



Independence ~ Knowledge ~ Community

TAKE THE SSCPS ANNUAL SATISFACTION SURVEY TODAY! VIST WWW.SSCPS.ORG



I was Executive Director for a day! The day started when I came in to the building. I went to Prue's office, and we went looking for Ted. I wanted to have a quick meeting with him about homework and an around the school outdoor clean-up, but he wasn't around. Then I called six of my friends down to the office. We created a survey to give to level three. The survey was about school merchandise. Then, they went back to class and I had my meeting with Ted. I walked around the building and took pictures with my camera. Then my friends came back to help hand out the surveys and a treat-Ice Pops! We collected the surveys, and I gave level three 1/2 an hour extra recess I went out, but came in before the extra

1/2 hour. I called my friend Grace to the office, and on the computer we watched the Red Sox game! My friends came back and they watched too. We had a few more ice pops, and then I saw a play on level four. It was about roman life, and it was pretty good. Then we went back to the office. About a half-hour later everyone had to go back, but I had a great time as Executive Director for a day!!!

Sincerely, Van Harting

This is Nella Harting reporting from the Executive Director's Office.

On June 2, 2009 I was the Executive Director for the day. I had such a great time that I totally forgot what I was supposed to be doing!

When you are Executive Director you get to call your friends down on the intercom, make announcements on the intercom and you also get to make grown up decisions. That is what I loved about doing this job and taking the next step forward.

I also had a meeting with Dr. C discussing school life. Prue took me around and introduced me & talked about the Smart Board.

Nella G. Harting



Parent Satisfaction Survey and Van's On-Line School Store Survey

Surveys are important tools to get important information from your "customers" and "clients."

Each year at this time, the school asks four groups to give us feedback on how we are doing as a school in educating our students as well as our communications and working relationships with our faculty, parents, and members of the Board of Trustees. The four groups surveyed are faculty/staff, parents, students, and the Board of Trustees. **The deadline to complete the survey is next Monday, June 15th.** It is EXTREMELY IMPORTANT that we have large percentages of each group completing the survey. The survey is on-line and it does not require a lot of time to complete. Ideally, we would like to 100% participation from ALL four groups. As I mentioned in my ALERT NOW message on Sunday, the information from the survey is reported to the Massachusetts Department of Elementary and Secondary Education as part of our Annual Report and our Renewal Documents.

The survey that Van Harting designed along with several of his friends in the Executive Director's office asked students about their interest in SSCPS having an on-line store next year. The response from Level III was very positive and the students provided us with some feedback about what items they would like to see sold on-line. We will be surveying students at the other levels, along with faculty, parents, and the Board of Trustees to make certain that there is interest in purchasing SSCPS items such as T-Shirts, fleece jackets, mugs, etc. A number of schools do have on-line stores but it is an involved process. Before we move forward, we need to know what merchandise our "customers" would purchase if we have an on-line store. Thank you Van for doing the survey and getting things rolling. I truly enjoyed having both Van and his sister Nella take over as Executive Director for two days last week. One year ago, the Executive Directors for a Day were Jason and Ryan Conforti. Who will win the bid at next year's Auction and be Executive Director for a Day in 2010?

Kudos to all the performers at Last Night's Spring Concert

Last evening, our students shone at our annual Spring Concert. As I walked out of the auditorium at the end of the program, one of the faculty members commented to me that there is not another school in the country, especially one as small as ours, that has such amazing talent. I could not agree more – we are blessed to have such gifted students in art, music, theater, environmental science, community service, and, of course, the core academic subjects. Special thanks to our music teachers, Andre Kim, Wardie Mannix, and Lucille Butler. They did a spectacular job working with and preparing our students for this wonderful event. Thank you also to all of the teachers for their assistance and support throughout the spring. As promised, Andre Kim planned a few surprises for us: guest performances by former students Alex Nuesse and Daniel Alexandre, and SSCPS's 7-12 principal, Dr. Connolly! A great night out!

