



**ATHLETES
UNLIMITED
NEWTON**

NEWTON PARKS & RECREATION DEPARTMENT

Ruthanne Fuller, Mayor
Nicole Banks, Commissioner, Parks & Recreation



Mark Kelly, Special Needs Director
Karen Peirce, Associate Director

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Zooming into Summer

While the COVID-19 virus has changed our world since our last newsletter, our mission of improving the quality of life of our athletes and their families hasn't changed at all. If anything, the global pandemic has strengthened our commitment to keep our athletes active and to provide them with meaningful connections during this time of social distancing.

We have never been prouder of our athletes and staff then over the last three months. Our athletes quickly adapted to virtual programming and their resiliency, as well as the love and support they have for one another, has been on full display. Staff and volunteers stepped up to the plate and offered three programs a day for the last 13 weeks straight. They provided a wide array of activities including; dance parties, yoga, zumba, game show nights, art, cardio-boxing, boot camp, theatre, Irish step-dancing, Harry Potter read-alouds, poetry slams and virtual campfires.

Summer is finally here and both Camp Echo Bridge and our adult summer programs will be held virtually. They both will run for six straight weeks, starting Monday July 6th and ending on Friday August 14th. Camp Echo Bridge will run daily from 8:30am to noon and include fantastic special events on Wednesday and Friday's from 1pm-2pm. Our adult summer programs will be held at the 10am, 1pm and 6pm time slots and offer a variety of activities to keep everyone connected and engaged.

We are excited to announce that the Schultz Family Triathlon for kids and athletes with disabilities of all ages will be held virtually during the last week of July. Participants will receive a shirt, bib, medal and goodie bag prior to race week. Opening Ceremonies will be Sunday night July 26th and then participants will have six days



to complete their custom homemade race course. There will be social media and results platforms for athletes and families to upload their progress and the event will conclude with a Closing Ceremonies and dance party on Sunday August 2nd. Stay tuned for more information about the triathlon and how to sign up.

As the program takes a brief pause at the end of this month to gear up for summer programming, we challenge all of our athletes, families, coaches and volunteers to exercise at least 30 minutes a day. Equally important, we challenge our athletes to stay connected with one another during this time.

Remember to stay positive and that we are all in this together. We look forward to seeing everyone on July 6th! We will be sending out weekly emails all summer long that will include Zoom links to our programs.

Mark Kelly

Summer Programs

Tigers Boot Camp

It is Monday morning and are you ready to work out with Coaches Andy Majewski, Dan Heffernan and Mike Skiotis? Anyone can join this class. Get ready for stretching followed by some fun work-outs and of course there will be challenge flags so be ready.

10:00AM MONDAY July 6-August 10

Zumba with Judi

Join in the dance fitness program that is more like a party than a work out! Judi will keep us moving to her upbeat music. Everyone can Zumba.

6:00PM MONDAY July 6-August 10

Create with Karen

Each week we will draw or create a work of art. All you will need are paper, pens, pencils, crayons, markers or paints. There will be a different theme each week. Also during this time we will watch short videos of Cristina Valente visiting historical places in New England.

10:00AM TUESDAYS July 7-August 11

Yoga Live with Sarah

Sarah will be joining us every Tuesday for a night of calm and relaxing yoga moves. Grab a towel or a yoga mat and a water bottle and you will be all set.

6:00PM TUESDAYS July 7-August 11

Boxing

Live from the Nonantum Boxing Club we will be learning some cool boxing moves from our instructor Marc. Get ready to strengthen your core and tone up those arms.

10:00AM WEDNESDAY July 8-August 12

Newton History

If You Lived at the Jackson Homestead -How would your life be different if you were born in the 1800's? Examine 150-year-old objects, photographs, textiles, tools and other primary sources to piece together the story of daily life in 19th-century Newton.

6:00PM WEDNESDAY July 8

Now and Then

How has Newton changed? How has it stayed the same? Take a look at historic images and maps of the city through the ages, and see if you can identify familiar places!

6:00PM WEDNESDAY July 15

Outback with Carolee

Carolee will be sharing visits from some amazing Vermont Farm Friends and she will share her own garden, her chickens, her butterflies hatching and more. Be sure to join us as there is always something happening Outback with Carolee.

