



Sessions 1 & 2 2017

www.jwhayden.org

Recreation Centre
24 Lincoln St
Lexington, MA 02421
(781)862-8480

Skating Facility
10 Lincoln St
Lexington, MA 02421
(781)862-5575

GENERAL INFORMATION

ABOUT US

The Hayden Recreation Centre, a privately endowed non-profit corporation, provides a wide range of recreational, athletic, and social activities for the youth of Lexington. In addition, a special adult program is offered to Lexington residents over age 18 and to adults employed full-time within the town of Lexington. The Centre has two facilities located at the corner of Lincoln Street and Worthen Road. The Hayden Recreation Centre houses a swimming pool, gymnasium, weight training room, dance studio, gymnastics room, Josiah Hayden Pre-School, the Hayden After School program, ten activity rooms and a large athletic field for the various programs offered throughout the year. The John P. Chase Skating Facility has a modern indoor full-size ice surface with a full complement of programs including all levels of instruction and general skating sessions. The Recreation Facility is open Monday through Saturday from September 11 to May 26 except legal holidays. The Sunday program runs from November 12 to March 25.

For the safety of our members and staff the Centre may close due to inclement weather. Please refer to our website for closings and delays.

Due to deadlines, all new classes may not be included in this 2017-2018 program. A listing of all new classes will be available at the Centre and at www.jwhayden.org. Programs are subject to change due to enrollment or instructor. For those children who have special needs and/or requirements contact Siobhan Robb for the Recreation Centre or Billy Gore for the Skating Facility. Additional applications and programs are available at the Recreation Centre, Skating Facility and on our website.

Registration Procedure

In order to sign-up for classes you **MUST** have a **current 2017-2018 membership**.
(more membership information on page 3)

Membership **RENEWAL** may be done on-line, by mail, or in person.

NEW memberships may be done by mail or in person.

Youth memberships sign ups for 2017-2018 start on August 1, 2017.

Class registration for Sessions 1 & 2 will begin on Tues August 8, 2017 at 11:00 AM. This includes on-line and mail in registration only.

**Walk in registration begins
Tues, August 22nd at 9:00 AM**

*We encourage you to register on-line as it is the first opportunity to register for classes.
Many of our programs fill quickly!*

Adult Membership and Class registration will begin September 5, 2017

All mail-in applications will be processed randomly. Unsuccessful applications will be returned. All class fees must accompany the registration form.

STAFF

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MEMBERSHIPS

YOUTH MEMBERSHIPS

YOUTH

Lexington Residents Only

Youth Memberships run from

September through the end of August

6 months to Grade 8 \$29

High School \$34

College Students (College ID required) \$39

Non-School - 18 to 21 Years (positive ID) \$55

YOUTH WILLARD CLUB

For use at Recreation Facility Only

Available to Non-Resident Youth in Grade K to Grade 12 who are attending a Lexington school on a full time basis

Youth Willard Club membership runs

September 11, 2017 to May 26, 2018

NOT VALID AT ICE FACILITY

Fee \$50

Youth Membership Information

-All Youth Memberships run from September through the end of August (fees are not prorated)

-Youth Memberships include access to all Hayden Open Gyms, Recreation Swims and Free Skates (additional fee for Free Skate)

-High School members and older must bring their Membership Card with them.

-Middle Schoolers attending the weight room must bring their Membership Card.

-There will be a \$2 fee to replace lost cards

ADULT MEMBERSHIPS

Basic Membership

		Sr Cit	Willard*
September - May	\$87	\$52	\$97
January - May	\$52	\$35	\$52
Summer June - Aug	\$52	\$52	\$52

Plunge Membership

		Sr Cit	Willard*
September - May	\$197	\$130	\$222
January - May	\$162	\$105	\$192
March - May	\$137	\$85	\$152
June - August	\$85	\$75	\$95

Access to:	Basic	Plunge	Willard Basic*	Willard Plunge*	Class
Gymnasium	✓	✓	✓	✓	
Weight Room/Ping Pong	✓	✓	✓	✓	
Plunge (lap swim)		✓		✓	
Skating Facility	✓	✓			
Classes (additional fee)	✓	✓	✓	✓	✓

Senior Swim

Monday - Friday 11:00-11:45 AM

September - May: \$100

January - May: \$50

Summer: \$40 (hours will change)

Class Membership
\$25

*Willard Club Memberships are for out of town residents who work full-time in Lexington. All other memberships are for Lexington residents ONLY.

HAYDEN CALENDAR

SESSION DATES

RECREATION FACILITY

- SESSION 1** September 11th to October 30th
SESSION 2 November 1st to December 23rd
SESSION 3 January 2nd to February 17th
SESSION 4 February 26th to April 14th
SESSION 5 April 23rd to May 26th

ICE SKATING FACILITY

- SESSION 1** September 11th to October 27th
SESSION 2 October 30th to December 15th
SESSION 3 December 18th to February 9th
SESSION 4 February 12th to March 30th
SESSION 5 April 2nd to May 11th

Registration FAQs

- You must have a current membership to register for classes and to attend recreation swims, open gyms and general skate times.
- NEW memberships CANNOT be done online
- We recommend on-line registration as it is the first opportunity to register for classes
- In order to register on-line you will need your username and password. Please call the Centre PRIOR to the day of registration to get this information.
- Class numbers are an indicator of what Session they are offered for, if you are looking for a Session 1 class it will start with a "1" a Session 2 class will start with a "2".
- If your child is entering Kindergarten in September please make sure we have the correct grade in our system. Please call the Centre to update this information.
- In order to register for swim lessons your child must have a level on file with us. If they do not you may bring in a Red Cross Card from another program or come in to one of our scheduled level tests (on page 16)
- After September 11th level testing may be done during any Youth Recreation Swim (except during Member/Parent Swim)

Observation Weeks

Recreation Facility classes may be observed during the first week of a session and the observation week ONLY.

- SESSION 1: October 10-16**
SESSION 2: December 4-9
SESSION 3: Jan 29 - Feb 3
SESSION 4: March 26-31
SESSION 5: May 14-19

We offer 5 Sessions of classes throughout the school year.

Session dates vary between the Recreation and Skating Facilities.

REGISTRATION DATES

- SESSION 1 & 2** August 8th at 11:00 AM
SESSION 3 November 1st at 11:00
SESSION 4 January 2nd at 11:00 AM
SESSION 5 February 26th at 11:00 AM

REFUND POLICY

Transfers and cancellations may be requested up to one week before the first day of the class in person or by email to srobb@jwhayden.org for the Recreation Facility or hgore@jwhayden.org for the Skating Facility. A \$10 administrative fee will be retained for refunds. After this time and prior to the second class meeting, Hayden will credit your Hayden household account for 50% of the class fee, valid for one year. After the second class has met, no refunds and/or credits will be issued.

FACILITY SCHEDULES

OPEN GYM

Monday	12:00 – 1:15 PM	Adults
	7:30 – 8:45 PM	Grade 7–Age 21
Tuesday	6:00 – 7:30 PM	Grades 3–6
	7:30 – 8:45 PM	Grade 7–Age 21
Wednesday	12:00 – 1:15 PM	Adults
	7:00 – 8:45 PM	Grade 7–Age 21
Thursday	12:00 – 12:45 PM	Adults
	3:15 – 4:00 PM	Grades K–5
	6:15 – 7:30 PM	Grades 3–6
	7:30 – 8:45 PM	Grade 7–Age 21
Friday	12:00 – 1:15 PM	Adults
	*6:30 – 7:30 PM	Grades 3–6
	*7:30 – 8:45 PM	Grade 7–Age 21
Saturday	11:00-11:45 AM	Member/Parent
	1:15 - 2:00 PM	Grades K - 5
	2:00 – 2:45 PM	Grades 3–6
	2:45 – 3:45 PM	Grade 7–Age 21
Sunday**	2:30 - 3:15 PM	Member/Parent
	3:15 - 4:00 PM	Grades 3-6
	4:00 - 4:45 PM	Grades 7 - Age 21

*Closed every first and third Friday of month

**Sunday programs run from November 12th to March 25th.

WEIGHT ROOM

Monday to Friday <i>(except Thurs)</i>	6:30 AM – 3:30 PM	Grade 7–Adult
Thursday	6:30 AM–1:00 PM	Grade 7–Adult
Thursday	1:00 PM–6:00 PM	Grade 7–12
Thursday	6:00 PM – 8:45 PM	Grade 7–Adult
Mon. to Fri.	3:30 PM – 6:00 PM	Grade 7–12
Mon. to Fri.	6:00 PM – 8:45 PM	Grade 7–Adult
Saturday	9:00 AM – 3:45 PM	Grade 7–Adult
Sunday	1:00 PM – 4:45 PM	Grade 7–Adult

Working Out—You're on your own.

PING PONG

Monday to Friday	6:30 AM – 2:00 PM	Adults
Thursday	6:30 AM-12:00 PM	

Tables and paddles available. First come first served. Limit to 30 min per person if there is a wait.

