

Newton Parks, Recreation & Culture • 246 Dudley Road, Newton MA 02459 • 617-796-1527

March Madness & Spring Programs on Tap

This winter our athletes' nights and weekends were filled with ice skating, skiing, basketball, cheerleading, bowling, pottery, floor hockey, swim lessons and art. A valentine's dance and family bingo night were also part of the fun and excitement. These programs and events would not be possible without our wonderful staff and volunteers, who are the cornerstone of Newton Athletes Unlimited.

Athletes Unlimited's March Madness is here. Our opening act is Saints in the City, a Bruce Springsteen tribute band, which will get our athletes moving and grooving on March 8th as we celebrate Karen Peirce. We will host our annual Andrea Josephson basketball games on March 13th followed by the 35th Annual Kevin Clancy Basketball tournament on March 16th.





Our spring programs are set to begin. Get ready for yoga, zumba, baseball, soccer, track, weight training, swim team, tennis, and theatre. In April, Jen Dowling and Rob Thompson will be rockin' the 128th Boston Marathon to support our program. In May, our 46th Annual Awards Ceremony "Spring Prom" will be the talk of the town. In June, thanks to the Jaffee family, our 3nd annual Spring Carnival will be held at the Auburndale Cove.

Stay healthy, connected, and active this Spring with Newton Athletes Unlimited.

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NewtonAthletesUnlimited
newtonmarec.com

Thank You Annual Fund Supporters

Newton Athletes Unlimited was overwhelmed by the kindness and generosity of this year's supporters. You are truly game changers in the lives of our athletes and help our program shine brightly throughout the year.





rarking Lot Across from 104 West Pine Street, Aburndale, MA 02466 Step right up to this free event that will be fun for all!

Zumba • Yoga • Bowling & Baseball



Zumba

Zumba is a dance/fitness program that is more like a party than a workout. Come join Judi and have fun moving to a mix of fun upbeat music while at the same time getting a great workout. Everyone can Zumba, no dance experience necessary. Bring a water bottle.

When: Mondays, 6:15-7:00pm

Location: Zervas School, 30 Beethoven Ave. 02468 Dates: April 1, 8, (No Program April 15), 22 29 May 6, 13, 20 Ages: 13 & up Cost: \$50 Resident \$60 Non-Resident

Tigers Bowling & Baseball

Join coaches Andy and Dan for more bowling and spring baseball. If you have a baseball glove, please bring it when baseball begins. If the weather is bad outdoors for baseball we will go indoors and play floor hockey. Bring a water bottle.

When: 10:00am – 11:00am (Bowling) 10:00am-11:30am (Baseball)

Location: Needham Bowlaway, 16 Chestnut Street, Needham; Emerson Community Center, 45 Pettee Street, Newton

Ages: 22-37

Cost: \$50 Resident \$60 Non-Resident

Dates: Bowling March 23, 30, April 6, 13, 20

Baseball April 27 May 4, 11, 18 (No Program May 25), June 1, 8, 15/NESN Tournament





REGISTRATION IS IMPORTANT

Please register prior to coming to programs or call to find out if space is available. Programs fill quickly and we do not want you to miss out!

Register by mail or online at: **newtonmarec.com**

Yoga

Sarah's yoga techniques will help you build confidence, strength and flexibility as well as offer de-stressing, deep breathing and relaxation. Please bring a yoga mat or towel and a water bottle. No experience necessary.



When: Mondays, 7:00-7:45pm **Location:** Zervas School, 30 Beethoven Ave. 02468 **Dates:** April 1, 8 (No Program April 15), 22, 29 May 6, 13, 20 **Ages:** 13 & up **Cost:** \$50 Resident \$60 Non-Resident

Soccer • Baseball • Track • Walking

Hooligans Spring Soccer

The Hooligans are offering a 6-week season of spring soccer. Ashley will be back to coach and we are hoping to schedule a few games with Newton Soccer High School teams.



