

Core & Fitness With Sharon

440218

Instructor: Sharon Fillyaw

Core and Balance with Sharon is a new and exciting approach to fall prevention and recovery. The class focuses on leg, shoulder and core strength along with balance. Sharon is a national level bodybuilder who enjoys working with the senior population to assist them in becoming more self reliant. You will learn how to react before, during and after a fall and how to do so if injured.. Sharon's Full Body and Fitness workout airs on the Wellesley Community Access channel. It is a demanding but fun class designed to get you more fit. This class is for all fitness levels so come on out and and enjoy the fun! Co-sponsored by Wellesley Council on Aging.

Location: Warren Building **Min:** 15/**Max:** 20

10 weeks

S#	Day	Times	Date	Price
01	Fri	2:15 - 3:15 pm	Sep 16 - Dec 2 (No class 11/11, 11/25)	\$50

Heartbeat For Adults

440403

Instructor: Bitsy Graham

A fully choreographed comprehensive and fast paced fitness program featuring aerobics, core strengthening, upper and lower body toning, balance and flexibility. Come build a stronger heart, stronger muscles, stronger bones and improved brain power. Younger every day is our motto.

Location: Warren Building **Min:** 15/**Max:** 20

8/6 weeks

S#	Day	Times	Date	Price
01	Tue,Thu,Fri	6:15 - 7 am	Sep 13 - Nov 4 (No class 11/11, 11/25)	\$132/3x/Week \$88/2x/Week
02	Tue,Thu,Fri	6:15 - 7 am	Nov 8 - Dec 16 (No class 11/24, 11/25)	\$94/3x/Week \$66/2x/Week

Overcoming Anxiety Workshop

440529

Instructor: Leslie Worris, MPH, RYT-500, TIYT

Explore self-healing modalities, which are profoundly liberating when combating the debilitating effects of anxiety. Learn from presentations and techniques including breath work, meditation, mindfulness and gentle movement that help to break the psychological, biochemical and physiological cycles of chronic anxiety. Symptoms of anxiety addressed: *Stress *Panic attacks, *Difficulty concentrating, *Difficulty controlling worry, *Excess anxiety and worry out of proportion to situation, *Fatigue, *Irritability, * Muscle tension, *Restlessness, *Sleep disturbance, *Gastrointestinal Issues, *Headaches, (Handout and DVD included)

Location: Warren Building **Min:** 8/**Max:** 15

4 weeks, every other week

S#	Day	Times	Dates	Price
02	Thu	6 - 7:45pm	Sep 29, Oct 13, Oct 27, Nov 10	\$199



Fusion Fit

440400

Instructor: Bitsy Graham

An innovative combination of cardio, core, strength work, balance and flexibility, all choreographed and set to fun, funky, upbeat music. Class incorporates hand weights, pilates rings, dynabands, ankle bands & balance pads. Strong body, strong bones, strong mind!!!!

Location: Warren Building **Min:** 10/**Max:** 30

8/5 weeks

S#	Day	Times	Date	Price
01	Mon-Fri	8:45 - 9:45 am	Sep 12 - Nov 4 (No class 10/3, 10/10, 10/12)	\$256/5x/Week \$241/4x/Week \$228/3x/Week \$192/2x/Week
02	Mon-Fri	8:45 - 9:45 am	Nov 7 - Dec 22 (No class 11/11, 11/24, 11/25)	\$224/5x/Week \$212/4x/Week \$199/3x/Week \$168/2x/Week

Dynamic Running For Adults

440489

Instructor: Kathy Fleming

This version of Dynamic Running is 50 percent drills and 50 percent running. It is geared to the beginner runner or one that would like to improve running form and/ or efficiency in his/ her stride. The venue for action will be the indoor gym, trails and hills. This class will help build the mental and physical foundation for runners to have the courage to start a regular running program or if already a veteran runner, it will provide the physical skills to get to the next level. Kathy Fleming, the former Boston College Track and Cross country coach currently coaches the Suburban Striders and works with all levels from beginner to elite.

Location: Warren Building **Min:** 6/**Max:** 12

5 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	Oct 4 - Nov 1	\$155

Tai Chi

440543

Instructor: Leslie Worris, MPH, RYT-500, TIYT

This is a Tai Chi class that also incorporates gentle yoga, chi gong and meditation. Increase flexibility and strength, improve, balance, posture, agility, endurance, mobility, circulation, prevent falls, and decrease stress. Breath work and relaxation techniques included. Please bring water. Chairs are available.

Location: Warren Building **Min:** 8/**Max:** 15

12 weeks

S#	Day	Times	Date	Price
01	Thu	12:30 - 1:30 pm	Sep 15 - Dec 15 (No class 10/20, 11/24)	\$145

Yoga: Vinyasa Flow Foundations

440565

Instructor: Peter Kelly

This class is designed for a slow paced Vinyasa flow, combining movement, breadth, alignment and meditation in a setting for both beginner and intermediate levels alike. The goal will be to achieve greater strength, balance and flexibility in ones everyday life, while having fun while we're at it! Drop in options will be available once the class begins. Please bring a yoga mat and water.

Location: Warren Building **Min: 6/Max: 18**

9 weeks

S#	Day	Times	Date	Price
01	Sat	9 - 10:15 am	Sep 17 - Nov 19	\$130

(No class 10/8)

Yoga Basics

440577

Instructor: Peter Kelly

A fun and challenging blend of yoga poses for the less experienced yogi. Flow to music while learning body alignment, building core strength and connecting to breath. At the end of class we allow time for meditation to calm the body and mind. Please bring a yoga mat.

Location: Warren Building **Min: 12/Max: 20**

5 weeks

S#	Day	Times	Date	Price
01	Thu	9:30 - 10:30 am	Sep 15 - Oct 13	\$75
02	Thu	9:30 - 10:30 am	Oct 20 - Nov 17	\$75

Yoga for Living Well

440530

Instructor: Leslie Worris, MPH, RYT-500, TIYT

Discover the joys of Hatha yoga at a gentle, accessible pace. This class is for seniors and those living with a chronic illness. Postures are modified as needed, and students are encouraged to work within their limits to build strength, flexibility, and improve their balance and posture. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners.

