

Children's Programs Preschool

Toddler Time (Sept. '10 - May '11) There are still openings in our year -long Toddler Time program which runs from September, 2010 - May, 2011. A structured but flexible program, includes painting, music, story time and free play and is developmentally designed for children not quite ready for preschool. Children must be potty trained. Space is limited to 8 children. **Begins September 13th.**

Instructor: Julie Bonney

Ages: 2.9 – 3.5 yrs.

Monday's & Wednesday; 12:30 – 2:00pm

Fee: \$85/month

Tiny Tigers - Location: Eclectic Karate, Kingston – This curriculum is professionally designed to teach children important life skills in a fun, exciting and enriching way. The program focuses on self esteem, respect, discipline, focus, fitness, balance, self-control, and coordination while learning introductory karate skills. Classes are a half hour long. Please pick a day when registering. **Begins September 14.**

Instructor: Reesie Chahine

6 week program

Ages: 3-5

Tuesdays or Thursday's 3:45pm or Wednesdays at 10:30am

Fee: \$70

PlayGroup – Children and a parent have the opportunity to enjoy unstructured playtime. As there is no instructor, parents will be responsible for the safety of their children, as well as picking up toys, food, etc., at the end of the playgroup. **Begins Sept 15 through Dec. 15.**

Ages: Infant - 5yrs.

Wednesday's 9:00 – 10:30am

Fee: \$30

Mini Athletes Program - Location: Athletic Republic, RK Plaza Get the little ones in to the playing field by building self confidence, laughing and having fun with a positive approach to staying active. Kids will learn to run different ways by using cones, hurdles, and ladders. They will be introduced to new sports, play active and silly games and promote sharing and friendship. **Please pick a day and time when registering. Session 1: September 6 – October 29. Session 2: November 1 – December 20.**

Instructor: Athletic Republic Staff

8 Week Program

Ages: 3-5

Monday's 8am – 9am,

Wednesdays 9am – 10am,

Fridays 10am – 11am

Fee: \$ 99

Acrobatics – Come have fun with tumbling, muscle development & coordination skills. Kids will learn fun ways to build strength and flexibility. Activities will also include building tunnels, relay races, and obstacle courses. Great for boys and girls. Wear loose fitting clothing and/or leotards. **Begins September 17.**

Instructor: Tracey O'Brien

12 week program

Age: 2yrs

Fridays 10:00 – 10:30am

Fee: \$105

Age: 3yrs

Fridays 10:30 – 11:15am

Age: 4 & 5yrs

Fridays 11:15 – 12:00pm

Junior Athletes - Location: Athletic Republic, RK Plaza Kids will be running and doing different activities with cones, hurdles, plyo boxes and ladders. This programs main focus is to help develop coordination strategies and core stability through movement, balance, and agility. **Please pick a day and time when registering. Session 1: September 6 – October 29. Session 2: November 1 – December 20.**

Instructor: Athletic Republic Staff

8 Week Program

Ages: 5- 6

Monday's or Wednesdays 1:00 – 2:00pm

Fee: \$ 99

Starcreations Theater – Starcreations Theater presents the musical theater workshop “**Aladdin**”.

This workshop will instruct students on theater, including some music and dance, improvisation and characterization and will culminate in a live performance at the end of the program. Through acting development, this workshop helps build children’s self esteem and explore their creativity .Great roles for both male and female participants - no prior theater experience necessary. Dec 9 Dress Rehearsal: 3:45-6:30pm. Final performances on Thursday and Friday, December 16 and 17 at 5pm. **Begins September 16.** 11 week program

Ages 8 – 14 (school age) Thursday’s 3:45pm-6:15pm. Fee: \$158

Collage Peek and Paint – Students will use their creativity while learning the technique of collage and painting. Children’s books will also be incorporated in to the weekly lesson for visual illustration and ideas. Please send children with an oversized t-shirt to be used as their smocks. **Begins September 13.**

