

Littleton Parks, Recreation & Community Education

Winter 2017

Littleton Parks, Recreation & Community Education

P O Box 934, Littleton, MA 01460

978 540-2490 Fax: 978 952-6053

Email: littletonrec@littletonma.org

Visit us at www.littltonrec.com

Littleton Parks, Recreation & Community Education Winter 2017

Season's Greetings,

Our department is delighted to bring you another winter full of wonderful events and fun programs. Community building and continuing education is very important to us and we work hard to bring you a varied selection of activities and enrichment programs. Your continued enrollment in these programs and activities allows us to continue to operate and serve the public. We thank you for your support in the past and your continued support in the future.

I would also like to post a reminder to go to our website and create a new account with our updated registration software if you have not already. Unfortunately, we were not able to transfer the data from the old system to the new, but setting up a new account is very simple. You can visit our website at www.littletonrec.com and go to the "how to register" tab, click on the "register online" tab, and then click the "create an account" tab and fill in the information. If you have any questions please stop in and see up at 33 Shattuck Street or give us a call at 978-540-2490.

Warmest Regards,
Alicia Day

aday@littletonma.org
978-540-2490

Littleton Parks, Recreation & Community Education Winter 2017

STAFF

Administration

Director Alicia Day
Assistant Director..... Sharon Martel
Recreation Specialist..... Erin Goebel
Recreation Coordinator..... Lauren Lastrila

Commissioners

Interim Chairman Ivan Pagacik
Board Member Michael Crory
Board Member Ivan Pagacik
Board Member Kevin Hunt
Board Member Gary Austin

The Parks, Recreation & Community Education Commission consists of five residents elected by the town voters. The Commission is a policy-making board responsible to the town for providing year-round high quality indoor and outdoor recreation activities for children and adults. They are concerned with meeting appropriate community based needs that are cost efficient and within the reach of the overall community resource base while providing the highest level of participant satisfaction. All individuals with special conditions are entitled to full participation in any Littleton Parks, Recreation & Community Education Program. The Parks, Recreation & Community Education meetings are held on the second Monday of each month, unless otherwise posted. The meetings are open to the public and are posted at Town Hall. It is the policy of the commission that no resident of the town shall be refused participation in a program or the use of facilities because of inability to pay. Confidential application for financial aid can be made to the Director, if a hardship exists, the applicant may be granted a reduction in fees, at the discretion of the director. Please contact Alicia Day, Director, with any questions.

REGISTRATION

Register Online/By Mail/ In Person/By Phone or Fax

Register for programs or classes on line at www.littletonrec.com, by mail or fax, using the registration form on Page 22 of this brochure, or in person at the Parks, Recreation & Community Education office. Registrations are accepted over the phone using MasterCard, Discover or Visa (\$10 minimum charge).

Mail completed form with payment to:
Littleton Parks, Recreation & Community Education
33 Shattuck Street
Community Bldg.
P.O. Box 934
33 Shattuck Street
Littleton, MA 01460

Make checks payable to: Town of Littleton

Registration forms are accepted in person at the Littleton Parks, Recreation & Community Education office at 33 Shattuck Street.

Call or fax us:
Phone: 978 540-2490
Fax: 978 952-6053
email:
littletonrec@littletonma.org

**Register Online at:
www.littletonrec.com or at www.littletonma.org and follow the links to the Parks, Recreation & Community Education home page**

Littleton Parks, Recreation & Community Education Winter 2017

NEW THIS FALL

Drop Spindle Spinning

Learn how to hand spin 100% wood into yarn. See “Arts & Craftsmanship”.

Faux Calligraphy

Create the illusion of ink & nib calligraphy without the hours of practice! Look in “Arts & Craftsmanship”.

Precious Metal Clay 690

Create silver jewelry components with this versatile clay of microscopic particles of silver and organic binders. See “Arts & Crafts”.

Phoneography

Learn how to take the best pictures you can with your phone/tablet camera. Look in “Computer & Technology”

Fit and Healthy, Simply

Quick, healthy, delicious meals and quick, simple, effective workouts for people too busy to cook or exercise. See “Adult Fitness”

Understanding ADHD

Dr. Naomi Steiner will review therapies, demonstrate neurofeedback, and answer questions regarding these approaches and ADHD in general. Look in “Home, Health & Safety”

Tween & Teen Field Trips – Early Release

Various field trips selected for tweens & teens – Middle School ages – pick a few that appeal to you or register for all!

Make It & Take It Holiday Sweets – Ages 8-14

Learn how to make cookies and fudge from scratch. Swap with your fellow bakers and bring a variety of goodies home to share with friends and family. Look in “Youth Enrichment”.

Table of Contents:

Arts & Craftsmanship4
 Computer & Technology6
 Adult Fitness7
 Fun & Leisure9
 Home, Health & Safety10
 Personal Law & Finance10
 Tickets & Special Events11
 February Vacation Program12
 Travel & Trips16
 World Languages17

Youth Programs

Toddler & Preschool Programs14
 Enrichment14
 Health, Fitness & Dance17
 Summer Programs20

Cancellation/Refund/Discount Policy

Cancellations:

When public schools are closed for either holidays or due to inclement weather, programs will not be held on that day. Classes will be rescheduled at a later date. Parks, Recreation & Community Education reserves the right to cancel and/or combine any program with insufficient enrollment. We will gladly refund any registration fee from a cancelled class. All participants will be notified of changes in schedule.

Refunds:

Because our classes are supported totally by fees, our refund policies are strictly adhered to. In the case of medical withdrawal, a 10% administration fee will be retained if accompanied by a doctor’s note. Any other withdrawal fees will be determined by the PRCE office and accompanied by a 20% processing fee.

Discounts:

Senior discounts are now available for some programs and events. If you would like to know if a program qualifies, or if you would like information regarding a discount, please contact us.

Would you like to share your interests and knowledge by teaching a course?

We’d love to hear from you.

Call (978) 540-2490 for details or email littletonrec@littletonma.org

Our Mission

The Littleton Parks, Recreation & Community Education is a town funded department that 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.

ARTS & CRAFTSMANSHIP

**Faux Calligraphy**

Faux calligraphy – sometimes known as fake calligraphy – is a perfect way to achieve the same effect of “real” calligraphy without using ink or nib pens. This technique works for both novices and seasoned calligraphers. Novice students will quickly get the knack of this technique, and experienced calligraphers find faux calligraphy a quick and fun way to work on unconventional surfaces like chalkboard, walls or wood. Beginners will find that they can make ordinary words stand out when written with creative penmanship – i.e. with faux calligraphy. Students will leave with a completed piece. Instructor: Beverly McCarthy is a glass bead artist, jewelry designer and popular instructor.

Wednesday, 2/1 6:00-8:00 p.m. #2FCW17

\$30/R | \$33/NR (Additional \$10 material fee to instructor)

Location: Art Room, Littleton High School

Needle Felting For All Abilities - For Beginners And Those With Some Felting Experience.

Learn the amazingly easy art of shaping loose wool fibers into virtually any solid shape you want by using a burred needle to tangle the strands and make them solidify into felt. Then, use your new skills to make a project of your choice, such as holiday ornaments (bats, snowmen, angels, etc), jewelry, or toy. The instructor will have a variety of books

for ideas and suggestions to help you decide on a project. Simpler projects will be completed in class, but more ambitious projects would be completed at home. Watch out - this, could be the start of a lifetime obsession! Materials and tools for your project will be supplied. Instructor: SUE BUNKER is an experienced fiber artist and instructor who has taught various classes in the area, as well as at the American Textile History Museum.

Saturday, 2/4 12:30-4:30 p.m. #2NFW17

\$55/R | \$58/NR (includes all materials)

Location: PRCE Classroom, Town Hall, 33 Shattuck Street

Charcoal & Pastels Drawing – For All Ages

Students will produce their own composition as they interpret the instructor-selected art subjects that range from still life to human figures using charcoal pencils/chalks, and dry/soft/firm pastels chalks. Drawing techniques in outline, contour, shading, blending and detailing are taught. Instructor: ALMA BELLA SOLIS is an artist, designer and calligrapher. She is an experienced instructor to adults and children for nearly 20 years. (A materials list will be emailed once we have registered the minimum number of students. Materials will cost approx. \$80; \$40 without an easel.)

Session I: \$90/R | \$93/NR #2CPW17A

5 Saturdays, 1/7-2/4 9:30-11:30 a.m.

Session II: 3/4-4/1 \$90/R | \$93/NR #2CPW17B

5 Saturdays, 9:30-11:30 a.m.

Location: Room 123, PRCE, Town Hall, 33 Shattuck Street

Jewelry Making - Beginning

Learn the fundamentals of basic jewelry making in this introductory class. Topics covered include bead selection, stringing, making good wire wrapped loops, crimping, tools, design and more techniques to create and finish your own jewelry accessories. This is a great class to get you started! Instructor: BEVERLY McCARTHY is a glass bead artist, jewelry designer and popular instructor.

Wednesday, 1/11 6:00-8:30 p.m. #2JMBW17

\$30/R | \$33/NR (Additional \$20 material fee payable to instructor)

Location: Art Room, Littleton High School

Jewelry Making - Intermediate

For those who have taken the Beginning Jewelry Making or who have previous experience, learn some additional techniques and tricks to make your jewelry designs stand out! Topics include making your own components, i.e. clasps, jump rings, ear wires, triple strand necklaces, and other advanced techniques. Instructor: BEVERLY McCARTHY

Wednesday, 1/25 6:00-8:30 p.m. #2JMIW17

\$30/R | \$33/NR (Additional \$20 material fee payable to instructor)

Location: Art Room, Littleton High School

****Combine Jewelry Making classes and save \$\$\$****

2 Wednesdays, 1/11 & 25 6:00-8:30 p.m. #2JMCW17

\$50/R | \$53/NR (\$35 material fee payable to instructor)

Location: Art Room, Littleton High School

Metal Clay

Just what is metal clay? It is made by combining microscopic particles of silver (silver metal clay) or bronze, brass or copper (base metal clay) in an organic binder. While in this state you can shape or texture the clay with your hands and simple household tools, elimination the need for difficult metalworking processes such as soldering, hammering and cutting. The clay is hand formed to create your piece. The clay is finished and fired in a kiln to burn off the binder, leaving a piece of one-of-a-kind jewelry in either silver, or base metal of your choice.

**Intro to Precious Metal Clay 960 – Silver**

Under the direction of an experienced Precious Metal Clay instructor students will create several jewelry components, i.e. charms or pendants to incorporate into earrings, necklace or bracelet out of this very pliable art material. PMC 960 is a hybrid of two other PMC clays (Sterling Silver and PMC3). When mixed together these clays make a material that is more pliable and easier to work with. Students will not only learn how to work with the clay in the wet stage, but will also learn sanding and finishing the pre-fired piece, as well as brushing and high polish techniques for the fired silver. Findings will be provided so that the student can take home a finished piece of jewelry. Tool kit use provided for class use only. Materials fee includes 15gm of PMC 960 and jewelry findings to complete projects. (Material fee is contingent upon current market price of silver. As of 11/30 material costs for this class would be \$35) *Please register by 2/1 so materials can be purchased.* (See material fee in description) Instructor: BEVERLY McCARTHY, Rio Grande Certified Precious Metal Clay instructor.

