

**Chelmsford Community Education**

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



# Summer

## Course Catalog 2022

**Register at [ChelmsfordCommunityEd.com](https://ChelmsfordCommunityEd.com)**



# From the Director

Welcome to Summer with Chelmsford Community Education! We are happy to be able to provide quality summer programming for your children (and a few for you grown ups) with a variety of options to support any schedule. With full day, half day and weekly care and enrichment programs for all age ranges, we have something educational, entertaining, and just plain fun for everyone!

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](http://ChelmsfordCommunityEd.com), or call us at 978-251-5151.

Robyn Adams  
Director

# SUMMER 2022

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# Important Information

## 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](http://ChelmsfordCommunityEd.com)

## How to Register

Online registration is available at [ChelmsfordCommunityEd.com](http://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](mailto:commed@Chelmsford.k12.ma.us)

## 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](http://ChelmsfordCommunityEd.com).

## When Does Registration Begin?

Registration opens on Thursday, April 14th. 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](mailto:adulthood@chelmsford.k12.ma.us)

# SUMMER 2022

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## 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.

## 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](mailto:smithc@chelmsford.k12.ma.us)

## Like us on Social Media

Don't miss out on all the news, class updates, fun pictures and free activities.

Like our Facebook page at:  
Chelmsford Community Education

Our Instagram page is:  
CommedWestlands (Chelmsford Community Education)

## Contests & Special Events

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

We have some exciting activities coming up during the Summer and Fall of 2022. Watch for more details on our Facebook page (Chelmsford Community Education), or by going to our website ([ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com)) on these and other fun programs to be announced soon!

- Passport to Fun Summer Game
- STEM in a Box Take Home Kits
- Walk Off The Pounds
- Caption This Contest
- Family Fitness Challenge

**Register NOW at**  
**[ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com)**

## 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 20 of this catalog.

## Virtual 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 (including Summer Splash), dates and registration, contact Colleen Smith at **[adulted@Chelmsford.k12.ma.us](mailto: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](mailto: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**





## Passport to Summer Fun Game

Contest starts July 5<sup>th</sup>

Pick up your "Passports" at  
Chelmsford Community Education  
beginning June 21<sup>st</sup> weekdays  
between the hours of 8am and 3pm.

Beginning July 5<sup>th</sup>, solve the clues to  
each Chelmsford location and stop by  
to get your passport stamped.

When you have solved all the clues  
and received all of your stamps, bring  
your passport back to the Commed  
building (170 Dalton Road) and drop  
them in the contest box slot in the  
lobby by Monday, August 1<sup>st</sup>.

All passports will be verified and a  
winner will be drawn on Tuesday,  
August 2<sup>nd</sup>.

A prize will be award to the winner!



## Caption This!!

Game begins July 11<sup>th</sup>

Our Caption This game is simple –  
we will post a new picture to our  
Facebook page every Monday on the  
following dates:

- July 11<sup>th</sup>
- July 18<sup>th</sup>
- July 25<sup>th</sup>
- August 1<sup>st</sup>
- August 8<sup>th</sup>

Comment directly on the post with  
your best caption for the picture by  
Thursday of the same week. Each  
Friday we select a winning entry  
which will be posted, then entered  
into the Caption This grand prize  
drawing.

A winner will be draw at random on  
Friday, August 12<sup>th</sup> and a prize will  
be award to the winner.

Be sure to like us on Facebook  
(Chelmsford Community Education)  
so you don't miss our posts!

We can't wait to see your captions!!



## Family Fitness Challenge

Challenge starts June 10th

Join our family fitness challenge! Get out and enjoy nature and get a few steps in while exploring our community! Visit each of the walking trails or outdoor spaces listed on our website under "Family Fitness Challenge" in the program section and send a picture of your family at each location to

[Adulted@Chelmsford.k12.ma.us](mailto:Adulted@Chelmsford.k12.ma.us)

Complete all challenges and submit your photos by July 27<sup>th</sup> to be entered into our grand prize drawing. For more details and the list of locations, go to: [ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com)

## Commed Office Staff

**Robyn Adams, Director**

**Kelley DiFolco, Assistant Director**

**Michele Walsh, Childcare Supervisor**

**Colleen Smith, Adult Education**

**Program Coordinator**

**Linda Westland, Secretary**

**Rhonda Poole, Office Assistant**



## 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](http://ChelmsfordCommunityEd.com) or contact Colleen Smith at [smithc@Chelmsford.k12.ma.us](mailto: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.

