

L
E
X
I
N
G
T
O
N

A
R
L
I
N
G
T
O
N

B
U
R
L
I
N
G
T
O
N

B
E
D
F
O
R
D

B
E
L
M
O
N
T

Recreation Department Programs & Activities 2018-2019



Paula Rizzo

Integration & Recreation Coordinator

prizzo@labbb.net

Twitter @LABBBREC

www.LABB.com

LABBB
c/o Paula Rizzo
251 Waltham Street
Lexington, MA 02421



Welcome to all new LABBB students and families. To those of you who are returning to LABBB, welcome back. We hope you are all having a great summer and look forward to an exciting start at LABBB on September 4, 2018. We have some new, as well as some of our classic, fun activities planned for the coming school year.

My name is Paula Rizzo. I am the Integration & Recreation Coordinator for the LABBB Programs. I am assisted by the exceptional Adapted Physical Education (APE) staff: Tom Brincklow, Mike DiCenso, Paul McManus, Danielle McMahon, Jacqui Barrett, CJ McAlduff, and Rob McDonough. My job is to provide a variety of APE and after school activities for all LABBB students to enjoy. Along with APE and recreational activities, I am the special education advisor for the LABBB Best Buddies/PALS Programs that take place during and after school for most of our programs.

In August, you should receive the swimming, skating, diving board and photo permission form in a mailing. Please be sure to fill it out and return by September 4th. All APE swimming and skating classes will start the week of September 11th.

In this booklet, you will find many notices providing information about the various after school activities for LABBB students. You will also find a notice about Best Buddies/PALS. Please be sure to look at the forms for specific information regarding each program and send the specific forms back if interested.

Please take time, together with your child, to go over the activities. Make sure your child wants to attend an event before signing up. Keep in mind that some dates may have to change as the year goes on.

Though after school activities are recommended and encouraged, they are a privilege for students. The LABBB staff reserves the right to restrict student attendance due to ineffective behavior at school prior to the event or while a student is attending an activity.

LABBB has a late pick up policy for all of our after school programs. A fee of \$1.00 per minute is charged and payment is expected upon pick-up. It is very important to look at the pick-up times before signing up for an activity to make sure that your student will be able to be picked up on time. Please make sure to alert your cab drivers when your student is not going home on the cab. We have had students leave on their cab when they are signed up for an after school activity.

It is important to read all the enclosed forms carefully and to respond by the due dates. Remember to send a separate check for each activity. When forms and checks are mailed, please remember to send an e-mail to prizzo@labbb.net . As forms are received, an email confirmation will be sent. If you do not receive a confirmation email, it means the forms did not make it to LABBB.

Enjoy the rest of your vacation. See you soon.

Paula

When registering for an activity, please use the following homeroom numbers and/or staff names:

Arlington High

Erica Wong	Room 210
Donna Vanderlinden	Room 211
Amanda Mortelette	Room 214

Bedford High

Bill Brincklow
Sue Good
Katrina Wright

Belmont High

Scott Procko

Burlington High

Carol Chaisson
Becky Niman
David Dooks

Lexington High

Mike Allen	Room 821
Sarah Cronin/Becky Dickson	Room 822
Tina Langone /Dennis Goguen	Room 825
Mike Bernardo	Room 826
Peter Asklund	Room 715
Kathy Farley	Room 704
Lori Doherty	Room 632
Kathy Eggers	Room 504

**Minute Man Tech Career
Directions (MMT)**

Frank Jackson

Middle Schools

Chenery, John Glenn, Ottoson



LABBB Picture Day

September 19, 2018

8:00am - 10:00am

Photos taken on this day will be of our LABBB High School students for their student ID and for the annual school photo for parents to order.

Please remember to sign & return the LABBB Permission Form (sent home in the parent packet in August) to your student's classroom teacher prior to September 19th so we may take student ID photos. This will be the only day that we will have Burlington Studios at LABBB.

If you would like to order a photo package, bring the Burlington Studios order form the day of photos (different from the permission form). The order form will come home with your student the week before the 19th. Look for it in their backpack.

2018-2019

LABBB Dances

All dances will be held at
the Lexington Community Center
39 Marrett Rd.

