

Youth Programs

BABYSITTERS TRAINING (ages 11+) \$85
Dates/Time: 3 Thursdays, March 7, 21, 28, 6:30—9:00 p.m.
Location: Town Office Building ~ Parker Room

CHESS CLASSES \$125
 * **Beginner (ages 5—12)**
Dates: 8 Wednesdays, January 9—March 6 (no 2/20)
Time: 4:35—5:35 p.m.

* **Intermediate (Ages 6—13)**
Dates: 8 Tuesdays, January 8—March 5 (no 2/19)
Time: 4:35—5:35 p.m.

* **Advanced (Ages 7—15)**
Dates: 8 Tuesdays, January 8—March 5 (no 2/19)
Time: 5:35—6:35 p.m.
Location: All classes held in Town Office Building ~ Parker Room

FUNDAMENTALS OF FENCING—Special Defenses and Sabre (Ages 7—14) \$90
Dates: 6 Tuesdays, January 8—February 12
Time: 6:30—7:30 p.m.

FUNDAMENTALS OF FENCING—Ducking Techniques and Rapier (Ages 7—14) \$90
Dates: 6 Tuesdays, February 26—April 2
Time: 6:30—7:30 p.m.

YOUTH BASKETBALL CLINIC (Grades 2—4) \$100
 Saturdays, January 5 through March 23 (no 2/16 and 2/23)
 (Call the Recreation Department for availability.)

ADAPTIVE BASKETBALL PROGRAM (ages 7—16) \$65
Dates: 6 Saturdays, January 12—March 2 (no 2/16, 2/23)
Time: 10:30 a.m.—11:15 a.m. or 11:15 a.m.—12:00 p.m.
Location: Hastings School Gym

YOUTH KARATE / SELF DEFENSE CLASS (Ages 6—11) \$99
Dates: 6 Wednesdays, February 6—March 20 (no 2/20)
Time: 5:00—5:45 p.m.
Location: Cary Hall Building ~ Estabrook Hall

For the past 20 years Elite Freestyle Karate and Fitness has helped thousands of children improve their confidence, focus, self-discipline, respect and leadership in addition to improving invaluable life skills. They are now bringing their most modern, up-to-date training to Lexington where students will prepare to face challenges that may await them in the real world. Space is limited.

SMART START BASKETBALL (ages 5—7 with a parent) \$60
Dates: 6 Saturdays, January 12—March 2 (no 2/16, 2/23)
Time: 12:15—1:15 p.m.
Location: Hastings School Gym



SKI AND SNOWBOARDING FOR GRADES 2—5

Fee: \$270 with transportation/\$210 no transportation
Dates: 6 Thursdays, January 3—February 7, 2013
Time: 1:00—5:15 p.m.
Location: Nashoba Valley Ski Area

MIDDLE SCHOOL & HIGH SCHOOL SKI AND SNOWBOARDING
Fee: \$220 with lesson/ \$250 without lesson
Dates: 5 Fridays, January 4—February 1, 2013
 (Call the Recreation Department for availability)

December & February Vacation	
DECEMBER VACATION CHESS ~ SCIENCE CLINIC (6—13)	\$95
Dates:	Wednesday—Friday, December 26—28, 2012
Time:	9:30—11:30 a.m.
Location:	Cary Hall Building ~ Estabrook Hall
FEBRUARY VACATION CHESS CLINIC (ages 6—13)	\$125
Dates:	Tuesday—Friday, February 19—22
Time:	9:30—11:30 a.m.
Location:	Cary Hall Building
THEATERIFFICS (ages 6—13)	\$250
Dates:	Tuesday—Friday, February 19—22
Time:	9:00 a.m.—4:00 p.m.
Location:	Cary Hall Auditorium

ED2GO ~ ONLINE EDUCATION COURSES \$84+ per class

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for 6 weeks and is comprised of 12 lessons. Upcoming class start dates are December 19, January 16, February 20 and March 20. Visit the Online Instruction Center at www.ed2go.com/lexrec to view courses and content, and to enroll in a class.

MEN'S WINTER DROP IN BASKETBALL \$40

The men's drop-in will run from January—March on Wednesday nights from 8—10 p.m. at the Diamond Middle School.

WOMENS INDOOR BOOT CAMP \$75 (ID Card)

Dates: Tuesday and Thursday, December 4—March 28
 (no 12/25, 12/27, 1/1, 2/19, 2/21 and no snow days)
Time: 6:00—7:00 a.m.

Location: Lexington High School Field House

Join with your friends from the popular Spring, Summer and Fall outdoor Boot Camp, to continue your workouts inside the LHS Field House during the cold snowy winter months. The \$75 fee will provide you with an AM/PM Gym ID card that may also be used at the Monday, Wednesday and Friday morning and Monday—Thursday evening drop in program.

EARLY MORNING ADULT DROP-IN at the LHS FIELD HOUSE

Ages: 18+
Dates: Monday, Wednesday & Friday, September 2012—August 2013
Time: 6:00—7:00 a.m.
Fee: \$75/Lexington residents \$95/Non residents

Season membership cards are required for this morning drop in program. The pass is also valid for the adult evening drop in programs.

EVENING ADULT DROP-IN PROGRAM AT LHS

Monday—Thursday evenings, 7:15—9:30 p.m., November 5, 2012 through April 11, 2013. The Adult Drop-In Evening Program seasonal membership fee is \$50.00 for Lexington residents; \$75.00 for non-residents. The daily fee is \$3.00 for residents or \$5.00 for non-residents.