Wednesday, 2/8 6:00-9:00 p.m. #2PMCW17

\$30/R | \$33/NR

Location: Art Room, Littleton High School



Pottery – Throwing For All Ages

Whether you have some throwing experience or are a complete beginner, students will be taught on an individual basis and projects will become more challenging as their skill level progresses. Beginners learn the basic wheel skills which include wedging, centering and throwing simple forms. Intermediate and advanced level students will learn techniques like creating lids & handles, throwing larger projects and modifying thrown pieces. Beginners have the added benefit of learning from an accomplished ceramics instructor as well as through the experiences of skilled potters. Includes all materials - 25# of clay/student, various glazes. Instructor: SARA MORANDI, is an experienced and accomplished potter and instructor.

Pottery - Tuesdays

Session I:

6 Tues, 1/3-2/7 6:30-8:30 p.m. #2PTW17A
 \$200/R | \$203/NR
 Returning Students \$160/R | \$163/NR #2PTRW17A

Session II:

6 Tues, 3/7-4/11 6:30-8:30 p.m. #2PTW17B
 \$200/R | \$203/NR
 Returning Students Save \$160/R | \$163/NR #2PTRW17B
 Location: Art Room, Littleton High School

Pottery - Wednesdays

Session I:

6 Wed, 1/4-2/8 6:30-8:30 p.m. #2PWF16A
 \$200/R | \$203/NR
 Returning Students \$160/R | \$163/NR #2PWRF16A

Session II:

6 Wed, 3/7-4/12 6:30-8:30 p.m. 2PWW17B
 \$200/R | \$203/NR
 Returning Students \$160/R | \$163/NR #2PWRW17B
 Location: Art Room, Littleton High School

Introduction to Cold Process Soap Making – Ages 18+

This class introduces students to the basics of making cold process soap. Cold process soaps are created by blending oils (or fat) with a lye mixture. Students will learn: equipment needed, safety, recipes, instruction on ingredients, and coloring. Student will each make a 1 pound batch of soap and go home with comprehensive handouts. This class uses only vegetable based ingredients. Check out the description online for additional information. Instructor: JENNIFER HOFMANN has been making soap for over five years and continues to study her craft and experiment with new designs. Information can be found on her website: www.jennifersoap.com.

Wednesday, 2/8 6:30-8:30 p.m. #2CPSW17
 \$75/R | \$78/NR (Includes all materials)
 Location: Art Room, Littleton High School

Scrubs, Balms & Butters

This class introduces students to the process of making scrubs, balms, and butters. Students will make their own solid lotion bar, an emulsified sugar scrub, liquid sugar scrub, and body butter. Instructor: JENNIFER HOFMANN will also provide students with a thorough set of handouts and recipes on how to make other bath products.

Wednesday, 3/8 6:30-8:30 p.m. #2SBBW17
 \$75/R | \$78/NR (Includes all materials)
 Location: Art Room, Littleton High School



Drop Spindle Spinning

Love fiber? Love yarn? Learn to make your own 100% wool yarn from commercially prepared fibers using a drop spindle. Spinning with a drop spindle is relaxing and portable. Students may bring their own drop spindle or borrow one from the instructor. Instructor: PENNY LACROIX is an experienced spinner and weaver. She has taught classes at the American Textile Museum in Lowell and is currently Director of the Westford Museum.

Thursday, 2/9 6:30-8:30 p.m. #2SSW17A
 \$30/R | \$33/NR (Additional \$4 material fee payable to instructor)
 OR

Saturday, 2/11 9:00-11:00 a.m. #2SSW17B
 \$30/R | \$33/NR (Additional \$4 material fee payable to instructor)
 Location: PRCE Conference Room, Town Hall, 33 Shattuck Street

BUSINESS & CAREER

Getting Paid To Talk - Introduction To Professional Voice-Acting

Have you been told you have a good voice? This exciting class will explore numerous aspects of voice-over work for television, film, audio, audio books, documentaries and the Internet. We will cover all the basics, including how to prepare the all important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demo recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our producer. This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Instructor: The staff of CREATIVE VOICE DEVELOPMENT GROUP are professionals in music, film, TV and advertising.

Wednesday, 2/1 6:30 - 9:00 p.m. #3GPTW17
 \$25/R | \$28/NR
 Location: Kiva, Littleton High School

Subscribe to receive our Monthly E-newsletter!
 Each issue will include upcoming programs,
 events and much more!

To subscribe, go to www.littletonrec.com,
 scroll to the bottom, enter your name and email address
 into the correct boxes and click
 "Subscribe". Sign-up today

COMPUTER EDUCATION

Photography - Auto is OK

Love taking photographs but don't want to worry about all those settings? Take a lot of photographs with your phone? Don't want to carry around your DSLR and prefer your Point-N-Shoot sometimes? In this one night workshop, learn why shooting in Auto Mode is okay. Review the three keys to composition: subject, guidelines and styles, and composition tools. See how orientation and perspective can instantly improve your compositions. Discover the rule of thirds and how subject placement within your frame adds drama to your compositions. Discover composition techniques and train your eyes to see the ordinary as extraordinary. All this and many other tips and tricks from instructor and professional photographer, LOREEN LIBERTY.

Thursday, 2/2 6:30-8:30 p.m. #4AOKW17
\$35/R | \$38/NR

Location: Room 203, Littleton High School

Photography - From Auto To Manual

Are you ready to make the jump from Auto to Manual? In this course, you will learn the differences in auto, program, shutter speed priority, aperture priority, and manual exposure mode. Explore exposure values (shutter speed, aperture, white balance, and ISO speeds) and how they work together to control light. Discover how and when to use which mode, and which exposure value works best to control light in which situations. Instructor and professional photographer, LOREEN LIBERTY, will set up a protected online group to share images, provide feedback, and address questions between classes.

4 Tuesdays, 3/7-28 6:30-8:30 p.m. #4ATMW17
\$85/R | \$88/NR (includes all handouts)

Location: Room 203, Littleton High School

Getting The Most Out Of Your Smartphone

Whether you are new to the world of smartphones or have one that you are not using to its full potential, this class will help you hit the ground running. Thanks to an almost limitless range of features and apps, you can customize and personalize almost every feature of your smartphone. Bring your smartphone, (any smartphone) as well as instruction manual, if you have it. Instructor: LOREEN LIBERTY, has been using smartphones since her BlackBerry in 1998. Join Loreen as she shows you how to get your phone to work for you.

Wednesday, 3/15 6:30-8:30 p.m. #4SPW17
\$35/R | \$38/NR (includes all handouts)

Location: Room 203, Littleton High School

Phoneography - Photography with your Smartphone

Most people don't carry their camera around with them every day, but you almost always have your smartphone or tablet with you. Learn how to take the best pictures you can with your phone/tablet camera. No more dark, blurred or tiny pictures! The topics covered will include: different camera apps, composition and lighting, best photography apps available, sharing online, and shooting tips, tricks and techniques. Designed for students with all levels of ability. Instructor and professional photographer, LOREEN LIBERTY, will set up a protected online group to share images, provide feedback and address questions between classes. Participants should bring their smartphone and charger to class.

Tuesday, 2/15 6:30-8:30 p.m. #4STPW17
\$35/R | \$38/NR (includes all handouts)

Location: Room 203, Littleton High School

Introduction to the iPad

This course will cover an introduction to the iPad. We will review the controls on the device; how to power on/off, various cable connections and buttons. We will review the iOS operating system which is what makes the iPad the iPad. This includes the screen interface, icons, touch hand gestures, soft keyboard, Siri voice commands and what an application is. We will cover some built-in applications; control center, how to connect to the internet, use of the Safari browser for surfing the web, setting up your email and using the camera application. Students should bring their own iPad to class. Instructor: CAROL VALES has experience using various Windows platforms and tablets, as well as Apple products including the MacBook, iPad and iPhone.

2 Mondays, 3/6 & 13 6:30-8:30 p.m. #4IPW17
\$50/R | \$53/NR

Location: Computer Room, Littleton Middle School

Introduction to Computer Security

This course will cover some introductory topics in computer security. We will be using the Windows 7 operating system, but many of the concepts we study are readily transferrable to Windows 8, 10 or the MAC. We'll start by describing what malware (Malicious Software) is and how it can affect your machine and your personal information. Discussions will include:

- Leading malware strains; how people get infected; how to recognize you are infected; the damage infection can cause and how to correct the problems.
- The role social engineering plays in the spreading of malware.
- Safe email habits and safe internet browsing habits.
- We will review controls in the common internet browsers (Chrome, Firefox, IE) that can help keep us away from problem websites and learn what a firewall is, and why it is important.

Instructor: BILL VALES has been in the computer industry for over 40 years and is an experienced instructor. He currently teaches at the University of Massachusetts @ Lowell.

4 Wednesdays, 1/11-2/1 6:30-8:30 p.m. #4CSW17
\$99/R | \$102/NR

Location: Computer Room, Littleton Middle School

Introduction to Microsoft Word

This course will cover basic operations with Microsoft Word 2010. We will start by describing the ribbon interface and the various functions on it. We will then explore the details of each function; including: file operations for creating, saving and opening files; basic formatting operations; fonts, colors, point sizes, margins, paragraph alignment, lists, styles; text manipulation functions; including selecting text, cut and paste, copying formatting. We will use tools for spell and grammar checking, thesaurus, research, inserting images, printing and more. We will discuss the use of web based learning resources so students can continue to learn outside of class. Students should be familiar with basic Windows concepts and how to use a mouse. Instructor: BILL VALES

4 Tuesdays, 1/17-2/7 6:30-8:30 p.m. #4MSWW17
\$99/R | \$102/NR

Location: Computer Room, Littleton Middle School



Register online at
www.littletonrec.com

Introduction to Excel

This course will cover the basic functions of Excel including: A basic overview of the application and its uses as both a spreadsheet and database tool, overview of the worksheet and toolbars, entering and editing data, using the help functions, formatting cells, creating formulas and using functions such as auto sum and sum. Students will also learn to transfer data from text and other applications, work with multiple worksheets and create charts. Students should have some computer experience and be familiar with using a mouse. Instructor: BILL VALES (no class 2/22)

4 Wednesdays, 2/15-3/15 **6:30-8:30 p.m.** **#4EXW17**
\$99/R | \$102/NR

Location: Computer Room, Littleton Middle School

ADULT FITNESS**Adult Indoor Soccer**

Join us for adult indoor soccer once a week on Sunday mornings. The level of play includes all abilities. Pre-registration and payment is encouraged to ensure that you have a guaranteed spot. Drop-in fees of \$7 per week will be collected on a first-come first-serve basis. Maximum 20 players. (no gym on 12/25, 1/1, 2/26)

12 Sundays, 12/11-3/19 **8:30-10:30 a.m.** **#1AISW17**
\$60/R | \$63/NR

Location: Gym, Littleton Middle School

Adult Men's Basketball

This program is a pick up style for adults. Meet on Saturday mornings (2 half court games) or Sunday mornings (full court) for a great workout with other adults. *Pre-registration is required to ensure that we have enough enrollment to cover the custodial fees.*

9 Saturdays, 1/21-3/25 **8:00 – 9:30 a.m.** **#1MB7F16B**
 (no gym 2/25/17)
\$55/R | \$58/NR

Location: Gym, Littleton High School

9 Sundays, 1/22-3/26 **8:00-10:00 a.m.** **#1MB1F16B**
 (no gym 2/26/17)
\$65/R | \$68/NR

Location: Gym, Russell Street School

**Adult Women's Basketball**

This program is a pick up style for adult women. Meet on Sunday mornings for a great workout with other adults. *Pre-registration is required to ensure that we have enough enrollment to cover the custodial fees.* (no gym 2/26)

9 Sundays, 1/22-3/26 **10:00-11:30 a.m.** **#1WBF16B**
\$55/R | \$58/NR

Location: Gym, Russell Street Elementary School

Boot Camp - Beyond Basic Training

This boot camp style fitness class is a total body workout designed for those who have already mastered a beginning boot camp class or who have participated in other intense workout programs. Each class will take participants through basic fitness exercises using military style drills to burn calories and increase strength all while blasting fat and sculpting the body. After a brief warm-up, participants will complete an intense 45-minute interval workout moving swiftly from one exercise to the next. Each class will conclude with a total body stretch. Instructor: AMY ZAFERACOPOULOUS has a BS in Exercise Science and is a certified fitness instructor. She has experience in group fitness and personal training in corporate, commercial and community fitness working with children and adults of all ages and fitness levels.

