



### ***Safety and Security***

Last year the members of the school's Crisis Team discussed the need for us to have a practice lock down drill. As you all know, it was a busy and eventful year and the plan to do the drill in the spring was moved to the fall. Like so many schools, we periodically conduct fire drills so that everyone knows what to do in the event there is a real fire in our building. The lock down drill is sometimes referred to as a critical incident drill and it prepares our staff and students for an emergency in the building that would require us to "lock down" the building by securing all classrooms and offices. Just about every public and private school in the area schedules at least one lock down drill a year with their local police department.

To prepare for the practice drill, we contacted the Norwell Fire Department and asked them to help us plan the drill. In addition, members of the Crisis Team contacted other schools in the area and obtained helpful printed information/tips on lock downs. On our September early release day, the faculty practiced the drill without students. Early next week, our students will receive instructions and training from their teachers before we conduct an actual drill. Once we are confident that everyone understands their roles and how they should respond during a real emergency, we will conduct the simulated "lock down" drill in conjunction with the Norwell Police Department. At this time, we anticipate conducting the drill sometime in October.

We need your assistance in order to get the maximum benefit from the drill. It is extremely important that students take the drill SERIOUSLY and follow all directions during the drill. Students should not use cell phones to make calls or to text message during the drill (Note: they should not have cell phones on their person during the school day per the Student Handbook). In a real emergency, cell phone use can actually hamper rescue efforts because they can rapidly overload police response lines. Parents responding to cell phone messages can cause traffic problems and prevent emergency vehicles from entering or leaving a school. Students can also use text messaging and calls to spread inaccurate information and/or rumors that make it more difficult for police and fire personnel to respond to an emergency situation.

How can you help? We need you to tell your student(s) to take this drill seriously. Instruct them to follow directions and not to use their cell phones. No one would ever tell students that they should not take fire drills seriously. We need the same approach for the planned lock down. As a school, we always stress safety and this drill is an important safety tool that will prepare our staff and students to face any emergency that might occur in our building.

### ***Nutrition and School Lunch Program***

Last spring, high school student Jackie Perry presented a nutrition survey that she had conducted to our Board of Trustees. As one might expect, the survey results indicated that the eating habits of many of our students were not healthy. At the same time, a group of parents approached SSCPS Business Director Kristine Shipps to discuss the school's lunch program and ways in which it might be improved. In this week's Update, we have a link to a **web-based lunch survey** that we would like all parents to take. The link to the survey is also posted on our website, [www.sscps.org](http://www.sscps.org). This Update's focus on safety and security and the lunch program replaces this week's Spotlight. Next week's Spotlight will focus on the prevalence of caffeinated and high sugar beverages in our school and their impact on the health and well being of young adults.

## ***Second Parents Association meeting this Saturday***

The second Parents Association meeting of the year is this **Saturday, October 3<sup>rd</sup> at 10:00 a.m.** at the school. Last month we had an excellent turn-out –fifty parents! Let’s shoot for 60 on Saturday. We have lots to talk about including Grandparents Day on October 15<sup>th</sup> (Level 1 and Level 2 students), the 2<sup>nd</sup> Annual Harvest Road Race on Saturday, October 17<sup>th</sup> at Wompatuck State Park in Hingham, and the site visit by the Charter Renewal Team the week of October 19<sup>th</sup>!!! We need parent volunteers for these events and we will provide you with more details on Saturday. Last, but by no means least, the PA will discuss the grant applications that were submitted by staff members. I hope to see you all here on Saturday.