*Our Reunion dance will be held at
the Burlington Marriott in
Burlington, MA. 1 Mall Rd.

9-14 LABBB Reunion Dance

10-25 Halloween Bash!

11-15 Thanksgiving Dance

12-6 Holiday Dance

1-10 Winter Ball

2-7 Valentine's Day Dance

3-14 St. Patrick's Day Dance

4-4 Spring Dance

5-9 End of the Year Dance



Dance times will be noted on the monthly flyers. Dances are typically held from 6:30-8:30PM.

Parents are expected to pick up students at the end of the dance. If a student is picked up late, there will be a late charge of \$1.00 per minute.

\$10.00 cash or check payable to **LABBB** at the door the night of the dance (unless otherwise stated on the notice). Notices will be sent home approximately 2 weeks prior to the dance date.

INFORMATION

Contact Paula Rizzo at prizzo@labbb.net for more information about our dances



Best Buddies/PALS Programs

Dear Students & Parents,

In 2014, Bedford High School won both the Massachusetts and the National Best Buddies Chapters of the year. Cheshire Middle School, won the International Best Buddies Middle School chapter of the year for 2016. In 2018, Lexington High School won the Massachusetts Best Buddies Chapter of the year and is in the race for the 2018 National Best Buddies Chapter of the year. We will find out the results after this booklet goes to print. LABBB and our Best Buddy Chapters are very proud of these accomplishments. We try every year to duplicate those “insanely great” years.

The Best Buddies Programs at Arlington, Bedford and Lexington High Schools, and Cheshire Middle School are anxious to start as quickly as possible. The PALS programs at John Glenn Middle School, Belmont & Burlington High want to get started early as well. This survey will help us get these programs up and running by the end of September/early October for all our chapters.

If your student is interested in PALS or Best Buddies, please answer this survey together and return **by September 4, 2018**. This will help all involved to get the programs running sooner. If we do not receive a survey back, your student will not participate in a Best Buddies or PALS program for the 2018/2019 school year. Sign ups for these programs are only in September.

Thank you for your time. If you have any questions regarding this survey, please feel free to e-mail Paula Rizzo at prizzo@LABBB.net.



Student Name: _____

Program Site & Teacher's name: _____

Past Best Buddy Name (if student had one): _____

Parent email address: _____

Parent phone number: _____

Would like the same buddy (if student had one) Yes No

Please return **by Sept. 4, 2018** & thanks for your help
Paula Rizzo - LABBB Integration & Recreation Coordinator
251 Waltham Street
Lexington, MA 02421





2018-2019 LABBB Soccer & Basketball Leagues

The LABBB Program competes in a Co-Ed Soccer League in the fall and a Co-Ed Basketball League in the winter. Games are played on Thursdays during the school day between 10:30 and 12:45. We understand some students have a work schedule at LABBB. Unfortunately, if they are scheduled to work on Thursdays, they will not be able to participate in these programs.

SOCKER:

- Tryouts will be from September 6-13, 2018.
- We will carry 15 players on a JV level team.
- Each player will get a uniform, shin guards, socks, and mouth guards. They will be able to keep all but the uniform, which must be returned at the end of the season.
- Cost: \$50.00 per player. (Covers what is listed above, plus water for each game, officials, and transportation.)

BASKETBALL:

- Tryouts will be the week before Thanksgiving break.
- We will carry 10 players on an A level team and 10+ on a B level team.
- Each player will get a uniform which must be returned at the end of the season.
- Cost: \$50.00 per player for each team. (Covers what is listed above, plus water for each game, officials, and transportation.)

No money needs to be paid now - just sign up to try out.
When teams are picked, we will send payment information.

If your student is interested in trying out for the LABBB Soccer or Basketball team, please fill in the portion below so that we can coordinate tryouts. After tryouts, teams will be picked and players will be notified by e-mail. Players will also receive medical, parental authorization and payment forms which will need to be filled out and returned in order for the student to play.