Morning Class:

6 Tuesdays, 1/3-2/7 7:50-8:50 a.m. #1AM3W17A
 6 Tuesdays, 2/28-4/4 7:50-8:50 a.m. #1AM3W17AA

\$60/R | \$63/NR/session

Location: Multipurpose Room, Town Hall, 33 Shattuck St

6 Thursdays, 1/5-2/9 7:50-8:50 p.m. #1AM5W17B
 6 Thursdays, 3/2-4/6 7:50-8:50 p.m. #1AM5W17BB

\$60/R | \$63/NR/session

Location: Multipurpose Room, Town Hall, 33 Shattuck St

Evening Class:

10 Thursdays, 1/5-3/16 6:00-7:00 p.m. #1PMBCW17A
\$100/R | \$103/NR/session

Location: Cafeteria, Russell Street Elementary School

(Drop-ins welcome @ \$12/person payable to instructor)

Location: Cafeteria, Russell Street Elementary School

Beginning Fencing - Ages 10+ to Adult

Learn the basics of fencing with the foil. Fencing helps build poise, self-assurance and physical dexterity as well as providing lots of fun! All equipment is provided by JAVIER ECHAVARRI, who is an experienced fencing instructor. (no class 1/16, 2/20)

10 Mondays, 1/9-3/27 **6:30 -7:30 p.m.** **#1FBW17A**
\$80/R | \$83/NR

Location: Cafeteria, Littleton Middle School

Fencing - Intermediate - Ages 10+ to Adult

For students who have taken the beginning course or equivalent, a continuation of fencing moves will be taught and more time will be spent actually fencing. All equipment is provided by JAVIER ECHAVARRI. (no class 1/16, 2/20)

10 Mondays, 1/9-3/27 **7:30-8:30 p.m.** **#1FIW17A**
\$80/R | \$83/NR

Location: Cafeteria, Littleton Middle School



Fit and Healthy, Simply: Quick, healthy, delicious meals and quick, simple, effective workouts for people too busy to cook or exercise

Do you ever feel like there's no time to cook healthy meals for yourself and your family? Do you skip exercise altogether because you simply don't have an hour to spare? This workshop features:

- High-intensity interval training programs for cardio that you can complete in less than 15 minutes
- Strength training workout that you can complete in 10 minutes
- Cooking demo and tasting of quick and easy meals

Participants will receive handouts with the exercises and recipes to take home. Please bring mat or towel, a pair of dumbbells (5 lb or lighter), water, and your appetite! Presented by JUDY WOLFF, Certified Personal Trainer and LIZ MURRAY, Integrative Nutrition Coach

Saturday, 3/18 **1:00-3:00 p.m.** **#1FHW17**
\$59/R | \$62/NR (Includes materials and handouts)

Location: First Baptist Church, 461 King Street, Littleton MA

Flat Abs with Pilates and Weight Training: *The Belly Fat Blaster Class*

The true solution to reducing belly fat begins with this 60 minute class. The weight training segment of the class includes the most effective moves to train your body to burn calories and release stored fat. Incorporating Pilates mat work, the core conditioning segment includes the most effective moves for better posture, a stronger back and flat abs. This class is perfect for those new to exercising as well as experienced fitness enthusiasts. You'll get individual attention to insure that you are exercising safely and effectively. Weekly metabolism boosting tips and recipes are included. Bring a set of hand held weights, and a mat. Instructor: MARIE O'MALLEY, of MARIE O'MALLEY & ASSOCIATES brings 30+ years of experience in the health and fitness experience (no class 2/22)

12 Wednesdays, 1/11-4/5 6:45-7:45 p.m. #1FAW17A
\$144/R | \$147/NR

Location: Multipurpose Room, Town Hall, 33 Shattuck St



Movin' and Groovin'

A fun-filled 60 minute dance exercise program that actually flies by! You will be singing along to all styles of music ranging from the 60's/70's to country to the current top 40. You will get cardio at the level that is best for you and strength moves that will cause you to burn calories the rest of your day. If you don't like to exercise you will still love this program and wonder where the hour went. Make sure to wear sneakers or other non-slip bottom shoes. Instructor: HILARY ROSTAS has an International Sports Sciences Association Certification. She also holds licenses/certifications in various fields including Pilates, Yoga, Zumba, Groove and Strength.

Session I: 6 Thursdays, 1/12-2/16 6:30-7:30 p.m. #1MGW17A
\$60/R | \$63/NR

Session II: 6 Thursdays, 3/2-4/6 6:30-7:30 p.m. #1MGW17B
\$60/R | \$63/NR

Location: Multipurpose Room, Town Hall, 33 Shattuck Street



Yogalites

Improve balance, strength, mobility, and flexibility with Pilates and yoga moves. You will learn to use your front and back core muscles to develop and maintain healthy posture. Just engaging your core for sitting or standing develops strength. Modifications are offered for each move and the class will assist you in stretching that both elongates muscles and brings energy and power to them. Please bring a mat and water. Instructor: HILARY ROSTAS

Evening Class

Session I: 6 Mondays, 1/9-2/27 6:30-7:30 p.m. #1YW17A
\$72/R | \$75/NR

Session II: 6 Mondays, 3/6-4/10 6:30-7:30 p.m. #1YW17B
\$72/R | \$75/NR

Location: Multipurpose Room, Town Hall, 33 Shattuck Street

Daytime Class:

Session I: 6 Fridays, 1/6-2/10 9:00-10:00 a.m. #1YW17C
\$72/R | \$75/NR

Session II: 6 Fridays, 3/3-4/7 9:00-10:00 a.m. #1YW17D
\$72/R | \$75/NR

Location: Multipurpose Room, Town Hall, 33 Shattuck Street

Healthy Eating 101: NO MORE DIETS! (A Home Based Program) *The solution to managing your health, weight and waistline!*

Learn how to be the best version of you! Are you tired of feeling tired? Confused about making healthy choices? What fats should you eat? What about carbs? Learn how to eat right instead of trying to eat less (that slows down your metabolism and promotes fat storage). Get rid of cravings forever. Learn to rebalance and repair your metabolism, reduce inflammation and keep your body out of fat storage mode! Never feel hungry! Never feel deprived! (that's why diets don't work). Whether you want to move towards healthier eating or want to lose weight and belly fat, this program is customizable for everyone. Based on science this program will educate you as to how to identify new healthy favorite foods and create healthy behaviors. Based on low glycemic impact eating you will learn how to keep your energy levels up while losing body fat and holding on to lean muscle tissue. Participants report improved sleep and digestion, less joint pain. Average weight loss is 2-3 lbs per week.

12 weeks - \$95/R | \$98/NR #1HEW17A
Additional purchase...Health Guide and Journal - \$25/R | \$28/NR #1HEW17B

Additional products may be recommended based on individual situations and are optional.

Each week you receive a link via email to view a video online. There will be an optional conference call Tuesdays at 7:30 pm (recorded) to discuss how to implement that information in your eating plan. Calls will begin on 1/24/17

Overview phone call will be on 1/17/17 at 7:30 pm. Call 712-432-0080 access code; 862756# (will be recorded) Participants can choose start dates based on what works for them.

Questions? Contact Marie at marie.e.omalley@gmail.com
 MARIE O'MALLEY is a Certified Coach with the TLS Weight Loss Solution and has been helping people move towards optimal health for over 35 years!!!

Total Body Workout & Core Training Pilates

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. &/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! Instructor: SUSAN ROBBINS (no class 2/23)

12 Thursdays, 1/5-3/30 6:45-7:45 p.m. #1TBW17A
\$144/R | \$147/NR

Location: Multipurpose Room, Town Hall, 33 Shattuck Street

Volleyball

This upbeat co-ed volleyball program offers adults the opportunity to enjoy all the excitement of competitive volleyball in a friendly and supportive environment! No previous experience required but familiarity with volleyball basics is a definite plus. If you're on the fence, come down and give us a try. Each evening participants will be evenly divided into teams. 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 \$7/pp/time. (no class 2/16) (Start and end time changes to 7:00-9:00 pm on 3/3/16)

12 Thursdays, 1/5-3/29 8:30-10:30 p.m. #1VBW17A

\$60/R | \$63/NR – Drop in fee \$7/pp/time

Location: Gym, Littleton Middle School

Yoga For People Who Can't Touch Their Toes (and for those who can!)

Would you like to move more freely, breathe more deeply, and learn methods to cope with everyday life stresses? Would you like to build overall strength and feel more present and calm? Yoga is for anyone who wants to feel focused, centered, present and connected to their bodies. In this class we will improve balance, strength and flexibility and use props to modify postures as needed. Class will include stretching, strength building, deep breathing, meditation and conscious relaxation. All ages and levels of experience are welcome. Instructor: ERIN JADE, CYT, LMT

Session I:

6 Fridays, 1/6-2/10 9:00-10:15 a.m. #1YTW17A

Session II:

6 Fridays, 2/17-3/24 9:00-10:15 a.m. #1YTW17C

Session III:

6 Fridays, 3/31-5/5 9:00-10:15 a.m. #1YTW17E

\$75/R | \$78/NR Seniors 60+: \$30 B/D/F

Location: Multipurpose Room, Town Hall, 33 Shattuck St

ZUMBA – Join the Party!



Zumba is the exercise sensation that's sweeping the nation! While burning lots of energy and having loads of fun with Latin-inspired International music and dance steps, we "exercise in disguise!" This cardio-based workout is designed to tone and move the entire body from top to bottom. Varieties of music with fast and slow rhythms that will inspire everyone: salsa, belly dance, cumbia, reggaeton, hip hop, calypso and more! Zumba is the "exercise" for those that want to have fun, get fit, dance and Join the Party! Participants should wear sneakers (old,

worn-bottoms are best for greater ease of movement and less sticking to the floor), bring water and a smile!

