

# PRE-SCHOOL & YOUTH SWIM LESSONS

## Swim Lessons

Ages 3 and up (potty trained), Saturdays, March 31 - June 16 (not April 7 or May 26)  
Shawsheen Technical School, 100 Cook St., Billerica

Peek week the second and last class only.

**Please indicate which level you are registering your child for.**

Level 1: Child is uncomfortable in the water, cannot place face in the water. This level is designed to work with children to help them feel comfortable in the water.

Level 2: Child is uncomfortable in the water, can place face in water and will float on front/back with assistance.

Level 3: Child can swim unassisted, does not know any strokes.

Level 4: Child knows strokes, can swim 25 yards without stopping. This level is to work on endurance and technique and new swimming styles.

Level 5: Child knows strokes, can swim 100 yards without stopping. This level is to work on endurance and technique.

Level 6: Child can swim 500 yards without stopping. Child is ready for swim team, would like to work on flip turns, racing starts, speed swimming, lifeguard readiness.

| Time                    | Fee                 | Activity # |
|-------------------------|---------------------|------------|
| <b>Level 1-4</b>        |                     |            |
| 1-1:30 pm               | \$68<br>(10 Weeks)  | 370400-A   |
| 1:30-2 pm               |                     | 370400-B   |
| 2-2:30 pm               |                     | 370400-C   |
| 2:30-3 pm               |                     | 370400-D   |
| 3-3:30 pm               |                     | 370400-E   |
| 3:30-4 pm               |                     | 370400-F   |
| <b>Levels 5 &amp; 6</b> |                     |            |
| 1-2 pm                  | \$113<br>(10 Weeks) | 370410-A   |
| 2-3 pm                  |                     | 370410-B   |
| 3-4 pm                  |                     | 370410-C   |



# **YOUTH MUSIC & ART**

## **Intro to Singing**

Ages 8 - 12, Tuesdays, May 8 - June 12, 4- 4:45 pm, \$154 (6 weeks)  
Real School of Music, 56 Middlesex Turnpike, Activity #: 342501-A

This class is for those who love to sing. Focus will be placed on how to sing correctly and with confidence. Participants will learn how to use a microphone and participate in fun, hands-on activities. Materials will be provided. Wear comfortable clothes.

## **Glee For Teens**

Ages 13 - 16, Thursdays, May 10 - June 14, 7:30 - 8:15 pm, \$154 (6 weeks)  
Real School of Music, 56 Middlesex Turnpike, Activity #: 341302-A

Come on out for a fun night of singing the songs from the hit show “Glee” while learning some basic vocal tips and techniques under the direction of a professional vocal instructor. Wear comfortable clothes. All levels welcome.

## **Intro to Drums**

4 - 4:45 pm, \$154 (6 weeks)

Location: Real School of Music, 56 Middlesex Turnpike

This beginner class will teach participants to properly strike with sticks, create basic rhythm patterns, and play all the parts of the drum kit. Drumsticks can be purchased at the Real School.

| Ages  | Day       | Dates            | Activity # |
|-------|-----------|------------------|------------|
| 8-12  | Tuesdays  | May 8 - June 12  | 342204-A   |
| 13-16 | Thursdays | May 10 - June 14 | 342204-B   |

## **Youth Ceramics**

Grade 3 and up, Mondays, April 9 - June 18 (not April 16 or May 28), 3 - 5 pm, \$86 (9 weeks)  
Ceramics Room, Instructor: Carol Collins, Activity #341201-A

This program for beginner and experienced students teaches basic techniques, allowing participants to produce beautifully finished ceramic pieces. Instruction, paints and firing are included. There are additional costs for greenware, brushes, and cleaning tools.