When: Sundays, 10:00–11:30am Location: Emerson Community Center, 45 Pettee St. Newton Upper Falls

Dates: April 28; May 5, 12, 19 (No program May 26, Memorial Day Weekend) June 2, 9

Ages: 18 & Up Cost: \$50 Resident \$60 Non-Resident



Challenger Baseball

Boys and girls with developmental disabilities are welcome to play Challenger Baseball. No prior basketball experience required. Challenger Buddies will be there to help the players.

When: Saturdays, 9:00-10:00am

Location: Emerson Community Center Field

45 Pettee St. Newton Upper Falls

Dates: April 27

May 4, 11, 18 (No program May 25, Memorial Day Weekend) June 1, 8

Ages: 6-15 Cost: \$50 Resident / \$60 Non-Resident

Save The Dates:

Schultz Family Triathlon • Thursday, July 11 Cornhole Classic • Thursday, August 1st Paddy's Road Race • Sunday, October 20th

Track Training/Walking Club

Runners and walkers come and get in shape and meet new friends. Individuals and volunteers walk or run at their own pace in the indoor track. When it gets warmer, we will move to the outdoor track. Athletes should wear comfortable clothing and sneakers and bring a water bottle. We are planning to attend Special Olympic competitions this spring. Anyone who wants to participate in the competitions must have an updated Special Olympic medical form completed by May 1st.

When: Tuesdays 7:00-8:00pm
Location: Newton North High School
457 Walnut Street 02460
Dates: March 26, April 2, 9, 23, 30 (Note: No program April 16 school vacation week)
May 7, 14, 21, 28; June 4
Ages: 16 & Up
Cost: \$50 Resident /\$60 Non-Resident



Youth Track

Here is a chance for our younger athletes to run and walk, get some exercise and make new friends. Coach Dan Ferry is looking forward to being with you on Sunday afternoons this Spring.

When: Sundays 5:00-6:00pm

Location: Newton North High School

Outdoor Track Parking on Elm Road

Dates: April 28; May 5, 12, 19 (No program May 26th Memorial Day weekend); June 2, 9

Ages: 8–15

Cost: \$50 Resident / \$60 Non-Resident

Swim Team • Weight Training • Tennis



Newton Swim Team

This program is for athletes that know how to swim and are able to swim laps and are working on skills and endurance. We are planning to attend Special Olympic competitions this spring. Anyone who wants to participate must have an

updated Special Olympic medical form completed by April 19th. Space is limited so register early.

When: Tuesdays 8:00–9:00pm Location: Newton North High School 457 Walnut Street 02460 Dates: March 26; April 2, 9, 23, 30 (No program April 16 school vacation week); May 7, 14, 21, 28; June 4

Ages: 16 & Up Cost: \$50 Resident / \$60 Non-Resident

Tennis

Grab a racquet and join us on the court. This six-week program will focus on all aspects of tennis (groundstrokes, serves, volleys, as well as the rules of the games). Session B players will have the opportunity to go to



Special Olympic competition. Anyone who wants to participate must have an updated Special Olympic Medical form completed by May 1st.

When: Wednesdays

Location: Lower Falls Community Center Courts, 545 Grove Street

Dates: April 24, May 1, 15, 22, 29 (no program May 8th Awards Celebration); June 5th Session A: Youth ages 8-15 5:00-5:45PM Session B: Adult ages 16 & up 5:45-6:45PM

Cost: \$50 Resident /\$60 Non-Resident

Weight Training



Do you want to get stronger and burn more calories efficiently? Here is a program that will help athletes accomplish both. Athletes will learn the proper techniques of how to lift different muscle groups. The program is

limited to 12 participants. We are planning to attend Special Olympic competitions this spring. Anyone who wants to participate must have an updated Special Olympic medical form completed by May 1st.