Veggie Van wins another award and Evan's Story piece by Backyard Environmentalists

Tuesday was another one of those days where I wanted to clone myself. At the same time that our concert was going on, our students and their teacher, Tara Turner, were recipients one of the twenty of **The Green Difference Awards** in Walpole for their Veggie Van. This morning, Level II and high school students viewed "Evan's Story" produced by Daniel and Marilyn Brielmann. The twelve minute video tells the story of Evan Whitemyer's "Summits for My School" fundraising event and how the funds were used to help the school purchase the Veggie Van. The video has footage of some of the mountain climbs, interviews with key individuals and companies that helped us convert the diesel fueled car to vegetable oil, the companies that donate the oil to us, and the company that did the shrink wrapping for the car. You can watch the video beginning tomorrow on the Brielmann's website, www.e-awakening.com.

Prue Goodale

"The role of the teacher remains the highest calling of a free people. To the teacher, America entrusts her most precious resource, her children; and asks that they be prepared ... to face the rigors of individual participation in a democratic society." - Shirley Mount Hufstедler

Thursday	06/11	Title I Year End Literacy Celebration	6:00-8:00pm
Friday	06/12	Grades K-11 Grades Close	
Friday	06/12	The Big Haircut	2:00pm
Friday	06/12	Movie Night	5:00-9:00pm
Tues-Thurs	06/16-06/18	Level IV and High School Final Exams – See schedule below	
Tuesday	06/16	Level III Drama Performance – Hingham Middle School	6:00pm
Wednesday	06/17	Level IV Dance	6:00pm
Thursday	06/18	End of Year Level Celebrations – See schedule below Last Day of School – Early Release	12:00pm

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

LAST WEEK OF SCHOOL SCHEDULE

Level IV Final Exam Schedule:

	Monday 6/15	Tuesday 6/16	Wednesday 6/17	Thursday, 6/18
8:15-8:30am	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting
8:30-10:00am	7 th Math 8 th English	7 th English 8 th Spanish	7 th Science 8 th History	
10:00-10:30am	Break	Break	Break	10:15 am Awards Ceremony
10:30-12:00pm	7 th Spanish 8 th Science	7 th History 8 th Math	Make-ups	
12:00-12:30pm	Lunch	Lunch	Lunch	Dismissal
12:30-1:00pm	Break	Break	Break	
1:00-3:00pm	Study	Study	Activity	

High School Final Exam Schedule:

	Tuesday, 6/16	Wednesday, 6/17	Thursday, 6/18
8:30 -10:15	A Block	C Block	E Block
10:15-10:30	Break	Break	Dismissal
10:30-12:00	B Block	D Block	Make-Ups
12:00pm	Dismissal	Dismissal	

Level I

Thursday, June 18th – Level I Breakfast - Dismissal 12:00pm

Level II

Thursday, June 18th – Awards Ceremony 10:30am – Dismissal 12:00pm

Level III

Thursday, June 18th – Awards Ceremony 10:30am – Dismissal 12:00pm

ANNOUNCEMENTS

PAINTING HELP NEEDED THIS SUMMER

SSCPS needs volunteer help this summer painting classrooms, bathrooms, and common areas throughout the building. We would like volunteer assistance from parents or responsible high school students that have experience painting. Please email Mark Flanagan at mflanagan@sscps.org or reach him at x105 if you can help.

Attention - Families in Hull, Hingham, and Cohasset.

We are fortunate to have a reliable and safe bus service run from Hull, Hingham, and Cohasset to the SSCPS in Norwell. If you are interested in having your child(ren) ride 1-way or round trip, this is the time to make arrangements. Deposits and contracts are due by June 15th. For prices, contracts, and additional information; please contact: Amy Lemkin, amylemkin@gmail.com, 781-801-5557.

Support our Veggie Van and purchase this special T-shirt. We have a limited quantity of t-shirts available for \$10 each. We now have smaller youth sizes and adult XL. Contact Tara Turner at tturner@sscps.org.

We are looking to go it again! Wanted! a donated DIESEL van!

It would need to be one of the following:

FORD

- 1986-89 6.9L diesel (some have aftermarket turbos which are good)
- 1990-1993.5 7.3L NON powerstroke
- 1994-1997/8 1st generation powerstroke

1999-2002 2nd generation powerstroke

Chevrolet 1980s-2002 (unless it has a Duramax engine)

If you or if you know of someone who may be interested in please contact Tara Turner at 781-982-4202 x 331 or tturner@sscps.org.

LUNCH ORDERS

Enclosed is the lunch order form for June. Orders are due Thursday, June 11th by 3pm.

HEALTH OFFICE

Please pick-up any medication your child may have in the health office before the end of the year. All medication that is left in the health office after June 18th 2009 will be disposed of.

