cancellations:

- PRCE reserves the right to cancel and/or combine any program with insufficient enrollment within 7 Days prior to the class's start date. All participants will be notified of changes in schedule.
 - Be sure to provide a current email and phone number.
- When public schools are closed for either school/Town events or due to inclement weather, programs in school buildings will not be held on that day. Classes will be rescheduled at a later date.
- Classes will not be on legal holidays.

Transfer Policy: You may request to transfer into another class **if**:

- The request is made before the 2nd meeting of the class.
- There is space available on the roster for the class that you would like to transfer into.
- The minimum participation number is still met for the class you are currently enrolled in.
- A \$15.00 transfer fee is paid in full.

LITTLETON

PARKS, RECREATION, & COMMUNITY EDUCATION

THE CLUB

AFTER SCHOOL PROGRAM

41 SHATTUCK STREET, TOP FLOOR

FOR GRADES 3-7

SCHOOL DISMISSAL UNTIL
6:00 PM M-F

Half-days of school are now included
in the monthly membership price!



2023-2024*
VARIOUS AFFORDABLE
RATES

PROGRAMS / ACTIVITIES

- HOMEWORK HELP
- ARTS & CRAFTS
- SPORTS & TEAM GAMES
- TECHNOLOGY TIME
- OUTDOOR ADVENTURES
- MOVIE/PARTY NIGHTS

REGISTER HERE



SCHOOL HOLIDAY PROGRAM

FALL 2023

WHEN YOU ARE OFF, WE ARE ON!

Grades: K - 6
8:30am-3:30pm
Pickup/Drop off
@ The Club
(the old library)

**BEFORE & AFTER
CARE AVAILABLE!**
BEFORE CARE:
7:30am-8:30am
AFTER CARE:
3:30pm-5:30pm
Additional Registration Required

9/25 MONDAY YOM KIPPUR:

Connor's Farm
Apple Picking, Corn Maze, Fresh Cider!
\$90R/\$95NR

11/10 FRIDAY VETERANS DAY:

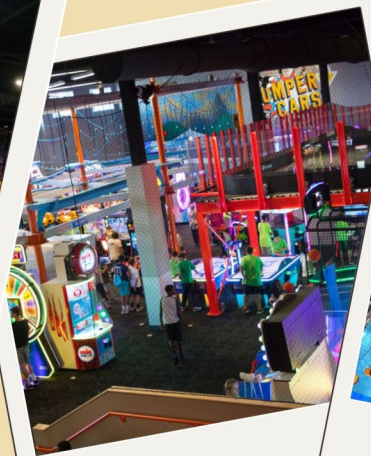
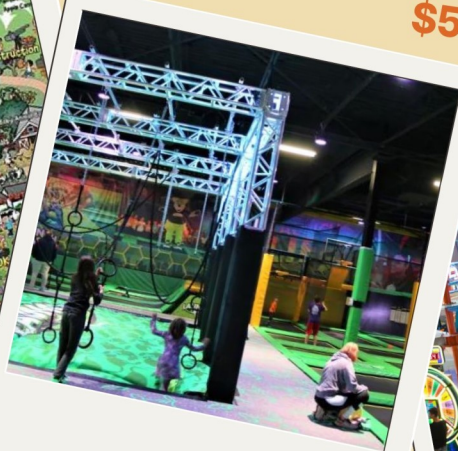
APEX in Marlborough for Bowling, Laser
Tag, Bumper Cars & ARCADE!
\$90R/\$95NR
\$5 Additional Pizza Lunch Option

11/7 TUESDAY ELECTION DAY:

LAUNCH of LEOMINSTER
Trampoline & Obstacle Park!
\$90R/\$95NR

11/29 WEDNESDAY SCHOOL CONFERENCE DAY:

Great Wolf Lodge in Fitchburg
for Water Park fun
\$90R/\$95NR
\$5 Additional Pizza Lunch Option



LITTLETON
PARKS, RECREATION, & COMMUNITY EDUCATION

Register @ littletonma.myrec.com

Circuit Makers 101

Instructor: Jake Weisberg



Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day. Most class days include a take-home project.

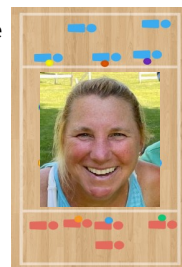


| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|----------|--------------------------------|--------|-----|-------------------------|-------------------|------------------------|--------------------------------|
| F23YCM5A | Circuit Lab Circuit Makers 101 | K - 2 | Th | 09/21/2023 - 10/26/2023 | 3:20 PM - 4:50 PM | Shaker Lane Elementary | \$192.00 Res, \$197.00 Non-Res |

Gym Games Galore with Mrs. Kenney

Instructor: Mrs. Kenney- Shaker Lane

Ms. Kenney is a graduate of Tufts University with a B/A & M/A. She has taught at Shaker Lane for 30 years (K, Gr1, PE, Art, Music, & SEL). She has an amazing career of experience and all of your kiddos already know and enjoy her class!



Gym Games Galore at Shaker Lane School gym with Mrs. Kenney is an exciting physical fitness program after school for kiddos in K-2. Mrs. Kenney a former gym teacher will mix it up each week with a variety of fun, engaging activities. Different games like tag, Sharks & Minnows, 4-Corners, 4-Square, Switch, and many more. Be sure to bring your sneakers, snack, and water bottle for an after-school day of fun!

| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|-----------|-----------------------------------|--------|-----|-------------------------|-------------------|----------------------------|--------------------------------|
| F23YGG19A | Gym Games Galore with Mrs. Kenney | K - 2 | W | 09/20/2023 - 11/08/2023 | 3:20 PM - 4:30 PM | Shaker Lane Elementary Gym | \$200.00 Res, \$210.00 Non-Res |

Kidcasso

Instructors: Laura- Marie Small



Artist Palette is a 60-minute after-school class intended for students in grades K - 2. This colorful class allows students to sample a variety of different types of art. We will work on painting and drawing techniques, build upon prior knowledge of simple clay building and sculpting methods, and incorporate literature, as well as sensory-based learning projects throughout our time together. Artist Palette is the perfect class for students who want to try everything!



| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|----------|---|--------|-----|-------------------------|-------------------|---------------------------------|--------------------------------|
| 23YKA6A | Kidcasso Art Studio Artist Palette Workshop | K - 2 | Th | 09/21/2023 - 10/26/2023 | 3:20 PM - 4:20 PM | Shaker Lane Elementary Art Room | \$200.00 Res, \$210.00 Non-Res |
| W23YKA6B | Kidcasso Art Studio Artist Palette Workshop | K - 2 | Th | 11/02/2023 - 12/14/2023 | 3:20 PM - 4:20 PM | Shaker Lane Elementary Art Room | \$200.00 Res, \$210.00 Non-Res |

AFTERSCHOOL



HALF-DAY OF SCHOOL PROGRAM AT SHAKER LANE SCHOOL WITH



K-2

\$55

PER DAY

10% DISCOUNT FOR ALL 12

Play

Well

12:20-3:20PM

9/27 Mandalorian Training
10/18 Mickey's Fairytale
Adventures
11/22 Adventures in STEM
12/20 Pokemon Engineering
1/10 Pokemon Engineering
2/7 Animal Adventures

4/3 Mandalorian Training
5/1 Mandalorian Training
5/24 Mickey's Fairytale
Adventures
6/13 Pokemon Engineering