RECREATION SWIM

For Hayden Youth Members ONLY

Parents must accompany a youth member in the pool during designated Member & Parent times ONLY

Monday	3:30 – 4:15 PM	Age 4–Grade 8
Tuesday	3:30 – 4:15 PM	Age 4–Grade 8
Wednesday	3:30 – 4:15 PM	Age 4–Grade 8
Thursday	2:30 – 3:00 PM	Age 4–Grade 8
	4:00 – 4:45 PM	Age 4-Grade 8
Friday	3:30 – 4:15 PM	Age 4–Grade 8
	5:45 - 6:30 PM	Member & Parent** Ages 4 and up
Saturday	1:30 – 3:00 PM	Age 4–Grade 8
Sunday*	3:00 – 3:45 PM	Member & Parent** Ages 6 mos to K
	3:45 – 4:30 PM	Age 4-Grade 8

* Sunday hours run from November 12th to March 25th

** Youth members *must* be accompanied *in the water* by a parent or guardian.

TEEN LAP SWIM

Tuesday	2:45 – 3:30 PM	Grades 6–12
Saturday	3:00 – 3:45 PM	Grades 6–12

PLUNGE & WILLARD CLUB

For Plunge Members ONLY

Age 18 & Up

Monday to Friday	6:30 – 8:30 AM	Lap Swimming
Monday to Friday	12:00 – 2:00 PM	Lap Swimming
Monday to Friday	7:30 – 8:40 PM	Lap Swimming
Saturday	7:30 – 8:30 AM	Lap Swimming
Sunday	1:15 – 2:45 PM	Lap Swimming

Plunge runs from September 11th to May 26th

Sunday Program runs November 12th to March 25th.

Limited to MEMBERS ONLY — NO GUESTS or OBSERVATION permitted

GENERAL SKATE

All Skater's MUST be Hayden Members

Saturday	3:15 PM - 4:45 PM
Sunday	12:30 PM - 2:00 PM
Monday	1:15 PM-2:45 PM
Wednesday	12:15 PM - 1:45 PM*

Youth members	\$4.00
Adult members	\$6.00
Special Family Rate	\$10.00*

*(maximum cost)

**may be cancelled on the second Wednesday of the month due to U.S. Figure Skating Test Sessions. Please call ahead.



Josiah Hayden Pre-School

Program is available September 2017-Early June 2018

About Us

The Josiah Hayden Pre-School is situated inside the J.W. Hayden Recreation Centre-a privately endowed, non-profit community center. While the Hayden Pre-School is currently in their fifth year, the Centre has been part of the Lexington community for over 59 years, providing quality recreational, athletic and social activities for children in town.

At the Josiah Hayden Pre-School, we strive to create a classroom environment that promotes an interest in learning, a strong sense of community, a celebration of the diverse cultures that make our town unique all while fostering each child's own independence. We focus on activities that support your child as a whole- emotionally, cognitively, socially, physically and creatively and do this by providing our students with a balance of free choice, play and structured learning.

For more information or to set up a tour please contact our Child Care Director
lhillery@jwhayden.org
 or (781)862-8480

Our Philosophy

The principle purpose of the Josiah Hayden Pre-School is to provide a supportive, developmentally age appropriate and positive first school experience to each of our students.

The curriculum at the Josiah Hayden Pre-School is designed to not only meet the developmental needs of each age group, but also challenge each student individually. Through monthly themes and daily discussion topics, our students follow a curriculum that enhances their language and literacy skills, helps to develop their math concepts and encourages scientific exploration.

Our staff work with the students to encourage and support them as they learn important self-help skills and independence.

We believe that play is essential to a child's development. Through the use of imagination, creativity and hands-on experiences, we can create a healthy environment for children to have the ability to express themselves, explore, discover their immediate world and have the opportunity to build their self confidence.

The Josiah Hayden Pre-School features:

- Two recently renovated, open concept mixed-age group classrooms
- Flexible scheduling that caters to the diverse needs of our families
- A safe outdoor space, play structure and garden designed and designated specifically for our pre-school students
- Indoor physical activity space in our gym
- The option for children to participate in a weekly recreational swim
- The ability to utilize a wide variety of resources within the recreation building
- A nurturing, supportive and knowledgeable staff

We are licensed by the Department of Early Education and Care. Although the required ratio is 1:10, we staff above the recommended staff-to-child ratios to allow for more individualized and personal attention to all our students.

Our program services children between the ages of 2.9 to Pre-Kindergarten in a mixed-age group setting. Children are accepted on a first-come, first serve basis and all children must have a Hayden Membership and a completed Pre-School registration.

This program will not discriminate in providing services to children and their families on the basis of race, religion, cultural heritage, political beliefs, national origin, sexual orientation, disability or marital status

We offer Half and Full Day programs.

We also offer AM Extended, PM Extended and Lunch Bunch options.

		Extended Day Options		
Half Day	Full Day	AM Extended	PM Extended	Lunch Bunch
9:00 AM-12:00 PM	9:00 AM-3:00 PM	7:45-9:00 AM	3:00-4:30 PM	12:00-12:45 PM
1 Day \$155	1 Day \$285	1 Day \$32	1 Day \$60	1 Day \$28
2 Day \$290	2 Day \$535	2 Day \$64	2 Day \$120	2 Day \$56
3 Day \$410	3 Day \$780	3 Day \$96	3 Day \$175	3 Day \$84
4 day \$480	4 day \$910	4 day \$128	4 day \$225	4 day \$116
5 day \$600	5 day \$1140	5 day \$160	5 day \$260	5 day \$148

all fees are on a monthly basis

MIDDLE SCHOOL PROGRAMS

MIDDLE SCHOOL SOCIAL

Grades 6-8
Class Fee \$5/night

Middle School Socials are held every first and third Friday night of the month from 6:00 PM to 8:30 PM at the Hayden Centre.

Activities include open gym, ping-pong tables, music, and various sports tournaments. You must have a current Hayden membership and registration is required to attend.

Dates of Socials:

October 6th	November 17th
October 20th	December 1st
November 3rd	December 15th

HAYDEN HELPERS

FOR HAYDEN MEMBERS IN MIDDLE SCHOOL AND HIGH SCHOOL

Do you think you might like to work with children? Are you interested in assisting Hayden staff members with teaching classes in art, dance, gymnastics, physical education, or the pool? Then we have the program for you. Hayden is offering middle school members a chance to volunteer and work with us at the centre. There will be an application and interviewing process and a commitment of 5-7 weeks (one session) at least one day a week. If you're interested call or come by the centre to fill out an application.

Session dates are as follows:

Session 1: Sept 11-Oct 30	Session 2: Nov 1 - Dec 23
Session 3: Jan 2 - Feb 17	Session 4: Feb 26 - Apr 14
Session 5: April 23 - May 26	

ADDITIONAL MIDDLE SCHOOL CLASSES

Physical Education - Page 13 & 14

Monday	Basketball	6:30-7:30 PM
Tuesday	Pre-Sport Conditioning	3:15-4:30 PM
Thursday	Track Events	4:45-5:30 PM
Saturday	Archery	10:15-11:00 AM

Gymnastics - Page 12

Monday	Zumba	3:30-4:15 PM
Thursday	Gr 4 & Up	4:00-5:00 PM
Friday	Gr 4 & Up	4:45-5:45 PM

Gymnastics Teams - Try Outs Required

Aquatics - Page 17 & 18

Teen Lap Swim
Level Swim Classes
Semi Private Swim Lessons
Private Swim Lessons
Pre-Season Conditioning
Swim Team Clinic
Swim Team
Practice Squad
Level 6 & Beyond

Multiple days and times offered please see pages 17 & 18 for more information

Dance - Page 17 & 18

Tuesday	Hip Hop	5:45-6:45
Tuesday	Acrodance	6:00-7:00
Tuesday	Teen Jazz/Lyrical	7:00-8:30
Thursday	Teen Tap	4:00-5:00

Acro Team - Try Outs Required

Jr Hip Hop Team - Try Outs Required

Sr Hip Hop Team - Try Outs Required

Skating - Page 20 & 21

Basic Badges
Multiple days and times offered please see pages 20 & 21 for more information

Cooking - Page 11

Thursday	Cooking International	4:00-5:15 PM
Session 1 Only		
Thursday	Holiday Cooking	4:00-5:15 PM
Session 2 Only		

Pottery - Page 10

Monday	Pottery II	5:00-6:15 PM
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ADULT PROGRAMS

AQUAROBICS

Mon. Wed. & Fri. 9:00-10:00 AM

This water workout is designed for the beginning to moderate participants. It includes a warm-up, aerobic and a cool-down period as well as overall strength training and flexibility exercises.

Class Fee \$93

HYDRO PUMP

Mon, Wed, & Fri 10:00-11:00 AM

Work up a sweat with this high energy, fast paced water workout. This workout is designed for moderate to advanced participants who are looking for some high energy, cardiovascular exercise.

Class Fee \$93

SENIOR CITIZEN SWIMS

Mon through Fri. 11:00 - 11:45 AM

Leisure & Lap Swimming

Class Fee \$100

ZUMBA

Monday 3:30-4:15 PM

Zumba is a fun, easy to follow, calorie burning workout that will keep you coming back for more! Come see what all the excitement is about. Tracy Borletto (Hayden Gymnastics Instructor) will lead you through this exhilarating workout!