***Prue Goodale, Executive Director***

*“Before anything else, preparation is the key to success,” Alexander Graham Bell*

Friday	10/02	SEPAC Meeting – large conference room	8:30am
Saturday	10/03	Parents Association Meeting	10:00am
Tuesday	10/06	Warnings mailed grades 7-12	
Tuesday	10/06	Title I Parent Night	6:00pm
Wednesday	10/07	Lunch Survey Closes	
Wednesday	10/07	1 <sup>st</sup> Meeting of the Golf/Auction Committee – All welcome to attend	6:00pm
Thursday	10/08	School Council	3:45pm
Thursday	10/08	High School Parent Teacher Conferences Grades 9-12 Details to follow...	
Thursday	10/08	Facilities Committee	6:00pm
		<i>Upcoming Events...</i>	
	10/15	Grandparents /Special Friends Day - 10-11:30am	
	10/17	2 <sup>nd</sup> Annual Harvest Road Race – Wompatuck State Park, Hingham	
	10/19-23	Charter Renewal Site Visit	

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## **TAKE THE SCHOOL LUNCH PROGRAM SURVEY: SURVEY DEADLINE – WEDNESDAY, OCTOBER 7<sup>TH</sup>**

### **Parent Survey:**

[http://www.surveymonkey.com/s.aspx?sm=inQWwmC51GhqhoFKGIKmGg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=inQWwmC51GhqhoFKGIKmGg_3d_3d)

### **Student (Grades 7-12) Survey:**

[http://www.surveymonkey.com/s.aspx?sm=NS9QVIbIXqOWZfxtOAXKIA\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=NS9QVIbIXqOWZfxtOAXKIA_3d_3d)

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## **ANNOUNCEMENTS**

**The SSCPS Second Annual Harvest Run is right around the corner! The Harvest Race Committee and the Development Committee of the Board of Trustees need your help!**

The Harvest Run is set for October 17 at Wompatuck State Park in Hingham. Last year's event brought together hundreds of members of the SSCPS community and friends from all over the South Shore. It takes place on a 5-mile course in a beautiful state park. To make this year's race a success, we need your help in preparing for the race and on race day. And you can help in many ways that include:

Securing race sponsors who provide either cash support or in-kind gifts of prizes, beverages and food. Please use your contacts with local merchants and businesses you know well. Supporters will be recognized on race t-shirts and on signage.

Sponsorship levels include:

- Event Champion -- \$2,500
- Gold Medal Sponsor -- \$1,000
- Silver Medal Sponsor -- \$500

Volunteering on race day. We need volunteers to help with:

- Set-up and clean-up
- Registration tables
- Distributing shirts and goodie bags
- Assisting at the finish line
- At water tables on the course
- At key directional points on the course

Equipment and Supplies. We need to borrow such items as:

- Tables
- Rakes and brooms
- Pens and markers
- Barrels and trash bags

You can also help by spreading the word among family and friends to register as either a walker or a runner and by registering yourself! To register, click below and look for the Harvest Run on the event calendar.

<http://www.runreg.com/events/>

If you would like to volunteer or can assist with a sponsorship, please contact Annette Golden via email: [harvestrun@sscps.org](mailto:harvestrun@sscps.org) or by phone: 781.982.4202.

Facilities Needs:

The Facilities Committee is working on addressing our need to replace our existing roof and upgrade to our mechanical systems. We are looking for a design engineer that can assist us during this process. If you are a design engineer and can volunteer some time and professional assistance the facilities committee would greatly appreciate it. Please contact Kristine Shipps, Business Manager at 781-982-4202x106. Our next facilities committee meeting is scheduled for Thursday, October 8<sup>th</sup> at 6:00 pm here at SSCPS.

## **LUNCH ORDERS**

Enclosed is the October Menu and Lunch Order form. October orders are due Thursday, October 1<sup>st</sup> by 3pm.

## **ATHLETICS**

The high school soccer team played a hard fought game on Friday night against Codman Academy. The score went back and forth throughout the entire game, finally ending in a 3-3 tie. The Jaguars will play their next game on Tuesday in Abington against Prospect Hill Academy.

The middle school soccer team opened their season Monday traveling up to Marblehead. They put up a great fight, with a lot of scoring but ending up falling to a strong Marblehead team 7-4.

## **K-6 PRINCIPAL'S REPORT**

Last week I was fortunate enough to attend a Level II Special Meeting where the students delivered campaign speeches for Level President, Vice President and two Treasurers. More than half of the students ran for office. Of those students more ran for President than for any other office. In our renewal work the Accountability Committee came up with a new Mission statement for our upcoming charter that goes "Inspiring every student to excel in Academics, service and life." What we mean by "life" in this proposed mission statement is that we want students to feel and believe that they can make a difference right now to make this a better school and a better world. The number of speeches delivered by students and the message of those speeches demonstrated to me that the message is getting through.

