

Summer/Fall

Upton Recreation  
One Main Street, Box 14  
Upton, MA 01568

# **UPTON REC**

## **MAGAZINE**



# Letter from the Director

## Summer Time Fun Time!



As the weather gets warm, and the days get longer, I look forward to getting outside and enjoying the summer! Summer brings out all sorts of amazing opportunities for recreation. Here in Upton, the Recreation Commission and I work very hard to provide something for everyone!

We are particularly excited about our **Kids @ Play** program and our all new Leader in Training program, “**Next Gen 01568.**” This Program focuses on youth aging out of Kids @ Play and assists them in becoming the next generation of leaders from Upton! Check out page 6 for details!

This year’s **Summer Concert Series at Kiwanis Beach** is also particularly exciting as we have new bands joining us this year including 4EverFab, a Beatles cover band, and FastTimes, an 80’s cover band. We’ll also be featuring

some returning favorites like The Houston Bernard Band! Check out the Concert info on page 7 for the full listing!

If you enjoy being adventurous, check out page 10 for a great activity called **letterboxing!** It’s one of my family’s favorite summer activities, and hopefully something that you can enjoy as well!

Whatever you do for recreation, I hope you have a great summer and look forward to seeing everyone out having fun and enjoying our beach, fields, and trails!

*Andrew St. George*

Andrew St. George, CPRP

Recreation Director, Town of Upton

astgeorge@uptonma.gov 774-216-1438

Do you have an idea for the recreation department? Feel free to reach out to us and share it!

You can Call, Email, or suggest something on our Facebook Page!

**UPTONREC.COM**

### In This Issue:

How to Register	Page 3
Kids @ Play	Page 4
Summer Programs	Page 6
Summer Events	Page 7
Adult Fitness	Page 8
Stay Safe	Page 9
Have You Tried?	Page 10
Trails in Upton	Page 11
Connect with Us	Back Cover



## How To Register:

Register for all our programs on our website, [www.UptonRec.com](http://www.UptonRec.com). If you do not have an account, it only takes a minute to create one. If you are registering other members of your household (such as registering your kids), create an account for you, then add them as members on your account. The system will automatically notify you if a program is full, or if some criteria is not met (i.e. child too old/young for program).

### Payment:

On our website, we accept all major Credit Cards. To pay by Cash or Check, register online, and select the option to "Print and Mail" the registration form. Checks and Cash can be delivered to the Town Hall. **Your registration is not complete until payment is received.**

### Who do I contact with questions?

Our website, [www.UptonRec.com](http://www.UptonRec.com) has a section of common questions and can answer many of the questions that may come up. Other questions should be directed to the recreation department. Even in cases where it involves a certain class, questions should go to the department and they will defer to a class instructor if needed.

### When do I register?

Many of our classes run in 8 week sessions and some offer drop in options. The best practice is to go to the website and check when sessions start. Usually the next session registration opens up a few weeks before it begins. Also, be sure to register early. Decisions on programs running generally get made 48 hours in advance of their start, so if you want to do a program, signup right away to ensure we run it!

## Facility Highlights:

**Kiwanis Beach** - The beach is open on fair-weather weekends starting memorial day weekend, and then is open seven days a week from June 23rd - September 3rd 2018. Residents may purchase a season parking pass for \$35 from the town hall, the gatehouse at the beach (once open) or on [uptonrec.com](http://uptonrec.com). Daily parking rates are \$10 per car. Also at the beach facility is a softball/baseball field, soccer/lax field, two tennis courts and a basketball court, a pavilion, and six pickleball courts as well.

**Leland Field** - Leland Field is located behind Memorial Elementary School and includes a baseball field, soccer field, tennis court, and basketball court.

### Did You Know?

**Facilities are available for rental! If you are looking to have an event, reach out to the Recreation Director to inquire about renting a field or the pavilion for your event!**

### Americans with Disabilities Act:

The Upton Recreation Department is committed to making recreation available to all residents. If needed, please contact the Recreation Director by phone, mail, e-mail or in person so that all efforts for reasonable accommodations can be made.



