Happy Spring and Summer,

Did you know that research has shown a direct correlation in increased of quality of life for those that incorporate recreation into their lives? The personal benefits span a whole spectrum that can include physical, emotional, mental, and social growth. Our department strives to create positive opportunities that allow our community members, young and old, to interact and foster a sense of place that makes Littleton such a wonderful place to live. If you have been holding off on learning a new language, taking up a new hobby, or just carving out some time for yourself, I encourage you to make a change today; sign up for one of our programs, come to a special event, or visit one of our parks.

I also wanted to let everyone know that this spring our department will be working with a national research firm to conduct a statically valid survey to check in with the Littleton Community with the intention of updating our 10 year strategic plan for Parks and Recreation. So what is a statically valid survey? It is a survey conducted by a research firm that analyzes our Town’s demographics and develops a survey plan that creates a sample size based off of that research; the survey results will give an accuracy rating of 97%, or greater, to determine Littleton’s wants and needs from Parks and Recreation. Since the survey will be conducted by a private research firm the results will be accurate, non-biased, and reliable. Individuals will be contacted at random; if you receive a survey via mail, or a phone call, please take the time to complete the survey so that we can serve you better.

We are always here for the community of Littleton, if there is something you would like to see offered or would be interested in teaching please stop in the office and see us, or visit our website at www.littletonrec.com to get in touch with us.

Warmest Regards,

Alicia Day
aday@littletonma.org
978-540-2490

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With you, life is always an adventure!
Thank you for all of your continued participation and support.
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
Rachele Carbutt – Community Education and Teen Coordinator
Alea Corbin – Recreation and Sports Coordinator
Katie Judge – Teen Program Leader
Megan Straface – Administrative Assistant

CONTACT INFORMATION
33 Shattuck Street, Littleton, MA 01460
LittletonREC.com / LittletonREC@LittletonMA.org
Office-Phone: 978.540.2490 / Fax: 978.952.6053

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
   33 Shattuck Street, Littleton, MA 01460
   “Checks payable to “The Town of Littleton”
4. Fax the registration form and credit card information to
   978.952.6053
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.

Refund Policy

Our programming is 100% funded by course fees, our refund policies are strictly adhered to.
• In the event that your course is canceled due to low enrollment you will receive a full refund.
• Pro-rated refunds will only be given if a canceled class cannot be rescheduled.
• You must respond to the cancellation email within 30 days to request your refund. 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.

• Littleton Parks, Recreation, and Community Education does not receive Town funding for our programs, events, and program staff. They are all paid for with the revenue that we make on programs. Your ongoing support is greatly appreciated!

Drop-In Policy

• You must register and pay for a drop in prior to participating. (Our software is mobile ready so you can easily register from your smartphones.)
• Present your receipt, paper or email, to the instructor upon arrival to your session.
• Instructors cannot accept cash or check payment.

Cancellations

• Parks, Recreation & Community Education 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.
• Please be sure to provide an up to date email and phone number so that we can contact you.
• You must reply to your cancellation notice within 30 days, or your refund will automatically be processed as a household credit.
• When public schools are closed for either school/town events or due to inclement weather, programs at school locations will not be held on that day. Classes will be rescheduled at a later date.
• Classes will not be held 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 that you are currently enrolled in.
• A $15.00 transfer fee is paid in full.

FACILITY INFORMATION/DIRECTIONS

Littleton Town Hall

Room 123 & 121
33 Shattuck Street, located at across the hall from the PRCE office on the 1st floor. Parking available behind Town Hall. Spaces closest to the tennis courts allow the easiest access to 33 Shattuck court yard.

Town Hall Multi-purpose room
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.
Partner Locations in the Community

Harmony Horse Stables
2 Trot Road, Littleton, MA 01460

Eden Road Yoga
435 King Street, Suite 203, Littleton, MA 01460

Kelly’s Music & More!
410 Great Road, Suite 341, Littleton, MA 01460

North Star Ice Sports
15 Bridle Lane, Westborough, MA 01581

Periwinkle Glassworks
586 Massachusetts Ave, Acton, MA 01720

Tavern In The Square
810 Constitution Ave., Littleton, MA 01460

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 of 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.

Oak Hill Conservation Area
14 Oak Hill Road. Near Littleton Depot, 1/2 mile from the junctions of Route 2 and 495. Main parking area and entrance is off Oak Hill Road.

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.

Littleton Public Schools

Shaker Lane Elementary
35 Shaker Lane, main entrance located off of the corner of Roxbury Drive and Goldsmith Street. Secondary entrance off of 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 of King Road 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 and Baseball and Softball fields.

Don’t Delay!

Many of our classes fill up fast, 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, your registration could make the difference!

Let 2020 bee the year we help you Generate A Big Buzz!

bluebumble.com
978/250.5553 orders@bluebumble.com

graphic & web design — business/personal branding — marketing collateral — direct mail campaigns
web development — printing — promotional merchandise — social media — event materials — giveaways
posters — decals — t-shirts — building signage — car wraps — so much more!
Essential Oils  Instructor: Beth Schrager

If you've been asking yourself “What are essential oils?”, this class will give you a brief overview and introduction. Essential oils are not just a pretty scent in a little dark glass bottle that only your crunchy granola friends use; they are highly concentrated natural oils in plants coming from their roots, leaves, stems, flowers, or bark.

Essential oils have the characteristic fragrance and properties as well as the essence of the plant from which it was extracted. This includes the smell, but also the plant’s healing properties and other characteristics. We will discuss how a highly potent extract of a plant can be useful for many purposes—from healing to stress management, to other everyday uses. Did you know you can cook with essential oils? In this class you will learn how to use them in your kitchen. Beth will also share which (10) Cooking Essential Oils you may want to consider adding to your pantry right away (the class will not touch on how to use oils in your cooking.) Each attendee will leave with a gift/sample included in the price of the class. The second class offering (in May) will touch on how to use essential oils in your fitness routine!

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<tr>
<th>Code</th>
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<tbody>
<tr>
<td>SP20AE02A</td>
<td>Intro to Essential Oils</td>
<td>18+</td>
<td>Th</td>
<td>5/7/20</td>
<td>7:00P–8:30P</td>
<td>Littleton High School, Room 205</td>
<td>$49/R, $59/NR</td>
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<tr>
<td>SP20AE02B</td>
<td>Intro to Essential Oils</td>
<td>18+</td>
<td>Th</td>
<td>5/14/20</td>
<td>7:00P–8:30P</td>
<td>Littleton High School, Room 205</td>
<td>$49/R, $59/NR</td>
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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 & proper mixing temperatures
- Coloring your soap (micas, herbs, spices & clays)
- Scencting 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.

NOTE: This is an age 18+ class since making soap from scratch involves working with lye (aka sodium hydroxide). For safety reasons, please wear or bring a long-sleeved shirt. You’ll also need to bring an old towel or blanket to insulate your soap on the way home.

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<th>Code</th>
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<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SP20ASM2B</td>
<td>Intro to Cold Process</td>
<td>18+</td>
<td>W</td>
<td>5/6/20</td>
<td>6:30P–9:00P</td>
<td>Littleton High School, Room 205</td>
<td>$86/R, $96/NR</td>
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Charcoal and Pastel Art Studio for Children  Instructor: Alma Bella Solis

Using a combination of charcoal pencils, charcoal sticks, and dry pastel sticks, you will produce your own compositions interpreting subjects ranging from Still Life to Human Figures. You’ll learn drawing methods including outline, contour, shading, blending detailing, connectedness and explore perspective, proportion, depth, and dimension.

BRING TO CLASS: 18" x 24" Drawing Pad (not sketch pad), charcoal pencils kit (comes in a package of soft/ medium/ hard), knead eraser, sharpener, charcoal sticks (brand: General’s, Derwent, Conte), Pastels set (brand names: Rembrandt, Prismacolor, Faber-Castel, Blicks, etc.), blending stumps (comes in a package of various sizes), easel (table-top or floor), tri-tip eraser (comes individually packaged).

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<th>Code</th>
<th>Activity</th>
<th>Grades</th>
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<th>Fees</th>
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<tbody>
<tr>
<td>SP20YCP2B</td>
<td>Charcoal and Pastel Art Studio for Children</td>
<td>3-5</td>
<td>Th</td>
<td>5/7/20–6/11/20</td>
<td>2:30P–4:45P</td>
<td>Russell Street Elementary, Art Room</td>
<td>$165/R, $175/NR</td>
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SIGN UP with a FRIEND!

Make sure all of the classes you are interested in are going to run! Signing up with a family member or friend could make a difference!
ARTS & CRAFTS

Photography
Instructor: Nicholas DePasquale

BASIC DIGITAL PHOTOGRAPHY FOR BEGINNERS I
Learn about your Digital SLR (DSLR) camera and how to shoot images in the manual modes resulting in better photographs. Topics include: Understanding DSLR features and functions; Understanding Exposure; Understanding Focusing and Depth of Field; and Understanding Composition and Elements of Visual Design. There will be shooting homework between sessions. Sessions will consist of lectures as well as photo critiques.

PREREQUISITE: Participants should have a Digital SLR camera that provides the ability to adjust ISO, shutter speed, and aperture.

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IPHONE PHOTOGRAPHY
In this class, you will learn how to take wonderful photographs with your iPhone. Learn how to use its functions to creatively compose shots, expose for great images, and use apps for editing, post-processing, and backup. Please note that this course is for Apple iPhones only.

PREREQUISITE: Participants must have an Apple iPhone.

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<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SP20AIP2</td>
<td>iPhone Photography</td>
<td>18+</td>
<td>M &amp; Tu</td>
<td>6/1/20–6/2/20</td>
<td>6:30P–8:30P</td>
<td>Littleton High School, Room 205</td>
<td>$30/R, $40/NR</td>
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Stained Glassworks
Instructor: Judy Romatelli

STAINED GLASS FOR ADULTS
5-week course designed to introduce the student to stained glass technique. We will cover safety, cutting, design, foiling and soldering (Tiffany Method). Student will create a small piece the first class and then return at class 2 with a design for a larger project. The remaining classes will be used to transform their design into a beautiful stained-glass panel.

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<th>Code</th>
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<th>Fees</th>
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<tr>
<td>SP20ASG2</td>
<td>Stained Glass for Adults</td>
<td>18+</td>
<td>Th</td>
<td>3/19/20–4/16/20</td>
<td>6:00P–8:00P</td>
<td>Periwinkle Glass Works 586 Mass Ave., Acton, MA</td>
<td>$265/R, $275/NR</td>
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Quilting
Instructor: Donna Gonzales

Have you ever wanted to make your own quilt and use your latent creative expression to make a special gift for someone you love? Or have you ever wanted to make a quilt as an expression of your own creativity and self? Didn't think you could do it? In this introductory class to quilting, we are going to take a jellyroll and turn it into the top of a quilt! The theme of your quilt can be determined by material choice. Students will learn how to create their own jellyroll or use a store-bought one, understand the importance of quarter-inch seams, and be able to complete the top of a quilt in a short amount of time. This is a class for beginner sewers.

First class session is shopping at Joanne's together for your fabric (Please allow approx. $70 for your fabric.)

JOANN Fabrics: 174 Littleton Rd, Westford, MA 01886

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<th>Time</th>
<th>Location</th>
<th>Fees</th>
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<tr>
<td>SP20AWU2</td>
<td>Quilting</td>
<td>12+</td>
<td>W</td>
<td>3/18/20–5/6/20</td>
<td>11:00A–2:00P</td>
<td>PRCE, Conference Room</td>
<td>$280/R, $290/NR</td>
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</table>

SIGN UP with a FRIEND!