The candidates spoke about how they could help make the level better and that they would help kids with difficult situations. The teachers had asked that the audience hold its applause until the last speech for every position but that was not possible as the candidates spoke with such passion that the audience frequently spontaneously applauded. (I have to acknowledge that I was not much better than the students at being quiet and forgot at times to withhold my applause.) I sat with great pleasure as I listened to the students and heard their articulateness, passion, and sense of purpose. I admired the support that was coming from the group but I worried – there were only four positions and more than forty candidates and all of the forty were explaining why they would do a good job and I believed them. That meant there were going to be many, many worthy candidates who would not be selected and I thought, it is going to be painful. In an attempt to lessen their sadness I got up and spoke about how the citizen was as important as the President and how the collective wisdom of the group was what made good government and that they were all winners in this process. I may have been speaking over the level of third and fourth graders but I thought they might believe me.

This week I received many beautiful and happy letters from these same third and fourth graders explaining what school is like. These were happy letters about kind and caring teachers and excitement about what they were learning. Students spoke of the love of being challenged and the glory of learning new things and making friends. Several of the letters spoke about the election. In these letters there were comments about the election; one from a child who had won, another from a candidate who had lost, and a third from a child who had voted. For at least these three children the election had done everything that we would hope.

I was also pleased because there were third graders who were running for every position and I thought back about the child many years ago, now entering the 12<sup>th</sup> grade, who was incensed when third graders were not allowed to run for President and he had worked to get the rules changed. In the three legged stool that is SSCPS, students are a vital force. We want to give them the message that they can, and that they have value for achievement in the here and now, in our words, that we want to be inspired to excel at life.

*Ted Hirsch – (781) 982-4202 [thirsch@sscps.org](mailto:thirsch@sscps.org)*

## **ON THE LEVELS**

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

Level 1: "Do unto others as you would have them do unto you."

Level 2: "Like a bull in a China shop."

### **Request from the High School Engineering Class**

Dear SSCPS Community Members,

We are the Engineering the Future Class members. We are building and designing locker organizers, cities, boats, and decks. Our class is requesting supplies so that we are able to create our prototypes. Being an eco-friendly class we are attempting to reduce our impact on the environment.

To further our efforts to reduce our carbon footprint, our class would like you to donate materials that you are no longer using. Some suggestions are:

- Cardboard (large & small pieces)
- Clean aluminum cans
- Milk cartons (gallon-size)
- Discarded game pieces
- Paint and paint brushes (acrylic paint)
- String, wire, pipe cleaners, straws, toothpicks, elastics
- Paper towel tubes
- Aluminum foil
- Large plastic storage bins (to organize our projects)
- Tape (duct tape, masking tape, packing tape, etc)
- Remnants (cloth, vinyl, etc)
- Crayons, colored pencils, markers
- Velcro
- Magnets
- Plastic onion sacks
- Glue sticks
- Glues (rubber cement, etc)
- Broken jewelry
- In-tact (used) school supplies
- Yarn
- Pencil pockets
- Hot wheels cars, legos
- Lincoln logs

Thank you in advance, *members of C Block Engineering the Future*

## PARENTS ASSOCIATION

The next Parent's Association meeting is Saturday October 3rd from 10a-12p at the school. One topic on the agenda will be the proposed disbursement of funds as recommended by the Parent's Association Grant Task Force. If you are in need of baby-sitting services please contact before noon on Tuesday September 29th. Deidre Lamoureux, PA Chair

Welcome back to school and a new year of **Box Tops For Education**. Our school earns cash for each General Mill Box Top that we collect and send. You can help by clipping box tops from the 100s of products that participate, and by signing up to support our school at [www.boxtops4education.com](http://www.boxtops4education.com). Last year we raised over \$700 with this program. Let's try to make it an even more profitable year. Please bring your box tops to school and leave them in the envelope behind the front desk. Level One students can tape or staple their box tops onto the monthly collection sheets that are distributed to the classrooms. If you have questions about the General Mills Box Tops program, please contact me at [bwhitemyer@rcn.com](mailto:bwhitemyer@rcn.com). Thanks. Bethany Whitemyer

**Longwater Transportation** offers a reliable and safe bus service run from Hull, Hingham, and Cohasset to SSCPS. If you are interested in having your child ride the LW Bus either one way or full time, please email [AmyLemkin@gmail.com](mailto:AmyLemkin@gmail.com).

