

RANDOLPH RECREATION SPRING & SUMMER PROGRAMS & ACTIVITIES 2010



Current Resident:

Randolph Recreation Department
6 Carlino Way
Randolph, MA. 02368



May - August 2010

Register:
Office: 6 Carlino Way - Randolph, MA. 02368
Phone: 781-961-0939
Website: www.randolphrec.com
Office Hrs: M-F 9am-12:30pm &
Thurs. Evenings 6pm-8pm



Town of Randolph 41 South Main Street
Randolph, MA 02368

Board of Recreation:

NAME

Debra Ouellette, Chairman

Afrika Afeni Mills

Raymond Carson

Edward Gilbert

Ronald Jackson

Pamela Tirrell

Katrina Huff-Lamond

Bud Deyo, Director

Facilities:

Zapustas Ice Rink

240 North Street
Randolph, MA. 02368
Phone: 781-961-0938
Dan O'Donnell - Manager

Randolph Community Pool

Randolph High School
781-961-6260
Shaela Welch - Pool Manager

Office Information:

Recreation Office:

6 Carlino Way
Randolph, MA. 02368
Phone: 781-961-0939

Hours: Mon - Fri / 9:00am - 12:30pm
Thursday Evenings 6:00pm - 8:00pm

TABLE OF CONTENTS

Recreation Dept Info.	Page 2
Table of Contents	Page 3
Directors Letter	Page 4 & 5
Summer Youth Program Info	Page 6
Summer Youth Program Prices	Page 7
SYP - Trip Prices	Page 8
Tennis Program	Page 9
Randolph Theater Co.	Page 10
Jr. Counselor Program	Page 11
RCMS Summer Program	Page 12
RCMS Additional Programs	Page 13
High School Swim Team Training	Page 14
Randolph Rapids Swim Team	Page 15
Community Pool Swimming Lessons	Page 16
Swim Lessons Schedule	Page 17
Football Skills & Conditioning	Page 18
Adventures In Space	Page 19
Grace Colorguard	Page 20
Day in Portland, Maine	Page 21
Lobsterfest Day Trip	Page 22
Martha's Vineyard	Page 23
Provincetown	Page 24
Nantucket	Page 25
Public Swim Schedule	Page 26
Randolph Country Fair	Page 27

From the Director:

Although the recent economic climate has significantly affected the availability of grant funding for summer programming, the Randolph Recreation Department has continued to make every effort to improve the valuable programs we provide to Randolph families. We have maintained an affordable price structure that will allow all interested members of our community to participate, while trying to improve and expand our programs to better meet your needs.

The 2010 Summer Youth Program (grades: K – 6) will consist of two distinct sessions. The first session will consist of six one-week (6/28 – 8/6/10) programs and will once again be held at the JFK Elementary School. The cost for a full week will be \$120 which will include a weekly trip to Nantasket Beach (if a trip is rained out it will not be rescheduled). Free breakfast and lunch services will once again be offered during this session. The second session will consist of three one-week (8/9 – 8/27/10) programs and will be conducted at Randolph High School. The cost for a full week during session two will be \$100 per week but the cost of the weekly trip will not be included. Should a camper choose not to attend the trip, there will be a camp option available. The breakfast and lunch program will not be available during session two, so campers will need to bring their own lunches (daily snacks will be provided). As in the past, campers will enjoy swimming, arts and crafts, sports, games, etc. In addition, we will be offering daily classes in various activities (drumming, martial arts, jump rope, archery, dance, etc.) to enhance your youngster's overall summer experience.

This year, for the first time, we will be offering a space camp for youngsters in grades one through five. "Adventures In Space" will be offered from 9:00 am – 12:30 pm at the JFK Elementary School during the week of July 12th -16th. Participants will learn about flight, build and launch their own rockets, design a space station, have their picture taken in a shuttle flight suit and more. The cost is \$90 for the week.