Make sure all of the classes you are interested in are going to run! Signing up with a family member or friend could make a difference!

Register Now at LittletonMA.MyRec.com
World Languages—Spanish

Instructor: Veronica Mazzu

SPANISH FOR BEGINNERS: This class is designed for people with little or no knowledge of the Spanish language. Students will learn how to communicate in present tense. They will be able to ask and answer questions in the target language. The majority of the class will emphasize verbal communication. Students will need to study grammar and practice at home.

INTERMEDIATE SPANISH: This class is designed for people with some previous knowledge of the Spanish language. Students will learn how to communicate in different tenses and the use of more advance grammar. They will be able to ask and answer questions in the target language. The majority of the class will emphasize verbal communication. Students will need to study grammar and practice at home. This class will use Spanish 90% of the time.

BRING TO CLASS (Beginner or Intermediate); the book Puertas a la Lengua Española is suggested for each student to practice and study at home.

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<th>Fees</th>
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<tbody>
<tr>
<td>SP20ABS10A</td>
<td>Spanish Class—Beginner</td>
<td>18+</td>
<td>M</td>
<td>3/16/20–4/27/20</td>
<td>6:30P–7:30P</td>
<td>Littleton High School, Room 203</td>
<td>$120/R, $130/NR</td>
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<tr>
<td>SP20AIS10A</td>
<td>Spanish Class—Intermediate</td>
<td>18+</td>
<td>Th</td>
<td>3/19/20–4/30/20</td>
<td>6:30P–7:30P</td>
<td>Littleton High School, Room 203</td>
<td>$120/R, $130/NR</td>
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<tr>
<td>SP20AIS10B</td>
<td>Spanish Class—Intermediate</td>
<td>18+</td>
<td>Th</td>
<td>5/7/20–6/11/20</td>
<td>6:30P–7:30P</td>
<td>Littleton High School, Room 203</td>
<td>$120/R, $130/NR</td>
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10% sibling discount!

APRIL 2020
SCHOOL VACATION PROGRAM

Tuesday April 21, 2020-Friday April 24, 2020
Will run from 8:30am-3:30pm
Before Care 7:30am-8:30am
After Care 3:30pm-6:00pm

PRICING & TRIPS TBD!
Chopped—Family!  
Instructor: PRCE staff

Inspired by Food Network’s series’ Chopped and Chopped Junior, join Parks and Rec for a night of friendly competition! Sign up as a parent/child team and use the provided ingredients to craft your meal! We’ll have a panel of judges to crown the winning family!

One parent and child per team! Exceptions can be made for single parents with more than 1 child.

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<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SP20FCF5</td>
<td>Chopped—Family!</td>
<td>9+</td>
<td>Th</td>
<td>4/30/20</td>
<td>6:00P–8:00 PM</td>
<td>Littleton Town Hall, Diner</td>
<td>$75/R, $85/NR</td>
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Acting  
Instructor: Tess Degen

ADULT

This workshop is for adults (16+) who wish to increase their awareness around presentation and/or stage. Whether you conduct story time at a library or give Ted talks, you will benefit from the basic skill set of the actor.

Learning how to use and harness the power of voice and body for your speech or presentation is learn-able and fun. When you receive instruction on how to engage your body to become more fully present, you will own the room. Overcome stage fright, anxiety to speak in public and feel more connected and grounded in your body.

NOTE: This class is also available for Middle School and High School students. See page 13.

<table>
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<th>Code</th>
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<th>Time</th>
<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SP20APA5</td>
<td>Physical Actor for Adult</td>
<td>16+</td>
<td>Th</td>
<td>6/11/20</td>
<td>6:00P–8:00P</td>
<td>Littleton High School, Room 205</td>
<td>$60/R, $70/NR</td>
</tr>
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Hats Off to Littleton

Back by popular demand!

2nd Annual Hats Off to Littleton Event

Decorate your door for spring $5.00 entry fee.

Craft opportunities March 18th & 25th

Judging on April 3rd, 2020

PRIZES!!!

Contact Littleton COA @ 978-540-2470
Life in the Barn  
**Instructor: Harmony Horse Stables**

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 world of horses, no matter what the age, go beyond entertainment and recreational value. Students will have an opportunity to ride daily. Children should wear clothing suited to working in a barn outdoors. Long pants and sturdy shoes or boots. No sneakers or sandals please.

Signed Riding Waiver and Authorization Form located under the lessons tab under forms at www.harmonyhorsestables.com

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<tbody>
<tr>
<td>SP20YHHS</td>
<td>Life in the Barn</td>
<td>K–8</td>
<td>W</td>
<td>3/4/20, 4/15/20 and 5/6/20</td>
<td>1:00P–2:30P</td>
<td>Harmony Horse Stables, 2 Trot Road, Littleton MA 01460</td>
<td>$135/R, $145/NR</td>
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</table>

**Children's Dining Etiquette and Social Skills Workshops**  
**Instructor: Nikki Sawheny**

**DINING ETIQUETTE WORKSHOP TOPICS INCLUDE:**
Approaching the Table, Seating, Table Space, The Napkin, Understanding Place Setting, The Bread & Butter Plate, Appropriate Table Conversation, The Soup Course, Proper Use of Silverware, American and The Continental Styles of Dining, Passing Food at the Table, What to do with Unwanted Food, Other Table Manners and much more.

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**SOCIAL SKILLS WORKSHOP TOPICS INCLUDE:**
The Importance of Greeting Others, Rules of Introduction, The Handshake, Eye Contact, and the Power of a Smile, Sportsmanship Etiquette, Hygiene and Appearance, Self-Respect and Respect for others, Behaving Appropriately at Other People's Homes, Making Appropriate Conversation, Proper Telephone Etiquette, Writing Thank You Notes, and Other Modern Manners.

For more information visit www.newenglandschoolofprotocol.com

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<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20YCD25A</td>
<td>Children's Social Skills</td>
<td>7–12</td>
<td>M</td>
<td>4/27/20</td>
<td>2:30P–4:15P</td>
<td>Russell Street Elementary, Art Room</td>
<td>$75/R, $85/NR</td>
</tr>
</tbody>
</table>

**Kid's Magic Workshop**  
**Instructor: Stephanie Beach**

This is a Life Course Disguised as a Magic Workshop. The workshop teaches children traits like respect, being humble and patience while they learn to perform magic for their friends and Family.

Each child will receive 8 professional magic kid-sized magic tricks and 8 magic folders. Eight additional tricks on-line and a Magic Wand and Certificate at end of the course where the kids perform a magic show for friends and family. Each session features different skills and tricks, and your child does not have to have attended classes previously in order to sign up!

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<th>Code</th>
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<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20YDM25A</td>
<td>Discover Magic—Purple Wand</td>
<td>8–12</td>
<td>Tu</td>
<td>3/17/20–4/28/20</td>
<td>6:00P–8:00P</td>
<td>Littleton High School, Room 203</td>
<td>$125/R, $135/NR</td>
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<tr>
<td>SP20YDM25B</td>
<td>Discover Magic—Green Wand</td>
<td>8–12</td>
<td>Tu</td>
<td>5/5/20–6/9/20</td>
<td>6:00P–8:00P</td>
<td>Littleton High School, Room 203</td>
<td>$125/R, $135/NR</td>
</tr>
</tbody>
</table>

**DON'T DELAY—Classes fill up fast!**
Parks and Rec Adventures!
Grades K–5

Spring 2020

April 28 – Chelmsford Cranberry Bog Hike
May 5 – Groton Rail Trail Walk
May 12 – Cloverdale Hike

May 19 – Lowell River Walk
May 26 – Tower Hill Botanic Garden
June 2 – Strawberry Picking & Farm Lesson

Join us this spring for frog catching, turtle spotting, spring flowers, and farm fun!

School Dismissal—6:00P Snack provided $160 Resident / $170 Non-Resident
Trips are subject to change.

Half Day After School
Russell Street School-Spring Session
11:30A–4:00P | Grades: 3-5

You can sign up for these programs individually or register for the entire session and save 10%!

March 4th
TBD—$45

March 18th
Mad Science—NASA: Future Space Explorers—$45

March 25th
Mad Science—Robotics Engineering—$45

March 26th
Field Trip TBD—$45

May 6th
Right Brain Curriculum

May 22th
Right Brain Curriculum

April 15th
TBD—$45

Pick up time is 4:00P from the Russell Street School.

Total cost for all 7 Russell Street School Half Days: $284
(10% savings on full program) Field Trip locations subject to change.
Kelly's Music & More
Instructor: Kelly Shepherd

Our teaching philosophy is based on a very personal approach tailored for every student. It is very instinctive. The cornerstones of our teaching method are: encouragement, support, patience, listening and, most importantly, having fun "playing". Building a rapport with our students is key. One important goal achieved in each lesson is the student getting a chance to hear themselves sounding good. This takes time. It is important to us that each student enjoy their lessons. That being said, we want to make some good music in every lesson. We create a relaxed environment where students can enjoy music with no pressure.

Have a glimpse into the world of music at Kelly’s Music & More. Have fun playing the music that you love. 6 weeks where you can enjoy playing in a band, playing the songs that you choose, and learning the fundamentals of music along the way! Experience support, encouragement, and guidance from our expert instructors! All singers and instrumentalists are welcome! Keyboard, drums, bass, singing, guitar, FULL recording studio...all you have to do is bring yourself, we will provide the instruments. You are more than welcome to bring your own instrument! All levels welcome!

SUMMER
Kelly’s Music & More will be holding one week of summer camp for students to sign up through Littleton Parks & Rec! Have a glimpse into the world of music at Kelly’s Music & More and have fun playing the music that you love. A summer workshop where you can enjoy playing in a band, playing the songs that you choose, and learning the fundamentals of music along the way. We play a lot of music, go outside every day, have a lot of fun, and go on a field trip on Friday! Experience support, encouragement, and guidance from our expert instructors! Open to beginners and all young musicians 7–10.

Martial Arts & Core Fitness
Instructor: Ryan Gilbert

An exciting new martial arts program filled with calisthenics core body exercises to get faster and stronger while learning fundamentals of various martial arts, especially Kung Fu. Confidence, focus, listening, respect and self-esteem! At the end of these several weeks, your child earns their white belt in our final class presentation and skills test!

Kelly's Music & More

You can sign up for these programs individually or register for the entire session and save 10%!

- March 4<sup>th</sup> TBD—$45
- March 18<sup>th</sup> Play Well—Intro to STEM w/Legos Part 1—$45
- March 25<sup>th</sup> Play Well—Intro to STEM w/Legos Part 2—$45
- March 26<sup>th</sup> Field Trip TBD—$45
- April 15<sup>th</sup> TBD—$45
- May 6<sup>th</sup> TBD—$45
- May 22<sup>nd</sup> Mad Science: World of Mad Science—$45

Total cost for all 7 Shaker Lane School Half Days: $284 (10% savings on full program) Field Trip locations subject to change.
COMMUNITY SAILING PROGRAM

- LEARN TO SAIL, RACE, AND BOAT SAFELY
- LEVELS FOR ALL AGES AND ABILITY
- WEEK LONG PROGRAM AGES 6-16
- LIMITED SPACE AVAILABLE
  REGISTER EARLY
- SAIL MORE SAVE MORE!