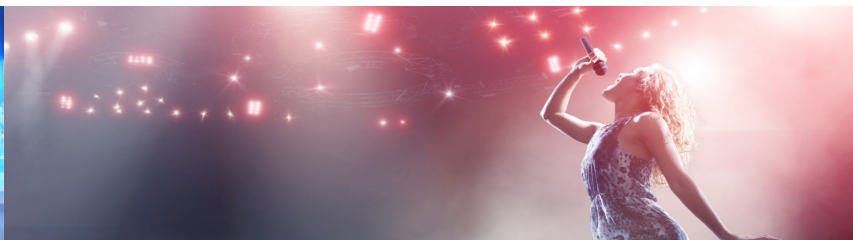
Program staffed by
Play-Well Lego
STEM Programs
SUBJECT TO CHANGE



Taylor Swift Craft & Choir Fan Club

Instructor: Kristen Hemmis

If you are a Swiftie this is the club for you! We will learn to sing and perform Taylor Swift songs through karaoke, and performing in a "Glee Style" show choir. You will learn fun facts about Taylor Swift. We will also mix in the visual arts and crafts and bedazzle sunglasses, make our own fan t-shirts, and learn to make bracelets that we can exchange and collect. Become her #1 fan! Whether you're a seasoned Swiftie or new to the fandom, this club is your chance to immerse yourself in all things Taylor Swift. Sing, dance, create, and celebrate with fellow fans. Don't miss out on the fun – join us and let's make some unforgettable memories, all in the name of our favorite pop icon! Become her #1 fan and let the 'Love Story' begin! You don't need to be a Taylor Swift fan, but if you are not hopefully you will be by the end! Dear Parents/Guardians: The instructor will filter out songs with profane language, but you must be okay with your child listening to the rest of Taylor Swift's music. I will use my discretion to pick the most appropriate songs for young children.



| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|------------|-------------------------------------|--------|-----|-------------------------|-------------------|---------------------------------|--------------------------------|
| F23YTSFC1A | Taylor Swift Craft & Choir Fan Club | K - 2 | Tu | 09/26/2023 - 10/31/2023 | 3:20 PM - 4:30 PM | Shaker Lane Elementary Art Room | \$325.00 Res, \$335.00 Non-Res |

HALF-DAY OF SCHOOL

PROGRAM

WITH

Skyhawks

K-2
\$55
PER DAY
10% DISCOUNT FOR ALL 12

12:20-3:20PM

AT SHAKER LANE SCHOOL

SUBJECT TO CHANGE

Potion Makers

Instructors: Wicked Cool For Kids

Engaging hands-on chemistry projects will encourage kids to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lotions and potions. Explore how chemists create formulas and make your own cool products to take home. Learn about chemical properties and reactions while making fizzing potions and secret solutions



Splat!

Instructors: Wicked Cool For Kids

Take a look at some of your favorite wild animals and determine if they are predators or prey. Learn to identify track patterns of canines and felines (dogs and cats) and compare animals in the wild to our domesticated pets. Creep with big cats and lope like coyotes. Be sly like a fox as you learn about local predators and what they eat. Each week you'll focus on a specific species to become a wildlife expert.

| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|----------|---------------------------|--------|-----|-------------------------|-------------------|------------------------|--------------------------------|
| F23YWC5A | Wicked Cool Potion Makers | K - 2 | F | 09/29/2023 - 10/27/2023 | 3:20 PM - 4:20 PM | Shaker Lane Elementary | \$179.00 Res, \$189.00 Non-Res |
| W23YWC5A | Wicked Cool Splat! | K - 2 | F | 11/17/2023 - 12/22/2023 | 3:20 PM - 4:20 PM | Shaker Lane Elementary | \$179.00 Res, \$189.00 Non-Res |

HALF-DAY OF SCHOOL

K-2 PROGRAM WITH

\$55

PER DAY

10% DISCOUNT FOR ALL 12

Skyhawks®



12:20-3:20PM
AT SHAKER LANE SCHOOL

SUBJECT TO CHANGE

9/13 Flag Football
9/27 Volleyball
10/18 Soccer
11/22 Capture the Flag
12/20 Sports Minute to Win It
1/10 Basketball
2/7 Pickleball

3/6 Floor Hockey
4/3 Kickball & Whiffle Ball
5/1 Disc Golf & Capture the Flag
5/24 Dodgeball & Capture the Flag
6/13 Kids Vote

Program staffed by
Skyhawks Sports
Specialists

LITTLETON

PARKS, RECREATION, & COMMUNITY EDUCATION



Chess Wizards

Instructor: Chess Wizards Staff



We believe strongly that education should be fun and exciting. Since our first classes in 2002, our Chess Wizards have inspired thousands of children across the United States and Canada to think logically, solve problems, win graciously, and learn from defeat. Our academy is so successful because our approach is so unique. Chess classes and lessons are based around our original, fun, and high-energy Chess Wizards curriculum. Regardless of a child's ability Chess Wizards makes chess fun for all!

| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|----------|---|--------|-----|-------------------------|-------------------|---------------------------|--------------------------------|
| F23YCW5D | Chess Wizards Enrichment Afterschool Club | 3 - 5 | M | 09/18/2023 - 11/06/2023 | 3:10 PM - 4:10 PM | Russell Street Elementary | \$156.00 Res, \$166.00 Non-Res |
| W23YCW5E | Chess Wizards Enrichment Afterschool Club | 3 - 5 | M | 11/13/2023 - 12/18/2023 | 3:10 PM - 4:10 PM | Russell Street Elementary | \$156.00 Res, \$166.00 Non-Res |

Kid's Magic Workshop

Instructor: Stephanie Beach



Parents, are you ready to give your child the secrets to magic? This complete Magic Wand course will entertain and teach your child magic as well as working and playing with others. They receive 8 Workshop tricks which are 'kid-sized' and well crafted. They will have access to 24 tricks in total and be taught by a professional magician. Your child will receive 8 folders and have access to videos they can watch later. At the end of the workshop, they receive their certificates and wands. The last hour of the final class will be a magic show for parents and friends. YOU get time to yourself knowing that your child is being entertained and learning a new skill in a safe environment. As your child's Magic Instructor, I will demonstrate and teach the 4 traits of a great magician: Respect, Prepared, Creative and Giving.