Class Fee \$70

HAYDEN AFTER SCHOOL

Hayden After School is an extended day activity program that is offered on a first-come, first-served basis to a limited number of Hayden members in Grades K–5. Hayden After School offers a caring, supportive and fun environment that is individualized to each child’s needs. Activities include games, special events, crafts, and free play. In addition, a healthful, nutritious snack will be offered. Not all children are suited to the Hayden After School program. We reserve the right, after a two-week trial period, to make that determination.

DAY	BLOCK	TIME	BLOCKS	FLAT RATE/ MONTH
Monday	1	3:00–6:00 PM	2	\$215
Tuesday	1	3:00–6:00 PM	3	\$294
Wednesday	1	3:00–6:00 PM	4	\$367
Thursday	2	12:00–6:00 PM	5	\$429
Friday	1	3:00–6:00 PM	6	\$476

Each child must be registered for at least two blocks per week. Thursday is two blocks. Direct transportation from several schools is available, and is the responsibility of the parent to arrange. The fees are due the first Friday of the previous month. A \$5.00 late fee will be charged for every week after the bill due date. A NON-REFUNDABLE registration fee of \$50.00 must accompany the application. For further information contact The After-School Director at 781-862-8480.

BIRTHDAY PARTIES AT HAYDEN

\$155 Deposit/\$65 Day of Party \$220 Total Fee

Pool Party
*For Hayden members K & up.
 Maximum of 20 children
 (including birthday child)*

**Parties available Fridays from
 6:30-8:00 PM -
 Beginning September 29th**

Parties consist of 45 minutes in the pool and then 45 minutes in the Party Room that you may use for cake, food, presents, or whatever you choose to plan.

Gymnastics Party
For Hayden members age 4 & up. Maximum of 12 children (including birthday child).

**Parties available:
 Saturdays 2:00-3:30
 (Sept 30- May 19th)
 except during school vacation weeks**

A member of our gymnastics staff will lead the children through a 45 minute program in our gymnastics studio. You then have the party room to use for cake, food, presents, whatever you choose to plan.

P.E. Party
*For Hayden members age 2 & up.
 Maximum of 20 children
 (including birthday child)*

Choose from soccer, basketball, capture the flag, bouncy house, or other choices.

**Parties available: Saturdays
 12:00 PM – 1:45 PM (Sep 30-May 26)**

Parties consist of 1 hour of an organized activity led by Hayden’s physical education department staff. You may then use the Party Room (45 minutes) for cake, food, presents, or whatever you choose to plan.

Dance Party
*For Hayden members age 4 & up.
 Maximum of 14 children
 (including birthday child).*

**Parties available: Saturdays 12:00-1:30
 except during school vacation weeks**

Our instructor will lead the children through easy to follow dance routines and play plenty of fun musical games. You may then use the party room for 45 minutes for cake, food, presents, whatever you choose to plan.

Zumba Party
*For Hayden members age K & up. Maximum of 18 children
 (including birthday child).*

**Parties available: Saturdays 2:00-3:30
 except during school vacation weeks**

Our instructor will lead the children through a Zumba routine. You may then use the party room for 45 minutes for cake, food, presents, whatever you choose to plan.

Ninja Party
*For Hayden members age K & up.
 Maximum of 18 children
 (including birthday child).*

**Parties available: Saturdays 2:00-3:30
 except during school vacation weeks**

Our instructor will lead the children through an ultimate ninja challenge! Test your balance and strength! You may then use the party room for 45 minutes for cake, food, presents, whatever you choose to plan.

PRE-SCHOOL CLASSES

MONDAY

Beginning Pottery	2:00-2:45 p.m.	Page 10
Learning with Legos	3:15-4:00 p.m.	Page 10
Jr. Jumpers	12:30-1:15 p.m.	Page 12
Gymnastics	1:30-2:15 p.m.	Page 12
Gymnastics	2:15-3:00 p.m.	Page 12
Basketball	4:00-4:45 p.m.	Page 13
Soccer	1:30-2:15 p.m.	Page 14
My 1st Dance Class	11:00-11:30 a.m.	Page 15
Ballet/Tap	1:30-2:30 p.m.	Page 15
Lil Splashers I	3:00-3:30 p.m.	Page 17
Lil Splashers I	6:00-6:30 p.m.	Page 17
Lil Splashers II	4:45-5:15 p.m.	Page 17
Lil Splashers II	6:00-6:30 p.m.	Page 17
Tots Skating	4:15-4:45 p.m.	Page 20
Tots Skating	4:45-5:15 p.m.	Page 20

TUESDAY

Prepping for Preschool	10:15-11:45 a.m.	Page 9
Story Time Craft	2:00-2:45 p.m.	Page 10
Tiny Tumblers	10:00-10:45 a.m.	Page 12
Nugget Ninjas	1:15-2:00 p.m.	Page 12
Nugget Ninjas	2:00-2:45 p.m.	Page 12
Gymnastics	11:00-11:45 a.m.	Page 12
Mighty Movers	11:00-11:45 a.m.	Page 14
Playtime Art	12:30-1:15 p.m.	Page 14
Sports Sampler	10:00-10:45 a.m.	Page 14
Lil Splashers I	9:45-10:15 a.m.	Page 17
Lil Splashers I	10:15-10:45 a.m.	Page 17
Lil Splashers I	4:45-5:15 p.m.	Page 17
Water Tots	9:15-9:45 a.m.	Page 17
Tots Skating	1:00-1:30 p.m.	Page 20
Tots Skating	5:15-5:45 p.m.	Page 20

WEDNESDAY

Prepping for Preschool	10:15-11:45 a.m.	Page 9
Nugget Ninjas	9:45-10:30 a.m.	Page 12
Gymnastics	10:45-11:30 a.m.	Page 12
Gymnastics/Dance	2:00-3:00 p.m.	Page 15
Gymnastics	3:15-4:00 p.m.	Page 12
Ballerinas	1:00-1:30 p.m.	Page 15
Basketball	2:00-2:45 p.m.	Page 13
Fun and Sports	11:00-11:45 a.m.	Page 13
Jump Around	3:15-4:00 p.m.	Page 13
Ballet/Tap	1:30-2:30 p.m.	Page 15
Lil Splashers I	4:45-5:15 p.m.	Page 17
Lil Splashers I	6:00-6:30 p.m.	Page 17
Lil Splashers II	6:00-6:30 p.m.	Page 17

THURSDAY

Sing Along Play	9:30-10:15 a.m.	Page 14
Sports & Splash	10:30-11:45 a.m.	Page 14
T-ball	2:15-3:00 p.m.	Page 14
Lil Splashers I	2:00-2:30 p.m.	Page 17
Lil Splashers II	9:45-10:15 a.m.	Page 17
Water Tots	9:15-9:45 a.m.	Page 17
Tots Skating	4:00-4:30 p.m.	Page 20
Tots Skating	4:30-5:00 p.m.	Page 20

FRIDAY

Prepping for Preschool	10:15-11:45 a.m.	Page 9
Beginning Pottery	2:00-2:45 p.m.	Page 11
Gymnastics	1:30-2:15 p.m.	Page 12
Gymnastics	3:00-3:45 p.m.	Page 12
Sports Sampler	3:15-4:00 p.m.	Page 14
Sports & Splash	2:00-3:15 p.m.	Page 14
Lil Splashers I	2:30-3:00 p.m.	Page 17
Lil Splashers II	2:00-2:30 p.m.	Page 17
Tots Skating	1:00-1:30 p.m.	Page 20
Tots Skating	4:30-5:00 p.m.	Page 20
Tots Skating	5:00-5:30 p.m.	Page 20

SATURDAY

Tiny Tumblers	9:15-10:00 a.m.	Page 12
Nugget Ninjas	11:45 a.m.-12:30 p.m.	Page 12
Gymnastics	8:30-9:15 a.m.	Page 12
Gymnastics	10:00-10:45 a.m.	Page 12
Soccer	9:15-10:00 a.m.	Page 14
Sports Together	8:30-9:15 a.m.	Page 14
Ballerinas	9:15-9:45 a.m.	Page 15
Ballet/Tap	9:45-10:45 a.m.	Page 15
Lil Splashers I	8:45-9:15 a.m.	Page 17
Lil Splashers I	10:45-11:15 a.m.	Page 17
Lil Splashers II	9:15-9:45 a.m.	Page 17
Lil Splashers II	11:45 a.m.-12:15 p.m.	Page 17
Water Tots	9:15-9:45 a.m.	Page 17
Water Tots	10:15-10:45 a.m.	Page 17

Open Play Time

Every Wednesday 9:45 a.m.- 10:30 a.m.

Ages: Walkers-Age 2.5

Drop-in Fee: \$5.00 (Must be a member)

Come run, jump and play on the mats with your friends! Your child will practice balancing and coordination while climbing our gym mats and jumping in the bouncy house!

