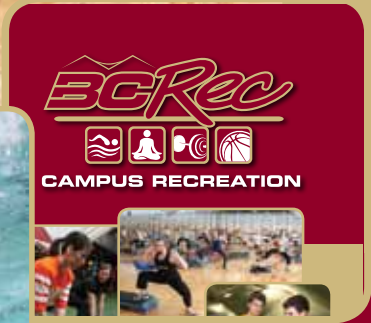


BCRec



CAMPUS RECREATION



SUMMER 2010

Membership & Programs
June 1 - August 22

CAMPUS RECREATION OPEN HOUSE

Monday, April 5 • 6:30 PM – 9:00 PM

BCRec

COMMUNITY RESIDENTS

Registration | Membership | Programs

For your convenience, you may register in person, by fax at 617-552-1886, or mail in a registration. Please fill out the membership form provided, check off which type of membership you wish to purchase, the number of lockers requested, and list any programs for which you would like to register. All summer members will be required to have their picture taken in Member Services, and pick up a key tag ID.

Payment may be made by check or money order payable to BCAD. You may also pay by Visa, MasterCard, or Discover by filling in the appropriate information. Please mail the membership form along with the check or credit card information to the address indicated. Your membership form will be processed and your receipt and locker information will be mailed to you. Credit card numbers will not be kept on file once processed.

RATES COMMUNITY RESIDENTS

Individual.....	\$215.00
Family*.....	\$400.00
Individual Senior (62+).....	\$165.00
Family Senior*.....	\$270.00
Caretaker/Babysitter.....	\$110.00
(Available with the purchase of Family Membership)	
Summer Locker (half size).....	\$ 25.00
Towel Service**.....	\$ 25.00

*Family Memberships include parents and dependent children as listed on the family's income tax return. Parents of community members are required to purchase their own individual membership. Key tags are required for all community members.

**A towel will be provided to you by the Equipment Desk for your use. You may check out a towel more than once a day, but only one towel at a time per towel membership.

MEMBERSHIP

FACULTY, STAFF & STUDENTS

Registration | Membership | Programs

For your convenience, you may register in person, by fax at 617-552-1886, or mail in a registration. Please fill out the membership form provided, check off which type of membership you wish to purchase, the number of lockers requested, and list any programs for which you would like to register.

All Boston College employees, students and their spouses must obtain a BC ID at Student Services located in Lyons Hall. Children may obtain their ID cards by stopping by Member Services to have their picture taken. A new key tag ID will be given to each child when photo is taken.

You may pay by check or money order payable to BCAD. You may also pay by Visa, MasterCard, or Discover by filling in the appropriate information. Please mail the form along with the check or credit card information to the address indicated. Your membership form will be processed and your receipt and locker information will be mailed to you. Credit card numbers will not be kept on file once processed.

RATES FACULTY, STAFF & STUDENTS

Student.....	\$70.00
Student Family*.....	\$140.00
Employee.....	\$105.00
Employee Family*.....	\$190.00
Caretaker/Babysitter.....	\$110.00
(Available with the purchase of Family Membership)	
Summer Locker (half size).....	\$ 25.00
Towel Service**.....	\$ 25.00

*Family Memberships include parents and dependent children as listed on the family's income tax return. Parents of Boston College Students are not eligible for student family memberships. Eagle ID cards are needed for all Campus Recreation members to present to obtain entrance. Any current student or staff who purchased both an individual and spouse membership for the year may add dependent children at no additional cost. Campus Recreation will supply a key tag ID for children.

**A towel will be provided to you by the Equipment Desk for your use. You may check out a towel more than once a day, but only one towel at a time per towel membership.

FACILITIES

Campus Recreation allows individuals to participate recreationally even when programs are taking place, so all members have the opportunity to run, swim, lift weights, or play a racquet sport whenever the facility is open. One may take advantage of the wide range of recreational training, instructional, and competitive programs as well. The facility contains Men's and Women's Locker Room spaces as well as:

- 8-lane, 25 Yard Pool with Separate Diving Well
 - Heated Spa
 - Family Changing Room
 - Full Compliment Free-Weights
 - Full Line of Strength Training Equipment
 - Over 100 Assorted Cardiovascular Machines
 - Air Conditioned
- Multipurpose Room
- Indoor Track
 - Basketball Courts
 - Racquetball Courts
 - Squash Courts
 - Volleyball Courts
 - Indoor Tennis Courts
 - Outdoor Tennis Courts
 - Outdoor Patio with Snack Bar
 - Saunas

EAGLE SNACK BAR

The Eagle Snack Bar is open to provide Summer Members an on-site lunch option. Served with a smile, the menu options include pizza, sandwiches, salads, soft drinks, candy, ice cream, and even Richie's Slush. Kids love the fun summer food and parents love the affordable prices. Non-Campus Recreation members may enjoy lunch on the patio by showing a BC ID to the Plex Control Desk Attendant. The Eagle Snack Bar is the perfect way to enjoy a great meal out in the beautiful summer weather without the hassle of leaving campus. Please visit the website for the most up to date hours of operation.