Instructor: Heather Dowd

6 week program

Grades: 1-2 Monday 4:00 – 5:00pm Fee: \$50

Joy of Music Year Long Beginning Instrument and Keyboard Program - Location:

Kingston Intermediate School Weekly 30 minute small group lessons Monday thru Thursday between 2:40 and 8pm. When registering please list the instrument: flute, clarinet, alto saxophone, trumpet, trombone, percussion (bell kit/snare drum) or keyboard. Keyboard students must have a keyboard (full-sized keys, battery-operated). For questions or information on purchasing a keyboard or renting an instrument, please contact Mrs. Johnson at JOMlessons@gmail.com or call 774-313-0682. Please list 3 choices of availability for day and time when registering. **Begins September 20.**

Instructor: Vikki Johnson

12 Lessons

Instrument Grades: 4- 6 Keyboard Grades: 3 - 6 Fee: \$135

Joy of Music Year Long Program, Advanced Instrument and Band Program - Location:

Kingston Intermediate School This program is for children with experience playing an instrument. Students meet twice a week, once for a 30 minute lesson and once for Band. Band Practice: Monday’s 2:40 – 3:20pm. Lessons: Monday thru Thursday: 2:45 - 8pm. Please list 3 choices of availability for day and time when registering. For questions please contact Mrs. Johnson at JOMlessons@gmail.com or call 774-313-0682. **Begins September 20.**

Instructor: Vikki Johnson

12 Lessons

Grades: 5- 6 Fee: \$155

Quickstart Tennis- Location: Kingsbury Club, Kingston -Help your kids enjoy the game for life –

Tennis! Experience the Quick Start fun filled format of play using age appropriate equipment and courts. A sure recipe for skill building success and FUN! **First Session: Begins September 19. Second Session: Begins November 7.**

Instructor: Kingsbury Club Pro

5 week program

Ages: 5 6 yrs. Sundays 2:00 – 3:00pm Fee: \$99/session

Ages: 7-9 yrs Sundays, 2:00 – 3:00pm

Ages: 10 – 12 Sundays 3:00 – 4:00pm

Sports Time – Location: Kingston Intermediate Gymnasium Kids participate in a variety of games including soccer, football and kickball. **Begins September 16.**

Instructor: Tim Kennedy

8-week program

Grades: K - 3 Thursday: 4:00 – 5:00pm or Fee: \$60

Grades: 3 – 6 Thursday 5:00 – 6:00pm

"56 Club" Parties - Please Read Carefully - Due to safety concerns all children must have a ticket to enter the party. If a ticket has been lost, another will need to be purchased if there are any available. The number of children losing their tickets has increased and has made it unmanageable for the Recreation Staff the night of the parties. Tickets will be sold until they are sold out. **Tickets will not be sold on the Friday of the party, no exceptions.** A booklet of tickets for the 3 parties will be sold for \$25 (230 to be sold) and individual tickets will be sold for \$10 (40 to be sold).

Kids will enjoy game room activities, and partying down to DJ music. *Parents are needed to chaperone.*
Kingston residents only. Grades: 5 and 6 only
Fri: Sept 17, Oct. 29, and Dec. 3 Time: 7:15 – 9:00pm Fee: \$25 for 3 parties booklet /
\$10 for individual ticket

**Note: October's Party is a Halloween Party – costumes required*

Adult/Multigenerational Programs

Girls Night Out - Sterling Silver Metal Working; Earrings - Students will learn very easy metal working techniques for texturizing, doming, hole punching, oxidizing and polishing using lots of cool tools. Each student will create two pair of functional earrings. They look so professional and will make excellent gifts, but you will probably want to keep them. All tools and materials provided.

