



# Trotter

## After School Activity Programs

### Fall Session 1, 2018

**Registration Begins:** Monday, August 27, 2018

**Registration Ends:** Friday, September 14, 2018

- 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 #: \_\_\_\_\_  
 DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ 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".
- 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 \$20 processing fee will be applied

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

Monday 9/17, 9/24, 10/1, 10/15, 10/22	Tuesday 9/18, 9/25, 10/2, 10/9, 10/16	Wednesday 9/12, 9/26, 10/3, 10/10, 10/17	Thursday 9/20, 9/27, 10/4, 10/11, 10/18	Friday 9/14, 9/21, 9/28, 10/5, 10/12
Cross Country Program starts 9/5 to 10/26 (Sep. Reg. Form) \$185/\$195	Flag Football \$110 (2 day program)	Cross Country Program starts 9/12 to 10/26 (Sep. Reg. Form) \$185/\$195	Flag Football \$110 (2 day program)	Cross Country Program starts 9/5 to 10/26 (Sep. Reg. Form) \$185/\$195
SLIME Lab (held at Neary) \$100	TWINE \$105 (held at Neary)	Robotics Programming \$120 (1.5 hour program, held at Neary)	Archery \$90 (class ends at 3:45, pick up at circular drive)	Halloween, Thanksgiving, & Holiday Baked Goods \$125 (held at Neary)
	Basketball \$80 (held at Neary)		Pottery \$150 (4-2.5 hours class, include transport, see dates on back)	Team Handball \$80 (held at Neary)

#### 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 \_\_\_\_\_

Please read each program description in its entirety to be informed of class times and pick up location.

# Trotter

## Program Description

### **Cross Country** **Instructor: Jeff Beane, RAP instructor**

Cross Country running is both a team sport and an effective way to gain overall fitness for other sports. XC is NOT easy. To really enjoy and benefit from this program, athletes should be able to cover 2 miles in less than 20 minutes BEFORE the season starts. Program goals include development of athletic fitness, self confidence, team spirit and commitment to continuous improvement. We train on local trails and neighborhoods varying pace and duration. Destination runs to local "eateries" and weekly meets both home and away sprint training and document progress. Frequent EM communications keep all informed of program details and events.

**Program dates: September 5 to October 26 ( 8 weeks) no make ups. Please use separate form to register.**

**Cost: \$185 for 8 weeks, no make ups in this program. Optional purchase of singlet is an additional \$10.**

### **SLIME Lab** **Instructor: Paradise Island Kids** **Min 10/Max 20**

Discover the far out loopy, goopy world of Slime! Explore and concoct goeey mixtures in your own slime lab. Make all kinds of borax free slime including instant snow cloud, galaxy, tie-dye, butter, unicorn, glitter, crunchy, and more! You will get to take your slime creations home to show off to your friends and family! All materials included, just bring yourselves! No experience necessary.

Program Time: 2:30 to 3:40pm. Class held at Neary School

### **Flag Football** **Instructor: FAST Athletics** **Min 12/Max 55**

Will your team be the Trotter Flag Football Champion? We will hold a draft to pick teams, and make up a game schedule for each day. Standings will be posted for students to see throughout the season all working toward the final goal and announcement of the championship team. This class will teach football techniques and skills, game strategies of offense and defense, and teamwork. Students will participate in flag football games, learn game rules, and the importance of fair play. This program runs for 5 weeks on Wednesdays and Fridays (fee includes both days). In the event of rain, the program will be held indoors. Instructor: FAST Athletics. **Program Time: 2:30 to 3:45 pm**

### **TWINE** **Instructor: SET School** **Min 6/Max 12**

Twine is a programming tool for making interactive "pick a path" style stories. Using prompts, the story writer can put different plot twists in the same story, which will have a different outcome depending on the "path" that the reader chooses. Will you choose the red door or the blue door? Program Time: 2:30 to 3:40pm. Class held at Neary School

### **Basketball** **Instructor: Game Time Training** **Min 12/Max 24**

Join Game Time Training and their staff of experienced coaches for our power hour basketball program. This program will have a healthy mix of skills/drills and scrimmage play. Each week, our coaches will teach the players at least one move-to-the-basket and one key principle of the game. All scrimmages will be monitored and controlled when teaching points arise. The GTT staff makes learning the game fun with interactive drills, music and ENERGY! **Program Time is 2:30 to 3:45pm. Class held at Neary School**

### **Robotics Programming** **Instructor: Set School** **Min 3/ Max 10**

Using the NXT programmable brick and the Mindstorms programming language, students learn how to design, build and program Lego robots. Students create programs to control motors and sensors enabling the robots to move and respond to the environment. Equal emphasis is placed on programming and robot design. They will learn how to design a robot for different activities, like maze running, sumo wrestling, mini-golf and Mars rover missions.

Class held at Neary. Please pick up promptly from Neary at 4:10pm.

### **Pottery** **Instructor: Lanting Truong, Art Teacher** **Min 5/ Max 11**

Students will be introduced to the pottery wheel starting with the components of the wheel and safety use of the wheel. Demonstration, techniques of wedging and wheel throwing will be covered in details. Glazing techniques will be taught as well. Also, students will coil, pinch, carve and shape in hand building projects and make both sculptural and functional clay works to take home.

**This class will be held at Southborough Art Center and transportation will be provided by Recreation Van.**

**Pick up is 5pm at the Art Center. There will no transportation back to Neary if your child goes to extended.**

**4 classes at 2.5 hours long—9/20, 9/27, 10/4 and 10/11**

### **Archery** **Instructor: Frank Nellenback, Gym Teacher** **Min 8/Max 12**

This class will teach you the mechanics and skill involved in using a bow and arrow and aiming at a target. The class will emphasize archery safety rules, proper shooting techniques, stance and coordination. It is an exciting and fun class that will challenge your physical strength, focus and finesse.

**This class ends at 3:45 and pick up will be in the semi-circular driveway at Neary School.**

### **TEAM Handball** **Instructor: Metro Sports League** **Min 8/Max 12**

Team Handball is a team sport similar to football (soccer). Two teams and a goalkeeper pass and bounce a ball using hands, trying to throw it into the goal of the other team. Great team building activity for all abilities! Program Time 2:30 to 3:40pm

### **Halloween Thanksgiving & Holiday Baked Goods** **Instructor: Paradise Island Kids** **Min 8/Max 20**

Learn how to make and decorate an assortment of super fun holiday treats like Monster cupcakes, Frankenstein Pretzels, Thanksgiving Turkeys, Holiday cookies and more! Put your imaginations to the test and get ready to have some serious fun! After this class, you will be ready to amaze friends and family with the most creative and delicious goodies! All materials included. Program time: 2:30 to 3:40 pm