

FROM THE PRINCIPAL...



2010



100 Mosier Street
 South Hadley, MA 01075
 413-538-5074
 Fax 413-538-5003
 smithmiddle.shschools.net
 www.smithmiddle.org

MICHAEL E. SMITH
 MIDDLE SCHOOL

Panther Tales



Greetings Families,

It has been great to hear that students and families had a relaxing and restful April Break. It is just what we all needed to give us the energy to forge ahead to June. It is hard to believe that we only have two months left to the school year. However, the next several weeks will be packed with learning and valuable excursions.

Spring MCAS testing will begin on Tuesday, May 11. All grades, five through eight, will be tested in mathematics. Grades five and eight will also take the science test. Please consult the MCAS schedule on the interior of this newsletter for specific details regarding the testing dates that apply to your child.

Please mark your calendars for the upcoming field trips that students will be taking. The fifth grade will be venturing to Plimoth Plantation on May 4-7. Please check with your child's teacher as to the exact date of their trip. The sixth grade will have completed one trip to Cape Cod by May 1, but the second trip, for team Amazon, will be May 5-7. The seventh and eighth grade students will be having trips and activities in June.

Step-Up Day will be Monday, June 21, at Mount Holyoke College, in Chapin Auditorium. All 8th graders are expected to be at Chapin for 5:45 p.m. Seating for families will be at 6:00 p.m. with the ceremony beginning at 6:15 p.m. This is a special ceremony and we would like all 8th grade students and their families to attend. Remember, if you need to attend summer school, *you must pre-register and notify the main office in order to walk for Step-Up.*

Summer School and Summer Enrichment will be taking place at MESMS from June 28- July 22. Students who wish to register or must register are encouraged to do so as soon as possible. Please see the forms included in this newsletter. Payment plans can be facilitated by speaking with the Summer School Director, Mrs. Bach, at 538.5074 extension 6764 or via email at ebach@shschools.com.

Warmly,

Erica A. Faginski-Stark

INSIDE THIS ISSUE:

IMPORTANT DATES:

FROM THE PRINCIPAL	1	MCAS testing begins <i>Tuesday, May 11</i> , and continues through <i>Monday, May 24</i> .
PTO NEWS	2	
STEP UP DAY	2	Students in 5 th grade will be traveling to Plimoth Plantation with their classes during the week of May 4-7.
VENDOR FAIR/FAMILY FUN DAY	3	<i>Wednesday, May 5</i> , the second group of 6 th grade students will leave for Cape Cod and <i>return on Friday, May 7</i> .
5TH GRADE NEWS	4	
6TH GRADE HAPPENINGS	4	
7TH GRADE UPDATES	5	Drug & Alcohol Task Force Meeting in the High School Library, will be held <i>Wednesday, May 5, at 6:30 P.M.</i>
8TH GRADE HIGHLIGHTS	5	PTO will meet <i>Thursday, May 6, at 6:45P.M.</i>
ARTS TEAM NEWS	6	<i>Friday, May 14, at 7:00 P.M.</i> the Band/Chorus will hold their spring concert in the gym.
"THANK YOU" FROM MOSIER PTA	6	
MONEY OWE POLICY	7	The Band/Chorus field trip to Six Flags, <i>Saturday, May 15 from 12:00 P.M. - 8:00 P.M.</i>
SHOEBOX COLLECTION	7	
COUNSELOR'S CORNER	8	School Council meeting will be held <i>Monday, May 17, at 5:00 P.M.</i> in the office conference room.
NURSE'S NOTES	9	Mid-Term reports will be hand-carried home <i>Friday, May 21</i> .
BIKE SAFETY	10	
WASHINGTON, D.C. VIDEO ORDER FORM	11	The MESMS PTO will be sponsoring a <i>Vendor Fair/ Family Fun Day on Saturday, May 22, from 10:00 A.M. to 4:00 P.M.</i> at the school. Admission is free.
MATHEMATICS	12	
SCHOOL CALENDAR 2010/2011	13	
SUMMER SCHOOL INFORMATION	14&15	Principal's "Sip-n-Chat" will be held on <i>Wednesday, May 26, at 6:00 P.M.</i> in the Library.
RECREATION DEPARTMENT	16&17	
INFORMATION FROM THE SUPERINTENDENT	18&19	Field Day for the 5/6 th grade will be held on <i>Thursday, May 27</i> , (rain date, Tuesday, June 1) and for 7/8 th grade on <i>Friday, May 28</i> (rain date, Wednesday, June 2).
MENU	20	

Schools closed Monday, May 31 in observance of Memorial Day.



