

# Chelmsford Community Education

170 Dalton Road, Chelmsford, Massachusetts 01824 978-251-5151



## Course Catalog 2025

Register at [ChelmsfordCommunityEd.com](https://ChelmsfordCommunityEd.com)



# SUMMER 2025

## Table of Contents

Important Information.....	1	Youth Programs (cont.)	
SummerFest.....	3	<b>Special Interests</b>	
SummerQuest.....	4	Kid's Test Kitchen.....	10
Private Music Instruction for all Ages.....	5	NEW: First Aid, CPR, AED Training.....	10
<b>Youth Programs</b> .....	5	Summer Chess.....	10
<b>Computers</b>		NEW: Child & Babysitting Safety Training (CABS)...	10
Robot Commanders 101.....	5	<b>Skyhawks Sports</b>	
Hands-On Electronics.....	5	Flag Football.....	11
NEW: Minecraft Innovators.....	5	Cheerleading.....	11
<b>Youth Programs</b>		NEW: Golf Sampler.....	11
Lego Future House.....	6	Mini-Hawk Sports Camp.....	11
Lego Adventures.....	6	Multi-Sport Camp.....	11
NEW: Art Adventures.....	6	Beginning Golf.....	12
NEW: Music Production 101.....	7	Flag Football.....	12
NEW: Coding & Game Design.....	7	<b>Sports &amp; Fitness</b>	
Spectacular Hands-On Science.....	8	Youth Summer Basketball.....	12
NEW: Ellixi Beauty Product Creators Laboratory.....	8	Archery.....	13
NEW: Inventor's Workshop.....	8	22:6 Athletics Football Clinic.....	13
Slime Week!.....	9	Field Play.....	13
<b>The Arts:</b>		Mountain Biking.....	13
NEW: Outside the Lines Art Workshop.....	9	Youth Tennis.....	14
Summer Sing! Musical Theatre for Kids.....	9	<b>Adult Programs</b> .....	15
Artistic Adventures: Arts & Crafts.....	9	NEW: Strength Training.....	15
		Ed2Go.....	15
		Pickleball.....	15
		NEW: Summer Day Trips.....	15

# Important Information

## Accounts on our Registration Website

Create a free account on our registration website. Setting up an account will ensure you receive important emails about upcoming programming and events and will make the program registration process easier. To register, go to:  
[ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com)

## Who Can Enroll?

Residents of Chelmsford and non-residents are welcome to enroll in our classes at the same tuition.

## How to Register

Online registration is available at [ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com). Your new account will let you register and pay online with a credit card. Questions?

Email us at

[commed@Chelmsford.k12.ma.us](mailto:commed@Chelmsford.k12.ma.us)

## Registration Confirmation

You are officially enrolled as soon as we receive your payment. An email address is required for a confirmation email to be sent to you from  
[ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com).

## When Does Registration Begin?

Registration opens at 10am on Thursday, March 27. We recommend customers register at least two weeks before classes begin. Registering early gives the best chance of classes running. **Registration ends approximately one week prior to the start date for each class.**

## Course Withdrawal & Refunds

Refunds for a course are handled as follows:

1. A full refund will be given when a class is cancelled due to low enrollment
2. A full refund minus a \$10 processing fee will be given for a cancellation more than 15 days prior to a class start date.
3. A full credit will be given for a cancellation 8-15 days prior to the class start date. Credits expire one year from date of issue.
4. No refund or credit will be given for cancellations 7 days or less prior to class start date.
5. SummerFest & SummerQuest may have a different refund policy. Check our website for details.
6. All classes are non-transferrable. If you are unable to attend a class for any reason, any attempt to transfer your registration to another person will not be honored
7. Manual refund payments require up to a 30-day processing period.
8. Trips have a different refund policy. Please refer to individual trip information for details.
9. To request a refund, email us at [adulded@chelmsford.k12.ma.us](mailto:adulded@chelmsford.k12.ma.us)

# SUMMER 2025

## Like us on Social Media

Don't miss out on all the news, class updates, fun pictures and free activities. Like our Facebook page at: *Chelmsford Community Education*

Our Instagram page is:  
*CommedWestlands*

## Mission Statement

Chelmsford Community Education is a self-sustaining branch of the Chelmsford Public Schools. Learning is a lifelong pursuit, with areas of interest and needs that are vast. Accordingly, our goal is to offer a wide variety of programs. The selections range from academics, enrichment, sports and recreation to childcare services. We strive to provide high quality classes, programs and activities at an affordable price for students of all ages.