We will once again be working together with the Randolph Community Middle School to offer summer enrichment programs for students in grades seven and eight, to compliment the RCMS Summer School Program. The summer program will run Monday through Thursday for five weeks (6/28 – 7/30). Free breakfast and lunch will be available again this year. Morning sessions will consist of educational (summer school) programming. Enrichment programs will be held from 1:00 to 4:00 pm. Students will have the option to participate in either a sports or drumming program. 'All Hands Drumming' will offer a program which teaches basic drumming techniques that are influenced by West African, Cape Verdean and Afro-Cuban styles. In addition, Mohammad Kanu and Anthony Straughn will once again be offering the 'Sports Nation' program that was so successful last year. Participants will stay in shape as they enjoy a different sport every day. The cost for the entire five week program is \$300 per student.

Randolph Recreation will be offering a "Football Skills and Conditioning" for teens in grades seven through twelve at Randolph High School. The program will be offered in three two-week session beginning July 5th and will be held Monday through Friday from 5:00 pm – 7:00 pm. Participants will be instructed in a variety of training methods as they develop their strength, skills and cardio endurance. The cost is \$100 per two-week session.

I want to thank Tony Fronseca of 'All Hands Drumming' and Pedro Xavier of 'Boston Tae Kwon Do'. Each of these Randolph businesses will be providing instruction (drumming and martial arts) for our programs at a discounted rate as a service to the community. They each do an exceptional job working with our children and I would encourage your support. I look forward to seeing everyone again this year and hope you have a wonderful summer.

Bud Deyo

The Randolph Recreation Summer Youth Program

Registration is Now available:

Register on-Line: www.randolphrec.com
Or at The Recreation Office - 6 Carlino Way
Mon - Fri 9am - 12:30pm or Thurs. 6pm - 8pm

THE SUMMER PROGRAM INFORMATION NIGHT

Date: **June 1st, 2010**
Time: **6:00pm—8:00pm**
@JFK Elementary School—20 Hurley Drive
(Registration is available)

Registration Fee \$10.00pp
One time fee—includes (T-shirt & Clerical)

The Summer Program will have two sessions this year.

Session I:

Starts: June 28th thru Aug. 6th
Field Trip - Nantasket Beach Friday
(weathering permitting, no rescheduling)
(included in full week program)
Location: JFK Elem. School
Start Time: 9:00am—4:30pm
Breakfast and Lunch included Mon - Thurs.
(bring your own lunch Friday, no breakfast available)

Session II:

Starts: Aug. 6th - Aug. 27th
Field Trips each week (see listing) Addt'l cost
Location: Randolph High School
Start Time: 8:30am - 4:30pm
(This program does not offer breakfast or lunch,
Please provide your own lunch)

This program is non-refundable!!

Summer Youth Program Session I & II



Pre-Registration will begin April 12th (\$10.00 Registration fee)
includes T-shirt & Admin. cost.
Camp registration will begin April 26th, 2010

Summer Program Sessions:

Session I & II offers an abundance of activities such as:
Drumming, Martial Arts, Dance, Sports, Computer, etc.
Also Combined with Arts & Crafts, Swimming, Field Games, etc.

Offering: Session I

Full Day Weekly programs = \$120.00 first child / \$105.00 each addt'l
Full week 1/2 day program. = \$50.00 first child / \$45.00 each addt'l
(Morn/Afternoon) Mon-Thurs
Single full day = \$30.00 (no discount)
Single 1/2 day = \$15.00 (no discount)
(Morn/Afternoon) Mon-Thurs
Extended Day Program = \$5.00 per day (Time 4:30pm - 5:00pm)**

Session II:

Full Day Weekly programs = \$100.00 first child/ \$90.00 each addt'l
Full week 1/2 day program = \$50.00 first child / \$45.00 each addt'l
(Morn/Afternoon) Mon-Thurs.
Single full day = \$30.00 (no discount)
Single 1/2 day = \$15.00 (no discount)
(Morn/Afternoon) Mon-Thurs
Extended Day Program = \$5.00 per day (Time 4:30pm - 5:00pm)**

Additional child/family discount available for Full Day & Half-day Weekly Programs.

** (For extended day program you must register for each day.)

This program is non-refundable!!