Tuesdays- Evenings:

Instructor CINTHYA ANTOHI is a licensed ZUMBA instructor.

Session I: 6 Tuesdays, 1/10-2/14 6:30 -7:30 p.m. #1ZW17A

Session II: 6 Tuesdays, 3/7-4/11 6:30-7:30 p.m. #1ZW17B

\$60/R | \$63/NR/Session

Location: Cafeteria, Littleton Middle School

Drop-ins welcome @ \$12/person payable to instructor or @ www.littletonrec.com

FUN & LEISURE

Ballroom Dancing - Beginner

Learn the basic moves of ballroom dancing in a fun and relaxed atmosphere and be the hit of the next wedding or function! We will focus on one different style of ballroom dance in each six week session (you can call ahead to find out which dance is

www.dldance.org). The class is taught in a rotation system so singles (or those with spouses who won't leave the couch) are most welcome at our classes - rotation is optional and not required. Wear comfortable clothing and shoes that slide (sneakers will stick!) and bring a bottle of water and your friends. No other special equipment is necessary! Questions? Call Donna at 978 413-1965 or email dshea@dldance.org. Instructor: DL DANCE STUDIO staff

Session I:

6 Tuesdays, 1/3-2/7 6:30- 7:30 p.m. #5BDBW17A

Session II:

6 Tuesdays, 3/14-4/18 6:30- 7:30 p.m. #5BDBW17B

\$60/R | \$63/NR/session

Location: DL DANCE STUDIO, 629 Mass. Ave, Boxborough

Beginner Line Dance –

Line dancing is not just a country fad anymore! Maybe you've done a little party dancing, and even if you haven't tried, we'll teach you the basics right from which foot is left and which foot is right. We dance to all genres of music (pop, country, oldies and more)! Get out of the chair and meet new friends as well as burn the same number of calories as a low-impact aerobic class and not even know you're exercising! Wear comfy clothes, shoes with soles that will slide easily (sneakers stick!) and bring a bottle of water and your friends! No other special equipment is necessary and no partner is needed! Questions? Call Donna at 978 413-1965 or email dshea@dldance.org.

Instructor: DL DANCE STUDIO staff

Session I:

6 Wednesdays, 1/4-2/8 6:30-7:30 p.m. #5BDBW17A

Session II:

6 Wednesdays, 3/15-4/19 6:30-7:30 p.m. #5BDBW17B

\$60/R | \$63/NR/session

Location: DL DANCE STUDIO, 629 Mass. Ave, Boxborough

2017 Littleton Chess Championship

People of all abilities and ages are encouraged to join us for a fun day of chess! Each player must play all 5 games (rounds) of chess. Registration closes on Thursday, 1/5. Winners will receive a trophy (one trophy/person.) All games are 40 minutes long and are timed. Chess clocks are provided, but players should bring their own chess set. Trophies awarded to the winners in 6 different categories [Champion, Senior Champion, Female Champion, High School, Middle School and Elementary champions]. Free pizza lunch for registered players. Please notify us of any allergies upon registration. Hours are 11-3 with the tournament running until 2pm. Visit www.lawrencehebert.com/chess. Facilitator: LAWRENCE HEBERT is twice a former Central Massachusetts Scholastic Champion, 1983 New Hampshire Amateur Champion (Reserve Section), three time Ayer High School Champion, and a member of the United Chess Federation. (14/minimum, 30 maximum)

Saturday, 1/7

11:00 a.m.-3:00 p.m. #5CTW17

\$18/R | \$21/NR

Location: Multipurpose Room, Town Hall, 33 Shattuck Street



Discounted Attitash & Wildcat Mountain Lift Tickets!

Littleton PRCE has discounted lift tickets to Attitash and Wildcat Mountain for this upcoming winter season! Come in to our office or call for more information and to purchase tickets. Tickets must be picked up in person and cannot be mailed.

1-Day Adult, Saturday and Holiday* - Ages 18-64): \$69

1 Day Adult, Sunday - Friday, non-Holiday (ages 18 - 64): \$55

1 Day Young/ Senior, Saturday and Holiday* (Age 7-17 & 65+): \$50

1 Day Young/ Senior, Sunday - Friday, non-Holiday* (Age 7-17 & 65+): \$45

***Holiday Dates: Dec 26, 2016 - Jan 1, 2017; Jan 14 - 16, 2017; Feb 18 - 26, 2017**



Attitash
Mountain Resort



Understanding ADHD and Non-Pharmacological Approaches to Treatment (PADH)

"9.6% of children and adolescents present with ADHD (Attention Deficit Hyperactivity Disorder), by far the most common neuro-developmental disorder in childhood. In addition to the classic ADHD symptoms of poor attention span, high activity level, and impulsivity, children with ADHD are at substantial risk for behavioral problems at school, academic underperformance and failure, and dropping out. Dr. Steiner will review and explain the presentation of ADHD, using examples to illustrate the symptoms and how they can change between elementary, middle and high school, and college. She will discuss treatment options, focusing particularly on non-pharmacological approaches such as executive function/organization skills training, and computer-based attention training systems, which include the highly publicized neuro-feedback. Dr. Steiner will review these therapies, demonstrate neuro-feedback, and answer your questions regarding these approaches and ADHD in general. www.attentiontutoring.com Presenter: NAOMI J. STEINER, M.D., is a clinician and director of training of developmental behavioral pediatrics at Boston University School of Medicine. As a pediatrician, Dr. Steiner has over 20 years of experience working with families and patients with ADHD, autism spectrum disorder, anxiety, depression, developmental delay, language delay, learning disabilities and academic challenges.

Tuesday, 1/31 7:00-9:00 p.m. #9UAW17

\$25/R | \$28/NR

Location: Library Seminar Room, Littleton High School

We must make decisions about whether or not a class will be held about a week in advance of the start date. Sometimes just one or two additional registrations are needed to meet minimum enrollment. On the other hand, some classes fill up quickly and prompt registration will ensure your space in the class. Either way, registering early is the best way to avoid disappointment.

HOME, HEALTH & SAFETY

Community CPR/First Aid/AED

This course combines lectures, demonstrations and video with hands on training and practice. Participants learn to recognize and respond to emergencies including shock, cardiac and breathing emergencies for adults, children and infants, heat and cold emergencies, sudden illnesses and poisonings. Additionally, participants will learn first aid for everything from cuts and scrapes to muscle, bone and joint injuries. AED (Automated External Defibrillator) training is included.

Instructor: BARBARA CASPARIUS is a certified National Safety Council instructor.

First Aid

Saturday, 4/8 9:00 a.m.-12:00 p.m. #6CPRW17

\$60/R | \$63/NR

CPR/AED - Adult/Child/Infant

Saturday, 4/8 12:30-4:00 p.m. #6FAW17

\$65/R | \$68/NR

Take both First Aid and CPR/AED and Save \$\$\$

\$90/R | \$93/NR #6CPRFAW17

Location: PRCE Conference Room, 33 Shattuck Street

PERSONAL LAW & FINANCE



How to Read Your Financial Aid Award Letter

This class is for parents of high school seniors. You should already be familiar with terms such as COA, EFC and have a basic understanding of the financial aid formula. Financial aid award letters are wonderful to receive, but can be confusing as to what you are really getting. This class, geared to parents of high school seniors, will help you unravel the mystery and understand what you are actually receiving in aid, and how much college will truly cost. It is very important that you know the meaning of, and are familiar with, terms such as COA, EFC and have a basic understanding of the financial aid formula. We'll go over questions you should ask, and possible avenues for appeal. We'll also cover how outside scholarships could affect the aid package. We'll use actual financial aid letters as case studies and uncover ways to potentially get more in aid even at the last minute! Instructor JACK WANG an independent Financial Coach with Longhorn Financial

Wednesday, 2/1 7:00-8:30 pm #8FALW17

\$25/R | \$28/NR

Location: Library Seminar Room, Littleton High School

You Can Afford College if ... you PLAN in advance; you UNDERSTAND the financial aid process; you ACT early enough to be successful.

Financial aid goes to the families who plan and act in advance - before December of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process and why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the early years of high school. REMEMBER: Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information, please visit our website at www.collegefundingadvisors.com. Instructor: COLLEGE FUNDING ADVISORS

Tuesday, 3/4 6:30-8:30 p.m. #8AW17
\$20/R | \$23/NR
Location: Seminar Room, Littleton High School

The Law of Estate Planning – Seminar on Wills, Trusts, Powers of Attorney, Assets protection and much more!

Learn how to protect your assets and how to preserve them for your heirs. This educational four week seminar, will empower you with knowledge on specific issues pertaining to the legal aspects of the very confusing subject of Estate Planning. At the end of the program participants will leave with a Will and Power of Attorney. Instructor: Attorney DAVID E. WALKER, Esq., Northeast Legal Team, LLC (no class 2/21)

4 Tuesdays, 2/7-3/7 7:00-8:30 p.m. #8EPW17
\$150/R | \$153/NR
Location: Room 203, Littleton High School

What are Your Lifestyle Options as You Age?

The financial and emotional issues you will may face with your family, finances, and healthcare.

Anyone who has taken care of an aging or declining parent understands the emotional and financial toll it takes on all close family members. Long term care planning helps provide for the consequences of living a long life and addresses the accompanying physical and cognitive issues that may occur. In this seminar, we will discuss a variety of options that are available should you or a loved one need assistance at home, in an assisted living facility, or in a skilled nursing facility. You will learn strategies that are currently available to help meet your family's long term needs, while avoiding the emotional and financial devastation caused by lack of planning. It's all about quality of life for all family members, including the caregivers.

Class will include guest speaker, Attorney Eric Zucker, discussing: The Basics of Estate Planning: What Everyone Should Know.

Robyn Samuels is a certified long-term care specialist (CLTC) who has personally experienced and will share some of the many difficulties that occur taking care of an elderly parent.

Thursday, 3/9 7:00-8:30 p.m. #8LLW17
\$25/R | \$28/NR
Location: Need Room, Littleton High School

Downsizing Seminar

Learn important and valuable tips from Annette DeBisz from Chinatti Realty Group, at this seminar geared to people who are considering downsizing and selling their current home. Learn how to get your home ready to sell in a booming sellers market. Real Estate Attorney Angelique Eliopoulos will be available to provide information on Estate Planning and Trusts and much more!

Thursday, 2/9 6:00-8:00 p.m. #8DSW17
\$25/R | \$28/NR
Location: Room 203, Littleton High School

1st Time Home Buyer Seminar

Join Annette DeBisz Chinatti Realty Group from as she and guests presenters offer valuable insight for the 1st time home buyer.

- A lender will provide information on pre approval letters and other programs available for the first time home buyer and a home inspector will answer questions.
- Real Estate Attorney, Angelique Eliopoulos, will offer valuable legal advice.

Thursday, 3/9 6:00-8:00 p.m. #8HBW17
\$25/R | \$28/NR
Location: Room 203, Littleton High School

TICKETS & TRIPS



We have not finalized information on all of the trips listed below. The destination in bold print have been confirmed and the ones in italics are in the planning stage. Please check our website

at www.littletonrec.com and monthly newsletter for additional details regarding exciting day trips on FOX TOURS deluxe motor coaches. As always, feel free to call us @ 978-540-2490. Remember we need to report our enrollment to the FOX TOURS approx 4 weeks before the trip departure date. Register early to avoid disappointment!!!