Please remind all students to stay away from the wooded areas on the playground. There have been several staff and students who have reported tic bites. Also students should use bug repellent on any field trips that involve wooded areas. This should be applied at home.

K-6 PRINCIPAL REPORT

This will be my final update of the year and to start it I would like to quote from my first update,

“The purpose of this weekly update is to let you know a little bit about what I am thinking about what is going on here at school. The short answer for this week and all weeks to come is a great deal, but I will try to be concrete and specific and short. In writing this update my goal is to be transparent and clear. I also want you to know I want feedback on how we are doing as a school; I want you to tell me: in person, by phone or e-mail, thirsch@sscps.org what is going on for your student at this school.”

The entire Update is an important communication tool for us and I have enjoyed writing these pieces which are a small part of that Update. It has helped me clarify my thoughts about the school and I hope I have succeeded in the objective stated above, (though the “short” goal I know I have not always met). Anyway please keep communicating with us this summer and I would like to close the year with a conveyance of my thanks.

It has been my first year as a K – 6 Principal and for me it has been a very good year. Getting to know and seeing the students learn and change over the course of time is a great gift. While we do not always live up to our ideals of a joyful place for academics, service and life I know that at times we do. For the most part this is a happy place and I want to thank all of the people for making it so happy. First, I want to thank the children for the joy that they bring every day. Second, I want to thank the teachers who do the work that is the most important in the school. Third, I would like to thank all of the families that take so much care and effort to send us the children. It is the three legged stool that we talk about here at SSCPS, a collaborative effort to be a school of love, where all students and families can make a home.

I am very proud of this school and the education that we give and I would like to thank some people who are the reason that we are so good. I would like to thank Mariclare Cheney, who is the Administrative Assistant to both Dr. Connolly and me. Mariclare shows so much passion for this school and she is tireless in assuring that we can all work at an optimal level. I am indebted to her for all that she accomplishes in a day, many things that I do not even know about. I would also like to thank Mark Flanagan, another tireless worker, who since the winter has been doing the work of two. Mark makes sure that this building is well taken care of and that the children are safe. Mark always is there for us and we are grateful to his energy and thoughtfulness. I would also like to thank Pam Algera who is the organizational force behind all that we do. Pam not only understands all of the workings of the school but also its history and has clarity of vision that guides all of our work. Her professionalism and warmth keeps us focused and strong so we can pursue our mission of being a different kind of school. Another unsung hero of this school is Kathy Sobol who has the ability to multi-task and organize that makes us all so much better. Kathy organizes the Learning Services department with grace and clarity that makes us able to work as a team. The face of our school is Donna Josselyn, who greets us all in the morning and is a team player who is ready to pitch in and help with any task we need. She is constantly supporting the teachers and the administration to make this

place work. The last person I would like to thank by name is Kristine Shipps. Kristine is the person who is most responsible for the incredible economic efficiency of this school. We have with the same dollars as our sending districts (less if you factor in facilities money) been able to provide more staff and more support. Kristine is a person who tells it like it is and is never afraid of the difficult but necessary decisions. Except for Mark all of these individuals have children who are graduates or students in our school. It was parents who founded this school and these parents keep us mindful of our founding vision and of our responsibilities. Thanks to all who are apart of this beautiful institution. *Ted Hirsch – (781)982-4202 –thirsch@sscps.org*

ON THE LEVELS

SAYING OF THE WEEK:

Level 1: “Turn over a new leaf.”

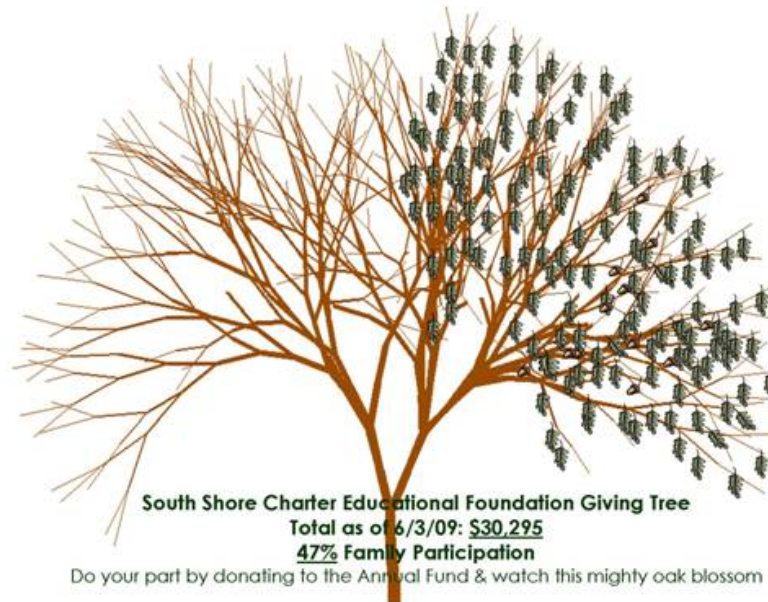
Level 2: “Let bygones be bygones.”