$240 R
$265 NR
*10% SIBLING DISCOUNT
BEFORE CARE: $10
AFTER CARE: $25

LONG LAKE BEACH PARK
20 TOWN ROAD LITTLETON MA
LITTLETONREC@LITTLETONMA.ORG
978.840.2490

EACH 1 WEEK SESSION RUNS
8:30AM - 3:30PM
MONDAY-THURSDAY
*FRIDAYS - RAIN DATE (INCLUDED) OR
SUNFISH PIRATES PROGRAM - ADDITIONAL
Acting

YOUTH—MIDDLE SCHOOL

Learn to warm up and use your body for stage. Whether you are a novice or veteran young actor, you need skills that carry you through the demanding work on the stage. While it may seem that actors are natural at their craft, it takes in fact years of study in areas of movement, voice, text analysis and harnessing your concentration. We will use some Improv and very short scenes to practice.

Working with the actor is all about specificity. Learning to be in your body and have utter control of all facets of performing is a daunting task at best. Bringing this to every performance requires a practice skills set equivalent of an athlete. We start by warming up the large muscle groups to music, this is derived from Lynn Simonson signature 10 minute warm up. It is thorough and organic. After this, movement of spine with humming starts the process toward vocal warm up. Using Estill voice model, the class will run through sirening and pitch range increase to different vocal qualities for character development. We then can go into short improv games or work on scenes that the students bring or even monologues. The Alexander Technique will be introduced in the last part of the class. This class has been part of the curriculum of the summer program at Greater Boston Stage for the past 5 years.

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<tr>
<th>Code</th>
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<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20YPA19A</td>
<td>Physical Actor for Youth—Middle School</td>
<td>6–8</td>
<td>F</td>
<td>3/13/20</td>
<td>1:45P-3:45P</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$60/R, $70/NR</td>
</tr>
</tbody>
</table>

YOUTH—HIGH SCHOOL

This workshop is for adults (16+) who wish to increase their awareness around presentation and/or stage. Whether you conduct story time at a library or give Ted talks, you will benefit from the basic skill set of the actor.

Learning how to use and harness the power of voice and body for your speech or presentation is learn-able and fun. When you receive instruction on how to engage your body to become more fully present, you will own the room. Overcome stage fright, anxiety to speak in public and feel more connected and grounded in your body.

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<th>Location</th>
<th>Fees</th>
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</thead>
<tbody>
<tr>
<td>SP20YPA19B</td>
<td>Physical Actor for Youth—High School</td>
<td>9–12</td>
<td>F</td>
<td>5/29/20</td>
<td>4:00P-6:00P</td>
<td>Littleton High School, Room 203</td>
<td>$60/R, $70/NR</td>
</tr>
</tbody>
</table>

Teen Dining Etiquette and Social Skills Workshop

DINING ETIQUETTE WORKSHOP TOPICS INCLUDE:

Approaching the Table, Seating, Table Space, The Napkin, Understanding Place Setting, The Bread & Butter Plate, Appropriate Table Conversation, The Soup Course, Proper Use of Silverware, American and The Continental Styles of Dining, Passing Food at the Table, What to do with Unwanted Food, Other Table Manners and much more.

SOCIAL SKILLS WORKSHOP TOPICS INCLUDE:

The Importance of Greeting Others, Rules of Introduction, The Handshake, Eye Contact, and the Power of a Smile, Sportsmanship Etiquette, Hygiene and Appearance, Self-Respect and Respect for others, Behaving Appropriately at Other People’s Homes, Making Appropriate Conversation, Proper Telephone Etiquette, Writing Thank You Notes, and Other Modern Manners. For more information visit www.newenglandschoolofprotocol.com

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<th>Time</th>
<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SP20YSS6A</td>
<td>Teen Social Skills</td>
<td>8–12</td>
<td>M</td>
<td>3/23/20</td>
<td>5:30P-6:45P</td>
<td>Littleton High School, Arts Room</td>
<td>$75/R, $85/NR</td>
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<tr>
<td>SP20YTDE6B</td>
<td>Teen Dining Etiquette Workshop</td>
<td>8–12</td>
<td>M</td>
<td>4/27/20</td>
<td>5:15P-6:45P</td>
<td>Littleton High School, Arts Room</td>
<td>$80/R, $90/NR</td>
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</tbody>
</table>

SIGN UP with a FRIEND!

Make sure all of the classes you are interested in are going to run! Signing up with a family member or friend could make a difference!
Voice Over 101
Instructor: Lau Lapides

Whether you want to make awesome YouTube videos, or explore a potential career in voice over acting, this class is for you!
Do people say you have a great voice for radio or animation? Do you love the voices of your favorite cartoon characters, commercials and television shows? Would you ever think of doing those voices professionally? If you’re curious about the world of voice over come join our fast-paced fun, interactive, fast-paced workshop full of tips and techniques designed to offer you an introduction to the exploding world of voice over! Learn how to warm-up your voice and speech, breathe properly, articulate, learn different accents, and interpret a script (copy) with ease! Learn how to create credible characters, and make a voice over demo! Have fun building your confidence as a voice actor while learning about scripts (copy) from commercials, audio books, animations, video game characters, e-learning and more! Come dressed in comfortable clothing, bring a notebook and water.

This session will be accompanied by a complimentary consultation and assessment at Lau Lapides company studio. No prior experience necessary!

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<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SP20YVO19</td>
<td>Voice Over 101</td>
<td>6-12</td>
<td>M</td>
<td>4/6/20</td>
<td>6:30P–8:30P</td>
<td>Littleton High School, Room 205</td>
<td>$100/R, $110/NR</td>
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</table>

After School Care for Grades 6-8!

Trips on half days open to all LMS students

Monthly Tuition ’19/’20
1 day per week $225
2 days per week $315
3 days per week $405
4 days per week $455
5 days per week $495

Drop In Punch Cards
$315 for 8 days,
Regular after afternoon is 1 punch,
half day trips count as 2 punches

Half Days Those already scheduled on that day via monthly tuition are automatically charged $30 (except for those registered for 5 days/week)
$60 for drop ins and participants not scheduled on that day via monthly tuition

For more information please contact Community Ed and Teen Programs Coordinator
Rachele Carbutt, rearbutt@littletonma.org 978-540-2492
Senior Adventures

Instructor: Rachele Carbutt

Littleton Parks and Recreation & Littleton Elder and Human Services are both departments that are missioned to support the residents of Littleton. For a long time we have run parallel programming. We realize there is an opportunity for active older adults who enjoy more vigorous exercise, the outdoors, and new social opportunities. We are excited to partner together in new programming to our brochure and a commitment to serving you better! Profits from this programming will go directly to the Elder and Human Services Department to assist in furthering their mission.

If you have any medical conditions that we should be aware of when going out in nature, please let us know at time of registration so we may be prepared on our trips.

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<tr>
<th>Code</th>
<th>Activity</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SP20ASA5</td>
<td>Senior Adventures</td>
<td>55+</td>
<td>Th</td>
<td>4/30/20–6/4/20</td>
<td>10:00A–12:00P</td>
<td>Littleton Town Hall, Room 123</td>
<td>$60/R, $70/NR</td>
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</table>

Bruce Freeman Rail Trail Walkers
Instructor: Timothy Michalski

Meet up, make friends, and accomplish a common goal! Each week we will walk 1.5-2 miles of the Rail Trail beginning on the Lowell side and concluding on the Concord Side. The program includes transportation to and from and a bagged lunch.

The Bruce Freeman Rail Trail winds through the communities of Lowell, Chelmsford, Westford, Carlisle, Acton, and Concord. The completed section is 14.2 miles and follows the route of the old New Haven Railroad Framingham & Lowell line. The trail has a 10-foot wide pavement with a 2-foot wide packed shoulder on each side. Walking shoes required!

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<tbody>
<tr>
<td>SP20BFW</td>
<td>Bruce Freeman Rail Trail Walkers</td>
<td>50+</td>
<td>Tu</td>
<td>4/14/20–6/2/20</td>
<td>9:00A–11:00 A</td>
<td>Bruce Freeman Rail Trail</td>
<td>$70/R &amp; NR</td>
</tr>
</tbody>
</table>

Together We Can Do More!
**Adult Coed Softball League**

**SESSION 1**
April 19–June 28
12:00–8:00 PM
$500 per team
No Games Memorial Day Weekend 5/24

**SESSION 2**
July 12–August 30
12:00–8:00 PM
$400 per team

All games will be played at Shaker Lane Field. Teams will receive 2 game balls per game & 1 Official Scorebook.

Littleton Adult Coed Softball League plays under USA Softball Guidelines and are associated with the USA Softball Organization. We have Official USA Softball Umpires.

**FREE AGENTS:**
add your name to our list for $5 and teams will call on you when players are needed to fill out their team for game play!

IF we get enough free agents, we will build a team out of those players!

To register: www.littletonrec.com
OR for more information contact: Alea Corbin
ACorbin@littletonma.org

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**LEAP**
LITTLETON ENRICHMENT AFTEARSCHOOL PROGRAMS

**SUMMER!**

More summer LEAP offerings to be announced; keep an eye out for some of your usual favorites!

Look for our updated LEAP brochure this spring with our final list of summer classes.

---

**Register Now** at LittletonMA.MyRec.com  LittletonRec@LittletonMA.org
Camp Invention

Camp Invention® is a nationally acclaimed summer program where STEM concepts come to life. Campers will work in teams to rebuild ships and design underwater equipment in Supercharged Deep Sea Mystery! Get ready to explore circuit boards, motors and gears as they design a remote-control bot to take on obstacles from sports to dance. Code bots to turn a polluted wasteland into a money-making machine and create devices to save animals. And collaborate with inventor superheroes and take on roles of engineers, fabricators and innovators to conquer villains!

To register, please follow the link in the program description on our website.

<table>
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<tr>
<th>Code</th>
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<th>Time</th>
<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SU20YCI19</td>
<td>Camp Invention—Elevate!</td>
<td>K-6</td>
<td>M-F</td>
<td>7/20/2020–7/24/20</td>
<td>9:00A–3:30P</td>
<td>Littleton Middle School, 6th Grade Wing</td>
<td>$280</td>
</tr>
</tbody>
</table>

Mad Science—Underground Explorers

This program is designed for future palaeontologist and Archaeologists! Learn about dinosaur fossils and create your own dino-castings. Dig up and examine bones and owl pellets! Investigate artifacts from civilizations that thrived long ago. Practices activities base on famous archaeological digs! Each day of this program children will have a mix of hands-on activities, physical activities and creative play activities for a well-balanced scientific experience!

<table>
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<tr>
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<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SU20YUGE25</td>
<td>Mad Science—Underground Explorers</td>
<td>6-10</td>
<td>M-F</td>
<td>7/20/20–7/24/20</td>
<td>9:00A–12:00P</td>
<td>Littleton Middle School, 6th Grade Wing</td>
<td>$235/R, $245/NR</td>
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Mask Making

Come enjoy a summer LEAP class with our new instructor, Kristin! An art teacher a the elementary schools, your child will have so much fun this summer with a familiar face!

In this class student artists will explore masks from around the world. They will learn how and why different cultures have created masks throughout history. Student artists will have the opportunity to make a variety of different masks such as (they will select from) plaster, paper, clay, and/or multi-media.

Please bring a smock or an old t-shirt to wear to class!!

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<tr>
<th>Code</th>
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<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SU20YMM2</td>
<td>Mask Making</td>
<td>3–6</td>
<td>M-F</td>
<td>7/13/20–7/17/20</td>
<td>9:00A–12:00P</td>
<td>Littleton Middle School, 6th Grade Wing</td>
<td>$100/R, $110/NR</td>
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Business Sharks

In our Business Sharks class, students play the role of young entrepreneurs as they start with the germ of an idea for a product and business and take it through the entire entrepreneurial process. Our students develop prototypes, formulate a business plan and devise a marketing strategy. Meanwhile, students learn through contextual lessons on concepts such as wages, profits and branding while designing print ads, acting out “TV commercials,” researching real estate locations and designing their storefronts. The class concludes with our young executives pitching their ideas to a “Shark Tank” of parents. These young entrepreneurs will really be taking care of business!