ARTS, CRAFTS & MORE

MONDAY

BEGINNING POTTERY	2:00- 2:45 PM	Ages 4-6	Class #10230	Section A	Class Fee \$71
Play and learn the basics of working with clay. Projects will be fired and glazed.					
POTTERY II	3:45 – 5:00 PM	Grades 3-5	Class #10218	Section A	Class Fee \$100
POTTERY II	5:00 - 6:15 PM	Grades 4-8	Class #10218	Section B	Class Fee \$100
This is an advanced class for those who have had a pottery class. Emphasis will be on more complex projects with more delicate details and development of wheel thrown method.					
LEARNING WITH LEGOS	3:15-4:00 PM	Ages 3-Pre K	Class #10636	Section B	Class Fee \$65
We'll work with both fine motor skills and large motor skills while working with Legos to build and tell a story.					

TUESDAY

PREPPING FOR PRE-SCHOOL	10:15-11:45 AM	Ages 2-3.5	Class #10250	Section A	Class Fee \$86
This is a program for children to get a chance to learn to play with other children in a fun, relaxed environment. The children will participate in a range of activities that include crafts, music, movement, group play and outdoor activities.					
STORY TIME CRAFT			Class #10611	Section A	Class Fee \$65
Tuesday	2:00-2:45 PM	Ages 3-Pre-K			
Read an exciting new book each week and complete an art project inspired by the story!					
ANIMAL ART	3:45-4:45 PM	Grades K-4	Class #10206	Section A	Class Fee \$77
Create a unique animal work of art each week. Some projects will involve collage techniques; many will be three dimensional. Projects will include sea creatures, pets, forest dwellers and jungle beasts. Jellyfish and giraffe; puppies and penguins; lizards and lions; ducks and dinosaurs.					
ART LAB	4:45-5:45 PM	Grades 1-5	Class #10204	Section A	Class Fee \$77
Experiment with a new art technique each week, such as sponge painting, salt painting, oil pastel with watercolor, tissue paper 'stained glass' and mixed media collage. Projects will reflect seasonal themes: Sunflowers and pumpkins, snowscape and glittery moonlight, desert landscapes and rainbow gardens.					

WEDNESDAY

PREPPING FOR PRE-SCHOOL	10:15-11:45 AM	Ages 2-3.5	Class #10250	Section B	Class Fee \$86
This is a program for children to get a chance to learn to play with other children in a fun, relaxed environment. The children will participate in a range of activities that include crafts, music, movement, group play and outdoor activities.					
DRAWING	3:45-4:45 PM	Grades K-2	Class #10210	Section A	Class Fee \$77
Focus on having fun, as you use your power of observation as well as your imagination. Learn to layer on details to add visual interest to your drawings of animals, people, castles, robots, mythical creatures and more. We'll start with pencil drawings and add color with crayon, colored pencils and markers.					
ART & ARCHITECTURE	4:45-5:45 PM	Grades 1-5	Class #10252	Section A	Class Fee \$77
Design and create three-dimensional buildings from cardboard, paper, fabric, and other materials. Be inspired by ancient and modern structures, from countries around the world. Projects may include Mongolian yurt, Native American longhouse, medieval castle, Taj Mahal, Japanese tea garden.					

ARTS, CRAFTS & MORE

THURSDAY

LEARNING WITH LEGOS 9:45 - 10:30 AM Ages 3-Pre K Class #10636 Section A Class Fee \$65
We'll work with both fine motor and large motor skills while working with Legos to build and tell a story.

POTTERY 1:15 - 2:15 PM Grades K and 1 Class #10216 Section B Class Fee \$100
Learn how to make coil pots, pinch pots, cowl, and vases. Projects will be fired and glazed.

PAPIER-MACHE 1:45 - 2:45 PM Grades K-5 Class #10233 Section A Class Fee \$77
This is your chance to get messy while being creative! We'll make three-dimensional animals and objects using this centuries-old art technique, in which we'll transform newspaper and paste into just about anything! Bring an idea and we'll figure out how to make it.

POTTERY I 2:30 - 3:30 PM Grades 1-4 Class #10217 Section B Class Fee \$100
POTTERY I 3:45 - 4:45 PM Grades 2-5 Class #10217 Section C Class Fee \$100

This is for the student who has already had a Hayden pottery class or who has experience making hand-built pottery. Complex techniques such as scoring, using "slip" to make projects and wheel throwing methods will be used.

INTERIOR BUILDING DESIGN 3:00 -4:00 PM Grades 1-5 Class #10234 Section A Class Fee \$77
Design and build a model house, complete with decor, accessories, and furniture. Construct a model museum, and exhibit your own miniature paintings and sculpture inside it. Create a woodland cottage or a contemporary condo. You can choose to make little clothes-pin people to inhabit the dwelling.

ART WORKSHOP 4:15 -5:15 PM Grades K-4 Class #10237 Section A Class Fee \$77
Varied art materials will be provided each week for students to create their own projects. Rather than focusing on the end product, we will encourage an open-ended process of exploration and creativity in order to foster children's freedom of expression.

SMART FOOD PREP 3:00-4:00 PM Grades 3-5 Class #10209 Section C Class Fee \$82
Use fresh and new-to-you ingredients to make delicious and energizing meals you can pack yourself!

COOKING - INTERNATIONAL 4:00 - 5:15 PM Grades 3-8 Class #10209 Section A Class Fee \$82
Session 1 ONLY

Come explore different tastes of the world while learning cooking skills. We'll cook and prepare foods from a variety of cultures.

HOLIDAY COOKING 4:00 - 5:15 PM Grades 3-8 Class #10209 Section A Class Fee \$82
Session 2 ONLY

Learn some new recipes for that special holiday: Halloween, Thanksgiving, Christmas, Hannukah, etc. We do it all!

FRIDAY

PREPPING FOR PRE-SCHOOL 10:15-11:45 AM Ages 2-3.5 Class #10250 Section C Class Fee \$86

This is a program for children to get a chance to learn to play with other children in a fun, relaxed environment. The children will participate in a range of activities that include crafts, music, movement, group play and outdoor activities.

BEGINNING POTTERY 2:00- 2:45 PM Ages 4-6 Class #10230 Section B Class Fee \$71
Play and learn the basics of working with clay. Projects will be fired and glazed.

POTTERY 3:45-4:45 PM Grades K and 1 Class #10216 Section A Class Fee \$100
Learn how to make coil pots, pinch pots, cowl, and vases. Projects will be fired and glazed.

ART STUDIO 4:00-5:00 PM Grades K-4 Class #10212 Section A Class Fee \$77
Finish off the school week with a satisfying sampling of everything the Art Room has to offer. Try your hand at painting, mixed-media collage, animal art, and 3-dimensional construction in a fun, relaxing atmosphere!

POTTERY I 4:45-5:45 PM Grades 2-5 Class #10217 Section A Class Fee \$100

This is for the student who has already had a Hayden pottery class or who has experience making hand-built pottery. Complex techniques such as scoring, using "slip" to make projects and wheel throwing methods will be used.

GYMNASTICS

Class #10401 Class Fee \$95

Pre-School Classes

Tiny Tumblers

Tuesday 10:00-10:45 Section F
Saturday 9:15-10:00 Section X

Jr. Jumpers

Monday 12:30-1:15 Section A

Nugget Ninjas

Tuesday 1:15-2:00 Section G
Tuesday 2:00-2:45 Section G1
Wednesday 9:45-10:30 Section I
Saturday 11:45-12:30 Section Z

Gymnastics for Ages 3 - Pre K

Monday 1:30-2:15 Section A1
Monday 2:15-3:00 Section B
Tuesday 11:00-11:45 Section E
Wednesday 10:45-11:30 Section J
Wednesday 2:00-3:00 Gymnastics & Dance
Wednesday 3:15-4:00 Section K
Friday 1:30-2:15 Section S
Friday 3:00-3:45 Section T
Saturday 8:30-9:15 Section W
Saturday 10:00-10:45 Section Y

JR. JUMPERS Ages 12-30 mos. (walker) WITH PARENT OR GUARDIAN

This class will focus on building fundamental motor skills by play on basic gymnastics equipment. We will do a group warm up and stretch. Parents and children will play and interact while learning new skills.

TINY TUMBLERS: Ages 2-3 1/2 (42 mos.) WITH PARENT OR GUARDIAN

Stretching and play with parent, emphasis on large motor skills. Building body awareness with basic gymnastics skills.

NUGGET NINJAS: Ages 3 - Pre K

This class is for the littlest ninjas. They will get stronger, fly higher, and improve their balance in order to accomplish the toughest obstacles around!

Age 3 -Pre-K

Stretching, strengthening, skill building instruction on all gymnastics events (Bars, Beam, Floor & Vault). Classes specifically tailored to each gymnast's ability within the class.