# 2018

# Kids @ Play

Join us for our most popular program, **Kids @ Play** located at Kiwanis Beach where, we have swimming, sand castles, fishing, kayaking, stand up paddle boarding, NEW pedal boats, baseball, basketball, tennis, pickleball, soccer, and a team building low ropes area - all the needed ingredients for the recipe of a great summer! To top it off, each week we will have a special field trip or guest at the program!



- 6:1 targeted staffing ratio (compared to industry standard of 10:1)
- Optional Field trips: If your child is not interested in the trip of the week, a full day of activities will still take place at the beach!
- Fun STEM activities to encourage self driven exploratory learning using LEGOs, Marble runs, and all sorts of materials!
- Standard drop off starts at 8am and pickup ends at 5pm.
- Extended day options allow for an extra 30 min on each end of the day!
- Well trained professional staff. We only hire the best!
- Available for full weeks, or individual days through the whole summer!







## Kids @ Play Hours:

**Monday—Friday 9:00am-4:00pm**

- Drop off begins at **8:00 am**
- Pickup ends at **5:00 pm**

This year we will offer an extended day option to allow drop off as early as **7:30am** and pickup as late as **5:30 pm**. The extended day must be signed up for in advance to guarantee the spot.

**For kids going into Kindergarten - 8th grade**

## Past Trips and Events Included:

- Inflatables
- Southwick's Zoo
- Worcester Bravehearts Game
- 5 Wits
- Ski Ward Summer Tubing
- Breezy Waterslides
- High Flying Frisbee Dogs
- High Altitude Jump Rope Team

Each year we do different trips, so be sure to check **uptonrec.com** as the summer approaches for the latest trips and dates!

## Weekly Pricing

**\$225 per week** (\$210 for second child, \$180 for 3rd+)

## Daily Pricing

**\$50 per day** (\$45 for second child, \$40 for 3rd+)

Field Trips are optional and cost will be dependent on the trip, but generally \$20-\$30)

The Extended day option costs \$6 per 30 minute block.

At Upton Rec, we understand the importance of kids making decisions and taking responsibility for their day. Unlike many summer recreation programs, we balance the freedom of choice with the controlled safety of a schedule. Each day, the Kids choose what they want to do for the day. Each day there is a new schedule of activities that includes Kayaking, Fishing, Swimming, Arts and Crafts, and Fun Games, both old favorites and new soon-to-be favorites. Your kid doesn't want to do arts and crafts? No problem, they can pick game and waterfront activities all day. Are they tired of swimming? Got you covered with LEGOs and Games during swim time. Whatever type of day they want, we challenge them to

**"Choose your own Adventure!"**



# New L.I.T. program for summer 2018!

We are proud to unveil our new Leader in Training (L.I.T.) Program for 2018.

**Next Gen 01568** is a program designed to use the unique experiences available in a summer recreation environment and raise up the next generation of leaders. We take a broad view of leadership, in the sense that we believe everyone is a leader to some extent. Through the course of the summer, The L.I.T.'s will have several volunteer opportunities, get to learn the process of working together to conceptualize, plan, and execute some events for the younger kids in the Kids @ Play program. We will also feature "Lunch with Leaders" every Friday where a leader in the community will come and have lunch with the L.I.T.s to talk to them about what leadership means to them and in their role in the community or business. Through this, the L.I.T.s will learn that there are all sorts of paths to leadership and that no matter where they end up, leadership shares the same core values of **hard work, determination, integrity, respect, commitment, and vision**. Developing these skills will help push our L.I.T.s to be the Next Gen of leaders.

For 7-10th Graders in the 2018 school year



## Swim Lessons

Coming back this summer to Kiwanis Beach!

Swim lessons are a long standing tradition here in Upton. Many of the children learning to swim here have parents who also took their lesson here too! Swim lessons run through the month of July and are 5 days a week. Many programs only give 1-2 days a week, and you can definitely see the benefits of the extra days in how fast the kids progress. Making sure kids know how to swim is one of the most important safety skills they can learn! We're looking forward to another great year of swim lessons!