## **Splat!**

Grades 1 - 5, 3:30 - 4:30pm, \$82 (6 weeks), Ceramics Room, Instructors: Wicked Cool for Kids Staff  
This program allows the special artist in every child loose. Lots of different materials are used to produce their own kid-style works of art. Kids should bring their own clothing protection.

| Dates                           | Activity # |
|---------------------------------|------------|
| March 28 - May 9 (not April 18) | 343501-A   |
| May 16 - June 20                | 343501-B   |

# **YOUTH COOKING & CRAFTS**

## **Bake 'Em And Take 'Em**

Grades 1-5, \$20 per date, Function Rm. 2, Instructor: Carol Sheldon

Make and decorate goodies! Come ready to create delicious treats. All materials provided. Bring a container to bring home your creations. Parent volunteers are welcome for each class.

| Date   | Theme               | 10 am- 12 pm<br>Activity # | 12:30-2:30 pm<br>Activity # |
|--------|---------------------|----------------------------|-----------------------------|
| May 12 | Mother's Day Sweets | 351401-A                   | 351401-B                    |
| June 2 | Spring Treats       | 351401-C                   | 351401-D                    |



## **Mixing It Up**

Grades 2-5, Saturdays, 3:30-5:30 pm, \$20, Function Rm. 2, Instructor: Carol Sheldon

In this hands-on beginner cooking class, kids will learn the use of baking-utensils, measuring, kitchen safety, and reading recipes. They will have fun creating nutritious, delicious food and simple meals. Enthusiasm of creating something themselves will boost their self-esteem. Kids cooking activities are a great way to express themselves and enjoy sharing their creations with family. Food, recipes, and aprons are provided. You will need to provide your own baking dish.

| Dates    | Activity # | Dates | Activity # | Dates  | Activity # |
|----------|------------|-------|------------|--------|------------|
| April 28 | 350601-A   | May 5 | 350601-B   | May 19 | 350601-C   |

## **Knit Club**

Grades 2-7, Thursdays, March 29 - June 7 (not April 19), 4:30-5:30pm, \$124 (10 weeks)  
Rec Conference Room, Instructor: Dotty Martin, Activity #: 352901-A

Come and join our knitting club. You will have a blast. If you enjoy being in a group that loves good conversation, good music, popcorn and great knitting, then this is the club to be in. Don't worry if you've never tried knitting because you will learn quickly. If you are an experienced knitter then you will learn new things and pick up new pattern ideas. We will knit bunnies, scarves, pillows, toys and much more. The projects are endless. Knitting is recognized for improving kids' concentration, dexterity and math skills, while building their confidence and healthy self-esteem. It's a place for children to explore and express their creativity while learning a hip and useful skill. Any level welcome.

## **American Girl Doll Create & Play**

Ages 5-10, Sunday, May 13, 2-5pm, \$44, Theme: Flower Power

Function Room 1, Instructors: Diane Dinell, M.Ed. and Beth Meditz, M.Ed., Activity #: 305801-A

Join the team from Event-FULL! LLC and bring your special friend to this workshop for several hours that you will both enjoy. You will creatively design items for your doll that you and she will love. What you make and take home will lead to hours and hours of continued play and enjoyment.

Please send your child with a nut-free snack and drink.

# YOUTH SPORTS

## Fencing

Ages 9 - 14, Saturdays, March 31 - May 19, 3 - 3:45 pm, \$123 (8 weeks), Steve Nugent's Institute / 207F Cambridge St, Instructor: Steve Nugent & Staff, Activity #374701-A

Benefits of fencing include enhanced fitness (strength, cardiovascular, balance, and flexibility), self discipline, confidence, character and sportsmanship. Classes will introduce proper mechanics, technique and ability-specific fencing situations and strategies. All equipment is provided.

## Mini March Madness

Grades: K-2, Saturdays, March 17-April 7, Francis Wyman Gym, Instructor: Ken Pondelli  
This introduction to basketball will teach participants the basic skills and fundamentals.

| Grade                       |       | Time            | Activity # |       | Time      | Activity # |
|-----------------------------|-------|-----------------|------------|-------|-----------|------------|
| Kindergarten (Fee: \$26)    | Co-Ed | 11:45am-12:45pm | 274901-A   |       |           |            |
| 1st & 2nd Grade (Fee: \$38) | Boys  | 1-2:30pm        | 274901-B   | Girls | 2:45-4:15 | 274901-C   |