Parent/Child Open Gymnastics

ages 3-5

\$5/visit

Meet our amazing gymnastics teachers and enjoy a fun and safe introduction to our gymnastics room! Come with your friends and have a great time. *Must be Hayden member and a parent must accompany each child.*

Grades K & Up

Monday

Gr. K-2 3:45-4:45 Section C
Gr. 1-3 4:45-5:45 Section D

Wednesday

Gr K-3 4:00-5:00 Section

Thursday

Gr. K-3 3:00-4:00 Section N
Gr. 4 & Up 4:00-5:00 Section P

Friday

Gr. 2-5 3:45-4:45 Section U
Gr. 4 & Up 4:45-5:45 Section V

Saturday

Gr. 2-5 12:30-1:30 Section Z1

Ultimate Ninjas

Tuesday Gr K-2 3:45-4:30 Section H
Tuesday Gr 3-5 4:30-5:15 Section H1
Thursday Gr K-5 2:00-2:45 Section M

Obstacle Course

Saturday Gr K&1 10:45-11:30 Section Z

Gymnastics Team

Class #10405

Bronze

Tuesday 5:15-7:00
Thursday 5:00-6:30

Silver & Gold

Monday 5:45-7:30
Thursday 6:00-7:30

ZUMBA Class #10402

Class fee \$70

Monday	Thursday
<i>Gr 6-Adult</i>	<i>Gr K & Up</i>
3:30-4:15	1:15-2:00
Section	Section

OPEN GYMNASTICS

Gr K&Up Class #10403

Wednesday 5:00-6:00
Friday 5:45-6:45

Parent/Child Open Gym

Ages 3-5 Class #10404

Wednesday 1:00-1:30

Grades K & Up

Stretching, strengthening, skill building instruction on all gymnastics events (Bars, Beam, Floor & Vault). Classes specifically tailored to each gymnast's ability within the class.

OBSTACLE COURSE:

Grades K & 1

This class is for the child that is coming out of the preschool classes and wants to learn more but not quite ready for the next gymnastics class. Similar to our grade school classes this class will focus on a skill of the week that is incorporated into more advanced obstacle courses.

ULTIMATE NINJA WARRIOR

Calling all future ninja warriors. Based on the TV show American Ninja Warrior your warrior will learn how to conquer challenging obstacles such as the warped wall or quad steps. They will also work on the strength needed to accomplish these feats.

TEAM: Grades K & up

Team \$415 (no uniform \$360)

Try-outs September 11th at 5:45 PM. At this time, gymnasts will be evaluated on skills, flexibility, attitude, and responsiveness to instructions. There will be a parents meeting in the gymnastics room. Times and days of each program are noted above. Youth members may still register for a class.

GYMNASTICS OPEN-GYM:

Grades K & Up

\$5 per visit

We are now offering 2 open gyms for members in grades K-12. The coaches will be available to help you work on that new skill you want, perfect an old skill or to just have fun! All equipment will be available.

ZUMBA

Zumba is a fun, easy to follow, calorie burning workout that will keep you coming back for more! Come see what all the excitement is about. Tracy Borletto (Hayden Gymnastics Instructor) will lead you through this exhilarating workout!

Dress Code for Gymnastics

Girls: Shorts and T-shirt, or leotard, hair pulled up off face, no jewelry except stud earrings.

Boys: Shorts and T-shirt

BOYS AND GIRLS BARE FEET FOR SAFETY

PHYSICAL EDUCATION CLASSES

ADVENTURE

Thursday 1:15 – 2:15 PM
 Thursday Session 2 only 2:15 – 3:15 PM

Build confidence and self-reliance as you learn adventure skills safely. Climbing and adventure games.

Class #10601

Class Fee \$78

Section C Grades 3–5
 Section D Grades 2–4

ALL STAR MANIA!

Thursday 4:00 - 4:45 PM

Play the sport of the season! Basketball, floor hockey, flag football, ultimate versions of our favorite dodgeball games, and more!

Class #10620

Class Fee \$62

Section A Grades 3–5

ARCHERY

Wednesday 5:15-6:00 PM
 Saturday 10:15-11:00 AM

Class #10602

Class Fee \$78

Section B Grades 1-3
 Section C Grades 3-6

BACKYARD GAMES

Wednesday 3:45 - 4:30 PM

Learn a variety of games you can play at home in the backyard, at a park, or even at the beach! Each week we will learn a different game that you can bring home to teach your family, neighbors and friends!

Class #10624

Class Fee \$62

Section A Grades 3-5

BASKETBALL BASICS

Monday 2:15 – 3:00 PM
 Wednesday 2:00 - 2:45 PM

Basic skills will be covered. There will be a focus on skills but there will be some game play.

Class #10626

Class Fee \$77

Section A Ages 3-Pre-K
 Section B Ages 3-Pre-K

BEGINNING BASKETBALL

Monday 4:00 - 4:45 PM
 Wednesday 4:30 - 5:15 PM

Develop your skills through drills and game play.

Class #10604

Class Fee \$77

Section C Grades K&1
 Section A Grades K&1

BASKETBALL FOR GRADES 1&2

Thursday 4:45 - 5:30 PM
 Friday 4:00 - 4:45 PM

Class #10604

Class Fee \$77

Section B Grades 1&2
 Section D Grades 1&2

BASKETBALL FOR GRADES 3-5

Tuesday 5:15 - 6:00 PM
 Friday 5:30 - 6:15 PM

Class #10603

Class Fee \$77

Section A Grades 3-5
 Section B Grades 3-5

BASKETBALL FOR MIDDLE SCHOOLERS

Monday 6:30 - 7:30 PM

Class #10606

Class Fee \$70

Section B Grades 6-8

BIKE CLUB

Thursday Session 1 only 2:30 – 3:45 PM

Learn safe riding habits, simple repairs and how to plan riding routes around Lexington. Each child must bring bike and helmet and have previous riding experience.

Class #10607

Class Fee \$68

Section A Grades 3–5

FLAG FOOTBALL

Monday 4:45 - 5:30 PM
 Thursday Session 1 only 4:00 - 4:45 PM

Class #10608

Class Fee \$62

Section B Grades 1&2
 Section A Grades 3–5

FLOOR HOCKEY

Monday 5:30 - 6:15 PM
 Friday 4:45 - 5:30 PM

Class #10609

Class Fee \$71

Section A Grades 3–5
 Section B Grades K-2

FUN & SPORTS

Wednesday 11:00 - 11:45 AM

Come jump, run and play sports in the gym! Learn introductory skills to a different sport each week.

Class #10647

Class Fee \$62

Section A Ages 3-PreK

GAME ON!

Wednesday 1:15 – 2:00 PM

We'll start with a variety of warm-up group games and then move on to some of your favorite - dodgeball, floor hockey, and more!

Class #10610

Class Fee \$67

Section A Ages 3-PreK

JUMP AROUND TIME

Wednesday 3:00-3:45 PM

This class is all about jumping around and using up some energy. Get ready for games music and a quick art project! Shoes off and have some fun!

Class #10612

Class Fee \$65

Section A Ages 3-K

LEARNING WITH LEGOS

Monday 3:15-4:00 PM

We'll work with both fine motor and large motor skills while working with Legos to build and tell a story.

Class #10636

Class Fee \$65

Section B Ages 3-Pre K

PHYSICAL EDUCATION CLASSES (CONT.)

MIGHTY MOVERS

Tuesday 11:00 – 11:45 AM
Youngsters and parents play together in the gymnasium. Free playtime will be followed by a welcome circle and song and an organized game.

Class #10615

Class Fee \$65

Section A Ages 2 & 3 w/parent

NERF UP!

Friday 4:00- 4:45 PM
Friday 5:30-6:15 PM
Learn to hide, work together and let loose in a Nerf challenge! We will set up the obstacles around the gym to hide behind. Use teamwork to defeat your opponents!

Class #10639

Class Fee \$67

Section A Grades K-2
Section B Grades 3-5

PLAYTIME ART

Tuesday 12:30 - 1:15 PM
Gym AND Art - what could be more fun?! Run and play in the gym and then create an art project all on your own to take home!

Class #10630

Class Fee \$67

Section A Ages 3-Pre K

PRE-SPORT CONDITIONING

Tuesday 3:15-4:30 PM
Get into shape as we work on cardio, plyometrics, weight lifting and eating habits in order to both condition and fuel your body to better prepare for a busy season of sports!

Class #10629

Class Fee \$68

Section A Grades 6-8

BASIC SOCCER

Monday 1:30 - 2:15 PM
Saturday 9:15 – 10:00AM
Basic soccer fundamentals, skills and some game play.

Class #10617

Class Fee \$68

Section A Ages 3-Pre K
Section D Ages 4-K

SOCCER GRADES K-2

Tuesday 4:30 – 5:15 PM

Class #10619

Class Fee \$68

Section A Grades K-2

SING ALONG PLAY

Thursday 9:30-10:15 AM
Come sing along to your favorite songs and make some new friends playing on the gym mats and dancing in the bouncy house!

Class #10632

Class Fee \$67

Section A Walkers to Age 3

SPORTS MANIA

Tuesday 3:45 – 4:30 PM
Come and play a different sport each week! Team games, dodgeball games, and more. Work your way up to being an All-Star!

Class #10623

Class Fee \$67

Section A Grades K-2

SPORTS SAMPLER

Tuesday 10:00-10:45 AM
Friday 3:15 - 4:00 PM
Each week we will discover the fundamentals of a different sport to learn what you may want to play in the future!

Class #10646

Class Fee \$67

Section A Ages 3-Pre-K
Section B Ages 3-Pre-K

SPORTS AND SPLASH (no diapers please)

Thursday 10:30 - 11:45 AM
Friday 2:00 - 3:15 PM
This is an exciting class that will give your little one plenty of exercise. First we'll play in the gym and then suit up for a swim in the pool. Be sure to wear comfortable clothes and pack a bathing suit and towel.