## Summer Theater Program

**THE BREMENTOWN MUSICIANS**

Musical Theater for ages 7-13

## Upton Pickleball Club

Be a part of the next big thing!

Pickleball is the new sport that is sweeping the nation! Played on a smaller version of a tennis court, It is appropriate for all ages and ability levels. Recently, the Recreation Commission, with the support of the Community Preservation Committee, had additional pickleball lines drawn on the courts at Kiwanis Beach, so there is now the ability to have up to 6 pickleball courts in use at once! Head over to [uptonrec.com](http://uptonrec.com) to check out the pickleball club and available playtimes! We would love to see you out there!





## Summer Concert Series Wednesdays 6-8pm

Live Music, Fun, Food,  
and Friends!

Make Wednesdays the BEST night of the week!

4EverFab 6/27

The Free Downloads 7/18

Classic Groove 7/25

Houston Bernard Band 8/1

Leon Spradley 8/8

FastTimes 8/16



## 11th Annual Recyclable Boat Race - 8/8/18

Before those recyclables go off to make new things, why not make a boat and come on down to Kiwanis Beach for our 11th Annual Recyclable Boat Race? Unlike a "Cardboard Boat Race" our Recyclable Boat Race encourages you to be creative with unique materials. For the purists out there, you are welcome to enter an all cardboard boat, and for you more adventurous types, empty your recycling bin and see what you can make!

Everyone is welcome to come on down and join in the festivities. We will be awarding several prizes, having a cookout and ending with a concert!



## Fitness with Upton Rec

Upton Rec believes that a healthy mind and body are important for a high quality of life. We are always seeking out new fitness programs designed to provide a fun and informative environment for you to get healthy. Make sure you constantly check in to the website to see our latest offerings, and as always, feel free to reach out to us if you have suggestions on programs you would like to see!

### Drop in Volleyball

Join us on Wednesday nights at Nipmuc High School (Occasionally at Misco based on gym availability). Great for players of all levels.

### Bombshell Boxing

Let's Punch! Bombshell Boxing is a women's full body workout utilizing glove and pad boxing drills combined with core and some lower body exercises. Builds stamina and strength, plus it's the best stress buster around! Get fit in a fun and supportive environment. No experience necessary. Great for mother/daughters and those who don't like working out with weights!

### Zumba

Get fit, have fun and leave the world behind. Zumba is a Latin inspired, dance fitness class that incorporates Latin music and dance movements for one hour of calorie-burning, body-energizing, movements meant to engage while having a blast! The routines feature interval training sessions where fast and slow rhythms and resistance are combined to tone and sculpt your body while burning fat.

### Yoga with Lara

In this class you will move in flowing postures using the breath as guide. You will stretch, strengthen, and relax as you take part in these all level classes. Yoga is a GREAT way to let go of stress and tension while increasing flexibility and toning muscles in a safe and effective way. Modifications will be provided for beginners, as well as ways to challenge postures for the more advanced students. At the end of each class is a restorative sequence followed by a final relaxation, so you will feel energized yet relaxed as you leave class.

Check the website,

**UptonRec.com**

For the days, times, and prices of each class. Information may vary by session, so make sure to check for new classes as well!



Protect your

# SKIN *From the* SUN



## Sun Screen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back.

## Hat



For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

## Sunglasses



Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection.



## Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.



## Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

**The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes.**

\*All Information taken from the Center for Disease Control, [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)



Have you Tried:

# Letterboxing?

Letterboxing is a low cost, enjoyable activity for all ages! Once you get started, it can be done essentially free! It makes a great activity for adventure seekers, young and old and is a great way to explore nature and reap all the benefits of problem solving, hiking, and fresh air all at once!

## What is Letterboxing?

Letterboxing is a treasure hunt of sorts. You get clues to where the letterbox is located and you must track it down. Once you find it, you will find a rubber stamp inside. You stamp the rubber stamp into your log book, and then you use your own stamp to stamp a log book contained in the letter box. Your logbook contains a collection of stamps you have found, and the log book in the letter box contains a collection of everyone who found it!