## Jr. Golf School Clinic

Ages 7 - 14, Monday - Friday, April 16 - 20 (school vacation week), \$98, Billerica Country Club, Instructor: Barrie Bruce Golf School

One of our most popular golf programs! This clinic is a series of five one-and-a-half-hour lessons dealing with safety, the address position, the swing, irons, woods, the short game, and golf etiquette. These classes are for beginners as well as those who are in the process of developing better golf skills.

| Time          | Activity # |
|---------------|------------|
| 10:00-11:30am | 370601-A   |
| 2:00-3:30pm   | 370601-B   |

## Intro to Track and Field

Grades 3 - 5, April 24 - June 15, \$20, Director: Matt Carr, Location: BHS Track, Activity #: 371611-A

An introduction to track and field for girls and boys. The program will include instruction, track and field competition and special events. Our staff will teach you the team aspects of the sport as well as record individual achievements. Track meets are planned with surrounding towns. Each participant will receive a team shirt. Schedule and times will vary due to the availability of the BHS track.

## Track and Field Challenge

Grades 6 - 8, April 24 - June 15, \$20, Director: Matt Carr, Location: BHS Track, Activity #: 371621-A

A challenging track and field program for boys and girls, which will include instruction and regular competitions. Track meets are planned with surrounding towns. Each participant will receive a team shirt. Schedule and times will vary due to the availability of the BHS track.



# **YOUTH FITNESS**

## **Hip Hop**

Ages: 6 - 10, Fridays, March 30 - June 15 (not April 6 or April 20), 4 - 4:45 pm, \$64 (10 weeks)  
Function Rm. 2, Instructor: Lisa Sanchez, Activity #330701-A

This class fuses fun and imaginative dance elements with age-appropriate music. Open to all levels.

## **Youth Cardio-Dancercise**

Grade 5 - up, Tuesdays, April 3 - June 12 (not April 17), 4 - 5 pm, \$33 (10 weeks)  
Recreation Gym, Instructor: Lauren Mattson, Activity #310602-A

Do you like to dance? Working out can be fun!!! Get fit and have fun grooving to Top 40 hits of yesterday and today. This is a high-impact, high energy workout. This class will incorporate easy to follow dance-like movements with body toning exercises set to popular music and heart pumping beats. Suitable for all levels, this total body workout will help you shed fat and tone muscles in a fun, party-like atmosphere, try it and see.

## **Yoga for Kids**

Ages 5 - 12, Tuesdays, April 3 - June 12 (not April 17), \$54 (10 weeks)  
Function Rm. 2, Instructor: Karen Pickette

Yoga helps children to develop better body awareness, self-control, flexibility and coordination. Yoga has also been shown to help the hyperactive and attention-deficit child. These children crave movement and sensory/motor stimulus. Yoga helps channel these impulses in a positive way. Yoga brings that inner light that all children have to the surface. Bring a mat and water bottle.

| Ages | Time         | Activity # |
|------|--------------|------------|
| 5-8  | 3:30-4:30 pm | 311201-A   |
| 9-12 | 4:45-5:45 pm | 311201-B   |

## **Teen Yoga**

Ages 13 - up, Mondays, April 2 - June 18 (not April 16 or May 28), 4- 5 pm, \$54 (10 weeks)  
Function Rm. 2, Instructor: Karen Pickette, Activity #311202-A

The ancient practice of yoga can help you cope with the stresses that teenagers face. Yoga can improve confidence, appearance, health, fitness level and be a lot of fun. The regular practice of yoga can help you maintain balance and keep the spirit and soul strong and healthy, thereby benefiting body and mind. Yoga provides a total body workout. Bring a mat and water bottle.

