



*Update*  
January 21, 2009  
Vol. 1, Issue 3

*Independence ~ Knowledge ~ Community*

***Inaugural Address – storm clouds on the horizon***

You could hear a pin drop at noon yesterday anywhere in our building as our students and staff members watched the swearing in of our 44<sup>th</sup> president and listened to his inaugural address. All of us at SSCPS would like to give special thanks to Bob Jesus, our technology director, who came in on Martin Luther King Day to set up all of the projection carts and make adjustments to our filtering system so that we could watch the ceremony via the internet. Assisting Bob yesterday was 2008 graduate, Matt Zakrzewski, who is on break from college.

In preparation for the inauguration over the past few months, , our K-12 teachers have been discussing with our students our democratic system of government, the election and electoral process, the inauguration, and why yesterday was such an historic occasion for our country. At the high school level, history teacher Lora DeSalvo put together a compelling PowerPoint presentation highlighting key events in our country's history: the revolution, the writing of the constitution, our early years and slavery, the Civil War and Reconstruction, Jim Crow laws and the Civil Rights Movement in the 1960s – all leading up to the election of our first African-American president! I have asked Lora if I can share her presentation with the Education Committee at its meeting tomorrow afternoon.

As a former high school history teacher, the following remarks from President Obama's inaugural speech really resonated with me: "Today I say to you that the challenges we face are real. They are serious and they are many. They will not be met easily or in a short span of time. But know this, America - they will be met. . . What is required of us now is a new era of responsibility - a recognition, on the part of every American, that we have duties to ourselves, our nation, and the world, duties that we do not grudgingly accept but rather seize gladly, firm in the knowledge that there is nothing so satisfying to the spirit, so defining of our character, than giving our all to a difficult task. . . . On this day, we gather because we have chosen hope over fear, unity of purpose over conflict and discord."

Here at SSCPS, we recognize that we will be facing new challenges over the next year and that there will be budget cuts. However, we will confront whatever budget cuts come our way head on and we will continue to work together with parents, faculty and staff, the Board of Trustees, and, of course, our students, to address these problems. I am confident that SSCPS will "endure what storms may come" and emerge an even better and stronger school!

*Prue Goodale*

*"We cross dirt roads and highways that mark the will of someone and then others who said, "I need to see what's on the other side; I know there's something better down the road." –Elizabeth Alexander, from Inaugural Poem, January 20, 2009*

<b>Thurs – Friday</b>	<b>01/22-01/23</b>	<b>Grade 7-12 Mid Term Exams Early Release High School (Grades 9-12) Only</b>	
<b>Thursday</b>	<b>01/22</b>	<b>Education Committee</b>	<b>3:45pm</b>
<b>Thursday</b>	<b>01/22</b>	<b>Finance Committee</b>	<b>6:00pm</b>
<b>Thursday</b>	<b>01/22</b>	<b>Board of Trustees</b>	<b>7:00pm</b>
<b>Friday</b>	<b>01/23</b>	<b>SEPAC`</b>	<b>8:30am</b>
<b>Saturday</b>	<b>01/24</b>	<b>Level I and Level II Social</b>	<b>2:00-4:00pm</b>
<b>Tuesday</b>	<b>01/27</b>	<b>Governance Committee</b>	<b>5:00pm</b>
<b>Thursday</b>	<b>01/29</b>	<b>Progress Reports Distributed grade 7-12</b>	
<b>Thursday</b>	<b>01/29</b>	<b>SSCPS Annual Talent Show – Hingham High School</b>	<b>6:30pm</b>
<b>Friday</b>	<b>01/30</b>	<b>Professional Development Day No classes for students</b>	

**WEEKLY UPDATES ARE EMAILED AND POSTED ON OUR WEBSITE  
AT [WWW.SSCPS.ORG](http://WWW.SSCPS.ORG) EVERY WEDNESDAY – TO RECEIVE A PAPER COPY PLEASE  
CONTACT PAM ALGERA EXT. 103 OR EMAIL [PALGERA@SSCPS.ORG](mailto:PALGERA@SSCPS.ORG)**

## **ANNOUNCEMENTS**

### **LUNCH ORDERS**

Enclosed is the Lunch Order Form for the remainder of January. January orders are due Thursday, January 22nd by 3:00pm. Also enclosed is the February Lunch Menu and Order form. February orders are due January 29<sup>th</sup> by 3pm.