FUNDRAISING & DEVELOPMENT CORNER

Online Auction Addendum – Last Call!

Last call for the Online Auction Addendum. Please visit www.SSCEFGolfAuction.com to see the items & the current leading bids. Full Orthodontic treatment, Week at Camp Thayer, Quincy College Course, Family Photo Session, & more. If you would like to place a bid or outbid a current leading bid, please email gcalos@sscps.org with your high bid by Midnight tonight (Wednesday) Winning bidders will be announced Thursday. Thank you!

Annual Fund – Keep the Participation Momentum Going!! Make Your Donation Today



2nd Annual Harvest Run – Online Registration is active!



The 2nd Annual SSCEF Harvest Run is underway! Online registration is active. Please click on the RunReg logo below to register early. Registration forms and sponsorship forms will be available this week.

Don't forget OneCause! To date, we have earned \$229 by just a few of us shopping through OneCause. We have already received a check! Download the toolbar & you won't forget! Money can be earned every day, all year long! Win a Dell Laptop by inviting your friends to OneCause!

http://www.causeloyalty.com/oc_docs/school/Invite_Friends_Flyer_School.pdf

PARENTS ASSOCIATION

With the year winding down I would like to take this opportunity to offer my thanks to everyone who helped out with the PA this year. From the parents attending meetings, to those of you that held an elected position – Thank you so much for your contribution of time, energy, and ideas. This school is an amazing community made more so by the parents who are so committed to its continued success.

The PA was involved in several successful initiatives this year but the standout, in my mind, was the creation of the Grant Task Force spearheaded by PA Treasurer, Denise Demaggio. We were fortunate to fund over \$7,000 worth of requests from the faculty. While Denise will not be continuing on as Treasurer, I'm confident that the foundation she has put in place will serve us well. Thank you Denise for all of your hard work!!

I'm excited for the new school year and looking forward to collaborating with the new members of the PA. Remember, the PA is comprised of all parents and guardians of students at SSCPS – by virtue of having a child in the school you are a member.

Have a great summer and see you in September! Deidre Lamoureux, PA Chair

2009-10 PA Meeting Schedule

All meetings are held at the school and are the 1st Tuesday of the month, unless otherwise noted. Tuesday meetings run from 7p-9p and Saturday meetings run 10a-12p.

Sept 8 (2nd Tuesday)
Oct 3 (Saturday)
Nov 3
Dec 1
Jan 5

Feb 6 (Saturday)
March 2
April 3 (Saturday)
May 4
June 1

REMINDER: to join the online SSCPS Parents Discussion Forum at GoogleGroups which is a great forum for sharing thoughts and ideas related to the school and our community, and for keeping up with Parents Association announcements and news. If you'd like to sign join you can email the group owner at Blaire Schaefer-Flynn (bschaefer@gmail.com) or log onto <http://www.sscps.org/parents/parents-association/index.cfm>

LIBRARY UPDATE

The South Shore Charter Public School Library has completed it's first successful year of being opened. We have had many students visit our library checking out many books with enthusiasm and excitement. The success of our library would not have been possible without the commitment of parent volunteers and high school students that volunteered their time to assist students during their visits to our library. Thank you for all of your help this past year.

We have been asked by families if the library takes donations. We are looking for donations on the following book series.

1. Goosebumps
2. June B . Jones
3. A Series of Unfortunate Events.

We are also looking for the following magazines.