Location: Warren Building **Min: 8/Max: 20**

15/12 weeks

S#	Day	Times	Date	Price
01	Tue	1:45 - 3 pm	Sep 13 - Dec 20	\$180
02	Thu	1:45 - 3 pm	Sep 15 - Dec 15	\$145

(No class 10/20, 11/24)



If Wellesley Public Schools are cancelled due to inclement weather, then Wellesley Recreation programs will be cancelled.

Yoga: Beginner

440598

Instructor: Julie Pernokas

This class offers a slow to moderately paced approach to learning yoga. Instruction focuses on alignment, stretching, and strengthening. When practiced regularly, students often experience an inner calm and more supple body. No previous yoga experience is necessary. All levels are welcome. Please bring a yoga mat.

Location: Warren Building **Min: 12/Max: 20**

14 weeks

S#	Day	Times	Date	Price
01	Tue	7:30 - 8:30 pm	Sep 13 - Dec 20	\$252

(No Class 10/11)

Yoga: Absolute Beginner

440504

Instructor: Julie Pernokas

This class is for someone who has always wanted to try yoga but didn't know where to start, or for someone who wants to be sure they are learning yoga correctly. This class offers a great introduction to yoga technique in a safe, gentle, and slower-paced setting. All levels are welcome. Please bring a yoga mat.

Location: Warren Building **Min: 12/Max: 20**

13 weeks

S#	Day	Times	Date	Price
01	Mon & Wed	10:30 - 11:30 am	Sep 12 - Dec 21	\$243/1 Day \$390/2 Days

(No class 10/3, 10/10, 10/12)

Yoga: M/W/F

440599

Instructor: Julie Pernokas

This class combines primarily the styles of Ashtanga and Iyengar yoga focusing on alignment, movement, breathing techniques, stretching, and strengthening. When practiced regularly, students experience improved concentration, and the inner calm of the body, mind, and spirit. Students will also learn meditation. Some yoga experience is recommended. All levels are welcome. Please bring a yoga mat and a small towel or strap.

Location: Warren Building **Min: 12/Max: 20**

13 weeks

S#	Day	Times	Date	Price
01	Mon, Wed, Fri	9 - 10:15 am	Sep 12 - Dec 21	\$234/1 Day \$390/2 Days \$507/3 Days

(No class 10/3, 10/10, 10/12, 11/11, 11/25)



**YOGA CLASS NOTE:
Make up classes for Julie Pernokas' Yoga classes are available across all of her classes.**

Zumba Tuesdays

444007

Instructor: Meghan Collins

Working out and getting in shape has never been so much fun! Zumba is a Latin-inspired, dance fitness class that incorporates a variety of music with a focus on Latin and International music and dance. The dance routines feature easy-to-follow moves that tone your body while burning calories. Zumba welcomes everyone - from any fitness level or any age. Ditch the workout and join the party! Please wear sneakers or dance shoes, fitness attire, and bring a water bottle to class.

Location: Warren Building **Min: 6/Max: 12**

8/7 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	Sep 13 - Nov 1	\$70
02	Tue	9:30 - 10:30 am	Nov 8 - Dec 20	\$70

Zumba Gold

444099

Instructor: Meghan Collins

Zumba Gold is a Latin-inspired, dance fitness class geared towards seniors, beginners, or others needing modifications in their exercise routine. The class features easy-to-follow routines that incorporate a variety of dance styles; including salsa, cumbia, cha-cha, bachata, belly dance, pop and swing. Zumba Gold is a class where you can let loose, have fun and forget that you are actually exercising! Come to class prepared to sweat and you will leave feeling empowered and strong. Please wear sneakers or dance shoes, fitness attire and bring a water bottle to class.

Location: Warren Building **Min: 6/Max: 12**

7 weeks

S#	Day	Times	Date	Price
01	Tue	10:30 - 11:30 am	Sep 13 - Nov 1	\$70
02	Tue	10:30 - 11:30 am	Nov 8 - Dec 20	\$70



Zumba Wednesdays

444006

Instructor: Tanya Novobrantseva

It is a dance fitness class perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It is a total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy - set to Latin and World rhythms. Do not forget your comfortable workout clothes, sneakers, a bottle of water and your beautiful smile!

Location: Warren Building **Min: 8/Max: 23**

7/5 weeks

S#	Day	Times	Date	Price
01	Wed	7:15 - 8:15 pm	Sep 14 - Nov 2 (No class 10/12)	\$49
02	Wed	7:15 - 8:15 pm	Nov 9 - Dec 14 (No class 11/23)	\$42

Hard Core

445621

Instructor: Train Boston Staff

Hard Core is a high intensity class with the primary focus of training from the core out. This class seamlessly concentrates on developing your core strength, building important ancillary strength, flexibility, and spinal decompression, as well as establishing the important symmetrical cross body connections needed between your hips and shoulders. Experience this important missing link that most people overlook in their training progression.

Location: Train Boston **Min: 4/Max: 8**

14 weeks

S#	Day	Times	Date	Price
01	Wed	6 - 7 pm	Sep 14 - Dec 14	\$540



Hard Core Sweat

445629

Instructor: Train Boston Staff

An integrated workout combining Pilates equipment and cardio. Program is a fat burning hour, stemming from your core out. Get ready to sweat, tone, and strengthen your whole body from the inside out!

Location: Train Boston **Min: 4/Max: 8**

14 weeks

S#	Day	Times	Date	Price
01	Mon	6 - 7 pm	Sep 12 - Dec 19 (No class 11/28)	\$540



Adult Drop-In Sports

Play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up basketball or volleyball.

Please check the website :www.wellesley.ma.gov/recreation; click on "Open Gym." Times are subject to change.

Basketball

441200

Location: Warren Building **Min: 1/Max: 25**

13 weeks

S#	Day	Times	Date	Price
02	Tue	7 - 9 pm	Sep 13 - Dec 13 (No class 10/11)	\$50

Volleyball

441100

Location: Warren Building **Min: 1/Max: 25**

13 weeks

S#	Day	Times	Date	Price
01	Thu	7 - 9 pm	Sep 15 - Dec 15 (No class 11/24)	\$50



Program Registration

Residents: August 16th
Non Residents: August 30th

Still Life & Observational Drawing

441425

Instructor: Alfred De Angelo

Intro to Still Life and Observational Drawing is the right course for those who have no drawing experience or a refresher course for those who feel they have an unexplored artistic talent. Before you can create beautiful art you need to learn the basics of drawing and our goal is to help you awaken that hidden ability to express yourself artistically. In the course you will start by learning how to analyze what you see. You will progress from drawing simple geometric objects to more complex shapes and still life setups, while gaining an understanding of perspective, line, shading and texture. Each individual artist will be able to progress as far as their skills will take them in the 8-week course. Alfred De Angelo has a BFA from the Massachusetts College of Art and a Master of Fine Arts degree from the Rhode Island School of Design. He has been an exhibiting member of the Copley Society of Art, Boston, since 2004. Required supplies: Pad of drawing paper (14 x17 or larger), A range of drawing pencils (HB - 4B), pencil sharpener, kneaded eraser, rubber eraser, a masonite clipboard (approx. 20 x 24) or a stiff backing cardboard for use on an easel. (Recommended: pencil sets are available that include drawing and charcoal pencils, erasers & sharpeners).