When: Tuesdays 7:00-8:00pm Location: Newton North High School 457 Walnut Street 02460 Dates: March 26 April 2, 9, 23, 30 (Note: No program April 16 school vacation week); May 7, 14, 21, 28; June 4 Ages: 18 & Up Cost: \$50 Resident / \$60 Non-Resident

Let's Share the Spotlight

We are excited to announce the Spotlighters "Eras Tour!" Are you ready for it? Come sing some of Taylor's biggest hits over the decades. This program is limited to 30 people and fills up very quickly. Bring a water bottle.



When: Thursdays 6:30–7:45pm Location: Zervas School Cafetorium 30 Beethoven Ave 02468 Dates: March 21, 28 April 4, 11, 25 (no program April 18 school vacation week) May 2, 9, 16, May 23 (Performance at 7:30pm) Ages: 18 & up Cost: \$60 Resident / \$70 Non-Resident

ATHLETES UNLIMITED NEWTON AWARDS CEREMONY

CELEBRATING ATHLETES, COACHES, VOLUNTEERS & FAMILIES

* Spring Prom

Wednesday, May 8, 2024 6:00pm 9:00pm

American Legion Post 440 295 California Street, Newton

Dancing • Awards • Raffles • Silent Auction Prom Photo Booth • Caricature Artists

Finger Sandwiches • Chicken Fingers • Caesar Salad • Fruit Cabot's Sundaes & Cake

Invitations will go in the mail in April • Prom Attire Encouraged

Newton Parks, Recreation & Culture • Therapeutic Recreation Spring 2024 Program Registration Form

(Please write clearly in pen)

Name		Date of Birth	A	ge
Address				
Home Phone	Particip	ant Cell Phone		
Parent Phone	Group I	Residence Phone		
Parent Email	Particip	ant Email		
Group Residence Email				
Programs	Ages	Resident	Non-Resident	Check Off
1. Zumba	13 & up	\$50	\$60	1
2. Yoga	13 & up	\$50	\$60	2
3. Tigers Bowling/Baseball	22-37	\$50	\$60	3
4. Hooligans Soccer	18 & Up	\$50	\$60	4
5. Challenger Baseball	6-15	\$50	\$60	5
6. Tennis (A - Youth)	8-15	\$50	\$60	6
7. Tennis (B –Adult)	16 & Up	\$50	\$60	7
8. Track Training	16 & Up	\$50	\$60	8
9. Weight Training	18 & Up	\$50	\$60	9
10. Swim Team	16 & Up	\$50	\$60	10
11. Let's Share the Spotlight	18 & Up	\$60	\$70	11.
12. Youth Track	8-15	\$50	\$60	12.
13. Spring Carnival	All Ages	Free	Free	13
	-	Total Amount of C	heck Enclosed	\$

Make all checks payable to: CITY OF NEWTON

Mail registration forms and payment to: Newton Parks and Recreation 246 Dudley Road Newton, MA 02459 or go to newtonma.myrec.com and register online.

CONSENT FORM

Parental Consent, Release from Liability and Indemnity for Newton Parks and Recreation Special Needs Program

I/we, the undersigned father and mother, or guardian(s) of ________, a minor, do hereby consent to his/her participation in the Therapeutic Recreation Program of the Newton Parks & Recreation Department. I/we forever RELEASE, acquit, discharge and covenant to hold harmless the City of Newton, a municipal corporation of the Commonwealth of Massachusetts, and its successors, departments, officers, employees, servants and agents, of and from any and all actions, causes of actions, claims, demands, damages, costs, loss of services, expenses and compensation on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damages which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor, and also all claims or rights of actions or damages which said minor has or hereafter may acquire, either before or after his/her participation in Therapeutic Recreation Program. FURTHERMORE, I/we hereby agree to protect the City of Newton and its successors, departments, officers, employees, servants and agents against any and all claims for damages, compensation or otherwise on the part of said minor growing out of or resulting from injury to said minor in connection with his/her participation in the Therapeutic Recreation Program and to INDEMNIFY, reimburse or make good to the City of Newton or its successors, departments, officers, employees, servants and agents any loss or damage or cost, including attorney's fees, the City of Newton or its representatives may have to pay if any litigations arise from said minor's participation in and field trips with, the said Therapeutic Recreation Program.