Class #10641

Class Fee \$90

Section A Ages 3- Pre K
Section B Ages 3-Pre K

SPORTS TOGETHER

Saturday 8:30-9:15 AM
Start your weekend off right by having some fun in the gym with your little one! We will sample all different sports and games and focus on new skills such as throwing, catching and kicking!

Class #10618

Class Fee \$62

Section A Ages 3-Pre-K

TABLE TENNIS

Friday 4:45-5:30 PM
Come learn the basics of this great sport! We'll practice techniques, strategies, and have plenty of game play!

Class #10635

Class Fee \$62

Section B Grades 3-5

T-BALL

Thursday 2:15-3:00 PM

Class #10621

Class Fee \$62

Section C Ages 4-K

TENNIS

Tuesday 4:30 – 5:15 PM
Wednesday 3:45 - 4:30 PM
Basic skills will be covered. Hayden will provide racquets or children may bring their own.

Class #10622

Class Fee \$62

Section A Grades 1-3
Section B Grades 2-5

TRACK EVENTS

Thursday 4:45-5:30 PM
Get to learn all of the different track and field events. Each week we will learn one or two different track events and have a friendly competition.

Class #10628

Class Fee \$62

Section A Grades 3-6

TRIATHLON TRAINING

Wednesday Session 1 only 5:15 - 6:00 PM
Get your suit, get your shoes and get your bike ready for this total fitness class. Basic triathlon training will help participants to become a tri-sport athlete.

Class #10627

Class Fee \$66

Section A Grades 4-6

ZUMBA

Thursday 1:15-2:00 PM
Monday 3:30-4:15 PM
Zumba is a fun, easy to follow workout that will keep you coming back for more!
Come move and stretch and work on your core balance. A variety of poses and stretches will be used in this class.

Class #10401

Class Fee \$70

Section M Grades 1-5
Section Grades 6 & Up

Hayden Dance 2017-2018

Classes for Ages 2 - 5

Class Fee \$95

Session 1: September 11- October 30th Session 2: November 1- December 23
 Session 3: January 2 - February 17 Session 4: February 26 - April 14 Session 5: April 23 - May 26

My First Dance Class

Class # 10301
 Ages 2 & 3 w/parent

Monday 1:00-1:30 PM Sec B

Ballerinas

Class # 10302
 Ages 3-Pre K

Wednesday 1:00-1:30 PM Sec C
 Saturday 9:15-9:45 AM Sec D

Gymnastics/Dance

Class # 10303
 Ages 3-preK

Wednesday 2:00-3:00 PM Sec B

Classes for Age 4 to Grade 12

Class Fee \$234 (unless otherwise noted)

Session 1: September 11-December 23

Class #10304

Monday Classes

		<u>Grades</u>	<u>Sec</u>
Ballet/Tap	1:30-2:30 PM	Age 4-5.5	A
Jazz/Tap	4:00-5:00 PM	K-2	B
Acro Team	5:30-6:30 PM	1&Up	<i>try-outs required</i>
Jr. Hip Hop Team	6:30-7:30 PM	K&Up	<i>try-outs required</i>
Sr. Hip Hop Team	7:30-8:30 PM	K&Up	<i>try-outs required</i>

Tuesday Classes

		<u>Grades</u>	<u>Sec</u>	
Hip Hop	4:00-5:00 PM	1-3	C	
Acrodance	5:00-6:00 PM	1-3	D	
Hip Hop	5:45-6:45 PM	4-6	E	
Acrodance	6:00-7:00 PM	4-7	F	
Teen Jazz/Lyrical	7:00-8:30 PM	6-8	G	\$250

Wednesday Classes

		<u>Grades</u>	<u>Sec</u>	
Ballet/Tap	1:30-2:30 PM	Age 4-5.5	H	
Acrodance	4:00-5:00 PM	2-4	I	
Jazz/Tap/Lyrical	5:00-6:30 PM	3-5	J	\$250
Acro Team	6:00-7:00 PM	1&Up	<i>try-outs required</i>	
Advanced Tap	6:30-7:15 PM	9&Up	K	\$242
Hip Hop Combo	7:00-8:00 PM	K&Up	<i>try-outs required</i>	
Adv Jazz/Lyrical	7:15-8:45 PM	9 & Up	L	\$250

Thursday Classes

		<u>Grades</u>	<u>Sec</u>
Ballet/Tap	1:30-2:30 PM	K-2	M
Ballet/Tap 2	2:45-3:45 PM	2-4	N
Teen Tap	4:00-5:00 PM	6-8	O
Hip Hop	5:45-6:45 PM	3-5	P

Saturday Classes

		<u>Grades</u>	<u>Sec</u>
Ballet/Tap	9:45-10:45 AM	Age 4-5.5	Q
Ballet/Tap	10:45-11:45 AM	K&1	R

Dance Teams

Try Outs Required

September 11th - December 23rd

Acro Team

Grades 1 & Up

\$255

Monday 5:30-6:30 PM
 Wednesday 6:00-7:00 PM

Try-Outs will be held

Monday September 11th
 at 5:30. You do NOT
 need to register prior to
 try-outs

Hip Hop Team

Grades K & Up

\$255

Monday Jr Team 6:30-7:30 PM
 Monday Sr Team 7:30-8:30 PM
 Wednesday Combo 7:00-8:00 PM

Try-Outs will be held Monday
 September 11th at 6:30. You do
 NOT need to register prior to
 try-outs

An additional day and practice time has
 been added for each team this year to accomodate
 dancers' needs and schedules!

Dress Code

- Ballet:** leotard, tights, pink ballet slipper (boys: black slippers)
- Ballet/Tap:** leotard, tights, black tap shoes, pink ballet slippers
- Tap, Hip-Hop+Jazz:** black leotard, black dance pants, appropriate dance shoes in black
- Ballet/Tap/Jazz combo:** black leotard, black dance pants, black ballet OR jazz shoes, black tap shoes
- Acrodance:** leotard, bare feet

AMERICAN RED CROSS LEARN-TO-SWIM LEVELS

Listed below are the skills required to pass each level

Pre-School Swim Classes

WATER TOTS I

ages 6 months - 3 years w/guardian

- Enter and exit water safely
- Water adjustment
- Explore submerging of the mouth, nose and eyes
- Explore supported floats on front and back
- Supported combined stroke on front and back
- Wearing a lifejacket

LIL' SPLASHERS I

ages 3-5

- Supported float and glide on front and back
- Alternating arm and leg action skills
- Fully submerge face for 3 seconds
- Enter and exit the pool
- Walk 5 yards in chest deep water

LIL' SPLASHERS II

ages 3-5

(instructors approval required)

- Hold breath and fully submerge head 3 sec.
- Unsupported floating and kicking on front and back 5 sec.
- Rhythmic breathing 10 times
- Combined stroke on front and back 5 yards
- Step from side into chest deep water
- Submerge and retrieve an object in chest deep water

Level Swim Classes for Grades K & Up

We must have a Red Cross swim level on file in order to register for swim lessons

LEVEL 1

INTRODUCTION TO WATERSKILLS

- Supported float and glide on front and back
- Alternating arm and leg action skills
- Fully submerge face for 3 seconds
- Enter and exit the pool
- Walk 5 yards in chest deep water

LEVEL 2

FUNDAMENTAL AQUATIC SKILLS

- Hold breath and fully submerge head 3 sec.
- Unsupported floating and kicking on front and back 5 sec.
- Rhythmic breathing 10 times
- Combined stroke on front and back 5 yards
- Step from side into chest deep water then float or tread for 15 seconds

LEVEL 3

STROKE DEVELOPMENT

- Jumping into deep water
- Diving from seated or kneeling position
- Treading water for 1 minute
- Front crawl and back crawl 25 yards
- Rotary breathing
- Elementary backstroke 25 yards

LEVEL 4

STROKE IMPROVEMENT

- Dives from compact and stride positions
- Breaststroke 15 yards
- Front and back crawl stroke 25 yards
- Tread water 2 minutes
- Breaststroke 15 yards
- Elementary backstroke 25 yards
- Swim underwater 3-5 body lengths

LEVEL 5

STROKE REFINEMENT

- Breaststroke 25 yards
- Back crawl 25 yards
- Front crawl 50 yards
- Elementary backstroke 50 yards
- Tread water 2 minutes with 2 different kicks
- Shallow dive

LEVEL 6

PERSONAL WATER SAFETY

- 500 yard continuous swim
- Front crawl and elementary backstroke -- 100 yards
- Breaststroke, back crawl, sidestroke, and butterfly -- 50 yards
- Survival float for 5 minutes
- Back float for 5 minutes
- Retrieve an object from depth of 7 feet

LEVEL 6

FITNESS SWIMMER

- 500 yard continuous swim
- Front crawl and elementary backstroke -- 100 yards
- Breaststroke, back crawl, sidestroke, and butterfly -- 50 yards
- Cooper 12 minute swim test

SWIM LEVEL TESTING

We offer testing during any of our Recreation Swim Times beginning September 11th (page 5)

Before September 11th we offer the following test dates:

August 2 6:00-7:00

August 3 6:00-7:00

August 10 6:00-7:00

August 15 6:00-7:00

August 21 4:00-5:00

August 31 3:00-5:30

You do NOT need to make an appointment for level testing.