We will have all our favorite areas open this summer: the STEM Room, Art Room, Chill Zone, Gym, Playground, Café, and Outdoor Rec. Summerfest is designed around choices! The children will be able to pick which areas they would like to play and explore during rotation periods to allow for an opportunity to play with neighbors or friends who are close in age. Our goal is to allow the children more time to do the things they really love, while still offering a variety of choices.

Our program will be located at the Chelmsford Community Education Building, 170 Dalton Road 01824 Chelmsford, MA. 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 6:00 p.m.**

A Sneak Peek at Summer!

Movin' and Groovin' (7/5-7-8)

Super Silly Science (7/11-7/15)

It's a Jungle Out There (7/18-7/22)

Underwater Ocean Commotion (7/25-7/29)

Wacky and Wonderful (8/1-8/5)

Batter Up (8/8-8/12)

# SUMMERQUEST

## 2022



SummerQuest is our summer program specifically for Preteens and Teens – kids entering 6<sup>th</sup> through entering 9<sup>th</sup> 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



### NEW PROGRAM!!!

### Full Day Summer Preschool

Join us this summer for a brand-new **FULL** day pre-school childcare program – Summer Splash! We emphasize a positive, safe, fun learning environment that helps children build their independence.

Students will be required to bring their own home lunch and snacks, which will be eaten in their classroom.

All registrants must be fully potty trained.

The classroom will have the following play areas: block area, writing center, dramatic play, art area, math and science center, and a sensory table as well as time outside (weather permitting).

**Location:** Commed Rm 18 **Ages:** 4-5

**Instructors:**

Weeks 1-4: Jennifer DeMarco & Janice McCartin

Weeks 5-6: Beth Hoey & Maureen Bossi

8:00am – 4:00pm, \$240 Per Week

Week 1: July 5-8 Let's go to the Zoo

Week 2: July 11-15 Pirates on the Ocean

Week 3: July 18-22 Fairy Tales

Week 4: July 25-29 Outside Insect

Week 5: August 1-5 All About Seasons

Week 6: August 8-12 Mindfulness & Friendship

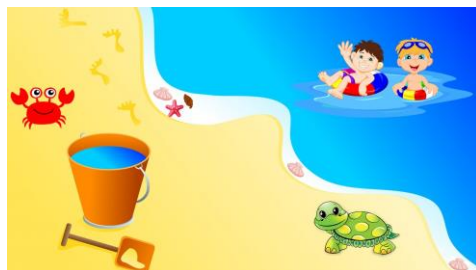


In this program, for children, ages 3-5, we will explore weird motions and flying things, air and water pressure, crazy chemistry, light and sound, science magic, electricity, magnets, astronomy, and more! Be prepared for lots of fun stuff. Each child receives Scientist Trading Cards and a Free Top Secret Science T-Shirt! A wonderful 3 hours of science each day. Hope to see you there!

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

**Instructor:** Top Secret Science

July 5-8, 8:30am – 11:30am \$150



### Life at The Beach

Come explore life on the beach and in the ocean! Feel sand, sea glass, & seashells in a sensory bin, make sandcastles out of clay, play fishing games, eat a snack on beach towels, hear the sounds of the ocean, learn about the animals that live in the ocean & on the beach, and make some fun crafts!

**Location:** Commed Rm 12 **Ages:** 3-4

**Instructor:** Stephanie Clark

July 11 – July 15, 8:30am – 11:30am, \$150

**Register NOW at**  
**ChelmsfordCommunityEd.com**

# Pre-School



## How Things Work

Learn about simple machines and exploring how to make things work. Exploring ramps and angles, testing out things that float, building objects with wheels using tinker toys, legos, and bristle blocks. We will also test out pulley systems, mix ingredients to make something new, and test what things can be pushed or pulled.

**Location:** Commed Rm 12 **Ages:** 3-4  
**Instructor:** Stephanie Clark

July 18 – July 22, 8:30am – 11:30am, \$150



## Going on a Safari

Let's go on a safari to identify many animals that live in the savannah or the jungle. Hunt for animals inside and outside using our binoculars, listen to the sounds of jungle animals and practice moving and sound like them! Will also include fun animal based crafts.