Summer Youth Program Session I & II



Session I - June 28 - Aug. 6th

Times: Mon. - Fri. 9am - 4:30pm

JFK Elementary School

Mon - Thurs / Breakfast and Lunch provided (Friday bring own lunch)

Session II - Aug. 9 - Aug. 27th

Times: Mon. - Fri. 8:30am - 4:30pm

Randolph High School

(Pool Entrance)

Must bring own lunch Monday - Friday

Field Trip is included in the cost of Full Day Weekly Program for session I only!

Session I - Field Trips:

Nantasket Beach weekly -

(weather permitting, no reschedule)

Single Day

\$30.00

Session II - Field Trips: Separate cost campers Single day

8/12 - Canobie Lake Park - Rain date 8/13 \$36.00 \$42.00

8/19 - Water Wizz - Rain Date 8/20 \$36.00 \$42.00

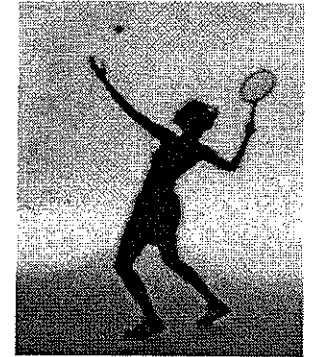
8/27 - Picnic Party

The Recreation Dept. reserves the right to cancel any program that does not meet its minimum participant requirements.

THIS PROGRAM IS NON-REFUNDABLE!!

Randolph Recreation Department's

Tennis Program



Saturdays May 15th
thru June 19th

10-11am Grades 2-5

11-12pm Grades 6-8

Martin E. Young School Tennis Courts
(30 Lou Courtney Dr.)

Cost: \$25.00

This Program will emphasize on Movement to the Ball, teaching Basic Stroke Work, as well as Tactics & Strategies. Children will learn different practice drills and play matches as well as having fun!

**** Proper Gym Clothes and Sneakers Required****

The Recreation Dept. reserves the right to cancel any program that does not meet its participant requirements.

This program is non-refundable!!

RANDOLPH THEATER COMPANY
 a division of Randolph Recreation

**Audition on June 22 and 23 at 6:30 at
 Stetson Hall
 Teen Cast 13 to 19 year-old only!!**

Next Show

“Footloose”

Footloose is the story of Ren McCormack, a teenager who was raised in Chicago. He moves to a small town where the local government has banned dancing and rock music. Ren and his classmates want to have a senior prom with music and dancing. They must figure out a way to get around the law.

Website: www.randolphtheatercompany.com

The Recreation Dept. reserves the right to cancel any program that does not meet its participant requirements.

This program is non-refundable!!

**Junior Counselor
 Program (2010)**

9-week Program

Date: June 28th, 2010

Times: 9:00am - 4:30pm

Cost: \$50.00pp per week

Grades: 7 - 8

The Randolph Recreation Department will once again be offering the ‘Junior Counselor’ program for youngsters in grades 7, 8 and 9. The program is offered four days (trip day not included) each week between 6/28 and 8/27/10. Participants will function as assistants to our Summer Youth program staff, receive leadership training and hands on experience in the supervision and direction of youth recreation programming. The cost is \$50 per week and enrollment is limited. Sign up for one week or all summer.

The Recreation Dept. reserves the right to cancel any program that does not meet its minimum participant requirement.

This program is non-refundable!!

RCMS Summer Program

Please register at:

The Randolph Community Middle School
225 High Street
Randolph, MA.

Program dates:
June 28th - July 29th, 2010
Days: Monday - Friday
Time: 8:00 am - 4:00 pm
Grades: 7 & 8

Program Cost : \$300.00

Your program will include:

Breakfast, Lunch, Summer School, and your choice of
Drumming or Sports Nation.

Recreation field trip is a separate cost.
(Nantasket Beach)

Please see page 8 of this booklet.

The Recreation Dept. reserves the right to cancel any program that does not meet its minimum participant requirements.

THIS PROGRAM IS NON-REFUNDABLE

RCMS

PLEASE CHOOSE
ONE PROGRAM

Program: 5-weeks
Dates: June 28th - July 29th, 2010
Monday - Thursday
Time: 1:00pm - 4:00pm
Grades: 7th & 8th



Drumming

Join Tony Fronseca of "All Hands Drumming" and learn drumming techniques that are influenced by West African, Cape Verdean and Afro-Cuban rhythmic traditions. Tony has been studying, playing and teaching drumming for over 40 years. Instruction on learning sound and rhythm is based on a proven, easy to follow 'Drum Language' that allows students to develop individual and group drumming skills.