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<th>Location</th>
<th>Fees</th>
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<tbody>
<tr>
<td>SU20YBS19</td>
<td>Business Sharks</td>
<td>2-5</td>
<td>M-Th F</td>
<td>9:00A–11:00A 9:00A–10:00A</td>
<td>Littleton Middle School, 6th Grade Wing</td>
<td>$210/R, $220/NR</td>
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</tbody>
</table>

DON'T DELAY—Classes fill up fast!
Play Well Lego Programs—Summer LEAP 2020

Instructor: Play Well Staff

ANIMAL ARCHITECTS WITH LEGO® MATERIALS, ages 5-7
Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

ANIMAL ARCHITECTS WITH LEGO® MATERIALS, ages 8–12
Be inspired by the natural innovation and engineering of the animal world with tens of thousands of LEGO® parts. Design and build fluttering butterflies, stomping elephants, and fierce Tasmanian devils. Apply real-world mechanical engineering concepts as you design, build, and explore your craziest ideas.

MINECRAFT, BUILD, ADVENTURE GAME WITH LEGO®, ages 5–7
Bring Minecraft to life using LEGO® materials! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO® materials.

MINECRAFT, BUILD, SURVIVAL GAME WITH LEGO®, ages 8–12
Bring Minecraft to life using LEGO® materials! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate Play-Well Minecraft experience using LEGO® materials is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO® materials.

Circuit Lab

Instructor: Circuit Lab Staff

Circuit Makers 101
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.

Hands-On Electronics
Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors.

Code Activity Grades Day Date Time Location Fees
SU20YCL19 Circuit Makers 1-3 M-F 8/3/20–8/7/20 9:00A–12:00P Littleton Middle School, 6th Grade Wing $294/R, $304/NR
SU20AHE19 Hands-On Electronics 4-7 M-F 8/3/20–8/7/20 1:00P–4:00P Littleton Middle School, 6th Grade Wing $294/R, $304/NR

SIGN UP with a FRIEND!
ALL fees MUST be paid prior to participation.
Fencing

Javier Echavarri has an MBA from Babson University and has been fencing for over 30 years starting in college. He has been teaching fencing for 15 years.

**Beginning Fencing: (Spring Session I is the only session that will accept brand new participants. Spring session II is a continuation for the beginners that have completed Spring session I.)**

Fencing is a fun sport that develops coordination and confidence. This program will introduce students to the basics of fencing. Instruction will include learning the basic rules plus attacking and defending against an opponent. Equipment provided.

**Intermediate Fencing: (Prerequisite: Must have completed both Beginner sessions I & II or have previous fencing experience.)** This program will focus more on developing skills learned in beginning level as well as giving the students more actual fencing time. Must have attended either the beginning level or have other fencing experience.

<table>
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<tr>
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<th>Location</th>
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</tr>
</thead>
<tbody>
<tr>
<td>SP20GBF1A</td>
<td>Beginning Fencing—Session 1</td>
<td>10+</td>
<td>M</td>
<td>3/16/20–4/13/20</td>
<td>6:30P–7:30P</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$65/R, $75 NR</td>
</tr>
<tr>
<td>SP20GBF1B</td>
<td>Beginning Fencing—Session 2</td>
<td>10+</td>
<td>M</td>
<td>4/27/20–6/1/20</td>
<td>6:30P–7:30P</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$65/R, $75 NR</td>
</tr>
<tr>
<td>SP20GIF1A</td>
<td>Intermediate Fencing</td>
<td>10+</td>
<td>M</td>
<td>3/16/20–4/13/20</td>
<td>7:30P–8:30P</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$65/R, $75 NR</td>
</tr>
<tr>
<td>SP20GIF1B</td>
<td>Intermediate Fencing</td>
<td>10+</td>
<td>M</td>
<td>4/27/20–6/1/20</td>
<td>7:30P–8:30P</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$65/R, $75 NR</td>
</tr>
</tbody>
</table>

NO Session on 5/25/20

Pilates for Everyone

This Pilates class is for everyone. Starting with simple, breath focused exercises focusing on alignment, core engagement and stretching for increased flexibility, the class moves to the basic mat routine in an organic and natural way. Using some small equipment (provided by the instructor) we conclude the class with a few deeper stretches and some optional intermediate exercises to make you feel fully worked out and yet free and balanced. Bring your own mat.

The specifics for this class are fairly general and depend on who walks in. A Pilates class has elements of alignment, breath use, focused exercises with few repetitions and stretching. If a class has students who are very tight and have a hard time moving, more focus will be given to stretching and gentle mobility exercises. If a class is full of athletes, things move quickly and intensely and can provide excellent coordination improvement. Most of my classes are mixed level.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20PE1A</td>
<td>Pilates for Everyone</td>
<td>16+</td>
<td>Th</td>
<td>3/19/20–4/16/20</td>
<td>8:00A–9:00A</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$55/R, $65 NR</td>
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<tr>
<td>SP20PE1B</td>
<td>Pilates for Everyone</td>
<td>16+</td>
<td>Th</td>
<td>4/30/20–6/4/20</td>
<td>8:00A–9:00A</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$75/R, $85 NR</td>
</tr>
</tbody>
</table>

Yoga and Mindfulness

Practicing meditation and everyday mindfulness helps us to shift our attention from narrow, limiting habits of negative thoughts, anxiety and stress to a wider awareness and perspective that helps us to:

- Deepen attention
- Release Distraction
- Remain grounded and calm when dealing with stress or anxiety
- Live with well-being and more appreciation for life as it is
- Relieve physical symptoms of stress and anxiety such as:
  - High blood pressure
  - Heart Disease
  - Chronic pain
  - Insomnia
  - Inflammation
  - Auto Immune disease.

This introductory class is great way to learn about meditation and everyday mindfulness and to start your own mindfulness meditation practice. We'll work with teachings from the Yoga and Buddhist traditions and simple practices including everyday mindfulness, compassion, somatic meditation and walking meditation. These are simple practices that can be done by anyone either sitting on the floor or in a chair. No experience necessary. Please wear loose comfortable clothing and bring a small cushion or pillow to sit on. Chairs will be provided as well.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20MM1B</td>
<td>Introduction to Mindfulness &amp; Meditation</td>
<td>18+</td>
<td>Su</td>
<td>3/29/20</td>
<td>10:00A–12:00P</td>
<td>Littleton Town Hall, Couper Room</td>
<td>$35/R, $45/NR</td>
</tr>
<tr>
<td>SP20MM1A</td>
<td>Introduction to Mindfulness &amp; Meditation</td>
<td>18+</td>
<td>Sa</td>
<td>4/25/20</td>
<td>10:00A–12:00P</td>
<td>Littleton Town Hall, Couper Room</td>
<td>$35/R, $45/NR</td>
</tr>
<tr>
<td>SP20AMW1</td>
<td>Yoga and Mindful Walking</td>
<td>18+</td>
<td>Sa</td>
<td>5/16/20</td>
<td>1:00P–3:00P</td>
<td>Prount Woods</td>
<td>$30/R, $40/NR</td>
</tr>
</tbody>
</table>
Embrace the Unknown with Certainty

Instructor: Marianne Parent

When you learn from the past and use it as a stepping stone, you psychologically turn the past into a positive. You are using what you have learned to benefit yourself and others in the present moment. You will understand through your experience that it is not the external problem that is the issue, but how you are interpreting the situation that is impacting how you feel. By expanding your awareness and objectively observing your behavior, you are now in a position of power. Increased self-awareness expands your options. As you identify habitual behavioral patterns that are self-defeating, you can transition into the powerful energy of having a corrective experience. You can do this by taking a new action step in opposition to your past choices and behaviors. Your choices and decisions are the building blocks for your future.

Overgiving—Overhelping—Fairness Patrol—Worry Habit—Thought Cascade—Actively Resting are the topics you will review.

6 MAIN TOPICS: Over-Giving, Over-Helping, Fairness Patrol, Worry Habit, Thought Cascade and Actively Resting

OVERGIVING: A manipulative strategy to gain love and approval from other people at great emotional cost to yourself.

OVERHELPING: Pointing out the faults you find in another person, and mistakenly believing they are going to thank you for your efforts.

FAIRNESS PATROL: When you are wasting your precious time actively noticing what other people (including complete strangers) are doing wrong from a mindset of fault finding.

WORRY HABIT: Sets a powerful intention for what you DO NOT WANT in the future. Worry habit projects negative expectation of what you fear will happen in your life, and in the lives of those you love.

ACTIVELY RESTING: Taking time only for you. Action steps balanced with actively resting are an energizing combination.

Class is overall focused on cognitive behavioral principles.

Included in the cost for this class you will receive a copy of Marianne's book which delves into all the topics of the class!

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20AEU1</td>
<td>Embrace the Unknown with Certainty</td>
<td>18+</td>
<td>W</td>
<td>4/8/20–4/15/20</td>
<td>6:00P–8:00P</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$80/R, $90/NR</td>
</tr>
</tbody>
</table>

Amy's Sunrise Boot Camp

Instructor: Amy Zaferacopoulos

Sunrise Boot Camp is an indoor fitness class designed to build muscular strength and endurance, cardiovascular fitness and flexibility in a fun and positive, safe environment. This 60-minute class will use a combination of skills and drills including strength, speed and agility, functional movement, high intensity intervals, core conditioning and more all designed to give you a safe effective workout designed for the entire body. Each class will begin with a warm-up and end with a cool down and stretch. All fitness levels are welcome, modifications are always available to ensure your best possible workout.

Instructor, Amy Zaferacopoulos, has a BS in Exercise Science and is a certified fitness instructor. She has experience with group fitness and personal training in corporate, commercial and community fitness working with children and adults of all ages and fitness levels.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Classes</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20ABCA1</td>
<td>Amy's Spring Sunrise Boot Camp—Spring</td>
<td>18+</td>
<td>Tu, Th</td>
<td>4/28/20–6/18/20</td>
<td>16</td>
<td>5:45A–6:45A</td>
<td>Littleton Middle School, Gym</td>
<td>$192/R, $202/NR Drop-ins $15</td>
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<tr>
<td>SU20ABCA1A</td>
<td>Amy's Sunrise Boot Camp—Summer</td>
<td>18+</td>
<td>Tu, Th</td>
<td>6/30/20–8/20/20</td>
<td>16</td>
<td>6:00A–7:00A</td>
<td>Russell Street Elementary, Field Inside Track</td>
<td>$192/R, $202/NR Drop-ins $15</td>
</tr>
</tbody>
</table>

GIVE BACK TO YOUR COMMUNITY

Buy or sell with Kanniard in 2020 and we will donate $500 to Littleton Parks, Recreation, & Community Education

Contact Steve Kanniard at 617.413.1325 for details.
Total Body Workout & Core Training Pilates  
Instructor: Susan Robbins

Boost your metabolism and strengthen and preserve your muscle tissue with this total body workout! Learn how to strength train safely. Tone, strengthen your bones, rev up your metabolism, and improve your body composition to less fat and more muscle! Elevate your mood and your self-confidence! This is a great class to break that plateau, mix up your workouts and get the results you have been wanting! CORE TRAINING Pilates! The second part of the class will work your core with Pilates, for better posture, a flatter tummy and stronger backs! Find your six pack! Good health tips for exercise, nutrition, and general wellness will be shared every week! Bring a set of 5lb. and/or 8lb. weights, a mat and water!