PTO NEWS

Our first run of the school store went so well, we sold out of just about everything! Once we restock items, the store will be open 2 to 4 days a month, during lunch time. Students will be notified of store opening a few days prior in morning announcements.

VENDOR FAIR

Our vendor fair on May 22nd, is shaping up to look like a great event! Look for a flyer with more information to come. We will be looking for donations of baked goods and volunteers to help out (for one hour or all day) for this vendor fair. If you can help, please email Debbie Mendes at

mendesally1@msn.com. This fair will have many goods for sale and free fun for the kids too. Any other students (6th and up) who would like to help run activities for the younger crowd, please also email Debbie Mendes. We will sign off on hours volunteered too. Those who wish to sell their goods at this fair, please contact Stacy Deprey, ASAP at kasp8@yahoo.com.

TEACHER APPRECIATION

Teacher Appreciation Days are fast approaching. We plan to celebrate our teachers with a special luncheon on May 3rd and with your help we would also like to do a breakfast buffet on May 4th. Those who are willing to donate breakfast items, please contact Tina Lukaisk at atcaluka4comcast.net.



NEW OFFICERS NEEDED

As our year is winding down, we will also be looking for a few new officers for the new school year. Please join us at our May meeting, May 6th at 6:45 in the school café, if you are interested in joining us next year.

STEP UP DAY

WHEN: JUNE 21, 2010

WHERE: MOUNT HOLYOKE COLLEGE—CHAPIN AUDITORIUM

TIME: STUDENTS ARE EXPECTED TO BE AT CHAPIN FOR 5:45 PM. CEREMONY WILL BEGIN AT 6:15PM



5TH GRADE NEWS

Spring has definitely sprung here at MESMS! It is hard to believe these warm temperatures and that May is fast approaching. As we experience this summer like weather, many of our students begin to wear summer clothing. Please double-check the dress code in the Student Handbook. Students' clothing and footwear should be both appropriate and safe for school.

During the month of May, each 5th grade classroom will attend a field trip to Plymouth, MA. Permission slips for this exciting, learning-filled adventure will be coming home soon with your child. Please sign the permission slips as soon as you receive them and return them with your child to his or her teacher. On this field trip students will see firsthand many of the topics we have learned about in our Social Studies units. Students have been immersed in colonial topics in both English Language Arts and Social Studies through literature, poetry, nonfiction pieces, and projects. The American Revolution is our next unit of study which will lead right into our June trip to the Freedom Trail.



The Math and Science MCAS will be during the 2nd and 3rd weeks of May. Encourage your children to practice their Math facts for fluency and accuracy. There are many Math websites available that review content in a fun and interactive way.

6TH GRADE HAPPENINGS



Cape Cod is just around the corner 6th graders! Your sixth grade teams hope that you pack your bags, enjoy the Cape Cod video you made, and have an amazing time visiting our favorite piece of New England.

In social studies, May brings the students to Australia and Europe on the Amazon team. They will explore all aspects of the continents as well as create *Little Book Projects*! On the Outback team, students will be finishing up their study of Africa and will be focused on learning about Asia and Australia, as well as brushing up on their map skills.

In Math this month, the Amazon students will be moving on to probability after completing geometry. The Outback team will begin their study of decimals in the next month. As MCAS is happening this month in math, students will be reviewing math concepts that may be seen on the upcoming test.

On both Amazon and Outback teams, students will be exploring Technology and Engineering in Science this month after finishing their study of Astronomy. Look for a new textbook and exciting labs that will involve bridges and transportation in May!

In ELA this month, students will be working on persuading their peers within their Persuasive Essays, as well as writing fictional stories. They will be focused on Mrs. Frisby and the Rats of NIMH on the Amazon team, and continue their study of poetry on the Outback team.

7TH GRADE UPDATES

Seventh grade students are working on several new and exciting units in their core classes. In math, students are finishing up their units on Filling and Wrapping which covers volume and surface area and will be starting a review unit in order to be super well prepared for May MCAS testing. Please help us make sure your children do their very best on MCAS by ensuring they are well rested, have eaten a healthy breakfast and bring in an appropriate snack. In science, students will participate in an ecosystem unit and will make field visits to local wetland sites. In English Language Arts, your children are learning to be expressive writers by reading a variety of poems and studying a myriad of poetic devices. In ELA, students will also look at media sources and create some advertisements of their own. Dramatic texts will also be covered in class, resulting in students doing some of their own acting! Lastly, in social studies, students will begin to learn about the Roman Republic and the Roman Empire. They will participate in an exciting station activity which explores some of the feats of Roman engineering. Don't forget our Bronx Zoo field trip will be Friday, June 4th.



