

Chelmsford Community Education

170 Dalton Road, Chelmsford, Massachusetts 01824 ♦ 978-251-5151

Summer 2021 Course Catalog



Register at ChelmsfordCommunityEd.com



From the Director

As we move into the second half of 2021, there is renewed hope that we are beginning a new, more positive phase in the recovery of our country. The adaptability of our community in the face of this difficult time has been nothing short of amazing, and we at Chelmsford Community Education are so thankful for the unwavering support you have shown. But now, we are ready to get back to work! Educating and caring for your children and providing quality programming to our community is our primary goal.

At Chelmsford Community Education, we celebrate education as a lifelong process. We provide a balance of programs to support academic, social, and physical growth. Our goal is to offer activities that meet the needs of all our patrons.

We rely on feedback from our Community. Please reach out to us if there are courses you would like to see offered in the future.

For more information, please visit our website at ChelmsfordCommunityEd.com, or call us at 978-251-5151.

Robyn Adams
Director

SUMMER 2021

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Important Information

How to Register

Online registration is available at ChelmsfordCommunityEd.com. We require that you create an account with a user-name and password. Your new account will let you register and pay online with a credit card. Questions: Email us at commed@Chelmsford.k12.ma.us

Adult Ed Waitlist Registrations

You will be waitlisted for classes at the time of registration and will not be charged until the minimum number of registrants required has been reached. Transfer from waitlist to class roster will be done in order of waitlisted registration.

Registration Confirmation

You are officially enrolled as soon as we receive your payment. An email address is required for a confirmation email to be sent to you from ChelmsfordCommunityEd.com.

Discounts

A \$10 discount is given to senior citizens 65 and over. Senior citizen discounts do not apply to one to two-night classes. Discounts will not be given after the class has begun.

When Does Registration Begin?

Registration is currently open. We recommend customers register at least two weeks before classes begin. Registering early gives the best chance of classes running.

Registration ends one week prior to the start date for each class.

Course Withdrawal & Refunds

Refunds for a course are handled as follows:

1. A full refund minus a \$10 processing fee will be given for a cancellation more than 15 days prior to a class start date.
2. A full credit will be given for a cancellation 8-15 days prior to the class start date. Credits expire one year from date of issue.
3. No refund or credit will be given for cancellations 7 days or less prior to class start date.
4. Refund payments require up to a 30-day processing period.
5. Trips have a different refund policy. Please refer to individual trip information for details.
6. To request a refund, email us at adulthood@chelmsford.k12.ma.us

SUMMER 2021

Come Teach with Us

If you have a special skill or knowledge that you would like to share with your community, come teach a class with us! Email your class ideas to Colleen at smithc@chelmsford.k12.ma.us

Like our Facebook Page

Don't miss out on all the news, class updates, fun pictures and free activities. Like our Facebook page at: Chelmsford Community Education.

Accounts on our Registration Website

Create a free account on our registration website. Setting up an account will ensure you receive important emails about upcoming programming and events and will make the program registration process easier.

To register, go to:
ChelmsfordCommunityEd.com

Contests & Special Events

Chelmsford Community Education is committed to offering educational and extra-curricular activities to enhance the lives of people in our community.

We have some exciting activities coming up during the Summer and Fall of 2021. Watch for more details on our Facebook page (Chelmsford Community Education), or by going to our website (ChelmsfordCommunityEd.com) on these and other fun programs to be announced soon!

- Summer Scramble Game
- STEM in a Box Take Home Kits
- Walk Off The Pounds
- Family Hiking Challenge
- Outdoor Movies at Commed

ED2GO Online Classes

CommEd offers a wide range of highly interactive courses that you can take entirely over the internet. Online courses are brought to you through colleges and universities that employers know. All online courses are led by expert instructors, and are affordable, fast and convenient. Visit our ed2go website for information on classes in Accounting and Finance, Business, Computer Applications, Grant Writing, Personal Development and many more! For information and enrollment see page 17 of this catalog.