Please feel free to also bring a stability ball as well! This class is perfect for the first-time exerciser to the fitness enthusiast! You will be given individual attention to ensure that you are getting the most from your workout and exercising safely!

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20ATBW1A</td>
<td>Total Body Workout &amp; Core Training Pilates—</td>
<td>16+</td>
<td>Th</td>
<td>4/30/20–6/18/20</td>
<td>6:45P–7:45P</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$96/R, $106/NR</td>
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<tr>
<td></td>
<td>SPRING SESSION</td>
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<tr>
<td>SU20ATBW1A</td>
<td>Total Body Workout &amp; Core Training Pilates—</td>
<td>16+</td>
<td>Th</td>
<td>7/9/20–8/20/20</td>
<td>6:45P–7:45P</td>
<td>Littleton Town Hall, Multi-purpose Room</td>
<td>$105/R, $115/NR</td>
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<tr>
<td></td>
<td>SUMMER SESSION</td>
<td></td>
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</tr>
</tbody>
</table>

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 and then the teams are adjusted to balance out play. Come join the fun, meet people and benefit from the exercise!

Coordinator: Chris Beganski can be reached at cpbeganski@gmail.com or by calling 978-501-7487 if you have questions. Registration and full payment preferred; however we do accept drop-ins on a space available basis—drop in fee is $10/pp/time.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20AVB14A</td>
<td>Adult Coed Volleyball</td>
<td>18+</td>
<td>Th</td>
<td>4/30/20–6/11/20</td>
<td>7:00P–9:30P</td>
<td>Littleton Middle School Gym</td>
<td>$40R/ $45NR Drop-ins $10</td>
</tr>
</tbody>
</table>

Adult Pickup Basketball  
Men’s Instructor: Glenn Barry  
Women’s Instructor: Kim Lynn

Adult pickup Basketball games are organized as they occur, no referees and for fun and exercise!

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>W20ABB14D</td>
<td>Men’s Adult pick-up Basketball</td>
<td>18+</td>
<td>Su</td>
<td>3/1/20–4/5/20</td>
<td>8:00A–10:00A</td>
<td>Russell Street Elementary Gym</td>
<td>$49/R, $59/NR Drop-ins $10</td>
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</tbody>
</table>

Drop in Fee: $10/R, $12/NR | NO pickup hoops Easter Weekend 4/11 and 4/12
Cardio Tennis

Instructor: Sue Adams

Are you looking for a great workout and want to hit lots of balls while improving your strokes? This is the class for you! The hour long class will be set to music working on getting more power to your strokes while playing fun games.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee for Team</th>
</tr>
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<tbody>
<tr>
<td>SU20ACT12</td>
<td>Adult Cardio Tennis</td>
<td>14+</td>
<td>M</td>
<td>7/6/20–8/10/20</td>
<td>6:00P–7:00P</td>
<td>Littleton Town Hall, Tennis Courts</td>
<td>$56/R, $66/NR</td>
</tr>
</tbody>
</table>

Adult Pickle Ball!

Instructor: Sue Adams

Come down to 33 Shattuck St (Town office) Tennis courts for some fun pickleball. We have all the supplies you will need to play. Don’t know how to play? No problem, Don’t know the rules? No problem! We will assist you in learning how to play—All levels welcome. Just show up ready to have some fun in the sport that’s sweeping the nation!

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SU20LP14</td>
<td>Learn to Play Pickle Ball</td>
<td>14+</td>
<td>W</td>
<td>7/8/20–7/29/20</td>
<td>6:00P–7:30P</td>
<td>Littleton Town Hall, Tennis Courts</td>
<td>$35/R, $45/NR</td>
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<tr>
<td>SU20PB14</td>
<td>Pickle Ball Polisher Course</td>
<td>14+</td>
<td>W</td>
<td>8/5/20–8/26/20</td>
<td>6:00P–7:30P</td>
<td>Littleton Town Hall, Tennis Courts</td>
<td>$35/R, $45/NR</td>
</tr>
</tbody>
</table>

SIGN UP with a FRIEND!

ALL fees MUST be paid prior to participation.
American Red Cross Swim Lessons

Please contact the Aquatics Director for more details and to book your swim test or lessons at 978.590.1751

The Junior Lifeguarding course is a key component to our Long Lake Family! It creates a lifeguarding feeder program to help the most promising Lifeguarding candidates for future employment. Junior Lifeguarding has a strong focus on developing swimming skills to help participants meet the Lifeguarding course prerequisite. The course also introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, and first aid, CPR and AED. Participants also have the opportunity to shadow lifeguards in rotation to get a real sense of being on the job.

LAKE SHARKS SWIM CLUB

SMARTER, STRONGER, SAFER, FASTER

The Lake Sharks Swim Club is an open water swimming club based at Long Lake. We are looking to build an opportunity for beginner to elite swimmers to do daily group workouts and swims. Dates and Times are TBD. Please check the website for more information! If you would like to assist in running this program please contact Tim Michalski, 978.540.2490 or email TMichalski@Littletonma.org.
BUDA Youth Ultimate Frisbee (Boston Ultimate Disc Alliance)  
Instructor: BUDA Staff member and Littleton Public School Chorus teacher, TJ Gansenberg!

BACK FOR THE 2ND YEAR! BUDA Youth Ultimate Frisbee Ultimate Frisbee is a fast paced field sport played all over the world by players of all ages. There are almost 200 high school teams in Massachusetts, and the Boston area boasts many adult recreational and competitive teams. Our BUDA youth programs are focused on fun and learning. At each session, we will divide our time between skills, strategy, and scrimmaging, while building a sense of community and self-responsibility which we think are integral to the sport.

Most groups will scrimmage for 60 minutes.

Our coaches will teach your young player everything they need to know. For more experienced players, there will be 1-2 weekend opportunities to play against outside competition. 

https://www.buda.org/youth-program

Your coaches will email a schedule at the beginning of the season.

BUDA will provide a jersey and disc for every player. Parents/Guardians will need to sign a waiver for participation in this program—will be provided via email as we approach the first session.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Grades</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20YUF11A</td>
<td>BUDA Youth Ultimate Frisbee—Boys and Girls Division</td>
<td>3–5</td>
<td>Su</td>
<td>5/3/20–6/21/20</td>
<td>2:30P–4:00P</td>
<td>Littleton Middle School</td>
<td>$90/R, $100/NR</td>
</tr>
<tr>
<td>SP20YUF11B</td>
<td>BUDA Youth Ultimate Frisbee—Boys Division</td>
<td>6-8</td>
<td>Su</td>
<td>5/3/20–6/21/20</td>
<td>2:30P–4:30P</td>
<td>Littleton Middle School</td>
<td>$90/R, $100/NR</td>
</tr>
<tr>
<td>SP20YUF11C</td>
<td>BUDA Youth Ultimate Frisbee—Girls Division</td>
<td>6-8</td>
<td>Su</td>
<td>5/3/20–6/21/20</td>
<td>2:30P–4:30P</td>
<td>Littleton Middle School</td>
<td>$90/R, $100/NR</td>
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</tbody>
</table>

No Session Memorial Day Weekend—5/24/20

Spring Youth Track and Field & Cross Country  
Instructor: Cindy Heitmeyer & Ted Painter

**Track and Field**
Come out to the Littleton track facility for a fun introduction to the sport of track & field. Children will learn the fundamentals of the sport, including proper warm up, form and speed drills, and proper cool down. Students will be divided by age group, and will be introduced to the different events of track & field, including sprints (50/100/200/400) and the use of starting blocks, hurdles, long jump, high jump, shot put, turbo javelin, discus, and relays. The final day will be a low-key mini-meet to measure jumps and throws, and time sprints and hurdles, so participants can see how a track meet works. All skill levels are welcome!

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Grades</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SP20YTF11</td>
<td>Spring Youth Track and Field</td>
<td>K-6</td>
<td>Su</td>
<td>4/26/20–5/17/20</td>
<td>2:30P–4:00P</td>
<td>Russell Street Elementary, Field inside Track</td>
<td>$60/R, $70/NR</td>
</tr>
<tr>
<td>SP20YTF11B</td>
<td>Spring Youth Cross Country</td>
<td>7-9</td>
<td>Su, Sa</td>
<td>4/26/20–5/17/20</td>
<td>10:00A–11:30A</td>
<td>Fay Park</td>
<td>$115/R, $125/NR</td>
</tr>
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</table>

**Cross Country**
The Introduction to Cross Country is intended to introduce children to the sport of Cross Country and to foster an interest and enjoyment of running on trails and in the woods. Sessions will focus on running form, cross country running techniques and will include runs of up to at least three miles in length. Children will learn the fundamentals of running disciplines, including proper training and practice work outs, running form, speed and endurance drills.

Each session will focus on aspects of running form and improvement, explanations and demonstrations of various cross country workouts and their benefits, and group and/or individual running on trails. All sessions will end with proper cool down drills and stretching.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Grades</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SU20YTF11A</td>
<td>Summer Youth Track and Field</td>
<td>K-2</td>
<td>M–Th</td>
<td>6/22/20–6/25/20</td>
<td>4:00P–5:15P</td>
<td>Russell Street Elementary, Field inside Track</td>
<td>$50/R, $60/NR</td>
</tr>
<tr>
<td>SU20YTF11B</td>
<td>Summer Youth Track and Field</td>
<td>3–6</td>
<td>M–Th</td>
<td>6/22/20–6/25/20</td>
<td>5:30P–7:00P</td>
<td>Russell Street Elementary, Field inside Track</td>
<td>$60/R, $70/NR</td>
</tr>
</tbody>
</table>

Summer Youth Track and Field  
Instructor: Cindy Heitmeyer

Experience the fun of running on Littleton’s track this summer, while learning all about the sport of track & field. This program will give each participant an understanding of the rules of track & field, and teach proper technique in each event. Students will take part in a dynamic warm-up at the start of each class, and then will be divided into groups and will have a chance to try three different events each day. Events include sprints (50/100/200/400) and the use of starting blocks, hurdles, long jump, high jump, shot put, turbo javelin, discus, and relays. The final day will be a low-key mini-meet to measure jumps and throws, and time sprints and hurdles, so participants can see how a track meet works. All skill levels are welcome!

<table>
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<tr>
<th>Code</th>
<th>Activity</th>
<th>Grades</th>
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<th>Date</th>
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</thead>
<tbody>
<tr>
<td>SU20YTF11A</td>
<td>Summer Youth Track and Field</td>
<td>K-2</td>
<td>M–Th</td>
<td>6/22/20–6/25/20</td>
<td>4:00P–5:15P</td>
<td>Russell Street Elementary, Field inside Track</td>
<td>$50/R, $60/NR</td>
</tr>
<tr>
<td>SU20YTF11B</td>
<td>Summer Youth Track and Field</td>
<td>3–6</td>
<td>M–Th</td>
<td>6/22/20–6/25/20</td>
<td>5:30P–7:00P</td>
<td>Russell Street Elementary, Field inside Track</td>
<td>$60/R, $70/NR</td>
</tr>
</tbody>
</table>
Best Soccer

Players learn the importance of a good warm-up through fun games and activities. The coaches will develop the basic foot skills, passing and shooting through structured games with every player actively involved. Players will also learn the basics of soccer match play via 3v3 tournaments focusing on positions, the start of play and dead ball situations. The games and matches develop safe play, teamwork, communication, and interest in soccer while still having lots of FUN! Soccer ball and camp tee shirt provided.