Your child will receive:

- 8 Well Crafted, Kid-Sized, Magic Tricks
- 8 Magic Folders
- A keycard giving them on-line access to all 24 tricks and 8 videos
- A special lightweight bag to hold all their goodies
- A Certificate and Wand at end of the workshop

And your child is taught by a Professional Magician!



| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|---------|------------------------|--------|-----|-------------------------|-------------------|------------------------------------|--------------------------------|
| F23YM6A | Magic with Steph Beach | 3 - 5 | Tu | 09/26/2023 - 10/31/2023 | 3:10 PM - 5:00 PM | Russell Street Elementary Room 104 | \$195.00 Res, \$200.00 Non-Res |
| W23YM6A | Magic with Steph Beach | 3 - 5 | Tu | 11/14/2023 - 12/19/2023 | 3:10 PM - 5:00 PM | Russell Street Elementary Room 104 | \$195.00 Res, \$200.00 Non-Res |



**OPEN SPACE & RECREATION
PLAN PUBLIC WORKSHOP #3**

**SEPTEMBER 21ST, 2023
7PM TO 9PM
STURTZ MEETING ROOM**



**THANK YOU FOR HELPING PLANT THE
SEEDS FOR LITTLETON'S FUTURE!**

Kidcasso

Instructor: Laura- Marie Small



Artist Palette is a 60-minute after-school class intended for students in grades K - 2. This colorful class allows students to sample a variety of different types of art. We will work on painting and drawing techniques, build upon prior knowledge of simple clay building and sculpting methods, and incorporate literature, as well as sensory-based learning projects throughout our time together. Artist Palette is the perfect class for students who want to try everything!



| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|----------|---|--------|-----|-------------------------|-------------------|---------------------------|--------------------------------|
| W23YKA6D | Kidcasso Art Studio Artist Palette Workshop | 3 - 5 | F | 09/22/2023 - 10/27/2023 | 3:10 PM - 4:10 PM | Russell Street Elementary | \$200.00 Res, \$210.00 Non-Res |
| W23YKA6E | Kidcasso Art Studio Artist Palette Workshop | 3 - 5 | F | 11/03/2023 - 12/22/2023 | 3:10 PM - 4:10 PM | Russell Street Elementary | \$200.00 Res, \$210.00 Non-Res |



Life In The Barn

Instructor: Laura- Holly Beth Mornay

world of horses, no matter what the age, go beyond entertainment and recreational value. Life in the Barn is a fun, hands-on experience where you'll get to ride one of our amazing horses here at Harmony Horse Stables. Not only will you get to hop on one of our wonderful school horses and learn the basics of riding, you'll also get a sneak peak into what it takes to care for horses, how to get them ready for a ride and how to take care of them afterward.

What to Wear/Bring

Long pants and warm clothes if it's chilly; this course will take place mostly outside, but under a roof. Dress according to temperature

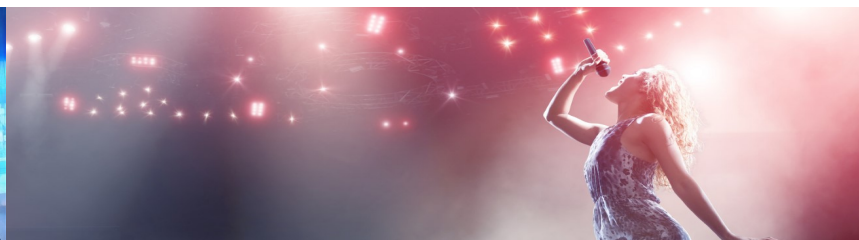
Meet the horses where they live, learn their different characteristics, and get a close look at their everyday lives. Children will learn that having a relationship with a horse means being responsible and committed and requires caring for their daily needs. The benefits of involving children in the

| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|---------|------------------|--------|-----|-------------------------|--------------------|-----------------------|--------------------------------|
| F23YLB6 | Life in the Barn | 6 - 12 | W | 09/13/2023 - 10/18/2023 | 12:30 PM - 2:00 PM | Harmony Horse Stables | \$245.00 Res, \$255.00 Non-Res |

Taylor Swift Craft & Choir Fan Club

Instructor: Kristen Hemmis

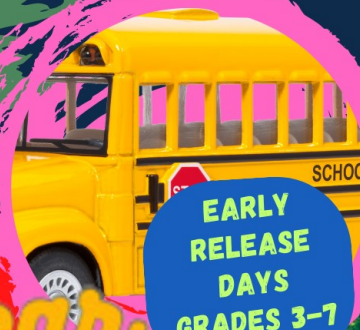
If you are a Swiftie this is the club for you! We will learn to sing and perform Taylor Swift songs through karaoke, and performing in a "Glee Style" show choir. You will learn fun facts about Taylor Swift. We will also mix in the visual arts and crafts and bedazzle sunglasses, make our own fan t-shirts, and learn to make bracelets that we can exchange and collect. Become her #1 fan! Whether you're a seasoned Swiftie or new to the fandom, this club is your chance to immerse yourself in all things Taylor Swift. Sing, dance, create, and celebrate with fellow fans. Don't miss out on the fun – join us and let's make some unforgettable memories, all in the name of our favorite pop icon! Become her #1 fan and let the 'Love Story' begin! You don't need to be a Taylor Swift fan, but if you are not hopefully you will be by the end! Dear Parents/Guardians: The instructor will filter out songs with profane language, but you must be okay with your child listening to the rest of Taylor Swift's music. I will use my discretion to pick the most appropriate songs for young children.



| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|------------|-------------------------------------|--------|-----|-------------------------|-------------------|------------------------------------|--------------------------------|
| F23YTSFC1A | Taylor Swift Craft & Choir Fan Club | 3-5 | Th | 09/21/2023 - 10/26/2023 | 3:10 PM - 4:30 PM | Russell Street Elementary Art Room | \$325.00 Res, \$335.00 Non-Res |

LITTLETON

PARKS, RECREATION, & COMMUNITY EDUCATION



EARLY
RELEASE
DAYS
GRADES 3-7



School Year ADVENTURES



SEPT. 13
LONG
LAKE **\$45**
BEACH
BOATING

SEPT. 27
KIMBALL
FARMS **\$55**
MINI-GOLF
& ICE CREAM

OCT. 18
PURGATORY
CHASMS
HIKING
TRIP **\$50**

NOV. 22
BURLINGTON
MALL
\$50

DEC. 20
PHEASANT LN
MALL
\$50

JAN. 10
ANIMAL
ADVENTURES
ON-SITE SHOW
@THE
CLUBHOUSE
\$45

FEB. 7
TBA SHOW
ON-SITE
\$45

MARCH 6
HARVARD
BOWLING
ALLEY &
ARCADES **\$50**

APRIL 3
URBAN
AIR
\$75

MAY 1
HIGH ROPES
COURSE
\$70

MAY 24
MOUNT
WATATIC
HIKING
TRIP **\$50**

JUNE 13
CANOBIE
LAKE
PARK **\$90**

School Year Adventures Program

Your kiddo will be picked up at school at dismissal.
End of day pick-up time is between 4:00-5:30pm

Grades: 3-7

ALL TRIPS SUBJECT TO CHANGE &
INCLEMENT WEATHER CANCELATIONS

Potion Makers

Instructors: Wicked Cool For Kids

Engaging hands-on chemistry projects will encourage kids to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lotions and potions. Explore how chemists create formulas and make your own cool products to take home. Learn about chemical properties and reactions while making fizzing potions and secret solutions



| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|----------|------------------------------|--------|-----|----------------------------|----------------------|---------------------------|-----------------------------------|
| F23YWC5B | Wicked Cool Potion Makers | 3-5 | F | 09/29/2023 - 10/27/2023 | 3:10 PM - 4:10 PM | Russell Street Elementary | \$179.00 Res, \$189.00 Non-Res |

**Learn
with
US!**

**contact
US
today!
978-540-2490**



Ultimate Nerf Showdown

LOCATION

Russell Street
Elementary
Grades 3-5

DATES

TUESDAYS
SEPTEMBER 19TH -
OCTOBER 24TH

COST

\$167 Resident
\$175 Non-Resident

Capture the Flag - Zone Wars- King of the Hill-
Inflatable Obstacles - Nerf Equipment Provided



SPORTS ZONE

101



Preschool Birdie Chip & Putt

Schedule:

Fall I: 9/24-10/29 Fall II: 11/18-12/23

Sundays 9:00am-9:45am

Cost: \$165R/ \$175NR

Location: Shattuck St. Field

AGES
3-6



POKEMON AFTER SCHOOL BATTLE CLUB

GRADES

K-5

Grades K-2: Tuesdays 3:20pm- 4:30pm

Location: Shaker Lane School

Grades 3-5: Thursdays 3:10pm-4:20pm

Location: Russell Street School

Cost: \$165R/ \$175NR

Fall I: 9/26-10/31

Fall II: 11/14-12/19

Fall I: 9/21-10/26

Fall II: 11/16-12/21



SPRING NERF SHOWDOWN

Tuesdays After School 9/19-10/24

3:10pm-4:20pm

Cost: \$165R/ \$175NR

Location: Russell Street School Fields

GRADES

3-5



After School ALL-STAR SPORTS

Mondays After School

Fall I: 9/18-10/30 3:20pm-4:30pm

Fall II: 11/13-12/18 3:20pm-4:30pm

Cost: \$165R/ \$175NR

Location: Shaker Lane School Fields

GRADES

K-2



Instructor: Nick Face & Sports Zone 101 Team

Nick Face is the founder of Active Education. He graduated from Northeastern University in 2012 with a Communication's degree. He has been a baseball coach for 10+ years in Reading, Ma, is an avid Boston sports fan, and produces and hosts his own sports talk show. He has a passion for teaching and connecting with people of all ages, backgrounds, and interests.



REGISTRATION ONLINE VISIT LITTLETONREC.COM

**W/ COACH
NICK FACE**

Youth Sports

Lady Tigers Youth Basketball Clinic

Instructors: Richard Hastings and Staff

Join Varsity Girls coach Richard Hastings and his staff, and current high school girls varsity and junior varsity players who are ready to bring you their knowledge and enthusiasm for the game of basketball. Emphasis is placed on offensive and defensive skills and application of skills applied to a team concept. Players are grouped according to age and skill level and will receive individualized attention, quality instruction and supervision, lots of fun and more. Participants should bring a water bottle and basketball. Please label all personal belongings.

All registrants will receive a Lady Tigers Basketball Clinic T-shirt (please provide their size at check out)



| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|----------|-------------------------------------|--------|-----|-------------------------|-------------------|---------------------------|--------------------------------|
| F23YBC13 | Lady Tigers Youth Basketball Clinic | 3 - 8 | Su | 09/10/2023 - 10/01/2023 | 1:00 PM - 3:00 PM | Littleton High School Gym | \$125.00 Res, \$135.00 Non-Res |

Boston Elite Basketball Skill Session

Instructors: Terrell Hollins, and Boston Elite Sports Training Staff

After school basketball skills sessions for middle school and elementary school boys and girls to better prepare for and add confidence for their basketball careers! Players will also be exposed to various other drills to help with ball handling, shooting, defense, footwork and rebounding.. Boston Elite clinics are competitive, fun and informative helping players learn how to take their basketball game to the next level.



| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|-----------|---|--------|-----|-------------------------|-------------------|-----------------------------|------------------------|
| F23YBB13A | Middle School Basketball After School Skills Session for Girls and Boys | 6 - 8 | Tu | 09/19/2023 - 10/24/2023 | 2:30 PM - 3:30 PM | Littleton Middle School Gym | \$180.00 R \$190.00 NR |
| F23YBB13B | Russell Street Elementary Basketball After School Skills Session for Girls and Boys | 3 - 5 | Tu | 09/19/2023 - 10/24/2023 | 3:30 PM - 4:30 PM | Littleton Middle School Gym | \$180.00 R \$190.00 NR |



Instructor: Bob Wait

On Site Archery, BS UMass, Certified USA Archery Level 3 National Training System Coach Bob has been providing archery programs for recreation departments, public and private schools for the past 8 + years. Bob started JOAD club archery program in 2016. Beginners and all skill levels welcome. Archery program is taught by a certified USA Archery Level 3 coach from On Site Archery. You will learn proper archery range procedures, safety, and how to shoot a bow and arrow through a step by step approach.

| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|-----------|----------------------|--------|-----|-------------------------|-------------------|----------------|--------------------------------|
| F23YAR13A | AFTER SCHOOL Archery | 6 - 8 | M | 09/18/2023 - 11/06/2023 | 2:30 PM - 3:30 PM | Shattuck Field | \$190.00 Res, \$200.00 Non-Res |
| F23YAR13B | AFTER SCHOOL Archery | 3 - 5 | M | 09/18/2023 - 11/06/2023 | 3:30 PM - 4:30 PM | Shattuck Field | \$190.00 Res, \$200.00 Non-Res |

Youth Sports

Youth Cross Country Running Series

Instructor: Margo Gillen

Every Sunday athletes will learn the fundamentals of running. They will warm-up at the beginning of each workout, do technique drills to work on form, have a running workout and stretch at the end. On the last practice, athletes will run a race. Athletes in grades K-2 will run a 1/2 mile and athletes in grades 3-6 will run a mile. Both the 1/2 mile and mile races will start at Fay Park and will continue through the same trails that the high school XC runners use to compete and practice.



| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|-----------|----------------------------|--------|-----|-------------------------|---------------------|----------|--------------------------------|
| F23YCC13A | Youth Cross-Country Series | K - 2 | Su | 09/17/2023 - 10/22/2023 | 8:00 AM - 9:00 AM | Fay Park | \$100.00 Res, \$110.00 Non-Res |
| F23YCC13B | Youth Cross-Country Series | 3 - 6 | Su | 09/17/2023 - 10/22/2023 | 08:00 AM - 10:00 AM | Fay Park | \$180.00 Res, \$190.00 Non-Res |

LITTLETON YOUTH FLAG FOOTBALL 2023

REGISTRATION NOW OPEN

ALL PLAYERS RECEIVE AN OFFICIAL NFL FLAG JERSEY & SET OF FLAGS

**SATURDAYS 2PM-8PM
SEPTEMBER 9TH - OCTOBER 28TH**

GRADES K-2 SHAKER DIVISION
GRADES 3-5 RUSSELL DIVISION
GRADES 6-8 LMS DIVISION
GRADES 9-12 LHS DIVISION

COST: \$140R/\$150NR

LITTLETON
PARKS, RECREATION, & COMMUNITY EDUCATION



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01460

**A "LITTLE" TOWN,
A "TON" OF FUN!**



PARKS, RECREATION, & COMMUNITY EDUCATION

MARCY'S TENNIS ACADEMY

Marcy's Tennis Academy (MTA) has been providing tennis to elementary schools and community associations for over 30 years. Serving 2000 players a year, MTA brings the fundamentals of tennis to communities in Massachusetts, Connecticut and Florida.

**\$175R/
\$185NR**

Players will learn the basics of tennis in a group setting. Forehand, backhand, volleys, serves and overhead smash will be taught and practiced in a fun environment.

Drills, games and match play will be focused to improve tennis skills. Scoring and strategy will be highlighted throughout the session.