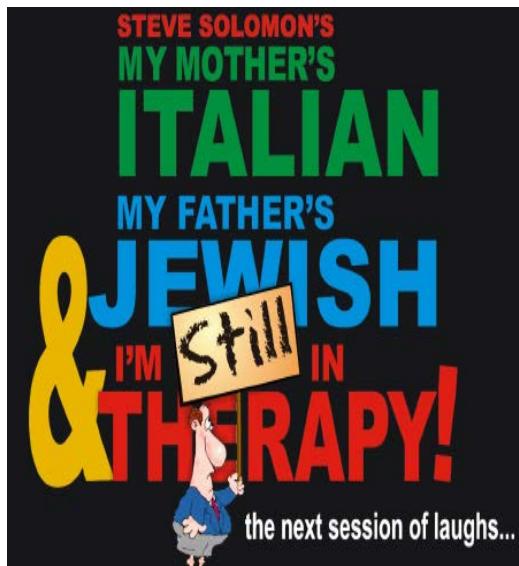
Please send the bottom portion of this form, by mail, to LABBB c/o Paula Rizzo, 251 Waltham Street, Lexington, MA 02421 **by Sept. 4, 2018**. If you have any questions please e-mail Paula Rizzo at prizzo@LABBB.net.

Student's Name: _____ E-mail Address: _____

I would like to try out for the LABBB Soccer Team or Basketball Team (please circle)

Student's Signature: _____

Parent's Signature: _____





2018-2019 Season of plays, bands, musicals

October 25: **Air Supply** @ Cary Hall

October 28: **My Mother is Italian, My Father is Jewish & I am Still in Therapy** @Cary Hall

November 3: **Peter & Paul** @ Cary Hall

December 2. **Vienna Boys Choir** @Cary Hall

Look for information to come out a few weeks before each event via email. Additional shows and dates (through June 2019) may be added. Once these are confirmed, information will be sent via email to those that signed up.

LABBB Weekly Afterschool Activities



Lucky Punch Boxing & Fitness

3:30 – 4:30PM Mondays

[Sept. 17, 24, Oct. 1, 15, 22, 29, Nov. 5, 19](#)

For students in Lexington High School rooms: 821, 822, 825, Bedford High, Belmont High, Burlington High and Career Directions (MMT). Students will be transported to Lexington Community Center.

Boxing isn't all about fighting. Boxing training provides a very unique platform for children with autism and special needs to battle their symptoms while also getting some exercise. If nothing else, a boxing environment or gym provides a sensory-seeking dream for the children and they would thoroughly enjoy punching a bag, running around and letting off some steam. Lucky Punch Boxing & Fitness offers a truly unique, non-contact boxing program that has been specifically designed to include: 30 minute classes, stretching & warm up exercises, instruction on proper stance, body positioning and punching technique, punches in bunches on the heavy bags, shields and punch mitts, boxing conditioning work (jumping rope, pushups and lots of ab work, and partner and teamwork drills).

Space for 12 students only. Cost is \$250.00 per student. Sign up by Sept. 4, 2018.



Tuesday Bowling Program 3:30 – 6:30PM, Tuesdays

[Sept. 25, Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 20, 27](#)

For students in Lexington High School rooms: 821, 822, 825, Bedford High, Belmont High, Burlington High and Career Directions. Students will be transported to the Woburn Bowladrome. Students will receive instruction on the approach, counting balls thrown, and counting pins knocked down. This activity will include dinner each week, (pizza, salad & drinks).

Space for 20 students. Cost is \$230.00 per student. Sign up by Sept. 4, 2018.



Recreation Activities

3:30-5:00PM Wednesdays

[Sept. 26, Oct. 3, 10, 24, Nov. 7, 14, 28, Dec. 5, 12, 19](#)

For students in middle and high school classes.

Cheerleading Group: Cheers will be taught in preparation for the LABBB Basketball season. Group will also work on personal wellness by incorporating exercise, mindfulness and fun.

Space for 10 students in this group. \$100.00 per student.

Walking/Hiking Club: Students have to be able to walk nonstop for at least 1 mile, even in drizzle. Space for 15 students. \$100.00 per student.

Therapeutic Arts Class: Students will do a variety of arts and crafts for 10 weeks.

Space for 10 students. Cost is \$150.00 per student. Sign up for all Wednesday Recreation Activities by Sept. 4, 2018.