Important Class Info

Virtual classes will primarily be conducted on video conferencing software, but may be partially or fully pre-recorded. All class login information will be provided either on your registration receipt or via email approximately one week prior to class.

The majority of our classes will be held in-person during our Summer session, but some classes may be available for virtual learning based on the needs of some members of our community.

Who Can Enroll?

Residents of Chelmsford and non-residents are welcome to enroll in our classes at the same tuition.

Questions

For questions on classes, dates and registration, contact Colleen Smith at **adulted@Chelmsford.k12.ma.us** or **978-251-5151 x6091**

For questions regarding SummerFest or SummerQuest, contact Michele Walsh at **commmed@Chelmsford.k12.ma.us** or **978-251-5151 x6092**


Mission Statement

Chelmsford Community Education is a self-sustaining branch of the Chelmsford Public Schools. Learning is a lifelong pursuit, with areas of interest and needs that are vast. Accordingly, our goal is to offer a wide variety of programs. The selections range from academics, enrichment, sports and recreation to childcare services. We strive to provide high quality classes, programs and activities at an affordable price for students of all ages.

Register NOW at
ChelmsfordCommunityEd.com

Chelmsford Community Education Summertime Scramble Puzzle Game

Contest starts July 14th

Locate all 21 sunshine faces  placed around Sunny Meadows on Robin Hill Road to find the missing letters. Match the letter to the number on the entry form to spell out the hidden phrase.

When you have completed the puzzle, bring the entry form to the Commed office any weekday between the hours of 7am and 3pm (entry can be emailed).

All entry forms must be received by 2pm on Wednesday, August 4th.

A winner will be drawn at random on Thursday, August 5th. A prize will be awarded to the winning entry!

*Find the mystery picture at Sunny Meadows and draw the picture on the back of the entry form to be entered in our contest twice!

Commed Office Staff

Robyn Adams, Director

Stefanie Fields, Assistant Director

Michele Walsh, Childcare Supervisor

Colleen Smith, Adult Education

Program Coordinator

Linda Westland, Secretary



Private Music Instruction

Chelmsford Community Education offers music lessons in Voice, Piano, Violin, Viola, Cello, Guitar, Bass, Ukulele, Flute, Oboe, Clarinet, Saxophone, Bassoon, Trumpet, Trombone, Tuba, and Baritone. Our qualified instructors are recruited and supervised by CommEd and the Chelmsford Public Schools Fine and Performing Arts Department.

For lesson availability and pricing go to

ChelmsfordCommunityEd.com
or contact Colleen Smith at
smithc@Chelmsford.k12.ma.us





The goal of Summerfest is to provide a valuable service to the parents of children in the Chelmsford area. The staff will make every effort to provide a safe and harmonious environment in which your child can make age-appropriate choices that lead to sound social, emotional and physical development.

Summerfest 2021 is thrilled to be back! Summerfest will look different this year, but we are so happy to have everyone come back! This year, students will move through our areas as a group, getting to stay with their friends, and morning and afternoon Group Leaders each week. We will have all our favorite choices open, the STEM room, Art room, Chill Zone, Gym, Playground, Café, and Outdoor Rec that each group will get to visit daily. We will rotate every hour, have a morning and afternoon snack, and when the weather is nice, a picnic lunch!

Our program will be located at the Chelmsford Community Education Building, 170 Dalton Road Chelmsford. Summerfest has lots of air-conditioned spots to cool off, and sprinklers and water play will provide refreshing fun on hot days. The staff consists of certified teachers, educational support personnel, nurses, college and high school students. We will be open from 7:00 a.m. to 4:00 p.m.

This summer we will be participating in our own version of "Amazing Race." The children will be earning fitness and participation miles for our in-house activities. These miles will allow all of us to virtually travel to many exciting world destinations throughout the entire summer. Our progress will be tracked all summer long on a large world map.