**LOCATION: LHS
TENNIS COURTS**

AFTER SCHOOL PROGRAM STUDENTS
WILL BE TRANSPORTED FROM SCHOOL
TO LHS TENNIS COURTS
VIA LITTLETON PRICE VANS

2023

**NEW
PROGRAM**

SHAKE LANE AFTER SCHOOL TENNIS GRADES K-2

MONDAYS 9/18-10/23
3:30PM-4:30PM
(6 CLASSES)

RUSSELL STREET AFTER SCHOOL TENNIS GRADES 3-5

TUESDAYS 9/19-10/24
3:30PM-4:30PM
(6 CLASSES)

MIDDLE SCHOOL AFTER SCHOOL TENNIS GRADES 6-8

THURSDAYS
9/21-10/26
3:00PM-4:00PM
(6 CLASSES)

ADULT LEARN TO PLAY TENNIS AGES 18 AND UP

SATURDAYS 9/16-10/21
10:00AM-11:00AM
(6 CLASSES)



WWW.MARCYSTENNIS.COM

WWW.LITTLETONREC.COM





ADULTS
TUESDAY WEDNESDAY
THURSDAY 10-11AM
9/19-10/26

CHILDREN
6 SUNDAYS 12-1PM
9/17
10/15
10/29
11/12
11/26
12/10

MEDITATIVE
NATURE WALK
FOR CHILDREN
AND ADULTS

LOCATION: WHITETAIL WOODS

\$25
DROP-INS

This class is designed to give kids and adults a space to reconnect with nature. The class will start off with breathing techniques and a guided meditation. Once we are centered, we will take a meditative walk through the woods. We will quiet our minds by focusing on our senses and our breathing. Halfway through the walk, we will learn in detail a sun salutation. The meditative walk will continue back to the parking area where we will close with breath work and another guided meditation.



Instructor Noelle Donovan

Youth Sports

Skyhawks: SoccerTots

Instructor: Skyhawks Staff

SoccerTots is our flagship tots program! Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Above all else we promote fun, fun, fun! **Parent participation required for 2yr old class and first 2 weeks of 3yr old class.**



| Code | Activity | Age | Day | Dates | Time | Location | Fees |
|-----------|---------------------------|-----|-----|-------------------------|---------------------|----------|-------------------------------|
| F23YST22A | SoccerTots For Kids Age 2 | 2 | Sa | 09/23/2023 - 10/28/2023 | 9:00 AM - 9:35 AM | Fay Park | \$99.00 Res, \$109.00 Non-Res |
| F23YST20B | SoccerTots For Kids Age 3 | 3 | Sa | 09/23/2023 - 10/28/2023 | 09:45 AM - 10:30 AM | Fay Park | \$99.00 Res, \$109.00 Non-Res |

Pre-School Birdie Putt & Chip Intro to Golf

Instructor: Nick Face and Sports Zone 101 Team

Golf is a lifelong sport. The smell of the fresh-cut grass, the crisp morning air, the feeling of the perfect tee shot – it's hard not to love a few hours on the greens. But what makes golf even better is playing with friends and loved ones. We can't promise that we will produce the next pro golfer in our program, but we can guarantee that your children will have lots of fun, be introduced to traditional golf grips and hitting stances, and get a little practice with putting and chipping. Using the U.S. Kids Golf Early Start program, each class will consist of short lessons followed by small group activities. Our goal is to introduce the children to the game of golf in a fun and interactive way so they can join you on the greens one day!



| Code | Activity | Age | Day | Dates | Time | Location | Fees |
|------------|--|-------|-----|-------------------------|--------------------|----------------|--------------------------------|
| F23YSZG20A | Pre-School Birdie Putt & Chip: Intro to Golf | 3 - 6 | Su | 09/24/2023 - 10/29/2023 | 09:00 AM - 9:45 AM | Shattuck Field | \$165.00 Res, \$175.00 Non-Res |
| F23YSZG20B | Pre-School Birdie Putt & Chip: Intro to Golf | 3 - 6 | Sa | 11/18/2023 - 12/23/2023 | 09:00 AM - 9:45 AM | PRCE Studio #1 | \$140.00 Res, \$150.00 Non-Res |

After School ALL STAR SPORTS

Instructor: Nick Face and Sports Zone 101 Team

In this action-packed class, kids will participate in a variety of games, such as soccer, dodgeball, football, Gaga, Capture the Flag, kickball, pickle, battleship, basketball, and many others in our Fall All Star Sports program! In addition to learning the fundamentals of these sports, we will have exciting discussions about current events in sports, good sportsmanship and understanding the cool statistics on sports cards. Each participant will receive a daily pack of cards. This program is open to both boys and girls. Come and play like a champion!



| Code | Activity | Grade | Day | Date | Time | Location | Fees |
|------------|--|-------|-----|-------------------------|---------------------|------------------------|--------------------------------|
| F23YSZA19A | After School ALL STAR SPORTS - Sports Zone 101 | K - 2 | M | 09/18/2023 - 10/30/2023 | 03:20 PM - 04:30 PM | Shaker Lane Elementary | \$143.00 Res, \$153.00 Non-Res |
| F23YSZA19B | After School ALL STAR SPORTS - Sports Zone 101 | K - 2 | M | 11/13/2023 - 12/18/2023 | 03:20 PM - 04:30 PM | Shaker Lane Elementary | \$165.00 Res, \$175.00 Non-Res |

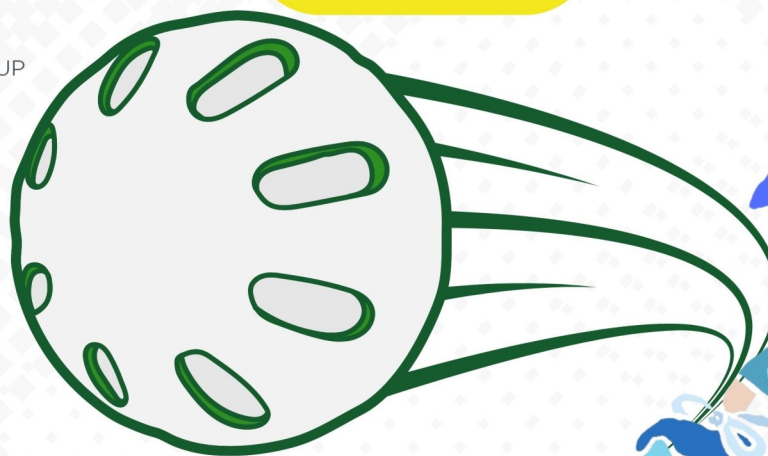


PARKS, RECREATION, & COMMUNITY EDUCATION

WIFFLE BALL TOURNAMENT WIFF KING

2023 SPONSORS:

2023



DATE



**SEPT 23RD
2023**

LOCATION:
SHAKER LANE SCHOOL

SPONSORS WANTED

CONTACT KAZ: JKAZANJIAN@LITTLETONMA.ORG

- ✓ 9am Start (8am Check-in)
- ✓ Ages 12 and UP
- ✓ Round Robin Group Play
- ✓ Qualifiers Tournament
- ✓ Modified Pitch
- ✓ T-shirts for all players
- ✓ Food, Music & MORE !!