**Location:** Commed Rm 12 **Ages:** 3-4  
**Instructor:** Stephanie Clark

July 25 – July 29, 8:30am – 11:30am, \$150

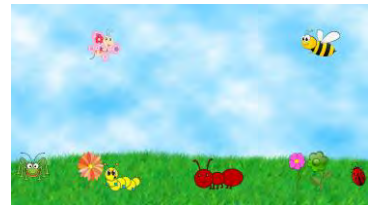


## Camping Adventures

Pretend to go on a camping trip with a tent in the classroom, pillows, and blankets. Make s'mores in the sun, collect sticks to make a pretend fire, learn campfire songs to sing, explore with flashlights, go on a boat trip using pool noodles as oars. Create your own paper towel roll torch and other camping crafts.

**Location:** Commed Rm 12 **Ages:** 3-4  
**Instructor:** Stephanie Clark

August 1 – August 5, 8:30am – 11:30am, \$150



## Exploring Nature Around Us

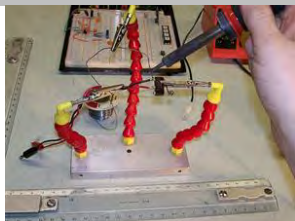
Have you ever looking for nature right in your own backyard? In Exploring Nature Around Us, we will search for bugs and animals and their homes in our own backyard using binoculars and magnifying glasses, observe worms in a worm farm, and learn how to grow and care for flowers and plants. We will also learn about caring for the environment.

**Location:** Commed Rm 12 **Ages:** 3-4  
**Instructor:** Stephanie Clark

August 8 – August 12, 8:30am – 11:3am, \$150

**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Computer



### Circuit Makers 101

Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create many projects that they can be proud of, and each class day includes a take-home project.

**Location:** Commed Rm 21 **Grade:** 1-3

**Instructor:** Circuit Labs

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July 11 – July 15, 8:00am – 11:00am, \$185

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### Hands –On Electronics

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use Arduino microcontroller boards to build interactive devices and learn about computers and coding. We will experiment with LEDs, resistors, motors, and sensors. Each class day gives participants the chance to design a hands-on-project with the guidance of skilled Circuit lab instructors.

**Location:** Commed Rm 21 **Grade:** 4-7

**Instructor:** Circuit Labs

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July 11 – July 15, 11:45am – 2:45pm, \$185

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## Youth Programs

### Lego Mathematics

Put away those boring math workbooks, let's learn math with Legos! 2nd-5th graders use math concepts to problem-solve as they design, plan and build Lego projects.

Students will construct houses, skyscrapers, bridges and more while fulfilling specified mathematical requirements. Students will create project blueprints before each project and solve word-problems upon completion.

**Location:** Commed Rm 21 **Grade:** 2-5

**Instructor:** Right Brain Curriculum

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July 25 – July 28, 9:00am – 12:00pm, \$169

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### Future House

Design their own "Future House" that exists in the year 2118 in poster form and as a Lego model. Study what life was like 100 years ago in the United States as they think about what life might be like 100 years in the future.

Watch a video of the predictions made in 1960 about what life would be like today --- and judge its accuracy then write a short story about life in the year 2118. Draw a diagram of a car of the future that will be in their "Future Home's" garage. See a collection of videos on "smart homes" and what houses might be like in the future to help students generate their own ideas. Learn what futurists believe could be some of the most difficult challenges the world will face in the 21st Century. Present to parents a model and diagram of their "House of 2118" describing and demonstrating their futuristic furniture and appliances room-by-room.

**Location:** Commed Rm 21 **Grade:** 2-5

**Instructor:** Right Brain Curriculum

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August 8 – August 11, 9:00am – 12:00pm, \$169

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## Youth Programs

(cont.)

### 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 6<sup>th</sup> 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.**

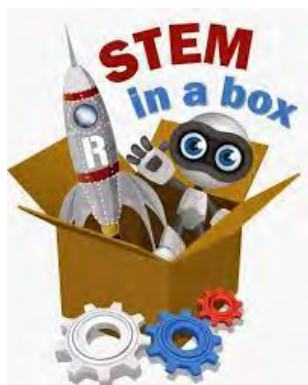
Kits will be available for pickup at Chelmsford Community Education, 170 Dalton Road, Chelmsford beginning Monday of the kit weeks listed below.