## Come Teach with Us

If you have a special skill that you would like to share with your community, come teach a class with us! Email your class ideas to Colleen at [smithc@chelmsford.k12.ma.us](mailto:smithc@chelmsford.k12.ma.us)

## Questions

For questions on classes, dates and registration, contact Colleen Smith at [adulted@Chelmsford.k12.ma.us](mailto:adulted@Chelmsford.k12.ma.us) or 978-251-5151 x6091

For questions regarding SummerFest or SummerQuest, contact Michele Pielecki at [commed@Chelmsford.k12.ma.us](mailto:commed@Chelmsford.k12.ma.us) or 978-251-5151 x6092

## Commed Office Staff

**Robyn Adams, Director**

**Kelley DiFolco, Assistant Director**

**Michele Pielecki, Childcare Supervisor**

**Colleen Smith, Adult Education Program  
Coordinator**

**Laura Green, Administrative Assistant**

**Rhonda Poole, Office Assistant**

Chelmsford Public Schools  
**CHELMSFORD COMMUNITY EDUCATION**  
170 Dalton Road, Chelmsford, MA 01824  
[ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com)



The goal of Summerfest is to provide a valuable service to the parents of children in the Chelmsford area. The staff will make every effort to provide a safe and harmonious environment in which your child can make age-appropriate choices that lead to sound social, emotional and physical development.

We will have all our favorite areas open this summer: the STEM Room, Art Room, Chill Zone, Gym, Playground, Café, and Outdoor Rec. We will have weekly water features and in-house guests or field trips. Our goal is to allow the children more time to do things they really love, while still offering a variety of options.

Our program will be located at the Chelmsford Community Education Building, 170 Dalton Road 01824 Chelmsford, MA. Summerfest has lots of air-conditioned spots to cool off, and sprinklers and water play will provide refreshing fun on hot days. The staff consists of certified teachers, educational support personnel, nurses, college and high school students.

**We will be open from 7:00 a.m. to 6:00 p.m.**

# SUMMERQUEST

## 2025



SummerQuest is our summer program specifically for Preteens and Teens – kids entering 6<sup>th</sup> through entering 9<sup>th</sup> grade. Our program is designed to meet the unique needs of our older kids to help keep them entertained and excited during the summer and offer them increased freedom.

We offer a 5-Day week of off-site field trips that will bring your child to a variety of locations with exciting and enriching activities like rock climbing, hiking, museums, laser tag, ropes courses and more! Fridays are a ½ day of a Community Project and Varney Park/Freeman Lake. Our weekly Community Project will help our teens foster an appreciation for our town and keeping it at its best.

**SummerQuest is open from 8:00 a.m. to 3:00 p.m.**

## Private Music

### Instruction for all Ages

Chelmsford Community Education offers private, one-on-one music lessons all year. Our qualified instructors are recruited and supervised by CommEd and the Chelmsford Public Schools Fine and Performing Arts Department.

For summer instruments and lesson availability and pricing go to [ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com) or contact Christopher McGillicuddy at [McGillicuddyC@Chelmsford.k12.ma.us](mailto:McGillicuddyC@Chelmsford.k12.ma.us)



## Computer

### Robot

#### Commanders 101

Understanding how software can interact with robots is a key skill for the STEM jobs of tomorrow. In this class we will provide several playful activities, where students learn about what it means to write, debug, and execute computer programs that communicate with different robotic devices. Using the power of code, students will turn Sphero SPRK+ robots into Magic 8 Balls, automated Red Light/Green Light games, and the arcade classic Pong - and Unruly Splats will become our voting machines, relay races, guessing games, and more.

**Location:** Commed Rm 21 **Grades:** 2-4  
**Instructor:** Circuit Labs

August 4-8, 8:00am – 11:00am, \$215

**Register NOW at**  
[ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com)

## Hands-On Electronics

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors.