## What do I need for equipment to get started?

You can get started for as little as \$3 if you want!

- ⇒ You need some sort of **log book**. This can be as simple as a small notebook, or could be a nice leather bound travel type journal. The choice is yours! Personally, I recommend a small sketchbook. The paper is usually fairly thick and there are no lines, so the stamps show up really nice!
- ⇒ You need a **signature stamp**. This should be something that represents you. Some artistic people may choose to carve their own out of rubber, but you can also go to a craft store and look at the stamps and just pick a pre-made one that represents your personality!
- ⇒ You need an **ink pad**. Just a standard pad in whatever color you prefer.



## Where do I get Clues?

Go to [atlasquest.com](http://atlasquest.com) or [letterboxing.org](http://letterboxing.org). All the clues you need are right there. There are also apps for phones that can be used as well, but those two sites are the primary places to go for clues and more details.

## Do I have to pay anything else?

That depends on where you go. For example, many state parks have tons of letterboxes, but they require payment for parking. The only time it costs money is if you choose to go someplace that charges admission to get in. Letterboxes can be found on trails, near monuments, and even local businesses. (I once went to a used book shop that if you asked for “Treasure Island,” they brought you a copy of the book that had been hollowed out and had the stamp inside.)

Now that you know what it is, get out there and try it! Feel free to share your adventures with friends, but remember, don't tell people where to find the boxes! Let them have their own treasure hunt! Enjoy!

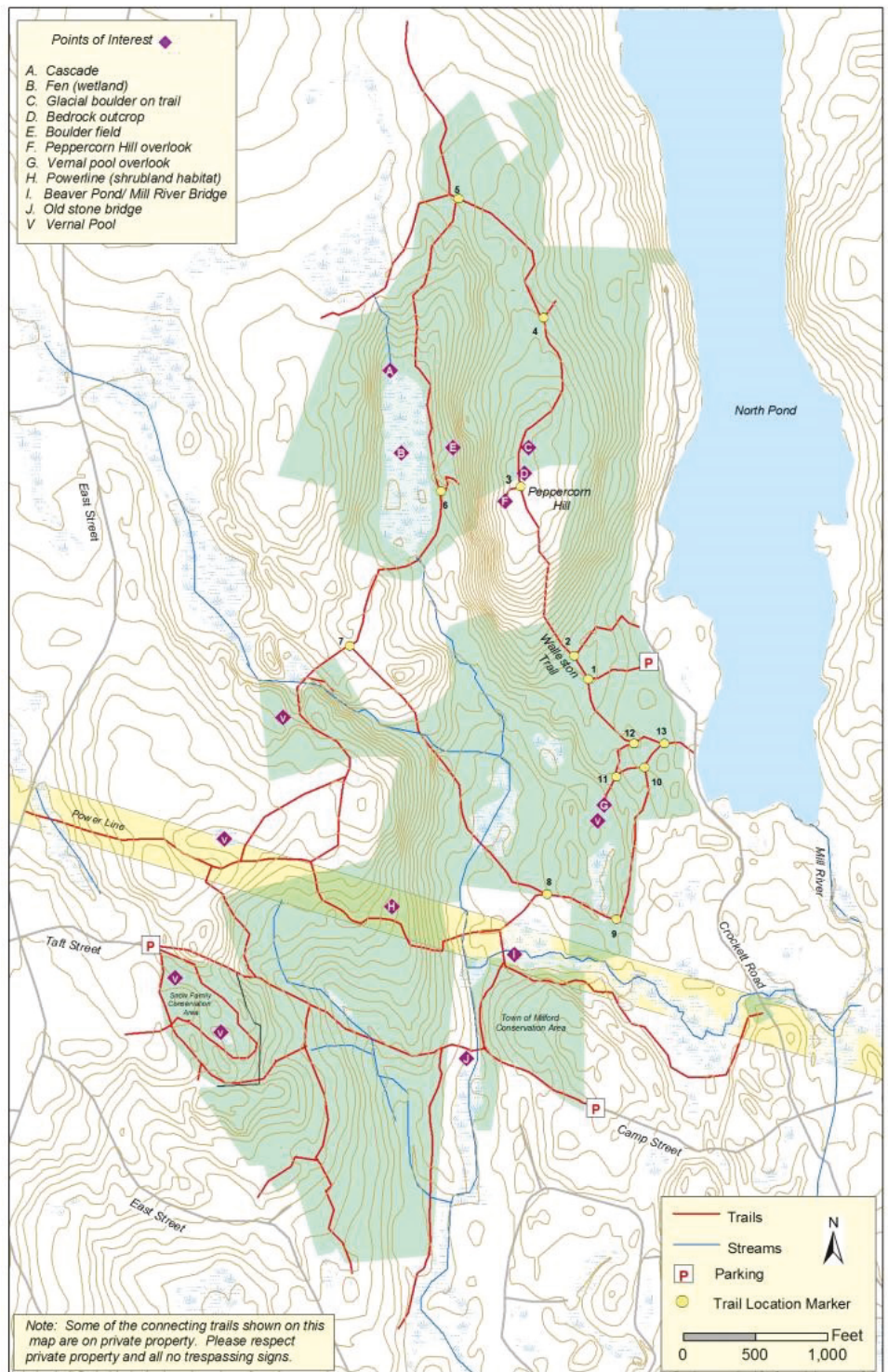
P.S.—Letterboxes are everywhere! Next family vacation, bring your kit. Whether you are going out of town, out of state, or out of country, there are probably some boxes to find!