GENERAL INFO

Contact Information

Website:

www.bc.edu/campusrecreation

Mailing Address:

Boston College
Flynn Recreation Complex
Member Services
140 Commonwealth Ave.
Chestnut Hill, MA 02467-3817

Member Services

617-552-0797

617-552-1886 – Fax

Member Services Office Hours

Member Services is open the same hours as the facility with the exception of one hour prior to the facility closing.

Parking Information

Because Boston College is a busy campus throughout the year, there are many things that may change your normal daily parking (i.e. - high school graduations, freshmen orientations, construction). We ask you to pay close attention to signs and personnel directing traffic or instructing you where to park.

Garage Parking Rates

Parking in the garage is fee based after the first 19 minutes - rates to be posted on our website when available.

*Parking is free Fridays at 5:00 PM - Sunday 6:00 PM

Parking permits may be purchased which will allow parking in the Flynn Recreation Complex parking lot. Any summer community member who purchases either a summer community family membership or summer community individual membership and also a full summer permit will be reimbursed 20% of their membership once a copy of the parking receipt is provided.

Permit Rates will be posted on our website when available.

To request a permit, please provide Member Services with the following vehicle information: Make, Model, Color, State Registered and Plate #. Once your permit is ready you will be notified to pick it up in Student Service, Lyons Hall. Payment is accepted by check only.

Campus Recreation Open House

Tuesday, March 30 - 6:30 PM - 9:00 PM

First tour starts at 6:30 PM

Last tour starts at 8:00 PM

Tours will begin every fifteen minutes.

Membership Dates:

Tuesday, June 1 - Sunday, August 22

(closed July 3, 4, 5)

Facility Hours:

Monday - Friday 6:00 AM - 8:45 PM*

Saturday/Sunday 9:00 AM - 5:45 PM

*Pool opens 9:00 AM - 8:45 PM

ADULT PROGRAMS

A photograph of three people exercising on treadmills in a gym. In the foreground, a man in a light-colored tank top is running. Behind him, a woman in a white tank top is running, and further back, another woman in a blue tank top is running. The treadmills are arranged in a line, and the background is a bright, slightly blurred gym environment.

AQUATICS

FITNESS

GROUP FITNESS

INSTRUCTIONAL

PRIVATE PERSONAL

TRAINING

PRIVATE TENNIS & SWIM

LESSONS

PRIVATE PERSONAL TRAINING

Want to get in shape, become healthier or revitalize your current workout routine? Want to get the most out of your time, focus your energy and see results? Then Private Personal Training is for you! Private Personal Training services are for individuals of any age or fitness level. Fitness trainers will provide you with a personalized exercise program tailored to meet your health and fitness goals. Fitness trainers are certified and have wide-ranging expertise and practical experience working with specific populations including seniors, athletes, pre-post natal, children and those with specific health concerns. Whether your goal is to get fit, revitalize your routine, lose weight, gain strength or recover from an injury - We are committed to helping you achieve your goals! We offer a variety of customized training options, including one-on-one or semi-private sessions to fulfill each person's needs.

PERSONAL TRAINING PACKAGES

INDIVIDUAL 60 MINUTE SESSIONS

Sessions	Member	Non-Member
1	\$40.00	\$47.00
6	\$210.00	\$252.00
12	\$360.00	\$444.00

INDIVIDUAL 30 MINUTE SESSIONS

Sessions	Member	Non-Member
1	\$25.00	\$32.00
6	\$135.00	\$177.00
12	\$240.00	\$324.00

SEMI-PRIVATE PARTNER TRAINING 60 MINUTE SESSIONS*

Sessions	Member	Non-Member
1	\$25.00	\$32.00
6	\$135.00	\$177.00
12	\$240.00	\$324.00

* Two - Three People required



Phone Registration: 617-552-0797

For More Information: fitness.center@bc.edu

FITNESS & WELLNESS

Wellness is a combination of many different factors that help you stay healthy. In Campus Recreation we are committed to educating our members on how to achieve overall wellness. We will be offering a variety of wellness information sessions during the summer to help you achieve a healthier life!

