



# Trotter

## After School Activity Programs

### Fall Session 1, 2017

**Registration Begins:** Monday, August 28, 2017

**Registration Ends:** Friday, September 8, 2017

- 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 9/11, 9/18, 9/25, 10/2, 10/16	Tuesday 9/12, 9/19, 9/26, 10/3, 10/17	Wednesday 9/13, 9/20, 9/27, 10/4, 10/11	Thursday 9/28, 10/5, 10/12, 10/19, 10/26	Friday 9/15, 9/22, 9/29, 10/6, 10/13
Cross Country Program starts 9/12 to 10/28 (Sep. Reg. Form) \$180/\$190	Flag Football \$105 (2 day program)	Cross Country Program starts 9/12 to 10/28 (Sep. Reg Form) \$180/\$190	Flag Football \$105 (2 day program)	Cross Country Program starts 9/12 to 10/28 (Sep. Reg. Form) \$180/\$190
Your Voice \$115 (class held at Neary)	Game Time Basketball \$85	Jr. Group Golf \$135 3 classes 9/13, 9/20, 9/27 Total time is 2 hours include transport and club rentals	Pottery \$140 (2 hour class, include transport)	Social Etiquette \$75 (class held at Neary)
	Robotics & Programming \$95 (class 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 6 to October 27 ( 7 weeks) no make ups. Please use separate form to register.  
Cost: \$180 for 7 weeks, no make ups in this program. Optional purchase of singlet is an additional \$10.**

### **Your Voice—Public Speaking**                      **Instructor: Right Brain Curriculum**                      **Min 7/Max 12**

In our Public Speaking class, we take the fear out of speaking before an audience by getting kids talking in front a supportive group about things in which they are interested. They write speeches on subjects of their choice and practice delivering them to the assembled students. As the kids practice in this low-pressure environment, they learn skills like standing up tall, using a loud voice and making eye contact. We also watch speeches of public figures and critique what is successful and unsuccessful in their speeches and hold fun and engaging debates. **Class held at Neary School. Program Time is 2:30 to 4pm. Pick up promptly at 4pm at Neary.**

### **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**

### **Game Time 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**

### **Robotics & Programming**                      **Instructor: Game Time Training**                      **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 4pm.**

### **Jr. Group Golf**                      **Instructor: Juniper Hill Golf Pro**                      **Min 5/ Max 11**

Improve and learn more about your game as you play. This program is geared towards all levels of players—beginners, juniors and more advanced. Established golfers will improve their strategy; there to aim, what club to hit, and how to play certain shots. Beginners will learn course etiquette and feel more comfortable while achieving a better understanding of the game. Club rentals are included. Transportation will be provided from Neary and Trotter to Juniper Hill Golf Course. Parent Pick up is promptly at 4:30 pm at Juniper Hill Golf Course located at 202 Brigham Street, Northborough.

**Program held at Juniper Hill Golf Course. Program Time: 2:30 to 4:15pm. 3 classes 9/13, 9/20, 9/27**

### **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 4:45 at the Art Center. There will no transportation back to Neary if your child goes to extended.**

### **Social Etiquette**                      **Instructor: New England School of Protocol**                      **Min 5/Max 10**

Present your 4th through 8th grader with the opportunity to feel self-reliant and confident in any social and dining situation by taking interactive lessons taught by a certified etiquette consultant. With the widespread use of the internet, social media, and video games, interpersonal skills are on the decline. Teaching children proper etiquette and communication skills helps them succeed at school, socially, and later, professionally. Topics include: how to make a positive first impression, exuding poise and confidence, respect and courtesy, social media etiquette, sportsmanship etiquette, writing thank you notes, dining etiquette including the American and Continental style of dining, table manners, and more. These skills will help your child to be confident, polished and polite. Some food items will be served during class so that the children can practice what they learn. Dietary restrictions can be accommodated. **Class held at Neary School. Please pick up promptly at 3:30pm.**