**Location:** Commed Rm 21 **Grades:** 3-5  
**Instructor:** Circuit Labs

August 4-8, 11:45am – 2:45pm, \$215

**Register for both Circuit Labs classes and get a discount!**

## NEW: Minecraft Innovators

Become a part of our Minecraft community and help us create a spectacular city for future residents. Build, budget, and furnish your dream home, launch a marketing campaign for your own business, and shape the city's future as a council member—your vote truly matters! Guided by our expert Right Brain Curriculum teachers, you'll discover how math, economics, and community-building drive urban success, all while having a blast in our Minecraft world! Don't miss out—sign up today and start building the future!

**Location:** Commed Rm 21 **Grades:** 2-5  
**Instructor:** Right Brain Curriculum

July 21-25, 8:30am – 11:30am, \$219

**Register for Minecraft & Lego Future House and get a discount!**

## Youth Programs



### Lego Future House

If You Can Imagine the Future, You Can Build It!

Come join us in the next century! Take an exciting journey through smart homes, driverless cars, and advanced robots. Discover how today's innovators are shaping our world and get inspired. Then get hands-on with our Lego design experience! Build your dream house, complete with cutting-edge furniture, a sleek new vehicle, and even a high-tech pet! Don't miss this chance to shape the future—hop in our virtual time travel machine and start designing your Future House today!

**Location:** Commed Rm 21    **Grades:** 2-5

**Instructor:** Right Brain Curriculum

July 21-25, 12:00pm – 3:00pm, \$219

**Register for Lego Future House & Minecraft OR Lego Adventures & Art Adventures full-day bundles and get a discount!**

### Lego Adventures

Get Your Lego Game On! Each week in Lego Adventures, there is a new challenge to build: From skyscrapers to farms, bridges to airports, space stations to main streets, and everything in between! Our Right Brain Curriculum instructors will review the history of what we are about to build: How airports graduated from landing strips to vast travel networks, how Depression-era farms survived hordes of grasshoppers, how aeroelasticity explains why the Tacoma bridge nicknamed “Gallop Gertie” collapsed. Then, it's time to build. Create a model of each type of structure out of an enormous assortment of provided Legos, then present your creation as we photograph and document it.

**Location:** Commed Rm 15    **Grades:** 1-4

**Instructor:** Right Brain Curriculum

July 28 – August 1, 8:30am – 11:30am \$219

### NEW: Art Adventures

Inspired by the Masters. Step into our vibrant art studio, where each week you'll create artwork inspired by iconic artists like Pablo Picasso, Yayoi Kusama, Frida Kahlo, and Vincent van Gogh! Right Brain Curriculum instructors will guide you in exploring each artist's unique style and help you craft your own masterpiece. To celebrate your artistic journey, we'll host gallery walks where you can showcase your creations and share your vision with classmates. Get ready to ignite your imagination and let your creativity shine!

**Location:** Commed Rm 15    **Grades:** 1-4

**Instructor:** Right Brain Curriculum

July 28 – August 1, 12:00pm – 3:00pm \$219

**Register NOW at**  
**ChelmsfordCommunityEd.com**





## Computer (cont.)

**Register for Music Production and Coding & Design- get a discount!**

### **NEW: Music Production 101**

Immerse yourself in the world of music creation with this engaging course tailored specifically for all levels. Dive into the dynamic world of digital music production, creating captivating rhythms and melodies using Soundtrap, a kid-friendly digital audio workstation. From recording and manipulating sounds, to mixing your very own tracks, to learning the key elements of songwriting and music theory, this hands-on course will inspire your creativity and encourage you to view the world around you as an endless source of musical inspiration. By the end of the journey, you'll not only have created your own unique piece of music, but you'll also have gained invaluable skills that will help shape your future musical endeavors!