10:00AM THURSDAYS July 9-August 13

Cardio with Mark

Get ready to move and groove with Mark for cardio workouts to strengthen your body and mind. Escape the summer heat with these indoor workouts.

1:00PM THURSDAYS July 9-August 13

Spotlighters Summer Series

Summer days are meant for summer music. Expect some hits from classic musicals like Grease and Bye Bye Birdie that will make you smile and dance.

FRIDAY 10:00AM July 10-August 14

Camp Fire

Games, music, dancing, sing-a-longs, special guests and more at the Thursday night Camp Fires.

6:00PM THURSDAYS July 9 and August 13

Irish Step Dancing

Explore the rhythms of the music the foot work and techniques of the Irish Dance.

6:00PM WEDNESDAY July 22

Throw Back Thursday

We will share photos and videos of Athletes Unlimited and Camp Echo Bridge over the past 40 years. Feel free to share your photos as well.

6:00PM THURSDAY July 23

Family Feud

Play Family Feud with friends and family.

6:00PM WEDNESDAY July 29

Water Water Everywhere

Steve Fogg knows the Appalachian Trail but did you know he is the Town Engineer in Weston and he knows a lot about water. He will share where your water comes from, where it goes and how is it protected.

6:00PM WEDNESDAY August 5

Dance Party

Get ready to dance your face off at this rockin event. Everybody's going to cut footloose and have a blast.

6:00PM THURSDAY July 16 and August 6

Trivia

Share what you know and learn about all sorts of new things.

6:00PM WEDNESDAY August 12

Harry Potter Read Aloud

Get cozy and tune in as Maggie Heffernan continues to read "Harry Potter and Sorcerer's Stone." Wizard attire encouraged as she reads a chapter each week.

6:00PM FRIDAYS July 10-August 14

Summer 2020 Calendar

July

S	M	T	W	T	F	S
			1	2	3	4
5	6 Boot Camp 10AM Zumba 6PM	7 Create with Karen 10AM Yoga 6PM	8 Boxing 10AM Improv 1PM Newton History 6PM	9 Outback with Carolee 10AM Cardio with Mark 1PM Camp Fire 6PM	10 Spotlighters 10AM Flying Ivories 1PM Harry Potter 6PM	11
12	13 Boot Camp 10AM Zumba 6PM	14 Create with Karen 10AM Yoga 6PM	15 Boxing 10AM Magician 1PM Newton History 6PM	16 Outback with Carolee 10AM Cardio with Mark 1PM Dance Party 6PM	17 Spotlighters 10AM Life is Good 1PM Harry Potter 6PM	18
19	20 Boot Camp 10AM Zumba 6PM	21 Create with Karen 10AM Yoga 6PM	22 Boxing 10AM Animal Craze 1PM Irish Step Dance 6PM	23 Outback with Carolee 10AM Cardio with Mark 1PM Throwback Thursday 6PM	24 Spotlighters 10AM Polynesian Fusion 1PM Harry Potter 6PM	25
26	27 Boot Camp 10AM Zumba 6PM	28 Create with Karen 10AM Yoga 6PM	29 Boxing 10AM World of Owls 1PM Family Feud 6PM	30 Outback with Carolee 10AM Cardio with Mark 1PM Dance Party 6PM	31 Spotlighters 10AM Off to Hogwarts 1PM Harry Potter 6PM	

August

S	M	T	W	T	F	S
						1
2	3 Boot Camp 10AM Zumba 6PM	4 Create with Karen 10AM Yoga 6PM	5 Boxing 10AM Mad Science 1PM Water Water Everywhere 6PM	6 Outback with Carolee 10AM Cardio with Mark 1PM Dance Party 6PM	7 Spotlighters 10AM Red Carpet Runway 1PM Harry Potter 6PM	8
9	10 Boot Camp 10AM Zumba 6PM	11 Create with Karen 10AM Yoga 6PM	12 Boxing 10AM Special Event - Stay Tuned 1PM Trivia 6PM	13 Outback with Carolee 10AM Cardio with Mark 1PM Camp Fire 6PM	14 Spotlighters 10AM Last Day of Virtual Summer Programs 1PM Harry Potter 6PM	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



ATHLETES UNLIMITED VIRTUAL PROGRAMMING FUND

For 13 straight weeks Newton Parks and Recreation offered free virtual recreation programs 3 times a day for our athletes. We are planning to continue offering programs virtually this summer charging a nominal fee of \$25 per person for 6 weeks. Athletes can take part in one or all the programs for \$25. We felt it was important to keep the fee nominal, and this fee does not cover the costs of running these programs.