SUMMERQUEST

2021



SummerQuest is our summer program specifically for Preteens and Teens – kids entering 6th through entering 9th grade. Our program is designed to meet the unique needs of our older kids to help keep them entertained and excited during the summer and offer them increased freedom. We offer a 5-Day week of off-site field trips that will bring your child to a variety of locations with exciting and enriching activities like rock climbing, hiking, museums, laser tag, ropes courses and more! Fridays are a ½ day of a Community Project and Varney Park/Freeman Lake. Our weekly Community Project will help our teens foster an appreciation for our town and keeping it at its best. **SummerQuest is open from 8:00 a.m. to 3:00 p.m.**

Pre-School

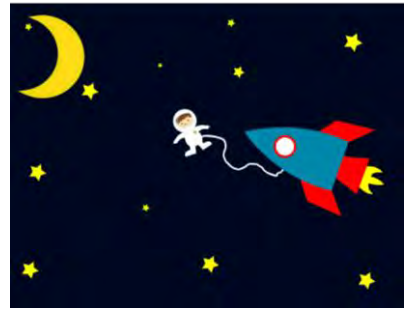


Let's Go Camping

Come join us this summer as we go on a pretend camping trip! Learn all about woodland animals, hear campfire stories, and make camping themed crafts!

Location: Commed Rm 12 **Ages:** 3-4
Instructor: Kimara Green

July 6 – July 9, 8:30am – 11:30am, \$120



Milky Way Madness

Ready to have some "Out of this World" adventures? Come with us as we learn about space, the solar system, and the rocket ships that get us there. Let's blast off into summer!

Location: Commed Rm 12 **Ages:** 3-4
Instructor: Kimara Green

July 19 – July 23, 8:30am – 11:30am, \$150



Little Farmers

Where does our food come from? Learn about planting and caring for fruits and vegetables. Learn all about bees and other beneficial insects in our gardens. Plant seeds – kids will even get to take some home! Work in our own Commed garden and learn about farms and what they grow and just how it gets to your table.

Location: Commed Rm 12 **Ages:** 4-5
Instructor: Kimara Green

July 12 – July 16, 8:30am – 11:30am, \$150



Super STEM Explorations

Investigate and discover with hands-on experiments and challenges.

Perform science experiments, learn building challenges, understand force & motion, light & sound, and so much more!

Location: Commed Rm 12 **Ages:** 4-5
Instructor: Kimara Green

July 26 – July 30, 8:30am – 11:30am, \$150

Register NOW at
ChelmsfordCommunityEd.com

Pre-School (cont.)



Pre-K Music Makers

Join us as we experience music through play and activity. In this week-long class, children will sing, dance, play, and have fun. Our instructor has a Master of Arts in Music Education and will expose your children to a wide variety of different types of music. Participants will learn how to respond and move to music, find their "singing voice," identify, play and create instruments, and even compose and improvise their own music!

Location: Commed Rm 12 **Ages:** 3-5

Instructor: Alyssa Wojdag

July 12 – July 16, 1:00pm – 2:30pm, \$65.00
August 9 – August 13, 1:00pm – 2:30pm, \$65.00

Computer



Scratch Programming

Let's write some code! In this class, designed for computer programming beginners, we will use the Scratch programming language to create interactive stories, animations, and even custom computer games. Through their projects, participants will also develop logical thinking skills and an understanding of how computers work. No previous programming experience is necessary. At the end of the class, participants can keep copies of their programs or continue developing in the online Scratch community.

Location: Commed Rm 15 **Grade:** 3-6

Instructor: Circuit Labs

July 26 – July 30, 8:00am – 11:00am, \$157

App Inventors

Want to know how the apps work on your phone or I-Pad? Or do you already have the next great app idea and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor Software to make fun, creative apps for Android phones and tablets. We will also explore wireless communication by building custom Bluetooth hardware controllers and readouts for our apps. Participants will learn both the programming and design aspects creating great apps and have the opportunity to build apps of their own with the support of our instructors.