<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SU20YBS11A</td>
<td>Best Soccer—1/2 Day Soccer Camp</td>
<td>5–14</td>
<td>M–F</td>
<td>7/20/20–7/24/20</td>
<td>9:00A–12:00P</td>
<td>Littleton Middle School</td>
<td>$160/R, $170/NR</td>
</tr>
<tr>
<td>SU20YBS11B</td>
<td>Best Soccer—Full Day Soccer Camp</td>
<td>7–14</td>
<td>M–F</td>
<td>7/20/20–7/24/20</td>
<td>9:00A–3:00P</td>
<td>Littleton Middle School</td>
<td>$275/R, $285/NR</td>
</tr>
</tbody>
</table>

Best Soccer: First Kix

Let their imaginations run wild! Through exciting games and activities players will have a FUN introduction to dribbling, stopping and controlling the ball. The First KIX program is designed to be FUN, silly, age appropriate and a high energy experience for children. Soccer ball and camp tee shirt provided.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SU20YFK11</td>
<td>Best Soccer: First Kix</td>
<td>3–5</td>
<td>M–F</td>
<td>7/20/20-7/24/20</td>
<td>9:00A–10:00A</td>
<td>Littleton Middle School</td>
<td>$100/R, $110/NR</td>
</tr>
</tbody>
</table>

International Soccer

CHALLENGER SPORTS INTERNATIONAL SOCCER CAMP

HALF DAY PROGRAM
3 hours per day. Complete technical player development featuring practices from around the world in our new international camp curriculum. Includes access to our TopYa! the app along with free skill-building videos, providing access to a virtual coaching world that will motivate players to practice more at home!

FULL DAY PROGRAM
Focus is on personal skill development, character development, and cultural education, within our new International practice format. Emphasis is placed upon improving individual dribbling, passing, control, & shooting, and expanding tactical knowledge through small-sided games, and having fun! A full day of coaching for players who are trying to move up in the world of soccer. Additional focus on speed and agility with advanced technical and tactical practices. Includes access to our TopYa! the app along with free skill-building videos, providing access to a virtual coaching world that will motivate players to practice more at home!

Coaching Equipment and Soccer Balls will be provided. Please bring snacks and/or lunch if attending full day, with plenty of water. Bug spray, sunscreen and any required medication.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SU20YBC13A</td>
<td>International Soccer Camp Half Day</td>
<td>7–14</td>
<td>M–F</td>
<td>7/27/20–7/31/20</td>
<td>9:00A–12:00P</td>
<td>Littleton Middle School</td>
<td>$165/R, $175/NR</td>
</tr>
<tr>
<td>SU20YBC13B</td>
<td>International Soccer Camp Full Day</td>
<td>9–14</td>
<td>M–F</td>
<td>7/27/20–7/31/20</td>
<td>9:00A–3:30P</td>
<td>Littleton Middle School</td>
<td>$210/R, $220/NR</td>
</tr>
</tbody>
</table>

Learn to Play Tennis

Have you always wanted to learn the game of tennis but just never had the time? In this class, the fundamental strokes will be taught and by the second week, games will be introduced. If you have had tennis instruction in the past, you will be grouped with those students with similar abilities. All the material will be taught through group instruction, drills and fun games.

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>SU20YCTY12A</td>
<td>Learn to Play Tennis</td>
<td>13–18</td>
<td>M, W</td>
<td>7/6/20–7/15/20</td>
<td>4:00P–5:30P</td>
<td>Littleton Town Hall, Tennis Courts</td>
<td>$84/R, $94/NR</td>
</tr>
<tr>
<td>SU20YCTY12B</td>
<td>Learn to Play Tennis</td>
<td>13–18</td>
<td>M, W</td>
<td>7/20/20-7/29/20</td>
<td>4:00P–5:30P</td>
<td>Littleton Town Hall, Tennis Courts</td>
<td>$84/R, $94/NR</td>
</tr>
</tbody>
</table>

DON'T DELAY!

Make sure all of the classes you are interested in are going to run! We decide a week before the start date whether or not to run classes with low enrollment, signing up with a family member or friend could make a difference!
**Volleyball Coed Youth Clinics—Middle School**

Instructor: Mike Levasseur, Andrea Hill, Tashi Sakota and Elizabeth Guertin

This co-ed instructional program is for those who are interested in learning more about the fun team-oriented sport of volleyball and developing the skills needed to play competitively. The fundamental skills of the game are taught through drills and games that focus on passing, setting, hitting, and serving. Intra-squad games will take place at each clinic to introduce the concepts of positioning and strategy. Price for clinic also includes a t-shirt given to all players. Instructors: MIKE LEVASSEUR and ANDREA HILL are experienced volleyball players, who have instructed a similar program in Littleton/Ayer over the past 5 years. ELIZABETH GUERTIN played varsity volleyball at Northeastern University and is the assistant volleyball coach at Fitchburg State. TASHI SAKOTA played on the men’s club team at the University of Idaho and was an assistant volleyball coach for six seasons at the Catholic University of America.

All coaches look forward to sharing their love for the game with clinic participants. Minimum of 15 players.

Registration includes a T-shirt for every participant (please indicate size while registering.) This clinic will be held on 6 Saturdays.

**Boston Elite Basketball**

**Super Elite Summer Clinics**

Instructors: Kenny Small, Jr., Kenny Small Sr., Terrell Hollins, & Boston Elite Sports Training Staff

Throughout the week we will incorporate a series of game situations to help young campers with team building, conditioning, and in-game IQ. Campers will also be exposed to various drills to help with ball handling, shooting, defense, footwork, and rebounding. Boston Elite clinics will be competitive, fun and informative helping players learn how to take their basketball game to the next level. Special guest speakers such as current college players and professional basketball trainers will help young basketball players understand the dedication and time it takes to be a great basketball player.

**WEEKS A & B:** Camp Shirts Included (Please indicate Size on Registration), Prizes, Awards (Lunch Included on Friday—Pizza & Popsicles)

**FIELD TRIP:** Thursday, July 30th to the Basketball Hall of Fame in Springfield, MA!!!

**U12 Tennis Summer Program**

Instructors: Sue Adams

U12 Summer Camp will be held Mondays–Thursdays from 8:30A–11:30A at the Shattuck Street tennis courts. The campers will be grouped by age/skill and every week’s focus will be on technique while incorporating lessons, drills and games, all of which will help the child improve while having fun.

The camp size will be kept small so that each camper gets individual attention as the focus will be on technique through instruction, drills, games and match play while the camper improves while having fun. Each camper needs to bring with them a racquet if they own one (a racquet will be provided for their use each time if they do not), snack, water bottle, sunscreen/hat and the camper needs to wear sneakers. Drop off is between 8:15A–8:30A and Pickup is at 11:30A.
Camp Tahattawan
Summer 2020
June 29—August 14, 2020
(offered in 7 consecutive one-week sessions)

Jr. Camp Tahattawan

Deer: entering grade K
Foxes: entering grade 1
Bobcats: entering grade 2

Sr. Camp Tahattawan

Hawks: entering grade 3
Wolves: entering grade 4
Tigers: entering grades 5 and 6

Camp Orientation Night
Date: Thursday, June 4th 2020
Time: 6:30 PM
Location: Shaker Lane School Cafe
Campers and Parents, come meet the staff!

Returning for it’s
8th summer!!

Tahattawan Explorations
2 weeks this year
Go on field trips, every day!
Weeks of
8/17—8/21 and 8/24 - 8/28

Littleton Parks, Recreation & Community Education
33 Shattuck Street  •  Littleton, MA 01460
PHONE: (978) 540-2490  •  FAX: (978) 952-6053  •  littletonrec@littletonma.org
Visit our website at www.littletonrec.com
ABOUT CAMP TAHATTAWAN

Camp Tahattawan is a distinctive experience for boys and girls entering grades K-6. Campers enjoy the surroundings of numerous playing fields and wooded areas. It is conveniently located in Littleton, MA at the Shaker Lane School, within walking distance of Long Lake. The camp is staffed by a professionally trained group of men and women who are committed to challenging the minds and bodies of the campers, cultivating creativity, and providing a fun and safe camp experience for your camper in a non-competitive setting. We also have a counselor-in-training program for teens entering grades 8, 9 & 10.

FACILITIES

Camp Tahattawan is located at the Shaker Lane Elementary School in Littleton, MA. Surrounded by playing fields, the location is perfect for all outdoor activities. The use of a large gym area, as well as cafeteria and restrooms make the indoor activities just as pleasant. The campers walk to Long Lake (approximately 1/3 mile) to enjoy afternoon swimming. The camp is conveniently located 2 miles west of Route 2 off exit 41, or 2.5 miles east of Route 495 off exit 31.

TUITION

The fee per week is $285, or $295 for non-residents. Extended Care option is $110.00 per week. Morning care is $45.00 per week. All weeks fill very quickly! The Early bird rate ($275 R/ $285 NR) is available January 1st through March 31st, 2020, again, if tuition is paid in FULL at the time of registration. Tuition must be paid in FULL at time of registration to receive any discounts. All balances are due on or before June 21st, 2020. The Late Registration per week fee is $295, or $305 for non-residents after May 1st.

WE HAVE A STRICT NO REFUND POLICY!

REQUIRED FORMS

All required forms must be submitted for a registration to be complete. Any registrations received without medical records will be returned.

- 2020 Family Record Form
- 2020 Medical Authorization & Health History Form
- Well-Visit Physical within the past 12 months
- Current Immunization Report
  Health forms can be obtained from your pediatrician.

Any required medications must be noted on the Medical Authorization Form and must be supplied to staff at check-in. Food allergies and any medication associated with the allergy must be noted on the “Food/Asthma Allergy Action Plan” form on the back of the Med. Authorization form.

STAFF

At Camp Tahattawan, we have a low camper to counselor ratio. Our staff is screened carefully and interviewed several times during the hiring process. Counselors are chosen according to their level of experience, creativity, motivation and of course, their love for children. Senior lead counselors generally are in college or graduate school studying for child related careers. All our staff must complete a rigorous training program prior to the start of the season which includes certifications in both CPR and First Aid. All staff are CORI/SORI checked.

NEW for 2020:

Camp WILL meet on Friday July 3rd, 2020 as July 4th falls on Saturday in 2020!

FIELD TRIPS

The campers are treated to a variety of off-campus field trips every Friday during camp. This provides an interesting, educational, and diverse way to end the week. In the past, Camp Tahattawan has enjoyed hiking, amusements parks, water parks, zoos and much more. This year will be no different. Each week has a new and interesting theme and field trip for the campers to enjoy!

Daily Activities

- Sports— soccer, baseball, street hockey, kickball, counselor-led games!
- Arts— crafts, painting, group/ camp-wide projects!
- Music, dance, singing, jam sessions!
- Science and nature— exciting experiments, nature studies, team building projects!
- Technology, scratch coding, robotics, Minecraft & Games!
- Aquatic fun at beautiful Long Lake!

Camp Tahattawan is a licensed recreational summer camp, certified by the Commonwealth of Massachusetts and the Nashoba and Littleton Board of Health, and is compliant with MA 105 CMR 430.000.

CAMP STARTS ON Monday, JUNE 29th!

WE DO NOT PROVIDE LUNCH
How To Register

1) ONLINE at www.littletonrec.com You will need to create a MyRec family profile (if you haven’t already).

2) MAIL your registration, medical forms and payment to:
   Littleton Parks, Recreation & Community Education
   33 Shattuck Street
   Littleton, MA 01460

3) FAX 24 hours a day to 978-952-6053

4) WALK- IN Monday–Thursday 9:00 am—4:00 pm
   Friday 9:00 am—2:00 pm

5) E-MAIL your registration to:
   littletonrec@littletonma.org
   All forms must be included and credit card information
   for payment must be provided on registration form.