## **Karate**

Ages 5 - 13, \$146 (13 weeks)

Location: Steve Nugent's Institute / 207F Cambridge St., Instructors: Steve Nugent & staff  
An introductory karate program which teaches proper stance, breathing, how to stretch, self-discipline, coordination, and practical self-defense. In addition, the classes cover health, nutrition, fire safety, and stranger awareness.

| Days                                       | Times       | Activity # |
|--|-------------|------------|
| Mondays, March 26 - June 25 (not May 28)   | 5:30-6:15pm | 370501-A   |
| Mondays, March 26 - June 25 (not May 28)   | 6:15-7:00pm | 370501-B   |
| Wednesdays, March 28 - June 20             | 6:15-7:00pm | 370501-C   |
| Saturdays, March 31 - June 30 (not May 26) | 2:00-2:45pm | 370501-D   |

# YOUTH

## Blaster Tactics

Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff, \$154 (10 weeks)

Blaster tactics takes games to a new, high intensity level. In this tactics class, students will learn to manipulate a Nerf blaster for improved performance during games. Speed and accuracy will be drilled so that students can play at a more proficient level. Teamwork will also be paramount in order for kids to learn advanced tactics. This class will help increase your ability to think on your feet, react to changing circumstances, and communicate effectively as a team.

| Ages  | Days       | Dates             | Time   | Activity # |
|-------|------------|-------------------|--------|------------|
| 6-10  | Wednesdays | March 28 - May 30 | 4-5 pm | 351301-B   |
| 11-16 | Tuesdays   | March 27 - May 29 | 6-7 pm | 351301-A   |

## Ace Games With Nerf

Guard Up! Inc, 103 Terrace Hall Avenue, Instructor: Guard Up! Staff, \$154 (10 weeks)

Using exciting Nerf blasters, our ACE (Active Character Education) class challenges students physically and mentally in an environment that promotes education through entertainment. The course curriculum covers teamwork, leadership, listening skills, communication exercises, creative problem solving, and more! Additional rental fee may apply.

| Ages  | Days      | Dates             | Time   | Activity # |
|-------|-----------|-------------------|--------|------------|
| 6-10  | Sundays   | March 25 - May 27 | 3-4 pm | 351201-B   |
| 11-16 | Thursdays | March 29 - May 31 | 6-7 pm | 351201-A   |

## Harry Potter Lego Playland

Ages 5 - 10, Sunday, April 29, 2 - 5 pm, \$44, Function Room 1

Instructors: Diane Dinell, M.Ed. and Beth Meditz, M.Ed., Activity #: 305501-A

This program will be centered around everything Harry Potter and LEGO!! Join the team from Event-FULL!, LLC ([www.event-full.net](http://www.event-full.net)) and participate in building/creating LEGO structures based on ideas that you have created in your own mind! Each participant will have the opportunity to work with hundreds of thousands of LEGOs and Harry Potter LEGO Characters!!! This program fosters both individual creativity as well as teamwork/cooperation skills while have FUN with friends!

The LEGOs stay with us, but the experience is yours forever! Each child will go home with a framed picture of themselves and what they create as well as a creative hands-on magical science experiment they will experience during the workshop. Please send your child with a nut-free snack and drink.

## Beat Bullying

Ages 6 - 12, Saturday, April 28, 4 - 5 pm, \$18, Activity # 358301-A

Steve Nugent's Institute/207F Cambridge Street, Instructor: Steve Nugent & Staff

Bullying is a behavior that is intentional, repetitive, and hurtful. An imbalance of power exists between the child who is bullying and the intended target. Bullying is never okay. In this class, children will learn direct and indirect techniques that will help them deal with a bully effectively.

# YOUTH

## Chess Instruction

Grades 1-8, \$76 (8 weeks), Function Room 1, Instructor: Ricky Lunetta

Students will learn chess strategies and tactics and play matches to apply what they've learned. A tournament will be held at the end of the session. No experience necessary! All levels from beginner to advanced are welcome. Coach Lunetta, an avid chess player, began the program in 2001 and later became the coach of the Burlington High School Chess Team.

*\*In order to sign up for Advanced, child must complete the Beginner program twice.*

|          | Dates                         | No Program | Time        | Activity # |
|----------|-------------------------------|------------|-------------|------------|
| Beginner | Wednesdays, March 21 - May 16 | April 18   | 3:15-4:45pm | 352401-A   |
| Advanced | Fridays, March 23 - May 18    | April 20   | 3:30-5pm    | 352401-B   |

## Mad Science® - "Crazy ChemWorks"

Grades: 1-4, Thursdays, March 15 - May 10 (not April 19), 3:30 - 4:30pm, \$107 (8 weeks)  
Function Room 2, Activity #: 351001-A

Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! In this program, we'll have a blast exploring chemistry and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, and inquiry-based discussions.