8TH GRADE HIGHLIGHTS



Fourth quarter is officially underway and this means that our eighth graders are fast approaching their final days at the Michael E. Smith Middle School. As we continue preparing your children for their upcoming High School experience, we eagerly anticipate the final leg of their Middle School journey. The last two months will be exciting, educational, and fun! Full of interesting classroom lessons, new academic challenges, additional MCAS preparation, and extra-curricular activities. Students have been working very hard in all subject areas and have produced some wonderful work to demonstrate these efforts.

Social Studies classes on the Sequoia team have just finished studying the Industrial Revolution and students demonstrated their creative sides with some amazing game board creations to exhibit their understanding of this unit. Now the Sequoia team will begin to learn about President Andrew Jackson, westward expansion, and the relocation of Native Americans. The Oaks team will be researching and studying the geographic growth of our country. They will be learning about manifest destiny, expansion, and the geographic growth/changes of our country as we expanded westward.

Science classes continue investigative work and recently created some very creative balloon cars to race against one another. Students will be taking the Science MCAS this month, so they will continue with intensive MCAS preparation during their classes. Also, beginning this month will be a cross-curricular unit on water. Students will be working in all of their core classes on segments of this unit and several times between now and the end of the school year will participate in outside water themed activities.

Foreign Language classes recently researched and studied different countries and cultures. Part 1 of their unit included a poster presentation. These posters will be displayed throughout the school library in early May, so come in and take a look at these beautiful presentations. Part 2 of their unit included food items related to their country of study. Students brought in some delicious items to share with their peers during class.

All eighth grade students have been working extra hard in **Mathematics** as many continue with both regular classroom work, and Math Enhancement or MCAS Math preparation during Academic Enhancement. Students will also be taking the MCAS in Mathematics this month, so they will be spending a lot of time on MCAS preparation.

ELA classes have recently finished reading either *Lyddie* or *Summer of My German Soldier*. Students will soon begin a unit on poetry. The poetry unit will culminate in the creation of a poetry t-shirt designed by each student.

As you can see, your student is kept very busy throughout the school day and this does not even include the amazing work that is done each day within the Arts block classrooms.

A general reminder to continue checking your child's agenda books for daily homework assignments and upcoming projects and tests. Also, don't forget to log-on to the school website, <http://smithmiddle.shschools.com>, to check teacher websites for daily homework assignments, important dates, and additional updates.

ARTS TEAM NEWS

Congratulations to Funto Omojola for winning the Michael E. Smith Middle School song writing contest!



IMPORTANT UPCOMING DATES

Thursday, May 27 - Field Day for 5th and 6th grade.

-rain date: June 1

Friday, May 28 - Field Day for 7th and 8th grade.

-rain date: June 2

Friday, June 4th – Spring Triathlon for grades 5-8.

The Mosier School PTA would like to thank all of the middle schoolers who donated books to our Book Swap in March. You all donated almost 100 books. Thanks to your generosity, there are many happy children at Mosier and Plains School, as well as the South Hadley Family Center, who are enjoying the books.

A special Congratulations goes out to Isabella Patrino in Mrs. Farrin's class winning the drawing for the \$25.00 Gift Certificate to Barnes & Noble. Isabella donated 38 books! So a special thanks goes out to her.

Thank you again, and hold on to your books for next year's Book Swap.



MICHAEL E. SMITH MIDDLE SCHOOL POLICY FOR MONEY OWED TO SCHOOL

As a non-profit organization and in light of the budgetary constraints, it is necessary for us to implement immediately the following policy for money owed to the school.

- Lost or damaged school-issued books/library books will be billed to the student for replacement cost plus any shipping costs included.
- Currently, there is a \$25.00 charge for returned checks. After the school issues two letters to the individual, the Town Clerk will be notified.
- Broken equipment/damaged property will be assessed to the individual responsible and restitution will be required.
- Any monies raised from fundraisers (i.e., candy sales, lollipops, pies, donuts, Avon products, fruit, etc.) to help defray field trip costs or other expenditures that have not been returned to the school within a reasonable amount of time (20 days from the end of fundraising session) will be charged against the student.

Parents/guardians will be notified in advance of any money owed to the school and will be given a date by which payment must be made. If payment is not received by the designated date, *the student will not be allowed* to participate in the end of the year activities including field trips or 8th grade Step Up Day ceremony.