PAYMENT
A non-refundable deposit of 50% is due at the time of registration.
All balances are due on or before June 1st, 2020. In order to qualify
for any discount, payment must be made in full at the time of
registration.
Checks can be made out to “Town of Littleton”

CANCELLATIONS/REFUNDS
We have a no refund policy, except in medical emergencies with a
doctor’s note.

Dates/Theme Weeks/Field Trips
* All Performers’ Shows will be on Wednesday mornings
* All dress up days are on THURSDAYS of each week

Week B: June 29 - July 3
Theme: Wild World of Sports
Dress Up Day: Group’s country attire/colors (FRIDAY)
   Performer: Chris Poulos BMX Bike Show
   In-house field trip this week—Olympic Games!

Week C: July 6—July 10
Theme: Littleton/Local Spirit Week!
   Dress Up Day: Like your hero!
   Special Guests: LFD, LPD Local Heroes—EACH DAY!
   Field Trip: Coco Key Water Resort

Week D: July 13 - 17
Theme: Sea, Sand & Fun!
Dress Up Day: Hawaiian, Surf & Turf, Lifeguards
   Performer: Ooch World
   Field Trip: Breezie Picnic Grounds

Week E: July 20 - July 24
Theme: Space Cadets
   Dress Up Day: Astronauts, Aliens or Spaceships!
   Performer: Rainforest Reptiles
   Field Trip: The Ecotarium

Week F: July 27 - July 31
Theme: Animal Planet
   Dress Up Day: Favorite Animal
   Performer: Creature Teachers
   Field Trip: Franklin Park Zoo

Week G: Aug 3 - 7
Theme: Crazy Mix-up Backwards Week!
   Dress Up Day: Tie Dye (Thursdays)
   Performer: Camper Crazy J Squared
   In-house field trip this week Camp Carnival (Thursday!)

Week H: August 10—14
Theme: Under the Big Top!
   Dress Up Day: Clowns, Circus Animals, Trapeze Artists!
   Performer: Stephanie Beach Magic Show!
   Field Trip: Water Country

Contact Us at LittletonREC@LittletonMA.org  978.540.2490
**Camp Tahattawan — 2020 — Registration Form**

**Participant Name:** ___________________________  **D.O.B. __/__/____**

**Grade in Fall ’20** __ M __ F __  **T-Shirt: Youth- S (6-8) M (10-12) L (14-16) Adult: S M L XL**

**Parent/Guardian Name:** ___________________________  **Email:** ___________________________

**Address:** ___________________________________  **City:** ___________________________  **ST:** __________

**Zip:** __________  **Home:** ___________  **Cell:** ___________  **Work:** __________

<table>
<thead>
<tr>
<th>Dates</th>
<th>Camp Rate (see rates below)</th>
<th><strong>Extended Care</strong></th>
<th><strong>Extended Day Total</strong></th>
<th><strong>Week Total</strong></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>All Days:</td>
<td>Individual Days:</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WEEK B 6/29-7/3</strong> Wild World of Sports</td>
<td>AM: ☐ All Days $45/wk PM: ☐ All Days $110/wk</td>
<td>AM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $10/day PM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $25/day</td>
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<td></td>
</tr>
<tr>
<td><strong>WEEK C 7/6-7/10</strong> Littleton/Local Spirit Week</td>
<td>AM: ☐ All Days $45/wk PM: ☐ All Days $110/wk</td>
<td>AM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $10/day PM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $25/day</td>
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</tr>
<tr>
<td><strong>WEEK D 7/13-7/17</strong> Sea, Sand &amp; Fun</td>
<td>AM: ☐ All Days $45/wk PM: ☐ All Days $110/wk</td>
<td>AM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $10/day PM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $25/day</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WEEK E 7/20-7/24</strong> Space Cadets</td>
<td>AM: ☐ All Days $45/wk PM: ☐ All Days $110/wk</td>
<td>AM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $10/day PM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $25/day</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WEEK F 7/27-7/31</strong> Animal Planet</td>
<td>AM: ☐ All Days $45/wk PM: ☐ All Days $110/wk</td>
<td>AM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $10/day PM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $25/day</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WEEK G 8/3-8/7</strong> Mix-Up Backwards</td>
<td>AM: ☐ All Days $45/wk PM: ☐ All Days $110/wk</td>
<td>AM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $10/day PM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $25/day</td>
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<td></td>
</tr>
<tr>
<td><strong>WEEK H 8/10—8/14</strong> Under the Big Top</td>
<td>AM: ☐ All Days $45/wk PM: ☐ All Days $110/wk</td>
<td>AM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $10/day PM: ☐ M ☐ Tu ☐ W ☐ Th ☐ F $25/day</td>
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</tbody>
</table>

**Discount Rates**

*In order to qualify for the discount rates, the full amount is due at time of registration.*

<table>
<thead>
<tr>
<th>Dates Valid</th>
<th>Rates</th>
<th>Resident</th>
<th>Non-Resident</th>
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</thead>
<tbody>
<tr>
<td>01/01 - 03/31</td>
<td>Early Reg.</td>
<td>$275</td>
<td>$285</td>
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<tr>
<td>04/1 - 04/30</td>
<td>2020 Reg. Rates</td>
<td>$285</td>
<td>$295</td>
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<tr>
<td>05/01 - 8/09</td>
<td>Late Reg. Rates</td>
<td>$295</td>
<td>$305</td>
</tr>
</tbody>
</table>

A non-refundable deposit of 50% is due at the time of registration. All balances are due on or before June 1, 2020.

**Grand Total $ __________**

2.9% Credit Card Fee $ __________

If using 2020 rates you may have to pay 50% of total at time of registration. Balance is due on or before June 1, 2020.  50% Deposit $ __________

**WE HAVE A STRICT NO REFUND POLICY**

**SCHOLARSHIPS AVAILABLE FOR 2020!**

**Credit Card Payment**  Please Circle: MC / VISA / DISCOVER

Name on card: ________________________________

CC# ___________ - ___________ - ___________ - ________

Exp. ___________ / ___________  CW2# (3 digit # on back of card) ________

Amt. of Charge Authorized $ ____________

Signature: ___________________________  Date: __________
August 17—August 28, 2020

2 WEEKS BEING OFFERED FOR 2020!!!
(offered in 2 consecutive one-week sessions)

$320 per week

Go on a field trip, every day!

Looking for something fun and exciting to do after Camp Tahattawan has ended for the summer? Then come to Tahattawan Explorations! TX will provide a 2-week extension to the fun of Camp Tahattawan! TX will be run out of Town Hall each day (except for Monday at the Lake!). Kids will have the option of play indoor or outdoor games when not at the scheduled activity.

Open to children in Grades K-6

**WEEK A:**

Monday 8/17       Acton Arboretum & Long Lake Swimming
Tuesday 8/18      Great Wolf Lodge, Fitchburg, MA
Wednesday 8/19    George’s Island, Boston Harbor Islands, MA
Thursday 8/20     Mel’s Funway Cafe
Friday 8/21       See Science Center & Cowabunga’s, Manchester, NH

**WEEK B:**

Monday 8/24       APEX & Altitude, Marlborough, MA
Tuesday 8/25      Water Country, Portsmouth, MA
Wednesday 8/26    Dave and Busters, Woburn, MA
Thursday 8/27     Connors Farm, Danvers, MA
Friday 8/28       LCF Prouty Woods Hike and Long Lake/ Year End Party

**Sibling Discounts of 10% for all TX Rates!**

*Trips are subject to change due to weather or other restrictions*

Littleton Parks, Recreation & Community Education
33 Shattuck Street  Littleton, MA 01460
PHONE: (978) 540-2490  FAX: (978) 952-6053  littletonrec@littletonma.org
Visit our website at www.littletonrec.com
### 2020 DESTINATIONS

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 25</td>
<td>Encore—Boston, MA</td>
</tr>
<tr>
<td>April 16</td>
<td>Mystic Aquarium &amp; Olde Mistick Village Shopping—CT</td>
</tr>
<tr>
<td>May 16</td>
<td>Statue of Liberty &amp; Ellis Island—NYC</td>
</tr>
<tr>
<td>June 3</td>
<td>Winnipesaukee Belle Cruise &amp; Castle in the Clouds—Moultonborough, NH</td>
</tr>
<tr>
<td>July 16</td>
<td>Fulchino Vineyard &amp; Averill House Vineyard—Holliis, NH</td>
</tr>
<tr>
<td>August 20</td>
<td>Casco Bay Peaks Island Clambake—Portland, ME</td>
</tr>
<tr>
<td>September 29</td>
<td>Plymouth 400th Anniversary—Plymouth, MA</td>
</tr>
<tr>
<td>October 9</td>
<td>Fall Foliage Train Ride—Meredith, NH</td>
</tr>
<tr>
<td>November 23</td>
<td>Newport Mansion Tour—Newport, RI</td>
</tr>
<tr>
<td>December 12</td>
<td>New York City Christmas Shopping - NYC</td>
</tr>
<tr>
<td>December 29</td>
<td>Nutcracker—Boston Opera House - Boston, MA</td>
</tr>
</tbody>
</table>

**ALL TRIPS ARE NON-REFUNDABLE.**
TOURS AND INCLUSIONS ARE SUBJECT TO CHANGE.

**Did you know?**

- Trips fill up fast! Register early!
- Tour and inclusions are subject to change.
- All trips are non-refundable.
- We will keep a wait list for trips once the trip is sold out.
- Payment must be made at time of registration and a seat cannot be held without payment.
- An email is sent the week of the trip with confirmation of details. If you do not use email, be sure to give us a call or stop by our office!

For trip information, pricing, or to register call 978-540-2490 or visit us at www.littletonrec.com.
TOURS AND INCLUSIONS ARE SUBJECT TO CHANGE.

Trip: Trip Date:

Participant Name 1: DOB:

Participant Name 2: DOB:

Mailing Address: Town: Zip:

Email:

Home Phone: Cell Phone:

Notes:

Special Accommodations:

Are you traveling with other people who are registered on a separate form?  Yes  No

If so, who are they:

Meal Selection (if applicable):

BY SIGNING BELOW:

• I agree, 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. If you are not self-sufficient and have special needs, you must travel with a companion who can provide assistance to you. Call us for details if you are uncertain of the demands of this trip!

• I agree that I have read the waiver below and to hold harmless the Town of Littleton 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 understand that TOURS AND INCLUSIONS ARE SUBJECT TO CHANGE and also, that pickup/drop-off locations are subject to change due to participant numbers.