Sports Nation



They're back!!!! **Mo** and **Anthony** are back with the Sports Nation program that was so successful last year. There's a new sport every day. You'll enjoy the usual favorites and be introduced to some activities that you may have never tried. Hoops, Ultimate Frisbee, Flag Football... well, you get the idea.

Randolph Recreation's High School Swim Team Training

Cost is:

\$50.00 for Residents
\$55.00 for Non-Residents

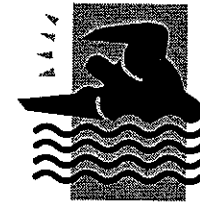
Session I June 28th - July 22nd
Tues. & Thurs. 4-5pm

Session II August 16th - August 27th
Mon. - Thurs. 9-11am

Are you planning on joining your High School Swim Team and need a little extra training? Come join us as we prepare students for their High School Swim Team. Workouts will be varied on the different strokes and skills needed to join High School Teams

The Recreation Dept. reserves the right to cancel any program that does not meet its minimum participant requirements.

THIS PROGRAM IS NON-REFUNDABLE



Randolph Rapids

Recreational Swim Team
Summer Session

June 28th - August 20th

Practice Times: Mon, Tues, Weds 8-9am
Thursdays 5-6pm,

Cost is \$100.00 Includes Cost of Bathing Suit
Ages: 5-18

Swimmer **MUST** be able to swim 1 length of the pool independently

The Recreation Dept. reserves the right to cancel any program that does not meet its minimum participant requirements.

THIS PROGRAM IS NON-REFUNDABLE

Randolph Community Pool

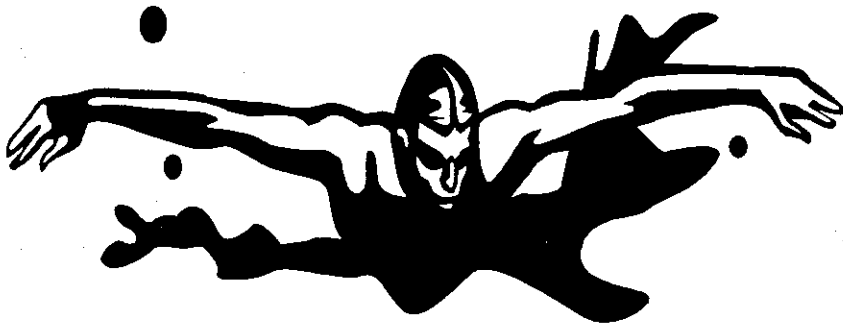
Summer Swimming Lessons

\$50.00 First Child

\$45.00 Additional Child

\$40.00 for all Summer Youth Program
Children

SEE SCHEDULE PAGE 17



The Recreation Dept. reserves the right to cancel any program that does not meet its minimum participant requirements.

THIS PROGRAM IS NON-REFUNDABLE

SESSION IA -- 8 WEEK SESSION (June 22nd - August 10th) TUESDAY NIGHTS

6:30-7:10	Level 1	7:15 - 7:55	Level 4
	Level 2		Level 1 (ages 12 and up)
	Level 3		Level 2 (ages 12 and up)
	Level 5/6		Adults

SESSION IB -- 2 week session (June 28th - July 8th) Mon - Thurs.

9:00-9:40	Level 1	Level 2	Level 3
9:45 - 10:25	Level 3	Level 4	Level 5
10:30-11:10	Mommy & Me	Adults	Level 6
11:15 - 11:55 (Summer Youth Program ONLY)	Level 1	Level 2	Level 3
	Level 4		

SESSION IIB -- 2 week session (July 12th - July 22nd) Mon - Thurs.

9:00-9:40	Level 1	Level 2	Level 3
9:45 - 10:25	Level 3	Level 4	Level 5
10:30-11:10	Mommy & Me	Adults	Level 6
11:15 - 11:55 (Summer Youth Program ONLY)	Level 1	Level 2	Level 3
	Level 4		

SESSION IIIB -- 2 week session (July 26th - Aug. 5th) Mon - Thurs.

