

Department of Human Service Programs
Community Schools Division – City of Cambridge

KENNEDY COMMUNITY SCHOOL
and
NEIGHBORHOOD COUNCIL

158 Spring Street, Cambridge, MA 02141
(617) 349-6308



WINTER ENRICHMENT PROGRAM

January 12 –April 17, 2015

Programs for Children Grades JK-5

Shirley Santos, Director
ssantos@cambridgema.gov
www.cambridgema.gov/dhsp/kennedy

2015 Important Dates to Remember/Please Mark Your Calendar

January 7-8, 2015

**Registration
Enrichment Program**

10:00 am – 12:00pm
1:00-5:00pm

January 8, 2015

**Deadline for Financial
Assistance Request**

January 12, 2015

Enrichment Program begins

1:55-5:30pm

January 19, 2015

**Martin Luther King Birthday
Observed**

No School
No Community School Program

February 3, 2015

Neighborhood Council Meeting

6:00-7:30pm

February 16-20, 2015

February Vacation

No School
Community School Activities
scheduled for Feb 16th thru 20th

March 3, 2015

Neighborhood Council Meeting

6:00-7:30pm

March 5, 2015

Camp Information Night

Cambridge Rindge and Latin School
Main Cafeteria 6:30-8:30pm
Snow Date: March 12, 2015

March 10, 2015

Early Release Day

Fun World
Nashua, NH
Registration deadline: February 10th

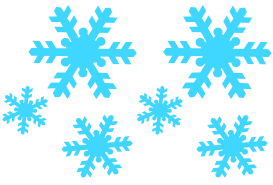
April 3, 2015

Good Friday

No School
No Community School Program

April 17, 2015

Last day of Enrichment Classes



Dear K-Lo families and neighborhood residents,

Welcome to the Kennedy Community School Winter session of programming.

Our program will continue to offer enrichment classes beginning on Monday, January 12 and continuing until Friday, April 17, 2015. The Kennedy Community School staff continues to work very closely with school administration to provide your child with programming that will enhance the school day.

Please stop by our office located on the first floor, Room 111 to say hello and see what our programs have to offer. The community school office will be open for registration 10:00am-12:00pm and 2:00-5:00pm beginning Wednesday and Thursday, January 7-8th.

Our goal is to serve the Kennedy community in the best manner possible. I welcome your ideas and suggestions and encourage residents and Kennedy Longfellow School parents to join our Neighborhood Community Council. Our first meeting is Tuesday, February 3 at 6pm.

A limited number of partial financial scholarships are available for income-qualified families. Please request a financial scholarship application. Income documentation is required (W2 form/4 most recent paystubs). Request for financial assistance applications must be received no later than Thursday, January 8th.

It is a program requirement that registration forms and class fees be received before a child begins the winter session. Please complete all registration forms so that there are no delays with your child receiving services. The last day to register for enrichment classes is Thursday, January 8th.

In closing, we are looking forward to all new and returning families participating in our program. If you have any questions or concerns, please contact me at (617) 349-6308 or e-mail at ssantos@cambridgema.gov.

Best regards,

Shirley Santos, Director
Kennedy Community School

GENERAL PROGRAM INFORMATION AND POLICIES

The Kennedy Community School is a community based program that focuses on programs/activities and special community events for school age children to active older adults. We welcome community involvement and suggestions to help provide services to the neighborhood in our efforts to develop a strong community-based program. Council meetings will be held regularly for neighborhood residents to attend. For additional information about these meetings or to sign up, please call 617-349-6308.

Program Information and Polices:

Fall session classes will begin January 12, 2015 and end April 17, 2015.

Registration Procedure:

- The registration form attached to the back of this brochure must be completed and brought to the Community School office during the noted registration times.
- Additional forms will need to be completed.
- There is an annual application fee of \$25 per child due at registration.
- Registration forms must be returned to the Community School office.
- Registrations are taken on a **first come first serve basis**.
- After these dates registrations will be accepted on a space available basis.
- You will be notified only if the class you have chosen is full. If you do not hear from us you may assume your child is enrolled in the selected class.