1. Kids National Geographic
2. Kids Sports Illustrated

As we go through the books in our library we will let families know what other books our library can use. All library books that have been checked out are due back the end of this week Friday, June 5th. If books are not returned overdue notices will be sent to students through their teachers. If overdue books are not returned by the last day of school a fee will be placed on any missing book(s).

The Library Committee is looking for members next year. If you are interested on being on this Committee please email Beth Toma at JToma85103@aol.com. Have a great summer and see you in the fall.

Library Committee

EMPLOYMENT OPPORTUNITIES

2008-2009 Vacancies:

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

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

COMMUNITY INTEREST

Our Physical Education Teacher, Ashley Lorance, will be participating in the Cohasset Triathlon on June 28. Ashley is racing as part of the team, Sarah's Soldiers. Sarah's Soldiers is a team of friends and family supporting Sarah Bast and the great efforts of the Juvenile Diabetes Research Foundation, or JDRF. The team's goal is to help support the JDRF in its efforts to find a cure for juvenile diabetes. Last year the team raised over \$33,000 as they participated and competed in the Cohasset Triathlon. They look to surpass that number this year and need your help. Your donations are greatly appreciated on behalf of Ashley and the entire Sarah's Soldiers team. Please visit www.sarahsoldiers.com to learn more.

COMMUNITY SERVICE

The 7th Annual Big Hair Cut is coming . . . June 12! 10

inches of hair required – come join our Big Give to give your hair to be sent to Locks of Love, an organization that makes wigs for children who lose their hair due to chemotherapy and other lose diseases. Everyone is invited to participate and cheer for everybody. Let's beat last year's record of 110 inches of braid! (we have collected 605 inches of hair in the past 6 years!) Sign-up on the door of Mary Ellen's classroom, room 103, next to the front desk. If you have any questions please contact me by sending an email to amedeiros1106@hotmail.com. The Big Count Down, Drum Roll, and Cheers begin at 2:15 outside, behind the school. (If it does rain we will be moving it inside into the High School Great Room. Everybody Come!)



Stop! Wait! You think you don't have enough Hair!?



There's a new thing in town! 2 inches of hair and you're In!! The Big Hair Ball is here!! Cut your hair at the Big Hair Cut for collects hair to make rugs for **Oil Spills!!** Hair is a super absorbent of oil products – hair-mats are used to soak up ocean oil spills from oil tankers. Go to <http://www.matteroftrust.org/>

and read all about it!! So join us at the BIG HAIR CUT on June 12th at 2:30. For more information and to sign up contact Ruth Pierre, Level IV, Angie's Pod or you can contact Ruth through Claudia at extension 212. ALL DONATIONS COUNT AS COMMUNITY SERVICE! Salons are sweeping up their hair clippings into plastic garbage bags and sending them to **Matters of trust** and so are we!!

You can still Buy your 2009 Yearbook!!!

- You can NO longer purchase your yearbook online... You will have to buy one from Jared, if there are any left, for \$55.00.
 - For more information and questions contact Jared in room 303 or ext. 316.
-

Following is a summary of the responses parent's submitted with their 2009-10 PA Ballots.

1. Why did you choose SSCPS?

- "I loved the multi-age classrooms and the smaller classrooms. I live in Rockland and was not happy with the school's there. I had also heard from a few parents whose kids went there that they loved the school"
- "Because charter schools out perform non-charter public schools"
- "Honestly started at the school because they have all day kindergarten – have stayed at the school because my child is challenged academically here & I think they would be bored & have material that's too easy at their town school (3rd year at school now)"
- "Because of project based learning, because the staff is non-union, because of full day care/kindergarten"
- "Full day kindergarten, combined age groups, CORE knowledge"
- "Orientation to Montessori educational approach and location nearby"
- "classroom size and hands on learning approach"
- "I wanted an excellent educational and nurturing social environment for my children where parents and teachers really care"
- "local school system is too big, too scary. Friendly flexible atmosphere of collaboration. Individualized intensive learning and hands-on learning"
- "I like the idea of parents being involved"

2. What are your top 3 favorite attributes of SSCPS?

- "real world learning, varied student body makeup (culturally, economic, interests), and pride and ownership of the school"
- "no teachers unions, wonderful teachers, hard working committed smart staff(principals"
- "challenge students at their level – specific to child, sense of community, willingness to be flexible"
- "teacher flexibility, ease of communication with teachers, the feeling of family"
- "projects, community, parent involvement"