For more complete program descriptions check out our website and register online at:

www.lexingtonma.gov/recreationdepartment.cfm

Lexington Recreation Mail—In Program Registration Form

Participant Name _____ Male Female

Street Address _____

Town _____ State _____ Zip Code _____

Home Phone _____ Cell Phone _____

Email Address _____

D.O.B _____ Age _____ Grade _____ School _____

Special Instructions and/or information that the instructor needs to be aware of: _____

Program	Start Date	Time	Fee

Scholarship Donation: \$ _____ Total Payment \$ _____

I/We, the parent(s) / guardian(s) of _____ a minor, or I, _____ the adult participant, hereby consent to participation in the Town of Lexington Recreation Department programs, pictures to be taken for advertisement and/or promotion of program and use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor or adult participant in connection with such program, hereby give permission to the Town of Lexington Recreation Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment if the need arises.

Print Parent/Guardian/Adult Participant Name: _____

Signature (If under 18, Parent/Guardian Signature): _____

Date: _____

Method of Payment

Check Cash
 MasterCard Visa
 Discover AMEX

Credit Card # _____ Exp. date _____

Signature _____

Make checks payable to **TOWN OF LEXINGTON** and mail registration and payment to: Lexington Recreation Department

1625 Massachusetts Avenue, Lexington, MA 02420
 You may also use the Town Office Building Drop Box located in front of Cary Hall.

You may also register online by clicking the link on our home page at:

www.lexingtonma.gov/recreationdepartment.cfm

REFUND POLICY

Participants who withdraw from a program less than five business days prior to the start of the program or after the program has begun are NOT eligible for a refund or credit. Participants who withdraw from a program five business days before the start of the program may receive a credit, less the minimum \$10 cancellation fee towards another Recreation program. All refund or credit requests must be made in writing.

Adult Programs

BODY CORE: Cardio, Pilates and More \$140/20 classes

Dates: Monday & Thursday, January 3—March 21
(no 1/21, 2/18, 2/21)

Time/Location: 6:00—7:30 p.m., Hastings School Gym

BALLROOM DANCE \$125/couple ~ \$135/non-resident couple

Dates: 10 Tuesdays, January 22—April 2 (no 2/19)

Times: Beginner Ballroom 6:30—7:30 p.m.
Level II & Advanced 7:30—8:30 p.m.

Location: Harrington School Gym

ADULT SKI AND SNOWBOARD LESSONS

Nashoba Valley Ski Area, Westford, MA beginning January 2, 2013

6 Monday, Tuesday, Wednesday or Thursday mornings **\$180**

beginning January 2nd from 9:00 a.m.—5:00 p.m. (lesson: 10:00 a.m.)

6 Monday, Tuesday, Wednesday or Thursday evenings **\$180**

beginning January 2nd from 5:00—10:00 p.m. (lesson: 7:30 p.m.)

5 Monday or Wednesday mornings **Young at Heart** Program (55+) **\$170**

beginning January 2nd 9:00 a.m.—5:00 p.m. (coffee at 8:30; lesson at 10:15 a.m.)

ZUMBA (Dance and Exercise) **\$125***

Dates: 10 Wednesdays, January 2—March 13 (no 2/20)

Time/Location: 6:45—7:40 p.m., Hastings School Gym

Dates: 10 Fridays, January 4—March 15 (no 2/22)

Time/Location: 9:30—10:25 a.m., First Parish Church

* Sign up for Zumba twice a week and second class is \$99

ABS (Abs Blast and Stretch) **\$55***

Dates: 8 Wednesdays, January 9—March 6 (no 2/20)

Time/Location: 7:45—8:15 p.m., Hastings School Gym

Dates: 8 Fridays, January 11—March 8 (no 2/22)

Time/Location: 10:30—11:00 a.m., First Parish Church

*Sign up for ABS twice a week and second class is \$45

RED CROSS CPR/AED/ FIRST AID COURSE **\$125***

Dates/Time: 2 Tuesdays, March 19 and 26 ~ 6:30—9:30 p.m.

Location: Town Office Building ~ Parker Room

* **CPR/AED Recertification only: March 19** **\$80**

RED CROSS CPR for the Professional Rescuer Recertification **\$100**

Date/Time: Tuesday, March 5, 2013 ~ 6:30—9:30 p.m.

Location: Town Office Building ~ Parker Room

YOGA CLASSES **\$120/session**

Dates: 10 Tuesdays, January 8—March 19 (no 2/19)

Time: 7:30—8:30 p.m.

Location: Cary Hall ~ Bird Room

Dates: 10 Thursdays, January 10—March 21 (no 2/21)

Time: 7:00—8:00 p.m.

Location: Cary Hall Building ~ Bird Room

GROWING PLANTS FROM SEEDS **\$30**

Date/Time: Sunday, February 17, 4:30—7:30 p.m.

Location: McCue Garden Center, Woburn

Why wait until April to play in the dirt. Save money and plant something different in your garden this year by starting and growing indoors from seeds. This three-hour course taught by Peter Coppola will get you started!

NO MAINTENANCE GARDENING **\$30**

Date/Time: Sunday, February 24, 4:30—7:30 p.m.

Location: McCue Garden Center, Woburn

No Maintenance Gardening and other lies you want to believe about caring for your plants and lawn. This three-hour session with Peter Coppola is filled with tricks and tips that will make your yard work much easier this summer. The dialog session will cover the reasons behind your favorite subjects: planting, watering, fertilizing, and lawn care. Warning: Gardening is addictive.

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LEXINGTON, MA

Town of Lexington
Recreation Department
Lexington, MA 02420

Lexington Recreation.....Fun and Fitness for All

Town of Lexington Recreation Department

Winter 2013

Program Supplement



1625 Massachusetts Avenue
Lexington, MA 02420

Telephone: (781) 862-0500 ext. 262

Recorded Information & Cancellation Line

(781) 862-0500 ext. 706

Visit us and register online at:

www.lexingtonma.gov/recreationdepartment.cfm