



"Recreation After-school Programs, RAP, are designed to provide the development of academic, social, and physical skills for students in a fun and friendly environment"

Registration starts FEB 22nd

It's a RAP!

RAP EARLY SPRING 2010 at Neary!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY (No class 4/1, 4/15)	FRIDAY (No class 4/2)
Voice Lessons 6 classes \$69	Dodgeball 6 classes \$69	Volleyball 6 classes \$69	Pillo-Polo 4 classes \$46	Girl's Circuit Training 5 classes \$58
	Bon Voyage 6 classes \$69	Skateboarding @ Subliminal Skatepark 6 classes \$119 (2:30 to 6:00pm) (Incl trans, facility fee)	Foods for Fitness from Sabine's Cuisine <i>New recipes!!!</i> 4 1.5hr classes \$79	Supervised Open Gym 5 classes \$58
NEW!!! Track and Field coming for 5 th Graders Starts 4/26- 6/4 See description for details		NEW!!! Track and Field coming for 5 th Graders Starts 4/26- 6/4 See description for details		NEW!!! Track and Field coming for 5 th Graders Starts 4/26- 6/4 See description for details

LOCATION: NEARY SCHOOL Southborough Recreation provides these programs at the Neary School or offsite.

DATES: March 8th - April 16th (6 Weeks).

TIME: 2:30-3:30pm Programs begin after school at 2:30. Students report to Recreation Monitor in the Gym for attendance and then to class with their instructor. Parent pick-up and sign-out in main lobby at 3:30.

CANCELLATIONS: Classes will be cancelled for unplanned emergencies such as instructor absence or snow and will be made up after the scheduled conclusion of RAP on their usual day and time, unless otherwise notified.

REGISTRATION:

- **ON-LINE:** By Credit Card (additional fee applies 6.5%). Web-site address at bottom of this page.
- **MAIL OR WALK-IN:** Southborough Recreation, 21 Highland Street. Office Hours: 8:30am - 4:30pm. Drop-off day/night in Mailbox on Recreation Office front door, or Green mailbox at TownHouse entrance.
- **CHECKS:** Payable to Southborough Recreation. Separate checks needed for each child and class to avoid re-issuing checks later if a class fills or cancels.

➤ **DEADLINE!!! On-line Registration closes March 4th. Registrations will ONLY be accepted after that date by Walk-in with a \$10 late fee.**

- **DO NOT SEND REGISTRATIONS TO THE SCHOOL!!!**

REFUNDS: NO REFUNDS Payment will ONLY be re-instated to you if the initial class you chose is cancelled or filled. All changes after registrations are received must be submitted in writing (E-mail preferred).

CONFIRMATION: BY E-MAIL. You will receive an E-mail confirmation of your child's enrollment in the class, however, this does not mean the class is running. We will attempt to notify you if minimum enrollments have not been met and the class is cancelled. To be sure, check the Website to verify if the class is running.



Check your E-MAIL regularly for PROGRAM ALERTS!!!





Read Class Descriptions for Exceptions and Full Course Information!!!

Bon Voyage

(Minimum 4 - Maximum 10 participants)

Bonjour! Get your bags packed! Get ready to take a virtual trip to France and learn the basics of the French language. This class is made to prepare you for middle school, and will jump-start your knowledge of the French language. You will excel in middle school French after taking this class. Lessons will be taught through games, crafts, and hands-on activities and will include the alphabet, numbers, food, seasons, and much more. So, get your passports ready for the trip of your life!

Instructor: Sarah Crothers, 8th grade Trottier student (under the guidance of Wendy Crothers and Mrs. Okacha, Trottier French teacher.)

Dodgeball

(Minimum 10-Maximum 30 participants)

Soft foam balls are used to test your skill at outmaneuvering your opponent. Students will learn about safety, proper throwing techniques, and strategies of the sport. Different dodge ball games will be taught. Learn the skills and tricks to become the ultimate at dodging the ball.

Instructor: Cameron Chapski, Southborough Resident, College student

Foods for Fitness w/ Sabine's Cuisine New Recipes!!!

(Minimum 6 - Maximum 12 participants)

This class will introduce kids to nutritious and delicious recipes using some of the 14 superfoods so they learn to maximize their energy throughout the day for the various activities they are involved in. This is a great class to teach kids the value of healthy eating in a fun way that involves delicious (not boring) foods and will bring them a lifetime of healthy eating habits! **Each class will be 1.5 hours. Parent pick-up is at 4:00pm.**

Instructor: Sabine St. Pierre, Former Neary Teacher and Owner of Sabine's Cuisine

Girl's Circuit Training

(Minimum 6 - Maximum 15 participants)

This class is a total body work-out that is total FUN by exercising to today's popular music. Participants will work with a bar bell and free weights to work all muscle groups. This class is designed to strengthen and tone the entire body. In addition, this class will teach students proper form and conditioning that they can do at home and will carry over into improving their performance in all their sporting activities.

Instructor: Aimee Siegel, Certified Group Fitness Instructor

Pillo Polo

(Minimum 10 - Maximum 30 participants)

Pillo Polo is Floor Hockey with soft sticks and a soft ball. The game is played with 6 players on each team. Students will rotate through the four positions of Goalie, Defenseman, Forward and Center. Each team is trying to score the ball into the opposing team's net. The rules of Pillo Polo will help students relate to Ice Hockey rules. Students will also learn sportsmanship and teamwork.