Instructor: Kim Caple

Ages: Teenage – Adult

Thursday, October 14

7:00 – 8:00pm

Fee: \$28

Kick Boxing Fitness – Varied workouts consisting of calisthenics, stretches, cardio kickboxing, focus mitts, medicine balls and weights. **Session 1: Begins September 14. Session 2 Begins October 26 .**

Instructor: Julie Bonney

6 week program

Tuesdays & Thursdays 7:00 – 8:00pm Fee: \$60 for one day per week/session
or \$96 for 2 days per week/session

Yoga – Yoga increases self-esteem, flexibility, strength, balance, relaxation and concentration as well as teaches self control. Practicing yoga poses related to nature gives us the chance to gain respect for other beings. **Begins September 15 .**

Instructor: Tara Iula; Adult Hatha Yoga Certified Personal Trainer

6-week program

Wednesday's

7:15 – 8:15pm

Fee: \$68/session

Ballroom Dancing – Ballroom dance instruction for Newcomer Foxtrot and Newcomer Swing. Couples Only. **First Session Begins September 14. Second Session Begins October 12.**

Instructor: John Peters

4 week program

Newcomer Foxtrot

Tuesdays 6:30 – 7:30pm

Fee: \$68/couple

Newcomer Swing

Tuesdays 7:30 – 8:30pm

Holiday Mug Gift Making – Paint your own ceramic travel mug. Glaze these functional bisqueware travel mugs. After glazing, students will decorate a gift bag. Mugs will be taken to be fired and returned gift wrapped. Multiple mugs can be completed during the studio hours. This is an open studio format where you may come any time during the allotted time listed below and leave once they have completed their mugs. **Participants younger than 6 need to be accompanied by an adult.**

Instructor: Kim Caple

All Ages - Adult

Friday, November 12 4:30 – 6pm or

Thursday, November 9:30 – 11am

Fee: \$22/mug

"Girls on the Go" - Offering 3 Programs; All programs include a Girls on the Go long sleeve t-shirt and begins the week of September 12 for 10 weeks. Please list the program when registering.

Running/ Walking Group - Location: Meet at the Reed Parking Lot Four groups are offered: elite running group, running group, run/walk group and walking group for a 3.1 mile non-competitive run/walk.

Sundays 7:45am Fee: \$53

Stroll and Roll - Location: Ocean Hill Estates Hit the streets for a run/walk with your stroller or baby jogger.

Tuesdays 9:30 – 10:30am Fee: \$53

Boot Camp Route - - Location: Ocean Hill Estates A hilly course, "butt" you will have a blast.

Wednesday's 9:30 – 10:30am Fee: \$53

Instructor: Erin Brenton and Colleagues

Card Making - Create handmade cards using simple scrapbooking techniques. Each person will make 8 cards with envelopes packaged for gift giving or keeping. Learn how simple materials stored together will provide the ability to create a card for any occasion on demand. Your favorite creation will be placed in an on-line gallery for viewing and purchasing boxed sets.

Instructor: Kim Caple

Thursday, November 18 9:30 – 11:00am Fee: \$24

Tennis - Location: Kingsbury Club, Kingston -Get in the game! Bring a friend or meet some new ones on court as you learn the lifetime sport of tennis. **Level 1:** for the beginner or former player focuses on introductory strokes and basics of the game. **Level 2:** for the advanced beginner to low intermediate player focuses on fine tuning your strokes and introductory strategy and play. **Level 1 Begins September 20. Level 2 Begins November 8.**

Instructor: Kingsbury Club Pro

6 week program Mondays 8:00 – 9:00pm Fee: \$127/session

Blue Collar Boot Camp - You will work to YOUR full potential while receiving semi-private individualized attention by two experienced accredited trainers. You will need to dig deep in order to push through intense cardio, plyometric, resistance, balance and core conditioning circuit intervals regardless of your current fitness level. You will drastically improve stamina, cardiovascular endurance, strength, flexibility, balance, and agility. All fitness levels encouraged to join. **Begins September 14.**

Instructor: Kelly Hillary & Tracie Sweeney, ACSM Certified Personal Trainers

8 week program Tuesdays & Thursdays 8:30 – 9:30am Fee: \$148

Computer, Internet and Email Basics for SENIORS and Others - Location: Kingston

Public Library - This class is designed for the person with **no computer experience**. Learn basic computer skills using Microsoft Windows software. You will also have an introduction to using the Internet and email. **Begins September 10.**