FIT OVER 40

Fit Over 40 is a personalized exercise program designed to meet the needs of adults over 40. Exercise is important for mental and physical health and is an essential part of living a healthy lifestyle! This is a well-rounded program that includes a combination of weight training, cardiovascular exercise, and flexibility. Fit Over 40 is a great way to keep in shape all summer long!

FIT FOR SUMMER

Get in shape for Summer 2010! Start off the summer with a program that will jump start your fitness routine and get you BEACH BODY READY! This personalized, small group class combines weight training and cardiovascular exercise for an intense, effective workout.

WHAT ABOUT MOM?*

Do you spend your summer carting around your children to their activities and sports? Do you find it hard to squeeze in your own workout but know you would have a lot more energy if you did? Well, guess what: Campus Recreation is offering a one hour program that includes a combination of weight training, cardiovascular exercise and flexibility during a time that your children are in lessons! So, what are you waiting for??!! Feel great, look great, and have more energy!

CLASS SCHEDULE

Class	Session I	Days	Time
Fit Over 40	June 14-July 7	Mon & Wed	7:30 - 8:30 AM
Fit Over 40	June 15-Aug 3	Tues	7:30 - 8:30 AM
Fit Over 40	June 15-July 8	Tues & Thurs	12:00 - 1:00 PM
Fit Over 40	June 16-Aug 4	Wed	12:00 - 1:00 PM
What About Mom?*	June 22-Aug 5	Tues & Thurs	2:30 -3:30 PM
Fit For Summer	June 14-July 7	Mon & Wed	5:30 - 6:30 PM
Class	Session II	Days	Time
Fit Over 40	July 12-Aug 4	Mon & Wed	7:30 - 8:30 AM
Fit Over 40	July 13-Aug 5	Tues & Thurs	12:00 - 1:00 PM
Fit For Summer	July 12-Aug 4	Mon & Wed	5:30 - 6:30 PM

* Not Available to Non-Members | No Classes July 5

CLASS COST: MEMBER: \$60 NON-MEMBER: \$100

GROUP FITNESS

CLASSES OFFERED

Aqua Jogging
Shallow Water Workout
Cycle
Cardio Kickboxing
Cyasana
Hatha Yoga
Iyengar Yoga
Pilates Mat
TBC
Ease into Boot Camp
Zumba



All classes are FREE for Members. Those wanting to attend cycle classes must sign up at the Equipment Desk prior to the class. No other sign ups required. For the most up to date schedule visit our website at:

http://www.bc.edu/bc_org/ath/plex/groupfitness/schedule.html.



INSTRUCTIONAL CLASSES

ADULT INSTRUCTIONAL CLASSES



Tennis: Beginner

Learn techniques, practice drills, and approaches to the game of tennis during these lessons. Class emphasizes fundamentals and basic tennis skills.

Tennis: Intermediate

Learn more advanced techniques, drills, and game strategy in this class. Participants must have tennis experience or completed Beginner Tennis.

Participants may check out racquets from the Equipment Desk prior to the start of class.

CLASS SCHEDULE

Class	Session I	Days	Time
Tennis: Beginner	June 14-July 7	Mon & Wed	6:00 - 7:00 PM
Tennis: Intermediate	June 22-Aug 5	Mon & Wed	6:00 - 7:00 PM
Class	Session II	Days	Time
Tennis: Beginner	July 12-Aug 4	Mon & Wed	6:00 - 7:00 PM
Tennis: Intermediate	July 12-Aug 4	Mon & Wed	6:00 - 7:00 PM