Upcoming trips and shows for 2017–

March: The Lion King @ Providence Performing Arts Center

Sunday, June 18: Boston Tall Ships

Fri-Sun., June 23-25: Montreal Spectacular

Saturday, September 15: Casco Bay, Maine

Saturday, September 30; White Mtn Train/Leaf & Lunch Trip

November: Rockettes or Bus Only to NYC

Saturday, December 2: NYC Holiday Shopping – Bus only

December: Boston Holiday Pops (evening show)

Additional information to follow. Please do not hesitate to contact us with questions regarding trip and events.

Patrons have the option of purchasing cancellation insurance through FOX Tours for \$10/pp – a form will be mailed/emailed to you upon registration. Cancellations without insurance are not refundable.



Register online at
www.littletonrec.com



Littleton Parks, Recreation & Community Education
978-540-2490 | www.littletonrec.com



School Vacation Program

Grades K — 6th

February School Vacation Week

Tuesday-Friday: February 21st - 24th

Regular Day: 8:30 am — 3:30 pm

Morning Care: 7:30 am — 8:30 am ; After Care: 3:30 pm — 5:30 pm

PICK-UP & DROP-OFF AT TOWN HALL DAILY!

Tuesday, 2/21: **Jump Nation & Tower Hill Botanic Park**

We will be travelling to Jump Nation in Shrewsbury, MA where kids will get to play in two rooms filled with inflatable bouncy houses, slides and more! Children will have lunch and a snack at Jump Nation before travelling to Tower Hill Botanic Park in Boylston for some winter crafts. ***Bring your own lunch**

****Jump Nation waiver required****

Wednesday, 2/22: **Plaster Fun Time & Chunky's Movie Theater**

A two-part field trip! We will start out the day at Plaster Fun Time in Chelmsford for some plaster figurine painting, and then head up the road to Chunky's to relax while watching a movie and indulging in all you can eat pizza, soda, and popcorn, with an ice cream sundae for dessert!

***Lunch Included**

Thursday, 2/23: **Teamworks Indoor Sports**

Children will travel to Acton to participate in team building activities and sports at Teamworks. The day includes multiple games and activities that promote teamwork and cooperation. The day will include lots of running around so athletic clothes and sneakers are highly recommended.

***Bring your own lunch**

Friday, 2/24: **Co-Co Keys Water Park**

Join us as we travel to Danvers to go to Co-Co Keys Indoor Water Park where we will enjoy water slides, a lazy river, and free swim! Please be sure to bring your swim suit, a towel, easily removable shoes, and a change of clothes for after we leave the park!

***Bring your own lunch**

Cost Per Day: \$75.00

Before Care: \$10.00/day

After Care: \$20.00/day

SIGN UP FOR THE WHOLE WEEK AND SAVE 10%

***A minimum 15 students must be registered by Monday, February 13th in order to run the program!**

Registration Information:

www.littletonrec.com / 978-540-2490

Father & Daughter Valentine's Day Dance

Join us for this wonderful 5th Annual Semi-Formal event full of valentine's fun. This special night provides daughters and their fathers, or a partner of their choice, with an enchanting evening of socializing and dancing. This year's dance festivities will include a professional DJ providing music for dancing, cake, and of course, partners and their daughters have the option of having a 5x7 picture taken as a souvenir of the evening. Photo will be taken by professional photographer, Chad Mills, for a fee of \$10 and will be available through an online service. Additional refreshments will be offered for purchase. Please register early as space is limited!

Friday, 2/3

\$15/Fathers before 2/3

\$20/ Fathers at door, 2/3

Space is limited – pre-registration is recommended!

Location: Cafeteria, Shaker Lane Elementary School

6:30 – 9:00 p.m. (Snow Date Friday, 2/10)

Daughters FREE

Daughters FREE

#9VDW17A

#9VDW17B

Snow Sculpture Contest 2017

Have fun with family, friends and SNOW!! During this winter season, make a snowman or sculpture and enter in our contest! Contest runs from the first snow fall through March 1st. Winners will be announced in early March! Winners will receive a special prize! There are two (2) categories: Kids Category (12 & Under) and a Family Category (all ages). Enter as an individual, family or as friends! The possibilities are endless!!

Judging: Once your submission is received, the photo will be uploaded to our Facebook page to our Snow Sculpture Contest Album. The photos that have the most "likes" at the end of the contest (March 1st) will be the winners! An official announcement will be made in early March! The voting is up to the community!

To Enter: Please send an email Erin Cahill at ecahill@littletonma.org with your photo and required information below. If you are unable to email your photo, please mail your photo to Littleton Parks, Recreation & Community Education, PO Box 934, Littleton, MA 01460.

2 Age Categories: Kids Category (ages 12 & under) and Family (all ages)

Please include the following required information with your picture:

- Name of builder(s) (individual, family, friends, business, or organization)
- Contact phone number and email
- Age of builders
- Title of your snowman/sculpture

If you have any questions, please contact Erin Cahill at ecahill@littletonma.org or call the office at 978-540-2490.



Here is one of the winners from the snow sculpture contest!

Holiday Helpers

Our Holiday Helpers Program helps Littleton families dealing with financial hardships provide gifts for their children during the holiday season. This program is completely dependent on donations from the community at large. We ask the enrolled children to write a letter to Santa and create a gift list based on the results. Then we will create color coded ornaments with a gift request on it. The color codes range in ten dollar increments up to \$50.00. The gift ornaments will be available for pick around the second week of November.

We will have our main tree located outside of our office at 33 Shattuck Street, a tree or wreath at the Reuben Hoar Library, and we will also post gift requests on our facebook page daily (again starting in second week of November.) You are welcome to take as many ornaments as you wish, but we do ask that the gifts come back unwrapped and with the original ornament before December 12th, 2016; so that we have time to process all the gifts and ensure that they make it to the families on time.

If you are not interested in purchasing gifts, you can always donate money to the program and our staff will go out and buy the gifts with your monetary donation. The amount that you would want to donate is completely up to you. In general, we try to spend around \$150 per child and some families have anywhere between 1 and 5 children. Last year we had 76 children enrolled in the program.

Thank you for considering Holiday Helpers this year.

WORLD LANGUAGE

Conversational Spanish - *Beginners*

Beginning student, or those with limited knowledge of the Spanish language, will be introduced to the language through practical, real life conversations. Lessons will be taught through speaking, listening, reading and writing. Required text is Puertas a la lengua Espanola by John Copeland.

8 Wednesdays, 2/1-3/29 **6:30-7:45 p.m.** **#10CSBW17**
\$100/R | \$103/NR

Location: Room 205, Littleton High School

Conversational Spanish - *Intermediate*

This class is geared to students with some previous knowledge and experience studying the Spanish language. The purpose of the class is to expand, improve and practice the Spanish language. Required text is Puertas a la lengua Espanola by John Copeland.

8 Mondays, 2/6-4/3 **6:30 - 7:45 p.m.** **#10CSIW17**
\$100/R | \$103/NR

Location: Room 203, Littleton High School

French for Travelers

This course introduces basic language skills needed to feel comfortable in France or other French speaking country. Students will learn various greetings, how to ask for directions, shopping concerns, and how to order food, as well as approx. 150 phrases and sentences to help you feel more confident and secure while traveling. Instructor: ELSA CLEMENT is a native speaker and experienced instructor.

6 Tuesdays, 2/28-4/4 **6:30-8:00 p.m.** **#10FTW17**
\$75/R | \$78/NR

Location: Room 203, Littleton High School

Italian for Travelers

Benvenuti! Are you planning a trip to Italy? Then please join us in this unique "family style" Italian for Travelers experience. We will learn a wide variety of subjects, starting from the ABC's. You will receive a workbook, it will be yours to keep. We'll learn many fascinating aspects about the Italian culture, do's and don't, how to and much, much more. MARZIA BALLESTRIERO HUBBARD is a native Italian language and art instructor, with many years of experience both abroad and in the U.S. (no class 2/21)

8 Tuesdays, 1/10-3/7 **7:00-8:30 p.m.** **#10ITW17**
\$130/R | \$133/NR (Includes materials)

Location: Room 205, Littleton High School, 56 King Street



TODDLER & PRESCHOOL PROGRAMS

Horses: *Life In The Barn - Ages 4 - 6*

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 and sturdy shoes or boots. Limit 8. Instructor: HARMONY HORSE STABLES

4 Wed, 3/29, 4/12, 5/10 & 5/24 **11:00-Noon** **#PHW17**
\$120/R | \$123/NR

Location: Harmony Horse Stables, 2 Trot Road

Kindermusik Wiggle & Grow/Family Class - *Ages 0-4*

This music-filled class celebrates the unique joys of your growing child. Each week your child will love singing, dancing, and playing instruments with you and her new friends and you'll love helping her practice a wide variety of abilities such as gross and fine motor skills, turn-taking, social skills, and active listening. In class, we'll also share tips and ideas for using music throughout the week. Plus, the fun (and learning!) continue with the Kindermusik@Home digital home materials, including music from class, musical activities, and each month's story. Instructor: BERNADETTE BAIRD is a licensed Kindermusik instructor. Visit www.kmwithmb.kindermusik.com

4 Saturdays, 10:30-11:15 a.m.

Session 1: 2/11-3/4

#YKWGW17A

Session 2: 3/11-4/1

#YKWGW17B

Session 3: 4/8-29

#YKWGW17C

Session 4: 5/6-6/3 (no class 5/27)

#YKWGW17A

\$65/R/session/family | \$68/R/session/family

Location: Room 123, Town Hall, 33 Shattuck Street

YOUTH ENRICHMENT



Charcoal & Pastels Drawing - *For All Ages*

Students will produce their own composition as they interpret the instructor-selected art subjects that range from still life to human figures using charcoal pencils/chalks, and dry/soft/firm pastels chalks. Students should bring their choice of art subject to draw on the first day of classes. Drawing techniques in outline, contour, shading, blending and detailing are taught. Instructor: ALMA BELLA SOLIS is an artist, designer and calligrapher. She is an experienced instructor to adults and children for nearly 20 years. (A materials list will be emailed once we have registered the minimum number of students. Materials will cost approx. \$80; \$40 without an easel.)

Session I: **\$90R | \$93/NR** **#2CPW17A**

5 Saturdays, 1/7-2/4 **9:30-11:30 a.m.**

Session II: **\$90R | \$93/NR** **#2CPW17B**

5 Saturdays, 3/4-4/1 **9:30-11:30 a.m.**

Location: Room 123, PRCE, Town Hall, 33 Shattuck Street



Create & Relax – Grades K-3

Stretch your creativity with crafts and then stretch your body with a calming and relaxing session of yoga. Each week students will work with a variety of art mediums creating projects with a winter theme for the first session, and a spring theme for the second session. Both sessions will end the day with a healthy, relaxing 30 minutes of yoga specifically designed for this age group. Instructor: HILARY ROSTAS is a certified Yoga Instructor and enjoys sharing her love of art with children.