Kits available are:

- July 11–15: Electronics, Gadgets & Gizmos
- July 18-22: Light–Faster Than a Speeding Bullet
- July 25-29: States of Matter
- August 1-5: Forces & Motion Physics
- August 8-12: Engineering/Technology

**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 Bldg. **Grades:** Various

**Instructor:** Top Secret Science

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August 1-5	Grades K-5:	
	AM Class: 8:45am – 11:45am	\$180
	PM Class: 12:00pm – 3:00pm	\$180
	Full Day Class: 8:45am – 3:00pm	\$315

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August 8-12	Grades 5-8:	
	AM Class: 8:45am – 11:45am	\$180
	PM Class: 12:00pm – 3:00pm	\$180
	Full Day Class: 8:45am – 3:00pm	\$315

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## Register NOW at

[ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com)



## The Arts



### Introduction to Clay & Sculpting

Clay and sculpting students in this class will explore a variety of sculpting techniques – pinch, score and slip joining, working around an armature. We will experiment with clays like Model Magic foam clay, terracotta clay, and polymer clay that don't need a kiln to cure. Materials will be provided for an additional fee\* due at the first class.

**Location:** Commed **Ages:** 8-14

**Instructor:** Lucia Starkey

July 5 – July 8, 9:00am – 12:00pm \$110

\* One time materials fee of \$45 payable to instructor on first day of class.



### Outside the Lines Color Craze!

Come explore color through different artistic lenses during Color Craze! Throughout the week, we will design colorful creations using materials like yarn, shaving cream, marbles and bubbles. Students can expect to create eye-catching designs while learning about different techniques like marbling, pull-string art and dot art. Our instructors will also give brief lessons about the history of some of the techniques students will be using. When it is time for a break from art, students will be playing fun games and making new friends!

**Location:** Commed **Grade:** 1-6

**Instructor:** Fun4All Summer Programs

July 18 – July 21, 9:00am – 3:00pm \$220

## Fun4All Slime Week!



It's time for slime! Spend a week learning how to make slime and put your creativity to the test to see who can make the ultimate slime! During slime week, students can expect to learn the basics of how to make slime and will have fun creating slimes of different colors, smells, and textures. Students will learn to make slimes that are crunchy, magnetic, and glow in the dark! Our instructors will show students the latest slime tips and tricks and encourage creative thinking and collaboration. Once the slime is made, students will show off their creations! Slime week lets kids get their hands dirty while leaving the mess in the classroom and out of your home!

**Location:** Commed **Grade:** 1-6

**Instructor:** Fun4All Summer Programs

August 1 – 4, 9:00am – 3:00pm, \$220



### Hollywood Film Production

Turn your movie idea into an amazing script, then bring it to life! This class takes the process through script formatting and styling, character design, writing dialogue, storyboarding before moving into filming! Student will act out parts, work behind the camera, shooting with iPads. We will also learn about special effects and green-screen editing.

**Location:** Commed Rm 15 **Grade:** 1-6

**Instructor:** Athena Coding

July 25-29, 9:00am – 12:00pm, \$200

**Register NOW at**  
**ChelmsfordCommunityEd.com**

## The Arts (cont.)



### Costume & Cosplay

#### Fabrication: An Introduction

This amazing new class will introduce students to materials commonly used in costume making and Cosplay, through a series of small, wearable projects. During this class we will:

Day 1: Learn to measure bodies and clothes and learn to sew a button hole. Project - hand sewn wrist cuffs with button closures.

Day 2: What do clothes say about a character. Project: Patterning and forming EVA foam bracers to fit a character concept.

Day 3: Pushing your patterns and adapting them. How do flat shapes turn into 3D objects? Project: Using mask patterns to make 3D EVA foam masks or pauldrons.

Day 4: Casting and introduction to thermoplastics. Project: Using alginate and gypsum to make tooth molds to sculpt thermoplastic fangs.

Day 5: Getting away from soft, and what is Worbla? Project: Design and make a set of finger rings or claws using Worbla, a type of thermoplastic sheet used to make rigid armor pieces.

**Location:** Commed Rm 15 **Age:** 10-16

**Instructor:** Lucia Starkey

July 11-15, 9:00-12:00pm, \$130 + materials fee

- One time materials fee of \$50 payable to instructor on first day of class.