Registration Hours

**Wednesday, January 7 – Thursday, January 8
10:00am-12:00pm and 2:00pm-5:00pm**

**REGISTRATION FOR FALL ENRICHMENT CLASSES WILL NOT BE ACCEPTED ON
the first day of classes, MONDAY, JANUARY 12th**

Payments:

Full payment is due at registration; however a payment plan can be arranged with the Director. Checks or money orders should be made payable to: Kennedy Community School. Please, NO cash. If you have any outstanding balances due with any Department of Human Service Program your child may not register until all payments are up to date. Class fees are based on the number of weeks a class meets. Returned checks will be charged an additional \$25.00. Fully payment must be made within 48 hours to avoid disruption in your child's schedule.

Refunds:

If a class is not fully enrolled, the class may be cancelled. You will be notified and given a refund, or an alternative class may be chosen. We understand that there may be times when a class is not what your child expected. A full refund will be given if we are notified within 24 hours after the first class. Partial refunds will be only be given if a child is no longer able to participate due to medical reasons. Refunds are not issued for missed classes.

Early Release Days:

Regular scheduled classes will **not** be held on early release days. A special activity or field trip will be planned for at additional cost. Children must be registered in advance to attend any early release day trips.

Financial Assistance:

Partial scholarships are available to families who qualify. Please request a financial aid form from the director. Income verification in the form of W-2 or 4 current pay stubs must be submitted with the application. All information provided will be kept confidential. Deadline for financial assistance is

Child Pick Up and Absences:

Children will only be released to those you have authorized on your child's registration/emergency card. If there is any change in pick up arrangements the director must be notified in advance. Only children ages 9 and up will be allowed to walk home with parent/guardian permission. Please notify us via phone or email if your child will be absent from the program.

Transportation:

Community Schools does not provide transportation from school to after school programming. We do not meet children at school bus stops. Only children ages 9 and up, with parent permission, may ride the bus from another school and walk into the program.

Late Fee Policy:

Instructors are not responsible for children after the class ending time. All children must be promptly picked up at the end of class. There is a late fee of \$1.00 per minute for every minute you are late after the scheduled pick up time. Late fees must be paid with 48 hours to avoid disrupting your child's participation in the program. Chronic lateness may result in suspension of your child's participation in the program. Please call the office at (617) 349-6308 or the program cell phone at (617) 513-3476 if you are going to be late.

Program Closings:

Classes are not held on city holidays, snow days or on days the Cambridge Public Schools are closed.

Scholarship Drive:

We welcome your contribution to assist us with providing scholarship to families in financial need. You may choose to support a particular program or contribute to our general scholarship fund. We thank you for your support.

Equal Access:

The City of Cambridge, Department of Human Service Programs/Community School Division does not discriminate on the basis of race, religion, national origin, cultural heritage, political beliefs, sexual preference, marital status, or disability. The Department of Human Services will provide auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policies and procedures to persons with disabilities upon request. For more information call 617-349-2000 (voice) or 617-492-0235

Inclusion Policy:

The Department of Human Service Programs welcome individuals with disabilities in all of its Out of School Time Programs. DHSP will provide reasonable accommodations to individuals with disabilities who meet the basic eligibility requirements of the OST Programs or who with the provision of reasonable accommodations will be able to meet the basic eligibility requirements to facilitate equal participation for those individuals in existing OST Programs.

Kennedy Community School Office Hours

Monday	9:30-12:00	1:00-5:30
Tuesday	9:30-12:00	1:00-5:30
Wednesday	9:30-12:00	1:00-5:30
Thursday	9:30-12:00	1:00-5:30
Friday	9:30-12:00	1:00-5:30

Administrative Staff:

Roz Shoy, Division Head, Community School
Ellen Thompson, Program Manager, Community School
Shirley Santos, Director, Kennedy Community School

Community School Program Staff

Christine Arruda, Program Assistant
Annette Paquette
Duane Allen
Charles Thomas
Patty Carr
Esther Flores
Maria Ribiero
Mary Ann Sprague

Specialist Staff and Collaborating Organizations:

Amanda Kilton, Art
Steve Iammarino, Stop Motion Animation
Karan Marsh, Clay
Kayla Brown, Creative Movement
Franklin Park Tennis Association
Kreg Hanning, Jacy Edelman, Lesley University/Scratch and Robotics
Museum of Fine Arts, Artful Adventures
Duane Allen, Free Style Marital Arts
Pierre Sully, Basketball
Cambridge Performance Project, Hip Hop and Creative Movement
Super Soccer Stars
Mad Science

Kennedy Community School ENRICHMENT CLASSES - Winter SESSION 2015

Class Time	MONDAY- 12 weeks	TUESDAY – 12 weeks	WEDNESDAY – 14 weeks	THURSDAY – 13 weeks	FRIDAY – 12 weeks
1:55-2:30	Attendance & Snack - Gr.JK-5	Attendance & Snack - Gr. JK-5	Attendance & Snack - Gr. JK-5	Attendance & Snack - Gr. JK-5	Attendance & Snack - Gr. JK-5
2:30-3:30 Mon-Thurs	Homework Help Center - \$90 Gr. 1-5 KCS Staff	Homework Help Center - \$90 Gr. 1-5 KCS Staff	Homework Help Center - \$90 Gr. 1-5 KCS Staff	Homework Help Center - \$90 Gr. 1-5 KCS Staff	
2:30-3:30	Mixed Media - \$75 Grades 2-5 Christine Arruda Cafe	Scratch & Robotics - \$45 Grades 2-5 Jacy Edelman and Kreg Hanning Mac Lab – Limit 12	Free Style Martial Arts - \$95 Grades 2-5 Sensei Duane Allen/Gym	Artful Adventures - \$80 Grades JK-2 Museum of Fine Arts Staff Art Room	Super Soccer Stars - \$85 Grades JK-1 Super Soccer Stars/ Gym
	Clay Creations - \$80 Grades JK-1 Karan Marsh Art Room	Mad Science -\$100 Grades JK-1 Mad Science of Greater Boston Art Room-Limit 12	Theatre Games & Acting -\$85 Grades JK-2 Cambridge Performance Project Auditorium	Drawing, Sketching and Color - \$65 Grades JK-5 Annette Paquette/Cafe	Fuse Beads - \$70 Grades JK-5 Annette Paquette/Cafe
	Tennis - \$85 Grades JK-1 Franklin Park Tennis Assoc Staff Gym	Let's Build It-\$65 Grades JK-1 Patty Carr/Café	Board Games - \$70 Grades JK-5 Annette Paquette/Cafe	Scratch and Robotics - \$50 Grade JK-1 Lesley University Staff/Mac Lab Limit 12	Hip Hop - \$75 Grades 2-5 Cambridge Performance Project Auditorium
	Creative Movement -\$75 Grades JK-1 Kayla Brown/Music Room		Book Making-\$80 Grades 2-5 Amanda Kilton/Art Room		
3:30-4:30	Tennis - \$85 Grades 2-5 Franklin Park Tennis Assoc Staff/Gym	Lego's -\$65 Grade JK-5 Patty Carr/Cafe	Free Style Martial Arts- \$95 Grades JK-1 Sensei Duane Allen/Gym	Bowling -\$65 Grades JK--1 KCS Staff/Cafe	Soccer - \$85 Grades 2-5 Super Soccer Stars/Gym
	Clay Creations - \$80 Grades 2-5 Ms. Marsh/Art Room	Mad Science -\$100 Grades 2-5 Mad Science of Greater Boston Art Room-limited 12	Basketball-\$70 Grades 2-5 Pierre Sully/Gym	Stop Motion Animation - \$80 Grades 2-5 Steve Immarino/Art Room	Paint Paint Paint -\$70 Grades JK-5 Christine Arruda/Cafe
	Floor Hockey -\$65 Grades JK-1 KCS Staff/ Gym	Seasonal Arts & Crafts Grades JK-1 Esther Flores /Cafe	Model Magic-\$75 Grades JK-5 Christine Arruda/Café	Jewelry Making -\$70 Grades JK-1 Esther Flores/Café	Kick Ball-\$65 Grades JK-5 KCS Staff/Gym
	Creative Movement -\$75 Grades JK-1 Kayla Brown/Music Room	Hot Wheels- \$65 Grades JK-1 Annette Paquette /Cafe	Drawing -\$80 Grades 2-5 Amanda Kilton/Art Room	Free Choice -\$65 Grades 2-5 Annette Paquette/Rm 106	
4:30-5:30	Finish Up Monday - \$35 Gr JK-5 KCS Staff/Café	End of Day Fitness - \$35 Gr JK-5 KCS Staff/ Gym	Wrap Up Wednesday - \$35 Gr JK-5 KCS Staff/Cafe	Throw Down Thursday - \$35 Gr JK-5 KCS Staff/Cafe	Friday Afternoon Bingo- \$35 Gr.JK-5/Cafe