**Location:** Commed **Ages:** 7-12

**Instructor:** Athena Coding

July 28-Aug 1, 8:30am – 11:30am \$329

Music/Coding Bundle, 8:30am – 3:00pm \$598



## Youth Programs



### **NEW: Coding & Game Design**

Embark on an unparalleled adventure with our Game Design and Animation Class - a unique, project-based learning experience that infuses the charm of storytelling with the power of coding. This course is meticulously designed to spark the inherent creativity in young minds and foster their innovative storytelling and game designing capabilities. Our innovative curriculum introduces your child to the compelling world of programming through a combination of MIT's Scratch, a visual programming language designed especially for young learners, and Python via code.org, one of the world's leading online coding platforms. In this class, students don't just learn how to code – they bring their imaginations to life and learn to weave stories through lines of code, transforming their ideas into interactive games, animations, and more! this enriching journey, students don't just have a blast – they cultivate a lifelong passion for coding, a skillset that will empower them in the digital age.

**Location:** Commed **Ages:** 7-12

**Instructor:** Athena Coding

July 28-Aug 1, 12:00pm – 3:00pm \$329

Music/Coding Bundle, 8:30am – 3:00pm \$598

**Register for Music Production and Coding & Design and get a discount!**

**Register NOW at**  
**ChelmsfordCommunityEd.com**

# Youth Programs

(Cont.)



## Spectacular Hands-On Science

Join us for a week-long summer program designed to expose students to science process skills, critical thinking skills and scientific reasoning skills along with the scientific method.

The scientists are fast-paced and funny, and your kids will be thoroughly entertained while they are learning some interesting things too! We will explore weird motions and flying things, air and water pressure, crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more!

**Location:** Commed Bldg. **Grades:** Various  
**Instructor:** Top Secret Science

Grades K-5	August 4-8	9:00-3:00pm	\$335
Grades 5-8	July 21-25	9:00-3:00pm	\$335

## NEW: Inventor's Workshop

Unleash your inner inventor in this hands-on workshop designed for aspiring young creators! Kids will dive into engineering challenges, build their own prototypes, and explore innovative design concepts. With plenty of materials and guidance, this program encourages creativity and critical thinking through exciting, real-world projects.

**Location:** Commed **Grades:** 1-6  
**Instructor:** Fun4All Summer Programs

July 14 - 17	9:00am - 3:00pm	\$240
--------------	-----------------	-------



## NEW: Ellixi Beauty Product Creators Laboratory

Join us for an afternoon of creativity where you will make five personalized, luxurious products like sugar scrubs, hydrating lip balms, perfumes, moisturizers and soothing clay masks, all bottled, labeled and ready to take home! All Ellixi ingredients are waterless, preservative-free, 95% organic, cruelty free, and plastic free - crafted with five or fewer ingredients designed to be as kind to your skin as they are to the environment.

**Location:** Commed **Grades:** 5-8  
**Instructor:** Ellixi Beauty

July 28	1:00-3:00pm	\$69
August 6	1:00-3:00pm	\$69



**Register NOW at**  
**ChelmsfordCommunityEd.com**

# Youth Programs

(cont.)

## Fun4All Slime Week!



It's time for slime! Spend a week learning how to make slime and put your creativity to the test to see who can make the ultimate slime! During slime week, students can expect to learn the basics of how to make slime and will have fun creating slimes of different colors, smells, and textures. Students will learn to make slimes that are crunchy, magnetic, and glow in the dark! Once the slime is made, students will show off their creations! Slime week lets kids get their hands dirty while leaving the mess in the classroom and out of your home!

**Location:** Commed **Grades:** 1-6

**Instructor:** Fun4All Summer Programs

---

July 21 - 24, 9:00am - 3:00pm \$240

---



## Summer Sing! Musical Theatre for Kids

Do you like to act, sing and dance? Then Summer Sing! musical theatre class is for you! Students will learn acting skills, singing techniques, and dance moves. No previous theatre experience required. Students will perform a short combination for family and friends on the last day of the session showcasing what they have learned. Come enjoy a fun week full of acting, singing, and dancing!

**Location:** Commed **Grades:** 3-6 & 5-9

**Instructor:** Jai Velazquez

---

July 14-18, 9:00am - 12:00pm, \$175  
 July 28-Aug 1, 9:00am - 12:00pm, \$175

---



## Artistic Adventures

If you like doing arts and crafts projects, you will love this relaxed and fun camp. Each day we will be creating 'two different projects' that will involve the use of a variety of materials such as clay and collage, paints and paste, gems and gelatos, stencils and sticks and so much more. This camp provides an opportunity to work with many mediums and art materials you may have never tried.