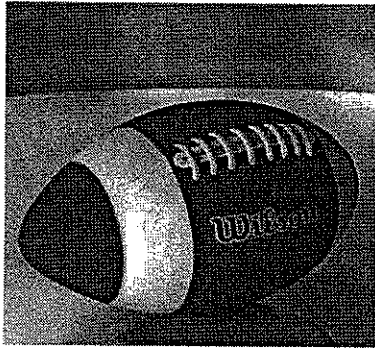
9:00-9:40	Level 1	Level 2	Level 3
9:45 - 10:25	Level 3	Level 4	Level 5
10:30-11:10	Mommy & Me	Adults	Level 6
11:15 - 11:55 (Summer Youth Program ONLY)	Level 1	Level 2	Level 3
	Level 4		

SESSION IVB -- 2 week session (August 9th - August 20th) Mon - Thurs.

9:00-9:40	Level 1	Level 2	Level 3
9:45 - 10:25	Level 3	Level 4	Level 5
10:30-11:10	Mommy & Me	Adults	Level 6
11:15 - 11:55 (Summer Youth Program ONLY)	Level 1	Level 2	Level 3
	Level 4		

Football Skills & Conditioning Camp

Develop a level of personal fitness and athletic performance that will allow you to be successful at whatever activity you choose. Camp directors Anthony Straughn and Mohammed Kanu will provide participants with sports specific training to help them reach maximum performance.



Each Session is \$100.00pp

All sessions times: 3:00-5:00pm

Session I - 7/5-7/16

Session II - 7/19-7/30

Session III - 8/2-8/13

Location: Randolph H.S.

Grades: 7th - 12th

Please register early!!

Space is limited!!

Athletic Training Utilizing Various Training Methods:

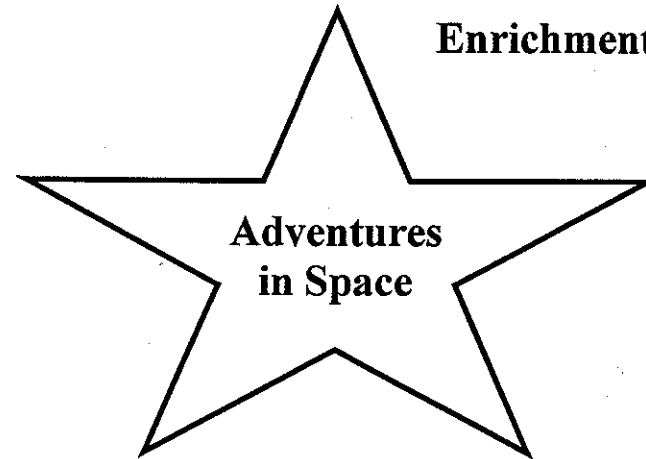
- Weight Training
- Medicine Ball Training
- Stability Training
- Aquatic Training
- Speed & Agility Training
- Balance Training
- Endurance Training

All campers receive a camp T shirt.

The Recreation Dept. reserves the right to cancel any program that does not meet its participant requirements.

This program is non-refundable!!

Enrichment program



Adventures in Space

Attention future space explorers:

We are pleased to offer an opportunity to experience a five day space odyssey right in your own community.

This is a 1-week program

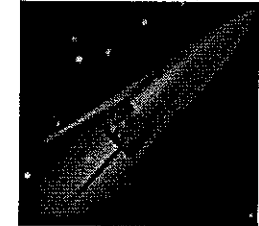
Grades: 1 - 5

Dates: Mon-Friday / 7/12-7/16

Time: 9:00am - 12:30pm

Location: JFK School

Cost: \$90.00pp



On this journey you will:

- Learn about flying, both in and out of the Earth's atmosphere.
- Find out what it is like to live and work in space.
- You will design your own space station, moon base or Mars Base.
- See how rockets work from the ground up by building and launching your own model rocket.
- There will also be video presentations and awards during the program.

The Recreation Dept. reserves the right to cancel any program that does not meet its minimum participant requirement.