Session I:

5 Mondays, 1/10-2/7 3:15-4:30 p.m.

Session II:

5 Mondays, 2/28-3/28 3:15-4:30 p.m.

\$65/R/session | \$68/NR

Location: Art Room/Music Room, Shaker Lane Elementary School

Make It & Take It Holiday Sweets – Ages 8-14

The holidays are the perfect time to get into the kitchen and make batches of homemade goodies! Participants will prepare gingerbread and sugar cookies from scratch, decorate them with homemade icing and sweet decals. We'll also make peppermint fudge and chocolate fudge, then divvy all the sweet concoctions up in a swap. Students will learn the proper way to measure and mix ingredients, the importance of chilling the dough and fudge, and the secrets of cooling and storage!! Please bring some plastic storage containers to bring home your homemade goodies. *Please note: The recipes may include chocolate, dairy, eggs and other ingredients that some children may be sensitive to. Recipes cannot be modified.* Instructor: CAITLYN MONAT is a lifelong resident of Littleton who brings 14 years of experience in the kitchen. She attended the Culinary Institute of America and has taught cooking classes to adults and children. She enjoys sharing her knowledge and passion for the art with others, especially kids.

Saturday, 12/17 9 a.m.-Noon #YMIW17

\$30/R | \$33/NR (Additional \$20 material fee payable to instructor)

Location: Kitchen, Littleton Town Hall, 33 Shattuck Street

Kids Ceramics & More! Grades K-5

New and continuing students welcome. Like to Paint? Join us for a 5 week session of fun and creativity. In addition to decorating 3 different functional ceramic pieces with kid friendly glazes, students will also create a suncatcher out of fused glass, and paint their own masterpiece on a canvas using water-based acrylic paints. Instructor: TRICIA LANGELEH of Magic Brush Pottery is an experienced children's instructor. All materials included. New projects each session (no class 3/30)

Session I:

5 Thursdays, 1/12-2/9 3:15-4:15 p.m. #YK CW17A

Session II:

5 Thursdays, 3/2-4/30 3:15-4:15 p.m. #YK CW17B

\$75/R | \$78/NR

Location: Art Room, Shaker Lane

* Take both sessions of Kids Ceramics & More and save \$\$\$*
\$140/R | \$143/NR #YK CW17C

Winter Chess Club - Ages 6-13

Chess for beginning players: Learn all the basics and practice with your fellow students. Learn the names of pieces, how they move, how to check and checkmate!

Chess Strategies & Tactics For Beginners: This lecture is geared to the beginner player who already knows how move the pieces, however would now like to know how to win! By learning:

- Simple Tactical Moves such as: The pin, the fork, the discovered check, the double check, the skewer, castling, the sacrifice, and others.
- Basic Strategy Concepts on: How to conduct the opening, how to set your pieces for the middle game and then the attack, relative piece value, easy checkmate patterns and much more.

The students also have the opportunity to:

-- Play chess games with their fellow students towards the club championship.

-- Get an analysis of their game from the instructor.

-- Practice their presentation skills by:

-- Reading up on some of chess books and give a short vocal presentation to the class on:

-- A famous chess player male or female. We have 7 books to choose from.

-- The student [with parent permission] has the option to have these presentations video-taped during class for our class chess DVD!

-- Learn the camera and learn how to make your chess DVD!

Visit www.lawrencehebert.com/chess. Facilitator: LAWRENCE HEBERT is twice a former Central Massachusetts Scholastic Champion, 1983 New Hampshire Amateur Champion (Reserve Section), three time Ayer High School Champion, and a member of the United Chess Federation. (no class 2/21) Minimum 6 students / Max 12

8 Tuesdays, 1/10-3/7 6:30 -8:00 p.m. #YCW17

\$140/R | \$143/NR

Location: Library, Littleton Middle School

French for Beginners – K-2

This course introduces basic concepts to familiarize students with the French language. Children will learn to count, talk about their families, pets, favorite day of the week, birthdays and favorite activities. Students will enjoy a variety of games in French that will help simplify and encourage learning. Instructor: ELSA CLEMENT is a native speaker and experienced instructor. New and continuing students welcome. (no class 3/30)

Session I: 5 Thursdays, 1/12-2/9 3:15-4:00 p.m. #YFBW17A

Session II: 5 Thursday, 3/2-4/6 3:15-4:00 p.m. #YFBW17B

\$50/R | \$53/NR

Location: Art Room, Shaker Lane School

Important Registration Information

We are moving over to a new registration software called RecDesk. Not only will it be easier to use than our old system, but is also mobile ready. Meaning you can check our programs and offerings on the go and sign up and pay for classes via your Smartphone. **We cannot carry over any of the household information from the old program, so you will need to create a new account.**

It doesn't take long just go to
<https://littletonprce.recdesk.com/community>
to set one up today.



Register online at
www.littletonrec.com

Arts, Crafts & Creative Brushes – Grades K-3

All new projects!! Students will enjoy working with a variety of familiar art materials as well as experimenting with some new ones! Projects may include painting on canvas, paper marbling, creative stamps and washi tape, to name a few. **Students will need to bring a lunch & drink.** Instructor: BEV MCCARTHY is a popular adult and children's instructor who enjoys introducing the joy of art to kids of all ages. *(Includes all materials)*

E/R Wednesday, 3/1 12:15-3:15 p.m. \$40/R | \$48/NR

#YACW17A

E/R Wednesday, 3/15 12:15-3:15 p.m. \$40/R | \$48/NR

#YACW17B

E/R Wednesday, 4/12 12:15-3:15 p.m. \$40/R | \$48/NR

#YACW17C

Location: Art Room, Shaker Lane School

Register for all 3 classes and save \$\$\$

\$95/R | \$98/NR *(Includes all materials)*

Location: Art Room, Shaker Lane School



Intro to STEM with LEGO - Grs. K-2 -

Session 1

Tap into your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced PLAY-WELL instructor.

6 Fridays, 1/13-2/14 3:15-4:45 p.m. #YPW1W17

\$130/R | \$133/NR

Location: TBA, Shaker Lane Elementary School



Intro to STEM with LEGO – Grs. K-2 -

Session 2

Ratchet up your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as Motorcycles, Castles, Airplanes, and Carnivals. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced PLAY-WELL instructor. Session 1 is not a prerequisite for Session 2 – New students are welcome.

6 Fridays, 3/3-4/7 3:15-4:45 p.m. #YPW2W17

\$130/R | \$133/NR

Location: TBA, Shaker Lane Elementary School



PARENTS:

Don't forget to send in a note
to your child's teacher

letting them know that they will be
participating in an afterschool program – Thanks!

Rhythm Kids African Drumming - Grades K – 3

Rhythm Kids is an exciting music, movement, and drumming class for children in Kindergarten through third grade. Children integrate and assimilate rhythm into their lives, as they learn multicultural drumming patterns, develop new repertoire on percussion instruments, explore movement and dance while singing songs and play fun games based on music and drumming. Families also get access to online materials, tutorials and video play-alongs. Students are welcome to bring their own hand drum to class. Instructor: TOM FOOTE is the creator of Rhythm Kids, brought to you in collaboration with Music Together®. Tom has brought the powerful fun of drumming to Littleton students for the past six years. He studied at Shepherd College, Berklee College of Music, Drummer's Collective and with African master drummer Moussa Traore from Mali. *(no class on 2/23)*

9 Thursdays, 1/12-3/16 3:15-4:00 p.m. #YRKW17

\$140/R | \$143/NR

Location: Art Room, Shaker Lane Elementary School

Young SciFi Filmmakers - Introduction – Grades 5-9

From pre-production to post production, students will learn real world examples of what to do, and what not to do, while making a film. Working together, groups will write short screenplays, learn the basics of HD video cameras, small camera crane, green screening, directing and acting as they put together their own individual 2-3 minute SciFi video. Although not a film editing or animation class, we will use a central PC to import your film and do some basic editing with Final Cut Pro as well as import some animation, special effects and music to polish your film. Students can visit the instructor's web site www.lawrencehebert.com to see a complete course outline for this introductory class. Instructor: LAWRENCE HEBERT has produced two lower budgeted feature length teen SciFi films in Littleton with local cast and crew. *(no class 2/23)* Minimum 4 students / Max 6

6 Thursdays, 2/2-3/16 6:30-8:30 p.m. #YSFW17

\$120/R | \$123/NR

Location: Cafeteria, Littleton Middle School



Magic Brush Tea Party - Child / Adult

Share some quality time at our Tea Party with your favorite little one. Participants will paint a bisque ware flower tea cup and saucer and enjoy a tea party with light refreshments and drinks. Children are invited to bring their favorite doll as we will have highchairs available for them to join in on the Tea Party Fun! If anyone in your party has allergies, please indicate upon registration and bring any food or drink you choose. Instructor: TRICIA LANGELEH

Saturday, 4/8 1:00-3:00 p.m.

\$65/R | \$68/NR (Adult & 1 Child) #YTPW17A

\$28/R | \$31/NR (Additional Person (adult or child) #YTPW17B

Location: PR/CE Classroom 123, Town Hall, 33 Shattuck St

Writer's Toolbox (For Writers in the 4th & 5th Grade)

Love adventure? Mystery? Wizards? Do you love to write your own stories? Whatever you love to write, you need to write! Join Kristine Asselin, local children's author, to talk about reading, writing, plotting, creating interesting characters, critiquing, writing prompts, rhetorical devices, and more. Bring a pencil and your imagination. Instructor, KRISTINE ASSELIN is the published author of sixteen nonfiction children's books. Her middle grade novel debut (Art of the Swap) will be released Spring 2018.

3 Thursdays, 3/2-16 2:30-3:30 p.m. #YWTW17

\$35/R | \$38/NR

Location: TBA, Russell Street Elementary School

YOUTH HEALTH & FITNESS

Horses: Life In The Barn - Grades K - 8

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 and sturdy shoes or boots. Limit 8. Instructor: HARMONY HORSE STABLES

4 E/R Wednesdays, 3/22, 3/29, 4/12 & 5/10

Grades 3-8 Noon-1:00 p.m. #YHW17A

Grades K-2 1:00-2:00 p.m. #YHW17B

\$120/R | \$123/NR

Location: Harmony Horse Stables, 2 Trot Road

Indoor Tennis – Ages 5-12

Based on kid friendly concepts of tennis, kids are exposed to tennis in a fun way, using a smaller court size, lower net, lower bouncing balls, simplified scoring, and emphasis on team work. Kids learn while playing. Instructor: ANNETTE DeDISZ is a certified QuickStart instructor.

Session I:

Ages 5-9: 4 Mondays, 1/23-2/13 3:15-4:00 p.m. #YITW17A

Ages 9-12: 4 Mondays, 1/23-2/13 4:15-5:00 p.m. #YITW17B

Session II:

Ages 5-9: 4 Mondays, 3/13-4/3 3:15-4:00 p.m. #YITW17C

Ages 9-12: 4 Mondays, 3/13-4/3 4:15-5:00 p.m. #YITW17D

\$50/R | \$53/NR

Location: Gym, Shaker Lane School

Softball Fast Pitch Clinic

Fast Pitch softball instruction for the intermediate to advanced pitcher. Instruction offered for the development of pitching fundamentals as well as on the delivery of specialty pitches such as the change up, drop, and rise ball. Sessions are conducted indoors and players and should wear appropriate clothing and shoes for wooden gym floor surfaces. Pitchers must provide their own competent catcher to insure safety of others and efficiency in training. Maximum of 8 pitchers. (no class 2/21. 3/14 will be a make-up date if needed). Coach: ALLISON HARDY was a four year varsity starting pitcher for WPI and Leominster High School. She has taught pitching fundamentals and techniques to pitchers of all ages and abilities and is currently coaching at Daniel Webster College and assists the Littleton High School Varsity team.