Location: Warren Building **Min: 5/Max: 10**

8 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Sep 13 - Nov 8 (No Class 10/11)	\$120



Release Your Inner Artist

441430

Instructor: Janet Schwartz

Many adults are frustrated by their inability to draw what they see. "This doesn't look anything like a tree, a house, a sunset!" This hands-on 2-session workshop will help you overcome the stumbling block of perception and focus on seeing what is really there. You will learn how simplifying what you see can help you capture the essence of your subject while putting your own "spin" on it. Working with pastels, I will guide you to see your subject in darks, lights and mid-tones rather than focusing on your perception of what objects SHOULD look like and over complicating. You will be delighted with the results! All materials are provided. Students are encouraged to bring own photos to work from in the second class. Instructor will provide photos, if needed.

Location: Warren Building **Min: 6/Max: 10**

1 week

S#	Day	Times	Date	Price
01	Wed	7 - 8:30 pm	Oct 19	\$60
02	Wed	7 - 8:30 pm	Oct 26	\$60



Pottery For Adults

443403

Instructor: Ramune Jauniskis

Students will have the opportunity to learn the basics of hand building and wheel throwing. You will be encouraged to explore your own interests and work on your own individual project. All pieces will be kiln fired. Price include supplies.

Location: Warren Building **Min: 6/Max: 8**

8 weeks

S#	Day	Times	Date	Price
01	Thu	12 - 2 pm	Sep 22 - Nov 10	\$195

Adult Acrylic Painting

441455

Instructor: D'ann Hansen

Come and give your creative mind some time to play! By using right brain drawing strategies and step-by-step visual demonstrations, students will successfully draw and paint pieces inspired by Modern Masters or Contemporary Painters. Students use the finest grade acrylics on archival paper. These paints are a joy to use with a thick and buttery consistency and a very forgiving nature! All levels of experience are welcome, including those who have never picked up a paint brush. All classes held in the sunny art studio in the Warren Building. Price includes supplies. www.dannhansen.com

Location: Warren Building **Min: 6/Max: 8**

5 weeks

S#	Day	Times	Date	Price
01	Wed	10 am - 12 pm	Sep 14 - Oct 19 (No class 10/12)	\$195
02	Tue	10 am - 12 pm	Sep 20 - Oct 18	\$195
03	Wed	10 am - 12 pm	Nov 2 - Dec 7 (No class 11/23)	\$195
04	Tue	10 am - 12 pm	Nov 1 - Dec 6 (No class 11/22)	\$195

Beaded Jewelry: Intermediate

443489

Instructor: Andrea Alyse

Create beautiful necklaces, bracelets and earrings! Learn a variety of beading techniques such as stringing, beads and wire, weaving, and more while working with nationally known bead artist Andrea Alyse. The syllabus will include a list of supplies you will need throughout the classes. A \$10 materials fee will include beads and supplies for the first class. This is an excellent class for students with previous beading experience.

Location: Warren Building **Min: 6/Max: 8**

8 weeks

S#	Day	Times	Date	Price
01	Fri	9:30 am - 12:30 pm	Sep 9 - Oct 28	\$240



Sewing for Adults

441445

Instructor: Dorothy Theodore

Interested in the world of Fashion? Even if you're not, an aspiring fashion student you'll enjoy this class. This class is a beginners guide to the world of fashion design, led by an industry professional. If you want to learn how to sew a button and more, this sewing and dressmaking class is for you! It can help you learn a variety of sewing techniques from basic to advanced. This course is an excellent opportunity to combine your creativity with your technical skills that could turn into a rewarding new career. A list of necessary supplies will be handed out at the first class for you to purchase and bring to future classes. You may bring your own sewing machine otherwise, sewing machines will be provided by the instructor.

Location: Warren Building **Min: 6/Max: 12**

6 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Sep 13 - Oct 25 (No Class 10/11)	\$360
02	Tue	7 - 8:30 pm	Nov 1 - Dec 6	\$360
03	Thu	7 - 8:30 pm	Sep 15 - Oct 20	\$360
04	Thu	7 - 8:30 pm	Oct 27 - Dec 8 (No class 11/24)	\$360

Español At The Movies

443583

Instructor: Sherry Ruff

Have you ever watched movies in Spanish? In this fun-filled class we will view & discuss movies in Spanish. You will be able to increase your Spanish vocabulary, listening & speaking skills while learning about Spanish culture through cinema. Movie choices will be decided together as a class. We will celebrate with a fiesta the last class. Open to all Spanish levels.

Location: Warren Building **Min: 6/Max: 12**

5 weeks

S#	Day	Times	Date	Price
01	Mon	7 - 9 pm	Sep 12 - Oct 24 (No class 10/3, 10/10)	\$120

Sign Language

424503

(Ages 16+)

Instructor: Robert McGuane

In addition to hearing aids, etc., the ASL Manual alphabet is one of the options advocated by the Massachusetts Commission for the Deaf & Hard of Hearing (MCDHH) to support the late deafened or recently hard of hearing. The Manual Alphabet is the foundation of American Sign Language (ASL), however, for manual communicators who use fingerspelling, the manual alphabet is a complete, and essential language. A current trend points to FS first letter abbreviations as a North American, universal, auxiliary language to support the large number of deaf, late deafened or hearing impaired, who, when lip reading, consciously or unconsciously, may otherwise have to guess the first letters of words. For low vision lip readers, including persons diagnosed with age-related macular degeneration (AMD), the ASL Manual Alphabet is a low vision aid. Families and care givers should learn this valuable skill. Baby or Basic Sign Language beginning signers can learn more ASL by completely learning the Manual Alphabet. The instructor, an applied scientist & educator, is a former personal ASL FS / MCE interpreter for a senior family member.