TEAM FEE

\$150



MORE INFORMATION :



978-540-2490

Arts & Crafts

Intro to Cold Process Soap Making

Instructor: Jennifer Hofmann

This class will introduce you to the basics of making cold process soap. Cold process soaps are created by blending oils (or fat) with a lye mixture. In turn, the soap saponifies over the next twenty-four hours turning the lye-oil mixture into a solid bar of soap! The class will cover the following:

- Brief history and basic chemistry of soap making
- Necessary materials, supplies, and equipment
- Safety considerations when working with sodium hydroxide
- Taking accurate measurements and proper mixing temperatures
- Coloring your soap (micas, labcolors, herbs, spices and clays)
- Scenting your soap (fragrance oils verses essential oils)
- Preparing your molds and molding options
- Insulating, cutting, curing and storing your finished soap



Each student will make their own 1lb batch of soap that they will get to take home with them. The mold will be theirs to keep as well so they can make future batches of soap. Students will also leave with very thorough handouts and enough information to make awesome vegetable-based, natural soap from scratch on their own as well as a full-sized bar of soap to enjoy. This class uses only vegetable-based ingredients.

| Code | Activity | Grades | Day | Date | Time | Location | Fees |
|----------|-----------------------------------|----------|-----|------------|-------------------|---------------|-------------------------|
| F23ACP2A | Intro to Cold Process Soap Making | 17 - 100 | W | 11/08/2023 | 6:00 PM - 8:45 PM | THE CLUBHOUSE | \$89.00 R \$99.00 NR |



Printmaking Made Easy

Instructor: Kimberly Stoney

Explore the magical world of printmaking using a gelatin "Gelli" plate. No art experience is needed! You'll learn to use the printmaking plate to create beautiful and unique patterned papers. The printed papers dry quickly and can be used to make collages, cards, book covers, banners, earrings, art — whatever you can imagine! Gelli plate mono printing is a spontaneous and easy way to experiment with color, pattern, and shapes. The prints are magical in their unpredictable results. Acrylic paint is applied with a brayer to the flexible, non-toxic mineral oil-based printing plate. Paper is pressed onto the Gelli plate, and the paint transfers to the paper. It's fun and addictive!

| Code | Activity | Grades | Day | Dates | Time | Location | Fees |
|----------|-----------------------|----------|-----|------------|-------------------|---------------|---------------------------------|
| F23APM2A | Printmaking Made Easy | 18 - 100 | Tu | 10/17/2023 | 6:30 PM - 9:30 PM | PRCE Studio 1 | \$65.00 Res, \$70.00 Non-Res |

SCHOOL YEAR ADVENTURES

HALF-DAY OF SCHOOL FIELD TRIP PROGRAM

SCHOOL YEAR ADVENTURES PROGRAM

YOUR KIDDO WILL BE PICKED UP AT SCHOOL AT DISMISSAL.

END OF DAY PICK-UP TIME IS BETWEEN 4:00-5:30PM

HALF-DAY OF SCHOOL PROGRAM AT SHAKER LANE SCHOOL WITH K-2

\$55 PER DAY

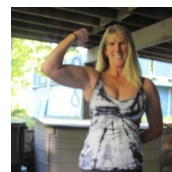
10% DISCOUNT FOR ALL 12

12:20-3:20PM

Fitness & Wellness

Bootcamp Workout Series

Instructor: Kathy Ney



Trifecta Workout Series Monday Night

This series includes 20-minutes of warm-up & aerobics, 20-minutes of sculpting, and 20-minutes of core & stretch. Please bring your own light/medium weights, and a yoga mat for the floor. We will have a few of these items available to borrow as well. Punch Card Available!

Sculpting Light Workout Series Monday Night

This series is a total body workout with dumbbells & bands. If you have your own bands or dumbbells you enjoy using bring them along. Also bring along a yoga mat for the floor. We will have some on-site to borrow as well. Punch Card Available!

| Code | Activity | Age | Day | Date | Time | Location | Fees |
|----------|--------------------------|-----------|-----|-------------------------|-------------------|----------------|-------------------------|
| F23AAA1A | Trifecta Workout Series | 18 and up | M | 09/25/2023 - 10/30/2023 | 6:00 PM - 7:00 PM | PRCE Studio #1 | \$80.00 R \$90.00 NR |
| F23AAA1B | Sculpting Workout Series | 18 and up | M | 11/06/2023 - 12/11/2023 | 6:00 PM - 7:00 PM | PRCE Studio #1 | \$80.00 R \$90.00 NR |

Bootcamp Workout Series

Instructor: Sue Robbins

Classes will have ALL of the components to give you the Super workout that you are looking for! TREAT YOURSELF, ONLY ONE HOUR OUT OF YOUR DAY TO BOOST YOUR MOOD, IMPROVE YOUR SLEEP AND TO FEEL ENERGIZED! Classes are great for all levels, beginner to advanced! *Proper form and Safe movement will be Instructed throughout the class!*

Strength Training: Learn to train in proper form to increase your strength and metabolism, muscle control and awareness! **Functional Training:** to improve everyday movement! **Metabolic Training:** get your heart in shape and burn calories! **Balance:** how's yours???? **Flexibility:** Through movement and stretching!



| Code | Activity | Age | Day | Date | Time | Location | Fees |
|-----------|--------------------|-----------|-----|-------------------------|-------------------|----------------|-----------------------------------|
| F23TBW12A | Total Body Workout | 15 and up | W | 09/20/2023 - 10/25/2023 | 6:30 PM - 7:30 PM | PRCE Studio #1 | \$120.00 Res, \$130.00 Non-Res |
| F23TBW12B | Total Body Workout | 15 and up | W | 11/15/2023 - 12/20/2023 | 6:30 PM - 7:30 PM | PRCE Studio #1 | \$120.00 Res, \$130.00 Non-Res |



LACL

LITTLETON ADULT CORNHOLE LEAGUE

Tsq

Fitness & Wellness



Adult Coed Volleyball

Instructor: Chris Beganski

This upbeat co-ed volleyball program offers adults the opportunity to enjoy all the excitement of competitive volleyball in a friendly and supportive environment. Previous playing experience is not required, but a familiarity with volleyball fundamentals is strongly encouraged. If you're on the fence, come down and give us a try! Each evening, participants will initially be divided into teams. The teams are then adjusted to balance out play. Come join the fun, meet people, and benefit from the exercise!

| Code | Activity | Ages | Day | Date | Time | Location | Fees |
|-----------|--|---------|-----|-------------------------|-------|-----------------------------|---|
| F23AVB14A | Adult Coed Volleyball Fall Session TUESDAYS | 18 - 99 | Tu | 09/05/2023 - 12/19/2023 | MULTI | Littleton Middle School Gym | \$95.00R / \$105.00NR Drop In: \$10R/\$12 NR |
| F23AVB14A | Adult Coed Volleyball Fall Session THURSDAYS | 18 - 99 | Th | 09/07/2023 - 12/21/2023 | MULTI | Littleton Middle School Gym | \$80.00R / \$90.00NR Drop In: \$10R/\$12 NR |

Adult Pickup Basketball

Instructor: Glen Barry / Kim Lynn

Adult Pickup Basketball games are organized as they occur; there are no referees. This is for fun and exercise!



| Code | Activity | Age | Day | Dates | Time | Location | Fees |
|------------|---|---------|-----|-------------------------|---------------------|-------------------------------|--|
| F23ABB14A | Fall Men's Adult pick-up basketball Saturdays | 18 - 99 | Sa | 10/07/2023 - 12/16/2023 | 08:00 AM - 10:00 AM | Littleton High School Gym | \$79.00R / \$89.00NR Drop In: \$10R/\$12 NR |
| F23ABB14B | Fall Men's Adult pick-up basketball Sundays | 18 - 99 | Su | 10/08/2023 - 11/19/2023 | 08:00 AM - 10:00 AM | Littleton High School Gym | \$49.00R / \$59.00NR Drop In: \$10R/\$12 NR |
| F23AWBB14A | Fall Session Women's Adult pick-up basketball Sundays | 18 - 99 | Su | 10/15/2023 - 12/17/2023 | 10:00 AM - 11:30 AM | Russell Street Elementary Gym | \$60.00R / \$70.00NR Drop In: \$10R/\$12 NR |

\$60
per person

LITTLETON
Parks, Recreation & Community Programs

ADULT RECESS

Wednesday Nights 7:00pm-8:00pm 9/20-10/25

FREE CHILD CARE
6:45p-9:30p

9/20 KICKBALL
7:00pm
@ Alumni Field

KICKBALL
Come to Alumni Field at 7:00pm for Kickball! Teams will be chosen upon arrival!