CLASS COST: \$35

No Classes July 5

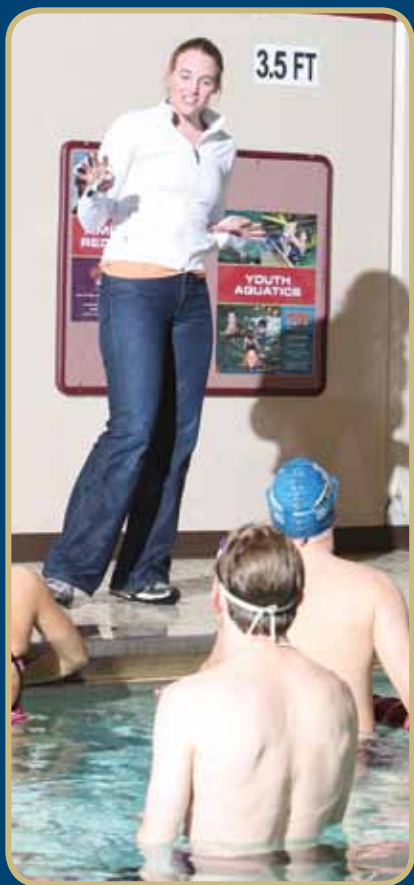
PRIVATE SWIM & TENNIS INSTRUCTION

We offer private or semi-private lessons on a variety of levels for adults. From the beginner who wants to learn the basics, to the advanced participant who need work on technique, our instructors can help. To register for lessons, please come to the Member Services' Office during office hours. Our private lesson coordinator will contact you within three business days to set up the lesson(s).

ADULT LESSONS

Class	Member Price
Private: 1 Lesson	\$40
Private: 5 Lessons	\$180
Semi-Private: 1 Lesson	\$25
Semi-Private: 5 Lessons	\$100

Each lesson is for 60 minutes
Must be member or buy day pass



Adult Private Lesson

This is a one-on-one 60 minute lesson with one of our instructors. We recommend these lessons for teenagers that are at a more advanced level and adults that are at any level. Lessons can be purchased as either single lessons up to four, or in packs of five.

Adult Semi-Private Lesson

This is a 60 minute lesson, with up to three adults that are of the same ability level, and one of our instructors. Each adult must purchase his or her own lesson pass. We recommend these lessons for teenagers that are at a more advanced level and adults that are at any level. Lessons can be purchased as either single lessons up to four, or in packs of five.

REGISTRATION & CONTACT INFORMATION

Registration and payment in Member Services. Questions?
E-mail: plexpool@bc.edu.

AQUATICS

ADULT SWIM CLASSES

Beginning Swim This class is for the beginning swimmer who wants to learn the basics of swimming and gain comfort in the water. No prior swimming experience necessary.

Intermediate Swim For the intermediate swimmer who knows how to swim, but wants to learn efficiency and improve their technique. Participants must be able to swim at least 50yds freestyle or have completed Beginning Swim to participate.

Masters Swim year round with a group of motivated adults. Practices are designed to get swimmers into great cardiovascular condition. Join to have fun, to get into shape, or to train for a triathlon or any other competition. All swimmers are encouraged to participate in New England Masters Swim Meets, but it is not a requirement. Must be able to swim 500yds.

Practices will be held:

Sunday 9:05 AM- 10:20 AM, Tuesday and Thursday, 6:05 AM to 7:20 AM

Monday, Tuesday, Wednesday, Thursday from 7:00 PM to 8:15 PM. The class schedule is subject to change, but will be available in Member Services upon registration.

Aqua Jogging Love to run, but your joints don't? Come join our low-impact, high-resistant water jogging class. Stretching, interval training, and strength building will be some of the techniques used in this highly innovative class. Jogging belts will be provided. Comfort in deep water a must. No advanced sign-up required.

Shallow Water Power Hour This is a low-impact, high cardio class designed to challenge. Combining a resistance training and cardio workout, your body will tone-up in no time. This class is for any skill level and will be conducted in the shallow water. No advanced sign-up required.

AMERICAN RED CROSS

Lifeguard Training This class teaches lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. Upon successful completion of the course, each student will receive: Lifeguard Training, First Aid, CPR PR and AED. See website for pretest. Must be 15 year old by end of class.

Water Safety Instructor Water Safety Instruction is an advanced swimming course designed for those who wish to become American Red Cross Swim Instructors. Upon successful completion of the course, students will be certified to teach all levels of swim lessons as well as the Community Water Safety Course. Must be 16 year old by end of class. See website for pretest.



CLASS SCHEDULE

Class	Session I	Days	Time
Swim: Beginner	I: June 14 - July 7*	Mon & Wed	6:00 - 6:45 PM
Swim: Intermediate	I: June 15 - July 8	Tues & Thurs	6:00 - 7:00 PM
Class	Session II		
Swim: Beginner	II: July 12- Aug 4	Mon & Wed	6:00 - 6:45 PM
Swim: Intermediate	II: July 13- Aug 5	Tues & Thurs	6:00 - 7:00 PM
Class			
Aqua Jogging	See online Group Fitness Schedule		
Shallow Water Workout	See online Group Fitness Schedule		
Masters	May 24 - Aug 11	See description	

*No Classes July 5 | Aqua Jogging and Shallow Water Workout classes are FREE!

