



"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 22<sup>nd</sup>

**It's a RAP!**  
**RAP EARLY SPRING 2010 at Trottier!**  
**March 8<sup>th</sup> - April 16<sup>th</sup>**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY (No class 4/1,4/15)	FRIDAY (No class 4/2 )
<b>Voice Lessons</b> 6 classes \$69	<b>Girls Circuit Training</b> 5 classes \$58	<b>Skateboarding</b> @ Subliminal Skatepark 6 classes \$119 (2:30 to 6:00pm) Includes trans, facility fee	<b>Wii Tournament Time</b> 5 classes \$58	<b>AM SPORTS PREP</b> w/ Mr. St. Pierre 5 classes \$58
				<b>Voice Lessons</b> 5 classes \$58
<b>Track &amp; Field coming...</b> Starts 4/26- 6/4 See description for details		<b>Track &amp; Field coming...</b> Starts 4/26- 6/4 See description for details		<b>Track &amp; Field coming...</b> Starts 4/26- 6/4 See description for details

**LOCATION:** TROTTIER SCHOOL Classes are held at Trottier or off-site.

**TIME:** 2:20-3:50pm (Note exceptions in descriptions). Students report to Recreation Monitor in Main Lobby at 2:20pm school dismissal. For those parents wishing to pick up, pick up is in the main lobby at 3:50.

**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: Starts FEB 22<sup>nd</sup> !!!**

- **ON-LINE:** By Credit Card (additional 6.5% fee applies) Web-site address at bottom of this page
- **MAIL OR WALK-IN:** Southborough Recreation, 21 Highland Street. Office Hours are 8:30am - 4:30pm. Drop off registrations day/night in Mailbox on Recreation Office front door or Green Mailbox at Townhouse.
- **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 4<sup>th</sup> . 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 returned if the initial class cancels/fills, or a medical reason with a doctor's note. Changes after registrations are received must be submitted in writing (E-mail accepted).

**CONFIRMATION: BY E-MAIL** You will receive E-mail confirmation of your child's enrollment in the class. This does not mean the class is running. We will attempt to notify you if minimum enrollments have not been met and the class cancels. 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 !!!

### 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*

### Sports Prep AM

*(Minimum 6 - Maximum 12 Students)*

This fitness program will focus on athletic strength and cardiovascular conditioning. The class is geared for the student who would like to increase their strength and leave with an idea of how to properly train for sports and be better conditioned, stronger and faster in the sports they play. Each week will highlight different muscle groups as well as station training. Jump ropes and light weights will be used to complete our exercises. This class is run in the morning from 6:45 to 7:45AM.

*Instructor: Tom St. Pierre, Trottier Teacher*

### Wii Tournament Time

*(Minimum 5- Maximum 8 participants)*

Do you Wii? Join the Wii Tournament!! Keep active and social through the early spring. Teams will be set up and ready to compete in Tennis, bowling, golf and more!

*Instructor: TBA*

### 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 26<sup>th</sup> and ends June 4<sup>th</sup>. You may register for this program now through April 22nd. (NOTE: The last session of RAP begins May 10<sup>th</sup> and ends June 18<sup>th</sup>).** 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.

*Instructor: Jeff Beane, & Tom McCabe*

### Voice lessons

*(Minimum 5 - Maximum 10 participants)*

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!!! **NOTE:** The class is offered on two different days and **the Monday class only** will be combined with Neary.

*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.*



# RAP REGISTRATION FORM for Trottier students

Early spring 2010  
March 8<sup>th</sup> - April 16<sup>th</sup> (6 Weeks)



## Participant Information:

Participant Name \_\_\_\_\_ D/O/B \_\_\_\_\_ Grade \_\_\_\_\_  
 Address \_\_\_\_\_  
 Home # \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_  
 Email \_\_\_\_\_  
 Allergies/Medical Concerns/ Special Concerns/ List any information that is important to our staff when working with your child (attach additional sheet if necessary) \_\_\_\_\_

## Emergency Information:

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

## Circle Desired Courses: Trottier

MONDAY	TUESDAY	WEDNESDAY	THURSDAY (No class 4/1, 4/15)	FRIDAY (No class 4/2 )
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- Credit Card payment for On-line registration only (6.5%fee). Checks payable to Southborough Recreation. Separate checks for each child and class to avoid re-issuing checks later if a class fills or cancels.

## 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](http://www.southboroughtown.com/recreation/recreation.htm)