The Board of AU made a decision to dedicate funds to offset staffing costs, fees and scholarships. We heard from many of you what a lifeline the programming has been this Spring and recognize its importance in 2020. Newton Athletes Unlimited benefits from generous donations from all of you, from our sponsors and our terrific fundraisers. We are asking for your continued help.

You can donate online at:

<https://www.newtonathletesunlimited.org/donation>

or you can send a check to

Newton Athletes Unlimited PO Box 66163 Newton MA 02466

Thank you for your support. Our athletes have depended on these programs to remain engaged and connected to their Athletes Unlimited Family.



Virtual Edition

**Opening Ceremonies
July 26**

**Race Week
July 27 – August 1**

**Closing Ceremonies
August 2**

Launching Soon!

www.schultzfamilykidstriathlon.com

Wednesday & Friday Special Events 1:00PM

Wednesdays



July 8

Athletes will enjoy an amazing Improv Show and get to chat in ideas to keep a rotating cast of quick-thinking goofballs on their toes. The cast is among the best of the best in America.



July 15

Ben Seidman is an American sleight-of-hand performer, actor and comedian. He is the only person to have served as the Resident Magician at Mandalay Bay Resort & Casino in Las Vegas.



July 22

Animal Craze Adventures will join our athletes, so get ready to meet some adorable pigs, goats, bunnies and more. We will find time earlier in the day for you to share any pets that you have with our camp family.



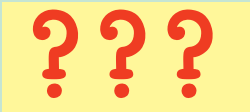
July 29

Get ready for the World of Owls presentation by Wingmasters. Owls are not evil spirits, wise little philosophers, nor do they carry messages (except for this Friday) However, they are one of the most fascinating birds around.



Aug 5

Move over 007, the Mad Science secret agent academy is in session. Athletes will be introduced to spy tech devices, play spy games and learn how to become a super detective.



Aug 12

We are working on a spectacular special event for this day. Stay tuned for more details.



Fridays

July 10

The Flying Ivories will be live from their NJ headquarters with two grand pianos and a drummer to take and play campers requests.



July 17

Athletes Unlimited has been friends with the good folks at Life is Good for over four decades. Athletes can create their very own Sunman as well as design their very own Life is Good T-Shirt.



July 24

Get ready for a Polynesian Fusion, which include a hula dance performance followed by workshop where you will learn how to hula. The event will also include Hawaiian trivia and games.



July 31

Athletes will be going through Platform 9 3/4 and off to Hogwarts for a magical adventure. Potter attire and accessories are encouraged.



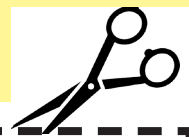
Aug 7

The Red Carpet Runway Show & Dance Party is a program tradition. Athletes usually put on costumes or glam up to show off their style. An out of this world dance party always takes place.



Aug 14

We will host a last day of summer program celebration. It will be a great way to put a cherry on top of all the fun that we have had over the last six weeks.



REGISTRATION FORM

SUMMER 2020 VIRTUAL PROGRAMS

Name _____ Date Of Birth _____ Age _____

Address _____

Email Address _____

Home Phone Number _____ Cell _____

Programs Payment: The fee for all summer virtual programs whether you join in one program or all the programs is just \$25 per person. \$ _____

You can pay by check made out to the **City of Newton** and mail to:

Mark Kelly
Newton Parks and Recreation 246 Dudley Road Newton, MA 02459

OR you can register online at newtonma.myrec.com (Look under the heading Athletes Unlimited)

For those who cannot pay the \$25 you can still participate in the programs. No one will be turned away due to the inability to pay.