SIGNATURE PARENT/GUARDIAN

RELATIONSHIP

DATE

Photo Release: For all participants in any program. Permission is given for my child's picture to be taken with the possibility of being published, reproduced or otherwise used for publicity, educational or other purposes. Yes_____ No_____

Medical Information Sheet

(Please write clearly in pen)
Medical Diagnosis
Primary Care Physician
Known allergies to food
Known allergies to medicine
Does Participant have seizures? Yes No If yes, how often?
What type?
Date of last seizure
Emergency Contact Name
Telephone

List all medications participant is taking below:

Please note: Data provided on this form is for information purposes only. In the event of an emergency this form will be given to medical personnel. Newton Parks, Recreation & Culture Department is **not authorized** to administer any medications.

Medication	Time	Dosage

Spring 2024 Calendar



March

S	M	т	W	т	F	S
17 Swim Lessons	18	19	20	&1 Spotlighters	22	23 Tigers Bowling
84 Swim Lessons	25	26 Track Weight-Training Swim	27	28 Spotlighters	29	30 Tigers Bowling

April

S	IVI	т	w	т	F	S
31 Easter	1 Zumba Yoga	2 Track Weight-Training Swim	3	4 Spotlighters	5	6 Tigers Bowling
7 Swim Lessons	8 Zumba Yoga	9 Track Weight-Training Swim	10	11 Spotlighters	12	13 Tigers Bowling
14	15 Patriot's Day Boston Marathon	16	17	18	19	20 Tigers Bowling
81 Swim Lessons	22 Zumba Yoga	23 Track Weight-Training Swim	24 Tennis	25 Spotlighters	26	2:7 Tigers Baseball Challengers Baseball
28 Swim Lessons Hooligans Soccer Youth Track	29 Zumba Yoga	30 Track Weight-Training Swim				

May

S	IVI	т	w	т	F	S
			1 Tennis	2 Spotlighters	3	4 Tigers Baseball Challengers Baseball
5 Swim Lessons Hooligans Soccer Youth Track S0 Swim Qualifier	6 Zumba Yoga	7 Track Weight-Training Swim	8 46th Annual Awards Ceremony / Spring Prom	9 Spotlighters	10	11 Tigers Baseball Challengers Baseball
12 Hooligans Soccer Youth Track	13 Zumba Yoga	14 Track Weight-Training Swim	15 Tennis	16 Spotlighters	17	18 Tigers Baseball Challengers Baseball
19 Hooligans Soccer Youth Track SO Track Qualifier	20 Zumba Yoga	21 Track Weight-Training Swim	22 Tennis	23 Spotlighters Performance @ 7:30pm	24	25
26	27 Memorial Day	28 Track Weight-Training Swim	29 Tennis	30	31	

Spring 2024 Calendar

Juno

			June			
S	M	Т	W	Т	F	S
31						1 Tigers Baseball Challengers Baseball
2 Hooligans Soccer Youth Track	3	4 Track Weight-Training Swim	5 Tennis	6	7	8 Tigers Baseball Challengers Baseball Special Olympics Summer Games
9 Hooligans Soccer Youth Track Special Olympics Summer Games	10	11	12	13	14	15 Spring Carnival Tigers NESN Tournament
16	17	18	19	20	21	22
23	24	25	26	27	28	29

2024 Newton Athletes Unlimited Boston Marathon Team





Jen & Rob are working extremely hard preparing for the 128th running of the Boston Marathon while raising funds for our athletes. Thank you for considering supporting their efforts.



Jen Dowling givengain.com/project/jen-raising-funds-for-newton-athletes-unlimited-72090

Rob Thompson givengain.com/project/rob-raising-funds-for-newton-athletes-unlimited-71846

Support our 3 Favorite Places this Spring

















SCHOLARSHIPS AVAILABLE

No one will be denied access to programs due to inability to pay Scholarships are available from Athletes Unlimited Newton. Call or email Mark mkelly@newtonma.gov 617.796.1527.