BEGINNER AND INTERMEDIATE CLASS COST: \$35

AMERICAN RED CROSS CLASS SCHEDULE

Class	Dates	Days and Times
Lifeguard Training	May 22- 27	Sat, Sun 9:00 AM - 5:45 PM Mon - Thurs 5:00 - 8:45 PM
WSI	May 11 - June 17	Tues and Thur, 5-8:45pm

ARC CLASS COST: MEMBER: \$120 NON-MEMBER: \$210

YOUTH PROGRAMS



AQUATICS

CAMP

FITNESS

INSTRUCTIONAL

PRIVATE TENNIS & SWIM

LESSONS

FITNESS & WELLNESS

Youth Cardio Kickboxing

This class is designed for youth ages 10-14. It is a fun way to keep active while learning a new sport/activity! Jab, punch, and kick your way through this fun workout! This class combines techniques from various martial arts, boxing, and kick-boxing.



Youth Sports Performance Strength & Conditioning Program

This program is for middle school to high school athletes ages 12-18 interested in improving their performance in sports. All exercises and training are appropriate and safe for this age group. Types of training include:

- Core strength development
- Speed Development
- Agility Development
- Explosive Power Development
- Core Stability
- Strength Development
- Endurance Development
- Flexibility Improvement

CLASS SCHEDULE

Class	Sessions	Days	Time
Youth Cardio Kickboxing	I: June 22-Aug 5	Tues & Thurs	1:00 - 2:00 PM
Youth Strength & Conditioning	I: June 22-Aug 5	Tues & Thurs	5:30 - 7:00 PM

No Classes July 5 | Youth Cardio Kickboxing Classes are FREE!

YOUTH STRENGTH & CONDITIONING CLASS COST:
MEMBER: \$60 NON-MEMBER: \$100

INSTRUCTIONAL CLASSES

Karate Where else can you find a fun, recreational outlet for your child that combines both physical activity and mental discipline? Our Children's Karate class is a great place to start. These sessions will offer basic skill instruction to increase your child's ability. This program will help develop self-confidence while also promoting mental and physical health. No prior experience is necessary.

Tennis: Ages 5-10 Children will learn tennis techniques, strokes, and practice drills, during these lessons. Class emphasizes technique and basic tennis skills. No prior experience necessary.

Tennis: Ages 11-16 Class is for the more experienced youth tennis player, with an emphasis on advanced technique, drills, and game strategy. Children get the opportunity to learn about tennis in a fun and relaxed recreational environment.

Participants may check out racquets from the Equipment Desk prior to the start of class.



CLASS SCHEDULE

Class	Session I	Days	Time
Karate: Ages 6-9	Jun 28 -Jul 14	Mon & Wed	4:00 - 5:00 PM
Karate: Ages 10-14	Jun 28 -Jul 14	Mon & Wed	3:00 - 4:00 PM
Tennis: Beginner	Jun 28 -Jul 14	Mon & Wed	5:00 - 5:45 PM
Tennis: Beginner	Jun 28 -Jul 14	Mon & Wed	5:00 - 5:45 PM
Tennis: Intermediate	Jun 29 -Jul 15	Tues & Thurs	5:00 - 5:45 PM
Tennis: Intermediate	Jun 29 -Jul 15	Tues & Thurs	5:00 - 5:45 PM
Class	Session II	Days	Time
Karate: Ages 6-9	July 19-Aug 4	Mon & Wed	4:00 - 5:00 PM
Karate: Ages 10-14	July 19-Aug 4	Mon & Wed	3:00 - 4:00 PM
Tennis: Beginner	July 19-Aug 4	Mon & Wed	5:00 - 5:45 PM
Tennis: Beginner	July 19-Aug 4	Mon & Wed	5:00 - 5:45 PM
Tennis: Intermediate	July 20-Aug 5	Tues & Thurs	5:00 - 5:45 PM
Tennis: Intermediate	July 20-Aug 5	Tues & Thurs	5:00 - 5:45 PM
Class	Session III	Days	Time
Tennis: Beginner	June 6 - Aug 1	Sunday	3:00 - 3:45 PM
Tennis: Intermediate	June 6 - Aug 1	Sunday	4:00 - 4:45 PM

CLASS COST: MEMBER: \$35 NON-MEMBER: \$60

No Classes July 5 | No Classes July 4

PRIVATE SWIM & TENNIS INSTRUCTION

We offer private or semi-private lessons on a variety of levels for youth. From the beginner who wants to learn the basics, to the advanced participant who needs to work on technique, our instructors can help. To register for lessons, please come to the Member Services' Office during office hours. Our private lesson coordinator will contact you within three business days to set up the lesson(s).

