



# Aspirations

Spring 2019  
Program Brochure

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## IMPORTANT DATES

February 12:

REGISTRATION  
OPENS

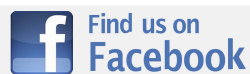
Feb.20: REGISTRATION  
AND PAYMENT DUE

February 22:  
CLASSES BEGIN

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*Aspirations would like to thank the Jack and Mae Rosenberg Charitable Trust and Herbert Stoller, Trustee, for their generosity in funding our program!*

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## Spring Sessions are back!

We can hardly believe it is ALREADY February! The entire team is excited to get groups back up and running. We have missed all of our friends over these past few chilly weeks!

We are happy to announce that we are partnering once again with Central Rock Gym in Worcester, Lovelane Riding in Lincoln (SPRING II) and will be hosting a brand new Teen Hang Out at Apex Marlboro.

We can't wait to see you all soon!

Please spread the news!

## Registering for our Spring Session

Please check out our class offerings on the following pages and mail the attached registration form, with payment, to:

Aspirations  
Attn: Lane Sisak  
40 Fairbank Road  
Sudbury, MA 01776

We'll send you a confirmation once your registration and payment have been received. If you have questions regarding our programs please contact us at [aspirations@sudbury@gmail.com](mailto:aspirations@sudbury@gmail.com), or (401) 374-5579.

## Spring 2019

<p><b>Music Therapy</b> We will use the fun and motivation of music to address the social, behavioral and sensory goals of participants. Children will be singing, playing a variety of instruments and moving to the music as they engage in supportive and therapeutic music making. Goals may include increasing communication skills, turn taking, joint attention and learning songs that can carry over into the home. Services provided by Roman Music Therapy.</p> <p><b>Days:</b> Saturday <b>Time:</b> 10:30-11:15 <b>Ages:</b> 4 and up <b>Dates:</b> 2/23, 3/2, 3/9, 3/16, 3/23, 4/6, 4/13 <b>Cost:</b> \$140 Sudbury resident/\$154 non-resident <b>Location:</b> Noyes School</p>	<p><b>Relaxin' the Day Away/Reiki (NEW)</b> Find your Zen! This class is designed to help you relax through gentle movements, exercise and meditations. We will also learn to breath and relax as Marci helps us align our chakras through the practice of Reiki!</p> <p><b>Days:</b> Saturday <b>Time:</b> 9:00-9:45 <b>Ages:</b> 4 and up <b>Dates:</b> 2/23, 3/2, 3/9, 3/16, 3/23, 4/6, 4/13 <b>Cost:</b> \$140 Sudbury resident/\$154 non-resident <b>Location:</b> Noyes School</p>
<p><b>Tae Kwon Do</b> Beginning level class introduces kids to the basics of Tae Kwon Do.</p> <p><b>Days:</b> Saturday <b>Time:</b> 9:45-10:30 <b>Ages:</b> 6 and up <b>Dates:</b> 2/23, 3/2, 3/9, 3/16, 3/23, 4/6, 4/13 <b>Cost:</b> \$140 Sudbury resident/\$154 non-resident <b>Location:</b> Noyes School</p>	<p><b>Up, Up and Away Rock Climbing</b> We tried it at camp and we loved it! Come boost your confidence and face your fears. This is an all-levels experience for any friends of our who would like to rock climb.</p> <p><b>Days:</b> Sunday <b>Time:</b> 5-6:30pm <b>Ages:</b> 8 and up <b>Dates:</b> 2/24, 3/3, 3/10, 3/17, 3/24, 3/31 <b>Cost:</b> \$180 Sudbury resident/\$198 non-resident <b>Location:</b> Central Rock Gym, Worcester</p>
<p><b>Teen Hang Out- Apex, Marlborough (NEW)</b> Fabulous Friday night at the lanes!</p> <p><b>Days:</b> Friday <b>Time:</b> 5-6:30 <b>Ages:</b> 12 and up <b>Dates:</b> 3/1 (Bowling), 3/8 (Laser Tag/Arcade), 3/15 (Arcade), 3/22 (Sport Simulators) <b>Cost:</b> \$120 Sudbury resident/\$132 non-resident <b>Location:</b> Apex Marlboro 21 Apex Drive Marlborough, MA</p>	<p><b>Hiking/Snowshoeing</b> Last session we loved our brisk, morning walks! This session we are hoping to mix it up (weather permitting). Let's head back out and see if we can spot an owl and follow a new path in nature! If it snows, we will try out our new snowshoes! What a sensory dream!</p> <p><b>Days:</b> Sundays <b>Time:</b> 9-10:30 <b>Ages:</b> 8 and up <b>Dates:</b> 2/24, 3/3, 3/10, 3/24, 3/31 <b>Cost:</b> \$150 Sudbury resident/\$165 non-resident <b>Location:</b> Assabet Wildlife Refuge Sudbury</p>

# Aspirations Program Registration

Please print and return with payment

Please list all programs for which you are registering:

Program name \_\_\_\_\_ Fee \$ \_\_\_\_\_

Program name \_\_\_\_\_ Fee \$ \_\_\_\_\_

Program name \_\_\_\_\_ Fee \$ \_\_\_\_\_

Program name \_\_\_\_\_ Fee \$ \_\_\_\_\_

Total # of Programs: \_\_\_\_\_

Total Fee Enclosed: \$ \_\_\_\_\_

### Child Information:

Last Name: \_\_\_\_\_ First: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M or F \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

### Medical Information:

Allergies: \_\_\_\_\_

Physical Limitations: \_\_\_\_\_

Medications: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

In the event of an emergency what is your hospital preference? \_\_\_\_\_

Medical Carrier: \_\_\_\_\_ ID# \_\_\_\_\_

### Additional Information:

\_\_\_\_\_

### Parent Information:

Last Name: \_\_\_\_\_ First: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### Emergency Contact Information (other than parent):

1. Contact Name: \_\_\_\_\_ 2. Contact Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Relationship: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_