Instructor: Katy Mayo

6-week program Fridays 9:30 -11:30am Fee: \$138

Sculpting Class - You asked for it – we got it! This is an exciting class designed for all fitness levels in mind – beginner to advanced. This combo class will firm, sculpt and tone. You will need to bring 3lb, 5lb, or 8lb weights & mat. With limited equipment, and working at your own pace, you'll discover the fitness in you! **First Session: Begins September 13. Second Session: Begins November 1.**

Instructor: Tara Iula; Certified Personal Trainer

6 weeks

Monday's & Fridays 8:30 – 9:30am Fee: \$88/session

8/23/2010

Knitting – Relaxed atmosphere for any level, from beginners to individuals who may need help on a specific pattern. **First Session Begins Sept. 13. Second Session Begins November 1.**

Instructor: Carole Merrill

6 weeks

Monday's

6:30 – 8:30pm

Fee: \$30/session

Coed Volleyball - Location: Kingston Intermediate School Gymnasium

Join this league to run September through December. This league is strictly for fun during the weekly games. Adults Only (Teams are created on a weekly basis depending on who shows up). **Begins September 16 – December 16.**

League Coordinator: Mark Doherty Thursday's 7:00 – 9:00pm

Fee: \$30

Special Events

On Your Toes with Tracey

Registrations are now being accepted for On Your Toes with Tracey's dance classes for the September 2010 – May 2011 season. Each combination class includes ballet, tap, & jazz. Classes will be held on Mondays, Tuesdays, & Wednesdays beginning September 13, 2010. There is a registration fee of \$10. For planning purposes please register before the end of August.

Instructor: Tracey O'Brien

Fee: \$340 for Kingston residents and \$385 for non-residents

Fee to be paid in to be paid in 2 installments, due in September and February.

Halloween Costume Parties All witches, ghosts, and goblins are invited to the Annual Halloween Party. Preschoolers will enjoy a party in the Lower Hall with holiday related activities music and refreshments. Children who are registered in grades K-4 will party with a DJ in the Upper Hall.

Kingston residents only. Pre-registration is required and tickets and costumes are necessary for children to enter the party. Tickets will be distributed until the program is full.

Friday, October 29

Preschoolers 4:30 – 6:00pm Lower Hall

Fee: \$10

Grades K – 4 4:30 – 6:00pm Upper Hall

3rd Annual Kingston 5K Turkey Trot Come walk/run this great flat course on Saturday, November 20, 2010 at 9am. Begins and ends at the Hilltop Athletic Club with the Kid's Mad Dash at the end of the race.

The Soul Sister Foundation is proud to announce that the proceeds from this race will go to Ovarian Cancer research and awareness as well as our community beneficiary this year, the Town of Kingston Public Schools. \$25 participation fee. Register at www.Soulsisterfoundation.org or pick up a registration form at the Recreation Department.

Luminary Holiday Entertainment - Location: Reed Community House

Come listen to music performances by great family entertainers and other artistic groups. Get warm with cider and hot chocolate, and help us decorate the giving tree by bringing hats, scarves, mittens, or gloves to hang on the tree. Items will be donated to Pilgrims Hope, a local family shelter. Kids can enjoy various craft stations in the lower hall at 6:30pm.

Saturday, December 18

Time: 6:30 – 8:00pm

Fee: Free

Elder Programs

The following programs are coordinated through the Council on Aging at the Reed Community House: Information & Referral, Transportation, Meals on Wheels, Thursday Luncheon program, health screenings, Bridge games, and educational, social, and recreational programs. For more information, please contact the Council on Aging at 781-585-0511.

Fall Programs at the Kingston Public Library The Kingston Public Library offers many programs for children during the fall. Check the library website, www.kingstonpubliclibrary.org, for more info.