### **K-6 PRINCIPAL REPORT**

Yesterday my school day began with the sounds of Jesse Norman wafting out of the music room singing an inspired version of “He’s Got the Whole World in His Hands,” and then I heard our children singing James Weldon Johnson’s “Lift Every Voice” and then I heard Aretha Franklin singing “My Country Tis of Thee.” Well it was a day of song and spoken word and the peaceful transition of power in a country whose founding documents were more enduring than their writers believed that they would be; for that we are all grateful. We can also be grateful to the notion that the values that will help us move forward are the same values we have used in the past. Our new President said, “But those values upon which our success depends – hard work and honesty, courage and fair play, tolerance and curiosity, loyalty and patriotism – these things are old. These things are true.”

One thing that is true is that it is hard to be clear. It is hard to communicate even when we know what we feel and believe. When I had a classroom I used to tell my students that what I cared the most about was that they work hard and be kind. I thought I heard that message in Jesse Norman’s voice, James Weldon Johnson’s words, and Aretha Franklin’s being.

These are difficult times in many of our communities. In my home town of Hull the proposed budget eliminates the town’s public library. Just as in the early days of the school in Hull you may be hearing inaccurate messages about how our school is hurting your town. I thought it would be helpful to see the

following Question and Answer section from the Massachusetts Charter School Association website, (www.masscharterschools.org)

**MYTH:** Charter public schools "drain money" from district public schools.

**REALITY:** When charter public schools are funded, there is no loss of public school money because charter schools are public schools. The total amount of spending on public education in communities with charter public schools is unchanged.

**MYTH:** Charter public schools receive more state money than district public schools.

**REALITY:** Charter public schools receive exactly what the districts spend to educate their students. A new funding formula ensures that the amount of money that charter public schools receive reflects the demographics, grade levels, and special education needs of the students who enroll.

**MYTH:** Charter public schools cost more.

**REALITY:** When you factor in both operating expenses and facility costs, charter public schools cost less than district public schools. Charter public schools are not eligible to receive state subsidies from the School Building Assistance Bureau (SBAB), which grants districts large subsidies (60% to 90% of the total cost) to finance new construction or major renovations. Just this year, charters started receiving a per pupil grant of \$742, which covers a portion of our construction costs.

**MYTH:** The state should not be expanding any programs during tight fiscal times.

**REALITY:** Charter public schools require no new state funds, so this "expansion" comes without a price tag. Charter public schools receive the same amount of money that district public schools would receive if they were still educating that student. The money is just being moved from one public school to another public school.

My central message in this update is to say thank you. Thank you for sending your children to us. We are grateful to you.

*Ted Hirsch – (781) 982-4202 –thirsch@sscps.org*

## Art News

**Twenty seven** high school and middle school students have been selected to submit work on our behalf to the **Boston Globe All Scholastic Art Awards**. The following **middle school students** submitted linoleum block print designs which have been added to their curriculum for the first time this year, **Seth MacLean, Gene Dorney, Arthur Kirk, Oisin McNulty, Renice Howard, Emilie Gray, Josie Hirsch, Katie Aucella, Isabelle Seal, Niamh Dalton, Jeremy Delphonse, and Tyler Tsang**. **Devin Nigro and Joshua Lutts** submitted computer graphic designs which were also newly introduced this year and created in our new MAC Lab. The following **high school students** submitted pieces, **Cory Bowker-Kelly (pastel), Andres Butler (mixed media), Regine Desgrottes (photography), Zoe Estabrooks (drawing), Hannah Hayes (computer graphics), Anna Hill (mixed media), Jonathan Jackson (photography), Rachael Kent (Pastel), Kristeen Lau (sculpture), Kolin Perry (computer graphics), Maggie Reardon (comic book), Alicia Tsang (fashion design) and Brianne Watson (jewelry)**. The awards are conducted every year throughout the United States. Gold and silver key winners will be exhibited though the month of Feb. in the Transportation Building in Boston. Congratulations to the selected students who will be receiving a certificate in February. Last call for anyone not satisfied with the quality of their **Original Works** piece. Please see Marianne or call x304.