Location: Commed Rm 15 **Grade:** 4-7

Instructor: Circuit Labs

July 26 – July 30, 11:45am – 2:45pm, \$157

Register NOW at
ChelmsfordCommunityEd.com

STEM Programs

STEM in a Box – Take & Make Projects

Looking for some STEM projects you can do at home this summer? Try our new STEM in a Box kits! Each kit is suitable for K through 6th graders and includes 5 fun, hands-on, quality home curriculum STEM projects designed and created by a leading science educator. Each project is complete with teacher overview, step by step instructions and materials. The kit also includes online videos for students to follow along.

A new themed kit will be available each week.

Registration for each week closes the Monday of the week before the dates listed below. Kits will be available for pickup at Chelmsford Community Education, 170 Dalton Road, Chelmsford beginning Monday of the kit weeks listed below.

Kits available are:

- July 5 – July 9: Wild Weather
- July 12 – July 16: Geology Treasures: Gems & Minerals
- July 19 – July 23: Space Adventure
- July 26 – July 30: Magical Science
- August 2 – August 6: Magnet Mania
- August 9 – August 13: Cool Crystals
- August 16 – August 20: Kitchen Chemistry

Location: Take Home Projects. **Grades:** K-6

Instructor: Top Secret Science, \$15 each



Spectacular Hands-On Science

Join us for either a half day or full day week-long summer program designed to expose students to science process skills, critical thinking skills and scientific reasoning skills along with the scientific method.

The scientists are fast-paced and funny, and your kids will be thoroughly entertained while they are learning some interesting things too! We will explore weird motions and flying things, air and water pressure, crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more!

Half day programs will explore 50 hands-on science experiments that they will take home at the end of each class. Full day programs will explore 100 projects that they will take home!

Location: Commed Rm 15 **Grades:** K-5

Instructor: Top Secret Science

July 19 – July 23, AM Class: 8:45am – 11:45am \$170

July 19- July 23, PM Class: 12:00pm – 3:00pm \$170

July 19 – July 23, Full Day Class: 8:45am – 3:00pm \$295

August 9 – August 13, AM Class: 8:45am – 11:45am \$170

August 9-13 PM Class: 12:00pm – 3:00pm \$170

August 9-13 Full Day Class: 8:45am – 3:00pm \$295

Register NOW at

ChelmsfordCommunityEd.com

The Arts



Art in Nature: Sweet Summertime Designs

Join us this summer to experience a unique and fun art program experience! Our summer art programs will focus on exploring art through nature by creating art in the great outdoors! During this 4-day long program, your artists will work with watercolors, collage, vision boards, and tissue paper art. When we are not creating masterpieces, we will play games with our new friends! This week's theme centers around all things summer!

Location: Commed Field. **Grades:** 2-6

Instructor: Outside the Lines

July 12 – July 15, 9:00am – 3:00pm \$220

Art in Nature: Awesome Adventures Around the World

Join us this summer to experience a unique and fun art program experience! Our summer art programs will focus on exploring art through nature by creating art in the great outdoors! During this

4-day program, your artists will work with watercolors, collage, vision boards, and tissue paper art. When we are not creating masterpieces, we will play games with our new friends! Theme centers around art projects relating to places around the world!

Location: Commed Field. **Grades:** 2-6

Instructor: Outside the Lines

July 19 – July 22, 9:00am – 3:00pm \$220

Cartooning for Kids

New this summer!! Did you ever wish you could draw and write comic strips or even comic books like Stan Lee? This 4-day long program will teach you all you need to know to create your own comic strip!

Learn how to develop a story idea, create characters, how and when to use speech bubbles & captioning, then putting it all together in panels to create a comic strip.

Location: Commed Rm 15. **Grade:** 5-8

Instructor: Crispin Wood

July 12 – July 15, 9:00am – 12:00pm, \$75



Fractured Fairy Tales

Everyone loves to read or hear their favorite fairy tale but in this week-long class you get to write your own fun stories with a twist on some classic fairy tales! This class will explore some classic fairy tales and how to use your imagination to change the story to be exactly what you want it to be. Hear some fairy tales, play some games, make some crafts, and end the week with your very own completed fairy tale that you wrote yourself!!