SHOEBOX COLLECTION

Ms. Sargent is collecting shoeboxes to use in the organization of classroom libraries and the Book Room. Any size shoebox is appreciated without the lid and can be dropped off in a box located in the Main Office. Thanks for helping us organize our books and we look forward to your donation of the shoeboxes!



No person shall be excluded from or discriminated against in admission to a public school of any town, or in obtaining the advantages, privileges and courses of study of such public school on account of race, color, sex, religion, national origin, or sexual orientation

If you feel you may need special accommodations or assistance as a result of a handicapping condition or limited English proficiency, please call Dr. Joyce Butler, Pupil Personnel Service Director, at the South Hadley School Department, 116 Main Street at 413-538-5072 (hearing impaired fax 413-532-6284) and notify us of your special need. Si usted necesita alguna adaptacion o asistencia especial debido a algun tipo de minusvalia, por favor llame al telefono 413-538-5072 (fax para personas con deficiencias auditivas 413-532-6284) y notifiquenos cuales son sus necesidades especificas.

COUNSELOR'S CORNER

Families in the Military

Global conflict and unrest have led to deployment of large numbers of military personnel (active duty, Reserves, National Guard). As a result of duty assignments, members of the military are often separated for lengthy periods of time from their families and sent to distant, dangerous or unknown locations. A family that loses an active presence of a parent through separation faces significant challenges and stress. During the parent's deployment, family members may feel isolated, unsupported and anxious. They may also experience financial stress. Media coverage of events can also increase concern...

Families who have little or no contact with extended family and/or the military community may especially be vulnerable to stress. In families with existing medical, emotional or behavioral problems, a parent being away can be especially difficult.

While most families and children manage successfully, it is important for parents to be aware of signs of stress and possibly serious problems. The response of children to stress of separation are determined by their individual makeup and development age. The following are some common reactions:

- Infants (Birth-12 months) may respond to disruptions in their schedule, physical environment or availability of caregivers with decreased appetite, weight loss, irritability and/or apathy.
- Toddlers(1-3 yrs.) may become sullen, tearful, throw temper tantrums or develop sleep problems.
- Preschoolers(3-6 yrs.) are more aware of their absent parent than younger children and their behavior may regress in areas such as toilet training, sleep, separation fears, physical complaints, or thumb sucking. They may personalize situations and express fear that, "Daddy left because I was angry at him" or "Mommy stays away because she doesn't love me."

School age children(6-12 yrs.) are more aware of the realities behind their parent leaving and the potential dangers. They may show irritable behavior, aggression or whininess. They may also become more regressed and fearful that their parent may be injured.

- Teenager(13-18 yrs.) may be rebellious, irritable, or more challenging of authority. Parents need to be alert to high-risk behaviors such as problems with the law, acting out, and drug/alcohol abuse.

The following suggestions can ease the stress:

- Talk as a family before the reassignment, sharing information, feelings, worries and plans for the future. Let your child know that the family member is making a valuable contribution to their country and the world.
- Emphasize the need for the family to pull together during the parent's absence with everyone sharing in family responsibilities.
- Continue family traditions, structure and discipline. This is reassuring and stabilizing to children.
- Utilize available means (e.g. letters, email, phone) for the family members to communicate with the deployed parent.
- Share some information with children based on their development level and ability to understand. No news is usually more stressful and difficult to deal with than bad news.
- Monitor children's exposure to TV coverage of war events and political discussions of the war.
- Encourage the open and honest expression of worries, feelings, and questions.
- Consider having children participate in a project associated with their parent's deployment (e.g. classroom letter writing project, keeping a journal or scrapbook).
- Don't make promises you can't keep.
- Initiate and maintain a close relationship and communication with your child's teachers at school.
- Utilize extended family, community and spiritual resources and other natural supports that are available both within and outside the military.

As a single parent at home, make sure that you also take care of yourself so that you can be available to your children. Although a joyous occasion, when a family member returns home after a long absence, a period of adjustment will be necessary. Roles, responsibilities and routines must be re-established. The emotional readjustment will require time and patience. This can be a difficult time and all family members will need extra support. If a parent or a child develops emotional or behavioral problems or is having serious difficulties with the adjustment, they should be referred for evaluation by a qualified mental health professional. While it is a difficult time for families, most children can and do adjust successfully to the separation and stress involved when a parent in the military is deployed.



NURSE'S NOTES

Spring has Sprung!