Coming soon to the **Starbucks on Route 3A in Hingham**, the High School Art Workshop will display their pieces throughout the month of February. Presently Art Teacher Marianne Buckley Curran is displaying work there.

## FROM THE ATHLETIC DIRECTOR

The High School basketball team was snowed out yet again on Sunday for their game against Health Careers. They look to add another win to their schedule competing against Salem Academy this week.

The Middle School basketball team traveled to Edward Brooke Charter School last night. The girls had a small lead for most of the game but were unable to hold on and lost by a very small margin. The boy's team came back from being down by as much as 12 points to beat out Edward Brooke in the last few minutes.

You can catch all of your Jaguar teams on Sunday, January 25th at the Hingham Middle School. The Middle School girls playing at 4:00pm, Middle School boys 5:00pm, High School Girls 6:15pm and High School Boys 7:30pm.

## **ON THE LEVELS**

### **SAYING OF THE WEEK:**

Level 1: "The more the merrier."

Level 2: "Seeing is believing."

**Attention all Level I and Level II families** please join us on Saturday, January 24, 2009 from 2:00 – 4:00 for an afternoon of fun and friends. There will be lots of fun and surprises. Our very talented community will provide entertainment. Admission is free. **Peanut free snacks** to be shared are greatly welcomed. Please contact Kerry Griffin @ 781 878-3762 or [rockgriff@verizon.net](mailto:rockgriff@verizon.net) with questions. Hope to see you there. Kerry

## **Fundraising & Development Corner**

---



### **Get in the Driver's Seat!**

The Golf Tournament Committee and Auction Committee are now in "full swing" getting ready for the First Annual Golf Tournament and 14<sup>th</sup> Annual Auction to be held on May 28, 2009, at Southers Marsh Golf Club in Plymouth. Many hands are needed to make this event a success and it is a great way to meet other parents!

We can use your talent, interest, and energy in the areas of the Golf tournament...recruiting players, (signing up yourself to play) soliciting sponsors for the tournament at the various levels and acquiring items for goody bags, check in or check out and helping in other ways on the day of the event, ...and the Auction... acquisition of auction items, advertising, reservations, check-in, auction catalog, silent auction, live auction, publicity, checkout, decoration, display, student art projects and more! If you are interested in helping, please contact Geri Calos, [gcalos@sseps.org](mailto:gcalos@sseps.org), (781) 982-4202 ext. 362. If you have a service or item you can donate please contact Geri as well.

### **Earn Money While You Shop**

Just because the holidays are over doesn't mean we all stop shopping. If you shop online, please be sure to register at [www.onecause.com](http://www.onecause.com) as a supporter of SSCPS & visit One Cause before you shop so we get credit for all purchases. Just in the past two months, we were able to raise \$184.98 for SSCPS by shopping through One Cause. It's worth the extra click of the mouse. Not only do you raise funds for the school, but One Cause gives you coupon codes and special deals that you might be missing otherwise. Click here for a recent post holiday flyer: [http://www.causeloyalty.com/oc\\_docs/cause/January\\_ShoppingFlyer\\_2009\\_Cause.pdf](http://www.causeloyalty.com/oc_docs/cause/January_ShoppingFlyer_2009_Cause.pdf)

Another way to earn more money through One Cause is by signing up for OneCause Visa. Send the link out to your friends & family and watch the \$\$ come in!

Show your support with the OneCause Visa® Platinum. Contribute to your chosen cause or school every time you shop with the OneCause Visa® Platinum! Anywhere you shop, for anything you purchase, you will earn:

a 1% contribution on total purchases made. extra contributions at the stores and catalogs of [Visa Rewards Merchants](#). a \$20 bonus contribution the first time you use your card! Simply apply for and register your new card with OneCause, then use it to make all of your everyday purchases. The OneCause Visa Platinum also offers no cap, no annual fee and as little as 0% APR for the first six to 12 months. Learn more and apply now at our [secure online application form](#).

### **Fundraising Video**

Have a special SSCPS story to share? The fundraising committee would like to create a video to use at various fundraising and friendraising events that depicts why the school is so special and what it means to our students, faculty and parents. Email us today if you think you have the goods to help with this very important project or if you have other ideas to share! [fundraising@SSCPS.org](mailto:fundraising@SSCPS.org)

**Reflective Vests are still available** – we still have some reflective vests available from the Harvest Run. They are \$15 each. Please email [gcalos@sscps.org](mailto:gcalos@sscps.org) to see if your size is available.