Location: Warren Building **Min: 7/Max: 12**

1 week

S#	Day	Times	Date	Price
01	Wed	7 - 9 pm	Sep 21	\$20
02	Wed	7 - 9 pm	Oct 19	\$20
03	Wed	7 - 9 pm	Nov 16	\$20

Spanish For The Road

443564

Instructor: Sherry Ruff

Boarding an airplane, dining out, staying at hotels, conducting a friendly conversation – you'll learn to do it all in Spanish! Conversation, vocabulary & role-playing will be stressed. We will celebrate at a Spanish restaurant the last class. No previous knowledge of Spanish required.

Location: Warren Building **Min: 6/Max: 12**

6 weeks

S#	Day	Times	Date	Price
01	Wed	7:30 - 9 pm	Sep 14 - Oct 26 (No class 10/12)	\$110

Spanish For The Road and Spanish Travels taken together, complement and build upon each other. They may be taken in any order

Spanish Travels

423507

Instructor: Sherry Ruff

Explore in-depth Spanish-speaking country & regional customs, food, music, history & much more while learning Spanish along with travel tips. Conversation, vocabulary & role-playing will be stressed. We will celebrate at a Spanish restaurant the last class. No previous knowledge of Spanish required.

Location: Warren Building **Min: 6/Max: 12**

6 weeks

S#	Day	Times	Date	Price
01	Wed	7:30 - 9 pm	Nov 2 - Dec 14 (No class 11/23)	\$110

Spanish: Conversations

443582

Instructor: Sherry Ruff

Current events, Spanish culture, travel, food/restaurants & topics of your choice – come join in our fun, relaxed Spanish conversation class. Each week students will participate in discussions, role-playing & much more! Emphasis will be on conversation & vocabulary. We will celebrate the last class at a Spanish restaurant. Some previous Spanish needed - beginner to intermediate level.

Location: Warren Building **Min: 6/Max: 12**

6 weeks

S#	Day	Times	Date	Price
01	Mon	7:30 - 9 pm	Oct 31 - Dec 12 (No class 11/28)	\$110



facebook.com/recwellesley

@recwellesley



The Kids Are In School: Now What?

442633

Instructor: Deb Elbaum

Calling all parents: It's a new school year, and it's your chance to put the focus back on YOU. What do you want this year? To feel more fulfilled? To find a new job? To be calmer? It all starts with this first step. In this coaching workshop, you will look at your whole life -- the parts going really well, and the parts needing some attention. Through reflection and exercises, you will be inspired to take the next steps to start making the changes you want. Worksheets will be provided.

Location: Warren Building **Min: 4/Max: 12**

1 week

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Sep 27	\$30



Send Cravings Away

441443

Instructor: Holli Bassin

We all have food cravings which can affect our lives in many ways ranging from relationships to health issues. These issues, common in our American culture, can cause allergies, autoimmune and chronic diseases. Food cravings can be avoided by simply and mindfully eating a diet rich in nutritionally balanced foods. In this interactive workshop, we will touch on mindful eating, help you understand why you crave foods, and teach you how to avoid cravings by adding healthy foods to your diet. We will also suggest foods you can eat more of to reduce cravings and why these foods can improve your health. You can learn how to enjoy the food you love, and as a result live a happier healthier life!

Location: Warren Building **Min: 6/Max: 15**

1 week

S#	Day	Times	Date	Price
01	Wed	7 - 8 pm	Oct 19	\$30



Tame Your Holiday Stress

442634

Instructor: Deb Elbaum

Holiday season is approaching! It's all good...until it becomes overwhelming and stressful. This year, instead of letting your stress control you, make the choice to control your stress. In this workshop, you will learn how to stay calm and focused during the next few months. You will learn easy tips and exercises for getting clear on what is really important, and the type of experience you want to create for yourself and your family. You will leave feeling empowered, calmer, and with a concrete plan. Handouts will be provided.

Location: Warren Building **Min: 4/Max: 12**

1 week

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Nov 15	\$30



Self Defense: Combat SAMBO Adults and Families

441856

(Adults & 12+)

Family Classes: Children over 6 years of age, accompanied by Adult Instructor: Grandmaster Michael Galperin & Staff

"SAMBO" - Russian acronym for "Self Defense without Weapons". This SYSTEM designed to prepare individuals to survive in any real world life threatening situation. It provides effective defense against attacks by both armed and unarmed assailants, physically superior opponents and multiple attackers. Combat SAMBO incorporates the most effective survival techniques from Judo, Jiu-jitsu, Karate,



Aikido, Kung Fu, Krav Maga and others. It is one of the most comprehensive self defense and survival systems in the world. You will learn practical application of self defense techniques in a variety of situations. Learning this unique Martial Art style will boost your confidence, health and fitness along with self-esteem. The practical hands-on techniques will enable you to protect yourself against kidnapping, rape, carjacking, street attack, and home invasion. Your goal is to become untouchable. Note: Participants may join classes at any time; your full term payment will extend into the next term. Uniforms and equipment are available for purchase in class. For more information regarding the program details please visit www.combatsambo.com or call 617-413-0660

Location: Warren Building **Min: 8/Max: 20**

12/11 weeks

S#	Day	Times	Date	Price
01	Mon	7:30-9 pm	Sept 19 - Dec 19 (No class 10/3 & 10/10)	\$192
02	Wed	7:30-9 pm	Sept 21 - Dec 21 (No class 10/12 & 11/23)	\$192
03	Mon + Wed	7:30-9 pm	Sept 19 - Dec 21 (No class 10/3, 10/10, 10/12 & 11/23)	\$312



facebook.com/recwellesley

@recwellesley



Badminton: Adults

440208

(Ages 16+)

Instructor: Willy Wu & Steve Yang

Whether you are an amateur or an expert badminton player, this program allows badminton players an opportunity to play friendly "pick-up" games! Participants are required to bring their own racquets. Indoor sport shoes are recommended. Participants to bring their own shuttles.

Location: Warren Building

Min: 12/Max: 24

8 weeks

S#	Day	Times	Date	Price
01	Wed	6:45 - 8:30 pm	Oct 19 - Dec 14 (No class 11/23)	\$50



Tennis/Beginner/Advanced

445205

Instructor: Mike Sabin

This is an introduction to the sport covering the most basic aspects: fore-hand, backhand, serve and learning the rules of the game. Please bring a tennis racquet. Classes cancelled due to inclement weather, will be added on at the end of the session. Reduced price for players who have purchased tags.