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 of Participant 1  Signature of Participant 2

Registration for Bus Trip

LPRCE prefers cash or checks (payable to “Town of Littleton”) for Bus Trips

In Person—Bring completed form with payment to our office located at 33 Shattuck Street, Littleton, MA

Mail—Send completed form with payment to: Town of Littleton PRCE, 33 Shattuck St, Littleton, MA 01460

For LRPCE Staff:  Cash________  Check #_________  Date:__________
June 29th—August 21st
For students entering grades 6-9, ages 12-15
Monday—Friday 8:30am—3:30pm
Cost: $330 Resident, $340 Non Resident

Rachele Carbutt, Community Ed and Teen Programs Coordinator:
978-540-2492 rcarbutt@littletonma.org
<table>
<thead>
<tr>
<th><strong>TEEN ADVENTURES 2020</strong></th>
<th><strong>Monday–29</strong></th>
<th><strong>Tuesday–30</strong></th>
<th><strong>Wednesday –1</strong></th>
<th><strong>Thursday–2</strong></th>
<th><strong>Friday–3</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JUNE</strong></td>
<td>Boundless Adventures</td>
<td>Canobie Lake Park</td>
<td>Lannon Schooner &amp; Beach</td>
<td>Hampton Beach &amp; Board Walk</td>
<td>No Camp Happy 4th of July!</td>
</tr>
<tr>
<td><strong>Week A</strong></td>
<td>Berlin MA</td>
<td>Salem NH</td>
<td>Gloucester MA</td>
<td>Hampton NH</td>
<td>Littleton MA</td>
</tr>
<tr>
<td><strong>JULY</strong></td>
<td>Monday–6</td>
<td>Tuesday–7</td>
<td>Wednesday–8</td>
<td>Thursday–9</td>
<td>Friday–10</td>
</tr>
<tr>
<td><strong>Week B</strong></td>
<td>Water Country</td>
<td>Southwick’s Zoo</td>
<td>Boda Borg</td>
<td>River Tubing</td>
<td>Service Project &amp; Long Lake Beach</td>
</tr>
<tr>
<td></td>
<td>Portsmouth NH</td>
<td>Mendon MA</td>
<td>Malden MA</td>
<td>Charlefont MA</td>
<td>Littleton MA</td>
</tr>
<tr>
<td><strong>Week C</strong></td>
<td>Monday–13</td>
<td>Tuesday–14</td>
<td>Wednesday–15</td>
<td>Thursday–16</td>
<td>Friday–17</td>
</tr>
<tr>
<td></td>
<td>Wingaersheek Beach</td>
<td>Fun Spot &amp; Profile Falls</td>
<td>Lowell Spinners</td>
<td>Service Project &amp; Long Lake Beach</td>
<td>Ocean Kayaking</td>
</tr>
<tr>
<td></td>
<td>Gloucester MA</td>
<td>Laconia NH</td>
<td>Lowell MA</td>
<td>Littleton MA</td>
<td>Marblehead MA</td>
</tr>
<tr>
<td><strong>Week D</strong></td>
<td>Monday–20</td>
<td>Tuesday–21</td>
<td>Wednesday–22</td>
<td>Thursday–23</td>
<td>Friday–24</td>
</tr>
<tr>
<td></td>
<td>Crane Beach &amp; Mansion</td>
<td>Metro Rock &amp; Kimballs</td>
<td>Brownstone Exploration &amp; Discovery Park</td>
<td>BHC Whale Watch</td>
<td>Service Project &amp; Long Lake Beach</td>
</tr>
<tr>
<td></td>
<td>Ipswich MA</td>
<td>Littleton/Westford MA</td>
<td>Portland CT</td>
<td>Boston MA</td>
<td>Littleton MA</td>
</tr>
<tr>
<td><strong>Week E</strong></td>
<td>Monday–27</td>
<td>Tuesday–28</td>
<td>Wednesday–29</td>
<td>Thursday–30</td>
<td>Friday–31</td>
</tr>
<tr>
<td></td>
<td>The Hall &amp; Patriot Place</td>
<td>Beaver Brook</td>
<td>Sail on the Fame</td>
<td>River Tubing</td>
<td>Service Project &amp; Long Lake Beach</td>
</tr>
<tr>
<td></td>
<td>Foxboro MA</td>
<td>Hollis NH</td>
<td>Salem MA</td>
<td>Charlefont MA</td>
<td>Littleton MA</td>
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<tr>
<td><strong>AUGUST</strong></td>
<td>Monday–3</td>
<td>Tuesday–4</td>
<td>Wednesday–5</td>
<td>Thursday–6</td>
<td>Friday–7</td>
</tr>
<tr>
<td><strong>Week F</strong></td>
<td>Canobie Lake Park</td>
<td>Hampton Beach &amp; Boardwalk</td>
<td>Freedom Trail Scavenger Hunt</td>
<td>Crab Apple River Rafting</td>
<td>Service Project &amp; Long Lake Beach</td>
</tr>
<tr>
<td></td>
<td>Salem NH</td>
<td>Hampton NH</td>
<td>Boston MA</td>
<td>Charlefont MA</td>
<td>Littleton MA</td>
</tr>
<tr>
<td><strong>Week G</strong></td>
<td>Monday–10</td>
<td>Tuesday–11</td>
<td>Wednesday–12</td>
<td>Thursday–13</td>
<td>Friday–14</td>
</tr>
<tr>
<td></td>
<td>Water Country</td>
<td>Spectacle Island</td>
<td>Boda Borg</td>
<td>Boundless Adventures</td>
<td>Service Project &amp; Long Lake Beach</td>
</tr>
<tr>
<td></td>
<td>Portsmouth NH</td>
<td>Boston MA</td>
<td>Malden MA</td>
<td>Berlin MA</td>
<td>Littleton MA</td>
</tr>
<tr>
<td><strong>Week H</strong></td>
<td>Monday–17</td>
<td>Tuesday–18</td>
<td>Wednesday–19</td>
<td>Thursday–20</td>
<td>Friday–21</td>
</tr>
<tr>
<td></td>
<td>Wingaersheek Beach</td>
<td>Lannon Schooner &amp; Beach</td>
<td>Fun Spot &amp; Weirs Beach</td>
<td>Metro Rock &amp; Kimballs</td>
<td>Service Project &amp; Long Lake Beach</td>
</tr>
<tr>
<td></td>
<td>Gloucester MA</td>
<td>Gloucester MA</td>
<td>Laconia NH</td>
<td>Littleton/Westford MA</td>
<td>Littleton MA</td>
</tr>
</tbody>
</table>
# Teen Adventures—2020—Registration Form

**Participant Name:** ____________________________

D.O.B. ___/___/_______  
Grade in Fall ’20 _______  
M___ F ___

Medications* Y / N  
Food Allergies* Y / N

**Parent/Guardian Name(s):** ____________________________

Email address: ____________________________

Address: ____________________________  
City: ____________________________  
ST: _______  
Zip: __________

Home: (_____ ) ____________________________  
Cell: (_____ ) ____________________________  
Work: (_____ ) ____________________________

---

**One Complimentary T-Shirt**  
(Circle Size)  
Adult: S  
M  
L  
XL

| Camp Weeks | Camp Only  
*Full week only  
8:30am—3:30pm* | Before Care  
7:30—8:30 am  
$45/week or $10/day | After Care  
3:30—6:00 pm  
$110/week or $25/day | Weekly Total |
|-------------|-----------------|----------------|-----------------|----------------|
| **Week A:** 6/29—7/2  
No TRAC 7/3  
# SU20YTA23A | $272  
$264 Resident Discount | M □ Tu □ W □ Th □ X | M □ Tu □ W □ Th □ X | $_______ |
| **Week B:** 7/6—7/10  
# SU20YTA23B | $340  
$330 Resident Discount | M □ Tu □ W □ Th □ F □ | M □ Tu □ W □ Th □ F □ | $_______ |
| **Week C:** 7/13—7/17  
# SU20YTA23C | $340  
$330 Resident Discount | M □ Tu □ W □ Th □ F □ | M □ Tu □ W □ Th □ F □ | $_______ |
| **Week D:** 7/20—7/24  
# SU20YTA23D | $340  
$330 Resident Discount | M □ Tu □ W □ Th □ F □ | M □ Tu □ W □ Th □ F □ | $_______ |
| **Week E:** 7/27—7/31  
# SU20YTA23E | $340  
$330 Resident Discount | M □ Tu □ W □ Th □ F □ | M □ Tu □ W □ Th □ F □ | $_______ |
| **Week F:** 8/3— 8/7  
# SU20YTA23F | $340  
$330 Resident Discount | M □ Tu □ W □ Th □ F □ | M □ Tu □ W □ Th □ F □ | $_______ |
| **Week G:** 8/10—8/14  
# SU20YTA23G | $340  
$330 Resident Discount | M □ Tu □ W □ Th □ F □ | M □ Tu □ W □ Th □ F □ | $_______ |
| **Week H:** 8/17—8/21  
# SU20YTA23H | $340  
$330 Resident Discount | M □ Tu □ W □ Th □ F □ | M □ Tu □ W □ Th □ F □ | $_______ |

---

**A non-refundable deposit of 50% is due at the time of registration.**  
If a 50% deposit is made at time of registration, all balances are due on or before June 2, 2020.

**WE HAVE A NO REFUND POLICY!**

*Registrations will not be accepted without a 2020 Family Record, a 2020 Medical Authorization Form, well-visit within the last year, and current immunization forms*

---

**For office use only:**

______ 2020 Family Record

______ Well Visit Physical (within one year)

______ Immunization Record (most current)

**PAYMENT INFORMATION:**

Cash: Amount $__________

Check: Amount $__________  
Check # __________

Credit Card: Amount $__________

**Credit Card (MC/Visa/Discover)**

Name on card: ____________________________

CC# _________ — _________ — _________ — _________

Exp. _________/___________

CW2# (3 digit # on back of card) __________ (REQUIRED)

Amt. of Charge Authorized $__________

Signature: ____________________________  
Date: __________

---

**Notes:**

---

**Grand Total**

---
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:

<table>
<thead>
<tr>
<th>CODE</th>
<th>PROGRAM NAME</th>
<th>FEE</th>
</tr>
</thead>
</table>

PAYMENT METHODS:

CASH: To pay by cash, please register in person at our office at 33 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 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
33 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: ________________________

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.
Long Lake Beach is located at 20 Town Road in Littleton, MA and operated by the Town of Littleton Parks, Recreation, and Community Ed. Department. The park is open from dawn to dusk year round, to both residents and non-residents. From Memorial Day weekend through Labor Day weekend the beach is staffed and a beach pass is required for use.

2020 Rates:

Family – R/$60, NR/$125 (Adults and dependents under 25 yrs., living under the same roof, and 1 caregiver)
Individual – R/$25, NR/$35
Couple – R/$40, NR/$75
Senior Couple - R/$15, NR/$30
Senior Individual – R/$10, NR/$15
Daily Parking per car – R/$15, NR/$20
Daily Per person rate – R/$4, NR/$5
An additional parking sticker can be purchased for $10 per car

2020 Operating Dates:

Weekend Only Full Operations: Saturdays/Sundays, May 23rd - June 28th, 2020
Full Beach Operations: Monday-Sunday, June 29th - August 30th, 2020
Beach Closes for Season: Sunday, August 30th, 2020

Hours of Operation (Weather Permitting):

Monday-Saturday:
Lifeguards- 10am-5:30pm Lifeguards on Duty / Amenities- 10am-6pm

Sunday:
Lifeguards- 11am-5:30pm Lifeguards on Duty / Amenities- 11am-6pm

*Selected Fridays we will have a food truck, live music, a movie, and campfire. Lifeguards will stay ON DUTY until dusk and staff will remain on premise until the event ends. An Annual Pass or Day Pass will be required for the duration.
33 Shattuck Street, Littleton, MA 01460

STEVE KANNIARD
Realtor®/Construction Supervisor
Team Owner/Listing Specialist

JASON HOURE
Buyer Specialist
617.413.1325
stevekanniard@kw.com

ENTRUST YOUR COMMUNITY EXPERTS TO ACHIEVE YOUR REAL ESTATE GOALS

BRIEANNA KELLEY
Branch Manager NMLS#303652
Mortgage Specialist
978.852.6376
bkelley@totalmortgage.com

GIVE BACK TO YOUR COMMUNITY

*Buy or sell with in 2020 and we will donate $500 to

PARKS, RECREATION, & COMMUNITY EDUCATION

Contact us for Details