Instructor: Cameron Chapski, Southborough Resident, College student

Supervised Open Gym

(Minimum 10 - Maximum 30 participants)

This is a great chance to get some exercise and blow off steam! Come play a variety of sports games such as basketball, dodgeball, pillo-polo and other gym games. You can organize your own games, teams, and tournaments.

Instructor: Monitor Supervision

Skateboarding

(Minimum 5- Maximum 12 participants)

Improve your skateboarding skills by joining us at the newly refurbished Subliminal Skatepark in Shrewsbury, Ma . The fee includes supervision, transportation to the facility, and the \$15 admission fee. Protective gear is a must including helmet, knee, elbow and wrist pads. A separate skatepark waiver must also be signed and notarized for admission to the park.

Instructor: Recreation Office Personnel

Track and Field

(Minimum 15 - Maximum 50 Participants)

Program begins April 26th and ends June 4th. You may register for this program beginning now through April 22nd. (NOTE: The last session of RAP begins May 10th and ends June 18th). The Track and Field program will focus on an introduction to several events such as distance running, sprinting, relays, long jump, triple jump, high jump, and shot put. Basic techniques will be taught with plenty of practice time. There will be opportunities to participate in track meets. This program runs 3 days/week . Cost is \$150 for the three days. Due to the many days that this class is held above and beyond the other classes there are no make-up classes. Students will be escorted to the Trottier School.

Instructor: Jeff Beane, & Tom McCabe

Voice lessons

If you are into musical theatre or just like singing this class will help you to refine your singing style You will learn about range, pitch and rhythm for a healthy singing voice. Music will be provided, but students are also encouraged to bring in sheet music of their own. Come learn to sing the proper way and earn an edge for your next audition!!!

Instructor: Mike Jones, Singing Coach. Currently studying at the Boston Conservatory where he will receive his master's in music education. Has over 7 years of teaching experience. Certified Orff teacher with all three levels of instruction. Musical director for several local community theater groups.

Volleyball

(Minimum 8 – Maximum 16 Participants)

If you had fun playing volleyball in gym class and want to continue learning this exciting game, this class is for you! Improve your form and technique with fun drills and games! This is a great team sport to learn or just to have fun!

Instructor: Brendon Eagle, ARHS high School Senior



RAP REGISTRATION FORM for NEARY Students

RAP Early Spring 2010

March 8th - April 16th (6 Weeks)



Participant Information:

Participant Name : _____ Bus # : _____ Ext Day after RAP class: Y or N
 D/O/B _____ Grade: _____ Teacher : _____
 Address: _____
 Home Phone: _____ Work #: _____ Cell #: _____
 Email: _____
 Allergies/Medical Concerns/ Special Concerns/ List any information that may be helpful to our staff when working with your child: _____

Emergency Information:

Number where parent can be reached at all times: _____
 Emergency Contact Name _____ Phone #: _____

Circle Desired Courses: NEARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY (No class 4/1, 4/15)	FRIDAY (No class 4/2)
Voice Lessons 6 classes \$69	Dodgeball 6 classes \$69	Volleyball 6 classes \$69	Pillo-Polo 4 classes \$46	Girl's Circuit Training 5 classes \$58
	Bon Voyage 6 classes \$69	Skateboarding @ Subliminal Skatepark 6 classes \$119 (2:30 to 6:00pm) (Incl trans, facility fee)	Foods for Fitness from Sabine's Cuisine New recipes!!! 4 1.5hr classes \$79	Supervised Open Gym 5 classes \$58
NEW!!! Track and Field coming for 5 th Graders Starts 4/26- 6/4 See description for details		NEW!!! Track and Field coming for 5 th Graders Starts 4/26- 6/4 See description for details		NEW!!! Track and Field coming for 5 th Graders Starts 4/26- 6/4 See description for details

Credit Card for on line registration only (6.5% fee). Or Checks payable to Southborough Recreation. Separate checks for each child and class to avoid re-issuing checks later if a class fills or cancels.



Send a note to your child's teacher on first day of RAP class!!!

Send a nut-free snack with your child for RAP class!!!

Check your E-MAILS and the WEBSITE regularly for ALERTS!!!



STUDENT AND PARENT COMMITMENT

My child has my permission to participate in the RAP class selected above. I understand that it is my responsibility to arrange for my child's safe and on time transportation home at the end of class. In the event that the program takes place off school property, I give my child permission to travel to and from the off-site activity in a recreation sponsored vehicle or private vehicle. I further agree to hold the Recreation Commission and the Town of Southborough together with its agents and employees jointly and severally harmless for any injury or accidents sustained during the transport. I agree not to hold responsible the Southborough Recreation Commission; the Town of Southborough; the owners of the premises where the program is held; or any of the parties connected with the program for any injury or accident that may occur during the program. I have read the student behavior policy, in this brochure, regarding participation in any RAP program and have reviewed it with my child. In the event of an emergency, I give authorization for emergency transportation and medical treatment. I understand that I will be notified prior to transport if possible.

✓ **Signature Parent/Guardian** _____ **Date** _____

For Office Use Only

Date Rcd. _____ Check # _____ Amount \$ _____

Southborough Recreation 21 Highland Street 508-229-4452

www.southboroughtown.com/recreation/recreation.htm