Location: Hunnewell Tennis Ct Min: 6/Max: 8

5 weeks

S#	Day	Times	Date	Price
01	Wed	6:30 - 8 pm	Sep 7 - Oct 5	\$186
				*With Tag \$171
02	Fri	9 - 10:30 am	Sep 9 - Oct 7	\$171
03	Tue	9 - 10:30 am	Sep 6 - Oct 4	\$171

Tennis: Intermediate & Advanced

445201

Instructor: Mike Sabin

This class is for the player who is looking to develop their court strategy and improve technique. We will also work on stroke positioning, volley and serve. Please bring a tennis racquet. Classes cancelled due to inclement weather, will be added on at the end of the session. Reduced price for players who have purchased tags.

Location: Hunnewell Tennis Ct Min: 6/Max: 8

5 weeks

S#	Day	Times	Date	Price
01	Thu	6:30 - 8 pm	Sep 8 - Oct 6	\$186
				*With Tag \$171
02	Fri	10:30 am - 12 pm	Sep 9 - Oct 7	\$171
03	Tue	10:30 am - 12 pm	Sep 6 - Oct 4	\$171

Tennis Drill & Play

445225

Instructor: Mike Sabin

This class will include fast paced drilling with a hitting partner and then match play. Classes canceled due to inclement weather, will be added on at the end of the session

Location: Hunnewell Tennis Ct Min: 6/Max: 20

5 weeks

S#	Day	Times	Date	Price
01	Wed	9:30 - 11 am	Sep 7 - Oct 5	\$171

F Y I

Program Registration

Residents: August 16th
Non Residents: August 30th

Dog Obedience 1

444600

Instructor: Vera Wilkinson

This course covers basic obedience including sit, stay, come, and heel. Training is gentle and motivational, and specific attention is given to individual problems. Teaching tricks and general care will also be covered. Please bring a certificate or veterinarian bill confirming that the dog is up to date on all shots, i.e. rabies and distemper. At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building Min: 6/Max: 10

5 weeks

S#	Day	Times	Date	Price
03	Mon	7:30 - 8:20 pm	Sep 19 - Oct 31 (No class 10/3, 10/10)	\$125
04	Mon	7:30 - 8:20 pm	Nov 7 - Dec 12 (No class 11/28)	\$125

Dog Obedience 2

444601

Instructor: Vera Wilkinson

This class takes the practical training learned in good manners and puppy classes to a new level of reliability. Dogs and owners will work on heel, recalls and stays under heavy distractions for use in real life applications. All dogs must be accompanied by an adult who must be the same person each week.

Location: Warren Building Min: 6/Max: 12

5 weeks

S#	Day	Times	Date	Price
01	Mon	8:30 - 9:20 pm	Sep 19 - Oct 31 (No class 10/3, 10/10)	\$125
02	Mon	8:30 - 9:20 pm	Nov 7 - Dec 12 (No class 11/28)	\$125



Puppy Kindergarten

444602

Instructor: Vera Wilkinson

This covers basic obedience and socializes the puppy to other dogs and people. Getting your pup off to the right start means fewer training problems later. Please bring a certificate or veterinarian bill confirming that the puppy is up to date on all shots, i.e. rabies and distemper. At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building Min: 6/Max: 12

5 weeks

S#	Day	Times	Date	Price
01	Mon	6:30 - 7:20 pm	Sep 19 - Oct 31 (No class 10/3, 10/10)	\$125
02	Mon	6:30 - 7:20 pm	Nov 7 - Dec 12 (No class 11/28)	\$125

Piano Lessons For Adults

445801

Instructor: David Medeiros

An introduction to musicianship through piano/keyboard, these are absolute beginner lessons focusing on the fundamentals of music theory, note reading and independent hand coordination. Building from easy traditional melodies, students will venture into popular, boogie and blues styles. Songbook and handouts provided.

Location: Warren Building Min: 5/Max: 10

8 weeks

S#	Day	Times	Date	Price
01	Mon	7 - 8 pm	Oct 17 - Dec 12 (No class 11/28)	\$135

Join the Band!



Dust off the old clarinet, trumpet, tuba or bass drum and join the fun!
INFO ON PG 6

New You Challenge at CrossFit ONE Nation



Instructor: CrossFit One Nation Staff



The 6 week fitness challenge is for anyone looking to make a transformational change to their health and overall fitness. Over the 6 weeks, participants will work in small groups with a coach on fitness, nutrition and mobility. The nutrition piece of the program will include lectures, meal plans, shopping lists and

recipes. We also provide a log book so you can track your progress.

Our program is designed to change your life, but it requires commitment and hard work 3 days a week for 6 weeks. Participants that complete the program will be rewarded with increased strength, better conditioning and more energy to take on the challenges of everyday life. You will also have a lot of fun getting fit!

LOCATION: CrossFit ONE Nation - 10 Charles Street, Needham, MA

COST: \$250 for 6 weeks of classes

START DATE: Monday 9/12

LENGTH OF PROGRAM: 6 weeks

CLASS DAYS: Monday, Wednesday and Friday

TIMES: 6:00am (coed), 9am (women only), and 6:30pm (coed)

Classes will be capped at 10 participants and will sell out.

No prior fitness experience is required.

Wellesley Recreation code: wellesley2016

Because space is limited, we can not hold a spot till the registration form is completed.

SIGN UP HERE! crossfit-one-nation.triib.com/signup/package/11069/

Guitar For Adults: Beginner

445802

Instructor: David Medeiros

Whether you're an absolute beginner or someone who can strum a few chords or songs, you'll enjoy learning to play the guitar. Our easy approach makes it fun. Instruction will focus on basic theory, reading chord forms, strum patterns and picking styles, and how they apply to popular songs in the folk, rock, blues and country idioms. A limited number of guitar rentals are available at an additional cost of \$50 (for the duration of the course) payable to Dave at first class. Please reserve your guitar when you register. a method/song book will be provided by Dave.