May is a beautiful time of year, but as spring begins with so much in bloom we are starting to see the allergies and spring colds “in full bloom” as well. Please continue to remind your child that good hand washing is **vital** after every cough and sneeze, after any bathroom trips and before meals---not just during flu season. I can say with absolute certainty that your children helped to keep illness spreading to a minimum this school year due to the increased diligence with hand washing and mouth covering. Great job!

Parents of children who will be in the 7th grade next year should, by now, have their physical exam appointments made with their pediatrician. If your insurance will not pay for a physical until after the first day of school in the fall I still need to have all 7th grade shots updated before then. You can do this by calling your pediatrician and asking for a “nursing appointment” for shots only. These shot records must all, by law, be on file in my office **BEFORE** the first day of school. We can not allow children to begin 7th grade without their shots being up to date. Thank you in advance!

Beautiful weather means increased outdoor activity and bike riding! Any bicycle activity should keep in mind SAFETY FIRST! See the safe biking sheet included in this newsletter for more information. Remember, we want your children back safe and sound in the fall!!

We are given 2 eyes at birth and need to take care of them throughout our lives. Therefore, I have included the following for your information:

The Attorney General in Texas has issued a warning that the use of vanity contact lenses should only be done with supervised medical care. These include the eye color changing lenses. Over the counter cheaper brands have been known to cause corneal abrasions, bumps on the inside of the eyelids, and even infections resulting in blindness when users are not taught the proper handling and use of these items. Kids, teens especially, find it “fun” to change their eye color. Be sure you know what your children are putting in their eyes!

As always, feel free to contact me any time with questions or concerns.

Elizabeth C. Winfield, RN, BSN, NCSN



MATHEMATICS

Happy May to All Middle School Students & Families,

May is Massachusetts' MCAS Mathematics month. It is the time in the school year to review the skills learned earlier in the year and the skills learned in previous grades. All of the "basics" like adding, subtracting, multiplying, and dividing need to be in place. Often we rely heavily on calculators. It is important to keep our "internal calculators" - **brains**- sharp. Take a few minutes to jot down some numbers to work with. Do a column addition problem with four or five amounts. Prices from a store flyer are a great source of money problems. Choose some item and figure out how much it would cost to buy 7 or 8 or even a dozen. Pick an expensive item and find out the cost for each person if five or six people split the cost.

There are a number of interactive sites that pose math questions if you don't want to write your own. You could try: www.aplusmath.com www.coolmath.com www.math.com www.aaamath.com www.math.com/students/practice.html www.softschools.com/math/games

This is a site I found that allows you to select a grade level and then select from a variety of math and science tests which you can take on line: <http://education.jlab.org/solquiz/index.html> The levels range from 2nd grade - 8th grade. It is from the state of Virginia. What I like about it is that you get an overall score at the end, but you know if you are right or not, as you finish each question. At the end you can go back and see each question with the correct answer and sometimes with a detailed explanation.

Another math test site is: <http://www.tea.state.tx.us/index> from Texas. You can select from a wide menu of tests on various subjects and grade levels from previous years. The online feature scores the test for you.

<http://www.ixl.com/> is an all purpose educational site which lets you select your state's math standards, select a grade level up to grade 6, and off you go with questions on any & every standard. You get immediate feedback after each question with the correct answer.

I think the most important practice might be to talk about the math your child is working on in school and on homework assignments, and talking about the math that comes up for adults in everyday activities like filling the gas tank, paying the utility bills, splitting the grocery bill to show cost per person, calculating distance in a year to travel a daily route, etc. Look for math to talk about; it is really all around you. Time, money, fractions, data, patterns . . . Have fun!

Deborah O'Brien Mathematics Specialist K - 8



RECREATION DEPARTMENT SCHEDULE OF EVENTS

Summer Camp Flyer: Our summer program flyer is now available on our website and at the Recreation Department office. Programs include:

Soccer City's Total Summer Program – Ages 5-14

Tiger Soccer School – Grades 2-8

Baseball School – Grades 2-8

Softball School – Grades 3-8

Football School – Grades 3-8

Basketball School - Grades entering 1-7

Summer Creations – Four sessions Ages 5-9

Golf Camp – Ages 8-14

Tennis Lessons: Join us for our tennis lessons run by high school coach Rick Pio.

Evening Lessons: Session I June 15-July 1 (6 Lessons)

Evening Lessons: Session II July 6-July 29 (8 Lessons)

Tennis Day Camp: August 2nd – 5th Monday thru Thursday 9am-12 noon Ages 6-12

USTA Junior Team Tennis: Mid June – Early August Ages 8-18. Wednesday evening matches.