Location: Commed Rm 15 **Grade:** 4-7

Instructor: Kristin Morris

August 2 – August 6, 9:00am – 12:00pm, \$75

Register NOW at
ChelmsfordCommunityEd.com

Special Interests

Beginning Band

New this summer!! This week-long program is a fun introduction to one of the four band instruments offered in the Chelmsford Middle Schools. These group lessons are geared toward incoming 5th graders, but incoming 6-8th graders beginning a new instrument are also invited to register. Students are required to provide their own instruments, which can be rented at the Music Academy of Chelmsford or University Music in Lowell.

Location: Commed Rm 10 **Grade:** 5-8

Instructor: Alyssa Wojdag

Monday, July 19 – Friday, July 23, \$80

Flute: 1:00pm – 1:45pm
 Clarinet: 1:45pm – 2:30pm
 Trumpet: 2:30pm – 3:15pm
 Trombone: 3:15pm – 4:00pm



BLAST Babysitting/CPR Certification Course

The course provides all the important information you would learn in our BLAST Babysitting course and our First Aid & CPR course combined in one class!!

In BLAST, you will learn the basics of childcare: how to react responsibly to medical emergencies and injuries, and how to perform first aid for common childhood injuries. Participants also learn about choking prevention and relief, and how to call 911. We will also teach you how to set up and run your own babysitting business. Handouts will be sent before the class.

In CPR, you will learn how to keep yourself and other safe by learning how to prevent injuries and learn how to respond appropriately in medical emergency situations. You will learn CPR, how an AED works, allergic reactions, and how to treat burns, breaks and sprains. We will also show you what you should have in a mini first-aid kit.

At the end of this class, you will receive a certificate of completion in BLAST Babysitting AND Basic CPR Certification.

Location: Commed Rm 15 **Age:** 11-13

Instructor: Juanita Allen Kingsley

Monday, August 16, 1:00pm - 4:30pm, \$90

Register NOW at
ChelmsfordCommunityEd.com

Skyhawks Sports

Flag Football

Fueled by USA Football

Experience the excitement of football with Skyhawks Flag Football fueled by USA Football. Using a curriculum developed by USA Football, coaches teach skills like passing, receiving, kicking and flag pulling all while you are gaining confidence and learning life lessons in a fun, positive environment.

Location: McCarthy School Field **Age:** 7-12

Instructor: Skyhawks Sports Academy

July 12 – July 16, 9:00am – 12:00pm, \$165



Cheerleading With Skyhawks

This class teaches young athletes the essential skills to lead the crowd and support the home team! Each participant will learn cheers, proper hand/body movements, and jumping techniques. There is no stunting, just a big focus on fun while each cheerleader learns important life skills such as teamwork and leadership. The program concludes with a final cheer performance.

Location: McCarthy School Field **Age:** 5-8

Instructor: Skyhawks Sports Academy

July 12 – July 16, 9:00am – 12:00pm, \$155

Register NOW at
ChelmsfordCommunityEd.com



Multi-Sport Tots With Skyhawks

Introduce your little superstar to sports in our most popular program! This multi-sport class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Some parent participation required for ages 3 to 3.5 years.

Location: McCarthy School Field **Age:** 3-5

Instructor: Skyhawks Sports Academy

July 26 – July 30, 9:00am – 9:45am, \$105

Mini- Hawks With Skyhawks

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, students explore balance, hand/eye coordination and skill development at their own pace.

Location: McCarthy School Field **Age:** 4-6

Instructor: Skyhawks Sports Academy

July 26 – July 30, 10:00am – 1:00pm, \$155.00

Multi-Sport With Skyhawks

Multi-sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship and teamwork.

Location: McCarthy School Field **Age:** 7-12

Instructor: Skyhawks Sports Academy

July 26 – July 30, 10:00am – 1:00pm, \$155.00

Skyhawks Sports (Cont.)