Location: Warren Building Min: 5/Max: 10

8 weeks

S#	Day	Times	Date	Price
01	Mon	6 - 7 pm	Oct 17 - Dec 12 (No class 11/28)	\$135

Guitar: The Next Step

445803

Instructor: David Medeiros

Instruction will continue with theory, note reading and chord forms. We will concentrate on more complex strum patterns, right hand rhythms, and moving bass lines with chord accompaniment and melody. These techniques along with some classic guitar riffs should have you ready for open mic night! Continuing students should have completed "Beginning Guitar" or have knowledge in sight-reading and chord forms.

Location: Warren Building Min: 5/Max: 10

8 weeks

S#	Day	Times	Date	Price
01	Mon	8 - 9 pm	Oct 17 - Dec 12 (No class 11/28)	\$135

Ballroom Dance

444300

Instructor: Carol Lanzillo

Do you love watching Dancing with the Stars? Did you see Take the Lead or Shall We Dance? Have you always wanted to learn how to dance? Now is your chance! Across the country people are learning about the joys and health benefits of ballroom dancing, become one of them! We will teach you the basic fundamentals of ballroom dancing; learn how to lead, follow and feel great on the dance floor. You will also learn about timing, rhythm and posture. Add passion and excitement to your life today! Please bring leather soled shoes to class.

Location: Warren Building Min: 16/Max: 30

S#	Day	Times	Date	Price
----	-----	-------	------	-------

6 WEEKS

BEGINNER

01 Mon 7 - 8 pm Sep 19 - Nov 7 \$160/per cpl
(No class 10/3, 10/10)

INTERMEDIATE

02 Mon 8 - 9 pm Sep 19 - Nov 7 \$160/per cpl
(No class 10/3, 10/10)

5 WEEKS

BEGINNER

04 Mon 7 - 8 pm Nov 14 - Dec 19 \$140/per cpl
(No class 11/28)

INTERMEDIATE

05 Mon 8 - 9 pm Nov 14 - Dec 19 \$140/per cpl
(No class 11/28)

Estate Planning

443640

Instructor: Rocco Bombardieri

Estate planning is about how you can control what you have during and after your life. In this course we will explain the various elements that go into estate planning. Using simple-to-understand language and examples, you will learn about wills, probate, taxes, powers-of-attorney,, health-care proxies, living wills, and trusts. Learn how your retirement assets can become a burden for your heirs. See the common mistakes that people make which cost them or their families unnecessary hardship and sometimes major financial losses. It is not unusual for people to expose themselves to thousands and even hundreds of thousands of dollars of needless taxes and expenses. And most importantly learn what you need to know to work successfully with your legal and financial professionals to ensure that you keep the control which is rightfully yours and pay no unnecessary taxes.

Location: Warren Building **Min: 6/Max: 15**

1 week

S#	Day	Times	Date	Price
01	Mon	6:30 - 9 pm	Sep 19	\$10

Retirement Income Strategies

443641

Instructor: Rocco Bombardieri

After a lifetime of saving for your retirement, the last thing you want to worry about is the chance that you'll outlive your money. The right decisions will maximize your income; the wrong ones might deplete your assets. Learn how best to plan for and manage your retirement income. Discover principles and strategies that can turn your retirement years into a new opportunity. Whether you're newly retired, about to retire, or even 20 years from retirement, now's the time to learn about the surprising challenges you'll face managing your money in the years ahead.

Location: Warren Building **Min: 6/Max: 15**

1 week

S#	Day	Times	Date	Price
01	Wed	6:30 - 9 pm	Sep 14	\$10

Investment Strategy

443642

Instructor: Rocco Bombardieri

The securities markets have taught some hard lesson of late. For instance, aggressive investing can lead to big losses. And today's hot item can be tomorrow's bad dream. In this class the instructor will show you a seven step process for clarifying investment goals and implementing those goals using mutual funds in an asset-class diversification program. Learn how to target respectable returns in a bull market combined with protection against a bear market. Learn precisely how to identify and manage risks. Understand the principles that can lead to greater predictability of returns and enhanced peace-of-mind. And learn how to evaluate your portfolio independent of its current returns.

Location: Warren Building **Min: 6/Max: 15**

1 week

S#	Day	Times	Date	Price
01	Thu	6:30 - 9 pm	Sep 8	\$10

Yoga Book Club

443814

Instructor: Cory Hallaby

Ever read a great self-help book, felt briefly inspired, then gone right back to your same old regular life? Here's a chance to let positive changes sink deep into your mind, body and spirit. Certified Life Coach and yoga instructor, Cory Halaby, will lead discussion and a yoga practice designed to integrate each idea. Yoga Book Club members are some of the most insightful, supportive women you'll ever meet. Come claim the life you were meant to live in good company.

This fall we'll read Martha Beck's most recent title, DIANA HERSELF, An Allegory of Awakening. Elizabeth Gilbert calls it "A perfect book... story telling at its very best, and also at its most important." This unique page-turner delivers profound, transformative wisdom. Whether you're a long time member, or just curious about Yoga Book Club, don't miss this season. It's going to be a good one!

Location: Warren Building **Min: 5/Max: 15**

10 weeks

S#	Day	Times	Date	Price
01	Thu	9:30 - 10:45 am	Sep 22 - Dec 8	\$150

(No class 10/6, 11/24)

Develop Your Intuition with the Tarot

443845

(Ages 18+)

Instructor: Jeanne Mayell

Reclaim your intuition in a way you never thought imaginable. In this fun and meaningful class, a Wellesley local and internationally acclaimed intuitive named by Coast to Coast AM as one of America's top tarot readers, will teach you the secrets to unlocking your intuition, finding inner guidance for life, and reading people - all centered around learning the Tarot. The Tarot is a set of picture cards filled with myth and symbols, handed down since the late Middle Ages that trigger your natural intuition, unleashing an extraordinary knowing. This is not magic, although it feels like it, but a scientifically measured ability with which we are all hard-wired that's been too long overlooked in our society. Best of all, this class promotes a meaningful connection among its members who learn to read each other and help unearth insights, guidance, and healing. Read about the instructor at www.jeanneamayell.com. Bring a Thoth deck (large size) or buy one at the class for \$27.

Location: Warren Building **Min: 8/Max: 28**

5 weeks

S#	Day	Times	Date	Price
01	Mon	6:30 - 9:30 pm	Sep 19 - Oct 31	\$200

(No class 10/3, 10/10)



PROGRAM REGISTRATION
Residents: Tuesday, August 16
Non Residents: Tuesday, August 30

Long Term Care: What's Your Plan?