Registration & Contact Information

Registration and payment in Member Services. Questions? E-mail: plexpool@bc.edu.

YOUTH LESSONS

Class	Member Price	Non Member Price
Private: 1 Lesson	\$20	\$25
Private: 5 Lessons	\$90	\$110
Semi-Private: 1 Lesson	\$12	\$15
Semi-Private: 5 Lessons	\$55	\$65

Each Youth lesson is for 30 minutes

Youth Private Lesson This is a one-on-one 30 minute lesson with a child and one of our instructors. We recommend these lessons for children of all levels, and teenagers that are at a beginner to intermediate skill level. Lessons can be purchased as either single lessons up to four, or in packs of five.

Youth Semi-Private Lesson This is a 30 minute lesson, with up to three children that are of the same ability level. Each child must purchase his or her own lesson pass. We recommend these lessons for children of all levels, and teenagers that are at a beginner to intermediate skill level. Lessons can be purchased as either single lessons up to four, or in packs of five.



AQUATICS

YOUTH SWIM CLASSES

We offer both weekday and Sunday classes. Please refer to the schedule for the exact days and times. Price is per class, per session. Parents are invited to sit on the Pool Mezzanine.

Parent Tot (6-18 months)

This class will work with infants that are able to sit up on their own and teach parents techniques to help orient their child to the water. Both child and adult must get in the water.

Parent Tot (18-36 months)

This class will be for the slightly older child who still needs a parent's support. This class will help the child gain confidence in the water, become more comfortable with working with another adult, and prepare them for higher level classes. Both child and adult must get in the water.

Parent Tot (6 – 36 months)

This class is a combination of the two Parent Tot classes. Skills covered will be adjusted to the level of the class

Level 1

Explore the water through floating, submerging, kicking skills, breathing control and elementary swimming skills. Must be at least five years old, or receive aquatic manager approval.

Level 2

Learn to turn over, additional breathing, combined front and back strokes and basic safety skills. Child must successfully complete and demonstrate level 1 skills.

Level 3

Learn to dive, front crawl, back crawl, elementary back stroke, tread water and additional safety skills. Child must successfully complete and demonstrate level 2 skills.

Level 4

Learn deep water skills, endurance and distance swimming, breaststroke, sidestroke, turning at the wall and emergency rescue breathing techniques. Child must successfully complete and demonstrate level 3 skills.

Level 5

Children will learn diving, the sidestroke, and breaststroke. Students must be able to perform the skills of the above listed courses including the crawl stroke with rotary breathing and the elementary backstroke. Child must successfully complete and demonstrate level 4 skills.



Level 6

A swimming class where students learn more advanced strokes including the butterfly, backstroke, and turns. Students must possess the skills of a level 5 swimmer including mastery of the sidestroke and the breaststroke.

Eaglet Swim Team (6 - 16 years-old)

The Eaglets are a recreational swim team that competes against other teams in the local area. The team is designed to be competitive and fun. There are both home and away meets. There are no qualification times for swimming in the meets. All team members must compete. Practices are held five days per week.

Eaglets Prerequisites: Team members must be able to swim at least 25 yards of the crawl stroke. Any child, who needs to learn more strokes or who needs stroke work, should enroll in swimming lessons as well, so that they may receive more reinforcement in perfecting their swimming skills.

Class Schedule: The group your child will practice with will be determined the first few days of practice. All team members are expected to attend a minimum of three practices per week.

Springboard Dive (8-15 years old)

Students will learn the basics of diving from both the side of the deck and the 1 meter board. Skills will include: approach, basic hurdle, and basic forward dives. Children must be able to swim length of dive well prior to signing up.