6 Tuesdays, 1/24-3/7 6:00-7:00 p.m. #YFPW17

\$85/R | \$88/NR

Location: Gym, Russell Street Elementary School



Register online at
www.littletonrec.com

Softball Spring Training - Softball readiness training – Grs 7-12

This clinic provides softball throwing, catching, hitting and conditioning instruction and drills for players preparing for the upcoming spring season. Players should come prepared and bring their own bats and gloves. Players should expect rigorous workouts and should wear appropriate clothing and shoes for wooden gym floor surfaces. Maximum of 20 players. (no class 2/21. 3/14 will be a make-up date if needed). Coach: ALLISON HARDY

6 Tuesdays, 1/24-3/7 7:00-8:00 p.m. #YSTW17

\$35/R | \$38/NR

Location: Gym, Russell Street Elementary School

Sports and More – Grades K-2

Enjoy a variety of sports each week such as soccer, kickball, baseball, and dodgeball. Participants will also play some great games like 4 Square, Sharks and Minnows, and Capture the Flag. Games will be held outside or in the gym depending on weather and activity. Instructor: ANDREW REED has offered games and sporting activities with 1st Grade teacher, Perry Kenney for several years. Andrew is offering the program on his own with an occasional visit from his Mom, Mrs. Kenney.

Session I:

6 Fridays, 1/13-2/10 3:15-4:15 p.m. #YSMW17A

Session II:

6 Fridays, 3/3-31 3:15-4:15 p.m. #YSMW17B

\$60/R/session | \$65/NR/session

Location: Gym, Shaker Lane School

Youth Volleyball – Co-Ed Grades 5-8

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 every clinic night to introduce the concepts of positioning and strategy. Please register by 1/17. Due to facility space constraints, registration is limited at 28. Instructors: MIKE LEVASSEUR and ANDREA HILL are experienced volleyball players, who have taught a similar program in Ayer over the past 3 years. ELIZABETH GUERTIN played varsity volleyball at Northeastern University and is the assistant volleyball coach at Fitchburg State. All coaches look forward to sharing their love for the game with clinic participants. Minimum of 15 players. (no program 2/18 & 25)

6 Saturdays, 2/4, 11, 3/4, 11, 18, 25 Noon-1:30 p.m. #YVBW17

\$25/R | \$28/NR

Location: 2/4 & 11, Gym, Russell Street Elem School

3/4, 11, 18, 25, Gym, Littleton Middle School



Interested in teaching a class?
We love new ideas!
Contact us at
littletonrec@littletonma.org

Registering online?
The pre-requisite Code #2017A
is the \$5/person (\$20 family maximum)
annual registration fee.



T.A.S.K.

TEEN AFTER SCHOOL KLUB



REGISTER NOW FOR THE 2016/2017 SCHOOL YEAR!

T.A.S.K. is an after school program for 6th-8th graders run by the Littleton Parks, Recreation, and Community Ed. Dept.

The program runs 1:45 PM to 6:00 PM Monday-Friday at the Middle School.

The "Klub's" Home Base is at the Middle School Library. Activities include free time in the gym or outside, board games, computer time and an hour of homework time each day.

TUITION RATES

2 Days a week: \$165/ month
 3 Days a week: \$220/ month
 4 Days a week: \$265/ month
 5 Days a week: \$310/ month
10% Discount for siblings.

For more information: lustrina@littletonma.org | 978-540-2490 | www.littletonrec.com

Karate – Grades K – 5

Mind, body and spirit are developed in ways that help build confidence and increase self-esteem in this safe, and non-competitive environment. Children will reap the benefits of improved concentration, self-control, coordination and balance while enjoying every minute of their martial arts training! This program runs throughout the school year (classes will be held on early release conference Thursdays.) Parents must register online at www.littletonma.org or call Littleton Park and Recreation & Community Education at 978 540-2490 to register each month. Class will be held on Early Release Thursday, 3/30.

Instructor: ALAN KESSLER'S KARATE SCHOOL

Tuesdays, ongoing monthly 3:15 - 4:00 p.m.

Thursdays, ongoing monthly 3:15 - 4:00 p.m.

Karate on Tuesday only \$55/R/mo | \$58/NR/mo

Karate on Thursdays only \$55/R/mo | \$58/NR/mo

Karate both Tues & Thurs \$98/R/mo | \$101/NR/mo

Location: Gym, Shaker Lane School

Nashoba Learn to Skate (LTS) - Ages 3-14

Participants will learn basic skating skills including stance, stopping and proper stride. As participants progress they will learn more advanced techniques such as backwards, crossovers, edgework and acceleration. Skaters will be evaluated and put into a proper group. Director and Lead Instructor: Amy Lowe, former Harvard University hockey team player.

Session 2: 10 Sundays, January 8, 2017, 3:30 p.m.

Boxborough, Nashoba Valley Olympia, Rink 2

\$150 – for more information and to register go to:

<http://www.NashobaLearnToSkate.com>

Nashoba Learn to Play Hockey (LTPH) - Ages 3-14

Based on the American Development Model (ADM), players will learn the basic skills of hockey, including stick handling, passing, shooting, skating skills and team work. Skaters will be evaluated and put into a proper group. Director and Lead Instructor: Amy Lowe, former Harvard University hockey team player.

Session 2: 10 Saturdays, January 7, 2017, 7:40 a.m.

Tyngsboro, Skate 3, Red Rink

\$200 – For more information and to register go to:

<http://www.NashobaLearnToSkate.com>

Recreational Hockey for Youth in
Littleton & Westford –

To Register Contact: <http://www.NashobaLearnToSkate.com>

Interested in teaching a class?
 We love new ideas!
 Contact us at
littletonrec@littletonma.org



Come join the Littleton Parks and Recreation ski program at for six weeks on the snow!

When? THURSDAYS, January 5th—February 9th

Time? 1:45pm—8:00pm

Who? 6th-10th graders

Cost? Pricing options catered to your needs!

Step 1: Transportation Cost to Littleton PRCE	Early Bird Rate: \$105	Regular Rate: \$ 115
Step 2: Pick your package (Paid through Wachusett)	Early Bird Rates! (Before 12/1/16)	Regular Rate (after 12/15/16)
Package 1: • 6 lift tickets	\$120	\$130
Package 2: • 6 lift tickets • 6 one-hour lessons	\$180	\$190
Package 3: • 6 lift tickets • Rentals (skis/boards, boots and helmet)	\$240	\$250
Package 4: • 6 lift tickets • 6 one-hour lessons • Rentals (skis/boards, boots and helmet)	\$300	\$310

Visit www.littletonrec.com for more program information and to register!

21SSBPW17A

Questions? Contact Lauren at lustrina@littletonma.org or 978-540-2490

Family-Friendly Line Dancing

Does music lift your spirits? Do you like moving to the beat? If “yes” then this could be the class for you! Line dancing is casual and fun. If you’ve ever done the Cotton Eyed Joe or Electric Slide then you’ve already line danced! No partner, warm-ups, special clothing, or prior dance experience required. Each dance requires only foot patterns so beginner dances can be learned within a matter of minutes. We’ll groove to several dances each class and enjoy an uplifting variety of music. Wear secure shoes that won’t stick to the floor when sliding your feet, and join the party! For questions, contact Kari McHugh: 978-844-1951 or KarisLineDancing@comcast.net.

Ages 8 & Up (This class will move at a slower pace than Line Dancing for Ages 12 & Up. Parents are welcome to join too!)

7 Saturdays, 1/14-2/25 8:45-9:45 a.m. #YLDW17A

7 Saturdays, 3/11-4/22 8:45-9:45 a.m. #YLDW17B

\$56/R | \$59/NR (50% off for additional family members.)

Max family rate: \$87/R | \$90/NR)

Ages 12 & Up (This class will move at a quicker pace than Line Dancing for Ages 8 & Up. Parents are welcome to join too!)

7 Saturdays, 1/14-2/25 9:45-10:45 a.m. #YLDW17C

7 Saturdays, 3/11-4/22 9:45-10:45 a.m. #YLDW17D

\$56/R | \$59/NR (50% off for additional family members.)

Max family rate: \$87/R | \$90/NR)

Location: Multipurpose Room, Town Hall, 33 Shattuck St.

Homeschoolers and Stay-At-Home Parents with

Children of Any Age (Daytime classes for families of all ages. Children not participating are welcome to wait/play quietly on the sidelines.)

7 Tuesdays, 1/10-2/21 12:30-1:30 p.m. #YHSLDW17A

7 Tuesdays, 3/07-4/18 12:30-1:30 p.m. #YHSLDW17B

\$56/R | \$59/NR (50% off for additional family members. Max family rate: \$87/R | \$90/NR)

Location: Multipurpose Room, Town Hall, 33 Shattuck St.

SUMMER PROGRAMS**Camp Tahattawan**

Summer 2017

Registration for our popular 7 week day camp begins February 1, 2017 – please watch our website, Facebook and Newsletter for additional information. Register early – space is limited!!

Enrollments are limited

Please register early to avoid disappointment

Challenger British Soccer

Online registrations should be made at @ www.challengersports.com

If registering by check or cash, mail check to:

Littleton Recreation, 33 Shattuck St, Littleton, MA 01460,

Payable to: Challenger Sports

Phone: 978-540-2490 E-mail: littletonrec@littletonma.org

Or come by the recreation office at 33 Shattuck Street

Challenger Sports believes the most important thing is having well-trained people who communicate their knowledge in a way that inspires and motivates young players to want to improve. With over 25 years of camp experience and over 1,400 players across the U.S. taking part in our camps in 2014, Challenger Sports has done just that. With a well-developed and innovative curriculum, your young Soccer Star will be exposed to way of coaching that helped improve the ability players nationwide! Our staff has developed a unique way of coaching that addresses the technical, tactical, physical and psychological requirements of the game at every age level. But more importantly, it focuses on the child as an individual and not just as a player on a team. Join this nationally certified camp for a fabulous, fun and challenging camp!

Free Jersey Offer deadline for June 26-30 week – May 12 –

Only registrations made online at www.challengersports.com are eligible for the free jersey

M-F, June 26-30

Tiny Tykes – Ages 3-6

8:00-9:00 a.m. \$95/R | \$98/NR #YCSS17A

Half Day - Ages 7+

9:00 - Noon \$155/R | \$158/NR #YCSS17B

Full Day - Ages 9+

9:00 – 3:00 p.m. \$190/R | \$193/NR #YCSS17C

Location: Littleton High School Fields

Jr. Olympic Archery – Ages 8+

Students learn correct archery safety and technique and receive achievement awards as they progress. Included in tuition is use of all recurve bows, arrows, targets, quivers and protective equipment used during the class. Instructor: Delicious Bow & Arrow Staff

M- F, 6/26-30:

Section I: M – F, 9:00 – 11:00 a.m. #YAS17A

Section II: M – F, 11:00 a.m. – 1:00 p.m. #YAS17B

\$115/R/session | \$118/NR/session

M- F, 7/24-28:

Section I: M – F, 9:00 – 11:00 a.m. #YAS17C

Section II: M – F, 11:00 a.m. – 1:00 p.m. #YAS17D

\$115/R/session | \$118/NR/session

Location: Littleton Middle School Fields, 55 Russell St

When registering your child for a program, please make sure that we have a phone number where we can reach you while your child is in our care.