**Location:** Commed **Grades:** 3-8

**Instructor:** Jalix Delacruz

---

July 14-18, 12:00-3:00pm, \$175

---

# The Arts

## NEW: Outside the Lines

### Art Workshop

Get creative and explore art beyond the usual boundaries! This program encourages kids to experiment with unconventional materials and techniques to create unique masterpieces with a different theme each day. From large-scale murals to mixed-media projects, kids will learn to think outside the box and let their imaginations run wild.

**Location:** Commed **Grades:** 1-6

**Instructor:** Fun4All Summer Programs

---

August 4- 7, 9:00am - 3:00pm \$240

---

**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Special Interests



### Summer Chess Program

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You will improve your chess skills, meet new friends, and work out your most powerful muscle – your brain! Our programs include fun team chess games (like corner chess), recess time (of course), snacks, tournaments, and puzzles. Unleash your brain power and spend some of your summer with Chess Wizards.

Everyone receives a Chess Wizards t-shirt, trophy, and puzzle workbook.

**Location:** Commed Bldg. **Ages:** 5-12

**Instructor:** Chess Wizards

---

July 21 – 25

AM: 9:00am – 12:00pm \$225

PM: 12:00pm – 3:00pm \$225

FULL DAY: 9:00am – 3:00pm \$345

---



### Kid's Test Kitchen

We are redefining kid food! Each class presents students with opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned!

**Location:** Commed

**Grades:** 1-5

**Instructor:** Kid's Test Kitchen

---

July 14-17	12:30-3:30pm	\$260
------------	--------------	-------

---

### NEW: First Aid, CPR, AED Training

The Heartsaver First Aid, CPR, and AED course offers high-quality training in essential lifesaving skills. Designed to prepare students to respond confidently during emergencies, it covers first aid, CPR, and the use of an AED, at home, work, or in the community. In this course, students will learn how to assess scene safety, call for help, and perform CPR on adults, children, and infants. Additionally, they will gain skills to managing choking, use an AED, control bleeding, and administer an EpiPen.

**Location:** Commed **Ages:** 9-15

**Instructor:** Armen Jeknavorian

---

July 14	9:00-1:00pm	\$99
---------	-------------	------

---

### NEW: Child & Babysitting Safety Training (CABS)

The Child and Babysitting Safety (CABS) program gives teenagers and young adults everything they need to know for safe and successful babysitting. The program teaches how to get started with a business, working with parents and children, and key safety, caregiving, and first aid tips..

**Location:** Commed Bldg. **Grades:** 6-10

**Instructor:** Armen Jeknavorian

---

July 16	9:00-1:00pm	\$125
---------	-------------	-------

---

**Register NOW at**  
**ChelmsfordCommunityEd.com**

# Skyhawks Sports

## Flag Football Fueled by USA Football

Experience the excitement of football with Skyhawks Flag Football fueled by USA Football. Using a curriculum developed by USA Football, coaches teach skills like passing, receiving, kicking and flag pulling all while you are gaining confidence and learning life lessons in a fun, positive environment.

**Location:** Byam School Field **Ages:** 7-12  
**Instructor:** Skyhawks Sports Academy



## Golf Sampler with Skyhawks

Introduce your child to golf in one of our most popular programs! Learn traditional golf and explore the basics of disc (frisbee) golf, and foot (soccer) golf. All equipment is provided in this unique program.

**Location:** Byam School Field **Ages:** 7-12  
**Instructor:** Skyhawks Sports Academy

July 7 – 11, 9:00am – 12:00pm, \$165

July 14 – 18, 9:00am – 12:00pm, \$165

## Mini-Hawks With Skyhawks

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, students explore balance, hand/eye coordination and skill development at their own pace.

**Location:** Byam School Field **Ages:** 4-6  
**Instructor:** Skyhawks Sports Academy

July 21 – 25, 9:00am – 12:00pm, \$165

## Multi-Sport With Skyhawks

Multi-sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship and teamwork.