443694

Instructor: Len May

The good news is that people are living longer. But living a long life doesn't guarantee that it will be a perfectly healthy one; and as baby boomers age, the long term care crisis in America will only worsen. At least 70% of people over age 65 will require long term care services at some point in their lives. (see www.longtermcare.gov) A well thought out plan for addressing the need for care is essential to the physical, emotional, and financial needs of you and your family.

Topics to be covered:

- What are the long term care risks and consequences?
- Can you afford long term care?
- What are the options?
- Can the government help?
- How do both the traditional long term care and the new insurance alternatives work, and which might be appropriate for your situation?
- How to develop a plan of action?

Location: Warren Building

Min: 6/Max: 24

1 week

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Sep 20	\$15

Understanding Medicare

443699

Instructor: Kathleen DeBlois

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+? How are parts A, B, C and D integrated?? What is Medicare Advantage?? What are the pros and cons of HMO's, PPO's, and Medigap plans?? Should I take Medicare if I am still employed?? How do I avoid late sign up penalties?? Does any part of Medicare cover long-term care expenses? These questions and many more will be answered in this very important class. About the instructor: Daniel Williams, CLU, CHFC, CFP®, is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in Boston Magazine.

Location: Warren Building

Min: 6/Max: 15

1 week

S#	Day	Times	Date	Price
01	Mon	7 - 9 pm	Sep 19	\$90



Register online @
www.wellesleyma.gov/recreation

Maximizing Social Security

443643

Instructor: Rocco Bombardieri

This class will teach how social security works in the context of a structured approach to retirement planning. It will help demystify issues such as when to take social security, how wages and other earnings affect your social security and what are the tax implications of your social security payment. We will explain specific strategies to maximize your social security income for the rest of your life. We will look at all these issues through the lens of a structured approach to retirement planning.

Location: Warren Building

Min: 6/Max: 15

1 week

S#	Day	Times	Date	Price
01	Thu	6:30 - 8:30 pm	Oct 27	\$10

White People Challenging Racism

443877

Instructor: Michelle Chalmers & Stephen Pereira

People of all heritages/identities are welcome to join us as we focus on the role of white people in dismantling racism and building a just society. We'll examine the impact of white privilege and how being unaware of that advantage helps perpetuate racism. We'll discuss short readings and share everyday situations in which we did not speak up effectively against racial bias. Using role-playing, we'll work out effective ways to respond. <http://www.wpcr-boston.org>

Location: Warren Building

Min: 5/Max: 15

5 weeks

S#	Day	Times	Date	Price
01	Wed	6 - 8 pm	Sep 7 - Oct 5	\$40

Psychic Fitting Room

442656

Instructor: Mary Daisley

Do you: Know when someone is lying to you? • Want to kick yourself for not doing that "thing" that you felt so strongly about? • Often have feelings of Déjà Vu? • Drink in other's anxiety or pain? • Tend to go with your gut, and are correct? • Know you have psychic abilities, but just don't know where to start? Join Mary to explore your "Psychic Potential" in a safe, fun environment, like a pair of blue jeans, you will try on telepathy and psychometry (jewelry reading), energy work and dowsing. Discover which psychic tools is your perfect fit! Learn to quiet your mind and ask the age-old question, "Do these L-Rods make my butt look big?" Mary Daisley is an Award Winning Certified Psychic with nationally known, Best American Psychics. She has over 25 year's professional experience.

Location: Warren Building

Min: 4/Max: 12

1 week

S#	Day	Times	Date	Price
01	Thu	6:30 - 8:30 pm	Oct 20	\$25



facebook.com/recwellesley

@recwellesley



The Seductive Art of Chocolate

441464

Instructor: Holli Bassin

Are you aware of how dark organic chocolate may improve libido and provide other important health benefits? Learn why you should love dark organic chocolate and then learn how! You will learn the basics of chocolate processing, the history behind this age old food, the importance of quality in our foods, and then you can experience the proper way to taste chocolate for yourself. This is like a wine tasting, only with chocolate! Learn how to enjoy the food you love, and as a result live a happier healthier life!

Location: Warren Building **Min: 6/Max: 15**

1 week

S#	Day	Times	Date	Price
01	Wed	7 - 8 pm	Oct 5	\$30



Organic, Conventional vs Local

441498

Instructor: Holli Bassin

Learn the difference between organic, conventional, and local fruits and vegetables by joining our discussion about what organic standards really mean. It's not as simple as you think! You will be surprised by some of the choices available. Participants will learn how to pick produce on the farm and in the supermarket by discussing tips from Environmental Working Group (EWG). We will also discuss the health benefits of produce, the differences in nutrients, and what you can do to feed your family a healthy diet.

Location: Warren Building **Min: 6/Max: 15**

1 week

S#	Day	Times	Date	Price
01	Wed	7 - 8 pm	Oct 26	\$30



Alexander Technique

442602

Instructor: Jill Geiger

Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "mis-use." By teaching how to recognize and unlearn such habits, the Alexander Technique enables people of all ages to improve posture and balance, reduce tension and stress and experience lasting relief from chronic pain. Studied worldwide for over 100 years by performers, athletes, and others, the effectiveness of the AT is supported by research. This class will introduce the history and principles of this practical, educational method and how they can be applied to your everyday activities to help you feel, move and look better. Class includes one private lesson.

Location: Warren Building **Min: 3/Max: 12**

1 week

S#	Day	Times	Date	Price
01	Wed	7 - 9 pm	Sep 21	\$40

Networking for Introverts

442632

Instructor: Deb Elbaum

If networking stresses you out, this class is for you. Research has shown that most people find their next job through networking, especially with past colleagues and professional acquaintances. In this class, you will learn and practice ways to feel more at ease and empowered with building professional relationships. Through discussion and easy exercises, you will build your confidence, understand your networking goals, and recognize what is in your control in a networking situation. Don't let your fear or shyness hold you back any longer! Handouts will be provided.

Location: Warren Building**Min: 4/Max: 12**

1 week

S#	Day	Times	Date	Price
01	Wed	7 - 8:30 pm	Oct 19	\$30



Secrets of a Pro Organizer 2.0

443177

Instructor: Lauren Zalkind

Getting organized is so much easier when you have the right tools. Using the popular KonMari method of organizing -- in concert with other techniques -- you can take your home or office from cluttered and chaotic to calm, cool and collected. Get ready to "spark some joy" with your next organizing project! Taught by Lauren Zalkind, a Professional Organizer with 30 years of real-life experience.