AQUATICS CONTINUED

WEEKDAY CLASS SCHEDULE

Class	Session I	Days	Time
Parent Tot A	Jun 28 -July 15	Mon, Tues, Thur	11:00 - 11:30 AM
Parent Tot B	Jun 28 -July 15	Mon, Tues, Thur	11:30 - 12 PM
Level 1	Jun 28 -July 15	Mon, Tues, Thur	12:00 - 12:30 PM
Level 2	Jun 28 -July 15	Mon, Tues, Thur	12:30 - 1:00 PM
Level 3	Jun 28 -July 15	Mon, Tues, Thur	11:00 - 11:45 AM
Level 4	Jun 28 -July 15	Mon, Tues, Thur	11:45 - 12:30 PM
Level 5/6	Jun 28 -July 15	Mon, Tues, Thur	12:30 - 1:15 PM

Class	Session II	Days	Time
Parent Tot A	July 19-Aug 5	Mon, Tues, Thur	11:00 - 11:30 AM
Parent Tot B	July 19-Aug 5	Mon, Tues, Thur	11:30 - 12 PM
Level 1	July 19-Aug 5	Mon, Tues, Thur	12:00 - 12:30 PM
Level 2	July 19-Aug 5	Mon, Tues, Thur	12:30 - 1:00 PM
Level 3	July 19-Aug 5	Mon, Tues, Thur	11:00 - 11:45 AM
Level 4	July 19-Aug 5	Mon, Tues, Thur	11:45 - 12:30 PM
Level 5/6	July 19-Aug 5	Mon, Tues, Thur	12:30 - 1:15 PM

No Classes July 5

CLASS COST: MEMBER: \$35 NON-MEMBER: \$60

WEEKEND CLASS SCHEDULE

Class	Session III	Days	Time
Parent Tot A	June 6 - Aug 1	Sunday	3:00 - 3:30 PM
Parent Tot B	June 6 - Aug 1	Sunday	3:30 - 4:00 PM
Level 1	June 6 - Aug 1	Sunday	2:30 - 3:00 PM
Level 1	June 6 - Aug 1	Sunday	3:00 - 3:30 PM
Level 2	June 6 - Aug 1	Sunday	2:30 - 3:00 PM
Level 2	June 6 - Aug 1	Sunday	3:30 - 4:00 PM
Level 3	June 6 - Aug 1	Sunday	3:00 - 3:45 PM
Level 4	June 6 - Aug 1	Sunday	4:00 - 4:45 PM
Level 5/6	June 6 - Aug 1	Sunday	4:00 - 4:45 PM
Springboard Diving	June 6 - Aug 1	Sunday	3:00 - 3:45 PM

No Classes July 4

CLASS COST: MEMBER: \$35 NON-MEMBER: \$60



EAGLETS SWIM TEAM

June 21 - August 6

Monday - Thursday

Group 1: 2:00 PM - 3:00 PM

Group 2: 3:00 PM - 4:10 PM

Friday

Group 1 and 2: 11:00 AM - 12:00 PM

Price:

\$80 child 1 & 2, \$60 child 3 & 4

No practice July 5





The Boston College Recreational Day Camp is open to children 7 to 12 years old. Due to the Massachusetts Department of Public Health Minimum Standards for Recreational Camps for Children, there is a required ratio of supervisory staff to campers for children under the age of 7. In addition, in consideration of the safety of the children enrolled, the structure of the camp activities is specific to children in the 7-12 year old age range.

Philosophy

By taking part in the Boston College Recreational Day Camp, children will be exposed to a safe and fun outlet in a variety of sports activities. In following with the Boston College tradition the camp strives to follow the motto "Ever to Excel". Each session is dedicated to giving the children a sense of accomplishment and personal achievement. Various activities and interactive participation will lay a strong foundation, one that involves the camp's standards of excellence:

- **Positive Attitude**
- **Confidence**
- **Good Judgement**
- **Honesty**
- **Cooperation**
- **Respect**



The deadline for Camp and Extended Day Registration is 2 weeks prior to the Monday of each session. Each session is limited to 50 campers. Enrollment will be filled on a first come first served basis. Inquiries after the camp has reached its full capacity will be placed on a waiting list in the order received and the parent/guardian will be notified.

The cost of the camp may qualify as a tax deductible dependent care expense. Please contact your tax consultant.



CAMP DATES

Camp Hours: Monday - Friday 8:30 AM - 3:00 PM

Session I.....	July 6 - 9, 2010
Session II.....	July 12 - 16, 2010
Session III.....	July 19 - 23, 2010
Session IV.....	July 26 - 30, 2010
Session V.....	August 2 - 6, 2010

CAMP RATES

- \$250 per child, per session
- \$50 discount for 3rd child of each family registering.
Child 3, 4, 5: \$200 per child
- Extended Day is \$75 per child, per session.
- Extended Day \$25 discount for 3rd child of each family registering. Child 3, 4, 5: \$50 per child

EXTENDED DAY

Extended Day will provide evening supervision from 3:00 PM - 5:00 PM. Campers will be watching movies and relaxing after a long day of camp activities. An afternoon snack will be provided, however, if your child has specific food allergies, please provide your own snack. Pick up must be no later than 5:00 PM.