10/11 Pickleball
7:00pm
@LHS GYM

PICKLEBALL
We will pick teams upon arrival and play 2 v 2 matches to pick a winner!

9/27 FLAG FOOTBALL
7:00pm
@Alumni Field

FLAG FOOTBALL
Alumni Field at 7:00pm for FLAG FOOTBALL! Teams will be chosen upon arrival!

10/18 DODGEBALL
7:00pm
@LHS GYM

DODGEBALL
We will pick teams upon arrival and play a variety of Dodgeball games with Brent Debraga!

10/4 CORNHOLE
7:00pm
@ TAVERN IN THE SQUARE

CORNHOLE
TAVERN IN THE SQUARE will host our group for pickup Cornhole. We will choose teams by ability!

10/25 SOFTBALL
7:00pm
@ALUMNI FIELD

SOFTBALL
We will pick teams upon arrival under the lights at Alumni Field!

Generously Sponsored By:

LITTLETON CLUB SHOPPE

www.littletonrec.com

All Registrants Receive a **FREE Reversible Jersey**

Community Education

Crafting Your Mid-Career Change

Instructor: Becca Carnahan

Parents - are you ready to make a change in your career to find a job you love that fits your life? Do you want a fulfilling and flexible job, but that feels like finding a unicorn and you don't know where to start? Then stop scrolling job boards and let's do the right work to make it happen! Join Career Coach, Becca Carnahan, of Next Chapter Careers in this half-day workshop for a deep dive into a step-by-step framework for navigating a successful mid-career job search. You'll leave having completed part one of the process - finding your Career Sweet Spot! We will go through three fun and insightful coaching exercises together to give you the perfect jumping-off point for identifying the specific role, industry, and work environment that are the best match for you! With a clear target in mind, you'll have the tools you need to land your next dream job. Being the professional AND the parent you want to be is completely possible. Let's get you there together!



| Code | Activity | Ages | Day | Date | Time | Location | Fees |
|---------|--|---------|-----|------------|---------------------|---|-------------------------------|
| 23ACM3A | Crafting Your Mid-Career Change 1-Day Workshop | 25 - 55 | W | 10/11/2023 | 09:30 AM - 12:30 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$97.00 Res, \$107.00 Non-Res |

Excel Pivot Tables- 1 Day Workshop

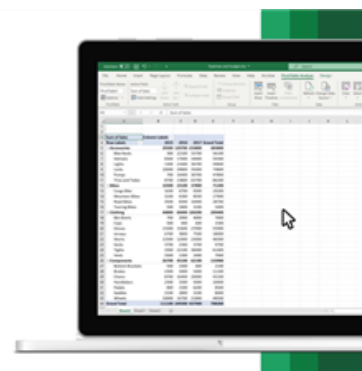
Instructor: Ray Pourali

Spreadsheet skills are essential in today's workplace but merely compiling all your data into a spreadsheet is one thing; making sense of it is another. Pivot tables allow you to arrange information quickly and efficiently so you can examine it from various perspectives.

The goal of this workshop is to develop the skills to create pivot tables from scratch and become very comfortable using built-in features such as: Slicers, dynamic Charts, Conditional Formatting, and more.

Microsoft Excel

Create a PivotTable



| Code | Activity | Ages | Day | Date | Time | Location | Fees |
|-----------|----------------------------------|----------|-----|------------|---------------------|---|-------------------------------|
| F23GEPT3A | Excel Pivot Table 1-Day Workshop | 16 - 100 | Tu | 09/19/2023 | 06:30 PM - 08:30 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$99.00 Res, \$104.00 Non-Res |
| F23GEW3A | Excel 101 1-Day Workshop | 16 - 100 | M | 10/23/2023 | 06:30 PM - 08:30 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$69.00 Res, \$74.00 Non-Res |
| W23GEPT3B | Excel Pivot Table 1-Day Workshop | 16 - 100 | Tu | 11/14/2023 | 06:30 PM - 08:30 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$99.00 Res, \$104.00 Non-Res |

Exploring Your Ancestry

Instructor: Dr. Leah Abraham

We'll use free [familysearch.com](https://www.familysearch.com) and (trial or paid) [ancestry.com](https://www.ancestry.com) accounts to advance your DNA, family tree, and genealogy research. Sessions will focus on census and vital records sources, Newspaper sources, DNA cousins, DNA match grouping, and a "requests" session. Each session will have slides with prepared examples that we'll work through in the first hour, then we'll actively practice researching the theme for the night as well as working on research goals the students in the class want to pursue.

Pre-Requisites: Participants need an online ancestry-building account. It can be familysearch.com, wikitree.com, or an ancestry account.

| Code | Activity | Ages | Day | Date | Time | Location | Fees |
|----------|-------------------------|-----------|-----|-------------------------|---------------------|----------------|--------------------------------|
| F23GEA5A | Exploring Your Ancestry | 14 and up | Tu | 09/26/2023 - 10/24/2023 | 06:30 PM - 08:30 PM | Virtual Online | \$139.00 Res, \$144.00 Non-Res |

Community Education

MicroGreens and Indoor Gardening Workshop

Instructor: Ray Pourali

Would you enjoy growing some nutrient-packed microgreens, that can be harvested right from the kitchen countertop? It is an easy, fun, and rewarding hobby that can become a part of your healthy lifestyle. In this workshop, we will learn about indoor gardening techniques such as: Microgreens, Hydroponics and Sprouting. You can set up a growing unit by upcycling items in your home. Join this fantastic workshop and explore the positive financial and environmental impacts of indoor gardening. A small amount of sample seeds will be provided.



| Code | Activity | Ages | Day | Date | Time | Location | Fees |
|----------|---|-----------|-----|------------|---------------------|---|------------------------------|
| F23GMG3B | MicroGreens and Indoor Gardening Workshop | 16 and up | Tu | 09/26/2023 | 06:30 PM - 08:30 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$39.00 Res, \$44.00 Non-Res |



Weeds-to-Plate: Backyard Foraging

Instructor: Ray Pourali

Embark on a captivating adventure with "Backyard Foraging in MA." Discover the hidden treasures of wild edible plants and ancient herbal remedies while reconnecting with nature. Enroll now for a sustainable living experience that unlocks the rich tapestry of flavors in your own backyard.

| Code | Activity | Ages | Day | Date | Time | Location | Fees |
|----------|-----------------------------------|-----------|-----|------------|---------------------|---|------------------------------|
| F23GWP5A | Weeds-to-Plate: Backyard Foraging | 13 and up | W | 10/04/2023 | 06:30 PM - 08:30 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$49.00 Res, \$54.00 Non-Res |
| W23GWP5B | Weeds-to-Plate: Backyard Foraging | 13 and up | W | 11/15/2023 | 06:30 PM - 08:30 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$49.00 Res, \$54.00 Non-Res |