### Summer Sing! Musical Theatre for Kids

Do you like to act, sing and dance? Then Summer Sing! musical theatre class is for you! Students will learn acting skills, singing techniques, and dance moves. No previous theatre experience required. Students will perform a short combination for family and friends on the last day of the session showcasing what they have learned. Come enjoy a fun week full of acting, singing, and dancing!

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

**Instructor:** Olivia Minchello

July 5-8, 9:00am – 1:00pm, \$170

August 8-12, 9:00am – 12:00pm, \$170

## Special Interests

### Home Alone

Does your child know what to do in an emergency or if a stranger comes to the door? Take the first steps towards independence! The Home Alone Program is designed to teach children simple rules and procedures for responsible self-care.

**Location:** Commed Rm 21 **Age:** 8-12

**Instructor:** Janet Cullinane

Wednesday, July 6, 1pm - 3pm, \$29

**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Special Interests



### Children's Etiquette Workshops

Give your child a strong foundation in social graces, dining etiquette and interpersonal skills. Our goal is to empower them with confidence and propel them towards personal and professional success.

Communication is the most important key to leadership success. However research shows that in today's age of social media, with a decrease of face-to-face conversations, interpersonal skills are on the decline. Social norms may have changed over time, but the basic rules of social protocol and manners have stayed the same. A person who has well refined social skills conveys confidence. This can create an appealing differentiator that sets himself or herself apart. At New England School of Protocol we aim to instill life skills, social consideration, and mutual respect as we believe that etiquette leads to civility in the home, school and society that we live in.

**Location:** Commed Rm 8 **Grades:** 2-7 or 8-12

**Instructor:** Nikki Sawhney,  
N.E. School of Protocol

### Dining Etiquette Workshops

Thursday, July 7, 9:30am – 11:00am, \$65

or

Monday, August 1, 11:30am – 1:00pm, \$65

### Social Skills Workshop

Thursday, July 7, 11:15am – 12:45pm, \$60

### Conversation Skills Workshop

Wednesday, July 20, 1:00pm – 2:00pm, \$50

### Restaurant Ready Workshop

Wednesday, July 20, 2:15pm – 3:15pm, \$50

### Combined Social Skills & Dining Etiquette Workshop

August 8-11, 11:15am – 12:15pm, \$140

### Teen Dining Etiquette Workshop

Monday, August 1, 1:15pm – 2:45pm, \$65

**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 11 – July 15, 9:00am – 12:00pm, \$169



## 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 11 – July 15, 9:00am – 12:00pm, \$159

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## 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 ½ years old.

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

**Instructor:** Skyhawks Sports Academy

July 25 – July 29, 9:00am – 9:45am, \$110

## 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 25 – July 29, 10:00am – 1:00pm, \$159.00

## 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 25 – July 29, 10:00am – 1:00pm, \$159.00



## 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 18 – July 22, 9:00am – 12:00pm, \$169



### 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 1 – August 5, 10:00am – 1:00pm, \$159.00

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## 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.) Format of this program is based on registration numbers. If there are not enough registrants to field appropriate teams, the program will run as a skills and drills program to begin each class, then will break down to game play at the end of each class. Class size will not exceed 60 per hour based on hoop availability. If numbers exceed that amount, additional time will be opened up to accommodate the additional registrants.

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

Begins Monday, July 11<sup>th</sup>, 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. It is understood that players will miss games because of other commitments (vacation, other sports, etc.)

**Location:** CHS Outdoor Courts **Grade:** 10<sup>th</sup> -  
College Freshman

Begins, Monday, July 11<sup>th</sup>, 6:00pm - 8:00pm, \$40

# Sports & Fitness (cont.)



## 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 **Ages:** 7-12

**Instructor:** Jennifer Aucoin

August 15 – August 19, 1:00pm - 3:00pm, \$75



## Summer Archery

Come join us this Summer and learn one of the fastest growing sports in the country - Archery! Beginners and all skill levels are welcome. Archery program is taught by a certified USA archery level 3 coach from On Site Archery. In this program, you will learn proper archery range procedures, safety and how to shoot a bow and arrow through a step by step approach.