SUMMER MEMBERSHIP FORM

EMPLOYEE/STUDENT/COMMUNITY RESIDENTS

Eagle ID _____ - _____

Name: _____

Address (# & Street): _____

City, State: _____ Zip: _____

Phone (incl. area code): _____

Email: _____

SPOUSE/CHILDREN'S NAMES

AGE

Eagle ID

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

MEMBERSHIP

Please check off which type(s) of membership you are purchasing:

- Employee Individual**
- Employee Family**
- Employee Spouse**
- Student Individual**
- Student Family**
- Student Spouse**
- Community Individual**
- Community Family**
- Senior Individual**
- Senior Spouse**
- Senior Family**
- Caretaker/Babysitter**



COST OF MEMBERSHIP

Total Program Cost (see other form) = \$ _____

+ Membership Fee = \$ _____

+ Women's Lockers # _____ = \$ _____

+ Men's Lockers # _____ = \$ _____

TOTAL COST = \$ _____

PAYMENT INFORMATION

Please select a method of payment. Make checks out to BCAD.

Check No. _____ Money Order
 Visa MasterCard Discover

(complete if card not present in Membership Office)

Cardholder's Name: _____

16 Digit Card Number: _____

Exp. Date: _____

All Members will be required to stop by Member Services to sign contract and pick up ID tags.

Name (Print): _____

Relation: _____

Signature: _____ Date: _____

Mail to: Boston College - Campus Recreation
Flynn Recreation Complex
140 Commonwealth Ave.
Chestnut Hill, MA 02467-3817

Fax to: 617-552-1886

**THIS SECTION FOR USE BY
MEMBER SERVICES ONLY**

Initials: _____ Date: _____



PROGRAM REGISTRATION FORM

Name (Parent's Name, if applicable): _____

Local Address: _____

City: _____ State: _____ Zip: _____

Please include both for emergency purposes:

Phone: _____ Email: _____

How did you learn about our programs: Brochure Website
 Other: _____

YOUTH CLASSES

Names(s)	Program	Session	Level/Class	Cost
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

ADULT CLASSES

Names(s)	Program	Session	Level/Class	Cost
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

CAMP

Names(s)	# of Sessions	Session	Deposit/Final Pay	Cost
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Other

Reason for Payment: _____

Total cost and Payment information on next page/reverse



TOTAL COST

Youth = \$ _____
Adult = \$ _____
Camp = \$ _____
Other = \$ _____
GRAND TOTAL = \$ _____

THIS SECTION FOR USE BY MEMBER SERVICES ONLY

Initials: _____ Date: _____

PAYMENT INFORMATION

Please select a method of payment. Make checks out to BCAD.

- Check No. _____ Money Order
 Visa _____ MasterCard Discover

(complete if card not present in Membership Office)

Cardholder's Name: _____

16 Digit Card Number: _____ Exp. Date _____

Adult Agreement

I, the undersigned, release, hold harmless and agree to indemnify Trustees of Boston College and each of their respective members, partners, officers, directors, faculty, staff, representatives, affiliates, employees and agents, as applicable, from and against any present or future claim, loss or liability for injury to person or property which I may suffer, or for which I may be liable to any other person, related to their participation in the program (including periods in transit to or from the participant's destination), resulting from any cause, including but not limited to ordinary or gross negligence,

Youth Agreement

I, the undersigned parent and/or legal guardian of the participant listed above, do hereby consent to his or her participation in the program identified above. I, as the parent of the participant and on behalf of the participant, release, hold harmless and agree to indemnify Trustees of Boston College and each of their respective members, partners, officers, directors, faculty, staff, representatives, affiliates, employees and agents, as applicable, from and against any present or future claim, loss or liability for injury to person or property which I or the participant may suffer, or for which the Participant may be liable to any other person, related to their participation in the program (including periods in transit to or from the participant's destination), resulting from any cause, including but not limited to ordinary or gross negligence,

Name (Print): _____

Relation: _____

Signature: _____ Date: _____

Mail to: Boston College - Campus Recreation
Flynn Recreation Complex
140 Commonwealth Ave.
Chestnut Hill, MA 02467-3817

Fax to:
617-552-1886





CAMPUS RECREATION



Boston College Flynn Recreation Complex
Member Services

140 Commonwealth Avenue

Chestnut Hill, MA 02467

(617) 552-0797 • (617) 552-1886 Fax

www.bc.edu/campusrecreation