## **SEPAC**

### **SEPAC Workshop – Let’s Get Organized**

The SEPAC group invites you to join us for “LETS GET ORGANIZED”, our free skill-building workshop for families with **children of special needs**. This workshop may just be what you are looking for to answer your questions on how to create a more clutter free environment. This workshop focuses on organizing all of the paperwork and medical related information we receive when raising a child that has a special need. The following provides more information about this workshop that will be offered by Family Ties.

“Children do not come with instructions, and neither do the challenges you face when raising a child with a disability. This workshop will help parents work with their own strengths and successes with concrete written materials to strengthen their organizational skills. “LET’S GET ORGANIZED” With so much paperwork; so many doctors, reports, school papers—how do we keep it all straight?

The focus of this workshop is to:

1. Discuss the importance of developing good organizational skills;
2. Identify methods of organizing records;
3. Recognize the importance of emergency preparedness; and
4. Consider effective ways to build a community for your child.

Participants will bring home a three-ring binder, organizational supplies, and lots of ideas on ways to bring order to the mountains of paperwork that relates to their child’s medical and educational needs.”

When: Thursday, February 26<sup>th</sup> at 7:00pm

Where: SSCPS – Music Room

Presented by: Family Ties Organization

RSVP: Beth Toma at [JToma85103@aol.com](mailto:JToma85103@aol.com) *Note: This workshop is limited to 15 families, pre-enrollment is required*

The focus of this workshop is for parents with **children in special education (students on IEP and 504 plans)** becoming better organized with the tremendous amount of paperwork that is required which can become very overwhelming to keep track of.

**You must RSVP by February 9th** to attend this workshop as we are inviting another school district to join us and will be opening up enrollment after this date to this outside school. We will not be able to guarantee you a spot in this workshop if you decide to attend after this date.

## **EMPLOYMENT OPPORTUNITIES**

### **2008-2009 Vacancies:**

- **On-Call Substitute Teachers**
- **On-Call Substitute Teacher Aides**

*Send cover letter, resume and list of references to Kristine Shipps, Business Manager.*

# SSCPS Annual Talent Show

**Come to the SSCPS Annual Talent Show on**

**January 29<sup>th</sup> 2009 @ 6:30  
@ Hingham High**

## **AUDITIONS**

**Talent Show Auditions for Levels I, II and III Students:  
January 12<sup>th</sup> & 13<sup>th</sup> @ 3:15pm**

**Level IV and High School "Charter Idol" Auditions:  
January 15<sup>th</sup> @ 3:15pm**

**All Auditions held in the High School Village Green**

**Registrations Due To Room 107 by January 9<sup>th</sup>**

## **THE SHOW**

**Admission to show: \$5**

### **6pm-Art Show in Lobby**

**The Art workshop will display some of their best creations in the lobby just outside the auditorium for display.**

### **6:30pm-Talents Show Begins**

### **7:30pm-Intermission**

**A short intermission after the Talent show will have a special guest playing alongside a presentation about the upcoming Costa Rica trip.**

### **7:45-Charter Idol Begins**

**Pre auditioned students from Level IV and the high school will have a singing competition judged by you!**

***Taking the part of Randy, Simon, and Paula are:  
Tee Smith, James Guerrier, & Olivia Mignosa)***

## Lunch Menu – February 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 <p style="text-align: center;"><b><i>Turkey</i></b></p> With American cheese, lettuce, tomato and mayo	3 <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	4 <p style="text-align: center;"><b><i>Ham</i></b></p> With American cheese, lettuce, tomato, pickle and oil	5 <p style="text-align: center;"><b><i>Roast Beef</i></b></p> With American cheese and mustard	6 <p style="text-align: center;"><b><i>Tuna Salad</i></b></p> With lettuce and tomato
9 <p style="text-align: center;"><b><i>Chicken Salad</i></b></p> With lettuce and tomato	10 <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	11 <p style="text-align: center;"><b><i>BLT</i></b></p> Bacon, Lettuce and Tomato with mayonnaise	12 <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	13 <p style="text-align: center;"><b><i>Greek Salad</i></b></p> With Greek dressing and pita bread
16 <p style="text-align: center;">----- V</p>	17 <p style="text-align: center;">A C</p>	18 <p style="text-align: center;">A T</p>	19 <p style="text-align: center;">I O</p>	20 <p style="text-align: center;">N -----</p>
23 <p style="text-align: center;"><b><i>Italian Cold Cuts</i></b></p> With Provolone cheese, lettuce, tomato, pickle and oil	24 <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	25 <p style="text-align: center;"><b><i>BLT</i></b></p> Bacon, Lettuce and Tomato with mayonnaise	26 <p style="text-align: center;"><b><i>Cheese Pizza</i></b></p>	27 <p style="text-align: center;"><b><i>Tuna Salad</i></b></p> With lettuce and tomato