Monday

January 12– April 13

12 weeks

No Class

January 19 – MLK Birthday

February 16 – President’s Day



DAILY: Monday – Friday – starting at 1:55p.m.

Grades K+ Free Choice and Snack Time

Start the afternoon with attendance and a snack with supervised indoor/outdoor play opportunities



Homework Help

Students will have an opportunity to work on homework assignments. Supervised with individual assistance provided.

Grades 1-5

2:30-3:30

Fee: \$90 (total- Mon thru Thurs)

**Instructors: KCS Staff
Library**

Clay Creations

Students will design clay projects and learn to use the kiln for finishing their projects.

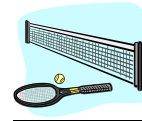
Grades JK-1 2:30-3:30

Grades 2-5 3:30-4:30

Fee: \$80/12 lessons

**Instructor: Karan Marsh
Art Room**

Monday



Tennis

Franklin Park Tennis Association partners with the Kennedy Community School to provide students introductory tennis lessons. Using the US Tennis Association’s (USTA) Quick start format, students will learn tennis fundamentals on modified courts using mini nets, specialty balls and appropriately sized racquets. Quick Start is a play based format that leads to early success and fun!

Grades JK-1 2:30-3:30

Grades 2-5 3:30-4:30

Fee: \$85/12 lessons

**Instructor: Franklin Park Tennis Association
Gym**

Mixed Media



Come and explore various art forms including sculptures, printing, painting and mosaic.

Grades 2-5 2:30-3:30

Fee: \$75/12 lessons

**Instructor: Christine Arruda
Café**

Floor Hockey

Learn the rules of hockey and have fun. Improve coordination while learning new skills. Share our team spirit and sportsmanship.

Grades JK-1 3:30-4:30

Fee: \$65/12 lessons

**Instructor: KCS Staff/ GYM
Gym**

Monday

New



Creative Movement

Children will explore expressive movements through fun activities involving music, props, and voice. Class will promote body awareness, kinesthetic empathy and group cohesion.

Grades JK-1 2:30-3:30

Grades JK-1 3:30-4:30

Fee: \$75/12 lessons

Instructor: Kayla Brown

Music Room - first floor

Finishing Up Monday

It's an opportunity to continue working on your homework assignments and complete your day with arts and a smile.

Grades K-5 4:30-5:30

Fee: \$35/12 lessons

KCS Staff

Tuesday

January 13 – April 14

12 weeks

No class

February 17 – Feb vacation

March 10 – Early Release Day

Homework Help

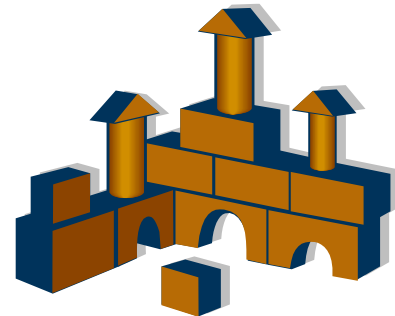
Please refer to Monday for description

Grades 1-5

(Monday thru Thursday)

2:30-3:30

Fee: \$90



Let's Build It

What can you build and create with Lego's using your imagination? See what you can build with your hands and watch your creation come to life.