Indoor Rock Climbing Program

3:30-6:00PM, Wednesdays [Oct. 10, 24 Nov. 7, 14, 28](#)

For students in Lexington High School rooms: 821, 822, 825, Bedford High, Belmont High, Burlington High and Career Directions (MMT). Students will be transported by LABBB vans to Central Rock Gym in Watertown. Waypoint Rock Climbing provides a safe and comfortable environment that is adapted to fit student needs, challenge limitations and reach goals while also being introduced to the sport of rock climbing. Waypoint will provide equipment, personal instruction, and trained staff who will support and instruct.

Space for 15 students only. Cost is \$400.00 per student. Sign up by Sept. 4, 2018.



Thursday Bowling Program

3:30 – 6:00PM, Thursdays

[Sept. 20, 27 Oct. 4, 11, 18 Nov. 1, 8, 15, 29, Dec. 6](#)

For students in Arlington High, Lexington High rooms: 504, 632, 704, 715, 826, and Middle School Programs. Students will be transported to the Woburn Bowladrome at the end of the school day by LABBB vans. Students will receive instruction on the approach, counting balls thrown, and counting pins knocked down. This activity will include dinner each week (pizza, salad & drinks).

Space for 25 students. Cost is \$230.00 per student. Sign up by Sept. 4, 2018.

Adaptive music on Saturdays in partnership with Amplifi

Amplifi is group music and performance-based programming designed for students with intellectual and developmental disabilities. Amplifi participants will...

- engage in themed curriculum accessible to all learners.
- express themselves through music and movement.
- collaborate to write and perform an original song.

Classes are held Saturday morning at 10:30-11:30 a.m. September 22nd – November 24th (10 weeks) at The Real School of Music 56 Middlesex Turnpike, Burlington, MA 01803

Space for 12 students. Cost \$400.00 per student. Sign up by Sept. 4, 2018

SNAP Special Artists for Teen Program 2:00PM, Saturdays

Special Artists brings together individuals with developmental disabilities to work on art projects. Participants work at their own pace in a supportive and fun environment, emphasizing creativity and friendship. Ages 12-18. For specific information on this program, contact SNAP directly: Estella, SNAP Office Manager, 781-325-8025 or snapartoffice@gmail.com

LABBB Monthly Activities



Around Town Dining (Mondays)

For LABBB High School students from Bedford, Belmont and Burlington High, Lexington High classes 821, 822, and MMT who enjoy going to restaurants. We will visit restaurants in the LABBB towns on a Monday night, once a month. Students will eat all types of foods, pick their own meals from the menu, and figure out costs and payments (tax & gratuity). As the students wait patiently, chatting with friends, they can talk about their likes and dislikes about each restaurant. We will work on appropriate dress, how to carry their money, table etiquette, waiting appropriately, and how to use their cell phones as their tip chart.

Students/parents will be notified by e-mail on the Friday before the Monday trip. The e-mail will give the restaurant and address, along with the 5:30PM drop off and 7:30PM pick up time at the restaurant. Students are encouraged to go online, check restaurant menus, costs, and decide how much money to bring.

Cost is \$100.00 per student for the year and includes chaperone coverage. **This does not include the cost of dinner each month for the student.** Students should have a tip app on their phones. Most restaurants will be casual settings. One dinner will be at a fancy, more expensive restaurant. Students need to sign up in September for the entire year. Students will not be able to sign up on a monthly basis. Space is limited to 15 students.

Tentative dates of Dinners: Sept. 24, Oct. 15, Nov. 5, Dec. 10, Jan. 7, Feb. 4, March 4, April 1, May 6, June 3.



Movie Nights (Mondays)

For LABBB High School students who are 17 years old and over. Students will need to be dropped off at the Burlington Cinema around 7:00PM & picked up around 9:00PM. (drop off & pick up times depend on the start & finish times of the movies for that month). Movie selections will be PG-R rated. Students need to sign up in September for the entire year. Students will not be able to sign up on a monthly basis. Students need to be able to sit through a movie, we will work on independence getting popcorn and drink with each student and going to the bathroom and coming back into the movie independently.

Students/parents will be notified of movie choices by email on the Friday before the Monday movie. Cost is \$240.00 per student for the year and includes: movie, popcorn, soda & chaperones each month.

Tentative dates of Monday. Movies: Sept. 17, Oct. 22, Nov. 19, Dec. 17, Jan. 14 Feb. 11, March 11, April 8, May 13, June 10.