Stem & Play Soccer with Skyhawks

This program combines strategic STEM-based activities with traditional Skyhawks soccer instruction with a focus on life skills such as teamwork and sportsmanship. STEM Sport soccer curriculum gives students the opportunity to get behind the sport they love with modules on soccer ball design, throw-in-science, angles and goal-line technology! Participants will also learn the fundamentals of passing, shooting, dribbling and defense through skill-based drills and scrimmages. Skyhawks puts the Sports in STEM.

Location: McCarthy School Field **Age:** 7-12

Instructor: Skyhawks Sports Academy

July 19 – July 23, 9:00am – 12:00pm, \$165



Beginning Golf with Skyhawks

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment is provided.

Location: McCarthy School Field **Age:** 5-8

Instructor: Skyhawks Sport Academy

August 2 – August 6, 10:00am – 1:00pm, \$155.00

Register NOW at
ChelmsfordCommunityEd.com



Sports & Fitness

Youth Summer Basketball

The purpose of this league is to build sportsmanship and confidence while providing an organized team experience to learn and enjoy the game of basketball. All coaches are instructed that players should receive equal playing time. It is understood that children will miss games because of other commitments (vacation, other sports, etc.)

Location: CHS Outdoor Courts **Grade:** 2 - 9

Begins Monday, July 5th, 6:00pm – 8:00pm, \$95

High School Summer Basketball League

The purpose of this league is to build sportsmanship and confidence while providing an organized team experience to learn and enjoy the game of basketball. All coaches are instructed that players should receive equal playing time. It is understood that players will miss games because of other commitments (vacation, other sports, etc.)

Location: CHS Outdoor Courts **Grade:** 10th -
College Freshman

Begins, Monday, July 5th, 6:00pm - 8:00pm, \$40

NEW: Hula Hoop Workshop

Come have some fun at our hoop workshop this summer where everything is all about the hoops! You will learn some cool hoop dance moves as well as tricks,. Create some hoop-themed crafts and play hoop-inspired games with your new friends.

Location: Commed Field **Grade:** 2-6

Instructor: Jennifer Aucoin

-13- August 16 – August 20, 1:00pm - 3:00pm, \$75

Sports & Fitness (cont.)



Mountain Biking Summer Programs

Get your kids outside and active this summer with this fun new program that will give your kids a safe, fun way to enjoy a new sport, develop self-confidence, make new friends, and get more physically fit!

Mounting Biking summer programs are presented in conjunction with KC & E Adventures and will be held exclusively at Russell Mills (105 Mill Road) in Chelmsford.

Youngsters MTB Program

This program is designed specifically with young riders in mind. It will offer riding, games, instruction and lots of FUN! We focus on fundamental skills such as braking, body positioning, basic handling, balance, and easy trail riding to help young riders build confidence and the foundations needed to enjoy the sport for years to come!

Location: Russell Mills, Chelmsford **Age:** 5-6
Instructor: KC & E Adventures

July 8 – July 9, 9:00am - 11:00am, \$140
August 5 – August 6, 9:00am – 11:00am, \$140

Register NOW at
ChelmsfordCommunityEd.com

Beginner Kids Program

Your child will enjoy the great outdoors in this program presented by the experienced staff from KC & E Adventures. Mountain biking is a fun and exciting sport where riders can advance at the pace that is comfortable for them. This program is focused on riders just getting into mountain biking. We will teach skills like braking, shifting, body positioning, and how to read the trail to empower your younger rider to ride more confidently, safely, and just enjoy their experience more.

Location: Russell Mills, Chelmsford **Age:** 7-10
Instructor: KC & E Adventures

July 5 – July 7, 9:00am - 12:00pm, \$245
August 2 – August 4, 9:00am - 12:00pm, \$245

Intermediate to Advanced Program

Do you have a young mountain biker that is looking to take their skills to the next level? Then you have to check out the intermediate to advanced mountain biking program brought to you by KC & E Adventures. In this program, your young rider will learn advanced braking techniques, how to better position their body on the bike over varied terrain, read the trail better, and shred corners! Riders joining this program must have mountain bike experience and be comfortable on single track terrain.