PRE-SCHOOL SWIM LESSONS

We offer Red Cross swim lessons for members ages 6 months through Pre-K.
We follow the Red Cross Learn to Swim Program.

Lil' Splashers I		Class #10702
Class Fee \$91		
Ages 3-Pre K		
Monday	3:00-3:30	Section A
Monday	6:00-6:30	Section M
Tuesday	9:45-10:15	Section B
Tuesday	10:15-10:45	Section N
Tuesday	4:45-5:15	Section C
Wednesday	4:45-5:15	Section D
Wednesday	6:00-6:30	Section O
Thursday	2:00-2:30	Section E
Friday	2:30-3:00	Section F
Saturday	8:45-9:15	Section G
Saturday	10:45-11:15	Section I

Water Tots		Class #10701
Parent/Child class ages 6 mos-3 years		
ONE CHILD per ADULT		
Class Fee \$91		
Tuesday	9:15-9:45	Section A
Thursday	9:15-9:45	Section E
Saturday	9:15-9:45	Section G
Saturday	10:15-10:45	Section I

Lil' Splashers II		Class #10702
Class Fee \$91		
Ages 3-Pre K		
Must have instructor approval!		
Monday	4:45-5:15	Section H
Monday	6:00-6:30	Section P
Wednesday	6:00-6:30	Section R
Thursday	9:45-10:15	Section J
Friday	2:00-2:30	Section K
Saturday	9:15-9:45	Section L
Saturday	11:45-12:15	Section S Session 1 only

LEARN TO SWIM CLASSES FOR KINDERGARTEN & UP

Level Swim Information

ALL LEVELS ARE OFFERED AT ALL TIMES

Instructional Level Classes are a 1 to 7 ratio

Semi-Private Classes are a 1 to 4 ratio

Private Swim Classes are a 1 to 1 ratio

*Parents are allowed to observe class from the bleachers on the first day of each session and during observation week ONLY!
 (Observation weeks on page 4)*

WE MUST HAVE A LEVEL ON FILE AT THE HAYDEN CENTRE IN ORDER FOR YOU TO REGISTER YOUR CHILD FOR A LEVEL SWIM CLASS. IF WE DO NOT HAVE A LEVEL ON FILE FOR YOUR CHILD, THEY WILL BE CANCELLED FROM THE CLASS.

Level Testing Dates prior to September 11th are listed on page 16

Instructional Level Swim Classes

Class #10703

Class fee \$91

Monday

4:15-4:45 PM	Section A	
4:45-5:15 PM	Section A1	
5:15-5:45 PM	Section A2	Session 1 only

Tuesday

4:15-4:45 PM	Section B	
4:45-5:15 PM	Section B1	

Wednesday

4:15-4:45 PM	Section C	
4:45-5:15 PM	Section C1	
5:15-5:45 PM	Section C2	Session 1 only

Thursday

3:00-3:30 PM	Section D	
3:30-4:00 PM	Section D1	
4:45-5:15 PM	Section D2	

Friday

4:15-4:45 PM	Section E	
4:45-5:15 PM	Section E1	
5:15-5:45 PM	Section E2	

Saturday

9:45-10:15	Section F	
10:15-10:45	Section F1	
10:45-11:15	Section F2	
11:15-11:45	Section F3	

Semi-Private Level Swim Classes

Class #10704 Levels 1-5 ONLY

Class fee \$123

Monday

6:30-7:00 PM	Section A	
7:00-7:30 PM	Section A1	

Wednesday

6:30-7:00 PM	Section B	
7:00-7:30 PM	Section B1	

PRIVATE SWIM LESSONS

Ages 3 & Up

Class # 10713 Class Fee \$162

Tuesday

3:00-3:30 PM	Section C	Session 1 & 2
6:45-7:15 PM	Section I	Session 1

Wednesday

3:00-3:30 PM	Section K	Session 1 & 2
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Thursday

6:45-7:15 PM	Section L	Session 1
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Friday

3:00-3:30 PM	Section G	Session 1 & 2
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Saturday

12:30-1:00 PM	Section H	Session 1 & 2
1:00-1:30 PM	Section A	Session 1 & 2

SPECIAL SWIM PROGRAMS

PRE-SEASON CONDITIONING

Class #10705 Class Fee \$110

September 12th-OCTOBER 26th **MUST BE LEVEL 3 OR HIGHER**

What a great way to get ready for the swim season! This is a special program run by the Hayden Dolphins Swim Team Coach that is designed to jump start your swimming. Come get a work out before the season! This is NOT an instructional program. There will be little attention given to stroke improvement. Endurance, lap swimming etiquette, and corrections for freestyle, backstroke, breaststroke, and butterfly will be highlighted.

Tuesdays and Thursdays Section D 5:15-6:00 PM

SWIM TEAM CLINIC

Class #10705 Class Fee \$110

September 12th-OCTOBER 26th **MUST BE LEVEL 3 OR HIGHER**

This program will focus on competitive swim strokes. Flip turns, use of the starting blocks, and drills, tips, techniques for freestyle, backstroke, breaststroke, and butterfly will be offered. This program will be coached by the Hayden Dolphins Swim Team Coach. Come fine tune your skills for your swim team season.

Tuesdays and Thursdays Section D1 6:00-6:45 PM

LEVEL 6 AND BEYOND

Grades 2 & Up

Class # 10703 Class Fee \$110

Tuesday	6:45-7:30	Session 1	Section G
Thursday	6:45-7:30	Session 1	Section G
Saturday	11:15-12:00	Session 1 & 2	Section G2

This class is for Hayden members who have passed level 5 or 6 of Red Cross Swimming. The program will cover some competitive strokes, endurance, and the use of swim gear (fins, paddles and pull-buoys).

PRACTICE SQUAD

THE HAYDEN PRACTICE SQUAD

Grades K & Up

Class # 210705 Section B Fee \$260

November 1st - February 14th

Participants must be level 3 or higher

Monday and Wednesday 5:15-6:00

This is a non-competitive introduction into the sport of swimming for level 3 and above. Swimmers will learn the fundamentals of swim team through drills, workouts and lap swimming with some of our Dolphins coaches and work to build endurance and technique in all competitive strokes. Practice squad does not participate in swim meets and is not a Red Cross instructional swim class.

Registration for this program will begin at 7:00 AM on October 3rd both online and at the Centre.

Must have level on file.

JUNIOR DOLPHINS

Ages 3 & Up

Class #210705 Section C Fee \$153

November 4th - February 17th

For swimmers level Lil' Splashers II AND LEVELS 2, 3 AND 4

Saturdays 11:45-12:30

Are you excited about competitive swimming, but you're not quite ready yet? This is the program for you! The Hayden Dolphins Swim coach will teach you techniques and build your confidence to pursue competitive swimming. Good freestyle and backstroke form will be taught along with breaststroke and butterfly kicks.

Registration for this program will begin at 7:00 AM on October 3rd both online and at the Centre.

Must have level on file.

HAYDEN DOLPHINS SWIM TEAM

THE HAYDEN DOLPHINS SWIM TEAM

Grades K & Up Class # 210705 Section A
Fee \$340

This is a competitive swim team in which swimmers practice twice a week and compete on several Saturdays throughout the fall and winter months in the Middlesex area. The season runs early November through mid-March. Parents MUST volunteer to work at least one meet during the season.

Registration for the swim team will be on a first come first serve basis.

We will NOT have try-outs for this program.

Registration will begin at 7:00 AM both at the Centre and Online on:

Tuesday, September 26th for those who were enrolled on Swim Team for the 2016-2017 season.

Friday, September 29th for new swimmers.

We anticipate this program filling quickly.

In order to register for this program you must have met the following Red Cross Swim Level requirements (Hayden must have your level on file).

Whatever age you are on November 1, 2017 is the age you are for the swim season.

Age 5 & 6 - Must be a Level 3 or higher

Age 7 & 8 - Must be a Level 4 or higher

Age 9 & Up - Must be a level 5 or higher

The following is a list of probable practice times. They are subject to change due to age demands of the children registering for the team.

All age groups practice on Tuesday and Thursday

Ages 5-8
5:15-6:00

Ages 9 & 10
6:00-6:45

Ages 11 & Up
6:45-7:30

Please note Swim Team is a big commitment! We expect swimmers to regularly attend two practices a week and to attend at least 6 of the 8 swim meets throughout the season

HAYDEN RECREATION CENTRE SKATING FACILITY

GENERAL SKATING SESSIONS

FOR ALL HAYDEN MEMBERS ONLY
(Hayden membership card must be shown at all
General Skating Sessions)

Youth members	\$4.00
Adult members	\$6.00
Special Family Rate	maximum cost \$10.00

NO RENTAL SKATES AVAILABLE

GENERAL SKATE TIMES

SATURDAY	3:15 PM - 4:45 PM
SUNDAY	12:30 PM - 2:00 PM
MONDAY	1:15 PM-2:45 PM
WEDNESDAY	12:15 PM - 1:45 PM*

*may be cancelled on the second Wednesday of the month due to U.S. Figure Skating Test Sessions. Please call ahead.