Mini Golf & Games Trips (Fridays)

For LABBB Lexington High School students in rooms 821, 822, 826, MMT, Bedford, Belmont and Burlington High, who enjoy playing mini golf indoors and outdoors and going to Kings and Dave and Busters. Students will be transported to the various locations after school (2:00PM). Students will receive instruction on mini golf skills, bowling skills and arcade skills. Students will not be able to sign up on a monthly basis. Following the activity we will go out to dinner, then back to Lexington High for pick up at 7:00 or 7:30PM. Dinner will be at locations close to the location of the activity, and students will have to bring cash with them to pay for dinner.

Students/parents will be notified of location by e-mail on the Monday before the Friday trip.

Cost is \$200.00 per student for the year and includes: transportation, chaperones and 10 sessions of activities. Space limited to 20 students.

Tentative Dates for Activities: Sept. 21, Oct. 19, Nov. 2, Dec. 7, Jan. 25, Feb. 8, March 1, April 26, May 31, June 14.

2019 LABBB OVERNIGHT LABBB TRIPS



NEW YORK CITY TRIP

OCTOBER 25, 26 & 27, 2018 (THURSDAY – SATURDAY) COST \$900.00

- Students will leave by van/bus on Thursday from Lexington High School.
- Students will return by van/bus on Saturday night to Lexington High School.
- Cost includes all meals, transportation, hotel, 3 days of site seeing and tours, LABBB chaperones
- If a student turns 22 on or before Oct 11, 2018, they may not attend.
- This trip is for LABBB High School students.
- Students have to be able to sleep through the night.
- Limited to 20 students on a first come first served basis.



Attitash Ski & Winter Fun Trip

January 31 – February 2, 2019 (Thursday – Saturday) Cost \$950.00

- Students will leave by van on Thursday from Lexington High School.
- Students will return by van on Saturday night to Lexington High School.
- Cost includes all meals, transportation, hotel, 2 days skiing, ski rentals, LABBB chaperones, ski lessons, and fun events at night (Swimming, Movies, Bingo, Shopping etc.)
- If a student turns 22 on or before January 31, 2019, they may not attend.
- This trip is for LABBB High School students.
- Students have to be able to sleep through the night.
- Students must take ski lessons (based on their ability) and must be able to follow ski instructions.
- Limited to 20 students on a first come first served basis.



Disney World Trip

March 19 – March 23, 2019 (Tuesday – Saturday) Cost \$2,550.00

- Students and chaperones will leave by plane, early Tuesday morning, March 19 from Logan Airport.
- Students and chaperones will return by plane, late Saturday evening, March 23 to Logan Airport.
- Cost includes all meals, transportation, entrance tickets, hotel, 5 shirts, and LABBB chaperones for the 4 nights, 5 days stay.
- Students will visit Magic Kingdom, EPCOT, Animal Kingdom, Hollywood Studios and Downtown Disney.
- If a student turns 22 on or before March 19, 2019 they may not attend.
- This trip is for LABBB High School students.
- Students have to be able to sleep through the night.
- Limited to 25 students on a first come first serve basis.

These trips are popular, our rule is that we will take seniors 1st, and HS students of any age 2nd. If you are interested in any trip, please send a \$50.00 deposit with the corresponding sign up sheet (**non refundable or transferable**) to reserve your space by Sept. 4 2018 separate checks please). More

LABBB Overnight Trips

Ski Trip (Attitash, N.H.)



Camping Trip (Mt. Agamenticus, ME)



Disney World Trip (Florida)



North Conway, NH



LABBB Registration Forms for Weekly, Monthly and Overnight Programs

Return below registration forms with separate checks by September 4, 2018.