Fall Cheerleading: Registrations for youth cheerleading begin Tuesday, April 20 and close Friday, May 7 for girls entering grades 3-8 in the fall of 2010. The cost to participate is \$35 for the program that begins in August and finishes in late October. Tryouts may be held for girls entering grades 5-8 and registrations will be taken on a first come, first served bases for the 3/4th grade squad.

PVJSL Soccer: Registration for Pioneer Valley Junior Soccer League (PVJSL) travel teams will begin May 3rd and close May 28. Visit our website for more information.

James Taylor: Join us on our annual trip to beautiful Tanglewood to see James Taylor on Sunday, July 4. The bus departs South Hadley High school at 3:00pm for the 7:00pm show. Cost is \$50 for residents/\$55 for non-residents and is for lawn seats.

Blue Jays/Red Sox Bus Trip to Toronto: Join the Recreation Department on their annual road trip to see the Boston Red Sox play the Toronto Blue Jays in Toronto. The trip leaves from South Hadley on Friday, July 9 and returns on Monday, July 12 and includes three baseball games, stay at the Fairmont Royal York and motor coach transportation. A passport is required. Visit the website or contact the office for additional information. Enrollment is extremely limited so register early!

Red Sox – Fenway Park Trips 2010

The Recreation Department is proud to offer bus trips to Fenway Park. Tickets are sold on a first come, first paid basis and are currently available for the game on May 27 and August 23. Checks should be made payable to the *South Hadley Recreation Department*.

Thursday, May 27: Boston Red Sox vs. Kansas City Royals

Game time is 7:10pm.

Right field box section #88

Cost is \$85 per residents/\$90 per non-residents.

Bus departs at 3:30pm from South Hadley High School.

Monday, August 23: Boston Red Sox vs. Seattle Mariners

Game time is 7:10pm.

Tickets in RF 91 Box: Cost is \$85 per resident/\$90 for non-residents.

Bus departs at 3:30pm from South Hadley High School.



Aquacise: This one hour low impact water exercise class combines a variety of programs to promote cardiovascular fitness, improved flexibility and strength training in a low impact environment. Excellent for all fitness levels from the beginner to the advanced swimmer. The instructor is Carol Kelliher. Participants may register at the first class.

Spring Session III: April 27- June 17, 2010 (16 classes).

When: Tuesday and Thursday nights.

Where: Michael E. Smith Middle School.

Time: 7:30 – 8:30pm

Cost: \$80 for residents and \$85 for non residents. Registration for one night is permitted for ½ the fee.

Fitness Classes taught by Certified Group Fitness Instructor and Personal Trainer Tanva Ryan: www.tanyagetsyoufit.com

Total Body Blast: Total Body Blast is an exciting adult fitness program combining weight training, interval training and even some cardio kick-boxing. This total body workout will challenge all major muscle groups by using cardio, strength, endurance, power and flexibility.

May Session: 7 total classes.

- **When:** Wednesday nights from 6-7pm and Saturday mornings from 9-10am in February. First class is , Wednesday, May 5. (no class May 8)
- **Where:** South Hadley Town Hall Auditorium.

Cost: \$35 for residents/\$40 for non-residents.

Zumba: Join our newest class, ZUMBA® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

May Session: 4 total classes

When: Tuesday nights May 4, 11, 18 and 25, 2010

Where: Town Hall Auditorium

Cost: \$20 for residents/ \$25 for non-residents.

Cardio-Kickboxing: Cardio-Kickboxing is a cardiovascular workout using kicks, punches, combinations and rope jumping to elevate heart rate and strengthen all major muscle groups. This is a great cardio workout that will burn tons of calories. You will not be working on bags here, so no need to bring gloves. Just bring yourself and water!

May Session: 4 total classes.

When: Monday nights from 6-7pm May 3-24, 2010. (4 classes)

Where: Town Hall Auditorium

Cost: \$20 for residents/\$25 for non-residents

Registration Hours/Information:

8:30am – 4:30pm Monday through Friday in the Town Hall Recreation Office and

Selected Monday evenings from 6 – 8:30pm.

Online registration is available for certain youth sport activities.

For our adult fitness classes, registration is accepted at the class; however, each class has a limited enrollment that is first come, first served.

Recreation Department Contact Information:

Phone number: 538-5039

Email: recreation@southhadley.org.

Website: www.southhadleyrecreation.org