Location: Russell Mills, Chelmsford **Age:** 11-14
Instructor: KC & E Adventures

July 5 – July 7, 1:00pm – 4:00pm, \$245
August 2 – August 4, 1:00pm – 4:00pm, \$245



Sports & Fitness (cont.)

Fun 4 All: Outdoor Adventures

In Outdoor Adventures, we will have a very active week in the fresh air! There will be throwing, kicking, and running events mixed in with some fun outdoor games. We will have some fun team competition games to cap off the week.

Location: Commed Field **Grades:** 2-6

Instructor: Fun 4 All Summer Camps

July 26 – July 29, 9:00am - 3:00pm, \$220

Youth Tennis

Taught by MG Tennis Academy, in the U6 program, basic stroke production is taught, with a focus on ground strokes and the serve. Players develop the consistency to sustain longer rallies. In U10, on court training includes an element of movement, footwork, and overall coordination. U16 is designed for advanced beginners to high intermediate. Players are introduced to advanced patterns of play and movement drills.

Location: CHS Tennis Courts

Ages: U6, U10, U16

Instructor: MG Tennis Academy

U6: July 12 – August 20, 8:15am – 9:45am, \$75 Wkly

U10: July 12 – August 20, 10am – 12pm, \$96 Wkly

U16: July 12 – August 20, 12:15pm – 2:15pm, \$96 Wkly



Field Play

Your child will enjoy outdoor field games and events including races, jumping, throwing, and much more! This is a low competitive atmosphere where children are introduced to track and field skills and get the opportunity to run and play games. Ribbons will be distributed to all participants each evening. T-shirts will be available at the CommEd office July 6-9 from 10am to 2:20pm

Location: McCarthy Middle School Track

Grades: K-5 **Instructor:** Courtney Quinn

4 Tuesdays, July 13 – August 3, 6:15pm - 7:30pm, \$45

Chess



Summer Chess Program

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You will improve your chess skills, meet new friends, and work out your most powerful muscle – your brain! Our programs include fun team chess games (like bughouse), recess time (of course), snacks, tournaments, and puzzles. Unleash your brain power and spend some of your summer with Chess Wizards

Everyone receives a Chess Wizards t-shirt, trophy, and puzzle folder.

Location: Commed Rm 2 **Grades:** K-5

Instructor: Chess Wizards

Week 1: July 12 – July 16, 9:00am – 12:00pm, \$170

Week 2: August 2 – August 6, 9:00am – 12:00pm, \$170

Cooking (Virtual Classes)

A Maine Shore Dinner

Put down the top of your convertible and join Diane Manteca in a hands-on culinary journey to the beaches of Maine! You will learn to prepare classic seaside dishes, lobster and all. The menu includes: Clam and Fresh Corn Chowder, Steamed Lobster with Drawn Butter, Homemade Biscuits, Mid-Coast Potato Salad, and Maine Blueberry Pie.

Location: Virtual Class **Age:** 18+

Instructor: Diane Manteca

Friday, July 2nd, 6:00pm – 8:00pm, \$43



Sensational Summer Salads

Summertime presents endless opportunities to enjoy sensational gourmet salads. Don't eat the same pasta salad all summer--expand your repertoire! Learn to make basic chicken, pasta, vegetable, couscous, and grain salads. Whip up various dressings including Curried, Mediterranean, Asian, and Middle Eastern vinaigrettes. Once you master these, you can mix and match your salads and vinaigrettes and modify recipes to your liking.

Location: Virtual Class **Age:** 18+

Instructor: Diane Manteca

Tuesday, August 3rd, 6:00pm - 8:00pm, \$43

Italian Cooking From The Farmer's Market

Who knows their vegetables like the Italians! Learn to use produce from your Farmer's Market to make delicious and nutritious Italian recipes for farm to table meals that will taste like you have been transported to Italy!