This program is non-refundable!!



Grace Colorguard

Come Join Us!!

**We are the Eastern Mass 3rd Place Cadet
Colorguard Unit for 2010.
Striving for 1st Place.**

Open Registration

Program cost: \$200.00 per year

Practice: Ice rink parking lot - 240 North Street

Start Date: May 17, 2010

Ages: 4 - 16

Colorguard is the "sport of the arts".

If you have that competitive nature (or you don't)

And you can learn self respect and discipline, along with responsibility.

We can teach you the equipment & movement.

We have Skilled Instructors, waiting to work with you.

We are a competitive winter colorguard and compete in competitions throughout the New England region during the months of January thru April.

Practices are every other week during the summer, and 2 to 3 times a week from Sept. thru March.

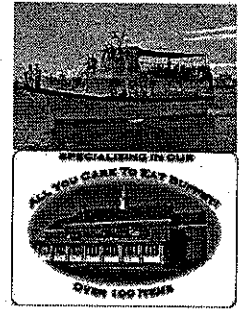
We march in parades and perform in special events in the area.

The Recreation Dept. reserves the right to cancel any program that does not meet its minimum participant requirement.

This program is non-refundable!!

Day in Portland, Maine

The Casablanca By The Sea



Featuring
The Island/Seal Watch Cruise
Visit to Portland
Dunstan School House Buffet

June 16th, 2010

Cost: \$69.00pp

**Register by: May
28th, 2010**

Reserve your seat

Enjoy the scenery as you head to beautiful Portland, ME. A delicious buffet lunch is waiting for you with "Over 100 Items". After lunch, you will go on a 90 minute cruise on the Bay View Lady. You'll experience Portland's picturesque islands, lighthouses, Civil War Forts, fishing boats, and seals basking on the rocks in Casco Bay on this wonderfully narrated cruise. After your cruise you'll have time for shopping and browsing at Portland's newly renovated Old Port.

- R/T Motorcoach Transportation –
 - Departs Zapustas Ice Arena at 8:30 am
 - Refreshments/bingo/prizes on board
 - Buffet Luncheon at: Dunstan School House Buffet
- Buffet includes: Carving: Roast Beef & Roast Turkey, Salad Bar, Soups, Pastas, Taco Bar, Potatoes, Fried Clam strips, Baked fish, vegetables, desserts, Make your own Sundae and so much more!
- Seal Watch Cruise aboard the Bay View Lady
 - Time to shop and sightsee at the Old Port in Portland
 - Arrive home at 6:00 pm
 - Refreshments/snacks/movie on board home

The Recreation Dept. reserves the right to cancel any trip that has not meet its minimum participant requirement.

THIS TRIP IS NON-REFUNDABLE!!



LOBSTERFEST DAY TRIP



White Mountains—Lincoln,

R/T Motorcoach

Zapustas Ice Arena, 240 North St.
Randolph

Departs: 8:45 am - Arrive Home:

6:30 pm

Refreshments/Bingo w/prizes/movie on
board

Sunday, June 27, 2010

\$79 per person

Register by: June 11th

The Clermont Family's Fabulous Lobster Bake
Homemade New England Clam Chowder
Steamed Mussels with Melted Butter

BUFFET:

Choice of Boiled Lobster, Lazy Man's Lobster,
Poached Salmon, or Grilled Swordfish

PLUS

Prime Rib of Beef, Baked Chicken, Corn on the Cob,
Baked Potato, Garden Salad, Cole Slaw,
Rolls & Butter AND our popular Dessert Table

Entertainment will follow in Dad's Nightclub featuring
Salute to The American Bandstand

The Recreation Dept. Reserves the right to cancel any trip that has not
meet its minimum participant requirement.

THIS TRIP IS NON-REFUNDABLE!!