Sustainability & Indoor Organic Composting Workshop

Instructor: Ray Pourali

Are you interested in organic composting? You can compost even if you don't have access to a backyard! Learn how to create and maintain a healthy, odorless compost bin that will be fully operational year-round. You can build a compost system by up-cycling everyday items from your home. Learn how to harvest the compost, and how to make compost 'tea'. You will take home a 1/2 lb. container of a compost starter kit which contains all the micro and macro organisms that are needed to start a perfectly healthy, organic, functioning compost bin (included in tuition).



| Code | Activity | Ages | Day | Date | Time | Location | Fees |
|-----------|---|----------|-----|------------|---------------------|---|------------------------------|
| F23GI0C3C | Sustainability & Indoor Organic Composting Workshop | 13 - 100 | Tu | 10/24/2023 | 06:30 PM - 08:30 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$59.00 Res, \$64.00 Non-Res |

Community Education

Nourish 360: A Holistic Nutrition Class

Instructor: Kelly Megna, BS, CNC (Certified Holistic Nutritionist & Blood Chemistry Expert)

Program Description:

Week 1: Intro to Holistic Nutrition: A holistic look into vitamins, minerals, carbs, protein, fats & calories. Reading food labels and ingredients. Navigating the grocery store .

Week 2: How to read your blood work to find patterns and prevent illness. What bio markers to ask your doctor to test for.

Week 3: Supporting bodily systems and organs with foods and supplements. Making sure your body is detoxing. Simple everyday detoxing methods. Drainage pathways .

Week 4: Supporting the body through acute and chronic illnesses with foods, herbs & supplements. Superfoods. Holistic foundations for health.

Week 5: Fat loss and maintaining a healthy weight. Biohacking for weight loss. Eating for youth and beauty.

Week 6: Gut health. Building a healthy gut. The important connection between gut health & mental health. Healthy bathroom habits .Oral health for gut health - oil pulling etc.



| Code | Activity | Ages | Day | Date | Time | Location | Fees |
|----------|---|-----------|-----|-------------------------|---------------------|---|--------------------------------|
| F23AHN3A | Nourish 360: A Holistic Nutrition Class | 18 and up | Th | 10/05/2023 - 11/09/2023 | 07:00 PM - 08:00 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$100.00 Res, \$110.00 Non-Res |



Python and Java Bootcamp

Instructor: Code Chef

About/Bio: Code Chef is a computer learning center located in Massachusetts. They provide coding lessons for kids and adults. Code Chef is founded by a software architect and manager, Govind Mekala, with more than 25 years of experience in enterprise software development and research.

Program Description:

Option #1: Python Bootcamp: We will cover the foundations of Python, math, and data science with real-world examples.

Option #2: Java Bootcamp: We will learn Object Oriented Programming (OOP) and Java programming. We will also learn some best practices in designing solutions for e-commerce applications.

Bonus Content: We will explore ways to use AI and ChatGPT in coding for both options

| Code | Activity | Ages | Day | Date | Time | Location | Fees |
|----------|--------------------------------|-----------|-----|-------------------------|---------------------|---|--------------------------------|
| F23GPJ5A | Python Bootcamp with Code Chef | 14 and up | Tu | 09/19/2023 - 10/24/2023 | 06:00 PM - 07:00 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$450.00 Res, \$460.00 Non-Res |
| F23GPJ5D | Java Bootcamp with Code Chef | 14 and up | W | 09/20/2023 - 10/25/2023 | 06:00 PM - 07:00 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$450.00 Res, \$460.00 Non-Res |
| W23GPJ5C | Python Bootcamp with Code Chef | 14 and up | Tu | 11/14/2023 - 12/19/2023 | 06:00 PM - 07:00 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$450.00 Res, \$460.00 Non-Res |
| F23GPJ5E | Java Bootcamp with Code Chef | 14 and up | W | 11/15/2023 - 12/20/2023 | 06:00 PM - 07:00 PM | Parks & Rec Community Center & THE CLUB 41 Shattuck St. Littleton Town Hall | \$450.00 Res, \$460.00 Non-Res |

UPCOMING PROJECTS

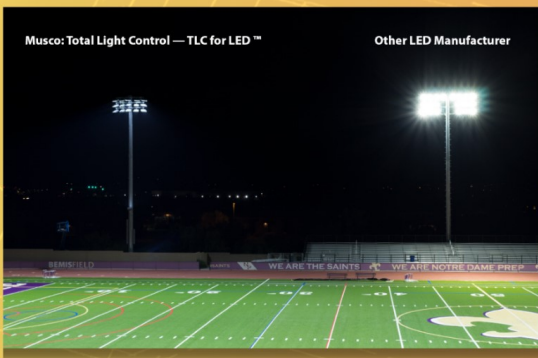
For more information visit our Projects Page on www.littletonrec.com

01. Statistically Valid Recreational Needs Survey

At the end of August recreational needs surveys will be sent out to random households in Littleton. This is a different survey from the Open Space and Recreation Plan survey that went out in July.

This one is specifically for the Parks, Recreation, and Community Education Department to help us create a 10 year strategic plan for what the community wants from our department in the future. This includes facilities, programs, parks, and special events.

If you receive one of these surveys in the mail we would greatly appreciate if you would take the time to complete it.



Musco: Total Light Control is the system that we will be installing.

02. LED Lights at Koerper Field

This project is a solution to deal with the increasing loss of athletic fields in Littleton. Currently we are down 8 athletic fields and may potentially lose a 9th during the construction of the new Senior Center.

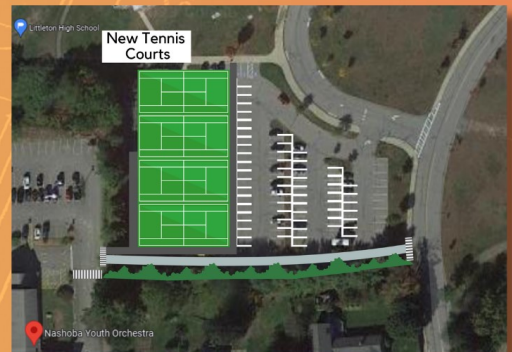
Installing of LED lights will allow Koerper Field to operate the same hours in Summer during the Fall and Spring season. This will increase the number of hours that youth sports have access to the field.

This project is eligible for the Community Preservation Funds. Approval of funding this project will be on the October 30th, 2023 Town Meeting Warrant.

03. New Tennis Courts at LHS

This project will reconfigure the High School Tennis courts from two courts to four courts. This project is the current solution to replace the two tennis courts that will be demolished to build the new senior center.

This project is also eligible for the Community Preservation Funds. Approval of funding this project will be on the October 30th, 2023 Town Meeting Warrant.



04. Renovation to 36 King Street

At the February 2023 Special Town Meeting that Town of Littleton purchased 36 King Street, formally know as the Indian Hill Music School with the intention to make it a home for Parks, Recreation, and Community Education and the Littleton Public Schools Central Office.

At some point this fiscal year a plan and a cost estimate to renovate this building will come before the residents of Littleton for funding at a Town Meeting. This is still to be determined.



LITTLETON

PARKS, RECREATION, & COMMUNITY EDUCATION

“
**THANK YOU
2023
SUMMER
STAFF!**
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