**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 [sscpsparents@googlegroups.com](mailto:sscpsparents@googlegroups.com).

## COMMUNITY SERVICE OPPORTUNITIES

**Memory Walk** – Sponsored by the Alzheimer's Association in an effort to end Alzheimer's. There are 13 regional walks scheduled throughout Massachusetts and New Hampshire. The one that is probably the most convenient is the South Shore Walk in Plymouth MA on Sunday October 4<sup>th</sup> at the Plimouth Plantations. For more information, please go to their website – [www.memorywalkMANH.org](http://www.memorywalkMANH.org)

**\*\*SAVE THE DATE\*\*** - The SSCPS Fall Clean-Up has been scheduled Saturday November 7<sup>th</sup> from 9:00 a.m. until 1:00 p.m. at South Shore Charter Public School. More information will follow in the near future but mark your calendars today!

I am always looking for opportunities where students can earn hours towards their community service requirements and appreciate any and all leads that you send me so I can get the information out to everyone so.... Keep them coming!

Jo Feldman -Director of Learning Services -[jofeldman@sscps.org](mailto:jofeldman@sscps.org)

## **EMPLOYMENT OPPORTUNITIES**

### **Immediate Part Time Openings:**

Part Time Elementary Teachers Aide (20 hours per week)  
Full Time High School Spanish

### **Anticipated 2009-2010 Coaching Vacancies:**

High School Girls Basketball Coach  
Cross Country/Running Club Supervisor

### **On going for 2009-2010**

On-Call Substitute Teachers  
On-Call Substitute Teacher Aides

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

**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)**

**SOUTH SHORE CHARTER PUBLIC SCHOOL  
PARENT'S ASSOCIATION**

***AGENDA***

October 3, 2009  
10a-12p

- |               |   |
|---------------|---|
| 10:00         | <b>Call Meeting to Order</b>  |
| 10:00 – 10:05 | <b>Review and Approve Minutes</b><br>September 2009 Meeting Minutes                         |
| 10:05 – 10:10 | <b>Announcements</b><br>Next PA Meeting & Calendar Items                                    |
| 10:10 – 10:40 | <b>School Report</b><br>Prue Goodale  |
| 10:40 – 10:55 | <b>Board of Trustees Report</b>   |
| 10:55 - 11:10 | <b>Committee Reports</b><br>Fundraising<br>Health & Safety<br>Welcoming<br>SEPAC<br>Library |
| 11:10 – 11:25 | <b>Grade Representative Reports</b>   |
| 11:25 – 11:50 | <b>Treasurer's Report</b><br>Task Force Distribution Discussion                             |
| 11:50 – 12:00 | <b>Old Business / New Business</b>  |
| 12:00         | <b>Adjourn</b>  |

**South Shore Charter Public School  
Parents Association Meeting  
September 8, 2009**

Minutes taken by Karen Currie  
Meeting called to order 7:10 pm

**Announcements**

The next Parent Association meeting will be held on Saturday, October 3<sup>rd</sup> at 10 AM. Babysitting will be offered, if needed.

Calendar Items:

- Board of Trustees meeting will be held on Thursday, September 24<sup>th</sup>
- Back to School Picnic will be held Tuesday, September 9<sup>th</sup>
- SEPAC will meet on September 18<sup>th</sup>, off-site. Location to be announced.
- The second annual 5K Harvest Road Race will be held at Wompatuck State Park on Saturday, October 17<sup>th</sup>.