# Trails in Upton:

## Peppercorn Hill and Snow Family Conservation Areas

The Peppercorn Conservation Area is located on the east side of town near North Pond. The 283 acres area is largely forested with oaks, maple and pine. It features cold water streams, wetlands, vernal pools, scenic vistas, and stone walls. The western slope of Peppercorn Hill is a remarkable jumble of boulders deposited by glaciers more than 10 thousand years ago. A National Grid powerline easement passes through the property and shrub habitat maintained by the easement provides excellent songbird and butterfly habitat. Trails can be accessed from Crocket Road and from Taft Street via the Snow Family Conservation Area.



Peppercorn Hill and Snow Family Conservation Areas

Upton Land Stewardship Committee, January, 2017

Want to try letterboxing? Go to atlas quest and look up the box series "Elemental Elephants." It's a series of 4 boxes and a great way to get started

Did you know? Here in Upton, you have access to approximately 30 miles of trails between town owned land and the Upton State Forest! If you are looking for something to do on a beautiful summer day, get out and explore your town's natural side!



# Let's Connect!



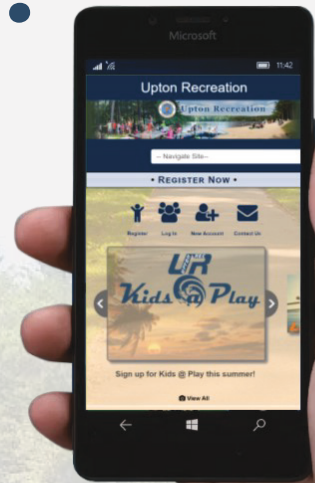
Facebook.com/uptonrec



@uptonrec



@uptonrec



## ***UPTONREC.COM***

Check our website regularly as we often add classes/sessions. Please note that Upton Rec also has partnerships with area businesses that feature recreation and arts programs. Feel free to reach out to the recreation department to let us know what classes and programs you would like to see us offer!

Upton Recreation

One Main Street, Box 14

Recreation@uptonma.gov

774-216-1438



Special Thanks  
to our Sponsor!

**SignsPlus**  
Milford, MA

Upton Rec is looking for advertising partners and sponsors for our recreation programs. Reach out to the Recreation Director, Andrew St. George, for details on how your business or organization can be involved. All of our program sponsors will get the opportunity to have an ad in future publications as well as on our social media, websites, and program signage. Your generous support helps bring high quality programs to the community!