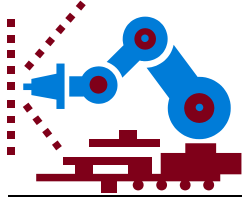
Grades JK-1 2:30-3:30

Fee: \$65/12 lessons

Instructor: Patty Carr

Cafe

Tuesday



Scratch & Robotics

If you like video games, cartoons, comics, art, music, fashion, or computers, you'll love Scratch! Using a free computer program called Scratch, we will create our own characters, video games, and animations! We will learn to also use special robots called BeeBots to learn the basics of robotics! No computer experience necessary: only the willingness to explore, play and create! You can check out Scratch at www.scratch.mit.edu.

Grades 2-5 2:30-3:30

Fee: \$45/12 lessons

Instructor: Jacy Edelman and Kreg Hanning
Lesley University
Mac Lab
Limit 12

Thanks to a generous grant from Lesley University



Mad Science

Join the Mad Science hands-on fun. In this program, we'll have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry based discussions, and amazing projects to make and take home.

Grades JK-1 2:30-3:30

Grades 2-5 3:30-4:30

Fee: \$100/12 lessons

Instructor: Mad Science of Greater Boston
Art Room/Limit 12

Tuesday



Lego's

Jump into a giant box of lego bricks and see what your imagination will create. Through play your child will learn basic motor skills and more advanced design and engineering.

Grades JK-5 3:30-4:30

Fee: \$65/12 lessons

Instructor: Patty Carr
Café



Seasonal Arts and Crafts

Have a good time creating crafts to reflect the colors of the winter session. Create art for yourself or to give as gifts. Everyone loves art!

Grades JK-1 3:30-4:30

Fee: \$65/12 lessons

Instructor: Esther Flores
Café

Tuesday

Hot Wheels



A fun class to learn wonderful things you can do with hot wheel cars and track designs.

Become a hot wheel enthusiast.

Grades JK-1 3:30-4:30

Fee: \$65/12 lessons

Instructor: Annette Paquette

End of Day Tuesday

Use this time to unwind and rejuvenate after a busy day of homework and activities.

Grades K-5 4:30-5:30

\$35/12 lessons

Instructor: KCS Staff

Wednesday

January 14 – April 15

14 weeks

No classes

No Class – February 18 – Feb vacation

Homework Help

Please refer to Monday for description

Grades 1-5

(Monday thru Thursday)

2:30-3:30

Fee: \$90

Wednesday



Free Style Martial Arts

The students learn discipline, self-control, body conditioning and self confidence.

Clothing: sweats or shorts, no shoes. Student may purchase a uniform from the instructor for an additional fee.

Grades 2-5 2:30-3:30

Grades JK-1 3:30-4:30

Fee: \$95/14 classes

Instructor: Sensei Duane Allen
Gym



Theatre Games and Acting Cambridge Performance Project

Through theatre games and stage improvisation, students will develop different characters. Using your body and voice, we will master theatrical skills and be prepared for stage action.

Grades JK-2 2:30-3:30

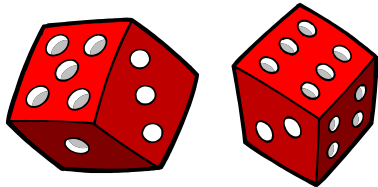
Fee: \$85/14 lessons

Instructor: Cambridge Performance Project
staff

Auditorium /Limit 10

Wednesday

Board Games



Learn some classic games ranging from Connect 4, Scrabble, Trouble, Monopoly Jr. and Trivial Pursuit Jr. to the Game of Life. Before TV and video games, families spent lots of time reading, adding, counting, strategizing and laughing with Board Games.

Grades JK-5 2:30-3:30

Fee: \$70/14 lessons

Instructor: Annette Paquette
Café

New



Book Making

Students will learn about the book making process and explore different types of book binding including folding and sewing! They will have the opportunity to create several of their

Grades 2-5 2:30-3:30

Fee: \$80/14 lessons

Instructor: Amanda Kilton
Art Room

Wednesday



Basketball

Fitness and Basketball: for the love of the game! Learn the rules of basketball and have fun. Improve coordination while learning new skills, team spirit and sportsmanship. Form a Community School team and practice basketball fitness while learning technical skills. Games will be once a month against other community schools.