Thank you.

AtBats Baseball Clinic - Ages 8-12

#YABCS17

AtBats Softball Clinic - Ages 8-12

#YASCS17

AtBats Summer Baseball and Softball Clinics combine skills instruction and fun! Participants will work with professional coaches on core skills of throwing, catching, fielding, hitting, positional play and game know-how through drills, personal instruction and fun scrimmages. New and experienced players welcome! A player to staff ratio of 5:1 allows for plenty of personal attention to each player's needs and safety. The camps are run by the well-known "AtBats Training Center" of Boxborough, MA. Participants should bring a water bottle, snack, lunch and apply sunscreen before arriving. The camps are held at Littleton High School baseball and softball fields and the school gym is available for weather disruptions. In the event of a rain-day cancellation our make-up day is July 15th. Instructors: AtBats coaching staff, including college and high school coaches.

Dates TBA

Location: Littleton High School Baseball and Softball Fields, 56 King Street

AtBats Advanced Baseball Camp - Ages 12-14

A fast-paced camp with UMass-Boston baseball coaches and players! This camp is for experienced players ages 12-14 and will be held at Littleton High School Baseball Field, July 11-14, 9 to noon. Camp covers advanced skills and topics including hitting, infield/outfield defense, game strategy, conditioning and more. The camp is run by the well-known "AtBats Training Center" of Boxborough, MA. Participants should bring a baseball glove, hat, water bottle and sunscreen. Rain make up will be July 15th. Camp Director: UMass Boston head coach Brendan Eygabroat.

Dates TBA

Location: Littleton High School Baseball Field, 56 King Street

AtBats Advanced Softball Camp - Ages 12-14

This fast-paced camp is for experienced softball players ages 12-14 and will be held at Littleton High School Softball Field, July 11-14, 9 to noon. Camp covers advanced skills and topics including hitting mechanics, situational hitting, infield/outfield defense, game strategy, conditioning and more. The camp is run by the well-known "AtBats Training Center" of Boxborough, MA. Participants should bring a softball glove, hat, water bottle and sunscreen. Rain make up will be 7/17. Camp Director: Maynard HS varsity softball coach and Littleton HS softball "Hall of Famer" Meaghan O'Neal.

Dates TBA

Location: Littleton High School Softball Field, 56 King Street

Adam Nelson Basketball - Ages 8 and Up

Individual attention, coupled with the opportunity to play in team situations, make this a hit with players every year. Participants will focus on developing basic individual skills as well as learn drills that they can work on at home to improve their game. Each day will have a specific emphasis, .i.e. Monday – ball handling; Tuesday - shooting; Wednesday – defense, etc. Coach Adam Nelson is head coach at Suffolk University, and was a former Division 1 assistant coach at both Holy Cross and Northeastern University. Current college players and coaches assist Coach Nelson to make this a fantastic camp. Instructor: COACH ADAM NELSON AND STAFF

M-F, 7/17-21

9:00 - 3:00 p.m.

#YANS17

\$165/R | \$168/NR

Location: Gym, Littleton High School

Adam Nelson Basketball-Advanced Skills Clinic

- Ages 12-18

Offensive scoring and shooting is the name of the game in the concentrated clinic that teaches correct shooting techniques, shooting mentality, how to increase your 3 point opportunities, jump shots, shooting off the dribble and how to swish your free throws each and every time! Coach Adam Nelson is head coach at Suffolk University, and was a former Division 1 assistant coach at both Holy Cross and Northeastern University. Current college players and coaches assist Coach Nelson to make this a clinic one that will change the way you score! Instructor: COACH ADAM NELSON AND STAFF

M-W, 7/24-26

9:00-3:00 p.m.

#YANAS17

\$100/R | \$103/NR

Location: Gym, Littleton High School, 56 King Street

BEST Soccer - First KIX - Ages 3-5

First KIX classes are unique in that they are purposely designed to be FUN, silly, age appropriate and a high energy experience for children. Our soccer programs feature exciting games and activities to teach the fundamental skills of the sport. Your child will learn to participate in a group, follow simple instructions, cooperate with peers, develop gross motor skills, and let's not forget, the obvious benefits of having them burn off some of that energy! First KIX coaches are highly experienced in dealing with this age group of children and are brilliant at what they do! BEST Soccer T-shirt and ball included. BEST SOCCER Staff

M-F, 7/31-8/4

#YBSS17A

Ages 3-5

9:00-10:00 a.m.

\$90/R | \$93/NR

Location: Russell Street Fields, 57 Russell Street

BEST Soccer - Soccer Academy - Ages 5-14

BEST Soccer Academy program emphasizes developing the complete player in all 4 pillars of the game including: technical, tactical, physical, and psychological. All academy players are expected to demonstrate focus, and a willingness to compete and develop, as they prepare for competitive soccer. Skills include fundamentals like dribbling, passing, receiving, shooting and heading. Carefully structured, progressive sessions are delivered by professional English coaches. BEST Soccer T-shirt and ball included. BEST SOCCER Staff

M-F, 7/31-8/4

#YBSS17B

Half Day (Ages 5-14)

9:00-Noon

\$150/R | \$153/NR

Location: Russell Street Fields, 57 Russell Street



Register online at

www.littletonrec.com

REGISTER

Littleton Parks, Recreation & Community Education Winter 2017 Registration Form

PRIMARY HOUSEHOLD CONTACT/PARENT/GUARDIAN:

1 ST PARENT NAME: _____	2 ND PARENT NAME: _____
ADDRESS: _____	SAME ADDRESS?: YES <input type="checkbox"/> NO <input type="checkbox"/>
CITY: _____ STATE: _____ ZIP: _____	IF NO, ADDRESS: _____
1 ST PARENT DATE OF BIRTH: _____	2 ND PARENT DATE OF BIRTH: _____
1 ST PARENT HOME PHONE: (____) _____	2 ND PARENT WORK PHONE: (____) _____
1 ST PARENT WORK PHONE: (____) _____	2 ND PARENT CELL PHONE: (____) _____
CELL PHONE: (____) _____	HOUSE HOLD MAIN E-MAIL ADDRESS: _____

ACTIVITY NUMBER	PARTICIPANTS		DOB	M/F	ACTIVITY NAME	FEES
CODE # & SESSION LETTER	FIRST NAME	LAST NAME				

COMPLETE IF PAYING BY CREDIT CARD	CC#: <input type="text"/>
AMT OF CHARGE: \$ _____ . _____ EXP. DATE: ____/____/____ CW2 CODE: ___	
SIGNATURE AS IT APPEARS ON CARD: _____	
NAME OF CARDHOLDER (printed): _____	

**DID YOU
REMEMBER THE
ANNUAL PARK &
REC FEE OF \$5.00
PER PERSON?
IF NOT, ADD IT
HERE.**

#persons x \$5.00 = \$ _____

FORM NOT VALID UNLESS SIGNED HERE BY PARENT/GUARDIAN/ADULT PARTICIPANT:

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 can not be reached at the phone numbers above.

SIGNATURE: _____ DATE: _____

➔ TOTAL FEES:
"Round Up" For Youth Recreation Rounding up your program fee, helps provide financial assistance for those unable to afford the program fee for youth activities.
↓ <input style="width: 100%; height: 20px;" type="text"/> ↓ TOTAL: <input style="width: 100%; height: 20px;" type="text"/>

Town/Beach/Parks/Tennis/Athletic Fields

Town beach / Long Lake	Long Lake recreational area. Seasonal, open to town residents and limited number of non-residents. Parking sticker required.
Fay park	On Foster Street next to the Fire station. Gazebo and grassy open space available for picnicking. Kid's play area with swings, seesaw, etc.
Oak Hill	On Oak Hill Road. Wooded area with hiking trails
Bumblebee Park	On corner of Foster and Harwood Streets. Wooded, hilly area for hiking, etc.
Castle in the Trees	On King Street, across the street from Foster Street. Wood playground made especially for kids of all ages
Tennis Courts*	300 King Street (2) or Shattuck Street (2) *Please note: Town residents only are allowed to play on the tennis courts. Must have current Park and Recreation fee paid to reserve a court.
Athletic Field Usage	Anyone using the fields or courts must first obtain a permit from Park and Recreation. Depending on the group, certain fees will apply. All scheduling for field or court usage must be done through the Park and Recreation office. Littleton has many soccer, baseball, softball open fields in town. For further information regarding usage, please call the Park and Recreational office at (978) 540-2490

For a complete list of conservation areas in Littleton, please contact the Conservation Commission at (978) 486-8537

Littleton Youth Sports Web Sites

Littleton Youth Basketball
Registrations and information at
www.littletonhoops.org

Littleton Youth Baseball and Softball
Registrations and information at
www.littletonbaseball.org

Littleton Youth Wrestling
Information at <http://littletonwrestling.org>
Registrations at www.littletonrec.com

Littleton Youth Soccer
Registrations and information at
www.littletonyouthsoccer.org

Littleton Youth Lacrosse
Registrations and information at
www.littletonlax.org

Littleton/Bromfield Middle School Hockey
<http://littletonbromfieldhockey.org/>

Littleton Youth Tackle, Flag and Cheer
Registrations and information at
Go to www.lytfc.org/

Littleton Parks, Recreation & Community Education Class Locations:

Littleton High School, 56 King Street (Rt. 2A)

Middle School, 55 Russell Street

Russell Street Elementary School, 57 Russell Street (follow the drive between the Middle School and the athletic field to the Russell St. Elementary School)

Shaker Lane Elementary School, 35 Shaker Lane

Additional daytime, after-school and evening classes are held at Park and Recreation, Town Hall, 33 Shattuck Street

Would you like to share your interests and knowledge by teaching a course? We'd love to hear from you.

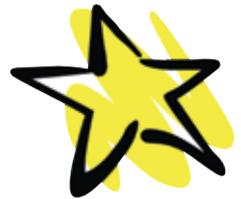
Call (978) 540-2490 for details
or email littletonrec@littletonma.org

Littleton Parks, Recreation & Community Education
PO Box 934
Littleton, MA 01460

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**PLEASE.....
REGISTER PROMPTLY FOR COURSES!**



We must make decisions about whether or not a class will be held about a week in advance of the start date.

Sometimes just two or three registrations make the needed difference to meet minimum enrollment requirements.



On the other hand, some classes fill up early and a prompt registration will ensure your space in the class.

Either way, registering early is the best way to avoid disappointment.



**COURSE
IDEA??**

*If you have a suggestion for a course, please let us know.
We love new ideas!*

Littleton Parks, Recreation & Community Education

978 540-2490

email - littletonrec@littletonma.org