HAYDEN FIGURE SKATING CLUB

Approximately 400 children and youth are members of the Hayden Figure Skating Club. Practice sessions are held daily. These sessions are referred to as CLUB SESSIONS. Skaters eligible for CLUB SESSIONS have generally completed the Learn to Skate Basic Skills Badge Program and are taking private lessons. These skaters are learning the skills necessary for the United States Figure Skating tests in Freestyle, Moves in the Field and Ice Dance. They are eligible to test and compete in U.S. Figure Skating sanctioned events. ALL skaters using CLUB SESSIONS MUST be registered members of U.S. Figure Skating as well as Hayden. Membership applications are available at the Hayden Skating Facility counter. Membership cost for U.S. Figure Skating is \$60.00 for first family member and \$24.00 for additional family members. Memberships must be renewed each spring. Membership year begins July 1 and runs thru June 30. IT IS STRONGLY RECOMMENDED THAT YOU PREPAY FOR CLUB ICE SESSIONS ON A MONTHLY BASIS. Sign up forms are available at the Ice Facility Counter and online at jwhayden.org.

TEST SESSIONS (Monthly)

NO GENERAL SKATING on the second Wednesday of each month so that we may hold U.S. Figure Skating test sessions. A schedule of the planned test sessions and test applications are available at Ice Facility counter or on the Hayden website. Applications are due two weeks prior to the test session desired. Occasionally the test sessions are cancelled or rescheduled. It is wise to telephone regarding these sessions.

OPEN ICE DANCE SESSIONS

non members: \$17 members \$13

Monday	10:00 AM –1:00 PM for All Levels
Wednesday	10:00 AM –12:00 PM for All Levels
Friday	10:00 AM –1:00 PM for All Levels

(Wednesday sessions may be cancelled on the 2nd Wednesday of each month due to U.S. Figure Skating testing. Please call and check)



The Josiah Willard Hayden Recreation Centre Figure Skating Club is a member of the United States Figure Skating Association as such, residents and non-residents are eligible to enroll and participate in all United States Figure Skating Association programs. The non-resident fee is \$200.

Skating Class Schedule

Session 1	September 10-October 21
Session 2	October 22-December 9

**NO MAKE UP
CLASSES**

Hayden is a Learn-to-Skate USA Program. This program is designed to teach the basics of ice skating through a steady, safe progression of skills. It is endorsed by US Figure Skating, USA Hockey & US Speed Skating.

-The Tots participate in a special Snow Plow Sam program Badges 1-4.
-Early afternoon Tot and Adult classes are followed by a 30-minute practice session
(no practice session after Monday, Tuesday, Thursday and Friday afternoon class.)

All other classes teach Basic Badges 1-6 followed by the Advanced Pre Freestyle Badges 1-6. **Only members enrolled in our Basic and Advanced classes will be issued a practice card for three practice skates (unless noted). Practice card and Hayden Membership Card must be shown to our counter staff for free admittance to general skate sessions.** The counter staff will mark practice cards. Practice cards are valid **only** during the series they are issued. Class fees include membership in Learn to Skate USA and any badges earned. **There are NO make up classes. No refunds will be issued after start of session. Class enrollments and skating levels determine class section assignments.**

Learn-To-Skate Policy

- Class sections can have up to 10 skaters per instructor
- Overall class enrollment and skating levels determine class sections

BASIC CLASSES

TOT CLASSES

AGES 4 & 5

Monday

4:15-4:45 PM Section A1
4:45-5:15 PM Section B1

Tuesday

1:00-1:30 PM Section C1
4:45-5:15 PM Section E1
5:15-5:45 PM Section D1

Thursday

4:00-4:30 PM Section G1
4:30-5:00 PM Section H1

Friday

1:00-1:30 PM Section I1
4:30-5:00 PM Section K1
5:00-5:30 PM Section L1

NO RENTAL SKATES AVAILABLE

CLASS # 10101

Class Fee \$93

Tots are introduced to skating beginning with the Snow Plow Sam Program and progress into basic badges when ready. Early afternoon tot classes are followed by a 30-minute practice session.

*Adults who are Hayden members may skate with their child on this practice session.

Practice cards are issued for all late afternoon classes.

Helmets are strongly recommended for all skaters. No double runner skates.

ICE SKATING FACILITY

Session Dates

SESSION 1 September 11th to October 27th

SESSION 2 October 30th to December 15th

SESSION 3 December 18th to February 9th

SESSION 4 February 12th to March 30th

SESSION 5 April 2nd to May 11th

BASIC BADGES 1-6 CLASSES

CLASS # 10102

Class Fee \$93

GRADES K-12

Monday

4:15-4:45 PM Section A2
4:45-5:15 PM Section B2

Tuesday

4:45-5:15 PM Section C2
5:15-5:45 PM Section D2

Thursday

4:00-4:30 PM Section E2
4:30-5:00 PM Section F2

Friday

4:30-5:00 PM Section H2
5:00-5:30 PM Section I2

NO RENTAL SKATES AVAILABLE

The six levels of the program introduce the fundamental moves – forward skating, backward skating, stops, crossovers and turns. Upon completion of the Basic 1–6 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating – Hockey, Free Skating, Dance, Pairs and Synchronized team.

Practice cards are issued for these classes.

Helmets are strongly recommended for all beginners. All Skaters are urged to wear helmets. No double runner skates.

ADULT CLASSES

CLASS # 10106

Class Fee \$93

Tuesday

1:30-2:00 PM Section A2

Friday

1:30-2:00 PM Section B2

Sunday

6:45-7:15 PM Section C

NO RENTAL SKATES AVAILABLE

Helmets are strongly recommended for all beginners. All Skaters are urged to wear helmets. No double runner skates.

Small group instruction in the basics of skating utilizing the Adult Basic Badge program 1-4. Classes are followed by a 30-minute practice session.
No practice card

HAYDEN HOCKEY CLINICS

**6-WEEK SESSIONS (Sessions 1-4 only)– Fee: \$84
PRACTICE CARDS ISSUED TO HAYDEN MEMBERS ONLY.**

NO RENTAL SKATES AVAILABLE

The Hayden Hockey Clinic is not a 'learn to skate' program. This is for skaters who have already had some skating experience and who are now interested in learning the fundamentals of ice hockey.

Session 1: September 9-October 14

Session 2: October 21-November 25

Session 3: December 2-January 20

Session 4: January 27-March 3

HOCKEY CLINIC I

Class # 10107

Class Section A

Saturday 8:00-8:45 AM Age 4 –up

Purpose: Introduction to skating techniques, stick handling, passing and shooting. Prerequisites: None

HOCKEY CLINIC II

Class # 10107

Class Section B

Saturday 8:45-9:30 AM Age 6 –up

Purpose: total skills development, skating fundamentals, proper skating posture, balance and skating stride, edges, turns, starts, stops, proper puck control, stick handling, passing and shooting.

Prerequisites: Must have passed minimum of Basic 3.

Equipment Requirements

- Certified Hockey Helmet w/full mask (NO bike helmets) with mouth guards
- Hockey stick
- Hockey gloves
- Elbow gloves
- Shin pads
- Hockey pants
- Shoulder Pads

BEYOND BASIC CLASSES

ADVANCED FREE SKATE BADGES

Pre Free-6

Skaters must have passed Basic

CLASS #10103

Class Fee \$100

Monday	5:15 – 5:45 pm	Section A3
Tuesday	5:45 – 6:15 pm	Section B3
Thursday	5:00 – 5:30 pm	Section D3
Friday	5:30 - 6:00 pm	Section E3

Designed to teach all basic spin positions, single jumps and introduce moves in the field and transitions.

Practice cards are issued for these classes.

CHILDREN'S ICE DANCE BADGES 1-5

Skaters must have passed Basic 6

CLASS # 10104

Class Fee \$106

Friday	6:00-7:00 pm	Section A
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Designed to introduce skaters to the components of ice dancing and reviews the basic edges and turns while skating to music. Dance class is 45 minutes with 15-minute practice.

No practice card issued.

SUPER SKILLS FOR THE ADVANCED SKATER

CLASS # 10109

Class Fee \$98

Tuesday	6:15 – 7:00 pm	Section A	Skaters must be in Freestyle 1
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Focus: power and edge control. Designed to work on the critical elements needed to be successful in both freestyle skating/competition and synchronized team skating.

No practice card issued.

INTRO TO SYNCHRONIZED TEAM SKATING

MUST BE LEXINGTON RESIDENT

September 11th - December 18th

CLASS # 10110

Class Fee \$178

Monday	5:45 – 6:30 pm	Section A
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This class introduces skaters to synchronized skating and will familiarize them with elementary holds, formations and transitions. Uses USFSA team badge 1-6 program Skaters must have passed Pre-Free.

No practice card issued.

ICE DANCE CLASSES – ALL AGES

CLASS # 10108

Member Class fee \$93

Non-member class Fee \$117

Sunday	6:45-7:15 pm	Section A	Beginners dance class thru Bronze level
Sunday	7:15-7:45 pm	Section B	Pre-Silver thru Gold level
Sunday	7:45-8:00 pm		Dance practice session

No practice card issued.

JOSIAH WILLARD HAYDEN RECREATION CENTRE, INC

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Hayden Centre Programs**