Grades 2-5 3:30-4:30

Fee: \$70/14 lessons

Instructor: Pierre Sully
Gym



Model Magic

Using a supersoft modelite clay we will create beautiful, fun and functional projects. Students of all ages will be able to use their skills and imagination to make each object on their own.

Grades JK-5 3:30-4:30

Fee: \$75/14 lessons

Instructor: Christine Arruda
Café

Wednesday

New



Drawing

Students will have the opportunity to explore several different drawing techniques, materials and subject matters. They will gain skills in drawing from observation as well as from their imagination! This will open creative studio for students to take time on drawing something from their interests with support of their art teacher.

Grades 2-5 3:30-4:30

Fee: \$80/14 weeks

Instructor: Amanda Kilton
Art Room

Wrap Up Club - Wednesday

This is a time to end your day with a choice activity ranging from board games to art or just to concentrate on your homework.

Grades JK-5 4:30-5:30

Fee: \$35/14 lessons

Instructor: KCS Staff

Thursday

January 15 – April 16

13 weeks

No class

February 19 – February vacation



Homework Help

Please refer to Monday for description

Grades 1-5

(Monday thru Thursday)

2:30-3:30

Fee: \$90



Scratch & Robotics

If you like video games, cartoons, comics, art, music, fashion, or computers, you'll love Scratch! Using a free computer program called Scratch. We will create our own characters, video games, and animations! We will also create and program our own robots using Lego WeDo kits! You can check out Scratch at

www.scratch.mit.edu.

Grade JK-1 2:30-3:30

Fee: \$50/13 lessons

Instructor: Jacy Edelman and Kreg Hanning
Lesley University

Mac Lab

Limit 12

Thanks to a generous grant from Lesley University

Thursday



Drawing, Sketching and Color

We will experiment with various mediums and papers when creating projects. Students will learn to incorporate imagination, structure and control in developing their own designs. This class will use templates to teach step by step construction of objects.

Grades JK-5 2:30-3:30

Fee: \$65/13 lessons

Instructor: Annette Paquette
Cafe



Artful Adventures

Museum of Fine Arts

Children will be able to learn about different styles and techniques for making art while viewing and talking about artwork from museum's collection. Activities include learning about color mixing, painting on canvas, sculpting with clay, making masks and building sculptures.

Grades JK-2 2:30-3:30

Fee: \$80/13 lessons

Museum of Fine Arts Staff
Art Room

Thursday

Stop Motion Animation

Learn, play and experiment with film, one frame at a time. Learn about different types of animation and try to make a group project using clay, toys, and whatever can't move on its own

Grades 2-5 3:30-4:30

Fee: \$80/13 lessons

Instructor: Steve Iammarino
Art Room



Bowling

Be a part of this enjoyable pastime. Bowling is a great hobby. Set the motion and perfect your technique. Get strikes and have fun.

Grades JK-1 3:30-4:30

Fee: \$65/13 lessons

Instructor: KC Staff
Café

New

Free Choice

This supervised period is for older students. Use this time to finish up homework, read a book, participate in a board game or be your creative self in drawing.

Grades 2-5 3:30-4:30

Fee: \$65/13 sessions

Instructor: Annette Paquette
Room 106

Thursday



Jewelry Making

Jewelry making is a fun craft for all children. Make bracelets, necklaces, rings, earrings and pins. Use your imagination and craft your own gifts.

Grades JK-1 3:30-4:30

Fee: \$70/13 lessons

Instructor: Esther Flores
Café

Throw Down Thursday

Learn the basic skills of card games. Get involved and have fun and play with your friends.