Mail to: LABBB c/o Paula Rizzo 251 Waltham Street Lexington, MA 02421

Around Town Dining

- I would like my son/daughter to be enrolled in Around Town Dining. I will arrange drop off and pick up for my student at the various restaurants at the posted times.
 - Student's Name: _____
 - Parent Signature: _____
 - Cell # of person picking student up: _____
 - E-mail address to send information: _____
-

Tuesday & Thursday Bowling

- I would like my son/daughter to do the bowling program. I will arrange pick up for my student at the posted times, at the Woburn Bowladrome. (Please check which day your student's class is scheduled to attend before signing up for Tuesday or Thursday. Middle School is Thursday only).
 - Student's Name _____ Please circle correct day Tuesday or Thursday
 - Parent signature: _____
 - Cell # of person picking student up: _____
 - E-mail Address to send information: _____
-

Wednesday Recreation Activities

- I would like my son/daughter to be enrolled in the Wednesday After School Program, I will arrange pick up for my student at 5:00PM at Lexington High School.
 - Student's Name: _____
 - Parent Signature: _____
 - Cell # of person picking student up: _____
 - E-mail Address to send information: _____
 - Please write in activity choice
 - 1st choice _____
 - 2nd choice _____
 - 3rd choice _____
-

Saturday amplifi Music Group

- I would like my son/daughter to be enrolled in the Saturday amplifi music group, I will arrange for drop off and pick up at Real School in Burlington.
- Student's Name: _____
- Parent Signature: _____
- Cell # of person picking student up: _____
- E-mail Address to send information: _____

What's going on in our Recreational Programs?



LABBB Registration Forms for Weekly, Monthly and Overnight Programs

Monday Movie Nights



- I would like my son/daughter to be enrolled in the Movie Program. I will arrange drop off and pick up for my student at the posted times, at the Burlington Cinema.
- Student's Name: _____
- Parent Signature: _____
- Cell # of person picking student up: _____
- E-Mail address to send information: _____
-

Friday Mini Golf & Games



- I would like my son/daughter to be enrolled in the Friday Activites. I will arrange pick up for my student at the posted times, at Lexington High School.
- Student's Name: _____
- Parent signature: _____
- Cell # of person picking student up: _____
- E-Mail address to send information: _____
-

Lucky Punch Boxing and Fitness



- I would like my son/daughter to be enrolled in the Boxing program. I will arrange pick up for my student at the posted time of 4:30PM, at the Lexington Community Center.
- Student's Name: _____
- Parent signature: _____
- Cell # of person picking student up: _____
- E-Mail address to send information: _____
-

Rock Climbing



- I would like my son/daughter to be enrolled in the Rock Climbing program. I will arrange pick up for my student at the posted time of 6:00PM, at Central Rock Gym in Watertown, MA.
- Student's Name: _____
- Parent signature: _____
- Cell # of person picking student up: _____
- E-Mail address to send information: _____



LABBB Registration Forms for Weekly, Monthly and Overnight Programs

PLAYBILL TRIPS

- I would like my son/daughter to be enrolled in the PLAYBILL Trips. I will arrange drop off and pick up for my student at the posted times.
 - Student's Name: _____
 - Parent signature: _____
 - Cell # of person picking student up: _____
 - E-Mail address to send information: _____
-

Overnight Trips

- Student's Name: _____
 - E-mail Address to send information: _____
 - Total Amount Enclosed: \$ _____
 - Circle your choice of trip(s):
 - NY City Trip Oct. 11-13, 2018
 - Ski Trip Feb. 1-3, 2018
 - Disney World Trip March 20-24, 2018
-

Please send separate checks for each of the activities payable to: LABBB

Due Date for all Sign-ups is Sept. 4th. Remember to send an email to prizzo@labb.net when you mail any forms.

Mail to:

Lexington High School
c/o Paula Rizzo (LABBB)
251 Waltham St.
Lexington, MA 02421





LABBB Central Office

36 Middlesex Turnpike
Bedford, MA 01730

Patric Barbieri - Executive Director

Tel: 339-222-5615
e-mail: pbarbieri@labbb.net

Dianne Busa - Administrative Assistant

Tel: 339-222-5625
e-mail: dbusa@labbb.net

Pre - School / Elementary / Middle School Programs

Donna Goodell - Program Director

LABBB Collaborative, Burlington High School
123 Cambridge Street
Burlington, MA 01803
Tel: 781-273-7056
e-mail: dgoodell@labbb.net

High School Programs

James Kelly - Program Director

LABBB Collaborative, Lexington High School
251 Waltham Street
Lexington, MA 02421
Tel: 781-861-2400
Fax: 781-861-1351
e-mail: jkelly@labbb.net





LABBB
Collaborative Programs