We'll learn about the tools scientists use in their laboratories; atoms, molecules, and reactions; acids and bases; and fluorescence and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling and see some very cool dry ice demonstrations! The best part is that each week we'll be able to continue the science fun at home with our very own labware take-homes!

## Youth Center - Grade 5

Fridays, 7 - 9 pm, Recreation Center, \$5 registration fee per night (no fee at the door)

Where's the place to be on Friday nights this Spring?!? It's definitely the Youth Center! Meet up with friends and try your hand at sport challenges, craft projects and video games. From time to time we will have a Theme Night! A snack bar offering favorite drinks and snacks will be available for a small cost.

| Date     | Activity # | Date   | Activity # |
|----------|------------|--------|------------|
| April 13 | 500525-H   | May 11 | 500525-I   |

## Youth Center - Grades 6 & 7

Fridays, 7 - 9 pm, Recreation Center, \$5 registration fee per night (no fee at the door)

Tired of the mall scene? No good movies playing? Come to one of Burlington's best places to hang out! This Spring the Youth Center will be offering some old favorites plus some new activities that are guaranteed to please. Team up with friends for sports, music and video games. We'll have themed nights with contests, games and prizes. A snack bar offering favorite drinks and snacks will be available for a small cost.

| Date     | Activity # | Date   | Activity # |
|----------|------------|--------|------------|
| April 27 | 500526-H   | May 18 | 500526-I   |

# **SOMETHING FOR EVERYONE**

## **Intro to Guitar**

Grade 6 - Adults, Tuesdays, March 20 - May 15 (not April 17), 7 - 8 pm, \$74 (8 weeks)  
BHS Music Room, Instructor: Brian Grzelak, Activity #: 341111-A

Are you learning the basics of guitar playing? Participants will learn how the guitar works, how to play chords, how to play melody, how to play with others, different techniques, how to read music, and basic music theory centered around guitar. ***Students must bring their own guitar.***



## **Introduction to Ukulele**

All Ages, Wednesdays, May 9 - June 13, 6:30 - 7:15 pm, \$154 (6 weeks)  
Real School of Music, 56 Middlesex Turnpike, Activity #: 342704-A

This beginner class will teach the fundamentals of playing and performing songs in several different styles on this unique and fun instrument. Students will need to supply their own ukulele.

## **Introduction to Folk Mandolin**

All Ages, Tuesdays, May 8 - June 12, 7 - 7:45 pm, \$154 (6 weeks)  
Real School of Music, 56 Middlesex Turnpike, Activity #: 342604-A

This class will cover the basics of this small Celtic instrument including basic open string chord forms and strums, easy scale patterns and picking, rhythm and timing. The class will work on a selection of tunes drawn from Celtic, French and American traditions. Students will need to supply their own mandolin. Materials will be provided.

## **Introduction to Banjo**

All Ages, Mondays, May 7 - June 18 (not May 28), 6:30 - 7:15 pm, \$154 (6 weeks)  
Real School of Music, 56 Middlesex Turnpike, Activity #: 343103-A

This class gives a basic introduction to the world of banjo playing. You will learn how to play this unique American instrument in several styles- Bluegrass, frailing, clawhammer and more! No prior experience necessary.

## **Boating Skills & Seamanship**

Ages 9 - Adult, Tuesdays, February 28 - May 22 (not April 17), 7-9pm, \$58 (12 weeks)  
Meeting Room, Instructor: Larry Nobrega, FSO-PE/SO-PE, Activity #: 253003-A

This course is designed for both the experienced and novice boater. Seamanship is a natural first/next step in building a foundation for confidence and competence in safe and enjoyable boating on the water. It extends the knowledge and skills of the boater in handling and maneuvering their vessel. If you are interested in an exciting, and in depth boating safety course then this is for you!