Grades 3-5, July 18 – July 21, 9:00am-10:00am, \$108

Grades 6-12, July 18– July 21, 10:15am–11:15am, \$108

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## 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 5-8 from 10am to 2:30pm

**Location:** McCarthy Middle School Track

**Grades:** K-5

**Instructor:** Courtney Quinn

4 Tuesdays, July 12 – August 2, 6:15pm - 7:30pm, \$45



## Mountain Biking

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.

**Location:** Russell Mills Swim & Tennis Club, Chelmsford

**Ages:** 7-13

**Instructor:** KC&E Adventures

Wk 1: July 5, 6, 7	9:00am – 3:00pm	\$400
Wk 2: July 19, 20, 21	9:00am – 3:00pm	\$400
Wk 3: August 2, 3, 4	9:00am – 3:00pm	\$400



## Sports & Fitness (cont.)



### 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 11 – August 11, 8:15am – 9:45am, \$75/Wk

U10: July 11 – August 11, 10am – 12pm, \$96/Wk

U16: July 11 – August 11, 12:15pm – 2:15pm, \$96/Wk



### Disc Golf

Have fun while learning one of the fastest growing sports in the country, disc golf! Learn the skills, rules, how to keep score, and course play.

**Location:** CHS Disc Golf Course **Ages:** 7-11/12-14

**Instructor:** Roseanne Ham

Ages 7-11: 5 Wednesday Starts July 12, \$100

Ages 12-14: 5 Wednesday Starts July 12, \$100

## Chess



NEW HALF &  
FULL DAY  
OPTIONS!

### 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 workbook.

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

**Instructor:** Chess Wizards

#### Week 1: July 18 – July 22

- AM: 9:00am – 12:00pm \$210
- PM: 12:00pm – 3:00pm \$210
- FULL DAY: 9:00am – 3:00pm \$310

#### Week 2: August 1– August 5

- AM: 9:00am – 12:00pm \$210
- PM: 12:00pm – 3:00pm \$210
- FULL DAY: 9:00am – 3:00pm \$310

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## Cooking (Virtual Classes)

Registrants of these programs are welcome to watch as Chef Diane demonstrates the preparation and cooking of the menu, or you may decide you want to cook along. Should you choose to cook along, a list of materials will be emailed to you prior to the night of class that will include all items required to cook along with Chef Diane.



### Italian Summer Desserts

What could be better than a cool Italian dessert on a hot summer day. Join Chef Diane Manteca and learn to make these great desserts to enjoy after a great dinner, or just with some chilled cappuccino. In this Zoom class, we will be making Limoncello Tiramisu, Fresh Fruit Crostata, Cannoli Parfaits with our own homemade cannoli shells, and Almond Infused Cherry Gelato. Make one of these desserts during class or try all of them!

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

**Instructor:** Diane Manteca

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Friday, July 15, 6:00pm – 8:30pm, \$43

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### Italian Patio Dining

The Italian know how to make great "Piattini"... small plates of delicious appetizers and starters than can be eaten as a meal or enjoyed before a dinner. We will start with the famous "Aperol Spritzer" cocktail that you see all over Italy during the summer months. Then we will move on to make three great bruschettas - a white bean with rosemary, a fig & gorgonzola and then roasted cherry tomato and mozzarella with basil. We will make Shrimp alla Scapece, a Venetian grilled salad, then a unique antipasto salad, finishing up with "Scroppini," a lemon sorbet & cream delight. Kick back on Zoom with Chef Diane and learn a new way to enjoy Italian summer food!

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

**Instructor:** Diane Manteca

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Thursday, August 4, 6:00pm - 8:30pm, \$43

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## 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

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

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### 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/](http://ed2go.com/chelmcomed/)

## Physical Fitness



### Pickleball

Join us this summer for the fastest growing sport in America! Learn the rules of Pickleball then build your game from the ground up with our expert instructor. Two levels of programming available depending on your ability level. All equipment is provided and space is VERY limited to register today!

**Location:** Varney Park **Age:** 18+

**Instructor:** Donald Van Dyne

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#### Beginner:

4 Tuesdays, Begins July 12, 9:00-10:15am, \$124

4 Thursdays, Begins July 14, 4:00-5:15pm, \$124

#### Adv Beginner to Low Intermediate:

4 Tuesdays, Begins July 12, 10:30-11:45am, \$124

4 Thursdays, Begins July 14, 5:30-6:45pm, \$124