**Location:** Byam School Field **Ages:** 7-12  
**Instructor:** Skyhawks Sports Academy

July 21 – 25, 9:00am – 12:00pm, \$165



## Cheerleading With Skyhawks

This class teaches young athletes the essential skills to lead the crowd and support the home team! Each participant will learn cheers, proper hand/body movements, and jumping techniques. There is no stunting, just a big focus on fun while each cheerleader learns important life skills such as teamwork and leadership. The program concludes with a final cheer performance.

**Location:** Byam School Field **Ages:** 5-8  
**Instructor:** Skyhawks Sports Academy

July 7 – 11, 9:00am – 12:00pm, \$165

**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Skyhawks Sports (Cont.)



### Beginning Golf with Skyhawks

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment is provided.

**Location:** Byam School Field **Ages:** 5-9  
**Instructor:** Skyhawks Sport Academy

July 28 – August 1, 9:00am – 12:00pm, \$165



2<sup>nd</sup> Week Added!

### Flag Football Fueled by USA Football

Experience the excitement of football with Skyhawks Flag Football fueled by USA Football. Using a curriculum developed by USA Football, coaches teach skills like passing, receiving, kicking and flag pulling all while you are gaining confidence and learning life lessons in a fun, positive environment.

**Location:** Byam School Field **Ages:** 7-12  
**Instructor:** Skyhawks Sports Academy

August 4 – 8, 9:00am – 12:00pm, \$165

## Sports & Fitness

### Youth Summer Basketball



The purpose of this league is to build sportsmanship and confidence while providing an organized experience to learn and enjoy the game of basketball. It is understood that children will miss games because of other commitments (vacation, other sports, etc.) The program will run as a skills and drills program to begin each class, then will break down to game play at the end of each class. Class size will not exceed 60 per hour based on hoop availability. If numbers exceed that amount, additional time will be opened up to accommodate the additional registrants.

**Location:** CHS Courts **Grades:** 2 – 9

Begins Monday, July 7<sup>th</sup>, 6:00pm – 8:00pm, \$129  
 Program to run on Mondays & Wednesdays

**Register NOW at**  
**ChelmsfordCommunityEd.com**

# Sports & Fitness (cont.)



## Summer Archery

Come join us this Summer and learn one of the fastest growing sports in the country - Archery! Beginners and all skill levels are welcome. Archery program is taught by a certified USA archery level 3 coach from On Site Archery. In this program, you will learn proper archery range procedures, safety and how to shoot a bow and arrow through a step-by-step approach.

**Location:** Byam Field    **Grades:** See Below  
**Instructor:** On-Site Archery

Grades 3-5, July 21 - 25, 12:45-1:45pm, \$155  
 Grades 6-12, July 21 - 25, 2:00-3:00pm, \$155

Grades 3-5, August 4 - 8, 12:45-1:45pm, \$155  
 Grades 6-12, August 4 - 8, 2:00-3:00pm, \$155



## Field Play

Your child will enjoy outdoor field games and events including races, jumping, throwing, and much more! This is a low competitive atmosphere where children are introduced to track and field skills and get the opportunity to run and play games. Ribbons will be distributed to all participants each evening. T-shirts will be available at the CommEd office July 1-9 from 10am to 2:30pm

**Location:** McCarthy Track & Field  
**Grades:** K-5    **Instructor:** Courtney Quinn

4 Tuesdays, July 8 – July 29, 6:15pm - 7:30pm, \$59



## 22:6 Athletics Football Clinic

We want kids to have fun and establish a passion for the game of football, with a focus on teaching teamwork, respect, sportsmanship and the fundamentals. Every class will end with a game that incorporates skills learned during the clinic. Dinal class will consist of a fun scrimmage showcasing that players learned, along with an All-Star event competition. The final event even incorporates games for the parents to participate with the kids.

**Location:** Byam Field    **Ages:** 10-15  
**Instructor:** 22:6 Athletics

4 Thur, July 10 – July 31, 5:30pm – 7:00pm, \$90



## Mountain Biking

Get your kids outside and active this summer with this fun new program that will give your kids a safe, fun way to enjoy a new sport, develop self-confidence, make new friends, and get more physically fit.