Other Announcements:

- Volunteer Coordinator, Melissa Freitas, announced several immediate volunteer opportunities, including the need for Pod Parents for Levels III & IV, assistance with making globes and with library activities in Level 1.
- Ted Hirsch announced the resignation of Level I teacher, Cindy Connolly, who will be dearly missed by all.
- Paul Carberry provided a brief overview of the Annual Fund and its importance to the school. All families will be receiving a letter and contribution envelope; donations of any amount are appreciated.

General introductions were made by all attendees.

**School Report/Prue Goodale**

Prue reported that the school had a very smooth opening.

Prue shared with parents the newly revised mission statement for the school, which emphasizes academics, service and life. In support of 'service', this year Jo Feldman will serve as service coordinator. Students' service hours will be documented for their full academic career at SSCPS.

Prue shared with parents her goals for the coming year, which will focus on culture, climate and community. Efforts are ongoing to create a 'clean' school, and also a 'green' school.

The charter renewal process is underway and several important documents were prepared and submitted over the summer. As part of the charter renewal process, the department of education will be making a 4 day visit to the school and meeting with faculty, staff, students and parents.

The administration was pleased with the MCAS scores achieved this year. Individual student results are expected to be available shortly.

Prue encouraged parents to attend the hearing on proposed charter school legislation at the State House on September 17<sup>th</sup>.

**Principal Report/Ted Hirsch**

Ted requested that parents label their children's clothing to avoid losing items. This will also help support the goal of creating a clean school.

Ted reviewed the open faculty and paraprofessional positions. Recruitment is ongoing.

**Principal Report/Jim Connolly**

Jim reported that the school opening has gone smoothly.

**Treasurer Report/Elissa Dennis**

The PA has approximately \$10K in funds available to distribute the school community. Requests to fund projects, events or items/supplies are due by September 21<sup>st</sup>. Volunteers are needed to sit on a committee that will review and decide on which proposals to put forth to the PA. Proposals selected by the committee will be presented at the October PA meeting. At the November meeting, a vote will be taken. One vote will be taken for the full portfolio of projects.. Dispersal of funds will occur in December.



### **Brainstorming/Open Discussion**

The floor was open for general discussion.

Heather Dans reported on the Charter School Conference she attended last Spring. Many of the talks and workshops focused on the 'how to' of starting a charter school, and grant writing to support charter schools. Heather was struck by how advanced SSCPS is compared to many of the other schools represented at the conference. Prue indicated that SSCPS intends to share its experience and make a presentation at next year's conference.

Pledge of Allegiance: a parent inquired if the school has a policy on this. There is no formal policy or requirement. Ted agreed to re-visit this topic. There have been programs in the past that introduced students to various forms of patriotic expression.

Community Service: the question was posed about community service requirements, what they are and how they are documented. Requirements and documentation will vary with the Level. In general, community service is to be performed outside of school.

After school programs: the lack of an after school program for children in grades 7 and above was noted. It was noted that the Parent Association could make a meaningful contribution by organizing some form of extracurricular activity program for these older students. If anyone has any good ideas to share or is willing to organize a program, please contact Maureen Hebert, Kim Engle or Gema Gray.

The meeting adjourned at 8:55 pm.

Lunch Menu – October, 2009

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
5 <b>Chicken Salad</b> With lettuce	6 <b>Cheese Pizza</b>	7 <b>B L T</b> Bacon, Lettuce and Tomato with mayonnaise	8 <b>Cheese Pizza</b>	9 <b>Tossed Salad</b> With Italian dressing and pita bread
12 <b>Columbus Day</b>  <b>NO SCHOOL</b>	13 <b>Cheese Pizza</b>	14 <b>Italian Cold Cuts</b>  With Provolone cheese, lettuce, tomato, pickle and oil	15 <b>No Lunch</b>  <b>Early Release</b>	16 <b>Tuna Salad</b>  With lettuce and tomato
19 <b>Ham and Salami</b> With Provolone cheese, lettuce, tomato, pickle and oil	20 <b>Cheese Pizza</b>	21 <b>Roast Beef</b>  With American cheese and mustard	22 <b>Cheese Pizza</b>	23 <b>Professional Dev. Day</b>  <b>NO SCHOOL</b>
26 <b>Turkey</b>  With American cheese, lettuce, tomato and mayonnaise	27 <b>Cheese Pizza</b>	28 <b>Ham</b>  With American cheese and mustard	29 <b>Cheese Pizza</b>	30 <b>Greek Salad</b>  With Greek dressing and pita bread