Location: Warren Building**Min: 5/Max: 20**

1 week

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Sep 20	\$36



The Happiness Gene

433555

(Ages 18+)

Instructor: Charlene Smith

Sometimes life overwhelms us, we feel unhappy, sad for no apparent reason or depressed. There are simple drug free remedies to help you get your mojo back, put a spring in your step and a smile on your lips. Start living the life you deserve and bring an aura of calm and contentment when you walk in the room. Charlene Smith is a trained trauma counselor with close to three decades of award-winning experience and global public speaking engagements.

Location: Warren Building**Min: 4/Max: 15**

3 weeks

S#	Day	Times	Date	Price
01	Tue	6 - 7 :30pm	Sep 13 - Sep 27	\$75


facebook.com/recwellesley
[@recwellesley](https://instagram.com/recwellesley)


Bridge Conventions

444122

Instructor: Anand Lele

Advance your game of bridge by learning the commonly used conventions. An understanding of the use of these conventions will help to improve your Bridge Techniques. Each session will consist of instruction followed by Supervised Play with some prearranged hands. There will be comprehensive and easy to understand handouts will be distributed.

Location: Warren Building **Min: 10/Max: 20**

9 weeks

S#	Day	Times	Date	Price
01	Thu	12:30 - 2:30 pm	Sep 15 - Nov 10	\$169

Bridge: Supervised Bidding

444145

Instructor: Anand Lele

Join us for "The Supervised Bidding and Play". The class format includes a "Mini Lesson" on popular topics on bidding, play techniques, and some simple conventions, followed by supervised bidding and play of some interesting prearranged hands. Prerequisite-- Prior knowledge of the Standard American 5 card Majors bidding system.

Location: Warren Building **Min: 10/Max: 20**

9 weeks

S#	Day	Times	Date	Price
01	Thu	10 am - 12 pm	Sep 15 - Nov 10	\$169

Wellesley Writers

433556

(Ages 18+)

Instructor: Charlene Smith

Writing is transformative. It unlocks the subconscious, activates every synapse in our brain, brings back memories you thought you'd long forgotten, and astonishes you with the creativity you have within. Wellesley Writers is for those who have projects underway or are aching to begin. Writing follows essential techniques, so it doesn't matter if your writing is fiction or non-fiction, a thesis, business writing, or a memoir, this course will get you going, help you develop a structure, improve research and writing, and set you on an incredible journey. And the class is fun! Charlene Smith is a multi-award winning journalist, author and television documentary maker. Author of 14 published books under her own name, she has also ghost-written books for corporate titans, politicians and federal judges among others. She is also Nelson Mandela's authorized biographer.

Location: Warren Building **Min: 8/Max: 15**

8 weeks

S#	Day	Times	Date	Price
01	Tue	6 - 8 pm	Oct 18 - Dec 6	\$182



Fortify Your Personal Energy

442658

Instructor: Mary Daisley

Do you feel other people's aches, pains and bad moods? Do you feel exhausted after being around large groups? Well, as they say in Star Trek, "Shields UP!" Fortifying your Personal Energy is a two-hour experiential class that explores grounding, centering, aura play, and guided meditations to create a crystal fortress. This class is ideal for the slightly sensitive to the psychically gifted, with helpful information for all. Mary Daisley is a Certified Psychic with nationally known Best American Psychics. She has over 25 year's professional experience

Location: Warren Building **Min: 4/Max: 12**

1 week

S#	Day	Times	Date	Price
01	Thu	6:30 - 8:30 pm	Nov 3	\$25



Brilliant Breakfasts

433557

(Ages 16+)

Instructor: Charlene Smith

Charlene Smith is a trained gourmet cook and an Airbnb Super Host, guests persistently cite her "excellent breakfasts." This hands-on course sees you cooking some of the great breakfasts she recommends - they are quick, inexpensive, some can be frozen ahead of time, they are nutritious, healthy and are kind to those watching their weight. Influences are French, Mediterranean, British, Indian and the best of American. Food includes vegan and is all gluten-free. We'll share our cooking after.

Location: Warren Building **Min: 4/Max: 15**

1 Class

S#	Day	Times	Date	Price
01	Sat	9 am - 1 pm	Oct 22	\$55



We're on the lookout...

...for folks to sponsor our special events & programs!

**SUMMER CONCERTS
MOVIE NIGHTS
SPECIAL PROGRAMS
and much more!**

If you are an individual or business who is interested in sponsoring a Wellesley Recreation program or event or just making a donation, please contact Matt Chin at mchin@wellesley.ma.gov



facebook.com/recwellesley

@recwellesley



Coming this Fall...



The Town of Wellesley (via the Recreation and Health departments, as well as the Council on Aging) will introduce a Passport to Health and Wellness program to be launched in the fall of 2016.

This is how it will work...the Passport will be open to Wellesley residents who are interested in trying out a complimentary class, session, service or consultation offered by various businesses in Wellesley.

Each business will offer something different but the goal will be the same, to promote health and wellness in town. Participants will pay a small fee for their passport which will allow access to the business' sampler classes. The recipient of the Passport will be able to visit all the participating businesses from January 1 - April 28, 2017.

The Town of Brookline came up with this program several years ago and was very successful and widely lauded. The Town of Wellesley thanks its Brookline partners for the opportunity to replicate their model.

More information will be available early Fall so be on the lookout for this exciting new program!

NEW ADAPTIVE PROGRAMS COMING THIS FALL!

Power Soccer • Sled Hockey • Wheelchair Basketball



Be on the lookout for more information about the new Adaptive Sports offerings coming this Fall! Programs are offered by the newly formed, MetroWest Adaptive Sports Collaborative.

SUNDAY GYM RENTALS!

SEPTEMBER - JUNE

PLEASE CALL THE RECREATION
OFFICE FOR MORE INFORMATION
781-235-2370
MONDAY - FRIDAY 8:30 - 4:30

SOCIAL MEDIA

Follow us wherever you are!



facebook.com/recwellesley
@recwellesley



Get on our weekly email list too!



Dance Studio



Kitchen



Art Room



Gym



Computer Lab



Playground



Children's Room

Wellesley Recreation Department
90 Washington Street
Wellesley, MA 02481

PreSort Standard
US Postage
PAID
Boston, MA
No 54607

ECRWSS

Residential Customer
Wellesley, MA

An annual favorite! Reserve your spot now!