**Location:** Russell Mills Swim & Tennis Club, Chelmsford

**Ages:** 7-13    **Instructor:** KC&E Adventures

Wk 1: July 7 - 9	9:00am – 12:00pm	\$300
Wk 2: July 21 - 23	9:00am – 12:00pm	\$300
Wk 3: August 4 - 6	9:00am – 12:00pm	\$300

## Sports & Fitness (cont.)



### Youth Tennis with Marcus Lewis Tennis Extension Program

The Marcus Lewis Tennis Extension Program creates an environment where your children can learn tennis and train, regardless of whether they are beginners or advanced players. The Marcus Lewis Tennis Extension Program (MLTEP) employs a program where juniors are instructed with lower compression balls and smaller racquets. The result is faster improvement, longer rallies, and greater success.

**RED Ball:** Ages 5-7 Thursdays, 4:00 – 5:00 pm

Young players start with a red ball that is larger, slower, and lighter. This allows developing players to hit more balls and build confidence. At this level, young juniors develop their technique and learn simple tactics.

**ORANGE Ball:** Ages 8-10 Thursdays, 5:00 – 6:00 pm

Orange balls are the same size as a standard yellow ball but are lighter and bounce lower. The emphasis is on learning basic grip, tennis strokes, boundaries, building fundamental skills, and scoring.

**GREEN Ball:** Ages 9-12 Thursdays, 6:00 – 7:00 pm

The green ball is slightly lighter and slower than the yellow which gives players building their skills time to get to and return shots. More balls stay in play and the exchanges last longer. Skills worked on will be advanced stroke skills and match strategy.

**YELLOW Ball:** Ages 12+ Thursdays, 7:00 – 8:00 pm

The yellow ball is the standard ball. The focus in this program is on enhancing strokes and tactics or singles and doubles play along with mental toughness and conditioning. For players with little knowledge, basic skills including forehand, backhand, serve, volley, and overhead are taught.

Each level runs for 7 Thursdays:

July 10  
 July 17  
 July 24  
 July 31  
 August 7  
 August 14  
 August 21

**Location:** CHS Tennis Courts  
**Instructor:** Marcus Lewis Instructors  
**Fee:** \$159



**Register NOW at**  
**ChelmsfordCommunityEd.com**





## NEW: Strength Training

The customized strength training classes are tailored to the goals and need of each individual. In addition to strength training, you will receive mobility and stretching guidance, personalized coaching, and nutritional insights.

**Location:** Commed **Ages:** 18+

**Instructor:** The Traveling Trainer

Spring Session:

6 Wednesdays, Begins May 14, 5:30pm \$99

Summer Session:

6 Wednesdays, Begins July 9, 6:30pm \$99



## Ed2Go Online Learning

Chelmsford Community Education partners with Ed2Go to offer a wide range of highly interactive courses that you can take entirely over the internet. All courses are led by expert instructors, many of whom are nationally known authors.

To register for these or any of our other Ed2Go classes, go to [ed2go.com/chelmcomed/](http://ed2go.com/chelmcomed/)

**Register NOW at**  
**ChelmsfordCommunityEd.com**



## Pickleball

Join us this summer for the fastest growing sport in America! Two levels of programming available depending on your ability level. All equipment is provided! Space is VERY limited to register today!

**Location:** Varney Park **Ages:** 18+

**Instructor:** Donald Van Dyne

### June Session:

4 Tuesdays, Begins May 27, \$135  
3 Thursdays\*, Begins May 29, \$135

### July Session:

4 Tuesdays, Begins July 8, \$135  
4 Thursdays, Begins July 10, \$135

### August Session:

4 Tuesdays, Begins August 19, \$135  
4 Thursdays, Begins August 21, \$135

\* This class meets for extended hours

Check our website for levels and times

## Summer Day Trips

Chelmsford Community Education has some great day-trips scheduled for this year! Transportation, lunch, and show is included. Below is a list of events coming this spring & summer.

For a full list of 2025 trips, visit our website.

- April 29: Ozark Jubilee Direct from Branson, Missouri
- May 15: The Jersey Tenors
- June 11: Strawberry Festival & BBQ with John Cash Tribute Show
- July 8: Elvis Presley Tribute Show