Summer Day in Martha's Vineyard

SUMMER DAY IN
MARTHA'S VINEYARD
Thursday, July 15th, 2010
Price:

\$72 Adults / 13 & over

\$64 Children / 3 - 12 yrs

Register by: June 28th



R/T Motorcoach

Transportation

Leave: Zapustas Ice Arena at 7:00 am
240 North St., Randolph

Arrive Home: Approx. 7:15 pm

Bingo/w Prizes/Refreshments served on board

R/T from Falmouth aboard the Island Queen

Luncheon at the Black Dog Tavern

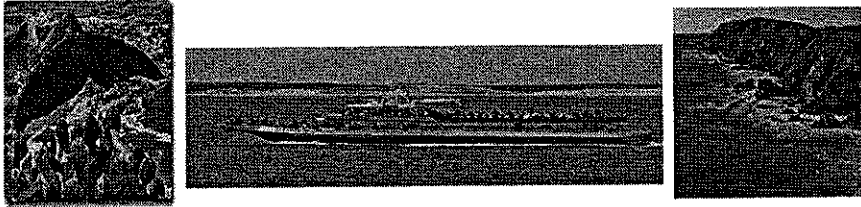
Hop on Hop Off Transit Bus - All Day Pass

Sandwiches/snacks/soda/water on board home

Please choose your lunch: Cheese/Hamburger; Codfish
Sandwich; Chicken Sandwich; Turkey Club; BLT Sandwich;
Includes: New England Clam Chowder/French Fries/Beverage
Includes all taxes and gratuity

The Recreation Dept. reserves the right to cancel any trip that
does not meet its minimum participant requirement.

Summer Day in Provincetown



Weds. August 4, 2010

Price: Adults \$62.00/

Children 3 – 12 yrs \$57.00

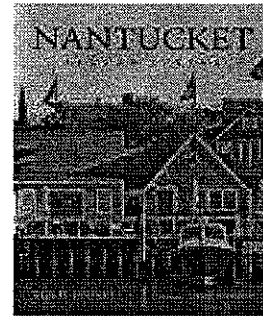
Register by: July 23rd

Trip Includes:

- ◆ R/T Motorcoach Transportation
Leave: Zapustas Ice Arena at 7:00 am
240 North St., Randolph
Arrive Home: Approx. 7:00 pm
 - ◆ Bingo/w Prizes/Refreshments on board
 - ◆ Visit the Cape Cod National Seashore
 - ◆ Whale Watch Cruise aboard/Dolphin Fleet
 - ◆ Time to shop and have lunch (on your own)
 - ◆ Sandwiches/snacks/water/movie on board

The Recreation Dept. reserves the right to cancel any trip that does not meet its minimum participant requirement.

THIS TRIP IS NON-REFUNDABLE!



Summer Day in NANTUCKET

Thurs., Aug. 19, 2010

Price: Adults—\$79.00

Children: 3-12yrs—\$74.00

Reserve your seat by: Aug. 5th, 2010

Trip Includes:

- ◆ R/T Motorcoach Transportation
Leave: Zapustas Ice Arena at 7:00 am
240 North St., Randolph
Arrive Home: Approx. 7:30 pm
- ◆ Bingo/w Prizes/Refreshments on board
- ◆ Ferry from Hyannis to Nantucket aboard
The Great Point
- ◆ 1 hr. Narrated Tour of Nantucket Island
- ◆ Time to shop and have lunch (on your own)
- ◆ Sandwiches/snacks/water/movie on board

The Recreation Dept. reserves the right to cancel any trip that does not meet its minimum participant requirement.



Public Swimming

Summer Schedule
Starts: June 28th, 2010

COST: \$3.00 PER PERSON

Open Swim:

Mon - Friday

1:00 - 6:00 pm

Sat. - Sunday

12:00 - 5:00 pm

Lap Swim:

Mon - Friday

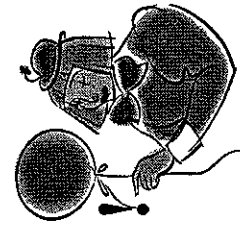
5:00 - 7:00 pm

Sat. - Sunday

12:00 - 5:00 pm

The Recreation Dept. reserves the right to cancel any program that does not meet its minimum participant requirements.

This program is non-refundable!!!



THE RANDOLPH COUNTRY FAIR!! 2010

JUNE 9th - JUNE 13th

AT

THE ZAPUSTAS ICE ARENA
 PARKING LOT!!
 240 NORTH STREET