Join Chef Diane Manteca to make Baked Zucchini, Fresh Basil and Mushroom Frittata, Tuscan Beans, Escarole & Heirloom Tomatoes with Rigatoni, Sicilian Stuffed Peppers with Roasted Eggplant, Rice and Seasonal Vegetables, and Baked Summer Squash and Parmesan Casserole. You are welcome to cook along, just make certain recipes, or watch and learn. The ingredient and kitchen equipment list will be sent along a week before the class so you can visit your local Farmer's Market.

Location: Virtual Class **Ages:** 18+

Instructor: Diane Manteca

Tuesday, August 24th, 6:00pm - 8:00pm, \$43



Register NOW at
ChelmsfordCommunityEd.com

Languages

Complete Spanish for Summer: Intermediate Level

In this continuation of what students learned in Intro to Basic Spanish, this class will continue to learn by application and practice, using listening, speaking, reading and writing activities. It is suggested that all students registering for this class complete Intro to Basic Spanish first, but our instructor can offer a simple placement test to determine which class would be most appropriate for your skill level.

Location: Virtual Class **Age:** 18+

Instructor: Ashley Frankian

6 Tuesdays, Begins July 13, 6:00-7:30pm, \$95



Ed2Go Online Learning

Chelmsford Community Education partners with Ed2Go to offer a wide range of highly interactive courses that you can take entirely over the internet. All courses are led by expert instructors, many of whom are nationally known authors.

Some courses offered through Ed2Go are:

- Veterinary Assistant Series
- Microsoft Excel Suite
- Technical Writing Suite
- Computer skills for the workplace
- Medical Terminology
- Quickbooks with Microsoft Excel
- Discover Sign Language Series
- Introduction to Interior Design
- Start Your Own Small Business

To register for these or any of our other Ed2Go classes, go to ed2go.com/chelmcomed/

Physical Fitness



Get Moving With Zumba – Pre Recorded Class

Zumba is an amazing dance fitness class that mixes Latin rhythms with low and high intensity moves for a calorie burning dance fitness party to tone the entire body. Each class combines cardio, muscle conditioning, balance and flexibility. You will finish each session with boosted energy! This class is being offered as a 3-class recording bundle to be used throughout the summer in lieu of live classes.

Location: Pre-Recorded **Age:** 18+

Instructor: Aaron Bryant

Summer Pre-Recorded Bundle, \$15

CHILDCARE



NEW PRESCHOOL AND PRE-K PROGRAM!!

Lion's Pride North is our brand-new full day Preschool and Pre-K program! This preschool program is filled with state-of-the-art materials for learning and for play designed to engage both 3 and 4 year olds! Lion's Pride North will be open from 6:45a.m. to 4:45p.m., giving parents a great option for full-day learning and social development for their child. Located at Chelmsford High School in a double wide, newly renovated classroom with student bathrooms located within the space.

Our two-year rotating curriculum has been designed to meet the needs of the whole child, and to challenge all ages. It provides opportunities for increased exploration of motor skills, language, social development, and STEM (science, technology, engineering and math). We are introducing our students to FOUNDATIONS Pre-Writing curriculum, Math Expressions curriculum, and Fountas & Pinnell literacy curriculum in coordination with Chelmsford Public Schools. We emphasize a positive, safe, fun learning environment that helps children building their independence. A unique benefit of Lion's Pride North is that this classroom will be connected to the CHS Early Childhood Growth and Development Classroom. Our younger students love the opportunity to learn from and play with their older high school role models.

We offer care for children 3 years old as of September 1st up to children eligible to enter Chelmsford Public School Kindergarten. Our daily schedule includes a balance of structured academic activities and open-ended play.

We follow the Chelmsford Public School calendar, and are open from 6:45 a.m. to 4:45 p.m.

Lion's Pride NORTH monthly pricing for 2021/2022:

Two Day (Tuesday and Thursday): \$497

Three Day (Monday, Wednesday, Friday): \$712

Five Day (Monday-Friday): \$1035

For more information or to register, go to ChelmsfordCommunityEd.com