3. What are your 3 least favorite attributes of the school?

- "current assessment format used"
- "some assertiveness has sometimes been necessary to be certain that 504 accommodation plan is effectively implemented"
- "no lunch room, pickup at end of day"
- "poor communication and marketing, lack of after-school opportunities, and limited facilities"
- "lunch choices, no gymnasium for winter fitness, parents who complain too much"
- "the bus situation, love everything else"
- "pickup line, parking, communication"
- "constant budget woes (same as everywhere else), driving distance from house, lack of after school programs for older kids"
- "no cafeteria, unfenced playground, and inconsistencies from level to level"

4. Are you involved with the PA? If not, what prevents you from doing do?

- "babysitting isn't always available"
- "Yes, I try to go to most meetings. Health & Safety committee chair & 3rd grade rep this year. Would love babysitting every time for it"
- "Yes – I attend the meetings and get involved with fundraising when I can"
- "I go to most meetings"
- "Dislike meetings"
- "Not involved with the PA – time"
- "I have attended meetings this year, and am hopeful I will hold an "office" next year"

Responses parent's submitted with their 2009-10 PA Ballots – continued...

5. Do you prefer day or evening PA meetings? Weekday or Saturday?

- “Weekday evenings are best”
- “I think a mix is good to draw as many different people as possible”
- “Weekday evenings”
- “combination of both”
- “weeknights after 7”
- “Saturday mornings”

6. What would you like to see changed in regards to the PA meetings?

- “no changes”
- “would like to see enforcement of a rule that need to be recognized before speaking – some parents don’t stop talking and monopolize the meeting”
- “more balloons, I think the PA meetings are perfect! And they get better each month”
- “only do committee reports and grade reports if there’s news or announcements. No need for a blow-by-blow of what’s happening. Sometime by compiling reports as a paper handout”
- “no changes”
- “more free talk”

7. Comments? Suggestions?

- “I love our school community! But sometimes volunteering is hard with a full-time work schedule. Thank you to everyone who can volunteer”
- “Thank you to all the people on the PA for all of your hard work!”
- “Pick a topic for meetings & have a substantive discussion instead of stale reports”
- “Love the school, teachers, staff, & philosophy”
- “keep up the good work”

South Shore Charter Public School Night at the



Please join us on Friday,
June 26, 2009

The game starts at 7:00 p.m.
Don't miss the fireworks!

Tickets are \$6.00 per person.

To order tickets please provide the following information and include a check made payable to SSCPS. Please return to your child's teacher or drop at the front desk. Thank you!

Name: _____

Phone: _____

E-mail: _____

Number of tickets: _____

Lunch Order Form
 Lunch for the Month of June, 2009
Due to the office by 3:00 pm, Thursday, June 11, 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 checked="" type="checkbox"/> Thursday	<input checked="" type="checkbox"/> Friday
6/15 – 6/19	Sub	Pizza	Sub	Early	
	½ sub	# _____	½ sub	Release	
	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 ordered	_____	X	\$3.00
<i>Less credit due</i>			_____
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 Peanut Butter & Jelly Sandwich and Milk will be provided at the cost of \$2.75. **For Level I and II a Lunchable will be provided.** A note from the office will go home that afternoon for reimbursement.*



South Shore YMCA

Teen Fridays 6/5 & 6/12

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



6/5

Zumba w/ Toni 6:30 - 7:30 pm studio 3
Wiffle Ball 7 - 8:30 pm gym
Wii Games w/ Leaders 7 - 9:30 pm AHC
Art w/Beth 7 - 9 pm AHC

6/12

Definitions 6:30 - 7:30 pm studio 3
Revenge 7 - 8:30 pm gym
Art w/Beth 7 - 9 pm AHC
Performance Workshop 7:30 - 9:30 pm AHC

Summer Break:

Our last Teen Friday is June 12th
(Until the Fall)

Watch for a Teen event this summer!

Every Friday Night:

**Cardio &
Weight Training ***
6:30-8:30 pm



Yoga Fusion
6:45—7:45 pm
Studio 2

Mixed Martial Arts
7:30-8:30 pm studio 2

Indoor Cycling
7— 7:55 set-up
8 — 8:30 pm
Kick'in Class
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 11—17 years old (* 12 + for Cardio & Weight Training program).
Every 10 times you come get a prize. Wear work-out gear to be active.