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, a Peanut Butter & Jelly Sandwich and Milk will be provided at the cost of \$2.75. **Level I and II will be provided with a Lunchable.** A note from the office will go home that week for reimbursement.

Lunch Order Form  
 Lunch for the Month of October, 2009  
Due to the office by 3:00 pm, Thursday, October 1, 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 type="checkbox"/> Friday
10/5 – 10/9	Sub	Pizza	Sub	Pizza	Salad
	½ sub	#_____	½ sub	#_____	
	Wheat		Wheat		

Week of	<input checked="" type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input checked="" type="checkbox"/> Thursday	<input type="checkbox"/> Friday
10/12 – 10/16	<b>No School</b>	Pizza	Sub	<b>No Lunch</b>	Sub
		#_____	½ sub		½ sub
			Wheat		Wheat

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input checked="" type="checkbox"/> Friday
10/19 – 10/23	Sub	Pizza	Sub	Pizza	<b>No School</b>
	½ sub	#_____	½ sub	#_____	
	Wheat		Wheat		

Week of	<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
10/26 – 10/30	Sub	Pizza	Sub	Pizza	Salad
	½ sub	#_____	½ sub	#_____	
	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

*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.

# TEEN FRIDAY



South Shore YMCA

## Every Friday 6:30–9:30 pm

**10/2**

<b>Zumba</b>	6:30 - 7:30	Studio 3
<b>YArt</b>	7:00 - 9:00	Art Room
<b>Yoga</b>	7:30 - 8:15	Studio 3
<b>Karaoke</b>	8:00 - 9:15	Lounge
<b>Indoor Cycling</b>	7:30 - 8:15	Cycling Room

**10/9 Art Night**

<b>Definitions</b>	6:30 - 7:30	Studio 3
<b>YArt</b>	7:00 - 9:00	Art Room
<b>Imbecilic Improv</b>	8:00 - 9:15	Lounge
<b>Indoor Cycling</b>	7:30 - 8:15	Cycling Room
<b>Cardio Tennis*</b>	8:30 - 9:30	Tennis Courts

\* Racquets available. MUST wear non-scutting sneakers.

**10/16**

<b>Zumba</b>	6:30 - 7:30	Studio 3
<b>YArt</b>	7:00 - 9:00	Art Room
<b>Yoga</b>	7:30 - 8:15	Studio 3
<b>YIdol w/Sue</b>	7:30 - 9:15	Lounge
<b>Indoor Cycling</b>	7:30 - 8:15	Cycling Room

**10/23**

<b>Definitions</b>	6:30 - 7:30	Studio 3
<b>Yoga</b>	7:30 - 8:15	Studio 3
<b>Indoor Cycling</b>	7:30 - 8:15	Cycling Room
<b>Rock Band</b>	7:30 - 9:15	Art Room



**10/30 Halloween Extravaganza...Get your costumes ready.**



More info coming soon.

### Every Friday:

Open Gym, Swim & Cardio	6:30 - 9:30
Cardio & Weights Training	6:30 - 8:30
Gym Games	6:45 - 9:00
Mixed Martial Arts (starting 10/9)	7:30 - 9:30

Teen Friday is included with membership and just \$7 for non-members. Participants must be 11- 17 years old. Participants register upon arrival and receive a wristband. When participants leave, wristbands are removed with no re-entry. Every 10 times you come get a prize. Activities are subject to change. WEAR WORK-OUT GEAR TO BE ACTIVE.

Contact Karen Hirsh & Caitlin Cavanagh  
@ 781-829-8585 x335

khirsh@ssymca.org/ccavanagh@ssymca.org

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