



FINN RAP

Spring Session 5 2019

May to June

Registration Begins: Monday, April 8, 2019

Registration Ends: Friday, April 26, 2019

- 3 Ways to Register:
1. Online at <http://Southborough.recdesk.com>
 2. Mail in form to Recreation Office, 21 Highland Street
 3. Walk in form to Recreation Office

Participant Name: _____ Bus #: _____ Ext Day after RAP class: Y or N
 DOB: _____ Grade: _____ (If K: full day, am, or pm?) Teacher: _____
 Address: _____ Email: _____
 Home #: _____ Work #: _____ Cell #: _____
 Allergies/medical/special concerns: _____
 Check here if you do NOT wish your child to be photographed for publications. _____

- Do not send registrations to school, this will delay your enrollment.
- Make checks payable to "Southborough Recreation".
- Send a note to the teacher on the first day of class.
- Please send a "peanut free" snack with your child.
- Check emails for confirmations, cancellations, and updates!
- No refunds or exchanges except with a doctor's note, a \$25 processing fee will be applied for any changes.
- Please pick up promptly, a late pick up fee of \$5 will be assessed 5 minutes after the end of every class.

Please circle your selections in the boxes below: (Program descriptions and details on back)

Monday 4/29, 5/6, 5/13, 5/20, 6/3	Tuesday 4/30, 5/7, 5/14, 5/21, 5/28	Wednesday 5/1, 5/8, 5/15, 5/22, 5/29	Thursday 5/2, 5/9, 5/16, 5/23, 5/30	Friday 5/3, 5/10, 5/17, 5/24, 5/31
Karate \$85	Books Come to Life \$100	AM Fitness Fun w/Mr. McCabe \$105 (3 days, Tue, Wed, Thu)	Spring into Arts & Crafts \$125	STEM Goes STEAM Adventure \$95
Tennis \$80	Capture the Flag \$80	Tennis \$80	Outdoor Games \$80	No Bake Desserts \$125
Chess \$85	Soccer \$80	Breakout \$80	Story Time Yoga \$80	Flag Football \$80
		Healthy Snacks \$125		

STUDENT AND PARENT COMMITMENT

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

Signature Parent/Guardian _____ **Date** _____

Program Times are 3 to 4pm unless otherwise noted. Please read each program in its entirety to be informed of pick up time.

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Program Description

American Free Style Karate **Instructor: Richard Castetter, CV Martial Arts** **Min 10/Max 15**

This program is a blend of the best Martial Arts from Karate, TKD, Muay Thai, Jiu-jitsu, Kempo, Krav, Maga, KungFu with an emphasis on teaching safety and life skills. Students will get physically fit while having fun and learning valuable self defense skills, appreciate the value of hard work to achieve worthwhile goals, anti-bully program, practical self defense and martial art games.

Tennis **Instructor: Diane Frazitta** **Min 6/Max 8**

This class introduces young players in a fun and supportive way using scaled down courts and equipment. Each class uses a game based approach to tennis instruction with the emphasis on development of general motor and athletic skills. Children will learn tennis techniques, strokes, and practice drills during these lessons. Parents may secure racquets in their child's backpack for the bus ride to school.

Chess **Instructor: Chess Wizards** **Min 6/Max 10**

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of the session, each student will have had the chance to participate in a mini-chess tournament.

Books Come to Life **Instructor: Paradise Island Kids** **Min 4/Max 15**

In this educational, fun and active class we will read our favorite books by Dr. Seuss, Elephant & Piggie & Pete the Cat and bring them to life by playing games and making crafts based on the books! Each class will have its own theme and teach kids a moral or lesson in an entertaining and interactive way.

Capture the Flag **Instructor: Tom McCabe** **Min 10/Max 23**

You'll be playing all different types of sports and tag games such as Noodle Hockey, Batman and Robin Tag, Fishy Fishy Cross My Ocean, Capture the Flag, and Jurassic Park, plus many more. Come have some fun, meet new friends, and get some great exercise.

Soccer **Instructor: Diane Frazitta, Finn Instructional Aide** **Min 8/Max 15**

This class focuses on mastering the proper foot skills which are vital to excelling at the game of soccer! The class will improve your passing and shooting game through fun games and drills which will lead to an overall enjoyment of the game for years to come. You will participate in weekly practices, games, players learn sportsmanship, how to work as a team and also build quality relationships with players.

AM Fitness Fun **Instructor: Tom McCabe, Finn Teacher** **Min 10/Max 20**

Get a 30 minute jump start to your day with some fun exercises, games, races, and obstacle courses. An early morning activity will help boost focus, energy, strength to a positive start on your school day!

Program Time: 8:15am to 8:45 am. Program fee is \$105 for three days-Tue, Wed, and Thu.

Breakout **Instructor: Tom McCabe, Finn Teacher** **Min 10/Max 20**

A less aggressive and fun version of Dodgeball! Follows the same basic concept of regular Dodgeball but keeps all players active throughout the game. Come play, exercise, and work as a team!

Healthy Snacks **Instructor: Paradise Island Kids** **Min 4/Max 15**

Eating healthy does not have to be tasteless & boring and this class will teach kids that there are many delicious healthy options with the perfect combination of fiber, protein, & fat. We will discuss the ingredients in each snack and focus on the importance of making informed decisions for a lifetime of wellness. We will learn how to make and decorate an assortment of super fun kid approved treats using all natural ingredients like fruits, vegetables, cheeses, meats, breads, yogurts and more! All ingredients used are nut free.

Spring into Arts & Crafts **Instructor: Paradise Island Kids** **Min 4/Max 15**

Bring your enthusiasm & imagination to create a new Spring time craft each week! Projects include Making Your Own Terrariums, Birdhouses, Mixed Media Tree & Flower Paintings, Rock Gardens & more! All materials included, kids take all of their creations home!

Outdoor Games **Instructor: Tom McCabe** **Min 10/Max 20**

You'll be playing all different types of sports and tag games, including Noodle Hockey, Batman and Robin Tag, Fishy Fishy Cross My Ocean, Capture the Flag, Jurassic Park, and many more. Come have some fun, meet new friends and get some great exercise!

Story Time Yoga **Instructor: Diane Frazitta** **Min 6/Max 15**

Join us on an exciting adventure as we flow through different yoga poses inspired by beloved movies, such as Moana! We will end the class with some art work related to the story.

STEM goes Steam Adventure **Instructor: STEM Beginnings** **Min 7/Max 12**

Science, Technology, Engineering and Math with a little artistic flair! Children will see how art connects with STM in a variety of challenges: from spinning designs and kaleidoscopes to masterpieces with bubbles, magnets or marbles. Children will get creative in robotics and chemistry too! Its full STEAM ahead.

No Bake Desserts **Instructor: Sheri Clyde, Finn Special Aide Teacher** **Min 4/Max 12**

No Oven? No Problem! Join us in this fun and creative class where we will teach you the art of making our most favorite No Bake Desserts! Get ready to make something different weekly, from cookies, to cheesecakes, to chocolate bars & more! Simple recipes kids can recreate at home-with minimal parent supervision and no oven! Nut free ingredients only.

Flag Football **Instructor: FAST Athletics** **Min 10/Max 20**

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams!