

Leisure Times

Free Recreation & Education Guide

Summer 2016

Our new address
Amherst Regional Middle School
170 Chestnut St., Suite 1

Adult Health & Fitness
pg. 41

Summer Day Camps
pg. 18-21

Week Long Art Programs
pg. 16-19

Summer Sports
Camps pg. 22-31

(413) 259-3065 Stay Connected



www.lsse.org



July 4 Celebration

Monday, July 4th, 2016

Photos courtesy of Christopher Murphy Photography



An evening of family activities!

- 5:00:** Carnival, Rides, Face Painting
- 5:30-7:30:** Candy and Toy Hay Hunt/
Old Fashioned Field Races
- 7:00-7:45:** Hoopoe the Clown
- 8:00-8:30:** Pie Eating Contest/
Corn Husking
- 8:15-9:30:** Amherst Community Band
- 9:30:** Fireworks

**Starts at 5PM at the UMASS
fields behind Alumni Football
Stadium!**

**Food, music and live
entertainment.**

gin @

Like us on Facebook! [facebook.com/Amherst.July4th.Fireworks](https://www.facebook.com/Amherst.July4th.Fireworks)

Summer 2016

Amherst Leisure Services & Supplemental Education

Phone: (413) 259-3065 Fax: (413) 259-2407 Email: lsse@amherstma.gov

Hours: M-F 8:00 a.m. - 4:30 p.m.

Community Information

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LSSE Commission

Angela Mills-Chair
Jon Foster, Vice-Chair
Jim Brissette
Nate Budington
Becky Demling
Meg Rosa

Cover photo by Sean Werle

Special Thanks

A special thanks to the Amherst-Pelham Regional School District and to the excellent school department staff for their cooperation, which allows us to provide numerous activities in school facilities. We would also like to thank the staff at the Bangs Community Center, the Department of Public Works, and the Munson Library Trustees for their assistance and support.

Our Staff:

GENERAL INFORMATION:

| | |
|-------------------------|----------|
| Registration | 259-3065 |
| Cancellation Line | 259-3066 |

ADMINISTRATIVE STAFF:

| | | | |
|---|----------------------|--|----------|
| Director | Linda Chalfant | chalfantl@amherstma.gov | 259-3103 |
| Operations Manager | Gail Weston | westong@amherstma.gov | 259-3186 |
| Registration & Marketing Supervisor | Donna Roy | royd@amherstma.gov | 259-3285 |
| Registrar | Pat Desmarais | desmaraisp@amherstma.gov | 259-3254 |

PROGRAMMING STAFF:

| | | | |
|---------------------------------------|----------------------|--|----------|
| Afterschool, Day Camps, Ski Program | | | |
| Boltwood Project, Special Needs | Stacey Lecuire | lecuirea@amherstma.gov | 259-3191 |
| Afterschool Site Coordinator | Grace Marczuk | marczukg@amherstma.gov | 259-3177 |
| Afterschool Site Coordinator | Nicole Abelli | lsse@amherstma.gov | 404-8657 |
| Development, Cherry Hill Golf Course | | | |
| Aquatics | Barbara Bilz | bilzb@amherstma.gov | 259-3138 |
| Adult Sports, Youth Sports, | | | |
| Sports Camps | Nate Valeri | valerin@amherstma.gov | 259-3144 |
| Youth and Adult Ed | Anne Knauf | knaufa@amherstma.gov | 259-3230 |

We have moved!

Our new offices are located in the
Amherst Regional Middle School,
170 Chestnut Street, Suite 1



Free
Parking!



Come visit our new office!

Pavilion Rentals!



2 Great Locations!

- *Mill River Recreation Area
- *Groff Park Pavilion

April - October
Rentals available 7 days a week, including Holidays!
Tables also included in rental.

Call LSSE for more details (413) 259-3065

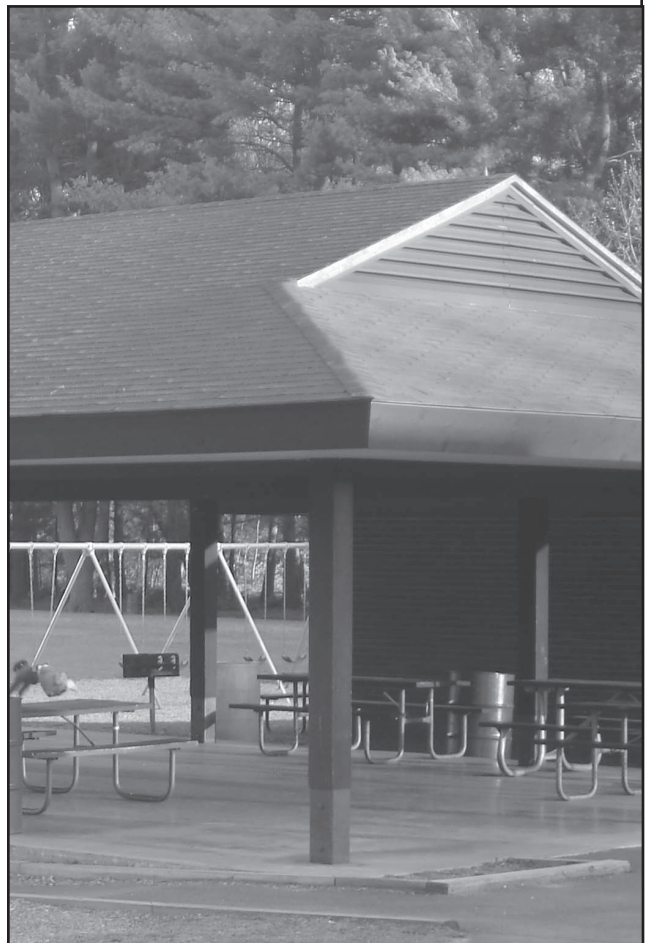
Amenities:

Mill River Recreation Area

- Wading Pool & Full Size Pool
- Playground
- Picnic Area
- Hiking Trails
- Tennis Courts
- Basketball Courts
- Baseball Fields

Groff Park

- Wading Pool
- Athletic Fields
- Hiking Trails
- Picnic Area
- Playground



(413) 259-3065

5 Ways to get fit with LSSE this summer

1. Mill River Rec Area- Come swim, hike, and picnic! See Page 33
2. War Memorial-Cool off in our huge pool right in the center of town. See Page 32
3. Groff Park-Take a hike along the river, then light the BBQ! See Page 5
4. Cherry Hill Golf Course- Fore! Round of golf anyone? See Page 44
5. Kiwanis Park- Walk, run, hike to the bike path.

Try something new as we are settling in to our new office at the Middle School. Come visit, we'd like to see you.



Come teach with us!

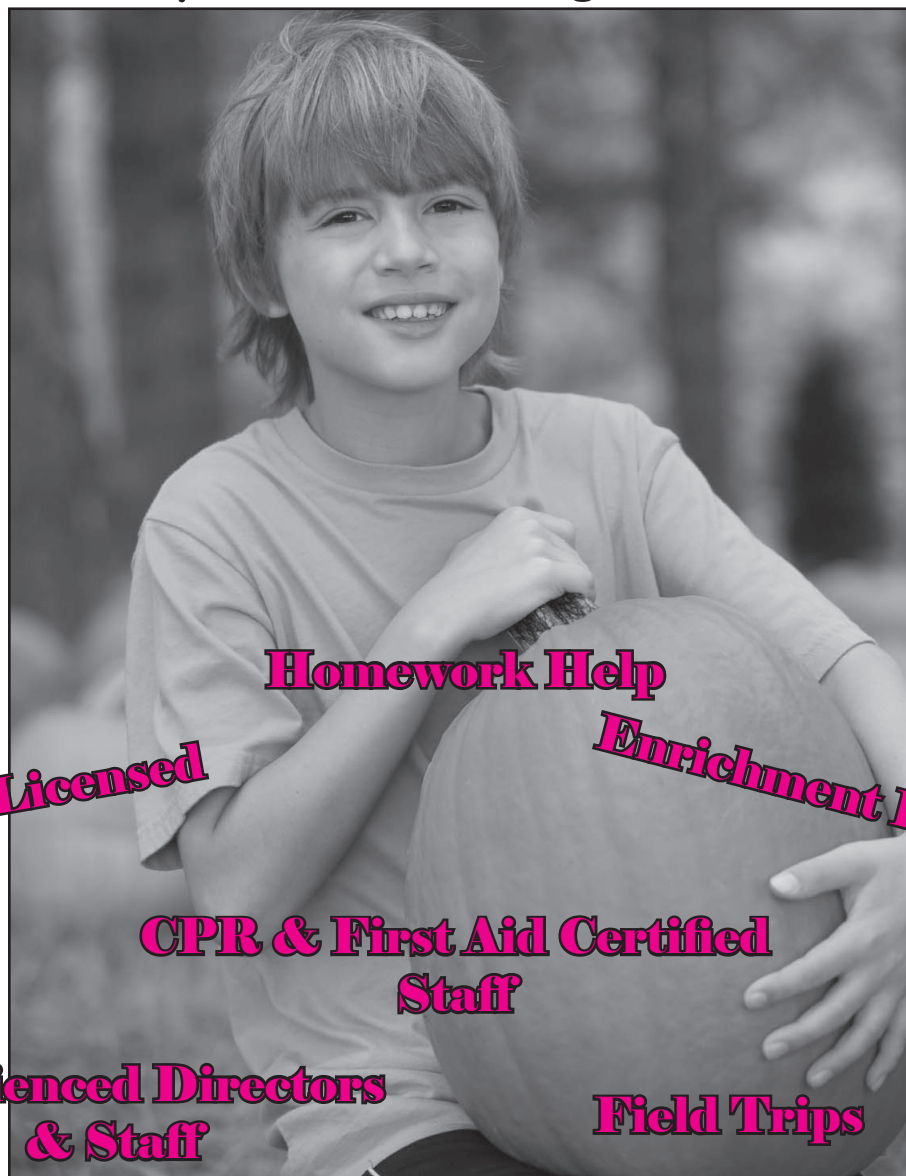
We welcome your class ideas! Dynamic and innovative teachers with who have experience and availability long-term preferred. We are particularly interested in classes in the following areas:

- *sign language
- *foreign languages, especially German, Chinese, Korean
- *visual arts, especially watercolor painting
- *Geocaching/ Letterboxing/ Orienteering
- *digital photography
- *iPhone photography
- *matting and framing
- *contact improvisation dance
- *circus arts
- *hobbies and sports
- *drop-in fitness classes

For more information or to apply, go to www.lsse.org

PrimeTime After School Program at Wildwood Elementary School & Crocker Farm Elementary School

Program Start Date: Aug. 31
Sept. 6 for kindergarteners



Sliding Scale Fee Subsidy Available!

(Please contact us early funds are limited)

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays- 3:15-5:30
Full-time (5 days a week)

(413) 259-3065

Youth Sports



Photo courtesy of April Hart

534102 Youth Riding Weeks Ages 8-15

April Hart

Students will develop basic skills necessary to begin riding and handling horses safely and with confidence. We will practice methods of grooming, leading, saddling and mounting, and will develop riding exercises according to the needs of the students in the group. There is an \$80 farm fee due to the instructor at the first class. Lessons will be held at Amethyst Farm, 89 North East St., Amherst, MA

Session A: Mon.-Fri., Jun. 27-Jul. 1, 9:00 a.m.-3:00 p.m., \$249

Session B: Mon.-Fri., Jul. 18-22, 9:00 a.m.-3:00 p.m., \$249

Session C: Mon.-Fri., Aug. 1-5, 9:00 a.m.-3:00 p.m., \$249

Session D: Mon.-Fri., Aug. 15-19, 9:00 a.m.-3:00 p.m., \$249

Session E: Mon.-Fri., Aug. 22-26, 9:00 a.m.-3:00 p.m., \$249

20% off
youth programs for
Amherst residents
**see page 46 for restrictions*

534100 Pee Wee Tennis

Ages 4-8

Sonja Meidell

This course is for children who want to play tennis. We will focus on footwork drills; hand-eye coordination drills; racquet techniques (forehand, backhand); scoring; court etiquette and set-up through games and tennis play. Participants must be able to catch a tennis ball. Please be sure your child has the appropriate Pee Wee racquet and sneakers. Rain date is Sunday.

Session A:

Sat., Jul. 2-9, 8:30-9:30 a.m., Mill River Rec Area, \$72

Session B:

Sat., Aug. 6-13, 8:30-9:00 a.m., Mill River Rec Area, \$72

534101 Youth Tennis

Ages 8-12

Sonja Meidell

This class is designed to introduce tennis in a relaxed, fun way. Instruction will focus on coordination, concentration, movement, and stroke fundamentals. Balls are provided. Please wear tennis shoes (not running shoes) and bring your own racquet. Tennis balls will be provided. Rain date is Sunday.

Session A:

Sat., Aug. 6-13, 9:30-11:30 a.m., Mill River Rec Area, \$110

HAMPSHIRE GYMNASTICS SUMMER MORNING PROGRAM

Fun for Girls & Boys 4-10 years old
Monday-Friday 9 am-1 pm (early drop off available)
(4) 2 week sessions starting July 5th



Drop your kids off for a morning of non-stop fun! Our program includes gymnastics instruction, games, outside activities, arts and crafts, and slip-n-slide! They will love our trampolines, air pit, balance beams, rings and rock wall! Price range \$365-\$400. Call our office or go online for more information.



461 West Street Amherst, MA 01002
(413) 256-6990
www.hampshiregymnastics.com

Youth Sports



Photo by Sean Werle

532103 Sugarloaf Youth Track League Ages 6-14

Boys and girls of all abilities will be placed on a team and can compete in both relay and individual events. Parents, brothers, sisters and friends are invited to bring a picnic dinner and cheer on their favorite team. Non-team member children 2-14 yrs. will be able to enter an open 100-meter dash each night. There will be an organizational meeting to group teams, meet coaches and run an informal series of practice races May 24. Please note: we may reach the maximum number of participants before that and will close entries when that number is reached. *Last meet is award night. Makeup dates are June 28 & July 1.

Thur., 6/2, 6/9 & Fri., 5/27, 6/17, 6/24 5:00-7:00 p.m.
Amherst Regional High School Track \$49

532400 Junior-Summer Ultimate League of Amherst Boys and Girls Ages 7-13

Are you ready for the Ultimate experience? If the answer is yes, plan on joining us for another exciting summer of Ultimate Frisbee. This fun league is geared for people who want to enjoy the thrill and excitement of Ultimate Frisbee. Never played before? No problem, all levels of ability are welcome to join! All players will be assigned a team. If you have questions regarding this program, please call Scott Hartl at 413-320-3928 or email shartl@elschools.org. Once registered through LSSE, players must also sign up at www.suladisc.org for team placement.

Tue., Jun. 21-Aug. 2, 6:00 p.m., Plum Brook Rec Area, \$39
Early bird special: \$34 by May 27
Late fee: \$10 after June 10

| | | |
|-----------|-----------------------------|------------|
| Session A | Frisbee Activities for Kids | Ages 7-8 |
| Session B | Elementary Division | Ages 9-11 |
| Session C | Middle School Division | Ages 12-13 |

531100 Youth Cross Country Running Clinics Ages 6-13

This program is an introduction to the sport of cross country and trail running. All children can benefit from learning the basics of running and cross country training drills. From the warmup to the cool down, we will explore and have fun on our runs around Puffers Pond. Coach Henthorn is the Amherst Middle School cross country coach. She has been a youth track coach for the Sugarloaf Mountain Athletic Club for the past 7 years and is a USATF certified level 2 coach. Coach Henthorn also coordinates the June outdoor youth track league at Amherst for LSSE.

Wed., Jul. 6-Aug. 10, 6:00-7:00 p.m., Mill River Rec. Area, \$39

532102 Suburban Amateur Football League Ages 8-14

The fun and excitement of youth football continues this fall in the Suburban Amateur Football League (SAFL) of Western Massachusetts, the 46th season of safe instruction for the Valley's youth in football. **Everybody Plays.** Children from 8 years of age to those who turn 15 after January 1, 2016 are eligible. Player weight does not prevent participation but position restrictions may apply for safety reasons. Teams compete in three divisions based on age and grade.

| | | |
|---------|------------------|------------|
| Pee Wee | 3rd & 4th grades | ages 8-10 |
| Junior | 5th & 6th grades | ages 10-12 |
| Senior | 7th & 8th grades | ages 12-14 |

Registration deadline is July 22. Practices start Tuesday, August 2 with equipment distributed to registered players Monday, August 1 at 5:00-7:00 p.m. at Groff Park. Practices start August 2. Practices will be Mon-Thurs from 5:30-7:30 pm during the month of August. Once school starts, practices are 5:00-7:00 p.m. on Tuesdays, Thursdays and 9:00-11:00 a.m. on Saturdays. All practices are at Groff Park. For more information please contact Nate Valeri @ 413-259-3144, valerin@amherstma.gov. \$209 by July 22 (**\$20 late fee beginning July 25**). **Games and practices may change due to EEE.**

(413) 259-3065

Middle School and High School Programs



Photo by Quang Le

541110 Driver's Education

United Driving School

Age 15 years and 9 months to adult. This is a complete driving course offered by one of the region's most reputable driving schools at a competitive price! This fully certified course includes regulation classroom instruction, which prepares new drivers for the road test, observation time and driving time. The Driver's Education Certificate is issued upon completion of the full course. Make this course an investment for lower insurance rates and a lifetime of safe driving! **\$264 deposit due to LSSE at registration, \$365 or payment plan due to instructor for driving/observation at the first class.**

Session B Mon.-Fri., Jun. 13-17, 20-23, 2:45-6:00 p.m., Sat., Jun. 18, 9:00 a.m.-12:15 p.m., Bangs Center, Registration deadline June 6.

Session C Mon.-Fri., Aug. 8-12, 9:00 a.m.-3:30 p.m., Bangs Center, Registration deadline August 1.

Amherst Youth Soccer Association

JOIN AYSA THIS SUMMER!

- ⚽ Learn New Skills
- ⚽ Improve the Skills You Have
- ⚽ Receive Top-Notch, One-on-One Instruction
- ⚽ Become the Soccer Player You Want to Be!

May-June ~ Tryout for Travel Soccer
June-July ~ Soccer Summer Camps

Travel Soccer: Travel Tryouts Start at the End of May
Rec Soccer: Summer Camps are Available for ALL Ages!
 See our website for more information!

For More Info Visit <http://www.amherstsoccer.org>
 Email: aysamgr@gmail.com
 Find us on Facebook
<https://www.facebook.com/AmherstYouthSoccerAssoc!>

544200 Teen Metalsmithing

Ages 13-18

Theodore Hinman

Basic metalsmithing skills and techniques for teens. We will explore cold-forging aluminum and working in sheet bronze and aluminum to create jewelry, cookie cutters, and other formed items, including traditional blacksmithing work. All techniques learned in forming and shaping aluminum wire are traditional blacksmithing techniques translatable to steel. This class does not require the use of a coal forge or heat, but will cover soldering. Sheet metal use can involve tin-smithing and repoussé. Ted Hinman has his BFA from Mass College of Art and Design, and for more than 11 years has taught students of all ages at his studio. There is a \$50 materials fee due to the instructor at the first class.

Session A: Mon.-Thur., Jul. 11-14, 5:00-8:45 p.m., Bangs Center, \$255

Session B: Mon.-Thur., Jul. 25-28, 5:00-8:45 p.m., Bangs Center, \$255

Session C: Mon.-Thur., Aug. 1-4, 5:00-8:45 p.m., Bangs Center, \$255

20% off
youth programs for Amherst residents
**see page 46 for restrictions*

Elementary and High School Programs



Photo courtesy of Josh Hornick

544202 Rocket Week

Ages 10-14

Josh Hornick

During this week we will design, construct, and launch rockets. Lots of them! We will experiment with rockets of various kinds, including solid fuel and air pressure models, rockets with payloads and parachutes, waterpropelled rockets, and Estes rockets. The laws of mechanics and aerodynamics will guide our high flying fun. Mature 10 year olds are welcome to join us. Joshua Hornick holds a Masters in Science Education from The City College of New York and JD from the University of Chicago. Joshua currently teaches at the Four Rivers Charter Public School and has taught physics, math, physical science and theater. There is a \$20 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 11-15, 1:30-5:00 p.m., Amherst Regional Middle School, \$199



544203 Recorder and Sight Singing

Ages 7-12

Agnes Zsigmondi

Participants will learn basic techniques for playing the recorder. We will sing and play simple folk tunes from many different cultures. We will clap the rhythms and sing the melodies using the Kodaly singable syllables. This style of ear-training gives students a good foundation in sight-reading. At the end of class participants will be able to play some songs on the recorder. Participants should have their own plastic Jamaha recorders.

Tue. & Thur., Jul. 12-Aug. 4, 4:30-5:00 p.m., Bangs Center, \$85

(413) 259-3065

Adventures Await You This Summer at Bement!



A Unique Day Camp Experience for Boys and Girls Ages 4 to 15 Years

From Bement's beautiful campus in historic Deerfield, campers choose from a wide variety of fun activities:

- Chinese language & culture
- arts and crafts
- writing
- sports
- science
- swimming
- hiking
- model rocketry
- cooking and baking
- nature programs
- hands-on history at Historic Deerfield
- computer programming
- counselor-in-training program for ages 13-15

PLUS

Outdoor Challenge Weeks with
ADVENTURE IN ADVENTURE
EXPLORE • CONNECT • LEAD

Visit our website for more information and to register!

bement.org/summer

LEARN TO DRIVE WITH THE BEST



*COME MEET OUR FRIENDLY,
KNOWLEDGEABLE,
&
EXPERIENCED
STAFF*

TUITION IS \$630 WITH DISCOUNT*

PIONEER VALLEY DRIVING SCHOOL 256 NORTH PLEASANT STREET AMHERST

2016 SUMMER CLASS SCHEDULE

*MAY 16th to MAY 27th
Mon-Fri, 2:45-6 pm*

*JUNE 22nd to JUNE 28th
Wed-Tues, 9 am-3:45 pm*

*JULY 11th to JULY 22nd
Mon-Fri, 12:45 -4 pm*

*AUGUST 15th to AUGUST 19th
Mon-Fri, 9 am-3:45 pm*

*SEPT 19th to SEPT 30th
Mon-Fri, 2:45-6 pm*



serving ARHS and the AMHERST area
for 18 years

TAKE YOUR ROAD TEST ON THE WEEKEND IN AMHERST

VISIT US AT:
*pioneervalleydriving.com
or call 413-253-7432*

Week-Long Summer Programs



Photo by Jeannette Beaudet

522002 Watercolor and Drawing Ages 7-10

Carolyn J. Toomey

The perfect class for the budding artist! Students will explore the myriad ways that painting and drawing materials can be used. Materials that we'll explore include chalk and oil pastels, charcoal, pencils, and watercolor paints. Salt painting and wax resist painting highlight a few of the projects we'll work on. Your child will get to truly explore and enjoy all that drawing and painting has to offer. See Family Outdoor Education for instructor bio. There is a \$12 materials fee due to the instructor at the first class. On Friday the class will be held from 3:00 to 4:30.

Mon.-Fri., Jul. 18-22, 3:30-5:00 p.m., Bangs Center, \$131

522005 Magical Mystical Mermaids Ages 7-10

Carolyn J. Toomey

Have you ever seen a mermaid or wished you had? Come join this inviting class to explore the fascinating world of mermaids. Together we will create mermaids' environments, hobbies, pets, and more, using papier mache, watercolors, clay, fabric, pencils, and sparkles. See Family Outdoor Education for instructor bio. There is a \$12 materials fee due to the instructor at the first class. On Friday the class will be held from 3:00 to 4:30.

Mon.-Fri., Jul. 11-15, 3:30-5:00 p.m., Bangs Center, \$131

(413) 259-3065

544501 Family Outdoor Education

Ages 3-5 with adult

Carolyn J. Toomey

In this new and exciting class, young children with their caregivers will learn through play about the outdoor world. Activities feature nature walks and garden tours, along with art projects such as nature journals, watercolor painting, nature stamping, and more. Topics of discussion may include 'How do plants grow?' 'Why do leaves change color?' and 'How and why do animals hibernate?' Carolyn received her BFA degree in painting from UMass Amherst and studied at Haystack Mountain School of Crafts, Deer Isle, Maine. She has written and illustrated her first learning to count children's book. Her watercolor illustrations are exhibited locally. There is a \$12 materials fee due to the instructor at the first class.

Mon.-Fri., Jun. 27-Jul. 1, 1:30-2:30 p.m., Bangs Center, \$104

522003 Clay Animals, Creatures, and Things

Ages 5-7

Carolyn J. Toomey

Create your own dreams! We will develop basic hand building techniques to build animals and creatures from the unknown. We will experiment with different clay types including sculpey, modeling clay, and earthenware. See Family Outdoor Education for instructor bio. There is a \$12 materials fee due to the instructor at the first class. On Friday the class will be held from 3:30 to 4:30.

Mon.-Fri., Jul. 25-29, 4:00-5:00 p.m., Bangs Center, \$99

**SummerFun at
The Common School!**
521 S. Pleasant St, Amherst 413-256-8989
Mini Camp June 20-24
SummerFun June 27-July 22
(half and full day options)

See our complete program descriptions and
registration form at www.commonschool.org



33020867

Week-Long Summer Programs



Photo by Jeannette Beaudet

512008 Wizard of Oz
Becca Greene-Van Horn

Ages 5-8
Grades K-2

Do your kids love The Wizard of Oz? Come join us for a fun-filled “play shop” where we will follow the yellow brick road, exploring the characters and themes from Baum’s book and classic movie story. Participants “try on” any of the great roles they want to: Dorothy, Scarecrow, Tin Man, Lion, Glinda, Munchkins or Wicked Witch. Through drama, improvisation, scene work, mask, puppet, prop and costume piece making, singing and dancing, kids will connect to their own hearts, minds and courage: inspiring self-confidence in creative and playful ways. There will be an informal demo at the final class. There is an \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Jun. 27-Jul. 1, 9:30 a.m.-12:30 p.m., Middle School, \$159

512106 Make Me Laugh!
Becca Greene-Van Horn

Ages 8-11
Grades 3-5

Love to Laugh? Then you’ve come to the right place! Taught by former professional actress and experienced drama teacher, Becca Greene-Van Horn, participants will have a blast learning improvisation, drama games and practicing comedy scenes! Participants will increase their listening and collaborative skills, as well as verbal and physical confidence on stage. We will co-create stories and act them out with costumes and props. Some art activities will also be involved. AN informal demo will be presented at the end. There is a \$8 materials fee due to the instructor at the first class.

Tue.-Fri. Jul. 5-8, 9:30 a.m.-12:030 p.m., Middle School, \$149



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youth programs for

Amherst residents

**see page 46 for restrictions*

Week-Long Summer Programs

**512010 Sing Out! Musical Theater Audition/
Performance Workshop** **Ages 10-18**
Becca Greene-Van Horn **Grades 5-12**

Come learn how to not only do your best at an audition, but how to perform a musical theater song! The Valley offers many wonderful opportunities for young performers. Auditioning can be very challenging to even the most seasoned performer. It has to be approached in a very specific way. Taught by former professional actress and “experienced auditioner,” Becca Green-Van Horn, participants will work on audition songs, learn basic audition technique and practice performing in front of the group. Dealing with “audition nerves,” stage fright, and the disappointment of not being cast will also be addressed. Participants will learn relaxation techniques and suggestions on how to maintain a positive attitude during the audition process. There is an \$8 materials fee is due to the instructor the at first class.

Mon.-Fri., Aug. 1-5, 2:00-5:30 p.m., Bangs Center, \$179

512007 Improv. Extravaganza! **Ages 11-18**
Becca Green-Van Horn **Grades 6-12**

This fun week is jam-packed with Improv!!! Inspired by the popular “Whose Line Is It Anyway?” show, this program will give participants an opportunity to hone their improvisational skills in a humorous, playful, non-judgmental and supportive setting. The acting exercises, drama games and scene work are designed to encourage young actors to take creative risks, while increasing their comfort level with theater improv. Participation will also practice listening and collaboration while growing in verbal and physical confidence on stage. There is a \$8 materials fee is due to the instructor at the first class.

Mon.-Fri., Jul. 11-15, 10:00 a.m.-1:00 p.m., Middle School, \$159

20% off
youth programs for Amherst residents
**see page 46 for restrictions*



Photo by Becca Greene Van-Horn

(413) 259-3065



Photo by Becca Greene Van-Horn

513000 Broadway Sings **Ages 12-16**
David Ranen

This week-long class meets for four hours a morning to explore the world of Broadway songs. Students will sing songs from a variety of shows and time periods and learn proper vocal technique and vocal care. When possible, students will watch video clips of shows to analyze what the performers are doing. At the last class, students will perform songs they have prepared. Students should come prepared to sing, move, and just have fun with Broadway songs! There is a \$10 materials fee is due to the instructor at the first class.

Mon.-Fri., Jun. 27-Jul. 1, 9:00 a.m.-1:00 p.m., Middle School, \$114

512009 Curtain Up! Summer Acting Intensives
Becca Greene-Van Horn **Ages 11-18** **Grades 7-12**

Do you love to act? Are you longing to feel more confident and comfortable on stage? Want to practice your acting skills and learn new ones? Improve you comfort with improvisation and physical theatre? Learn audition skills and methods to help manage audition anxiety and stage fright? Then come join this fun and intensive acting week. This course is for all levels and experience. Taught by former professional actress and experienced drama teacher, Becca Green-Van Horn. The acting exercises, drama games and scene work are designed to encourage young actors to take creative risks, while increasing their listening and collaborative skills, as well as verbal and physical confidence on stage. There will be an informal demo at the last class. There is an \$8 materials fee due to the instructor at the first class.

Mon.-Fri. , Jul. 18-22, 2:00-5:30 p.m., Bangs Center, \$169

Kids, Art & Nature

Week-Long Summer Art Programs



522100 Squish!

Ages 5-8

An exploration of malleable materials

Deborah Bazer

Come explore wonderfully “squishy” mediums, such as clay from the ground, beeswax, dough and wool fleece. We will squish, poke and push each material into sculpture, wool pictures and toys, while comparing how each feels differently in our hands. Please bring a lunch, water, snack and Non-Deet insect repellent, and come prepared to get messy. There is a \$10 materials fee due to the instructor at the first class.

Tue.-Fri., Jul. 5- 8, 8:30 am-3:30 pm, Middle School, \$232

522101 Art and Nature

Ages 6-10

Lahri Bond

Begin the summer with a week of lovely mornings spent in the woods and parks around Amherst, observing and drawing the natural world. In this relaxing and fun filled class we will study the shapes and patterns found in nature, and learn how to draw them using graphite, pastel and watercolor. Students will be introduced to the use of light, shade, tone and color, as well as a variety of techniques designed to sharpen both their observation and drawing skills. Weather permitting, we will spend most of the mornings outside and play non-competitive, nature-based games. Please bring a lunch, water, snack and Non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Tue.-Fri., Jul. 5- 8, 8:30 am-3:30 pm, Middle School, \$232

522102 Toys by You

Ages 6-10

Deborah Bazer

Long ago and faraway, toys were made of everyday materials that children could construct themselves. Using natural and recycled supplies, students will learn how to make a variety of toys, such as outrageous marble mazes, racing and rolling toys, puppets, a puppet theater, and fantastic creations that can fly and float. Come learn how nutshells, milkweed pods, seashells, cardboard, fabric, and needle and thread can make the most extraordinary toys, that can't be found at the mall. Better still, these will be toys made by you! Please bring a lunch, water, snack and Non-Deet insect repellent. There is a \$10 materials fee due to the instructor on the first class.

Mon.- Fri., Jul. 11-15, 8:30 a.m.-3:30 p.m., Middle School, \$289

522103 MIND-Craft

Ages 7-11

Creating Real World Game Environments

Lahri Bond

The popularity of digital role and environment-creating games such as Minecraft are brought into the physical world, in this exciting class, which harnesses the power of our imaginations. Students will spend the week creating characters, which they then will become, while making biomes, terrains and magical creatures, from recycled materials, paint, glue and their immediate surroundings. We will build our collective world both in the classroom and in the parks and woods of Amherst. The class will create imaginative terrains from ordinary materials, while supporting and fostering cooperation, mutual creation, decision making, and creative problem solving. Please bring a lunch, water, snack and Non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.- Fri., Jul. 11-15, 8:30 a.m.-3:30 p.m., Middle School, \$289

522104 What are *your* Super-Powers?

Ages 6-10

Lahri Bond

Kids know about Superheroes through their depiction in popular movies and cartoons, yet less is known about their origins in the simple line drawings and fertile imaginations of young artists like themselves. We will explore the art of visual storytelling, beginning with learning to draw some of our favorite cartoon and comic characters, before moving on to inventing our own. Emphasis will be placed on developing basic art skills, such as rendering from geometric shapes, using color and working with line and form, as well as approaching the best ways to take the stories in your head and make them into exciting pictures on a page. We will try illustrating multi-page and paneled page stories. We will also make our own masks, symbols, utility belts and super-gear to become the actual superheroes we have drawn. Snack, lunches, games and drawing time will be spent outside. Please bring a lunch, water, snack and Non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 18-22,
8:30 a.m.-3:30 p.m.,
Middle School, \$289



www.lsse.org

522105 Clayful Days

Ages 6-10

Deborah Bazer

We'll have a clay-ful week of delightfully muddy hands, while making magnificent art! Learning pinch, coil and slab techniques, students will create a variety of artwork, including cups and bowls (that you can really eat and drink from), toad homes, bird feeders, games, and a tiny clay village. We will finish our work with colorful slip (liquid colored clay) and glaze. There will also be plenty of time for playing games outside, exploring other malleable materials and listening to stories of magical and muddy places. All artwork from this class will be fired and ready for pickup a few weeks after the class. Please bring a lunch, water, snack and Non-Deet insect repellent, and come prepared to get messy. There is a \$12 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 25-29, 8:30 a.m.-3:30 p.m., Middle School, \$289

522106 Myth, Magic and Art

Ages 6-10

Lahri Bond

Stories such as Harry Potter, The Hobbit, and Percy Jackson have all created new tales from classic mythology and folklore. Students will discover the art of live storytelling, while hearing tales of wizards, dragons, mermaids, selchies, brave princesses and beautiful knights from a wide variety of cultures and traditions. We will then translate these stories into drawings, paper maché sculpture and magical props for imaginative play. There will also be plenty of time spent outside, for games, snacks, and lunches. Please bring a lunch, water, snack and Non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Jul. 25-29, 8:30 a.m.-3:30 p.m., Middle School, \$289

522107 TREE-mendous Explorations

Ages 7-10

Deborah Bazer

Stretch your leaves and branches to the sky, as we use our powers of observation to explore the power of the trees! Students will draw paint and sculpt trees, and the animals and insects who live in them. We will also delve into tree stories from world folklore and mythology, and learn about how these gentle giants bring so much to our world. We will study artists who have been inspired by trees, examining the works of Georgia O'Keeffe, Meredith Woolnough, Gustav Klimt and Jody Xiong. Some of our art supplies will come from trees, but we will also use paint, pencils, found objects, cloth, wire, our hands, feet and elbows to create tree-ish works of art. Students will walk and draw in many beautiful places in the Amherst area. There will be as a special fieldtrip to visit some spectacular trees nearby! Please bring a lunch, water, snack and Non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 8-12, 8:30 a.m.-3:30 p.m., Middle School, \$289

522108 Jurassic Joy!

Ages 5-9

Lahri Bond

Dinosaurs roam the Pioneer Valley, as Terrific T-Rexes, beautiful Brontosaurus, and sensational Stegosaurus converge in Amherst. Paint, glue, cardboard and ingenuity will combine to create real and imagined dinosaurs on paper and in colossal three-dimensional sculptures. The class will also take a trip to the Beneski Museum of Natural History to draw the bones of real dinosaurs that once roamed the Pioneer Valley, as well as spend time outside, playing dino-games. Please bring a lunch, water, snack and Non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 8-12, 8:30 a.m.-3:30 p.m., Middle School, \$289

(413) 259-3065

Week-Long Summer Art Programs

522109 Kites, Wings and Flying Things

Ages 5-9

Lahri Bond

Take to the sky with real and imaginative winged creatures, as we create wind-borne wonders from a variety of materials including balsawood, wire, colorful paper and found objects. After hearing stories of enchanted birds, fabulous phoenixes, and delightful dragons, we will make sculpture, windsocks, frame kites and our very own pair of wings. There will be plenty of time spent outside, flying our creations and playing non-competitive games. Please bring a lunch, water, snack, Non-Deet insect repellent and your lofty imaginations. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 15-19, 8:30 a.m.-3:30 p.m., Middle School, \$289

522110 Fantastical Felines & Furry Folk-Tails

Ages 5-10

Lahri Bond

Come hear stories, myths, and folk tales of ferocious felines, cantankerous kitties and terrific tabbies, while creating fabulous furry creations. Students will draw, paint and make masks and three-dimensional cats in paper maché, while hearing remarkable tales of human-kind's other "best friend." Snack, lunches, games and drawing time will be spent outside. Please bring a lunch, water, snack and Non-Deet insect repellent. There is a \$10 materials fee due to the instructor at the first class.

Mon.-Fri., Aug. 22-26, 8:30 a.m.-3:30 p.m., Middle School, \$289



Early Adventures

Ages 5 & 6 (starting Kindergarten in the fall) 376200

Included everyweek:

nature activities

swim lessons

field trips & special events

cooking

arts and crafts

free transportation

sports activities

games

fun!!!!



20% off
youth programs for Amherst residents
**see page 46 for restrictions*

Week A: Welcome to the Jungle!

June 27-July 1

Tame your Boredom with our animal and nature week. This week will capture the nature and animal lover in all of us with a week based on various animals and nature trips. We will also have some animal guests stop by!

Week B: Amazing Adventures July 5-8

The theme for this week is surrounded by creativity and wackiness. Each day we will have activities , cooking, art and games based on some of your favorite board games (life sized hungry hungry hippos and Jenga), computer games (Minecraft) and movies (StarWars/Minions) just to name a few . So come and join us on our amazing adventure!



Week C: Splish Splash

July 11-15

Bathing suits and towels are necessities for this week of camp with the fun and exciting water activities that are in store for each day. Slip and Slide, Water Relays, and Sprinkler games are just a few events for campers to look forward to, along with much, much more!

Photos by Grace Marczuk

www.lsse.org



Photo by Grace Marczuk

Week D: Celebration Nation July 18-22

This week we will travel the world in five days with experiences in foreign cultures, food, values, arts and languages! And we will wrap up the week with our multicultural festive where you the parents can join us.

Week E: Challenge Week July 25-29

Color Wars, Olympics, and team initiatives, capture the flag, treasure hunts, and any activity where teams can go head to head will work. We will keep track of points on a large display that campers can see throughout the day. At the end of the week a winner will be announced but all campers will participate in the winning festivities.

Week F: Camps Got Talent! Aug. 1-5

Have camper sing, act, play an instrument, do some stand-up comedy, dance, do some magic, perform a puppet show, etc. during our Ultimate Talent Show! Friends and families are invited to our Ultimate Talent Show.

Week G: Time travelers Aug. 8-12

The theme for this week is time travel! We will travel into the future and everywhere in between through activities. Games, Cooking, art and quests. This year we plan on exploring prehistoric times, Ancient China, Wild West, life at sea with pirates and back to the future.



Photo by Grace Marczuk



Photo by Nikki Abelli

Week H: Anything goes! Aug. 15-19

This week anything goes!! One day we are coming to camp in our pjs, then your favorite costume. We will go back in time for retro day and we'll wrap up the week up with crazy carnival day.

376200 Cost per week Early Adventures Ages 5-6

| | | | | |
|-----------------------|----------------|-------|----------------|-------|
| Weeks A, C-H | 8:30-4:00 p.m. | \$236 | 8:30-5:00 p.m. | \$272 |
| Week B (with holiday) | 8:30-4:00 p.m. | \$190 | 8:30-5:00 p.m. | \$227 |

Physical & immunization records are required at the time of registration.

Adventure Playground

Ages 7-11 (completed 1st grade) 376201

Included everyweek:

nature activities

swim lessons

field trips & special events

cooking

arts and crafts

free transportation

sports activities

games

fun!!!!

Week A: Welcome to the Jungle!

June 27-July 1

Tame your Boredom with our animal and nature week. This week will capture the nature and animal lover in all of us with a week based on various animals and nature trips. We will also have some animal guests stop by !



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20% off
youth programs for Amherst residents
*see page 46 for restrictions

Photos by Grace Marczuk

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www.lsse.org

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Photo by Grace Marczuk

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July 25-29

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Week F: Camps Got Talent!

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Have camper sing, act, play an instrument, do some stand-up comedy, dance, do some magic, perform a puppet show, etc. during our Ultimate Talent Show! Friends and families are invited to our Ultimate Talent Show.



Photo by Grace Marczuk

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Week H: Anything goes!

Aug. 15-19

This week anything goes!! One day we are coming to camp in our pjs, then your favorite costume. We will go back in time for retro day and we'll wrap up the week up with crazy carnival day.

376201 Cost per week Adventure Playground Ages 7-11

| | | | |
|--------------------------------------|-------|----------------|-------|
| Weeks A, C-H 8:30-4:00 p.m. | \$219 | 8:30-5:00 p.m. | \$240 |
| Week B (with holiday) 8:30-4:00 p.m. | \$180 | 8:30-5:00 p.m. | \$195 |

Physicals & immunization records are required at the time of registration.

(413) 259-3065

Sports Plus! Day Camp and Sports Camp together!



Photo by Sean Werle

376202

Ages 7-11. Sign your child up for their morning sports camp experience and have them met by our Adventure Playground Day Camp staff for their fun-filled afternoon. During the afternoon they'll have the opportunity to participate in swimming, nature activities, games, arts and crafts and more! The camp is staffed by responsible administrators and counselors who are selected for their special abilities, qualifications, and their desire to work with children in a camp setting. Adventure Playground operates until 4:00 p.m. and is located at Amherst Middle School. An extended day feature can also be added which allows your child to stay at camp until 5:00 p.m. *There is no camp on **July 4**.

1. Please select your sports camp for the morning

The following is a list of the sports camps that are included as part of the



option:

| | |
|--|---|
| <p>Week A: 6/27-7/1</p> <p>535118 C Girls Advanced Ultimate 535118 E Boys Advanced Ultimate 535118 D Beginning Ultimate 535113 D Soccer Camp</p> <p>Week B: 7/5-7/8</p> <p>535118 G Advanced Ultimate Coed 535118 F Beginning Ultimate Coed 535105 A Coed Basketball Camp 535116 A Coed Flag Football Camp 535117 A iPLAE</p> <p>Week C: 7/11-7/15</p> <p>535103 B Baseball Camp 535100 A ALL Sports & Games</p> | <p>Week D: 7/18-7/22</p> <p>535115 A Boys' Lacrosse Camp 535112 B Tennis Camp</p> <p>Week E: 7/25-7/29</p> <p>535112 D Tennis Camp 535114 A Soccer Camp</p> <p>Week F: 8/1-8/5</p> <p>535105 B Coed Basketball Camp 535116 B Coed Flag Football Camp</p> <p>Week G: 8/8-8/12</p> <p>535107 A Girls' Basketball Camp 535117 A iPLAE</p> <p>Week H: 8/15-8/19</p> <p>535110 B Ace Tennis Camp</p> |
|--|---|

2. Select your afternoon option:

376202 Cost per week Sports Plus Option Ages 7-11

| | | |
|----------------------|-----------------|---|
| Weeks A, C-G: | 12:00-4:00 p.m. | \$99 plus the price of the sports camp |
| | 12:00-5:00 p.m. | \$120 plus the price of the sports camp |
| Week B: | 12:00-4:00 p.m. | \$79 plus the price of the sports camp |
| | 12:00-5:00 p.m. | \$99 plus the price of the sports camp |

Physicals & immunization records are required at the time of registration.

2016 LSSE Summer Sports Camps

Current immunization records and medical exams (within the past two years) are required for all sports campers at registration. If current records were provided last year, you may disregard this requirement. Registrations will not be accepted without proper medical records.

535100 ALL Sports & Games Camp

Kacey Schmitt

This camp will be directed by Kacey Schmitt, varsity volleyball and softball coach at ARHS. Kacey loves sports, and has directed sports camps for LSSE for over 20 years. She was the physical education teacher at Crocker Farm Elementary School, and is a big believer in cross-training and carry-over of sports skills from one sport to another. Campers will get an introduction to many different sports, including softball/baseball, track and field, lacrosse, Ultimate, floor hockey/field hockey, and more. Basic skills and rules will be covered, with lead-up games and fun, cooperative games and activities interspersed. Kacey will be assisted by ARHS varsity athletes from various sports. Participants should bring a glove (if they have one), a water bottle, and a healthy snack. Campers should wear sneakers (for indoor play), but may bring cleats for outdoor play, if desired.

Session A ALL Sports & Games Camp **Ages 7-14**
Mon.-Fri., Jul. 11-15, 9:00 a.m.-12:00 p.m., Middle School
\$179

Sessions B ALL Sports & Games & Volleyball/Full Day Ages 8-14

This is an all-day camp directed by Kacey Schmitt, and is for those campers who want to do both the SPORTS AND GAMES CAMP in the morning, and the VOLLEYBALL CAMP in the afternoon, with participants staying for lunch with the director and counselors. During lunch from 12:00-1:00, we will have "varsity talks," on topics such as being a good teammate, taking care of your body, and making good choices. Participants should bring a lunch and a snack.

Mon.-Fri., Jul. 11-15, 9:00 a.m.-4:00 p.m., Middle School, \$339

535101 Volleyball Camp **Ages 8-14**

This camp is directed by Kacey Schmitt, varsity volleyball coach at ARHS and experienced physical education teacher. This camp is designed to give both beginner and intermediate players a great opportunity to learn and improve their skills. Campers will be grouped according to their age and experience level. Volleyball is a fun and active sport that requires quickness, agility, and teamwork. All equipment will be supplied, but participants should wear sneakers and bring a water bottle and a snack.

Mon.-Fri., Jul. 11-15, 1:00-4:00 p.m., Middle School Gym, \$179

20% off
youth programs for Amherst residents
**see page 46 for restrictions*

Sports
Plus



Photo by Sean Werle

535103 Baseball Camp

Sports
Plus

Ages 8-12

Greg Vouros

For all levels. This camp is for boys and girls who want to learn and/or improve on the fundamental skills of pitching, batting, fielding, and position play. The camp is a perfect complementary program for those children already involved in league play and/or for those who are interested in refining their skills. Coach Vouros is the varsity baseball coach at Amherst Regional High School and 2010 Division 1 State Champions! Each participant should bring a water bottle. Rain location: High School Gym.

Session A

Wed.-Fri., Jun. 22-24, 9:00 a.m.-1:00 p.m., Community Field, \$145

Session B

Mon.-Fri., Jul. 11-15, 9:00 a.m.-12:00 p.m., Community Field, \$179

535102 Advanced Baseball Camp **Ages 12-15**

Greg Vouros

This camp will creatively and enthusiastically teach the fundamental skills of baseball, and introduce players to what it takes to succeed mentally and physically at the high school level. Coach Vouros is the varsity baseball coach at ARHS and 2010 Division 1 State Champions! His staff will include current and former coaches and players who are fully dedicated to the youth baseball program in Amherst. Each participant should bring a water bottle. Rain location: HS gym.

Mon.-Fri., July 11-15, 1:00-4:00 p.m., Ziomek Field, \$179

Summer Sports Camps



Photo by Sean Werle

535105 Coed Beginner Basketball Camp Ages 6-12

Sports
Plus

Dustin James

This camp is for boys & girls who want to learn about the basic fundamentals of basketball. Participants will learn the basic skills to succeed within a team environment, and how to enjoy and have fun while playing and learning the game of basketball. Coach James has over five years of experience in coaching high school basketball in both MA and NY. He is the current high school varsity girls' coach, the current P.E. Teacher at Crocker Farm Elementary, and the past P.E. Teacher at Pelham Elementary. This camp is intended for beginner/intermediate players who want to play better basketball at the recreational level. Each participant should bring a water bottle.

Session A: Tue.-Fri., Jul. 5-8, 9:00 a.m.-1:00 p.m., Fort River Gym, \$179

Session B: Mon.-Fri., Aug. 1-5, 9:00 a.m.-12:00 p.m., Fort River Gym, \$179

535107 Amherst Girls Basketball Camp Ages 10-16

Sports
Plus

Dustin James

For girls of all ability levels, ages 10-16. This camp offers the chance for girls to learn the most up to date basketball skills, develop leadership, and improve basketball IQ in a fun and competitive atmosphere. It is specifically designed to target developing female players using the methods of Amherst High School Varsity Coach Dustin James. Coach James has over five years of experience in coaching high school basketball in both MA and NY. He is also the current P.E. Teacher at Crocker Farm Elementary. Camp highlights include an atmosphere of hard work, discipline, enthusiasm, encouragement, and skill mastery; detailed instruction from the coaching staff; daily emphasis on fundamental development and team play; and a basketball t-shirt.

Mon.-Fri., Aug. 8-12, 9:00 a.m.-12:00 p.m., High School gym, \$179

Current immunization records & medical exams are required for ALL campers at the time of registration.

Summer Sports Camps

535106 Complete Player Basketball **Ages 10-17** **Jamahl Jackson**

Ages 10-17. Complete Player Basketball Camp teaches boys & girls the fundamentals of basketball in a fun and competitive atmosphere. These Amherst Regional alums have grouped their playing and coaching experience together to take your game to the next level. Each camper is given detailed coaching on a daily basis on all aspects of the game to include ball handling, rebounding, defense, passing, shooting, and much, much more. Camp director is Jamahl Jackson-Head Coach Emmanuel College.

Mon.-Fri., Aug. 8-12, 9:00 a.m.-3:00 p.m., High School Gym, \$209

535104 Wounds, Alienation, Stress, and Healing (WASH) **Ages 10-17** **Stephen Jefferson & Willie Pope**



This **basketball camp** focuses on building character through the game of basketball. Coached by Rider Hall of Famer and stroke Survivor, Stephen Jefferson, Ed.D, and coach Willie Pope, the camp is specifically designed for campers who want to use basketball to develop self-esteem and self-determination through art, music, and basketball skills. WASH is a nurturing and safe place for all. If your child has ever been picked on, labeled, and/or degraded and suffers from these wounds during their childhood, or if you want your child to learn more about this area, then this is the camp for her or him. Campers will benefit from guests speakers and exercises to help provide ways to reduce stress in their lives. The camp will also show ways to think differently about campers' troubles in times of stress to avoid more wounds and alienation.

Mon.-Fri., Aug. 1-5, 9:00 a.m.-12:00 p.m., High School Gym, \$179

535108 Footlocker Basketball Camp **Ages 7-16** **Dennis Jackson**

FOR ALL LEVELS. Footlocker Basketball Camp is for those individuals who would like to improve at playing the game of basketball. Basketball is a skill game with intensive play. We will assist you in all aspects of the game of basketball. Coach Jackson has over 30 years of coaching experience at the high school, college, and professional basketball levels. We guarantee the basketball skills here (shooting, ball handling, passing, and defense) will elevate your game dramatically and teach the essential tools needed to uplift your play in this fast-paced game today. Each participant will receive a camp tee shirt, team picture, and certificate. Camp ends an hour early on Fridays.

Session A: Mon.-Fri., Jun. 27-Jul. 1, 9:00 a.m.-3:00 p.m., Middle School Gym, \$209

Session B: Mon.-Fri., Jul. 18-22, 9:00 a.m.-3:00 p.m., High School Gym, \$209

Current immunization records & medical exams are required for ALL campers at the time of registration.



Photo by Sean Werle

535109 "Blue Chip" Basketball Camp **Ages 8-17** **Dennis Jackson**

FOR MORE ADVANCED PLAYERS. The Blue Chip Basketball Camp is designed for more advanced players ages 8-17 years old who are inspired to become one of the best at their position. We specialize in basketball skills development for youth focusing on: dribbling, shooting, rebounding, defense, and passing with excellent in-game competition. Coach Jackson has over 30 years of coaching experience at the high school, college, and professional levels. You will learn how to get prepared to make your suburban, travel, AAU, seventh and eighth grade, JV or high school varsity teams. If you are committed to the game of basketball, we guarantee to help you reach your at the level you desire to play. Each participant will receive a camp tee shirt, team picture, and certificate. Camp ends at 2:00 p.m. on Fridays.

Session A
Mon.-Fri., Jul. 11-15, 9:00 a.m.-3:00 p.m., High School Gym, \$209

Session B
Mon.-Fri., Jul. 25-29, 9:00 a.m.-3:00 p.m., High School Gym, \$209

Summer Sports Camps



Photo by Sean Werle

535115 Boys' Lacrosse Camp

Chris Johnson

All ability levels are welcome to participate. These camps will focus primarily on the basic fundamentals of lacrosse, including: stick protection; ground balls; throwing and catching; footwork; and shooting on goal. The goal is for players to learn and improve their stick skills and also learn the basic strategies of the game through team play and stimulated games. Each participant should bring their own lacrosse stick, helmet, pads, and water bottle to the camp.

Mon.-Fri., Jul. 18-22, 9:00 a.m.-12:00 p.m., HS Lacrosse Field
\$179



Ages 7-12

535120 Boy's Advanced Lacrosse Camp Ages 13-18

Chris Johnson

This camp will creatively and enthusiastically teach the fundamental skills of lacrosse, and introduce players to what it takes to succeed mentally and physically at the High School and advanced levels. This camp is designed for players that have prior experience in lacrosse. Each participant should bring their own lacrosse stick, helmet, pads, and water bottle to the camp.

Mon.-Fri., Jul. 18-22, 1:00- 4:00 p.m., High School Fields, \$179

Current immunization records & medical exams are required for ALL campers at the time of registration.

Summer Sports Camps



Photo courtesy of Strides



535117 Camp iPLAE (Progressive, Long-term, Athlete, Education)

Ages 10-16

Research demonstrates that the youth population benefits far more than ever thought from “exercise”, it is just a matter of how they go about doing it. Camp iPLAE is all about making exercise FUN! We provide an age appropriate developmental approach for kids to improve athletic capabilities, reduce risk of injury, and to learn healthy habits that will last a lifetime. Participants will be involved in daily activities, which include sports, movement technique, resistance training (age appropriate), fitness/wellness special topics, and various interactive games (age appropriate). STRIDES Human Performance Institute uses degreed, nationally accredited certified performance coaches and athletic trainers. Our mission is to enhance and promote athletic performance and functional movement capabilities through professional, comprehensive, and educational training programs. Rain Site: Middle School Gym, Contact: Len-email: len@strideshpi.com, Brandon-email: brandon@strideshpi.com, Phone: TBA

Session A: Sneaker Squeakers **Ages 5-9**
Jul. 5-8, Tue.-Fri., 9:00-10:15 a.m., Middle School Fields, \$79

Session B: Sport Performance **Ages 10-16**
Jul. 5-8, Tue.-Fri., 9:00 a.m.-1:00 p.m., Middle School Fields, \$179

Session C: Sneaker Squeakers **Ages 5-9**
Aug. 8-12, Mon.-Fri., 9:00-10:15 a.m., Middle School Fields, \$79

Session D: Sport Performance **Ages 10-16**
Aug. 8-12 Mon.-Fri., 9:00 a.m.-12:00 p.m., Middle School Fields, \$179

(413) 259-3065

535116 Co-ed Flag Football Camp

Ages 6-12

Vincent Barnes Jr.

This fun new camp for girls and boys will be instructed by Vince Barnes, Wildwood Elementary P.E. Teacher and Ex-Univ. of Michigan Football Player. This camp will provide a beginner and recreational approach to the game of non-contact flag football. This camp is for children who are interested in learning or improving in the sport of football. The flag football concept allows for children to learn and develop skills and concepts in a safe and fun setting. Cleats are recommended, and all campers should bring a water bottle.

Session A: Tue.-Fri., Jul. 5-8, 9:00 a.m.-1:00 p.m., Community Field (HS), \$179

Session B: Mon.-Fri., Aug. 1-5, 9:00 a.m.-12:00 p.m., Community Field (HS), \$179



Current immunization records & medical exams are required for ALL campers at the time of registration.

Summer Sports Camps

NEW



Photo by Sean Werle

535111 Advanced Tennis Camp **Ages 13-18**

Dan Herbst

This camp is for kids who are interested in playing competitive tennis, either on their school team or in USTA-sanctioned tournaments. The camp will focus on court positioning, shot selection, spin, footwork, fitness, mental tennis, etc. Drills and instruction will be followed by two-on-one games, match play, and a tournament at the week's end. Participants should bring their own rackets and a water bottle. Newly renovated Middle School courts!

Mon.-Fri., Jul. 25-29, 1:00-4:00 p.m., Middle School Courts, \$199

Current immunization records & medical exams are required for ALL campers at the time of registration.

535110

Ace Tennis Camp

Jackie Bagwell

FOR ALL LEVELS. Participants will be grouped by both age and skill level. Jackie Bagwell is in her 25th season as the Amherst College Women's Tennis Coach, and has amassed 397 wins – only three shy of the 400-win milestone. Her squads produced back-to-back national singles champions in 1999 and 2000 and have been even more successful in doubles action, taking home the NCAA title in 2007, 2008, 2011, 2012, 2013 and 2014. She earned Boston Area Coach of the Year in 2000, and was named the 2007 and 2014 NESCAC Coach of the Year. In 2011, she was honored as the ITA's Northeast Coach of the Year. Camp participants should wear t-shirts, shorts, tennis shoes, and bring their own rackets and water bottles.

Ages 5-18

Session A Ages 5-7

Mon.-Fri., Aug. 15-19, 9:00-10:00 a.m., Middle School, \$79

Sports Plus

Session B Ages 8-18

Mon.-Fri., Aug. 15-19, 9:00 a.m.-12:00 p.m., Middle School, \$179

535112 Youth Tennis Camp

Ages 8-18

Dan Herbst

For all levels. Participants will be grouped by age and ability. Camp participants should wear appropriate attire: t-shirts, shorts, and tennis shoes with light-colored soles. Participants should bring their own rackets and a water bottle. Newly renovated Middle School courts!

Session A

Ages 5-7

Mon.-Fri., Jul. 18-22, 9:00-10:00 a.m., Middle School, \$79

Sports Plus

Session B

Ages 8-18

Mon.-Fri., Jul. 18-22 9:00 a.m.-12:00 p.m., Middle School, \$179

Session C

Ages 5-7

Mon.-Fri., Jul. 25-29, 9:00-10:00 a.m., Middle School, \$79

Sports Plus

Session D

Ages 8-18

Mon.-Fri., Jul. 25-29, 9:00 a.m.-12:00 p.m., Middle School, \$179

20% off
youth programs for Amherst
residents

web code: webb20

**see page 46 for restrictions*

Summer Sports Camps

535113 Soccer Camp

Ages 5-12

Michael Rudd

For boys and girls of all levels. Come learn from Michael Rudd, varsity boys' soccer coach at Amherst High School, Division 1 coach of the year (2012, 2014), WMass champions (2012), and state finalist boys' team (2012). The camp's primary purpose is to show your child why soccer is called "the beautiful game". Each morning, players will be able to find the joy and freedom of expression that all those who love the game discover. This begins with the development of ball skills and extends to small-sided games in which a player can learn the meaning of being a teammate. By the end of the session, our hope is that your child falls in love with soccer. Each participant should bring a water bottle and their own soccer ball with their name on it. Rain location: High School gym

Session A: Ages 5-7 Wed.-Fri., Jun. 22-24, 8:30-10:15a.m., Middle School Fields, \$79

Sports Plus

Session B: Ages 7-12 Wed.-Fri., Jun. 22-24, 8:30 a.m.-1:00 p.m., Middle School Fields, \$165

Session C: Ages 5-7 Mon.-Fri., Jun. 27-Jul. 1, 9:00.-10:00 a.m., Middle School Fields, \$79

Sports Plus

Session D: Ages 7-12 Mon.-Fri., Jun. 27-Jul. 1, 9:00 a.m.-12:00 p.m., Middle School Fields, \$179

Current immunization records & medical exams are required for ALL campers at the time of registration.



Photo by Sean Werle

535114 Soccer Camp

Ages 7-12

Mike Fiscella

For boys and girls of all levels. Players will be grouped by both age and skill level so that each child will be challenged but not overwhelmed. We will have FUN learning and playing the "beautiful game"! Each participant should bring a water bottle. Rain location: High School Gym.

Mon.-Fri, Jul. 25-29, 9:00 a.m.-12:00 p.m., Middle School Fields \$179

Sports Plus



SOCCER CAMP

Register for Challenger Sports' British Soccer Camp and join over 150,000 players who will learn the Challenger Way this year. Each camp will feature the 1,000 Touches Curriculum, packed with drills and practices designed to improve individual ball control, footskills, fakes, moves, juggling and core techniques!

OVER \$100 OF FREE GIFTS!



AMHERST LEISURE SERVICES

August 1st - 5th, 2016 | Amherst Middle School
170 Chestnut Street, Amherst, MA 01002

| | | | |
|-------------|-------------|------------------|-------|
| MiniKickers | Ages 3 - 6 | 8:00am - 9:00am | \$116 |
| Half Day | Ages 7 - 14 | 9:00am - 12:00pm | \$188 |
| Full Day | Ages 7 - 14 | 9:00am - 3:00pm | \$252 |

*\$10 late fee applied to all registrations received after July 22nd.

"You must register online before June 17th to receive your FREE British Soccer Jersey"

Please remember water, sunscreen, shin guards and a healthy snack each day. If you are attending the Full Day program please remember to bring a packed lunch.

SPACES LIMITED.
Sign up at www.challengersports.com recommended

For more information contact Steve Hughes,
Tel: 401-213-0463 | Email: shughes@challengersports.com

MASSACHUSETTS BOARD OF HEALTH REQUIREMENTS:

*In order to comply with BOH regulations, all participants must provide Challenger Sports with a copy of current immunization records and a current physical (from past 24 months). Failure to provide this information prior to the start of camp will result in your child not being able to participate in camp activities.

Please email records (with clear indication of the participants name and the camp they are attending) to: newenglandboh@challengersports.com

Records can also be sent to Challenger Sports, Board of Health, 94A Jefferson Blvd, Warwick, RI 02888.

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

SIGN UP TODAY!

www.challengersports.com // 800.878.2167

Summer Sports Camps



Photo by Sean Werle

535118 Ultimate Frisbee Camp

Tiina Booth & Staff

Whether you are brand new to the sport, or have some playing experience, we will be able to offer a camp that matches a camper's level of interest and skill. All camps are directed by Tiina Booth or members of her staff. Counselors are past and present players of ARHS or other schools all of whom have extensive experience playing and coaching their favorite sport. Ultimate Frisbee is a non-contact sport that combines the fast-paced action of soccer with skills and strategies similar to basketball and football. Participants will learn basic throws, defensive skills and offensive patterns through drills, exercises and actual games. Each camper should bring cleats, a water bottle and snack and will receive a camp disc and shirt.

Jun. 21-24, Wed.-Fri., 8:30 a.m.-1:00 p.m., Groff Park, \$165

| | | |
|------------------|----------------|------------|
| Session A | Beginner Co-ed | Ages 9-12 |
| Session B | Advanced Co-ed | Ages 11-16 |

Jun. 27-Jul. 1, Mon.-Fri., 9:00 a.m.-12:00 p.m., Groff Park, \$179

| | | |
|------------------|----------------|------------|
| Session C | Girls Advanced | Ages 11-16 |
| Session D | Beginner Co-ed | Ages 9-12 |
| Session E | Boys Advanced | Ages 11-16 |



Jul. 5-8, Tue.-Fri., 9:00 a.m.-1:00 p.m., Groff Park, \$179

| | | |
|------------------|----------------|------------|
| Session F | Beginner Co-ed | Ages 9-12 |
| Session G | Advanced Co-ed | Ages 11-16 |



Current immunization records & medical exams are required for ALL campers at the time of registration.

20% off
youth programs for Amherst residents
web code: webb20
**see page 46 for restrictions*

National Ultimate Training Camps (NUTC)



Photo by Ultiphotos

535119 NUTC

Ages 14-18

Tiina Booth

In 2001 Amherst Leisure Services and Tiina Booth launched the first overnight ultimate camp in the United States! Since then, campers from as far away as California, Colorado, Washington, Colombia, Germany and South Africa have traveled to Amherst to join local players at the National Ultimate Training Camp. These intensive camps are open to both boys and girls. From daily drills to skills competitions to an all-camp tournament, campers will spend five days and night immersed in the sport of ultimate. Evening activities include a Camper v. Counselor Game, Trade Night and Talent Show. All sessions will be directed by Tiina Booth, head UMASS Men's Coach, retired coach of the ARHS boys varsity ultimate team. Booth has won numerous national and world titles as a coach, and is also the co-author of *Essential Ultimate*, an introductory book about ultimate for players, teachers and coaches. Booth will be assisted by a staff of skilled counselors and guest instructors from around the U.S., all of whom have spent years playing and coaching their favorite sport. Every member of the NUTC staff knows the importance of being a great teacher as well as a great player, and counselors will provide exceptional guidance and supervision, both on and off the field.

For more information, please visit our website at www.nutc.net

Session A: Sat.-Thur., Jul. 2-7 Amherst College

Day Camp: \$729 by 5/29; \$829 after

Overnight (resident): \$785 by 5/29; \$885 after

Overnight (non-resident): \$839 by 5/29, \$939 after

Session B: Sat.-Thur., Jul. 9-14, Amherst College

Day Camp: \$729 by 5/29; \$829 after

Overnight (resident): \$785 by 5/29; \$885 after

Overnight (non-resident): \$839 by 5/29, \$939 after

Session C: Sat.-Thur., Jul. 16-21 Amherst College

Day Camp: \$729 by 5/29; \$829 after

Overnight (resident): \$785 by 5/29; \$885 after

Overnight (non-resident): \$839 by 5/29, \$939 after

Session D: Sat.-Thur., Jul. 23-28, Amherst College

Day Camp: \$729 by 5/29; \$829 after

Overnight (resident): \$785 by 5/29; \$885 after

Overnight (non-resident): \$839 by 5/29, \$939 after

Current immunization records & medical exams are required for ALL campers at the time of registration.

WAR MEMORIAL POOL

Community Field, Triangle St., 413-362-9256

Open Saturday, June 18 -August 21, 2016

| Activity | Monday-Friday | Saturday & Sunday |
|-------------------------------|----------------------|----------------------|
| LSSE Day Camp Lessons | 9:30 a.m.-11:00 a.m. | |
| Adult Lap Swim | 8:00 a.m.-9:30 a.m. | 9:00 a.m.-11:00 p.m. |
| Open Swim** | 11:00 a.m.-5:00 p.m. | 11:00-6:00 p.m. |
| Youth Swim Lessons | 5:00-7:00 p.m. | |
| Open Swim**/Adult Laps | 7:00-8:00 p.m. | |

**Open Swim- Children under 12 must be accompanied by a person 16 or older.

Special Notes

(Applies to All Pools)

Wading pools are intended for use by young children (6 and under) and their parents. Older children/teens may be asked to leave.

Food/drink are not allowed in the swimming areas or locker rooms. The cashier will gladly check your coolers in the pool house while you swim.

Floatation devices (bubbles, arm floats, etc.) are NOT permitted.

-Handicap accessible lift available

*Locker room doors lock 15 minutes after closing.
July 4 will follow a "weekend" schedule.



Photo by Grace Marczuk

FREE Wading Pools Open June 25

Operational Hours

Mill River: Sun.-Sat.: 10:00 a.m. - 5:00 p.m.
Groff Park: Mon.-Fri.: 10:00 a.m. - 4:00 p.m.
Sat. & Sun.: 10:00 a.m. - 5:00 p.m.

Closing Dates

Mill River: Sun., Aug. 28, 2016
Groff Park: Sun., Aug. 21, 2016

MILL RIVER POOL

Mill River Recreation Area, Montague Rd., 413-549-6875

Open Saturday, June 25 - August 28, 2016



726200 Adult Fitness/Open Water Swimming

Barb Bilz

What would it take to motivate and prepare you to complete a mile swim in open water? Would swimming with a group and having organized workouts help? We'll meet every Tues and Thurs at the Mill River Pool from 7:00-8:00 am. These workouts are not intended for the seasoned tri-athlete or elite competitive/masters swimmer but it is also not a "Learn to Swim" class. It is intended for those who are capable of swimming non-stop, with their face in the water, for a minimum of 20 minutes. The focus will be on fitness swimming and we will also introduce open water specific skills and technique rather than basic swimming stroke technique. A few sessions may be held at local open water venues. Students will also have the opportunity to sign up and compete in an open water swim at the end of the Summer.

Tues., Thurs., optional Sat. mornings, Jun. 30-Aug. 27, 7:00-8:00 a.m., Mill River Pool, \$129 (Residents) \$135 (Non-Residents)
Pays for cost of membership

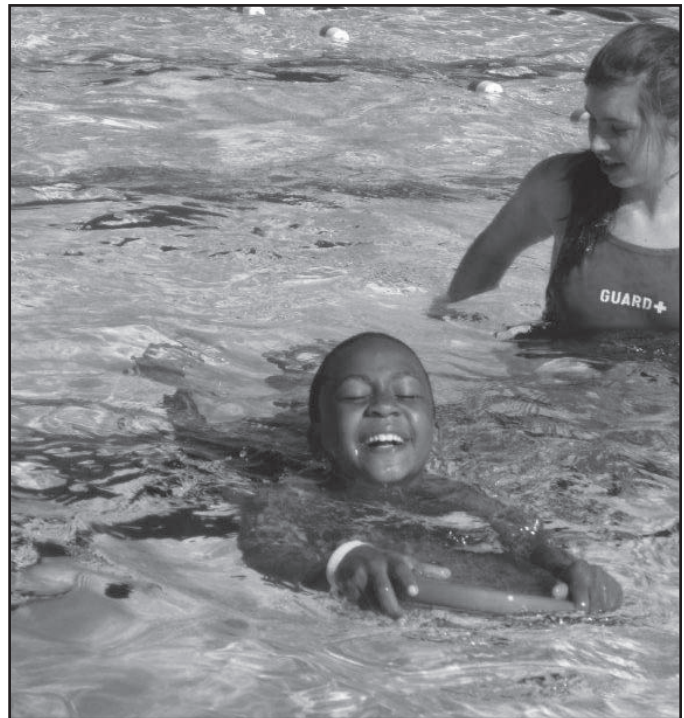


Photo by Grace Marczuk

❖ Surf & Turf Sundays

Play a 9 hole round of golf and swim for free on Sundays at Mill River Pool or War Memorial Pool 12-6 that same day

| Activity | Monday-Friday | Saturday & Sunday |
|------------------------|---|-----------------------|
| Adult Lap | 6:30 a.m.-9:00 a.m. 10:00 a.m.-1:00 p.m. | 8:00 a.m.- 12:00 p.m. |
| Open Swim** | 1:00 p.m.- 5:00 p.m. | 1:00- 6:00 p.m. |
| Youth Swim Lessons | 5:00-7:00 p.m. | |
| Open Swim**/Adult Laps | 7:00-8:00 p.m. | |

**Open Swim - Children under 12 must be accompanied by a person 16 or older.

If your child cannot pass the swimming test, then parent/guardian must be in the pool accompanying them within arms reach for safety reasons.

(413) 259-3065

Outdoor Pools

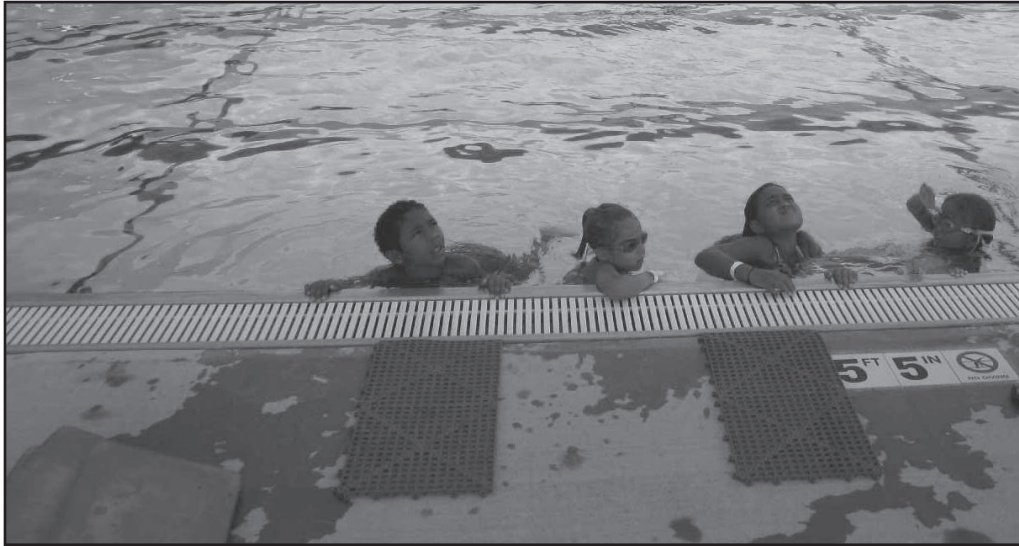


Photo by Grace Marczuk

Daily Admission Fees, Incredible Value!

| | |
|--------------------------------|--------------------------------|
| Amherst Residents | Nonresidents |
| Adult \$4 | Adult \$5 |
| Youth/Senior \$3 | Youth/Senior \$4 |

NEW SPECIALS

*Monday Madness 50% off ALL Daily Admission prices!
 Saturday Special - 2 for 1 Parent admitted free with a child!*

726400 Pool Admission/Membership Fees

Membership Dates

| | |
|-----------------------------|---------------------------|
| Full Summer | June 25- August 28, 2016 |
| 1 st Half Summer | June 25 - July 27, 2016 |
| 2 nd Half Summer | July 27 - August 28, 2016 |

Pool memberships may be purchased at the pool during operational hours and through the LSSE office.

Pool Memberships June 25, 2016-August 28, 2016

Amherst Residents

| | <u>Full Summer</u> | <u>Half Summer</u> |
|--------------------------------------|---------------------------|---------------------------|
| Family* (2+) | \$209 | \$129 |
| Adult | \$129 | \$85 |
| Senior (62+ yrs.) /Teen (13-18 yrs.) | \$109 | \$75 |

Non-Residents

| | <u>Full Summer</u> | <u>Half Summer</u> |
|--------------------------------------|---------------------------|---------------------------|
| Family* (2+) | \$215 | \$139 |
| Adult | \$135 | \$95 |
| Senior (62+ yrs.) /Teen (13-18 yrs.) | \$119 | \$85 |

*Family membership includes only those who live in your household.

Youth Swimming Lessons

Choose the level that best suits your swimmer. Registration is on a first-come first-serve basis.

Parent-Child Program

Children in the parent-child level should be between the ages of 6 months to 3 years

Guppies is an introduction to water with parent or guardian Skills emphasized are:

- ♦ Water comfort
- ♦ Blowing bubbles
- ♦ Socialization

Preschool Program

Children in the preschool levels should be between the ages of 3 and 5 years old

Your child is a **Tadpole** if he or she:

- ♦ This is an entry level class.
- ♦ This is the first class without a parent.

Your child is a **Tiny Tuna** if he or she:

- ♦ Shows little to no fear in the water
- ♦ Can front/back float with support and encouragement
- ♦ Blows bubbles / attempts to submerge face

Your child is a **Frog** if he or she:

- ♦ Can do 5 bobs
- ♦ Floats on Back/Front with support
- ♦ Swims independently for 3 body lengths
- ♦ Kicks on front and back with support
- ♦ Jumps in
- ♦ SHOWS NO FEAR

Your Child is a **Duckling** if he or she:

- ♦ Can do 10 bobs
- ♦ Can tread for 5 seconds
- ♦ Jumps into deep water, recovers, swims to wall
- ♦ Swims independently (no barbell or bubble) with face in the water; attempts to “reach and pull” for 3 body lengths
- ♦ Back Crawls with support
- ♦ Floats on back with minimal support

Your Child is a **Dolphin** if he or she:

- ♦ Can do fifteen bobs
- ♦ Can tread for 10 seconds
- ♦ Can do a sitting or kneeling dive
- ♦ Back crawl for ½ width of pool
- ♦ Swims front crawl independently with face in the water, at tempting rotary breathing, for ½ width of pool

Youth Program

Children in the progression levels should be between the ages of 6 and 14 years old

Your child is **Level 1** if he or she:

- ♦ This is an entry level class.

Your child is **Level 2** if he or she:

- ♦ Moves comfortably through the water
- ♦ Can do five bobs
- ♦ Demonstrates supported floating and kicking on front and back
- ♦ Enters and exits water independently
- ♦ Attempts to “reach and pull” with support

Your child is a **Level 3** if he or she:

- ♦ Can do 10 bobs
- ♦ Can tread for 10 seconds
- ♦ Retrieves underwater objects
- ♦ Demonstrates unsupported front and back floats
- ♦ Demonstrates rhythmic breathing
- ♦ Performs combined stroke on front and back

Your child is **Level 4** if he or she:

- ♦ Demonstrates deep water bobbing
- ♦ Can tread for 15 seconds
- ♦ Retrieves underwater objects with eyes open
- ♦ Can perform front and back crawl for ½ width of pool
- ♦ Performs supported breast stroke kick
- ♦ Dives from kneeling position

Your child is a **Level 5** if he or she:

- ♦ Demonstrates front and back crawl with rotary breathing
- ♦ Performs breast stroke kick, attempts breast stroke arms
- ♦ Builds endurance by swimming increased distances
- ♦ Can tread for 30 seconds

Your child is a **Level 6** if he or she:

- ♦ Demonstrates long shallow dive
- ♦ Performs the front crawl, back crawl, and breast stroke for increased distances
- ♦ Performs open turn
- ♦ Can perform butterfly kick

Summer 2016 Youth Swim Lessons: WAR MEMORIAL POOL



Photo by Grace Marczuk

726404

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-------------|
| June 27-July 8 | | Monday-Friday | | \$65 |
| *No Class on July 4 | | | | |
| 5:00-5:25 p.m. | 5:30-5:55 p.m. | 6:00-6:25 p.m. | 6:30-6:55 p.m. | |
| A Tadpole | H Guppies | P Tadpole | V Tiny Tuna | |
| B Tiny Tuna | I Tiny Tuna | Q Level 1 | W Frog | |
| C Frog | J Duckling | R Level 2 | X Level 2 | |
| D Level 2 | K Dolphin | S Level 3 | Y Level 3 | |
| E Level 3 | L Level 1 | T Level 5* | Z Level 4 | |
| | M Level 4 | U Level 6* | | |

726405

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-------------|
| July 18-29 | | Monday-Friday | | \$70 |
| 5:00-5:25 p.m. | 5:30-5:55 p.m. | 6:00-6:25 p.m. | 6:30-6:55 p.m. | |
| A Tadpole | H Guppies | P Tadpole | V Tiny Tuna | |
| B Tiny Tuna | I Tiny Tuna | Q Level 1 | W Frog | |
| C Frog | J Duckling | R Level 2 | X Level 2 | |
| D Level 2 | K Dolphin | S Level 3 | Y Level 3 | |
| E Level 3 | L Level 1 | T Level 5* | Z Level 4 | |
| | M Level 4 | U Level 6* | | |

726406

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-------------|
| August 8-19 | | Monday-Friday | | \$70 |
| 5:00-5:25 p.m. | 5:30-5:55 p.m. | 6:00-6:25 p.m. | 6:30-6:55 p.m. | |
| A Tadpole | H Guppies | P Tadpole | V Tiny Tuna | |
| B Tiny Tuna | I Tiny Tuna | Q Level 1 | W Frog | |
| C Frog | J Duckling | R Level 2 | X Level 2 | |
| D Level 2 | K Dolphin | S Level 3 | Y Level 3 | |
| E Level 3 | L Level 1 | T Level 5* | Z Level 4 | |
| | M Level 4 | U Level 6* | | |

*Level 5 and Level 6 maybe combined.

Summer 2016 Youth Swim Lessons: MILL RIVER POOL



Photo by Grace Marczuk

726401

June 27-July 8

Monday-Friday

\$65

*No Class on July 4

| <u>5:00-5:25 p.m.</u> | <u>5:30-5:55 p.m.</u> | <u>6:00-6:25 p.m.</u> | <u>6:30-6:55 p.m.</u> |
|-----------------------|-----------------------|-----------------------|-----------------------|
| A Tadpole | H Guppies | P Tadpole | V Tiny Tuna |
| B Tiny Tuna | I Tiny Tuna | Q Level 1 | W Frog |
| C Frog | J Duckling | R Level 2 | X Level 2 |
| D Level 2 | K Dolphin | S Level 3 | Y Level 3 |
| E Level 3 | L Level 1 | T Level 5* | Z Level 4 |
| | M Level 4 | U Level 6* | |

726402

July 18-29

Monday-Friday

\$70

| <u>5:00-5:25 p.m.</u> | <u>5:30-5:55 p.m.</u> | <u>6:00-6:25 p.m.</u> | <u>6:30-6:55 p.m.</u> |
|-----------------------|-----------------------|-----------------------|-----------------------|
| A Tadpole | H Guppies | P Tadpole | V Tiny Tuna |
| B Tiny Tuna | I Tiny Tuna | Q Level 1 | W Frog |
| C Frog | J Duckling | R Level 2 | X Level 2 |
| D Level 2 | K Dolphin | S Level 3 | Y Level 3 |
| E Level 3 | L Level 1 | T Level 5* | Z Level 4 |
| | M Level 4 | U Level 6* | |

726403

August 8-19

Monday-Friday

\$70

| <u>5:00-5:25 p.m.</u> | <u>5:30-5:55 p.m.</u> | <u>6:00-6:25 p.m.</u> | <u>6:30-6:55 p.m.</u> |
|-----------------------|-----------------------|-----------------------|-----------------------|
| A Tadpole | H Guppies | P Tadpole | V Tiny Tuna |
| B Tiny Tuna | I Tiny Tuna | Q Level 1 | W Frog |
| C Frog | J Duckling | R Level 2 | X Level 2 |
| D Level 2 | K Dolphin | S Level 3 | Y Level 3 |
| E Level 3 | L Level 1 | T Level 5* | Z Level 4 |
| | M Level 4 | U Level 6* | |

*Level 5 and Level 6 maybe combined.

Adult Visual Arts

362001 Glass Jewelry Making

George M'Sadoques

Learn how to design and hand-craft dichroic glass jewelry by fusing layers of glass in a kiln. Class will introduce dichroic glass, how to cut and grind glass, and install bails for pendants. Over the 3-class workshop, students will create several pieces of jewelry. Instructor will provide equipment (glass cutters, grinder, and kiln). Experience with glass is not required nor is much strength needed. Students must bring safety glasses. There is a \$55 materials and energy fee is due to instructor at the first class.

Mon., Jun. 13-27, 6:00-8:00 p.m., Bangs Center, \$89



Photo by Jeannette Beaudet

Adult Hobbies



Photo by Quang Le

322005 Observing the Night Sky

Thomas Whitney

In this program, you will learn to observe, identify, appreciate, and understand sunset, earth shadow, twilight, night, sky color, sky movement, earth rotation, the moon, planets, satellites, asteroids, comets, the Milky Way, constellations, stars, multiple stars, star clusters, aurora, meteors, nebulae, galaxies, and other phenomena. Children may register, but must be accompanied by a paying adult. There is no class July 8 and August 12.

Fri., Jun 17-Aug. 26, 7:00-9:00 p.m., Bassett Planetarium \$59

Register online at www.lsse.org!

Adult Personal Development

345200 Summer Poetry!

Janet MacFadyen

The abundance of summer is the perfect time for poetry! We'll follow a traditional workshop format-giving feedback on student poems, exploring writing techniques, and generating new material. The atmosphere will be relaxed! Open to all adults interested in writing poetry, from people who just want to try their hand at something new to published poets. All you need to bring is an open mind, perseverance, a poem you wish to share (optional), and something to write with. Janet MacFadyen is the author of three works of poetry, and has held residential fellowships at the Provincetown Fine Arts Work Center and Cill Rialaig, Ireland. Her poetry has been nominated for a Pushcart and has appeared in *The Atlantic*, *Poetry*, *The Southern Poetry Review*, and *The Christian Science Monitor*; and online in *Terrain*, *Mead*, and *Sweet*, among other places.

Tue., Jun. 28-Aug. 2, 6:00-8:00 p.m., Bangs Center, \$124

NEW



Photo courtesy of John Cooper

343203 Introductory Arabic I

Ages 13+

Hassan Awaisi

Drawn to the food, art, literature or politics of the Mideast and North Africa? Enrich your interest in the region by studying Arabic! With almost half a billion speakers worldwide, Arabic is a high-demand language of critical importance to national security. It is also related to Hebrew and has had a major historical influence on Persian, Urdu, and Turkish, to name a few. In this accelerated introductory course, you will master the ornate Arabic script, read and comprehend simple texts, and grasp the tools for basic conversation in the Levantine dialect. Born in Japan to Pakistani parents and raised in Western Massachusetts, Awaisi Hassan has always relished living at the crossroads of diverse cultures. He has formally studied Russian, Spanish, Persian, Wolof, Japanese, Arabic, and Urdu, of which he is a heritage speaker. A recent Master's graduate of the University of Chicago, Hassan researches war and perpetrator psychology in addition to holding a deep interest in religion.

Mon.-Thur., Aug. 15-18, 6:00-7:30 p.m., Bangs Center, \$76

NEW

343203 Introductory Arabic II

Ages 13+

Hassan Awaisi

This course builds upon the linguistic groundwork laid in Introductory Arabic I with an increased emphasis on speaking skills in the Levantine dialect. Cultural exposure will come from interactive in-class exercises that offer a window into the rich music, film, art, and cuisine of the region. The only prerequisite is a basic familiarity with the sounds and shapes of the Arabic alphabet. Born in Japan to Pakistani parents and raised in Western Massachusetts, Awaisi Hassan has always relished living at the crossroads of diverse cultures. He has formally studied Russian, Spanish, Persian, Wolof, Japanese, Arabic, and Urdu, of which he is a heritage speaker. Hassan is a recent Master's graduate of the University of Chicago.

Mon.-Thur., Aug. 22-25, 6:00-7:30 p.m., Bangs Center, \$76

344201 Rhythms in the Body: Lessons from India

John Cooper

Gain a new understanding of rhythm based on an ancient Indian intuitive system of feeling beats. This accessible approach focuses on body/ mind coordination, rather than the Western practice of counting. Through this introduction to music connecting India and the West, novice learners, and those who wish to get a fresh start in music, will learn basic Ta ka Di mi rhythm patterns in simple songs, as well as how to read basic Ta ka Di mi rhythm motifs in music, and feel them in the body. Finally, students will learn to apply this knowledge to create simple rhythm compositions and movements. John Craig Cooper, pianist, teacher, and theorist, has composed 70 opus numbers, which defy easy categorical description. Highlights from his 60-year teaching career include two grants from the Columbia University Ditson Fund, a grant from the John Anson Kittredge Educational fund, and a 1965 Fulbright grant to teach in India. There is a \$20 materials and energy fee is due to instructor at the first class. www.paramitaproductions.org.

Mon., Jul. 11-Aug. 15, 7:00-8:30 p.m., Instructor's Studio in Pelham, \$99

**Register online at
www.lsse.org!**

(413) 259-3065

Adult Performing Arts



331205 Beginning Belly Dance

Ages 15+

Vincenza Parella

Spice up your summer! In this friendly and encouraging environment, people of all ages and genders will get a workout learning this ancient art while having fun and making new friends. This class requires no prior experience. Besides increasing physical fitness, belly dance boosts confidence and body positivity. In this class we will cover basic to intermediate belly dance moves, musicality, and props as well as the history and culture of belly dance. Shimmy your new belly dance family this summer! There is a \$5 materials fee due to the instructor at the first class.

Mon., Jul 11-Aug. 29, 7:30-9:00 p.m., Bangs Center, \$119

331002 Private Dance Lessons

Jacqueline Maidana

Get focused attention to polish your steps for weddings, special events, or personal enrichment. Learn East Coast Swing, Waltz, Fox Trot, Salsa, Merengue, Cha Cha Cha or Rhumba, at your own pace. Ms. Maidana specializes in Argentine Tango and helped form the Tango community in Western MA in the early 1990's. She has studied Ballroom Dance with Dan Radler and Susanne Hamby in Boston as well as with the masters of Argentine Tango in Buenos Aires. For more information contact LSSE at 413-259-3065.

333202 Beginner/ Intermediate Capoeira

Ages 12+ (6-11 with parent)

Jahmal Wineglass

Students will gain proficiency in the multifaceted art of capoeira, simultaneously improving fitness, experiencing culture, and learning self-defense. The class, for beginning and intermediate students, features practicing capoeira vocabulary, with warm-up exercises and stretches to start. Classes will end in a roda (pronounced no-da), in which students use the movements learned in class to improvise and play the game of capoeira. Capoeira music lessons on several Brazilian instruments will also be used in the roda. Students will also gain some exposure to Brazilian Portuguese as the language of capoeira songs. Class card available for 5 classes at any session for \$75.

Session A: Mon. & Wed., Jun. 20-Jul. 6, 6:00-7:30 p.m., Munson Library, \$69

There is no class July 4.

Session B: Mon. & Wed., Jul. 11-25, 6:00-7:30 p.m., Munson Library, \$69

Session C: Mon. & Wed., Jul. 27-Aug. 10, 6:00-7:30 p.m., Munson Library, \$69

Session D: Mon. & Wed. Aug. 15-29, 6:00-7:30 p.m., Munson Library, \$69

333201 Group Guitar Lessons

Karl Rausch

Group guitar classes are a great way to learn how to play music. The course begins with the simple study of notes and chords and how to put them together to play songs. Along with learning notes on each string, students will learn how to play simple chords such as G, A, D, and E major as well as minor and dominant 7th chords. The fun begins when we put this all together and the group can divide between melody and chords. As time goes on students develop technique and learn more interesting songs. Karl received his B.M. in Guitar Performance with a focus on blues and jazz from Berklee College of Music in Boston. He has taught at the Berkshire Music School, Berkshire Hills Music Academy, Eaglebrook School, and Red Barn Music Studio, and currently performs with Bad News Jazz and Blues Orchestra.

Mon., Jul. 11-Aug. 29, 7:00-8:00 p.m., Bangs Center, \$124

331204 East Coast Swing

Jacqueline Maidana

Learn the Basic Swing foundation for the first half of this class and then move to Triple Step with all its complexity for the final weeks. Swing is a high energy dance, but we start out slow and then pick up the pace. Each week we will review and then learn new moves that build on the previous work. After learning the basics the class will move to more complex steps like the Lindy Turn, Sugar and the Pretzel. This is the real deal so let's go CUT A RUG!!!!!!!!!!

Thur., Jul. 7-Aug. 11, 5:30-6:30 p.m., Bangs Center, \$84 single/\$134 couple

331200 Argentine Tango I

Jacqueline Maidana

Argentine Tango is the world's hottest dance. Learn the basics with the teacher who brought tango to the valley. After years of teaching, Ms. Maidana's approach is accessible to all. She not only makes it fun but will guide you through all of the subtleties of the moves and musicality. Learn this exciting system of improvisation and join the thousands of Tango dancers worldwide. The Salon Style is the place to start. Then, learn other styles like Close Embrace.

Thur., Jul. 7-Aug. 11, 7:30-8:30 p.m., Bangs Center, \$84 single/\$134 couple

331201 Latin: Salsa and Merengue

Jacqueline Maidana

This Salsa is hot! Learn the basics of one of the Valley's most popular dances. Each week we build new moves into our dance vocabulary, starting with Merengue then on to Salsa for the second half of the sessions. Merengue is considered one of the easiest dances to master. Then we move to Salsa with its spicy, energetic moves based on traditional Mambo. You will learn authentic moves that are being danced in the local clubs.

Thur., Jul. 7-Aug. 11, 6:30-7:30 p.m., Bangs Center, \$84 single/\$134 couple

Adult Health & Fitness



Photo courtesy of Beth Anne Moonstone

311200 Mindful Living Skills

Jessica Murphy

In this class we will explore the basics of mindfulness meditation. Mindfulness is moment-to-moment awareness of what is happening within our minds, bodies, and hearts in the present moment. Learning to live more fully in the present, attentive to our inner experience, we are able to respond to life with greater clarity, steadiness of mind, kindness, and wisdom. Each class will integrate mindfulness practices, instruction, and time for discussion. This class is for everyone who would like to learn to integrate mindfulness into daily life (a CD for home practice is included). Jessica Murphy holds a Master's degree in Social Work from Boston College and has studied and practiced mindfulness for over 20 years. See www.turtlepath.org for more information. There is no class on August 3.

Wed., Jun. 22-Aug. 17, 5:30-7:00 p.m., Bangs Center, \$124

311206 Reiki-Ma Level I

Beth Anne Moonstone

Discover the subtle yet powerful ways of self-healing through Reiki energy. Reiki-Ma Level I teaches techniques for the healing of self, friends, and loved ones through this ancient laying-on of hands healing system. All living things are made of energy, and this energy is our life force (termed 'ki' in Japan). Healing the whole person on emotional, physical, mental, and spiritual levels, Reiki sessions give relaxation and comfort while opening a person's chakras to allow energy to run freely through the body. The tradition of Reiki-Ma focuses on awakening the body's own inner healing ability, incorporating energy sensing, Chakra work, and Reiki to tune in to the body and move towards a state of balance and wholeness. Diane Stein's Essential Reiki is recommended and available through local bookstores and at the library. Upon completion of the class, students will receive Reiki-Ma Level I Certification. Beth Anne Moonstone has practiced homebirth midwifery in the Amherst area for 11 years. She is a Reiki Master practitioner and a Reiki teacher.

Mon. & Wed., Jun. 27 & 29, 6:00-8:30 p.m., Instructor Studio, \$99

311207 Reiki-Ma Level II

Beth Anne Moonstone

Reiki II covers advanced healing work for self and others, distance healing and second-degree Reiki symbols. We will also discuss the basics of energy systems, chakras and body systems. It is recommended that students purchase the text Essential Reiki by Diane Stein and read the sections of history of Reiki through Reiki II. Prerequisite: previous Reiki I training. Beth Anne Moonstone has practiced homebirth midwifery in the Amherst area for 11 years. She is a Reiki Master practitioner and a Reiki teacher. <http://www.amherstmidwifery.com/>

Mon. & Wed., Jul. 11 & 13, 6:00-8:30 p.m., Instructor Studio, \$99

NEW

Register Early!

To ensure your space in a popular class and help us reach the minimum numbers required to run the class.

(413) 259-3065

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Adult Health & Fitness



Photo by Jeannette Beaudet

313204 An Introduction to ‘the Bars’® All Ages (children age 5 and above with a parent)

Ziporah Hildebrandt

Access Consciousness® the Bars™ is a totally different approach to energy work using light touch to points on the head to release overload on the brain and nervous system. Sessions allow immediate soothing, and improve overall health. Suitable for everyone, Access the Bars is an easy, hands-on way to relax, and to help others. No experience necessary. All ages welcome (children 5-12 are half price and must be accompanied by an adult). The Bars unlocked the door to health and freedom for Ziporah Hildebrandt, and now she joyfully shares the Bars through sessions and classes. She also holds advanced skills as a meditator, healer, and counselor, and is a textile artist and award-winning children’s book author. runzbars.com.

Thur., Aug. 4-25, 4:00-5:45 p.m., Bangs Center, \$114

313200 Yoga

Nancy Paglia

This class teaches stretching, strengthening, relaxation, and breath awareness exercises to get rid of tension, joint stiffness, backaches, and pain, as well as to increase flexibility, improve muscle tone, and experience deep relaxation. Please bring a mat or blanket to sit on and wear loose, comfortable clothing. Nancy received her master’s degree in Health Education from Trenton State College and her certification as a yoga instructor from the Kripalu Center for Yoga and Health.

Session A:

Mon., Jul. 11-Aug. 8, 9:30-11:00 a.m., Munson Library, \$95

Session B:

Thur., Jun 30-Aug. 11, 9:30-11:00 a.m., Munson Library, \$123

Adult Sports

353200 Adult Tennis Lessons

Ages 16+

Sonja Meidell

These tennis lessons are offered for those who want to learn to play tennis (Basic Beginner) and for those who want to begin improving their skills (Intermediate Beginner). You will learn the fundamental skills: strokes, scoring, strategy, and footwork. Please wear sneakers and bring your own racquet and water. Tennis balls will be provided. Rain Date: Sundays.

Sat., Jul. 2 & 9, 9:30-11:30 a.m., Mill River Rec Area, \$110



Adult Sports Leagues & Sandlot Programs



352100 Summer Ultimate League of Amherst

Are you ready for the Ultimate experience? If the answer is yes, plan on joining us for another exciting summer of Ultimate Frisbee. This fun league is geared for people who want to enjoy the thrill and excitement of Ultimate Frisbee. Never played before? No problem, all levels of ability are welcome to join! All players will be assigned a team. If you have questions regarding women or recreational programs please call Nathan Salwen or Susan Morrello at 413-256-6463 or email salwen.1@gmail.com. Adult Competitive Division will be directed by Robin Stewart DeMartino, robinstewartdemartino@gmail.com. Once registered through LSSE, players must also sign up at www.suladisc.org for team placement.

Session A Adult Recreational (Coed) Ages 14+
Thur., Jun. 16-Aug. 4, 6:00 p.m., Plum Brook Rec Area, \$45
Sign up before May 27 and save \$10.

Session B Adult Competitive (Coed) Ages 15+
Wed., Jun. 15-Aug. 3, 6:00 p.m., Plum Brook Rec Area, \$45

Session C Women Only Ages 13+
Mon., Jun. 13-Aug. 1, 6:00 p.m., Plum Brook Rec Area, \$45
Sign up before May 27 and save \$10.

351003 Adult “Sandlot” Soccer

Ages 16+. This program is set up for soccer enthusiasts who just want to show up and play each night, without committing to a more formal league. All levels of ability are welcome to play, though basic soccer skills would be helpful and add to your enjoyment of this program. Cleats are recommended but not necessary. Questions? Contact Nate Valeri @ 259-3144.

Mon., Apr. 18-Oct. 31, 5:30 p.m.-dark, Plum Brook Rec Area, \$5 daily or \$50 for season pass

351002 Adult “Sandlot” Baseball

Ages 16+

Do you miss baseball? If so, we have the program for you—afternoons filled with playing catch, taking batting practice, fielding grounders, and playing pick-pick up baseball games. This is a VERY informal program with a focus on having fun. There will be NO leagues, NO uniforms, and NO tolerance for overly competitive players. You should bring a glove and a WOODEN bat (no aluminum) and we will supply the baseballs. E-mail Steve Walkowicz at stevewalkowicz@gmail.com to be added to the weekly e-mail updates and list of players. All levels of ability are welcome. \$5 daily or \$50 for the season.

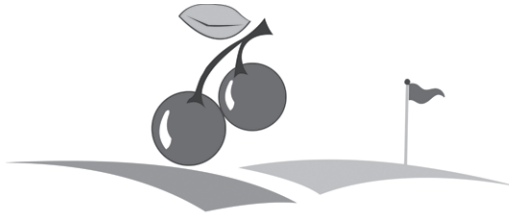
Sun., Now-Oct. 30, 4:00-6:00 p.m., Middle School Baseball Field

351000 Adult “Sandlot” Volleyball

Ages 16 +

This program is set up for volleyball enthusiasts who just want to show up and play each night, without committing to a more formal league. There will be two courts set up so beginner/intermediate players can play with similarly skilled players on one court and stronger intermediate/advanced players can play against each other on the second court. Please wear non-marking sneakers. No games when school is closed.

Tues., Now.-Jun. 7, 7:15-9:45 p.m., \$5 daily or \$85 for season pass, Middle School Gym



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- ❖ Two Seniors and a cart Just \$30 (M-F 7a.m.-1p.m.)
- ❖ Twilight After 5 Rate- 9 holes just \$13

- ❖ Surf & Turf Sundays
Play a 9 hole round of golf and swim for free on Sundays at Mill River Pool or War Memorial Pool 12-6 that same day

| | <u>Resident</u> | <u>Nonresident</u> |
|---------------------------------------|-----------------|--------------------|
| Regular | \$609 | \$660 |
| Junior added to Regular | \$150 | \$170 |
| 62 + Senior | \$494 | \$545 |
| 17 and Under (Junior) | \$168 | \$187 |
| Couple | \$1103 | \$1210 |
| Senior Couple | \$935 | \$1029 |
| College Student w/ ID | \$399 | |
| Corporate (call for details 259-3138) | | |

For Membership Information call 259-3138. After April 1 call 256-4071.



Leisure Services & Supplement Education Privacy & Security Policies

Amherst Leisure Services and Supplemental Education, LSSE, is a Town of Amherst municipal department and we are committed to providing the highest level of privacy possible for your personal information. This notice serves to explain our information collection and policy on privacy.

Personal Information Online

When ordering tickets or registering for programs or classes, the information you are asked to submit is needed to process your order. LSSE does not retain your credit card information electronically or by any other method.

Personal Information Online, by Phone & by Mail

Customers purchasing tickets and registering for programs and classes are added to our LSSE database automatically and will receive information by mail regarding our programs, classes, events and performances. Customers transacting business with us online will also be added to our email list and may receive emails about our programs, performances and classes. Please note you may opt out of the mail or email list if you contact our registration desk by phone (413) 259-3065 or by email. Once you have opted out of these lists you will permanently be removed from the email list but will be added to the mailing list whenever you purchase tickets or register for a program.

LSSE does not sell, lease or rent its email list to third parties. LSSE is a municipal department within the Town of Amherst. In situations where personal or identifying information is submitted (i.e. email messages or forms), this information will not be released unless required to do so by the Massachusetts Public Record Law. With certain exceptions, emails and letters to Town officials and departments are public documents under State law.

Fee Reduction Program

The LSSE Department and Commission recognize that the charging of fees for programs may place such an economic hardship on some individuals that they are unable to participate. For that reason, LSSE is pleased to announce that all youth programs are available at a reduced rate to qualified Amherst residents (certain restrictions will apply). Contact the LSSE office to apply. Please allow 1-2 weeks for processing. Application & Information.

Insurance/Liability

Many leisure activities have inherent risks associated with participation. The Amherst Leisure Services and Supplemental Education Department is not able to provide accident or hospitalization insurance for program participants. Therefore, all participants are strongly advised to have adequate personal coverage. Participation in all department programs shall be at the registrant's own risk.

Nonresident Fee

Some LSSE administrative and programmatic costs are covered by Amherst tax dollars. Therefore, those who are not residents of Amherst will be assessed a \$10 surcharge for each program in which they register.

No Smoking Policy

Please be aware that smoking is prohibited in school buildings and on school grounds at all times. Smoking is also prohibited in town buildings and on town grounds.

Photographs of Activities

Occasionally, LSSE will have a photographer take pictures of our programs for use in our "Leisure Times" program guide, website and other media. If you or any member of your family are a participant of a program and DO NOT wish to have your picture used by LSSE, please contact our office at 259-3065 before the end of the program.

Postponements and Cancellations

In instances of bad weather during the day or on weekends, announcements regarding program cancellations will be available after 4:30 p.m. at the LSSE office, 259-3066. If there is insufficient registration or other reasons to prevent an acceptable presentation of an activity, LSSE reserves the right to cancel a program.

Refunds

Ticket purchases are non-refundable.

For Programs or class registrations

Full refunds will be made if programs are canceled, filled, or Department changes in offerings prohibit your attendance. You may also receive a refund for most programs if your request is made in writing and received in the LSSE Office at least 5 business days in advance of the start of the activity. You may email your request to lsse@amherstma.gov. These refunds will be subject to a \$10 processing fee. *Please allow at least 21 days to receive a refund.

Inclusion & Accessibility

Requests for special needs accommodations must be made in writing, email, or faxed three weeks prior to the start of a program. Advance notice allows us time to try to find the supports that you may need. We will do our best to successfully accommodate your need. Questions? Contact: Stacey Lecuire at 259-3191; email: lecuvres@amherstma.gov.

Registration Information

Registration for most programs will begin on **May 13**. Office hours are Monday-Friday from 8:00 a.m. to 4:30 p.m. Registration is accepted on a first-come, first-serve basis until the maximum number of persons per program is reached. **Complete payment, including nonresident fees where applicable, must accompany each registration.** If the program has filled, we will place your name on our waiting list. Your early registration helps us reach the minimum numbers required to run the class and also ensures your space in a popular class.

Choose 1 of 4 easy ways to register!!

INTERNET:

Register online at www.lsse.org to register 24 hours a day and 7 days a week. Use our online system to check the number enrolled, location and descriptions. We accept VISA, Mastercard, and Discover.

FAX TO:

259-2407. Fax the registration form located on page 47 of this brochure along with your VISA, MasterCard, or Discover account number and expiration date. Upon receipt of your faxed registration form and payment information, you will be enrolled automatically (space permitting).

MAIL TO:

LSSE, 170 Chestnut St., Suite 1 Amherst, MA 01002. Send the registration form located on page 47 of this brochure along with either a check or money order payable to the Town of Amherst, or you may indicate your VISA, MasterCard, or Discover account number and expiration date to be charged. Upon receipt of your mail-in registration form and fee, you will be enrolled automatically (space permitting).

CALL LSSE:

259-3065 with Visa, Mastercard, or Discover and register for most programs over the phone! Office hours are Monday-Friday 8:00 a.m.-4:30 p.m.

Special Discounts Available:

1. 20% discount for qualifying Amherst youth
2. 75% fee subsidy for income eligible Amherst residents for all youth programs
3. 60% fee subsidy for income eligible Amherst residents for Prime Time After School Programs
4. LSSE is a State Voucher eligible organization.

Only one discount applies per program.

Contact LSSE at 259-3065 for application information or visit our website at

www.lsse.org





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