2 % milk, chocolate milk, strawberry milk or orange juice is included with the purchase of lunch or may be purchased for 25 cents. If your child has forgotten a lunch, yogurt, a fruit bar and Milk will be provided at the cost of \$1.75. For Level I and II a Lunchable and Milk will be provided for the cost of 2.75. A note from the office will go home that week for reimbursement

**Lunch Order Form**  
**Lunch for the Month of February, 2009**  
Due to the office by 3:00 pm, Thursday, January 29, 2009

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

Please **CHECK** off the day lunch will be ordered and **CIRCLE** your selection.

Week of 2/2 – 2/6	<input type="checkbox"/> Monday Sub ½ sub Wheat	<input type="checkbox"/> Tuesday Pizza #_____	<input type="checkbox"/> Wednesday Sub ½ sub Wheat	<input type="checkbox"/> Thursday Pizza #_____	<input type="checkbox"/> Friday Sub ½ sub Wheat
----------------------	--	---	---	--	--

Week of 2/9 – 2/13	<input type="checkbox"/> Monday Sub ½ sub Wheat	<input type="checkbox"/> Tuesday Pizza #_____	<input type="checkbox"/> Wednesday Sub ½ sub Wheat	<input type="checkbox"/> Thursday Pizza #_____	<input type="checkbox"/> Friday Salad
-----------------------	--	---	---	--	--

Week of 2/16 – 2/20	<input checked="" type="checkbox"/> Monday	<input checked="" type="checkbox"/> Tuesday	<input checked="" type="checkbox"/> Wednesday	<input checked="" type="checkbox"/> Thursday	<input checked="" type="checkbox"/> Friday
------------------------	--	---	---	--	--

----- V A C A T I O N -----

Week of 2/23 – 2/27	<input type="checkbox"/> Monday Sub ½ sub Wheat	<input type="checkbox"/> Tuesday Pizza #_____	<input type="checkbox"/> Wednesday Sub ½ sub Wheat	<input type="checkbox"/> Thursday Pizza #_____	<input type="checkbox"/> Friday Sub ½ sub Wheat
------------------------	--	---	---	--	--

Number of Subs/Wheat ordered	_____	X	\$5.00
Number of ½ subs ordered	_____	X	\$3.00
Number of Pizza Slices ordered	_____	X	\$1.75
Number of Salads	_____	X	\$3.00

*Less credit due* \_\_\_\_\_

**Total Amount Enclosed**

\$ \_\_\_\_\_

Cash or Checks may be made out to SSCPS.

**Choice of 2% milk, chocolate milk, strawberry milk or orange juice is included with the purchase of a meal or can be purchased separately for 25 cents.**

Please note: If your child has forgotten lunch, a lunch of yogurt, a fruit bar and Milk will be provided at the cost of \$1.75 For Level I and II a Lunchable will be provided at the cost of \$2.75. A note from the office will go home that afternoon for reimbursement.



Lunch Order Form  
 Lunch for the Month of January, 2009  
Due to the office by 12:00 pm, Thursday, January 22, 2009

Student Name \_\_\_\_\_

Pod Teacher/Advisor \_\_\_\_\_ Grade \_\_\_\_\_

Please **CHECK** off the day lunch will be ordered and **CIRCLE** your selection.