Grades JK-5 4:30-5:30

Fee: \$35/13 lessons

Instructor: KCS Staff

Friday

January 16 – April 17

12 weeks

No class

February 20 – February vacation

April 3 - Good Friday



Super Soccer Stars

Our goal is to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence and to develop teamwork in every class. Our specially designed curriculum uses positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

Grades JK-1 2:30-3:30

Grades 2-5 3:30-4:30

Fee: \$85/12 lessons

Instructor: Super Soccer Stars
Gym

Just Beadiful-fuse beads!

Fun and colorful, beads provide an opportunity to be creative while practicing manual dexterity, counting, sorting, and planning skills. Small plastic beads melt when ironed by the instructor. Finished projects can be used as decorations, bookmarks, magnets or jewelry. The possibilities are endless!

Grades JK-5 2:30-3:30

Fee: \$70/12 lessons

Instructor: Annette Paquette
Cafe

Friday



Hip Hop

Class will include variations of hip hop steps and choreography. Class will start off with a short warm up, including jumping jacks, running and cardio. Students will learn how to move different parts of their bodies and to stretch and strengthen.

Grades 2-5 2:30-3:30

Fee: \$75/12 lessons

Instructor: Mikayla Martin



Paint, Paint, Paint

Paint is an art medium that is easily adaptable to a wide variety of art activities. We will explore different painting techniques using tempera paint, watercolor paints and acrylic paints. We will have fun creating a world of color and motion.

Grades JK-5 3:30-4:30

Fee: \$70/12 lessons

Instructor: Christine Arruda
Café

Friday



Kick Ball

Kick ball is a simple game consisting of two teams, bases and a big ball. Played like baseball and the object is to score more runs than the opposing team.

Grades JK-5 3:30-4:30

Fee: \$65/12 lessons

Instructor: KCS Staff
Gym

Friday Afternoon Bingo

Enjoy Friday afternoon playing bingo with your friends. Fun and prizes

Grades JK-5 4:30-5:30

Fee: \$35/12 lessons

Instructor: KCS Staff

**FAMILY AND ADULT
ACTIVITIES AND
PROGRAMS**

January 13 – April 14

No class – February 17th and March 10th
ADULT CO-ED VOLLEYBALL

**Tuesday Evenings
6:30-8:30PM**

**Kennedy Longfellow Gym
\$4 per night/12 weeks**



**KENNEDY SENIOR CITIZEN
PROGRAM**

BINGO

**Friday 1:00-3:00pm
Miller River Apartments
Common Room**



FAMILY AND ADULT ACTIVITIES AND PROGRAMS



Boot Camp – Co-ed

Challenge yourself with this fast-paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot camp is geared toward all fitness levels.

Modifications are always offered for the beginner to the advanced

Tues – Gym

5:45-6:45pm

\$8 per class

12 weeks

January 13 - April 14

Instructor: Pierre Sully

No class: Feb 17 and March 10

Please bring a towel and a water bottle

Adult Yoga

Interested in becoming stronger? In having more patience?

Yoga strengthens and tones the body and focuses the mind. We'll go from frazzled to focused. No experience necessary.



Mondays - KLO Activity Room

6-7pm

\$10 per class

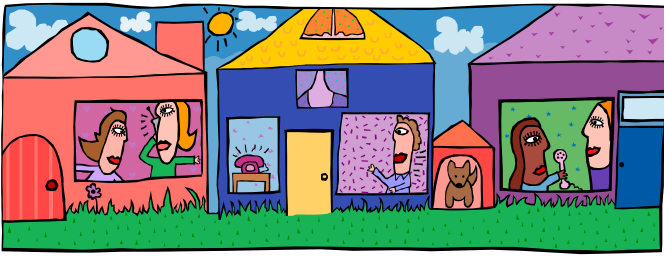
12 weeks

January 12 – April 13

Instructor: Caitlin Green

No class: Jan 19 and Feb 16

Please bring a mat or towel and a water bottle



**Neighborhood Council
Meetings**

**Tuesday, February 3
and
Tuesday, March 3**

6:00-7:30pm

**Please join us in planning
program pieces, and serving
the neighborhood. We
welcome ideas and suggestions
and encourage residents and
Kennedy Longfellow School
parents to participate.**