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input checked="" type="checkbox"/> Friday
1/26 – 1/30	Sub	Pizza	Sub	Pizza	<b>No Lunch</b>
	½ sub	# _____	½ sub	# _____	<b>NO SCHOOL</b>
	Wheat		Wheat		

Number of Subs/Wheat ordered	_____	X	\$5.00
Number of ½ subs ordered	_____	X	\$3.00
Number of Pizza Slices ordered	_____	X	\$1.75
Number of Salads	_____	X	\$3.00
<i>Less credit due</i>			_____
<b>Total Amount Enclosed</b>			\$ _____

Cash or Checks may be made out to SSCPS.

**Choice of 2% milk, chocolate milk, strawberry milk or orange juice is included with the purchase of a meal or can be purchased separately for 25 cents.**

Please note: If your child has forgotten lunch, a lunch of yogurt, a fruit bar and Milk will be provided at the cost of \$1.75 For Level I and II a Lunchable will be provided at the cost of \$2.75. A note from the office will go home that afternoon for reimbursement.

## Level I & II Family Social



Attention all Level I and Level II families

Please join us on Saturday, January 24, 2009 from  
2:00 - 4:00 for an afternoon of fun and friends.

There will be lots of fun and surprises. Our very  
talented community will provide entertainment.  
Admission is free.

Parent free snacks to be shared are  
greatly welcomed.

Please contact Kerry Griffin @ 781 878-3762 or  
[rockgriff@verizon.net](mailto:rockgriff@verizon.net) with questions.



**Come eat at Moe's Southwest Grill for lunch or dinner!**

**When:** January 23<sup>rd</sup> & 24<sup>th</sup> 2009

**Address:** 1775 Washington Street, Suite 204 in Hanover

Some foods they have there are burritos, tacos, quesadillas, nachos, salads, fajitas, and also kid meals.

Please support the Costa Rica trip funds by eating at Moe's Southwest Grill!

<b>Moe's Dining Ticket</b> <small>www.moes.com</small>
<b>Support SSCPS Environmental Club &amp; their February 2009 trip to Costa Rica</b> Good January 23 <sup>rd</sup> & 24 <sup>th</sup> at the Moe's Southwest Grill in the Hanover Mall. Bring this coupon in order to have 10% of your bill donated to our cause.
<b>Moe's Dining Ticket</b> <small>www.moes.com</small>
<b>Support SSCPS Environmental Club &amp; their February 2009 trip to Costa Rica</b> Good January 23 <sup>rd</sup> & 24 <sup>th</sup> at the Moe's Southwest Grill in the Hanover Mall. Bring this coupon in order to have 10% of your bill donated to our cause.




South Shore YMCA

# Teen Fridays In January


Every Friday from 6:30 -9:30 pm the South Shore YMCA offers activities for teens.

- 1/2**    **Zumba** 6:30 - 7:30 pm studio 3  
**4 Square Mania** 7:30 - 9:00 pm gym  
**Bead Surprise** 7- 8:30 pm art room  
**Twister** 8:30 - 9:30 pm art room



- 1/9**  **Definitions** 6:30 - 7:30 pm studio 3  
**Dodge Ball** 7- 8:30 pm gym  
**Performance Workshop**  
7:30 - 9:30 pm art room

- 1/16**    **Zumba** 6:30 - 7:30 pm studio 3  
**"Shrinky Dink"** 7 - 8:30 pm art room  
**Wiffle Ball** 7- 8:30 pm gym  
**Poetry Slam** 7:30 - 9:30 pm art room  
**Game Night** activity center 8:30 - 9:30

- 1/23**  **Definitions** 6:30 - 7:30 pm studio 3  
**Capture the Flag** 7- 8:30 pm gym  
**Performance Workshop**  
7:30 - 9:30 pm art room

- 1/30**    **Zumba** 6:30 - 7:30 pm studio 3  
**Kick Ball** 7 - 8:30 pm gym  
**Performance Workshop** 7:30 - 9:30 pm art room

## Every Friday Night:

-  **Cardio & Weight Training**  
6:30-8:30 pm
- Mixed Martial Arts \***  
7:30-8:30 pm studio 2
- Indoor Cycling**  
7:30-8:30 pm  
cycling studio
- Open Gym, Swim & Cardio**  
6:30-9:30 pm

**Teen Friday events are free to Members and \$5 for Non-Members. Participants must be 12 or older. Come 10 times & get a prize. Wear work-out gear to be active.**